

The Flagship

Serving the Hampton Roads Navy Family



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THIS WEEK'S ISSUE



U.S. NAVY BAND

The Quebec city International Festival of Military Bands is the only event aimed at military music lovers. The event welcomes some 20 bands each year and features more than 800 musicians in approximately 40 activities, including popular concerts and special thematic events.

See Story, A7



'ANCHOR UP SHIPMATE'

Hallowed chief pinning ceremonies were conducted last week all across the Navy. The Flagship staff has compiled photos from some of those pinning ceremonies.

See Story, A8



BICYCLE SAFETY

A Navy Expeditionary Combat Command Sailor organized a 12-mile bike ride in Virginia Beach for local Sailors Sept. 12. See Story, B3



NAS OCEANA AIR SHOW

Performers are scheduled as Oceana Air Show nears. This year's Naval Air Station Oceana Air Show will be Oct. 17 and 18. See Story, C1

NEW NAVY MESSAGES

277/09 FY09 Copernicus Awards.

276/09 Navy Pandemic Influenza (PI) instruction.

275/09 Notice of convening FY-11 active-duty Rear Admiral and Rear Admiral (lower half) selection boards.

274/09 Alaska sea services scholarship for academic year 2010-2011.

272/09 FY-09 permanent military professor program selection board results.

271/09 Report of the 30 July 2009 Navy uniform board.

270/09 Fall 2009 seasonal and Novel H1N1 influenza preparedness.

268/09 2009 Association of old crows outstanding navy unit awards /aviation and surface.

To view the messages visit www.Npc.Navy.Mil

Nimitz Carrier Strike Group (CSG) launches 1st Sorties

PRESS RELEASE

From USS Nimitz and USS Ronald Reagan Public Affairs

GULF OF OMAN — The Nimitz Carrier Strike Group (CSG) relieved the Ronald Reagan Carrier Strike Group as Commander, Task Force 50 and launched its first sorties in support of Operation Enduring Freedom in Afghanistan Sept. 18.

Aircraft from Carrier Air Wing (CVW) 11 departed the decks of the strike group's flagship, the USS Nimitz (CVN 68) en route to Afghanistan in support of U.S. and coalition ground forces. Nimitz, like Reagan, will provide 30 percent of all

coalition close air support in Afghanistan.

"The Nimitz - Carrier Air Wing 11 team is ready to deliver," said Capt. Paul O. Monger, Nimitz's commanding officer. "The Ronald Reagan Strike Group excelled across the spectrum of operations in the region. Now it's our turn. Our crew and air wing are poised to carry the fight to the enemy."

According to Rear Adm. John W. Miller, strike group commander, the group's more than 6,000 Sailors are eager to carry out their mission.

See SORTIES, A11



Photo by MCSN Oliver Cole

An F/A-18E Super Hornet assigned to the Eagles of Strike Fighter Squadron (VFA) 111 launches from the aircraft carrier USS Ronald Reagan (CVN 76). Ronald Reagan has been deployed to the U.S. 5th Fleet area of responsibility for approximately 10 weeks.



RIVRON 2, Detachment 1 Riverines man their stations aboard one of their two primary forms of transportation, the Riverine Assault Boat. Capable of reaching speeds of up to 38 knots within 15 seconds, the RAB is comprised of five weapons stations and holds 18 Riverines. Their Riverine Patrol Boat consists of three weapons stations.

Riverines stand ready to secure Iraq's waterways

STORY AND PHOTO BY 1ST LT. CHRIS DUNPHY
Multi-National Division-South RSS

CONTINGENCY OPERATING BASE, Basra — "Riverine duty is a voluntary program," said U.S. Navy Cmdr. Ty Britt. "The training we receive is unlike anything else we do in the Navy. It's physically demanding as well as mentally challenging, requiring us to learn small unit tactics and apply them on the water."

Britt, a Brandon, Miss., resident, commands Riverine Squadron 2, which is under 17th Fires Brigade tactical control. Known as the "brown-water" Navy, because of its association with coastal waters, RIVRON 2 has three detachments based in Multi-National Division - South.

Petty Officer 2nd Class Harold M. Crockett, assistant public affairs officer for RIVRON's headquarters and one-time RIVRON bow gunner, is based on Contingency Operating Base Basra, where detachments 2 and 3 are responsible for patrolling the inland waterways of Basrah province, to include the Shatt al Arab and Qarmat Ali rivers. The Fort Worth, Texas, native echoes Britt's statement regarding RIVRON's sometimes demanding schedule.

Crockett remembers past deployments with RIVRON working sometimes 18 hours or more daily. He said such hours are mission-dependent and not the case now in Iraq, but that doesn't mean his Riverines are any less prepared to accomplish the most demanding task.

See RIVERINES, A11

Work continues on Hampton Blvd.

PRESS RELEASE

Naval Station Norfolk Public Affairs

NORFOLK — Work continues on the Virginia Department of Transportation's grade separation project on Hampton Blvd. The project will create an underpass at the railroad tracks on Hampton Blvd. near Fleet Recreation Park. It was designed to improve safety and minimize traffic disruptions.

Expected to be completed by November 2012, this seven-tenths of a mile improvement will provide six lanes for through traffic and a 13-foot median for left turn lanes as needed. The proposed roadway will provide improved lighting, signals, drainage, landscaping, bike lanes, curb and gutter and sidewalks. As part of the project, two new bridges over the underpass will be constructed. The first bridge will provide a new railroad crossing, and the second will provide vehicle access into Gate 6 and Norfolk International Terminal (NIT).

Next Spring, a six-lane detour roadway will be opened to divert traffic off Hampton Blvd. so crews can work. The detour lanes will maintain the same capacity as the existing Hampton Boulevard so the construction is expected to pose only minor traffic disruptions.

The project will cost approximately \$38 million.

Naval Station Norfolk will continue to keep the tenants apprised as this project continues to develop.



Photos MC2 by Travis Moore

The proposed roadway will provide improved lighting, signals, drainage, landscaping, bike lanes, curb and gutter and sidewalks. The project will cost approximately \$38 million.

Aircraft carrier hopes to break record with bone marrow drive

BY MC3 AIDAN P. CAMPBELL

USS George H.W. Bush Public Affairs

NEWPORT NEWS — The Health Services Department aboard USS George H.W. Bush (CVN 77) will hold its first bone marrow registration drive Sept. 24-25.

"Registering to donate is an easy and noble thing to do," said Capt. Lee R. Mandel, Bush's senior medical officer, who urged the crew to break the record a set a new lifesaving standard for the fleet. "It's one of the rare acts where you can actually save someone's life."

The drive will be held on the ship's forward mess decks. Family members and friends of the crew, who are more than 18 years old and less than 60 years old, are also encouraged to register using take-home mouth swab kits. The record for the most participants on a Navy ship is currently held by the USS Dwight D. Eisenhower (CVN 69) with 2,053 participants.

The crew is being asked to donate because military members are more likely than other organizations to meet the strict health and age requirements associated with the screening process.

"We are the George H.W. Bush and I anticipate we'll set the standard as high as we did with the blood drive," said Mandel.

The registration drive is a screening process involving a buccal (cheek) swab. The samples are first tested for human leukocyte antigen (HLA) type and after being genetically coded, the information about the member's HLA type is entered into a national database of donors.

After registering, donors may be asked to undergo further screening for a particular patient. If a person is

See BONE MARROW, A11

CELEBRATING HISPANIC HERITAGE MONTH: SEPTEMBER 15 TO OCTOBER 15

Hispanic Heritage Month began on Sept. 15, the anniversary of independence for five Latin American countries — Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on Sept. 16 and Chile on Sept. 18. The term Hispanic refers to Spanish-speaking people in the United States of any race. On the 2000 Census, people of Spanish/Hispanic/Latino origin could identify themselves as Mexican, Puerto Rican, Cuban or "other Spanish/Hispanic/Latino."

CNO approves uniform changes

PRESS RELEASE

From Chief of Naval Personnel Public Affairs

WASHINGTON — The Chief of Naval Operations (CNO) approved several uniform policy changes proposed by the Navy Uniform Board in NAVADMIN 271-09.

The changes include authorizing Sailors to wear the aviation flight deck boots (non-spark safety boots) with the Navy Working Uniform (NWU) while outside the flight deck or flight line working environment.

Sailors must conform to official NWU manner of wear and the boots must present a well-maintained and professional appearance when worn with the NWU.

Sailors issued aviation flight deck boots are still required to purchase and maintain the black nine-inch NWU boot.

“The Uniform Board considers many suggestions and changes to uniforms and wear regulation,” said Capt. Vince Drouillard, branch head within the Navy’s personnel, plans and policy division. “These approved changes are the result of fleet feedback and research to ensure uniforms meet mission requirements and uphold Navy traditions.”

Beginning Nov. 1, women are authorized cosmetic permanent makeup for eyebrows, eyeliner, lipstick and lip liner. The permanent makeup must be in good taste and blend naturally with the skin

tone. Lipstick colors will be conservative and complement the Sailor. Still prohibited are exaggerated or faddish cosmetic styles.

The NAVADMIN states permanent makeup is an elective medical procedure accomplished by qualified medical professionals to enhance Sailors’ natural features. Sailors should carefully consider the risks and liabilities involved with the procedures and ensure they plan and research their options thoroughly.

“Sailors should be very familiar with the extent of the procedure, the possibilities of side effects, the potential need for time off for recovery and having a reputable organization and facility conduct any procedures,” said Drouillard.

Guidelines for requesting the procedures and administrative guidance for Sailors will be published in an upcoming NAVADMIN before the Nov. 1 implementation date.

In another change, Sailors assigned to the staff of United States Africa Command (U.S. AFRICOM) are now authorized to wear the optional AFRICOM staff identification badge during their assignment to the command. The badge may be worn on all uniforms, with the exception of working uniforms.

Women will wear the badge centered one-quarter inch above the left pocket or one-quarter inch above authorized ribbons, medals and breast insignia. Men

will wear the badge centered on the left breast pocket. Beginning immediately, the badge will be available for purchase through Navy Exchange Uniform Support Center by calling 800-368-4088 or 757-502-7450.

The NAVADMIN re-designates the Naval Air Crewman Qualification insignia as the Naval Aircrew Warfare Specialist (NAC) insignia. The insignia description and composition remains the same and will be worn in the primary or secondary position as described in Uniform Regulations. Sailors will use NAC following their rate as their warfare designation (e.g. AW1 (NAC) Williams).

Qualified Sailors can now wear a maximum of two warfare and qualification devices within a single category such as Enlisted Aviation Warfare Specialist (EAWS), and NAC Warfare Specialist. Warfare insignia will continue to take precedence over qualification insignia as prescribed in uniform regulations.

Sailors should review all uniform changes outlined in NAVADMIN 271-09 at www.npc.navy.mil.

For more information on Navy uniforms and how to make uniform suggestions, visit www.npc.navy.mil/commandsupport/us-navyuniforms/.

The next Uniform Board is scheduled to convene in December 2009.

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

Aboard USS Harry S. Truman (CVN 75)



Photo by MCSN Donald R. White

Vice Adm. Mel Williams Jr., commander of U.S. 2nd Fleet, speaks to Culinary Specialists assigned to the wardroom aboard the aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman is underway participating in Joint Task Force Exercise.

THE FLAGSHIP'S LEEWARD SHOUT

What is the importance of celebrating Hispanic Heritage?



ASAN
Kyle Ashford
USS Dwight D. Eisenhower

“It’s important to celebrate Hispanic Heritage Month because it’s always important to celebrate where you came from and your beliefs. It’s always important to maintain your traditions.”



CS3
Chris Calloway
USS PONCE

“It’s important to celebrate Hispanic Heritage Month because a lot of Hispanics have done some great things and I know that they’re part of America now. We celebrate everything else, so now it’s their time.”



YN1
Raquel Caldwell
NMPS

“We have come a long way. Not only have we as a culture come a long way, but we now have the first Dominican captain in the Navy. I think that it’s so important to realize how much that means.”



CT13
Ross Lafontaine
ECRC Norfolk

“I think culture is important all around the world. Celebrating someone’s culture and understanding their background and how our lives are changed daily by their culture.”



OS2
Deltric Porter
Command Second Fleet

“It shows the importance of all the races that come together to make up this great Navy. Diversity and Teamwork is what makes the United States so great, and you can’t have that without different cultures.”



AS2
Craig Yaskow
USS George H.W. Bush

“I believe that our country has so many different ethnic backgrounds, that it is important to recognize each and every different background, so we can expand the culture of our whole.”

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Rear Adm. Mark S. Boensel

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Navy prepares personnel and families for seasonal flu

BY MCSN DESIREE GREEN
Navy Public Affairs Support
Element, East

PORTSMOUTH — With flu season quickly approaching, officials for the Navy and Marine Corps Public Health Center (NMCPHC) are urging military personnel and their families to be aware of the risks of seasonal flu and how to prevent contamination.

