



Submariner receives Military Citizen of the Year Award

BY KEVIN COPELAND

Commander, Submarine Force Public Affairs

NORFOLK — Petty Officer 1st Class Rodney E. Buse has been selected as the 54th recipient of the Samuel T. Northern Military Citizen of the Year (MCOY). The award is given annually by the Hampton Roads Chamber of Commerce to recognize the military citizen who has made the most impactful contribution in the area of community service. Buse was formally recognized at the annual MCOY luncheon sponsored by Hampton Roads Chamber of Commerce and held in Norfolk.

"I was floored, because I really didn't think I had a chance," said Buse, the force protection assistant and staff anti-terrorism officer at Commander, Submarine Force (SUBFOR) headquarters in Norfolk. "All the other nominees had done so much for the community, so being singled out and recognized is very humbling."

The honor is the highest award bestowed by the Hampton Roads Chamber of Commerce to the local military. Buse, a 36-year-old Terre Haute, Ind., native, was selected from among 17 nominees from U.S. Air Force, U.S. Coast Guard, U.S. Marine Corps, and U.S. Navy commands in the Hampton Roads area. He was recognized for his charitable work with the BMX for Christ Ministries, the Bethany Christian Services, the Amer-



Photo by MC1 (AW) Tim Comerford

Machinist Mate 1st Class Rodney Buse thanks all the people that helped him on his way to becoming the Military Citizen of the Year (MCOY) as chosen by the Hampton Roads Chamber of Commerce. The MCOY award is given to the service member who has made the most impact in the community over the course of the previous year.

ican Diabetes Association, and the Chesapeake Bay Foundation.

But primarily it was his work in the BMX for Christ Ministries that he believes may have put him over the edge.

"I'm not really sure what was the key factor in my selection," said Buse. "All I can guess at this point is that it was the idea of BMX for Christ, and how we're helping kids in an unconventional format. When people think about sports

programs, the first ones that come to mind are football, basketball, baseball, and soccer, not BMX racing. I think we have forgotten that BMX racing is an Olympic sport, and an American-born sport."

He is the founder and director of the BMX for Christ Ministries. The nonprofit ministry is organized to provide bikes, all safety gear, and licensing and racing fees for less fortunate children

and teens – enabling them to take part in the sport of BMX racing. Through the ministries' partnership with Bethany Christian Services, they help promote older child and special needs adoptions within the BMX racing community.

There are more than 500,000 children in foster care in the U.S. alone, with 120,000 of them eligible for adoption. However, less than 60,000 of those eligible for adoption are placed in forever families. As the administrator of BMX for Christ Ministries, Buse's fundraising activities, and liaisons with sponsors and the Department of Social Services, are able to make some of these children's dreams come true.

"My hope is that the attention received from my selection will greatly improve our efforts with the ministries during the 2010 season," said Buse. "There are a lot more children and teens we'd like to help, but with our budget constraints it is difficult. We're a completely volunteer program, and there have been a few times that I've purchased bikes and gear out of my own pocket to make things happen for a kid. I don't like telling kids no because of monetary issues."

Buse's positive and proactive approach in administering his organization, and his diligence in helping it attain its mission, comes naturally. His

See MCOY, A11

Mullen praises 'Powerful Legacy' during ship commissioning

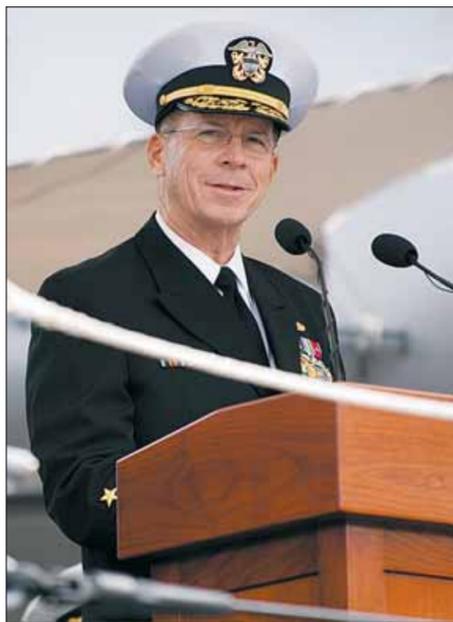


Photo by MC1 Chad J. McNealey

Admiral Mike Mullen, chairman of the Joint Chiefs of Staff addresses the audience at the commissioning ceremony for the Arleigh Burke-class guided missile destroyer, USS Wayne E. Meyer (DDG 108) at Penn's Landing in Philadelphia.

BY SAMANTHA L. QUIGLEY

American Forces Press Service

PHILADELPHIA — The chairman of the Joint Chiefs of Staff praised the man for whom USS Wayne E. Meyer guided-missile destroyer was named during the ship's commissioning into the U.S. Pacific Fleet, Oct. 10.

"I can think of no finer name for a warship than USS Wayne E. Meyer," Navy Adm. Mike Mullen said during the 58th Arleigh Burke-class destroyer's commissioning here today. "For it is the name of the chief visionary of the Navy's surface fleet."

The ship's motto is "One Powerful Legacy," and the late retired Rear Adm. Wayne E. Meyer can be said to have left exactly that in the Navy. Meyer is described as "the father of Aegis," for his role in leading the development of the

Aegis Weapons System now used aboard 100 Navy ships.

Meyer abhorred mediocrity as much as he cared for the Navy, and he attended the commissioning of every ship using the Aegis platform in since that of USS Bunker Hill in 1986, Mullen said.

"It is sad, but almost fitting, in a way, that the first commissioning muster Wayne Meyer misses is that of his namesake," he added.

Meyer was 83 when he passed away Sept. 1.

Originally conceived as a match for the Soviet blue-water navy, Aegis ships have become invaluable for uses beyond deterring Cold War foes.

It was an Aegis ship that recently patrolled at the ready off the coast of North Korea. Another supplied humanitarian aid to the citizens of the former Soviet republic of

Georgia during military strife last year, and Aegis ships will continue to provide air defense for expeditionary and carrier strike groups around the world, Mullen said.

"Admiral Wayne Meyer's brainchild has become an enduring staple of our fleet because the system has been able to evolve, to flex to our defense needs as they change over time," Mullen said. "Underpinned by solid systems engineering, ... its enduring capabilities are speed agility and adaptability."

The U.S. shares the Aegis weapons system with the Japanese, Spanish, Norwegian, South Korean and Australian navies.

Mullen said he sees this as immense progress to what he used to call the "1,000-ship Navy." This is "a global

See MULLEN, A11

President Obama accepts Nobel Prize as 'Call to Action'

BY DONNA MILES

American Forces Press Service

WASHINGTON — President Barack Obama said today he'll accept the Nobel Peace Prize as a "call to action" for the international community to work together to confront common challenges, while also recognizing his responsibility for U.S. security.

"Even as we strive to seek a world in which conflicts are resolved peacefully and prosperity is widely shared, we have to confront the world as we know it today," the president said in a brief statement in the White House Rose Garden.

"I am the commander in chief of a country that's responsible for ending a war and working in another theater to confront a ruthless adversary that directly threatens the American people and our allies," he said.

Obama said he was humbled and surprised to learn that he had been named to receive the Nobel Peace Prize and believes the honor must be shared by all courageous people around the world who strive for justice and dignity.

He cited examples, including, "the soldier who sacrificed through tour after tour of duty on behalf of someone half a world away," and "all those men and women across the world who sacrifice their safety and their freedom, sometimes their lives, for the cause of freedom."

Obama is slated to reconvene his national security team later today for continued discussions about the strategy in Afghanistan and Pakistan. Among the participants will be Defense Secretary Robert M. Gates, Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen, U.S. Central Command Commander Army Gen. David H. Petraeus and, by video-conference, Army Gen. Stanley A. McChrystal, the top U.S. commander in Afghanistan.

After 234 years, Sailors still 'Principal Hope of America's Future'

BY JOY SAMSEL

Naval Education and Training Command Public Affairs

PENSACOLA, Fla. — Quoting Thomas Jefferson's description of American naval hero John Paul Jones, Rear Adm. Joseph Kilkenny, commander, Naval Education and Training Command, compared today's Sailors to that legendary seaman during his key note address at the Pensacola area Navy Ball Oct. 9.

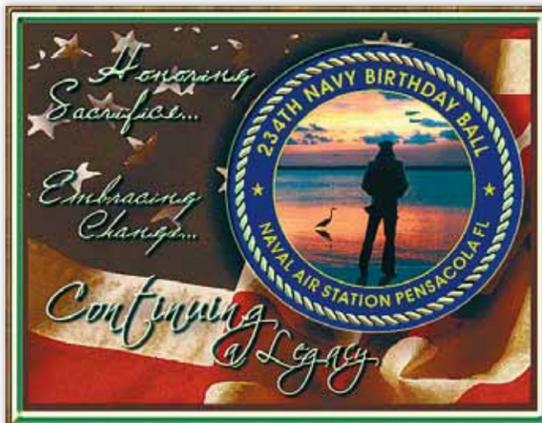
Held at the National Museum of Naval Aviation, the event was attended by more than 500 military members and local dignitaries.

"The American Sailor has a long and distinguished genealogy," Kilkenny told the audience. "As I look around this room at the young Sailors, I can readily



Rear Admiral Joseph F. Kilkenny United States Navy Commander, Naval Education and Training Command

see the undaunted spirit and tenacity which were characteristic of one of our earliest naval heroes – John Paul Jones. He was



described by Benjamin Franklin as the 'chief weapon of American forces in Europe', while Thomas Jefferson described Jones as the 'principal Hope of (America's) future efforts on the ocean.'

"The principal hope of America's future'. That is what I see when I look into the faces our Sailors," Kilkenny said.

The theme for this year's Navy

Ball, which was hosted by Naval Operational Medicine Institute, was 'Honoring Sacrifice, Embracing Change, Continuing a Legacy'.

According to Kilkenny, Sailors live by different rules than other citizens around the nation. These guiding rules or codes include

See HOPE, A11

INSIDE:

EARTHQUAKE RELIEF OPS A8

U.S., Indo. militaries assist in humanitarian efforts
U.S., Indonesian bring aid to the people of Indonesia following a series of deadly earthquakes Sept. 30.



FRONT & CENTER B1

Kearsarge Car Club shows up competition
USS Kearsarge Car Club participated in the World of Wheels Car Show, Oct. 3-4, held in Virginia Beach.



OFF DUTY C1

Star Wars: In Concert
A unique multi-media event featuring music from all six of John Williams' epic Star Wars scores.





Photo by MC2 Kevin S. O'Brien

Secretary of the Navy (SECNAV) the Honorable Ray Mabus poses for a photo with Jon Stewart, host of The Daily Show. Mabus appeared on The Daily Show, answering questions about today's Navy and Marine Corps.

Navy Secretary says, women will soon serve on submarines

BY JOHN J. KRUZEL
American Forces Press Service

WASHINGTON — Navy Secretary Ray Mabus said Oct. 6 women soon will serve on submarines, suggesting a reversal of the long-standing ban by the Navy.

Appearing on Comedy Central's "The Daily Show with Jon Stewart," Mabus signaled that the Navy is moving closer to allowing coed personnel on submarines.

"It will take a little while because you've got to interview people and you've got to be nuclear trained," he said, referring to prerequisite steps before a Sailor is assigned to a submarine.

Officials previously have cited a lack of privacy and the cost of reconfiguring subs as obstacles to allowing female crew members to serve aboard the vessels.

But Mabus is one of several top Navy officials recently to call for an end to the policy. The Navy secretary's comments yesterday amplify his previous endorsement of ending the ban.

"This is something the (chief of naval operations) and I have been working on since I came into office," Mabus, who was confirmed as Navy secretary in May, said last week. "We are moving out aggressively on this."

"I believe women should have every opportunity to serve at sea, and that includes aboard submarines," he told reporters following a tour of Northrop Grumman Corp.'s Newport News shipyard.

Navy Adm. Gary Roughead, chief of naval operations, acknowledged that special accommodations would be a factor in the decision, but one that's not insurmountable.

"Having commanded a mixed-gender surface combatant, I am very comfortable addressing integrating women into the submarine force," he said in a statement last month. "I am familiar with the issues as well as the value of diverse crews."

Roughead said he has been personally engaged through the years in the Navy's debate of the feasibility of assigning women to submarines.

"There are some particular issues with integrating women into the submarine force — issues we must work through in order to achieve what is best for the Navy and our submarine force," he said. "This has had and will continue to have my personal attention as we work toward increasing the diversity of our Navy afloat and ashore."

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, addressed the issue with the Senate Armed Services Committee last month.

"I believe we should continue to broaden opportunities for women," Mullen is quoted as saying in response to written questions posed by the Senate Armed Services Committee. "One policy I would like to see changed is the one barring their service aboard submarines."

Mullen, a champion of diversifying the services, said this month that having a military that reflects the demographics of the United States is "a strategic imperative for the security of our country."

THE FLAGSHIP'S LEeward SHOUT

What was your favorite childhood Halloween costume?



AGAN
Michelle Caruso
SGOT

"I dressed up as the Bride of Frankenstein. I had really long curly hair and my mom would put powder in it for the streak and she'd put a lot of hairspray in it to hold it up. I wore a robe and my mom's high heels."



AGAN
Tenea Andrews
SGOT

"I remember dressing up as a pumpkin. My mom didn't take us out to trick-or-treat, she'd throw a party at our house for the kids and we'd have fake haunted houses in the backyard. My uncle's would scare us."



PSC
Melanie Newman
USS Truxtun (DDG 103)

"My mom made me a ghost costume. It was just a sheet with some holes cut into it, but it really sticks out in my mind. I remember a lot of candy."



ET2
Nelson Correa
NCTAMSLANT

"I really wanted to be Casper the friendly ghost. I had the plastic mask with the stretchy string and the cut out eyes and a thin plastic vinyl robe. It was the only costume I had that wasn't hand made."



ICC
Lawrence West
NNSY

"I don't remember a childhood costume but a few years ago when I was stationed in Hawaii, we took some kids from a couple of local schools out trick-or-treating. I dressed up as Wesley Snipes in 'Blade.'"



ABH1
Jennifer Lyles
CNRMA

"My favorite Halloween costume was a clown. My mom and I both dressed up as clowns that year and she walked around with me trick-or-treating."

Commander Navy Region
Mid-Atlantic is:
Rear Adm. Mark S. Boensel

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Local service times

LDS PROGRAMS

JEB Little Creek Chapel Worship Schedule:
Noon — Sun. Worship (Chapel Annex Classroom 4)
8 p.m. — Wed. Bible Study
(Chapel Annex Classroom 4)

NAVAL STATION NORFOLK

ROMAN CATHOLIC

Our Lady of Victory Chapel

Mass Schedule:

5 p.m. — Sat.

(fulfills Sunday obligation)

10 a.m. — Sun.

11:45 a.m. — Mon.- Fri.

(except holidays)

Confessions:

4:15 p.m. Sat.

PROTESTANT

David Adams Memorial

Chapel Worship Services:

10:30 a.m. — Sun.

Worship

Wednesday Services:

8:30 - 10:15 a.m. — Bible

Study Noon "Lunch

with the Lord"

**For more information call
Naval Station Norfolk Chapel 444-7361**

JEWISH PROGRAMS

Commodore Uraih P. Levy Chapel: Jewish services are at Norfolk chapel in Building C7 on the Second Floor every Friday at 7:30 p.m. Building C7 is located at 1630 Morris St. on Naval Base Norfolk. For more information call 444-7361 or 7363.

MUSLIM PROGRAMS

Masjid al Da'wah

2nd Floor (Bldg. C-7): Muslim services are at Norfolk chapel every Friday at 1:30 p.m.

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC

Mass Schedule:

5 p.m. — Sat.

(fulfills Sunday obligation)

9 a.m. & 12:15 p.m. —

Sun.

11:30 a.m. — Tues. - Fri.

(except holidays)

Confessions:

3:30 - 4:30 p.m. — Sat.

PROTESTANT

9 a.m. — Sun. School

(4 years-Adult)

10:30 a.m. — Sun.

Divine Worship,

Children's Church

(Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed.

Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon

PWOC: Evening Bible Study Every Mon.: 7 p.m.

Latter Day Saints

11:30 a.m. — Sun.

Coffeehouse

6 p.m. — Sun.

**For more information call JEB
Little Creek Chapel 462-7427**

CHAPLAIN'S CORNER

Honesty, humility keys to good working relationships

BY LCDR JOSEPH KOCH

*Chaplain, Naval Submarine
Base New London*

In a large and rapidly growing company, Fran manages two groups recently combined department. She consciously looks for ways to manage better, to liberate potential in employees, and to cultivate a work environment that is both fun and productive.

After a recent meeting with the two supervisors who report to her, she told me that she feared she had come on "too strong". She didn't want to intimidate them and she knows that she has a tendency to jump in and take charge. They are more reserved; she is more commanding. Her goal is to have them handle the day-to-day issues, but she is anxious about this transition and really

cares that the department runs smoothly. Her dilemma was real.

