

JOINT REGION EDGE

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Students visit NBG solar arrays



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

Joint Region Edge Staff

In recognition of Earth Week, dozens of students from Harry S. Truman Elementary School in Santa Rita visited U.S. Naval Base Guam (NBG) to see and learn about the Navy's usage of solar panel arrays May 5.

Kevin Evans, Joint Region Marianas energy manager, spoke to the children about the most frequently used energy

Navy Alternative Energy: Kevin Evans, left, Joint Region Marianas energy manager, speaks to students from Harry S. Truman Elementary School during a tour of the solar arrays on U.S. Naval Base Guam May 5. During the tour, the children were educated about alternate energy and ways to save power. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

source, oil, as well as alternative energy sources including wind, geothermal, geexchange, water, nuclear, biomass and solar.

"We want the students to know where energy comes from, what our traditional types of energy are and what our alternative forms of energy are," Evans said. "These kids were spot on. They are really sharp and know a lot about energy."

Evans showed the students the Navy's solar panel array, which is used to power approximately 45 military housing units. He explained how the panels collect solar energy and how the direct current (DC) electricity produced is sent through an inverter to create alternating current (AC) electricity, which can be used in the home.

Elizabeth Reed, Truman's Gifted and Talented Education teacher, said that the visit to Big Navy tied in well with what her students had been learning in school.

"We've been studying solar energy

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Honor Guard provides service for the fallen

By 2nd Lt. Natasha Marakowski
36th Comptroller Squadron

It's 1:30 p.m. and a seven-member funeral team silently awaits the arrival of the funeral procession at Guam Veteran's Cemetery in Piti May 3.

Beads of sweat drip off of their expressionless faces as they stand motionless in their wool ceremonial uniforms in the sweltering heat. Despite the screaming urge to move from their position under the roasting sun, they stand like statues and try not to think about their burning shoes or the wooziness that begins to set in.

These men and women are a part of the Andersen Air Force Base Blue Knights Honor Guard Team – they volunteered for this.

"To be considered part of the Blue Knights Honor Guard is an honor in itself," said Staff Sgt. Dereck Hutcherson, the team's head trainer. "We provide funeral honors for active duty, retired and veteran members who served honorably and there is no feeling like knowing that you are honoring a fellow Airmen, comrade and friend."

The Andersen Honor Guard supports a wide variety of functions both on and off base and even off island. During the past year, the Honor Guard supported 129 events including 28 funerals —three of which were for active duty members.

They also had the honor of supporting at events including the Secretary of State visit, Tinian Bomb Pits Memorial, Linebacker

II ceremony and several joint events with the Navy, Marine Corps, Coast Guard and Air National Guard.

The biggest challenge facing the team has been recruitment. The Blue Knights group is comprised solely of volunteers. Because of increased

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In Memoriam: Airmen from the Andersen Air Force Base Blue Knights Honor Guard conduct a 21-gun salute during a memorial ceremony at Adelup Point in Hagatna. During the past year, the Blue Knights supported 129 events including three active-duty military funerals and several distinguished visitor tours. (U.S. Air Force photo by Airman First Class Courtney Witt)



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Physical therapy helps wounded rebound

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

Service members, dependents and other beneficiaries with medical problems or other health-related conditions, illnesses or injuries that limit their mobility can rest assured that the staff of U.S. Naval Hospital (USNH) Guam's Physical Therapy Department (PTD) stands ready to help with their recovery.

According to Lt. Martin Casarez, the department head, PTD's mission is to provide optimum physical therapy care for eligible beneficiaries of all ages to include adolescents and the geriatric population.

"We develop and administer rehabilitation programs for physically dysfunctional patients," Casarez said. "Our primary focus is on providing specialized evaluation and treatments for patients with neuro-musculoskeletal, musculoskeletal and various other medical disorders or diseases."

Chief Hospital Corpsman (FMF) Freddie Mawanay, PTD's leading chief petty officer, said that the department seeks to support the Navy mission by collaborating with primary care providers and other specialty clinics to make sure that all patients are assessed and treated in a timely manner.

"We deliver world-class quality health care to everyone with a valid military, retiree or dependent identification card," he said. "We strive to ensure that all active-duty military personnel are 100 percent medically ready, and family members and dependents are well taken care of."

"We also provide education to all patients on injury prevention and self care, which allows rapid recovery and return to work," Casarez added.

The department's personnel consist of one officer, five corpsmen and one civilian medical administration coordinator. The seven healthcare workers provide inpatient rehabilitation for patients on the wards as well as outpatient services.

"We provide identification, prevention, remediation and rehabilitation of acute or prolonged physical dysfunction secondary to pain or injury, with an emphasis on movement dysfunction," Casarez said.

Casarez added that the PTD personnel use a variety of equipment to help patients with their recovery. "We utilize cryotherapy machines,



This Won't Hurt a Bit: Hospital Corpsman 1st Class Joann Coleman, left, and Hospitalman Osei Tutu, both of U.S. Naval Hospital Guam's Physical Therapy Department (PTD), ready a patient for electro-stimulation therapy to alleviate back pain at the command compound in Agana Heights May 5. The healthcare providers at PTD focus on providing specialized evaluation and treatments for patients with neuro-musculoskeletal, musculoskeletal and various other medical disorders or diseases. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

hydroculators, cervical and pelvic traction equipment, and electrical stimulation ultrasound machines depending on the needs of the patient," Casarez said. "We also use paraffin, treadmills, bikes, elliptical trainers, body blades, stability balls and resisted exercises just to name a few."

When they're not hard at work helping patients, the service members of PTD can often be found volunteering in the local community.

The Sailors have participated in events such as health fairs to educate the community on various issues including injury prevention and utilizing appropriate foot wear, and at local schools by painting, performing some lawn maintenance, giving out

uniforms and teaching health topics. Mawanay said that performing community service is part of being a Sailor.

"We are ambassadors, and we will act as such," he said. "We want to be positive role models to our community. To this end, we give back our time and effort as much as we can to help our community through volunteerism."

Casarez said that Sailors assigned to PTD can look forward to interacting with a diverse range of customers and knowing that their efforts will have a real, positive effect on their patients.

"We work in an ever-changing environment where no two patients

are alike even if they have similar injuries," he said. "We try to be a very caring and fun clinic, and we strive to make patients smile even if they are in pain and have them engage in their own care for a faster recovery."

Hospital Corpsman 1st Class Joann Coleman was in agreement with the lieutenant Casarez and said that working in PTD has reinforced her work ethic, given her a greater knowledge of anatomy and physiology, and given her a great deal of job satisfaction.

"I really enjoy having the opportunity to sit down with new patients, interview them and draw up a treatment plan based on the evaluation

by the physical therapist," she said. "It is very rewarding to monitor patients and see how they progress towards their short- and long-term goals."

PTD is open Monday through Friday from 7:30 a.m.- 4:30 p.m. and is located on the third deck of USNH Guam in B Wing behind the Orthopedic Clinic.

"Weekend coverage is also available for inpatients on a case-by-case basis," Casarez added.

For more information on USNH Guam or the PTD, visit the command Web site at <http://www.med.navy.mil/sites/usnhguam/Pages/navalhospital-guam.aspx>.

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.

Postal clerk delivers motivation

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

Logistics Specialist 2nd Class (SW/AW) Dykema Clark, of Fleet and Industrial Supply Center (FISC) Yokosuka Det. Marianas, serves as a custodian of postal effects for the command's postal department and a purchaser for their materials division. He ensures proper mail routing and smooth transfer of more than 300,000 pounds of mail to more than 100 units annually.



He said he enjoys his job and it brings him personal satisfaction. "I love providing customer service [and] interacting with different people daily," Clark said. "Although it was challenging at first working in the post office, helping and interacting with customers came natural to me."