Influenza is not the common cold and can be a severe to life-threatening disease. Immunization remains the primary method of reducing seasonal influenza illness and its complications. Getting an annual influenza vaccine immunization protects many people from getting the disease or becoming severely ill. The vaccine not only helps protect vaccinated individuals, but also the community as a whole by preventing and reducing the spread of the disease.

"If you are healthy, you should take care of yourself, follow medical practices, and stay in touch with medical



Photo by MC1 Tiffini Jones Vandervyst

Chief of Naval Operations Adm. Gary Roughead receives his annual seasonal flu vaccination from Air Force Capt. Leah Williams at the Pentagon.

providers," said Capt. Bruce A. Cohen, commanding officer in charge of NMCPHC.

It is the current Department of Defense's (DoD) policy that annual seasonal influenza vaccinations are required for all active-duty military

personnel, Selected Reserves, and healthcare workers.

According to Cohen, the people that are affected most are the elderly, the very young, and people who are sick or not as healthy as the general population.

Flu viruses are spread mainly from person-to-person through coughing or sneezing by people with influenza. People may also become infected by touching something with influenza on it and then touching their mouth or nose.

Some ways to prevent becoming infected or spreading the virus is to practice coughing into your elbow, rather than your hand. Also, for added protection, wash your hands frequently using proper hand washing techniques.

With the pandemic H1N1 virus still making headlines, NMCPHC officials want military families to be prepared and to receive the H1N1 vaccine once available.

"It's important that people listen to the information that is coming out," said Cohen. "It is very easy to take this information and misinterpret it."

All military personnel will be vaccinated against the H1N1 flu virus and it is anticipated the vaccine will also be available to all military

family members who wish to be immunized. Because the seasonal flu is a different strain of flu than H1N1, it is still important for everyone to receive a seasonal influenza vaccination in order to be protected from seasonal flu.

Navy Medicine will be monitoring the 2009 H1N1 virus carefully over the coming months and will be proactive in developing contingency plans to address any public health issues if required. Although force health protection is the responsibility of every commander and service member, it is important for all hands to take the proper actions to protect personnel, beneficiaries, coworkers and family members against influenza of any kind.

Seasonal flu immunizations have already begun across military facilities worldwide. The H1N1 vaccination program is expected to begin in early October.

For more news from Navy and Marine Corps Public Health Center, visit www.navy.mil/local/nehc/.

CNIC offers 'one-stop shopping' for H1N1/Flu information

PRESS RELEASE

Commander, Navy Installations Command Public Affairs

WASHINGTON — The Navy Installations Command Web site is the U.S. Navy's go-to site for information about seasonal flu and H1N1. This site is unique in that it is standardized across the Navy Installations Command enterprise and has 89 'front pages' representing the headquarters, 11 Regions and 77 Installations. You can get to the Operation Prepare button on all front pages.

"In an effort to reach our total Navy family, we are using the Navy Installations Command Web site's Operation Prepare capability to provide current, relevant and meaningful information about seasonal flu and H1N1 to our Fleet, Fighters, Families and our local communities where we reside, says Vice Adm. Mike Vitale, Commander, Navy Installations Command. "It is important to everyone to prepare for this flu season and this site should assist with getting the right information to the right folks today."

The Navy Installations Command Web site has been expanded to include updated infor-

mation for both seasonal flu and the H1N1 flu virus. Visitors of the site can get a quick understanding of how the current H1N1 pandemic relates to and differs from the familiar seasonal flu experienced each year. There is information on how the viruses are transmitted, their symptoms and treatments, and, most importantly, how to protect yourself and family.

This new addition will offer links to and updates from Navy Medicine, the Center for Disease Control (CDC), and the Department of Health and Human Services (HHS) to help the Navy community stay informed on any H1N1/Flu developments.

The site will provide live, breaking H1N1 news feeds via RSS from the Center for Disease Control (CDC) and the Department of Health and Human Services (HHS). Links to CDC and HHS Web sites are also provided.

To view the CNIC H1N1/Flu Web site, visit www.cnic.navy.mil/CNIC_HQ_Site/OperationPrepare/FluInformation/index.htm.

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

The screenshot shows the CNIC website interface. At the top, there's a navigation bar with 'About', 'Base Support', 'Operating Forces Support', 'Fleet and Family Readiness', and 'Competitive Sourcing'. The main content area is titled 'Operation Prepare' and features a 'Flu & H1N1 Information' section. This section includes a 'Menu' with links like 'Be Informed', 'Have A Plan', 'Make A Kit', 'Flu Information', 'How H1N1/Flu Spreads', 'H1N1/Flu Prevention, Including Vaccination', 'H1N1/Flu Symptoms and Treatment', 'Regional Information', 'Resources', and 'Feedback Form'. Below the menu is a 'Latest Flu News' section with a list of updates from the CDC and HHS, including links to weekly flu maps, updated guidance, and vaccination planning Q&As. On the right side of the page, there's a 'the Flu I.Q.' quiz with a 'start' button and a 'Print Friendly' option.

Photo By MC1 (AW) Tim Comerford

The Commander Navy Installations Command Web site offers updates and links to help Sailors stay informed about H1N1 flu.

CNO recognizes civilian workforce at NCIS award ceremony

BY MC1 (SW/AW)
KRISTEN ALLEN

Naval Criminal Investigative
Service Public Affairs

WASHINGTON — More than 100 Naval Criminal Investigative Service (NCIS) agents and employees received the Secretary of Defense Civilian Service Medal for the Global War on Terrorism (GWOT) at a ceremony at Washington Navy Yard, Sept. 10.

The GWOT Medal recognizes the contributions and accomplishments of the civilian workforce of the Department of Defense in direct support of the nation's armed forces, whose members are engaged in operations to combat terrorism.

Chief of Naval Operations (CNO), Adm. Gary Roughead pointed out the significant role NCIS personnel play in the deployment of Sailors and Marines to Iraq, Afghanistan, the Horn of Africa and other areas around the world during the keynote address.

Nearly 54,000 Sailors are deployed around the world, a number that remains fairly constant as deployed units return home and more are sent forward to replace them.



Photo by Ed Buice

Chief of Naval Operations Adm. Gary Roughead presents the Secretary of Defense Civilian Service Medal for the Global War on Terrorism to Special Agent Dwight Clayton during a ceremony at the Washington Navy Yard. Naval Criminal Investigative Service presented 104 agents and other civilian personnel in the National Capital Region with the Secretary of Defense Civilian Service Medal for the Global War on Terrorism .

“They go forward benefiting from the work that you perform at the many ports they visit and the many places where they’re called upon to serve,” said Roughead. “You have served alongside them

and served them in ways that, I think, oftentimes go unnoticed. You’re quietly there, doing your great work, paying attention to what must be done, going that extra mile, just to make sure that no

stone is left unturned, no fact is left unchecked, and I thank you for that.”

CNO also addressed the families in attendance and recognized their sacrifices in support of their loved ones.

“I would like to take this opportunity to go beyond those who have served in the field and thank the families who allow you to do what you do ... as you go forward, it’s these families who have that apprehension, concern, even fear because they know firsthand of the dangerous work that you do,” said Roughead. “We cannot repay you for your service; all we can do is thank you for it.”

NCIS Director Thomas Betro noted that when NCIS agents were first asked to deploy with naval and joint coalition forces in 2003 to support military operations in combat zones, there were many concerns and obstacles to overcome because this was a mission NCIS had not faced before. He lauded agents for facing the numerous challenges and dangers deployments involved, from pay issues to lack of training and equipment to ambushes and improvised explosive device (IED) attacks, and continuously volunteering to deploy no matter what hardships they faced.

Roughead and Betro handed out the medals to all recipients in attendance, beginning with a special presentation

to Mary and Erik DiFederico, wife and son of the late retired NCIS Supervisory Special Agent (SSA) Albert DiFederico. SSA DiFederico retired from NCIS in 2004 after 25 years of service, and was killed in the bombing of the Marriott Hotel in Islamabad, Pakistan, in September 2008 while serving as a State Department contractor.

Betro wrapped up his address by praising all of the agents who have volunteered to deploy and commending them for the impact they’ve made on the agency, the naval services, and worldwide.

“You all performed magnificently as you risked your lives to protect the lives of others,” said Betro. “By being able to successfully adapt our long-standing criminal investigative and operational capabilities to a combat arena, you literally transformed the nature of this organization, and thereby dramatically increased the value that we bring to the men and women in uniform for which this organization exists to support.”

For more news from Naval Criminal Investigative Service, visit www.navy.mil/local/ncis/.

Navy College Program’s Distance Learning announces open enrollment

BY SUSAN LAWSON

Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH — The Center for Personal and Professional Development’s (CPPD) Navy College Program Distance Learning Partnership (NCPDLP) will conduct an open en-

rollment for new college partners from Oct. 15 until Dec. 15.

CPPD will advertise the NCPDLP open enrollment period in the Chronicle of Higher Education, on the Navy College Program Web site, and on the Service members Opportunity Colleges – Navy (SOCNAV) Web site.

“The selection of new partner institutions is intended to continually provide enhanced academic educational opportunities to Sailors,” said Ron

Smith, NCPDLP program manager. “The newest NCPDLP schools will be selected in early 2010.”

The NCPDLP is administered by CPPD, which also serves as the administrator for the Voluntary Education (VOLED) program, as well as all 52 Navy College Offices.

NCPDLP colleges offer Sailors degree programs via distance learning regardless of their duty stations. These degree programs are designed to use non-traditional credits from a Sailor’s rating

as well as other schools they may have attended.

“The goal of the NCPDLP is to support both the Sailor’s mobile lifestyle, as well as their educational goals with a myriad of degree programs. Courses are offered in a variety of formats, such as CDROM, videotape, paper, or over the Internet,” said VOLED Director, Dr. Mary Redd-Clary.

“Our school partners offer degree programs at the undergraduate level, both associates and bachelors degrees, that provide great support to Sailors who are pursuing their college degrees or professional certifications,” said Redd-Clary. “Though all degree programs

are available to Sailors in all rates, the NCPDLP’s degree programs are mapped to individual ratings. This allows Sailors to make the most of their service-related, college credits and, in turn, it helps them maximize their Tuition Assistance (TA) benefit.”

The NCPDLP currently has 34 members and continues to expand its number of school partners, when appropriate, to provide Sailors the greatest academic institution and degree program selection available. Prospective academic partners are chosen through a very detailed process and must meet the program’s criteria to become a partner.

Academic institutions in-

terested in becoming an NCPDLP partner can submit their proposals during the open enrollment period. Once the enrollment period ends, the selection board will convene to review all proposals, and will work through a voting process to determine their new school partners.

The NCPDLP’s criteria requires prospective schools to offer distance-learning degrees; provide verification of accreditation by an accrediting body recognized by the Department of Education; establish and maintain membership with the Service members Opportunity Colleges - Navy (SOCNAV); receive SOCNAV approval for degree programs to ensure academic integrity and credit transferability; and must be willing to accept Navy TA for all tuition and course fees.

For more information about the Navy College Program Distance Learning Partnership, visit www.navycollege.navy.mil/.

For more news from Center for Personal and Professional Development, visit www.navy.mil/local/voledpao/.

Knowing and understanding the life of Generation Xers

BY CHAPLAIN DON BIADOG, JR.

Naval Station Newport

The community of Generation Xers serving in the Sea services are an enigma to most religious leaders. The Xers' values and motivations are different.

Their priorities are different. Still, this is the group which comprises the majority of personnel in the Sea Services – the United States Navy, United States Marine Corps, United States Coast Guard. In order for the Chapel or church outreach leaders to reach them, it is a necessity that these leaders understand and communicate effectively the gospel to this emerging generation. Studying and knowing the unique characteristics of this generation will enhance the effectiveness of Chapel/Church's leaders – Chaplains, pastors, youth workers, evangelists, and Christian lay leaders - in communicating God's love to this unique generation. The gospel story never changes. However, the world around us has changed.

In other words, the message of the Bible remains the same yet the current generation has changed. Therefore, methods must change in order to reach the Generation Xer for Christ.

Knowing and understanding the life of Generation Xers is no easy task. Since the 1980s, I have been on a quest to learn of the life of Generation Xers. I have traveled to dozens of states and foreign countries in an effort to study and understand this very marked and misunderstood generation. I have encountered them in the Far East in various chapels. I have served with them during peace time and in war zone. I have hung out with some of them during my college days. I have even had the rare opportunity to teach evangelism to some who were going overseas as missionaries. I have met and planned strategy with Gen Xers in Amsterdam and the Netherlands, where I was privileged to worship and work with 10,300 ministers and evangelists from 209 countries that Reverend Billy Graham had invited during Amsterdam 2000.

