



LIBERTY THROUGH UNITY

# JOINT REGION EDGE

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**Award Accomplishment:** Rear Adm. Paul Bushong, Commander, Joint Region Marianas, presents Capt. Richard Wood a second Legion of Merit award for exceptionally meritorious conduct in the performance of outstanding services and achievements since taking the helm of U.S. Naval Base Guam (NBG) in 2010 during a change of command ceremony at The Big Screen Theatre on NBG June 21. Capt. Mike Ward, right, relieved Wood as the NBG commanding officer. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

## Naval Base Guam holds change of command

By Mass Communication Specialist 2nd Class (SW/AW) Jeremy Starr  
U.S. Naval Base Guam Public Affairs

U.S. Naval Base Guam (NBG) held a change of command ceremony at the base theater June 21.

During the ceremony, Capt. Mike Ward

relieved Capt. Richard Wood, as the NBG commanding officer.

Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), was the guest speaker at the event, and commended Wood's efforts in improving the mission readiness of the units assigned to NBG and the quality of life on the base.

"It is bittersweet occasion, since we will bid farewell to a superb leader who has significantly improved the quality of life and quality of work of our service members and their families on Guam, but we will welcome a new leader who is eager to take

See NBG, Page 7

## HSC-25 Sailors return home to family, friends

From Helicopter Sea Combat Squadron 25  
Public Affairs

More than 30 Sailors from Helicopter Sea Combat Squadron (HSC) 25 Det. 6 were welcomed home by family and friends at Andersen Air Force Base June 21 following a six-month deployment.

The crew deployed to Japan in December

in support of USS Essex (LHD 2) and Commander, Amphibious Force 7th Fleet.

Taking advantage of unique opportunities deployed, the detachment of two MH-60S helicopters from Marine Air Corps Station Iwakuni to Kadena Air Base (AB), Okinawa, forged relationships with the Air Force's 33rd Rescue Squadron and the U.S. Marine Corps, Air Force, and Special Operations Force as-

sets available on the island.

During their time in Okinawa, the detachment enjoyed the Japanese culture, and took advantage of the unique training opportunities available in the area.

The detachment embarked Essex in early March and went to sea for her final spring

See Squadron, Page 7



## 36th OSS keeps eye on weather

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## USCGC hosts Mission Day

PAGES 8, 9

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# Joint Region Edge

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Commander, Joint Region Marianas

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# Guam Liberation events celebrate people

By Shaina Marie Santos  
Joint Region Edge Staff

June to August are busy with numerous festivities that bring the community together to celebrate Guam's liberation from Japanese occupation in World War II.

This year's Liberation Day theme is "Imagine Guam — 68 Years of Progress through Peace." According to Chalan Pago-Ordot Mayor and Parade Chairman Jessy Gogue, the events reinforce the importance to remember the purpose of the liberation and those who made the ultimate sacrifice.

"If we haven't been liberated, what kind of progress would we have had?" he said. "The whole idea of Liberation Day in itself is the U.S. liberating Guam. It's a reminder not only to our island but to our service members of the sacrifices that were made ... which allow[s] [Guam] to be what it is today."

According to the Mayors Council of Guam Executive Director and overall Chairman of the Liberation committee Angel Sablan, the carnival and parade are integral parts of the liberation festivities.

"People bring their families to the parade and camps overnight... have fun," Sablan said. "Although it's celebrating our freedom and thinking of those that have died, it also gives an opportunity for families to come together."

According to Sinajana Vice Mayor Robert Hofmann, the Liberation carnival is the largest event on Guam every year, spanning the summer months and attracting thousands of people.

The carnival grounds in Tiyan this year take up a full 13 acres, Hofmann said this year's carnival is hosted by 75 vendors, bringing a variety of entertainment and food to the public.

"It's just a fun way of sharing our hospitality," he said. "It's something to bring the families."

The Liberation Day parade is the highlight of the festivities. The island-wide celebration will take place at 10 a.m., July 21 and will begin at the Ricardo J. Bordallo Governor's Complex in Adelup and end at the Chief Quipuha loop in Hagatna.

Each year, the parade includes a march



**Game Rules:** A game booth attendant explains the rules of a game to a young girl at the Guam Liberation Day Carnival in Barrigada June 18. The carnival is one of the main events held in celebration of Guam's Liberation and is open to the public Monday-Thursday from 6 p.m.-midnight, Friday-Saturday from 4 p.m.-2 a.m. and Sunday from 4 p.m.-midnight. U.S. Navy photo by Shaina Marie Santos/Released

## LIBERATION DAY EVENTS

**68th Liberation Day Carnival**  
Ongoing until Aug. 5 in Tiyan, Barrigada  
Monday-Thursday from 6 p.m.-midnight  
Friday-Sunday from 6 p.m.-2 a.m.  
There will be entertainment nightly from various dance, music and cultural groups as well as rides, food and games for the entire family

**Liberation Day Queen Coronation Ceremony**  
June 30 at the carnival grounds in Tiyan, Barrigada  
6 p.m.

**Chagui'an Massacre Memorial Ceremony**  
July 13 at 10 a.m. in Yigo  
For more information and directions, call the Yigo Mayor's office at 653-5248

**Tinta/Faha Memorial Site Visit**  
July 15 at 8 a.m. in Merizo  
For more information and directions, call the Merizo Mayor's office at 828-8312

**Asan Bay Overlook Memorial Commemoration**  
July 19 at 9 a.m.  
War in the Pacific National Historical Park Asan Beach Overlook  
For more information, contact the Asan Mayor's office at 472-6581

**68th Liberation Day Parade**  
July 21, parade begins at 10 a.m.  
Celebrate Guam's Liberation Day with the island's largest parade. The route begins at the Ricardo J. Bordallo Governor's Complex and ends at the Chief Quipuha Loop in Hagatna.

**68th Liberation Day Fireworks**  
July 21 at 9 p.m.  
Carnival grounds in Tiyan, Barrigada

by service members from different branches and by local villages and organizations to represent the Liberation Day theme as well as display island pride.

"The military has always been a big part of our celebration," Gogue said. "They typically take the lead of the parade ... we encourage all commands to participate."

The carnival and parade are not the only events that surround Guam's Liberation Day. A number of commemorative services will be performed at historical sites and monuments such as the Chagui'an Massacre Memorial, Mannengon Memorial

Peace Park, and Tinta and Faha memorial site, where attendees will remember Chamorro men and women who suffered atrocities shortly before the liberation of Guam.

Sablan said he looks forward to the tributes to those who passed during the war and suggests people take a moment to think about service members and civilians who died during World War II.

"Thank them," he said. "Remember, we wouldn't be where we are today, who we are today if it weren't for the pains and struggles ... It's a celebration of life."

## NEWS NOTES

### Job Announcements

Interested individuals can view available vacancies by visiting the Web site at <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 349-6119/2224.

### Andersen Air Force Base 2011 Consumer Confidence Report

Andersen Air Force Base's (Aafb) drinking water is safe to drink and is in compliance with all federal and local regulations. Under the Environmental Protection Agency's Consumer Confidence Reporting Rule of the federal Safe Drinking Water Act, the base bioenvironmental engineering office is required to annually summarize water analytical test results from the previous year and create summary report available to all water consumers. This report is available on the Andersen Intranet under featured links, Aafb Consumer Confidence Report. Printed copies are available at the library and the bioenvironmental engineering office located in the aerospace medicine clinic. For more information or to receive the report by e-mail, call 366-7166.

