

# JOINT REGION EDGE

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## Cope North 11-1 comes to a close



By Airman Whitney Tucker  
36th Wing Public Affairs

U.S. Air Force and Japan Air Self-Defense Force (JASDF) completed an annual two-week bilateral flying training exercise Feb. 25.

Cope North 11-1 is a Pacific Air Force-sponsored exercise planned and executed by 13th Air Force, Det. 1 with the goal of increasing combat readiness and interoperability between the U.S. and JASDF forces. This is the 11th time the exercise has been conducted at Andersen Air Force Base (AFB) and the 6th time the JASDF has

Cope North Wraps Up: Japan Air Self Defense Force F-2 fighters taxi after arriving Feb. 11 for the 2011 Cope North Exercise. This will be the 12th time the United States and Japan have held a Cope North exercise on Guam and this year's exercise is the largest in scope to date. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

dropped live bombs at Farallon de Medinilla in the Commonwealth of the Northern Marianas Islands (CNMI).

"Cope North provides participating U.S. and Japan forces opportunities to gain valuable training and practice unit deployment," said Col. Marc Reese, U.S. Air Force exercise director. "Additionally, the bilateral aspect of this training event highlights the close relationship our two nations maintain and showcases the important benefits of close integration and seamless execution."

More than 1,000 U.S. and JASDF members, and more than 57 aircraft to include JASDF F-2's, E-2C Hawkeyes and F-15J Eagles, participated in the exercise.

"The U.S. Air Force and JASDF conduct this bilateral field training exercise to increase combat readiness and interoperability, concentrating on coordination and evaluation of air tactics, techniques and procedures between U.S. forces and

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## ROC trains to respond to potential crises



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

Joint Region Edge Staff

Commander, Navy Installations Command's (CNIC) mobile training team conducted Regional

ROC: Commander, Joint Region Marianas Regional Operations Center team members listen in on a Commander's call during a training exercise Feb. 18. The goal of the training was to ensure ROC members were aware and comfortable using the tools and processes necessary to provide support to regional installations. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Operations Center (ROC) training for Commander, Joint Region Marianas (JRM) Feb. 14-18.

"This ROC operations training is a key component to ensuring effective and efficient response throughout the region," said Dr. Ray Roll, director of training of the Shore Training Center (STC) in San Diego. "The team has clearly demonstrated their understanding of the need to master the skills of emergency management."

Facilitated by a three-member team from STC, the weeklong training developed two teams to coordinate rotational response of long-term operations in the event of crises.

"We went over a broad spectrum

of subsets in which a normal operational center would have gone through," said John Nesler of Shore Operations Training Group in Norfolk, Va.

The training covered the processes and tools that would be used to respond to a major emergency.

In addition, the course and exercise helped ROC members become aware of and comfortable in using the tools and processes necessary to provide support to the installations in the event of crises.

"This is important because if a crisis would occur, these are the people that have the resources of

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# Airmen, families critical to Wing success

By Brig. Gen. John W. Doucette  
Commander, 36th Wing

Since I arrived at Andersen Air Force Base last June, I have witnessed the transformation of this Wing in remarkable ways. I have seen Airmen and their families rise to the task again and again as we ensure our ability to provide stability and security in the Asia-Pacific Region.

My foremost task at the 36th Wing is to guarantee a force that is fit to fight—each Airman fully qualified and confident in the role they

play in our mission, each family member secure in the knowledge that their loved one has been given the tools they need to succeed.

In the months I have spent here, I have come to expect nothing but the best from each member of Team Andersen.

We have faced challenges with



Doucette

fortitude and dedication, never accepting failure as an option. We must continue to strive for more, perfecting our skills and preparing to tackle whatever comes our way.

In the upcoming months, we will conduct a series of training events providing the 36th Wing the opportunity to do just that. Specifically, we will participate in a week-long operational readiness exercise starting Feb. 28.

During this time, the knowledge of Airmen and family members alike will be put to the test. These training opportunities will allow us

to evaluate the health of our entire team in a variety of scenarios, helping us to streamline our processes and fortify our defenses.

Family members will be expected to react appropriately to alarm signals, giant voice messages and natural disaster conditions. Members of Team Andersen may experience delays during this time.

I thank you, in advance, for your patience and understanding. As the saying goes, practice makes perfect and we practice so that, in the event of a real-world situation, we can save lives. Knowing what to

do ahead of time can be the most effective defense in a time of emergency.

So it is with great appreciation and sincerity that I request your support and cooperation in the coming months. A team is only as strong as its weakest member. It is my belief that we can all be strong.

The responsibility of safeguarding our nation may fall on the shoulders of men and women in uniform, but each member of the Team Andersen family has the opportunity to better equip themselves and each other to support and defend.

## James: From Tuskegee Airman to top officer

(Editor's Note: This article is the fourth in a series about notable African-American service members in observance of Black History Month)

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

In 1975, Gen. Daniel "Chappie" James Jr. was promoted to four-star general, becoming the first African-American to hold the highest Air Force rank.

James, born Feb. 11, 1920, in Pensacola, Fla., graduated from Washington High School in June 1937. He attended the Tuskegee Institute in Tuskegee, Ala., from Sept. 1937 to March 1942, where he received a Bachelor of Science degree in physical education and completed civilian pilot training.

After working as a civilian instructor pilot in the Army Air Corps Aviation Cadet Program at Tuskegee for almost a year, he entered the program himself as a cadet to receive his commission in the Army Air Corps as a 2nd lieutenant in July 1943. He was assigned to various units in the United States for the next six years upon completion of fighter pilot combat training at Selfridge Field, Mich.

In Sept. 1949, James was assigned as flight leader in the 12th Fighter Bomber Squadron, 18th Fighter Wing at Clark Field, Philippines. In July 1950, he flew more than 101 combat missions in Korea in F-51 and F-80 aircraft during the Korean War.



James: Gen. Daniel "Chappie" James Jr., center, is promoted to Maj. Gen. in the presence of his wife Dorothy, right, and his son, Capt. Daniel James III, left. James became the first African-American to hold the rank of four-star general in 1975. (Photo courtesy of the U.S. Air Force)

James returned to the United States in July 1951 at Otis Air Force Base (AFB), Mass., where he was assigned as an all-weather jet fighter pilot with the 58th Fighter Interceptor Squadron and later became operations officer. In April 1953 he became Commander of the 437th Fighter Interceptor Squadron and, in Aug. 1955, assumed command of the 60th Fighter Interceptor Squadron.

While stationed at Otis AFB, he received the Massachusetts Junior Chamber of Commerce "Young Man of the Year" in 1954 for his extensive community relations efforts.

He graduated from the Air Command and Staff College at Maxwell AFB, Ala., in June 1957.

As the deputy commander for operations of the 8th Tactical Fighter Wing, Ubon Royal Thai

AFB, Thailand from 1966-1967, he flew 78 combat missions into North Vietnam—many in the Hanoi/Haiphong area—and led a flight into the Bolo Mig sweep in which seven Communist Mig-21s were destroyed, the highest total kill of any mission during the Vietnam War.

James was promoted to four-star grade and assigned as commander in chief of the North American

Aerospace Defense Command (NORAD), a bi-national military command consisting of U.S. and Canadian air defense forces at Peterson AFB, Colo., Sept. 1, 1975. James also served as Commander in Chief of United States Air Force Aerospace Defense Command, the U.S. element of NORAD.

In these dual roles, James took operational command of all U.S. and Canadian strategic aerospace defense forces. He was responsible for ensuring vigilant surveillance and air defense of North American airspace and for providing warning and assessment of hostile attack on the continent from bombers and missiles.

James, widely known for his speeches on Americanism and patriotism, has been editorialized in several national and international publications. He was awarded the George Washington Freedom Foundation Medal in 1967, and again in 1968. He received the Arnold Air Society Eugene M. Zuckert Award in 1970 for outstanding contributions to Air Force professionalism.

Just 24 days after his retirement from active-duty service on Feb. 1, 1978, James passed away. After serving in World War II, the Korean War and the Southeast Asia War, James summed up his feelings as an American Airman.

"I've fought in three wars and three more wouldn't be too many to defend my country," he said. "I love America and, as she has weaknesses or ills, I'll hold her hand."