According to Clark, the life of a logistics specialist – a rate which was recently made to encompass the duties of aviation storekeepers, ship storekeepers and postal clerks – can be demanding because many logistics specialists are learning many new tasks. However, Clark said he enjoys learning the other rates and the challenges are welcomed. He also enjoys the many extra billets. These challenges and experiences are two of the reasons he joined the service.

"I joined the Navy to protect the freedom and democracy some take for granted," Clark said. "It gave me the opportunity to travel and broaden my global, cultural experience. I get to do things that have the greatest impact such as delivering tons of mail to various battle groups halfway across the world. It's a blessing to see a beaming, broad smile from my fellow Shipmates' faces when they receive mail from home and that, to me, is very fulfilling."

Outside of work, Clark is enrolled at Columbia Southern University and is working towards



Wait a Minute, Mr. Postman: Logistics Specialist 2nd Class (SW/AW) Dykema Clark, of Fleet and Industrial Supply Center Yokosuka Det. Marianas, labels mail on U.S. Naval Base Guam May 10. Clark ensures proper mail routing and smooth transfer of more than 300,000 pounds of mail to more than 100 units annually. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

an associate degree of applied science in business management. Clark is also a part of the United Services Military Apprenticeship Program.

Clark said he learned his work ethic from his father.

"I look up to my dad as my role model," he said. "He is very generous, kind, patient, selfless and a hard working man. To compete and provide the best customer service possible within FISC Yokosuka Det. Marianas, you

have to possess these skills professionally to be recognized."

His chain of command recognizes these traits, which they cite as the reason for naming Clark as their top performer.

"His leadership and enthusiasm is very influential to the junior personnel," said Logistics Specialist 1st Class (SCW/AW) Jim C. Jakosalem, of FISC Yokosuka Det. Marianas. "He comes to work motivated every

day and that creates a positive environment for the junior personnel to grow personally and professionally. We are in a business of service. LS2 Clark's top performance and outstanding customer service holds up to our mission as the Western Pacific logistics integrator – providing material, postal and supply chain services to afloat and shore-based commands throughout the 7th and 5th Fleet [areas of responsibility.]"

Andersen's Best: Franklin gets the job done



Protecting the Money in Your Pockets: Tech. Sgt. Brandon Franklin, 36th Comptroller Squadron (CS) Financial Services Flight noncommissioned officer in charge (NCO), stands with his coworkers after receiving the Andersen's Best award May 5. Franklin was awarded Andersen's Best for his performance as the lead civilian pay clerk. He is responsible for monitoring and inputting 240 timecards worth more than \$1.2 million yearly for Air Force and Navy assets. As pay clerk for civilians, he identified and corrected a critical civilian pay classification error. In doing so, he avoided incorrectly billing more than \$23,000 to an erroneous account and ensured eight employees were paid correctly and on time. "Sgt. Franklin has proven himself to be a vital part of our team," said Master Sgt. Pamela Binnie, 36th CS Financial Services Flight chief. "He is a very motivated NCO and knows how to get the job done." 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 Staff Sgt. Jamie Powell)

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Airman awarded Weather NCO of the Year

By Airman 1st Class Whitney Tucker

36th Wing Public Affairs

"I look back on what my life was and compare it to what it is now," said Staff Sgt. Paul Alfred, 36th Operations Support Squadron (OSS) weather forecaster, as he reflected on his formative years. "The Air Force has given this new life to me."

Rising from humble beginnings in the Marshall Islands, a small chain in the North Pacific Ocean, Alfred's motivation to achieve more than his lot in life garnered him recognition at the Air Force level and, in April, he was named 2010 Weather Noncommissioned Officer of the Year.

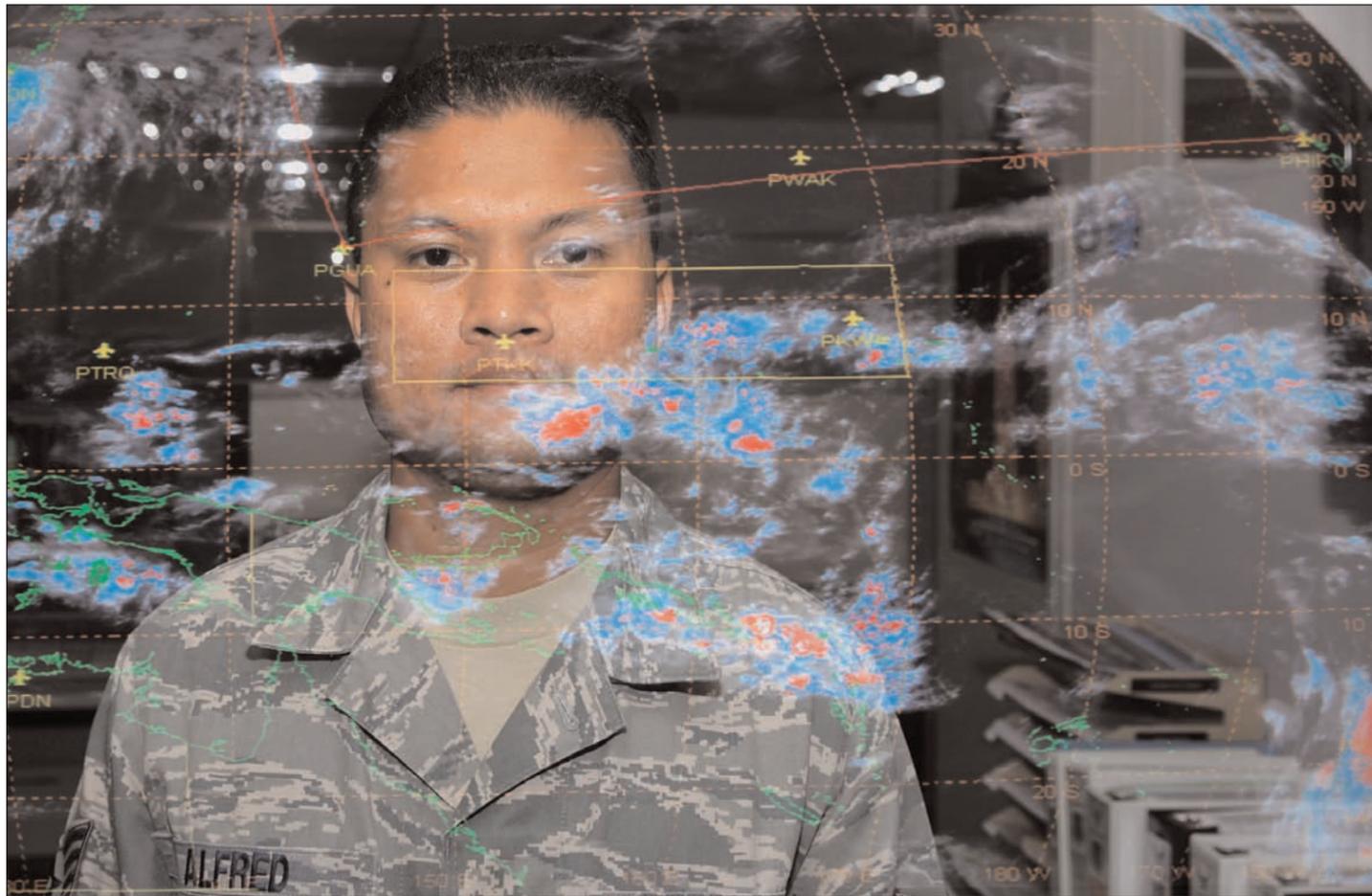
"When I found out I had won, I was both ecstatic and surprised," Alfred said. "I knew I had been involved in some important things during my time in Honduras but I wasn't sitting back and thinking, 'This is going to make a great awards package one day.'"

