

JOINT REGION EDGE

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Joint Exercise Valiant Shield 2010 begins

From United States Pacific Fleet Public Affairs Office

A U.S. Navy carrier strike group and amphibious ready group will join a forward-deployed U.S. Air Force air expeditionary wing

and Marine Corps units for exercise Valiant Shield 2010.

Valiant Shield, scheduled from Sept. 12 - 21 (Guam Time), begins in the vicinity of Palau and consists of an opposed transit as the ships steam east and ends near Guam. This is the

third Valiant Shield conducted by the United States since June 2006.

The Valiant Shield series focuses on integrated joint training among U.S. military forces. It enables real-world proficiency in sustaining joint forces' ability to detect, locate, track

and engage units at sea, in the air, on land and in cyberspace in response to a range of mission areas. Throughout this exercise, safety and the environment are top priorities and were significantly considered when planning conferences started for the exercise in 2009.



Raptors: Two F-22 Raptors from the 1st Fighter Wing, Langley Air Force Base, Va., fly alongside a KC-135 Stratotanker from the 506th Expeditionary Air Refueling Squadron over the Philippine Sea Sept. 10. Along with the region's Theater Security Package, the Raptors are participating in Valiant Shield. Valiant Shield 2010 exercises the military's ability to rapidly bring together joint forces in response to any regional contingency. (U.S. Air Force photo by Staff Sgt. Jamie Powell)



Huey: Boatswain's Mate 3rd Class Lanh Dinh directs a UH-1N Huey helicopter during take off from the amphibious dock landing ship USS Harpers Ferry (LSD 49). Harpers Ferry is on patrol in the western Pacific Ocean, and is part of the permanently forward-deployed Essex Amphibious Ready Group participating in Valiant Shield 2010, an integrated joint training exercise designed to enhance interoperability between U.S. forces. (U.S. Navy photo by Mass Communication Specialist 1st Class Richard Doolin)



Andersen: An KC-135 Stratotanker is seen in the background as an F-22 Raptor takes off on the Andersen Air Force Base flightline while participating in the Valiant Shield Exercise, Sept. 14. The aircraft are a key component of the major joint flying exercise that kicked off this week. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



Exercise: Aviation Boatswain's Mate (Handling) Airman Recruit Jeremy J. New, assigned to the forward-deployed amphibious assault ship USS Essex (LHD 2), stows tie-down chains after removing them from a CH-46E Sea Knight. Essex is part of the forward-deployed Essex Amphibious Ready Group and is participating in Valiant Shield 2010, a joint-service exercise designed to enhance interoperability between U.S. forces. (U.S. Navy photo by Mass Communication Specialist 3rd Class Casey H. Kyhl)

New chief petty officers pinned

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

Joint Region Edge Staff

Fourteen Guam Sailors celebrated a career milestone as they were among the first in the fleet to pin on their anchors and accept the rank and responsibilities of chief petty officer, during a pinning ceremony at the Big Screen Theater on U.S. Naval Base Guam (NBG), Sept. 16.

Guest speaker, Capt. Richard Wood, NBG's commanding officer, spoke to the new members of the chief's mess about the history and pride of the Navy chief.

"Since the promotion of the first chief petty officer in 1893, the Navy has relied on the chief to run the ship, the battalion, the squadron, the base; to train the junior officers and the Sailors who volunteer to defend our country and sea; to uphold the customs and traditions and standards of a service steeped in history all the way back to the earliest days of sail; and to mentor those who aspire to positions of leadership," Wood said.

Wood told the new chiefs that the Navy expects them to maintain the superior performance that got them to their current rank.

"The Navy has not promoted you to the rank of chief petty officer because of what you have done," he said. "You have been promoted because

of what we expect you to do."

During the ceremony, each of the new chiefs marched individually through sideboys for everyone in attendance to see and cheer. Family members and friends pinned on two gold anchors to each newly appointed chief's uniform and the Sailors' sponsors placed a combination cover on their head.

Once all the chiefs had been pinned, they joined together to sing "Anchors Aweigh," a time honored Navy-themed song, to close the ceremony.

The new chiefs were in agreement that their new authority and responsibility will help them to keep the U.S. Navy the best and strongest in the world.

"Being a chief versus being a first class, I have a better chance of molding Sailors and bettering the Navy," said Chief Machinist Mate (SS) Philip Parcell, of Commander, Submarine Squadron 15. "This is the proudest day of my life."

The chief petty officer rank was established by the Navy on April 1, 1893. Chief petty officers are expected to act as both technical experts and naval leaders.

For more information about the traditions and rank of the chief petty officer, visit www.history.navy.mil/faqs/faq46-1.htm.

For more news from U.S. Naval Forces Marianas, visit <https://www.cnicy.navy.mil/Marianas/index.htm>



At Attention: Fourteen newly-pinned chief petty officers stand at attention on stage at the Big Screen Theater on U.S. Naval Base Guam during a ceremony, Sept. 16. During the ceremony, friends and family watched with pride as the selectees had their anchors pinned on, and accepted the rank and responsibilities of chief petty officer. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Salute: Chief Builder (SCW) William Hillberg passes through sideboys, during a ceremony at the Big Screen Theater on U.S. Naval Base Guam, Sept. 16. During the ceremony, friends and family watched with pride as the chief petty officer selects had their anchors pinned on, and accepted the rank and responsibilities of chief petty officer. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



A Little Help: Chief Aviation Survival Equipmentman (EXW/AW/FJP) Michael Jones has his anchors pinned on by his daughter, during a ceremony at the Big Screen Theater on U.S. Naval Base Guam, Sept. 16. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Congratulations: Newly-pinned Chief Legalman Kimberlee Lindee receives a congratulatory hug from her sponsor during a ceremony at the Big Screen Theater on U.S. Naval Base Guam, Sept. 16. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Pinned: Chief Master-at-Arms (EXW/SW) Jesse Izdepski, left, and Chief Information Systems Technician (SW/AW) Adrian Estes, right, both from Maritime Expeditionary Security Squadron (MSRON) 7, stand at attention at their chief petty officer pinning ceremony held at the Navy command's compound on U.S. Naval Base Guam (NBG) Sept. 16. Of the more than 200 Sailors currently stationed at MSRON 7, Izdepski and Estes now bring the chiefs' mess to 20 chiefs, senior chiefs, and master chiefs. Other Navy commands held a similar pinning ceremony for their selectees at NBG's Big Screen Theater later that afternoon. (U.S. Navy Photo by Jesse Leon Guerrero)

CYP director promotes clear communication

By Jesse Leon Guerrero
Joint Region Edge Staff

Jenee Barnett, the new Child and Youth Programs (CYP) director, supports military families by helping them get the best services that are available to them on Guam.

Barnett, who has held the position with Navy Morale, Welfare and Recreation (MWR) since early August, provides oversight and guidance for resolving issues and making improvements at all Child Development Centers (CDC), Teen Centers and Youth Centers on the island's Navy facilities. It's a wide area of responsibility because it extends as far north as U.S. Naval Computer and Telecommunications Station Guam to U.S. Naval Base Guam, where her office is located.

"It's mainly making sure that the people in positions, like the teachers and coordinators, have everything that they need to do their jobs," Barnett said.

Sometimes that requires just making sure the staff members have what they need to start their workday and other times it means identifying a bigger issue and finding the solution. Streamlining processes is also a big part of her job.

It is a challenge, but she works with people to make their jobs easier by following through with training and taskings.

"To get it all done, you have to empower



Support: Jenee Barnett, Child and Youth Programs (CYP) director, discusses operations and daily issues with staff at the Child Development Center on U.S. Naval Base Guam Sept. 10. Barnett, who has held the position with Navy Morale, Welfare and Recreation for about a month, provides CYP oversight and guidance to resolve issues and improve services at all CDC, Teen Center and Youth Center facilities on Guam. (U.S. Navy Photo by Jesse Leon Guerrero)

your managers," Barnett said. "The people who are of support to me... I have to make sure they know what their job is, what their roles are and how to accomplish those roles."

She said she is always open to feedback from

customers and personally reviews their Interactive Customer Evaluation, (ICE) comments, which can be submitted online at <http://ice.disa.mil/>. Barnett encouraged everyone to make use of that service and to leave con-

tact information, so she can answer questions or let clients know how issues have been resolved.

Barnett takes her responsibilities seriously, just as Commander Navy Installations Command also takes CYP's performance on Guam seriously. The Navy standards are very specific, but she said that can also be an advantage. Barnett explained that programs run more smoothly when staff members use their Navy instructions and job/position descriptions as their reference point.

Barnett said it's also a little easier for her to work within the system because she's had a lot of experience with it as both an employee and customer. Barnett holds a master's degree in early childhood education from University of Phoenix and has also worked as a substitute teacher for Department of Defense Education Activity (DoDEA), coached youth sports and coordinated programs at Charles King Gym. She can also relate to what families need because she's been a Navy spouse for 20 years and has two teenage sons who grew up participating in MWR programs, CDC services and DoDEA schools.

"This job gave me an opportunity to use my degree and continue to make a difference," Barnett said.

Above all else, Barnett said she hopes people understand that not only are the CYP staff members qualified but everything they do is "for the good of the children."

"My background led me here. My education led me here," Barnett said. "I will do the best I can to make a difference in the children's lives on this base."

Staff Sgt. Larson proud to be Andersen's Best



Dependable: Staff Sgt. Erik Larson, center, 734th Air Mobility Squadron (AMS), was named Andersen's Best for the week of Sept. 6. Larson was joined by other members of 734th AMS while accepting the award for his work ethic and dependability. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

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Airman awarded Combat Action Medal

By Airman

Whitney Amstutz
36th Wing Public Affairs

The Combat Action Medal is an award for Airmen who have been involved in direct fighting situations where they risked their lives in an enemy engagement. It is an award not easily earned and given only to those who have experienced all aspects of military service: the good, the bad and the ugly.

Staff Sgt. Eric Barrios, 36th Security Forces dog handler, was recently awarded the Combat Action Medal for his ability to remain composed and react well under fire when his convoy was ambushed in April 2009 in the Dabb Pass in Afghanistan.

While deployed with U.S. Army Special Forces, 3rd Special Forces Group, Operational Detachment Alpha out of Fort Bragg, N.C., Barrios and his military working dog, Rex were conducting a Combat Recon Patrol from Kandahar Air Field to Fire Base Sweeney. The mission objective was to secure and escort logistical support materials from Kandahar to Sweeney.

"I was assigned as a rear gunner in the second vehicle," Barrios said. "When we approached the Dabb Pass one of the gunners in my truck said to me, 'Hey, Eric, this pass is a known ambush site for the Taliban.' So I was on guard."

Having been through countless training exercises and fresh out of pre-deployment training at Yuma Training Grounds, Barrios and Rex

had experience on their side.

"My training was a pretty in-depth, Marine Corps style experience," Barrios said. "We practiced uncovering explosives and safely dealing with them, but you never know how you are going to react in a situation until it happens. I've seen people freak out and I've seen people do amazing things. It's just something that's inside of you."

As the patrol moved through the pass, the blast of an improvised explosive device (IED) rocketed the small group into reality.

"All we heard was an enormous boom," Barrios said. "Everyone was thinking, 'Oh man, here we go.'"

