

# JOINT REGION EDGE

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## Oklahoma City arrives on Guam

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

USS Oklahoma City (SSN 723) arrived on Guam for its new assignment to Commander, Submarine Squadron 15 March 3.

Oklahoma City replaces USS City of Corpus Christi (SSN 705), maintaining three submarines forward deployed to Guam. City of Corpus Christi will transfer to Pearl Harbor, Hawaii.

During the arrival ceremony, Capt. John Russ, commodore of Submarine Squadron 15, emphasized the importance of submarines to be forward deployed to Guam.

"Today, our forward-deployed submarines in Guam play a vital role in promoting peace, security and stability in the dynamic Asia-Pacific region," Russ said. "Guam's strategic location enhances military force flexibility, allowing freedom of

action, regional engagement, and deterrence. Should the need arise, our submarines in Guam provide an ideally positioned source of ready, capable, and responsive maritime combat power to the Seventh Fleet commander."

Cmdr. Aaron Thieme, Oklahoma City commanding officer, thanked the squadron and U.S. Naval Base Guam for their support in ensuring a smooth transition. Thieme

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OKC: The Los Angeles-Class attack submarine USS Oklahoma City (SSN 723) prepares to moor to the Sierra pier on U.S. Naval Base Guam March 3. Oklahoma City replaces USS City of Corpus Christi (SSN 705), maintaining three submarines forward deployed to Guam. City of Corpus Christi will be transferred to Pearl Harbor, Hawaii. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



## Readiness exercise tests Andersen Airmen



By Airman 1st Class Whitney Tucker  
36th Wing Public Affairs

Airmen, civilians and contractors participated in an operational readiness exercise (ORE) Feb. 28-March 4, in order to assess the wing's capabilities and mission preparedness.

Lessons learned from the exercise

Firefighters: Members of the Andersen Fire Department participate in an Operational Readiness Exercise March 2. The fire department practiced egress skills that are needed in the event of a fire onboard an aircraft. (U.S. Air Force photo by Airman Julian North)

will be applied in subsequent exercises and implemented to guarantee each Airman's ability to assess and appropriately react during contingencies as well as diagnose any weak points in operational procedure.

"Our job is war and the American public expects our military to be ready when called upon and OREs are our way of testing our preparedness and capability to meet that demand," said Capt. Jeffrey E. McKamey, 36th Security Forces Squadron (SFS) operations officer and acting commander. "Exercises are also an excellent opportunity to identify our strengths and weaknesses and allow us to develop our training programs and processes to fill in gaps where needed. OREs can

be very stressful and demanding, but they are a great way to prepare us to do what we are inherently designed to do—defend our country."

During the five-day exercise, 36th SFS personnel played out a plethora of mission-essential scenarios.

"We were able to test our ability to react to hostage situations, active shooters, bomb threats, suspicious packages, vehicle and personnel-borne explosives," McKamey said. "We also gauged our ability to provide support to other organizations both on and off base."

Over the past several months, base senior leadership has noticed an increase in Airmen being more proactive during scenarios.

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Ensign Anna Elisa P. Lakanilao

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# Guam Navy wraps up successful exercise

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

The Navy on Guam successfully concluded Exercise Marianas Shield 2011 March 4. The week-long exercise was performed as a part of Solid Curtain-Citadel Shield, a larger national exercise. Solid Curtain-Citadel Shield is the largest anti-terrorism exercise

carried out by the United States. The exercise was designed to enhance the training and readiness of military security personnel to respond to threats to installations and units. During the first scenario Feb. 28, Navy personnel had to respond quickly and efficiently to a simulated bomb threat outside Fleet and Family Support Center on U.S. Naval Base Guam (NBG). This event included responses from Naval Security Forces Guam personnel and military working dogs that identified and contained the threat. According to Timothy Moon,

Joint Region Marianas training readiness officer, the training exercise helped Navy members stay fresh in case a real threat should ever occur. Moon said that, overall, the military and civilian members of the Navy team performed as expected—professionally and efficiently. “They did a great job today,” he said. “The response time for the suspicious package in the building was exceptional, the response time of the security and K-9 unit was exceptional.” Later in the week, another scenario involved an assailant who launched a chemical attack at Guam

High School, which sent several students to U.S. Naval Hospital (USNH) Guam. A decontamination (DECON) team was stationed outside the USNH emergency room to serve as the initial contact point for incoming, contaminated patients played by GHS Naval Junior Reserve Officer Training Corps (NJROTC) students. The DECON team pre-treated the students in an effort to preserve sanitation levels within the hospital facility. “Our job is to decontaminate the students,” said DECON team leader and assistant incident commander Hospital Corpsman 2nd Class

(FMF/DV) Nathan Tuoch of USNH Guam. “Then we triage them and make sure they don’t have any life-threatening injuries.” The purpose of Marianas Shield was to test the skills of personnel assigned to the various naval base installations on island. The exercise included scenarios based on lessons learned during past incidents of terrorism such as the Ft. Hood shooting and the USS Cole bombing. “The benefit of the exercise is that it allows Sailors to practice the procedures and we then can improve upon those procedures in future exercises,” Moon said.



K-9: Members of Naval Security Forces Guam evacuate the area around the Fleet and Family Support Center on U.S. Naval Base Guam after searching for a suspected explosive device during a drill in support of the Marianas Shield 2011 Feb. 28. The Marianas Shield exercise is designed to enhance the training and readiness of military security personnel in responding to threats. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



DECON: Members of a decontamination team ask a patient about his symptoms after he steps out from a shower to remove harmful chemical agents before he is taken in to the U.S. Naval Hospital Guam emergency room during Marianas Shield 2011 exercise March 3. The decontamination team pre-treated role players from Guam High School who feigned symptoms and illnesses due to a simulated chemical attack on the school. (U.S. Navy photo by Anna-Victoria Crisostomo)

## Supreme Court decisions affect service members, vets

By Jim Garamone  
 Armed Forces Press  
 The U.S. Supreme Court has issued three decisions with military connections recently. In what may be the most contentious of the cases, the court ruled that members of a Westboro, Kan., church have the right to picket at funerals for service members killed in action. The court reversed a lower court decision March 1 and decided a reservist had been the victim of bias due to his military service. Also March 1, the court ruled that

Veterans Affairs (VA) Department deadlines for veterans applying for benefits do not have “jurisdictional consequences.” In the first case, Albert Snyder, the father of Marine Corps Lance Cpl. Matthew Snyder who was killed in Iraq, sued the Westboro Baptist Church for picketing at his son’s funeral. A jury found the Westboro group, which says it conducts the protests because God hates the U.S. for its tolerance of homosexuality, liable for inflicting emotional distress on the Snyder family, intrusion upon seclusion and civil conspiracy.

The Supreme Court voted 8-to-1 to reverse the lower court ruling, saying the Constitution’s First Amendment shields the group. The First Amendment states, “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.” The court also ruled in favor of Army reservist Vincent Staub who was fired in 2004 from his civilian

position as an angiography technician at Proctor Hospital in Peoria, Ill., because of his military obligations. Staub sued the hospital under the Uniformed Services Employment and Re-employment Rights Act of 1994 which forbids employers from denying employment, re-employment, retention in employment, promotion or any benefit of employment based on a reservist’s military obligations. A jury found the hospital liable, but the 7th Circuit Court reversed the decision. The Supreme Court reversed the reversal March 1 holding that, if a

supervisor motivated by anti-military hostility performs an act intended to cause an adverse employment action, the employer is liable under the law. In another decision, the court found that the deadline set up by the VA Department for filing supplemental disability benefits does not have jurisdictional consequence. The case, brought by David Henderson who since has died, hinged on Henderson missing a 120-day deadline by 15 days. The court found for veterans, saying Congress regarded the deadline as a claim-processing rule.

### Off Limits Establishments

The Guam Armed Forces Disciplinary Control Board has placed the following establishment off limits to all military personnel:

Gallop USA Indian Art and Jewelry at the Micronesia Mall

*All military personnel are prohibited from entering the establishment. Service personnel, whether in uniform or in civilian clothing, found entering or leaving the establishment may be subject to disciplinary action under the Uniform Code of Military Justice.*

### Report Fraud, Waste and Mismanagement

The Joint Region Marianas Hotline provides an opportunity to report significant cases of fraud, waste and mismanagement. Anyone can file a hotline complaint and you may remain anonymous.

To contact the Joint Region Marianas Inspector General:

E-mail: M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil

Phone: 339-0001

Mailing address:  
 JRM Inspector General Office  
 PSC 455 Box 211  
 FPO AP 96540

*Remember, the more detailed information you provide the better we can assist you.*

# Former enlisted sets example as officer

By Mass Communication Specialist 2nd Class (SW) Peter Lewis  
Joint Region Edge Staff

After almost 10 years of service, Ensign Anna Elisa P. Lacanilao of Medical Service Corps said she knows that joining the Navy was the right option for her.

"I have always wanted to join and serve in the Navy," Lacanilao said. "Having positive role models who were in the military and growing up in the Philippines near [U.S. Naval Base Subic Bay] have influenced this decision."

Lacanilao originally enlisted as a hospital corpsman and has remained focused on providing the best possible assistance to her fellow Sailors and those in need in any way possible.

"Eventually I found my niche – not in providing direct patient care, but in operations management when I served as the petty officer-in-charge of the Blood Donor Center in Naval Medical Center San Diego (NMCS),"

Lacanilao said it was her time in San Diego that motivated her to enter the health care administrator field, which allowed her more opportunities to expand her knowledge and skills in different departments.