The win does not come as a surprise to his supervisor, Master Sgt. Kenneth Lester, 36th OSS weather flight chief.

"Sgt. Alfred arrived on Andersen in November of last year," he said. "From the moment he got to work he hit the ground running. From the way he took charge of our training program to his sharp appearance, Sgt. Alfred is a leader in every sense of the word."

Stationed at Soto Cano Air Base in Honduras for the majority of 2010, Alfred's initiative and take-charge attitude enabled him to play a pivotal role in a counter-narcotic mission that led to the seizure of roughly 300 kilograms of illegal drugs.

Intelligence Alfred provided ensured



Making the Weather Exciting: Staff Sgt. Paul Alfred, 36th Operations Support Squadron weather forecaster, stands in front of a thermal infrared satellite feed of the Pacific region at Andersen Air Force Base May 11. Alfred was recently awarded 2010's Weather Noncommissioned Officer of the Year at the Air Force level for showing outstanding initiative and leadership ability. (U.S. Air Force photo by Senior Airman Carlin Leslie)

the safety of aircraft and allowed for the successful completion of the mission in the most unpredictable conditions.

"Each airframe has limiting thresholds such as visibility and the position of the clouds at a given time," he said. "If they had gone below the mandated weather criteria, the aircraft would have had to land in

the middle of nowhere. To prevent this, I was constantly relaying what conditions were like to the team. I think we were all proud when the mission was a success."

The words "weather" and "adventure" don't usually make it into the same sentence. However, through volunteerism, Alfred has managed to break the mold and create a new

norm for himself. He encourages those around him to do the same.

"Never limit yourself to what you see in front of you," Alfred said. "Find something that pushes you to strive for more and focus on it. You can excel in what you do but what puts you ahead of your peers is when you step forward and do something outside the box."

For this forecaster, family is the only driving factor he needs.

"Without my wife, nothing I have accomplished would have been possible," Alfred said. "Because of her love and support, I have been able to take advantage of the opportunities the Air Force has given me and make a better life for my children than I had ever thought possible."

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.

Student Temporary Employment Program (Summer Hires)

Engineering Aid, Closes May 13
Clerk, Closes May 13
Laborer, Closes May 13

Submit applications to the Human Resources Office located at the Joint Region Marianas Headquarters in Building 200 on Nimitz Hill in Asan or at the Henry E. "Red" Erwin Building 23008 on Andersen Air Force Base by 3 p.m. on the closing date.

Coalition of Sailors Against Destructive Decision

The Coalition of Sailors Against Destructive Decision (CSADD) Program provides an additional resource and communication tool that facilitates positive Sailor interaction and complements a commander's message directing proper conduct both on and off duty. For more information about this program, contact Joint Region Marianas CSADD Team Leader Chief Logistics Specialist (SW/AW) June Magaling at 349-1238 or June.Magaling@fe.navy.mil.

Mini Workshops at the Hotspot

The Airman and Family Readiness Center will hold the following free mini workshops at the Hotspot on Andersen Air Force Base. All mini workshops will be from 10-11 a.m.

May 24 Life in Balance Relaxation and Stress Relief
May 31 Entering the World of Work (Focus on Teens)

To register or for more information, call 366-8136.

Morale, Welfare and Recreation Dining Establishments to Raise Prices

Effective May 16, U.S. Naval Base Guam Morale, Welfare and Recreation will be adjusting prices at select food and beverage facilities including Nap's Alabama BBQ, Molly McGee's Irish Pub and Game Time Sports Grill. This change comes as a result of increasing fuel and shipping costs. For more information, call 687-2589.

U.S. Naval Base Guam Facilities Changing Hours of Operation

Effective immediately, the following U.S. Naval Base Guam Morale, Welfare and Recreation facilities will be changing their hours of operation:

Clipper Landing - Open Friday through Sunday and holidays from 11 a.m.-8 p.m.
Nap's Alabama BBQ - Open Monday through Friday from 11 a.m.-1:30 p.m.
Charles King Fitness Center - Monday through Friday from 4:30 a.m.-10 p.m.

Marine Corps Drive Lane Closure Near Polaris Point

Beginning May 6, sections of the south and north bound interior lanes of Marine Corps Drive beginning at Polaris Point will be closed to traffic Monday through Saturday from 7:30 a.m.-3:30 p.m. until mid-November due to upgrades of the Navy's wastewater collection system. The project will progress north from the Polaris Point intersection to the Sasa Valley Fuel Farm. Lane closures will be executed in an effort to minimize impact to traffic. Motorists are advised to use caution and observe the posted speed limits around the construction site.

USPS Naval Station New Business Hours

Effective April 30, the United States Postal Service location in Barracks 4 on U.S. Naval Base Guam will be open Monday through Friday from 8 a.m.-12 p.m. and 1-3 p.m. and closed on Saturdays, Sundays and federal holidays.

Human Resources Hotline

Call the new Joint Region Marianas Human Resources hotline to be connected with human resources specialists and services. Check the latest vacancy announcements, view available training or be put in contact with personnel to answer questions regarding equal employment opportunity and employee labor relations at 1-855-HRO-GUAM (1-855-476-4826).

Exchange savings add up in new survey

From Army and Exchange Service Pacific Region Public Affairs

A recent study of Army and Air Force Exchange Service (Exchange) prices shows that troops save an average of 24 percent when exercising their Exchange benefit.

The Market Basket Survey conducted in October 2010 compared prices at nine locations including Baltimore; Ft. Walton Beach, Fla.; Killeen, Texas; Omaha, Neb.; Tacoma, Wash.; Phoenix, Ariz.; Hampton/Newport News, Va.; Honolulu, Hawaii and Los Angeles.

Conducted by an independent research firm, the report focused on the percentage of savings military patrons receive based on market, retailer and department prices.

Due to variations in currencies overseas, the Exchange focused on operations in the United States. However, the value proposition remains consistent throughout the world.

The results, indicative of the command's ongoing efforts to survey prices both locally and nationally, reaffirm the Exchange's commitment to providing the best possible prices for authorized patrons wherever they're called to serve.

If shoppers do encounter a lower price, the Exchange goes as far as to match the price with or without a competitor's ad. For example, if a shopper spots a price difference of less than \$10, they simply notify the cashier and the price is matched on the spot.

For price discrepancies greater than \$10,

shoppers only need to bring in a current local competitor's ad to receive the reduced price. In either scenario, the product must be identical to the item at the Exchange.

"The Exchange even offers a 14-day price guarantee on any purchase made at the Exchange," said Sgt. Maj. James A. Pigford, Exchange Pacific Region senior enlisted advisor. "That means if an item is sold at a lower price by the Exchange or any local competitor, the price is matched up to two weeks after the sale."

Complete details concerning the Exchange's price matching policy are available online at <http://www.shopmyexchange.com/Custom-erService/priceMatch.htm>.

"Whether price matching or surveying our

everyday prices, the results speak for themselves - shoppers save at the Exchange," Pigford said.

The Exchange is a joint command directed by a Board of Directors, which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff.

The Exchange has the dual mission of providing authorized patrons with articles of merchandise and services and generating non-appropriated fund earnings as a supplemental source of funding for military Family and Morale, Welfare and Recreation (FMWR) programs.

To find out more about the Exchange history and mission, visit <http://www.shopmyexchange.com>.