### Off Limits Establishments

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

Gallop USA Indian Art and Jewelry at the Micronesia Mall

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

### Report Fraud, Waste and Mismanagement

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

To contact the Joint Region Marianas Inspector General:

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

Phone: 339-0001

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

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

# Soldier proud to defend island, nation

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

Joint Region Edge Staff

Spc. Timothy Ray Chargualaf of the Guam Army National Guard (GUANG) said that when he joined the military almost four years ago, he accomplished a lifelong goal.

"It was always my dream to become a Soldier and I always felt that the Army had so many opportunities to offer," he said.

Chargualaf works as a heavy equipment operator with the 1224th Engineer Support Company. His job entails using bulldozers, cranes, graders and other heavy equipment to move tons of earth and building materials or producing concrete and asphalt constructing to construct airfields, roads, dams and buildings.

"My job is very satisfying because I am able to demolish a weak structure, such as a broken road, and then build a stronger one which can last many years," he said. "I know my job will have a positive impact wherever I work."

The specialist, who is a member of the GUANG paddling team, "Sindalu" (sihndah-loo) said that he also enjoys the variety of tasks, training and environments he gets to experience.

"Some of the training the Army offers is very unique and not offered anywhere else," he said. "I get to travel to different places,

but I enjoy my job most of all because I am able to serve my country."

According to Staff Sgt. Byron Kenneth Cruz, Chargualaf's supervisor, the specialist stands out from his peers and sets an example for all to follow.

"Specialist Chargualaf is an exceptional Soldier," Cruz said. "He always seeks ways to improve and always puts fellow Soldiers' needs before his own."

Cruz also said that Chargualaf's skills and work ethic make it easier for others to do their own jobs.

"By having such an outstanding Soldier, the leaders of the company can focus on their tasks knowing that this Soldier will step up and ensure that the platoon's mission will be successfully completed," he said. "Chargualaf sets a good example for his fellow Soldiers, and that has a positive impact on them."

Chargualaf, who is currently a full-time student at the University of Guam double majoring in Criminal Justice and Public Administration, said his superior performance is the result of the support he received from his personal role models, his mother, Deborah Chargualaf, and father, Sgt. 1st Class Joseph Chargualaf.

"My mom has been very supportive throughout my life," he said. "She has been the backbone throughout my military career. My dad, being a Soldier, always encouraged me to strive for the best in my military career. Before I joined the Guard, my dad made sure I was physically and mentally prepared. To this day he mentors me, making sure I am doing the right thing."

According to Chargualaf, the key to



Chargualaf: Spc. Timothy Ray Chargualaf (right), of the Guam Army National Guard, instructs a fellow Soldier on proper squat technique during a physical training session at the Fallen Heroes Memorial Gym in Barrigada Feb. 23. Chargualaf said that staying in peak physical condition is just one part of what it takes to serve in today's Army. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

being a successful Soldier is to not only enjoy what you do but to also help your fellow service members enjoy what they do.

"I stay motivated and try my best to motivate other Soldiers," he said. "I

conduct physical training with the Soldiers in my company and each month I plan a recreational hike to one of the many beautiful hikes on-island. These get-togethers not only are a great work out, but also helps build morale within the command."

## Andersen's Best: Popovich model Airman



Andersen's Best: Staff Sgt. David Popovich, 644th Combat Communications Squadron Communications Focal Point (CFP) technician, was awarded Andersen's Best Feb. 17. Popovich is responsible for tracking the status of over 3,000 equipment items and assists in tracking 21 vehicles. He recently coordinated unit vehicle fleet requirements with Pacific Air Forces (PACAF), eliminating 10 vehicles and saving the Air Force \$867,000. "Sgt. Popovich has stepped up and provided continuity to the CFP during the recent work center manning changes," said his supervisor Master Sgt. Kyle Shipp, non-commissioned officer in charge of CFP and the unit control center. Popovich also participates in 5K runs on- and off-base. He was recently elected as Squadron Booster Club president and has participated in 11 fundraisers accumulating \$7,172 during his time with the Booster Club. Over the past year, Popovich has completed 24 credit hours towards a master's degree in Management Information Systems. Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the Wing commander presents the selected Airman with an award. To nominate your Airman for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. (U.S. Air Force photo by Staff Sgt. Jamie Powell)

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Rear Adm. Paul J. Bushong, USN, Commander, Joint Region Marianas

Brig. Gen. John Doucette, USAF, Deputy Commander, Joint Region Marianas

Joint Region Marianas Public Affairs

Lt. Jodie Cornell, USN, Public Affairs Officer 349-4055 jodie.cornell@fe.navy.mil

Coleen R. San Nicolas-Perez, Deputy Public Affairs Officer 349-3209 coleen.perez@fe.navy.mil

Theresa Merto Cepeda, Public Affairs Director, DZSP 21 LLC 349-6114 theresa.cepeda@fe.navy.mil

Reporters

Mass Communication Specialist 2nd Class (SW) Peter Lewis 349-4476 petedewis1@fe.navy.mil

Mass Communication Specialist 2nd Class (SW) Corwin Colbert 349-4376 corwin.colbert@fe.navy.mil

Anna-Victoria Crisostomo 349-2115 anna.crisostomo@fe.navy.mil

Photographers

Reynaldo Rabara 349-5435 reynaldo.rabara@fe.navy.mil

Raymond Torres 349-5435 raymond.torres@fe.navy.mil

Write to us at: Joint Region Marianas Public Affairs Office PSC 455 Box 152, FPO AP 96540

36th Wing Public Affairs

Capt. Andrew Hoskinson, Chief of Public Affairs 366-2228

Reporters Tech Sgt. Mike Andriacco 366-2228

Staff Sgt. Jamie Powell 366-4202

Staff Sgt. Beth Del Vecchio 366-2228

Senior Airman Nichelle Anderson 366-2228

Airman 1st Class Jeffrey Schultz

366-2228

Airman Basic Julian North

366-2228

Airman 1st Class Anthony Jennings

366-2228

Airman Whitney Tucker

366-2228

# AF, Navy firefighters participate in joint training

By Annette Donner

U.S. Naval Base Guam Public Affairs

Twelve Air Force and Navy firefighters completed the required certification for the Department of Defense (DOD) Fire Officer II (FOII) position on U.S. Naval Base Guam (NBG) Feb. 18. The FOII course is the required certification for a station chief position.

The training was focused on the fundamental steps of approaching an emergency scene, taking command, using available resources and controlling decisions. The classroom training included academic and practical training complete with mock fire scenarios projected onto a television screen.

In the scenarios, participating firefighters were set up in teams to act as the operations chief, safety officer and incident commander. Each team received mock information from the acting dispatch officer who would change the scenario to test the officers' ability to recognize problems, assess the scene and safely mitigate the emergency.

According to course instructor Sammy Sprouse of U.S. Air Force Fire Protection Training Installation on Goodfellow Air Force Base (AFB) in San Angelo, Texas, this is the first time NBG and Andersen AFB firefighters had the opportunity to train for the FOII position. The joint training was possible because two course instructors came to Guam.

"The training would have cost in excess of \$60,000 to send students to the academy in Texas and that does not include overtime to backfill while they are on temporary assigned duty (TAD)," Sprouse said.

Sprouse said the students could



Firefighters: Twelve newly-certified Department of Defense (DOD) Fire Officer II personnel gather with U.S. Naval Base Guam (NBG) fire chiefs and visiting course instructors from the United States Air Force (USAF) Fire Protection Training Installation (FPTI) on Goodfellow Air Force Base (AFB) in San Angelo, Texas, after twelve days of academic and practical skills training on NBG. (U.S. Navy photo by Annette Donner)

have taken the online Career Development Course offered through the Air Force, but the interactive and joint training were so much more valuable.

"These firefighters from both Air Force and Navy will some day probably face a major fire together here

on Guam," he said. "So the combined training also set the stage for future cooperation between the services within Joint Region Marianas."

Personnel attending the course had to meet the prerequisite DOD certifications of Fire Instructor I, Fire Inspector I and Fire Officer I,

which take years to obtain.

"These are already seasoned firefighters so they almost knew what to expect in this training," said NBG Fire Chief Robert Green.