"I like that I am constantly learning and able to help others by doing what I love to do," she said.

Taking advantage of the many opportunities that the Navy had to offer her, Lacanilao used tuition assistance and the Montgomery G.I. Bill to earn a bachelor's degree.

"I became interested in becoming a health care administrator when I worked for the Blood Donor Center at NMCS," Lacanilao said. "Once I decided what I want to become, I started making short term goals like going back to college and planning to get commissioned. It took two years, but I was able to finish my [Bachelor's of Science in healthcare

administration] and eventually put in for the Medical Service Corps In-Service Procurement Program (MSC-IPP)."

Lacanilao was selected and commissioned in March 2009.

"At first, I could not believe that I was selected for direct commission because I was initially applying for a different program," she said. "I was informed that, since I had a qualifying degree, the board decided to select me for direct [commission] since I was not selected for the other program."

The ensign said that she was glad to finally reap the benefits of years of dedication and hard work.

"I love that the Navy provides opportunities to excel to people who may not have them otherwise," she said.

Lacanilao also had some advice for any Sailors looking to gain a commission.

"Write up your short- and long-term goals and plan out how to go about achieving them," she said. "Read the instructions so that you know what programs are available to you and utilize [your] chain of command. Be consistent, committed and motivated."

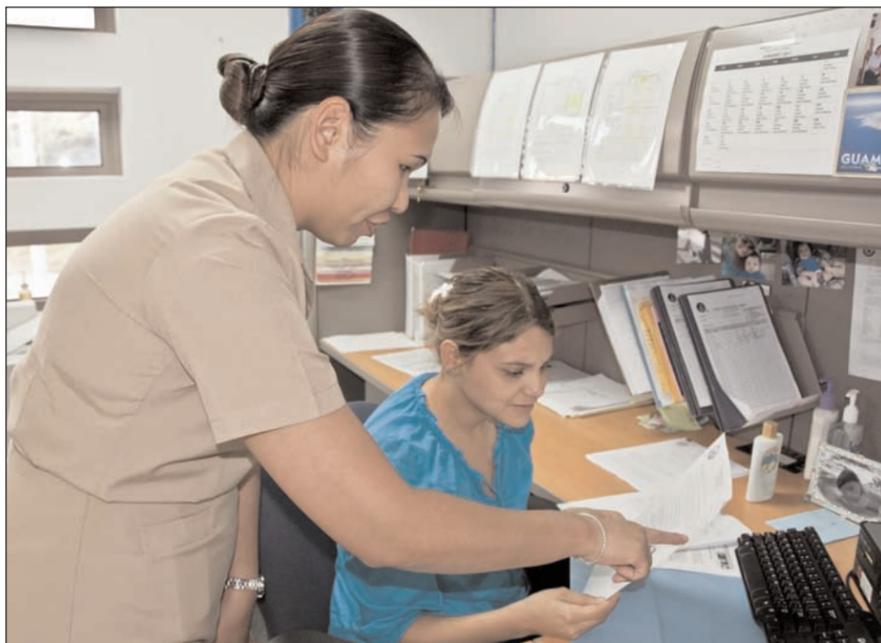
As the assistant department head of the Human Resource (HR) Department at U.S. Naval Hospital (USNH) Guam, Lacanilao now finds herself taking care of those who take care of others.

"I am part of the Human Resources team and we take care of Naval Hospital Guam staff's needs so that they can focus on taking care of our patients," she said.

According to her chain of command, the ensign is the type of junior officer that all commands look forward to having.

"Ensign Lacanilao is the quintessential junior naval officer," said Lt. Cmdr. Ronnie R. McGillvery, department head of the HR Department. "She displays passion, enthusiasm, and unyielding commitment and loyalty to the mission, her chain of command and the Sailors and civilian staff whom she's entrusted to serve and lead."

McGillvery added that Lacanilao's active



Lacanilao: Ensign Anna Elisa P. Lacanilao, Medical Service Corps, of U.S. Naval Hospital Guam's Human Resources Department gives instruction to a co-worker at the command compound in Agana Heights Jan. 26. After earning a bachelor's degree, Lacanilao applied for the Medical Service Corps In-Service Procurement Program and was selected and commissioned in March 2009. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

involvement and engaging leadership are qualities that positively affect the command.

"Whether through the superb work that she's done in our Patient Administration Department, serving as senior member of our Controlled Substance Inventory Board or as the command's administration officer, she's made a lasting impact by ensuring that each area wherein she has been assigned is left exceedingly better than it was prior to her arrival."

Lacanilao humbly accepted the praise from her superiors and said that she is grateful to be stationed at USNH Guam.

"I am fortunate to be in a command that

gives junior officers the opportunity to grow and learn by exposing us to different learning experiences," she added.

Lacanilao credited her role models with influencing her to always try to do what is right and abide by the Navy core values.

"I had a lot of role models—one of which was my godfather who was a Navy chief," she said. "He always took care of his personnel and invited and welcomed them into his home."

So what does Lacanilao believe to be the key to her superior performance?

"Knowing what my strengths and weaknesses are," she said. "Focusing on my strengths and working on weaknesses."

## Andersen's Best: Beshoner exemplifies hard work, dedication



Andersen's Best: Airman 1st Class Katherine Beshoner, 36th Operations Support Squadron aviation resource management journeyman, poses with her colleagues after receiving the Andersen's Best award March 7. Because of her hard work and dedication, Beshoner was nominated by her fellow workers for becoming a phenomenal asset to the operations and plans section by securing phone and computer capabilities, changing safes and vault combos, and organizing supplies and equipment during the bed-down of the 13 Air Force staff and operational flying forces.

Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman with an award.

To nominate your Airman for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. (U.S. Air Force photo by Senior Airman Carlin Leslie)

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# Five steps to achieving, maintaining standards

By CMDCM (AW/SW) Paul Kingsbury

Joint Region Marianas Command Master Chief

One area that I want to offer some insight on for your leadership toolbox is something that matters to all of us—setting and achieving standards. If you’ve been in the Navy for any amount of time you should be familiar with the concept of meeting standards. Whether you’re a Bluejacket in boot camp preparing for a locker inspection, the commanding officer of a submarine preparing for deployment or a division chief petty officer who wants to improve the military bearing of your division, meeting standards is key to what we do as leaders.

Let’s take a look at a few ways in which the word standard has been defined:

- A written definition, limit or rule approved and monitored for compliance by an authoritative agency or professional or recognized body as a minimum acceptable benchmark.
- An established norm or requirement.
- Those morals, ethics, habits, etc., established by authority, custom or an individual as acceptable. For example, “He tried to live up to his father’s standards.”

In the Navy we are exposed to many types of standards. Examples include how we wear our uniforms, how we operate and maintain our ships and aircraft and how we conduct our personal behavior in accordance with our core values. At some point in your career you will find yourself responsible for how your division, department or command performs to standards. In fact, your success as a leader will depend on it. During my years in the Navy I have thought about and developed a framework for achieving standards that I hope you will find helpful. It is a five-step process that can be applied to many facets of your life. If you have a goal of achieving something personally or find your command or division falling short, use this process. I guarantee it will help.

The first step of the process is “Defining the Standard.” This is the

process of sitting down and figuring out what it is you want to achieve. Frankly, many of the standards we are exposed to as Sailors are defined for us by some higher regulation. Uniform regulations govern our uniform wear and appearance, Reactor Plant Manuals govern how nuclear propulsion plants are operated and safety regulations govern safety procedures and standards. You have to know what you want to do and where to find governing regulations for what you want to do. As a leader you must continue to take time to read over Navy instructions and regulations to make sure you know what the standards actually are and to keep up with changes. Keep in mind, however, that not all standards are defined for us. As a leader you have the opportunity to define standards of excellence and achievement for your Sailors and command. Before taking any leadership position, you have to take time to put some thought into what your goals and standards are going to be. Perhaps your division or command is functioning pretty well and you want to take them to a higher level of performance or perhaps they are below standards and your focus is to achieve the minimum standard first.

Once you have defined and know your standards it’s time to move on to “Communicating the Standard.” You can know in your own mind what you want your people to accomplish, but they don’t unless you communicate with them. Tell your people what it is you want to achieve. When it comes to communication, the more you do it, the better. I also recommend that you utilize all available avenues of communication as well—the chain of command, the Plan of the Day/Week, quarters, e-mail, IMC, face to face talks and, of course, the written instructions that exist already. All of these methods of communication work and you only ensure your message is absorbed by



Kingsbury

using as many as possible. A huge tool you have in communicating standards is by effectively conducting training. When you train, you are communicating a standard—that information that you expect to be known and then applied to a future scenario. Failure to communicate the expected standards will only result in failing to achieve them. Once you feel that you have effectively communicated your standards, it’s time to move on to the next step—“Enforcing the Standard.”

So you know what standards you want and you’ve explained and trained your people on what you want and how to get there. As a leader, how will you know your people received and understand your message? Simple. Go out and see what your people are doing and what the results of the efforts are producing. Go out and enforce the standard. There are formal processes for enforcing standards. Testing, observed evolutions and inspections come to mind, and commands that have effective programs in place to execute these are setting a great foundation for success. I encourage leadership at all levels to evaluate how effective your programs are. Are your 3M spot check and zone inspection programs robust? Do you conduct quarters effectively and consistently? When is the last time you have sat in on your Command Indoctrination program or a Career Development Board? One of the best ways to enforce standards is to simply walk around and see what’s going on in your command. Conduct some good ole “deck plate leadership” or “management by walking around.” You must take time every day to do this. Watch your Sailors during evolutions, exercises and maintenance tasks to see if they are performing to standards. Take time to talk to them and ask them questions about programs and policies you expect them to know. You cannot do this from your desk or computer. Your eyes and ears are the best tools for executing this step of the process and are crucial to help you determine if you have successfully performed steps one and two. You’ll quickly find out whether your message and methods of communication are working. If you fail to

actively enforce standards, don’t be surprised when you and your Sailors fail to meet the standards you are striving to achieve.

