



Bataan's first 'miracle' patient in Haiti returns home



Photo by MC3 Samantha Robinett

Religious Programs Specialist 1st Class Lunar Odhiambo comforts an injured Haitian child as he recovers in the medical ward aboard the multi-purpose amphibious assault ship USS Bataan (LHD 5). Bataan, along with amphibious dock landing ships USS Fort McHenry (LSD 43), USS Gunston Hall (LSD 44) and USS Carter Hall (LSD 50), are participating in Operation Unified Response and are providing military support capabilities to civil authorities to help stabilize and improve the situation in Haiti.

BY ENSIGN CAROLINE HUTCHESON
USS Bataan Public Affairs

USS BATAAN, At Sea — The medical team aboard USS Bataan (LHD 5) said goodbye to one of the first patients the team medically evacuated (MEDEVAC) in the Haiti relief efforts Jan. 24, reuniting the 9-month-old boy and his mother with their family in the vicinity of Port-au-Prince, Haiti.

Wilson Siere, flown with other rehabilitated patients to a receiving depot ashore, gathered an affectionate following among the medical staff and others during his time in the ward aboard Bataan.

"Everyone had some 'Wilson-time' built into their day," said Cmdr. William C. Wallace, officer-in-charge of Fleet Surgical Team (FST) 8. "He was on the (commanding officer's) regular schedule for a while."

The boy, extremely malnourished, dehydrated and suffering gastrointestinal complications, was crawling around in the medical ward after only a few days of treatment.

"Baby Wilson was our first miracle," said Senior Chief Corpsman Huben L. Phillips, leading chief petty officer of Bataan's medical staff, and added that the boy quickly became a part of the Bataan family. Phillips rescued the child on a

MEDEVAC mission to a small village outside Port-au-Prince, where he was sent to find a young woman with pelvic fractures, who had recently delivered a child who did not survive.

The team walked miles through fields after their vehicle could not make it through the roads anymore. They found the woman in a gathering of adults with foam mattresses for beds and sheets strung up as homes.

"Then someone said, 'Senior, you have to look at this baby,'" Phillips said. "They put him in my arms, and he was lifeless."

An interpreter called the child's mother, and the team was back to Bataan for the first emergency medical evacuation of the ship's relief efforts.

"He was so very lethargic and weak, dehydrated and starving, and today he is the inspiration that lifts our spirits," said Senior Chief Corpsman Brian E. Wenzel of FST-8. "He smiles, laughs, loves to touch your face and explore his new friends."

Wenzel said the boy is developed at about a 6-month age but continues to gain weight and remain alert.

"He survived one of the world's most horrific catastrophes and has served as a reminder of the resilience and strength of these people even as an infant," Wenzel said.

Once Baby Wilson was well enough to be transferred back to Haiti, the ship's commanding officer, Capt. Sam Howard, asked Phillips if he would escort the boy and his mother home.

The team transported Wilson and other patients to a landing zone manned by non-government organization workers and joint military personnel, where vans with interpreters transfer Haitians affected by the earthquake back to their villages and towns.

Wilson will be reunited with his father and two older brothers.

It was an emotional goodbye for the medical team and everyone who had grown to know the child.

"I said goodbye to him alone on the ship," Phillips said. "I told him I want him to become a man who could affect change in the world. To be in a place so desolate at this time, only a man of great character would arise."

Phillips said he held Wilson the entire helicopter ride to the island. He handed the child to his mother and she looked at him, shaking her head with tears streaming down her face.

"The interpreter turned to me, and said 'she just doesn't have the words.'"

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

Pentagon: U.S. Forces in Haiti to grow to 20,000

BY JOHN J. KRUZEL
American Forces Press Service



Army Lt. Gen. P.K. Keen

WASHINGTON — Roughly 20,000 U.S. troops will be supporting relief efforts in Haiti by Jan. 24, military officials said, adding to the 13,000-strong American force currently there.

Comprising the force will be the 22nd Marine Expeditionary Unit, the 82nd Airborne Division's 2nd Brigade and thousands of other troops operating afloat off the Haitian coast and on shore, distributing provisions, assisting in medical operations and helping to maintain security. Some 2,200 Marines of the 24th Marine Expeditionary Unit are slated to arrive within 48

hours, military officials said.

"The 24th Marine Expeditionary Unit is a huge part of enabling us to extend our reach to places around the country that may need our assistance but we just haven't been there yet," Army Lt. Gen. P.K. Keen, the top U.S. commander in Haiti, said on The Pentagon Channel today.

The additional forces come as international aid continues pouring into Haiti following a magnitude 7 earthquake that struck Jan. 12, creating what an official called one of the greatest humanitarian emergencies in the history of the Americas.

About 2,000 Marines of the 22nd Marine Expeditionary Unit that came ashore earlier this week have zeroed in on an area west of Port-au-Prince where much of the larger destruction occurred, according to Air Force Gen. Douglas Fraser, the command-

er of U.S. Southern Command.

In the meantime, some 1,400 flights are waiting to land at the congested Toussaint Louverture International Airport in the capital of Port-au-Prince, where the United States is overseeing upwards of 140 flights daily as officials look to open additional airfields, Fraser told Pentagon reporters today. Reports of bottle-necking at the airport have emerged as its capacity has swelled from an average of 13 commercial aircraft daily arrivals before the quake.

As of yesterday, an airport about 30 miles southeast of the Haitian capital in the city of Jacmel became operational in addition to the San Isidro airport in neighboring Dominican Republic, where officials are looking to open a third airport in Maria Montez.

See PENTAGON, A9

Use caution when donating to relief efforts, expert says

BY JUDITH SNYDERMAN
Special to American Forces Press Service

WASHINGTON — In response to the devastation caused by the Jan. 12 earthquake in Haiti, there's been an outpouring of goodwill and a desire to help victims.

But not all urgent appeals for aid being broadcast on radio and television, online and at social networking sites are legitimate, a consumer expert with the U.S. Federal Trade Commission warned in an interview for the Jan. 21 American Forces Press Service weekly news podcast.

Carol Kando-Pinedo said the best way to provide immediate help is to donate money directly to established national relief organizations that have the experience and means to deliver aid. It makes sense to deal with well-known groups, but it's important to check credentials, she added.

"Be wary of charities with names that sound like familiar or nationally known organizations," she said. "Some phony charities use names that sound or look like those of respected, legitimate organizations."

Other tips include declining unsolicited e-mail, phone call or text requests for money and requests for personal or financial information. Often, "scam artists use this information to commit fraud against you," the consumer expert said. She added, "Don't give or send cash. For security and tax record purposes, contribute by check or credit card. Write the official name

See CAUTION, A9

Navy announces updates to Selective Reenlistment Bonus award levels

PRESS RELEASE
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — The Navy announced revised Selective Reenlistment Bonus (SRB) rates Jan. 22 in NAVADMIN 028/10.

"Selective Reenlistment Bonuses are a dynamic, market-based incentive designed to retain those Sailors in our most critical ratings with critical NECs (Navy enlisted classification codes)," said Chief of Naval Personnel Vice Adm. Mark Ferguson. "These bonuses contribute to our efforts to provide the fleet with Sailors who have the right experience and skill sets."

SRBs enhance Navy's ability to size, shape and stabilize manning by using a monetary incentive to encourage Sailors with critical skills and experi-

ence to stay Navy. Award levels are strategically adjusted as retention needs dictate.

The new message approves 38 increases in SRB award levels and four decreases. Seven awards were removed entirely, two were added and 132 remain unchanged.

Air traffic controllers in Zone A (less than six years of service) and surface force independent duty corpsmen in Zone C (between ten and fourteen years of service) were new to the SRB list this cycle. Seven hospital corpsman NEC awards were removed.