The patrol came under heavy and accurate enemy fire in a near ambush by a force numbering in excess of 80 fighters. The initial IED blast demolished one supply truck and blocked off the pass in a landslide of rock and debris. Barrios and the members of the patrol had no choice but to fight their way out.

"Gunfire was coming at us from both sides of the mountain," Barrios said. "High ground surrounded us on both sides. It was like we were in a fish bowl and they're shooting machine guns and rocket propelled grenades."

Destroyed by enemy fire, the main weapons systems, the gunner and rear gunner, were rendered useless. Barrios stepped up to the plate by opening two of the top hatches and firing on enemy positions.

"They shot out our Mark-19 and we couldn't use it," Barrios said. "I started shooting back and it felt like



Medal Winner: Staff Sgt. Eric Barrios, dog handler with the 36th Security Forces Squadron, recently received a Combat Action Medal for his actions during an ambush on his patrol team while deployed with U.S. Army Special Forces, 3rd Special Forces Group, Operational Detachment Alpha out of Fort Bragg, N.C. Barrios' efforts contributed to 22 enemies killed in action. (U.S. Air Force Courtesy Photo)

I was in a video game. I'm picking targets and there are so many of them. At the same time I can hear bullets zipping past my head and the sound of them hitting metal around me. It felt like controlled chaos."

The arrival of close air support caused the enemy to begin a steady withdrawal of contact and by the end of the two-hour firefight Barrios had personally engaged the enemy with 64 rounds from his M-4 and three grenades from the MK-48 grenade launcher. His efforts contributed to 22 enemies killed in action and no loss of life for American forces. After the engagement, Barrios and Rex searched the area and recovered a small weapons cache of five AK-47s, an ammunition vest containing 200 rounds and a bag of six RPG rockets.

"It was insane and it was amazing all at the same time," Barrios said. "It felt like we were there in the thick of things forever, but we managed to come out on top."

After seeing how quickly lives can be lost, Barrios developed a newfound appreciation for the sacrifices made by fellow service members.

"It was a lot of pain and suffering," Barrios said. "This medal is important to me because it represents the people who have passed — who were killed out there and never came home. Unfortunately, I had to see that happen, so it really hits home for me. Now, when I hear someone has died, I know what that looks like. I truly appreciate what everyone has sacrificed."

Celebrate the Navy's 235th birthday in style Oct. 9

By Command Master Chief
Paul Kingsbury

Joint Region Marianas

On Saturday, Oct. 9, the Region will celebrate the Navy's 235th birthday at the Leo Palace Resort. Chief Engineman Mishal Langston, our region equal opportunity advisor, is this year's Navy Ball coordinator, and she is setting up what promises to be a great night.

The evening will start with a cocktail hour at 5 p.m., followed by

the start of the official program at 6 p.m. The menu will include garden green salad, chicken ke-laguen, potato salad, smoked salmon w/lemon, steamed Mahi Mahi with butter sauce, roasted chicken with garlic and soy sauce, Chamorro steak, lumpia, pasta al-fredo, Spanish red rice, and pancit noodles.

Attire for the event will be service dress whites or better for active duty military and formal attire for our civilian guests. This year we are

particularly lucky to have Commander, Joint Region Marianas, Rear Adm. Paul Bushong as our guest speaker.

Chief Langston has been supported by all units assigned on Guam, which provided individual committee representatives. These committee representatives have spent a great deal of time with the tremendous amount of planning, script writing and formalization of the evening's schedule of events.

Leo Palace's main ballroom is a great venue and easily accommo-

dates all guests. Ticket prices are as follows: E1-E5 \$20, E6-E9 \$40, officers and civilians \$50. Discounted rooms are available at \$72.15 and \$69. To reserve a room, log onto www.guam.ne.jp and scroll down the page to the LOGIN. The login code is navyball10 (no spaces). This is an adult only event, however, childcare will be provided at the hotel.

This Saturday will mark 235 years since the Continental Congress, established legislation for the

order of ships, thereby establishing our nation's Navy. This date also serves as an opportunity to remind all of us that our fellow countrymen sleep safely at night because their Navy remains on watch.

So come on out and join us for a great evening. There will be dancing and raffle prizes, and the opportunity for you and your date to get all dressed up as we celebrate our Navy's birthday. For more tickets and information, contact your Navy Ball representative.

News Notes

Job Announcements

Interested individuals can view the vacancy listings at <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>.

For more information, call 339-4222/6210.

Naval Support Activity Andersen, Guam

Supvy Youth Programs Spec. Closes Sept. 13.

Employment Opportunities

Looking for a part time job? 36th Force Support Squadron offers multiple employment opportunities. Current job vacancies and job descriptions

within 36th Services are available online at www.36thservices.com by clicking on HRO jobs. For more information, visit the Human Resources Office (HRO) or call 366-6141.

Café Latte Coffee Club Membership

If you're an Air Force Club Member, you can join the Café Latte Coffee Club. When you join, you'll receive a coffee card. Have your card initialed for each coffee purchase; after you've made nine purchases, your 10th cup is free. Ask for your coffee card next time you visit. For more information, call 366-6166.

Navy Citizenship Codes

Service members who become naturalized citizens should report citizenship changes to their local service record holder. Some Personnel Support Detachments may not have access to the codes required to enter citizenship changes in the Navy Standard Integrated Personnel System. For a list of codes, refer to the Bureau of Naval Personnel (BUPERS) Instruction 1080.53, Enlisted Distribution and Verification Report Users' Manual, Section 11.3 Citizenship. Or online at: <http://www.npc.navy.mil/NR/rdonlyres/0899052A-1212-437B-9FB1-0DF3CF366858/0/108053.pdf>.

Navy on Guam remembers 9/11 attack

By Jesse Leon Guerrero

Joint Region Edge Staff

Dozens of chief petty officers and chief petty officer selectees from Navy commands on Guam commemorated the ninth anniversary of the Sept. 11 terrorist attack with a memorial ceremony at Maritime Expeditionary Security Squadron (MSRON) 7's compound on U.S. Naval Base Guam (NBG) Sept. 11.

The chief selectees hosted the event to honor the nearly 3,000 civilians who died when terrorists crashed two jet airliners into the twin towers of the World Trade Center in New York City, one into the Pentagon in Virginia, and another in a field in Pennsylvania.

As one of several speakers that morning, Chief (Select) Boatswain's Mate (EXW/SW/AW) Steven Douglas, of MSRON 7, described 9/11 as an attack on the American way of life, which "embraces freedom and democracy." He said it should remind everyone never to take anything for granted.

"Appreciate our freedoms," Douglas said. "Count our blessings. Strive to help our fellow man and

cherish our friends and families."

Douglas and his command's two other chief selects, Chief (Select) Information Systems Technician (SW/AW) Adrian Estes and Chief (Select) Master-at-Arms (EXW/SW) Jesse Izdepski, highlighted the ceremony by placing a floral wreath in front of MSRON 7's flagpole.

Members of NBG Security's K9 Unit and Fire and Emergency Services (FES) also attended and stood at attention as speakers compared the 9/11 attacks with the bombing of Pearl Harbor, Hawaii, on Dec. 7, 1941.

"We must remember the courage of our policemen and firefighters who rushed into those two burning towers to bring thousands to safety, all sharing the same sense of fear and uncertainty that when placed into the right hands creates courage, not just on that infamous day but also in the days that followed where survivors continued to be found," Izdepski said.

More than 400 first responders died while assisting with the evacuation of attack victims and survivors.

Patrick Null, NBG FES Emer-

gency Medical Services program manager, said he would always remember the images of the tragedy shown on TV. Null said the aftermath showed how people can partner together to defend the nation and recover from such a loss.

"It just really was a time when everybody was one," Null said. "You felt the patriotism and it was great. Everybody was there for each other."

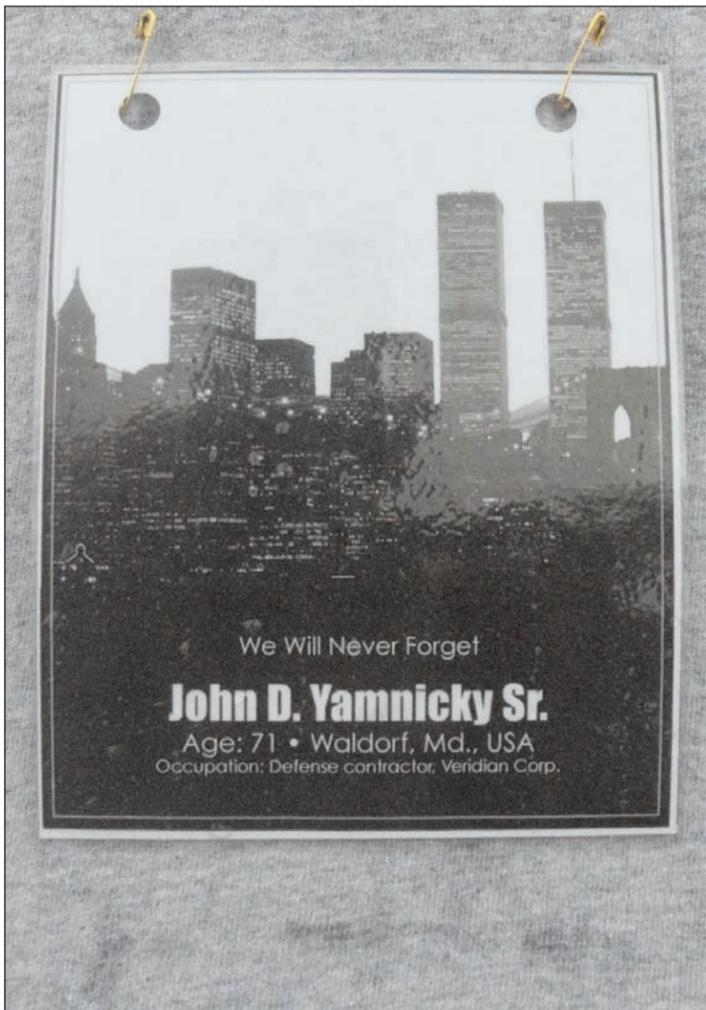
Chief (Select) Hull Maintenance Technician (SW/AW) Ernest Sumner, of USS Frank Cable (AS 40), said he was on leave during the attack, but immediately headed back to duty when he heard the news. Now that he is scheduled to put on his chief petty officer anchor pins Sept. 16, Sumner said he has a responsibility to help train junior Sailors prepare for what they might face in the future.

"When something like that happens on your homeland, you want to be available," Sumner said. "Whatever orders come down, you want to follow up on them. It brings a nation together. It's unfortunate to say that, but that's what happens and it's the feeling it instills in people."



