LIBERTY THROUGH UNITY

JOINT REGION EDGE

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New Leadership: Vice Adm. Bill French gives his remarks at the Commander, Navy Installations Command (CNIC) change of command ceremony while Chief of Naval Operations (CNO) Adm. Jonathan Greenert, left, and Vice Adm. Michael Vitale listen. French relieved Vitale during the event. CNIC is a global enterprise tasked with managing the Navy's entire shore infrastructure and oversees a $12 billion budget, more than 83,000 facilities, and 58,000 personnel. U.S. Navy photo by Mass Communication Specialist 1st Class Monique Hilley/Released

Vice Adm. French assumes command of CNIC

By Patrick Foughty
Commander, Navy Installations Command Public Affairs

Commander, Navy Installations Command (CNIC) held a change of command ceremony at the Washington Navy Yard Feb. 3. Vice Adm. William D. French relieved Vice Adm. Michael C. Vitale. Vitale has served as the chief officer leading the Navy's entire shore infrastructure for nearly three years and was the third commander in the history of CNIC. This infrastructure, also known as the CNIC enterprise; includes 11 Navy regions, 70 installations, and 127 Naval Operations Support Centers, and is responsible for 31 business lines and 122 critical shore capabilities across three major categories; operations, quality of life, and facilities management.

Throughout his tenure Vitale led efforts to standardize, align, synchronize and innovate new methods and processes that furthered CNIC's mission to deliver effective and efficient readiness from the shore that sustains the fleet, enables the fighter, and supports families.

Vitale praised the numerous accomplishments of the personnel under his command and of the entire CNIC Enterprise; from molding the Navy Family Accountability and Assessment System (NFAAS) into the model Personnel Accountability System used across the services, to the development of

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Cope North 2012 kicks off at Andersen AFB

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

More than 1,000 military members from units spanning the pacific are scheduled to begin arriving this week for exercise Cope North 2012. The trilateral exercise, which will run Feb. 11-24, is a multinational exercise designed to enhance air operations between the U.S. Air Force, Japan Air Self Defense Force (JASDF) and the Royal Australian Air Force (RAAF).

During Cope North, participating forces will demonstrate the ability to effectively deploy forces and train together to improve aircrew abilities to employ tactical air power as a multinational force. Andersen Air Force Base (AFB) has hosted the Cope North exercise for 10 years as a bilateral training event between the JASDF and U.S. Air Force. Cope North 2012 will be the first time the RAAF have participated in this exercise, further demonstrating the regional allies' resolve to promote security and cooperation in this area of responsibility.

"The relationships built and sustained with our multinational partners in the Asia-Pacific region through exercises, civil-military operations and military exchanges help tremendously in preserving peace and stability in the

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Service members lend a hand

for Habitat for Humanity

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Andersen Clinic BEST in Air Force

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Joint Region Edge

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Navy establishes MESG-1 Det. Guam

Suchyta bids farewell

By JoAnna Delfin
Joint Region Edge Staff

Maritime Expeditionary Security Squadron (MSRON) 7 was officially disestablished and Maritime Expeditionary Security Group (MESG) 1 Det. Guam was established during a ceremony on U.S. Naval Base Guam Feb. 3.

The disestablishment of the command is part of a directive from the vice chief of naval operations. As part of the plan, MSRON-7 disestablished and restructured as MESG-1 Det. Guam, which will continue to provide embarked security teams in support of Pacific Fleet operations.

Rear. Adm. Michael Tillotson, commander of Navy Expeditionary Combat Command, was the event's guest speaker and described the disestablishment of the command as an evolution in naval forces.

"You have to be able to adapt," he said. "I think when you look at the climate that we're in as far as our government in transition, transitions primarily because of the budgets that we're dealing with is, we have to be innovative. This force has been innovative and it's definitely great to be here."

Capt. Eric Moss, MESG-1 commanding officer, commended MSRON-7 Sailors for their hard work and dedication and encouraged them to continue their efforts fulfilling their mission.

"You should be proud of the record you've helped etch for MSRON-7 that today closes out in our Navy's history books but then restarts as a new chapter in maritime security with a force reduced by the numbers but not by the talent of the Sailors who will now carry on as MESG-1 Det. Guam," he said.

More than 150 Sailors from MSRON-7 will continue their tour under MESG-1 Det. Guam.

During the ceremony, MSRON-7 Commanding Officer Cmdr. David Suchyta officially disestablished the command as colors and his pennant were lowered from the flagpole and MESG-1 Det. Guam's commodore's pennant was raised.

"It's a very bittersweet moment," he said. "I've been here on Guam for three years and I will take a lot of great memories with me."

Tillotson presented Suchyta with the Navy Meritorious Service Award for his service as MSRON-7's commanding officer. Under Suchyta's lead, MSRON-7 protected 10 special mission ships operating in the East and South China Seas, four logistic ships in the Indian Ocean and Arabian Gulf, 26 aircrafts visiting high-threat airfields, and securely guided high-ranking passengers during special missions. Additionally, the command was awarded the 2009 Sister Village Award for executing a community service program that assisted its sister village of Sinajana.

"To my Sailors, I am proud, I am very proud to count myself among the professionals who have served at MSRON 7," Suchyta said. "You never let me down. On short notice you've demonstrated you can pack up, go to a foreign land, sustain yourselves and accomplish the mission. You've embraced the necessary thoughtful planning, realistic training and steady discipline."

MSRON-7 Executive Officer Cmdr. Michael O'Driscoll was assigned as the officer in charge of MESG-1 Det. Guam.

"I feel honored to be asked to be the officer in charge of Det. Guam," O'Driscoll said. "The importance of Guam and what the Sailors here do is why there's so much of a fight to keep us here," he said.

Meritorious Award: Rear Adm. Michael Tillotson, commander of Navy Expeditionary Combat Command, center, pins the Navy Meritorious award onto Maritime Expeditionary Security Squadron 7 (MSRON-7) Commanding Officer Cmdr. David Suchyta, during the command's disestablishment ceremony on U.S. Naval Base Guam Feb. 3. As part of a directive from the vice chief of naval operations, MSRON-7 was ordered to disestablish and restructure as MESG-1 Det. Guam to provide embarked security teams in support of Pacific Fleet operations. U.S. Navy photo by JoAnna Delfin/Released

COMMUNITY Corner

NEWS NOTES

Job Announcements
View 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.

Women's Education, Women's Empowerment
The 6th Annual Women Veterans' Conference will be held March 2 at the Outrigger Guam Resort and Spa. The event will feature speakers and workshops tailored for female veterans and their families, a fashion show and opportunities to network and learn more about community resources available to female veterans. Registration is $25 per person. For more information, contact 472-0219 or janette.sudo@westcare.com

Laugh your Way into a Better Marriage
Sign up for an enjoyable and effective 8-week 'Laugh Your Way to a Better Marriage' seminar beginning Feb. 10 and every Friday after at 6 p.m. in The Lighthouse on Andersen Air Force Base. Please contact Master Sgt. Jason Box at 366-5642 or jason.box@us.af.mil to sign up for a memorable 'Laugh Your Way' experience.