Green added that the firefighters may not have anticipated the intensity of the course and the 10-hour

days they had to put in to earn the certificates, however. He said that these newly certified FOII personnel now carry the responsibility to impart their hard-earned knowledge to the younger members of their department for all around professional development.

## News Notes

### Job Announcements

Interested individuals can view the vacancy listings at <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 349-6119/2224.

Naval Facilities Engineering Command Marianas  
Safety and OCC Health Specialist, Closes Feb. 28

### Free Outdoor Movie Night

The next Free Outdoor Movie Night at Arc Light Park is scheduled for Feb. 26 at 7 p.m. The featured film will be the PG-rated "Alpha and Omega." Show time is 7 p.m. Movie will be shown, weather permitting. Call 366-2339 for more information.

### Equipment Safety and Procedures Indoctrination

There will be an Equipment Safety and Procedures Indoctrination from Feb. 26, 1-1:30 p.m. at the Andersen Auto Hobby Center. This free briefing will provide information for patrons to safely utilize the Auto Hobby Center's facility and equipment. For more information about Auto Hobby Center classes or to sign-up, stop by or call 366-2745.

### Crews Into Shape 2011

Want to have fun while losing some weight, eating better, getting more exercise and qualify to earn a free pedometer and cookbook (while supplies last)? Then form a Crews Into Shape team by Feb. 28. Crews Into Shape is a Navy-wide wellness improvement program which encourages active duty and civilian personnel to form 2-10 person teams which work on developing healthy lifestyle habits and accomplishing small weight loss goals during March. Visit [http://www.nmcphc.med.navy.mil/Healthy\\_Living/Resources\\_Products/Crews\\_Into\\_Shape/crews\\_info.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx) to form your team or contact Luis Martinez of Health Promotion, U.S. Naval Hospital Guam (USNH) at 344-9124 for more information.

### Women Veterans Conference

The 5th Women Veterans Conference is scheduled for March 4 at the Outrigger Guam Resort from 8:30 a.m.-4 p.m. Sponsored by the Guam Vet Center, U.S. Department of Veterans Affairs, Purple Ribbon Campaign and Guam Department of Labor, this year's theme is Her Story is Our Strength. Registration fee is \$25 and includes lunch. For more information or to register, call Norma at 483-0184 or e-mail [normacastillon@yahoo.com](mailto:normacastillon@yahoo.com) or [jessica.bernardi@andersen.af.mil](mailto:jessica.bernardi@andersen.af.mil).

### Andersen Air Force Base Auto Hobby Shop

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

### Key Spouse Training

The Airman and Family Readiness Center offers both initial and quarterly Key Spouse Training. Key spouses are appointed by unit commanders to provide assistance to families of members who are currently deployed. For more information, call 366-8136.

### Retirees Activities Office Seeking Volunteers

The Retirees Activities Office (RAO) is seeking volunteers to assist with phone inquiries and additional programs and functions. Volunteers may set their own hours. The RAO is open Monday and Friday from 9 a.m.-3 p.m. This is an excellent opportunity for volunteers to "Still Serve" and to be eligible for "Volunteer of the Year" recognition. Contact Mark Overton at 366-2574 to volunteer or for more information.

### NEX Selling NMCRS Sale Tickets

Beginning in March, 42 Navy Exchange (NEX) stores will be selling a Navy-Marine Corps Relief Society (NMCRS) benefit sale ticket to customers for \$5. The money collected from the sale of each ticket will be given to NMCRS to help Sailors and their families in need. When purchased, the sale ticket will entitle customers to specific percent-off discounts for a one-time purchase on either April 11 or 12.

# Troop 23 makes the most of scouting's 100th year

By Cmdr. Yuri V. Graves  
U.S. Coast Guard

As the 100th year of the Boy Scouts of America came to a close, the longest standing Boy Scout Troop on Guam, Boy Scout Troop 23 of U.S. Naval Base Guam (NBG), took stock of its accomplishments during 2010.

The year began with Troop 23's attendance at a ceremony in Adelup celebrating the beginning of scouting's 100th year with a Proclamation by then-Governor, Felix Camacho. The Troop enjoyed meeting the Governor, sitting with him and other leaders, and joining other scouts from all over Guam at this important event.

One of Troop 23's goals was to keep the "outing" in "scouting," and they did that continuously throughout the year. Weekend campouts at Tarague Beach and Cocos Island were a great time for all involved. The Green Technology Camporee at Jeff's Pirates Cove in Talofofu allowed Troop 23 to display its work with a local car dealership. Together, they developed a group presentation on the benefits of electric vehicles.

Troop 23 also hiked the exciting Orote Point Spanish Steps, which included a cave walkthrough, unbelievable snorkeling and body surfing. The Troop's hike up Mt. Lam Lam in Merizo was an exciting experience as they trudged through shoulder-high saw grass and were drenched at the top with one of Guam's unexpected downpours. The Troop hunkered down and smiling faces emerged from the hike and the rain allowed for some interesting footing at the base of the muddy mountain.

The Troop also had some exciting



Troop 23: Members of Boy Scout Troop 23 take part in a beach clean-up effort in Hagatna Oct. 9, 2010. Troop 23 is the oldest Boy Scout troop on island. (U.S. Coast Guard photo by Cmdr. Yuri V. Graves)

times with local military units. They visited USCGC Assateague (WPB 1337) and USCGC Sequoia (WLB 215), toured the Coast Guard's Rescue Coordination Center and had an overnight "lock in" at Coast Guard Sector Guam. Troop 23 also received a guided tour of the submarine USS Houston (SSN 713) and had some hair-raising boat rides with the Navy Seals.

The highlight of the year was the week-long summer camp at Jones Beach near Ipan. All troops from Guam gathered for this week-long event. Troop 23 took awards for Troop Spirit, Troop Excellence, the

Scoutmaster's Big Turkey Award and earned over 30 merit badges as a group including swimming, pathfinding, tracking and geology. The high point was the camaraderie developed between all of the scouts. Troop 23 was proud to host a scout from Texas and a couple of local Cub Scouts for this major event.

A second goal was to engage in community service. Troop 23 provided the manpower for a local beach cleanup near Adelup where over 20 bags of garbage, at least 14 tires and a car's gas tank were collected. They also provided critical assistance to Cub Scout Pack

23 at their annual Camporee at Polaris Point and at the Cub Scout Pinewood Derby.

Troop 23's primary community service project was Operation Shoes. They planned for and placed collection boxes around NBG and Coast Guard Sector Guam for used and new shoes. The Troop collected well over 100 pairs of shoes and presented them to the USCGC Sequoia (WLB 215) which included the shoes with other donations and sailed them to the people of the atolls of Yap in the Federated States of Micronesia (FSM). The shoes made for nice Christmas gifts to

local villagers. This was definitely the community service highlight for Troop 23.

A third goal was to increase participation in Troop 23 and provide a quality scouting experience. As 2010 progressed, Troop 23 steadily grew from three Scouts to 17, and from two to four adult leaders, as well as a full Troop Committee consisting of six adults. Boys in Troop 23 all advanced in rank and, as a group, earned the camping and first aid merit badges.

Parents and scouts have really come together to form a cohesive group that has its sights set on a successful 2011, including an upcoming Spring Camporee at Jeff's Pirates Cove and another exciting week-long summer camp in June. Troop 23 is also planning to lead an international scouting experience with visiting Boy Scouts in Yap, Palau or Saipan.

We are certain that the 101st year of Scouting will be the best yet for Troop 23, the Chamorro District and across our "Boy Scout" nation. Boy Scouts really is a special organization—an international brotherhood that continues to have significant, real world relevance to boys all around the world.

"Boy Scouts is a lot of fun and Troop 23 makes the most of all of our outdoor activities on Guam," said Reino Graves, Troop 23's Senior Patrol Leader. "I think the most enjoyable thing about Boy Scouts is learning leadership. You learn how to be calm under pressure."

Boy Scouts of America is a youth organization whose aim is character development, citizenship training and personal fitness. Troop 23 is looking for a "few good Scouts!" For more information, you may contact Graves at 477-0772.

# JRM celebrates Black History Month



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

Joint Region Marianas (JRM) personnel recognized Black History Month during a celebration at the command headquarters on Guam Feb. 23.