## SCHOOL BULLETIN

The school bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to [jointregionedge@fe.navy.mil](mailto:jointregionedge@fe.navy.mil) or call 349-2115.

### Phone Numbers

Andersen Elementary School: 366-1511  
Andersen Middle School: 366-3880/5793  
Cmdr. William C. McCool Elementary/Middle School: 339-8676  
Guam High School: 344-7410

## COMMUNITY Corner

**MOVIES • MOVIES • MOVIES**

**The Big Screen Theater**

**JUNE 24 (FRIDAY)**

4 PM	THE AVENGERS	PG-13
7 PM	THE RAVEN	R

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**JUNE 30 (SATURDAY)**

1 PM	THE THREE STOOGES	PG
3:30 PM	THINK LIKE A MAN	PG-13
7 PM	DARK SHADOWS	PG-13

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**JULY 1 (SUNDAY)**

1 PM	THE PIRATES! BAND OF MISFITS	PG
3:30 PM	THE AVENGERS	PG-13
7 PM	FIVE YEAR ENGAGEMENT	R

**Movie Hotline 564-1831 US Naval Base Guam**

**Meehan Theater - TEMPORARILY CLOSED**

Field. Festival is open to all with an ID card and is free. For more information, call 688-7038.

## 36th FSS HAPPENINGS Andersen Air Force Base

**Freedom Fest 2012**  
Celebrate Fourth of July this year at the Freedom Fest at Arc Light Park July 3 from 4-7 p.m. Enjoy games for the family, entertainment, food and raffles. For more information, call 366-6100.

## SPORTS SHORTS

**U.S. Naval Base Guam**  
**Captain's Cup Soccer League**  
Time to bring your skills to the field. Sign you, and your team up at the Charles King Fitness Center. Active duty, reserve, Department of Defense (DOD) civilians, immediate family members, and DOD full-time contractors may sign up. Pick up the registration forms and fill them out correctly per instruction. The tournament will be held at the Blue Jacket Field July 17 at 6,7 and 8 p.m. Registration is going on now and will end July 11. For more information, call 333-2471 or 685-5243.

**Andersen Air Force Base**  
**Independence Day 5K**  
Coral Reef Fitness Center will have an Independence Day 5K July 4 starting at the Palm Tree Golf Course Driving Range Parking Lot. Show time is 6 a.m. Go time is 6:30. No sign-up is required. Call 366-6100 for more information.

## CORRECTION

• George Perez and Tony Calvo were featured on the front page of the June 1 issue of the Joint Region Edge. Other information was provided.

# Andersen's Best Senior Airman Adam King

By Airman 1st Class Mariah Haddenham  
36th Wing Public Affairs

Senior Airman Adam King, 36th Wing Munitions Squadron storage crew chief, was awarded Andersen's Best on Andersen Air Force Base June 16.

"Airman King is an invaluable member to the 36th Munitions Squadron," said his supervisor Staff Sgt. Eric Betz.

During the 2012 Pacific Air Forces Combat Ammunition Production Exercise, King's outstanding performance as a 10-ton tractor driver led to the timely delivery of mission critical assets, ensuring 1,500 munitions were assembled with zero missed lines.

"In addition, Airman King has handled 202,000 assets worth \$330 million, incident-free, in the last month alone," Betz said.

King has a wife and two children. He loves playing corn hole and work-

ing with power tools in his spare time.

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/civilian with an award.

To nominate your Airmen/civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments.

**Top Performer:** Senior Airman Adam King, 36th Wing Munitions Squadron storage crew chief, was awarded Andersen's Best on Andersen Air Force Base June 16. 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/civilian with an award. To nominate your Airman/civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. U.S. Air Force photo by Airman 1st Class Mariah Haddenham/Released



## MSG Corner: Commercial acquisitions flight getting AF best value

By Airman 1st Class  
Marianique Santos  
36th Wing Public Affairs

With all the budget cuts and doing more with less, the 36th Contracting Squadron commercial acquisition flight's responsibility of getting the Air Force more bang for their buck is needed now more than ever.

The main job of the commercial acquisition flight is to procure the items that the units on base need to operate. Squadrons will send the funding document with the specifications of what they want over to the flight, and the flights purchase the goods and have the items delivered to the unit.

"Basically we buy anything that the squadrons or units need for the activities at Andersen Air Force Base," said Keith Beem, 36th Contracting Squadron Commercial Acquisition Flight contracting specialist. We buy anything from furniture to equipment and tools. For example, we buy the equipment at the dining facility: stoves, utensils, even the service lines."

The flight usually does not purchase items funded under \$3,000. For those small purchas-

es, the unit would have to use their government purchase card.

A huge part of the responsibility of the flight is saving the Air Force money. During the last fiscal year, Beem said they saved the Air Force approximately \$2.5 million.

"How we save the government money is we promote the maximum competition we can," he said. "When we get the requirements, we put it up on an international government Web site where any vendor in the country can give us a quote. Through competition, we get the best values."

"Quite often, if we get funded \$50,000, we can buy the materials for around \$30,000," he continued. "The squadrons are usually able to use the money left over for other requirements that they need."

Due to budget cuts, the flight has not received as many funding documents as they had the previous year.

The support that the flight provides the base extends over purchasing items for daily base operations. It extends to providing the base adequate manpower and supporting the exercises the units conduct and even real-world missions.

"We also have service contracts with the medical group and deal with bringing in civilians and contractors to work on



**Office:** The main job of the commercial acquisition flight office, photographed on Andersen Air Force Base June 22, is to procure the items that the units on base need to operate. Squadrons will send the funding document with the specifications of what they want over to the flight and the flights purchase them and have the items delivered to the unit. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released

base," Beem said.

A huge part of the flight's function is supporting the exercises that the units conduct to improve mission readiness.

"We had Cope North; this September we're going to have Valiant Shield," he said. We obtain the supplies that they need that the squadrons do not already have. We provide office space, portable toilets, drinking water when necessary and hundreds of rental cars for those flying in for the exercises."

For real-world missions, Beem said that for missions where evacuation teams or any big group of people come though



**Teamwork is Key:** The 36th Contracting Squadron commercial acquisition flight currently consists of 20 people, both Airmen and civilian personnel photographed on Andersen Air Force Base June 22. Due to deployments, permanent change of stations and further education, the flight usually has between 15-20 people working in their office. This photo has been altered for security purposes. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released

the Andersen, the flight provides their living necessities.

Despite their numerous responsibilities, the flight is made up of 20 people at the moment, three of them currently deployed.

"People are constantly deploying, permanently changing stations or going to school, so at any given time we have between 15-20 people in here," he said. "Much like many of the squadrons, we have a lot of turnover, new Airmen and non-commissioned officers who have recently changed career fields. We've become a bit of a training flight."

In order to accomplish the work more efficiently, Beem

asked that squadrons take more time in creating their funding statements and be more specific and descriptive in what they want the flight to purchase for them.

"I would like to suggest that the squadrons tell us what they want with good salient characteristics in terms of function, size, color, to name a few," he said. "They need to describe the product and be more specific so we can provide them with what they really want and need. We just want to provide the squadrons the best product with the best value for the government."

