



UPDATE: U.S. Navy delivers assistance, capabilities to unified response in Haiti

PRESS RELEASE

From Defense Media Activity Anacostia

WASHINGTON — As the maritime component of Unified Response, the U.S. Navy is part of a larger U.S. Government effort led by the Department of State and the U.S. Agency for International Development (USAID) in response to the request for assistance from the Government of Haiti after the devastating earthquake of Jan. 12.

With agility and flexibility, the U.S. Navy is key enabler of the role of the U.S. military to rapidly respond with critically needed capabilities to deliver humanitarian assistance and disaster relief to the areas that the Government of Haiti deems most necessary.

USS Carl Vinson (CVN 70), USS Higgins (DDG 76), USS Normandy (CG 60), USS Underwood (FFG 36),

USS Gunston Hall (LSD 44), USS Carter Hall (LSD 50) and USNS Grasp (T-ARS 51), are on station in the vicinity of Haiti in support of host nation, U.S. State Department and the U.S. Agency for International Development (USAID) efforts to conduct Humanitarian Assistance/Disaster Relief operations in order to prevent human suffering and additional loss of life.

USS Bataan (LHD 5), USS Fort McHenry (LSD 43) and USS Carter Hall (LSD 50) are en route Haiti with embarked Marines from the 22nd Marine Ex-

peditionary Unit (MEU 22) and are expected to arrive Jan. 18. In addition, USS Gunston Hall (LSD 41) has been diverted to Haiti and also is scheduled to arrive Jan. 18. These amphibious platforms will form a “sea base” from which humanitarian supplies can be moved ashore via helicopters and landing craft. Bataan also has robust medical facilities that includes nearly 50 medical professionals as well as X-ray facilities, a 600-bed hospital, operating rooms, an intensive care unit, pharmacy and laboratory.

Approximately 1,480 U.S. military personnel are supporting Operation Unified Response on the ground in Haiti. Approximately 4,400 additional U.S. military personnel are supporting from U.S. Navy and Coast Guard vessels operating in Haitian waters.

The following numbers provide a glimpse of the impact these service members are making:

- More than 2,000 American citizens have been evacuated to Orlando, Fla., Homestead Air Force Base



Naval Air Crewman 2nd Class Jason Harold of Goldsboro, N.C., transfers a young Haitian earthquake victim from an SH-60B Seahawk helicopter during a medical evacuation in Port-au-Prince, Haiti, Jan. 16. USS Carl Vinson (CVN 70) and Carrier Air Wing (CVW) 17 are conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0 magnitude earthquake caused severe damage in Haiti Jan. 12.

(AFB), Fla., or McGuire AFB, Pa.

- Maritime forces have distributed 20,160 rations of food since Tuesday.

- USS Carl Vinson delivered more than 30 pallets of relief supplies for distribution to affect areas Saturday. Nineteen helicopters embarked on the carrier are also flying airlift missions in support of relief efforts.

- More than 100,000 bottles of water were delivered Sunday. With water being one of the most precious commodities, the focus continues to be on taking advantage of every opportunity to bring water ashore.

- USS Carl Vinson (CVN 70) received seven injured Haitian civilians at approximately 7:30 p.m. EST Saturday when a U.S. Coast Guard MH-60J Jayhawk helicopter on a MEDEVAC mission was forced to divert due to weather. The helicopter was taking the earthquake victims from Port-Au-Prince to a hospital near Cap-Haïtien Cape Haitien on the island's northern coast. USS Carl Vinson medical personnel are currently



Photos by MC2 (SW) Candice Villarreal

Haitian citizens crowd a ship near a port in Haiti Jan. 16, after earthquake devastation left many homeless, injured and hungry. The aircraft carrier USS Carl Vinson (CVN 70) and Carrier Air Wing (CVW) 17 are conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0 magnitude earthquake caused severe damage Jan. 12.

treating the seven Haitians, including a one-two-hour old infant.

- USS Higgins (DDG 76), homeported in San Diego, is providing afloat logistical services for the Coast Guard helicopters.

- USNS Sacagawea (T-AKE 2), a dry cargo ship and USNS 1st LT Jack Lummus (T-AK 3011), a dry cargo ship capable of offloading cargo without a port are scheduled to arrive in the next week.

- USNS Comfort (T-AH-20), homeported in Baltimore, Md., got underway Jan. 16 and is making best course and speed to the area

and is expected to arrive in the area in the next three days. USNS Comfort's primary mission is to provide an afloat, mobile, acute surgical medical facility to the U.S. military that is flexible, capable and uniquely adaptable to support expeditionary warfare. Comfort's secondary mission is to provide full hospital services to support U.S. disaster relief and humanitarian operations worldwide. The ship comes with approximately 600 medical personnel and an expanded 1,000-bed hospital

See HAITI, A9



Photos by MC2 Laura A. Moore

A Haitian boy receives his meal-ready-to eat and bottled water by U.S. military members that are distributing food and water at one of the distribution points in Port-au-Prince.

Obama makes Haiti response top U.S. priority

BY JIM GARAMONE
American Forces Press Service



President Barack Obama

WASHINGTON — President Barack Obama said Jan. 14 he's made helping Haiti in the wake of a crippling earthquake the top priority of every U.S. government agency.

Speaking from the White House, Obama called the quake an unimaginable tragedy and said the United States has launched “a swift, coordinated and aggressive effort” to help.

Flanked by his national security team, the president said the U.S. response will require help from every government agency and the compassion of Americans.

“I've made it clear [to Cabinet officers and government agency heads] that Haiti must be a top priority for their departments and agencies right now,” Obama said. “This is one of those moments that call out for American leadership.”

American service members are deploying to the area, the president said. “Several Coast Guard cutters are already there, providing everything from basic services like water to vital technical support for this massive logistical operation,” he said. “Elements of the Army's 82nd Airborne Division will arrive today.”

The United States also is deploying a Marine expeditionary unit, the aircraft carrier USS Carl Vinson (CVN 70) and the hospital ship USNS Comfort (T-AH-20).

The first waves of the U.S. rescue and relief effort are on the ground and at work, the president said.

“An airlift has been set up to deliver

high-priority items like water and medicine,” Obama said.

The United States is working closely with the Haitian government, the United Nations and relief organizations to deliver supplies, but it will take some time for supplies, personnel and equipment to arrive in Haiti, he added.

“Right now in Haiti, roads are impassible, the main port is damaged and communications are just beginning to come online, and aftershocks continue,” he said. “None of this will seem quick enough, ... but it's important that everyone in Haiti understand that one of the largest relief efforts in our recent history is moving toward Haiti.”

The earthquake struck the evening of Jan. 12 near the capital of Port-au-Prince. The magnitude 7.0 quake flattened many areas of the city. Port-au-Prince is one of the largest cities in the Caribbean, and Haitian officials fear that at least 100,000

people may be dead.

American assets are pouring into the country. U.S. search and rescue teams have arrived, and medical personnel and relief supplies are arriving.

In the best of times, Haiti is the poorest country in the Western Hemisphere. The country suffers from extreme poverty, deforestation, a lack of infrastructure and political instability.

Obama pledged not to forsake the people of Haiti in their hour of need.

“American stands with you. The world stands with you,” he said. “We know you are a strong and resilient people. You have endured a history of slavery and struggle and natural disaster and recovery. Through it all, your spirit has been unbroken and your faith unwavering. Today, you must know that help is arriving and much more help is on the way.”

...To read more on Haiti relief efforts, see page A8

INSIDE:

THE BLACK WIDOW OF POOL A5

Jeanette Lee visits NSA Souda Bay, NSA Naples Lee plays pool, meets service members on military installations during European tour.



FRONT & CENTER B1

Pulling a jet, all in a day's work for shipyard team Teams made up of 25 members, who all line up to pull the aircraft 12 feet for time.



OFF DUTY C1

Hampton honors heritage In 2010, Hampton will present a brilliant list of African-American inventors to educate and enlighten.



Navy Advancement Center NKO Web site, one-stop shopping for Sailors

BY ED BARKER
Naval Education and Training
Command Public Affairs

PENSACOLA, Fla. — Sailors preparing for advancement examinations are getting a new tool to make their quest easier: Navy Knowledge Online (NKO) Web pages will begin offering links to the material in advancement bibliographies.

The Navy Advancement Center (NAC) pages will provide links directly to exam bibliography documents, offering virtual 'one-stop shopping' for Sailors who previously had to track down numerous publications and references in order to get ready for exams.

"We plan to launch the Advancement Center NKO pages in early 2010, making the information easily reachable for most Sailors," said Kirk Schultz, operations and analysis division head for the Navy Advancement Center in Pensacola. "All of the Professional Military Knowledge (PMK) links will be available for each rank and rating, and we've targeted the phase-in for occupational reference links to start in March."

These PMKs include references such as: NAVEDTRA 14325, Military Requirements, Basic (BMR) and NAVPERS 15665, U.S. Navy Uniform Regulations.

The PMK links were made available in August 2009, but Sailors could only reach them through the NAC Web site. It was up to the individual Sailor to track down all of the occupational reference bibliographies (BIBs), and that could be a significant research task. For example, the March 2010 mass communication specialist E-4 exam lists 32 occupational references and eight separate PMK references. Occupational references include: (For master-at-arms) NTTP 3-20.6.29M, Tactical Boat Operations and OPNAVINST 3591.1 Small Arms Training and Qualification.

"We've had outstanding feedback from the fleet on our PMK links,"



Archive Photo by MC2 Amanda Clayton
Aviation Support Equipment Technician 3rd Class Derek Finn studies for advancement exams aboard the amphibious assault ship USS Nassau (LHA 4).

said Schultz. "But we started getting questions almost immediately on the availability of the rest of the BIBs. With the launch of the NKO pages and the addition of the occupational BIB links taking Sailors directly to the document, Sailors can save even more time."

The BIB links take Sailors to the PDF files for the applicable instruction or publication where they can be viewed, downloaded or printed.

Not all of the BIB references can be linked, as many rates have occupational references from classified, commercial or copyrighted sources, but the majority of the references will have links to PDF files.

"We're working to get the rights to as many of the copyrighted references as possible," said Schultz.

"There will always be some that we won't be able to get, and we will do our best to provide Sailors with the information they need to obtain those references, but we should have the vast majority available through the links on

the NKO BIB pages.

"It's important that Sailors review their BIBs before every exam," said Master Chief Electrician's Mate (SS) Jerome Cook, Naval Education and Training Professional Development Technology Center command master chief. "Each cycle's exams are different, and the BIBs that will be listed and linked through NKO are tailored specifically for that exam cycle. If a Sailor is relying on BIBs from past exams, then he or she may miss some important references. Publications and instructions are also constantly being updated, so it's important to have the information that corresponds to that specific cycle's exam."

Cook also added that the BIBs on the NKO and NAC reference pages are the exact same material subject matter experts use to develop the tests at the Advancement Exam Development Conferences.

"The occupational links for all the ratings at every rank won't be available immediately," said Schultz. "It will take a little while to get all the source documents from the BIBs converted and uploaded, but we're working as fast as we can."

Classified ratings will have their unclassified BIBs linked on NKO, and in the near future the classified BIBs will be available through the SIPRNET (classified) sites.

NKO already offers several links to government and commercial publications, some of which are used to develop advancement exams. For example, under the "Reference Tab" the link to "Navy Library E-Content" provides Sailors with several links to several subject areas. Under the "E-Content - Computers / IT" link is a "Safari Books Online" Web gear that provides access to commercial publications used by the IT (information systems technician) rating.

For more information on advancement, visit the NAC Web site at: <https://www2.netc.navy.mil/advancement>

And watch for the advancement Web pages soon to appear on NKO: <https://www.nko.navy.mil>.

THE FLAGSHIP'S LEEWARD SHOUT

How do you think the new smoking laws will affect local bars and restaurants?



DCFN
Jeannetta Landrum
PCU Gravely

"I think smoking is suicide. I don't think bars will benefit from the ban, though nonsmokers might go out more to the restaurants."