As we spoke, she realized that her best approach was to talk to them honestly, to tell them her vision of the future and how the combined departments would work together. She would assure them that she believed in them and wanted them to take charge to get the work done. Knowing that she has a forceful personality, Fran would ask them to let her know when she stepped over newly established boundaries that the tree had agreed to. Finally, she would ask them if they wanted to participate in bringing this vision to reality and if they would help her learn how to become better in her new role.

This plan of honesty and humility felt right; she was excited to talk to them.

And it was more successful than she could have imagined. Even with the increased work load and the general unsettled nature of this transition time, the department is embracing its expanded role; the environment radiates purpose and joy.

Her strong personality could well have been a stumbling block to the department's success, but Fran recognized that and reached out to others for help. By becoming vulnerable, she opened doors to possibilities. The department responded with enthusiasm, hope, and shared effort toward goals.

I remember a homily about "You are Peter and upon this rock I will build my church." The priest told us that a friend of his is a scholar of ancient languages who swears the original

meaning of the word rock in that verse is "the stone that trips us on the path when we walk." The foundation, then, isn't powerful and unchanging rock, but rather the stumbling block of our human weakness, the vulnerability that becomes the opportunity to build relationships of love and mutual regard. God uses our humanity to enlarge the Church, to build the community of hope.

How hard it is to accept that we are often the stumbling block. But when we recognize it and if we accept our limitations and the opportunities they present, then we can reach out to others and be a humble messenger of hope and of love.

One stumble at a time, outreach by outreach, the good news is spread – and the people of God grow.

The making of a chief religious program specialist

BY PETTY OFFICER 1ST CLASS

KENNETH ROBINSON

Chaplain Corps Public Affairs

KANDAHAR, Afghanistan — The chiefs pinning ceremony dates back to April 1, 1898 and is among one of the most admired and unique Navy rights of passage. Each September, chiefs from all over the Navy gather to welcome newly frocked members of the mess.

Chief Religious Program Specialist Alan Grow, is humble, mild mannered, soft-spoken and a newly frocked chief petty officer (CPO) in the United States Navy.

Grow, 27, a native of Bogalusa, La., quickly rose through the ranks to become the youngest of only 40 chief religious program specialists (RPC) in the Navy.

"I have been blessed to have worked with some great Sailors. Some are already CPOs and some

are still climbing the ranks," said Grow. "I had superiors, CPOs and peers that took care of me and set me up for success. Now as the chief, it is my job to set them up for success so they can achieve their goals."

Grow's pinning ceremony took place on Sept. 16 at Kandahar Airfield, Afghanistan. Marching in solo to the ceremony, Grow led the 30th Naval Construction Regiment's (30 NCR) chiefs in a rendition of "Anchors Aweigh" followed by the "Song of the Seabees" before being welcomed into the 30 NCR's chiefs mess.

"Being the only CPO selectee within the command, I was given a lot of mentoring and training from the chiefs mess," said Grow. "Most CPO selects do not get as much one on one time with the CPOs that I was given."

Grow, who is currently assigned

to 30 NCR, joins the unique and elite position of one of only two RPCs assigned to the Naval Construction Force or Seabees.

Grow's duty within the regiment is to coordinate and facilitate religious programs, coordinate religious ministry training for chaplains and RPs and is the United Through Reading program manager.

"As an RPC, we are usually over a much larger area," said Grow. "RPCs not only take care of the command they are assigned to, but also take care of all the commands in their AOR [area of responsibility]. For instance, a RPC would be the senior RP for a whole carrier battle group."

Achieving the rank of chief symbolizes one's deckplate-leadership, institutional and technical expertise, professionalism, character, loyalty, active communication and sense of heritage.

Navy's first flying helo Warrant boards Bataan

BY MC2 STEPHEN OLEKSIK
USS Bataan Public Affairs

USS BATAAN, At sea — Fourteen Sailors were selected in 2006 to become the Navy's first "Flying Chief Warrant Officers," and more than three years later, the "Flying 14" are still making history.

When Chief Warrant Officer (CWO) Michael Adams, from Coalinga, Calif., reported to Helicopter Sea Combat Squadron (HSC) 22, and embarked aboard the multipurpose amphibious assault ship USS Bataan (LHD 5) in June, he became the first CWO helicopter pilot to complete his training and begin living his dream as a pilot in an operational environment.

Adams was no stranger to rotary aircraft, spending nearly nine years as an aviation warfare systems operator before his commissioning in December 2006.

"I was a rescue swimmer flying in H60F/H's, and I wanted to change seats," said Adams. "This program was the perfect opportunity for me to do that."

For Adams, the timing to switch seats could not have been better. According to the first NAVADMIN soliciting applications, the Navy was looking to supplement the current officer aviation force by placing qualified CWOs in the cockpit as pilots and naval flight officers (NFOs). The requirements specified candidates must be between paygrades E-5 and E-7, young enough to be commissioned by their 27th birthday (29 for NFOs) and must already possess an associate's degree. Adams met every requirement.

"My wife and I were so excited when the message came back," said Adams. "It was surreal."

The new officer didn't have much time to look back on the hard work that earned him a selection. He spent the next two years attending various officer indoctrination courses, pre-flight schools and piloting schools before completing his training at Helicopter Sea Combat Squadron (HSC) 2.

Adams has now settled in with his new squadron embarked aboard Bataan where he serves as the detachment's assistant op-



Photo by MC2(SW) Stephen Oleksiak

Chief Warrant Officer Michael Adams

erations officer and flight schedule writer, but he never misses an opportunity to step into the cockpit.

"His flying abilities are equal to any unrestricted line officer pilot that I've seen," said Aviation Warfare Systems Operator 2nd Class (NAC) Aaron Gardner, from Benson, N.C. "Plus, his prior enlisted background gives him an understanding of the crew, which makes him a more approachable leader."

With 12 years of service under his belt, Adams has plenty of flight hours ahead of him, both in and out of uniform.

"This is an opportunity that will certainly carry me into retirement many years from now," said Adams. "When I've retired, I hope to be flying helicopters somewhere on the West Coast."

For more information on the Flying CWO program visit www.npc.navy.mil or contact your command career counselor.

The Bataan Amphibious Ready Group is conducting Maritime Security Operations in the U.S. 5th Fleet Area of Operations.

For more news from USS Bataan (LHD 5), visit www.navy.mil/local/lhd5/.



Building 429, a former barracks, has undergone a major repurposing and now has new life as an innovative retail, recreation, and lodging facility. The building is not only home to base's Officers Club and Chiefs Club, but also to a newly relocated branch of the Navy Federal Credit Union.

SUBASE honors WWII hero

BY ELECTRONICS TECHNICIAN
3RD CLASS MELISSA GAVIN

Naval Submarine Base New London Public Affairs

GROTON, Conn. — Naval Submarine Base (SUBASE) New London rededicated Building 429 in honor of World War II submariner and Medal of Honor recipient Rear Adm. Richard H. "Dick" O'Kane, during a ceremony, Oct. 9.

The late admiral's son and daughter, James H. O'Kane and Marsha O'Kane Allen, and their spouses and friends, joined nearly 100 guests at the special event which also included a ribbon cutting formally opening the base's new Navy Gateway Inn & Suites located in the building.

O'Kane served in the Navy from 1930 to 1957. As commanding officer of USS Tang (SS 306), he was recognized for "conspicuous gallantry and intrepidity" in action against the enemy during October 1944 and awarded the Medal of Honor.

"The admiral is one of seven submariners from (World War II) to be awarded our nation's highest tribute, the Medal of Honor," said base Commanding Officer Capt. Marc W. Denno. "I'm a Sailor and a submariner through and through, so it means a lot to me to be able to recognize one of the heroes of our force."

The re-dedication and ribbon cutting marked the completion of a three phase transformation of the former barracks building through the Navy's Shore Vision 2035 Plan.

The Navy's most recent vision of shore basing, the plan reduces unneeded infrastructure, reduces financial drains, and ultimately allows the Navy to recapitalize key requirements.

The new O'Kane Hall is an innovative retail, recreation, and lodging facility. Home to not only the new Inn and Suites which serves as temporary quarters for authorized base visitors and guests, the hall is also home to the Officers and Chief Petty Officers Clubs and the on-base branch of the Navy Federal Credit Union which moved to the building and opened in January and November 2008 respectively.

James O'Kane, who spoke on behalf of the family, talked of the few wartime memories his father would discuss with him, such as returning to Hawaii after those early war patrols.

"He had a wonderful time relaxing at the Royal Hawaiian in Honolulu, and I



U.S. Navy Photo

Rear Adm. Richard H. "Dick" O'Kane

think this does that the same way. Those officers that come back to Groton, to the SUBASE, can unwind and feel very appreciative of what is presented here today. I think it will do them all a great honor," he said.

The new 35,000 square-foot, Navy Gateway Inn & Suites welcomes guests with a spacious lobby warmed by a two-sided fireplace and boasts 80 renovated and newly appointed guest rooms. Room amenities include flat screen televisions, upgraded mattresses and linens, and Keurig single-serving coffee service. The entire facility benefits from Free Wireless internet (WIFI), a Meeting and Conference Room and a Business Center with computers and printers.

Having not only enjoyed the hospitality of the facility the prior evening, James O'Kane and Marsha O'Kane Allen, and their spouses, participated in a tour of SUBASE, the Submarine Force Library Museum, and newest commissioned submarine in the submarine force, USS New Hampshire (SSN 778).

Rear Admiral O'Kane was a New Hampshire native, born in Dover in 1911, and the submarine pays tribute to the heroic "Granite Stater" having named its galley and mess deck, the O'Kane Café.

"As Building 429 takes on its new mission and more in support of our fleet, fighters, and families, I can think of no finer sailor and submariner to dedicate it after than Admiral Dick O'Kane," Denno concluded.

Presenting the colors



Photo by MC1 Chad J. McNeelley

U.S. Navy honor guard presents the colors at the commissioning ceremony for the Arleigh Burke-class guided missile destroyer, USS Wayne E. Meyer (DDG 108) at Penn's Landing in Philadelphia.

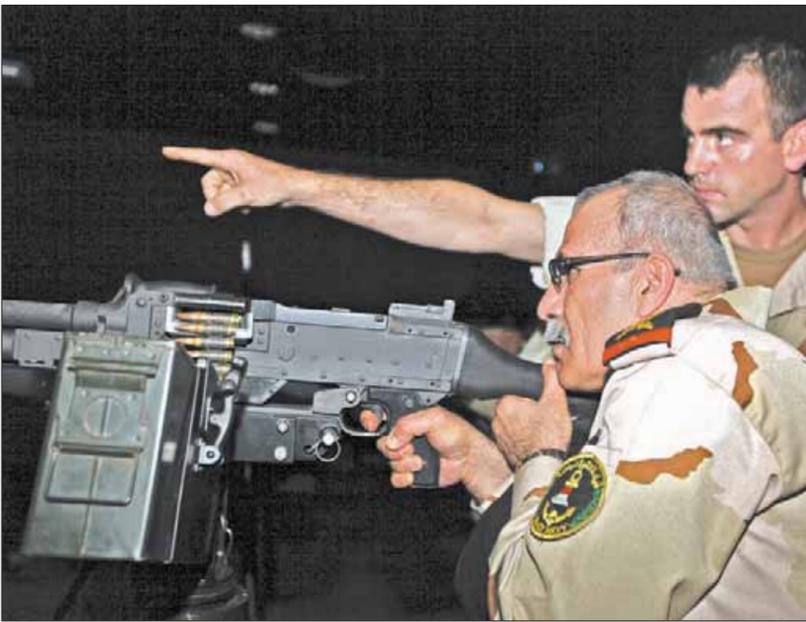


Photo by Marine Cpl. Katie Densmore

Rear Adm. Ali Hussein Al-Rubaye, head of the Iraqi navy, participates in a fire arms training simulation to experience how modern technology is used to train today's naval security forces.

Head of the Iraqi Navy visits the Center for Security Forces

BY LT. RYAN BROOKS

Center for Security Forces

CAMP LEJEUNE, N.C. — The Joint Maritime Training Center (JMTC) and the Center for Security Forces hosted a visit by the head of the Iraqi navy, Rear Adm. Ali Hussein Al-Rubaye Oct. 2.

This visit came at the invitation of Adm. Gary Roughead, chief of naval operations, to Rear Adm. Al-Rubaye for a tour of select U.S. naval training sites of interest to the Iraqi navy. The visit was in conjunction with a visit by Al-Rubaye to the 19th International Seapower Symposium at the Naval War College in Newport, R.I.

Accompanying Al-Rubaye was Capt. Husham Taher Hammadi Al-Hashimi, Rear Adm. Jeff Jones, Multi-National Security Transition Command – Iraq, and Lt. Cmdr. Fouad Elzaatari, Naval Forces Central Command.

The tour included the Courthouse Bay Training Tank, JMTC equipment/boat display, tour of the armory, and the Fire Arms Training Simulator (FATS). While at the FATS demonstration, Al-Rubaye took part in a training scenario that included firing M240 and M2 machine guns.

The visitors then boarded two U.S.

Coast Guard 25-foot Defender-class boats and two Navy Riverine Patrol Boats. Al-Rubaye witnessed firsthand the Coast Guard's capabilities during a security zone scenario, and the Navy's Riverine capabilities during a downed unmanned aerial vehicle (UAV) recovery scenario.

"Rear Adm. Ali Hussein Al-Rubaye's tour of both the Coast Guard Law Enforcement and Interdiction Training and the Navy Riverine Training presented an effective and efficient training solution in action," said Capt. Peter Jefferson, commanding officer for the Center for Security Forces. "Also included was a discussion in the use of simulation to augment live fire scenarios as a blended learning solution that not only increases student performance but decreases training time and cost."

Jefferson also cited that the key tenets to the success of the JMTC are the efficiencies gained through the Navy, Coast Guard, and Marine Corps partnerships that exists by virtue of having all three entities collocated and able to pool their resources and capabilities.

For more information on the Center for Security Forces, visit www.navy.mil/local/csf/

Joint Warrior Joint Warrior 2009 commences

BY MC2 KATRINA PARKER

Destroyer Squadron 24 Public Affairs

USS COLE (DDG 67), At Sea – Ships led by Commander, Destroyer Squadron (DESRON) 24 arrived off the coast of Scotland Oct. 5 to participate in the multinational exercise Joint Warrior 2009.

The guided missile frigate USS John L. Hall (FFG 32), and guided missile destroyers USS Ramage (DDG 61) and USS Cole (DDG 67), are participating in the NATO exercise, which is run by the Royal Navy's Joint Tactical Exercise Planning Staff (JTEPS). The U.S. ships are working alongside navies from the United Kingdom, Canada, Brazil, Denmark and Turkey.

Joint Warrior is a United Kingdom led, multi-national and multi-warfare exercise designed to improve interoperability between allied navies, and prepares participating crews to conduct combined operations during deployment.

The exercise promotes Commander, U.S. Second Fleet's three focus areas: conducting safe and effective fleet operations to achieve mission, providing ready maritime forces for global assignment and teaming with allies and partners in execution of the maritime strategy.

"This is a rare opportunity," said DESRON 24 Commodore John Kersh. "We are all using this exercise as an opportunity to build relationships with other navies. The strength of our Navy is the ability to operate with a variety of other navies and platforms at the same time."

Joint Warrior is a unique opportunity for U.S. and British ships to work together with allied partners while providing each other with key services and logistical support. The Royal Navy's Commander Carrier Strike Group Commodore Simon Ancona said that he feels confident this exercise will encourage original thought and integration, which will help Sailors react to unscripted real world events in the future. He also said working alongside U.S. forces has tremendous advantages.

"Train as you mean to fight." Ancona said. "I think it is long acknowledged that in the sort of scenarios we are looking at, it is almost a certainty that we will be fighting alongside the United States. In terms of what it brings to this training, American units alongside not only bring a certain bulk that fleshes out the exercise for us, but also, we fully expect to be working alongside the U.S. wherever we will be, and therefore it

makes perfect sense to train with them."

The participating ships have been divided into units that represent fictional regions that are having territory disputes. Scenarios include small boat attacks, boarding operations, air defense, anti-submarine warfare, and ship maneuverability tasks. Between 20 and 30 Naval participants, including aviation, surface, and subsurface units, are participating.

Brazil's Defensora Commanding Officer Cmdr. Antonio Capistrano De Freitas Filho said this is a very unique experience for the ship and he and his crew are looking forward to getting the most training they can out of this exercise.

"It is amazing for us from Defonsora to be chosen to participate in this operation," Filho said. "It is unique for us to operate in Europe with different navies and we are looking forward to learning and training to bring back to our country. For the first time, we are operating alongside a Danish Navy ship and a Turkish Navy ship. It is quite new for us, we are looking forward to learning a lot and showing that we are professionals and that we have something to offer to our friend navies."

USS Cole's Commanding Officer Cmdr. Edward Devinney said Joint Warrior provides a realistic and complex training environment that not only tests the crews, but is a great way for friendly navies to connect and learn from each other.