In my work, I see Generation Xers five days a week and on weekends. Yes, one may know some of them; however, one must confess that they are a lot of things kept hidden about this reserved yet receptive group. Who are these Xers? Honestly, the Generation X "experts" freely admit that they do not know exactly who they are or what to do with them. Much of the secular media, scholars, theologians, and psychologists have tagged these young men and women as "Generation X," because they are a variable or an unknown group of people.

Generation X is the label given by our society to this interesting eclectic to imply their lack of identity, purpose, direction, and future. To some extent this is may be true; on the other hand, from our Lord's perspective Generation X has great potential. Just look at what they have had to endure while growing up: the threat of nuclear war, the prevalence and availability of drugs, the breakdown of the nuclear family and the disintegration of society at large. It is a wonder they are as sane as they are.

"Generation X," a term coined by author Douglas Coupland in his 1991 book, *Generation X: Tales for an Accelerated Culture* has taken hold as a name and an attitude for the young people in our society. It is a fictional book about three strangers (Andy, Claire and Dag) who decide to distance themselves from society to get a better sense of who they are. He describes the characters as underemployed, overeducated, intensely private and unpredictable. This is a realistic portrayal of the Generation X. This group can

Generation X, commonly abbreviated to Gen X, is a term used to refer to the generation born after the baby boom ended, extending from the early-to-mid 1960s to late 1970s. The term Generation X has been used in demography, the social sciences, and marketing, though it is most often used in popular culture.

technically be defined as the generation following the Baby Boomers born between the years 1961 and 1981, 1964 and 1979, 1965 and 1980, or 1965 and 1975 depending on which source you use.

Having received this mathematical symbol for the unknown variable quantity, they are the most diverse generation alive. Xers exhibit common behavior and attitude characteristics distinct from previous generations.

I am utilizing 1961 to 1981 as the identifying dates for Generation Xers. According to George Barna Generation Xers, or "Baby Busters" as Barna prefers to call them, comprise the second largest numeric generation America has ever born, totaling about 67.9 million. "In fact," he says, "American Busters exceed the national population of all but eleven nations on the face of the earth." In order for any serious student or servant leader to reach the military member, uniformed or civilian Generation Xers, he or she must first learn to understand this marked generation. "Generation X" is a handy term that cannot begin to describe the true diversity of a generation that is still resistant to being manipulated by media, advertising, and politicians. They are not about to sit quietly and let anyone on television tell them who they are, what they think, or what they should buy. Kevin Graham Ford, a Generation Xer, advises, "In order to reach people of my generation with the story of Jesus Christ, we need to move past labels and stereotypes and get down to their social, attitude and behavior realities."

Generation Xers expect a high quality of life, better than the one their parents enjoyed, and they want it now. Most Baby Busters are independent and defensive, accustomed to making their own way in a competitive, ruthless world. They have been forced to grow up too fast, experiencing a higher number of pregnancies, abortions, violent crimes and suicides than any other generation before them. Amidst it all, they are surprisingly sensitive. Many want to marry but fear their marriages will end in divorce.

The 13th generation to live in America, they are the throwaway children of divorce and poverty. They are the latchkey kids in experimental classrooms. They seek education to survive rather than to excel. Many Xers enlist in the sea services in order to take advantage of the educational benefits. The majority of the Generation Xers still live at home. They are postponing marriage longer due to so much experience with pain, brokenness, and confusion. These are but some portraits of the experiences of the Generation Xers.

To further comprehend the Xers, here are more common identifying characteristics and features. Not an easy task, the identification of the Xers as described below is true of both the

uniformed and civilians. Generation Xers have been tabbed the "Shadow Generation" (always in the shadow of the 1960 Baby Boomers), the "Lost Generation" (neither well-educated, nor motivated) or the "13th Generation" (13th to know the U.S. flag, the nation, the constitution).

Generation Xers are independent, skeptical and somewhat distrustful of large institutions. Some label them the "baby bums," "20-nothings," "Slackers," "the Repair Generation," the Marginalized Generation," "the Recovering Generation," "the Surviving Generation," and "the Generation After." These young people are here to stay and are moving into positions of authority in the United States Sea Services, particularly in the Marine Corps.

The Generation X is coming of age and now dominates the military officer ranks from Second Lieutenant (Ensign in USN and USCG) to Major (Lieutenant Commander in USN and USCG), and enlisted ranks below E-6/Staff Sergeant (Petty Officer First Class in USN and USCG) according to the United States Marine Corps Manpower Data Center. These same statistics also show that Generation X makes up 95 percent of Non-Commissioned Officers in the Marine Corps and 80 percent of lieutenants and captains.

This profound split, unique to the Marine Corps because it is structured as a junior force, creates challenges for both generations. Present-day military commanders have to face the independent-minded and skeptical Generation Xers in uniformed ranks. Much more to commanders' chagrin, these military personnel are more into contemplating rather than doing, thus making characteristics like military discipline and obedience difficult even for officers to achieve. General Charles C. Krulak, former Commandant of the Marine Corps and a good personal friend, was on target when he stressed that senior leaders must understand they have no control over what the recruiting pool of the nation holds.

The key to maintaining a fighting force to win battles is adapting to a training and leadership style that works for the Xers. Generation X works best when mentored, encouraged, and shown why rather than how. The Commandant has incorporated as much of this into his training as possible, drastically changing the way new recruits are initiated into the Marine Corps. He has included the "Crucible" (54 hours of mental, physical and moral challenges) into basic training, as well as adding training time for drill instructors to discuss the Core Values - Honor, Courage and Commitment.

Lastly, my fellow Chaplains and I have observed that the majority of the Generation Xers are more concerned with the quality of their lives and with the idea of individualism than they are with accumulation of material or social wealth. Generation Xers value the idea of individualism. I have observed that most of today's young people are very individualistic.

Demanding individual freedom does not mean a rebellion against authority but rather an expression of self-confidence arising out of a lifetime of learning to fend for themselves. In the armed services, authority is not only well-respected but obeyed. Respecting individualism can turn to positive experience for all hands. Superiors who respect the uniqueness, freedom, and contributions of individual service members can channel the members' energy to unit cohesiveness and integrity. Yes, Gen Xers are individualistic, however, channeled in the right direction, they are some of the best members of team and military training.



Photo by MC3 Matthew D. Williams

Vice Adm. Mel Williams Jr., commander of U.S. 2nd Fleet, arrives aboard the aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman is underway participating in Joint Task Force Exercise, a scenario-driven tactical exercise supporting major combat operations for the Harry S. Truman Carrier Strike Group. The exercise provides necessary training for the strike group to proceed into a Fleet Synthetic Training-Joint (FST-J) exercise for final deployment certification.

Got Orders? We do.

BY BETH WILSON
www.blogtalkradio.com

Have you noticed that Navy spousedom seems to be lived in cycles; sea duty – shore duty and repeat. I love shore duty. Sea duty; not so much.

May I ramble about orders? There will be a point at the end, I promise. As the window for orders approaches ‘it’ starts; that wrestling with the unknown that impacts our life. I start anticipating and assessing the possible options. Will we be able to stay here? Will it be a good opportunity for my husband? Will it be a career enhancer or career killer? Will he love his next billet or one that he endures, counting down the days till our next ‘window’?

Will we be moving? I love my house, will I find a house I enjoy as much as this one. Where will these orders send us, down the road or across country? What about my job, my career? What about the kids, what about family, what about friends? Arghhh! The mental gyrations can be dizzying yet I put myself through it every time! “Hello, my name is Beth and I’m a control freak.”

So we have orders. My husband just informed me that he was orders to HoA otherwise referred to as Horn of Africa. He has GSA orders for a year in Djibouti, Africa. One Year. Boots on the Ground. Africa.

Many of you may know that my husband just battled kidney cancer, and won. He is

home recuperating from surgery to remove the cancerous tumor from his kidney. We are so blessed. They got it all! Can I tell you that during this time I prayed? I prayed fervently. I prayed dangerously. “Lord, thank you for revealing this cancer so early that it has the best possible prognosis. Please let them get it all!” Lord, please let him be approved to reenlist.” “Lord, ‘You’ decide where his next orders should take him, you know his career desires, put him in the best place for Scott – just let him be able to reenlist!”

Did I really pray that? Okay, Lord – when I said “You decide” what I meant was “You decide the orders that would I want ... while still being the best place for him.” I misspoke God. Can we have a ‘re-do’?

So, we have orders. After my initial pity party I found my big girl panties, changed my attitude and set about the task of readying myself for GSA orders. I loved; let me repeat that, I REALLY LOVED shore duty, so much so that I forgot much about deployment readiness. Orders in hand means I need to get my ducks lined up so my Sailor can deploy assured that I’m ‘good to go’. Where are those birth certificates? My Power of Attorney expired WHEN? Not another horrid photo ID, valid for another 3 years? I know I have a checklist somewhere ... or did I throw it away in the bliss of shore duty?

Got orders? Are you heading back to sea duty? Perhaps your hubby is like my man, heading out on GSA orders (by the way I understand IA/GSA training at Fort Jackson is known for developing skilled IA/GSAs and some great Abs – I’m just saying...).

The point is orders change everything. Will you join me on my journey from shore duty to sea duty/deployment ... walking with friends always makes the journey so much easier.

E-mail Beth with comments and questions at beth@homefrontinfocus.com. Be sure to check out Navy Homefront Talk!, Beth’s internet talk show for spouses at www.blogtalkradio.com/nht.

Music International



Photos by MUCS Aaron Porter

The U.S. Navy Band, led by Captain George N. Thompson, performs an action-adventure medley featuring music from *Star Wars*, *Superman*, *Raiders of the Lost Ark*, *Pirates of the Caribbean* and *Lord of the Rings* on the floor of the Pepsi Coliseum during the performance of the military tattoo as part of the International Festival of Military Bands. The Navy Band traveled to Quebec City, Quebec to participate in the 10th annual Quebec City International Festival of Military Bands.

The Quebec city International Festival of Military Bands is the only event aimed at military music lovers. The event welcomes some 20 bands each year and features more than 800 musicians in approximately 40 activities, including popular concerts and special thematic events.

The festival builds on the quality of bands whose rich musical traditions win the heart of the public.

This series of sumptuous events complements the free concerts offered in public. Ceremonially arrayed, the military bands perform in various outdoor venues. Many popular performances are offered during the day in approximately ten sites throughout Québec City. Several major shows are also presented in the evening. Guest bands, elegantly attired in their best uniforms with their shining instruments, perform before delighted spectators.

Since it was first established in 1998, the Québec city International Festival of Military Bands has developed a broad and accessible repertoire which includes well-known and much-appreciated music, as well as a selection of novelties. Music programs are varied and brilliantly performed, so everyone from the savvy music lover to the casual listener can access and appreciate the immense richness of military music.



Photo by MUC Stephen Hassay

Above: Members of the U.S. Navy Band, led by drum major Master Chief Musician Joe D. Brown, marches on to the parade grounds in front of the Manège Militaire de Quebec as part of the opening ceremony of the Quebec Music Festival.

Right: The U.S. Navy Band performs in the Basilique-Cathedrale Notre-Dame de Quebec as part of the closing ceremonies of the 10th Annual Quebec City International Festival of Military Bands.





'Anchor up shipmate'

Hallowed chief pinning ceremonies were conducted last week all across the Navy. The Flagship staff has compiled photos from some of those pinning ceremonies.

The rank of chief petty officer was first established on April 1, 1893 for the Navy. Advancement to the rank of chief petty officer is the most significant promotion within the enlisted naval ranks. Chief petty officers serve a dual role as both technical experts and as leaders, with more of an emphasis on leadership as they progress through the CPO ranks.

"This is the time of year that reinvigorates and regenerates our Chief Petty Officer Mess," said Master Chief Petty Officer of the Navy (MCPON) Rick D. West who was a special guest at the U.S. Naval Support Activity (NSA) Bahrain Chief Petty Officer (CPO) pinning ceremony. "We have a great core of Chief Petty Officers in our Navy and with the new folks being inducted it just makes our Navy stronger."

In the Navy, the chiefs' uniform changes to reflect this change of duty, becoming very similar to that of a commissioned officer's uniform except for the different collar insignia. But perhaps the most significant change when a Sailor becomes a chief petty officer in the U.S. Navy is from then on, they will commonly be referred to as "the chief."

West shared some time-honored advice with the Navy's newest chief petty officers. "If I had just three words to say to our new (CPOs) as they pin on their anchors, it would be 'anchor up shipmate.' You hear story after story of successful personnel that at one point in their Navy career, had some chief petty officer step up and challenge them to be better every day; adding strength to our Navy. I would not want to see our Navy without chief petty officers. The chiefs are the movers and the shakers. The officers run the Navy. The chiefs make it run."