The event was coordinated by Carla Smith, JRM deputy equal employment opportunity officer. Smith introduced the master of ceremonies, Electrician's Mate 1st Class Bobby Bozeman of Explosive Ordnance Disposal Mobile

Unit (EODMU) 5 who used rap to introduce the participants and teach the audience African-American history. "The first motivational speakers were actually rappers," Smith said. "The African tribes had storytellers who passed down the oral history throughout generations. The stories they told with song and dance were designed to do two things—to educate and to motivate." Bozeman kept the crowd intrigued with his poetry as he introduced models adorned with African-inspired dress during a fashion show. The models were volunteers from the command of different races who bonded together to display the colorful African apparel. "It really doesn't matter, your size, shape or color," Bozeman said. "African clothes can be worn by everyone." Following the fashion show, Smith sang traditional spiritual songs. She said some of these

songs, such as "Swing Low, Sweet Chariot," had double meanings. "Although these songs were religious songs, they were often used as codes to signal other slaves of the intent to escape," she said.

Following her renditions, Staff Sgt. Alynthia Washington of Andersen Air Force Base (AFB) gave a dance praise followed by Capt. Daryl Daniels, executive officer of U.S. Naval Hospital Guam (USNH), performing and educating the audience of African-American influence in the music of jazz.

The audience gave a roaring applause as the presentation came to an end. Smith said the event was a success and looks forward to more cultural programs at the command.

"The cultural heritage programs are needed to increase cultural awareness, mutual respect and understanding among ourselves," she said.

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## What African-American figure do you admire most?

In recognition of Black History Month, Joint Region Edge asked its readers to identify an African-American they admire.



"Martin Luther King, Jr. has always been an inspiration because he fought for what he believed in and he didn't back down."  
—Electronics Technician 1st Class (SS) James Voshell  
USS City of Corpus Christi (SSN 705)



"The African-American historical figure I admire most is Rosa Parks. It takes a lot of strength and courage to do what she did at that time. Not everyone can stand up for what they believe in no matter the consequences."  
—Staff Sgt. Whitney Rogers  
36th Force Support Squadron fitness technician



"President Barack Obama is an inspiration for being the first African-American President and leading the nation during hard times."  
—Intelligence Specialist 2nd Class (EXW) Travis Letsch  
Naval Special Warfare Unit 1



"I admire Martin Luther King Jr. because he was a visionary. Even today, we hold his 'I Have a Dream' speech as the ideal standard of equality to strive for. He saw what could be and the future he wanted for his children, not what was."  
—Keoni Perez  
Palm Tree Golf Course



"I've always admired Rosa Parks because she could have given up her seat, but she didn't because she was tired of being neglected as an African-American woman. She decided to do something to change the way the world was."  
—Shakeya Spivey  
Military dependent



"I admire Colin Powell because he is the first African-American to be appointed Secretary of State. He was also the first, and so far only, black man to serve on the Joint Chiefs of Staff during his military career. He is a great example of someone who always pushes the envelope and strives to achieve more."  
—Jessica Bozard  
Andersen Air Force Base visitor

# Space-A travel offers unique DOD benefit

From Air Mobility Command  
Public Affairs

Every day, around the world, hundreds of military and military-contracted commercial aircraft travel the world delivering troops and cargo. These missions allow hundreds of thousands of military personnel, retirees, family members and other Department of Defense (DOD)-eligible travelers to fly at almost no cost, courtesy of the DOD Space-Available (Space-A) Travel Program.

Space-A flights, also known as "military hops," are a unique benefit to U.S. service members, retirees and their families. Under the DOD travel program, unused seats on U.S. military and military-contracted commercial aircraft are made available to non-duty passengers on a space-available basis (once official duty passengers and cargo have been accommodated).

Space-A travel is free with the exception of customs and head tax fees on these aircraft. To sign up, eligible travelers must present a DOD-issued ID card (for ages 10 and up) and appropriate travel authorization or, for active duty personnel,

current leave paperwork.

Eligible travelers can sign up for Space-A either in person at any passenger terminal or in one of four remote ways—fax, e-mail, internet and regular mail. Travelers must provide the sponsor's name and name(s) of all traveling dependents, rank (active duty members only), number of seats required, and destination(s) desired.

"Self sign-up is a program that allows passengers to sign-up at a computer kiosk without waiting in line," said Cindy Rothenbach, Air Mobility Command (AMC) passenger policy branch. "Most locations provide self sign-up kiosk with easy-to-follow instructions for registration."

Rothenbach also said active duty personnel must sign-up no earlier than the effective date of their approved leave.

If traveling to and from overseas areas, travelers must know the restrictions of any foreign country to be visited. Status of Forces Agreement restrictions, U.S. State Department Travel Advisory guidelines and U.S. State Department passport and visa requirements are all necessary items to research prior to traveling abroad. The individual



country entry requirements and travel advisories may be found on <http://travel.state.gov/>

AMC aircraft often have open passenger seats available to fly eligible travelers across the CONUS as well as to and from other countries. However, since missions can be re-routed, delayed or cancelled for a variety of reasons (weather, maintenance issues or higher priority missions), AMC officials advise

travelers to be flexible with travel plans and to allow extra time for potential delays. Officials also recommend travelers have sufficient personal funds to pay for commercial transportation to return to their residence or duty station if space-available transportation is not available.

According to AMC officials, today's military operations tempo underscores the importance of properly caring for our military

service members and the families who support them. Space-A travel and the DOD travel program are a reflection of the trust and faith DOD officials place on men and women in uniform.

"We want service members, their families, military retirees and other eligible DOD-affiliated travelers to take advantage of this tremendous benefit and the opportunities Space-A travel offers," said Maj. Gen. Kenneth Merchant, AMC Director of Logistics. "We strongly recommend all eligible travelers check with their nearest passenger terminal for Space-A possibilities before making your travel arrangements. We've made recent improvements to make Space-A travel more customer-friendly and invite our passengers to tell us what they think of the service."

For more information, including AMC passenger terminal information, travel eligibility, and a downloadable Space-A traveler handbook, visit the AMC travel Web site at <http://www.amc.af.mil/amctravel/index.asp>

Passenger terminal locations and contact information can be found at <http://www.amc.af.mil/amctravel/mctravelcontacts.asp>.

## AFSO21 makes improvements for AF service members

By Airman 1st Class Tara A. Williamson  
18th Wing Public Affairs

Work smarter, not harder. With the help of Air Force Smart Operations for the 21st Century (AFSO21) program, Airmen all around the globe have been coming up with ways to do just that—and saving big bucks in the process.

The AFSO21 program is the Air Force's process improvement program to help make Kadena's mission run as efficient and agile as possible by giving all Team Kadena members the chance to improve operations.

"AFSO21 gives Team Kadena members the ability to look hard at the processes they do and to eliminate some of the waste present," said Rudy Gutierrez, 18th Wing AFSO21 process manager. At least 80 percent of any job done has one or more of the eight types of waste associated with it.

The following types of waste are defects, overproduction, wait time on data, approvals, responses and queues at offices, non-standard over-processing, or changing a process each time you perform it and adding extra steps, transportation, intellect, not asking Airmen who work a process day-to-day for their input on how to improve it, motion

and excess inventory.

Kadena's latest AFSO21 concept has been applied to the 18th Operations Support Squadron after Aircrew Flight Equipment (AFE) noticed the survival vests of pilots increased by eight pounds over the last eight years, Gutierrez stated.

This concept reduced 18th Operations Group AFE man-hours by 19,000 a year, reduced the wing's AFE man-hours by 36,000 a year, cut inspection time 85 percent and saved Kadena \$622,417.92 a year on replacement costs.

Tech. Sgt. Marcquis Simon, non-commissioned officer in charge of AFE, briefed Wing leadership to show how simple the process was for AFE to help pilots.

First, they identified the problem of the increase in weight and increased discomfort for pilots. Next, equipment from the survival vests were moved to seat kits. This measure also eliminated duplicate equipment. Finally, the impacts on pilots were decreased fatigue, less chances of heat stress, increased mobility in the cockpit and an overall increase in pilot comfort.