Sailors should consult NAVADMIN 028/10 to determine their SRB eligibility and award level.

The increased award levels are effective immediately and de-

See SRB, A9



Photo by MC3 Antwan Richards-Jamison

An SH-60C Sea Hawk helicopter assigned to Helicopter Sea Combat Squadron (HSC) 26 prepares to land aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) to load and deliver water earthquake victims in Haiti.

Navy aircraft carrier playing major role in relief efforts

BY CHRISTEN N. MCCLUNEY
Defense Media Activity

WASHINGTON — USS Carl Vinson is playing a pivotal role for operations in support of relief efforts in earthquake-stricken Haiti.

"The people that come on here have broken bones and wounds. You just can't imagine it unless you are here looking at it the number of people injured," Capt. Bruce H.

Lindsey, commanding officer, USS Carl Vinson told bloggers during a Jan. 23 "DoDLive" bloggers roundtable. "As long as there are injured people needing our care we will stay here as long as it takes."

Before USNS Comfort arrived, the medical team of USS Carl Vinson conducted initial triage of

See VINSON, A9

INSIDE:

BRAVO ZULU A7

WWII veteran receives medals earned more than 60 years ago
WWII veteran Seaman 1st Class Arthur Bialik was presented medals on his 85th birthday



OPERATION UNIFIED RESPONSE B5

Nassau service members offer words of comfort
Sailors and Marines fluent in French or Creole are in demand as the ship assists Haiti



OFF DUTY C1

Hunt for Hampton History celebrates city's anniversary
March 6 celebrate Hampton's 400th anniversary at the Hunt for Hampton History.



IRS urges Virginians to use IRS e-file: It's Safe — It's Easy — It's Time!

BY JIM DUPREE
IRS Field Media Relations

RICHMOND — IRS e-file, the popular electronic tax return delivery service used by two-thirds of the nation's taxpayers, opens for business January 15 and marks 20 years of safely and securely transmitting nearly 800 million individual federal tax returns.

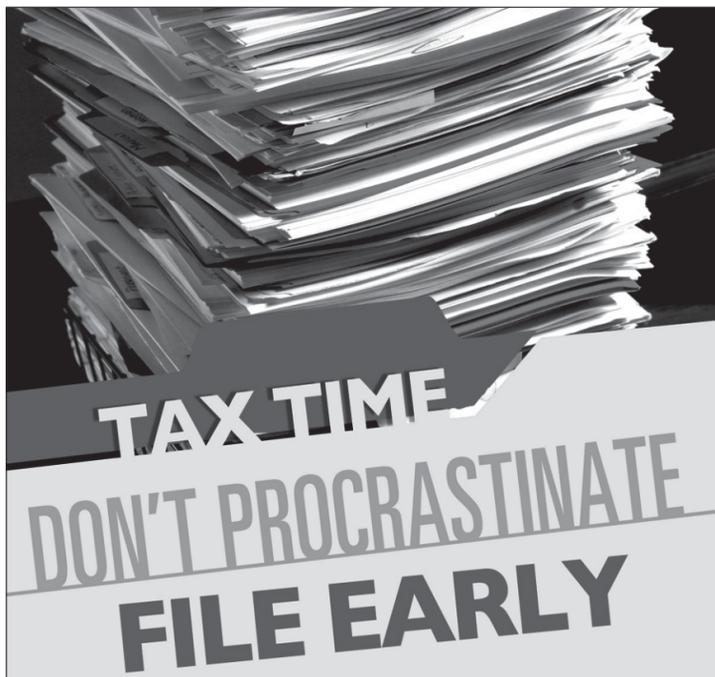
"More than 2.4 million Virginia taxpayers chose IRS e-file last year," said IRS Spokesman Jim Dupree. "But more than 1 million Virginians may be missing out on faster refunds, peace of mind and safer tax filing options because they're still filing their tax returns the old-fashioned way, by paper."

The Internal Revenue Service is urging taxpayers, especially those people already using tax software, to take the next step and e-file their return or ask their preparer to e-file their return. The IRS also urges tax preparers who electronically file some of their clients' tax returns to consider filing all tax returns through e-file.

"IRS e-file offers the fastest, safest way for people to receive their tax refunds. By using e-file and direct deposit, taxpayers can get their refunds in as little as 10 days," Dupree said. "Taxpayers can opt to have their refund deposited into two or three financial accounts or even purchase a U.S. Savings Bond."

The IRS is working on faster acknowledgements of accepted or rejected returns. Last year, taxpayers received an acknowledgement within 48 hours that the IRS had accepted or rejected their return. Paper filers do not receive any acknowledgement. Also, if the IRS rejects an e-filed return, it will provide more specific explanations of the errors that caused the rejection. This will enable taxpayers to make corrections and quickly re-submit their returns.

For those who owe additional tax, e-file is still the best option. People can file now and pay later, as long as the payment is received by April 15. Taxpayers can set the date for an automatic withdrawal from their



financial accounts or they can pay by credit card. People also can e-file and pay by check by simply attaching the payment to a voucher that is mailed to the IRS.

Other e-file benefits include a reduced error rate (1 percent compared to nearly 20 percent on a paper return), which means a decreased likelihood of hearing from the IRS. Also, federal tax returns are delivered to the IRS through a highly secure, encrypted transmission system. Just like paper returns, e-filed returns remain confidential.

There are three ways to use e-file: through tax preparers, through most tax preparation software or through IRS Free File. The IRS does not charge for e-file. Many tax preparers and software products also offer free e-filing with their services.

As people become more comfortable using computers and the Internet for financial transactions, the IRS has seen a huge growth in the number of people who are preparing their own tax returns with the help of software. For people seeking free electronic options, IRS Free File offers something for almost everyone through two formats.

Traditional Free File provides free tax preparation software and free electronic filing to individuals or families who earn less than \$57,000. Traditional Free File is a public-private partnership in which approximately 20 tax software manufacturers make their tax preparation software and e-filing available for free.

Everyone can use Free File Fillable Forms. This service, now in its second year, provides free online tax forms that can be completed and filed electronically. These are electronic versions of IRS paper forms. This program is ideal for people who are comfortable preparing their own returns with little assistance.

People must access Free File through the IRS Web site at www.irs.gov and click on Free File or www.irs.gov/freefile. People can read more about Free File at www.freefile.irs.gov.

People looking for a tax preparer who files electronically and for more information on e-file can review IRS e-file for Individuals. Taxpayers also can locate an e-file authorized tax professional nearest to them by doing a zip code search.

THE FLAGSHIP'S LEEWARD SHOUT

What do you think the U.S. Military could do better or more of to help the people of Haiti?



"They should provide security to the Haitian people. They're giving food to a child and gangs are stealing the food from them."

MM1 (SW)
David Rupp
Norfolk Naval Shipyard



"I think we're doing good. We're sending troops over and giving supplies, and providing medical support."

IC2 (SW)
Erick Raffles
Naval Air Station Oceana



"I don't know if they're doing this already, but I think they should have a blood drive."

MM2
Natalie Johnson
NRMD, Norfolk Naval Shipyard



"I think the U.S. Military should send more troops to help out with security so they can make it more secure to get food out to the people."

IT1 (SW/AW)
Regina Chance
NATO CIS Services Agency (NCSA) Norfolk



"Once they get it secure and are ready to rebuild, they should send our troops, who specialize in construction, to help rebuild the city."

IT1 (SW)
Qiana Moseby
NATO CIS Services Agency (NCSA) Norfolk



"We should keep doing what we're doing."