Tribute: From left, Chief (Sel) Boatswain's Mate (EXW/SW/AW) Steven Douglas, Chief (Sel) Information Systems Technician (SW/AW) Adrian Estes, and Chief (Sel) Master-at-Arms (EXW/SW) Jesse Izdepski, all from Maritime Expeditionary Security Squadron (MSRON) 7, place a wreath to commemorate the victims of the 9/11 terrorist attack at the command's compound on U.S. Naval Base Guam Sept. 11. (U.S. Navy Photo by Jesse Leon Guerrero)

We Will Never Forget 5K held on NBG



Tribute: A service member wears a badge with the name of a victim of the 9/11 terrorist attack, before participating in the "We Will Never Forget 5k" run on board U.S. Naval Base Guam, Sept. 11. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Remembering: Service members and dependents share a prayer for the victims and families of the 9/11 attack, before participating in the "We Will Never Forget 5k" run on board U.S. Naval Base Guam, Sept. 11. In remembrance of the victims, runners wore badges with the name of a victim of the attacks. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Encouragement: Members of U.S. Naval Base Guam Fire and Emergency Services encourage a participant in the "We Will Never Forget 5k" run on the base, Sept. 11. In remembrance of the victims, each runner wore a badge with the name of a victim of the 9/11 terrorist attack. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

SCRA offers civil legal protection to service members

By Lt. j.g. Matthew C. Cox
Naval Legal Service Office Pacific

The Servicemembers Civil Relief Act (SCRA) was created to "protect those who have been obliged to drop their own affairs to take up the burdens of the nation." The SCRA should not be thought of as a mechanism to avoid liabilities, but instead as a means to effectively address the service member's civil legal issues.

Who does the SCRA protect? The SCRA applies to service members, which includes members of the armed forces on active duty, National Guard members called to service for a period of more than 30 days or when responding to a national emergency, commissioned officers of the Public Health Service and National Oceanic and Atmospheric Administration, and active duty reservists when activated. Some provisions apply to family members of the service member.

How does the SCRA protect service members? The SCRA allows for stays of civil, not criminal, cases. The SCRA will not allow a service member to completely escape being sued; however, it will allow for the postponement of a civil suit that has already been filed. Upon request, a court should postpone a pending lawsuit for 90 days. A service member may have to show that his or her ability to be present for the lawsuit is materially affected by his or her service. A service member's command should make a request to the court for the postponement of the lawsuit as soon as possible.

Termination of residential, automobile, or cell phone leases. Under certain circumstances, a service member may be able to cancel residential, automobile, or cell phone lease contracts. For residential leases, the service member is allowed to break the lease if he or she enters the service, receives permanent change of station (PCS) orders, or is deployed for a period of at least 90 days. Landlords may not keep security deposits because a service member asserts this right. Your housing contract may have additional protections.

For motor vehicle leases, a service member or a family member may terminate the lease upon entering into service for 180 days, receiving PCS orders from a location in the continental United States to a location outside the continental United States or from a location in a state outside the continental United States to any location outside that state, to deploy with a military unit, or to deploy as an individual in support of a military operation. A motor vehicle lease is terminated once both the written notice and the car are returned to the lessor. The lessor may still recover late payments, monies for damage caused to the property by the member, and certain other legitimate charges already owed.

A service member may terminate or suspend a contract for cellular telephone service upon receipt of orders to deploy outside of the continental United States for not less than 90 days or for a permanent change of duty station within the United States. The request to suspend or terminate shall include a copy of the service member's military orders. The carrier shall grant the request without imposing an early termination fee or allow for the suspension of the contract until the service member returns. The carrier should not extend the contract to make up for the time

the service member was on deployment.

Eviction. A service member or a family member may not be evicted without a court order. If the service member's ability to pay the rent is materially affected by military service, a judge can stay the proceeding for 90 days. The general stay provision of the act is not applicable to evictions. The judge is authorized to order an involuntary allotment be taken out of the service member's pay if the landlord's claim is meritorious.

Mortgage foreclosure protection. The SCRA protects service members and family members against non-judicial foreclosures. If a serv-

ice member defaults on his or her mortgage payments, a sale of the property foreclosure, or repossession action is not valid unless there is a court order or a waiver from the service member. This protection is in addition to any state protections and extends 90 days beyond the service member's period of service.

Default judgments. If a suit is filed against a service member and the service member fails to appear at the court proceeding, the judge may grant the suing party a default judgment. This means the suing party wins and may collect the amount of the judgment from the service member. In the event a service member learns of

a default judgment being ordered, the service member may request that the court re-open the case and allow the service member to assert a defense.

Can a service member waive his or her rights under the SCRA? The simple answer is yes. Generally, the waiver must be in writing and signed by the service member. As an added protection, the writing must be a document separate from the obligation to which it applies.

What does "material effect" mean? Many of the provisions of the SCRA require that there be a material effect on the service member in order for the service member to assert his or rights.

A service member may be materially affected with regards to being present in court due to being deployed. Service members may also be materially affected if their ability to pay a debt has changed due to being activated, sent on deployment, or stationed in another geographic location.

This article is intended to inform service members and their families of SCRA protections in general. It is not intended to provide specific legal advice. If you have a problem that you believe may be covered by the SCRA, you should consult with an attorney. You may speak to an attorney for free by contacting your local military legal assistance office.

Expert reminds Sailors: 'No' means 'no'

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

Joint Region Edge Staff

Anne Munch, a respected sexual assault prevention advocate, spoke with Sailors at the Big Screen Theater on U.S. Naval Base Guam (NBG), Sept. 9.

Munch is a veteran attorney, with 22 years of experience as a prosecutor and advocate for victims of stalking, sexual assault and domestic violence. She is also recognized as a subject matter expert by the U.S. Air Force, Army and Navy, and has done extensive work in helping to develop the military's Sexual Assault Prevention and Response (SAPR) programs.

The SAPR program was designed to help the military ensure the reduction of sexual assault through the education of service members, and to maintain readily available assistance for victims throughout the military.

The presentation, entitled "Naming the Unnamed Conspirator," challenged the Sailors to think about the societal trend of placing the blame on the victims when a sexual assault occurs.

"The unnamed conspirator is all around us," Munch said. "It's you; it's me, the media, movies, TV. It's our societal view, and we need to do our best to change it."

During the 90-minute presentation, Munch said that it is up to everyone, as individuals, to do what they know is right in order to prevent sexual assault.



Prevention: Noted sexual assault prevention advocate Anne Munch speaks to Sailors during a presentation at the Big Screen Theater on U.S. Naval Base Guam, Sept. 9. The presentation, entitled "Naming the Unnamed Conspirator," challenged the Sailors to think about the societal trend of placing the blame on the victims when a sexual assault occurs. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

"You know what consent is. You know all about manipulation and bullying," she said. "If we all stick with what we know, and only do what we know is right and don't hurt others, then we'll all be okay."

Munch also praised the military for everything it's done to prevent sexual assaults, educate service members about prevention, and help people who are assaulted.

"The military does a great job in deterring sexual assault, and has cre-

ated a climate where reporting sexual assault is an option. We, as bystanders, can take it a step further and intervene to help prevent sexual assaults," she said. "If you save one person from being assaulted, you've changed their life and prevented a group of people from having to suffer. That is not a small contribution."

Capt. Richard Wood, commanding officer, NBG, urged the Sailors in attendance to remember Munch's words, and to share them with ship-

mates, family and friends.

"Sexual assault is a serious problem. I hope everyone here internalizes this training and shares it with everyone they know," he said. "Look out for your shipmates. If you see someone in a situation where there's potential for a sexual assault, intervene. Remember, our safety and the readiness of the fleet depends on Sailors looking out for each other."

Munch also talked about several sexual assault cases she worked on.

She employed anecdotal humor to speak about a very serious and often depressing topic in a way that kept the audience interested.

"I thought this training was one of the best I've ever been to. I am glad that the Navy brought Ms. Munch out to Guam," said Hospital Corpsman 1st Class (AW/SW) Elizabeth Hines, of USS Frank Cable (AS 40). "It was good to hear the different perspectives about rape that she encountered during her career. Hopefully it will change how some people view sexual assault victims, and prevent any victims from becoming pariahs in the future."

According to the Department of Defense Fiscal Year 2009 Annual Report on Sexual Assault in the Military, during 2009, more than 400 sexual assaults were reported in the Navy. It was found that the majority of those were service member on service member assaults involving alcohol, and that approximately half of the assaults occurred on military installations.

The military takes a zero-tolerance stance toward sexual assault. Secretary of Defense Robert Gates said, "the Department of Defense has a no-tolerance policy toward sexual assault. This type of act not only does unconscionable harm to the victim; it destabilizes the workplace and threatens national security."

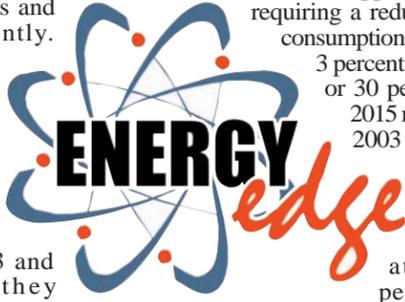
For more information on Munch, visit <http://www.annemunch.org/>

For more information on the SAPR program, visit <http://www.sapr.mil/>, or contact your command's SAPR Response Coordinator. For more news from U.S. Naval Forces Marianas, visit www.navy.mil/local/guam/.

New laws aim to meet energy-reduction goals

By Kevin D. Evans
 Joint Region Marianas Energy Manager

Most folks know by now that there is a slew of new energy conservation laws and requirements recently. These include the Energy Policy (EP) Act of 2005, the Energy Independence and Security Act (EISA) of 2007, and the Presidential Executive Orders (EO) 13423 and 13514. How do they translate down to us in our Joint Region Marianas community?



The EP Act of 2005 requires all federal activities to reduce consumption 2 percent from 2006 to 2015 relative to a 2003 baseline, but the EO 13423 upped the ante requiring a reduction of consumption by either 3 percent per year, or 30 percent by 2015 relative to 2003 baseline. They both require generating 25 percent of electricity from renewable energy sources by 2025, commonly known as the 25 x 25 initiative.

Both also require federal agencies to purchase only energy-efficient products such as Energy Star recommended products. This last is one that hits home. For example, incandescent lamps (good old-fashioned light bulbs) are no longer authorized as replacements in military facilities except in special purpose uses. They each also carry requirements for divergent issues. The EPAct requires metering for all federal building by 2012 while the EO 13423 requires water conservation goals of reductions of 2 percent per year beginning in 2008 through 2015 or by 16 percent by the end of 2015 relative to a 2007 baseline. EO 13514 expands ever further with re-

quirements for 95 percent of all federal contracting and acquisition to be "green," also for ensuring all new federal buildings entering the design phase in 2020 or later, are designed to achieve zero net energy by 2030, reduce government fleet petroleum consumption, and divert at least 50 percent of non-hazardous solid waste by the end of fiscal year 2013. The EISA of 2007 brings a second wave, if you will, of requirements for federal facilities. The most significant being the requirement that all new construction or major renovated buildings be Leadership in Energy and Environmental Design (LEED) Green Building Rating System certified as energy efficient.

In addition, all facilities must have 25 percent of their buildings audited and monitored. It requires 30 percent of these new or renovated building to have solar water heating. Finally, it requires aggressive action to pursue alternative-fuel vehicles (AFV) including requiring the building of AFV "gas" stations. Yes, there are many new energy-related laws and requirements that affect us in our local Navy community and the more all hands know about them, the more you'll be able to help us achieve our energy-reduction goals. Knowledge is power, so please help us spread the word and help us conserve energy and make energy independence a reality.

Constitution commemoration falls in line with Air Force birthday

By Tech Sgt. Phyllis Hanson
Secretary of the Air Force Public Affairs

"I ... solemnly swear that I will support and defend the Constitution of the United States against all enemies, foreign and domestic," are words from the enlistment oath that every Airman has sworn to one or more times.