CFN
Kevin Franks
PCU Gravely

"A lot of people smoke and a lot don't. I think it will even itself out. Smokers might go out less, but more nonsmokers might go out more."



AZAN
Jason Devine
HSC-9

"They did a ban in New Jersey and it didn't really affect the restaurants or bars. People go out to those places to enjoy food or a drink. I don't think the local bars and restaurants will be affected."



MA2
Mark Guinn
HSC-9

"I only smoke sometimes when I drink. I think the ban might detract from the social atmosphere. Also, I think the smoking ban should be a choice for the establishment."



SH2
Lynee Canton
Sewell's Point Dental Clinic

"Bars and restaurants might see a slow down in business because a lot of people go out to drink, smoke and socialize, but it could go either way."



ET1
Raymond Olinger
PCU New Mexico

"People will still want to go out together so I don't think the ban will affect local businesses. The smokers will still find a place outside to smoke."

Photos by MC2 Mandy Hunsucker

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Sanjay Gupta assists Vinson medical team

BY MC1 JASON THOMPSON
USS Carl Vinson Public Affairs

USS CARL VINSON, At sea — Noted neurosurgeon and CNN medical correspondent Dr. Sanjay Gupta and Los Angeles Pediatric Hospital's Surgeon-in-Chief Dr. Henri Ford assisted USS Carl Vinson's (CVN 70) medical team in emergency surgery to remove concrete debris from a 12-year old Haitian girl's skull Jan. 18.

Ship's Surgeon, Lt. Cmdr (Dr.) Kathryn Berndt diagnosed the girl as having a 1.2 cm piece of concrete embedded in her skull which was removed the night she arrived. During the post-operation debrief, Berndt requested a neurosurgical consult. One well-known neurosurgeon in the region came to mind.

"Our senior medical officer, Doctor (Alfred) Shwayhat, told me about the situation and asked if I could track down Dr. Gupta," said Carl Vinson's Deputy Public Affairs Officer, Lt. j.g. Erik Schneider. "With the help of a CNN producer, we called CNN in Atlanta who then patched us through to Doctor Gupta in Port-au-Prince."

"Someone got a hold of our international desk which is our world headquarters which we're in touch with every hour," said Gupta. "They said there was an urgent call from the Carl Vinson. So I put a call in to them and there was something about a head injury. I initially spoke to Doctor Berndt and she explained the situation."

"It was literally, 'Paging Dr. Gupta off the coast of Haiti from the USS Carl Vinson,'" said Shwayhat.

Following further consultation, a second surgery was deemed necessary. After the medical team irrigated the injury and provided the initial care, Berndt's team, assisted by Gupta and Ford, scrubbed in.

"There was a one-and-a-half centimeter by two centimeter piece of debris that was broken into smaller pieces," Ford said. "There was one piece to which we weren't able to access initially. She was neurologically intact and there wasn't any penetration of the brain."

Gupta and Ford anticipate the girl making a full recovery, "though she will need some antibiotics," Ford said.

"This has been the most remarkable occasion," said Ford, who is originally from Haiti. "It has been the most moving experience being a part of those so motivated in the face of this tragedy. As a pediatric surgeon, it is a great honor to experience the dedication of the American government and the quality of care the ship's medical team provided. The display of humanity and support is truly without parallel."

"I was honored to help out," said Gupta. "I have a profound respect for the capabilities of the U.S. Navy and the medical team on board the Carl Vinson."

Carl Vinson and Carrier Air Wing 17 are conducting humanitarian and disaster relief operations as part of Operation Unified Relief after a 7.0 magnitude earthquake cause severe damage near Port-au-Prince on Jan. 12.



Photo by MC2 Michael C. Barton

Cmdr. Jerry Berman, left, a Navy surgeon, Dr. Henri R. Ford, Los Angeles Pediatric Hospital Surgeon-in-Chief originally from Haiti, Dr. Sanjay Gupta, a CNN medical correspondent and practicing neurosurgeon, and Lt. Cmdr. Kathryn Berndt, a Navy surgeon, prepare a 12-year-old Haitian girl with a severe head injury for surgery aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). Surgeons removed a piece of concrete from the child's brain caused by the earthquake in Haiti. Carl Vinson and Carrier Air Wing (CVW) 17 are conducting humanitarian and disaster relief operations as part of Operation Unified Relief after a 7.0 magnitude earthquake caused severe damage near Port-au-Prince on Jan. 12.

Navy medicine responds to Haiti earthquake Disaster

PRESS RELEASE
From Bureau of Navy Medicine
Public Affairs

WASHINGTON — U.S. Navy Bureau of Medicine and Surgery (BUMED), headquarters of Navy Medicine, responded swiftly with humanitarian assistance and disaster relief efforts in the devastating aftermath of a 7.0 earthquake felt in Haiti's capital Jan. 12.

The Navy hospital ship, USNS Comfort (T-AH 20), homeported in Baltimore, deployed Jan. 16 to support the relief efforts

in Haiti's capital along with USS Carl Vinson (CVN 70) and USS Bataan (LHD 5). A medical team of 550 Navy doctors, nurses, technicians and support staff will provide a host of medical services to include primary care, trauma care, pediatric care and orthopedic care upon arrival in Haiti. The medical team is comprised of Navy medical personnel stationed at National Navy Medical Center Bethesda and Naval Hospital Portsmouth.

"Our thoughts and prayers

are with the Haitian people and all those affected by this devastating earthquake," said Vice Adm. Adam Robinson, U.S. Navy Surgeon General. "This is the meaning of humanitarian assistance- protecting others even when it places us in harm's way, extending ourselves for the benefit of those in need."

The 894-foot ship has a full spectrum of hospital services to support disaster relief efforts. It has one of the largest trauma facilities in the United States and has four X-rays, one CAT scan

unit, an MRI unit, a dental suite, a pharmacy and an optometry and lens laboratory. The ship also maintains up to 5,000 units of blood and can serve as many as 1,000 patients.

"Human suffering moves us to act, and the expeditionary character of our naval and marine forces uniquely positions them to provide assistance as the vanguard of interagency and multinational efforts," said Robinson. "While we still train our forces to fight and win our nation's wars alongside our al-

lies, we have adopted a serious focus on humanitarian assistance and disaster response to help those in need to attack instability and insecurity so that we help our partner nations create conditions where hope can flourish."

This will be the second time the Comfort will visit Haiti —the last time was in April 2009 for 12 days as part of Continuing Promise 2009.

For more news from USS Comfort, visit www.navy.mil/local/tah20.

Navy awards energy savings contracts for eight installations



Photo by MC1 Emmitt J. Hawks

Norfolk Naval Shipyard is one of their eight installations receiving millions of dollars in energy contracts in order to make essential energy improvements and cost savings.

BY DARRELL E. WALLER
Naval Facilities Engineering
Command Public Affairs

PORT HUENEME, Calif. — The Department of the Navy's (DoN) Energy Savings Performance Contracts (ESPC) Team has awarded \$76 million in energy contracts for eight naval installations for essential energy improvements and energy cost-savings.

The awards provide 25 percent of DoN's annual energy reduction requirements, include DoN's first landfill gas conversion project and support the President's agenda fostering a green energy economy.

The projects were recently awarded by the Naval Facilities Engineering Service Center (NAVFAC ESC) in conjunction with the Specialty Center Acquisitions, NAVFAC (SCAN) in cooperation with the following installations: Marine Corps Logistics Base Albany; Portsmouth Naval Shipyard; Naval Air Station Joint Reserve Base Fort Worth; Naval Region Hawaii; Naval Undersea Warfare Center, Keyport; Naval Base Kitsap; Norfolk Naval Shipyard and Naval Station Great Lakes.

"These awards will help the Navy meet energy reduction goals without reliance on appropriated funds," said Naval Facilities Engineering Service Center Commanding Officer, Capt. Paz B. Gomez.

"The ESPC process is an effective way of achieving federal and naval energy goals while working with private industry to reduce the nation's energy consumption and dependency on fossil fuels."

The contracts will implement traditional energy conservation measures and innovative renewable technologies, including DoN's first landfill gas co-generation project, a partnership with the city of Albany Georgia.

These contracts reduce DoN's energy and water use, and will pay for themselves by avoiding more than \$176 million in energy costs over life of the contracts. The avoided costs will be used to repay contractor investments in energy infrastructure on DON installations and pay for performance guarantees provided by the following corporations awarded the contracts: Chevron Energy Solutions; Ameresco Select, Inc; NORESKO, LLC; and Trane US.

The Department of Navy and the ESPC team continue to seek greater energy savings and renewable energy projects to meet the Secretary of the Navy's energy vision goals of 50 percent renewable energy by 2030.

To learn more about global facilities engineering command, visit www.navfac.navy.mil, Facebook: <http://bit.ly/PPsvw>, Twitter: <https://twitter.com/navfac> and Flickr: www.flickr.com/photos/navfac

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

Former pool world champion visits NSA Souda Bay, NSA Naples

COMPILED BY FLAGSHIP STAFF

Naval Support Activity (NSA) Souda Bay's Morale, Welfare and Recreation (MWR) Center hosted the former number one female pool player in world, Jeanette Lee, Jan. 6 on the isle of Crete during her European tour.

Lee, a.k.a. the Black Widow of pool, addressed service members and civilians at Souda Bay with an introduction of herself and her reasons for touring military installations. "I feel honored and excited to be here. This is my first time in Greece and I am hoping to bring a little bit of America and home to you all with the game of pool."

Lee wowed the crowd with fancy shots not typically seen in a usual game of pool, such as putting an extreme amount of English (pool talk for side spin) on the cue ball around an opponent's ball, to sink in one of her own.

She then took on the champion of Souda Bay. Prior to her visit, MWR hosted a pool tournament for service members and civilians with Lee. In a series of "best of three" game matches, Master-at-Arms 2nd Class Sean Minnick emerged victorious. He took on Lee and represented NSA Souda Bay in a game with the world champion.

"I was really excited to take on Jeanette. It was a lot of fun and an honor to get my butt kicked by the number one pool player in the world," said Minnick.

Lee then played anyone



Jeanette Lee, the Black Widow of pool, performs trick shots for Sailors and the Souda Bay community. Lee visited Greece as part of her Navy Entertainment sponsored tour visiting several bases throughout the Europe, Africa and Southwest Asia region including Naples, Sigonella, Rota and Bahrain.

Photo by MC3 John Martinez

who challenged her and provided insight and tips. She also signed autographs and took photographs with Sailors.

Lee continued her tour by visiting Naval Support Activity (NSA), Naples, Jan. 8.

She met with fans, signed autographs and held a demonstration at the Ciao Hall on the Capodichino base.

"I like to talk to the crowd about my life and everything I have gone through to get here today," Lee said.

She entertained the crowd with trick shots and offered many tips about the game. She also took challenge matches from anyone who was brave enough to take her on.

"It was great to be able to come here and play someone I've been watching on ESPN for years, said Chief Cryptologic Technician Larry Daugherty. "This was definitely a great experience for me."

One by one, the challengers sat down shortly after a quick loss. That is, until Aviation Support Equipment Technician Airman Apprentice Matthew Collier stepped up to the challenge.

"I didn't think I had a chance at all," said Collier. "I just went up and concentrated on every one of my shots."

His concentration paid off when he sank his last ball and the crowd erupted with applause for the amateur player.

After these stops, Lee will continue her tour in Sigonella, Italy, Rota, Spain and Bahrain.

Editor's note: MC3 Kristopher Regan and MC3 Cayman Santoro contributed to this story.



Jeanette Lee

According to Jeanette Lee's biography, "Lee has enjoyed one of the most illustrious careers in billiards history... she was named the 'Women's Professional Billiards Association Sportsperson of the Year' in 1998. She also was a gold medalist for the United States at the Word Games and captured Silver twice at the World Championships during her 14-year professional career. Lee has claimed more than 30 national and international titles."