"Joint Warrior is an important exercise because it promotes the 1,000 ship Navy," Devinney said. "With our different nations operating together, it is a great benefit to the U.S. and to them. We can all learn from each other and learn how to integrate together. This is easier said than done, and this war game will really help everyone prepare for possible future situations."

Joint Warrior serves as a certifying event for ships that will deploy with coalition forces in the future.

Hall, Ramage, and Cole, are working alongside the Royal Navy's HMS Illustrious (R 06), Northumberland (F 238), Portland (F 79), Bangor (M 109), Penzance (M 106), and Shoreham (M 112); the Canadian Forces's ships HMCS Halifax (FFH 330), Montreal (FFH 336), Athabaskan (DDH 282), and Preserver (AOR 510); the Royal Danish Navy's HDMS Absalon (L 16); and the Brazilian Navy's BNS Defensora (F 41); and the Turkish Navy's TCG Orucreis (F 245).



Photo by MC3 (SW) Matthew Bookwaller

Sonar Technician Surface 2nd Class Matthew Domanowski keeps a trained eye on a "threatening" jet ski during a simulated small boat attack aboard the guided missile destroyer USS Cole (DDG 67).



Photo by MC3 (SW) Matthew Bookwaller

Fire Controlmen use the two 25mm guns' remote consoles aboard the guided missile destroyer USS Cole (DDG 67) during a small boat attack drill.

Navy embraces smartphone app to strengthen IA communication between Sailors and their families

PRESS RELEASE

From U.S. Fleet Forces Public Affairs

NORFOLK — U.S. Fleet Forces Command (USFF), the Executive Agent for the Individual Augmentee (IA) Continuum, has added a new means of communication through social media with the launch of the Navy's first smartphone application, or IA app, on Sept. 1.

The Navy IA app, which works on the iPhone and iPod Touch, allows Sailors to take the entire content of www.ia.navy.mil with them on deployment without need of an internet connection. In addition to the iPhone app, USFF is exploring development of applications for other

smartphones used by today's Sailors.

Communication between Sailors, their families, and their commands is increasingly difficult with so many Sailors meeting the demands of the IA program. Through social media, the Navy has been able to establish a means of sharing information with deployed Sailors, and a venue for Sailors, families and the public to exchange pictures, greetings and messages.

The Navy IA apps, as well as Facebook and Twitter sites, are all components of U.S. Fleet Forces Command's overarching communication strategy to provide the latest information and

resources to IA Sailors, families, commands, and civilian employers to support them throughout the IA process.

"Our IA Sailors are answering our nation's call, and we owe it to them to stay connected with their commands, their families and Navy leadership," said Adm. J. C. Harvey, Jr., commander, USFF. "We must use the latest available technology to ensure two-way communication is continuously maintained."

The Navy IA apps cover the entire IA Process, from receipt of orders to Navy Mobilization and Processing Site (NMPS) and INCONUS combat training to in-theater boots on the ground to re-deploying, demobilizing and returning home. They also include videos of returning IA Sailors describing their experiences and a variety of Navy publications on the subject, including the relevant instructions and NAVADMINS.

The videos and publications embedded in the apps can be viewed without an internet connection, allowing Sailors to have this information easily available during deployment, whether at sea or boots on ground. The Navy IA app is free of charge.

For more information on the Navy IA apps, visit www.ia.navy.mil. Follow IA news and updates by becoming a fan at www.facebook.com/navyIA and a follower at http://twitter.com/Navy_IA.



Photo by Coast Guard Petty Officer 2nd Class Matthew Schofield

Coast Guard Rear Adm. Sally Brice-O'Hara, U.S. Coast Guard deputy commandant for operations, answers questions about the Interagency Ocean Policy Task Force during a press conference.

Navy supports Ocean Policy Task Force

BY TRACEY MORIARTY

Chief of Naval Operations Environmental Readiness Division

ARLINGTON, VA. — The U.S. Navy has joined other federal agencies in a task force led by the White House Council on Environmental Quality, or CEQ, to develop the nation's first unified ocean policy and marine spatial planning framework.

The ocean policy task force is led by CEQ chair Nancy Sutley and supported by senior-level officials from 24 executive departments and agencies across the federal government, including the National Oceanic and Atmospheric Administration, Environmental Protection Agency, Department of Interior, Department of Defense, U.S. Coast Guard, and the U.S. Navy.

Navy representation to the task force includes the under secretary of the Navy, as well as staff from the Navy's environmental readiness division; information, plans and security division; and the office of the oceanographer of the Navy.

The task force has been engaging stakeholders and the public through roundtable sessions at CEQ headquarters and regional public hearings. To date, public hearings have been held in Anchorage, San Francisco, Providence, Rhode Island and Honolulu. The final two public hearings will be held in New Orleans and Cleveland in October.

Rear Adm. Herman Shelanski, director of the environmental readiness division, recently supported two of the task force public hearings held in San Francisco and Providence.

"The U.S. Navy is committed to being responsible stewards of the environment. As such, we understand the importance of de-

veloping a new national ocean policy – one that includes ecosystem-based coastal and marine spatial planning and management in the United States," said Shelanski.

"We also believe such management should be balanced to maintain and enhance multiple ocean uses, including those that contribute to our nation's security and global stability," Shelanski added.

Rear Adm. Michael Giorgione, Pacific Fleet civil engineer and commander of Naval Facilities Engineering Command Pacific, participated in the public hearing held in Honolulu. He also endorsed the task force's efforts and highlighted the Navy's need for at-sea training.

"We need to maintain geographic flexibility in our training. This training must be continuous and realistic in order to maintain an effective fighting force and protect the safety of our deployed Sailors and Marines," said Giorgione.

The task force, established by President Obama via presidential memorandum on June 12, is charged with developing a recommendation for a national policy that ensures protection, maintenance, and restoration of oceans, our coasts and the Great Lakes. It will also recommend a framework for improved stewardship, and effective coastal and marine spatial planning.

The task force will provide a final report with all of its recommendations later this year.

"We look forward to continuing our work with CEQ, NOAA and the other federal agencies and departments of the task force to develop a comprehensive and balanced national ocean policy," Shelanski commented.

U.S., Indonesian militaries assist in humanitarian efforts

BY MC2 BYRON C. LINDER

Navy Public Affairs Support Element
West Det. Japan

PADANG, Indonesia — All four branches of the U.S. military are working closely together, and with their Indonesian military counterparts, to bring aid to the people of Indonesia following a series of deadly earthquakes Sept. 30.

On the ground, Indonesian military and U.S. Air Force doctors, along with Navy corpsmen, have treated more than 1,200 patients at an Air Force humanitarian assistance rapid response team hospital in Padang. The USS Denver (LPD 9), USS McCampbell (DDG 85) and USNS Richard E. Byrd (T-AKE-4) are serving as sea bases for helicopter airlift assets. U.S. Marine helicopters from the 31st Marine Expeditionary Unit, its ground support team, and various elements of the 353rd Special Operations Group, are coordinating heavy airlift of urgently needed relief supplies with the Indonesian military and international relief agencies.

As of Oct. 11, U.S. Marines



Photo by Lance Cpl. Michael A. Bianco

U.S. service members unload ShelterBoxes delivered by a CH-53E Super Stallion helicopter from Marine Medium Helicopter Squadron 265 Reinforced, 31st Marine Expeditionary Unit, during a humanitarian assistance/ disaster relief operation in the village of Hula Banda, Indonesia. The operation provided 45 ShelterBoxes, each of which can support basic living requirements for 10 people for several weeks.

and Indonesian Air Force personnel have loaded more than 38,000 pounds of food staples, temporary shelters and emergency relief kits into CH-53 Sea Stallion helicopters in Padang.

The Marines deliver the goods to remote villages throughout Western Sumatra identified by relief agencies as having particular needs.

A typical mission was to the

village of Kototinggi, which was cut off from nearby cities when landslides blocked roads. The CH-53 set down in a makeshift landing zone cleared of trees by local residents, and U.S.

and Indonesian military members formed a human chain to unload cargo. Aid agencies, working with the Indonesian government, are responsible for distribution in Kototinggi and nearby villages.

Two Air Force medical personnel made the short hike from the landing zone to Kototinggi and with the assistance of local volunteers, and set up a free clinic to treat villager's ailments. Over the course of an hour and a half, the clinic assessed and treated approximately 100 patients, with Indonesian Air Force 1st Lt. Prasetyo Aguswowo acting as a translator for patients.

Air Force Capt. Tony Truong, a Los Angeles, Calif. native and physician with 353rd Special Operations Group, explained the importance of the military services working together in the humanitarian mission.

"The earthquakes that went through Indonesia touch everyone worldwide, and the response has been truly international," said Truong. "Our presence, in conjunction with the Indonesian military, can bring capabilities not available any other way."



Photo by Lance Cpl. Michael A. Bianco

The operation provided 45 ShelterBoxes, each of which can support basic living requirements for 10 people for several weeks. Amphibious Force 7th Fleet is coordinating military assistance to victims of the recent earthquakes in West Sumatra at the request of the Indonesian government, and underscore the ability of naval forces to conduct humanitarian assistance and disaster response operations.



Photo by MC2 Byron C. Linder

Marines assigned to the 31st Marine Expeditionary Unit (31st MEU), Combat Logistics Battalion 31 and Indonesian Air Force personnel unload a pallet of food destined for remote areas of West Sumatra, Indonesia following earthquakes and landslides. Amphibious Force Seventh Fleet is directing the U.S. military response from a request by the Indonesian government for assistance and support for humanitarian efforts.

Siblings reunited as brothers-in-arms in Afghanistan

BY MC2 MICHAEL LINDSEY
Navy Mobile Construction
Battalion 74 Public Affairs

KANDAHAR PROVINCE, Afghanistan — Two brothers were reunited while deployed to Afghanistan. The reunion took place in Kandahar, Afghanistan, when one brother traveled from his base at Camp Leatherneck, Afghanistan, during a public affairs visit, Sept. 16.

Culinary Specialist Sea-

man David Vermillion, 22, attached to Naval Mobile Construction Battalion (NMCB) 74, and Army Pfc. Matthew Vermillion, 24, attached to the 4th Engineer Battalion are currently deployed in support of Operation Enduring Freedom. Both find themselves serving in the culinary specialty field in their respective services and assigned to engineer units.

Matthew Vermillion is

a Food Service Specialist in the Army, yet he rarely cooks on deployment. He has been doing a lot of construction work and route clearance missions with his battalion. As a Navy Culinary Specialist attached to the Seabees, David Vermillion performs a variety of duties related to his field, including cooking for British forces at Camp Bastion, Afghanistan.

Although the brothers

grew up together and both are enlisted members of the armed services, they have not been in contact for the past couple years.

“We haven’t been close for many years,” said David Vermillion. “It’s awesome to see what he is doing now and how much he has changed in the Army.”

David and Matthew were born in Arlington, Texas and have an 18-year-old younger brother. When they were children, David said they did the typical brother stuff, but as a teenager Matthew was introduced to the wrong crowd. That’s when the relationship between Matthew and his family began to suffer.

“I moved out of my parent’s house when I was 16,” said Matthew Vermillion. “I wanted nothing to do with any of them; I just wanted to get away. I was one of those kinds of kids; I didn’t even finish High School.”

Matthew moved to Michigan to live with his uncle. He thought getting away from the bad influence of

his friends would change things. However, once in Michigan, he eventually ended up with the wrong crowd again.

“We went several years without even talking on the phone. When we did, we would just argue,” said David Vermillion. “We eventually just stopped hearing from each other and lost touch all together.”

After several years of hard lessons and tough love, Matthew decided it was time to make a change. When he learned that his wife was three months pregnant, he enlisted in the Army July 24, 2007.

“The Army paid for my GED and gave me great training and discipline. I finally got away from all the partying and straightened out my life,” said Matthew Vermillion. “The military helped me to do that.”

Matthew said that the military has given him a new perspective and a sense of pride and duty. The Army has also given him practical skills, such as cooking and construction.

“When I first deployed to Afghanistan I didn’t understand why we came, but now I’m glad we’re here. We are fighting for their freedom instead of waiting to have to defend ours,” said Matthew Vermillion. “If the tables were turned, I would want someone to help us out.”

David enlisted in the Navy Dec. 16, 2008. Although, he didn’t ask to be a cook or to be attached to the Seabees, he has enjoyed the experience and is proud to serve his country along side his older brother. He believes the military has helped bring them together.

David and Matthew are both planning to enroll and complete college courses using military tuition assistance programs while they are on active duty. Once their enlistments are up, both share the goal of completing their bachelor degrees using their GI Bill benefits. David wants to study marine biology and Matthew wants to become a wildlife conservation officer.



Photo by MC2 Michael Lindsey

Culinary Specialist Seaman David Vermillion, 22, attached to Naval Mobile Construction Battalion (NMCB) 74, and Army Pfc. Matthew Vermillion, 24, a Food Service Specialist attached to the 4th Engineer Battalion walk and talk after reuniting in Kandahar, Afghanistan. Both brothers had not seen each other in two years.

Making the grade



Photo by MC2 Travis Moore

(L-R) Steve Haggood, Lehigh Cement Co., Dennis Heuer, VDOT District Administrator, Ross Myers, CEO of American Infrastructure, Virginia Senator Yvonne Miller, Pierce Homer, State Secretary of Transportation, Paul Fraim, Mayor of Norfolk, Paula Miller, Virginia Delegate and John Keifer, Director, Norfolk Public Works break ground on the Grade separation project on Hampton Boulevard. The project will provide an underpass for vehicles on the boulevard so they may avoid the railroad.

HOPE: The theme for this year's Navy Ball was 'Honoring Sacrifice, Embracing Change, Continuing a Legacy'

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the Navy Core Values, and the Sailor's Creed.

"Creed is defined as a statement that someone believes in," Kilkenny said. "A creed is also called 'the epitome of principles', and the five short statements within the Creed are the embodiment of our Sailors. It encompasses the proud heritage of our Navy's past, as well as our future."

Kilkenny went on to quote Sailors from throughout the fleet about what the Sailors Creed means to them.

According to Petty Officer Second Class Philip McMullen, an Intelligence Specialist aboard USS Blue Ridge (LCC-19) in Yokosuka, Japan, the commitment to excellence in the Creed is very important to him.

"There are many distractions enticing us to take shortcuts and not pursue excellence, so I make an effort each day to avoid that," said McMullen. "I try to pursue what is beneficial long-term, not short-term."

For Petty Officer First Class Chris Holland-Tuve, a storekeeper assigned to the Combined Joint Task Force-Horn of Africa as part of the United States African Command, it is the defense of the Constitution that rings true.

"I proudly serve my country's Navy

combat team with Honor, Courage and Commitment," Holland-Tuve said. "It is by God's grace alone that I can exhibit any of these necessary traits. Honor inspires courage, and with courage comes the commitment to follow through, doing the right thing in difficult circumstances."

Kilkenny told the audience that, after 234 years of service to the nation, the Navy's core mission remains the same - to support and defend the Republic called America.

"A key component of that defense is the maritime strategy," Kilkenny said. "Sailors and Navy civilians are called to serve - to defend freedom at home or abroad, and they do so knowing they are making a difference. They have answered the call to serve America, protect the nation's security and carry out the maritime strategy every day around the globe."

Concluding his remarks, Kilkenny said the Navy's job is not always easy and there are risks.

"But America is worth fighting for," explained Kilkenny. "As John Paul Jones once said, 'It seems to be a law of nature, inflexible and unyielding, that those who will not risk cannot win.'"

"We will continue to risk and win through our challenges, and we will continue to be the world's finest Navy."

MULLEN: Guided-missile destroyer USS Wayne E. Meyer commissioned, October 10

Continued from page A1

maritime coalition of good neighbors who use the sea to unite instead of divide," he said.

"Because confronting and overcoming the challenges we face today - whether piracy, narco-trafficking, weapons of mass destruction or terrorism - will take all of us: all hands, all services, and all partner nations," the admiral said.

The Aegis ships surely have their virtues, but their true worth always will be in their crews, Mullen said.

"The way that Aegis ships have been conceived, built, tested, and deployed is as much a testament to an engineer's mastery of technology as it is to our Sailor's versatility," he said. "The Aegis ships are made to see, control, and defend. Aegis sailors are made to multitask."

Stopping short of offering the Meyer's crew career advice, Mullen chose to share an anecdote from his own career.

"Let me just say that every time we'd meet, Admiral Meyer was fond of telling me that my career peaked, as a captain, the day I left command of (USS) Yorktown," He said. "Now, Yorktown is down the Delaware a bit, in the process of being scrapped."

(Wayne Meyer's) career, however, is still going strong as we commission this ship today," he added. "Each and every one of you in Meyer's

crew has the great honor of getting the chance to live up to that name. May you discover and employ the leadership, determination, ingenuity, and perhaps the stubbornness that goes along with it."

Navy Adm. Gary Roughead, chief of naval operations, also attended the commissioning. He reinforced the importance this crew would have as the USS Wayne E. Meyer's first.

"You will man the most capable warship in the world," Roughead said. "You will sail under the name Wayne E. Meyer. No naval officer in recent history has distinguished himself as a visionary, as an innovator, and as a leader, as did Wayne Meyer."