As the Air Force marks its 63rd

year Sept. 18, the Department of Defense commemorates the signing of the Constitution with Constitution Day and Citizenship Day on Sept. 17.

"Celebrating both Constitution Day and Citizenship Day is a perfect opportunity to highlight the outstanding efforts of our total force Airmen and reflect on the purpose of our military," said Air Force Sec-

retary Michael B. Donley. "Every individual supporting our Air Force and our nation should stand proud knowing that what they do directly upholds American citizens' 'inalienable rights' and shows other nations the way to greater freedoms for their own people."

For more than two centuries, this founding document reflects the Air Force's core values and preserves

the truths set forth in the Declaration of Independence, that all Americans are endowed with certain unalienable rights.

For activities and education on this commemoration, the DOD has a website at <http://constitutionday.cpms.osd.mil/> that contains information about the Constitution and U.S. history.

The site includes a course that provides the history of events lead-

ing up to the Constitution's creation by the founding fathers, as well as the document's evolution through the 19th and 20th centuries.

Sandra Day O'Connor, retired Associate Justice of the Supreme Court, provides a guest spot on the site. As required by Public Law 108-447, all federal agencies are to provide education and training to all civilian employees.

Pacific Partnership 2010 ends with many firsts

By Pacific Partnership 2010
Public Affairs

The fifth in a series of annual U.S. Pacific Fleet-sponsored deployments to the Western Pacific region, Pacific Partnership 2010 (PP10) built upon previous missions with numerous innovations designed to enhance the partnership and provide assistance to remote areas.

This year's effort saw an increase in the number of ships from other countries participating, brought aboard large numbers of non-governmental organization (NGO) volunteers, and creatively used helicopters and landing craft to insert medical and dental teams to set up health care clinics in remote locations, a key priority for several of the U.S. Ambassadors involved with the mission. Additionally, PP10 greatly expanded the scope of Pacific Partnership engineering projects by using advance fly-in teams of U.S. Navy Seabees.

Combined, the Pacific Partnership 2010 team – made up of professionals from all four U.S. military services, 10 partner nations, seven embarked NGOs, and 10 supporting NGOs – treated 109,754 patients, performed 859 surgeries, issued 60,883 glasses, completed 22 engineering projects, participated in 86 community service projects (COMSERV), and treated more than 2,800 veterinary patients.

"It is fitting that we bring Pacific Partnership 2010 to a close here in Rabaul, as the sight of Tavurvur smoldering above the harbor and the ash covering our boots every day are visible reminders of the importance of this mission and of preparing in the calm of a nice sunny day like today to respond in the dark days of crisis following a natural disaster," said Pacific Partnership 2010 Mission Commander, Capt. Lisa M. Franchetti, at the mission's closing ceremony, referring to the twin volcanic eruptions of Tavurvur and Vulcan that destroyed the capital city of Rabaul in 1994.

The Military Sealift Command hospital ship USNS Mercy (T-AH 19), operated by a crew of 65 civilian mariners visited four of the six PP10 countries. Mercy provided extensive surgical capabilities and, combined with her "Band-Aid" utility boats and two embarked MH-60S helicopters from Helicopter Sea Combat Squadron 23 Detachment 4, supported a large cadre of medical and engineering professionals moving to and from their work sites ashore each day.

Several ships from other nations joined Mercy during Pacific Partnership 2010. While in Vietnam and Cambodia, Mercy operated with the Japan Maritime Self Defense Force ship JDS Kunisaki (LST 4003), which hosted an embarked medical team and Japanese NGOs. Medical professionals from Kunisaki joined with those from Medical Treatment Facility (MTF) Mercy at medical and dental civic action programs (MED/DENCAPs), while her



Partners: Royal Australian Navy Able Seaman Kayla Jones, assigned to the Royal Australian Navy landing ship heavy HMAS Tobruk (L50), and Hospital Corpsman 3rd Class Eduardo Pinto package medication during a medical civic action program. A contingent of 64 Sailors and non-governmental organization members assigned to the Military Sealift Command hospital ship USNS Mercy (T-AH 19) are embarked aboard Tobruk conducting the final leg of Pacific Partnership 2010. Pacific Partnership is the fifth in a series of annual U.S. Pacific Fleet humanitarian and civic assistance endeavors aimed to strengthen regional partnerships. (U.S. Navy photo by Mass Communication Specialist 2nd Class Eddie Harrison)

Sailors enjoyed participating in COMSERV's alongside personnel from Mercy.

During the Indonesia phase of PP10, conducted as a disaster relief exercise which lasted 22 days and visited three separate areas, MERCY was joined by KRI Dr Soeharso, Indonesia's hospital ship, RSS Endeavour, with its own embarked medical team, as well as two Royal Australian Navy heavy landing craft (LCHs) which provided logistic support to Mercy and her teams. In addition to moving supplies to and from the shore, HMAS Labuan (L128) and HMAS Tarakan (L129) were used in a new and innovative way: as afloat staging bases for distant MED/DENCAP teams. Each ship embarked 21 medical and dental providers, veterinarians, assistants, and translators.

The vessels transported medical teams to remote areas, where they would work ashore during the day and come back to the ships each night to sleep on the open vehicle decks on cots with mosquito netting. This unique concept significantly expanded the reach of the Pacific Partnership 2010 mission to 13,000 patients seen on remote islands and villages that have very little access to professional medical care. After demonstrating the success of this effort in Indonesia, the Australian ships were called upon to support two similar teams during the mission to Timor-Leste, visiting the isolated Oecussi enclave and the distant coastal town of Lautem.

Unique to this year's mission was the addition of two additional stops supported by other ships under the Pacific Partnership umbrella. While

Mercy provided care in Indonesia, USS Blue Ridge (LCC 19) visited Palau, providing medical services and enhanced COMSERV projects to that island nation. Then on Aug. 24, over 60 people from Mercy, including Destroyer Squadron 21 staff, Amphibious Construction Battalion (ACB) 1 Seabees, MTF Mercy, and the U.S. Pacific Fleet Band transferred to HMAS Tobruk (L50) and set off for the final mission port of 2010: Rabaul, Papua New Guinea.

This transfer marked the first time that a partner nation's vessel was utilized as a flagship for a Pacific Partnership mission. Tobruk, which embarked additional Australian Defence Force personnel and members of the Papua New Guinea Defense Force on the way to Rabaul, was joined in Papua New Guinea by USS Vandegrift (FFG 48).

Throughout the mission, Pacific Partnership 2010 coordinated with host nation officials and U.S. embassy teams to identify the areas that would benefit most from assistance. Often, these areas were very isolated. Using a combination of cargo aircraft, helicopters, landing craft, and good old-fashioned driving, Pacific Partnership 2010's medical teams were able to successfully reach these remote locations. In a key example of partnership, an USMC C-130 landed a MED/DENCAP team onto a dirt runway in Ratanakiri, Cambodia, 320 miles from where Mercy was anchored.

"Landing in Ratanakiri, I knew that this mission was unique," said Lt. Cmdr. Sandy Kimmer, physician officer in charge of the Cambodian MED/DENCAPs in Ratanakiri and Kampong Cham. "We lived and

worked alongside the RCAF (Royal Canadian Armed Forces) and other Cambodian physicians, allowing for host nation referrals and continuity of patient care. This fostered relationships and helped to build the capacity of the Cambodian medical system."

Cambodia also benefited from the unwavering commitment of the RCAF engineers, U.S. Navy Seabees from Naval Mobile Construction Battalion 11 and Amphibious Construction Battalion 1, and Australian engineers from the Second Combat Engineer Regiment based in Queensland, who drilled three water wells that are now bringing clean and safe water to local communities.

Despite the environmental challenges faced in Southeast Asia, the engineers were able to use their unique skills to complete useful engineering projects and, perhaps more importantly, build the capacity of the host-nation engineers to complete similar projects on their own in the future.

"Having to stand in the smoldering heat is challenging enough for anyone visiting any of these countries. Now, imagine having to work under these conditions in many cases outdoors, and the times you may find yourself indoors there is no air conditioning," said ACB 1 Commanding Officer, Capt. Scott R. Lister. "That's exactly the endurance and commitment every single engineer – from host nation military engineers and civilian volunteers to Australian Sappers - brought to the sites to help transform clinics, schools, and laboratories that serve beyond their intended uses as many

of these facilities are used by their communities on a much larger scale than their name leads you to believe."

During a ribbon-cutting ceremony earlier this week celebrating the completion of repairs to a health clinic that had been damaged by fire at the University of Natural Resources and Environment (UNRE) Vudal campus, UNRE's Vice Chancellor, Professor Phillip Siaguru, summarized what Pacific Partnership represents.

"Pacific Partnership 2010 has truly changed my childhood impression of soldiers and armies, and I am sure many others of my age or older...who also had the impressions that soldiers cannot take up saws and hammers or needles and medicines...only guns," said Siaguru.

"(These efforts) will leave a lasting impression on East New Britain, certainly this University and indeed, for me personally, I also know the army can play soccer, volleyball, and yes, they have a jazz band and can play music and dance as well as pose for a photograph with my daughter."

Siaguru's observations were echoed in Timor-Leste, where the Pacific Partnership 2010 team was augmented by soldiers from the Timor-Leste Defence Force, or F-FDTL. Using Pacific Partnership 2010 as an opportunity to participate and to learn the mechanics of setting up and running a MED/DENCAP, the Australian Defence Cooperation Program is working with the F-FDTL to plan and run their own MED/DENCAP later this year.

As Pacific Partnership 2010 comes to a successful conclusion, preparations are already well underway to build on the relationships and achievements of the previous five missions. Planners, host and partner nation representatives, and NGO leaders will meet in San Diego later this month to refine plans for Pacific Partnership 2011.

"The formative stage of Pacific Partnership 2011 has already begun, and I wish everyone who will participate in that mission much success, as they will be part of something really special," said Franchetti.

"I am very proud of the PP10 team and all that we have accomplished during our deployment this year. It was incredibly rewarding to watch this diverse group of individuals come together to support a common goal – to bring assistance to those in need," said Franchetti. "Their infectious enthusiasm and creativity enabled us to reach out and build relationships and skills that will be sustained long into the future, ensuring a more effective response to a natural disaster in the region. I am already a bit envious of those who will have the chance to be involved with PP11 – it truly is a once-in-a-lifetime experience."

For more news from Pacific Partnership, visit www.navy.mil/local/pacificpartnership/.

Navy announces updates to selective reenlistment bonus

From Chief of Naval Personnel Public Affairs

Changes to selective reenlistment bonus (SRB) award levels were announced in NAVADMIN 300/10 for active duty and Reserve full-time support Sailors, which are scheduled to take effect Oct. 1.

Approximately 17,000 Sailors working in 135 critical skills will be eligible to reenlist with SRB awards up to \$90,000 in 2011.

"While the SRB program continues to be the Navy's primary monetary incentive to encourage Sailors with critical skills and valuable experience to stay Navy, it is incumbent upon the Navy to remain within congressionally authorized funding limits," said Rear Adm. Tony Kurta, director of personnel plans and policy.

SRB is also a force shaping tool to better manage critical skill retention goals.

"As reenlistment goals for particular skills are achieved, SRB award levels for those skills will be removed from the plan," said Kurta.