Chairman shares concerns about suicide rate

BY ARMY SGT. 1ST CLASS
MICHAEL J. CARDEN
American Forces Press Service

WASHINGTON — Suicide is a growing problem in the military community, and its leaders must be committed to reversing that trend, the chairman of the Joint Chiefs of Staff said, Jan. 13.

In an address to an audience of more than 1,000 military and other government agency health-care workers and officials gathered for the 2nd Annual Suicide Prevention Conference sponsored by the Defense and Veterans Affairs departments, Mullen and his wife, Deborah, shared their thoughts and concerns on the issue.

Mullen said that while he recognizes the challenge the armed services have had in combating suicide while waging wars in Iraq and Afghanistan, it's a challenge that can't be overlooked.

"The subject of suicide is one of tremendous difficulty and challenge and understanding, and there have been a lot of people who have worked on this diligently for many, many years," the chairman said. "Certainly, ... with the rise in the numbers in all the services since these wars, [Defense Department officials have] started to really look at the causes and get to a point where we can prevent this and understand this."

Despite a lack of a clear link between repeated deployment cycles and service member suicides, the admiral urged the audience not to count that factor out. "Dwell time" at home between deployments over



Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff and his wife Deborah address audience members at the DoD and Veterans Affairs Suicide Prevention Conference in Washington, D.C., Jan. 13.

Photo by MC1 Chad J. McNeeley

the next couple of years, he said, will begin to increase for the Marine Corps, but not for the Army. So health-care professionals need to be mindful of that and continue learning, he said.

"I know at this point in time, there does not appear to be any scientific correlation between the number of deployments and those that are at risk, but I'm just hard-pressed to believe that's not the case," Mullen said. "I know we are and hope to continue to look [at deployments] first to peel back the causes to get to the root of this."

Sustaining Marine Corps dwell time will alleviate "a lot of pressure and stress," the admiral said. But the armed forces must carry on their missions as the United States draws down forces in Iraq and increases

its military footprint in Afghanistan, he added.

The suicide rate in all four services was higher than the national average, with 52 Marines and 48 Sailors taking their own lives in 2009, according to the individual services' annual reports. As of November, 147 Soldiers had fallen to suicide. The final 2009 figures for the Army are expected to be released tomorrow. Air Force officials reported 41 active-duty suicides, a 12.5 per 100,000 ratio, in 2009.

Mullen stressed that in addition to the high rate of suicides among the ground forces, the increasing rate is evident among the entire military.

"As I look at the numbers for each service, the rates have gone up per capita at about the same rate over

the past four or five years for every service," he said. "This isn't just a ground-force problem."

Suicide is a growing problem that leaders have to commit to, and experts who study suicide prevention must help those leaders understand the causes, Mullen said. The military's leaders are eager to implement programs and better prevention measures, he added.

Mullen advocated for better overall training for service members, noting that the military has a tendency to focus on training, whether it's field or mental fitness, during the deployment-readiness cycle. Training for troops and their family members must start from the day they swear in, he said.

"We have a tendency to cycle [training] to get you ready before you deploy, but I would argue that with where we are right now, we have to have a continuum of readiness that starts to educate families from Day One about the challenges the lie ahead, the information that is available [and] the networks that are out there in these challenging times, so that we can hopefully avoid crisis," he said.

Suicide among military family members also is a growing concern for the military. Deborah Mullen said that although much focus has been given to suicide prevention for service members and assistance for survivors of suicide victims, more must be done for the families. Family members also need training to build resilience and learn how to deal with the stress of deployments, she said.

"There's another side to this, and that's family members who've committed

suicide," she said. "It's our responsibility. These are our family members."

Families are under great stress, too, she said, noting that watching their loved ones deploy repeatedly can be equally as strenuous on families as it is on the deploying service members.

"I think we need to realize that we have families that are under such great stress," the chairman's wife said. "This stress is only going to continue. We need to be able to give tools to family members who are left behind."

"I hope the families are something you will look at as you work through these really challenging problems," she told the audience. "We do have family members that we need to be aware of, and we need to get our arms around the number of suicide attempts and actual suicides and the impact on the family."

The conference began Jan. 11 to give health-care professionals insight to each organization's programs and best practices in suicide prevention. Nearly 100 veterans who have experienced suicidal thoughts were expected to share their stories of survival by the time the conference ends.

Hail to the King



Photo by MC1 Demetrius Kennon

Command Master Chief Peter Grundy, left, command master chief of Naval Construction Battalion Center, Lt. Cmdr. Ed Brown, chaplain of the 20th Seabee Readiness Group; Warren Conway; and Capt. Ed Brown, commanding officer of Naval Construction Battalion Center/20th Seabee Readiness Group, follow along in their programs during a ceremony honoring the Rev. Dr. Martin Luther King, Jr.

Soldier grabs Guinness Record for running a marathon in full battle gear

BY ROGER TEEL

Special to American Forces Press Service

ABERDEEN PROVING GROUND, Md. — Army 2nd Lt. Sophie Hilaire does not particularly fit the general image of an explosive ordnance disposal warrior.

At 120 pounds, one wonders how she possibly could be strong enough to function in an 85-pound bomb suit, handling the physical and mental demands of defusing improvised explosive devices.

But Hilaire is strong enough to run a marathon in full battle armor. In fact, she holds a world record for it.

After graduating from an all-girls Catholic school in Shaker Heights, Ohio, Hilaire was accepted at the U.S. Military Academy at West Point, N.Y. She graduated last spring with degrees in management and environmental engineering, making her parents, Vincent and Sung-Suk Hilaire, of Longmont, Colo., proud. She was a member of the Army women's fencing team at West Point.

"My dad's uncle was in the Army, a warrant officer, but we really didn't have anyone particularly pushing us to go to West Point," Hilaire said. She used the collective "we" because her younger sister and brother both attend the U.S. Military Academy. Her sister Nicole is in her junior year, and her brother Philip is a freshman.

"We all had to work for it," Hilaire said. "We all had the same values. My mom is Korean and really stressed values in our family and a sense of service – you know, of giving something back."

Hilaire said she started a running regimen out of necessity during her junior year.

"After a summer of not running, I was worried about an Army physical fitness test I had coming up," she said. "I ended up performing better than I expected and was motivated to continue running afterwards. I started running with a friend who helped me develop a training plan. My idea at that time was to train for a half marathon."

Her running "just took off" from there, she said.

Hilaire ran her first marathon in Virginia Beach, in 2008, followed by the Marine Corps Marathon in Washington, D.C., later that year. In May 2009, she ran the New Jersey Marathon in 3 hours and 37 minutes, qualifying by three minutes for the 2010 Boston Marathon.

By the time she was in training for her fourth marathon in Philadelphia in November, she was looking for additional motivation.

"I was just killing time until Boston next April, so I started looking for a cause," she said. "After a Google search, I chose to run for the American Veterans with Brain Injuries."

Hilaire said she read about the founder's son, Army Pfc. Chris Lynch, a runner who suffered a brain injury that caused a lack of coordination to the point that he no longer could run. Since his injury, he has relentlessly trained and has competed in marathons on a hand cycle.

"After reading about courageous servicemen like Chris," Hilaire said, "I felt humbled and inspired to do something for this organization. I was also looking for ways to increase my fund-raising. I ran the 2008 Marine Corps Marathon for charity. My goal was to raise \$1,000 – I raised more than \$1,500."

Her decision to shoot for the world record she now holds was a stroke of luck, she said.

"I just happened to look at the Guinness Book of World Records for marathons," she explained, "and saw an entry for the fastest time with 'full battle rattle' - Army combat uniform, boots, Army combat helmet and the protective vest with full body armor. A British soldier owned the record with a time of 5 hours, 11 minutes."

That was the goal she originally intended to beat, but Guinness officials opened a separate women's category for her, she said. "And before I ran the Philly marathon, the Brit's record was beaten," she added. "I think the current men's record is three hours and change."

Weighing down her slight frame with 30 pounds of additional gear, she focused on her goal.

"It made sense to me to raise funds for (American Veterans with Brain Injuries) while embracing the challenge of running in combat gear to generate awareness of this noteworthy cause," she said.

As she trained, she also engaged social media, notifying her friends by e-mail what she was doing and establishing a Facebook group to collect donations for her cause. She raised more than \$4,000 for the organization, exceeding her goal of \$2,000.

American Veterans with Brain Injuries officials were overwhelmed, Hilaire said. "They were down to their last \$200 when they received my sponsors' donation," she explained, "so they were just elated."

She also established the Guinness record, finishing the marathon – 26.2 miles – in 4 hours and 54 minutes, though she's not yet listed in the Guinness Book of World Records. "I haven't received the certificate," she said. "I'm waiting for them to process it."

The lieutenant explained her strategy and noted that once she passed the 20-mile mark, she dedicated the rest of the race to others.

"I joined a five-hour pace group and stayed with them until I pulled away at the end," she said. "I ran the final 6.2 miles for seven different individuals. The first few I texted during the race to let them know; the final few I was too exhausted. I ran for veterans like Pfc. Lynch and Capt. Sam Brown, a personal hero and friend, who was severely burned by an IED."

Hilaire trained with a friend, Army 2nd Lt. Courtney Miller. "She ran with me for the first half of the marathon, despite an injury," Hilaire said. "She carried my Gatorade and took pictures to document the venture for Guinness."

Running has helped every aspect of her life, Hilaire said.

"Everything became easier after I started running," she said. "Basic Army requirements, like the semiannual physical fitness test, became so much easier after I started training for marathons."

But, she added, she's not a natural runner.

"I've got flat feet, knock-knees and one leg is shorter than the other," she said, laughing.

Asked if she'd run in battle-rattle again, the lieutenant replied, "Only if someone beats my record."

In mid-December, while Hilaire attended the Ordnance Branch Officer Basic Course at Fort Lee, Va., she was assessed as part of her request to become an EOD technician. The assessment included two 30-minute sessions of mental and physical tests in an EOD bomb suit and in hazardous

materials and chemical suits. The bomb suit weighs about 85 pounds. During the evaluation, candidates are required to carry a 100-pound, 155 mm projectile 100 meters.

"For the typical soldier, this is a challenge," said Army Capt. Rob Busseau, an EOD officer from 20th Support Command, who conducted the assessment. "For a 120-pound second lieutenant, it required a massive amount of determination, motivation and intestinal fortitude."

Hilaire also completed multiple sets of push-ups, side-straddle hops and other demanding exercises. During both suit tests, she maintained a positive attitude and support for her classmates, Busseau said.

"She's an exceptional soldier with tremendous potential," he said. "After the evaluation, I interviewed Hilaire to determine her suitability to serve in the EOD field. She is a modest, yet confident, officer with a true passion for serving in the U.S. Army."

Hilaire was one of four candidates accepted into the Army EOD program following the assessment.

"I talked to a lot of mentors, specifically 1st Lt. Danielle Peek, a 2008 West Point grad who is now an EOD officer," she said, explaining how she came to her career choice. "Everything about EOD appeals to me - small teams, tight-knit working environments, technical skill sets, and most importantly, saving lives. It just fits my personality well, and I decided to give it a shot."

Her immediate plans include finishing officer basic on Jan. 20, then reporting Feb. 1 to Phase 1 of EOD training at Redstone Arsenal, Ala. After Phase 1, Hilaire will report to Eglin Air Force Base, Fla., to finish EOD training at the U.S. Navy-run Kaufmann EOD Training Complex.

She also has a date to run the Boston Marathon in April.



Photo courtesy of Island Photography

Army 2nd Lt. Sophie Hilaire sprints to the finish of the Philadelphia Marathon, setting a Guinness World Record for women by running the Nov. 22, 2009, race in 4 hours, 54 minutes wearing full battle gear.

Hampton Roads service members answer Haiti's call

COMPILED BY FLAGSHIP STAFF

Haiti suffered a 7.0-magnitude earthquake near its capital city of Port-au-Prince, Jan. 12. News agencies are reporting that more than 200,000 people were killed due to the cataclysmic event. Many more were injured or left homeless and are dependent upon international emergency aid coming into the Caribbean nation.