"Even though he only left us a short time ago, his spirit will live on in this ship and in the spirit of the officers and sailors who will serve for gen-

erations to come," Roughead added.

Meyer's wife, Anna Mae, is the ship's sponsor and a Philadelphia native. She christened her husband's namesake from Bath Ironworks Shipyard in Bath, Maine, on Oct. 18, 2008.

Navy Cmdr. Nick A. Sarap will command the ship, which will call San Diego home. It carries a crew of 370, and measures in at 509-feet, 5-inches in length. It carries the 100th Aegis weapons system built and delivered by Lockheed Martin.

The ship incorporates a helicopter hangar facility into the original design and can carry two SH-60B/R Light Airborne Multipurpose System MK III helicopters. Guided-missile destroyers operate independently and in conjunction with carrier battle groups, surface action groups, amphibious groups and replenishment groups.

MCOY: Petty Officer 1st Class Rodney Buse has been selected as the 54th recipient of the Samuel T. Northern Military Citizen of the Year

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father was a maintenance supervisor in the Central Indiana coal mines, and his mother was the CEO of the Terre Haute (Vigo County) chapters of Big Brother/Big Sister, Court Appointed Special Advocates (CASA) for children, and the Young Women's Christian Association (YWCA). Also, during his childhood years, he grew up in a household with one biological sister, three foster children, and 27 foreign exchange students.

"Having gone through that experience, I really understand the plight of the kids I'm working with," said Buse. "It's funny though when I tell people that I have more than 30 brothers and sisters."

After graduating from Terre Haute South Vigo High School in 1992, he enrolled at Indiana State University. His matriculation there didn't last long.

"I realized that I needed some serious structure in my life to make it, and the Navy offered that discipline," said Buse. "When I went to the military processing center, I was being offered some occupations that sounded boring. Then he mentioned submarines and I became captivated by the idea of doing something that everyone else wasn't doing. As I was getting ready to graduate from 'Boot Camp, I began to understand the significance and meaning of serving my country."

After graduating from "Boot Camp," Buse received his submarine school and occupational (machinist's mate) training in Groton, Conn. Since then, he has served on the fast attack submarines USS Asheville (SSN 758), homeported in San Diego; USS Key West (SSN 722), homeported in Pearl Harbor, Hawaii; USS Albany (SSN 753), homeported in Norfolk;



Photo by MC2 (SW/AW) John Stratton

Michael Camden, Chair, Armed Forces Committee of the Hampton Roads Chamber of Commerce, stands with Machinist's Mate 1st Class (SS) Rodney Buse, assigned to Commander, Submarine Force Atlantic and winner of the 58th Annual Samuel T. Northern Military Citizen of the Year (MCOY) award and Aviation Machinist's Mate (AW) Jesse Alvarado, assigned to Fleet Readiness Center Mid-Atlantic and winner of the 57th Annual Samuel T. Northern MCOY award. Sponsored by Hampton Roads Chamber of Commerce-Norfolk Division Armed Forces Committee, the MCOY award recognizes outstanding junior enlisted military members for demonstrated active participation in off-duty community events in the Hampton Roads area for a period of at least one year, but not more than two years.

and USS Minneapolis-St. Paul, also homeported in Norfolk. In addition, he has served on the submarine tender USS Emory S. Land (AS 39), homeported in La Maddalena, Italy, and Naval Medicine in Pearl Harbor, Hawaii.

Buse's professional and civic accomplishment has been appreciated by all on the SUBFOR staff, but a little more by his immediate supervisor.

"Petty Officer Buse's selection as the 2009 Military Citizen of the Year is truly an inspiring experience for me and the submarine force staff," said Capt. John Carter, Strategic Forces, Nuclear Weapons and Force Protection director for SUBFOR. "His selfless contributions to his community should remind all of us that supporting our local community is vital to the fabric of our society."

"It strengthens our families, and teaches our children civility, fellowship, and humanity. It reinforces the importance

of the strong and committed bond between the military and the communities in which we reside. His contributions to this partnership exemplify a standard to which all Americans should strive for."

While appreciates the accolades that have come from his chain-of-command, he is more appreciative for the support his chain-of-command has given him.

"There have been times where appointments or meeting with agencies were scheduled during the workday," said Buse. "My chain-of-command always supported me, and for that I am most grateful. I am hoping that their support in helping me get the MCOY, will also help me make chief petty officer and further my Navy career."



Hats from representatives of more than 100 nations attending the 19th Biennial International Sea Power Symposium in Newport, R.I. are on a table near the auditorium. Senior leaders from more than 100 international naval forces are meeting to discuss challenges and opportunities to enhance mutual cooperation and common bonds of maritime partnership.

CNO kicks off multi-national symposium

STORY AND PHOTOS BY MC1 (SW/AW)
TIFFINI JONES VANDERWYST

Chief of Naval Operations Public Affairs

NEWPORT, R. I. — Senior leaders of the U.S. Navy kicked off the 19th biennial International Seapower Symposium (ISS) at the Naval War College Oct. 7 and concluded, Oct. 9.

Secretary of the Navy Ray Mabus and Chief of Naval Operations Adm. Gary Roughead welcomed more than 100 navies' senior leadership to the symposium and thanked them for coming together to discuss challenges and opportunities that will further enhance mutual cooperation and common bonds of maritime partnership.

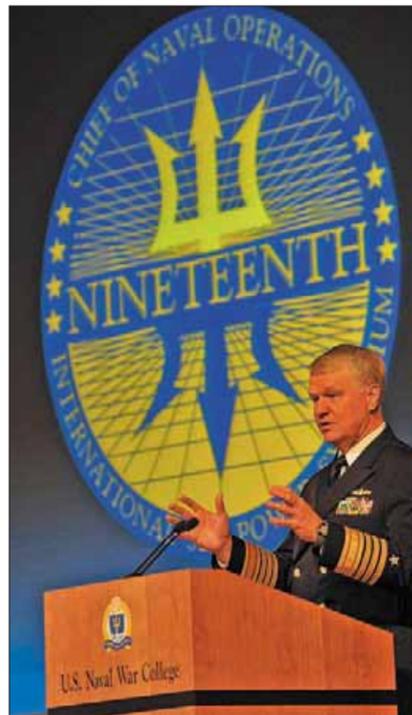
"Your presence here at this symposium demonstrates that the bonds of naval service and mutual respect transcend national boundaries," said Mabus. "This forum is critical to maintaining open lines of communication across borders and across political boundaries."

This year's theme, "Connecting Navies, Building Partnership," seeks to advance maritime cooperation at regional and global levels by bringing together the world's foremost naval and maritime services to openly exchange ideas for discussion that will strengthen the safety, the security and the prosperity of the world's oceans.

"I believe that we maritime service chiefs are on the cutting edge of international partnership, and I do believe that we must challenge ourselves during ISS 19 to think expansively about how our mutual efforts can safeguard international peace and prosperity in the 21st century," said Roughead.

The first ISS was held in Newport, R.I., in November 1969 with Navy senior leadership from 38 nations. The last ISS was held in 2007 with 100 Navy chiefs and senior flag officers present. ISS is the world's largest meeting of world naval leaders and is the world's capstone seapower conference.

To listen to Mabus and Roughead's remarks, go to www.ebmcndn.net/nmc/asx/iss/iss100709.asx.



Chief of Naval Operations (CNO) Adm. Gary Roughead delivers remarks during the 19th Biennial International Sea Power Symposium.



Checkmates CAG jet with bombs

Checkmates make it rain in Fallon

BY LT. AUSTIN HULBERT
VFA-211 Public Affairs Officer

The mission of the VFA-211 Fighting Checkmates is to deliver properly fused ordnance on target, on time, anywhere tasked. Last month, the Checkmates had the opportunity to demonstrate that capability during a week-long detachment to NAS Fallon, Nevada. From September 20th-25th, the Checkmates took three FA-18F Super Hornets, eight aircrew, and 19 maintenance personnel to support four days of sorties striking targets in the Fallon Range Complex.

The Checkmates, as guests of the VFA-136 Knighthawks, traveled to Fallon to train with Naval Strike and Air Warfare Center (NSAWC) aircrew

and exercise the air-to-ground capabilities of the Super Hornet. The Fallon ranges are designed to provide the most realistic training opportunities for

aircrew and maintainers alike. Taking full advantage of these tactical ranges, the Checkmates designed missions similar to those they will likely see in their upcoming deployment, focusing on those skills critical to success in combat.

Over a four-day period, six Checkmate ordnance personnel, under the leadership of Gunner CWO4 Kim Williams, loaded nine GBU-12 inert laser-guided bombs (LGBs), twelve GBU-12 live LGBs, twelve GBU-16 live LGBs, 18 GBU-38 inert Joint Direct Attack Munitions (JDAMs), and four GBU-31 inert JDAMs totaling over 40,000 pounds

of ordnance. The Checkmates executed 21 sorties with zero hung bombs, zero duds, and zero safety incidents. Checkmate aircrew delivered all 40,000 pounds of ordnance on time, on target, including the first fleet delivery of JDAM with the H5E software set. Following each mission, the aircrew debriefed their performance in order to validate various JDAM and LGB employment techniques.

"This detachment was a fantastic opportunity to test the combat readiness of Checkmate aircraft and aircrew in theater-representative training," remarked CDR Matt Leahey, VFA-211 Commanding Officer. "Every member of the command had a part

in professionally executing this challenging detachment. The nine member Maintenance detachment hit the long ball providing combat-ready aircraft with precisely loaded, armed, and fuzed ordnance for delivery."

As recipients of the "Golden Wrench" award for 2009, the Checkmates already set the standard for Super Hornet maintenance. The successful completion of this detachment raised that bar even higher, and sets the Checkmates up for success in their upcoming workups. The Checkmates would like to thank the VFA-136 Knighthawks for their invitation to train alongside their aircrew and maintainers, as well as the Naval Strike and Air Warfare Center and NAS Fallon for their outstanding support.



ACQUISITION EXCELLENCE: MRAP Program Manager receives Meyer Award

BY BILL JOHNSON-MILES
MCSC Corporate Communications

Earning a first-time Department of Defense (DoD) award is always nice, but when it's named for the leader who mentored your dad, yourself and your sons, it's extra special. That's exactly what happened to Paul Mann, Joint Program Manager for the Mine Resistant Armor Protected (MRAP) vehicle program at Marine Corps Systems Command (MCSC). He is the first recipient of the Rear Admiral Wayne E. Meyer Memorial Award, presented at the Pentagon in September.

"No other individual in our Department has made a bigger impact for the warfighters in Iraq and Afghanistan than Paul Mann," said Sean Stackley, Assistant Secretary of the Navy for Research, Development and Acquisition. "His efforts and the vehicles his team delivers have directly led to the saving of countless lives and our ability to accomplish our objectives in this time of war."

"Paul Mann and the entire MRAP team have done an outstanding job," said Brigadier General Michael Brogan, Commander, MCSC. "That and Paul's professional relationship with Admiral Meyer made him the perfect selection for the inaugural presentation of this new award. We are very proud of Paul and his entire team. This is a great honor."

The Meyer Memorial Award, created this year to honor extraordinary members of the acquisition community, is named for the father of the Navy's Aegis weapons system who passed away in September. Meyer was a "Senior Advisory Group Chairman" on three major projects Mann led from 1996 to 2005. Mann's last day with the Admiral was in Bath, Maine, in October 2008 at the christening of a Navy guided-missile Aegis destroyer named for Meyer. The commissioning of USS Wayne E.



Pentagon photo

Rear Admiral Wayne E. Meyer pauses for a photo with Paul Mann. Mann, Joint Program Manager for the Mine Resistant Armor Protected vehicle program, is the first recipient of the Rear Admiral Wayne E. Meyer Memorial Award. Meyer passed away on Sept. 1 and was laid to rest at Arlington National Cemetery on Sept. 17.

Meyer (DDG 108) is scheduled to take place Oct. 10 at Penn's Landing in Philadelphia.

"Admiral Meyer visited my father in the early 1970s when dad was a Master Chief Fire Control Technician in the Navy," said Mann, a resident of Stafford, Va. "Dad and I both served as civil servants delivering Aegis ships and training their crews to use their missile systems. Admiral Meyer was, and will always be the 'Father of Aegis.' His genius and love for the Navy cannot be overstated."

Mann's program management philosophies mirrored Meyer's in setting the benchmark for an atmosphere of urgency, cooperation and mutual support. The MRAP program is the highest priority acquisition program in the Department of Defense. It started in October 2006, and under Mann's leadership the program devised and executed a rapid acquisition strategy through competitive prototyping, delivering the first vehicles to theater just months after the program's start. Since then, the program has delivered more than 16,000 MRAP trucks along with the support necessary to test, field

and sustain the vehicle fleet around the world.

Today the MRAP program remains agile as attention shifts from Iraq to Afghanistan and its vastly different terrain. In coordination with the Space and Naval Warfare Systems Command and U.S. Transportation Command, the program delivered the first MRAP All Terrain Vehicles (M-ATV) to Afghanistan earlier this month.

"Admiral Meyer's dedication and commitment to really big outcomes for the Navy are inspirational and contagious for our entire MRAP team," Mann said. "I can honestly say that many of the achievements in the Joint MRAP Enterprise was enabled by the training and mentorship he generously shared with me, and by extension our entire Joint MRAP team. I am deeply humbled by this recognition and will share it with the numerous teammates who continue the mission to keep our warfighters safe."

Editor's Note: Navy Commander Victor Chen, Public Affairs Officer for the Assistant Secretary of the Navy for Research, Development and Acquisition, contributed to this article.



U.S. Navy photo

Over a four-day period, six Checkmate ordnance personnel, under the leadership of Gunner CWO4 Kim Williams, loaded nine GBU-12 inert laser-guided bombs (LGBs), twelve GBU-12 live LGBs, twelve GBU-16 live LGBs, 18 GBU-38 inert Joint Direct Attack Munitions (JDAMs), and four GBU-31 inert JDAMs totaling more than 40,000 pounds of ordnance.

Carr Sailors return home from deployment



Photo by MC3 (SW) Brian Goodwin

Family and friends await the arrival of their loved ones from the Norfolk-based guided missile frigate USS Carr (FFG 52).

BY MC3 JOHN SUITS

Navy Public Affairs Support Element-East

Sailors aboard the Oliver Hazard Perry-class guided-missile frigate USS Carr (FFG 52) returned to Naval Station Norfolk, Va., Oct. 7, after a six-month deployment in support of counter-narcotics trafficking and theater security cooperation objectives in the 4th Fleet Area of Responsibility (AOR).

Friends and family members braved the cold and windy climate holding up signs and banners to welcome their Sailors back home after a lengthy deployment.

"I've never seen an event like this before," said Carolyn Hill, a native of Dallas and mother of Lt. j.g. Scott Hill, who is assigned to engineering department aboard Carr. "I'm proud of his service and the fact that he carries on a tradition of service like his dad, who was a CT [Cryptologic Technician] for the Navy."

Carr Sailors got a chance to visit six different ports, including Peru, Costa Rica, Curacao, Columbia, Panama, Aruba and Guantanamo Bay, Cuba.

Carr and her Sailors were instrumental in the prevention of smuggling of over \$40 million in drugs and deterred illegal activ-

ities during their deployment.

"The great thing about our Navy is we always prepare our ships and Sailors well," said Cmdr. Eric Ver Hage, Carr's commanding officer. "We went on deployment ready to go, accomplished the mission with class and got everybody home safe and sound. I can't think of any more important AOR than 4th Fleet."

For some Sailors aboard Carr this marked their first deployment and felt proud about the contributions they made.

"It's good to be home," said Information Systems Technician Seaman (SW) Wayne Faltin, from Lydenhurst, N.Y. "Words can't explain how I feel because this was a good cruise. This was my first deployment and there was a lot of excitement, anxiety and work done to accomplish the mission."

Carr Sailors take time off to celebrate their homecoming, new beginnings approach for the crew as they prepare for another deployment.

"Today, the cycle starts anew," said Ver Hage. "We begin a new phase in the ship's life, welcome new Sailors coming aboard [for the first time] and deploy 16 months from now."



Photo by MC3 (SW) Brian Goodwin

Culinary Specialist 3rd Class Corey Evans from the Norfolk-based guided missile frigate USS Carr (FFG 52) proposes to his girlfriend Patricia Bender minutes after returning home from a six month deployment. Carr was deployed to the 4th Fleet Area of Responsibility in support of counter-illicit trafficking and theater security cooperation objectives.



Photo by MC3 (SW) Brian Goodwin

Sailors disembark from the Norfolk-based guided missile frigate USS Carr (FFG 52) after returning from a six month deployment.

USS Hawes Sailors return from deployment



Family members wait for the Sailors aboard the guided-missile frigate USS Hawes (FFG 52) at Naval Station Norfolk. Hawes returned from a six-month deployment in the Caribbean and Western Atlantic in support of Operation Carib Venture. This marks Hawes' first counter narcotics deployment to the U.S. Southern Command area of operations.