The key for Sailors is to reenlist early to take advantage of the SRB



Enlistment: Capt. Timothy Mahan, commanding officer of the guided-missile cruiser USS Vicksburg (CG 69), administers the oath of enlistment to nine of his crewmembers during a mass reenlistment ceremony at the American Military Cemetery at Omaha Beach April 5. (U.S. Navy photo by Ensign Marc D. Schron)

as soon as eligibility requirements are met. Enlisted ratings selected for SRB have been placed in one of three tiers. Varying award levels and early reenlistment opportunities have been provided for each tier.

Sailors may request to reenlist early for an SRB, as long as their end of active obligated service is within the current fiscal year and is not later than 90 days from the requested date of reenlistment.

Sailors serving in tier one skills may reenlist any time within the fiscal year their enlistment contract ends. Sailors receiving early promote in their most recent periodic evaluation report and Sailors with nuclear skills are given greater reenlistment flexibility.

"With the policy changes, it is critical that Navy counselors and command leaders read and understand the governing instructions and NAVADMINs," said Kurta. "The required paperwork must be completed correctly and in a timely manner to be processed so Sailors can take advantage of the bonus."

To read the complete NAVADMIN, visit www.npc.navy.mil.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

Safest summer on record concludes for Sailors, Marines

By April Phillips

Naval Safety Center Public Affairs

Labor Day marked the traditional end of summer for Sailors and Marines and also the end of the Naval Safety Center's (NSC) annual summer safety campaign, "Live to Play, Play to Live."

Although mishap reports for the long weekend are not complete, it appears that both the Navy and Marine Corps enjoyed the safest summer since NSC started keeping these statistics.

However, that still means that 14 Sailors and 14 Marines lost their lives between Memorial Day and Labor Day weekends. Nonetheless, this is a considerable improvement from 2009, when 39 Sailors and Marines lost their lives during the

same period.

While that is an achievement to be proud of, NSC is not declaring victory, especially in light of the fact that one Sailor and one Marine died during Labor Day weekend. Mishap reports indicate that both deaths may be related to alcohol.

"There have been a lot fewer cases of DUI (drinking under the influence)," said NSC Command Master Chief (AW/SW) Dominick Torchia. "However, there may be some complacency about the dangers of over-consumption in general. We're seeing cases of Sailors and Marines basically drinking themselves to death."

While most people seem to be getting the message about designated drivers and safe ride programs, leaders need to continue educating

their Sailors and Marines about the health risks of alcohol, including alcohol poisoning and reduced inhibitions that may lead to risky behavior, Torchia said.

Although the summer 2010 has ended, Torchia urged renewed focus on risk management, so the positive mishap trends of the summer will continue into the cooler seasons.

"Many of the risks are actually the same," Torchia said. "There are just different conditions. We think of people traveling for their summer vacations, but they are also on the road for Thanksgiving and Christmas. The folks who are out there participating in summer sports will probably also take part in winter sports. We ask them to take the same risk management mentality and

adapt it to the new conditions."

To that end, Torchia recommends "winterizing" homes and vehicles now, rather than waiting until weather conditions deteriorate. He also encourages everyone to get in shape now for winter sporting activities such as skiing, snowboarding or even football.

"Prepare and train before you go out and try something like that. If you haven't skied before, take a course before you hit the slopes," Torchia said.

While many risks remain consistent through all four seasons, fire dangers do escalate in fall and winter, due to faulty heating systems, unsupervised fireplaces and dangerous space heaters.

"Now is the time to prepare your home. Weatherproof your house and

have annual maintenance performed on your fireplaces and heating systems," Torchia said. "Doing this now will keep you ahead of the game."

While Sailors and Marines prepare for fall and winter, he also warned them to continue being vigilant about hurricanes. The East Coast of the United States was recently spared when Hurricane Earl remained off the coast, but the season runs through November 2010, and Torchia encouraged everyone to stay on guard against these dangerous storms.

He also pointed out that a new school year is underway and drivers should pay special attention for kids who might dart out into the street.

For more news from Naval Safety Center, visit www.navy.mil/local/nsc/.

NWU: No out-of-pocket expenses for Sailors

From Chief of Naval Personnel Public Affairs

Following a recent fleet reminder of the Dec. 31 Navy Working Uniform (NWU) mandatory wear date, the chief of naval personnel (CNP) is ensuring Sailors who have not received a full set of uniforms or allowances will not be expected to use their own money to meet uniform requirements.

The Navy recognized that Sailors who started recruit training Oct. 1, 2007, through April 26, 2009, were not issued NWU components due to a delay in uniform production, nor did they receive the full enhanced clothing replacement allowance due to their time in service.

As a result, the Navy is reviewing the issue and will provide a solution that will not require Sailors to use their own money for uniforms.

"We are reviewing several options to ensure this group of Sailors does not incur an uncompensated, out-of-pocket expense when meeting the NWU requirement," said Vice Adm. Mark Ferguson, CNP.

Ferguson went on to explain these Sailors will not be expected to have four sets of the NWU while the Navy weighs several courses of action to compensate them. He also extended their deadline until June 30, 2013, to allow these fixes to be identified and implemented.

With the exception of those identified, fleet-wide availability of the NWU was achieved six months early and Sailors are expected to use the allowances provided over the past several years to purchase a full sea



Working Uniform: Sonar Technician 3rd Class David Weist of Breezewood, Pa., stands the topside rover watch in the Navy working uniform aboard the Los Angeles-class attack submarine USS Scranton (SSN 756) Feb. 18, 2009. Scranton is the first submarine all crew members equipped with the new uniforms. (U.S. Navy photo by Mass Communication Specialist 1st Class Todd A. Schaffer)

bag ahead of the mandatory wear date. The NWU seabag requirements are as follows: four NWU blouses and trousers, one pair of NWU boots, two eight-point utility caps, five 100 percent blue cotton t-shirts, five pairs of boot socks, one

mock turtle neck sweater, one fleece liner one Gortex parka.

Exchanges have sales associates available to help with proper sizing and fit, as well as ample supplies of the NWU to meet demand. If a local exchange does not have a partic-

ular item, or if a Sailor is not stationed near an exchange, uniform items can be ordered by calling the Uniform Support Center's toll-free number, 1-800-368-4088, or by going to https://www.navy-nex.com/command/about_us/p-uniformsupport.html.

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For more information on Navy uniforms visit <http://www.npc.navy.mil/CommandSupport/USNavyUniforms/>.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

AF Chief Roy shares what's in store for enlisted force

By Staff Sgt. Mareshah Haynes

Defense Media Activity-San Antonio

The chief master sergeant of the Air Force shared his perspective of where the enlisted force is heading during a presentation at the Air Force Association Air and Space Conference and Technology Exposition Sept. 15.

Some of the key points Chief Master Sgt. of the Air Force James Roy emphasized were Airmen's participation in the joint and coalition fight, deliberately developing Airmen and building resiliency among Airmen and their families.

"We're in this joint and coalition fight in a very serious way," Roy said. "I think we're doing a good job in the joint mission, and we make excellent coalition partners."

With more than 220,000 total force Airmen deployed, forward stationed or employed by a combatant command, maintaining and acquiring their skills has become of one the senior enlisted leader's primary focuses.

Roy said Air Force officials have been looking at ways to make combat skills training more efficient and effective for Airmen who deploy frequently and to the same locations.

Many Airmen are at a one-to-one dwell rate, meaning they're deployed for six months and home for six months, but with up to two months of training before deploying, they're actually having about four months at home at a time, Roy said.

"One of the areas we're looking at is credentialing the training," he said. "That's something that we're



Address: Chief Master Sgt. of the Air Force James Roy addresses attendees of the Air Force Association Air and Space Conference and Technology Exposition, Sept. 15, at National Harbor in Oxon Hill, Md. Among other topics, Roy spoke about Airmen in the joint and coalition fight. (U.S. Air Force photo by Scott M. Ash)

going to have to really review, really study to get it right, because the last thing we want to do is send people into combat who don't have the right training. We've got to step into this with caution, but it's something we've got to look at because our Airmen are deploying at such a rapid rate."

Credentialing could allow Airmen to skip certain portions of frequently repeated training, letting

them spend more time at home with their families during the reconstitution portion of the deployment cycle.

Equipment issues also are being re-evaluated to make sure Airmen have the proper gear to complete the mission including the Airman Battle System-Ground.

"The ABS-G is a set of flame-retardant gear that our Airmen are receiving, in the pattern in our ABUs

... for Airmen who operate 'outside the wire,'" Roy said. "Right now, today, we've got it about 90 percent fielded in Iraq. It looks like we'll have it 100 percent fielded in the next 60 days."

Another joint set of gear, with the Operation Enduring Freedom camouflage pattern, referred to as OCP, is ready to be fielded to Airmen in Afghanistan beginning this fall, Roy said.

A new development in enlisted training is that Airmen who attend some joint professional military education schools will be able to apply those credits toward their Air Force PME requirements.

"We have two Airmen, for the first time in about four years, that are going through the United States Army Sergeants Major Academy," the chief said.

He said they are looking at partner nation schools to see if Airmen who attend can get credit for the like-Air Force course "just like we've done in Canada and Singapore."

"We're going to give them full credit for the United States Air Force Senior NCO Academy," he said. "We've been doing that for many, many years in our officer corps, and it has worked perfectly."

Other advancements in training Roy highlighted are introducing combatives during basic military training and developing a single tracking system for on-the-job training documentation.

Lastly, the chief discussed building resiliency in Airmen and families, including programs to help prevent suicides.

"It cannot be just another program," Roy said.

"It's got to be heartfelt, and we've got to make sure our Airmen are given those tools before they need them. It's not before they deploy; it's right out of the shoot, when they're in basic (military training) when they're in (technical) school. It's all the way through a person's career. We've got to continue to instill resiliency in our Airmen and our families."

Career intermission offers opportunities for development

By Lt. Laura K. Stegherr

Diversity Directorate Public Affairs

Approved in the Fiscal Year 2009 National Defense Authorization Act, the Career Intermission Pilot Program (CIPP) offers a temporary inactivation from active duty - from one to three years - for top performing Sailors.

CIPP presents a unique opportunity for members to take a career intermission without penalty and return to active duty to complete a successful Navy career.

The program provides this opportunity for up to 20 officers and 20 enlisted participants each year until 2012 via a one-time temporary transition for active duty personnel to the Individual Ready Reserve (IRR). Participants accepted in 2012 can use intermission to remain in the IRR until 2015.

While in the program, participants retain full active-duty Tricare health benefits for themselves and their dependents, as well as all base privileges. Participants also receive a monthly stipend of one-fifteenth of their basic pay. Additionally, to ease the transition into the program,

members may elect a Navy-funded permanent change of station move to anywhere in the continental United States when entering the program.

The Navy is optimistic this measure will enhance retention in critical skill sets, while allowing greater flexibility in career paths of service members.

"The Career Intermission Pilot Program serves a two-fold purpose - one, it can be an innovative approach to keeping our best Sailors on board and retaining their talent for the duration of a career," said Rear Adm. Anthony Kurta, director, Military Personnel Plans and Policy. "Additionally, the program can provide flexibility to Sailors so they can better fulfill their personal needs and professional goals."

A career intermission may be used for a multitude of personal or professional reasons, ranging from pursuing additional education to starting a family or caring for an ailing loved one.

For Lt. Christopher Morgan of the Navy Nurse Corps, CIPP presented the opportunity to pursue two goals - complete a theology and

counseling master's degree and start a family.