"Right now what we are doing is responding to the most urgent needs that are there..." said Adm. Gary Roughead, Chief of Naval Operations. "We are looking at ways that we can provide immediate relief, provide the medical capability that is required, provide the mobility that we can provide with our helicopters and also get some of the basic services back on line again."

CNO said the Navy is prepared to stay as long as it takes to help restore some of the extraordinary damage to the region and help get the citizens of Haiti back on their feet. He also gave many thanks to the men and women who are working around the clock to help the relief efforts.

"It's making a difference in so many lives, and I just want to thank you for that," said Roughead.

The ships of the Bataan Amphibious Ready Group and embarked elements of the 22nd Marine Expeditionary Unit arrived off the coast of Haiti Jan. 19 to provide humanitarian assistance and disaster relief for earthquake survivors and bolster relief operations already underway in support of Operation Unified Response.

MEU and Amphibious Ready Group (ARG) leadership met with Rear Adm. Ted Branch, Commander, USS Carl Vinson Carrier Strike Group and his staff on board Vinson to discuss future operations.

According to 22nd MEU commanding officer, Col. Gareth F. Brandl, the Navy and Marine Corps units will begin providing assistance as soon as possible.

"We are here to support the Haitian people in an area that has been hard hit by this disaster," said Brandl. "As relief operations continue, we will further assess the needs of people in the area and refine how we can best support them with the capabilities we bring."

The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) arrived off the coast of Port-Au-Prince, Haiti Jan. 15 to commence humanitarian assistance and disaster relief operations. The aircraft carrier's speed, flexibility and sustainability make it an ideal platform to carry out relief operations.

"Our initial focus is to concentrate on saving lives while providing first responder support to the people of Haiti. Our assistance here reflects our nation's compassion and commitment to those impacted by this tragedy," said Rear Adm. Ted Branch, commander of the Carl Vinson Carrier Strike Group and the U.S. Navy's sea-based humanitarian support mission of Haiti.

The carrier arrived on station with a robust airlift capability, picking up extra helicopters while in transit that will prove essential during the mission.

Carl Vinson commanding officer Capt. Bruce H. Lindsey said, "When tasked to support humanitarian assistance and disaster relief operations in Haiti, we immediately headed to Mayport, Fla., at more than 30 knots and loaded 19 helicopters, personnel and support equipment from five different East Coast Navy squadrons in less than eight hours. There is no other platform that can do all of that so quickly."

Sailors from Navy Expeditionary Combat Command (NECC) loaded their gear on board USS Ft. McHenry (LSD 43) Jan. 14, in preparation for their deployment to support humanitarian assistance and disaster relief.

More than 140 Sailors from Maritime Expeditionary Security Squadron (MSRON) 6, assigned to Maritime Expeditionary Security Group (MESG) 2, loaded four patrol boats, communications gear and other types of equipment to assist with their upcoming mission.

"We're saving lives, doing our jobs, here to do protection," said Chief Boatswain's Mate (SW) Richard Glessner, a member of MSRON-6. "There are a lot of displaced people who heed our help and we're happy to do our job."

Another member of MSRON-6 is facing this from a personal perspective. Boatswain's Mate at Seaman Dominique Pierre, who is originally from la Turture, Haiti, is a member of MSRON-6, and preparing to deploy along with this squadron.

"I don't know if my family is okay, yet," Pierre said. "But everything happens for a reason, and we're going to help people. I'm ready to do my job."

Less than 24 hours after receiving word they would be assisting relief



Photo by MC2 Adrian White

Lt. Cmdr. Frank Mac, an oral maxillofacial surgeon assigned to the aircraft carrier USS Carl Vinson (CVN 70), treats an earthquake victim at the Killick Haitian Coast Guard Base clinic. Carl Vinson and Carrier Air Wing (CVW) 17 are conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0-magnitude earthquake caused severe damage near Port-au-Prince.



Photo by MCSN Aaron Shelley

Sailors aboard USS Carl Vinson (CVN 70) transfer supplies from a SH-60F Sea Hawk from the Red Lions of Helicopter Anti-Submarine Squadron (HS) 15. Carl Vinson and Carrier Air Wing (CVW) 17 have received orders from U.S. Southern Command to render humanitarian assistance to the Caribbean nation of Haiti, following a 7.0-magnitude earthquake Jan. 12.



AP Photo/Ricardo Arduengo

A UN car is covered in rubble the day after an earthquake hit Port-au-Prince, Haiti. The 7.0-magnitude earthquake that hit Haiti flattened the president's palace, the cathedral, hospitals, schools, the main prison and whole neighborhoods.

efforts to Haiti, the gymnasium at Naval Medical Center Portsmouth was crowded Jan. 15 with 126 staff members packed and ready to help.

NMCP's deployers left the medical center by bus on Friday to rendezvous with the USNS Comfort (T-AH 20) in Baltimore to be part of the hospital ship's 550 medical personnel. The ship got underway for Haiti the next morning.

Staff members from Portsmouth participating in the humanitarian mission include doctors, nurses, corpsmen, pharmacists, technicians, culinary specialists and administrative personnel.

Cmdr. William Scouten of NMCP's Pediatrics department was designated Mission Commander. He said one of the most important jobs he will have is making sure every member of his team is okay throughout the whole deployment.

"As a leader, I have to be certain that I check on all the members of the team and throughout the entire time we are gone, to make sure they all realize that it is okay to say, 'I'm depressed, I'm tired, what we are doing and seeing scares me,'" Scouten said.

"This is not going to be an easy trip," he added.



Photo by MCSN Aaron Shelley

A Haitian mother comforts her child at the Killick Haitian Coast Guard Base clinic as a member of the U.N. security team stands watch. Several U.S. military units, including the aircraft carrier USS Carl Vinson (CVN 70) and Carrier Air Wing (CVW) 17 are conducting humanitarian and disaster relief operations as part of Operation Unified Response.



Photo by MCSN Aaron Shelley

An air crewman from Helicopter Sea Combat Squadron (HSC) 9 stands next to cases of drinking water that will be distributed to earthquake survivors. Carl Vinson and Carrier Air Wing 17 are conducting humanitarian and disaster relief operations as part of Operation Unified Response.

For updates on the relief efforts in Haiti, go to the Flagship's Facebook page at www.facebook.com/The.Flagship, or follow the Flagship at twitter.com/The_Flagship.

HAITI: Relief efforts under way in Haiti after earthquake

Continued from page A1

facility.

• On Jan. 14, Comfort the ship was in a scheduled maintenance availability. In the course of 72 hours, the Military Sealift command transformed an industrial shipboard site into an up and ready mobile naval hospital, fully staffed and equipped with the most up-to-date medical technology, ready to provide medical care to our neighbors in desperate need in Haiti.

• USNS Comfort, a 894-foot long ship, has a full spectrum of hospital services to support disaster relief efforts. Comfort has one of the largest trauma facilities in the United States and has four X-rays, one CAT scan unit, an MRI unit, a dental suite, a pharmacy and an optometry and lens laboratory. The ship also maintains up to 5,000 units of blood and can serve as many as 1,000 patients.

• Navy P-3 Orion aircraft are conducting aerial surveys of the area affected by the earthquake.

• Sailors from Navy Expeditionary Combat Command's Combat Camera, Maritime Civil Affairs, Maritime Security, Expeditionary Logistic Support and Seabee units, as well as other Navy divers and engineers are supporting disaster response efforts and bring a diverse capability including assessment, construction, security, civil affairs and logistical support.

• Various units are prepared to provide assistance with sea-based helicopters, to include H-53 Sea Stallions and H-60 Seahawks.

Another big part of the maritime relief effort is to start the rebuilding of port facilities near the Haitian

capital. USNS Grasp (T-ARS 51), a rescue and salvage ship with embarked FBI dive team arrived Jan. 17 to conduct surveys and assessments necessary to repair the port. This effort will be reinforced by USNS Henson (T-AGS-63), an oceanographic survey ship, and USS Bunker Hill (CG 52), which are scheduled to arrive Jan. 20. Additionally, USNS Sacagawea (T-AKE 2), a dry cargo ship, and USNS Sumner (T-AGS-61), an oceanographic survey ship, are scheduled to arrive Jan. 22. USNS 1st LT Jack Lummus (T-AK 3011), a dry cargo ship, is scheduled to arrive Jan. 21.

USNS Big Horn (T-AO-198), a replenishment oiler, is supporting the effort by refueling the ships.

Navy units supporting this effort are under the operational control of U.S. Naval Forces Southern Command (NAVSO). As the Navy component command of U.S. Southern Command, NAVSO's mission is to direct U.S. Naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. Routine operations include counter-illicit trafficking, theater security cooperation, military-to-military interaction and bilateral and multinational training.

The last time the Navy supported U.S. disaster relief efforts in Haiti was in September 2008. For 19 days the amphibious ship USS Kearsarge using embarked helicopters and amphibious landing craft to delivered 3.3 million pounds of internationally-donated aid to communities isolated by flooding, and mudslides and damaged roads.



Photo by MC2 Daniel Barker

Sailors from the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) load water into an SH-60F Sea Hawk helicopter during humanitarian relief efforts in Port-au-Prince.

Va. lawmakers debate how to honor fallen veterans

BY BILL SIZEMORE

The Virginian-Pilot

RICHMOND — There's little disagreement that those who lose their lives in war should be honored for their sacrifice. But how do you determine exactly who qualifies for that honor?

Apparently, it's not so easy.

A yearlong debate over how to memorialize Virginia's fallen veterans has produced two competing measures in the 2010 General Assembly.

One calls for inscribing the names of all those who died in combat zones on the Virginia War Memorial, a glass-and-marble structure erected after World War II on a Richmond hillside overlooking the James River.

The other measure would create a two-tier system at the memorial, separating those killed in hostile action from those who died in other ways.

The first approach has the support of the state Veterans of Foreign Wars and the family of a 25-year-old Marine who died in a helicopter accident in Iraq.

The other has the backing of the war memorial's board of trustees.

As the legislative session wraps up its first week of business, the two sides are preparing to duke it out.

In recent years, the memorial's board has taken the position that only those Virginians killed in hostile action should be memorialized. That means military service members killed in accidents and other noncombat cir-

cumstances would not be included.

That standard is stricter than those applied in the past to many of the nearly 12,000 Virginians listed on the memorial, a Virginian-Pilot analysis found last year.

At least 1,900 of the veterans - roughly one in six - listed on the wall died in training, plane crashes and other incidents outside of combat.

Last year, the General Assembly directed the board to come up with a consistent standard and report back by Nov. 1. That deadline came and went, and as lawmakers convened this week for the new session, the issue was still unresolved.

So Del. Vivian Watts, D-Fairfax, introduced a bill requiring that the memorial honor all Virginia veterans who have died or been declared missing in action in a designated combat area under honorable conditions since July 1, 1990.

"I just felt the issue had to be dealt with," Watts said. "We need to move forward and appropriately recognize those who have honorably sacrificed in combat."

Several dozen VFW members from around the state were roaming the halls of the General Assembly Building on Thursday lobbying for Watts' bill.

The issue seems straightforward to him, said Hal Roesch, a former VFW state commander: "If you died in a combat zone, you should be included on that wall."

He cited the case of Marine Lance

Cpl. Darrell Schumann of Hampton, who died along with 30 comrades when a helicopter crashed in a sandstorm in the Iraqi desert in 2005. Under the memorial's current policy, Schumann doesn't qualify for inclusion.

Del. Bill Janis, R-Henrico County, has introduced a competing bill with the backing of the memorial's board. Janis, a Navy veteran, is a member of the board.

Janis' measure would limit those honored on the memorial's Shrine of Memory to those who died from wounds for which the Purple Heart medal was awarded - meaning as a result of enemy action.

The bill would also authorize a new memorial wall honoring others who died while serving in the armed forces.