NEX hosts AloHafa Adai Expo on NBG



Flavors of the World: A Navy Exchange (NEX) vendor showcases new products during the NEX AloHafa Adai International New Item Expo at the NEX main store on U.S. Naval Base Guam April 30. The four-day expo highlighted new products from around the world that are provided by vendors from Guam and Hawaii, and was held in conjunction with the NEX Customer Appreciation Weekend. (U.S. Navy photo by Sue Gentapanan)



Just a Little Sip: Sailors sample new products during the Navy Exchange (NEX) AloHafa Adai International New Item Expo at the NEX main store on U.S. Naval Base Guam April 30. The four-day expo highlighted new products from around the world that are provided by vendors from Guam and Hawaii, and was held in conjunction with the NEX Customer Appreciation Weekend. (U.S. Navy photo by Sue Gentapanan)



Pretty Tropical Colors: A Navy Exchange (NEX) vendor showcases new products during the NEX AloHafa Adai International New Item Expo at the NEX main store on U.S. Naval Base Guam April 30. The four-day expo highlighted new products from around the world that are provided by vendors from Guam and Hawaii, and was held in conjunction with the NEX Customer Appreciation Weekend. (U.S. Navy photo by Sue Gentapanan)



Hot New Merchandise: Navy Exchange (NEX) vendors showcase new products during the NEX AloHafa Adai International New Item Expo at the NEX main store on U.S. Naval Base Guam April 30. The four-day expo highlighted new products from around the world that are provided by vendors from Guam and Hawaii, and was held in conjunction with the NEX Customer Appreciation Weekend. (U.S. Navy photo by Sue Gentapanan)

Andersen makes changes to safety policy

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

Significant changes to Team Andersen's safety policy have been implemented by 36th Wing leadership to improve morale while keeping safety a priority.

The revamped safety system includes a "swim at your own risk" policy for Tarague Beach patrons, permits the use of a single-bud earpiece while jogging on installation roadways, and defines when the use of reflective gear is required for service members.

"The new swim at your own risk

policy enhances your availability to a tremendous recreational resource on Andersen Air Force Base," said Col. Brian Hinsvark, 36th Force Support Squadron commander. "As always, we ask our patrons to exercise responsibility and it is now even more critical that all visitors to Tarague Beach follow conspicuously-posted directives."

Swim is permitted between the hours of 6:30 a.m. and 6:30 p.m. daily. A minimum of two responsible adults must be present at all times and swimmers must remain within the buoyed area.

"It is also important to pay attention to the color-coded signs posted at

the entrance to Sander's Slope," said Lt. Col. Mark Mongillo, 36th Wing Safety commander. "The signs provide water conditions and will let you know when high surf or jellyfish warnings are in effect and when the beach has been closed."

A hot topic among running enthusiasts, service members are now authorized to listen to music during road runs.

"We heard complaints about not being able to listen to music while running on the road quite often," Mongillo said. "Our goal is to listen to the base populace and military personnel while maintaining a high level of safety. By allowing members

to use one ear bud instead of two everyone wins."

Adding to pedestrian safety, the new policy also mandates the use of reflective gear or clothing in hours of darkness or diminished visibility.

According to a January 2010 article in Runner's World Magazine, drivers can see a runner with a light from one-half mile away, a runner with a reflective vest or belt from one-quarter mile away, and a runner wearing a brightly-colored jacket or top from only 150 yards away. Not taking the proper precautions puts pedestrians at the mercy of the driver's reaction time.

"If members are outside at night

and not wearing the reflective [physical training] uniform, they are required to have reflective gear of some kind," Mongillo said. "Although we cannot mandate these regulations for family members and civilians, it is highly encouraged for them as well."

In order for these new policies to succeed, Airmen will have to keep each other in check, Mongillo said.

"The changes give military members more freedom on base," he said. "Service members will have to call each other out to ensure the policies are followed. It is an opportunity to put Team Andersen integrity to the test."

Conversion opportunities for ERB-eligible Sailors

From Chief of Naval Personnel Public Affairs

In an effort to provide conversion opportunities ahead of the Enlisted Retention Board (ERB), NAVADMIN 160/11 was released to waive some standard conversion requirements and provide Sailors with the guidelines for submitting applications May 9.

The goal of the ERB is to rebalance manning in 31 overmanned ratings, improve advancement rates and increase Perform to Serve (PTS) opportunity.

"Leadership respects and values the service of our Sailors," explained Rear Adm. Tony Kurta, head of personnel policy. "By providing increased opportunity to convert to undermanned rates, our goal is to keep high-performing Sailors in the Navy while increasing competition and advancement opportunity in those overmanned ratings."

As part of Navy efforts to increase conversion opportunities for ERB eligible applicants, some of the waived conversion requirements include:

- Years of Service: Personnel with

more than 12 years of service will be considered for conversion.

- Paygrade: All personnel, regardless of paygrade, will be considered for conversion.

- Personnel who are more than 12 months from their rotation date will be considered for conversion.

- Minimum activity tour requirements are waived.

- Personnel in receipt of permanent change of station (PCS) orders will be considered for conversion.

- Existing obligated service requirements incurred as a result of

re-enlistment, training or other programs are waived.

Sailors who desire a conversion will need to submit a NAVPERS 1306/7 signed by their commanding officer or officer in charge, a signed memorandum prioritizing conversion requests, copies of all evaluations for the previous three years, a Physical Readiness Information Management System (PRIMS) printout showing Performance Fitness Assessment (PFA) scores for the previous four years, a printout of FleetRIDE qualification to the rating(s) they are

applying for and any additional documents required for their targeted conversion ratings by June 15.

To learn more about the ERB including eligibility requirements, read NAVADMIN 129/11 on Navy Personnel Command's Web site at, www.npc.navy.mil.

To learn more about conversion opportunities available to include a list of the eligible undermanned ratings, read NAVADMIN 160/11 at www.npc.navy.mil.

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

Air Force officials urge motorcycle safety

By Master Sgt. Amaani Lyle
Secretary of the Air Force Public Affairs

As the summer brings warmer temperatures, Airmen should remain vigilant in taking safety precautions in all activities and particularly on motorcycles, officials said May 6.

In a 2011 Year of Motorcycle Safety dual-signature memorandum to Airmen, the assistant secretary for installations, environment and logistics and the Air Force vice chief of staff recently stressed the special cautions riders must take on motorcycles with specific attention to

speed, reckless driving and alcohol use.

"Riding motorcycles is an exhilarating form of transportation and recreation, which also has a higher level of inherent risk," Assistant Secretary for Installations, Environment and Logistics Terry Yonkers wrote in the memorandum. "Airmen, both military and civilian, who choose to ride motorcycles must do everything to mitigate these tasks every time they ride."

According to the Air Force Safety Center at Kirtland Air Force Base, N.M., motorcycle fatalities have

risen 150 percent from January to March 2011 compared to the same period last year.

"These losses are unacceptable for our Air Force," said Vice Chief of Staff Gen. Philip Breedlove in the memorandum adding that the service has already suffered one permanent total disability and five fatal motorcycle mishaps.

The safety reports indicated that all incidents had two common causal factors – the absence of automobile involvement and the rider losing control of his motorcycle.

"Our goal is to have zero

preventable motorcycle mishaps and fatalities," said Air Force Chief of Safety and Air Force Safety Center Commander Maj. Gen. Greg Feest. "I encourage senior leadership, commanders, supervisors and riders to get actively involved in support of this effort."

Breedlove underscored the great importance of motorcycle safety mentorship to include wing-level activities that foster positive riding attitudes, behaviors and build necessary riding experience.

The safety initiative mandates that all military members complete an

approved motorcycle safety rider course to operate on a roadway and that Air Force-led joint bases will provide basic rider course training without cost or delay to all service members.

Yonkers and Breedlove expressed the criticality of fostering a culture of traffic safety culture for both the base population at large and the general public.

"Each rider is ultimately accountable for his or her individual safety decisions and we're counting on you to maintain your focus on safety," Yonkers said.