According to Morgan, CIPP has played an integral role in achieving both of these goals. Morgan is utilizing the Post-9/11 GI bill to pay for his schooling at Denver Seminary. Additionally, he and his wife, who have one child and another on the way, are working to adopt a child from South Korea.

"Being around the home regularly for the first few years of my children's lives has been a great pleasure and a real time of strengthening for our marriage," said Morgan. "Meanwhile, the CIPP program providing medical [benefits] has been huge."

For Legalman 1st Class Shenika Mayes, CIPP was a means to ensure that another member of her family was "fit for duty" - her son, who was born with a rare congenital disorder that affects his kidney function.

"My son has to see specialists on a regular basis, and he may require at least one additional surgery," said Mayes. "I want to ensure that I am going to be around if he does have to have those surgeries."

Additionally, Mayes is pursuing her professional goals of completing a master's degree in human resource management and earning both a certificate in criminal forensics and a real estate license.

"This program could not have come at a better time," said Mayes. "I get the opportunity to take time off from the Navy to take care of my family and go to school full time. I was able to move back to my hometown to be closer to my family, who all help me with my son. Not to mention that I still retain all health benefits for my son and me!"

Upon returning to active duty, officers will have their date of rank adjusted, and enlisted members will have their active duty service date adjusted, essentially "stopping the clock" to ensure members remain competitive with others of similar time in grade on active duty.

All program participants will return to active duty at the end of the intermission period and will incur a two-to-one service obligation for every month in the program (served in addition to any previously existing obligation). Time spent in the IRR will not count toward retire-

ment, computation of total years of commissioned service, or high-year tenure limitations.

For both Morgan and Mayes, the ability to transition back into active duty is a key factor in their decision to participate in CIPP.

"One of my primary goals is to not jeopardize the potential naval career that I hope to have for 20-plus years," said Morgan. "I'm thrilled to have my Naval career waiting for me to resume!"

"I really hope I am able to complete all my goals before returning so that when I come back, I can fully focus on the next half of my career," said Mayes.

To respond to the need for greater flexibility, applications for CIPP will now be accepted and approved by a rolling application process.

For more information on CIPP, including how to apply, visit <http://www.npc.navy.mil/CommandSupport/TaskForceLifeWork/Career+Intermission+Program.htm>.

For more news from Chief of Naval Personnel - Diversity Directorate, visit www.navy.mil/local/cnp-diversity/.

Stay resilient, blow off some steam

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

Joint Region Edge Staff

With the fast pace and demanding operational schedule of today's Navy, the increased professional, personal and educational demands being placed on the fleet may seem a little overwhelming. The Navy has noticed and has taken steps to ensure that Sailors are able to cope with the stresses of Navy life.

"Our Navy is committed to a culture that fosters individual, family and command resilience and well-being," said Adm. Jonathan W. Greenert, Vice Chief of Naval Operations (VCNO).

In response to the increased demands placed on the fleet, the Navy's Operational Stress Control (OSC) program was developed to give leaders tools to deal with the stresses their workers may face. The program promotes five core leader-

ship functions to reinforce Navy leaders' commitments to their Sailors, families and the overall health of the command.

The first function is to strengthen. Leaders should promote activities which enhance and build resilience in Sailors, units and families. These should include training, building social cohesion and leading by example.

The second function is to mitigate stress by balancing workload and personal time. While it is necessary to subject Sailors to stress in order to train and prepare them, leaders have to ensure their subordinates get adequate rest, recreation and sleep, to allow for stress recovery.

The third function is to identify stress reactions or injuries before they become permanent, serious or ingrained in Sailors' minds. Leaders must be able to recognize when their personnel are being adversely affected by stress.

The fourth function is to treat. Leaders must ensure that Sailors

who sustain a stress-related injury or illness get the appropriate treatment. The first line of defense against work-related stress may be an observant shipmate. Sailors should be encouraged to see a counselor, chaplain, leader or corpsman when feeling excess stress.

The final function is to help Sailors reintegrate after receiving treatment for stress-related injuries or illnesses. Our shipmates need to be welcomed back. Leaders should ensure that no stigma is placed on a person who did the right thing and sought help for a stress-related illness or injury. Derogatory comments or acts which are not appropriately addressed may deter other Sailors from seeking needed assistance.

"Stress is a fact of life for both Sailors and their families, especially amidst a period of high operational tempo and a dynamic work environment," the VCNO said. "Navy leaders have a responsibility to help Sailors cope with these issues. By

teaching Sailors to navigate stress, we make our force more resilient."

Sailors on Guam may face the same stressors as their counterparts elsewhere in the fleet. Though the island may be a tropical paradise, Sailors may also suffer from the stress of being isolated or apart from family and friends for a prolonged period. If personnel are overcome with stress, it is important that this is realized and the Sailor gets appropriate help.

"Proper time management, maintaining a healthy lifestyle, having a positive attitude, and using relaxation techniques are coping strategies for Sailors on island and throughout the fleet," said Deanne Leon Guerrero, Fleet and Family Support Center's (FFSC) work and family life consultant. "Maintaining our personal well-being may have a direct effect on keeping our stress at bay."

Leon Guerrero, who teaches FFSC's stress management class, said that when elevated stress lev-

els are seen early and dealt with appropriately, Sailors will be better able to deal with tough situations, avoid stress-related injuries or illnesses, and maintain operational readiness.

"When we get control of physical, emotional, intellectual and behavioral symptoms early on, we can reduce the risk of higher stress levels that often lead to other unwarranted behaviors," Leon Guerrero said. "In order to overcome the unexpected things that life challenges us with, we must learn to be willing to adapt, change and embrace the help of others."

Remember that everyone experiences stress when trying to attain their goals, but too much stress over a long period of time can have lasting negative repercussions. If you are overly stressed, talk to your leaders and get the help you need.

For more information on handling stress and building resilience, visit <http://navstress.navy.dodlive.mil>.

What are some strategies that you use to cope with stress?

Joint Region Edge asked readers what they do to cope with stress.



"I listen to music, exercise and give myself alone time."
—Stephanie Motroni, Navy spouse



"Exercise — running helps."
— Lt. Cmdr. Brian Rednour, Submarine Squadron 15



"I go off-road mountain bike riding, on boonie stumps and hash running. I like to spend time outdoors."
—Hull Maintenance Technician 3rd Class Lewis Switlik, USS Frank Cable (AS 40)



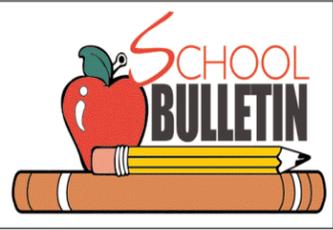
"Exercise and dance. I like to work out and I love meeting new people. Salsa has a bit of both and it helps me to take my mind off all the things that were stressing me out to begin with."
—Staff Sgt. Michele Ott, Medical Operations Squadron Bio-environmental supervisor



"I take long drives to cool off. If I can't do that I usually watch sports or go fishing. It's very relaxing and something I enjoy doing so it helps to take my mind off of whatever I was thinking about."
— Naval Air Crewman 2nd Class Jesse Howard, Patrol Squadron 69 from Whidbey Island, Wash.



"I work out my stress. If I'm not running at the gym then I'm hanging out with friends. Working out calms me down and my friends just take my mind off of everything and I usually end up laughing about it."
—Senior Airman Tiffany Thompson, 36th Medical Support Squadron



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

Andersen Middle School

The Academic Challenge Bowl (ACB) team is looking for team members. Practices will be on Mondays after school in the school's information center. Contact Jim Rhodes at 366-3880 if your child is interested in joining ACB.

Andersen Elementary School

For families enrolling in Department of Defense Education Activity schools for the first time, there is now a 30-calendar day grace period to meet immunization requirements after school enrollment. The grace period does not apply to returning students. If you registered your child during the spring or summer and were notified immunizations were incomplete or if you have a returning student that is missing immunizations, you should provide the updated information to our school nurse as soon as possible. Children who fail to provide record of all required immunizations may be at risk for disenrollment. For more information, contact the school nurse directly at 366-2136.

Guam Military Christian Homeschoolers

Navy families who are interested in home schooling their children can e-mail Guam Military Christian Homeschoolers (GMCH) coordinator Christine Duplissey at christine_duplissey@yahoo.com or call 564-3360.

Andersen Homeschool

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

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

Tutoring programs available at NBG, Andersen

By Oyaol Ngirairikl

Joint Region Edge Staff

Navy Morale, Welfare and Recreation (MWR) and 36th Force Support Squadron offer after-school tutoring designed for student members of their respective Youth and Teen Centers.

The assistance takes place during Power Hour, a program offered by the centers and developed and sponsored by Boys & Girls Clubs of America.

Mae Lizama, MWR Child and Youth Programs (CYP) youth and teen director, said there is no registration fee for students to receive tutoring and enjoy the centers' programs. U.S. Naval Base Guam hosts MWR's centers, while Andersen Air Force Base is home to the 36th Force Support Squadron.

Parents do need to fill out a registration packet, which is required for all students attending CYP programs. The preteen and teen programs are open-recreation facilities

and are run on a self-release policy.

"That means the kids can come in after school, sign themselves in and enjoy the facilities until they're ready to go," said Mae Lizama, MWR CYP youth and teen director.

Lizama added the policy is in accordance with NBG instruction, which requires that children under age 10 be supervised.

Teachers at the centers assist with homework and despite its name, no time limit is placed on homework activities.

"We have some children, who only want to do homework," Lizama said. "Our goal is for them to have their homework completed before they leave; that's not always possible, but we try."

The center also has paints, clay and other common materials for school projects.

"If a project requires something very specific, the parents would have to supply that, but we have the simple stuff," Lizama said.

Monday through Thursday, the

Power Hour activities are directed toward the students' daily education and homework assignments.

"On Friday, we have special activities related to the rest of the weeks' activities," Lizama said.

The program is more structured for the younger students, but all offer incentives for homework completion during center hours.

"At the end of the month, they might be able to have a party or something fun," Lizama said. "We encourage all of our preteens and teens to come and visit, and participate in club activities."

The program also welcomes volunteers interested in tutoring and helping to expand the program offerings.

Robert Rogers, acting youth programs director at the Andersen-based centers, estimated they get between 15-20 members stopping by for Power Hour everyday. Rogers said a big part of the service is just being able to offer their young members a quiet place to go, where

everyone else is also studying.

"They do their homework and they can do their research on the computers, which have Internet access," Rogers said. "They get it done before recreation and they get assistance from our staff."

Rogers said high school students who are children of active-duty Air Force personnel can apply to do tutoring and volunteer work under the Youth Employment Skills (YES) Program. Air Force Aid Society provides YES as a way for teens to learn valuable work skills.

"Community service is required, so we have them working in our snack bars, cleaning, doing little things like stocking shelves and files, and also tutoring the younger kids," Rogers said.

Students working for the YES program earn \$4 credit per hour, up to a maximum of \$1,000 credit for 250 total hours of service. They can redeem their credit after graduation for enrollment in college or a vocational-technical program.