# 90 at 90 Nutrition is key

By Airman 1st Class Mariah Haddenham  
36th Wing Public Affairs

Team Andersen is working toward the goal of 90 at 90 and though physical fitness is key, nutrition is the foundation of results and living a healthy lifestyle.

"The top nutrition mistakes that I see in service members would be the consumption of too many processed 'convenience' foods and living a busy lifestyle doesn't leave time during the day to carefully plan what we will eat," said Tech. Sgt. Autumn Bradford, 36th Wing Medical Group certified dietary therapist.

Physical exercise is important for muscle and strength improve-

ment, but a healthy diet helps to support the body's energy source. Additionally, a healthy diet is important for muscle replenishment after physical activity.

"Optimal performance comes from a healthy diet," Bradford said. "Most Americans only eat one fruit or vegetable a day, when really they should be eating upwards of five servings."

Incorporating 'super foods' like nuts, fruits and vegetables can greatly impact results from diet and exercise.

Along with eating proper servings of fruits and vegetables, service members would benefit from eliminating sugary, caffeinated beverages.

"Avoiding all energy drinks, soda and limiting the drinking of

juice will help the body stay more hydrated, the body is 75 percent water," Bradford added. "To maintain that 75 percent, it's recommended to drink half your body weight in ounces of water."

Keeping nutrition at the forefront of fitness is a great way to keep service members healthy and working towards the mission and goal of 90 at 90.

"Nutrition has everything to do with fitness," said Staff Sgt. Xavier Reyes, 36th Medical Group Squadron public health technician. "Nutrition is fuel for fitness."

Pairing nutrition and fitness cohesively will make for better results and keep the percentage of service members scoring above 90 on their physical training test rising.



**Safety First:** Naval Facilities and Engineering Command (NAVFAC) Marianas Safety Specialist Patrick Rivera examines a pair of safety goggles at the NAVFAC Marianas headquarters in Nimitz Hill June 5. U.S. Navy photo by Shaina Marie Santos/ Released

# DOCA members visit Guam's military installations

By Mass Communication Specialist 2nd Class (SW/AW) Jeremy Starr  
U.S. Naval Base Guam Public Affairs

U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB) hosted a Defense Orientation Conference Association (DOCA) visit June 18-19, where 13 DOCA members from 13 cities and 12 states attended.

DOCA is an alumni organization of the Joint Civilian Orientation Conference, which is a community outreach program that targets civic and business leaders throughout the nation. The program is designed to acquaint participants with the strength and readiness of the U.S. Armed Forces through personal observation and interaction with Army, Navy, Air Force, Marine Corps and Coast Guard activities.

"The visit has been excellent," said DOCA President Frank Weinberg. "All of the folks we met here in all the different commands and ships have just gone out of their way to help us, to explain things to us and to share information with us, so it's been very beneficial."

Weinberg, a retired Caterpillar Inc. general manager for the Defense and Federal Products department said DOCA's goal for the visit was to get an eyewitness account of what the personnel in the Department of Defense are doing on a daily basis so they can relay the message to their colleagues and together they can better support the military.

While aboard NBG June 18, the group toured the Explosive Ordnance Disposal (EOD) Mobile Unit (EODMU) 5 facility, where Navy personnel demonstrated the techniques used to locate, identify, render safe and remove conventional chemical, biological, nuclear, radiological and improvised explosive hazards. The visit also included a live display of Sailors rappelling from a building.

"I feel like the ladies and gentlemen that came got a good under-



**Informational Tour:** Chief Fire Control Technician (SW) Benjamin Greve, gives an overview of the Mark 48 Advanced Capability torpedo during a Defense Orientation Conference Association (DOCA) tour aboard the Los Angeles-class fast attack submarine USS Oklahoma City (SSN 723) on U.S. Naval Base Guam June 18. DOCA provides a means of continuing education for its members in matters pertaining to national security under the jurisdiction and supervision of the Department of Defense and Department of State. U.S. Navy photo by Mass Communication Specialist 1st Class (AW) Jason Swink/Released

standing of what we do and they can take that back to their companies and the people they work for," said EOD 1st Class (EWS/PJ) Jerron Clark. "They were interested in the smaller and personal details and that is why I feel the visit went well because usually when people ask the pinpointed questions apart from the broad, it means that something is sparking their interests."

On June 19, DOCA visited NBG Headquarters where they met outgoing NBG Commanding Officer Capt. Richard K. Wood and were briefed by NBG's Executive Officer Cmdr. Christopher Flis and Cmdr. Bryce Gibb, of Joint Region Marianas on base operations, regional responsibilities, and relations of the Navy and the Air Force within the region.

"We help support the surrounding island nations and U.S. territories," Gibb said. "We provide the Federated States of Micronesia (FSM), Commonwealth of the Northern Mariana Islands (CNMI) and Palau with financial support until 2023."

After the briefs, DOCA members visited U.S. Coast Guard (USCG) Sector Guam where they viewed USCG Cutter Sequoia (WLB-215) and learned about the command's role in National Strategic Port issues and Maritime Domain Awareness in the region.

"The visit with DOCA went very well," said Capt. Casey White, USCG Sector Guam commanding officer. "The Coast Guard has unique mission set and it is good when we have a chance to highlight it because it really shows more than the search and rescue side of the house and the different missions we are focused on out here."

During the two-day visit DOCA also toured the Los Angeles-class submarine USS Oklahoma City (SSN 723), and concluded their trip at Andersen Air Force Base with a tour of a B-52 Stratofortress static display, an installation tour and briefings by the 36th Wing.

For more news from U.S. Naval Forces, Marianas, visit [www.navy.mil/local/guam/](http://www.navy.mil/local/guam/).

# Safety Second Keeping your workplace safe

By Shaina Marie Santos  
Joint Region Edge Staff

From morning to evening, five days a week, many are on the job; sometimes, so focused on the end goal that details are overlooked.

Safety in the workplace is emphasized by many employers; in the Navy, it is learned through the Operational Risk Management (ORM) process.

According to Naval Facilities and Engineering Command (NAVFAC) Marianas Safety and Health Manager Mellissa Cruz, ORM can be integrated in any activity.

"At NAVFAC Marianas, ORM is integrated into everyone's training program," she said. "ORM ensures our personnel are prepared to identify and understand the hazards associated with the activities that they are to perform and that they apply proper risk management, control measures to eliminate or minimize the hazards."

ORM consists of five steps which should be conducted in a sequential manner. The steps include first, identifying potential hazards, which means an individual should consider "what if" scenarios to help them identify, "what might happen".

After the hazards are identified, they are assessed to determine their associated level of risk and to identify controls that should be put into place that will help mitigate the risk. Employees and supervisors are both responsible and accountable to ensure appropriate risk decisions are made and that mitigation plans are then implemented and supervised.

Cruz said ORM is a great tool to apply to all types of activities to ensure the safety of individuals involved.

"Taking the extra step in applying risk management at work, recreational and outdoor events will go along way to accident prevention because it ensures that you pre-identify hazards associated with the activity and enables implementing control measures to ensure a safe and successful event," she said.

Overall, Cruz said the main idea is reminding people to be safe. Safety, she said, is not just about the workplace, but extends further into everyone's day-to-day activities.