Janis acknowledged that the standards had been inconsistently applied in the past but said "that's hardly a reason to change the criteria altogether."

He said he has researched the memorial's history and believes his bill reflects the intentions of its founders. He rejected the notion that his measure treats non-combat fatalities as less honorable than combat deaths.

"It's not second-class status," Janis said. "It's expanding the mission of the memorial."

Editor's note: This story originally ran in The Virginian-Pilot on January 15. You can contact the writer by e-mail at bill.sizemore@pilotonline.com.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

January 21, 2010

Three HR bases bring 3 more sets of hands in Haiti

BY MC1 (AW)

TIM COMERFORD

Commander, Navy Region
Mid-Atlantic Public Affairs

NORFOLK – It's a little after Noon on Jan. 14 and it's already been a long day for Battalion Chief Donald Washburn, Dam Neck Annex. He and two others from the Mid-Atlantic fire fighting team were activated as part of the Federal Emergency Management Agency's Virginia Task Force 2, Urban Search and Rescue, to deploy to Haiti.

"I got a call last night around 11:30 and I didn't know until two or three in the morning if I was actually going," Washburn said. "We are waiting on aircraft until we can go."

Since then, he and more than 80 firefighters from the Hampton Roads area have been busy gather-

ing and loading equipment onto pallets and securing them. Washburn said the long days of work are just beginning.

"We will be working every day; digging through rubble, shoring up structures, providing first-aid and doing whatever we can to help people out," said Washburn, a veteran firefighter of 23 years.

Washburn said he feels that he is well prepared to handle the situation he is about to face. "I have pretty much specialized in technical rescues through out my whole career," Washburn said.

And being a rescue technician is just what is needed for becoming part of the task force. Technical rescue refers to those aspects of saving life or property that employ the use of tools and skills that exceed

See TASK FORCE, B7



Photo by MC1 Tim Comerford

Commander Navy Region Mid-Atlantic Firefighters Battalion Fire Chief Donald Washburn, from Dam Neck Annex, Supervisory Captain Michael Scott From Joint Expeditionary Base Little Creek and Supervisory Captain Christopher Connelly from Naval Air Station Oceana are all getting ready to depart for Port Au Prince, Haiti as part of the Federal Emergency Management Agency's Virginia Task Force 2 Urban Search and Rescue.

Reserve units train to combat terrorism on NAS Oceana



Photo by MC2 Maddelin Angebrand

Ensign David Compton (right), executive officer of Navy Reserve Naval Security Force Oceana, instructs Master-at-Arms Seaman Apprentice Shana Dewberry during a Navy Security Operations Exercise Program (NSOXP) at Naval Air Station Oceana.

BY MC2 MADDELIN ANGEBRAND,
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH — The Navy Reserve Naval Security Force (NR NSF) Oceana, RNSF Norfolk, and Commander Navy Region Mid-Atlantic Regional Operational Center teamed up at Naval Air Station (NAS) Oceana to conduct anti-terrorism scenario drills Jan. 9.

The drills are part of a new Navy Security Operations Exercise Program designed to provide ashore and afloat commanders with an

anti-terrorism assessment tool to evaluate watchstanders and small unit leaders in meeting stated Navy mission essential task-based measures of performance.

"We train sentries to handle every incident at the lowest possible level, not escalate an incident into something that it is not, but be prepared to escalate the level of force protection when required," said NR NSF's Commanding Officer Lt. j.g. Kent Davis.

According to Davis, the drills help maintain operational readiness and prepare master-at-arms for their responsibilities as armed watchstanders.

NAS Oceana's Public Safety Assistant Anti-terrorism Officer, Master-at-Arms 1st Class Ronald Degnan helped train the Reserve units on two of the 16 different drill scenarios which range from vehicle or person-borne improvised explosive device attacks to water and airborne attacks.

Degnan explained the importance of having the active and Reserve components training

with the same scenarios.

"We can't set force protection delta without our Reserve force because it requires much more people," said Degnan. "By training them on what we do in normal operations with these drills, I can put a Reservist with an active duty member and they'll have the same response to a situation or scenario and we all react as one team."

Navy security forces stand watches 24 hours a day, seven days a week holidays and weekends included. No matter what the weather conditions; rain, heat, sleet and snow they are prepared to stand their watch.

Every drill weekend the three Reserve units stand watch with their active counterparts providing the same standard of security and professionalism.

"Members of the Navy Reserve Naval Security Forces are professional master-at-arms," said Davis. "For most, standing their post is a patriotic call to duty and not an obligation. We are proud to be the first and last impression."

Auto Dealership Placed on 'Off-Limits' list by AFDCB

NORFOLK — Tidewater Auto Broker, 5004 Virginia Beach Blvd., Virginia Beach, has been placed off-limits by Commander, Navy Region Mid-Atlantic upon the advice and recommendation from the Joint Armed Forces Disciplinary Control Board (AFDCB).

Tidewater Auto Broker was placed off limits as a result of unfair and illegal business practices in violation of Virginia law, specifically "bird-dogging."

Bird-dogging is paying or compensating a non-licensed intermediary in order to sell a motor-vehicle.

The safety and security of all service members is a priority with the Department of Defense. The AFDCB is an investigative committee composed of members from each military service and civilian advisers from commands all around the Hampton Roads area, who work with local law enforcement agencies and local businesses to prevent unfair and criminal practices against military members.

Pulling a jet, all in a day's work for shipyard team



The Norfolk Naval Shipyard Team face off against a FEDEX Airbus 747 during last year's pull.

BY MC1(AW) TIM COMERFORD

Staff Writer

Pulling a plane takes training and there is no real off season. Thomas Strickland knows this very well, he has been pulling planes for more than 10 years. These aren't single engine aircraft either; the last pull in 2009 had the 25 members of Norfolk Naval Shipyard team face off against an 165,000+ pound Airbus.

The first Plane Pull was held to benefit Special Olympics Virginia at Dulles International Airport in 1992, with eleven teams participating. Those eleven teams, lead by some of our law enforcement volunteers who were looking for a new and unique way to raise money and awareness for Special Olympics athletes, raised almost



Photos courtesy Tom Strickland

Teams are made up of 25 members, who all line up adjacent to a huge rope attached to the aircraft. The starter signals when to start and starts the stopwatch. After the team pulls the aircraft 12 feet, the stopwatch stops and the elapsed time is recorded as the team score.

\$15,000 – and started a phenomenon. Who would have guessed that someone's crazy idea to pit man against machine would skyrocket into a major fund raising venture for Special Olympics programs throughout the country?

Plane Pulls held in Northern Virginia and Norfolk have raised

more than \$1,000,000 in the past 15 years for athletes with intellectual disabilities throughout the state. The event is so popular that Special Olympics has the registered trademark on all Plane Pulls that take place.

Strickland has a personal passion for this trial of strength that

started in 1996.

"Back in 96, I was stationed at what was called SIMA (Shore Intermediate Maintenance Activity) and an Aux Deputy with the Chesapeake Sheriff's Office," Strickland said. "When Sheriff John Newhart came up to me and said, 'I want you to pull a plane

for the Sheriff's Office.' I looked at him like he was crazy but one Saturday in October I met with the rest of the team at the Norfolk Airport and pulled a Fed-Ex 727 12 feet in 7 seconds for the Special Olympics. Since I have a son with Down's syndrome, I was more than happy to help the Special Olympics with anything. I was "bit" because it was a strongman type contest."

Then he went on the road.

"Later that month I went up to Washington D.C. and competed in the Nationals," He said. "We came in 4th place out of 80 other teams, after that I thought to myself, 'Why don't I get the Navy into this?'"

The Navy team, while a good idea, needed some work.

"I formed a Navy team, only 10 guys showed up to pull and our wives helped," Strickland said. "We still had an 8 second pull, but came in last. They gave us a horse's ass trophy which is still in the NSSA/Marmac trophy case."

The Next year he was at it again, this time for the Sheriff's team.

"In 1997 the Sheriff's team had

See PULLING, B7

SPOUSE SPEAK! TIP of the week

Military fraternization

BY LINDA PORT

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

There are a handful of different circumstances where the term Fraternization comes up in military life. The most clear cut and basic reference to the term fraternization is the instruction outlining appropriate relationships between military members of different ranks or pay grades. For our Sailors, both married and single alike, this is part of their contract with the Navy and is intended to maintain good order and discipline for all within individual commands and the Navy as a whole.

For spouses and families, it is a bit less clear because there are no "Navy Instructions" to guide or inform us. I have met spouses with many points of view and as most know, there is no "one size fits all answer."

The approach of some spouses is to be very cautiously aware of rank or pay grades. Others proclaim that no one is going to tell them how or with whom they spend their time. The question also comes up often when a Sailor is promoted or selected for a program that may change their status.

The simple part of the answer is that spouses and family members do not wear a rank or pay grade. We are not governed by regulations dic-

tating who we can be friends with or what social circles we join.

At baseball practice with my son, when I have met another mom in the bleachers, our first questions to each other was never "what rank is your husband." We meet spouses at all kinds of activities. Our children may meet friends at school or in our neighborhoods, and it is only natural for the parents to sometimes become friends as well.

A tight knit command may have associations for the various pay grades and family socials within different departments and the overall command. It is a good thing for a command to encourage camaraderie for the Sailors and their families. It builds good networks for support should there be a need. The Navy encourages spouses and families to meet and socialize with each other, but it is good to be mindful about how a friendship might appear to others.

The more complicated side of the answer is easier to understand if you can try to see why anyone would ever raise a concern. Just say two spouses or families have become friends through a fitness class, scouts or sports. In the context of the class or activity with other children and families involved, there would be no problem. The spouses click, kids get along, and they get friendlier. Maybe coffee after the gym or a barbecue after a game or

meeting, maybe the couples go out for dinner or two families go to the water park. Seems perfectly normal to me.

Now suppose your Sailor or is a Petty Officer Second Class and the other Sailor is a new Chief. When it is time for evaluations or leave chits to be approved, that Chief may play a role in the process. And, oh by the way, there is another PO2 who lives across the street from the Chief. They see that their shipmate visits the Chief's house pretty often and wonders if that has anything to do with why they feel the other Sailor rarely seems to pull a mid-watch or always seems to get picked for "lightweight" or easy chores around the command. Most likely there is absolutely nothing amiss, but if there is a perception that there is "undue influence" that could appear as favoritism somewhere along the line, it could raise an issue or even a formal counseling for that Chief and maybe the PO2 as well. The scenario could be different, or the Sailors could be a Senior Chief and a Lieutenant Commander or any other pay grades. The scrutiny or concerns could be the same.

The Navy is not implying you must turn your back on your friends if they or their Sailors are of a different pay grade or if one of the Sailors gets promoted. Nor are they saying that spouses can-

Norfolk Restaurant Week

The award-winning restaurants of Norfolk will be whipping up chef creations in a three course fashion for one set price of \$20 or \$30. Find participating restaurants listed at www.norfolkrestaurantweek.com with links to each of their Web sites. Visit each one to see menus and get directions. Please call ahead for reservations.

Admission: \$20 or \$30

Event Dates: Jan. 24 – Jan. 31: 5 p.m. - close (varies by restaurant)

Event location: Downtown Norfolk, Granby Street. Norfolk VA, 23510



not be friends and need to follow rules. The Navy Instructions are very specifically written to protect the integrity of the command structure so that there is no implication of favoritism. It is up to the Sailor to be aware of what they do socially that might be misinterpreted or of concern to others. Everyone needs to use common sense. The chain of command, which would respond to the perception of someone showing favoritism or an inappropriate relationship, is the bottom line for the Sailor.

So if the promotion list comes out and your spouse makes it and your friends do not, it does not mean you can't socialize with them any more. You just need to realize that when your friendships include the Sailors as well, they may give some additional thought to make sure no one could get the impression that someone is gaining an advantage at work due to the relationship. The concerns that could arise are there to protect everyone and ensure fairness. And yes, there may be times when that may cause a need to alter how you socialize with them, but it is up to the Sailors themselves to take that into consideration. Hope-

fully, you can adapt easily if you need to. As spouses, we probably don't often think about the chain of command playing a role in our lives – and it technically doesn't. But, especially for a Sailor who plans to progress in the Navy, it is important for them to be aware of the perception of others.