Step four is called “Accountability and Awards.” I like to tell Sailors that they get a paycheck and benefits for meeting the standard. These are most of our people who come to work and do what is required of them—no more and no less. It is important to praise them but you also want to make sure you don’t over-reward standard performance. The rest of your people will fall into one of two groups. The first group consists of the Sailors who exceed the standards. These are people you want to reward with the tools of recognition you have available depending upon the degree by which they exceeded the standards. They have demonstrated that they understand and can meet the standard, but take the extra time and effort to make things better. The second group consists of those Sailors who fail to meet the standard. As a leader, you will have to determine why they failed to meet the standard and then take action appropriately. The deficiency may be resolved with additional training or some type of discipline. Now this is where it gets a bit tricky. You may find that YOU are part of the reason they failed to meet the standard because, perhaps, you communicated ineffectively or failed to enforce the standards. This normally becomes apparent when your division or command performs poorly as a whole vice a single point failure. You can bet that if you perform steps one, two and three but fail to award and hold accountable, your people will take notice. It can kill the initiative of the superstars and give the other 90 percent reason not to step up and perform to a higher level. Failure to hold people accountable will send the message that what you say and what you mean do not connect and this will also reduce your effectiveness in achieving high standards.

The final step is “Feedback on the Standards.” This is where you engage your people to find out if the standard is realistic and how it can be adjusted based on other factors within your command or division. Feedback is a two-way

street. Reinforce behaviors that lead to success and ensure you communicate where performance can be improved. It is also imperative that you seek feedback from the people that work for you as well. They can often help you focus in on areas of the process that you are not executing well. Perhaps the standard is not high enough or you are failing to communicate, or perhaps there are process improvements that could be incorporated into your programs to make them better. Your people on the deck plate are a wealth of information and can provide a much needed dose of reality. Talk to them and see what they have to say. You can also utilize this time to make sure you are performing steps one through four effectively. Once again, use communication practices and processes that should be a part of your command routine such as divisional quarters, commanding officer calls, surveys on climate and safety, and results from inspections to fuel communication. Additionally, you have the obligation as a leader in the Navy to provide feedback up the chain of command on formal instructions and policies that affect your Sailors and which instructions and policies can use improvement or change.

So there’s my five step process to standards. This is just a quick snapshot of the process and each one of these steps can be a lengthy discussion point of its own. For example, many books have been written on the art of communication, and the skill of goal setting has its own process and techniques.

Your leadership courses also provide you with the tools you will need to be a successful leader and that will help you execute this five-step plan. So, if your division or command is failing in an area or perhaps a part of your personal life is not where you want it to be, take an inward look at how you may be failing to achieve the standards. Trace through the five steps and I guarantee that you will find you are failing to execute effectively in one or more of those areas. Identify the weaknesses in that area and invest some time into improving it and I know you’ll find that you’ll make progress with your results.

## 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 349-6119/2224.

### Commander Joint Region Marianas

Service Support Center Supervisor, Closes March 14

### Naval Facilities Engineering Command Marianas

Management Analyst, Closes March 14

### Naval Support Activity Andersen

Assistant Open Mess Manager, Closes March 14

Supervisory School Age Program Coordinator, Closes March 17

### Free Outdoor Movie Night

The next Free Outdoor Movie Night will be March 12, 7 p.m., at Arc Light Park. The movie will be the PG-rated animated feature “Megamind.” Movie will be shown, weather permitting. Call 366-2339 for more information.

### Southern Rock Band Bush Hawg

Armed Forces Entertainment will present Nashville recording artists Bush Hawg March 15 at 8 p.m. in High Tides Lounge. Don’t miss this great stateside southern rock band. Call 366-6166 for more information.

### St. Patrick’s Day Party

Celebrate St. Patrick’s Day at the Top of the Rock March 16 during their “Party with Paddy” from 6-10 p.m. in the ballroom. The evening will feature the southern rock sounds of Bush Hawg brought to Andersen by Armed Forces Entertainment. For more information, call 366-6166.

### Monthly Flea Market

Sell items you no longer need or pick up some great bargains at the Hotspot’s monthly Flea Market March 19 from 8-11 a.m. in the Hotspot Gym. You never know what you’ll find for sale, so don’t miss out on a chance to come away with some really cool items. Table fee for sellers is just \$10 each. Sellers can set up for the flea market either Friday evening from 6-9 p.m. or beginning 7 a.m. the morning of the flea market. Reserve and pay for your tables at the Hotspot, or call 366-2339 for more information.

### Andersen Air Force Base Auto Hobby Shop

The Andersen Auto Hobby Shop’s alignment machine is currently inoperable. Wheel alignment service has been suspended until further notice. To assist you with any questions, contact Ike Evangelista at 366-2745 or Syomi Dodd at 366-2220/7443.

# Thieme bids farewell to Oklahoma City

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

Joint Region Edge Staff

Cmdr. Andrew Peterson relieved Cmdr. Aaron Thieme as commanding officer of USS Oklahoma City (SSN 723) during a change of command ceremony at U.S. Naval Base Guam March 8.

Capt. John Russ, commodore of Submarine Squadron 15, was the keynote speaker at the ceremony. He praised the crew's last two years of hard work during a shipyard period and a reassignment from Norfolk, Va., to Guam.

"[This is] a truly remarkable accomplishment for a crew fresh out of a two-year shipyard availability," Russ said. "From the transit from the East Coast to Guam, Cmdr. Thieme and the crew answered the call. With your arrival here last week, you completed an important chapter of the life of this ship – bringing USS Oklahoma City to the frontline to begin its next chapter as a member of the forward deployed naval forces of the 7th Fleet here in Guam."

Following his speech, Russ presented Thieme with the Meritorious Service Medal for outstanding meritorious service as commanding officer of the Los Angeles-class submarine.

After receiving the award,



Change Of Command: Capt. John Russ, Submarine Squadron 15 commodore, presents Cmdr. Aaron Thieme with the Meritorious Service Medal during a change of command ceremony March 8 at U.S. Naval Base Guam. Thieme received the award for outstanding meritorious service as commanding officer of USS Oklahoma City (SSN 723). He was relieved of command by Cmdr. Andrew Peterson. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Thieme commended the crew for their hard work and dedication.

"Over the last two years, you have proved to be undersea warriors," Thieme said. "You have accomplished

the hardest mission a crew can be assigned and you've done it well."

Thieme went over the many challenges and changes the crew had to overcome and said that they

handled them professionally.

"Don't let anybody undermine, minimize or discount the significance of your achievements with completing the overhaul and

bringing this warship to Guam," he said. "A submarine overhaul is by far the hardest thing we task our Sailors to do."

Thieme said the ceremony marked the return of the submarine's fully operational return to the fleet.

"Today is really about the celebration of this ship, here in Guam – overhauled, repaired, good as new for her 22nd year of service and ready to jump immediately into the workup schedule to finally do the mission we really love to do as submariners," he said.

After Thieme's speech and official relinquishment of command, Peterson said he was grateful to be the commanding officer and was eager to continue the submarine's mission.

"To the men of Oklahoma City, I commend you for the condition of the ship and your assistance during the turnover," Peterson said. "I am honored to join you as an Oklahoma City warrior and feel privileged to be your commanding officer. I look forward to serving you in that capacity on the pointy end of the spear as part of the forward deployed naval forces here in Guam."

With a crew of approximately 130 personnel, Oklahoma City completed an engineered overhaul in November 2010 at Portsmouth Naval Shipyard. Oklahoma City is the second naval vessel to be named after Oklahoma state's capitol city. The boat was launched Nov. 2, 1985, and commissioned July 9, 1988.

## Air Force to launch second orbital test vehicle

By Maj. Tracy Bunko

Secretary of the Air Force Public Affairs

Air Force Rapid Capabilities Office (AFRCO) officials announced the launch of the second X-37B March 4 with a back-up launch opportunity March 5.

AFRCO is leading the Defense Department's orbital test vehicle initiative by direction of the Undersecretary of Defense for Acquisition, Technology and Logistics and the Secretary of the Air Force.

For the first X-37B OTV mission, Air Force officials focused on testing and evaluating the performance capabilities of the vehicle. This second mission will build upon the OTV-1 on-orbit

demonstration, validate and replicate initial testing and fine tune the technical parameters of the vehicle tests.

Launch specialists at the Air Force Space Command's 45th Space Wing at Patrick Air Force Base, Fla., will launch the vehicle from Cape Canaveral Air Force Station on an Atlas V rocket from Space Launch Complex-41.

The vehicle will land at Vandenberg Air Force Base, Calif., and will be recovered by technicians from the 30th Space Wing.

X-37B: In a testing procedure, the X-37B Orbital Test Vehicle taxis on the flightline March 30, 2010, at the Astrotech facility in Titusville, Fla. (Photo courtesy of U.S. Air Force)



## Guam NAVFAC engineer receives prestigious award

From Naval Facilities Engineering Command Pacific Public Affairs

An engineer working for Naval Facilities Engineering Command (NAVFAC) Pacific at Pearl Harbor was awarded the Hawaii Council of Engineering Societies' (HCES) 2011 Young Engineer of the Year Award Feb. 26 at the Hale Koa Hotel in Honolulu, Hawaii.