SCHOOL BULLETIN

School bulletin aims to promote educational activities in the Navy and Air Force communities. Send your school bulletin to jointregionedge@fe.navy.mil or call 349-2115.

DoDEA Guam District Schools
March 27: No Classes

Bernard Curtis Brown II Memorial Space Camp Scholarship
Students who are military dependents of a military member on active duty, mobilized guard or reserves and are in sixth to ninth grade are eligible to apply for the scholarship. To apply, students must submit a hand-written essay explaining why he or she should be selected, evidence of patriotism, future goals, community service, and 'after-camp' intentions; two letters of recommendation and submit the application form found onwww.militarychild.org. Applications should be postmarked and mailed no later than March 10.

University of Phoenix
The University of Phoenix offers courses in Masters of Business Administration, Masters of Management, Masters of Management/Human Resources, and Master of Arts in Education. For more information, call 366-6226.

Central Texas College
Register now for the 8-week face-to-face course in LGLA 1355-Family Law. The class covers fundamental concepts of family law with emphasis on paralegal's role. Topics include formal and informal marriages, divorce annulment, marital property and the parent-childe relationship. Registration is from March 5-16 and classes will be from March 19-May13. For more information, call 366-3366 or e-mail guam.nv.pfec@ctcd.edu.

movies • movies • movies

The Big Screen Theater

FEB. 10 (FRIDAY)		
7 PM	ADVENTURES OF TINTIN THE SECRET OF THE UNICORN	PG
9:30 PM	THE SITTER	R
FEB. 11 (SATURDAY)		
1 PM	HUGO	PG
3:30 PM	MISSION IMPOSSIBLE: GHOST PROTOCOL	PG-13
7 PM	NEW YEAR'S EVE	R
FEB. 12 (SUNDAY)		
1 PM	ALVIN AND THE CHIPMUNKS: CHIPWRECKED	G
3:30 PM	THE MUPPETS	PG
7 PM	SHERLOCK HOLMES: A GAME OF SHADOWS	PG-13

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater

FEB. 10 (FRIDAY)		
7 PM	THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN	G
FEB. 11 (SATURDAY)		
2 PM	THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN	G
7 PM	MISSION IMPOSSIBLE: GHOST PROTOCOL	PG-13
FEB. 12 (SUNDAY)		
7 PM	MISSION IMPOSSIBLE: GHOST PROTOCOL	PG-13

Movie Hotline 366-1523 Andersen Air Force Base

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

MWR HAPPENINGS
U.S. Naval Base Guam

Valentine's Day Dinner
Enjoy a romantic Valentine's Day dinner at Top O' Mar Feb. 14 from 6-8 p.m. Dinner is $80 per couple. Reservations should be made no later than Feb. 10. For more information or to make reservations, call 472-4602.

36th FSS HAPPENINGS
Andersen Air Force Base

Free Outdoor Movie Night
Enjoy the movie "Dolphin Tale" at Arc Light Park Feb. 11 at 7:30 p.m. The movie will be shown weather permitting. For more information, call 366-2339.

SPORTS SHORTS
U.S. Naval Base Guam

Love Your Heart 5K
The Love Your Heart 5K will be held Feb. 10 at Sumay Cove. Show time is 5:30 p.m. and Go time is 6 p.m. Pre-register by Feb. 9 at the Charles King Fitness Center or at the event. For more information, call 685-5267.

Andersen Air Force Base

Valentines 5K Run
Coral Reef Fitness Center will host a Valentine's 5K Feb. 14 starting at the Palm Tree Golf Course Driving Range parking lot. Show time is 6 a.m., with the run starting at 6:30 a.m. Pre-registration is not required. Call 366-6100 for more information.

Andersen's Best: Staff Sgt. Joby Mathews

By Senior Airman Carlin Leslie
36th Wing Public Affairs

Staff Sgt. Joby Mathews, 36th Mobility Response Squadron (MRS) engineering specialist, was awarded Team Andersen's Best on Andersen Air Force Base Jan. 26.

Sgt. Mathews is a remarkable Airman whose expertise has an impact on worldwide humanitarian relief efforts launched from Andersen.

"Since arriving at the 36th MRS last year, Sgt. Mathews' unparalleled work ethic, never-ending search for increased knowledge and responsibility and broad range of experience from past deployments and missions has provided the squadron with an invaluable asset," said Tech. Sgt. Gary Schoenhals Jr., noncommissioned officer in charge of airfield assessments. "We are extremely proud to have the privilege of having Sergeant Mathews as a member of the 36th Contingency Response Group and the engineering specialist career field."

Following Sergeant Mathews' runway pavement evaluation at an undisclosed location, the airfield's capability to sustain airflow missions in support of humanitarian assistance and disaster response operations was successfully certified, increasing safety and security in the region.

He has led an impeccable safety program for the 36th MRS. His program has paid enormous dividends in guaranteeing safety during drop/landing zone operations.

Andersen's Best is a recognition program that 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.

Mobile Ready: Staff Sgt. Joby Mathews, 36th Mobility Response Squadron engineering specialist, was awarded Team Andersen's Best on Andersen Air Force Base Jan. 26. Andersen's Best is a recognition program that highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the selected Airman/civilian is presented an award by the wing commander. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

36th MDG clinic named best in Air Force

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

Cheers echoed throughout the sprawling entryway of the 36th Medical Group (MDG) on Andersen Air Force Base as Brig. Gen. John Doucette, 36th Wing commander, announced the medic's latest conquest as the 2011 Air Force Clinic of the Year.

Having won the Pacific Command title four years running, the coveted Air Force-level award had remained elusive until now. According to Doucette, it was only a matter of time before the team's hard work and dedication came to fruition.

"Every time I drive by this clinic I look at the building and think to myself what an incredible opportunity you have to work, and provide service in this type of facility," he said. "The closer I get, the more apparent the sign listing all of your many accomplishments becomes; you have proven your merit again and again."

The compliance inspection in May, the triennial Health Services Inspection in September, and the countless exercises in between left no doubt as to the ability of 36th MDG members to thrive under pressure in 2011.

"The success of this past year can only be attributed to everyone's amazing ability to maintain a positive attitude and work together as a team," said Lt. Col. Stephanie Schaefer, 36th MDG deputy commander. "In order to achieve what we have, you must be a cohesive group, striving for one goal; in our case, the outstanding medical care of our customers."

As Pacific Air Force Commander Gen. Gary North offered his congratulatory remarks the reality of victory sunk in and Schaefer swelled with pride.