"The use of lean concepts such as the eight wastes has been in existence since AFSO21 started around 2007," Gutierrez said. "Now, we've also partnered with



Spot The Difference: Capt. Glen Whelan, F-15 pilot with the 44th Fighter Squadron, displays the survival vest worn by pilots before (left) and after (right) the Air Force Smart Operations for the 21st Century (AFSO21) program movement reducing the survival vest wear was implemented. The weight of the vests had increased by eight pounds over the last eight years which caused discomfort for pilots and contained duplicate items already found in cockpits. (U.S. Air Force photo by Airman 1st Class Tara A. Williamson)

the Wing Manpower Office so event team members can use the results of their events to submit to the Innovative Development through Employee Awareness, or

IDEA, program, which can have personal financial rewards."

For more information about submitting one of your own ideas and possibly contributing to the

Wing's success, contact the AFSO21 representative from their group or e-mail the AFSO21 office at [afso21@kadena.af.mil](mailto:afso21@kadena.af.mil).

# Family Health Initiative coming to Andersen

By Capt. Damian Pardue  
36th Medical Group

The 36th Medical Group (MDG) is excited to announce that, beginning November, our clinic will be implementing the Air Force Medical Services' (AFMS) Family Health Initiative (FHI).

One of the main benefits of the FHI model is its focus on continuity of care. A patient complaint heard

throughout the Air Force is that patients seldom see their primary care manager (PCM) when booking an appointment. FHI was designed, in part, to address this concern.

Under FHI, each primary care team will consist of a primary care doctor and an extender (i.e. a nurse practitioner or physician's assistant). Patients will now be assigned to a primary care team so that, when a patient books an appointment, he or

she will be seen within that team instead of by whichever provider has the next available opening.

A patient can still be seen by another provider outside his or her assigned team should it be necessary to meet the patient's needs, but the goal with FHI is that the patient be seen by his or her primary care team.

The MDG has begun to prepare itself for the transition towards FHI.

Beginning March 1, we will start aligning our beneficiaries within their FHI teams.

As such, you and your family members may receive a notice from TRICARE that your PCM has changed. If you do, your current PCM will still be a member of the team overseeing your care.

Also, in the coming months, you will notice signs throughout the MDG as well as language recorded

on our 366-WELL(9355) telephone system changing. If you are currently assigned to the Family Practice Clinic, the clinic name will be changing to the Family Health Clinic.

Again, this is all in preparation for the implementation of FHI. The name change will not affect the care you receive.

The 36 MDG looks forward to taking care of you and your families.

# Military Spouse Residency Relief Act affects taxation

By Airman 1st Class Matthew M. Huston

Andersen Air Force Base Legal Office

When a military member and a civilian spouse move to a new state or U.S. territory, such as Guam, the military spouse does not automatically assume the “legal residence” or “domicile” of the military member.

In November 2009, Congress passed the Military Spouse Residency

Relief Act (MSRRA).

The MSRRA changed some basic rules of spousal domicile for taxation purposes that could affect service members and their spouses.

Under the law, a military spouse who is present with a service member in a particular state under military orders does not have to pay state income tax on wages earned in that state as long as the state is NOT the spouse’s domicile, and the military service member and the military spouse

had the same state of domicile before moving to the new state.

For example, if the military member and the spouse are both domiciled in California and they move to Guam on military orders, the military spouse would not have to pay taxes to Guam on any income earned on-island. The spouse would have to pay taxes to the state of domicile if the laws of the domicile state required such payments. Additionally, some states do not have

state income taxes.

The MSRRA does not allow a spouse to pick or choose a domicile in just any state. Domicile is established, not arbitrarily chosen. The spouse must have actually been present in the state, established it as his or her domicile and maintained it by forming and maintaining the necessary contacts with the state, such as registering to vote, owning property, registering vehicles, holding professional licenses, declaring a homestead or

indicating a state of probate in a last will and testament. Similarly, the MSRRA does not allow a spouse to “inherit” or assume the service member’s domicile upon marriage without the necessary contacts with the state.

For more information on MSRRA or other tax inquiries, contact the Andersen Air Force Base Legal Office at 366-4TAX (4829) or Navy Legal Service Office Pacific, Det. Guam at 333-2061/2.

# Report, prevent against energy waste

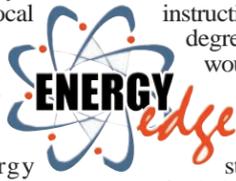
By Patrick Russell

Andersen Air Force Base Energy Manager

Energy conservation is a hot topic in every facet of media that we see today. Just search the Internet for "energy conservation" and you get over 11 million hits. Even though it is evermore important to conserve, reduce and reuse our resources, we still see waste too often. Energy and water are

resources many of us seem to take for granted and so, as you drive around your local military installation noticing energy waste, please report it to the energy waste hotline at 349-1047 or your base energy manager.

It isn't just about reporting lapses in energy discipline, we must practice energy efficiency ourselves.



Using the correct set point on our air conditioning units, which military instruction sets at no lower than 78 degrees at work and home, we would realize significant reductions in energy, which in turn would save tax dollars. Truth is, all this starts with all of us putting forth the effort to make it happen.

When we make reporting waste and using good energy discipline a part of our routine, they become

second nature to us. What's next? The answer is simple. We would help create a sustainable future with more energy security.

Energy security gives us two benefits – reliable access to energy when we need and anytime we need it and resilience to deal with changes in energy supply. Conserving energy is a sustainable practice to ensure our future, not only our country, but for our children as well. By showing our youth that we make

the effort to conserve, they will take this value and continue for future generations.

Fortunately, the world is making leaps and bounds to figuring out a clean solution to our energy demand, but until that day arrives, we need to keep in mind how our actions affect our future. Please report energy waste, practice good energy discipline and help us reach our energy reduction goals and achieve a sustainable future.

# CAF stresses focus on Airmen total health

By Airman Whitney Tucker  
36th Wing Public Affairs

With hands raised and eyes forward, members of the U.S. Armed Forces pledged to protect the nation they love. This year, Uncle Sam has set his sights on returning the favor.

Since the Comprehensive Airman Fitness (CAF) culture took shape in July 2010, officials said that one of the top priorities has been to build resiliency among Airmen.

"Above all, Airman resilience is key to being part of a fit to fight Air Force," said Capt. Dorcia Tucker,

36th Medical Operation Squadron alcohol and drug abuse prevention treatment program manager. "Our fitness culture focuses on providing Airmen with the tools necessary for sustained productivity and quality of life."

According to a paper on CAF, good mental fitness is defined as approaching life's challenges in a positive way by demonstrating self control, stamina, good character with choices and actions, and seeking or offering help when needed.

"It is especially important for service members to maintain mental fitness so they have a solid

foundation from which to carry out the mission and take care of their families," Tucker said. "Being mentally fit means being mentally prepared to handle the stressors inherent in today's military environment."

Airman resiliency is comprised of three components – physical, mental and spiritual health. When one area is neglected, it affects the remaining two.

"The body, mind and soul are very close neighbors," said Maj. Andrew McIntosh, an Andersen Chaplain. "When one gets sick, the others are soon to follow. This old

saying holds truth for us today as we consider how important it is to care for our bodies and commit ourselves to a lifestyle that takes physical fitness seriously."

Though having the ability to bounce back from stressful situations is important, it is equally important to know when to seek help if struggling or provide assistance when a fellow Airman is struggling.

"Talk to a friend, supervisor or a mental health professional if you are having a hard time maintaining resilience," Tucker said. "If you sense a wingman is going through a particularly hard time, talk to them,

ask questions and listen. You can also refer the individual to a professional for additional assistance."

The U.S. Air Force is comprised of thousands of Airmen working together to achieve a common goal. In order to be successful, each member must take care of themselves and each other.

"We must all seek to find a balance of physical, spiritual and mental health in order to be resilient and demonstrate that 'bounce back' that keeps us from giving up when times get tough," McIntosh said. "We cannot neglect one without hurting the others."

## Cope North: Exercise provided valuable training

Continued from Page 1

the JASDF," said Col. Eiichiro Fukazawa, JASDF exercise director. "This type of training enhances both nations' abilities to work together and increases their preparedness to support contingencies."

The exercise had two phases.

Phase One, which ran from Feb. 13-19, consisted of strike missions and air combat tactics training.

Since there is no live bombing range in Japan, JASDF pilots do not

get many opportunities to train using live weapons.