Please take every opportunity, within Navy circles and in the civilian sector, to meet people and make lasting friendships. We do not need to go through criteria in our head to decide if we are "allowed" to be friends with someone. No one is tagged "off limits" because of rank or pay grade. However, a Sailor is a Sailor even when on liberty or leave and their guiding principles and understanding of regulations will apply 24/7. Fairness for all Sailors is what guides the issues of Fraternization.

Linda is a Navy Wife of 23 years. She currently volunteers with COM-PASS, C.O.R.E. and her base Chapel. She was the 2007 Hampton Roads Heroes at Home Spouse of the Year and was personally awarded the Presidential Call to Service Award by President George W. Bush.

Use the Food Guide Pyramid to help plan kids' diet

BY REBECCA PERRON

Military Newspapers of Virginia

After deciding the new year is a perfect time to make improvements to diets and perhaps even try to lose excess weight, it is important to understand how much of each food group is an adequate amount and which foods contain those most nutrients. While low calorie foods may be the ideal, eating nothing but empty calories will not maintain one's health.

The United States Department of Agriculture has developed the food pyramid that most are familiar with for planning how much of each food group should be eaten every day. The amount of servings and total calories needed generally depends on age, gender and activity level. Current weight can be taken into consideration for children over the age of six.

According to the Food Guide Pyramid, a 2-year-old should consume about 1,000 calories per day. The amount by food group should be grains – 3 ounces, vegetables – 1 cup, fruits – 1 cup, milk – 2 cups (ages 2-8), and meat and beans – 2 ounces. Extra calories from fat and sugar should be limited to 165 per day.

An 11-year-old should consume about 1,800 calories per day. The amount by food group should be grains – 6 ounces, vegetables – 2 ½ cups, fruits – 1 ½ cups, milk – 3 cups (over age 8), and meat and beans – 5 ounces. Extra calories from fat and sugar should be limited to 195 per day.

Regardless of the number of servings deemed appropriate, the following guidelines should help ensure the proper nutrients are received from each food group.

Grains - Make half of the grains whole. Look for whole-grain cereals. Just because bread is brown does not mean it is whole grain. Search the ingredients list to make sure the first word is "whole," such as "whole wheat."

Vegetables - Eat a variety of different colors every day – such as dark green, light green and orange. Almost 60 percent should come from dark green, dry beans and peas, and starchy vegetables (almost 20 percent each), about 10 percent from orange vegetables and the remaining 30 to 40 percent should be from other vegetables. Four of the healthiest vegetables are broccoli, carrots, spinach and sweet potatoes.

Fruits - Fruits are sweet and delicious. Go easy on the juice though and make it 100 percent only. Whole fruits are healthier than juice due to processing. The less processing the better due to the removal of fiber. For example, apples have more fiber than apple sauce, which has more fiber than apple juice. The eight healthiest fruits are blueberries, oranges, bananas, apples, kiwis, grapes, strawberries and papayas.

Milk - Get essential bone-building calcium from this group. Check the label to make sure milk, yogurt or cheese is lowfat or fat-free. The presence of Vitamin D is a bonus, since D is required to absorb calcium.

Meat - Lean and lowfat meat, chicken, turkey and fish, as well as nuts seeds, peas, beans and eggs are all great sources

of protein. A portion that fits in the palm of an adult hand is about 3 ounces.

Oils – Oils are not a food group, but children need some for good health. Oils from fish and nuts and liquid oils such as corn oil, soybean oil and canola oil are the healthiest.

For a tailor-made food pyramid, visit www.mypyramid.gov.

Nutritional Requirements:

Thirteen vitamins are essential for children. The following is a list, with brief overview of each, their AI (adequate intake) or RDA (recommended daily allowance) in units of MG (milligram) or MCG (microgram), via the Institute of Medicine, for children ages birth to thirteen years.

VITAMIN A: For forming and maintaining healthy bones. Infants 0-6 months, 400mcg (AI); Infants, 7-12 months 500mcg (AI); Children 1-3 years, 300mcg (RDA); Children 4-8 years, 400mcg (RDA); Children 9-13 years, 600mcg (RDA).

B1: Coenzyme in production of energy. Infants 0-6 months, 0.2mg (AI); Infants 7-12 months, 0.3mg (AI); Children 1-3 years, 0.5mg (RDA); Children 4-8 years, 0.6mg (RDA); Children 9-13 years, 0.9mg (RDA).

B2: Processes metabolic pathways for energy. Infants 0-6 months, 0.3mg (AI); infants 7-12 months, 0.4mg (AI); Children 1-3 years, 0.5mg (RDA); Children 4-8 years, 0.6mg (RDA); Children 9-13 years, 0.9mg (RDA).

B3: For Oxidation-reduction, transfer of electrons. Infants 0-6 months, 2mg (AI); infants 7-12 months, 4mg (AI); Children 1-3 years, 6mg (RDA); Children 4-8 years, 8mg (RDA); Children 9-13 years, 12mg (RDA).

B6: Assists brain and red blood cells. Infants 0-6 months, 0.1mg (AI); Infants 7-12 months, 0.3mg (AI); Children 1-3 years 0.5mg (RDA); Children 4-8 years, 0.6mg (RDA); Children 9-13, years 1mg (RDA).

B12: Production of energy from fats and proteins. Infants 0-6 months, 0.4mg (AI); Infants 7-12 months, 0.5mg (AI); Children 1-3 years 0.9mg (RDA); Children 4-8 years, 1.2mg (RDA); Children 9-13, years 1.8mg (RDA).

C: Antioxidant protecting body. Infants 0-6 months, 40mg (AI); Infants 7-12 months, 50mg (AI); Children 1-3 years 15mg (RDA); Children 4-8 years, 25mg (RDA); Children 9-13, years 45mg (RDA).

D: Maintains calcium balance, bone density, immune function, and proper cell growth. Infants 0-6 months, 5mcg (RDA); Infants 7-12 months, 5mcg (RDA); Children 1-3 years 5mcg (RDA); Children 4-8 years, 5mcg (RDA); Children 9-13, years 45mg (RDA).

E: Antioxidant against free radicals. Infants 0-6 months, 4mg (RDA); Infants 7-12 months, 5mg (RDA); Children 1-3 years 6mg (RDA); Children 4-8 years, 7mg (RDA); Children 9-13, years 11mg (RDA).

K: Calcium-binding processor. Infants 0-6 months, 2.0mcg (RDA); Infants 7-12 months, 2.5mcg (RDA); Children 1-3 years 30mcg (RDA); Children 4-8 years, 55mcg (RDA); Chil-



Navy Region Mid-Atlantic personnel still receiving H1N1 vaccine

STORY AND PHOTOS BY
MC2 MANDY HUNSUCKER
Staff Writer

NORFOLK – Commander, Navy Region Mid-Atlantic (CNRMA) active-duty and civilian personnel, working at Naval Station Norfolk, received the H1N1 flu vaccination during the national Influenza Week that took place Jan. 10 - 16.

Navy Medical Center, Portsmouth



The H1N1 influenza vaccine is injected into the shoulder.

(NMCP) corpsmen set up a conveyor like line, Jan. 14, in the rotunda of building N-21 where CNRMA personnel filed in to receive the shot.

“We are here to help prevent the H1N1 flu virus from spreading, by getting all of the commands in Hampton Roads vaccinated,” said Hospital Corpsman Seaman Kenneth Elejorde, NMCP. “Currently we are giving the inactivated virus, which is injected into your shoulder. Once injected, it should take your body up to two weeks to build an immunity to the virus.”

Elejorde, and other corpsman present, took turns helping personnel fill out a health questionnaire and giving the injections. As Elejorde was injecting CNRMA personnel, another corpsman was filling new syringes and disposing of the used ones, and another was keeping track of the health questionnaires. Vials of the vaccine, along with numerous syringes were visible, which made some Sailors hesitant.

“The Navy requires us to get the H1N1 vaccine so that we don’t get sick and so we can continue to do our jobs,” said Quartermaster Seaman Ilesha Hawkins, CNRMA administrative department. “I understand that, but I don’t like having to get the shot. I’d rather have gotten the



A Corpsman from Naval Medical Center Portsmouth, injects the H1N1 influenza vaccine into the shoulder of Quartermaster Seaman Ilesha Hawkins during a command-wide sweep of Commander, Navy Region Mid-Atlantic, Jan. 14.

mist. I just don’t like needles.”

Command Master Chief (SW/AW) John Fuston agreed with Hawkins about the vaccine helping CNRMA personnel stay on task.

“This is about readiness. Any time we can prevent sickness by taking shots, whether it be for flu or H1N1, we’ll do it,”

said Fuston. Getting these shots is good for the Navy because they help keep us ready, at hand, for whatever might happen. If people are sick, it doesn’t work.”

For more information about the H1N1 influenza virus, visit www.cnmc.navy.mil/CNIC_HQ_Site/OperationPrepare/Flu-Information/index.htm.

Presidential Proclamation – National Flu Vaccination Week

A PROCLAMATION:

Since the first United States cases were identified in April of last year, our Nation has witnessed the worldwide spread of the H1N1 influenza virus. To date, tens of millions of Americans have contracted this virus. While the vast majority of those affected have recovered without incident, an unusually high proportion of children and younger adults have developed serious complications, resulting in hospitalization or even death. We



President Barack Obama

know that influenza vaccination is the best way to protect ourselves against the flu, and my Administration moved swiftly to respond to this threat by assisting in the development of a vaccine, which is now widely available and has shown to be both safe and effective.

Every American has a role to play in fighting the H1N1 flu. Expectant mothers, children, young adults, and all those under the age of 65 with chronic health conditions are at high risk

for H1N1 flu-related complications and should get the vaccine as soon as possible. Those not at high risk can protect themselves and prevent the virus from spreading to more vulnerable members of their families and communities by getting vaccinated as well.

This week presents a window of opportunity for us to prevent a possible third wave of H1N1 flu in the United States. I strongly encourage those who have not yet received the H1N1 flu vaccine to do so. Visit flu.gov to find vaccination sites in communities across our country and to stay informed. Together, we can all fight the H1N1 flu and help protect our families, friends, and neighbors.

NOW, THEREFORE, I, BARACK

OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim the week of January 10-16, 2010, as National Influenza Vaccination Week. I encourage all Americans to observe this week by getting the H1N1 flu vaccine if they have not yet done so, and by asking their families, friends, and co-workers to do the same.

IN WITNESS WHEREOF, I have hereunto set my hand this eighth day of January, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

– BARACK OBAMA

CREDO (Norfolk) Navy Region Mid-Atlantic

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

ON A GOOD DAY

Our worth is tested every day. We are given the choice of being nice to people or uncharitable. We are given the choice of doing our work as well as we can or of goofing off. Some days it seems the tests are harder than on others, but every day brings with it some kind of test. Even the really good days!

To have everything go wonderfully for us, to feel like a million dollars, to have one of those days when nothing and nobody can upset us, they are days when we might think we don't need God. And so we pay Him little attention. MISTAKE! BIG MISTAKE! We must never forget our good days are God's gifts to give us a breather, a taste of heaven.

"Make no mistake about this," writes St. James, "Every genuine benefit comes from above, descending from the Father of the heavenly luminaries." Good days are made in heaven. Be sure to thank God for them.

— CDR Gary Simons, CHC, USN

Retreats/Workshops

Jan. 21 - June 10

All retreats are free, including room and meals. Retreats are open to active duty military, active reservists, DOD civilians and their dependent family members. Retirees and inactive reservists or their dependent family members may attend on a space available basis. All participants must present a valid DOD ID card. Transportation is provided to the PGR, SGR, SR, WR, and as needed to the WTR.