**STORY AND PHOTOS BY
MC2 SANTOS HUANTE**

*Navy Public Affairs Support
Element - East*

NORFOLK — The Norfolk-based guided-missile frigate USS Hawes (FFG 52) returned to its homeport of Naval Station Norfolk, Oct. 7 following a six-month deployment.

Hawes had been deployed to the Caribbean and Western Atlantic in support of Operation Carib Venture. This homecoming marks the completion of Hawes' first counter narcotics deployment to the U.S. Southern Command area of operations.

While in the 4th Fleet area of operations, Hawes performed detection, interdiction and support operations resulting in

the seizure of 200 barrels of cocaine.

"We are in our backyard stopping drugs from coming into our streets, so you feel the importance of what we are doing as a mission," said Cmdr. Kristin Jacobsen, commanding officer.

Jacobsen said morale on board was high throughout the deployment due to the importance of the ship's mission.

"We are stopping the financing of a lot of terrorism," Jacobsen said and continues, "we are doing something important that's tangible, stopping specifically (narcotics) from coming into the U.S."

Hawes also participated in several multi-national exercises with naval forces from Great Britain, Canada, Netherlands, France, Trinidad and Tobago (Coast Guard), Barbados and Colombia.



Tom Hinsinger waits with his granddaughter for his son, Mike Hinsinger, to depart USS Hawes.

GW departs Yokosuka for 2009 Fall deployment

**BY MC2 (SW)
JOHN J. MIKE**

*USS George Washington
Public Affairs*

YOKOSUKA, Japan — The George Washington Carrier Strike Group departed Commander, Fleet Activities Yokosuka (CFAY), Japan Oct. 6 for its second annual fall deployment in support of maritime security and to participate in ANNUAL-EX 2009, the premiere bilateral exercise between the U.S. and Japan.

USS George Washington (CVN 73) recently completed a month-long maintenance and repair period at CFAY after returning from her inaugural summer deployment in the 7th Fleet area of operations Sept. 3.

"As we sail back to sea, we look forward to building upon the successes of our inaugural summer deployment fostering strong and positive relationships with numerous global maritime partners throughout the 7th Fleet area of responsibility," said GW's Commanding Officer Capt. David A. Lausman. "The crew of the George Washington and Carrier Air Wing Five enjoy working closely with navies in complex training environments building interoperability and understanding.

A key element of this year's fall patrol will be GW working alongside the Japan Maritime Self Defense Force as part of the largest and most complex yearly bilateral military exercise between Japan and the United States.



FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

October 15, 2009

Kearsarge Car Club shows up the competition

STORY AND PHOTO BY MC1 EMMITT HAWKS
USS KEARSARGE (LHD 3) Public Affairs

VIRGINIA BEACH — Sailors from the amphibious assault ship USS Kearsarge (LHD 3) Car Club participated in the World of Wheels Car Show, Oct. 3-4, held at the Virginia Beach Convention Center.

"There were more than 500 cars in attendance this weekend," said Quartermaster 3rd Class (SW/AW) Gary Gale. "I was amazed at the variety of automobiles on display. The competition was pretty impressive and even though my 2006 Mustang GT did not place this weekend, my ride garnered a lot of attention."

The event attracted both the classic hot rod enthusiast as well as the younger generation of import car owners. Participants and spectators received two shows for the price of one and military service members' admission price was reduced at the door.

"The Kearsarge Car Club members have been showing their cars all summer and winning trophies in Hampton Roads events," said Boatswain's Mate 1st Class (SW/AW) Russell Rowden, who entered his 1986 Buick Regal lowrider. "This show was wall-to-wall competition, indoors and outdoors. I'm proud of the camaraderie displayed between all the clubs over the weekend and sad the show season is coming to an end."

The host of Speed TV's My Classic Car Dennis Gage, Candy Clark from American Graffiti, and legendary Car Builder Darryl Starbird were in attendance. Also, from the National Rod & Custom Car Hall of Fame Museum, the Predicta and Lil Coffin Show Cars were on display. There was also a live auction with classic cars, muscle cars and street rods.

"This was one magnificent show out of many car shows held over the summer," said Rowden. "I highly encourage our shipmates who may be interested in customizing cars or starting a new project vehicle to join the Kearsarge Car Club

and experience our lifestyle of being certified car crazy."

Kearsarge is currently completing a 10-month Dry Docked Planned maintenance period and is scheduled to get underway this fall.



Quartermaster 3rd Class Gary Gale, a Sailor from the amphibious assault ship USS Kearsarge (LHD 3), cleans his 2006 Mustang GT's rims, during the World of Wheels Car Show, held Oct. 3-4 at the Virginia Beach Convention Center.

Navy Medicine: Digital mammography leads to better breast cancer detection

BY LT. CMDR. JEFF WEIGLE
U.S. Naval Hospital Yokosuka Public Affairs

YOKOSUKA, Japan — October is breast cancer awareness month and all women over age 40 and women with a family history of breast cancer, are encouraged to schedule their mammogram. Mammography is an important tool in detecting breast cancer and can increase the odds of catching this cancer early and treating it successfully.

U.S. Naval Hospital (USNH) Yokosuka is proud to offer its beneficiaries completely digital mammograms. Digital mammography is proven to increase the rate of cancer detection and is especially more effective than film-screen mammograms for women under age 50. This benefit is therefore very helpful to the Yokosuka beneficiary population. Also, digital mammography uses less radiation than film-screen mammography.

The hospital is a leader in offering this high-quality mammography to beneficiaries. Approximately 70 percent of U.S. screening facilities still use the older film-screen technology. Ad-

See AWARENESS, B13



Photo by MC2 (AW/SW) Jamica Johnson

Naval Air Station (NAS) Oceana Commanding Officer Capt. Markham Rich greets Congressman Glen Nye, who represents the 2nd district of Virginia, during his visit to the Oceana Sharon A. Peterson Child Development Center Oct. 6.

Congressman takes interest in Oceana Child Development Center

BY KELLEY STIRLING
NAS Oceana Public Affairs Officer

U.S. Congressman Glenn Nye visited NAS Oceana's Child Development Center Oct. 6 in order to see first hand the quality of service offered to military members.

"I want to see the challenges faced by the military family," said Nye, who represents the 2nd district of Virginia. "And to see what more we can do to help make their lives easier."

During Nye's visit, CDC director Ronnica Edmonds showed him the day-to-day operations of the different rooms, which are separated by age group. He even played with the two-year-olds for a few minutes, commenting on all the great pajamas they were wearing. It was "pajama day" at the CDC, even the staff wore pajamas.

Aside from the fun of pajama day, the Oceana CDC offers high quality care and service. Edmonds explained the need to start early to provide the children with the best quality care and to prepare them for school. The CDC takes infants 6 weeks old until they are ready to start a kindergarten program.

The CDC recently received accreditation through the National Association for the Education of Young Children

"Our curriculum (Creative Curriculum) allows

for us to prepare the children for school and is geared to the Virginia's Standards of Learning," said Edmonds.

The Oceana CDC opened in 2007 and though much larger than the previous building, was at capacity within the last eight months.

Nye plans to visit other child care facilities, both military and civilian. He said he wants to make sure there are adequate resources available that are affordable to the military family.

NAS Oceana Commanding Officer Mark Rich also stopped by to welcome Nye to the facility. "We have a great staff here and a tremendous building," said Rich.

Besides offering high-quality child care, the building itself is certified through the Leadership in Energy and Environmental Design (LEED) program, which means the building was designed and constructed to be a "green" building with energy savings. The idea is to promote healthier work and living environments.

Nye asked many questions throughout his tour, specifically surrounding the quality and affordability of the care, as well as the accessibility.

"I'm impressed with the quality of the center," said Nye. "These kids have a great place to grow up."

Finalists identified for Best Navy Mess Award

BY DEBBIE DORTCH
NAVSUP Office of Corporate Communications

MECHANICSBURG, PA. — Fourteen afloat and four ashore messes have been selected from U.S. Fleet Forces Command and Commander, Naval Installations Command, as finalists for the 2010 Captain Edward F. Ney Memorial Awards, which encourage and recognize culinary excellence in Navy food service programs.

Their next job — preparing for onsite evaluations beginning Oct. 13.

"A team of food service experts perform a one-day evaluation at the general mess. They arrive on board around 6 a.m. and are on board until 5 p.m. They evaluate the lunchtime meal using a pre-established checklist. Most evaluations are accomplished in port, but occasionally due to operational commitments, our evaluation teams must get underway with the ship or submarine to complete the evaluation," said Naval Supply Systems Command's (NAVSUP) Navy Food Service Director Cmdr. Tom Dailey.

"There are more than 300 messes in the U.S. Navy. Making it to the finals in Ney award selections is a big accomplishment," said Ney Program Manager Roxanne Hauman. "It means the 18 nominated galleys have worked tirelessly to ensure all details of food preparation were addressed and they represent the Navy with utmost precision and efficiency. They are the best of the best in Navy food service and deserve the highest honors and recognition that can be bestowed upon any command."

"The work they do truly enhances the quality of life for our Navy personnel," Dailey added.

The secretary of the Navy

will announce the 2010 winners in February.

First place winners will be recognized April 17 by Rear Adm. Michael J. Lyden, Commander, NAVSUP, and Mr. Patrick Beach, Chairman of the Board, International Food Service Executives Association (IFSEA), during a special program.

Attendees to the program get hands-on culinary training in fruit and vegetable carving, cake decorating, and pasta making. They go on to an additional two-week training course the following summer where they learn advanced cooking skills, basic knife skills, culinary terminology, and production identification.

"It's a privilege and a unique opportunity to be able to have this kind of specialized training, making these culinary specialists top chefs for the Navy and well qualified for their profession once they enter the private sector," Dailey added.

Finalists in the afloat category include USS Ohio (SSGN 726) (Blue), USS Olympia (SSN 717), USS Wyoming (SSBN 742) (Blue), USS Providence (SSN 719), USS Doyle (FFG 39), USS Vandergrift (FFG 48), USS The Sullivans (DDG 95), USS James E. Williams (DDG 95), USS O'Kane (DDG 77), USS Tortuga (LSD 46), USS Wasp (LHD 1), USS Blue Ridge (LCC 19), USS Harry S. Truman (CVN 75) and USS John C. Stennis (CVN 74).

Finalist is the ashore category include Naval Air Station Pensacola, Pensacola, Fla.; Naval Station Norfolk, Norfolk; Naval Air Base Sigonella, Sigonella, Italy; and Commander, Fleet Activities Naval Base Yokosuka, Yokosuka, Japan.

"I wish the best of luck to all 18 Ney nominees," Hauman

See MESS AWARD, B13

SPOUSE SPEAK!

'Thriving' and not just 'Surviving' deployments

BY VIVIAN GREENTREE
Membership Director of Blue Star Families

I was a guest on a local radio program recently where the where the topic was military spouse and family issues. I am always surprised when I get invited to speak on behalf of military spouses, seeing as how on any given day, I make mistakes that surely no seasoned, seaworthy wife would make. Like forgetting my dependent ID at home when I need to get on base because I've switched purses. Or, not knowing the perfect thing to say when my son asks why daddy has to stay away from us for so long. Certainly, not adhering to the advice of flats over pumps when waiting for a fly-in or pier visit (which tops any insider's gouge list) is a big one. However, at five feet, three and a half inches, I'm used to pains of the fashion over function mindset.

Still, I'm always game to talk about our crazy, amazing military lifestyle. So, that was how I found myself with headphones on and bottle of water at hand, should I find myself parched from all my on-air tongue wagging. The topics ranged from the new GI Bill and

its transferability to dependents to picking fights before a deployment (a popular, though not particularly useful coping technique, and one I use myself from time to time).

The call-in questions were great too. In particular, one woman brought up her wish to hear more talk of "thriving" and not just "surviving" deployments. Now, THAT sounded like a seasoned, seaworthy wife if I ever I heard one.

Her advice was sound. As military families, the comings and goings of our spouses and loved ones cannot halt the mundane tasks that have to be accomplished in order to maintain some semblance of order. School lunches must be made, oil checks must

go on, and - dare, I say it - joy must be had ... even if our military member misses out on it.

This is a hard lesson to learn and one that, reflecting on it now, I have only recently embraced. Past deployments have seen me say things like, "when Mr. Wonderful gets home, I'll..." and "we'll wait till next year, when the whole family is together, to do that." Of course, whether you live near family, wheth-

"School lunches must be made, oil checks must go on, and - dare, I say it - joy must be had ... even if our military member misses out on it."

- Vivian Greentree

TIP of the week

22nd Annual AT&T Town Point Virginia Wine Festival

Join us along the Downtown Norfolk waterfront for one of the state's largest outdoor wine festivals featuring more than 30 Virginia wineries. The musical sounds of Lewis McGehee will drift through the air as wine lovers sample a variety of wines, nosh on gourmet, made in Virginia foods, and shop onsite retailers for specialty crafts and wine accessories. All wines offered during the event are available for purchase by the glass, bottle or case. Call 441-2345 for more information.

Event Dates: Oct. 17 - 18, 2009, Town Point Park, Norfolk 11 a.m. - 6 p.m. **All sampling ends at 4:30 p.m. and all wine sales end at 5 p.m.** For information about ticket prices, visit festeventsva.org/mini-site/fall-wine-fest.



Family FOCUS

Cooler temperatures means time for Autumn activities

With cooler weather, changing leaves and the beginning to a season full of holidays, autumn is a favorite time of year for many. Planning seasonal activities with the kids makes it even more enjoyable. There are so many wonderful activities that you

and your kids can enjoy. Of course, you don't only have to enjoy them during the fall, but many of these ideas are sure to be a hit with the kids this time of year.

Take A Nature Walk:

Heading out into nature is

a great way to soak up this colorful season and enjoy the outdoors. A walk in the woods, fields or even a city park gives children the opportunity to witness seasonal changes up close. It can be a great way to spend time together after school or on the

weekend.

No special gear is needed - just some jackets, water and snacks. Kids may want to bring a journal and crayons for writing about what they see or to make leaf rubbings - maybe even bring a brown paper bag to take home the treasures they find along the way. Once home, kids can use these items to make a craft. They can string acorns or seed pods to make a necklace, make impressions with faux fossils, or use leaves to make colorful place mats.

Head To The Local Apple Orchard:

A trip to a local apple orchard is another fun outdoor activity as most orchards usually open right after Labor Day. Some offer horse-drawn wagon rides, making the excursion a real adventure for kids. Pack a picnic and make a day of it. Don't worry if your family's enthusiasm results in a bumper crop of fruit - an abundance of apples means there will be plenty to spare for craft projects. Cut apples in half to create an apple stamp, dry a few for funny-faced apple dolls and or carve a set of candleholders. Just be sure to save enough to make an apple pie and some homemade applesauce. Wrap any unused fruit in newspaper and store in a cool, dry place.

Take Advantage of The Yard Full of Leaves:

Of course, if you have a yard full of deciduous trees and a yard full of leaves that need raking, there are plenty of ways to play away an autumn day at home:

- Walk a leafy labyrinth. When leaves cover the lawn, rake a twisting pathway

through them.

- Find a lollipop. Hide a wrapped lollipop under a leaf pile. The first one to find it keeps it.
- Stuff a scarecrow. Get out an old shirt and overalls and stuff until firm. Complete with a pumpkin head.
- Make a sun catcher. Using a low setting, iron a leaf between two pieces of waxed paper with a sheet of plain paper on top. Hang in a sunny window.
- Preserve a leaf. Bring a mixture of two parts water and one part glycerin (available in most pharmacies) to a boil in a saucepan (adults only). Pour the solution into a heat-proof container. Drop in a few brightly-colored leaves and gently submerge with a wooden spoon. Keep the container in a cool, dark place until there is a slight change in the leaves' tints. Then remove them and blot dry with a paper towel. Instead of turning brown and crumbly, the leaves will retain their brilliant hues.
- Play name that leaf. Go out into the neighborhood or park and have players collect five unusual leaves. Back home, try to identify the trees they came from using guidebooks.
- Rake them into a huge pile and jump in!

Make Crafts:

Grapevine and Leaf Wreath

-Why not decorate the house with a grapevine wreath that your kid can create by himself or with your help? Let him gather leaves from your yard to stick into the wreath until he's created a halo of red, gold, and green. Let him decide where to hang it!

Leaf Placemats - All you need is some construction

paper, leaf-shaped cookie cutters, paint, and clear Con-Tact paper. Let your child dip the cookie cutter into the paint and press her designs on the paper. Once the paint has dried, cover the paper on the front and back with clear Con-Tact paper.

Leaf Scrapbook - Create a leaf scrapbook with your child. You and she can decorate the outside of a photo album or scrapbook with leaf pictures or drawings. Then, take a walk outside with your child, and search for the prettiest or most unusual leaves to keep in your scrapbook.

Pumpkin Painting - Have a pumpkin painting party! Give each child his own pumpkin, and supply plenty of paints for decorating. You might want to do this outside if the weather permits!

Play Games:

Bob for Apples - Fill a large bucket or tub with water and delicious, red apples. Let each child try to catch an apple with his teeth. Be sure you supervise the children, and don't leave them alone with the bucket of water.

Shuck Corn - Let children race to see who can shuck their corn first!