"This is awesome," she said. "It is a wonderful honor to be named Air Force Clinic of the Year and I know that each and every one of these Airmen worked hard to earn it."

General Doucette echoed the deputy commander's sentiments.

"In my entire career, I haven't known any clinic to earn major command top honors four years consecutively," he said. "Now, in light of this new victory, you have proven to the entire Air Force that you truly are the best of the best."

Proud Airmen: The 36th Medical Group was announced the 2011 Air Force Clinic of the Year. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

Shipshape weight management class begins Feb. 23

By Luis Martinez
U.S. Naval Hospital Guam

Do you want to enjoy the benefits of losing weight and keeping it off? Then consider joining Shipshape, the Navy's official weight loss program.

Shipshape is an eight-week course offered by U.S. Naval Hospital Guam. It is open to all TRICARE beneficiaries and takes a what really works approach to weight loss and weight maintenance. Classes start Feb. 23 from 3-4:15 p.m. in the galley of the hospital. Follow-on classes will be held every Thursday until April 12.

As weight increases to reach the levels referred to as overweight and obesity, the risks for the following conditions also increase: coronary heart disease; type 2 diabetes; cancers, such as endometrial, breast, and colon; hypertension or high blood pressure; dyslipidemia, high total cholesterol and/or high levels of triglycerides; stroke; liver and gallbladder diseases; sleep apnea and respiratory problems; osteoarthritis, a degeneration of cartilage and its underlying bone within a joint; and gynecological disorders, such as abnormal menses and infertility.

Losing extra pounds can therefore be an important measure in preventing these illnesses. It can also improve our appearance and fitness and, by extension, our enjoyment of life.

Shipshape starts by explaining how to establish a realistic goal weight, then teaches guidelines for healthy eating and reasonable exercise practices to help you reach that goal. The program also examines the social and emotional issues, which can affect weight and guides participants in developing plans to overcome personal obstacles to the implementation of the healthy eating and safe exercise practices taught during the classes.

Program support in the form of handouts and online resources are provided during the course. As research has shown that a quick fix approach rarely results in permanent weight loss, Shipshape stresses the importance of avoiding the short-term diet mindset and emphasizes making permanent lifestyle changes to drop excess weight and keep it off.

With your dedication and work, Shipshape can be your partner in success for reaching and keeping your desired weight. If you are ready to make real changes, call 344-9124 to get on board.

*Editor's Note: In recognition of African-American History Month a prominent African-American figure will be featured weekly in the Joint Region Edge. This article is the second in a four-part series.

Condoleeza Rice
66TH SECRETARY OF STATE

Abridged biography from Biography.com

Condoleezza Rice was born Nov. 14, 1954, in Birmingham, Ala. She grew up surrounded by racism in the segregated south but went on to become the first woman and first African-American to be a Stanford University provost, a post she held for six years.

She earned her bachelor's degree in political science from the University of Denver in 1974; her master's from the University of Notre Dame in 1975; and her Ph.D. from the Graduate School of International Studies at the University of Denver in 1981. She joined Stanford University as a political science professor in 1981. In 1993, she was the first woman and first African-American to become a Stanford provost.

In the mid-1980s, Rice spent a period in Washington D.C. as an international affairs fellow attached to the Joint Chiefs of Staff. In 1989, she became director of Soviet and East European affairs with the National Security Council and special assistant to George Bush during the dissolution of the Soviet Union and German reunification. In 1997, she served on the Federal Advisory Committee on Gender-Integrated Training in the Military. She was appointed National Security Adviser by George W. Bush in 2001, and became Secretary of State in 2004 after Colin Powell's resignation and served as the 66th Secretary of State of the United States from January 2005-2009.

As Secretary of State, Rice has dedicated her department to transformational diplomacy with a mission of building and sustaining democratic, well-governed states around the world and the Middle East in particular. To that end, she has relocated American diplomats to such hardship locations as Iraq, Afghanistan and Angola and required them to become fluent in two foreign languages. She also created a high-level position to defragment U.S. foreign aid.

Island students tour Naval Base Guam

By Mass Communication Specialist 3rd Class Corey Hensley
U.S. Naval Base Guam Public Affairs

'Whoa Boy': Master-at-Arms 2nd Class Shiela McLean, of U.S. Naval Base Guam (NBG) Security, commands police dog Mickey to attack Master-at-Arms Seaman Stephon Sanders during a demonstration for students from Harry S. Truman Head Start Center on U.S. Naval Base Guam Jan. 31. The purpose of the visit was to give students the opportunity witness how the police dogs are implemented in base security. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

Students from Harry S. Truman Elementary School's Head Start Center program visited U.S. Naval Base Guam's Security Department and Fire Station 1 Jan. 31.

The purpose of the visit was to show students from the program how police dogs are used in base security and to teach them about fire safety.

"The kids are learning about community partners," said Trisha Rosalin, a parent volunteer at the school's Head Start Center who helped organize this event. "This teaches them about community and that there are people out there who actually help each other."

The tour started at security's training facility. As students exited the bus, they were greeted by

Master-at-Arms 2nd Class Shiela McLean. After talking about the things they do, McLean introduced Master-at-Arms 3rd Class Christopher Coolahan, who along with his dog Pluto demonstrated several tactics.

"We showed them a little bit about what the dogs do, about what we do, some of the precautions that you take if you ever come around a military working dog and a few of the tricks that these dogs learn," Coolahan said.

According to Coolahan, all of their dogs are taught basic commands such as the down command and how to sit and heel, which he explained as having the dogs seated at their handler's side. Some dogs, like Pluto, are even taught to crawl.

As part of their training the handlers run their dogs through a confidence course, which consists of series of physical challenges. Students watched from behind a high fence as Coolahan ran Pluto through the course, which included a tunnel, large stairs and hurdles.

"It was my first or second time interacting with elementary school kids, which was kind of difficult," said Coolahan. "But they definitely seemed excited."

After the demonstration at base security, the students visited the fire station. When they arrived, they were greeted by several firefighters. One even gave the students high-fives as they got off the bus.

Students learned several important lessons about fire safety, such as the Stop Drop and Roll method and what number to call in case of an emergency.

They got to watch firefighters dress up in their firefighting gear and even had the opportunity to sit inside the ambulance and fire truck.

Rosalin hoped the students enjoyed themselves while visiting the two facilities on NBG.

"With the ambulance, the truck and all the equipment, I feel that it has been a good learning experience for them," she said.