"As a parent, our natural instinct is to protect our loved ones from getting hurt, so we try to teach them how to perform a task or play a game in a safe manner," she said. "The situation is very similar for supervisors who have the responsibility to ensure his or her people are trained [and] equipped with the proper tools and provided with personal protective equipment to perform tasks in a safe manner. Reminding people will automatically let them think about safety before performing their task."

Cruz maintains that everyone should know safety and practice safety on a daily basis.

"At the end of each day, our goal is for everyone to return home to their family in the same condition they reported in to work," she said. "Know your capabilities, know your surroundings, plan your activities and take no chances when it comes to a hazardous condition that could lead to an injury or a loss of life."

# Weather Fight Typhoonseason ‘It’s showtime’

By Airman 1st Class Marianne Santos  
36th Wing Public Affairs

In order to successfully fly, fight and win in air, space and cyberspace, the Air Force relies on the weather flights to provide accurate information on one of Mother Nature’s sporadic children: weather.

The main tasks of the weather flight are resource protection for the base and mission support for the aircraft. They provide warnings, watches, advisories, current weather and 30-hour forecasts in support of base operations and planning. They are also required to provide forecasts for aircraft that are deployed in Andersen for more than 30 days.

“Our mission weather Airman briefs the bombers with the mission execution forecasts,” said 1st Lt. Musette Willis, 36th Operations Support Squadron (OSS) weather flight commander. “We provide them take-off weather, in-route weather to the target, weather over the target and brief them of other weather hazards that may be in the way.”

Staff Sgt. William Overbeck, 36th OSS weather flight forecaster, said that is very important for them to be as accurate as they can be.

“This is because any small shift can make the mission a no go,” he said. “If we’re off on our wind forecast, aircraft can get grounded here. Once the wind is above a certain criteria, the aircraft can’t take off anymore. When the aircraft is stuck here and a typhoon comes, it could cause hundreds of millions of dollars in aircraft damage.”

Despite a similar set of responsibilities as other bases’ weather flights, Andersen’s weather flight has the responsibility of forecasting weather coming from a data sparse area, the Pacific Ocean.

“Predominant wind flow is from east due northeast, and most of the typhoons come from east due southeast,” Overbeck said. “There are only a couple of islands, Palau, Chuuk and Yap among others, which have observations and are thousands of miles apart.”

Overbeck also said that the difficulty of forecasting tropical weather is amplified by the butterfly effect.

“One small factor can cause a butterfly effect,” he said. “We can have a little development change the forecast completely. It’s hard to find those little factors when you have such a large data sparse area that you have to monitor.”



**Weather Watcher:** The FMQ-19, photographed June 20 on Andersen Air Force Base, was designed to satisfy Air Force Weather’s requirement for a system to provide current weather information and generate Aviation Routine Weather Report and Aviation Selected Special Weather reports automatically when conditions warrant. This information is essential for safe and efficient aviation operations and force protection. U.S. Air Force photo by Airman 1st Class Marianne Santos/Released

Aside from the amount of information and support the weather provides the base and operations, their capabilities as a flight is tested whenever inclement weather is heading within the island’s area of responsibility.

“If there’s a typhoon coming to the island, everybody goes to the Defense Connect Online chat,” Willis said. “There’s a 7:30 a.m. meeting every morning to coordinate the weather bureaus. We collaborate with the National Weather Service, Joint Typhoon Weather Center and 17th Operational Weather Squadron. We also have a Navy officer in Hawaii that provides weather for Joint Region Marianas (JRM).”

Willis added the purpose of the briefing is to ensure all parties involved are aware of the

current weather.

“After receiving the briefing from Hawaii, I represent the Air Force and Navy weather at the heavy weather briefing with the National Weather Service, military leadership and Guam leadership,” she continued. “This meeting is to make sure everyone on island is on the same page.”

The heavy weather briefing is where the Typhoon Cyclone Condition of Readiness (TC-COR) is determined. The weather bureaus provide the information, the timeline of when the winds are going to reach the island and how strong it’s going to be, and the decision is made between the 36th Wing and the JRM commander.

“The commander’s access channel 70, the marquee and the front gates are some of the areas where you can find the current TCCOR level,” Willis said.

Overbeck said that the office gets really busy when there is inclement weather coming because they are constantly producing and providing weather information for the wing and the base.

“We support all the aircrews, transients and all the local customers with information,” he said. “The phones are ringing non-stop. Leadership from different groups and squadrons either stop by or call to find out when it is going to hit.”

Despite the busy atmosphere of the office, the flight members don’t stress out as much because they know what’s coming and what to expect from years of experience.

“We have one senior Airman, and the rest are sergeants,” Overbeck said. “We have close to 100 years of weather experience between everybody in this flight.”

Despite the obstacles of dealing with tropical weather, the members of the weather flight work hard to send out accurate and timely information in order to give people time to prepare and keep them safe.

“I have the best forecasters I have worked with in a while,” Willis said. “We do so much more than ‘partly cloudy, chance of showers,’ and we look at so much information to forecast weather for this base, this island. They have a hard job working on an island.”

“The island weather is nice when there are little showers here and there, but when typhoons start to hit, that’s when we have to step up our game even further to keep people up to date, aware and safe,” she said. “That’s when we get to put out game faces on and say, ‘it’s show time.’”

# Beware of TRICARE lottery scam

From TRICARE Program Integrity

TRICARE Program Integrity has become aware of a Lottery Sweepstakes Scam in which fraudulent checks bearing the TRICARE name are being utilized. Individuals are contacted via mail with a letter informing them that they are “winners” of a USA Lottery Sweepstakes for \$250,000. Accompanying the letter is a fraudulent check bearing the TRICARE name. The instructions on the letter inform the “winner” that the attached check is a portion of the winnings provided to help pay taxes, insurance, handling and shipping fees. The “winner” is also instructed to return a portion of the funds from the cashed check.

Individuals receiving this letter and check should be aware that individuals may be trying to gain access to their bank accounts or other personal information. Individuals who cash the check may be putting themselves at financial risk. Once the bank determines the check is fraudulent, the individual who cashed the check could be held responsible for returning funds back to the bank.

TRICARE beneficiaries who receive this Lottery Sweepstakes Scam letter and check are encouraged to report it to their managed care support contractor program integrity office (i.e. Health Net, Humana Military, TriWest, Express Scripts or Wisconsin Physicians Service). Reports can also be made to TRICARE Program Integrity by e-mailing the TRICARE FRAUDLINE at FRAUDLINE@tma.osd.mil or by fax (303) 676-3981.