Navy facilities offer cost-effective summer alternatives

From Navy Exchange Service Command

Save money on vacation this summer by using Navy Lodge; Navy Gateway Inns and Suites (NGIS); and Morale, Welfare and Recreation (MWR) facilities located around the world. Guests can save between 40-60 percent compared to commercial hotels depending on where they stay.

"The Navy's lodging programs offer a variety of accommodations to meet the needs of all summer

vacationers," said Mike Bockelman, Navy Exchange Service Command (NEXCOM) vice president and Navy Lodge Program director. "Guests can find everything from a family suite with Wi-Fi availability to a tent in a campground. Plus, staying at a Navy lodging facility not only provides an outstanding value, it also offers the convenience of other base amenities such as the [Navy Exchange (NEX)], the [Information, Tickets and Travel (ITT)] ticket office and MWR facilities."

Many Navy Lodge guests will

find oversized rooms and suites, Internet access, cable TV, a DVD player and kitchenette with microwave and utensils as well as video rental service, guest laundry facilities and handicapped accessible and nonsmoking rooms.

Navy Lodges also offer guests a light breakfast in the morning, which will vary depending on the Navy Lodge. Dogs and cats up to 50 pounds in weight can stay at many Navy Lodges when traveling with their owners. For reservations, call 1-800-NAVY INN (1-800-628-9466)

or go online at www.navy-lodge.com.

Military service members can also stay at NGIS locations when on vacation. NGIS amenities include in-room coffee, hairdryers, cable TV and Wi-Fi or high-speed Internet.

All NGIS rooms are nonsmoking and Americans with Disabilities Act (ADA) compliant. Some Space A restrictions apply depending on the location and official traveler use. For reservations, call 1-800-STAGOV1 (1-800-782-4681).

The Navy's Recreational Lodging Program has recreational vehicle

(RV) parks around the country that offer hookups for electricity, plumbing, cable TV and Wi-Fi at most locations. Campgrounds offer rustic cabins, yurts and areas to pitch a tent. For more information about Navy Recreation Lodging facilities, visit www.mwr.navy.mil and click on the Cabins and RV Parks link.

Wherever your vacation takes you this year, remember the Navy's lodging programs can help save you money. For more information on other military lodging locations, visit www.dodlodging.com.

FFSC offers disaster preparedness course

By JoAnna Delfin
Joint Region Edge Staff

The Fleet and Family Support Center (FFSC) will offer a disaster preparedness class at Building 106 on U.S. Naval Base Guam (NBG) June 1.

The course will teach service members and their families how to prepare and react in the event of an emergency.

“Guam is located in a prime geographical area for natural disasters,” said FFSC Relocation Assistant Program consultant and course instructor Amata Hutcherson. “I highly suggest that people, even if they have been through a natural disaster, attend this class. There are people on Guam who have been here for two or three tours and have [not] yet experienced a disaster. Knowing what to do in certain situations can be lifesaving.”

According to Hutcherson, the class covers an array of topics such as having a plan; making a disaster kit; typhoon preparation; what to expect during typhoons, earthquakes and tsunamis; how to recover; and survival tips.

Though the class explores each of these different topics, Hutcherson advised that you can never be too prepared for the unexpected.

“Although Guam is built for

extreme winds and deaths are uncommon from natural disasters, being prepared can make the difference between surviving [or being hit hard by] a disaster,” she said.

Attending a disaster preparedness course will prepare you for the worst and will leave you at ease knowing you’ve done all you can to protect the people and things most valuable to you.

“The No. 1 benefit for attending this class is the peace of mind that you get knowing that you and your family have a plan and are prepared for any disaster, natural or man-made,” Hutcherson said.

Enrollment for the disaster preparedness course is limited to 15 participants. If you are unable to attend the scheduled course, arrangements can be made for a one-on-one session. Commands, family readiness groups and ombudsmen can request a special class for their group.

The course is open to all NBG and Andersen Air Force Base residents; all active-duty, Guard and Reserve service members of all branches; civilian stateside hires with authorized privileges; and dependents. Registration is on a first-come, first-served basis and will be ongoing until all slots are filled.

For more information or to register, call FFSC at 333-2056/7.

Disaster Preparedness Tips

Here are some general tips to practice in the event of an emergency.

Before:

- Establish an evacuation plan for your family and practice with them. Some disasters, such as earthquakes, cannot be predicted and having a plan in place ahead of time is important.
- Stock up on nonperishable food items and other essential items such as bottled water, toilet paper, paper towels and candles.
- Charge your cell phone and digital cameras, and have batteries available for items such as flashlights and portable radios in case of a power outage.
- If you have an electric stove, invest in a portable burner and stock up on extra butane containers.
- Have a medical or first aid kit handy and fully stocked with items such as bandages, gauze, medical tape, alcohol wipes and aspirin.
- Fill up your car’s gas tank.
- Have an extra supply of cash on hand.
- Listen to the news and radio stations for announcements about evacuations and shelter openings. If necessary, report to your designated shelter ahead of time.
- The elderly, people with medical conditions, and pregnant women who have “high risk” pregnancies or who are near their due date should consult with their physicians and check in to the hospital if necessary.

During:

- Stay clear of fragile items that may shatter if they fall or are impacted such as glass vases, flatware or windows. If an item breaks in your home, stay clear of the area and, if possible, wear shoes with thick soles before attempting to clean the debris.
- Listen to news broadcasts for updated information about evacuations, warnings and weather conditions.
- If you or someone you know has been injured, contact emergency medical services and follow their instructions. Do not attempt to drive to the hospital or your doctor’s clinic during a storm.

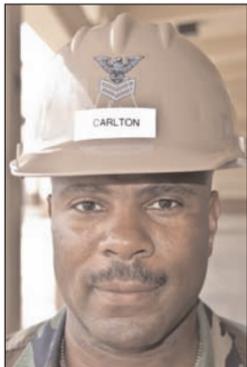
After:

- If possible, contact family members to let them know you are OK and check on their condition.
- Do not leave your home or designated safe place until the “all clear” has been given by appropriate authorities.
- Avoid driving unless absolutely necessary.
- Do not drink or prepare food with tap water until you are certain it is safe.
- Report down power lines, gas leaks or other potential dangers to the appropriate authorities.
- Take photos of structural and property damage or personal injuries for insurance purposes.

For more information, contact your installation’s safety office or visit the Guam Office of Homeland Security Web site at www.guamhs.org

How do you prepare for a natural disaster?

Joint Region Edge asked its readers how they prepare for a natural disaster.



“I always do my research ahead of time. Different geographical areas have different potentials for various natural disasters. You need to be smart and don’t wait until an event is on the horizon – plan ahead.”

— Construction Mechanic 1st Class (SCW/EXW) David Carlton
Naval Mobile Construction Battalion 133



“My wife and I started putting a typhoon kit together recently. We’ve stocked up on the essentials like bottled water and nonperishable food items, batteries and flash lights. Our goal is to have enough to last for at least for a couple of weeks.”

— Senior Airman Chris De La Torre
36th Communications Squadron ground radar troop



“I ensure that my family always has emergency supplies on hand. We talk about potential disasters and occasionally run drills.”

— Electronics Technician 2nd Class (SS) James Hughes
USS San Francisco (SSN 711)



“I think a first aid kit is the most important thing to have in the event of a natural disaster. Then you have to have food – things like canned goods and bottled water. I also like to have things like cookies and crackers to keep it interesting.”

— Rita Ragasa
Base Exchange employee



“I make sure that I am stocked up on water, canned goods, gas, batteries and flashlights. It doesn’t hurt to have a radio to listen for news updates either.”

— Religious Programs Specialist Seaman Mathieu Portivent
U.S. Naval Base Guam Chapel



“To prepare for a natural disaster, I just make sure I have enough supplies to last me at least a week or two at home. I stock up on water bottles, food and, of course, make sure I have an emergency first aid kit.”