West went on to say, "Just as you trusted this mess to train you and make you ready to be the Chiefs, your Sailors now look to you as the benchmark for success and the guardians of their well being, their family's well being. Earn their faith. Lead them well. Demand their best and support this mess. Be a good Chief and anchor up. Welcome to the mess, shipmates. Hooyah Navy Chiefs."



Photo by MC2 Travis Moore

Naval Station Norfolk conducted a CPO Pinning Ceremony for 29 of the Navy's new Chief Petty Officers representing 19 commands aboard the station. The ceremony was the culmination of 44 days of training in which First Class Petty Officers were transformed into Chief Petty Officers.



Photo by Mark Piggott

Chief Petty Officer selectees march into Nelson Chapel at Naval Weapons Station Yorktown singing "Anchors Aweigh," Sept. 16. The 13 new Chiefs are assigned to NWS Yorktown and several of its tenant commands. The new Chiefs are OSC (EXW/SW) Maurice Adams, PSC (SW/AW) Cedric Allen, EMC Rex Carmichael, BMC Laura Doop, BMC Ronald England, BMC Jocelyn Gregory, MAC (AW/NAC) Lars Hermann, MAC Eric Hires, ITC (SW) Justin Johnson, PSC Michael Martin, EOC Kari Metzmaker, EOC Koen Swart, and ITC (SW/AW) George Williams.



Photo by MC3 Brian M. Brooks

Chief Aviation Electronics Technician (AW/SW) Kevin Mott instructs his son on where to pin his newly earned chief's anchor as part of the chief petty officer pinning ceremony.



Photo by MC2 Amanda Clayton

A chief's cover sits on the table as USS Nassau (LHA 4) Chaplain, CMDR William Stallard gives an invocation during a chief's pinning ceremony.



Photo by MC2 Kory Kepner

New Chief Machinist Mate (SW) Eric Robinson receives his Chief's combination cover from his sponsor, Information Technician (SW/AW) Patrick Everson as part of the Chiefs pinning ceremony on board USS Ponce (LPD 15).



Photo by MC2 Amanda Clayton

Gabriela Markowski, 9, son of newly-pinned Chief Musician Gregory Markowski takes a photo of his father's cover before the chief pinning ceremony held at the Naval Amphibious Base Little Creek theater. A total of 49 Sailors from 21 different commands were pinned during the ceremony.



Greeting a hero



Photo by MC2 Devin Thorpe
Rear Adm. Scott Weikert, deputy commander of 1st Naval Construction Division, greets a military veteran at Lebanon VA Medical Center. The medical center visit was a part of York Navy Week, one of 21 Navy Weeks planned across America in 2009.

Medical center's New Medical Home

BY MC2 MARCUS SUOREZ
National Naval Medical Center
Public Affairs

BETHESDA, Md. — The National Naval Medical Center held a ribbon cutting ceremony in honor of the opening of the newly renovated Medical Home Sept. 17.

The Medical Home is a new approach to health care delivery and is based on the patient being at the center of all decisions regarding their care. In this system, the patient receives closer, more personalized care that is coordinated with an entire team.

"We wanted to make the patients and staff members feel more comfortable," said Christine Antony, a project manager for Naval Facilities Engineering Command, who was in charge of the renovations. "So, we hired a contractor and, through that contractor, we got a designer — the same designer doing the new Traumatic Brain Injury suite."

In addition, the designer for the renovations used evidence-based design to renovate the reception area incorporating design aspects such as residential, nature, light, water features and a soothing environment. Evidence-base design is the process of basing decisions about the built environment on credible research to achieve the best possible outcomes.

The built environment of evidence-based design is uniquely suited to health

care because of the clinical outcomes that can be impacted. The building itself can help reduce the stress of the patients, their families and the staff of those who work in it.

"One of the most noticeable changes are the colors," said Jan Goodhue, a registered nurse for Medical Home Team 4. "The colors seem to relax people, and it's not the bright lighting and the contrast in colors like before. They are nice, subdued colors we have in the clinics and the lighting and color coordinates with what we're trying

to do here which is decrease the stress in patients and the staff, and make the patients feel more comfortable."

"The renovations help put the nurses and doctors in the same room which has helped increase the communication between the staff, which allows us to provide better care," said Lt. John McGlorthan, the Medical Home clinic manager. "These are excellent renovations that make it easier for both the patients and the providers."

For more news from National Naval Medical Center, visit www.navy.mil/local/nmmc/.

NNMC's Occupational Therapy unveils Neuro-rehab Unit

BY CAT DEBINDER
National Naval Medical Center Public Affairs

BETHESDA, Md. — The National Naval Medical Center's Inpatient Physical and Occupational Therapy Department unveiled a new piece of technology Sept. 17.

The ReoGo neuro-rehabilitation unit will be used to help rehabilitate traumatic brain injury and stroke patients.

"Following a stroke or brain injury, many individuals experience decreased range of motion, strength and coordination of the arm," said Kristin Perilli, one of Bethesda's occupational health therapists. "This greatly impedes functional use of the arm during basic self-care tasks and impedes functional independence in everyday life. Reotherapy utilizes the ReoGo neuro-rehabilitation unit for recovery of the upper extremity following a stroke or traumatic brain injury."

The ReoGo is a portable robotic device that serves as an adjunct to occupational therapy treatment. The device consists of a laptop, a customized chair with trunk and shoulder support straps, a travel handle for transport, three quick disconnect handles, a moving mast and an operation panel.

The laptop has 40 pre-programmed exercises and therapists also have the ability to design individualized exercises for their patients.

"The robot provides mass repetition of functional arm movements to promote cortical reorganization," Perilli said. "Patients are exposed to high levels of movement while being provided with a level of assistance that is most appropriate for their current ability."

Army Sgt. Philip Lack, an occupational therapy outpatient who suffered a traumatic brain injury in Iraq, demonstrated the unit. When asked what he thought about it, he gave the thumbs up sign.

"It's great machine," he said.

"The ReoGo will allow occupational therapists, including myself, to provide highly engaging, individualized and intensive rehabilitation of the upper extremity, far beyond the reach of traditional therapeutic techniques," said Perilli.

"Our patients, especially our wounded warriors, deserve the best medical technology available," said NNMC Commander Rear Adm. Matthew Nathan at the unveiling. "The ReoGo unit will dramatically help in their recovery and return to complete functionality."

For more news from National Naval Medical Center, visit www.navy.mil/local/nmmc/.



Navy teams to study marine mammals in the Mediterranean

BY TRACEY MORIARTY

Chief of Naval Operations
Environmental Readiness Division

WASHINGTON — New data gathered during a recent multinational study supported by the U.S. Navy and the Strategic Environmental Research and Development Program (SERDP) gives researchers hope of better understanding the Mediterranean and its marine populations.

For all of the historical and cultural studies devoted to the Mediterranean, the offshore waters of the Mediterranean Sea remain relatively uncharted for the world's marine mammal researchers.

The study, entitled "Biological and Behavioral Studies of Marine Mammals in the western Mediterranean Sea," or informally referred to as "MED 09," focused on marine mammal behavioral patterns and habitats. This multinational study included participation from organizations in Italy, Spain, France, and the United States.

"Many of the areas we are studying in the Mediterranean have not been systematically surveyed," said Angela D'Amico of the U.S. Navy's Space and Naval Warfare Systems Command, and co-principal investigator on the MED 09 project.

According to D'Amico, MED 09 was the first behavioral response study in which beaked whales were monitored exclusively with listening equipment located on a primary research vessel rather than with listening equipment attached to the ocean floor on Navy ranges. Researchers say their ability to acoustically monitor marine mammals and integrate these measurements with specialized visual monitoring outside

of Navy ranges will enhance future studies in areas not equipped with bottom-mounted listening devices.

Beaked whales were of particular interest to the project's researchers because they appear, from previous stranding events and related experiments, to be especially sensitive to certain man-made sounds, including mid-frequency active sonar. Researchers believe a better understanding of the basic biology, normal uses of sound communication and the effects of human sounds on beaked whales will allow for improved protection of the species.

To collect the data, researchers integrated highly trained visual observers and advanced listening technologies such as towed hydrophone arrays and deployed sonobuoys with deep water hydrophones to track animals at the surface and during dives. This integration enabled researchers to regularly detect beaked whales throughout the study. Once a desirable group of animals was located, researchers maneuvered their primary ship, the North Atlantic Treaty Organization research vessel Alliance, toward their targets. The Alliance then deployed a small, quiet tagging boat, allowing researchers to get close enough to affix monitoring tags to the animals.

Beaked whales are notoriously difficult to observe, track, and tag. They can dive up to two kilometers and stay underwater for over an hour. When they do momentarily surface, usually for just a few minutes at a time, their low profile makes them nearly invisible in anything but the calmest ocean conditions.

The elusive nature of beaked whales combined with unfavorable weather made it impossible to at-



Photo by Ann Allen

Pilot whales surface near the NATO Research Vessel Alliance during the Biological and Behavioral Studies of Marine Mammals in the Western Mediterranean Sea (MED 09) study. This multinational study, which focused on marine mammal behavioral patterns and habitats, was primarily sponsored by the U.S. Navy and the Strategic Environmental Research and Development Program (SERDP). During the study researchers affixed monitoring tags to two pilot whales, and acoustically monitored beaked whales and other marine mammals to learn more about their basic biology.

tach monitoring tags to the animals during MED 09, which began in late July and ended Sept. 5. Though researchers were disappointed to leave without tagging a beaked whale, they say it did not undermine the effectiveness of the study.

"We have made major strides in refining the tools and technologies for (tagging beaked whales), as well as significant contributions in terms of basic biology and behavior," said Dr. Brandon Southall, senior scientist at Southall Environmental Associates and co-principal investigator on the MED 09 project. "These advances and ... complementary approaches will be useful not only with regard to future naval operations in the Mediterranean Sea, but also in constructing sound exposure models for military exercises in other areas and informing mitigation methods. This is cutting edge science, and we are pushing the boundaries of what is possible in studying some of the most extreme animals on Earth."

D'Amico agrees. "Collectively, we are contributing to the understanding of key species that live in the Mediterranean Sea such as Cuvier's beaked whales. With the supporting environmental data we collected in different areas, we

are beginning to develop an understanding of the habitat in which they live."

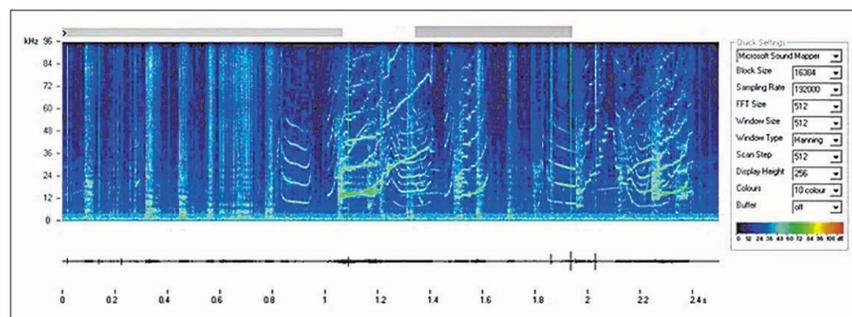
The Navy funds a variety of marine mammal research projects similar to MED 09, including two studies completed earlier this year in the Bahamas and Southern California in which researchers tagged marine mammals and tracked their movements before, during and after Navy sonar training exercises or simulated sonar exposures.

Peter Tyack, director of Woods Hole Oceanographic Institution's Marine Mammal Center for Research and Conservation was the third co-principal investigator on the MED 09 project. Primary sponsors of MED 09 included the Office of Naval Research, Chief of Naval Operations Environmental Readiness Division, SERDP, and the National Oceanographic and Atmospheric Association.

For a full list of organizations and to read the MED 09 blog, visit med09-expedition.blogspot.com/.

For more news on the Navy's environmental programs, visit www.navy.mil/oceans.

For more news from Ocean Stewardship, visit www.navy.mil/local/oceans/.



A spectrographic display (a picture of the sound showing frequency, or "pitch," over time) shows all the features of the incoming sounds, even those you can't hear, because they are too high in frequency or too brief for our ears to detect. Shown are sounds of long-finned pilot whales and striped dolphins recorded recently.

RIVERINES: Not used since the Vietnam War, RIVRON resumed official operations after Sept. 11

Continued from page A1

“It’s very different from the rest of the Navy,” Crockett said. “We require a lot more. There’s no time to baby-sit anyone. When we’re ready to roll on a mission, there’s time for a pre-combat check and we go. Riverines are expected to have the experience and the motivation to excel and stand on their own, and they do. We deliver.”

Not used since the Vietnam War, RIVRON resumed official operations after Sept. 11 to assist with ongoing coastal operations throughout the world. Serving under the Navy Expeditionary Combat Command, the Norfolk-based RIVRON 2 is on its second deployment to Iraq since its formation in 2007.

In securing the waterways of Iraq, and in accordance with the security agreement between Iraq and the U.S., RIVRON forces conduct combined operations with the Iraqi security forces, training them in operations, intelligence and surveillance.