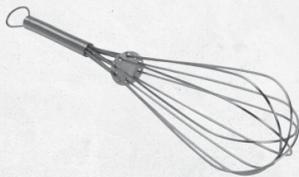
Sack Race - Everyone loves a good, old-fashioned sack race! Give yummy treats, such as candy corn or caramel apples for prizes!

Pumpkin Roll - Give each child a pumpkin, and see who can reach the finish line first by rolling his pumpkin across the lawn with his feet.

Leaf Toss - Let the children help you rake and pile leaves onto a large sheet, then let each child hold onto a section of the sheet. Lift the sheet high into the air, and watch the leaves fly in the sky!

Classic Bread Pudding w/ Bourbon Sauce

- 1 large loaf French bread (approx. 14 - 16 oz.)
- 4 cups milk
- 3 eggs, lightly beaten
- 2 cups granulated sugar
- 2 tablespoons pure vanilla extract
- 1/4 teaspoon allspice
- 1/4 to 1/2 teaspoon ground cinnamon
- 1 cup raisins (optional)
- 3 tablespoons butter, melted



Makes 8 to 10 servings

Tear or cut French bread into 1 inch pieces (about 6 - 7 cups); place in a large bowl. Add milk and let bread pieces soak. In another bowl, whisk together eggs, sugar, vanilla extract, allspice and cinnamon until smooth; stir in raisins (optional). Stir into the bread/milk mixture. Let the mixture sit for 2-3 hours, stirring occasionally. Bread will absorb the mixture.

Preheat oven to 350 degrees F. When ready to bake, pour melted butter into a 13x9-inch baking pan or dish. Coat the bottom and the sides of the pan well with the butter. Pour bread pudding mixture into prepared pan or dish. Bake, uncovered, approximately 45 to 50 minutes, until set in the center and the edges start to get a bit brown and pull away from the edge of the pan. Remove from oven and let cool on a wire rack. To serve, cut into squares and put into individual serving dishes. Serve with warm Bourbon Sauce. (Recipe Below).

Bourbon Sauce:

- 1/2 cup butter
- 1 cup granulated sugar
- 1 egg, lightly beaten
- 2 tablespoons of bourbon (or to your taste)

In a medium-size saucepan over low heat, melt butter; add sugar and beaten egg, whisking to blend well. Cook, stirring constantly, until mixture thickens. Remove from heat and whisk in bourbon to taste; let cool. Whisk and reheat before serving. The sauce should be soft, creamy, and smooth.

Have A Great Recipe You Would Like To Share?

E-mail it to rebecca.perron@militarynews.com Your recipe might be featured in the Homefront News section in a future edition. We look forward to hearing from you!

Local service member wins American Legion's 'Spirit of Service Award'

BY CATHY HEIMER
Jet Observer

It's not just the hours, all 250 of them, that Aviation Electronics Technician (AT) 3rd Class Matthew Stroup volunteered to a variety of organizations that earned him the American Legion's Spirit of Service Award. It was his leadership where he urged others to follow in his footsteps to give back to their communities that caused him to edge 40 top nominees across Navy commands for the award, presented during a ceremony in Louisville, Ky., Aug. 25.

Stroup, from Fleet Readiness Center Mid-Atlantic Site (FRCMA) Oceana, has always made time to volunteer in the community since joining the Navy nearly three years ago. But he doesn't feel the 250 hours he has volunteered is a significant amount. But the Navy and the American Legion thought differently.

The awards ceremony gave Stroup and the four other winners, representing the other military branches, a chance to present a short speech while on stage with Chairman of the Joint Chiefs of Staff Adm. Mike Mullen and Commander, U.S. Central Command Gen. David Petraeus.

Stroup summed up what he said on stage by explaining what he sees as much more important than just the number of hours over three years is that "I have gotten other people moving in that direction to volunteer. I think community involvement is very important, especially for a government organization."

He and his wife, Jenny Lynne, arrived in Louisville Aug. 22, where they received the "red carpet treatment," by the American Legion. Award winners met with the American Legion's National Commander David Rehbein, rode on the back of convertibles during a parade, met with Miss America and were honored during a patriotic religious service Aug. 23.

He admits he still feels awkward



AT3 Matthew Stroup (Above) from FRCMA Oceana is presented the American Legion's Spirit of Service award ceremony, Aug. 25, in Louisville, Ky. With Stroup are (R) Chairman of the Joint Chiefs of Staff Adm. Mike Mullen, Commander, U.S. Central Command Gen. David Petraeus and American Legion National Commander David Rehbein.

Photos courtesy

at times about earning the award because "there's a lot of people who do so many different things that I feel fortunate my chain of command put me up for it."

He appreciates how his command recognizes the amount of work he has done outside of his normal duties but "for any Sailor if you don't have the support of your chain of command, the game's over before you even start!"

He was told that it wasn't just the hours he logged that earned him the award but what really helped him was leading two different organizations and "getting people behind the volunteer efforts."

His community service goes back to the beginning of AT "A" School following his enlistment on Dec. 18, 2006 from his hometown of Romeo, Mich. While in Pensacola, Fla. for six months, Stroup got involved with the Positive Student Peer Program, which promotes the idea of doing something constructive while in "A" school. One of the first things he did with the group was feeding the homeless people at a church

on Saturdays. "It was nice to get off base and do something positive," he said.

When the chairman of the group transferred, Stroup took on the role and instead of making it "a liberty organization," he found ways to volunteer, so much so that his group contributed 700 hours in less than six months.

When he arrived at Oceana, his leading petty officer encouraged him to organize community service events. Stroup also completed the paperwork for his group, known as Oceana Volunteer Service, to become a "certifying organization," which verifies the volunteer hours completed. The group is open to anyone who would like to get involved in the community and also learn how to document that service. Stroup also maintains a list of volunteer opportunities across Hampton Roads.

"The chief's mess has been really helpful with getting information out. It's really been an all hands effort," he said about the command's community service.

Within the group, more than

20 Sailors volunteer, with at least 10 who log regular hours. Stroup explained the most difficult part is getting command volunteers to log their hours. He said many feel that because they only do five or 10 hours a year, it's not significant but when FRCMA Oceana compiles their award packets and reports, those hours quickly add up. He also emphasizes how recording can make the difference in awards or evaluations.

One of the places Stroup has helped is at Southwestern Elementary in Suffolk. While dating Jenny Lynne, a fourth grade teacher at the school, he quickly learned how much the school appreciates volunteers. That led to helping with the Junior Achievement Program, as well as the "lunch buddies" program and the school's field day.

But helping out in the community isn't the only volunteering Stroup does. Since reporting to Oceana in October 2007, several collateral duties have found their way to him, most of which he completes long after work. He can normally be found with a pen

and notebook and frequently a laptop as well to make use of any free time.

One of the most visible duties Stroup has volunteered for is assisting FRCMA Oceana's Public Affairs Officer Lt.j.g. Amy Cotter. While he freely admits he has stayed up until midnight working on the command's newsletter or other PAO duties, he has an important reason for those projects. Stroup has completed his application for Officer Candidate School (OCS) and has set his sights on joining the Navy's Public Affairs community as an ensign.

Stroup earned a bachelor's degree in business administration long before enlisting in the Navy. After obtaining a real estate license, which "didn't go so well in a Michigan economy, I decided I needed to make some life changes. I needed to do something more positive with my life," Stroup joked.

With his paperwork for enlisting already completed and the wait for OCS months long at the time, Stroup enlisted.

When he started looking at officer designators, Stroup laughs, "I really had no idea what I wanted to be." But his command offered him the opportunity to go talk to and work with officers in various jobs. After talking with Cotter, he started writing a few articles that found their way to the Jet Observer and later to The Flagship and his interest in public affairs took root.

Stroup explained for an AT, a typical career path to officer would be choosing the Aerospace Maintenance Duty, where he is surrounded by officers in that field. "This is essentially like trying to go to OCS and cross rate at the same time," said Stroup about becoming a PAO.

Stroup is also realistic about his chances to be selected for PAO the first time. Because there are not a lot of Navy public affairs officers, "it's going to be a hard field to break into" and by mid-November, he should know if he has reached his goal.

Thanks to TCC Culinary Specialists live the sweet life

Naval Medical Center Portsmouth CS's receive training from Tidewater Community College chef

STORY AND PHOTO

BY MC2 (SW/AW)

WILLIAM HEIMBUCH

Naval Medical Center Portsmouth Public Affairs

NAVAL MEDICAL CENTERPORTSMOUTH

— The desserts prepared in the Naval Medical Center Portsmouth galley are going like, well, hot cakes. And it's no wonder: The medical center's culinary specialists have acquired new skills after completing a "Principles of Baking" course.

David Arnold, culinary chef and professor at Tidewater Community College, taught the baking course in the galley twice a week for as long as six hours a class. And on Sept. 4, the culinary specialists showed off what they'd learned in a baker's dozen assortment and more.

More than 15 desserts had been prepared, including chocolate and strawberry russe cakes, puff pastry napoleon, cannolies, cookies, key lime pie, blueberry pie, mud pie, bread pudding, Coca-Cola cake, pinwheels and chocolate-dipped strawberries. Some had intricate designs and others were simple and traditional. All were deemed delicious.

"The food was outstanding, and for anyone who eats in our galley I think it's important for them to understand that the same skill sets that provide them breakfast, lunch and dinner in the galley are also used to create these delightful delicacies, and we will try to take advantage of that talent as much as possible," said NMCP Deputy Commander Capt. Craig Bonnema.

Each student enrolled in the course learned how to prepare 45 different recipes.

"They've all been very proactive; the more (classes they attend), the more they're eager to learn," said Professor Arnold. "The



Naval Medical Center Portsmouth's Culinary Specialists serve four-star food in the galley, following completion of three Tidewater Community College Culinary Arts courses.

higher level of difficulty, the better off they were."

The baking course was one of three offered to the culinary specialists through the college's culinary arts program. The other courses were Certified Professional Food Manager and Principles of Cooking.

"To me, the baking class was the best; it has always been my favorite thing to do," said Culinary Specialist 1st Class Gaylord Brown, Food Services divisional leading petty officer who took all three courses. "Most of my time in the Navy I have been a baker, so it was fun. I enjoyed it and learned a lot. The classes definitely broadened your horizons for what you can do with any one thing."

NMCP's deputy commander started the conversation that culminated in courses for the cooks.

"I met with the president of Tidewater Community College and they were talking about their various

programs and how we might interact with them, and I latched onto this idea because I had seen stories of ships sending their CS's to work with professional chefs. So I suggested to that we take advantage of that opportunity. It's good for our

CS's to develop additional skills," said Bonnema.

"If the CS's are able to continue to take these courses then eventually they could potentially have an associate's degree in the culinary arts," said Cmdr. Connie Scott, NMCP's Food Service

department head.

"We are responsible for the folks we feed; we don't want anyone to become ill. We want to be the cause of their good health. For any new folks coming in (to work in the galley), we can impart that knowledge to

them until the class is offered again," said Scott.

The 36 culinary specialists who took the courses received national certification for the Food Manager's course and six continuing education credits for each of the other two courses.



Photo by MC3 David Smart

Landing Craft Unit (LCU) 1653 enters the well deck of the multi-purpose amphibious assault ship USS Wasp (LHD 1) off the coast of North Carolina.

Security cooperation Marines MAGTF embarks USS Wasp

BY MC1 AMIE GONZALES

USS Wasp Public Affairs

ATLANTIC OCEAN — The Security Cooperation Marine Air-Ground Task Force (SCMAGTF) embarked the multipurpose amphibious assault ship USS Wasp (LHD 1) Oct. 5 for a regularly scheduled deployment to the U.S. Naval Southern Command area of focus as part of Southern Partnership Station 2009 (SPS).

SCMAGTF is made up of Marines from Marine Heavy Helicopter (HMH) Squadron-461, based out of Marine Corps Air Station New River, N.C., Fox Company 2nd Battalion 9th Marines, 8th Communication Battalion, 8th Engineering Support Battalion and Fly-in Dental Echelon from Marine Corps Base Camp Lejeune, N.C.

“It’s important that we get back to our amphibious roots,” said Lt. Col. Sean M. Salene, commanding officer of HMH-461. “It’s [SCMAGTF] the first of its kind stood up on the East Coast specifically for this mission. We will take the lessons learned and share them with those coming up the pipeline.”

As part of their mission, the more than 300 SCMAGTF Marines will participate in multiple humanitarian civic assistance efforts and military-to-military en-

agements with U.S. partner nations, including delivering Project Handclasp pallets to needed areas.

Salene also noted his Marines are ready and trained to provide humanitarian assistance in the event of a natural disaster. They brought on extra supplies and equipment in case such an event should happen during the deployment.

“We’re very pleased to have the SCMAGTF on board Wasp, and I’m certain that their presence will only serve to improve our mission and readiness,” said Wasp Commanding Officer Capt. Lowell D. Crow. “Further, their expertise – specifically in assisting partner nations – will provide us a better opportunity to further build upon the positive international reputation that the United States Navy already has.”

According to a Marine Corps Times article SCMAGTF units will be considered “eyes forward” for the U.S. military, assisting partner nations with military training and civil-military operations, according to a briefing document explaining the plan. They will be made up of ground, logistics and aviation combat elements, and will resemble a Marine Expeditionary Unit.

For more news from USS Wasp (LHD 1), visit www.navy.mil/local/lhd1/.

Medical Department hosts health fair aboard USS Nassau (LHA 4)

STORY AND PHOTO BY
MC2 (SW) AMANDA CLAYTON
USS Nassau Public Affairs

NORFOLK — The USS Nassau (LHA 4) Medical Department hosted a health fair Sept. 30 to encourage healthy lifestyles among the ship's Sailors.

"We want to promote health and wellness and give information to our Sailors about where they can go to find resources and programs that can help them if they need it," said Hospital Corpsman 1st Class (SW/AW) Jennifer Tillard.

Displays and experts were on hand in Nassau's hangar

bay to inform Sailors on tobacco cessation, shipboard safety, healthy eating, and the dangers of binge drinking.

"This is a good fair to have aboard because it promotes healthy lifestyles to better the well being of our Sailors, making them happier and more productive," said Nassau Command Chaplain Cmdr. William Stallard.

"With operational commitments Sailors don't realize they aren't living as healthy as they could be," said Tillard. "This fair informs them about the types of food that increase high

cholesterol and the effects of tobacco on the body."

Tillard said the health fair is done every year and requires participation from a variety of groups.

"The good thing about this fair is that there is so much diversity," said Nancy VonTesch, health fair coordinator from Preventive Medicine Unit 2.

"You see junior enlisted Sailors,

Chiefs and Officers who come to the ships to inform Sailor's throughout the fleet about the dangers of unhealthy lifestyles. Once I get the request from a ship that they want us to come aboard I call all of my contacts and set up an ideal date."

Many Sailors who attended the fair learned something

new.

"This fair taught me things I didn't know before," said Aviation Ordnanceman Airman Cedric Nole. "I would have to say the stand that showed me how much fat was in the different kinds of food was my favorite. It definitely made me more conscious of what I'm going to eat from now on."



(L-R) Logistics Specialist 3rd Class Rohane Hendrickson, Logistics Specialist 2nd Class (SW/AW) Adam Baxter and Information Systems Technician 1st Class (SW/AW) Charles Clark look at the amount of fats in food during a health fair aboard amphibious assault ship USS Nassau (LHA 4) Sept. 30.

Keyport celebrates Disability Awareness Month

BY **MC2 (AW) MAEBEL TINOKO**
Navy Public Affairs Support Element West, Det. Northwest

KEYPORT, Wash. — Naval Undersea Warfare Center (NUWC) Division welcomed guest speaker honorable Claiborne D. Haughton, to Keyport, Wash., in recognition for National Disability Awareness month, Oct. 7.

This year's theme was "Expectation plus opportunity equals full Participation."

Congress designated each October as National Disability Employment Awareness Month (NDEAM). The Office of Disability Employment Policy has the lead in planning NDEAM activities and materials to increase the public's awareness of contributions and skills of American workers with disabilities.

Haughton, acting deputy assistant secretary of defense for equal opportunity, brought a sense of humor and understanding to the Naval Undersea Museum Keyport's Jack Murdock Auditorium and gave a motivational speech.

"It is significant to recognize the 19th anniversary of one of the most significant civil rights laws of the last half century, the 'Americans with Disabilities Act (ADA),' said Haughton. "Let us recall that in 1990, the advocates and

supporters of the ADA broke into American history like beneficent burglars bringing with them the gifts of vision, passion and truth."

Haughton shared his own stories about his personal struggles as a man with disabilities. He was born with cerebral palsy (CP) and blindness in one eye.

"The pages of history are full of stories of undaunted men and women who have triumphed over disability and adversity to demonstrate victorious spirits," added Haughton. "When our troops fall in the battle for our country, we must not allow them to fall through the cracks when they return home wounded. We must take care of our veterans in terms of help, healing and hiring."

One member of the audience, who was touched by Haughton message, was Fire Controlman 1st Class (SW) Robert Napier.