Dawn Szewczyk, an environmental engineer working in the public works and utilities section of the Guam Program Management Office (GPMO) at NAVFAC Pacific,

was selected by HCES for her outstanding contributions to her profession and community.

"With the busy lives of people today, it is fantastic to have young people who can balance taking care of their family and job, and giving so much back to the community in the way of helping to create engineers of the future," said Stephen Barker, head, GPMO Public Works. "Dawn brings dedication and a great set of organizational skills to the NAVFAC family. Each member of the team has a role and it is essential to have self-starters who think out of the box and are courageous, such as Dawn."

Each year HCES selects one individual for their prestigious Young Engineer Award. The candidate chosen must be a practicing professional engineer in the state of Hawaii and be 35 years of age or younger. The technical accomplishments of the candidate and their professional, civic and community contributions are thoroughly evaluated by a committee designated by the HCES.

Developed over a period of 13 years, Szewczyk's exceptional skills and community contributions were highlighted at the awards ceremony.

"Mrs. Szewczyk's diverse engineering skills, experience, work

ethic, leadership qualities, dedication to the engineering profession and passionate desire to help others make her a well-deserving recipient of this year's award," said Suzie Sales Agraan, State Department of Land and Natural Resources planning engineer.

Szewczyk is grateful for her family, friends from previous employers and her colleagues who have been very supportive.

"I am truly honored and humbled to have been selected for such a prestigious award," Szewczyk said. "I hope to feel energized and motivated to continue to excel in my career."

"I have to credit my parents and brother for supporting me in everything I dreamed of and set out to do. They never placed limits or boundaries on my aspirations and made it seem like I could achieve anything I set out to conquer."

The HCES is the umbrella organization of 13 major engineering societies in the state of Hawaii. Its officers and board members are representatives of each of the member societies and they are responsible for the formulation of plans, objectives, programs and policies of the Council. The Young Engineer Award has been given out annually since 1984.

# Calvo, senators visit USMC Base Quantico

From Marine Forces Pacific (Forward) Guam and the Office of Governor Eddie Baza Calvo

Gov. Eddie Baza Calvo and a delegation including senators Frank Blas Jr., Judith Guthertz and Rory Respicio saw a firing range and other facilities firsthand at a tour of Marine Corps Base Quantico, VA. Senior Marine Corps officials led the visit.

An orientation included an aerial tour from a U.S. Marine Corps (USMC) Presidential Helicopter Squadron HMX-1. Briefings were also conducted at the base range control facility and at the firing ranges where the delegation was provided the opportunity to sample some of the weapons training that will take place on Guam.

"This tour was important for the senators and me," Calvo said. "We have learned so much on how Marines operate their bases. Now all of us have an appreciation and understanding we didn't have before, especially when it comes to

the safety measures in place at a firing range. I would like to thank the Marine Corps for their willingness to work with Team Guam and for their hospitality. It is good they are doing their part to allay as many concerns as they can."

According to Marine Corps officials, the purpose of the tour was to show Calvo, the senators and the delegation some aspects of Marine Corps range design, management and operations. The tour also showcased environmentally and culturally sensitive areas, including family burial plots which lie within the confines of the range complex.

Bryan Wood, Marine Corps' Pacific Division Headquarters director, sponsored the tour for the Guam delegation.

"The Marine Corps appreciates the opportunity to showcase the safety, efficiency and environmental stewardship we build into every one of our range facilities," Wood said. "Providing this orientation to Gov. Calvo and the senators demonstrates the Marine Corps' commitment toward working with the people of Guam to ensure a mutually

beneficial and sustainable Marine Corps presence on the island."

"The tremendous support of Gov. Calvo's visit provided by the USMC Presidential Helicopter Squadron HMX-1 as well as Quantico's Weapons Training Battalion highlighted for the governor and the Guam legislative members the pride, professionalism, training and discipline of our U.S. Marine Corps non-commissioned officers (NCO) and staff NCOs," Col. Robert Loynd, officer in charge of Marine Forces Pacific (Forward) Guam and Commonwealth of the Northern Mariana Islands added. "It was a distinct honor to participate in today's tour."

Calvo: Gov. Eddie Baza Calvo discusses the planned relocation of Marines from Okinawa, Japan to Guam with a group of senators March 2. The Guam officials visited the Pentagon and toured Marine Corps Base Quantico, Va., to gather an understanding of the types of ranges planned for a new Marine Corps base on Guam. (U.S. Marine Corps photo by Cpl. Scott Schmidt)



## USS Preble conducts fisheries patrol in EEZ

From USS Preble Public Affairs

The guided-missile destroyer USS Preble (DDG-88) conducted fisheries patrol in the Exclusive Economic Zones (EEZ) of various Pacific Island Nations en route from Pearl Harbor, Hawaii to Guam March 6.

Preble along with embarked U.S. Coast Guard District 14 liaison, focused on illegal, unregulated, unreported (IUU) fishing in the EEZ of the island nations and on the high seas.

Preble's mission supported the United States' long-standing partnership with the maritime nations of Micronesia, Oceania and the Marshall

Islands as well as the USCG's Oceania Maritime Security Initiative.

"It is crucial that we continue to not only exercise our interoperability with our sister sea service, the USCG, but enhance interoperability among allies and partners to build trust and increase multilateral effectiveness," said Preble's commanding officer Cmdr. Joe Cahill.

With technological advances, fishing vessels have increased their capability and capacity to catch more fish than ever before. As a result, it is imperative that small island nations' rights to their EEZ are preserved to prevent illegal fishing and exploitation of the ecosystems.

Cmdr. Cahill said the Preble

along with the Coast Guard were instrumental in ensuring a forward presence.

"In the end, Preble and the USCG teamed up to strengthen our relationships with our South Pacific partners and allies," Cahill said. "This operation showcases what we as a nation and team of nations can achieve if we work together. We are committed to this mission and look forward to the next opportunity we have to operate in this area of the world."

During the operation, Preble encountered multiple vessels conducting fishing operations in EEZ. All the data was reported to USCG District 14 for evaluation and follow-on action.

"The partnership between the Navy and the Coast Guard is critical to our ability as a nation to execute mission tasking such as EEZ patrols," Coast Guard Operations Specialist 1st Class Gary Smedley said. "Through our partnership, both sea-going services have a more significant impact on maritime security, partnerships with Pacific Island Nations and the protection of natural resources."

A detachment from the Battle Cats of Light Helicopter Anti-Submarine Squadron (HSL) 43 embarked on board Preble, played a key role in conducting routine aerial patrols with their SH-60B Sea Hawk helicopter. The aircraft enabled the

surveillance team the abilities to search multiple areas of interest during the transit.

"A ship with an embarked helicopter squadron has a unique capability to reach further over the horizon," Air Detachment officer in charge Lt. Cmdr. Robert Radak said. "By conducting daily sorties we significantly expanded our surveillance and data collection range. My team is proud to support Preble and the USCG in this significant patrol."

EEZ patrols are part of an ongoing partnership between the Navy and Coast Guard to reduce and eliminate IUU fishing and effectively enforce fishing regulations across the Western Pacific.

## NMCRS seeks donations to continue their extensive history of giving

From Navy-Marine Corps Relief Society

Sailors and Marines throughout the world are being asked to make a donation to the Navy-Marine Corps Relief Society (NMCRS) during their Fund Drive Month.

All donations received support operating funds and provide interest free loans and outright grants to clients who have emergency needs.

Contributions also provide money to pay for rent, utilities, child care, food, emergency travel tickets, vehicle repairs, medical or dental bills in excess of government-funded programs and other worthy emergency needs.

The NMCRS boasts 107 years of service to United States naval service members and eligible

family members in need.

On Jan. 23, 1904, 19 volunteers founded the Navy Relief Society (NRS) to provide assistance to Navy widows and orphans. Initial funding came from the Navy's share of proceeds from ticket sales of the 1903 Army-Navy football game. After just one year of operation, the NRS opened seven regional auxiliaries in order to to solicit and distribute funds to clients more efficiently. In 1911, the NRS adopted a policy of using voluntary contributions from within the naval service for relief expenditures.

The advent of World War I saw a society that had ballooned to 18 auxiliaries. At that time, funds primarily came from the sale of annual or life memberships. That practice was later abandoned. Occasionally, an inquiry about these

memberships is still received.

June 1917 recorded the birth of Navy Relief Loans. Until that time, all NRS assistance had been issued in the form of outright grants. By 1937, the amount of assistance provided in the form of these interest free loans and grants had reached \$1 million.

World War II (WWII) caused the need for NRS resources to grow dramatically. At the request of the Board of Managers and with the approval of President Franklin D. Roosevelt, the NRS conducted a one-time public solicitation of individual citizens.

This type of activity increased the organization's funds by \$10 million. The donations were incorporated into a reserve fund and were carefully invested. Today, that reserve fund is valued at approxi-

mately \$202 million.

By the end of WWII, the NRS had grown to 38 auxiliaries and 25 branches. It also had 10 visiting nurses. As the society continued to grow, so did the types of assistance given.

In 1965, 153 educational loans were given to dependent children of Navy and Marine Corps personnel. Just two years later in 1967, 650 students received \$536,000 in scholarships and loans. In 2000, the NRS disbursed \$6.7 million that assisted more than 5,100 students including, for the fourth consecutive year, spouses of active duty service members and dependent children of retirees. About 80 percent of grants for education are dispersed to enlisted service members and their family members.