Hours of Operation

U.S. Naval Base Guam
School-Age Care
Hours of Operation
Monday-Friday: 6 a.m.-5:30 p.m.
Program Hours
Before School: 6-8 a.m.
After School: 3-5 p.m.
For more information, call 564-1844/5

Youth Center
Hours of Operation
Monday-Thursday: 3-6 p.m.
Friday: 1-7 p.m.
Saturday: 1-7 p.m.
Sundays & Holidays: Closed
For more information, call 564-2474 or 564-1844.

Teen Center
Hours of Operation
Monday-Thursday: 3-6 p.m.
Friday: 3-8 p.m.
Saturday: 1-8 p.m.
Sundays & Holidays: Closed

For more information, call 564-1844/5.

36th Force Support Squadron at Andersen Air Force Base
School Age Center
Hours of Operation
Monday- Friday: 6 a.m.-5:30 p.m.
Saturday, Sunday and holidays: Closed.
For more information, call 366-1601.

Youth Center
Hours of Operation
Monday-Friday: 2-6 p.m.
Saturday: 12-6 p.m.
For more information, call 366-3490.

Teen Center
Hours of operation
Monday-Friday: 2-7 p.m.
Friday & Saturday: 2-10 p.m.
Sunday: closed
For more information, call 366-7706.



Homework Help: A youth gets some help with homework from Rochelle Reyes, a Navy Morale, Welfare and Recreation caregiver at the Youth Center on U.S. Naval Base Guam Jan. 21. The Youth and Teen Centers offer a variety of activities for youth ages 10-18. (Joint Region Edge file photo)

Guam's first authentic Irish pub to open on NBG

By Sarah Marshall

Joint Region Marianas Warfighter & Family Readiness

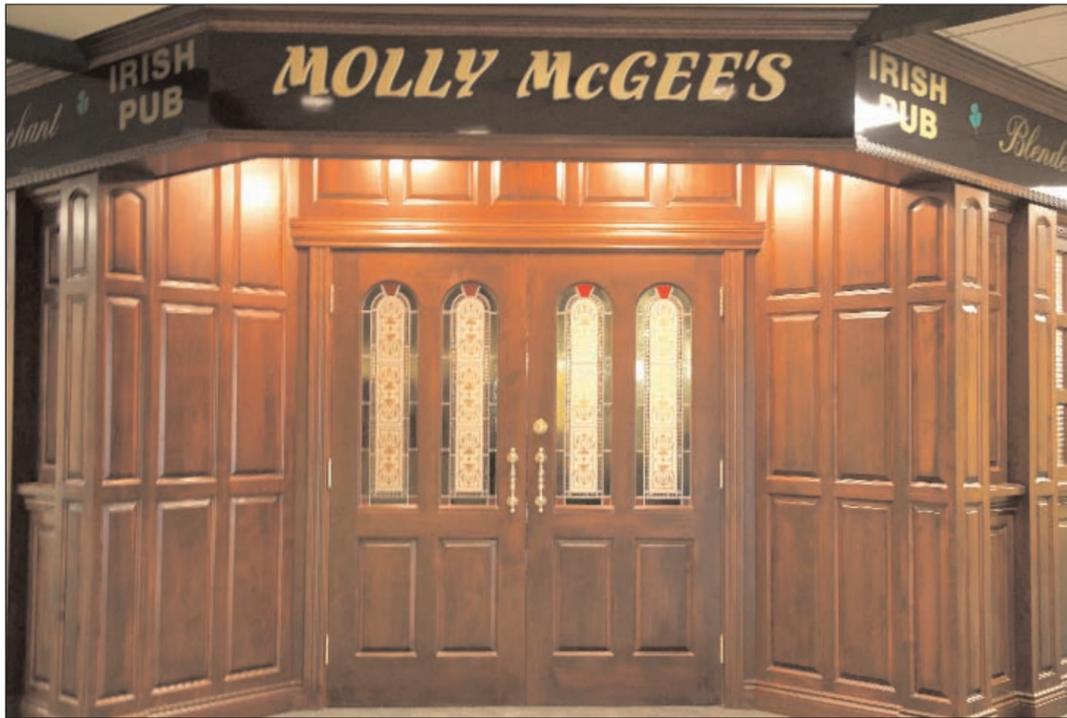
Here's a fun historical fact — the word "pub" originates from the term "public house," which references a gathering place or focal point within the community for socializing and sharing stories, daily events, and great food and drinks.

U.S. Naval Base Guam will soon have just such a place, when the brand new Molly McGee's Irish Pub opens up at the end of October.

"Molly McGee's will be the hub of Naval Base Guam's social scene," said Morale, Welfare and Recreation (MWR) Director Eric Nikkel. "We're planning on offering frequent live music, as well as open mic nights and karaoke nights. It's also a great spot for small private parties or command functions."

The pub will be located next door to C-Street Café, at the former site of Typhoonz restaurant. Typhoonz closed its doors earlier this year, and the building has undergone an extensive \$2.2 million renovation over the past several months. Improvements included brand new floors, a new stage, new kitchen equipment, and new light fixtures, as well as new pool tables and dartboards, a dance floor, and several flat-screen TVs with all the sports channels.

The masculine interior of the pub features wood paneling, soft light-



Coming: The entrance to Molly McGee's Irish Pub on U.S. Naval Base Guam. The new establishment is scheduled to hold its grand opening Oct. 29 in the site of the former Typhoonz restaurant. (Photo submitted by WarFighter and Family Readiness Programs)

ing, stained glass windows, old-time black and white photographs, and traditional wall murals by well-known local artist Jesse Guerrero; allowing patrons to briefly forget that they're on a tropical island and instead experience "a bit of the old country."

"The Pub's design is based on the original St. James's Gate Guinness Brewery in Dublin. From the pictures of the old Guinness brewery to the hand crafted glass that was made in Ireland, the pub exudes its own special Irish atmosphere and ambiance," said William

Ray, MWR facilities manager who oversaw the renovations. "There's nothing like it anywhere on the island...it's cozy enough for a couple on a date, and casual enough to bring the whole family out for an authentic Irish meal."

How authentic, you ask? The

"pub grub" menu will feature items such as traditional Irish stew, beer-cripsed fish & chips, corned beef and cabbage, garlic chicken with Irish whiskey cream sauce, shepherd's pie, and Irish bread pudding, along with more contemporary fare such as hand-cut 8-ounce rib eye steaks, half-pound hand-packed burgers, shrimp salad, and triple-layer chocolate cake.

If you're planning on coming for drinks, don't expect any colorful fruity concoctions. Molly McGee's will feature a selection of domestic and imported wines, spirits, and beers, including Harp, Smithwick's, and Guinness on tap.

And while you're enjoying your Irish stew and Guinness, you can do some early Christmas shopping too — Molly McGee's will offer logo items for sale, including T-shirts and mugs.

All MWR patrons are invited to the Molly McGee's grand opening Oct. 29 from 5 p.m.-2 a.m. as well as the Halloween Costume Party Oct. 30 from 5 p.m.-2 a.m. Both nights will feature special performances by the punk-ska band Synthetic Elements, courtesy of Armed Forces Entertainment.

After the grand opening weekend, Molly McGee's normal hours of operation will be Sunday-Thursday from 11 a.m.-midnight, and Friday-Saturday from 11-2 a.m.

For more information, call MWR at 564-1851 or visit www.mwr-guam.com.

Spondylus and sinahi: Jewelry with significance

By Frank Whitman

Joint Region Edge Staff

Chamorros have worn jewelry since ancient times when ornamentation made from seashells and turtle shells are believed to have been indications of status and wealth. These were replaced during the three centuries of Spanish rule by religious items and gold jewelry more common in Western societies.

While people have often worn jewelry made of local material and/or with local designs, two types of necklaces in particular have become popular during the last several years. Fashion-accessory aficionados, handicraft shoppers and people-watchers have likely

noticed the crescent-shaped sinahi (sin AH hee) necklace worn predominantly by men, and the orange spondylus shell favored by women.

More than just jewelry, both are unique to Guam and considered to have cultural significance for Chamorros. The word sinahi is translated as "new moon" in English, and is so named because of the pendants' crescent shape. Sinahi are carved from the giant clamshells that are found in the waters around Guam. They are generally about three or four inches long and can be quite slender or a bit bulkier. They are usually very smooth but may retain some of the contours of the shell from which they were carved.

Sinahi may be worn with a simple cord or may be complemented by other shells — depending on the preference of the wearer and the artist who crafted the piece.

The orange discs worn by women are made from the shells of spiny oyster of the genus spondylus. Their recent popularity has given rise to "Orange Night" celebrations by local artists.

In ancient times, the red spondylus shell necklace was the "most prized shell ornament for women," according to the book "Ancient Chamorro Society" written by Lawrence Cunningham, a retired University of Guam anthropology professor. The shell is rare in Guam waters and may have actually

been imported by traders, and thus valued for its scarcity.

Guam artist Judy Flores, who holds a doctorate in art history, agreed that the spondylus and the sinahi have particular cultural importance.

"I believe that the popularity of these two icons is due to the resurgence of pride in and knowledge of ancient heritage artifacts," she said. "As Chamorros strive to establish their identity among Pacific and even global ethnic groups, the Sinahi and Spondylus jewelry is unique to the Chamorro people."

Sinahi and spondylus can be found in galleries and craft shops in the Chamorro Village and elsewhere around the island.



Spondylus: A spondylus necklace on display in Yona, Guam Sept. 12. The shell necklace has become popular in Guam recently as a unique representation of Chamorro culture. (U.S. Navy photo by Frank Whitman)



Sinahi: A sinahi necklace hangs around the neck of the statue of Chief Quipuha in Hagatna, Guam Sept. 11. The sinahi was placed there several years ago as the jewelry was gaining popularity as a symbol of Chamorro cultural pride. (U.S. Navy photo by Frank Whitman)

FREE

Boys & Girls Club Kid's Day 2010

U.Sept. 25, 11 a.m.-2:30 p.m. at the Big Screen Theater on U.S. Naval Base Guam, with a free family movie at 3 p.m.

Featuring games, prizes, food, T-shirts, family relay activities, inflatables, hip hop and gymnastics performances, and more! Open to all authorized MWR patrons. For more information, call 564-1844/5.

Game Time at Andersen Library

Children ages 5-17 can visit Andersen Air Force Base Library Tuesdays through Thursdays, 5-8 p.m. to enjoy playing video games from our collection of Xbox, Wii or Playstation 3 games. Sponsors must provide written permission to allow minor dependents in-house use of games and gaming equipment and accessories. For more information, call 366-4291.

Image Makers

U.S. Naval Base Guam Teen Center and Youth Center offers photography classes every Monday, 3-4 p.m. For more information, call 339-6130.

Tuesday Texas Hold'em Nights

Texas Hold'em tournaments are held every Tuesday starting at 6 p.m. in Hightides at the Top of the Rock on

Andersen Air Force Base.

Play is free for club members and \$5 for

non-members. Weekly prizes are awarded. For more information, call 366-6166.

Tarague Beach

Tarague Beach is currently open for swimming Fridays, Saturdays and Sundays, 10 a.m.-6 p.m. During these days and times, swimming is authorized only in the designated marked swimming area and only when a life-guard is present. For more information, call 366-5197.

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.

Story Time

Bring the children for story time

at the U.S. Naval Base Guam Library every Wednesday at 3:30 p.m. In addition to great stories, there will be crafts and other fun activities. For more information, call 564-1836.