Being relatively new to Basrah province, Britt said his squadron is still in the beginning phases of establishing working relationships with Iraq’s coastal border guard, river police and Iraqi army. Tasked with conducting both day and night operations, Britt said their current operating schedule remains flexible.

“We try to base our patrols on . . . times that

our Iraqi partners feel suit the training and mission objectives they’re looking for,” he said.

When patrolling, Britt said Riverines need fine-tuned interpersonal skills when called upon to interact with local civilians, whether through boat-to-boat searches or during their routine shoreline foot patrols. Each detachment also has a quick-reaction Riverine Security Team, prepared to set out in Riverine patrol boats at a moment’s notice to provide land-based operations including security, extractions and searches for weapons caches.

“It is our job to interact with the locals to let them know why we are there,” Britt said, “to stop dangerous illegal activities.”

Britt said during joint patrols with their Iraqi counterparts, a Riverine’s main job is to provide overwatch. In certain circumstances when joint patrols are not required, such as in base defense, independent patrols can be conducted.

By conducting combined patrols and training with the Iraqi army, Iraqi police service-river police and the coastal border guard, RIVRON 2 is increasing existing capabilities of the ISF to interdict waterborne smuggling of lethal aid, deny violent extremist networks the use of the provincial waterways and promote Iraqi rule of law.

Additionally, RIVRON 2 provides new capacity to security and stabilization operations through direct support of ISF units operating

near the water but have no organic waterborne operational capability. These capabilities include waterborne insertion and extraction of ISF units, facilitating small island sweeps for violent extremist activity and weapons caches and providing waterborne security checkpoints. RIVRON Sailors appreciate the chance to train alongside the Iraqis.

“It’s really interesting to work with another culture and getting to know their customs and values,” said Petty Officer 3rd Class Tim M. Bower, from Wahiawa, Hawaii. “Working with them is an experience that I’ve enjoyed.”

Although his squadron has not faced any serious incidents during their current deployment, Britt said the Riverines remain steadfast in their training and are mentally prepared for any scenario.

“We constantly look to anticipate and train for worst-case scenarios,” he said, “whether it is an IED attack as we move to our boat launch site or a complex attack from the shoreline.”

Perhaps it’s the variety and never-ending “what if” scenarios of RIVRON’s training that motivates Sailors to request the duty in the first place – the opportunity for quick, decisive decision-making, as well as the camaraderie of team-work.

“I like the brotherhood I have here,” said Petty Officer 3rd Class Jason N. Ellis, from Cypress, Texas. “The people I work and serve

with are family to me and I will do anything for them.”

Petty Officer 1st Class Justin A. Slager, operations leading petty officer, belongs to Det. 1, which is headquartered on Camp Bucca in the port city of Umm Qasr and monitors the Khawraz Zubayr River. The Loveland, Colo., native agreed the job requires teamwork, but also an ability to adapt independently to ever-changing situations.

“It’s a challenging atmosphere we work in,” he said, “with the out-of-the-box mentality and need to adapt to any situation that comes your way. But that is a definite leadership-building tool.”

Britt said the retention rate across the Riverine force remains high – more than 90 percent – which he attributes to the small-unit relationships Sailors develop within each detachment and boat crew.

Overall, Britt said he and the squadron’s officers and petty officers view their time in RIVRON as a once-in-a-lifetime experience in their Navy careers, and strongly appreciate the chance to lead a strong-willed squadron of Sailors, all motivated toward a single objective in securing Iraq’s waters.

“Their dedication and enthusiasm is truly remarkable,” Britt said. “These Sailors only know how to tackle every mission and task with a ‘can-do’ attitude.”

SORTIES: Nimitz Carrier Strike Group (CSG) launches first Sorties, support coalition troops in Afghanistan

Continued from page A1

“The Nimitz Strike Group is looking forward to joining 5th Fleet operations, working closely with coalition forces to help bring security and stability to the people of Afghanistan,” Miller said. “We also expect to enhance, through operations and training, cooperative relationships with our regional partners who are key to the maritime strategy.”

The Ronald Reagan Carrier Strike Group had operated in the U.S. 5th Fleet Area of Operations since early July.

“From infrastructure protection in the North Arabian Gulf, air combat operations over Afghanistan, to counter-piracy operations off Somalia and the Horn of Africa, our Sailors performed with distinction,” said Rear Adm. Scott Hebner, commander, Ronald Reagan Strike Group. “I’m proud of every command

and Sailor in the strike group. Their performance across the board has been impressive!”

Ronald Reagan’s embarked air wing, CVW 14, flew more than 1,600 sorties in support of Operation Enduring Freedom. Ships of the Ronald Reagan Carrier Strike Group were also vital in counter piracy operations off of Somalia and the Horn of Africa and Maritime Security Operations to include protecting vital Iraqi infrastructure in the North Arabian Gulf. Nimitz CSG, commanded by Rear Adm. John W. Miller, is comprised of USS Nimitz (CVN 68), embarked Carrier Air Wing (CVW 11), embarked Destroyer Squadron 23, and Ticonderoga-class cruiser USS Chosin (CG 65).

Ships assigned to DESRON 23 include destroyers USS Pinckney (DDG 91), USS Sampson (DDG 102) and frigate USS Rentz (FFG 46).

Squadrons from CVW 11 include Strike Fighter Squadron (VFA) 41, VFA 14, VFA 97, VFA 86, Helicopter Anti-Submarine Squadron 6, Electronic Attack Squadron 135, the Fleet Logistics Support Squadron 30 and Carrier Airborne Command and Control Squadron 117.

Helicopter detachments include Helicopter Anti-submarine Squadron Light (HSL) 37, HSL 43, HSL 45, HSL 49 and Helicopter Sea Combat Squadron 23. Also accompanying the Nimitz CSG are Explosive Ordnance Disposal Mobile Unit 11 and the USNS Bridge (T-AOE-10).

The Nimitz Carrier Strike Group is on a routine deployment to the region. Operations in the U.S. 5th Fleet Area of Operations are focused on reassuring regional partners of the United States’ commitment to security, which promotes stability and global prosperity.

BONE MARROW: USS George W. Bush hopes to set record with marrow drive

Continued from page A1

the best match for a patient, doctors will either request a donation of peripheral blood stem cells (PBSC), which is a non-surgical outpatient procedure, or they will ask for a donation of bone marrow, which is commonly an outpatient surgical procedure. A donation of PBSC is usually what doctors will require for their patients. Donors are not required to pay for any of these procedures or tests. The insurance of the patient or charitable organizations will finance the

donation process, including transportation and lodging in Washington, D.C.

There are many people who have registered to be bone marrow donors, but more are always needed according to the “Be the Match” donor registry. Donors who have previously registered in other Department of Defense-sponsored bone marrow drives are permanently registered and do not need to repeat the process. After registration, potential donors have about a one-in-150 chance of being matched to a patient.

FRONT & CENTER

Norfolk hosts Special Olym-

BY MC2 NIKKI SMITH

Navy Public Affairs Support Element - East

NORFOLK — Naval Station Norfolk hosted the 21st annual Special Olympics Sept. 19 at the base parade field.

Around 250 athletes from Norfolk, Chesapeake, Virginia Beach and Portsmouth gathered for the Special Olympics Virginia to participate in volleyball, bowling and soccer tournaments. There were also about 200 volunteers from area commands.

"The Navy base is always one of our favorite games for my athletes. They love to be here on base ... they love the amount of volunteers," said Kami Lannetti, Head Coach and Vice Chair of Special Olympics.

The games started with a parade of all the cities' athletes and the carrying of the torch. The Color Guard presented the colors and the Pledge of Allegiance was recited by one of the participating athletes.

Naval Station Norfolk's Command Master Chief Gregg Snaza kicked the games off by administering the Athlete's Oath and speaking directly to all the athletes and volunteers in attendance.

"On behalf of Capt. K.M. Johnson we want to say welcome to the world's largest Naval Station," Snaza said. "We are so happy to have you. We've been working with the Special Olympics for more than two decades and we enjoy this relationship immensely. We're always happy to host. We hope that all the athletes today are ready to compete hard and fairly, today is your day. Our hope is that every



Participants representing Virginia Beach, march in the 21st annual Special Olympics at the parade field prior to the start of the games at Naval Station Norfolk, Sept. 19. This was the 15th time Naval Station Norfolk hosted the Special Olympics.

Photo by MC3 Brian Goodwin

one of you gives your all and that no matter what happens, you're all winners." Naval Station Norfolk's Morale Wel-

fare and Recreation volunteers with the event by assisting with the set up and providing food.



Photo by MC2 John Stratton

Navy personnel and their ombudsman spouses enjoy dinner during an Ombudsman Appreciation Dinner held at Naval Station Norfolk's Vista Point Conference Center.

Ombudsman Appreciation

Naval Station Norfolk hosts annual dinner

BY MCSN DESIREE GREEN

Navy Public Affairs Support Element - East

NORFOLK — Near every plate sat one shiny copper penny intricately placed. Crisp white linen cloths draped over tables, sprinkled with handfuls of chocolate kisses. Beautiful potted flower arrangements sat delicately on the fabric decorating the tables. The crowded banquet hall buzzed with the talk of Sailors, both enlisted and officers and the ombudsman that accompanied them.

This was the scene as Naval Station Norfolk (NAVSTA) hosted its annual Ombudsman Appreciation Reception, Sept. 17, at the Vista Point

Club.

The event was held to recognize the accomplishments of Navy and Marine Corps ombudsmen serving NAVSTA Norfolk. The event gathered more than 200 ombudsmen, spouses, command master chiefs and officers together for a special dinner and ceremony.

"The ombudsman's role is the key to the Navy's success," said Naval Station Norfolk's Command Master Chief (SW/AW) Gregg L. Snaza.

Ombudsmen volunteer their service to act as the primary point of contact for families of Sailors while on

See OMBUDSMAN, B9

Sport bikes: Sailors keep driving, keep learning



Photo by MC2 John Stratton

Students practice cornering techniques as part of the practical instruction block of a new one-day Sport Bike Rider Safety Course held aboard Naval Station Norfolk. The course is designed specifically for active duty military and Department of Defense civilian sport bike riders and satisfies the mandatory recertification requirements all Virginia riders must have.

BY MC3 (SW) BRIAN GOODWIN

Navy Public Affairs Support Element - East

NORFOLK — Instructors from the Motorcycle Safety Foundation (MSF) gathered at Naval Station Norfolk to teach the Military Sport Bike Course (MSBC) to service members, Sept. 14.

MSF's objectives were to improve control and make individuals aware of safety on high maneuvering vehicles.

"We teach basic riders course classes once a week in the surrounding areas of Hampton Roads by going to Little Creek, Oceana, and Norfolk," said Kristen Montejo, a volunteer instructor with MSF. "We've been teaching service members for over a year."

During 2009, the Naval Safety Center has totaled within the Navy and Marine Corps of 26 fatalities; 12 alone from the "101 Critical Days of Summer."

"During late spring, the motorcycle season starts kicking off because most service members will drive their cars during the winter," said David Brown, a statistics official at Navy Safety Center.

"However, the fatality rate for this year alone has dropped significantly due to the training that is offered to motorcyclists," He said.

For more news from Naval Station Norfolk, visit www.navy.mil/local/nsn/.

CPO selectees learn during Mariners' Museum ComRel

BY MC1 JULIE MATYASCIK

CNSL Public Affairs

NEWPORT NEWS — More than 20 chief petty officer (CPO) selectees from various commands aboard Naval Support Activity (NSA) Norfolk celebrated the leadership and naval history of the CPO Association when they participated in a community relations (COMREL) project at the Mariners' Museum in Newport News, Sept. 10.

The chilly and raining day did not dampen the motivation and spirits of these future leaders. They sang cadence and worked as a team as they picked up trash, pulled weeds and washed down the full-scale Civil War ironclad replica of the USS Monitor.

Chief Yeoman (sel.) Sherri Smith from Headquarters Supreme Allied Commander Transformation, has been enjoying the past weeks of induction.

"This has been the greatest experience of my Navy career," she said. "I am learning so much that will help us all be better chiefs."

Senior Chief Hospital Corpsman (SW/FMF) Patrick Modglin, Naval

Heritage Coordinator for the NSA 2010 CPO selectees, said part of the process of training the selectees before they are pinned as CPOs is to emphasize the value of naval heritage and tradition and how they will affect the future of the Navy.

"This is the second year we have been able to bring them to the museum," he said. "It is a great way to teach them naval history as well as community service."

According to Modglin learning naval heritage is an important part of transitioning to chief petty officer.

"They are excited to embrace their navy nautical history especially with the USS Monitor and the exhibits here at the Mariners' Museum," he said. "You cannot ask someone to do something that you can't do yourself. That's why coming to the museum and remembering the sacrifices of Sailors before us is an important part of transitioning to chief petty officer."