"Listening to Haughton's speech gives me a perspective of other people's views about diversity," said Napier, Navy Region Northwest. "Celebrating National Disability Awareness month broadens my own view on culture weather it's a disability or ethnicity; this brings everyone together to gain an understanding from one another."

USS Bataan and 22nd MEU restore sacred grounds

STORY AND PHOTOS BY
LT. ZACHARY HARRELL
Bataan ARG Public Affairs

DUBAI, United Arab Emirates — As temperatures climbed into the hundreds, Sailors and Marines continued to labor away in the desert sun. There were weeds that needed to be uprooted, dead plants and debris that needed to be hauled away and walk ways that needed to be cleared. There was even time to wipe some of the sand off of the many tombstones that rested upon the sacred grounds.

As Sailors from the multi-purpose amphibious assault ship USS Bataan (LHD 5) and Marines from the 22nd Marine Expeditionary Unit (MEU) worked to clean and restore the St. Mary's Cemetery in Dubai, United Arab Emirates, on Sept. 25, none complained, and the representatives from St. Mary's Catholic Church were thankful for the help.

"This project is unique because it is taking place in a Muslim country that shows its religious tolerance by supporting Christian churches and cemeteries where Christians are buried," said Cmdr. Brenda Bradley-Davila, Bataan's command chaplain, who led the volunteer group.

The morning began at 8 a.m. as the group of volunteers that had decided to postpone several hours of their precious liberty time to participate in the community relations project gathered aboard Bataan. Once the group was assembled they loaded themselves, along with plenty of water and several loads of boxed lunches, onto the buses that would take them on the 45 minute ride to the gravesite.

When the volunteer group arrived, representatives from St. Mary's Catholic Church described the difficulties they've had in maintaining the condition of the cemetery in the desert weather and let the group know what help was needed. The Sailors and Marines were provided with the necessary tools for the task, and then got right to work.

"True ambassadorship is more than just saying we want to help; it's compassion in action," said Bradley-Davila.

As the sun blazed and clothes began to soak through with perspiration, the dedicated volunteers remained positive.

"I love a little hard labor," said Sgt. Eric Thomas, a combat engineer with

the 22nd MEU and native of Clinton, Pa. "Plus, any time you have an opportunity to volunteer in the local community it helps to break down a lot of the stereotypes people have towards Americans."

Just as the burdensome heat would not let the workers ignore the fact that they toiled away in a desert climate, neither was the true sense of higher service lost among the group.

"When I heard of an opportunity to help out ... I felt compelled to do something productive with my free time," said Chief Warrant Officer Mike Corbin, an aviation ordnance officer with the 22nd MEU. "Yes, it was a pretty hot day, but I think I can speak for the group ... by saying we all rode home with a real feeling of accomplishment."

As the day came to an end and tools were put back and supplies were packed up, the results of their hard work were visibly evident. With the majority of the weeds, dead plants, debris and sand removed and it seemed as if the spirit of the gravesite had been rejuvenated. As the volunteer group exchanged thank you's and good bye's with the group from St. Mary's and boarded back onto the buses, they left appreciating the opportunity they had been given to lend assistance to their fellow man; men they had never met, as well as men who are no longer with us.



Sgt. Timothy Howard, right, an ordnance technician with the 22nd Marine Expeditionary Unit (MEU), helps gather debris during a community relations project at the Saint Mary's Cemetery in Dubai, United Arab Emirates.



Lance Cpl. Matthew Vroman, center, a mortarman with the 22nd Marine Expeditionary Unit (MEU), and Sgt. Eric Thomas, right, a combat engineer also with the 22nd MEU, gather up dead plants and debris during a community relations project at the Saint Mary's Cemetery in Dubai. Sailors from the multi-purpose amphibious assault ship USS Bataan (LHD 5) and Marines with the 22nd MEU spent the day cleaning and restoring gravesites at the cemetery.

Family Day honors disabled employees at Dam Neck galley

BY MC3 TERAH MOLLISE
NAS Oceana Public Affairs

The second annual Family Day held at the Dam Neck Annex galley, Sept. 30, included a special luncheon for staff and family members.

Dam Neck galley has partnered with Chesapeake Service Systems (CSS) since 1990 in placing disabled personnel with jobs at the galley. Thirty-five people from CSS currently work at the galley.

Coincidentally, the timing of this year's luncheon was held the day before National Disabilities Employment Awareness Month kicked off on Oct. 1 across the U.S. According to the proclamation by President Barack Obama issued on the day of the luncheon, "A job can provide financial stability, help maximize our potential, and allow us to achieve our dreams."

For employees such as

Joseph Briggs, who has worked at the Dam Neck Galley for the past 10 years, the job has made a dramatic difference in his life. Briggs and his family were among those who took the opportunity to express how they feel about the jobs and share their experiences with it.

"When Joseph used to work at his previous jobs such as TJ Maxx and Kmart, he worked alone. Since he has worked here, his social skills development is amazing," said his father, Joseph Briggs Sr. "Joseph would never express himself and now we have just seen mountains grow; he engages in conversation with others now and it's all because of this job."

According to their Website, Chesapeake Service System's mission is two-fold. First, it is to provide meaningful work opportunities to people with mental re-

tardation and other severe disabilities, enabling them to reach their full potential in a least restrictive environment that maximizes independence. Second, it is to advocate for changed perceptions and inclusion of people with mental retardation and other disabilities in the community so that the community sees their ability rather than the disability.

"These people come to us with a 'no-hope' stamp, but because of the Navy giving them the opportunity, we can find a solution to get them better. We can't cure them, but we help them improve," said Tom Swanson, executive director and chief executive officer of CSS.

The family day for employees began last year after the galley had received a plaque from CSS, and galley staff wanted to show their appreciation for their employees by having a day just for them

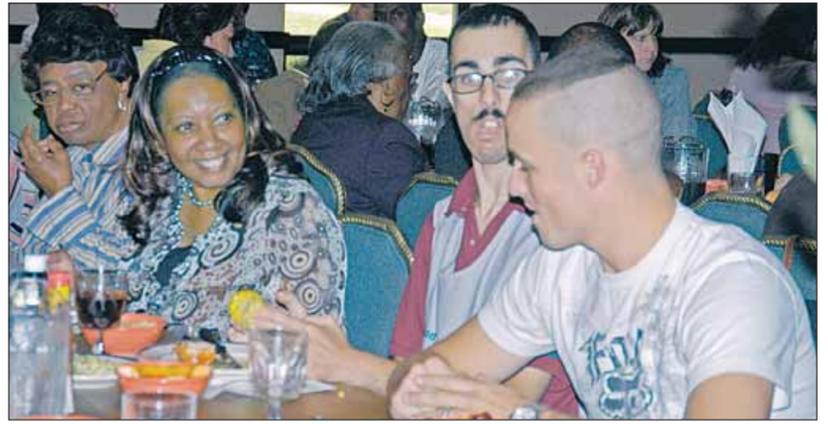


Photo by MC2 (AW/SW) Sara Allison

Shane Good, (Center) an employee of the Dam Neck galley talks with his brother, Army Spc. Brad Moule and Brenda Foster from Chesapeake Community Services during the Family Day luncheon at the galley. CSS and the galley have been partners since 1990 to place disabled employees in jobs at the galley. There are currently 35 employees from CSS performing a variety of jobs.

and their families, according to Ed Ruhling, food service coordinator at Dam Neck galley.

Because of the partnership between CSS and the galley, the families are very aware of the changes hap-

pening with their loved ones and are very grateful. "We appreciate everything you have done for him, it means a lot to him," said Gloria Briggs, Joseph Briggs' mother. "I want to thank the Navy because without you, all this would be impossible."

According to Joseph Briggs Sr., his son is so motivated because of his job, it gives him a chance to interact with new people and it gives him a sense of pride. Also to ensure Briggs is able to get to work, he is picked up at his house and dropped off after his shift every workday.

"They have a job and a paycheck. This gives them

so much self-esteem and dignity, they have just exploded developmentally wise," Swanson said.

Jobs that are performed by the employees include working in the scullery, cleaning off dishes and silverware, stacking the glasses to be used and cleaning off tables. The jobs have not only helped the galley but also made an improvement on their disabled employees' lives.

"I've seen them walk in the door and leave with a phenomenal change because of this place," Swanson said.

"Because of this program there is hope," he added.

Enterprise Sailors fight breast cancer

BY MC3 JEFFRY A. WILLADSEN
USS Enterprise Public Affairs

NEWPORT NEWS — USS Enterprise (CVN 65) Sailors and their families participated in the 2009 Hampton Roads American Cancer Society "Making Strides Against Breast Cancer" walk in downtown Norfolk.

The event recognized breast cancer survivors while educating people about early detection and prevention and raised money to fund lifesaving research.

More than 15 Enterprise Sailors, some bringing their families, participated by walking three miles and raising hundreds of dollars. More than one thousand people from both civilian and military groups also attended the event.

Hospital Corpsman 2nd Class (SW/AW) Julie A. Gardner, the organizer of the event for Enterprise, said that the walk is essential for raising awareness of the deadly disease.

"Breast cancer runs in my fam-

ily, and it's a lot more common than people realize; thousands of people are diagnosed with it each year," said Gardner. "This event helps people to learn more about it, how to prevent it, and gives them a chance to donate and help us beat this disease for the sake of future generations. That's very important to me."

Navy Counselor 1st Class (SW/AW) Sara M. Reynolds was one of the Enterprise Sailors who walked at the event.

"I just want to do everything I can to help," said Reynolds. "This horrible disease kills so many women. I want to do what I can to help find a cure, even if it's something small like walking a few miles and donating."

"I'm so proud of the Sailors who took the time out of their Saturday to come and support this worthy cause," said Gardner. "Even though it may seem like a small sacrifice, it really means a lot. Every little bit counts in this fight for a cure, and with the kind of support I saw at this walk, I'm con-

fidant we'll make it to the finish line sometime soon."

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.



Naval War College marks 125 years of educating leaders



BY TYLER WILL
Naval War College Public Affairs

NEWPORT, R.I. — The Naval War College (NWC) celebrated its 125th anniversary on Oct. 6, marking the transformation from a “new kind of college” envisioned by former Secretary of the Navy William Chandler, to a premiere military academic institution, known worldwide for its academic excellence.

When Secretary Chandler signed General Order 325 on Oct. 6, 1884 – the first step toward the establishment of the United States Naval War College – he probably had no idea that the college would evolve into a modern intellectual center.

The commemoration included read-

ings of the general order, a proclamation by the Governor of Rhode Island, Donald Carcieri, and a message from Rhode Island’s Congressional delegation. Dr. John Hattendorf, the Ernest J. King Chair of Maritime History, spoke on the origins of the college, and an actor portraying Commodore Stephen B. Luce, the college’s first president, read a speech that Luce gave at a graduation in 1903.

Other activities commemorating the 125th anniversary include a special exhibit at the NWC museum, running until Dec. 4, called “Faces of the Naval War College” with busts and portraits of former presidents and faculty. Two books will be published: one an illustrated history of NWC and the other a scholarly history of

the college.

According to tradition, Commodore Luce was rowed from a ship anchored off Coasters Harbor Island. Once on the island, he approached the stone building that would serve as NWC and said, “Poor little poorhouse, I christen thee United States Naval War College.”

Today, NWC has intermediate and senior-level colleges for U.S. military officers, distance courses, and a program for international students which has attracted officers from more than 126 countries. Of these international students, about half will become flag-level officers, and a portion of them will become heads of their respective navy or defense organizations.

“This place is about the future,” said Rear Adm. Phil Wisecup, NWC president. “It’s about looking ahead, developing ideas for what the Navy and our military should be doing in response to threats or problems we don’t even know exist yet. It’s about developing our people, producing leaders with a broad education, habits of thought, and the ability to critically analyze ambiguous problems and recommend what should be done. It’s about listening to our friends, who often have great ideas about how to solve problems we might not think of.”

Though the stone building Commodore Luce christened now houses the NWC museum, the college campus expanded over the years with additional buildings occupying several acres. The campus has become a landmark in Newport, not to mention a beacon for academics and U.S. military and international naval officers alike.

“It’s still as it has been from the very beginning,” said Hattendorf. “The home of original thought on theater-strategic and operational level of thinking. The whole idea of naval strategy was really invented here.”

Hattendorf said the greatest period of growth for NWC was in the 1980s, when

additional colleges were added and NWC began attracting faculty from prestigious universities. The Center for Naval Warfare Studies was also a development from the ‘70s.

Professor John Jackson, chairman of the 125th Anniversary Committee, pointed out that notable NWC graduates have walked on the moon, won international wars and international students have become their nation’s presidents.

“When you look back at the contributions of our alumni, faculty, and staff, this institution has contributed to the national security of the nation at a level unsurpassed at any other institution,” Jackson said.

More recently, Hattendorf said, the accomplishments of the College of Strategic and Operational Leadership, which started in fall 2007, and the increasing study of Irregular Warfare have made important contributions to contemporary campaigns.

“We’re always looking at the changing nature of warfare, as well as looking at the continuities of warfare,” Hattendorf said. “I think the college is consistently following the idea that there are certain basic characteristics of understanding warfare.”

While NWC started 125 years ago as a small institution with mostly summer courses, it has evolved into a one-year, resident program that graduates about 600 students a year, and a robust distance program that graduates about 1,000 students a year. Students earn Joint Professional Military Education (JPME) credit and either a diploma or a master’s degree in National Security and Strategic Studies.

“It’s fitting that we pause in our busy schedule to pay our respects to those who came before us and to consider the bright future we have for the next 125 years,” said Jackson.

For more news from Naval War College, visit www.navy.mil/local/nwc/.

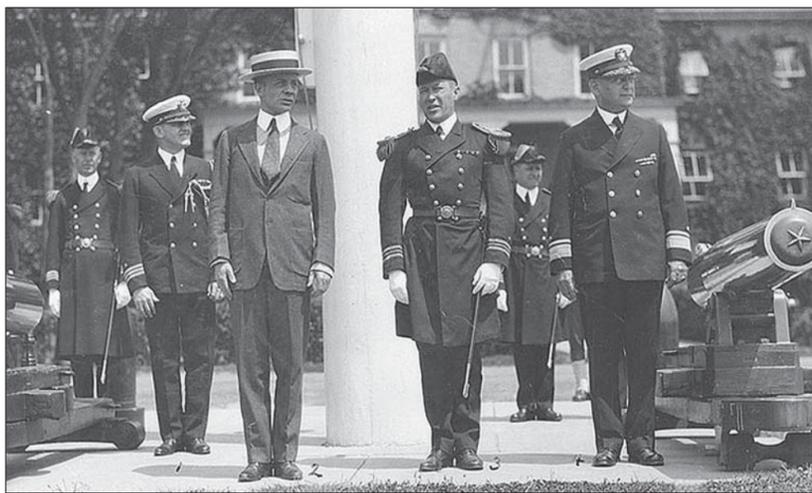


Photo courtesy Naval Historical Center

Assistant Secretary of the Navy Theodore Roosevelt Jr. at the college in the early 1920s.



Photo courtesy of NOAA

Admiral Chester Nimitz seen here signing the Japanese surrender is one in a sizable list of famous graduates of the Naval War College. Nimitz himself gave much credit for the Navy’s success in WWII to the college’s efforts in training officers.

USS Kearsarge Sailor takes trophy in weight lifting competitions

STORY AND PHOTO BY
MC3 CHRISTOPHER LANGE
*USS Kearsarge (LHD 3)
Public Affairs*

PORTSMOUTH — Aviation Boatswains Mate 2nd Class Cesar Martinez, a Sailor on board the amphibious assault ship USS Kearsarge (LHD 3) and an avid weight lifter, has won four local bench press weight lifting competitions since March 2009.

Martinez, currently assigned to the Kearsarge Training Department, started lifting casually in high school and now dedicates six days per week to his weight program.

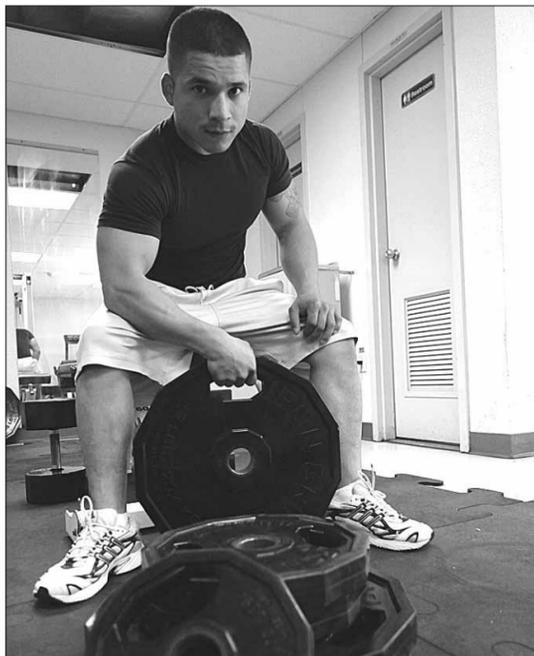
"I started working out by lifting light weights, cardiovascular workouts and push-ups when I was 16," said Martinez. "It's a major part of my life now, I am using heavier weights and spend more time focusing on my major muscle groups to build strength."