Even though NRS has consistent-

ly rendered assistance to eligible Marines, the organization officially changed its name to include these service members in 1991.

Enjoying a strong partnership with active duty Navy and Marine Corps leadership, the NMCRS has taken an active role in promoting personal financial management training as an effective method for achieving financial self-sufficiency.

NMCRS approached the new millennium with confidence and excitement.

On Jan. 23, 2004, the organization celebrated its 100th birthday with 250 offices ashore and afloat throughout the world. The society has approximately 250 paid employees and our 3,000 volunteers – including nearly 500 active duty representatives – remain the heart and soul of the organization.

# BOXARG enters Western Pacific 7th Fleet

By Lt. Chad A. Dulac

USS Boxer Public Affairs

The Boxer Amphibious Ready Group (BOXARG) entered the U.S. 7th Fleet area of responsibility March 6 as part of the ship's Western Pacific deployment.

BOXARG arrived in 7th Fleet in support of the Navy's maritime strategy, which includes maritime interdiction operations, counter piracy, humanitarian assistance, disaster relief and the promotion of peace and stability in the region.

"We are entering the Western Pacific area of operation on our transit west with all of our mission capabilities at the ready to support U.S. forces and our regional partners," said Commander, Amphibious Squadron 1 Capt. J. Curtis Shaub. "Our Sailors and Marines continue to train during our passage through 7th Fleet, maintaining their already superb level of proficiency."

The ready group consists of the amphibious assault ship USS Boxer (LHD 4), amphibious transport dock ship USS Green Bay

(LPD 20) and the amphibious dock landing ship USS Comstock (LSD 45). The ARG is comprised of more than 4,000 personnel with approximately 1,800 Sailors and 2,200 embarked Marines from the 13th Marine Expeditionary Unit.

"The world is seeing a high amount of unrest in multiple locations and with the enduring sea-based assets of our Navy/Marine Team, deployable to over 80 percent of the earth, we can deliver a multitude of capabilities across the spectrum of kinetic and humanitar-

ian mission sets," Shaub said. "We also partner with nations, training and exercising, to lend additional stability and learn from our global friends, neighbors and allies."

Other elements of the BOXARG include the Fleet Surgical Team 3; Tactical Air Control Squadron 11; Helicopter Sea Combat Squadron 23, Det. 5; Assault Craft Unit 1, Det. C; Assault Craft Unit 5, Det. C and Beach Master Unit 1, Det. E.

The 7th Fleet area of responsibility includes more than 48 million square miles of the Pacific Ocean, running

from the international date line to the eastern coast of Africa and from the Antarctic to the Kuril Islands, northeast of Japan. It contains more than half of the world's population.

U.S. 7th Fleet units take part in as many as 100 bilateral and multilateral exercises each year. In addition to these exercises, ships deployed to the 7th Fleet conduct more than 250 port visits every year as ambassadors of the United States of America.

For more news from Commander, U.S. 7th Fleet, visit [www.navy.mil/local/c7f/](http://www.navy.mil/local/c7f/).

# Service members hold women's conference

By Capt. Ken Ola  
U.S. Army National Guard  
And Sgt. Alex Polley

Marine Forces Pacific (Forward) Guam

Women from across the service attended the 5th Guam Women's Veterans Conference, at the Outrigger Guam Resort in Tumon March 4. It was a day for women from all military service branches, as well as the civilian community, to have their voice be heard, tell their story and gather strength from each other.

The conference, which focused on the theme, "Her story is our strength," sought to provide different avenues for the participants to learn and take away key knowledge to bring back to their families, fellow service members and commands.

Sessions included a panel of speakers, who touched on the topic, "Thriving with the Challenge: Building Relationships Beyond the Fence." Issues on resiliency and healthcare were tackled in breakout sessions such as "Healthy Relationships," "Challenges of a Dual-Service Family" and "Opportunities in Business." Issues related to the subject of homecoming were dealt with in breakout sessions like "Adjustment after Deployment," "Challenges and Opportunities" and "First Command Financial Services."

The local theme was an adaptation of the national theme according to Cathy Ilarmo, team leader at the Guam Veterans Center.

"Our main purpose was to highlight the contributions of



Conference: Tech. Sgt. Maria Quitugua, left, and her husband Master Sgt. Michael Quitugua, center, both of the 254th Security Forces Squadron, and Master Sgt. Lisa Fisher, right, of the 44th Aerial Port Squadron, speak to service members and civilian spouses in a breakout session about the challenges of dual-service families at the 5th Guam Women's Veteran Conference at the Outrigger Guam Resort in Tumon March 4. (U.S. Army photo by Capt. Ken Ola)

women," Ilarmo said. "We also wanted to give them a voice—an opportunity to share their story and to validate their stories as well."

Ilarmo said the Veterans Center has always been the organization that triggered the planning for this conference. Over the last two years, attendance at the conference has averaged over 100 participants, she said.

Master Sgt. Elizabeth Fisher of the 44th Aerial Support Squadron at Andersen Air Force Base (AFB) attended this year's conference.

"I attended last year as a participant with friends from the 44th Aerial Port Squadron [at] Andersen

AFB," Fisher said. "This is my second time to attend, however, I was part of the planning committee and I had a lot more fun this year."

Fisher enjoyed the food, atmosphere and the personal stories told by the guest speakers.

"I like that the atmosphere is relaxed and we are encouraged to participate without reservation," she said. "I also like hearing personal stories from the keynote speakers—there's always an element of surprise."

Fisher feels that the conference brought unity to all women across the military.

"I felt that this year's conference

brought women together from all branches of services on Guam to meet, greet and share their personal experiences in a positive setting, without judgment," Fisher said. "It was a robust audience full of women from active duty, reserve, guard, retirees, civil service and spouses."

Lt. Col. Aisha Bakkar, chairperson for the conference planning committee and Marine Forces Pacific (Forward) Guam and Commonwealth of the Northern Mariana Islands public affairs officer, said she had a large committee of people who came from various sectors. They had many ideas come in about what issues to

cover in the breakout sessions.

"Our goal was that people would leave here going, 'I wish I could have gone to more or gone to all of them,'" Bakkar said. "These conferences afford veterans an opportunity to access critical information to help them with their personal and professional lives. We basically offer a one-stop shop for everything from financial assistance, physical and mental health, interpersonal relationships, [veteran's affairs] benefits, small business opportunities and resources available to help deal with a very broad range of issues."

Even though this was Bakkar's first Guam Women's Veterans Conference, she knew the event helped strengthen the community of women in the military.

"Oftentimes we find ourselves thinking we have to be strong enough to deal with challenges on our own," Bakkar said. "These conferences make you realize you don't have to face anything alone as you are introduced to so many other women who share very common experiences."

Bakkar would like to welcome all women of the military community to future conferences which will be sure to provide vital information and opportunities for all.

"The camaraderie and support relationships we establish and build through these conferences are priceless," Bakkar said. "Our goal was to bring women in uniform together to share their experiences and learn about the resources available to deal with the challenges unique to women serving in our armed forces."

## Which female figure do you admire most?

In recognition of Women History Month, Joint Region Edge asked its readers which female figure they most admire.



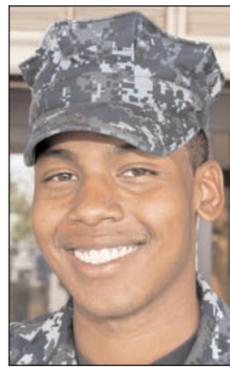
"I admire Rosa Parks for being rebellious in a time when standing up for what she believed in could have cost her life."

— Electrician's Mate 2nd Class Michael Mayes  
USS Houston (SSN 713)



"I think the female figure I admire most would be Condoleezza Rice. She was the first African-American woman Secretary of State and the first ever woman to serve as National Security Advisor. She was influential while serving with President [George W.] Bush and she continues to be influential in the education system today."

— Airman 1st Class Justin Czarnicki  
36th Comptroller Squadron  
financial services technician



"I admire Rosa Parks because she was fearless. She stood up for what was right during a time when both blacks and females were discriminated against."

— Master-at-Arms Seaman Michael Chavez  
Naval Security Forces Guam



"The female figure I admire most is Marie Curie. Not only was she the first woman to receive the Nobel Prize, she was the first person to win it twice. Her work in physics and radioactivity also contributed to the development of the first X-ray machines."

— Airman 1st Class Chris Schramm  
36th Comptroller Squadron  
financial services technician



"I admire Alicia Keys for the positive messages she puts in her songs at a time when there is so much negativity in the music industry."

— Sonar Technician 2nd Class (SS) Lakee Brown  
USS Frank Cable (AS 40)



"I really admire Laura Bush. She and her husband are both strong Christians. Throughout his campaign, she carried herself so well and I have always respected her for staying true to her values."

— Brittany Warren  
Andersen Library aide

# NBG earns CNO environmental award

From U.S. Naval Base Guam  
Public Works

U.S. Naval Base Guam (NBG) has been awarded the 2010 Cultural Resources Management Installation Award. This prestigious award is one of the ten categories of the Chief of Naval Operations (CNO) 2010 Environmental Awards recognition program.

"The program recognizes exceptional environmental stewardship by Navy ships, installations, individuals or teams, and this award recognizes the stellar job Naval Base Guam Environmental Office does leading all the initiatives in the area of cultural resources management on the installation," said Capt. Richard Wood, NBG commanding officer.