The Andersen Air Force Base Library has story time every Wednesday at 10:30 a.m. and 3 p.m. There will also be crafts and other fun activities. For more information, call 366-4291.

UNDER \$10

Bowling Mondays
Bowl all you want at Gecko Lanes every Monday, starting at 6 p.m. for just \$5 plus shoe rental. For more information, call 366-5117.

Thirsty Thursdays
Thirsty Thursdays at Gecko Lanes every Thursday, starting at 5 p.m. Enjoy \$1 games, shoe rentals, fountain sodas and more! For more information, call 366-5117.

Karaoke Fun Night
Karaoke Fun Night (weather permitting) at Bamboo Willies every Saturday, 7-10 p.m. For more information, call 366-6166.

Under 21 Night
Every Wednesday High Tides Enlisted Lounge hosts Under 21 Night from 7 p.m.-midnight. Patrons can enjoy Mongolian Barbecue, music and a fun environment to hang out and unwind. Patrons 18 years and

older can participate. For more information, call 366-6166.

\$10 AND UP

Crafts

Stick Box at the Arts & Crafts Center on Andersen Air Force Base Sept. 18, 10-11 a.m. There is a fee of \$10. For more information, call 366-4248.

Basic Framing Class (Two Separate Classes) at the Arts & Crafts Center on Andersen Air Force Base Sept. 18, 11 a.m.-1 p.m. and 2-4 p.m. There is a fee of \$40. For more information, call 366-4248.

Intro to Watercolor Class Part II at the Arts & Crafts Center on Andersen Air Force Base Sept. 18, 11:30 a.m.-1:30 p.m. For more information, call 366-4248.

Super Senior Golf Special Palm Tree Golf Course every Tuesday in September. Seniors ages 50 and over will get 50-percent off cart rental fee. For more information, call 366-4653.

Jazzy Sundays

Sundays from 5-8 p.m. at Willie's Beachside Jazz on Andersen Air Force Base. Enjoy a relaxing evening at the beach while you listen to great jazz music. If you get hungry, you can order one the delicious offerings from our Bamboo Willie's menu. For more information, call 366-6100.



On a Budget



SATURDAY, SEPT. 18

2 p.m.: The Other Guys • PG-13

7 p.m.: Dinner for Schmucks • PG-13

SUNDAY, SEPT. 19

7 p.m.: Step Up 3D • 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.**



SATURDAY, SEPT. 18

1 p.m.: Ramona and Beezus • G

3:30 p.m.: Knight and Day • PG-13

7 p.m.: Dinner for Schmucks • PG-13

SUNDAY, SEPT. 19

1 p.m.: Cats & Dogs: The Revenge of Kitty Galore • PG

3:30 p.m.: Despicable Me • PG

7 p.m.: The Other Guys • PG-13

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit mwr-guam.com.**

(Source: Navy Morale, Welfare and Recreation Office)

Chapel Schedule

Naval Base Guam

Office Hours: Monday-Friday, 8 a.m.-4 p.m.

Roman Catholic Mass

Saturday Vigil Mass: 5:30 p.m.

Sunday Mass: 9:30 a.m.

Sacrament of Reconciliation: Saturday, 5 p.m. and Sunday, 8:30 a.m.

Protestant Worship Service

Sunday Service: Traditional Service: 8 a.m.

Contemporary Service: 11 a.m.

Women's Bible Study: Monday, 9:30 a.m.

Men's Bible Study: Wednesday, 6 p.m.

Prayer Time: Thursday, 11:30 a.m.

Choir Practice: Traditional: Wednesday, 6 p.m.

Choir Practice: Contemporary: Thursday, 6 p.m.

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass: Monday-Friday, 11:30 a.m.

Chapel of Hope: Sunday, 9 a.m.

Andersen Air Force Base

Roman Catholic Mass (Chapel 1)

Weekday Mass: Tuesday-Friday, 11:30 a.m.

Saturday Vigil Mass: 5 p.m.

Sunday Mass: 9:30 a.m.

Sacrament of Reconciliation: Saturday, 4:30-4:50 p.m.

Catholic Women of the Chapel: First and third Wednesday of the month, Chapel 1 Annex, 6:30 p.m.

Catholic Youth of the Chapel: Second and fourth Wednesday of the month, Chapel 1 Annex, 6 p.m.

Choir Rehearsal: Saturday 4-5 p.m. and Sunday, 8-9 a.m.

Protestant Worship Service

Praise Service: Sunday, Chapel 2, 9 a.m.

Gospel Service: Sunday, Chapel 2, 11:30 a.m.

Emerging Worship Service: Sunday, Lighthouse, 7 p.m.

Protestant Women of the Chapel: Second Monday of each month, Chapel 2 Annex, 6:30 p.m.

Protestant Men of the Chapel: Wednesday, Lighthouse, 7 p.m.

Protestant Youth of the Chapel: Thursday, Chapel 2 Annex, 7 p.m.

Protestant Young Adults: Thursday and Saturday, Lighthouse, 6 p.m.

Protestant Sunday School: (September-May) Sunday, Chapel Activity Center, 10:15 a.m.

Schedules subject to change. To confirm times or for information about other programs, call the chapels at:

Andersen Air Force Base:

366-6139

U.S. Naval Base Guam

339-2126

U.S. Naval Hospital Guam:

344-9127

Life's trials lead to higher ways

By Lt. Alan Fleming

USS Frank Cable (AS-40)

For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord (Isa. 55:8).

We all have experienced the hardships of life. We all have tried to avoid them, seeing them as something bad, even hurtful. Certainly the trials of life are never enjoyable while we are going through them. The key to facing trials with renewed courage and strength is to remember that the very things we dread are being used



by God to mold us and to make us. The physical training that is required of service members is painful and challenging, but it is this very training that equips them to complete the demanding mission. The strongest steel is the steel that has been hardened by exposure to the fire. The fire that destroys wood hardens the steel, making it more useful. It is the same in

life. The trials that we experience are not to destroy us, but rather to give us a strength and endurance

that we would not know otherwise.

Fire also purifies and refines. When gold is put to the fire the dross, the impurities, separate from the pure gold and float to the top where it can be removed. Our lives are purified by the trials we experience. Suffering causes us to let go of the dross in our lives and to enjoy the pure gold that is ours. This purification process helps us to recognize the things of lasting value in our lives. During the hard times we gain a new appreciation for our faith in God and our loved -ones.

In Psalms 90:12 Moses writes "Teach us to number our days aright, that we may gain a heart of wisdom." How do we learn to number our days aright? It is through the

difficulties that we learn the things that are of lasting value, we gain a new appreciation for the simple yet priceless treasures. The trials of life sift us and leave us with new priorities.

The trials cause us to realize anew our need for the presence and power of God in our lives. It is as we humbly submit ourselves to the wisdom and will of God that we learn His grace is sufficient for every situation in our lives. We also begin to see that God uses the hardships in our lives to His glory and for our good. May we rest in God's power and rejoice in the fact that His ways are not like our ways, His ways are higher and His ways are for our good.

36th EAMXS clinches v-ball victory over 554th RED HORSE

By Airman 1st Class
Anthony Jennings

36th Wing Public Affairs

The 36th Expeditionary Aircraft Maintenance Squadron (EAMXS) beat the 554th RED HORSE Squadron 2-1 in a third-match victory during intramural volleyball play at the Coral Reef Center Sept. 13.

The match-up occurred midway through the intramural season and both teams had a simple game plan — to have fun. The game was best two out of three matches with the first two going to 25 points and the third to 15.

“The only strategy we had was to come out here and have fun while making sure no one had any injuries,” said Master Sgt. Bryan Barker, 554th RED HORSE.

The EAMXS, with a record of 5-3, got off to a rocky start in the first match, struggling to stop the 554th RED HORSE’s spot-on serves. The RED HORSE team, 4-5, quickly capitalized and scored enough to gain a substantial lead.

The EAMXS battled back to tie the match at 11-11, but trailed the rest of the match. The RED HORSE won the first match, 25-21.



Service: A member of the 36th Expeditionary Aircraft Maintenance Squadron serves the ball during a match-up against the 554th RED HORSE Squadron during the intramural volleyball season at the Coral Reef Center Sept. 13. The EAMXS team clinched the victory, 2-1, after a nail-biting tie-breaker in the third match. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

The EAMXS came into the second match a bit more determined, but didn’t alter their strategy.

“We realized we needed to work on our communication but we still just wanted to have fun,” said Master Sgt. Greg Lampman, Specialist Section Superintendent.

The EAMXS stole the second match with spot-on serves and aces. But it wasn’t just their superior striking that proved to be their key to success. The 554th RED HORSE’s confusing communication caused missed opportunities to return serves. The EAMXS clinched the game, winning 25-21.

The third match, which only went to 15 points, was a nail-biter. The match went back and forth as both teams vied for the lead. The RED HORSE team managed to tie the game up at 10 points near the end, but the Eagles regained the lead and pulled away for the final victory 15-13.

“We definitely have some room for improvement,” said Lampman. “But it’s about having fun and blowing off steam. Win, lose or draw, when everyone walks off the court, it’s a victory.”

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.

Guam High School Football

All games at 3 p.m.

- Sept. 18 Father Duenas Memorial School at Guam High School (GHS)
 - Sept. 25 Southern High School at GHS (homecoming)
 - Oct. 2 GHS vs. John F. Kennedy High School at Okkodo High School
- Playoffs for all teams begin with quarterfinals Oct. 8 and 9. Semifinals Saturday Oct. 16. The championship game Saturday Oct. 23.
Source: Guam High School

Gymnastics

A new session is scheduled for Sept. 6–Dec. 10. For kids of all ages to improve their strength and flexibility. Classes from Mommy and Me to Cheer, Tumbling, and a boys’ class. Ages from 3 and up. Schedule varies based on age. Cost: \$140 per session, or \$40 per month. For more information, call 564-1844/5.

Ultimate Frisbee

Ultimate Frisbee games are played at Sampson Softball Field (near pool) on U.S. Naval Base Guam. League games are played Tuesdays and Thursdays, 5:30 p.m. Pick-up games are played Tuesdays and Thursdays, 6:30 p.m. For more information, call 339-2365.

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.

Three Point Shoot Out

Three-Point Shoot Out at the Coral Reef Fitness Center Basketball Courts Sept. 24, 6 pm. For more information, call 366-6100.

Aikido Classes

The HotSpot is now offering two types of aikido classes. One is a traditional (hombu) aikido class for all levels. Classes will be held Monday and Wednesday, 5:30-6:30 p.m. for authorized patrons, ages 8-12, and 6:30-8 p.m. for adults. The other class is for law enforcement/combat aikido and is for adults only. This class will be held Tuesday and Thursday 6-7:30 p.m. All classes are \$60 per month per student. Sign up at the HotSpot. For more information, call 366-2339.

Andersen Middle School Games

Boys soccer team games are:
Sept. 17 vs. Mt. Carmel School at Oceanview M.S. at 4:30 p.m.
Sept. 21 vs. St. Paul School at Andersen at 5:30 p.m.
Sept. 24 vs. St. Anthony at Andersen at 5:30 p.m.

Girls volleyball games are:

Sept. 20 vs. St. Paul School at Andersen at 5:30 p.m.
Sept. 23 vs. St. Anthony School at Andersen at 5:30 p.m.
Sept. 30 vs. St. John’s School at St. John’s at 5:30 p.m.