# Emory S. Land supports USS Greeneville

**Mooring:** Los Angeles-class attack submarine USS Greeneville (SSN 772) comes alongside submarine tender USS Emory S. Land (AS 39) in Piti June 15. Greeneville, homeported in Pearl Harbor, Hawaii, is on a Western Pacific deployment, while Land is on an extended deployment to Guam serving as 7th Fleet’s lead afloat fleet maintenance activity from the ship’s permanent home port of Diego Garcia. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released

# Suicide Prevention Information is the best weapon

By Airman 1st Class Marianique Santos  
36th Wing Public Affairs

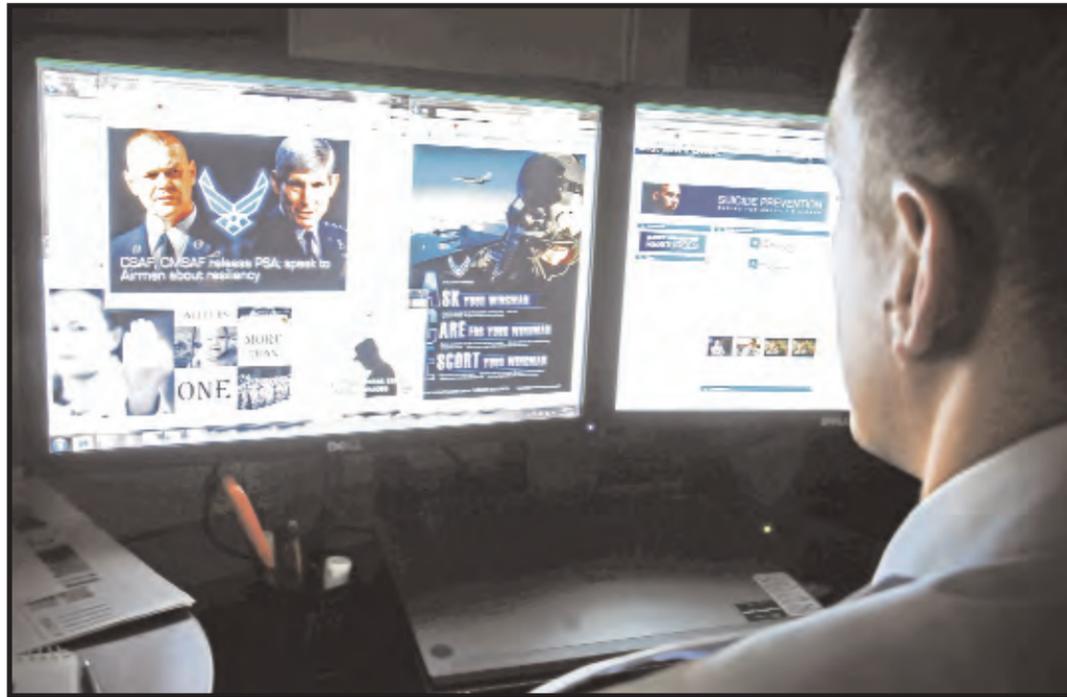
In the year 2010 there were 110, in the year 2011 there were 122 and halfway through 2012, already at 140; these, according to defense officials, are the number of suicides across the services within the past three years. It shows an upward trend in the number of lives lost despite the constantly increasing amount of money and effort the military pours into suicide prevention.

With the number of suicides in 2012 doubling compared to ten years ago, Defense Secretary Leon E. Panetta has called it one of the most complex and urgent problems facing the department, said a Pentagon spokesperson during a briefing with reporters June 8.

Though the increasing trend has been consistent among all the branches, Capt. Shawn Wilson, 36th Medical Operation Squadron (MDOS) mental health flight commander, said that the increase in suicides in the Air Force is far from the rate Department of Defense-wide. She said this increase could be attributed to a number of possible reasons.

"The overall size of our force could have something to do with it, but it should be also considered that the Air Force has placed a lot of effort in suicide prevention," she said. "We've started a resiliency element within the last year and a half, where they have taken all of our assets under one chief just to make sure that we're reaching out to everyone."

The Air Force starts the information process early. They reach out to Airmen in basic military training and once again in the First Term Airmen Course when Airmen transition from training to a mission-oriented environment. The support and information is continuous throughout an



**Prevention is Key:** The Air Force is taking advantage of technology to promote suicide prevention. Mental health is currently moving towards video teleconferencing in order to reach out to those in areas where a professional is unable to tend to the service member in person. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released

Airman's career. This is accomplished through frontline supervisor training, resiliency training and the monitored and reported completion rates of the suicide prevention computer-based training.

"It's more than just the suicide prevention training, it would be the stress management we offer, any of the healthy thinking classes and the parenting classes; all those factors are included in the stressors that would have people look at suicide as being an option," Wilson said. "It's typically not just one thing; it's a whole host of things that cause people to think they don't have any other choice."

"You have to take care of people in all the other areas to make them feel supported," agreed Tech. Sgt. Carolyn Heron, 36th MDOS mental health flight non-

“It's typically not just one thing; it's a whole host of things that cause people to think they don't have any other choice.”  
- Capt. Shawn Wilson  
36th Medical Operation Squadron

commissioned officer-in-charge.

In support of mental health, the family medicine clinics recently integrated the Behavioral Health Optimization Program (BHOP). In this program, a mental health care provider works in the clinic to provide care to patients who answer that they are distressed to questions regarding their current emotional or mental disposition.

"I think the integration of the BHOP in family medicine clinics was a great move in providing our Airmen the support they need," Heron said. "Since the

provider is right there in the clinic, the person doesn't have to deal with the stigma of having to go through mental health."

The mental health clinic also has a wide variety of informative material such as the crisis response cards, mental health pamphlets and suicide prevention brief that can be provided to the squadrons upon request for Wingman Day.

"The more that the Airmen are aware of resources, the less likely they are to feel helpless when those times come or if they actually occur," Heron said.

Aside from bases individual effort, there has recently been a national defense act that mandated more positions for mental health care providers. The Air Force has more than 40 new authorizations they have to distribute between active duty and contracting civilian positions that would help provide assistance in mental health treatment.

In addition to this, the mental health clinic is also taking advantage of technology to push this cause even further.

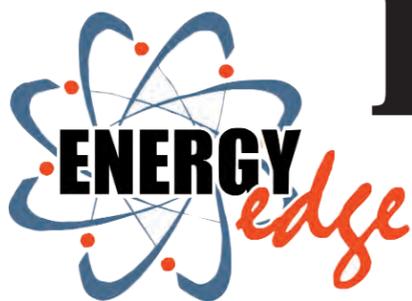
"For bases in the continental United States, Military One Source also has an on-call provider, and there is now an app called E-check up for mental health concerns," Heron said. "Mental health is also working towards video teleconferencing. What they are trying to do with all this is be able to reach out to those in areas where a professional is unable to tend to the service member in person."

Heron added that the combination of what the Air Force is doing now, with continued education across the board, is the best thing the Air Force can do.

"There's only so much we can control," she said. "But at the same time, the fact that we're trying to put every effort in making sure we're assisting our troops the best that we can is doing something right."

With all the projects in process and already in place, mental health, with the support of Air Force leadership, is constantly finding ways to further suicide prevention.

"In my experience Air Force leadership has been very supportive with the mental health initiatives because they know that the services that we offer and the information we put out to the squadrons help the well-being of the Air Force 100 percent," Wilson said. "Not just for suicide prevention, but also increasing the resilience of the Airmen, getting them and keeping them at a point where they can perform optimally."



By Desiree Masterson  
Joint Region Marianas Energy Manager

Did you ever consider how energy impacts your lifestyle? Just think about when you first wake up in the morning your usual routine. First you control the alarm clock and the lights, which both run on electricity.

## Be mindful of energy use in daily routines

After hopping out of bed you turn on the water, controlling it with the turn of a handle. At the same time the water temperature can be controlled by making it hotter or colder. Then we proceed to turn on the coffee – we must have our morning coffee.

After completing our morning regimen, we go to work and that's when the real power dependency comes into play.