"Because Japan is so narrow, we do not have the ability to drop live bombs during exercises," Fukazawa said. "During Cope North, our pilots get to develop a confidence in their weapon systems and gain experience that is invaluable. This exercise gives us the chance to have training we would not be able to conduct under different circumstances."

The second phase of the exercise ran from Feb. 20-25. Dissimilar air

combat tactics (DACT) and large-force employment (LFE) training were the focus of the second week.

The DACT portion consisted of simulated air-to-air warfare between red and blue forces, or aggressor and friendly forces respectively.

After DACT, aircrews participated in the large-force exercise which culminated all of the information they learned throughout the exercise. In the LFE scenario, blue forces, or friendly forces, conducted both bomber escort missions and

interception of a capable red force.

While the exercise offers invaluable experience to JASDF and U.S. pilots alike, it wouldn't be possible without the support of the local community.

"There are many aspects to Guam that make this an ideal location," Reese said. "From the live bomb ranges and favorable weather to the positive relationships with the people of Guam, Andersen provides an experience like no other. It really replicates the types of

environments that we would fight in during conflict."

Fukazawa expressed his appreciation to the 36th Wing and members of the local community.

"Overall, this has been a very successful exercise," he said. "Our forces gained experience and we were met with tremendous hospitality. I would like to thank Gen. [John W.] Doucette and the entire 36th Wing team."

This exercise does not reflect any real world events.

## ROC: Training ensures disaster preparedness

Continued from Page 1

the whole region to support that installation," Nesler said. "It may save lives and infrastructure."

Although the ROC team was graded, Nesler said that the training was more of a self-evaluation.

"We put them in a situation

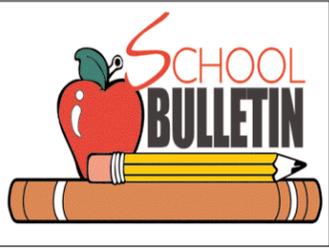
where they become aware of their strengths and weaknesses in their operational role," he said.

The goal of STC is to standardize, align and synchronize emer-

gency operations training for the shore installations.

The center has increased CNIC's standardized shore force response to all hazards and ensured

Navy installations are prepared to shelter personnel and their families and protect Navy property during times of catastrophic emergencies.



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

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

School board meetings are scheduled for the second Thursday of every month at 6 p.m.  
Upcoming meetings:  
March 10 at Guam High School  
April 21 at Cmdr. William C. McCool Elementary/Middle School  
May 12 at Guam High School

**Andersen Elementary School**

Feb. 28- March 4 "Read Across America-Happy Birthday, Dr. Seuss" Week  
March 14-18 Terra Nova Testing for grades 3-5

**Guam High School**

The Booster Club is planning its final events for the school year. This organization runs on volunteer power and we need your help. If you can volunteer your time, please contact Christine Duplissey at christine\_duplissey@yahoo.com.

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

**McCool Elementary/Middle School**

"Reading Across America" will take place from Feb. 28-March 4. Activities include Read Aloud Day, a reading song activity, reading stations, literacy scavenger hunt, Family Literacy Project Contest and Door Decorating Contest. For more information, call 339-8678.

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

# MEMS hosts anti-bullying assembly

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

Cmdr. William C. McCool Elementary/Middle School (MEMS) hosted an anti-bully assembly to teach students what to do when faced with a bully and to help put a stop to bullying Feb. 14. The students were able to hear

from two speakers – Master-at-Arms 2nd Class David Bedard and Master-at-Arms 2nd Class Marqurell Harris of U.S. Naval Base Guam (NBG) Security.

"It starts with the kids taking a stand against bullies," Bedard said.

Bedard and Harris role-played a typical scene of a student being bullied. Bedard then had 20 percent of the students stand.

"That is the ratio of how many bullies are present," he explained.

Immediately following presentation by Bedard and Harris, 12 eighth-grade students donned letters that read, "Stop Bullying!" They also presented a bully-free poem accompanied by four cheerleaders who led the crowd with an anti-bully cheer. More of the eighth graders came out later

and did an acrostic poem that spelled out "stop bullying." Then Allie Cornelison, Mickayla Southard, Kristen Plowick and Alexandria Patterson came out to do another cheer against bullying. Finally, the students recited a bully-free pledge.

Harris summed up the day's events best.

"Let's be a friend, not a bully," he said.



Above: Cmdr. William C. McCool Elementary/Middle School eighth-graders lead participants in an anti-bully cheer at the school's Anti-Bully assembly Feb. 14. Sailors from U.S. Naval Base Guam (NBG) Security helped students identify strategies to combat bullying both in and out of school. (U.S. Navy photo by Cynthia Barcinas)

Left: Master-at-Arms 2nd Class David Bedard of U.S. Naval Base Guam (NBG) Security looks on as a seventh-grader explains ways students become bullied at the school's Anti-Bully assembly Feb. 14. The students identified strategies to combat bullying both in and out of school. (U.S. Navy photo by Cynthia Barcinas)

## AES Learnabration celebration held Feb. 18



Learnabration: Kim Simpson, a teacher at Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam, teaches students at Andersen Elementary School (AES) the meaning of the African-American song "Lift Every Voice and Sing" as part of a Learnabration event at AES Feb. 18. Learnabration takes place during February each year in honor of Black History Month. Students learn about influential African-American men and women throughout history from military members and local community volunteers. (U.S. Air Force photo by Airman 1st Class Whitney Tucker)

# GHS students participate in 2011 MathFest

By Sydney Short  
Guam High School

This year, the 2011 Department of Defense Education Activity (DoDEA) Far East MathematicaFest was held in Onna Village at the Kafuu Resort located in Okinawa, Japan Feb. 7-11.

MathematicaFest is an event that encourages students to look passed what they know about math and envision something beyond the norm. This year's challenge was to "explore and communicate the beauty of the Golden Ratio."

The MathFest, as it is commonly known, allowed students from DoDEA schools in Japan, Okinawa, South Korea and Guam to participate in a once in a lifetime math experience. Students were able to absorb knowledge from masters in the field of mathematics who gave lectures and presentations.

This year's guest speaker was Dr. Robert Sinclair, principal investigator for the Mathematical Biology Unit of the Okinawa Institute of Science and Technology. Sinclair mystified the participants with his incredible and exciting talk on numbers and the Golden Ratio, an irrational mathematical constant that is frequently seen in the fields of math and art and is represented by the Greek letter "phi."



MathematicaFest Participants: Several students from Guam High School (GHS) took part in the 2011 Department of Defense Education Activity (DoDEA) Far East MathematicaFest that took place in Okinawa Japan Feb. 7-11. The students had the chance to engage in a week filled with presentations and discussions about special topics in the field of math. Seated, left to right, Sydney Short, Kira Reyman and Amber Gadsden. Standing, left to right, GHS math teacher Jonathan Bernardo, Trevor Cheatham, Alex Litty, Tyler Stanley, Cody Pumper and GHS math teacher Juana Aguon. (Photo by Lillian Chargualaf courtesy of GHS)

Guam High School (GHS) sent seven student representatives—Amber Gadsden, Keri Reyman, Alexander Litty, Cody Pumper, Trevor Cheatham, Tyler Stanley and myself. We were accompanied by GHS faculty sponsors, Juana

Aguon and Jonathan Bernardo. They were always there for us and made our time at MathFest exceptionally fun!

When we first arrived in Okinawa at the MathFest, everyone was assigned into special teams, with

math-related names, that we would be working with on a daily basis. My group was named "Divide by Zero" (DBZ).

Each team was given tasks to complete concerning math and the Golden Ratio. Individual activities

were given in a fun competition among the teams. Competitions included puzzles, quizzes, a treasure and scavenger hunt, and shorter "quickfire" problems.

Many fun activities were planned and we had organized time to work on our math projects. Every day, we would eat wonderful meals provided by the hotel staff.

In the evenings, we took fun field trips to Kadena Air Force Base (AFB) Base Exchange (BX) and American Village. A dinner and dance concluded a wonderful and unforgettable week.

Math in this setting was made very exciting and we were able to experience a new approach to looking at math by rediscovering numbers in fun ways relating to the Golden Ratio and the Fibonacci sequence, a special sequence of numbers following the rule that any number is the sum of the previous two.