Ensign
Jeremy Mowery
USS New York (LPD 21)

Photos by MC2 Mandy Hunsucker

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USDA, Navy sign agreement to encourage the development, use of renewable energy

PRESS RELEASE

From Navy Office of Information

WASHINGTON — The United States Department of Agriculture (USDA) and the Department of the Navy (DoN) announced Jan. 21 that leadership from the two departments have signed a Memorandum of Understanding (MOU) to encourage the development of advanced biofuels and other renewable energy systems.

“This agreement is part of President Obama’s vision of a coordinated federal effort to build a clean energy economy, create new jobs and reduce our dependence on foreign oil,” said Agriculture Secretary Tom Vilsack. “USDA looks forward to working with the Navy and other public and private partners to advance the production of renewable energy by sharing technical, program management and financial expertise.”

Secretary of the Navy Ray Mabus emphasized how partnering with USDA supports his vision for energy reform. Mabus’ overarching goal is to increase warfighting capability.

“In order to secure the strategic energy future of the United States, create a more nimble and effective fighting force and protect our planet from destabilizing climate changes, I have committed the Navy and Marine Corps to meet aggressive energy targets that go far beyond previous measures,” said Mabus.

From a strategic perspective the objective is to reduce reliance on fossil fuels from volatile areas of the world. Tactically, on the battlefield, the costs of transporting fuel has exponentially increased; in extreme cases, a gallon of gasoline could cost up to \$400.

“Even more serious and sobering, we are putting our Sailors and Marines in harms way as fuel



Photo by MC2 Kevin S. O'Brien

Secretary of Agriculture Thomas Vilsack, right, and Secretary of the Navy (SECNAV) the Honorable Ray Mabus sign a memorandum of understanding at the Pentagon. The U.S. Department of Agriculture and Department of the Navy will work together to reduce energy consumption derived from fossil fuels, and to increase energy production from renewable energy sources.

convoys often meet a lethal enemy,” Mabus continued.

To address this reality Mabus recently announced five ambitious energy targets for the Navy and Marine Corps and biofuels are a major component of four of those goals. Those targets are summarized below:

- When awarding contracts, appropriately consider energy efficiency and the energy footprint as additional factors in acquisition decisions.

- By 2012, demonstrate a Green Strike Group composed of nuclear vessels and ships powered by biofuel. By 2016, sail the Strike Group as a Great Green Fleet composed of nuclear ships, surface combatants equipped with hybrid electric alternative power systems running on biofuel, and aircraft running on biofuel.

- By 2015, cut petroleum use in its 50,000 non-tactical commercial fleet in half, by phasing in hybrid,

flex fuel and electric vehicles.

- By 2020, produce at least half of shore based installations’ energy requirements from alternative sources. Also 50 percent of all shore installations will be net zero energy consumers.

- By 2020, half of DoN’s total energy consumption for ships, aircraft, tanks, vehicles and shore installations will come from alternative sources.

The MOU complements USDA and the Navy and Marine Corps’ existing renewable energy programs and efforts. USDA has a variety of programs and services that support renewable energy development, including:

- Rural Development loan and grant programs focused on developing renewable energy systems and helping agricultural producers and businesses adopt energy efficiency improvements;

- The Farm Service Agency’s (FSA) Biomass Crop Assistance

Program, which supports the establishment and production of crops for conversion to bioenergy, biobased products and power, and

- The Research, Education and Economics Division’s comprehensive bioenergy research program focused on developing new varieties and hybrids of bioenergy feedstocks.

The DoN recently established a Naval Energy Office to develop and employ proven business models and investment strategies that leverage public and private investment to achieve naval, defense and national energy goals.

The parties will work together to support President Obama’s initiative to make the United States a global leader in developing a renewable energy economy, reducing energy consumption derived from fossil fuels and increasing energy production from renewable energy sources. The

United States has abundant natural resources – including wind, solar, hydrokinetic, ocean, geothermal and land for biomass energy crops – that can be refined into biofuels to meet commercial, military transportation and other energy needs.

USDA Rural Development administers and manages more than 40 housing, business and community infrastructure and facility programs through a network of 6,100 employees located in 500 national, state and local offices. These programs are designed to improve the economic stability of rural communities, businesses, residents, farmers and ranchers and improve the quality of life in rural America. Rural Development has an existing portfolio of more than \$125 billion in loans and loan guarantees.

USDA’s FSA facilitates income support, disaster assistance and conservation programs for the nation’s farmers. It provides operating loans for the procurement of farm equipment, seed and fertilizer, and offers ownership loans to help new and veteran producers purchase a farm. FSA also works to procure various commodities to benefit low-income families through domestic food assistance programs.

The Research, Education and Economics mission area is dedicated to the creation of a safe, sustainable and competitive U.S. food and fiber system and strong, healthy communities, families and youth through integrated research, analysis and education. This mission area includes the Agricultural Research Service, the National Institute of Food and Agriculture, the Economic Research Service, and the National Agricultural Statistics Service.

Watch the MOU signing ceremony video on demand at www.chinfo.navy.mil.

Combating PTSD with Virtual Reality Exposure Therapy

BY LORIN T. SMITH

Madigan Army Medical Center

FORT LEWIS, Wash. — This summer, thousands of Joint Base Lewis-McChord Soldiers will return home from deployments to Iraq and Afghanistan, ready to reunite with family and loved ones. But for some, the war will not be over.

The Improvised Explosive Device that killed their best friend while on a mission will play over and over again in a few Soldiers' minds. For others, who may have just finished up their third or fourth deployment in less than a decade, may recall traumatic events and describe them with little or no emotion, similar to giving results for an after-action review.

Behavioral health providers have treatment options for Soldiers dealing with these serious examples of Post Traumatic Stress Disorder, but one in particular is receiving lots of attention in the medical community - Virtual Reality Exposure Therapy.

The Department of Defense National Center for Telehealth and Technology, in partnership with the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, and the Department of Psychology at Madigan, were funded by the United States Army Medical Research and Materiel Command, to conduct a four-year study to determine the effectiveness of VRET on active-duty service members returning from Operations Iraqi Freedom and Enduring Freedom who are suffering from PTSD.

Through VRET, behavioral health providers can use 360-degree, interactive computer-generated environments uniquely tailored to expose the patients back into the environment and experience where the trauma occurred, to help reduce anxiety and post-traumatic stress.

The congressionally-funded medical research study is the first randomized clinical trial that uses active-duty military diagnosed with



Photo by Hylie Jan Pressey

Sgt. Matthew Payne demonstrates the “Virtual Iraq” program, a computer simulation that allows behavioral therapists to use Virtual Reality Exposure Therapy to treat patients suffering from PTSD. The Department of Defense National Center for Telehealth and Technology is currently conducting a study to determine the effectiveness of VRET for active-duty service members.

combat-related PTSD to compare VRET results to traditional “imaginal” prolonged exposure therapy, and to a control group that waits five weeks for any type of treatment.

The study’s sample size is 120 service members to complete the three types of treatment options. Treatment sessions for each type of therapy last about 90 minutes, said Dr. Greg Reger, the chief of T2’s Innovative Technology Applications division. And the best way to participate in the study is to be recommended by a behavioral health specialist at Madigan Healthcare System or Naval Hospital Bremerton.

Established prolonged exposure requires a person to imagine, in as much detail as possible, the traumatic situation and describe the image or memory verbally. This treatment is repeated by the patient over and over again, until the stress is reduced. It is currently the technique most used by clinicians throughout the Department of Defense. However, Reger said

“imaginal” exposure is less effective for combat trauma than other types of trauma.