High-Five: Firefighter Joesph Cabrera, of U.S. Naval Base Guam Fire and Emergency Services, greets children from Harry S. Truman Head Start Center with a high-five as they begin a tour of U.S. Naval Base Guam's Fire Station Jan 31. The purpose of the visit was to give students the opportunity see the equipment firefighters use and learn a little about fire safety. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

ENERGY edge

Lower temperatures save water

> "Even reducing the setting by 10 degrees will save more than six percent in water-heating energy."
> ***— Kevin Evans***
> ***JRM Energy Manager***

By Kevin D. Evans
Joint Region Marianas Energy Manager

Did you know if you reduce the temperature setting of your water heater from 140 degrees to 120 degrees F, you could save over 18 percent of the energy used at the higher setting? Even reducing the setting by 10 degrees will save more than six percent in water-heating energy. How about that a dripping faucet can waste up to 20 gallons of water a day? Or that a leaking toilet can waste up to 200 gallons of water a day?

In the kitchen, approximately 80 percent of the energy consumed by a dishwasher is used to heat water; a typical dishwasher uses 14 gallons of hot water per load. If every American home installed low-flow faucet aerators, 250 million gallons of water would be saved every day.

For more of these great 'did you know' tips and for more advice, please check out the Navy's energy Web site at https://navyenergy.navfac.navy.mil/awareness/tools/tools_7.html. You can print them out or e-mail them and intrigue your co-workers and friends. Let's all make 2012 the year to raise energy and water conservation awareness.

Andersen holds chief recognition ceremony

Proud Chiefs: Andersen personnel congratulated Chief Master Sgt. select Airmen during the chief's recognition ceremony at the Sunrise Conference Center on Andersen Air Force Base Jan. 27. The chief's recognition ceremony is an annual event to recognize and congratulate Airmen on attaining the rank of Chief Master Sgt. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

Safety adherence prevents loss of life

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

For more than 200 years, American service members have been making the ultimate sacrifice to ensure past, present and future generations enjoy the freedoms and ideals that drove few to stand up to many, and resulted in the birth of these United States.

With hands raised and eyes forward each Airman, Soldier, Sailor, Marine and Coast Guardsman pledges to support and defend the constitution knowing someday, they may be called to make the same sacrifice. It is because of this selfless commitment that the loss of a husband, wife, daughter or son in uniform cuts to the heart of the American people.

In order to prevent even one life from being lost unnecessarily, the 36th Wing has once again turned its attention to motorcycle safety.

"In year's prior, we saw an enormous spike in motorcycle related fatalities across the Department of Defense (DOD)," said Lt. Col. William Percival, 36th Wing Safety chief. "As a result, motorcycle safety is DOD priority number one. We've seen not only the Air Force, but the Marine Corps, the Navy and the Army take this very seriously with a host of preventative and informative programs."

On Guam, Airmen must fulfill certain requirements mandated by Air Force instruction and local law before being permitted to ride a motorcycle.

"As a motorcycle coordinator here, I inform and educate the base populace to promote safe practices and responsible use," said Staff Sgt. Michael Evans, 36th Wing Ground Safety manager. "I also ensure they know all the requirements, understand the official instruction and complete the necessary safety courses."

"Riders are also required to buy the designated personal protective equipment (PPE) and possess either a permit from the Guam Department of Motor Vehicles or a Guam driver's license," he continued. "Finally, individuals have to complete a risk assessment form that gets routed up their change of command."

Motorcycles differ from other motorized vehicles in appearance, style and ability attracting enthusiasts from virtually every demographic.

"As a motorcycle rider myself, I understand the draw of motorcycles," Percival said. "I understand the fun of going out and riding. Having said that, [it] is not a car; it can easily exceed your ability to control it."

Statics indicate that an individual involved in a motorcycle accident is much more likely to sustain a fatal injury than a person involved in a car accident.

"One of the reasons motorcycle accidents are so much more dangerous than car accidents is because, aside from your PPE, you have no protection," Evans said. "In addition to that, you not only have to endure the impact of your bike hitting the initial object, but a second impact when your body hits the ground."

To help prevent accidents, Andersen motorcyclists are expected to adhere to guidance, exercise good judgment and follow the rules of the road at all times.

"Riding is a lot of fun and the bikes you can buy today are phenomenal," Percival said. "But a motorcycle is a piece of equipment; you have to know and understand it. Not only do you have to think about safety, but also your skill level limitations. One fatality is one too many."

Andersen, GovGuam conduct joint exercise

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

Exercise evaluators looked on as the sound of sirens shattered the morning calm and the exercise casualty count climbed during an aircraft incident scenario on the flight line on Andersen Air Force Base Jan. 30.

The ability of Andersen Airmen to respond to an emergency, care for injured personnel and transport them to a secure location was put to the test when a simulated C-17 Globemaster III fell from the sky causing chaos and destruction for those on the ground.

Adding to the pressure, the exercise was the first in Andersen history to include off-base, and sister service elements and assets.

"We were looking for an opportunity to not only test the base response capabilities, but also incorporate some elements of the Government of Guam and (U.S.) Naval Base Guam," said Lt. Col. William Percival, 36th Wing Safety chief. "Based on those requirements, we created a mass casualty scenario simulating more than 100 people involved with 60 survivors."

The first priority for any first responder is to seek out signs of life and try to preserve it at any cost. With dozens of role players littering the scene, firefighters and medical personnel had to exercise vigilance and situational awareness to determine the best course of action.

"The objective in this particular exercise was to totally overtax both Andersen and Guam's systems, and I think we succeeded," Percival said. "I expected to see mass chaos first, and then observe how the response teams decided to mitigate that and save lives. They responded admirably."

The exercise was also unique because not only did Airmen carry out emergency response procedures, they also completed the initial steps for recovery and, for the first time, provided the necessary products to initiate a safety investigation board.

"Normally we initiate an investigation board, but we only go through the motions," Percival said. "In this case, we developed products that would be required for investigation and put them out through the base so investigators would have to go collect that evidence and know who to talk to and how to go about it."

"After collecting, preserving and recording evidence, the ISB or Interim Safety Board, presented their findings to the nominal Safety Investigation Board president 36th Wing Commander, Brig. Gen. John Doucette," he said. "They did an exceptional job and their overall professionalism was astounding."

With large-scale flying exercise Cope North 12-1 rapidly approaching, it is paramount emergency response personnel both on and off-base be able to react to an aircraft incident with speed and precision. Joint exercises enable Andersen and Government of Guam personnel to hone these vital skills and sharpen critical life-saving abilities.

"Coming together during this exercise helped us to further relationships with military personnel on Guam," said Guam Fire Department Lt. Edward Artero.

"It really opened our eyes to see the other layer of support that goes on behind the scenes while the fire chief and firefighters are on scene," he continued. "We were able to develop a better understanding of how our military counterparts operate and communicate during a crisis situation. It was a valuable experience and we took away a lot."