— Brandon Cooper
Base Exchange furniture consultant

Keeping retiree, active-duty communities connected

By Mark C. Overton

36th Wing Retiree Activities Office Director

How do you view retirees? What's your perception of retirement? Do you assume that most retirees are interested in gardening, golfing, fishing or rocking on the porch? Do you define retirement as a time to play or do nothing, or as an endless vacation?

The retirement years are becoming a time of high activity and purpose. We may be out of the service but we are not served out. We may be retired but we are not tired.

Chief of Staff of the Air Force Gen Norton A. Schwartz paid homage to Americans who have worn the uniform of our country in an issue of "The Afterburner," a publication for Air Force retirees.

"It is difficult to overstate the importance of our retiree community to our Air Force and our nation," Schwartz wrote. "We are grateful

for your hallmark service to our country. You who once donned Air Force Blue and served our nation now are our school teachers, counselors, coaches, entrepreneurs, community leaders and more — still benefitting us with your generosity, enriching us with your creativity, and affording us your considerable talents."

I want to spill the beans and share with you the bottom LINE of how the retiree and active duty communities continue to stay connected.

Let's talk first about the letter "L", which indicates how we are connected to a LEGACY. No matter what our background, where we live, or when we started our military careers, one of our commonalities is the mission of defending our country.

We can't let the use of smoke and mirrors thwart us from the reality of our connectedness. Protecting our freedom is a tradition going back to the time of George Washington and the beginning of this country.

The phrase, "I am faithful to a proud heritage, a tradition of honor and legacy of valor," in our Airmen's Creed connects us to this legacy.

The letter "I" call us to IDENTIFY. We not only embrace retirees' legacy, we also identify with their commitment, service and sacrifice. The successes of the past are what make military service what it is today.

As a service member, one must understand the past in order to be more successful in the future. Retirees helped to secure freedom from generation to generation.

"N" stands for NUDGING — a push for this generation to carry the mantle forward into the 21st century. Less than 1 percent of Americans serve in uniform today but service members bear 100 percent of the burden of defending our nation.

An online edition of "The Atlantic Monthly" stated that one of the key differences between today's military and the military before World

War II is that membership in the military of today is voluntary.

Our last letter, "E," is for ENDURE. While the torch is eventually passed and the work left to others, you remain steady in carrying out your duties, enduring challenges, and fulfilling your mission. Steadiness always comes from a firm base.

Like a skyscraper being constructed high into the sky, the builders must first dig low to give it a solid foundation. What is your foundation? Is it duty; honor; country; integrity; excellence; service; or mental, social, physical or spiritual pillars?

As retirees and active-duty members endure challenges, know that trouble is temporary, local, and changed by your own effort. As with our 10-year effort to slay al Qaeda leader Osama bin Laden, stay persistent and faithful. Never give up!

Don't let your guard down. Do not quit until you have fulfilled your goal. Keep on until you have done

all that you were sent to do. You'll be able to say you've done your best. Hats off to you. You rock!

We owe the security and freedom that we enjoy to the members of our armed forces and their families.

In helping to bridge the retiree and active-duty communities, the bottom LINE is we hold common ground in embracing the LEGACY of defending our country; we IDENTIFY with the commitment, service, and sacrifice required to preserve and secure our liberties; we are NUDGED to soldier on with the torch of leadership which has been passed by those who came before us; and we ENDURE challenges by fighting the good fight, finishing the race, and keeping faith.

Our connectedness comes full circle because, when we transition from the military, we hand off to those who follow us and take our place. They will carry on the mantle of defending our nation. Retirement is not the end — it's the beginning.

Andersen AFB Retiree Activities Office performs outreach



Serving our Military Retirees: Jenny Lumaban, a volunteer from the Retiree Activities Office on Andersen Air Force Base, reaches out to retirees and service members of all branches at an informational kiosk that was set up at the Andersen commissary May 3. (Photo courtesy of the U.S. Air Force)

Continue Earth Month beyond April

By Kevin D. Evans

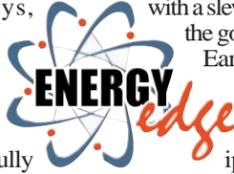
Joint Region Marianas Energy Manager

Earth Month is over but we should always consider practicing sustainability in all our endeavors. Our earth is a finite resource.

There are days in the year we

acknowledge for their special significance – birthdays, anniversaries and religious holidays. These are days that allow us to focus on an event that has meaning in our lives.

Joint Region Marianas fully



celebrated Earth Month beginning with a slew of activities including the governor's signing of the Earth Day proclamation.

During the month, regional installations and commands participated in beach clean

ups at the Gov. Joseph Flores Memorial Park in Tumon and the Tanguisson Beach and Park in Dededo, a tree planting at PC Lujan Elementary School in Barrigada, the University of Guam's 2nd Regional Conference on Island Sustainability April 19, the Earth Day wave event

April 22, a tour of the U.S. Naval Base Guam solar array with Harry S. Truman Elementary School students, and at the Guahan (GWAH-hawn), or Guam, Earth Festival in Tumon April 30.

We should acknowledge how much earth means to us and try to practice sustainability all year long.

Pulling duty on Frank Cable



A Day in the Life: Machinist's Mate 2nd Class (SS) Matthew Taylor, assigned to submarine tender USS Frank Cable (AS 40), stands the topside rover watch as Frank Cable gets underway. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class David R. Krigbaum)

Navy F&ES awardees announced

From Commander, Navy Installations Command Public Affairs

Several regions and firefighters from Commander, Navy Installations Command (CNIC) Fire and Emergency Services (F&ES) were recognized as Navy Fire and Emergency Services award winners in a CNIC message released April 19.

"Well done and congratulations to all of our Navy Fire and Emergency Service award winners and nominees," said Vice Adm. Michael C. Vitale, of CNIC, in the message. "Competition at this level is very keen and selecting this year's Navy winners was extremely challenging.

All participants should be very proud of their professional achievements and well-deserved recognition."

Rick Brockman, CNIC deputy director of F&ES, said CNIC F&ES personnel continue to excel and be among the nation's finest firefighters.

"As Navy fire departments continuously evolve to broaden our scope of services, we continue to beam with pride at our people's unwavering agility and commitment to excel at every challenge confronting them," Brockman said. "Navy firefighters are proven life savers. We honestly believe our Navy firefighters are the best of the best and are confident they will do well in the [Department of Defense (DOD)] F&ES awards competition."

CNIC civilians and commands who garnered awards for 2010 included:

- Departments of the Year
 - Large – Regional F&ES Department, Joint Region Marianas Guam
 - Medium – Naval Station Rota Spain F&ES Department; Commander, Navy Region Europe, Africa, Southwest Asia
 - Small – Naval Air Station Joint Reserve Base Fort Worth, Texas, F&ES Department; Commander, Navy Region Southeast
- Fire Prevention Program of the Year:
 - Joint Region Marianas Guam F&ES Department
 - Heroism – Naval Support Activity Mid-South, Tenn., F&ES Department; Commander, Navy Region Midwest

- Firefighter of the Year
 - Civilian – Takeshi Innam; Commander, Naval Forces Japan Region F&ES Department
 - Military – Aviation Boatswain's Mate Handler 2nd Class Kevin Nabors, Auxiliary Landing Field Fentress, Va., F&ES Department; Commander, Navy Region Mid-Atlantic Fire Officer of the Year
 - Civilian – William O'Meara IV, Andersen Air Force Base, Joint Region Marianas Guam F&ES Department
 - Military: Aviation Boatswain's Mate Handler Chief (AW/SW) Gilbert Chavez, Naval Station Rota Spain F&ES Department; Commander, Navy Region Europe, Africa, Southwest Asia

- Fire Service Instructor of the Year
 - Yujiro Iwata; Commander, Naval Forces Japan F&ES Department EMS Provider of the Year
 - Patrick Null, U.S. Naval Base Guam, Joint Region Marianas F&ES Department
 - Navy Fire Chief of the Year
 - Cort Jamison, Joint Region Marianas F&ES Department
- The winners of this year's awards will compete for the DOD Fire and Emergency Services awards. The DOD winners will be announced at the DOD Fire and Emergency Services training conference in Atlanta, Ga., Aug. 26.
- For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

Solar Array: Panels part of NBG initiative

Continued from Page 1

since the beginning of the school year," she said. "I think it's very important to have these kids start learning alternative energy resources."