He linked the lowered success rate to Soldiers, for example, having to endure multiple deployments for 12 to 15 months at a time. Some people find it difficult to imagine in sufficient detail or for a long enough period of time to reduce anxiety, he said. “With a constant stressful environment and exposure to potentially multiple traumatic events, people get emotional disengagement,” Reger said.

VRET is traditionally used to treat phobias like fear of heights or flying, in a cost-effective manner, Reger added.

“I can’t fly a patient in a plane to create the exposure, but I can use a computer flight simulator and get the same effect,” he said.

Patients undergoing VRET still explain to the therapist what happened that caused the trauma, but are exposed to a variety of computer-generated stimuli with the program “Virtual Iraq.” VRET is designed to promote a multi-sensory

emotional connection to the memory, thus helping the patient be able to gradually face the traumatic experiences that underlie his or her distressing memories after a number of treatment sessions.

This connection is facilitated by having the patient put on a head-mounted display (over-the-eyes video glasses) and either ride or drive in a simulated convoy, and Reger matches the scenario to the event. Or a Soldier will be given a dummy M-4 with a mounted game controller and conduct a dismounted patrol, and Reger could simulate gunfire.

Reger can customize the simulation experience ensuring ample control of the exposure to the programmed situations – changing weather conditions, terrain, helicopter flyovers, types of attack; even add in Muslim prayer call.

“Consider the difference between someone closing his eyes and imagining the situation versus someone who tells his story while the same type of event is occurring

with the sights and sounds – it is so much more emotionally-engaging,” Reger said.

Reger encourages those who are suffering from PTSD to give the study a try, because he said it is his job to give back to those who have already sacrificed so much.

“We have treatments that are effective; and we can help get our troops back to the level of functioning their families need them to be in,” Reger said.

The DoD is expanding its use of VRET treatments. Walter Reed Army Medical Center in Washington, D.C., and the Naval Medical Center San Diego are conducting their own VRET-based studies; Tripler Army Medical Center in Hawaii and a number of Veterans Affairs hospitals are starting to use virtual reality, as more service members transition into veterans.

“Exposure therapy is a well-established therapy and a great way to leverage treatment with technology,” Reger said.

For more information on the VRET study, call (253) 968-4793.

Haiti native heads home to help

BY MCC CRAIG P. STRAWSER
Special to American Forces Press Service

KABUL — Army Sgt. Maj. Jean Chouloute was born in Port-au-Prince, Haiti, and lived in Saint-Marc until he was about 11. Although he moved away, he still has family living in Port-au-Prince, and like the rest of the world, the events that have unfolded in Haiti have held his rapt attention.

For the last five months, Chouloute has served here as the command sergeant major for the International Security Assistance Force Joint Command Joint Operations Center, responsible for the health and welfare of everyone who works there.

Now, he is embarking on a completely different mission. He is heading to the 82nd Airborne Division's 2nd Brigade Combat Team at Fort Bragg, N.C., and then on to Haiti, where he will be among those helping the victims of the Jan. 12 earthquake.

Although his family in Haiti had damage to their house and are now living in a local church, they made it through OK, Chouloute said. Many had it a lot worse, he noted — all 10 members of the family next door were killed.

But it's not concern for his family that's pulling him out of Afghanistan. When he gets there, he said, he will use his language skills while patrolling, delivering food and working with other troops to provide hope to the Haitian people.

"We will show the people of Haiti what the U.S. mili-

tary and the U.S. people are all about," he said. "It's important for me to do this on a couple different fronts. I am helping to show the diversity of the Army, and I will be able to help serve as a bridge between the folks who need help and those who are going there to help. I know the culture, language, area, and people."

Chouloute said it's imperative that the United States shows Haiti how much it cares about what's happened over there.

"It makes me sad to see the level of devastation," he said. "They went for almost 50 years without making any real advances, and in the last year they started to get hope, electricity and hotels." He added that the people of Haiti have a lot of faith in the U.S. government, and are counting on its support and assistance.

"That's why it is so important for the U.S. to go there," he added. "The relationship of the Haitian people with the U.S. is important. If we weren't there, there would be more hunger, and more looting. It would be a lot worse than it is right now."

This will be Chouloute's third time going to help in Haiti since joining the Army.

"I can't think of a better way to close out my Army career than helping out the country where I was born while representing the country I love," he said.

Editor's note: Navy Chief Petty Officer Craig P. Strawser serves in the International Security Assistance Force Joint Command public affairs office.



Army Sgt. Maj. Jean Chouloute



U.S. Air Force photo by Alan Boedeker

Retired Capt. Claude R. Platte, a former Tuskegee Airman, signs a wall at the 323rd Training Squadron dedicated to the Tuskegee Airmen as his great nephew Airman Christopher Platte, 331st Training Squadron, looks on. Capt. Platte was the first African-American officer to be trained and commissioned in the Air Force pilot training program.

Airman follows famous uncle

BY MIKE JOSEPH

Special to American Forces Press Service

LACKLAND AIR FORCE BASE, Texas — When Airman Christopher Platte decided to join the Air Force last year, he didn't know he would be following in famous footsteps.

Graduation from Basic Military Training on Dec. 11 capped a two-day whirlwind for Platte that included rare time spent with his great uncle, retired Air Force Capt. Claude Platte, an original Tuskegee Airman.

BMT graduation was the first time since he was an infant that Platte had been with his famous uncle, who helped break down racial and educational barriers by becoming one of the first African American officers trained and commissioned in the newly reopened Air Force pilot training program at Randolph Air Force Base, Texas, in the 1940s.

The younger Platte found out about his uncle after telling his family he wanted to join the Air Force. He first spoke with his great uncle in November 2008, he said.

"I talked to my mother about [joining the Air Force] and she said, 'Oh, by the way, you have a great uncle who is a Tuskegee Airman,'" Platte recalled.

"I had no idea," he added. "I think that it's going to be a great motivation for me to take it a step higher now that I know where I come from. Even if I decide not to be a pilot, it's motivation to be the best I can be in the Air Force."

The elder Platte served 18 years in the Air Force and trained more than 400 African American airmen to fly solo and pilot specialized military aircraft. Captain Platte's brother — Christopher Platte's grandfather — was also a Tuskegee Airman.

Captain Platte has received many honors including an honorary doctorate in public service from Tuskegee University in 2006, and the Congressional Gold Medal in 2007.

Retired from Bell Helicopter Textron Co. and living in North Texas, Platte and other Tuskegee Airmen travel the country telling their stories.

A modest man who stays involved in community service, the elder Platte said he wasn't out to break down barriers; he only wanted to fly.

"It was something I wanted to do," he said. "It was just like getting a toy. I didn't think about the segregation part of it. I wasn't interfered with, so I really enjoyed it."

Captain Platte's return to Lackland AFB for his great nephew's gradua-

tion was the first time he had been back since his own BMT nearly 50 years ago.

And, as Airman Platte begins his military career, he's entering as a survival, evasion, resistance and escape specialist. He, too, started down a different trail.

After all, how many airmen begin their career with an Eagle Scout Court of Honor the day before BMT graduation?

"It was an interesting experience. It was not a traditional court of honor," he said about the Dec. 10 ceremony.

Col. William Mott V, the 37th Training Wing commander, presided over the event and presented Platte with his Eagle Scout award.

The two days of activities were enough to make a mother proud.

"I don't think there are words to describe how proud I am," said Platte's mother, Marilyn Wright. "He really didn't have any idea the legacy he was stepping into. Since he was six, he's been saying, 'I want to fly planes; I want to be in the air!'"

"Honestly, I tried to discourage him, but it's in his heart to be an airman," she said. "Now he's fulfilling a dream."