Mock Exercise: Participating Airmen and emergency response personnel respond to a simulated C-17 crash near the runway during a joint exercise on Andersen Air Force Base Jan. 30. The exercise was unique because not only did Airmen carry out emergency response procedures, they also completed the initial steps for recovery and, for the first time, provided the necessary products to initiate a safety investigation board. U.S. Air Force photo by Senior Airman Jeffrey Schultze/Released

Emory S. Land Machine Shop

On the Job: Machinery Repairman Fireman Dawana Doram, assigned to the submarine tender USS Emory S. Land (AS 39), manufactures a vent plug on a draw-in collet lathe Feb. 1. Emory S. Land is on an extended deployment in Guam to temporarily relieve sister tender USS Frank Cable (AS 40) as the primary afloat maintenance activity in the 7th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released

JRM ROC

enhances crisis action planning, emergency management

By Mass Communication Specialist 1st Class (SW) Peter Lewis
Joint Region Edge Staff

Personnel of the Joint Region Marianas' (JRM) Regional Operations Center (ROC) participated in a training event designed to increase the proficiency of team members in response to contingencies.

Instructors from Commander, Navy Installations Command (CNIC) Shore Training Center led the training Jan. 23-27.

"Each year, I am grateful that CNIC's Shore Training Center instructors are able to make their way to JRM to instruct our ROC battle watch personnel and assist with crisis action planning and emergency management operations," said Lt. David Blas, JRM current operations officer. "I find it important for all members to have the knowledge, skill and abilities to manage and support an effective ROC, as well as interact [with other] staff members, installations and other government agencies to better understand [their] roles during a crisis."

Topics presented to the team included threat assessment, detailed crisis planning, incident management, resource management, and decision-making. JRM received the first formal delivery of a new course designed for region commanders and the leadership team. The course titled Region Commanders C3/EM Ashore Course provided leaders an overview of crisis action planning and emergency management policy.

The training culminated in a day-long practical application exercise and used a pandemic influenza scenario.

CNIC: 'Best and brightest in Navy'

Continued from Page 1

new shore integration methods and a Total Workforce, capable of continuously supporting operations and services.

"The personnel here at the headquarters, and throughout the entire enterprise have faced growing numbers of issues and challenges," said Vitale, "I've had the pleasure of witnessing this Enterprise solve complex and dynamic problems, some self-imposed, some caused by outside forces, and forge a way ahead toward a model of shore integration that has forever changed how we do business and provide service the Fleet, fighter and family."

Vitale also thanked the many Navy communities throughout the world that support and allow the Navy to operate in close proximity to their homes and livelihoods, acknowledging the importance of maintaining close ties from the smallest Installation to the Headquarters level.

"It's the communities, both in the U.S. and abroad, that invite us to live and operate in their backyard, and it's the communities, both within the Navy and outside, that are the anchor of our ability to maintain and operate the best Naval force in the world, and I want to thank each one for their support, patience, and welcoming spirit," said Vitale.

French thanked Vitale for his wisdom and guidance and spoke briefly about his optimism and vision for the future of CNIC.

"During the last six years I have been with the CNIC enterprise I have learned that we have some of the best, brightest, and most talented professionals in the Navy," said French. "Under Vice Adm. Vitale's leadership the CNIC team has set the example for how an enterprise should function and have established immense credibility on how you are meeting customer needs. I'm honored to be taking command at this point in the history of the command."

French was promoted shortly before the event after having a successful tour at Navy Region Southwest in San Diego, Calif., where he accomplished major milestones toward energy and water conservation and numerous other green initiatives. French, the son of an Air Force officer and native of San Antonio, is a graduate of Vanderbilt University where he received commission through the Naval Reserve Officer Training Corps program in May, 1979. He earned a Master of Science degree from Naval Postgraduate School in 1985 and a Master of Arts from the Naval War College in 1999.

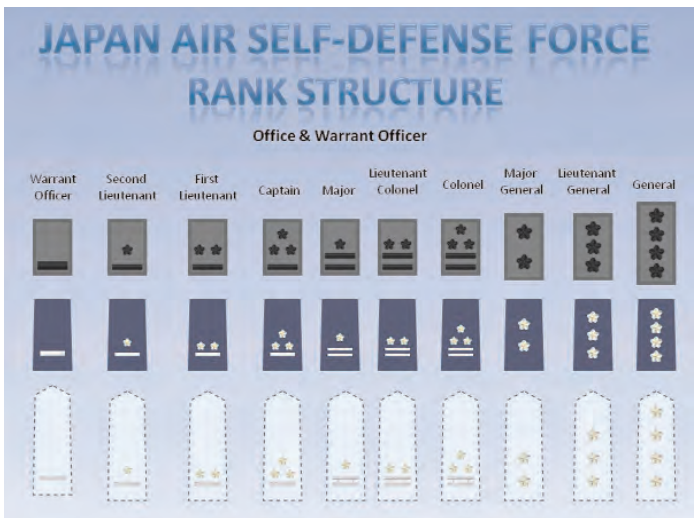
A career submarine officer, French has served on a number of submarines and commanded USS Salt Lake City (SSN 716) and Submarine Squadron 3 in Pearl Harbor. His prior flag officer commands include tours at Navy Region Northwest, Navy Region Marianas in Guam, and Navy Region Southwest.

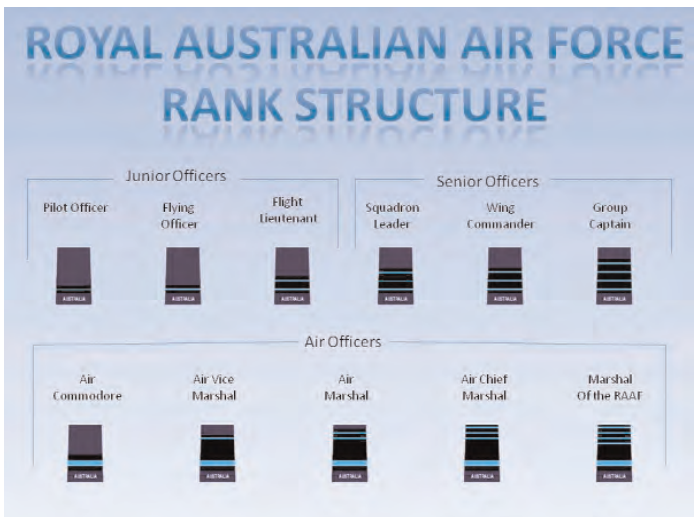
"I am proud to be part of such a superb organization, and look I forward to working with you over the next few years," French said.

CNIC oversees a $10 billion budget, more than 83,000 facilities and 58,000 personnel, all managed from a single unified enterprise.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.





EXERCISE: Multiple bases participating

Continued from Page 1

region, including humanitarian efforts and disaster response," said Maj John Greven, from the 13th AF Detachment 1, Yokota Air Base, Japan.

Greven is also the lead planner for Cope North 2012.

The field training exercise focuses on coordination and evaluation of air tactics, techniques and procedures between the three nations.