"It is important that they learn where they come from so they know where they are going. That is common navigation rules of the road we



Photo by MC1 Julie Matyascik

Chief Personnel Specialist (sel) Andy Hick, assigned to Commander, Navy Reserve Forces Command, scrubs the propeller of the ironclad replica of the USS Monitor at the Mariners' Museum in Newport News, Sept. 10.

use for nautical history," Modglin continued.

Following the cleanup project, everyone mustered on the bow of the

Monitor where the selectees presented the museum with a \$300 check for use toward the purchase of a new hand sewn 1862 period flag

for the ship.

Bill Cogar, executive vice pres-

See HERITAGE, B9

SPOUSE SPEAK!

'Us' and 'Them'

BY LINDA PORT

Continuum of Resource Education (C.O.R.E.)
CMC Spouse Committee member

After nearly 25 years of marriage, with my husband being Active Duty for more than 23 of them, I can claim more than my share of labels, roles, titles ... whatever you might care to call them. But whenever I am asked what I "do" my answer without hesitation is I am a 'Navy Wife.' My husband is in the Navy and I am a Navy Wife.

Sorry, but I am from the Pre-Politically Correct Era, I know that most switched the reference to "Spouse" quite some time ago but I just like the "Wife" word better when referring to myself. For the record I don't just focus my world around being a Navy Wife; but it is a very major part of who I am.

There are probably about 100,000 strong of us. Let's look at that word ... "Us." If only we could all stop right at that. Us.

As "Us" we are a strong, vast, and varied bank of knowledge and experiences. As "Us" we rally together and around one another in support of ourselves and others like "Us". As "Us" we don't need words to share the feelings of pride we have in our Sailors and our nation or to understand the pains of deployment or sometimes even loss. As "Us" we seek to share, strengthen, and broaden the feeling of security that comes from being a part of something so strong. We can always turn to another one of "Us" to help guide our way through the unique challenges of Navy Life. When we speak out to represent "Us" our voice can resound with influence. As "Us" we are a complete body with many functions, specialties and communities; each one dependent on the others for overall success.

It is unfortunate though, that contained within "Us" there can be lots of perceived

little categories of "Them". Most differences are things faced by every American family or spouse. Career goals or homemaker; with or without children; cultural backgrounds and numerous more points that make every family special in its own way are basic matters of everyday life. Everyone in every walk of life faces these often dividing issues and Navy spouses are no different.

However, Navy spouses have their own distinctive collection of identities that can sometimes be seen to set ourselves apart from even each other. Often the perception of "Us and Them" is intended in harmless ways that are simply used to identify a group with things in common in relation to those that do not share that commonality.

Whatever our Sailors job is, they can have various levels of training and specialized skills. Their orders or assignments place them to best utilize these skills. Although some have a very broad spectrum of command types they can be assigned to, most tend to be designated to one specific community or another such as submarines, aviation, special warfare, surface, medical, shore, supply, expeditionary combat, etc. I bet I may have named a few you were not aware of and I am certain to have overlooked more than one community type. I am sure I don't know them all, and I've been in the mix for a long time. What I do know is that each is very individual in its own way and fulfills a need that the Navy could absolutely not operate successfully without. The amount of training and certifications our Sailors have the opportunity to obtain is just amazing. We have good reason to be proud of what they can achieve.

Sometimes, though, we tend to branch off into comfort zones of those who our spouse works with or friends from within their com-



TIP

of the week

Norfolk SPCA's 28th Annual Dog Walk

Human and furry canine companions will join the pack and walk together to benefit all of Hampton Roads' companion animals. Don't have a dog? Are you a cat person? Participate anyway and enjoy the vendors, rescue groups with adoptable animals, canine activities and demonstrations, children's activities and music. Visit www.norfolkspca.com for ways to participate in the FUNdraising!

Admission: Free

Stockley Gardens Park • September 26, 2009 • 10 a.m. - 2 p.m.
(In case of rain, event will be moved to Sept. 27)

For more information, contact Michelle Williams at 622-3319 ext: 115

munity. It is a good thing to belong and feel at ease with those who relate to and understand our day to day lives and schedules. I have been guilty of this myself, but I urge every one of "Us" to be open to learning a little more about what else goes on in the Navy beyond the community, rating or specialty our Sailor belongs to. I promise you might find some things that are enlightening.

The schedules and routines of the various communities can be very different from each other. Every command has a specific mission that plays into the overall mission of the Navy. The many communities call for a variety of "normal" duty rotations which impact the lives of Sailors and their families. It is not something you can compare directly. You may meet others from your command whose Sailor's work schedule bears no resemblance to your Sailor's. Let's not divide ourselves up by the differences; different jobs require different schedules and duty rosters.

So go ahead and ask a little about how even your own Sailor's job fits into the big picture of what goes on at their command and within the Navy overall. There is no need for us to be experts on this stuff, but a little basic understanding and perspective can really open our eyes and show that all of us have challenges to deal with. Every component of the Navy is vital to the whole. Whatever role or niche you may fit into is vital as well. Whether you are married to a Sailor at the beginning of their career,

joined them further along the road, or maybe you have navigated the path as a Navy Spouse for some time, either way your experience is valuable to us all. I like to think of us all as volumes of knowledge and experience. Sure, the long standing copies are valuable, but current downloads and updates are just as important, if not more so. Much of the strength attributed to a group as unique as "Us" is the diversity within it. Talk to someone new at your next command event; share what you know; see what you can learn and who you might meet. I am glad to be a part of "Us" and hope to meet you along the way.

Linda Port has been an active Navy spouse for most of her husband's 23-year career. Together, she and her husband have raised four children as they moved around the United States. Involvement with commands and helping to share information with other Navy spouses has always been a main focus. With a daughter who is also a Navy wife, two sons on active duty, and a high school senior who plans to enter the Navy next year, she hopes to pass along whatever experiences she has had that may help smooth the way for the next generation of military families. Linda's husband, Jon, has been CMC to HM-15 in Corpus Christi, Texas, the commissioning CMC to USS George H.W. Bush (CVN 77) is currently serving as CMC to NETC N7 here in Norfolk.

Family FOCUS

What parents should know about Individual Education Plans

BY MARIAN LEVERETTE

Mid-Atlantic Regional School
Liaison Officer

Now that school has started, the next several weeks will be filled with subject matter orientations, teachers setting up rituals and routines for students to follow in their classrooms and guidance counselors interviewing/testing students requiring special educational assistance. Individual Education Plans (IEP's) are one of the tools schools use to ensure students with special educational needs are afforded an appropriate education.

It is important that parents of students with special educational needs know all the important facts about IEPs. Parents are often the best educational advocates for their children, especially those with a disability. Productive and effective advocacy is largely a positive process that should build children's strengths and assist children with their challenges. Since parents are the most knowledgeable about their child's

strengths and challenges, then the child's best advocate is obviously the parents. Parents are in fact in a unique position to identify and implement positive changes for their child at every stage of their growth and educational development.

An IEP is mandated by the Individuals with Disabilities Education Act (IDEA). The IDEA requires public schools to develop an IEP for every student with a disability who is found to meet the federal and state requirements for special education. The IEP must be designed to provide the child with a Free Appropriate Public Education (FAPE). The IEP refers both to the educational program to be provided to a child with a disability and to the written document that describes that educational program.

Important factors in developing an IEP include assessing students in all areas related to the suspected disability(ies), considering access to the general cur-

riculum, considering how the disability affects the student's learning, developing goals and objectives that make the biggest difference for the student, and ultimately choosing a placement in the least restrictive environment.

The IDEA 2004 requires that an IEP must be written according to the needs of the individual student, and it must include the following:

- The child's present levels of academic and functional performance
- Measurable annual goals, including academic and functional goals
- How the child's progress toward meeting the annual goals are to be measured and reported to the parents
- Special education services, related services, and supplementary aids to be provided to the child
- Schedule of services to be provided, including when the services are to begin, and the frequency, duration and location for the provision of services

- Program modifications or supports provided to school personnel on behalf of the child
- Explanation of any time the child will not participate along with non-disabled children
- Accommodations to be provided during state and district assessments that are necessary to the measuring child's academic and functional performance

As a parent of a child with disabilities or special gifts, you may find yourself thrown into the role of "advocate." At times, you will be talking with your child's teacher or TEAM about placement, a teaching strategy, or your child's difficulties in the classroom.

Here are questions you can ask yourself before your child's IEP team meets to create or modify an IEP for your child.

- What does my child do well?
- What does my child struggle with?
- What are my long-range goals for my son or daughter?
- What skills would increase the independence of my son or daughter?
- What goals would strengthen us as a family?
- Are there transportation or mobility issues?
- What do I want the school to do for my child?
- What particular things do I want the school to report to me about?
- What should I know to

be able to support my child's progress at school and at home?

- How and when are good times for the school to contact me when this is necessary?
- What if there is an emergency or crisis?
- How can I communicate with the school? Should I send notes? Who and when should I call?
- What information should I give to the school on an on-going basis?

Here are questions students can ask themselves and share their response with their parents to ensure appropriate support services and educational modifications are made for their learning experience.

- What am I good at doing?
- What is hard for me to do?
- What do I like to do?
- What do I want to accomplish right now? What skills will I need? How might I get them? What help will I need?
- What works well for me in the general education class? Am I experiencing any problems?
- What do I want to be when I grow up?

Remember that parent involvement in your child's education will equal your child's success in school. Parents should not wait for schools to tell them how their children are doing. Families who stay informed about their children's progress at school have higher-achieving children.

ing children.

To keep informed, parents can visit the school or talk with teachers on the telephone. Return notes to school that are sent home from the teacher. Get to know the names of your children's teachers, principals, and counselors. Parents can also develop ways to get more involved with schools, from establishing a homework hotline, volunteering on school planning and decision-making committees and helping create family resource centers to serving as mentors and volunteering on field trips and at school events.

More importantly, parents with students with IEPs should know that all public schools abide by specific laws and regulations, which provide special services for children with disabilities who qualify for such services. The criteria for eligibility vary by state, but all schools must adhere to a minimum federal standard. To find out the laws in your state and your rights as a parent, contact your local school district office or state Department of Education.

For those who would like more information, below is a list of suggested reading:

The Complete IEP Guide; Parents' Complete Special Education Guide; Wrightslaw: Special Education Law; Helping Your Child Succeed in School, www.ed.gov/parents/academic/help/succeed/index.html.

Boy Scouts introduced to Naval Special Warfare

BY MC2 MATTHEW DANIELS
Naval Special Warfare Group 4

VIRGINIA BEACH — Special Warfare Combatant-craft Crewmen (SWCC) assigned to Special Boat Team (SBT) 20 hosted members of Boy Scout Troop 300 of Williamsburg, Va., Sept. 12 for an up-close look at the role they play in special operations worldwide and the weapon systems they use.

“I think the visit will show them the importance of good discipline, leadership and teamwork,” said Scout Leader Mark Winfield. “The Scouts are very similar to the military with patrols, battalions, uniforms, and overall, it’s a good experience for them.”

The Troop’s visit to SBT 20 included a static display of the MK V Special Operations Craft, a static display of the Maritime Craft Aerial Deployment System (MCADS) components and video demonstration, a static display of the personal firearms currently being used by the SWCC, a capability demonstration aboard an 11-meter rigid-hull inflatable boat (RHIB) and different lessons and information about the life of a SWCC provided by SBT 20 personnel.



Photo by MC2 Matt Daniels

Special Warfare Combatant-craft Crewmen (SWCC) assigned to Special Boat Team (SBT) 20 teach members of Boy Scout Troop 300 of Williamsburg, Va., about the modern weapon systems used by SWCC to give them a look at Naval Special Warfare life and the SWCC mission. Sailors from SBT 20 volunteered to host the Boy Scouts for a static display tour and a boat ride on an 11-meter rigid hull inflatable boat.

“This is just another small way we can give back to our country and community and show them here, what we

are doing overseas and around the world,” said Chief Warrant Officer 3 (SWCC) and organizer for the Boy

Scouts’ visit, Robert Galvez. “It also gives the kids a better understanding of the career we chose and puts it in

perspective when their time comes to make that same decision.”

“I wish we could do this for every troop outing,” said Boy Scout Kyle Winfield, 15.

Based out of Joint Expeditionary Base Little Creek – Fort Story, SBT 20’s mission emphasis is on conducting Special Operations and surface mobility of Sea, Air and Land (SEAL) and Special Operations Forces (SOF) elements in coastal environments. Their missions include SEAL insertion and extraction, waterborne interdiction of shipping, intelligence collection and direct action missions.

“The Boy Scouts instill good moral values and provide structure through leadership and teamwork at a young age, it makes the transition to military life very smooth,” said Special Warfare Boat Operator 2nd Class Stephen MacDonald. “I learned how to tie knots and use a compass in the Boy Scouts long before joining the Navy.”