Editor's note: Mike Joseph works for 37th Training Wing public affairs.

Skin deep: Marine Corps roles out new tattoo regulations

COMPILED BY GUNNERY SGT. A.C. MINK

Special to *The Flagship*

Walk into nearly any high school and it is readily apparent that tattoos are no longer simply a permanent form of rebellion for troublemakers. From the hula girls of Norman "Sailor Jerry" Collins fame, to the intricate designs from the likes of Kat Von D, the current generation seems to find tattoo as mainstream an expression of personality as clothes or music.

It may seem as if that social acceptance has not carried over into the Marine Corps policy. Marine Administrative Message 029/10 clarifies previous regulations and works to ensure that Marines continue to exemplify the highest standards of military bearing and appearance.

However, Sgt. Maj. Carlton Kent, Sergeant Major of the Marine Corps explained in a recent Marine Corps Times article that the Corps is not anti-tattoo.

"We are trying to ensure our warriors are set up for success in their career and can complete special assignments if they want, or even become a commissioned or warrant officers. With this new policy, they can make an informed decision before getting a tattoo and what their limitations during their career will be," said Sgt. Maj. Carlton Kent, Sergeant Major of the Marine Corps, in a recent Marine Corps Times article.

He stressed the importance of Marines, and potential Marines, familiarizing themselves with the policies before getting inked.

The new message offers clarification and amplification of previous messages to assist the Marines with that goal. It addresses how the "growing trend of excessive tattoos limits world-wide assignability of Marines."

"This tattoo policy seeks to balance the personal desires of Marines with their inherent responsibilities to set the example and present the sharp military appearance America has come to expect of her Marines," it states.

The policy's overall intent is to ensure Marines can be assigned whenever and wherever they are needed and to maintain the professional demeanor. It provides the most current Marine Corps policy and takes precedence over all previous MARADMINs on the subject.

Prohibited tattoos or brands are more clearly outlined, including those that are sexist, racist, show nudity, are offensive in nature or express conduct or substances prohibited by USMC policy.

In addition, those that depict vulgar or anti-American content, bring possible discredit to the Marine Corps or associate the individual



U.S. Marine Corps photo by Sgt. Salju K. Thomas

In 2007, when the Corps established the policies, Marines who already had "sleeves" or other large tattoos were grandfathered. However, the MARADMIN is clear that enlisted Marines, even if grandfathered under MARADMIN 198/07, are not eligible for Marine commissioning programs. Special duty assignments, such as Marine Security Guard and Recruiting, are not available either.

with any extremist group or organization are also prohibited.

Tattoos or brands on the head, neck and in the mouth continue to be prohibited, as are sleeve tattoos and half-sleeve or quarter-sleeves that are visible when wearing the standard physical training uniform.

In 2007, when the Corps established the policies, Marines who already had "sleeves" or other large tattoos were grandfathered. However, the MARADMIN is clear that enlisted Marines, even if grandfathered under MARADMIN 198/07, are not eligible for Marine commissioning programs. Special duty assignments, such as Marine Security Guard and Recruiting, are not available either.

An anonymous man said, "Tattoos are like marriage: it's a lifelong commitment, it hurts like hell, and the color fades over time." Whether or not that is true, Marines who choose to ink will be considering their options a little more carefully if they plan to share that commitment with the Corps.

More information is available in MARADMINs 000/10 and 029/10.



U.S. Marine Corps photo by Sgt. Scott Whittington

Sgt. Adam J. Brouillard, Marine Air Ground Task Force planner, G-3, U.S. Marine Forces, Pacific, displays his shoulder tattoo. Tattoo sleeves are defined as a large tattoo or collection of smaller ones that covers or almost covers a person's arm or leg.

WWII veteran receives medals he earned more than 60 years ago

STORY AND PHOTO BY
MC1 MONICA R. NELSON
*Commander Navy Region
 Southeast Public Affairs*

JACKSONVILLE, Fla. — A Jacksonville resident at the River Garden Hebrew Home was presented with medals he earned more than 60 years ago as a seaman first class in World War II (WWII), Jan. 15.

Arthur Bialik received the WWII Victory Medal, the European-African-Middle Eastern Campaign Medal, and the American Theater Medal for his service from Sept. 27, 1943 until April 6, 1946.

The award presentation by Navy Region Southeast Chief of Staff Matthew Straughan marked the culmination of 10 months of combined effort between Celia, Arthur's wife, and their son, Alan, on Arthur's behalf.

"When my brothers and I were in our mid-teens we talked about his medals, but Mom said he didn't want them," said Alan, their middle son from Germantown, Md.

"He told our sons," said Celia, "I didn't enlist to get medals; I enlisted to serve my country."

Last year, with Arthur in River Garden Hebrew Home paralyzed on his right side from a stroke in October 2008, Alan decided to take action.

"He was getting up in age and he deserved them," said Alan.

For months Alan tried to determine how his father could be awarded the medals his DD214 claimed he earned. Finally, he suggested his mother contact her Florida congressman and go that route.

"I contacted Congressman Ander Crenshaw's office," said Celia. "The person I spoke to was just wonderful. I had to fill out a form, and Arthur had to sign his name. He was always right-handed and it is his right side that was paralyzed, so they said he could just put an 'X' on the signature line."

Instead, Arthur wrote his name, shocking Celia. She suggested he try the art class offered at River Garden, but he wasn't interested. He had never used his left hand in the capacity of his right.

"When I was first told about Arthur and his disability, I hoped he wouldn't get frustrated or discouraged," said Kathleen Tufts-Stahl, the art teacher at River Garden Hebrew Home who taught Arthur when he finally decided to give art a try. "I watched him put a paintbrush to canvas for the first time with his left hand. I watched his face. Not once did I see any frustration. The only thing I saw was motivation."

Tufts-Stahl calls Arthur a natural artist and a joy to

have as a student.

A few months after Celia had gone to see Congressman Crenshaw, she received a phone call saying the medals were in the office.

She contacted Navy Region Southeast Public Affairs and together they planned a celebration of Arthur's service. Jan. 15 was chosen, the day he would also celebrate his 85th birthday.

For more news from Navy Region Southeast, visit www.navy.mil/local/cnrsw/.



The wife and son of World War II veteran Seaman 1st Class Arthur Bialik put a Navy Region Southeast ball cap on his head after a formal presentation of medals presented by Capt. Matthew Straughan, left, chief of staff of Navy Region Southeast. Bialik earned his medals more than 60 years ago but applied for them recently. Bialik was presented the medals on his 85th birthday at River Garden Hebrew Home in Jacksonville, Fla.



Military leaders and family members view the 97 photos of fallen Soldiers that hang on the walls of Fort Hood's Hall of Remembrance during the official dedication held Jan. 11 at the Survivor Outreach Service Center. The Hall of Remembrance is a room reserved to honor the memory of fallen Soldiers from North and Central Texas and has room for more than 700 family-submitted photos.

Photo by Heather Graham

Hall of Remembrance opens at Fort Hood

BY JOY PARIANTE

Special to American Forces Press Service

WASHINGTON — The survivor outreach services center here officially opened the Hall of Remembrance Jan. 11 to honor all those affiliated with Fort Hood and surrounding Texas communities who have made the ultimate sacrifice in defense of the nation.

A private opening, featuring the photos of fallen heroes displayed across a wall, was held Dec. 22, 2009, with 189 family members of the fallen in attendance.

The first opening, with a roll call of all the service members on the wall, was for honoring and healing, officials said. The public opening, they explained, was to promote awareness of the survivor outreach services program — known as SOS — and to acknowledge the community's support in making both the hall and SOS headquarters possible, said Janeth Lopez, SOS program manager.