"Humanitarian assistance and disaster relief exercises, dissimilar air combat training, and strike mission training will be conducted during the first week of the exercise," Greven said. "Large force employment training will be the focus of the second week. Additionally, JASDF and USAF will conduct live surface attack tactics training on the Farrallon de Medinilla range in the Commonwealth of the Northern Marianas Islands."

For only the fourth time in Cope North history, dedicated opposing forces, or 'red air,' will be integrated in the exercise for training purposes.

"The aggressor aircraft will primarily be played by F-16 Fighting Falcons out of the 18th Aggressor Squadron from Eielson AFB, Alaska," Greven said. "The B-52 Stratofortresses out of the 23rd Bomb Squadron from Minot AFB will be one of the units that will participate as both blue air, or friendly forces, as well as being tasked to simulate opposing forces during some days of the exercise. "

Other U.S. forces participating in exercise Cope North 2012 include 13 AF Detachment 1, Yokota AB, Japan, and 353rd Combat Training Squadron from Eielson AFB, AK (Exercise Staff); 13th Fighter Squadron, 35th Fighter Wing, Misawa AB, Japan (F-16 Fighting Falcon); 36th Airlift Squadron, 374 Airlift Wing, Yokota AB, Japan (C-130 Hercules); 67 Fighter Squadron (F-15C Eagle), 909 Air Refueling Squadron (KC-135 Stratotanker), and 961st Airborne Air Control Squadron (E-3 Sentry), from 18th Wing, Kadena AB, Japan; 962nd Airborne Air Control Squadron, 3rd Wing, Elmendorf AB, AK (E-3 Sentry); 9th Operations Group, Beale AFB, CA, and Detachment 3, Andersen AFB, Guam (RQ-4 Global Hawk); 36th Contingency Response Group, Andersen AFB, Guam (Humanitarian Assistance/Disaster Response support).

JASDF will have representatives form Headquarters Air Defense Command, Fuchu AB, Japan (Exercise Staff); 6th Squadron, Tsuiki AB, Japan (F-2 Support Fighter Aircraft); 204th Squadron, Naha AB, Japan (F-15J Eagle); 601st Squadron, Misawa AB, Japan (E-2C Hawkeye).

The RAAF will have representatives from Headquarters Air Command Group (Exercise Staff); 1SQN, RAAF Amberley, Australia (F-18F Super Hornet); 2SQN, RAAF Williamtown, Australia (E-7A Wedgetail); 37SQN, RAAF Richmond, Australia (C-130 Hercules).

The U.S. military is always seeking opportunities to strengthen its relationship with other partner nations through activities such as subject matter expert exchanges, host nation visits, bilateral engagements, and multinational exercises and operations such as those experienced at Cope North.

"As I experienced firsthand during Operation Tomodachi, there is tremendous value added in working and exercising side-by-side with our allies", Greven said. "When real-world events occur, these training events improve our capability to operate in a multinational environment and respond effectively and efficiently. We also send an unequivocal message that our nations are committed to continued peace and stability in the pacific theater."

Ready to Work: A Habitat for Humanity of Guam worker distributes gloves to a volunteer in Talofofo Feb. 4. Service members and others volunteered to refurbish the home of local resident Antonio Bagaygay as part of a Habitat for Humanity of Guam project. U.S. Navy photo by Shaina Marie Santos/Released

Hard Worker: Lt. Alex May, of Naval Facilities Engineering Command Marianas shovels dirt around a newly cleared patio in Talofofo, Guam Feb. 4. U.S. Navy photo by Shaina Marie Santos/Released

Smiles All Around: Shane Intihar, president of the board of dire
manity of Guam shares a laugh with Master-at-Arms 3rd Class
Shaina Marie Santos/Released

Military w
with Habitat for

By Shaina Marie Santos
Joint Region Edge Staff

Service members partnered with Habitat for Humanity of Guam to refurbish the home of island resident Antonio Bagaygay in Talofofo, Guam Feb. 4.

Bagaygay, 91, lives alone on a lot that was once covered by trees and plants. The home was almost invisible to passers-by, until a Habitat for Humanity of Guam employee found him and solicited the aid of volunteers.

"This project has had at least 20-30 people each weekend," said Habitat for Humanity of Guam's board president Shane Intihar. "It is very easy to get Sailors and Airmen out to these projects. This is the kind of stuff they love to do."

Ann Cruz, administrative ass
ity of Guam, was pleased with th

"The militaries, the Anderse
unteer that I call, they have all t
and they came here, they work, a
"They like to do what is good fo
for the families. They show they
itans here on our island and th
people like them."

Master-at-Arms 3rd Class B
Base Guam Security, was one o
unteered at the event.

"I like helping out," Darnell
helping people around the island

Sweepin' it Up: Gunner's Mate 2nd Class Michael Bernard, of Maritime Expeditionary Security Squadron 1 Det. Guam, sweeps dirt and debris from a newly cleared patio in Talofofo, Guam Feb. 4. Service members and others volunteered to refurbish the home of local resident Antonio Bagaygay as part of a Habitat for Humanity of Guam project. U.S. Navy photo by Shaina Marie Santos/Released

Distributing Paint: Shane Intihar, president of the board of directors for Habitat for Humanity of Guam, pours paint for volunteers in Talofofo, Guam Feb. 4. Service members and others volunteered to refurbish the home of local resident Antonio Bagaygay. U.S. Navy photo by Shaina Marie Santos/Released

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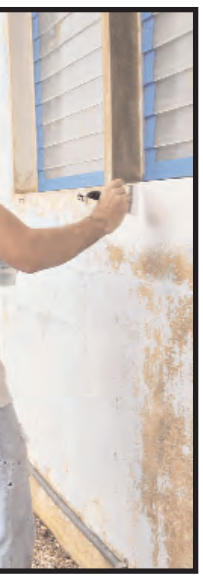


ectors for Habitat for Hu-
Bryan U.S. Navy photo by

Teamwork: Volunteers cover the site of Habitat for Humanity of Guam's latest project in Talofofo, Guam Feb. 4. Service members and others volunteered to refurbish the home of local resident Antonio Bagaygay as part of a Habitat for Humanity of Guam project. U.S. Navy photo by Shaina Marie Santos/Released

COMREL: Sailors begin to paint the side of a house during a Habitat for Humanity of Guam project in Talofofo Feb. 4. U.S. Navy photo by Shaina Marie Santos/Released

orks

Humanity of Guam

istant for Habitat for Human-
e turnout of service members.
n, the Navies, and every vol-
he heart when they come out
nd they help us out," she said.
r the people and what is good
y really are one of the Samar-
at's what we're looking for,

ryan Darnell, of U.S. Naval
of the many Sailors who vol-

said. "I like coming out and
. We're showing a pretty good

presence out here. We're showing a lot of military personnel out here are more than willing to help the local community."

Lt. Alex May, of Naval Facilities Engineering Command (NAVFAC) Marianas echoed his sentiments.