According to NBG installation cultural resources manager Lon Bulgrin, the award recognizes the strenuous efforts that personnel on NBG made towards protecting and preserving the

many historical and cultural sites under the base's stewardship on Guam and the neighboring island of Tinian which represent more than 3,500 years of history in the Marianas.

According to installation environmental program manager Ron Rossetti, the NBG Public Works Department collaborates closely with the Guam State Historic Preservation Office about the efforts the Navy undertakes to preserve and protect the historical and cultural resources and artifacts located or found on NBG.

"We also have a good working relationship with the Japan Consul General for the times we unearthed Japanese World War II remains and artifacts during construction projects," Rossetti said.

For 2010, the CNO Environmental Awards program recognized 27 winners in ten award categories.

The CNO award winners will be honored June 7 in a ceremony at the United States Navy Memorial in Washington D.C.



Take A Bow: U.S. Naval Base Guam (NBG) commanding officer Capt. Richard Wood, front center, stands with NBG public works officer Cmdr. Michael Thornton, front right, and NBG Public Works Environmental Division personnel on a historic staircase built by Japanese prisoners of war in 1946. NBG received the prestigious 2010 Cultural Resources Management Installation Award. The award, from Chief of Naval Operations (CNO), recognizes the strenuous and dedicated efforts NBG personnel made to protect and preserve the many historical and cultural sites under NBG's stewardship. Pictured in the first row, left to right, are Omar Damian, environmental engineer, Wood and Thornton. Second row, from left to right, are Gretchen Grimm, natural resources specialist, Lon Bulgrin, archaeologist, and Ronald Rossetti, installation environmental program manager. Third row, from left to right, are Paul Wenninger, natural resources specialist, Blaise Koki, environmental protection specialist, and Ramon Camacho, hydrologist. Fourth row, left to right, are Roberto Cabreza, environmental protection specialist, Kevin Brindock, natural resources specialist, and Jeffrey Lambrecht, environmental planner. (U.S. Navy photo by Annette Donner)

# Combat gas prices with vehicle maintenance

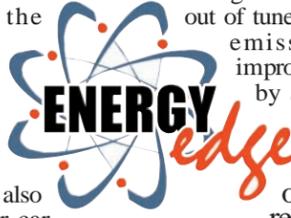
By Derek S. Briggs  
Naval Base Guam Energy Manager

The price of gas just went up another 10 cents a gallon. What can we do about it? Well, there are a few things to assist with your vehicle's performance.

Check the tire pressure and, while you're down there, check the tread as well. If your tires are under-inflated, it can cost you one to two

miles per gallon.

If the edges of the tires are wearing faster than the middle, there may be an alignment problem. This will wear out tires, which are also made of oil, as well as add cost from additional gas use. Taking care of these things will also make operation of your car safer.



When was your last tune up?

Fixing a car that is noticeably out of tune or has failed an emissions test can improve its gas mileage by an average of 4 percent. These results, however, vary based on the kind of repair and how well it is done. Fixing a serious

maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent.

While under the hood, please check the air filter. For vehicles with a carburetor, replacing a dirty filter can improve mileage by up to 6 percent. If it has fuel injection, you will get improved performance.

Combine several short trips into

one. Engines are more efficient at operating temperature than when they are cold. When driving, avoid rapid acceleration from a stop-pull smoothly away with less acceleration to use less gas.

More gas saving tips can be found on the web. One site is <http://www.fueleconomy.gov/> which also includes information on selecting your next car and which oil to choose.

# OKC: Arrival on Guam was 'long-awaited'

Continued from Page 1

symbolically presented the submarine to the crowd and noted their arrival following an engineering overhaul, sea trials, certifications, and training.

"Today, I present to the commodore and the Guam community USS Oklahoma City, the newest addition to the proud Pacific submarine fleet," he said. "The crew has performed superbly throughout our deployment and I am proud of their accomplishments over the past several months as we've been looking forward to this long-awaited transition."

Chief Electronics Technician (SS) Brien Sadler was the first Sailor to disembark the boat and receive the traditional first kiss from his wife.

"I am glad to be here on this side of the world ready to do what we need to do," Sadler said. "My family is my life. Other than my job, they are all I have. It's great to

be here. We are going to do great things on this side of the world."

With a crew of approximately 130 personnel, Oklahoma City completed an engineered overhaul in November 2010 at Portsmouth Naval Shipyard. Oklahoma City is the second naval vessel to be named after Oklahoma State's capitol city. The boat was launched Nov. 2, 1985, and commissioned July 9, 1988.

**First Kiss:** Chief Electronics Technician (SS) Brien Sadler of USS Oklahoma City (SSN 723) reunites with his spouse for the traditional "first kiss" on the Sierra pier at U.S. Naval Base Guam March 3. Oklahoma City replaces USS City of Corpus Christi (SSN 705), maintaining three submarines forward deployed to Guam. City of Corpus Christi will be transferred to Pearl Harbor, Hawaii. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



# ORE: Critical exercise ensures Airmen readiness

Continued from Page 1

"I've seen marked improvement not only in security forces but throughout the base as well," McKamey said. "The hustle and overall teamwork displayed throughout the wing was impressive. We have a lot of new, young, hard-charging professionals who perform a demanding duty. Twelve hours running from place to place or just standing in the hot sun or rain is enough to put anybody to the test, but our team always comes through.

I couldn't be prouder of them."

One of Andersen's newest members, Airman 1st Class Justin Czarnecchi, 36th Comptroller Squadron financial services technician, participated in the Ability to Survive and Operate (ATSO) portion of the exercise. During ATSO training, Airmen don protective gear and perform safety checks and personnel recoveries.

"ATSO is hard because you're hot, tired and you're trying to make sure you're doing everything correctly," Czarnecchi said. "Once

it's over and you remove the gear and take a step back, you realize that you learned a lot."

Because many retain information best when actually performing the task, ATSO training is an effective refresher course for Airmen.

"I went through basic military training less than a year ago, but going through some of the scenarios made me realize that it doesn't take long to forget information that can be crucial in a real world situation," Czarnecchi said.

Echoing Czarnecchi's sentiments,

McKamey learned first hand the value of conducting OREs and ensuring personnel are on top of their game at all times.

"In August 1990, I was a young buck sergeant assigned to Seymour Johnson and we were in the middle of an ORE when Iraq invaded Kuwait," McKamey said. "We immediately moved from an exercise mentality to a real war mentality and, less than a week later, I found myself standing in the middle of the Arabian peninsula doing all those things I had been trained to

do. Prior to that, I hated OREs and all those long hours—donning all that gear, the processing lines and alarm conditions. Once I saw how all that exercising prepared us for the real thing, my attitude since has completely changed."

Now that the dust has settled and the sirens faded, wing leadership will have the opportunity to assess the outcome of the exercise. Mistakes will be corrected, procedures made more efficient, and the 36th Wing will become a stronger, more capable force.

# NOSC hosts annual pre-deployment family conference

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

The Navy Operational Support Center (NOSC) hosted its second annual Pre-Deployment Family Readiness Conference (PDFRC) at Top o' O' the Mar March 5.

The purpose of the conference was to prepare Sailors and their families for the trials of deployment and separation.

A plethora of guest speakers from naval support services organizations including the Fleet and Family Support Center, Employer Support of the Guard and Reserve, Veterans Plus and TRICARE made presentations that will be useful for service members and their families during times of separation.

Capt. Richard Wood, U.S. Naval Base Guam (NBG) commanding officer, took time to address those in attendance. He thanked the Sailors for all of their hard work and assured them that he and his base services were available to them in times of need. Capt. Marco Cromartie, Navy Region Southwest Reserve Component Command commanding officer, flew in from San Diego



PDFRC: Navy Operational Support Center Guam Sailors bow their heads in reverence during the benediction at the second annual Pre-Deployment Family Readiness Conference at Top o' the Mar March 5. The purpose of the conference was to prepare Sailors and their families for the trials of deployment and separation. (U.S. Navy photo by Yeoman 1st Class (SW/AW) Vincent Estrada)

to be a part of the event. Cromartie spoke to Sailors about the importance of mission readiness for family members as well as service members.

Cmdr. Jay Montilla, NOSC commanding officer, said this

event is important to NOSC and the Sailors it supports.

"We are the experts on Reserve management on Guam," Montilla said. "No other organization understands the dynamics of being a Reserve component Sailor better

than we do."

Montilla added that he feels close, personal ties to NOSC and its mission.

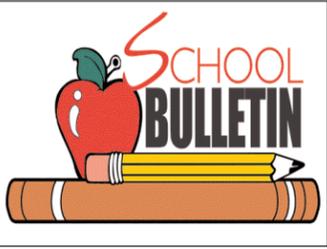
"I grew up in Guam until I was six years old and, soon after, left for the U.S. mainland," Montilla said.

"As a returning Guamanian, I feel it is my personal responsibility to take care of my local Navy reservists and Navy reservists who reside in the [U.S. Pacific Command Area of Responsibility] outside of Hawaii. I have the personal satisfaction of ensuring my staff and I have made the best effort in supporting our reserve Sailors and their families."

According to Montilla, approximately 90 Sailors and family members attended the PDFRC. He urged those who missed the event to attend future conferences.

"Sailors and family members receive information and education to ensure each Sailor's readiness and to prepare families for the rigors of mobilization and the challenges of family separation," Montilla said. "If Reserve Sailors and their families are prepared for mobilization, they will be able to cope with the challenges that may arise when separated from each other for a long period of time."