“This trip will definitely create some interest in SWCC for the kids. They are having a great time and learning a lot about teamwork,” said David Corlett, a parent.

For more news from Naval Special Warfare Group 4, visit www.navy.mil/local/nswg4/.

Bicycling picks up speed with Sailors at Navy Expeditionary Combat Command

BY MC2 (AW/SW) KATHLEEN A. GORBY
Navy Expeditionary Combat Command Public Affairs

VIRGINIA BEACH — A Navy Expeditionary Combat Command Sailor organized a 12-mile bike ride in Virginia Beach for local Sailors Sept. 12.

Riding on the momentum of Virginia Cyclist and Pedestrian Awareness Week, Master Chief Hospital Corpsman Dennis Polli, hoped to raise awareness amongst the military community about bicycle safety and to show military support for the local bike riding community.

“The military promotes a culture of fitness and there are people who could, seven or eight months out of the year, ride their bike back and forth to work,” said Polli.

Safety is paramount when using the roads. According to the National Highway Traffic

Safety Administration, 90 people died walking or cycling on Virginia roadways in 2008.

“(When riding a bike) you need to be seen,” said Polli. “You should also always wear a helmet, glasses, gloves, something that’s reflective, and not only a blinking back light but a head light as well.

In Virginia a bicycle is considered a vehicle and has the same rights and responsibilities as any motor vehicle on the road. They must obey all traffic signs, signals, lights and road markings.

While the Navy does not have any official bicycle safety riding courses, the Virginia Beach Park and Recreation center does, according to Polli. In the future, he would like to look into starting something like that in the Navy.

For more news from Navy Expeditionary Combat Command, visit www.navy.mil/local/nec/.



Photo by MC3 Eric J. Cultright

Lt. Cmdr. Damon Dixon, force oceanography/deputy technical reconnaissance officer at Naval Special Warfare Command and the executive officer at Naval Oceanography Special Warfare Center, enters the bicycle phase of the 30th Ford Ironman World Championship. Six Sailors from the Navy athletic team and Naval Special Warfare participated alongside 1,800 elite athletes in the triathlon event performing 2.4 miles of swimming, 112 miles of biking and a 26.2 mile marathon run through tough ocean currents and challenging lava-covered terrain.

Expeditionary Sailors from U.S., Guatemala share combat skills



GMCS Edward Mindendorf (center), Expeditionary Training Command (ETC), evaluates members of the Guatemalan Navy Special forces during a Close Quarters Battle training evolution. ETC sent a five member Mobile Training Team to Guatemala with the mission to assist the Guatemalan Navy in the training of their elite combat units in close quarters battle and other expeditionary security methods.



Members of the Guatemalan Navy Special Forces conduct a room clearance during a Close Quarters Battle training evolution provided by an Expeditionary Training Command (ETC) mobile training team.

STORY AND PHOTOS BY MC2 (SCW) PAUL D. WILLIAMS

Navy Expeditionary
Combat Command

SAN JOSE, Guatemala — Five Sailors with Expeditionary Training Command (ETC) based at Naval Amphibious Base Little Creek,

Va., visited Guatemala to build a partnership with the Guatemalan Naval Special Forces and provide training in various expeditionary skills.

The three-week mission for the Mobile Training Team (MTT) includes training in visit, board, search and seizure (VBSS) techniques,

appropriate use of force, mission planning, close-quarters battle scenarios and live-fire exercises.

According to Lt. Gabriel Marroquin, boat officer for the Guatemalan Naval Special Forces, most of the operations in which the Guatemalan Navy participates are anti-drug and weapons trafficking missions. They patrol the waters, conduct up to eight boardings in a month and seize narcotics and other contraband.

According to Lt. Charles Egli, officer in charge of the MTT, ETC is here to help the Guatemalans build upon their maritime security capabilities.

“I and my other officers have trained with ETC in the past,” said Marroquin. “So we asked them to come to Guatemala and train our junior troops so that they would be at the same skill level as us.”

Although this MTT’s mission is to train the Guatemalan Naval Special Forces, Egli said there is a lot that his team can learn from the Guatemalan Special Forces.

“They have a lot more experience doing non-compliant

boardings,” said Egli. “In my 40 boardings, I have never run into any problems from a crew trying to resist.”

“There are so many countries out there that can offer something to Global Maritime Security,” said Etgli. “So

it really behooves us to get out there and see what we can do to improve their capabilities on the water.”

For more news from Navy Expeditionary Combat Command, visit www.navy.mil/local/necc/.



GM1 Sean Sammons, Expeditionary Training Command (ETC), observes a member of the Guatemalan Navy Special Forces during a live fire exercise.



GM2 Susan Hernandezquiles, Expeditionary Training Command (ETC), explains to a members of the Guatemalan Navy Special Forces how to adjust the sights of his rifle from reading the points of impact on his target.

Jiu Jitsu prevalent aboard USS Nassau Sailors, Marines

BY MC2 AMANDA CLAYTON
USS Nassau Public Affairs

Many Sailors and Marines have found a new past time aboard USS Nassau (LHA 4).

Brazilian Jiu Jitsu (BJJ) is a martial art that focuses on grappling and ground fighting, a technique often used in Ultimate Fighting Championship competitions. BJJ promotes principles that a small person can triumph over a larger, stronger enemy by applying proper techniques and leverage.

BJJ is popular among Nassau's crew and is a good way for Sailors and Marines to relieve stress.

"I have wrestled pretty much all my life," said Machinist's Mate 2nd Class (SW) Constantios Stavroulakis. "I've done Jiu Jitsu and Judo. It's a good stress reliever after a hard days work. I also get the chance to talk to people and exchange techniques and learn from each other."

Marine Sergeant Jim Holland could not agree more.

"When I get on the mat, I don't look at my opponent and see what branch



Photo by MC2 Amanda Clayton

Corporal Jeremy Cornell (left) and Sergeant Steven Geiger grapple in USS Nassau's (LHA 4) hangar bay Aug. 30.

of the military they're in, we're all the same. Grappling is a great way to relieve stress; you just leave it all on the mat," said Holland.

Nassau ensures safety and cleanliness are a top priority whenever the crew comes together for grappling. "I'm down here supervising the

crew to make sure no one gets hurt. I also have some rules that they follow when they start," said Master Chief Machinist's Mate (SW/AW)

John Engelbert. "One of the rules I have is they must start knee to knee and they can't do ankle locks and knee bars. I want the guys to have fun but I don't want anyone to get hurt. We also make sure to sterilize the mats before they begin."

Jiu Jitsu is a rigorous sport that promotes physical fitness.

"Jiu Jitsu is a good cardiovascular workout, it involves joint manipulation and it involves discipline," said Engelbert "I enrolled my son into it about ten years ago and it's just a good bonding sport."

Fire Controlman 3rd Class Robert Moe, a student at Lynxx Academy in Virginia Beach wants to start a Jiu Jitsu class on board.

"I got into Jiu Jitsu because I wanted to stay in shape and release some aggression. I would like to start up a class on deployment for anyone who wants to learn some techniques," said Moe.

Not only is Jiu Jitsu a good way to stay fit and relieve stress, it's also a way for Sailors and Marines to build camaraderie through friendly competition.

Nassau supports Amphibious Squadron, Marine Expeditionary Unit missions

BY MC3 JONATHAN PANKAU
USS Nassau Public Affairs

ATLANTIC OCEAN — USS Nassau (LHA 4) joined forces with Amphibious Squadron 8 (PHIBRON 8), 24th Marine Expeditionary Unit (24 MEU), and Helicopter Sea Combat Squadron 28 "Dragonwhales" (HSC-28) for PHIBRON MEU Integration Training (PMINT) started Aug. 27, with operations lasting through the first week of September.

"The purpose of PMINT is to practice as a team conducting combat, humanitarian assistance, non-combatant evacuation, and other operations involving the PHIBRON and MEU working together," said Maj. Larry Bailey, operations officer for the Marine Medium



Photo by MC1 James R. Stillepe

Ten Marines from the 24 Marine Expeditionary Unit fire M-9A1 pistols from a kneeling position on the flight deck of USS Nassau (LHA 4) during PHIBRON/MEU Integration training.

Tilt-Rotor Squadron 162 (Reinforced) Golden Eagles (VMM-162).

According to Gunnery Sgt. William Ward, Nassau's Combat Cargo Assistant, the ship's well deck is a constant flow of traffic to and from the beach

as Landing Craft Utilities, Landing Craft Air Cushions, and Amphibious Assault Vehicles bring Marines and cargo aboard.

Staff Sgt. Stephyn Eaton, attached to 24 MEU's Battalion Landing Team 1/9, added that

Nassau's Supporting Arms Coordination Center (SACC) is coordinating with the Battalion Landing Team 1/9 for the Fire Support Coordination Exercise starting Sep. 1. Marines deploy from Nassau and practice firing 81mm mortars and M777 155mm Howitzers at Marine Corps Base Camp Lejeune, N.C. for beach landing exercises.

"We're here to get the Top Gator Navy, ready to fight," said Eaton.

An equally important facet of integration is how well the Marines settle into life aboard Nassau.

Living in such tight quarters is difficult enough without learning how to navigate a naval vessel. Ward said the Navy way of life is also an issue for the new guests.

"The Navy runs everything on a tight daily schedule that is hard to get used to," said Ward. "Once they get into the swing of things, most Marines I talk to enjoy the new experience."

Nassau's Air Department dealt with the pressures of handling a busy flight deck. Aviation Boatswain's Mate Handler 3rd Class (AW) Paul Bria, a member of Nassau's Crash and Salvage team helped train other airmen how to deal with a full Marine Aviation Combat Element.

"The PMINT is an outstanding training environment for airmen to experience what dealing with marines and their large amount of aircraft will be like on deployment," said Bria. "They know crunch time is right around the cor-

ner and everyone on all sides of the house is doing an excellent job under pressure."

"It's hard dealing with a bunch of new guys coming on your ship, creating more work," said Bria. "Having a mission is the important part, though, and I welcome the Marines as part of the team fighting that mission."

Each side of the team is getting ready for deployment and learning to live with their new shipmates.

Bailey said he can feel the excitement rising as training and operations gear up for the big underway in January.

"This is why I joined the Marine Corps," said Bailey. "This is why we all joined the military. Nassau has been very accommodating and I'm enjoying every minute of it."



USS Bush's Galley offers Sailors optimal nutrition for their meals

BY MC3
KASEY KRALL
*USS George H.W.
 Bush Media
 Department*

NEWPORT NEWS — Sailors aboard USS George H.W. Bush (CVN 77) can now enjoy a new, easy way to stay healthy at lunchtime: “High Performance Meals.”

High performance meals always feature a main entrée, a starch and a vegetable. Some of the menu items that make the cut include entrees such as baked chicken and fish, starches such as rice, mashed potatoes, baked beans and butter egg noodles, and vegetables like car-

rots, broccoli and peas.

“We go into the daily menu, and out of those items that are listed on the menu, we pick the healthiest ones,” said Culinary Specialist (CS) 1st Class (SW/AW) Jose L. Valencigomez. “We calculate all the calories of the items and we come up with one whole meal calorie count.”

For the crew’s convenience, a plate is pre-made, covered in plastic wrap and placed at the beginning of the food line so that Sailors can see which items make up the high performance meal of the day.

Both the Health Services and Supply departments worked together to create this program.

“We came up with an ideal diet that is heart-healthy and cancer-preventative,” said Capt. Lee Mandel, the ship’s senior medical officer. “It has the healthiest mix of protein, fat and carbohydrates.”

“First of all, we are trying to maintain the Navy standards,” Valencigomez said. “As CS’s, we are not only cooks, but we also worry about the health of our customers. We need to maintain a good crew and a good standard so we’re ready to fight.”

For more news from USS George H.W. Bush, visit www.navy.mil/local/cvn77/.

DC University prepares new Sailors for life on ship

BY MCSN KAYLA JO GUTHRIE
USS Harry S. Truman Public Affairs

USS HARRY S. TRUMAN — All new Sailors who arrive aboard USS Harry S. Truman (CVN 75) are required to learn the basics of damage control, to learn how to respond to damage and casualties such as fires and ruptured pipes.

To teach this essential knowledge, the Damage Control division runs the Damage Control University (DCU) as part of the Sailors Indoctrination week. DCU classes consist of four days of hands-on training and a written test at the end of the course.

“The class gives Sailors an early start on what else is to come on the Truman,” said Damage Controlman 1st Class (SW) Leethaniel Edwards, a DCU class instructor.

Edwards said his classes usually consist of 30 students per week, and an underway period with combined classes



Photo by MC2 Mark Erks

Sailors aboard the aircraft carrier USS Harry S. Truman (CVN 75) receive training from the damage control training team on how to properly fight fires during a general quarters drill.

can have as many as 90 students each week.