Reed said that the students were

very excited to learn about the Navy's alternative energy efforts. She thanked the Navy for its continuing effort to help the school and said that she hopes the relationship between the Navy and the school can continue long into the future.

"[The relationship] is really wonderful," she said. "If we give out a call, the military will always come out and help."

According to a release from Naval Facilities Engineering Command (NAVFAC) Marianas, the NBG

solar photovoltaic system array was the third component in the Navy's \$34.1 million initiative to conserve energy on NBG through its Energy Savings Performance Contract (EPSC) which was awarded in April 2009.

NAVFAC Marianas and NBG officials celebrated the completion of the solar array project with a ribbon-cutting ceremony Oct. 29, 2010.

For more news from U.S. Naval Forces Marianas, visit www.navy.mil/local/guam/.



Future Energy Leaders: Students from Harry S. Truman Elementary School, their teachers, and Naval Facilities Engineering Command (NAVFAC) Marianas representatives stand together during a tour of the solar arrays on U.S. Naval Base Guam May 5. During the tour, NAVFAC personnel spoke to the children about alternate energy and ways to save power. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Catching Some Strong Sun Rays: Kevin Evans, right, Joint Region Marianas energy manager, speaks to students from Harry S. Truman Elementary School during a tour of the solar arrays on U.S. Naval Base Guam May 5. During the tour, the children were educated about alternate energy and ways to save power. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Honor Guard: Volunteers needed, called to serve

Continued from Page 1

deployment tempos and cuts in Air Force personnel, low manning has been a constant battle.

"We're always looking for sharp Airmen that can dedicate their time to attend weekly practices and perform

Honor Guard details during the duty week," said Staff Sgt. Roy Silva, the team's program manager and NCOIC. "Our low numbers have placed additional time requirements and work load on our Guardsmen."

It's not all work and no play. The Blue Knights enjoy several exclusive

perks to reward their efforts – most recognizable are the reserved parking spaces on base.

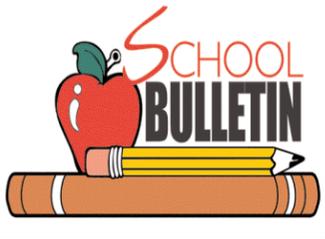
The Blue Knights also benefit from being recognized during wing quarterly and annual awards ceremonies, receipt of achievement medals and the increased probability

of eligibility for "below-the-zone" promotions.

"Honor Guard has allowed me to meet other Airmen on Andersen that I would not have otherwise had the opportunity to work with," said Staff Sgt. Chris Beck, a brand new Blue Knights recruit. "The most

satisfying aspect of the team is being able to showcase the Air Force core values and recognize our Airmen, past and present."

For information about the Andersen Honor Guard services or to become a volunteer with the Blue Knights, call 366-2492.



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.

Andersen Elementary School

June 3 Kindergarten Graduation and "America, We Salute You" event at 10:45 a.m. at the Dolphin Theater

Guam High School

May 26 Academic Awards Program at the Panther Den from 5:30-7 p.m.
May 30 No school - Memorial Day

Guam High School's Navy JROTC cadets will be weeding the Panther football field May 21 from 7:30-11:30 a.m. The cadets are looking for interested individuals to provide extra help during the event. Free hot dogs and water will be provided for participating volunteers. For more information or to volunteer, call 344-7410.

Sweet treats and tantalizing theatrics await you at the 2011 "Dessert Delights Drama Festival" May 27 from 6-8 p.m. at Guam High School's Panther Den. Enjoy a selection of comedy, singing, dance, monologues, reader's theater, improvisation and jazz music. Admission is only \$5. Bring your friends for a delicious evening of fun.

McCool Elementary/Middle School

May 16-19 Sixth-grade Scholastic Reading Inventory (SRI) Assessment
May 18 Accelerated withdrawal date for Spring semester
May 18 Spring Band Concert at the gym from 6:30-8 p.m.
May 23-27 Sixth-grade SRI Assessment makeup days
May 30 No school - Memorial Day

Central Texas College

Central Texas College (CTC) offers eight-week terms. You can earn your Community College of the Air Force degree in two years or less or your associate degree in just two years. CTC offers 13 degree plans and distance learning courses. Term Five begins June 6 and ends July 31. Register now through June 5. For more information or to register, contact Lisa Nance at 366-7133 or via e-mail at guam.af.pfec@ctcd.edu.

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

AES students jump for fun



Hip Hop Habit: Students from Andersen Elementary School (AES) participate in the AES Annual Jump Rope Competition at the Andersen Air Force Base campus May 3. Led by AES physical education teachers Dialma Cartagena and Josephine Pinto, 116 students from all grade levels joined the competition and were judged on endurance, speed and style. (Photos by Becky Levy courtesy of AES)

Keeping culture alive with hut building

By JoAnna Delfin
Joint Region Edge Staff

The tradition of the Chamorro people can be seen and felt in many different ways – from the playful songs of the past to the traditional artwork and language of the island's people.

One of the more visible cultural traditions still present is the hut. Though modern homes are now built with concrete, ancient Chamorros built their homes with the natural materials they could find in their environment.

The huts provided shelter to the ancient Chamorro people and served as meeting places, storage facilities, resting rooms and social halls.

“When the first Chamorros came to the Marianas Islands from Southeast Asia, definitely they lived in the caves but, when they started to adapt to their environment, they started to incorporate all their architectural skills and that's when they started to build huts,” said Ko San Nicolas, who built the Chamorro hut village at the Gov. Joseph Flores Memorial Park, the former Ypao Beach Park, in Tumon.

According to San Nicolas, the type of material used depended on what side of the island the builders were from. Ancient Chamorros who lived at the southern end of the island most likely used leaves from the nipa (NEE-pah) plant, a freshwater plant that grows along riverbanks and streams. Inhabitants of northern Guam were believed to have used coconut leaves to construct their homes.

San Nicolas added that Chamorros would use the wood from ifit (EE-fit) trees, also known as ironwood, for



Foundations Rooted in Tradition: Self-proclaimed Chamorro cultural specialist Ko San Nicolas stands in front of a Chamorro hut at the Gov. Joseph Flores Memorial Park in Tumon April 30. The hut displayed was built by San Nicolas and showcases traditional Chamorro architecture. (U.S. Navy photo by Raymond Torres)

the frame of the house because of its sturdy nature and ability to withstand harsh weather. Once leaves were weaved together to form the higai (HEE-gy), or thatched roof, they were secured to bamboo and hoisted on the structure.

San Nicolas said that he is inspired to build the huts in an effort to expose youth to the old practices.

“[That] is one of the great reasons why I suggest that we keep our culture alive, because that's the only way our children can learn as they

grow up,” he said.

San Nicolas encouraged everyone to visit the hut village to get a sense of how ancient Chamorros once lived.

“When [visitors] come here they have a great experience of how

Guam and the Mariana Islands would have look like or [felt] like maybe 300 years ago,” he said.

According to San Nicolas, the Chamorro hut village is open for interested visitors to explore free of charge 24/7.