At the end of the week, each group made a presentation on which they were judged. GHS walked away with a 1st place medal from the DBZ Team and the 3rd place spot from Tyler's team, "Cube Roots."

What was even more exciting was the great memories that were made at MathFest this year. The fun new aspects of math we took away with us will last a lifetime.

## AES celebrates reaching 100 days of school



Stamping It Up: Andersen Elementary School (AES) first-graders have fun stamping during the AES 100 days of school celebration Feb. 11. With the help of parent volunteers, 140 first-graders painted T-shirts and engaged in activities involving the number 100 including poster making, ball bouncing, a "cookie walk," stamping, and hula hooping. (Photo courtesy of Becky Levy)



All Smiles: Andersen Elementary School (AES) first-graders show their excitement as AES reaches 100 days of school Feb. 11. With the help of parent volunteers, 140 first-graders painted T-shirts and engaged in activities involving the number 100 including poster making, ball bouncing, a "cookie walk," stamping, and hula hooping. (Photo courtesy of Becky Levy)

# Shrimp patties pack big flavor in small package

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

In the 1994 movie "Forrest Gump," Mykelti Williamson's character, Pvt. Benjamin Buford "Bubba" Blue, identified dozens of ways to prepare shrimp. We're here to offer one more.

Shrimp patties are a favorite local goody that can be found atop many a fiesta table. Similar to a fritter, this ball of island goodness is made of batter, vegetables and, of course, shrimp.

"That's probably the best part about shrimp patties is when you have a lot of shrimp," said Irene Mitsui Fejeran who makes the tasty treats.

Fejeran can make a variety of local dishes, but she is especially known for her shrimp patties. She is often asked to make her shrimp patties for gatherings and other events but, Fejeran said, these goodies are a perfect treat at any time.

"[Shrimp patties] are good as a snack or with a main course meal," Fejeran said. "If you have leftover batter, you can actually freeze it so you can [have a shrimp patty] whenever you want to make it."

According to Fejeran, making these simple treats is easy. It'll be keeping up with the demand that proves to be a challenge.



Shrimp Patties: Irene Mitsui Fejeran cooks a batch of shrimp patties Feb. 18. Fejeran is often asked to make this local dish for parties and gatherings. (U.S. Navy photo by Reynaldo Rabara)

## Shrimp Patties recipe

One bag of frozen peas  
One bag of frozen diced carrots  
One bag of frozen corn kernels  
One-half onion, diced  
Two cans of evaporated milk  
Four eggs

Five cups of diced, uncooked shrimp  
Two tablespoons of baking powder  
Two cups of all-purpose flour  
Garlic powder  
Salt  
Black pepper  
Oil for frying  
In a large bowl, combine thawed

peas, carrots and corn with evaporated milk and eggs. Combine ingredients until thoroughly mixed.  
Add your onion, shrimp, baking powder and flour to the mix and stir together. Your batter should coat all vegetables and be chunky, not runny like pancakes or as thick as a cake batter.

Add garlic powder, salt and black pepper to taste and stir into the mixture.  
In a large pan, bring oil to medium heat. If heat is too high, your patties will burn on the outside and be uncooked on the inside.  
Using a tablespoon, add spoonfuls of batter into your hot oil.

Be careful not to overload your spoon with batter as the baking powder will cause the patties to expand slightly. Do not overcrowd your pan.  
Stir carefully to separate patties. Fry for about ten minutes or until each patty is golden brown and thoroughly cooked on the inside.

## FREE

### Movies in the Park

The next Free Outdoor Movie Night at Arc Light Memorial Park is scheduled for Feb. 26 at 7 p.m. The featured film will be the PG-rated "Alpha and Omega." Movie will be shown, weather permitting.

### Karaoke Night

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

### Golf Clinic

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

### Children's Story Time

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

### Sunrise Yoga

Every Friday morning at 6 a.m. at Tarague Beach. End your week with a relaxing yoga session on the beach. Listen to the sounds of the ocean while your body is rejuvenated with the sun's rays. For more information, call 366-6100.

### Willie's Beachside Jazz

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

### Texas Hold'em Night

Texas Hold'em tournaments are held every Tuesday starting at 6 p.m. in Hightides Enlisted Lounge at the Top of the Rock (Andersen AFB). Play is free for Club Members and \$5 for non-members. Weekly prizes are awarded. Open to ages 18 and older. For more information, call Top of the Rock at 366-6166.

### Tuesday Fajita Night

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

### Wing Night

At Café Latte (Andersen AFB) every Thursday from 5:30-7:30 p.m. Load up your plate with wings for only 35 cents per ounce! For more information, call 366-6166.

### Bowl Your Brains Out

At Andersen AFB's Gecko Lanes, every Monday from 6-10 p.m. Bowl all you want for just \$5! For more information, call 366-5085.

### TGIF Night

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

### Super Saver Mug Nite

Every Saturday from 5-9 p.m. Purchase one souvenir mug for \$1.50 (comes with beverage), then refill your mug for just \$1! For more information, call 366-6166.

### Saturday Nights at Bamboo Willie's

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

## \$10 AND UP

### Breakfast at Café Latte

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

### Family Golf Special

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

**On a Budget** UNDER \$10  
Xtreme Midday Madness



**FRIDAY, FEB. 25**

7 p.m.: True Grit • PG-13

**SATURDAY, FEB. 26**

2 p.m.: True Grit • PG-13

7 p.m.: Country Strong • PG-13

**SUNDAY, FEB. 27**

7 p.m.: Country Strong • PG-13

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



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

## Chapel Schedule

**Naval Base Guam**  
Office Hours: Monday-Friday, 8 a.m.-4 p.m.  
**Roman Catholic Mass**  
Saturday Vigil Mass: 5:30 p.m.  
Sunday Mass: 9:30 a.m.  
Sacrament of Reconciliation: Saturday, 5 p.m. and Sunday, 9 a.m.

**Protestant Worship Service**  
Sunday Service: Traditional Service: 8 a.m.  
Contemporary Service: 11 a.m.  
Women's Bible Study: Monday, 9 a.m.  
Men's Bible Study: Wednesday, 6 p.m.  
Prayer Time: Thursday, 11:30 a.m.  
Choir Practice: Traditional: Wednesday, 6 p.m.  
Choir Practice: Contemporary: Tuesday, 6 p.m.

**Jewish Shabbat**  
Friday, 6:30 p.m.

**Naval Hospital Guam**  
Roman Catholic Mass  
Monday-Friday, 11:30 a.m.  
Chapel of Hope: Sunday, 9 a.m.  
Protestant Service  
Monday-Friday, 12:15 p.m.  
Interfaith Chapel

**Andersen Air Force Base**  
**Roman Catholic Mass (Chapel 1)**  
Weekday Mass: Tuesday, Wednesday, Friday, 11:30 a.m.  
Saturday Vigil Mass: 5 p.m.  
Sunday Mass: 9:30 a.m.  
Sacrament of Reconciliation: Saturday, 4:30-4:50 p.m.  
Catholic Women of the Chapel: First and third Wednesday of the month, Chapel 1 Annex, 6:30 p.m.  
Catholic Youth of the Chapel: Second and fourth Wednesday of the month, Chapel 1 Annex, 6:30 p.m.  
Choir Rehearsal: Saturday 4-5 p.m. and Sunday, 8-9 a.m.

**Protestant Worship Service**  
Praise Service: Sunday, Chapel 2, 9 a.m.  
Gospel Service: Sunday, Chapel 2, 11:30 a.m.  
Emerging Worship Service: Sunday, Lighthouse, 6 p.m.  
Protestant Women of the Chapel: Second Monday of each month, Chapel 2 Annex, 6:30 p.m.  
Protestant Men of the Chapel: Wednesday, Lighthouse, 7 p.m.  
Protestant Youth of the Chapel: Thursday, Chapel 2 Annex, 7 p.m.  
Protestant Young Adults: Thursday and Saturday, Lighthouse, 6 p.m.  
Protestant Sunday School: (September-May) Sunday, Chapel Activity Center, 10:15 a.m.

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

Andersen Air Force Base:  
366-6139  
U.S. Naval Base Guam  
339-2126  
U.S. Naval Hospital Guam:  
344-9127

# Remembering four heroic chaplains

By Maj. Brian Bohlman  
Andersen Air Force Base

Commitment always involves sacrifice. No one understands this better than those who have laid down their lives so that others may live.