Martinez is a steadfast competitor in local competitions with the goal of becoming the best in his weight class of 150 pounds or lighter. He first learned of the bench press competitions from flyers located in Callaghan Gym at Norfolk Naval Shipyard, and decided to sign up for an event. He realized that it was something he enjoyed and has since worked to maintain his 150-pound weight class, to ensure he stays in his weight bracket.

"I am careful of what I eat, I avoid a lot of junk food," said Martinez. "My diet consists of a lot of whole foods, such as chicken and fish."

The competitions Martinez participates in are bench press lifts as well as endurance lifts. The competitors are judged on how many times they can bench press double their body weight in one category, then how much they can lift pass their body weight in another category.

"In March of this year, I took first place in lifting twice my body weight at the Callaghan Gym," said Martinez. "In the same month, I took first place in both categories at the Dam Neck base."



Aviation Boatswains Mate, Handling 2nd Class Cesar Martinez, on board the amphibious assault ship USS Kearsarge (LHD 3), is a local bench press competitor. Martinez has been competing locally in the Hampton Roads area military bases, and won first place in his most recent competition.

Since then, Martinez has gone on to win first place in both categories at Portsmouth Naval Hospital and Dam Neck.

"The thing I like most about lifting and competition is winning trophies," said Martinez. "I also like feeling good about myself after working out."

Martinez said he has much more energy and feels healthier and stronger after working out.

"I want to keep working out and get as strong as I possibly can, while still staying in my 150 pound weight class," said Martinez. "My goal is to be the strongest of all competitors in my weight class."

Martinez also said that his physical conditioning for weight lifting will enhance his performance on the flight deck once Kearsarge returns to sea.

"The job of a firefighter can be very physical," said Martinez. "If an aircraft were to catch fire on the flight deck and the pilots and air crew needed rescuing, I have to have the strength and endurance to help the personnel escape."

Martinez's hard work is not lost on his shipmates.

"It takes a high level of

commitment to sustain such an active lifestyle as Petty Officer Martinez," said Boatswains Mate 1st Class Russell Rowden, Training Departments Leading Petty Officer. "The outcome of his dedication is outstanding and truly promotes the Navy's active lifestyle."

"If there are competitions around, I will try to attend them, but I'm not going to make the competitions a full-time endeavor just yet," he said.

Kearsarge Sailors ready to train

PRESS RELEASE
USS Kearsarge (LHD 3) Public Affairs

PORTSMOUTH — The amphibious assault ship USS Kearsarge (LHD 3) will begin phase one of Crew Certification Oct. 1, in preparation to get underway this fall.

Crew Certification Phase One (CCPO) is an in-port event designed to ensure Kearsarge can safely get underway.

CCPO includes a major review of the ship's training program, a review of every qualification required, quarterly exams that test the crew's knowledge of both medical and damage control procedures, and rules of the road training.

"CCPO is mainly an administrative inspection to make sure the ship is ready to become operational once again," said Lt. Jeremy "JR" Ewing, Training Officer on board Kearsarge. "It includes getting watches certified, passing various level of knowledge exams, ensuring that satisfactory records are being kept of training held, and an internal review of all matters pertaining to safety."

The inspection, which will be conducted by Commander, Amphibious Squadron Six (COMPHIBRON SIX), involves all departments on board and required months of preparation and coordination. One of the key departments involved in CCPO is Navigation, due to their vital role in coordinating ship's movements, according to Navigator Lt. Cmdr. Michael Reed.

"After being in the shipyard for approximately eight months, we need to ensure that people are qualified to stand Quartermaster of the Watch properly," said Reed. "We've

had to adapt to new technologies as well as keep up the overall proficiency for navigation."

Departments such as Operations and Command, Control, Communication, Computers, Calibration, and Intelligence-Defense (C5I) use their own specialized training teams to ensure proficiency in specialized areas, such as watches in the Combat Information Center.

"We perform crew certification to ensure that Sailors really know the information they need to know, as opposed to just memorizing it for a test," said Operations Specialist 2nd Class (SW/AW) Kevin Bass, a member of the Combat Systems Training Team (CSTT). "We want this training to payoff by having our watches truly know what they need to know for scenarios like General Quarters drills, which ensure that the proper training is being held."

In order to meet the proper standards for Crew Certification, departments are required to reference the Surface Force Training Manual, which lays out what is required to achieve certification for each of their divisions.

"We are in the process of developing a schedule of events that meets the intent of the Surface Force Training Manual in addition to meeting our own internal standards," said Ewing. "It has required a lot of coordination across every department."

Kearsarge is currently in the final stages of a 10-month dry docked planned maintenance availability at Norfolk Naval Shipyard and will get underway this fall.

An inspector from Commander, Amphibious Squadron Six (COMPHIBRON SIX) reviews the Crew Certification binder for C5I department with Lt. Cmdr. John Carls, Assistant C5I Officer. The amphibious assault ship USS Kearsarge (LHD 3) is currently undergoing Crew Certification Phase One, an inspection held to ensure ships are fully qualified to get underway, Kearsarge is scheduled to get underway this fall.



Augmented surgical team ready to serve Wasp

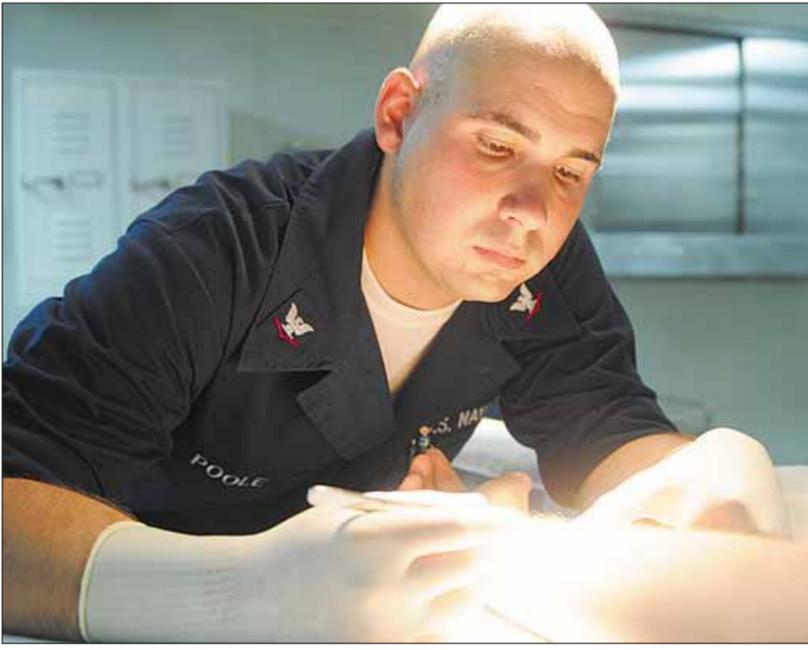


Photo by MC3 Andrew Rivard

Hospital Corpsman 3rd Class James Poole, an operating room technician with the surgical augmentation team embarked, inspects a skin lesion on a Wasp Sailor's arm. The team has been inspecting, and excising if necessary, skin irregularities as a method of preparing and acclimating themselves the Wasp operating rooms.

BY MC1 (SW/AW)
ANDREW MCCORD
USS Wasp (LHD 1) Public Affairs

ATLANTIC OCEAN — Sailors onboard the amphibious assault ship USS Wasp (LHD 1) can rest a bit easier now that the surgical augmentation team attached to Wasp has completed preparations and are now ready to perform a wide range of surgeries.

Due to the nature of Wasp's impending mission, it was decided that while surgery support was desirable, a full Fleet Surgical Team (FST) wasn't necessary. Thus the surgical augmentation team was formed, with each of the five members receiving notice of their mission only a week prior to Wasp's deployment.

"This is like a standard

Individual Augmentee (IA) situation where people are drawn from different commands and don't meet until they're in theater," said the augmentation team's surgeon, Capt. Philip Perdue, who serves as the Chief of General and Trauma Surgery Services at Walter Reed Army Medical Center and National Naval Medical Center. "Having a team aboard allows the ship to perform emergency surgery, and to be able to continue the mission."

With only a week to prepare for the deployment, the team was faced with a large challenge: making sure that Wasp's operating rooms were evaluated and ready for business. This task was especially challenging because Wasp Medical Department had

not performed a major surgery since the surge deployment in the second half of 2007.

"The operating room team needed to inspect equipment, stow supplies, and make sure the operating rooms are ready," said Perdue. "And because of their efforts, the rooms are ready. If there was a major case – like an appendectomy – we could take care of it this afternoon."

To assist with preparing the team and acclimating them to their new operating areas, they're offering their services to anyone that might have suspicious skin abnormalities.

"To prepare for major surgery, the team will remove skin lesions, lumps, and bumps to test the capability of the operating rooms in medical," said Perdue. "In the absence of major surgery [removing these lesions] keep the operating room technicians ready in case the big case comes up."

Wasp Commanding Officer Capt. Lowell D. Crow lauded the preparation efforts of the surgical augmentation team, noting that their presence provides a level of comfort and morale to the crew.

"They arrived less than a week before we pulled out, got on the ship, and got to work making sure that they could take care of any medical emergencies our Wasp Sailors, Marines, or guests might have," said Crow. "Of course we hope that there isn't a need for them to perform in their areas of expertise, but having them on board – planning for anything that might go wrong – allows us to breathe easier, and is a testament to the concern and priority that the Navy places on its personnel, and on this mission."

Sailors onboard Wasp were genuinely pleased to know that there was a surgical team accompanying them on their deployment, and many expressed surprise.

"I think it's comforting to know that if something were to happen, that we wouldn't have to worry about getting flown off the ship, and maybe sent to a hospital where we didn't know anyone, or maybe didn't even speak a common language," said Culinary Specialist Seaman Beatrice Mays. "I honestly didn't know that was part of what happened when ships deployed, but it feels good to know that we're being taken care of like this."

Perdue noted that the opportunity to deploy with a ship is important for military surgeons for a number of reasons, not the least of which is perspective.

"It's important for medical officers to understand the Fleet and what happens outside of medical centers," he said. "As a trauma surgeon primarily taking care of Operation Enduring Freedom and Operation Iraqi Freedom patients at Bethesda, WASP is a nice change of pace for me."

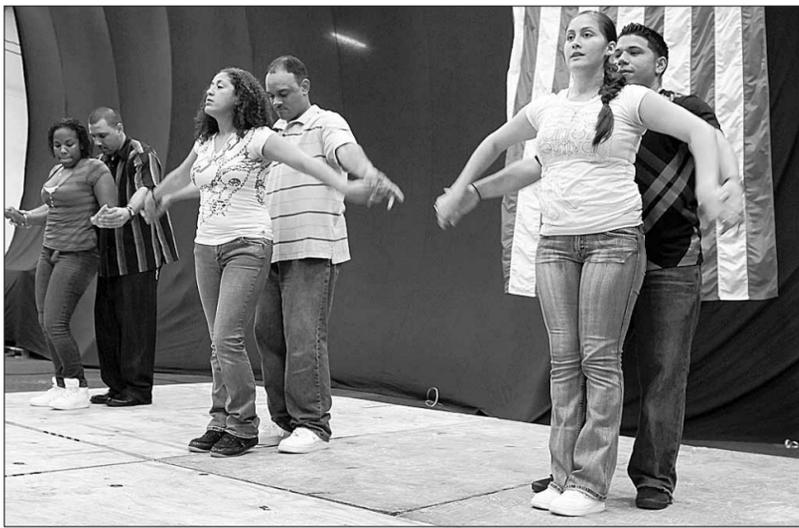


Photo by MC3 (SW/AW) David Smart

Members of the Wasp multicultural committee perform a dance during the Hispanic American Heritage Month celebration in the hangar bay of the multi-purpose amphibious assault ship USS Wasp (LHD 1). The Wasp will work alongside Mayport-based Squadron Four Zero during a three-month deployment to build and instill interoperability and cooperation between U.S. and partner nation naval forces through a variety of exercises as part of Southern Partnership Station.

USS Wasp embraces 'Fierce urgency of now'

BY MC1 (SW/AW) JOHNNY MICHAEL
USS Wasp (LHD 1) Public Affairs

ATLANTIC OCEAN — The crew and embarked Marines of USS Wasp (LHD 1) enjoyed a festival-like atmosphere in the ship's hangar bay as the ship celebrated Hispanic American Heritage Month yesterday.

The assembled Sailors and Marines heard several speakers, including guest speaker, Lt. Cmdr. Jonathan Beris, Wasp's Ship's Intelligence Officer (SIO), who spoke regarding the significant contributions of Hispanic Americans throughout history.

"The United States is truly a melting pot in which names like Fernandez, Gonzalez, Reyes, and Diaz are as common as Smith, Jones, and Johnson," Beris said. "More importantly as Hispanics we are contributing in this country's success. On this ship alone, our culture is represented by Sailors, Marines, Soldiers, Airmen, and civilians who are ready and willing to contribute to the success of our mission and the defense of freedom."

The theme for this year's celebration is "Embracing the Fierce Urgency of Now," and Aviation Ordnanceman 3rd Class Karina Cortes spoke to the importance of service within the Hispanic American culture.

"Hispanics have always served valiantly in the military and contributed greatly to society as a whole. By 'Embracing the Fierce Urgency of Now,' Hispanics will continue to serve with honor and distinction well into the future."

In addition to the speeches a Latin dance demonstration was performed by members of the ship's crew. While the speeches were stirring, according to Culinary Specialist 3rd Class Jordan Roth, the dancing was the highlight of the event.

"That was amazing," Roth said. "I was impressed with how much skill it must take to dance like that. You can tell they worked hard to make it all look so easy."

The Hispanic American Heritage Month began in 1968 as Hispanic Heritage week and was later extended to one month in 1988 by President Ronald Reagan. The celebration date was chosen because of its proximity to seven Latin American countries' anniversary dates of independence.



Photo by MC3 (SW/AW) David Smart

Cdr. Rob Rafford bows his head during a prayer before a Hispanic American Heritage Month celebration put on by the Wasp multicultural committee in the hangar bay of the multi-purpose amphibious assault ship USS Wasp (LHD 1).

MESS AWARD: Finalists announced for Best Navy Mess Award, recognize culinary excellence in Navy Food service programs

Continued from page B1

noted. "Seven of the 18 will take top honors in the spring, but, again, they're all worthy of recognition."

The Capt. Edward F. Ney Memorial Award was established in 1958 by the secretary of the Navy and IFSEA to improve and recognize the quality of food service in the Navy. IFSEA is a nonprofit food service association dedicated to enhancing the professional image and growth of persons serving the food service industry.

Evaluation teams are

made up of culinary experts from Navy and IFSEA.

The award was named in honor of Capt. Edward F. Ney, Supply Corps, United States Navy, head of the Subsistence Division of the Bureau of Supplies and Accounts from 1940 to 1945, supervising the procurement of food for the United States Navy during World War II.

NAVSUP's primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse,

worldwide workforce of more than 25,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for quality of life issues for our naval forces, including food service, postal services, Navy Exchanges, and movement of household goods.

For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

AWARENESS: Schedule a mammogram, October is breast cancer awareness month

Continued from page B1

ditionally, the hospital is the only facility in the area fully accredited to perform mammography per the guidelines of the American College of Radiology and the Food and Drug Administration/Mammography Quality Standards Act. Furthermore, only USNH Yokosuka has American Board of Radiology board-certified radiologists on staff.

Recently, the hospital upgraded its mobile mammography van so that it, too, can perform digital mammograms. The mobile mammography van makes quarterly runs to the Sasebo and Iwakuni branch health clinics, and serves approximately 200 women a year. This upgrade ensures that the same state-of-the-art technology that is used within the hospital radiology department is now available to the beneficiaries at these outlying clinics.

Mammograms are ef-

fective in detecting cancer, and detecting it early. For every 1,000 mammograms performed, approximately seven percent will be called back for further imaging and 10 of these will need a biopsy. Of the 10 women requiring a biopsy, three to four of those will be cancer, two of which will be at such a low-stage that they are cured after ini-

of 30 should start mammographic screenings earlier.

Breast cancer is the second most common cancer; only lung cancer is more prevalent. More than 200,000 new cases are diagnosed annually in the United States. In the general population, a woman's lifetime risk of breast cancer is one in eight. Catch this cancer early, get a mam-

mogram!

Mammography services at USNH Yokosuka are ordered through a

beneficiary's primary care provider. After the provider has ordered the screening, the beneficiary can come to the radiology front desk or call DSN 243-7418 to schedule an appointment. If the beneficiary has had prior mammograms, they are advised to request that these images be sent to USNH Yokosuka so a comparison can be made. For more information, please call your primary care provider.

"For every 1,000 screening mammograms performed, approximately seven percent will be called back for further imaging and 10 of these will need a biopsy."

get evaluation via cr... participants Video think... explore... listening workshop read... examples Twitter... time RSS... also... Social Media... follow us on twitter... find us on Facebook... resources new... might Information... photos strategic Com... moodle... publishing... know...