“The classes teach students

the basics of damage control, so if something would happen they would know how to help

the crew in the situation,” said Edwards.

During the class, students are given a tour of the ship and are shown the locations

of all the repair lockers. They learn basic firefighting, the firefighter’s ensembles, how to control flooding, and how to use protective gear such as

an Emergency Escape Breathing Device.

“The class allows us to teach the students with a more hands-on approach,” said Edwards. “So when the students actually go through General Quarters (GQ), they can get more in depth with the situation.”

GQ evolutions, a vital component of Truman’s training agenda, helps prepare Sailors for any situation that arises while out at sea.

“The class is important for new Sailors because it teaches us how to be prepared for GQ situations, the information that we are taught could save our lives,” said Aviation Ordnaceman Airman Recruit Martina M. Lunsford.

Once students complete the basic DC class, they have the opportunity to take advanced DC classes, said Edwards. DCU gives each Sailor a chance to really learn damage control, and it’s very important that Sailors take advantage of this opportunity to learn from the DC division, said Edwards.

“I think our success in DC and GQ is a direct reflection from the DC division actually putting forth the effort and training the crew,” said Edwards.

CNSL participates in community walk of remembrance

BY MC1 JULIE MATYASCIK
 Commander, Naval Surface Force
 Atlantic Public Affairs

VIRGINIA BEACH — In Virginia one out of every four individuals 18 years or older who dies by suicide is a veteran. To recognize those loved ones, more than 20 employees and their families attached to Commander, Naval Surface Force Atlantic (CNSL) participated in the Fourth Annual Out of Darkness Community Walk at Mount Trashmore, Virginia Beach, Va., Sept. 12.

The event was hosted by the Hampton Roads Survivors of Suicide support group. The local walk, which is one of hundreds of walks that took place across the nation, helps to raise awareness and monetary support for the American Foundation for Suicide Prevention (AFSP). AFSP is the country's largest non-profit organization that helps to prevent suicide and save lives, increase national awareness about depression and suicide, and assist survivors of sui-



Participants take time to remember lost loved ones during the Fourth Annual Out of Darkness Community Walk Mount Trashmore, Virginia Beach, Va., on Sept. 12.

Photos by RPC David Aguirre

cide loss through research and education programs.

CNSL team leader Chief Religious Programs Specialist David Aguirre said the support was outstanding, and it was a great day for family and friends to come together for a

good cause.

"It was awesome," he said. "The (CNSL) Chief Petty Officers Association, Wardroom and the First Class Petty Officers Association were well represented along with many family members. The walk was fun, weather was great, and it was a good opportunity to represent the Navy at a community event like this."

Chris Gilchrist, the local organizer and family therapist, was pleased to see so many people attend the community walk.

"More than 1,700 people registered for the walk," she said. "We raised \$60,000 to help change a life."

According to Gilchrist the walk has three goals: to el-

evate awareness, remember loved ones and raise money for AFSP.

"The number one cause of suicide is untreated depression, said Gilchrist. "By educating people about the symptoms and treatment of depression we can prevent suicides. It is no longer a moral matter, it is a medical matter. As a disease, it can be treated with counseling and medication."

Gilchrist commented on the military's presence at the event. She made special mention of the Navy's efforts to have a Suicide Prevention Program for each command.

Even more specifically, she praised CNSL for having more than 100 Suicide Prevention coordinators as-

signed at our commands that work every day to assist with education about suicide awareness and assisting Sailors in distress.

"It has been an honor to work with Chief Aguirre in training and advocacy to promote good mental health in preventing suicide," said Gilchrist.

Several speakers spoke on awareness of the symptoms associated with depression and the resources available to assist those in distress. Before the walk began Capt. Jon Greene (ret.) read off the names of more than 130 names of loved ones who died from suicide this year.

Greene was the commander of the Naval Surface Warfare Center at Dam Neck when Master Chief Scott Alan Starr, a friend and colleague, died by

suicide in August 2008.

At the starting point of the walk, a curtain of 1,000 origami cranes hung for everyone to pass through.

"We have chosen the crane to represent our walk as it has become an international symbol of healing, happiness and hope," said Gilchrist. "In ancient Japan, people believed the crane lived for a 1,000 years. Legend has it that if you fold 1,000 cranes your prayers will be answered."

"The prayer that we have folded into each crane is for peace, not only for those who presently suffer from depression but also for those who have died from suicide," continued Gilchrist.

For more information, visit www.sos-walk.org and www.afsp.org



Photos by RPC David Aguirre

More than 20 employees and their families attached to Commander, Naval Surface Force Atlantic (CNSL) participated in the Fourth Annual Out of Darkness Community Walk at Mount Trashmore, Virginia Beach, Va., Sept. 12.



Photos by RPC David Aguirre

Participants wait at the starting point during the Fourth Annual Out of Darkness Community Walk Mount Trashmore, Virginia Beach, Va., on Sept. 12, 2009. A curtain of 1,000 origami cranes hung for everyone to pass through representing the walks

Enterprise launches readiness preps with Torpedoes

STORY AND PHOTO BY MC3 DEVONTÉ JONES

USS Enterprise Public Affairs

USS ENTERPRISE — USS Enterprise's (CVN 65) Weapons Department is preparing for a major drill on Sept. 18 as part of the ship's overall effort of training toward getting underway.

The gunner's mates will be working in collaboration with the Engineering Department's Damage Control (DC) division during an auto-fuel-spill drill to test the crew's ability to respond.

The drill will be part of a torpedo-readiness assessment conducted by Naval Air Forces Atlantic (AIRLANT) and will simulate torpedoes and the fuel they contain catching fire in various armories aboard.

Carriers use torpedoes to conduct anti-submarine warfare via helicopters against enemy submarines and other submerged threats.

"The torpedo readiness assessment is when AIRLANT inspects our ability to build, disassemble and maintain torpedoes for helicopter squadrons," said Gunner's Mate 2nd Class (SW) Homer R. Small, G-2 division's work center supervisor and leading gunner's mate.

Small also stated that the drill itself would be a test of their skills protecting the ship from possible harm caused by the torpedoes they oversee.

"The drill will be a simulated torpedo-fuel spill," Small said. "Torpedoes are pressurized so if they spill, the fuel can get everywhere, and this can make it difficult to contain. This will test our ability to contain and clean up during such an incident."

Additionally, Small stated that his division has specialized training in such scenarios, and they will be working with other divisions as they would in a real-life incident to enhance their ability to contain the danger.

"No one else is trained to deal with this kind of situation aboard," said Small. "We will be working with the DC division, Medical and Security departments for this to go well, and we anticipate it will."

Chief Damage Controlman (SW/AW) James E. Waddell, DC division's leading chief petty officer, stated that his division will work closely with G-2 division for this exercise.

"Our division leans toward the training side of things," said Waddell. "If the weapons team gets injured, DC has to know how to go in and fight this fire, and they need to know how to deal with extinguishing torpedo fires."

Waddell said that torpedo fires require different approaches than typical shipboard fires.

"It's a special situation," said Waddell. "You can't just go in with a hose and start spraying high-pressure water on torpedoes and their fuel. There's a way to do it properly, and that's



Gunners Mate 3rd Class Andrew Fournier, left, and Aviation Ordnanceman 3rd Class Randy Walther inspects a Mark 46 recoverable exercise torpedo in a weapons magazine aboard the aircraft carrier USS Enterprise (CVN 65).

what we're trained for."

Enterprise is currently undergoing a maintenance period in the Northrop Grumman Newport News Shipyard and training to main-

tain proficiency in preparation to return to the fleet.

For more news from USS Enterprise (CVN 65), visit www.navy.mil/local/cvn65/.

Sailors aboard Enterprise remain vigilant

BY MC3 CHRISTIAN T. MARTINEZ

USS Enterprise Public Affairs

NEWPORT NEWS — Damage control (DC) training continued in earnest Sept. 11 aboard USS Enterprise (CVN 65) the oldest active aircraft carrier in the U.S. fleet.

DC is a major part of shipboard life in the Navy, and the damage controlmen aboard Enterprise train Sailors every day on what they need to know in case of an emergency.

When a Sailor reports for duty aboard "Big E," they are required to get DC-qualified. This builds the foundation for firefighting skills and ensures each Sailor has a basic understanding of what actions they need to take during a fire, flooding or other emergency.

With only 32 damage controlmen

aboard, it is their responsibility to train a crew of 3,500 to be basic firefighters. Basic- and advanced-DC qualification training is held on the mess decks daily to give Sailors the knowledge they need to fight the ship.

"We push for everyone to be advanced-DC qualified, but being basic-DC qualified makes every Sailor a firefighter," said Chief Damage Controlman James E. Waddell. "When the (USS) Cole was hit, it wasn't the DC division that saved the ship; it was an interior communications electrician screaming up to DC Central that he needed help or they would lose another space."

It is every Sailor's responsibility to have a basic understanding of damage control so that when the time

comes they can respond quickly and efficiently.

Enterprise conducts general quarters, a simulated attack on the ship, once a week to give Sailors hands-on experience with the basic damage control training they've received since arriving on board.

"Damage control is the most important thing in the world because we hold our lives in each other's hands," said Waddell. "A ship's just a ship. It's the crew that brings it to life."

Enterprise is currently undergoing a maintenance period in the Northrop Grumman Newport News Shipyard and training to maintain proficiency in preparation to return to the fleet.

For more news from USS Enterprise, visit www.navy.mil/local/cvn65/.



Photo by William Kenny

Wet training

Seaman Apprentice Marshall Harris, a student at Basic Enlisted Submarine School (BESS), repairs a simulated engine room leak in the school's damage control wet trainer at Naval Submarine Base New London.

HERITAGE: Selectees give time, money to museum

Continued from page B1

ident and chief operating officer of the Mariners' Museum, was grateful for the help and the new flag. Cogar also understands the role these Sailors will fill as they assume their new rank.

"I used to be a professor of naval history at the Naval Academy, and I know that the CPOs are the backbone of the fleet," he said. "The museum is thrilled to have these selectees on board, and we look forward to continuing a good relationship with them and their chiefs' mess."

Following the awards ceremony the museum treated the selectees and their sponsor to lunch and tour of the museum.

The chief selectees participate in community relations projects and other important team-building evolutions during a six-week induction process that ends Sept. 16, when selectees don their



Photo by MC1 Julie Matyascik

Chief Petty Officer (CPO) selectees from various commands aboard Naval Support Activity (NSA) Norfolk sing Anchors Aweigh prior to participating in a community relations (COMREL) project at the Mariners' Museum, in Newport News.

More room to eat at NSA Northwest



Photo by MC1 (AW) Tim Comerford

Seabees from Navy Mobile Construction Battalion 133, Sailors and civilians from Public Works and Naval Facilities Engineering Command and Naval Support Activity (NSA) Northwest Annex as well as civilian contractors break ground on the new addition to the Galley. The addition is expected to be completed by December 21. The 30' x 40' addition approximately has been in the works for five years.

OMBUDSMAN: Success can be as simple as knowing Sailors' families

Continued from page B1

deployment. They serve as a source of information and relief for families coping with life while their loved one is out to sea. Ombudsmen do this job without the expectation of anything in return.

"I volunteer to support the families of the Sailors. It can be difficult but it's a great experience helping other people. It can be emotional at times but, I set aside the emotions to help them," said Fleet Readiness Group ombudsmen April McCullers of the USS Donald Cook (DDG-375) in support of her daughter CTT1 Tilisa McCullers.

Guest speaker Duffy McFowland, the Navy Ombudsmen Program director, expressed her gratitude to the ombudsmen.

"You are the calm voice on the end of the phone that gets a person through a situation. You may never meet the person on the other end of the phone and some become your best friends. But, you do this without compensation or the expectation of recognition 24 hrs a day. No matter what you do, you do it because at the end of the day you know that you are helping people."

Fowland, then revealed the mystery of the pennies, "Just like life it can only be spent once, she said, " Spend it, make a wish and never forget that it has value, and so do all of you."

The reception honored the ombudsmen for their dedication and time in supporting families during hardships with kind words, comfort, and random acts of kindness.

"The success stories can be as simple as a ride to the pier or the airport, or a newsletter that comes to an empty mailbox overseas," said Lisa Howard former ombudsmen and current chairman of the advisory board for the Command Master Chief spouse Leadership Course.

"I think we are all comforted in knowing that our ombudsmen are here. Ready, willing and waiting," she said.

As the night drew to an end, waiters scurried around clearing the last of the dessert plates and Howard offered the beautiful potted arrangements to the ombudsmen.

Howard then had each command master chief pin their ombudsmen with a golden starfish to represent the fable of a little girl making a difference by casting starfish back into the ocean. Even though the little girl could not help them all, she was trying and making a difference, much like the Navy and Marine Corps dedicated Ombudsmen.