Think of the computers, servers, lights, air conditioning and other appliances we use in the office that depend on electricity.

All these conveniences are dependant on energy from fossil fuels. Where do fossil fuels come from? They're produced from the remains of plants and animals that lived about 570 million years ago. It took thousands of more years for those

remains to convert to fossil fuel. There is a finite amount of fossil fuel on the planet and we are utilizing it at a larger rate than it is being produced and at some point we will run out.

So, the next time you turn on a light or turn up the air conditioning, consider that you are using a resource that is older than the age of the dinosaurs and in limited supply.

# NBG: Bushong highlights, awards Wood's accomplishments

Continued from Page 1

command, embed himself in the community and continue to improve the base," Bushong said.

The admiral applauded Wood for his commitment to Guam and the military, and extolled his ability to build relationships between the island's civilian and military communities.

"Capt. Richard has done as much as any other in the past two years to ensure the Navy is embedded in the Guam community," he said.

Bushong noted that under Wood's leadership, NBG personnel supported social events, volunteer activities and fundraising events in the community for the Special Olympics, the National Park Service, Guam Chamber of Commerce, the USO and Navy League.

"In addition, Wood's commitment to the preservation and promotion of Chamorro heritage included extraordinary efforts to make

historic sites on Navy installations available to the public," Bushong added. "He also encouraged and supported the celebration of the annual Back to Sumay Day where Capt. Wood invited the three mayors of the surrounding villages to host those who lived in Sumay, their relatives and others to come see and talk about Sumay village and its history."

Bushong also said that Wood and his team on NBG have played a critical role in supporting operational units from the 5th and 7th fleets. He highlighted reinforced submarines and logistics ship forward-deployed in Guam, the deployed boats and ships that stop in Guam for provision and assisted the explosive ordnance and special warfare and mobile security detachments that operate out of Guam, all which occurred under Wood's command.

Following his remarks, Bushong presented the outgoing commanding officer with his second Legion of

Merit award for exceptionally meritorious conduct in the performance of outstanding services and achievements since taking the helm of NBG in 2010.

Wood credited the accomplishments of NBG to the support of people from NBG, the home-ported submarines, the Seabees, Explosive Ordnance Disposal Mobile Unit (EODMU) 5, Naval Special Warfare Unit 1 and other commands and contractors with whom he worked, including JRM, Navy Munitions Command East Asia Division Unit Guam, U.S. Naval Hospital Guam, Navy Exchange and more.

"Thank you to all the officers, chief petty officers on Guam and commands of NBG," Wood said. "Never forget, all we have to do is lead Sailors and point them in the direction and give them the support they need, they will get the job done."

Wood acknowledged his program directors at NBG as the personnel

that moved the ships and supplies, provided security and emergency services and support the Sailors, civilians and families with essential quality of life programs.

"I am routinely impressed by their professionalism and their commitment and I enjoyed working with each and every one of them," he said.

Wood will be departing Guam to take over command at Oregon State University Naval Reserve Officer Training Corps (NROTC).

Incoming commanding officer Ward said he is looking forward to working with the Sailors and civilians of NBG and forging relationships with the local community for the next few years.

"Today I ask you to continue to provide that support you provided under skipper Wood's leadership to the tenet commands and the families that inhabit this base," he said. "We're about mission as Capt. Wood said and we will meet the

mission."

Ward said the professionalism, dedication to service and commitment to excellence of the men and women that worked at NBG the past two weeks was impressive.

The new commanding officer comes to Guam following his assignment to Office of the Secretary of Defense in Washington D.C., as a Military Special Assistant for Electronic Warfare Systems at Director, Operational Test & Evaluation (DOT&E).

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

To learn more about NBG, visit [www.cnicy.navy.mil/guam](http://www.cnicy.navy.mil/guam).

For more news from U.S. Naval Forces, Marianas, visit [www.navy.mil/local/guam/](http://www.navy.mil/local/guam/).

# SQUADRON: Crew forge relationships with counterparts

Continued from Page 1

patrol while stationed in Japan. Flying a record setting 215 hours in a 30-day period, the detachment participated in the 31st Marine Expeditionary Unit's certification exercise off the coast of Okinawa and joint exercises conducted with the Republic of Korea's military.

Det. 6 returned to Okinawa in April to continue to gain currency and proficiency in all tactical mission areas. During their second period at Kadena AB, the detachment participated in three close air support exercises with both Marine rotary and fixed wing assets, as well as personnel from the Joint Terminal Attack Controller from the Air Force's 320th Special Tactics Squadron.

The 320th also took advantage of the opportunity to conduct parachute operations, both static line and free fall, from the Det. 6 helicopters. Several joint flights were conducted with the Air Force's 33rd Rescue Squadron to gain both tactical proficiency and to share best practices in the joint environment. There was much for both parties to learn.

The crew from Det. 6 returned to Iwakuni to begin preparations for turnover with the next detachment's personnel. With the aircraft safely in the capable hands of the detachment's maintenance professionals, the pilots and aircrew took one last opportunity to enhance their skill-sets and attended a special-tailored Survival Evasion Resistance Escape (SERE) course of instruction from expert Air Force SERE instructors.

Without the help of the detachment's maintenance professionals, none of these amazing accomplishments could have been achieved. Their work while embarked and shore based, ensured mission effectiveness and contributed to expanding the role of the Armed Helicopter in Expeditionary Strike Groups.



**Home Sweet Home:** Family and friends greet Sailors from Helicopter Sea Combat Squadron 25 Det. 6 during a reception at an airplane hangar on Andersen Air Force Base June 21. More than 30 Sailors from the command were welcomed home following a six-month deployment. Photos courtesy of Helicopter Sea Combat Squadron 25





**This is How We Do It:** A Helicopter Sea Combat Squadron 25 MH-60S Knighthawk helicopter descends during a search-and-rescue demonstration at the U.S. Coast Guard Mission Day on U.S. Naval Base Guam June 20. U.S. Navy photo by Shaina Marie Santos/Released



**Observation:** Visitors of the U.S. Coast Guard Cutter (USCGC) Sequoia (WLB-215) watch a small boat tactical demonstration during U.S. Coast Guard Mission Day June 20. U.S. Navy photo by Shaina Marie Santos/Released



**Spectators' View:** Attendees watch a Helicopter Sea Combat Squadron 25 search and rescue demonstration during U.S. Coast Guard Mission Day on U.S. Naval Base Guam June 20. U.S. Navy photo by Shaina Marie Santos/Released



**Up, Up and Away:** A Helicopter Sea Combat Squadron 25 MH-60S Knighthawk helicopter hoists a diver and a small boat during a search-and-rescue demonstration at U.S. Coast Guard Mission Day on U.S. Naval Base Guam June 20. U.S. Navy photo by Shaina Marie Santos/Released

# Mission Day Coast Guard



**Show of Talent:** A U.S. Coast Guard Response Boat-Medium (RB-M) makes a sharp turn during U.S. Coast Guard Mission Day on U.S. Naval Base Guam June 20. U.S. Navy photo by Shaina Marie Santos/Released



and rescued dummy  
20. The purpose of  
eased



**Mission Accomplished:** A Helicopter Sea Combat Squadron 25 MH-60S Knighthawk helicopter hoists a diver and rescued dummy during a search-and-rescue demonstration at U.S. Coast Guard Mission Day on U.S. Naval Base Guam June 20. U.S. Navy photo by Shaina Marie Santos/Released

# Highlights Capabilities

By Shaina Marie Santos  
Joint Region Edge Staff

Military, government and local organization representatives witnessed live, real-time mission demonstrations aboard the U.S. Coast Guard Cutter (USCGC) Sequoia (WLB 215) on U.S. Naval Base Guam for Mission Day June 20.