"This is the result of a commitment to keep a promise," said Army Lt. Gen. Robert W. Cone, commanding general of 3rd Corps and Fort Hood. He quoted from President Abraham Lincoln's second inaugural address, which explains that promise: "Let us strive on to finish the work we are in, to bind up the nation's wounds, to care for him who shall have borne the battle and for his widow and his orphan."

SOS provides surviving families with a connection to their Army family for as long as they want it and with whatever support they need, Lopez said. This includes programs such as financial counseling, support groups and grief camps for children. SOS staff members also make phone calls to fam-



Photo by Heather Graham

Infantry sniper SPC Jonathan Emard was killed June 4, 2008, in Tikrit, Iraq. His family submitted the photo to honor their Soldier's memory and sacrifice. His photo is next to two other Soldiers killed with him that day.

ilies, send cards and publish newsletters to keep family members connected. They also reassure them that they're remembered and will be cared for, Lopez said.

While SOS is an Army program, its representatives lend their services to families of airmen, sailors and Marines in need as well, Lopez noted.

To date, 613 service members have died from the 175 counties in Fort Hood's SOS area of operations, which includes northern and central Texas.

The Hall of Remembrance is inside the SOS headquarters building, which is a completely refurbished battalion headquarters. The center was established using donations of more than \$40,000. Furniture, electronics and appliances were donated by the Association of the U.S. Army, Ashley

Furniture, Modern TV and Appliance, Wal-Mart, the Shine Team, the Fort Hood USO, Fort Hood National Bank and Don Moore, who donated the art for the facility. AUSA funded the Hall of Remembrance.

The hall features framed personal photographs, some with heartfelt notes from families attached to the backs, Lopez said. Families chose the photograph they thought best represented their fallen hero. The result was a collage of high school yearbook photos, sketches and candid shots of soldiers on patrol and relaxing while deployed.

"From what [the families] have told us, it brings a sense of healing for them, and they know their soldier is not forgotten," Lopez said.

Editor's note: Joy Pariente writes for the Fort Hood Sentinel.

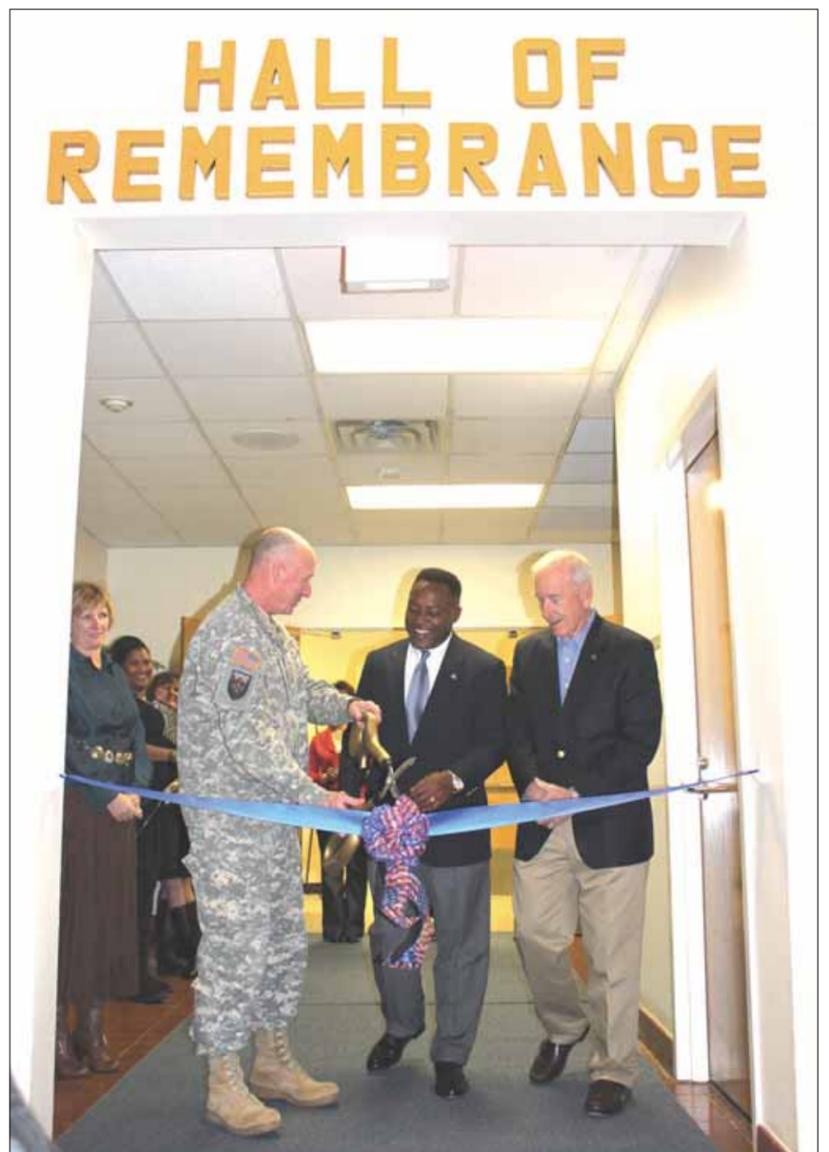


Photo by Joy Pariente

Lt. Gen. Robert W. Cone, commanding general, III Corps and Fort Hood; Ron Taylor, president, Fort Hood Chapter, Association of the United States Army; and Don Jones, regional president, AUSA, prepare to cut the ribbon at the grand opening of the Hall of Remembrance at the Fort Hood Survivor Outreach Services building.



Photo by Joy Pariente

Lt. Gen. Robert W. Cone, commanding general, III Corps and Fort Hood, looks at the pictures hanging in the Hall of Remembrance honoring those who paid the ultimate price. The hall was officially opened to the public Monday and honors the fallen with a Central Texas or Fort Hood affiliation.



Photo by Heather Graham

A bronze memorial statue sits on a table in front of the photos of fallen Soldiers at Fort Hood's Hall of Remembrance, which opened to the public Jan. 11.

VINSON: Carrier is playing major role in the earthquake relief efforts in Haiti

Continued from page A1

patients before providing life-saving medical and surgical services.

The ship also serves an alternative landing site when the Comfort's landing spots are full. Patients with critical needs are brought to the Vinson to provide immediate assistance.

"We want to mitigate the suffering from the Haitian people from this earthquake,

so we are spread out trying to help as many people as possible."

The Carl Vinson also boasts a variety of helicopters that include 19 CH-53E Sea Dragon helicopters and SH-60C Sea Hawk helicopters, that can be used for a variety of purposes from transporting cargo and supplies to picking up patients in small remote areas.

Lindsey discussed how a group in Michigan e-mailed

the Carl Vinson and said they had been contacted by personnel on an island outside of Port-au-Prince that needed help. The Carl Vinson sent an aircraft to the island and found an area for the SH-60 to land. The helicopter transported three casualties from the island because they had the capability to land in such a small area.

"We are probably doing 180 to 240 landings a day off of this ship," Lindsey said.

"The Sailors on the flight deck and in maintenance are doing the hard work making sure they are getting into the country."

One of the main things the ship transports is medical supplies and water. The ship has transported over 30,000 gallons of water. A group of Sailors on his ship also created a water tree, where they took piping and created spigots, and use the endless supply of water from the ship

to fill containers with water for those in need in Haiti. He said these Sailors volunteered their time to do this and fill five-gallon jugs with water by hand. Because of their volunteer efforts each helicopter that leaves the ship has 32 of these jugs on flight.

Lindsey credits the success of the ship to the crew, including Creole speakers who he says have been "enormously helpful" when

airlifting patients. "Having someone speaking their own language has been critical to our success and has comforted patients," he said. "This again reflects our Sailors."