The mission of NOSC is to prepare and develop Navy reservists for active duty and mobilization by ensuring their administrative, logistical, medical, dental, financial and family readiness.



School Bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 349-2113.

**Department of Defense Education Activity (DoDEA)**

School board meetings are scheduled for the second Thursday of every month at 6 p.m.

Upcoming meetings:

April 21 at Cmdr. William C. McCool Elementary/Middle School

May 12 at Guam High School

**Andersen Elementary School**

March 14-18 Terra Nova Testing for grades 3-5

**Guam High School**

The Booster Club will be losing some board members this summer as well. If you enjoy being involved in your child's school and working with a dynamic group of parents, this is the place for you. Please consider submitting your name for upcoming elections. The Booster Club is a highly rewarding place for those who have as little as 3 to 10 hour per month to be involved as an elected executive board member. Other volunteer coordinator positions are also available. Contact Karen Cruz at 688-0443 or karen.cruz@akguam.com for more information.

**McCool Elementary/Middle School**

Chamorro Culture Day Mar. 12th from 9 a.m.-12 p.m. at the McCool Cafeteria.

Substitute teachers wanted. U.S. citizens with a minimum of 60 college semester hours may apply. For more information, call Mellie Guerrero at 339-5347.

Parent portal for Gradespeed is now available for all parents/sponsors. Through the parent portal, parents/sponsors are able to view their child's academic progress. For more information, contact your child's advisory teacher at 339-8678.

**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

# Students learn about water supply

By Emilee Beachy  
Cmdr. William C. McCool  
Elementary/Middle School

Cmdr. William C. McCool Elementary/Middle School (MEMS) welcomed Peggy Denney, recycle program administrator, to the U.S. Naval Base Guam campus March 2.

Denney made a presentation about water systems on Guam and how to protect the island's watersheds in an effort to get more students involved in conserving Guam's resources.

"The presentation basically educated the students regarding our watersheds and water supply," said Gina Gonzales, MEMS science teacher. "The students were also were educated in practicing reduce, reuse and recycle and the disposal of waste materials."

Denney described watersheds, areas drained by a river or stream, to the students and talked about the two types of watersheds found on Guam—southern river-based watersheds and the northern Guam lens. On Guam, there are 18 watersheds

which contain water that can be purified. The northern lens is the primary source of Guam's drinking water; approximately 85 percent is from this watershed.

Other topics Denney discussed included erosion and erosion prevention. Denney told the students about the two primary causes erosion on Guam, arson and off-roading.

Arson is the burning of plants. When arson occurs, vegetation which helped hold soil together firmly is removed. As a result, the soil becomes loose and erosion occurs. Off-roader drivers who disturb the earth with large vehicles also break apart soil and cause erosion. To prevent erosion, Denney suggested planting Bahia grass and other indigenous plants to help the soil stay in place.

Denney's presentation alerted students to many of the problems Guam's water supply faces. As a result, students are now armed with the knowledge they need to join in the effort to preserve the island's resources.



Denney: Peggy Denney, recycle program administrator, educates students at Cmdr. William C. McCool Elementary/Middle School (MEMS) on U.S. Naval Base Guam about Guam's water supply March 2. Denney taught students about the water supply on Guam and the dangers facing Guam's watersheds in an effort to increase student awareness about the conservation of island resources. (Photo by George Petrucci courtesy of MEMS)

## NBG CO reads for McCool students



Reading Campaign: Capt. Richard Wood, U.S. Naval Base Guam commanding officer, opens the "Read Across America-Happy Birthday Dr. Seuss" campaign week by reading aloud at the Cmdr. William C. McCool Elementary/Middle School via the public address system Feb. 28. The goal of the reading campaign is to motivate children and teenagers to read by inviting guest readers throughout the week. Wood says he completely supports the campaign's slogan, "You're Never Too Old, Too Wacky or Too Wild to Pick Up a Book and Read to a Child." Assisting Wood are eighth-graders Maikita King, left, and Thor "Dr. Seuss" Jensen, right. (U.S. Navy Photo by Annette Donner)

# Dolphins celebrate Dr. Seuss' birthday



Dr. Seuss: Andersen Elementary School (AES) librarian Sherri Fedenko, left, and parent volunteer Kim Funk, right, pose with third grade students during the school's "Read Across America-Happy Birthday Dr. Seuss" week. Funk illustrated the bulletin board depicting a scene from the Dr. Seuss book "If I Ran the Circus." The event-filled week kicked off with a reading of the book. (Photo by Becky Levy courtesy of AES)

The Cat In The Hat: Andersen Elementary School (AES) principal Willette Horne-Barnes appears as "the Cat in the Hat" with AES students during the school's "Read Across America-Happy Birthday Dr. Seuss" week. The event-filled week kicked off with a reading of Dr. Seuss' "If I Ran the Circus" and culminated with a school circus featuring a variety of activities for students. (Photo by Art Flores courtesy of AES)

# Guam celebrates Chamorro Month 2011

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

Chamorro Month 2011 is officially in full swing. The annual celebration focuses on the perpetuation of the Chamorro language and culture.

Chamorro Month first stemmed from a small academic movement by University of Guam president Robert Underwood and a fellow teacher during their time at George Washington Junior High School in 1974.

"It actually started as Chamorro Week," Underwood said. "Back then, it wasn't just a celebration. We had 11 different departments and everyone had to come up with something in their area."

According to Underwood, teachers across the curriculum at the school found a way to incorporate Chamorro language and culture into their daily lessons for the week. The following year, the idea caught on at another island school. Three years later, in 1977, virtually every island campus had caught on to the idea.

What started as an idea to have Chamorro language and culture permeate across academic disciplines has turned into a month-long event that encourages residents and guests to learn about and enjoy the unique culture that can be found on Guam.

Underwood added that Chamorro Month is about more than just displays and celebrations – it helps to foster a spirit of reverence by increasing knowledge about the past.

"The only way to respect places and the people you find there is to honor their history," Underwood said. "Human beings are the only living things that can remember a time before they were born. The ability to imagine a history is so critical to commemorate because there's so much competition for our memory. You can only remember so many things."

John Camacho, a teacher at Oceanview Middle School in Agat, said that his school finds many ways to celebrate Chamorro Month.



NAVFAC Celebrates Chamorro Month: A traditional display of local fruits, vegetables and desserts was the focal point of Naval Facilities Engineering Command (NAVFAC) Marianas' Chamorro Month celebration on U.S. Naval Base Guam (NBG). Acting Gov. Ray Tenorio signed a proclamation Feb. 25 designating March as Chamorro Month. The month is marked by events that highlight Guam's unique culture and heritage through traditional song, dance, art and local delicacies. Honoring the island culture is an annual event for NAVFAC Marianas employees. Photographed are Katrina Paulino, left, and Annie Borja, right, both assigned to the NBG Public Works Department. The artwork and display table were designed by Ray Miranda, a program analyst for NAVFAC Marianas. (U.S. Navy photo by Catherine Cruz Norton)

"Oceanview has a cultural dance program and they participate in every competition available," Camacho said. "On top of that, the Chamorro teachers have students compete in most, if not all, Chamorro language events. We also kick off Chamorro Month with a Chamorro festival and it culminates with the Gupot (GOO-put) Chamorro which is one whole day of different Chamorro events—fiestas, games, the whole deal—and everything is cultural."

As an educator, Camacho believes that the Chamorro Month celebration

is an important tool to highlight the issues facing Chamorro language and culture.

"The preservation of our culture is important," Camacho said. "It's important that we do all we can to keep our culture alive. We expect our children to be aware of the issues that concern not only our island but the world in general. We do our best to make sure that they're aware of what's going on in Libya, what's going on in Ethiopia—so if we expect them to be concerned with foreign countries and foreign affairs, then they should be expected to be aware

of what's going on at home."

Fellow educator Joaquin Guzman, Cmdr. William C. McCool Elementary/Middle School culture teacher, echoed Camacho's sentiments. Guzman added that this is an especially important opportunity to reach out to newcomers.

"The celebration of Chamorro is important, especially to our students visiting our island," Guzman said. "The celebration provides our students and parents exposure to our Chamorro traditions and culture. Our culture is very unique and we want to perpetuate

and promote the Chamorro culture."

Underwood also advised island newcomers to enjoy in the festivities and to look for other opportunities to learn about the island.

"There's a way of looking at the world that is uniquely Chamorro," Underwood said. "The easiest pathway to understanding a culture is to understand the life circumstances, the historical circumstances of a people. Spend some time to just understand the land—how it's formed, why it's called certain things. It's just trying to understand little things and to be respectful and to enjoy it."

## FREE

### Karaoke Night

Every Friday at the Silver Dolphin on Naval Base Guam (NBG) Ordnance Annex, 7 p.m. Open to all authorized Morale and Recreation (MWR) patrons. For more information, call 564-2280.

### Golf Clinic

Every Saturday and Sunday from 9-10 a.m. at Admiral Nimitz Golf Course. No need to register! Just stop by to learn the basic fundamentals of the game of golf. For more information, call 344-5838/9.

### Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is available at the Hotspot Gym on Andersen Air Force Base (AFB) just down the walkway from the bowling center. Hours of operation are Monday through Friday from 9 a.m.-noon. For more information, call the Hotspot at 366-2339.

### Children's Story Time

Every Wednesday at NBG Library from 3:30-4 p.m. and at Andersen AFB Library from 10:30 a.m.-3 p.m. For more information, call NBG at 564-1836 or Andersen AFB at 366-4291.