USCG Sector Guam Commanding Officer Capt. Casey White said the purpose of Mission Day was to highlight the capabilities and duties of the Coast Guard as well as its partners such as the Navy.

"We depend on our partnerships," White said. "This is a great opportunity where we can showcase to both our partners and the greater community the services that we provide and how we enjoy being a part of the community. Our number one goal is to make the waters safe and secure for the community of Guam."

Through the various event demonstrations, which included a small boat tactics demonstration and a Helicopter Sea Combat Squadron (HSC) 25 search and rescue swimmer deployment, guests learned the Coast Guard's main functions.

"Today's activities display what the Coast Guard does and is vitally important to the safety to our region and importance to our nation," said Lt. Governor of Guam Ray Tenorio. "It's also important to our residents, our

fishermen; sometimes calamities strike and sometimes we have problems, which we need rescue, we need search."

The Coast Guard leads search and rescue missions on Guam, but partners with other organizations, such as the Navy, for support.

"The Coast Guard has demonstrated not just help here with the infrastructure of the island, but they are more than capable working with all the other counterparts whether Navy or Air Force to make sure our residents and people that come to Guam have a high sense of security," Tenorio said.

Executive Petty Officer Boatswain's Mate 1st Class Joshua Grable, of USCG Station Apra Harbor, said Mission Day afforded visitors the opportunity to grasp a better understanding of the Coast Guard's responsibilities.

"A lot of people are either misinformed or not really clear of what we're doing out here," he said. "There's actually a very in depth training process that we have to go through on a regular basis, making sure that my [crew] perform properly and follow the steps."

USCGC Sequoia is a 225 foot-long ocean-going buoy tender homeported in Apra Harbor, U.S. Naval Base Guam. The vessel is manned by eight officers and 56 enlisted service members. Its primary missions include Aids to Navigation, marine environmental response, search and rescue and Exclusive Economic Zone (EEZ) enforcement.



**Threat Response:** A small boat tactical demonstration shows how the Coast Guard responds to a threat during U.S. Coast Guard Mission Day on U.S. Naval Base Guam June 20. U.S. Navy photo by Shaina Marie Santos/Released



**Photo Opportunity:** Visitors of the U.S. Coast Guard Cutter (USCGC) Sequoia (WLB 215) take photos during U.S. Coast Guard Mission Day on U.S. Naval Base Guam June 20. U.S. Navy photo by Shaina Marie Santos/Released

U.S.

“ A quick reminder from the news and seeing or hearing about oppression of religion, culture and ethnic backgrounds can remind us that freedom is something that some of the world does not enjoy. ”  
 - Jeffrey Meyer, 36th Wing Historian

# INDEPENDENCE DAY CELEBRATES AMERICAN VALUES

By Shaina Marie Santos  
 Joint Region Edge Staff

July 4 is a well-known and largely celebrated United States holiday rooted in pure American values. According to 36th Wing Historian Jeffrey Meyer, the holiday is celebrated to remember the anniversary of the 13 original colonies breaking free from a difficult and unfair British rule.

“We felt like we weren’t being treated fair and England being so far away, we didn’t like the monarchy-type government,” he said. “England was located 3,000 miles, four to six weeks

[away,] sailing time ... Taxes...those things all built up, but I think in reality, [the colonies] just wanted to get away from that, start their own government.”

Meyer said that though the Fourth of July is the most traveled holiday and boasts extravagant celebrations, many Americans have forgotten its true roots.

“As Americans, we can get complacent about the freedoms we enjoy today,” he said. “It’s not the same heart and mind anymore. People are forgetting that we had to fight hard for our independence.”

He suggests that more people read the history and participate in events that commemorate the United States’ hard-

fought independence.

“It’s good to not just remember, but to actually participate in the celebration ... and not forget the 236 years of independence we enjoy today,” he said. “A quick reminder from the news and seeing or hearing about oppression of religion, culture and ethnic backgrounds can remind us that freedom is something that some of the world does not enjoy.”

Meyer said that the fight for independence is ongoing, with American troops fighting for freedoms around the world.

“The signing of the Declaration of Independence wasn’t the end all to end all, but the start of seven more years of

intense fighting and sacrifices to be endured,” he said. “This is the same freedom our Airmen, Sailors and Soldiers are still fighting for today.”

U.S. Naval Base Guam Naval Security Forces Master-at-Arms 2nd Class Chris Helmer echoed Meyer’s sentiments and added that while celebrating the Fourth of July, it is especially to remember what the fight is for.

“Especially being overseas, we’re still defending our freedom and making sure that all the civilians back home continue to have that freedom,” he said. “[Service members] ...keep that in mind when they’re out doing their job and it helps them to keep focused on what they’re fighting for.”



## Fourth of July Base Events

### Andersen Air Force Base Freedom Fest 2012

Start your Fourth of July with fun and games for the entire family at the annual Freedom Fest at Arc Light Park. The fun begins at 4 p.m. July 3 and ends at 7 p.m. Enjoy a variety of food and beverages along with entertainment by Airiel Down. There will be lots of games and activities for the entire family. For more information, call 366-2339.

### U.S. Naval Base Guam Freedom Festival 2012

Enjoy a fun-filled day this Fourth of July at the Freedom Festival from 10 a.m.-4 p.m. on U.S. Naval Base Guam. The festival will be held at the Blue Jacket Field, Community Field, Charles King Fitness Center pool and the adjacent fields and grounds to the Blue Jacket Field. Festival is open to all with an ID card and is free. For more information, call 688-7038.

**Proud to be an American:** A young boy holds an American flag in honor of Memorial Day at the War in the Pacific National Historical Park Asan Beach Unit May 26. The Fourth of July is another holiday where Americans display patriotism. U.S. Navy photo by Shaina Marie Santos/Released

# Cook with kids for summer fun

By Shaina Marie Santos  
Joint Region Edge Staff

**Even Slices:** Tanya Walter works with her kids in the kitchen of a home in Santa Rita June 21. Cooking is one way to bond with your children over the summer break. U.S. Navy photo by Shaina Marie Santos/Released

With school out for summer and parents looking for a means to entertain, engage and enrich their children's minds, cooking can prove a valuable activity.

Navy Morale, Welfare and Recreation (MWR) Guam Food and Beverage Director Robert Walter said cooking with children can prove a positive influence on their lives.

"Childhood memories are very important and are what help mold children into adults so positive influences are critical," he said.

Walter added that cooking together also helps to strengthen family ties.

"I love to see it when parents find something their children shows an interest and encourages them," he said. "I enjoy it when my son or daughter wants to work with me in the kitchen and I believe this is how family traditions are handed down for generation to generation."

Walter offered the 'Be Our Guest Berry Salad' recipe for parents to make with their children, a recipe he taught during youth culinary classes hosted by MWR.

Over the summer months, Walter plans to host a culinary youth camp offering kids a fun, safe atmosphere

to learn how to prepare simple recipes. The youth camp is similar to the Culinary Boot Camps he hosts throughout the year.