"Habitat for Humanity got the word out that [Bagaygay] needs help, so here we are," he said. "It's very important that we keep in touch with the community and this is one of the great opportunities to do so. I thank every single one that's here to help out."

Bagaygay grew up in the Philippines, where he was recruited into the U.S. Army. When he arrived on Guam, he helped in rebuilding efforts after World War II.

"He's done a lot to serve both the U.S. military and Guam," Intihar said.

mmunity Effort: Volunteers work on a house during a Habitat for Humanity of Guam project in Talofofo Feb.
S. Navy photo by Shaina Marie Santos/Released

Project Directions: Shane Intihar, president of the board of directors for Habitat for Humanity of Guam, coordinates the next project for volunteers in Talofofo Feb. 4. U.S. Navy photo by Shaina Marie Santos/Released

MAN ON THE STREET

"What are your plans for Valentine's Day?"

"For Valentine's Day this year my husband and I are going out to dinner at the Nikko Hotel and spending the weekend there."

Myra Peralty
Army and Air Force Exchange Service

"My husband usually plans Valentine's Day so it will be a surprise. In years past, we've gone out to a nice dinner. It's simple but it works for us."

Monika Foster
Military Dependent

"This year I am going out with my husband of 36 years and our daughter. We're going to have dinner at one of the hotels in Tumon."

Jessica Horst
Military Dependent

"I may be working, because I'm also a nurse at the Naval Hospital in the mother baby unit so maybe bringing in Valentine's babies."

Sherri Kuntz
Military Dependent

"I'm doing nothing this Valentine's Day."

Robert Wright
Guam Resident

"For Valentine's Day, we're actually going to be working but I'm going to get on the Internet and buy some flowers for my wife and send them to her."

Steelworker 1st Class (SCW) Louis Salazar
Naval Mobile Construction Battalion 40

Building romance on a budget

By Shaina Marie Santos
Joint Region Edge Staff

Valentine's Day is one of those holidays where no expense is spared. From luxurious dinners to elaborate gifts, the price tag to romance your loved one can become hefty. This Feb. 14, however, your special night does not have to break the bank.

The holiday is the perfect opportunity to make use of your creativity. Think outside the box when planning your date; from having an intimate picnic under the stars to a night in with dinner and a movie. Sometimes the best date may be one that is hassle free.

According to Guam resident Roselle Romanes, creating instead of buying something can be the best form of expression when it comes to gift giving.

"Make something on your own," she said. "A sweet card, a collage, a cake or even setting up a cute candlelit dinner for your other half. It means something because it's coming from the heart and it means more since you worked hard on it."

Navy spouse Eunice Flores suggested breaking out of the norm is just as effective.

"Cook a nice dinner instead of eating out," Flores said. "Give plumerias instead of roses; there are other varieties of beautiful flowers. It's a day where you can show your loved ones how special they are to you. Sometimes you don't need material things to make a person feel special and loved."

Guam resident Sigrid Pecson agreed. For Pecson and her fiancé, Valentine's Day is not an elaborate occasion. She suggests a night in of cooking for each other over movies is a good simple way to celebrate.

"It is important to save money because it will help us in the long run," she said, "Everything is getting so expensive and it is better to save for something that we may need later."

Skip the cliché this year and opt for something more down to earth. Plan something that both you and your significant other can authentically enjoy instead of following the crowd. A more thoughtfully planned Valentine's Day will not only prove more cost-effective, but special.

"Sometimes just giving your time is worth more than any gift," Flores said, "Take that one day out of your busy lives and daily routines and do something especially for yourselves together. It's the day to remember how lucky you are to have one another and show appreciation. Everyone needs to be reminded they are loved and they are appreciated and Valentine's Day is that day that gives everyone a chance to do that for their loved ones."

A Card for Someone Special: Navy spouse Sherri Kuntz and her daughter pick out cards to send to loved ones for Valentine's Day at the Navy Exchange main complex on U.S. Naval Base Guam Feb. 2. Simple gifts prove not only more cost-effective, but special in expressing love on Valentine's Day. U.S. Navy photo by Shaina Marie Santos/Released

Valentine's boxes: An inspired craft

By Shaina Marie Santos
Joint Region Edge Staff

Adults aren't the only ones who get to celebrate Valentine's Day. Around the world and even on Guam, the holiday is celebrated by students with special gift-giving.

A quick online search for Valentine's boxes will garner several results for decorating ideas and how-to's. Valentine's boxes are often used by students to collect greetings and sweets from classmates during school. They can be made using containers such as coffee cans, cereal boxes, and shoe boxes and can be a unique way for students to express creativity and enthusiasm for the holiday.

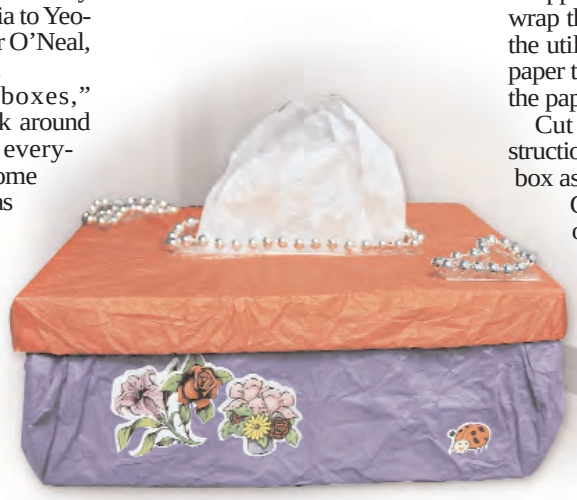
Remembering Valentine's Day as a student brings nostalgia to Yeoman 3rd Class Christopher O'Neal, of Joint Region Marianas.

"I remember those boxes," O'Neal said. "You'd walk around and drop your cards in everybody's boxes and then come back to your desk and it was full! It was such a cool feeling to sit back down and see a box full of cards and candy. I remember how happy I was to take all the cards and candy home to show my parents and tell them who I got it all from."

A Valentine's box can be made with simple construction. Old shoe boxes can be repurposed with wrapping paper and embellishments using stickers, ribbons, and glitter and transformed into a festive mailbox to welcome valentine's greetings and treats.

"I saw it as a creative outlet," local resident Bryan Ramos said. "As a person that loves art, it was fun to work with bright, vibrant colors. It was fun times, I remember it being a competition between friends of who got the most (Valentines)."

If your child will be giving out Valentine's cards this year, helping them make a Valentine's box can be a fun way to inspire your child for the holiday and give them a chance to express their creativity.



Valentine's Shoe Box

One shoe box
Solid color or patterned wrapping paper in a desired design
Red/ Pink construction paper
Scissors
Glue
Tape
Utility knife
Decorating extras: glitter, ribbon, lace, doilies, any other decorations as desired

First, using a utility knife cut a one-inch wide by six-inch long slot in the top cover of the shoe box where the Valentines can be dropped.