All retreats are held Friday to Sunday unless otherwise noted.

Pre-registration is required; call 444-7654/1091 to register or for information. Registration is open for all retreats. However, we do not take registration for Marriage Enrichment Retreats until two months before their scheduled date.

Personal Growth Retreat

March 2 - 4 (Tues. - Thurs.)
June 11 - 13 (Tentative)

Personal Growth Retreat (PGR) – Participants often described PGRs as a positive "turning point" in their lives. PGRs provide a safe-space and a proven opportunity for self-reflection and development of new personal and spiritual viewpoints on life issues. This retreat is not designed to fix or diagnose problems; rather it is an opportunity for participants to find hope and healing through the sharing of their story in a supportive community process.

Family Enrichment Retreat

February 19-21
April 6-8 (Tues. - Thurs.)

Family Enrichment Retreat (FER) – Families, in an interactive method, learn practical skills based on proven principals that can help resolve conflict, build encouragement within families and instill effective discipline to bring out the best in each family member. FERs include time for families to rest and play together. (The IA FER is reserved for families of recently returned IAs or that are deployed. The retreat includes space to address IA related issues.)

Marriage Enrichment Retreat

January 22 - 24
February 5 - 7
March 12 - 14
March 26 - 28
April 16 - 18 (Tentative)
May 14 - 16 (Tentative)

Marriage Enrichment Retreats (MER) – MERs focus on deepening married couple's commitment, self-understanding and of each other while ensuring space for individual couple time. Couples are responsible for setting up their own childcare. MERs help enrich marriages and are not a substitute for marital or individual counseling.

Women's Retreat

TBD

Women's Retreat (WR) – The

women's retreat is specifically designed for women to reflect on their journey as a woman, their spiritual path in the company of other women and to re-energize for work and family. Through readings, small groups and other exercises women are helped to reconnect and as needed to look at their hopes, desires, fears and dreams.

IA Warrior Transition Retreat

TBD

IA Warrior Transition Retreat (WTR) – This is an extend opportunity designed to assist returned IAs with their readjustment from GWOT deployments. Participants will be provided the chance to address lingering readjustment challenges or issues they may be facing because of their IA deployment. During the retreat IAs share their experience with other IAs as they learn to discriminate between normal readjustment experiences and possible stress injuries.

Spiritual Growth Retreat

TBD

Spiritual Growth Retreat (SGR) – Participants focus on developing their core spiritual life. A SGR uses both personal and group exercises that are oriented around rest, re-creation, and reflection to aid personnel spiritual growth. Spirituality is broader than any particular faith tradition, so participants may come from various faith backgrounds.

Single Sailor/ Marine Retreat

TBD

Single Sailor Retreat (SR) – Singles enter into an interactive process that provides them many opportunities to care for the body, mind and spirit while having fun. Personal awareness, self-management and relationship development will be emphasized throughout the retreat.

CREDO Team Member Retreat

TBD

CREDO Retreats enhance the Navy Chaplain Corps goal of developing spiritually fit sea warriors and family who are trained in ethics, morally grounded, family supportive, spiritually ready, sustained in her/his religious freedom, and mission capable.

Personal Growth Workshops

(BEARINGS)
Per BEARING's schedule

PGW – The per-

sonal growth workshop is two days long and is included in the Navy's BEARINGS program. Attendee's are normally first or second term Sailors.

Applied Suicide Intervention

Skills Training (ASIST)
TBD

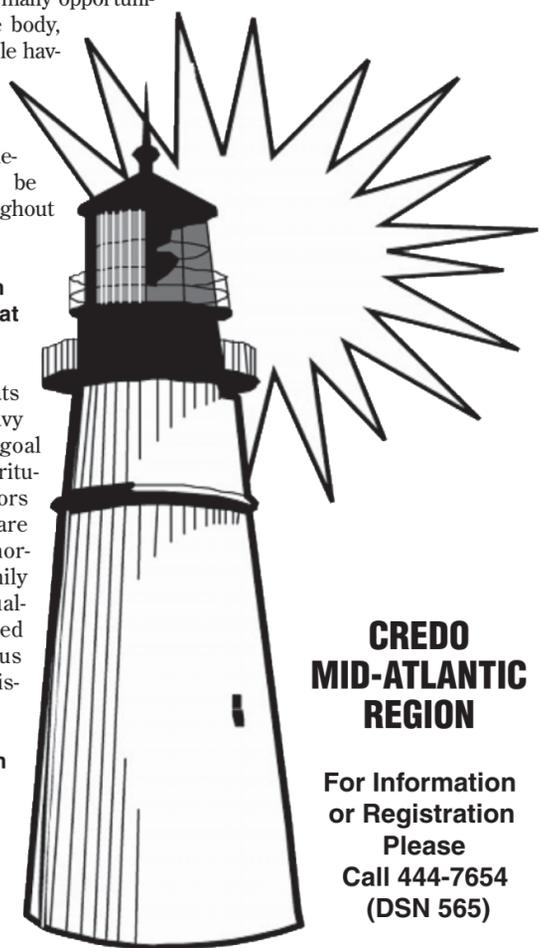
Applied Suicide Intervention Skills Training (ASIST) – ASIST is a two-day interactive workshop for identified Command Personnel, Chaplains, RPs and selected DOD/DON personnel. Best Practice: Recommend each Command's Suicide Prevention Program have ASIST Trained "First Responders." 1.3 CEUs for Active /Reserve.

IA Warrior Transition Workshop

Scheduled on demand at command location or at other designated location, the workshop is 2 hours.

Individual Augmentee (IA) Warrior Transition Workshop (WTW) – This is a practical two-hour self-assessment workshop designed for all Individual Augmentees (IA) after having returned from IA duty for two or more months. The WTW will help IAs identify any assistance they may need or help them self-confirm that they are experiencing a normal readjustment.

CREDO is a program of the Navy Chaplain Corps. The CREDO programs and personnel are operationally focused, family supportive, and flexible in the provision of ministry. The CREDO SFD's efforts are designed to meet these service demands by 1. Maximizing operational impact; 2. Offering standard retreat and training programs; 3. Clarifying responsibilities.



CREDO MID-ATLANTIC REGION

For Information or Registration Please
Call 444-7654
(DSN 565)

Pet safety: Winter pet hazards

BY ARMY CAPT. TACIA E. DESPO, DVM, VC
MADVC Norfolk
Naval Station Branch

As the weather gets colder, your pet can be exposed to multiple hazards that can affect their health.

One of the most deadly substances of the winter season is ethylene glycol, the active ingredient of Antifreeze. Antifreeze is odorless and a very sweet taste and so pets may be tempted to drink it. Unfortunately, it only takes a small amount to cause problems. For example, a 50 pound dog would need to ingest approximately 2 cups of antifreeze. An average size cat needs to ingest less than 2 tablespoons.

Clinical signs of toxicity depend on how much the pet has swallowed and how long ago it occurred. After ingestion, a dog or cat can begin to drink a lot and/or urinate a lot. They might have vomiting or diarrhea. They can show signs of alcohol intoxication (stumbling around, stupor). The kidneys will begin to shut down and an electrolyte imbalance will occur. The important thing to note



One of the most deadly substances of the winter season is ethylene glycol, the active ingredient of Antifreeze.

is that ethylene glycol is toxic immediately and cause damage to internal organs. So, it is imperative to seek medical care immediately.

Treatment and prognosis is dependent on how soon after ingestion treatment occurs. There is an "antidote" which binds to the ethylene glycol to make it less toxic. But this is not effective unless the ingestion was caught early. Generally, the treatment is to allow the toxic substance to run its course and see how the pet does. Unfortunately, the prognosis is usually grave. Antifreeze toxicity is

completely preventive if owners to take the proper precautions. Store all antifreeze away from pets. If you believe your pet has ingested antifreeze, contact an emergency veterinary immediately.

Here are some other tips for giving your pet a safe and happy winter season.

Hypothermia is defined as a core body temperature below 100.5 F (normal body temp for dogs and cats is 101-102.5 F). Hypothermia can result from very low ambient temperatures or being submerged in cold/freezing water. Pets

with hypothermia can show a variety of clinical signs from shivering to being unresponsive. The most important thing to do is move the pet to a warm area and contact a veterinarian immediately.

Animals are more acclimated to cold weather but can still feel the effects of cold temperatures, especially if they live outside. Pets keep warm by moving around more or shivering. So, they will burn more calories. Some pets will need extra food in the winter to maintain a proper body weight. If your pet lives inside, it more likely they will gain weight due to decrease activity. If your pet is getting less exercise, it might be necessary to decrease your pet's food until the weather improve.

Never use a heat blanket or space heater in the vicinity of your pet. This will increase your risk of a house fire. Also, heating blankets can cause burns to pets if laid directly on your pet. Use hot water bottles wrapped in clothing, extra blankets, or straw to keep your pet warm.

Virginia has relatively mild winters, but there are patches of wintery weather that can affect your pet's health.

The Norfolk Veterinary Treatment Facility offers routine preventive medicine such as minor sick call, vaccines, and health certificates to all active duty and retired military. The VTF is located at 9200 1st Ave, Bldg U-121, behind the Navy Education Center. Hours of operation are 8 a.m. - 4 p.m. Monday through Saturday. Please call 445-0922 for an appointment or questions on your pet's health.



Chocolate toxicity

BY ARMY CAPT. TACIA E. DESPO, DVM, VC
MADVC Norfolk
Naval Station Branch

to ingest one candy bar to cause problems.

Chocolate intoxication can cause the following clinical signs vomiting, diarrhea, hyperactivity, tremors, seizures, abnormal heart beat or death in severe cases.

The treatment and prognosis is dependent on how long ago the pet ate chocolate and the amount. It is always important to contact a veterinarian if you believe your pet has ingested chocolate; they will be able to best judge the correct course of treatment. If the pet ate the chocolate very recently, a small amount, or the less toxic milk chocolate, a veterinarian might suggest making your pet vomit the food or not to worry. The treatment for more severe cases is usually supportive meaning the chocolate is allowed to work its way through the pet and support as needed.

As Valentine's Day is quickly approaching, there will be more chocolate to tempt humans and pets alike. Your pet might give you those puppy dog eyes or beg prettily, but unfortunately chocolate is toxic to pets. Cats are unlikely to eat chocolate, but as many dog owners know, dogs will eat just about anything including chocolate.

The toxic compound in chocolate is theobromine, a derivative of caffeine. Different types of chocolate have different levels of theobromine. Baking chocolate has the most theobromine, and so dogs need to ingest less baker's chocolate to cause toxicity. Semisweet and dark chocolate have the next highest levels of theobromine, followed by milk chocolate.

To put it in perspective, a 50 lb dog would need to ingest 20 ounces of milk chocolate (approximately 15 Hershey's candy bars) or 7 oz of dark chocolate or 2.3 oz of baking chocolate to cause toxicity. That seems like a lot of milk chocolate. But pets will usually eat as much of an illicit substance as possible. Since the toxicity is weight dependent, a 5 lb dog such as a Chihuahua only needs

The Norfolk Veterinary Treatment Facility offers routine preventive medicine such as minor sick call, vaccines, and health certificates to all active duty and retired military. The VTF is located at 9200 1st Ave, Bldg U-121, behind the Navy Education Center. Hours of operation are 8 a.m. - 4 p.m. Monday through Saturday. Please call 445-0922 for an appointment or questions on your pet's health.



Pet OF THE Week

If I were a human, I would be a GQ model. I have beautiful fur and long legs that I am not afraid to show off! I love to talk and no doubt you will hear my meow calling to you as you walk in to the Cat Tail Lounge. This is where I spend most of my time because I do not do well in a kennel. I have a favorite bumble bee toy that you may find me snuggling with. I am a wonderful boy and would much rather snuggle with you, though. I play a little hard to get at first but that is because (and don't tell anyone) I am a bit scared; but I warm up quickly. I just want to know that you want me...you really, really want me.