"My Sailors on board, every one of them wants to go ashore to help them. I have to tell them I would love for them to all go there, but I do need a few of them to stay back on the ship to continue the operations here," he said.

PENTAGON: Roughly 20,000 U.S. troops will be supporting relief efforts in Haiti by Jan. 24

Continued from page A1

Officials say the disaster has killed between 100,000 to 200,000 people and the Red Cross estimates some 3 million people have been affected. To date, the United States has delivered 1.4 million bottles of water, 700,000 meals and 22,000 pounds of medical equipment, which are being

disbursed among some 100 distribution sites, Fraser said.

While the cost of relief efforts is difficult to estimate given its scope, Fraser placed the figure at \$100 million. The Defense Department pledged up to \$20 million in emergency relief funds in days for Haiti, and sprang troops into action following the quake.

Off the Haitian coast are 20 U.S. ships, with the floating hospital vessel USNS Comfort among them, adding medical capabilities and supplying about 600 medical personnel and 1,000 desperately needed hospital beds. As of yesterday, roughly 270 U.S. medical personnel on the ground had treated more than 5,100 people in Haiti.

SRB: NAVADMIN 028/10 - Revised Selective Reenlistment Bonus levels

Continued from page A1

creased levels are effective 30 days from the release of NAVADMIN 028/10.

Award levels are continually reviewed and evaluated to match reenlistment behavior. This NAVADMIN supersedes NAVADMIN 250/09.

Commands must submit SRB reenlistment requests

for eligible Sailors 35-120 days prior to the requested reenlistment date. SRB requests submitted less than 35 days in advance without substantial justification will not be accepted. Sailors can reenlist for SRB no more than 90 days prior to their end of active obligated service. Exceptions to this policy as well as complete SRB guidance are listed

in OPNAVINST1160.8A, NAVADMIN 006/09 and NAVADMIN 028/10.

More than 1,300 Sailors have already received SRBs this fiscal year. SRB funding is limited, so SRB-eligible Sailors are encouraged to plan ahead.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

CAUTION: Donate money directly to established national relief organizations, expert says

Continued from page A1

of the charity on your check."

Kando-Pinedo also had advice for people who wish to donate supplies.

"Before collecting any goods, be sure to contact a legitimate charity and

find out if that's what's needed, if they can accept the goods and distribute them where it's needed," she explained. "If they lack that infrastructure, your goods won't get to needy people."

To get a list of charities for Haiti that meet the

Better Business Bureau's standards, Kando-Pinedo recommended visiting the Web site, www.bbb.org/charity. The Wise Giving Alliance at give.org and GuideStar at guidestar.org also are good sources for screening charities, she said.

Clinton visits Port au Prince, Haiti



U.S. Air Force photo by Master Sgt. Jeremy Lock

Former President Bill Clinton and his daughter, Chelsea, visit Port au Prince, Haiti, Jan. 18. As the U.N. envoy to Haiti, Clinton is surveying relief efforts and the damage caused by the Jan. 12, 7.0 magnitude earthquake.

Iwo Sailors donate blood in support of the Armed Services Blood Program

BY MC2 ZANE ECKLUND
USS IWO JIMA Public Affairs

NORFOLK — Sailors from the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7) rolled up their sleeves Jan. 12 to support the Armed Services Blood Program.

Fifty-eight Sailors from the Iwo Jima donated blood surpassing the command's goal of 40.

Hospital Corpsman 1st Class (SW/AW/FMF) Ritchie Luna, petty officer in charge for the event, was excited to see so many people donate their time and blood to save a life.

"The Armed Services Blood Program is the only military program responsi-

ble for blood products to all active duty personnel, family members, and dependants worldwide," said Luna.

Iwo Jima Sailors who participated were happy to help fellow service members.

Engineman 3rd Class Anthony Mortillaro decided to donate blood for the first time after an Individual Augmentee (IA) deployment to Iraq and seeing a blood drive poster with an IA Sailor on it.

"I just want to support the mission,"

said Mortillaro.

Fire Controlman 2nd Class Jacob Beebe had donated blood previously and wanted to do it again.

"Every little bit helps. I'm trying to help military members and their families," said Beebe.

January has been National Volunteer Blood Donor Month since 1970. Individuals eligible to give blood must be 17-years-old, weigh at least 105 lbs and not given blood within the last 56 days.



Photos by MC2 Zane Ecklund

(L) Intelligence Specialist 2nd Class Selby Arnold and (R) Engineman 3rd Class Anthony Mortillaro aboard multi-purpose amphibious assault ship USS Iwo Jima (LHD 7) donate blood during a blood drive. January is Blood Donor Month and the Iwo Jima is sponsoring the blood drive to support the Armed Services Blood Program.

90999+
& text Haiti Help

"Light Up The Night" benefit for the American Red Cross

International Response Fund supporting Haiti at Mt. Trashmore, Sunday, Jan. 31

VIRGINIA BEACH — The major fundraising event for the benefit of the American Red Cross International Response Fund supporting Haiti has been rescheduled for Sunday, Jan. 31 at Mt. Trashmore. Inclement weather forecasts for Saturday's originally planned event necessitated the date change.

"Light Up The Night For Haiti Relief" begins at 4 p.m. and will feature live music, and — weather permitting — a bonfire and a fireworks display. Admission is free and open to the public, although donations for the cause will be accepted by the Red Cross.

The program is:

- Chasing Shadows - 4-5 p.m.*
- Gridlock 64 - 5:30-6:30 p.m.*
- Carbon Jam - 6:50-7:50 p.m.*
- Felicia Barton - 7:50-8 p.m.*
- Fireworks - 8 p.m.*

Felicia Barton, from Virginia Beach, achieved national acclaim as a singing star on American Idol during the eighth season.

Also, a bonfire will occur. For a donation, the purchaser will receive a piece of firewood to toss on the fire.

Krispy Kreme doughnuts is donating product to raise funds. Dominion Fireworks Company is contributing the event's finale.

"Light Up The Night For

Haiti Relief" is co-produced by the City of Virginia Beach, the Red Cross and IMG.

"International Red Cross has staff and expert volunteers working in Haiti's affected areas to assist with the immediate needs for emergency and first aid," says Rob Shapiro, public relations director. "The American Red Cross is on the ground and supporting operations with relief supplies, financial assistance and personnel.

"Financial support is the best form of assistance those wishing to help can provide," continues Shapiro. "All donations at the event will be accepted directly by the Red Cross."

The event is being produced by IMG, which manages Beach Events for Virginia Beach and Portsmouth's amphitheater.

"Fully 100 percent of all donations from this event will go toward Haiti relief," says Ken MacDonald, IMG president. "Everyone is generously donating their services, products and time to this worthy cause."

"People have seen so much in the news about Haiti's disaster," MacDonald adds, "and this event brings together local residents looking for a sound opportunity to contribute to the recovery efforts."

For those unable to attend, donations for the relief may be made by phone at 1.800.REDCROSS, online at www.redcross.org or text Haiti to 90999.

Learning from the Martin Luther King generation

WASHINGTON —

The celebration of the accomplishments of Martin Luther King Jr. on his birthday resounds in the minds of many Americans, one of which is the President of the United States. Barack Obama and his family paid his respects to the leader of many of the civil rights cultural and political victories at Vermont Baptist Church in Washington, Jan. 17.

“We gather here, on a Sabbath, during a time of profound difficulty for our nation and for our world,” Obama said. “But we are not here just to ask the Lord for His blessing. We’re also here to call on the memory of one of His noble servants, the Reverend Dr. Martin Luther King, Jr.”