Next, wrap the top and bottom of the shoe box separately with the wrapping paper, using the tape to wrap the box. For the top slot, use the utility knife to cut a line in the paper that is on top of the slot, fold the paper back and tape the inside.

Cut out hearts from your construction paper and glue them to the box as desired.

Get creative and use your decorating supplies to decorate your box on all sides. It's your Valentine's box, so you can make it the way you want! Write Valentine's Day quotes, use glitter and glue to embellish the box with your name or a festive greeting.

AES holds Spelling Bee

Outstanding: Andersen Elementary School (AES) students display their Spelling Bee trophies at the school Feb. 3. From left, third place winner, fourth grade, AES teacher and Spelling Bee coordinator Heather Beck, first place winner, fifth grade, and second place winner, fifth grade. Department of Defense Education Activity photo by Rebekah Levy/Released

2012 Military Children Scholarship deadline Feb. 24

From Defense Comissary Agency Office of Corporate Communication

Eligible students who want to apply for the 2012 Scholarships for Military Children program still have time, but the clock is ticking. Applications must be completed and delivered, not postmarked, to a commissary by close of business Feb. 24.

Scholarship applications are available in commissaries and online at http://www.commissaries.com. Choose the 'News and Info' tab and then the 'Scholarship Info' tab. Applications are also available at http://www.militaryscholar.org. At least one $1,500 scholarship will be awarded at every commissary with qualified applicants.

The following are key reminders for scholarship applications, which are also available in greater detail on http://www.militaryscholar.org:

Current military ID-holders. Applicants and their sponsors must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database and have a current military ID card.

Military family member. Applicants must be a dependent, unmarried child – no older than 21, or 23 if enrolled as a full-time student at a college or university – of a service member on active duty, a reservist, guardsman or retiree or survivor of a service member who died while on active duty or survivor of a retiree.

College bound. The student must be planning to attend, or already be attending, an accredited college or university, full time in the fall of 2012 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Essay. The essay must be 500 words or less, stapled to the application and written in the following format: typed, double spaced, no more than two pages, applicant's name in upper right-hand corner of each page. The essay topic: "Whose four faces would you place on a 21st century Mount Rushmore-type monument, and why?" The person must be nonfictional, U.S. citizen, male or female – the time frame for the selection is 1850 to 2011.

Correct address. Applicants must provide their permanent home address on the front page of the application – not their college address.

Complete package. The submission package must include the following: transcript or copy of applicant's grades; essay with applicant's name on each page; parent or guardian's signature as well as the applicant's signature on application; and applicant's high school College Board Code number, if available.

Keep a copy. Applicants should also maintain their own copy of their application and essay.

Submit to one commissary. Applicants can only submit their application to one commissary; submitting to more than one store will disqualify the applicant from consideration.

No faxes or emails. Faxed or emailed applications will not be accepted.

For more information, call Scholarship Managers at 856-616-9311 or e-mail them at militaryscholar@scholarshipmanagers.com.

The Defense Commissary Agency (DeCA) operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a five percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices amounting to thousands of dollars in savings annually. For current savings figures for various groups, single member up to a family of seven, visit http://www.commissaries.com. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Stay Connected to your Commissary Benefit

Visit www.commissaries.com to learn more about the DeCA. Check out the latest news, find a store near you, see what's on sale, create a shopping list, learn of food and product recalls, scan employment opportunities, read frequently asked questions or submit a customer comment form online through DeCA's Your Action Line and more.

Stay connected with the latest news about your most valued benefit For hot links to additional savings, shopping sprees, contests, commissary promotions, events and more, go to www.commissaries.com/subscribe.cfm and subscribe to the Commissary Connection newsletter.

Visit our Facebook page, www.facebook.com/YourCommissary, DeCA's Facebook page, where you can post comments and share news, photos and videos. To see DeCA's latest videos, visit www.youtube.com/DefenseCommissary. To see DeCA on Twitter, visit www.twitter.com/TheCommissary.

To see DeCA's latest photographs, visit our photo albums at http://www.flickr.com/photos/commissary/.

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 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.

Protestant Services

Chapel of Hope: Sunday, 6:30 p.m.

Men's Bible Study: Every first and third Tuesday of the month at 7 p.m. at the Interfaith Chapel, second floor, room H205

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.

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

CHAPLAIN'S Corner

Laugh Your Way to marriage success

By Capt. Richard Rojas
36th Wing Chaplain

A recent article in the Air Force Times cited the troubling statistic that the divorce rate among Airmen today is almost 64 percent higher than in 2001, and is the highest in the military, according to a recent Defense Department report. The Defense Department report, released Dec. 13, showed that the divorce rate, military-wide, is the highest it's been since 1999; 30,000 marriages ended in divorce by the end of fiscal year 2011. Of those, 7,534 were in the Air Force. Most of them were enlisted Airmen, for a divorce rate of 4.6 percent.

Chief Master Sgt. of the Air Force James Roy said he believes the stress of multiple deployments and two wars have contributed to the rise in Air Force divorces.

> "What we do is not easy, and separation can be difficult. It can also be a challenge when our Airmen transition home after their deployments."
> ***— Capt. Richard Rojas***
> ***36th Wing Chaplain***

"Deployments do take a toll on families," he said in a statement to Air Force Times. "What we do is not easy, and separation can be difficult. It can also be a challenge when our Airmen transition home after their deployments."

Sponsored by the 36th Wing Chapel, Team Andersen is heading up new initiatives to strengthen marriages this spring. Staring Feb. 10 at 6 p.m. the newly renovated Lighthouse will host a "Laugh Your Way to a Better Marriage" seminar. Enrollment is still open to interested couples.

"This isn't your typical weekend marriage seminar," said 36th Wing Protestant of the Men of the Chapel President Mark Overton. "Thanks to the hilarious, practical and no-holds-barred advice from Mark Gungor, couples will be rolling on the floor laughing from the entertaining 'life, love and marriage' DVD clips.".

Additionally, Team Andersen's 36th Wing Chapel staff will receive a sizeable grant that will go toward the new marriage initiative. Upcoming Air Force-sponsored marriage retreats will include a one-to-two night hotel stay for couples, free overnight day care and free educational material. Team Andersen and the Air Force are serious about making a difference in the lives of our Airmen. Hopefully our initiatives and determination will reverse the negative trends.

To sign up for this spring's seminar e-mail to jason.box@us.af.mil, or call 366-5642. Participants are guaranteed to gain memorable tools to improve their marriages.

Pro Bowl Cheerleaders visit troops

Cheering for Service Members: National Football League Cheerleaders from several different teams visited Andersen Air Force Base and U.S. Naval Base Guam from Feb. 3-6. The cheerleaders made several morale and educational appearances while on island. U.S. Air Force photo by Senior Airman Carlin Leslie/Released