FREE

Karaoke Night
Every Friday at the Silver Dolphin on Naval Base Guam (NBG) Ordnance Annex, 7 p.m. Open to all authorized Morale, Welfare 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.

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

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 \$2.95 and you can build your own fajitas! 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 and traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.

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.



FRIDAY, MAY 13

7 p.m.: Hop • PG

SATURDAY, MAY 14

2 p.m.: Hop • PG

7 p.m.: Diary of a Wimpy Kid: Rodrick Rules • PG

SUNDAY, MAY 15

7 p.m.: Limitless • PG-13

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base.

The Meehan Theater hotline is 366-1523.



FRIDAY, MAY 13

7 p.m.: Hop • PG

9:30 p.m.: Limitless • PG-13

SATURDAY, MAY 14

1 p.m.: Diary of a Wimpy Kid: Rodrick Rules • PG

3:30 p.m.: Hanna • PG-13

7 p.m.: Sucker Punch • PG-13

SUNDAY, MAY 15

1 p.m.: Hop • PG

3:30 p.m.: Source Code • PG-13

7 p.m.: Paul • R

The schedule is subject to change due to circumstances beyond the theater's control.

The Big Screen Theater hotline is 564-1831 or visit mwr Guam.com.

(Source: Navy Morale, Welfare and Recreation Office)

Chapel Schedule

Naval Base Guam

Office Hours: Monday-Friday, 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 Services

Full Gospel Service: Sunday, 6:30 p.m.

Men's Bible Study: Every other Tuesday starting April 5

Women's Bible Study: Second and fourth Saturday of each month

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

Learn to take life as it comes

By Capt. Mario T. Catungal

36th Wing Chaplain

John has a bone disease called osteopenia. His bones are too porous and they break more easily than normal bones. He is on a special diet and a regimen of bone-strengthening exercises and has an annual X-ray to check his progress. The waiting is difficult but it has taught him that he is not the master of time. He can't speed it up. He must let time have its way.

This is a lesson we should all learn. We must allow time for God to work. Though we believe that God performs miracles, it seems that His norm is a consuming process. Therefore, we must allow time for God's process to happen.



Still, it is not easy to wait. When things don't happen quickly, we tend to become impatient, frustrated and ready to give up. Those who insist on shortcuts and quick fixes tend to repeat the same mistakes over and over. It gets them nowhere.

In the arena of spiritual problems, this is an important reality. Time, patience, vulnerability, change and risk are part of the process. We must accept and deal with reality.

We've heard the saying, "Time heals all wounds." It is pointless to wait passively for God to change circumstances, for help to appear or for our feelings to change. Such inaction will stick us in a holding pattern where we will become discouraged when spiritual healing doesn't

occur. We don't simply wait for a sprained knee to heal – we have to get a brace and do physical therapy.

Time is the context for our involvement in the process. When we invite God into our life and participate with Him in the process, we will see the results. We must do our part. We must seek help and get into the process required for healing.

As nature has a season, so do our lives. In Ecclesiastes 3:1, Solomon wrote, "There is a time for everything and a season for every activity under heaven." We can better understand God's timing when we understand the seasons of our lives and identify when we are in them.

Ideally, we would rather skip the work of winter, spring, and summer and enjoy the harvest of fall all the time but the only way to reap a bountiful harvest is to make good use of our time in each season.

Still Moments



Chase: Cmdr. Maureen Chase, left, of Commander, Joint Region Marianas (JRM), receives the Meritorious Service Medal from JRM Chief of Staff Capt. Ulysses Zalamea for outstanding meritorious service while serving as JRM deputy regional program director from March 2008 to May 2011 at the JRM Headquarters in Asan May 5. Her accomplishments include planning and managing nine quality-of-life program areas, with a value of more than \$300 million. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Webb: Col. Robert E. Webb, left, of Commander, Joint Region Marianas (JRM), receives the Meritorious Service Medal from JRM Chief of Staff Capt. Ulysses Zalamea for outstanding meritorious service while serving as JRM regional operations officer and training and readiness officer from July 2010 to May 2011 at the JRM Headquarters in Asan May 5. His accomplishments include executing a \$24 million annual budget and providing outstanding support to Department of Defense components and installation tenants on Guam. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

New family fitness room, child care available at CKFC ¹⁹

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

The Charles King Fitness Center (CKFC) has made it easier for parents to get into the gym and get into shape. The new Family Fitness Room offers the perfect venue to get in some physical training and “me” time without looking for a babysitter.

Alec Culpepper, CKFC fitness coordinator, said he believes the room will help out a lot for those who normally cannot find time to exercise.

“First, this room is bigger and better than the original Family Fitness Room,” he said. “We have a lot more to offer. We have added more machines for those who want more than a cardio workout. These machines will help patrons strengthen and tone their bodies.”

The new Family Fitness Room boasts 1,447 square feet of space – a significant increase from the original space of about 800 square feet – that houses treadmills, elliptical machines, weights, and a play area for children.

“We decided to split our large playroom in half,” Culpepper said. “These two rooms are divided by age groups [and] monitored by a camera so their parents can keep an eye on their children. We also have



“Me” Time: Patrons of the Charles King Fitness Center (CKFC) utilizes the revamped Family Fitness Room at the U.S. Naval Base Guam complex May 10. CKFC has made it easier for parents to get into the gym and get into shape. The new Family Fitness Room offers the perfect venue to get in some physical training and “me” time without looking for a babysitter. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

a playpen for those children under 1. The goal was to accommodate everyone’s situation.”

One-half of the play area has been allocated for children ages 2-5 while the other is for children ages 6-9. Parents with children 1-year-old and

younger can use the playpen set out in front of the exercise equipment.

If patrons do not want to use the Family Fitness Room and would like to use the other facilities in the complex, the CKFC daycare room is available right next to the Family

Fitness Room. Patrons whose children are registered with the U.S. Naval Base Guam Child Development Center can bring their children to the daycare room for only \$5 per hour.

“We offer this option for those who would like to go swimming or

use the bigger gym or do one of the many group fitness activities,” Culpepper said.

The fitness coordinator said the reason the fitness center offers these services is to give everyone the chance to exercise.

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.

Summer Stroller Circuit

The Stroller Circuit summer session is in need of an instructor. If no instructor is identified, the summer circuit will be cancelled. For more information, contact the Morale, Welfare and Recreation fitness coordinator at 685-5267 or mwr Guamfitness6@gmail.com.

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

Free Throw Competition

How many free throws can you sink in 60 seconds? Find out by entering the Coral Reef Fitness Center’s Free Throw Competition May 19 in the gymnasium. Show time is 5:30 p.m. Start time is 6 p.m. For more information, call 366-6100.

Charles King Fitness Center

Hours of Operation

The Charles King Fitness Center (CKFC) on U.S. Naval Base Guam (NBG) is open Monday through Friday from 4:30 a.m.–11 p.m., Saturday from 5:30 a.m.-6 p.m., and Sunday from 10 a.m.-5 p.m. The Family Fitness Room is open during CKFC’s hours of operation. The CKFC pool is open Monday through Friday from 4:30 a.m.-9 p.m., Saturday from 5:30 a.m.-6 p.m., and Sunday from 10 a.m.-5 p.m. with lap swimming hours available Monday through Friday from 4:30-8 a.m. and Saturday from 6-8 a.m. For more information about classes or the facility, call 333-2049 or visit www.mwrguam.com.

Drop-in Childcare

Drop-in childcare is available for parents whose children are registered at the NBG Child Development Center Monday through Friday from 5:30-10:30 a.m. and 5-8 p.m. Fee for drop-in childcare is \$5 per child, per hour. For more information, call 333-2049 or visit www.mwrguam.com.