### Sunrise Yoga

Every Friday morning at 6 a.m. at Tarague Beach. End your week with a relaxing yoga session on the

beach. Listen to the sounds of the ocean while your body is rejuvenated with the sun's rays. For more information, call 366-6100.

## UNDER \$10

### TGIF Night

Enjoy your favorite beverages and social hour snacks every Friday in Hightides Enlisted Lounge beginning at 4 p.m. Unwind and enjoy a game of pool or darts with your friends. For more information, call 366-6166.

### Xtreme Midday Madness

At NBG's Orote Point Lanes every Monday to Friday from 1-5 p.m. Bowl for only \$5 (shoes not included)! For more information, call 564-1828.

### Willie's Beachside Jazz

At Bamboo Willie's every Sunday from 5-8 p.m., enjoy a relaxing evening at the beach while you listen to great jazz music. For more information, call 653-9814.

### Tuesday Fajita Night

At Andersen AFB's Café Latte every Tuesday from 5:30-7:30 p.m. Base price starts at only \$2.95 and you can build your own fajitas! For more information, call 366-6166.

### Saturday Nights at Bamboo Willie's

They'll be cranking up the karaoke machine, so come on down and have some fun. There will be lots of giveaways. The Bamboo Willie's menu will be available and there will be beverage specials. For more information, call 366-6166.

## \$10 AND UP

### Breakfast at Café Latte

Café Latte at the Top of the Rock (Andersen AFB) offers breakfast from 6:30-9:30 a.m. Monday through Friday and 7:30 a.m.-12:30 p.m. on Saturday. Enjoy your morning coffee along with all your traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.

### Family Golf Special

Bring the family to Palm Tree Golf Course on Sundays after 2 p.m. and get nine holes of golf, two carts and rental clubs for up to four people for just \$34. Players must be immediate family members (parents and children). For more information, call 366-4653.

### Ladies' Golf

Ladies, do you love the game of golf as much as the men do? If so, every Wednesday it's your day at Palm Tree Golf Course. Ladies receive free green fees. Just pay the cart fee, \$12 for 18-holes or \$8 for 9-holes. For more information, call 366-4653.

**On a Budget**



**FRIDAY, MARCH 11**

7 p.m.: No String Attached • R

**SATURDAY, MARCH 12**

2 p.m.: No String Attached • R

7 p.m.: Sanctum • R

**SUNDAY, MARCH 13**

7 p.m.: Sanctum • R

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



The Big Screen Theater is closed for renovations until March 31.

## 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, 9 a.m.

#### Protestant Worship Service

Sunday Service: Traditional Service: 8 a.m.  
 Contemporary Service: 11 a.m.  
 Women's Bible Study: Monday, 9 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: Tuesday, 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.

#### Protestant Service

Monday-Friday, 12:15 p.m.

Interfaith Chapel

### Andersen Air Force Base

#### Roman Catholic Mass (Chapel 1)

Weekday Mass: Tuesday, Wednesday, 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, 6:30 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, 6 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

# Creating margin and enjoying life's journey

By Maj. Andrew G. McIntosh  
 36th Wing Chaplain

Are you so busy going from one place to another that you can hardly catch your breath? Do your days off feel as tiring as a work day? If so, you are one of the many people who need to create margin in your life.

Creating margin simply means building breaks between the hustle and bustle of your daily schedule and finding space to keep your sanity and keep yourself grounded. It is better to do a few things well than to do many things poorly. When we do not build margin in our lives, we find

ourselves attempting to accomplish many things, yet doing them so poorly that we find we have to do them over and we end up facing burnout.

Jesus knows our tendency is to lead a hectic, busy life. He invites us to find rest in Him. Matthew 11:28 reads, "come to me all you who are weary and burdened and I will give you rest." In Mark 6:30-32 we are told, "the apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even

have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.' So they went away by themselves in a boat to a solitary place."

Finding rest in the midst of this crazy world takes a deliberate act on our part. Susanna Wesley, the mother of evangelists John and Charles Wesley, gave birth to 19 children. When she needed quiet time and peace without her many children making demands of her, she would simply sit in her chair, pull her apron over her head and enjoy a few moments of peace in the midst of the chaos around her.

When I was deployed to Afghanistan, I valued those rare moments when my three roommates were gone and I could sit in peace, listen to some soft music and thumb

through the free magazines that would pass through my office. Just a few hours alone would do so much to help me find my energy again and avoid the burnout that impacted so many others who served in that intense environment.

What does it take to press that hypothetical reset button in your life? We often think we need to get off the island or go somewhere new but it may not be that complicated or expensive. Perhaps all it takes is to spend some time alone in quiet solitude or prayer, reading a Bible or listening to music. Life is not just about going from one destination to another. It is about enjoying the journey along the way. It is my hope that you may find a way to build some margin into your life and learn to enjoy the journey.







# Intramural sports: Play the pounds away

By Airman 1st Class Whitney Tucker  
36th Wing Public Affairs

With all the amenities and comfort of home, watching well-toned, fit men and women sweat to the hits of the 90s makes getting in shape look like a cinch. However, any yo-yo dieter can attest to the fact that winning the Battle of the Bulge is a feat easier said than done.

For members of Team Andersen who are fed up with living room workouts, midnight snack runs and trying to go it alone, there is a light at the end of the tunnel—intramural sports.

“We offer a wide range of intramural sports such as flag football, volleyball, soccer and softball to name a few,” said Staff Sgt. Michael Brown, 36th Force Support Squadron intramural sports director. “Football is played from December to April, volleyball season is July through November, soccer runs from November to January, and softball from April to July.”

With endless health benefits and something to strike even the most reluctant athlete’s fancy, finding a reason not to join an intramural team can be a challenge.

“Participating in intramural sports is a great way to get in shape,” Brown said. “Soccer and basketball are good for endurance because you are running back and forth all the time. In football and baseball, a lot of sprinting is involved. Every sport played throughout the year involves cardio, strength, agility, balance and coordination.”

The Andersen sports program comes complete with teammates, supportive coaches and good, clean fun—candy bars not included.

“Being a part of a team can definitely help you when striving to drop some weight,” Brown said. “Trying to work out every day and diet on your own can become



Down, Set: Preparing for play to begin, a member of the 36th Operations Support Squadron faces off against the 36th Security Forces Squadron during a flag football game March 8. Flag football is part of the Andersen intramural sports program which also includes volleyball, softball and soccer to name a few. (U.S. Air Force photo by Airman 1st Class Whitney Tucker)

really difficult with no one to push you to reach your goals. On an intramural team, not only do you have the support from your team members to be successful, you have a way to gauge your progress. Each individual has something to offer to improve on some part of the game, making you a better athlete overall.”

Airman 1st Class Matthew Huston, 36th Wing Judge Advocate

Office administrative law paralegal, subscribes to the “work hard, play hard” philosophy. After participating in intramural basketball, Huston was hooked.

“I like playing because it gives me the opportunity to meet other people around the base while doing other physical activities besides the 1.5 mile run, push-ups or sit-ups,” Huston said. “Playing on a team is fun and the environment is relaxed.

It really helps to build morale.”

Once he discovered the benefits of working out in a new, pressure-free atmosphere, Huston decided to help spread the word.

“It has made me more competitive and self-motivated to want to maximize my potential and be in the best shape I can as an Airman,” he said. “I thought it would be fun to start a 36th Wing Staff Agency flag football team because I had such

a great experience playing basketball. Motivating yourself to get in shape can be really hard but, when you are having fun, you forget that you’re burning calories and getting fit at the same time.”

To join an intramural team, contact your unit sports representative. For more information, call the Coral Reef Fitness Center at 366-6100 or the Charles King Fitness Center at 564-1824.

## Sports Shorts

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

### NCTS Sports Center

The Naval Computer and Telecommunications Station Guam Sports Center has reopened. Hours of operation are Monday, Wednesday and Friday from 9 a.m.-8 p.m., Tuesday and Thursday from 11 a.m.-8 p.m., and Saturday-Sunday from 8 a.m.-12:30 p.m.

### Run Registration

Runners can now submit run registrations for Morale, Welfare and Recreation (MWR)-sponsored runs via e-mail. On the Fitness Program page of the MWR website, [www.mwrguam.com](http://www.mwrguam.com), click on the “NEW Run Registration Form” PDF under Additional Links and follow the instructions on the form. Pre-registration for all fitness events will end at 5 p.m. on Friday of the week prior to the event.

### Ultimate Frisbee

Ultimate Frisbee pickup games are played Tuesdays and Thursdays, 5:30-7:30 p.m. at Sampson Softball Field on NBG (next to the old swimming pool). No experience necessary. For more information, show up.

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

### Windsurfing Lessons

You can learn how to windsurf during Outdoor Recreation’s next Windsurfing Lesson March 12. Trip departs at 7:45 a.m. and return at 2:30 p.m. Cost is \$50 per person and includes instruction, use of equipment and lunch buffet. You must be 16 years of age or older and be able to swim in order to participate. Sign up at Outdoor Recreation or call 366-5197 for more information.

### March Madness

The 25th annual March Madness Pacific-wide Basketball Tournament will be held March 22-26 at 8:30a.m. at Coral Reef Fitness Center. Adult men’s and women’s varsity teams are eligible. Cost per team is \$400. For more information, call 366-2516.

### Monthly Green Fee Card

Palm Tree Golf Course can now save avid golfers big bucks! Golfers can now purchase a money-saving monthly green fee card for just \$40-\$60 per month depending on rank. What a deal! Purchase yours soon at Palm Tree Golf Course or call 366-4653 for more information.