"When I do the culinary youth camps, I try to find recipes that are age and skill level appropriate," he said. "There are plenty of good recipes that kids can learn that are easy and good without involving safety concerns."

## Be Our Guest Berry Salad Recipe

### Ingredients:

**One-fourth cup of orange juice**  
**One tablespoon of salad oil**  
**Two teaspoons of honey mustard**  
**One teaspoon of sugar**  
**One-fourth teaspoon of salt**  
**Four cups of lettuce**  
**One and one-half cups of fresh berries**  
**Two tablespoons of fish crackers**  
**Mandarin oranges**

### Utensils:

**Measuring cups**  
**Measuring spoons**  
**Screw top jar with lid**  
**Medium bowl**  
**Tongs**

To make the dressing for the salad, put the orange juice, oil, mustard, sugar and salt in a screw-top jar. Tightly cover with the lid and shake until combined.

Tear the lettuce in a medium bowl and drizzle with the dressing. Using tongs, gently toss the greens to coat with the dressing. Divide the lettuce among salad plates.

Mix berries with the lettuce, sprinkle with the crackers and serve immediately.

"Experiment with new techniques or ingredients to make traditional dishes healthier and pass down traditions that will make the next generation healthier than the one before," Walter said.



**Food Safety:** A young girl washes her hands before cooking at her home in Santa Rita June 21. It is important to reinforce sanitation practices in children when cooking. U.S. Navy photo by Shaina Marie Santos/Released

**Fresh Out of the Oven:** Tanya Walter pulls a tray from the oven at her home in Santa Rita June 21. U.S. Navy photo by Shaina Marie Santos/Released

## Chapel Schedule

### U.S. 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 a.m.

Sacrament of Reconciliation:  
Saturday, 5 p.m.

Protestant Worship Service

Sunday Service: Traditional and  
Contemporary Service:  
10:30 a.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.

Women's Bible Study: Every  
second and fourth Saturday of  
the month at 8:30 a.m. at the  
Fellowship Hall, Building 61

### 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.

Military Council of Catholic  
Women: Second and fourth  
Tuesday 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: Chapel 1,  
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

By Capt. Dennis DeGuzman  
36th Wing Chaplain

When I think of summer, the fun memories of Vacation Bible School (VBS) in my childhood return to me. I still remember the excitement of VBS as it became the anchor of my faith and I had so much fun that always went back. My home church was small and did not have enough space for religious education so all the children gathered in the sanctuary to worship and to sing. When we had classes the teachers divided the pews by grades. Since there were no desks, we did everything on the pews including crafts and snacks and though it was hot and crowded, I never felt it was uncomfortable or boring.

# Vacation Bible School teaches faith formation

Whenever I wondered about my Christian religion and my personal faith, the childhood memories of church have given me the reasons and meanings of my faith. These memories have brought me back to faith in God and to church again and again. That's why I became a pastor and a military chaplain. I want our children to have the same exciting memories about the

church that I had. I want them to experience being loved and cared for unconditionally. I want them to know that the Christian faith and life is exciting and fun, rather than boring and dutiful.

I still remember some of my teachers and some songs we sang every summer. At that time, I didn't learn anything serious about being a Christian. Coming to church and having fun were reasons enough to be a little Christian. But as I got

older I realized that being a Christian is not always fun. It can be, and sometimes should be, very serious and challenging.

For many congregations, the annual VBS week, or two, is the most positive, intentional and effective interface they will have with the communities in which they find themselves.

Neighbors whom we do not see on a regular basis seem happy to enroll their children in our VBS program. They will also volunteer to bring cookies, perhaps serve as teachers' helpers and gladly attend the closing festivities. This is a fine opportunity for us to make the best use of our welcoming and hospitality skills. In one of its truest forms, VBS ministry is God's great commission lived out among us and through us. What a privilege!



# Runners race across Guam in Sea-to-Sea Relay, Ultra Run

*From U.S. Coast Guard Sector Guam*

The U.S. Coast Guard Running Club sponsored the first annual Sea-to-Sea Relay and 50-Mile Ultra Run June 16.

Eight runners in 13 teams battled across 50 miles of picturesque trails and sandy beaches under a rising sun to the pools of Inarajan Bay. Participants in the Ultra Runners category started their journey at 11 p.m. June 15 at the Guam National Wildlife Refuge (GNWR) at Ritidian Point and ran throughout the night.

The race offered runners and ultra-distance competitors the unique opportunity to run trails from the World War II era.

Race director Charlie Epperson said event featured a unique opportunity for runners to take in the island's beauty.

"The support of Naval Base Guam and the Guam National Wildlife Refuge made this race possible," he said. "It was our goal to offer runners an opportunity to see the beauty of our island by taking a route rarely traveled."

In the Ultra Run, Rodney Bordallo set a torrid pace that often found his race crew chasing him to the next transition point. Bordallo, a seasoned ultra competitor, was familiar with what it takes to run 50 miles since he completed the Perimeter Relay route solo in April. He earned the title of Sea-to-Sea Ultra Run Champion by crossing the finish line in eight hours and 35 minutes, but more importantly he earned the coveted belt buckle; a tradition in the ultra-run community.

In the women's race, three competitors started alongside Bordallo. Tina Tainatongo edged Bernadette Schlueter by one minute after 50 miles of running. Temperatures rose to over 90 degrees in the last 10 miles in the women's race and they depended heavily on their support crews and each other to press on.

In the Relay race category, Chasing Booty II and EOD quickly distanced themselves from the field. Chasing Booty II was hot off setting a new Perimeter Relay record. Chasing Booty II and EOD both added new talent from their last meeting. In the end, Chasing Booty II was able to hold off a late surge and took the crown at the first annual Sea-to-Sea Relay in five hours and 38 minutes.

According to Epperson the outpouring of volunteers that were necessary to put on an event of this magnitude contributed greatly to its success.

"Without the assistance of our volunteers, it would be near impossible to coordinate an event that covers 50 miles across the island," he said. "From the GNWR rangers that opened the park after hours to allow them a serene setting to start the race to the bicycling safety riders that accompanied runners throughout the course- we were lucky to have dedicated volunteers that supported our goals and this race today."

Teams and runners graciously contributed to the goal of raising funds for a local sporting charity. The Sea-to-Sea Relay was able to provide the Guam Track and Field Association \$1,500 to support a local runner's bid to become a London 2012 Olympian.



**All Worth it in the End:** Sea-to-Sea Ultra Run competitors pose for a photos with volunteers after the Sea-to-Sea Relay and Ultra run in Inarajan June 16. More than 10 teams participated in the first annual race that trekked over some of the more beautiful sights around the island. Photo courtesy of the U.S. Coast Guard Sector Guam



**Running Awards:** Sea-to-Sea Ultra Run competitors Ricardo Bordallo, left, Bernadette Schlueter, center, and Tina Tainatongo display their awards after the Sea-to-Sea Relay and Ultra run in Inarajan June 16. Photo courtesy of the U.S. Coast Guard Sector Guam



**Say 'Cheese':** Team Ups and Downs members and their families gather for a group shot following the Sea-to-Sea Relay and Ultra run in Inarajan June 16. Photo courtesy of the U.S. Coast Guard Sector Guam