XOXO,
Marble

Marble 8181311
4 years, 7 months Male/Neutered



I'm ready and waiting for my forever home!

Viewing Hours:
Individuals interested in adopting animal companions can visit the Norfolk SPCA during our viewing hours:
11 a.m. - 5 p.m. Daily

The Norfolk SPCA is located at:
916 Ballentine Blvd., Norfolk, VA

Norfolk SPCA Adoption Fees:
Puppies: \$150; Adult Dogs: \$150; Cats/Kittens: \$100; Rabbits: \$50; Guinea Pigs: \$25; Hamsters & Rats: \$10

Adoption Fees Include:
General health exam, animal's spay/neuter surgery, initial vaccinations, heartworm test, 1st month's flea preventative, 1st month's heartworm medication, microchip and microchip registration and a free 30 day pet health insurance policy. Rabies vaccination is included if the animal is old enough for one upon adoption.

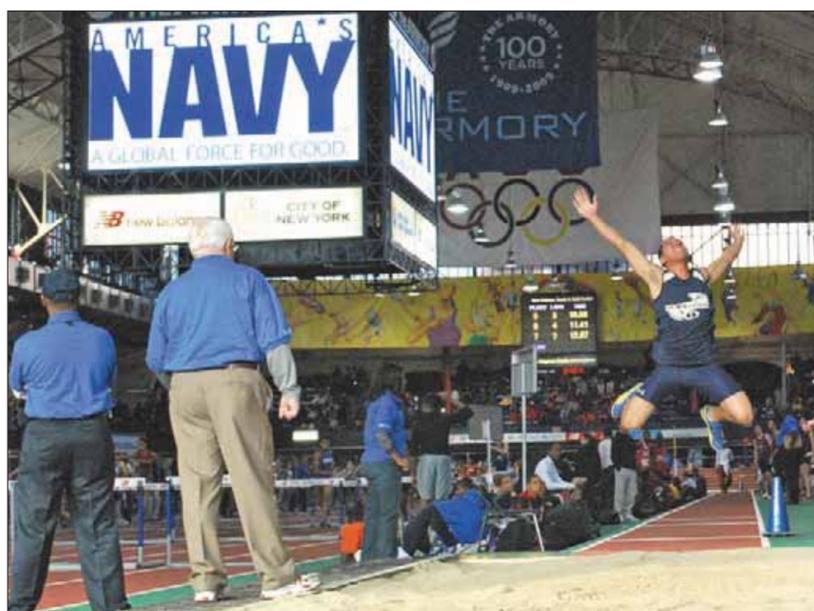
For more information, please call the Norfolk SPCA at 757.622.3319

Navy sponsors 2010 Hispanic Games in New York City



Photos by Lt. Cmdr. Karen E. Eifert

Rear Adm. Robin M. Watters, Reserve Deputy and Chief of Staff of the U.S. Pacific Fleet, starts the women's sprint heat during the 16th annual Hispanic Track and Field Games. The Navy-sponsored event attracted more than 7,000 high school graduates and their parents. The games also provided an opportunity for the Navy to showcase educational and employment opportunities while promoting a culture of fitness.



A student participates in the long jump during the 16th annual Hispanic Track and Field Games.



Machinist's Mate 1st Class Torey L. Johnson speaks with a student about job opportunities in the Navy during the 16th annual Hispanic Track and Field Games.

BY MC1 NORA PEREZ
Chief of Naval Personnel
- Diversity Directorate
Public Affairs

NEW YORK — The Navy sponsored the 16th Annual Hispanic Games at the Armory New Balance Track and Field Center in New York City Jan. 9.

More than 5,000 student athletes of diverse backgrounds representing more than 250 high schools from the Northeast region competed in the nation's largest indoor track-and-field event.

According to Dr. Norbert Sander Jr., executive director of the Armory, the annual event pays tribute to the community of Washington Heights, a predominate Hispanic community.

"This is a great opportunity for our student athletes to become acquainted with the terrific programs the Navy offers to high school graduates," Sander said.

"They have a chance for an appointment at the U.S. Naval Academy in Annapolis, Md. or receive a

first-rate college education with all expenses paid and the Naval Reserve Officer Training Corps (NROTC), where most college expenses are paid at over 160 participating colleges and universities across the United States."

Sanders said the Navy day at the Armory is an exciting event that combines the great spectacle of high school track and field with an interest in one of America's great national institutions.

Reserve Deputy and Chief of Staff, U.S. Pacific Fleet Rear Adm. Robin M. Watters, was the guest of honor and keynote speaker at the Hispanic Games. He talked about why diversity was important to the United States Navy.

"Our country is diverse. As a Navy we are a reflection of the country, thus we ought to be diverse with respect to the kind of people that come into the Navy," said Watters.

This was the first event of the year for the Navy's Di-

versity Directorate. Future events include mentoring programs, leadership training conferences, job fairs and events that correspond with national observances.

"Academically, these are the very best students that play any sport in high school across the country," said Larry Rawson, track and field commentator for the ESPN network for the past 30 years.

Lawson said that, from an admission's office standpoint, colleges across the country are interested in these students because of the discipline and goal setting they demonstrated throughout the year.

Daniel Zamora, a 17-year old from East Meadow High School in Long Island competed in the long jump and 55-meter dash.

"I play football and use this event to keep in shape for the football season," he said. "It's also a good way to fill up my schedule."

The Navy Diversity Directorate's mission is to provide Navy leadership with the tools and resources to help create and sustain a cultural awareness that values diversity and an environment where every individual prospers and contributes to the mission.

For more information about the Navy Diversity, visit www.npc.navy.mil/CommandSupport/Diversity/.

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

TASK FORCE: Firefighters bring experience, tools to search for victims

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those normally reserved for fire fighting, medical emergency, and rescue. These disciplines include rope rescue, swiftwater rescue, confined space rescue, ski rescue, cave rescue, trench/excavation

rescue, and building collapse rescue, among others.

For Michael Scott, Supervisory Captain at Little Creek and Christopher Connelly, supervisory Captain at NAS Oceana, this mission represents a culmination of years of training. "This is my first

deployment, I have been on the team for about five or six years now and had a whole lot of training, I am ready to put it to use," Scott said. "I have only been on the FEMA Team for two years and this is also my first deployment." The team brought every-

thing they could think of. "We are bringing everything and the kitchen sink," Connelly said. "Common tools like you have in your garage up to special breaching equipment and computer based search and rescue programs."

But search is only one of their jobs, the other is rescue. "We are all trained up to ALS (Advanced Life Support or paramedic) level and we bring everything that we would need for providing medical help for the people that we are rescuing as well as ourselves," Connelly said.

They may need to give medical help to their fellows if a structure collapses on a searcher, but they trust in their teammates to keep them safe. "We have structural specialists that come with us. They do a risk management analysis and let us know what is safe and not safe or tell us what to do in

Urban Search and Rescue specializes in confined space rescue and trench excavation rescue and building rescue.

order to make it safe," Scott said.

But all of them are looking forward to helping. "I am 100 percent excited, I'm looking forward to using the skills we learned in training," Connelly said.

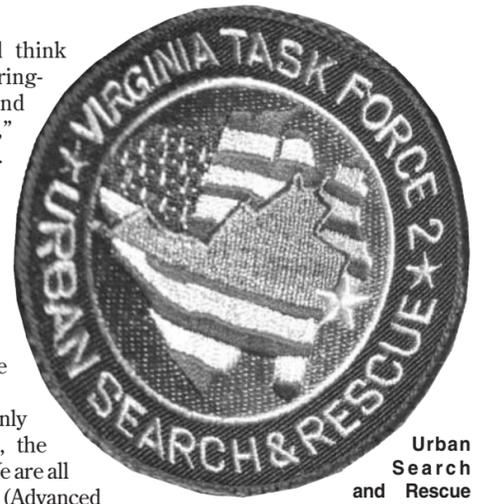
"We are ready to go. This is something we like to do, we like to help out," Washburn added.

"Without a shadow of a doubt," Scott agreed.



Photos by MC1 Tim Comerford

A member of the Federal Emergency Management Agency's Virginia Task Force 2 Urban Search and Rescue watches as civilians put cargo netting over the equipment that the task force is bringing with them to do their mission in Port Au Prince, Haiti.



PULLING: NNSY Team looks to pull off a Virginia victory in 2010

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some Deputies that couldn't go, so they asked me to come along. The minute I stepped on the bus my fellow deputies rode me like Trigger all the way to DC. 'Hey Strick were your Navy wives at? Hahahaha.' Again, we came in 4th, and that quieted them down but I was still mad. That Monday I started to form a plan and that plan was to do everything in my power to beat my own Sheriff's office.

With a plan in place he enlisted help from the Navy.

"I formed a plan with my best friend and team member Darran 'Rocko' Reed who has been with me on each and every pull since 1997," he said. "We talked about what we need and I mentioned to him that the Sheriff's office uses to Fire trucks and such. Then I said, 'Hey, we're the Navy, we have planes!' After a few hand shakes at Naval Air Station Oceana, we got the support of the Globe Masters VR-56 and got to pull the SECNAV's own Norfolk C9."

His team is both Sailors and civilians.

"The team consists of 50 percent U.S. Navy, Active Duty, which is stationed here at NNSY and the other 50 percent is NNSY employees from all over the

shipyard, from Deck plate to desk jobs." We have a great mix."

He went on to receive 1st place Virginia Champions in 1998 with 6 sec pull, then became the 1999 National Champions with 4 sec pull. After getting Second place at the Virginia Plane Pull in 2009, Strickland looks to ramp up.

"Well getting ready for this year, I found my old friends at Oceana and they were more than supportive for the pull, you can see us practicing on the video on our Facebook page, US Navy/NNSY Plane Pull Team," Strickland said. "This year we plan on having more practices to get ready for September 25. At practice I show the first timers the part of the rope I want them at and how to get in position - Toes always facing the plane, leading back, chopping feet to build up speed and my secret technique."

In order to become part of the team some training of your body is necessary. Strickland makes sure his body is ready for the pull.

"I do power lifting and heavy legs once a week, lots of back exercise and concentrate on lower back so I don't get hurt. I put everything into the pull so to get ready I make sure I obey

the old rule, 'If you can do eight then increase the weight. I weigh 245 pounds but I bench press more than most people credit card score,' He said. "I have to, because planes don't move by asking them nicely."

And he knows what to do with a body that wants to pull.

"I know by looking at someone where to put them on the rope, what side is stronger, and whether they are an Anchor, Front beef or speed guy. Let's just say I got more pulls in me than a lawnmower," Strickland said.

Strickland says he's thankful for the support that the team gets from both the Navy and civilian community and appreciates the support that the workplaces have given his team.

"We hope to give each and every person who has anything to do with the Navy the chance if he or she wants to pull the plane," Strickland said. "If they want to try by forming different teams they can try and enter one of the three contests. The speed pull for the fastest time, the light team - seeing who can pull the plane and with the lightest team (each team gets weighed on a car-go scale) and most money raised for the Special Olympics, each team has to get \$1000 for the entry fee."

2010 YWCA Women of Distinction Awards

The Young Womens Christian Association (YWCA) of South Hampton Roads is currently accepting nominations for the 2010 Women of Distinction Awards.

Now in its 22nd year, this prestigious award recognizes twelve outstanding women who have made significant contributions to the South Hampton Roads community through their professional activities and volunteer efforts. Categories of nomination are: Arts, Business, Communications, Education, Finance, Government, Law, Medicine, Military, Non-profit, Science/Technology and Volunteerism.

Nominees are evaluated in four areas of consideration: professionalism and leadership; volunteerism and civic activities; impact of community accomplishments and the exemplification of the YWCA's goals of eliminating racism and empowering women.

Awards will be presented at a noon luncheon at the Norfolk Waterside Marriott on Thursday, April 15.

Nomination forms, guidelines and additional information are available at the YWCA website at www.ywca-shr.org. The submission deadline for all nominations is Monday, February 1, 2010 at 5:00 p.m.