This was true of the four chaplains aboard a troop transport ship on its way to Greenland during World War II. The following account, by Victor Parachin, illustrates the unselfishness, dedication and bravery of four chaplains who made the ultimate sacrifice. As service members, it's important that we take time to reflect on their commitment to duty, honor and country.

On the evening of Feb. 2, 1943, the troop transport ship *Dorchester* was crowded to capacity, carrying 902 servicemen, merchant seamen

and civilian workers across the North Atlantic from Newfoundland to an American base in Greenland. The ship's captain was anxious about German U-boats in that area, ominously dubbed "Torpedo Junction."

Earlier that day, in fact, a Coast Guard cutter escorting the *Dorchester* detected an enemy submarine nearby. So even though the vessel was just 150 miles from its destination, the *Dorchester's* captain ordered the cramped crew to be prepared and to sleep in their clothing and lifejackets. His fear was all too justified.

Just before 1 a.m., a German submarine spotted the hulking ship and fired a torpedo. Struck on the starboard side, the old coastal liner quickly began sinking into the

36-degree water. Scores of the mostly young men were wounded or killed. Others, panicked, leapt into overcrowded lifeboats while several rafts drifted away, empty. The cutters could only rescue 227 survivors.

It took only 27 minutes for the ship to go down. But throughout these horrifying moments, four chaplains showed extraordinary bravery: - Army Chaplains Lt. George L. Fox, a Methodist; Lt. Alexander D. Goode, who was Jewish; Lt. John P. Washington, a Roman Catholic; and Lt. Clark V. Poling, of the Dutch Reformed Church.

These four chaplains fanned out to calm the frightened, tend to the wounded and guide the disoriented toward safety. They distributed lifejackets and, when those ran out, gave away their own.

As the ship went down, survivors floating in nearby rafts could see the four heroic chaplains—arms linked and braced against the

slanting deck, offering final prayers into the chilling wind. One of the survivors said, "It was the finest thing I have ever seen this side of heaven."

I believe that the following conclusions can be made about the sacrificial spirit and commitment of these four courageous chaplains:

- They provided a ministry of presence, care and hope to others in need.

- They remained calm, and offered courage and strength in the midst of total chaos.

- They united across religious and denominational boundaries to serve all people.

- They died so that others might live.

In describing the lasting legacy of these four chaplains, President Harry S. Truman said that their example would stand "through long generations to teach Americans that, as men can die heroically as brothers, so should they live together in mutual faith and good will."



## Still Moments



New Bus Shelter: Left to right, Yigo Mayor Robert Lizama, Department of Public Works (DPW) Director Joanne Brown, DZSP 21 Deputy Project Director Charlie Geer, Wendy Geer, Superintendent of Education Nerissa Underwood and Yigo pastor Fr. Jeff San Nicolas pose with school children after a ribbon cutting ceremony and blessing for a new bus shelter along Chalan Jose Felix Gallo St. in Yigo Feb. 20. The bus shelter was made possible through a generous donation by DZSP 21 and the work of several DZSP 21 employees and Yigo community volunteers who dedicated several weekends to complete the project. The bus shelter services three schools in the village and is the second that DZSP 21 has adopted in the village of Yigo. (Photo by Jesse Leon Guerrero)

# Still Moments



STAR Award: Cmdr. Mike Thornton, U.S. Naval Base Guam (NBG) public works officer, accepts the 2010 Safety Through Awards and Recognition (STAR) group award on behalf of the NBG Public Works Department (PWD) from Naval Facilities Engineering Command (NAVFAC) Marianas Commanding Officer, Capt. Peter Lynch Feb. 10. NBG PWD is comprised of facilities management, facilities engineering and acquisition, environmental, and production divisions. Each member of PWD played an important role in maintaining a zero days away, restricted or transferred (DART) rate with no government property or vehicle damage exceeding \$5000 in 2010. In addition, safety training and medical monitoring compliance of at least 90 percent was achieved by each division. Thornton extended to the entire team "a job well done." (U.S. Navy Photo by Catherine Cruz Norton)



# CKFC offers method to use mind, control muscles



Pilates: Jenna Weinert, a Charles King Fitness Center (CKFC) fitness coordinator and substitute for Pilates instructor Nicole Vasquez, demonstrates proper Pilates techniques to students at the center Feb. 18. CKFC on U.S. Naval Base Guam's (NBG) offers a Pilates class for all Morale, Welfare and Recreation (MWR) patrons every Friday from 9:30-10:30 a.m. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

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

Joint Region Edge Staff

U.S. Naval Base Guam's (NBG) Charles King Fitness Center (CKFC) offers a Pilates class for all Morale, Welfare and Recreation (MWR) patrons every Friday from 9:30-10:30 a.m.

Developed by Joe Pilates, Pilates concentrates on controlled movement from a strong core and it does this using a range of apparatuses to guide and train the body. Joe Pilates originally developed his method as a series of mat exercises. At CKFC, this is the method used.

Jenna Weinert, CKFC fitness coordinator and substitute for Pilates instructor Nicole Vasquez, is a Pilates veteran. In the class, she teaches the patrons the mechanics behind the fitness system.

"Pilates is a mixture of different core training poses such as exercise from dancers and yoga," Weinert said. "It teaches you how to stabilize your core and move your extremities. It is great for people with lower back problems because it teaches you how to help support your spine."

Weinert said the philosophy is

that, once one strengthens their core muscles that strength transfers out to their arms and legs.

She compared yoga and Pilates by saying yoga is an overall body exercise whereas Pilates focuses from shoulder to hips. To achieve this, Weinert said there are six principles of Pilates—concentration, control, centering, flow of efficiency of movement, precision and breathing.

"After a good workout from yoga, Pilates is a perfect post-workout to an already stretched core," Weinert said.

Savannah Powers, a Navy spouse, said she has reaped the benefits of Pilates.

"Pilates is a great way to get a good stretch," Powers said. "I have more energy, better flexibility and my clothes fit better. The instructors are great; it's at a great time and the class is a lot of fun."

Weinert said, in the future, CKFC may hold more than one Pilates class and that, beginning in March, there will be a time shift for all fitness classes to accommodate more patrons.

For more information on the fitness classes or schedule call 564-1301/2 or visit the MWR Facebook page at <http://www.facebook.com/pages/MWR-Guam>.

## Sports Shorts

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

### Charles King Fitness Center

Charles King Fitness Center (CKFC) hours of operation are Monday-Friday from 5 a.m.-9 p.m., Saturday from 8 a.m.-9 p.m., Sunday and holidays from 9 a.m.-7 p.m. For more information, call 333-2049.

### NCTS Sports Center

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

### Run Registration

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

### Ultimate Frisbee

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

### 10k Running Group

The 10k Running Group is from Feb. 1-March 10 from 8:20-9:20 a.m. at CKFC. Step up your running level. For more information, call 333-2049.

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

### Monthly Green Fee Card

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

### Lap Swimming

The Andersen pool offers lap swimming outside the recreational swim hours. Lap swimming hours are 6-8 a.m. and 11 a.m.-noon Friday through Wednesday, 6-7 p.m. Monday, Tuesday and Wednesday. No lap swimming will be available Thursdays, weekends, holidays and down days. Also, the pool is looking for certified swimming instructors and lifeguards. For more information, call Outdoor Recreation at 366-5197 or Human Resources at 366-1189.

### Aikido Classes

The Hotspot is now offering two types of aikido classes. One is a traditional (Hombu) aikido class for all levels. Classes will be held Monday and Wednesday from 5:30-6:30 p.m. for kids 8-12 years and 6:30-8 p.m. for adults. The other class is Law Enforcement/Combat Aikido, and is for adults only. This class will be held Tuesday and Thursday from 6-7:30 p.m. All classes are \$60 per month, per student. Sign up at the Hotspot. For more information, call 366-2339.

### Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is now available at the Hotspot Gym. Hours of operation are Monday-Friday from 9 a.m.-noon; closed holidays and down days (schedule subject to change due to base exercises, official unit functions, etc). This is a self-directed activity. A Family Advocacy staff member will be available Tuesdays and Thursdays to talk with parents. For more information, call the Hotspot at 366-2339.