“It’s fitting that we do so here, within the four walls of Vermont Avenue Baptist Church – here, in a church that rose like the phoenix from the ashes of the civil war; here in a church formed by freed slaves, whose founding pastor had worn the union blue; from whose sanctuary King himself would sermonize from time to time,” Obama told the congregants.

“As Dr. King rose to take that pulpit, the future still seemed daunting,” Obama said. “Because segregation was still rife; lynchings still a fact. Yes, the Supreme Court had ruled not only on the Montgomery buses, but also on Brown v. Board of Education. And yet that ruling was defied throughout the South – by schools and by states; they ignored it with impunity.”

“It’s not hard for us, then, to imagine that moment,” Obama said. “We can imagine folks coming to this church, happy about the boycott being over. We can also imagine them, though, coming here concerned about their future, sometimes second-guessing strategy, maybe fighting off some creeping doubts, and perhaps despairing about whether the movement in which they had placed so many of their hopes – a movement in which they believed so deeply – could actually deliver on its promise.”

“So here we are, more than half a century later, once more marching toward an unknown future,” Obama said. “We’ve inherited the progress of unjust laws that are now overturned. We take for granted



Photo illustration MC1 (AW) Tim Comerford

President Barack Obama spoke to the congregants of Vermont Baptist Church in Washington, Jan. 17, about the accomplishments of Martin Luther King Jr. and what Americans can learn from his generation.

the progress of a ballot being available to anybody who wants to take the time to actually vote. We enjoy the fruits of prejudice and bigotry being lifted – slowly, sometimes in fits and starts, but irrevocably – from human hearts. It’s that progress that made it possible for me to be here today; for the good people of this country to elect an African American the 44th President of the United States of America.”

“Yes, we’re passing through a hard winter,” Obama said. “It’s the hardest in some time. But let’s always remember that, as a people, the American people, we’ve weathered some hard winters before. This country was founded during some harsh winters. The fishermen, the laborers, the craftsmen who made camp at Valley Forge – they weathered a hard winter. The slaves and the freedmen who rode an underground railroad, seeking the light of justice under the cover of night – they weathered a hard winter. They, too, sometimes felt their hopes deflate. And yet, each season, the frost melts, the cold recedes, the sun reappears. So it was for earlier generations and so it will be for us.”

He offered thoughts on how the that generation prevailed.

“First and foremost, they did so by remaining firm in their resolve,” Obama said. “Second, they understood that government, if aligned with the interests of its people, can be – and must be – a force for good.

Third, our predecessors were never so consumed with theoretical debates that they couldn’t see progress when it came,” Obama said.

Fourth, at the core of King’s success was an appeal to conscience that touched hearts and opened minds, a commitment to universal ideals – of freedom,

of justice, of equality – that spoke to all people, not just some people,” Obama said. “For King understood that without broad support, any movement for civil rights

could not be sustained.”

Obama also recognized King’s ability to stay focused.

“King overcame in other ways as well. He remained strategically focused on gaining ground – his eyes on the prize constantly – understanding that change would not be easy, understand that change wouldn’t come overnight, understanding that there would be setbacks and false starts along the way.”

And today’s America is not as troubled as that one was.

“Even after the worst recession in generations, life in America is not even close to being as brutal as it was back then for so many,” Obama said. “That’s the legacy of Dr. King and his movement. That’s our inheritance. Having said that, let there be no doubt the challenges of our new age are serious in their own right, and we must face them as squarely as they faced the challenges they saw.”



FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

January 28, 2010

Spruced up Navy Lodge opens its doors

BY MC1 (AW) TIM COMERFORD
Staff Writer

NORFOLK — The Navy Lodge that sits on Hampton Boulevard has seen many changes in the past 5 years and now it just about ready to open all 292 rooms for Sailors. The lodge reopened all its rooms yesterday.

"I believe it was due for this beautiful renovation and expansion," said Rear Adm. Steven Romano, commander and chief executive officer, Navy Exchange Service Command (NEXCOM), Virginia Beach, Va. "Navy Lodge Norfolk is now the largest Navy Lodge facility in the world."

The first Navy Lodge facility in Norfolk opened in 1971 with 90 guest rooms. A second addition was constructed in 1989 adding an additional 204 rooms. In 2005, the original 90 rooms were demolished and a new 100 room facility was constructed in its place. Following the opening of



The Norfolk Navy Lodge on Hampton Boulevard has added 200 newly renovated rooms for Sailors to enjoy.

the new 100 room facility, the 200 room facility underwent a major renovation. The New Navy Lodge offers 292 modern, affordable, comfortable, air conditioned

suites and rooms. Amenities include family suites, NEX gift shop, business center and meeting space. Each room features satellite TV, DVD player, direct dial tele-

phones, jack packs, free internet and a kitchenette.

Romano sees the Navy Lodge as a sound investment from a business stand point and a that of a Sailor.

"The navy lodge program itself is self-sufficient," Romano said referring to the lack government funds needed to upkeep the establishment. "An even bigger benefit, Navy Lodge guests save an average of 45 percent as compared to a civilian hotel, not including sales tax."

And that adds up to a huge help for Sailors that are watching their budget.

"That amounts to a savings of over \$50 million dollars per year for Navy families," Romano said. "That's a tremendous help, especially for those families on permanent change of station orders who often stay for an extended period of time."

To make reservations patrons can log onto www.navy-lodge.com or call 1-800-Navy-Inn.



Photo by MC3 John Herman

Capt. Ted Williams, executive officer of the aircraft carrier USS Dwight D. Eisenhower (CVN 69), practices with Sailors during a damage control hose team training exercise. Eisenhower is conducting a three-week Composite Training Unit Exercise (COMPTUEX) in preparation for an upcoming 2010 deployment.

Damage control training paramount Eisenhower stresses importance of maintaining firefighting capability

BY MCSN WILLIAM JAMIESON
USS Dwight D. Eisenhower (CVN 69) Public Affairs

USS DWIGHT D. EISENHOWER — The Nimitz-class aircraft carrier USS Dwight D. Eisenhower's (CVN 69) damage control training team (DCTT) emphasizes the importance of damage control (DC) by conducting constant

training and drills to keep Sailors ready.

Eisenhower DC instructors work to instill knowledge and skills in Sailors during damage control training drills, preparing the crew for any type of emergency.

"Everybody needs to be prepared for any-

See **FIREFIGHTING, B9**



Photo by MC2 Edwardo Proano

Quartermaster 3rd Class (SW) Brendan McElderry will be helping out his shipmates on USNS Comfort as he deploys to the ship as an Individual Augmentee.

CNRMA IA joins Sailors in Haiti

BY MC2 MANDY HUNSUCKER
Staff Writer

NORFOLK — Quartermaster 3rd Class (SW) Brendan McElderry, currently stationed at Commander, Navy Region Mid-Atlantic, began his Individual Augmentee (IA) assignment on the morning of Jan. 21, as a plane left the tarmac on Naval Station Norfolk.

McElderry is making his way to the USNS Comfort (T-AH 20), anchored off the coast of Haiti conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0 magnitude earthquake caused severe damage to the island nation Jan. 12.

On the morning of Jan. 19, McElderry came to work expecting a normal day and his command asked for a volunteer for the six month IA assignment. "At first, I had mixed feelings, but now I'm excited about going," said McElderry. "I just want to hurry up and get over there and experience it."

McElderry said he joined the Navy six-and-a-half years ago for personal growth.

"I joined the Navy to experience helping others and to start doing things on my own, not to get money for college or any of the other typical reasons," said McElderry. "I plan on making the

Navy my career and I feel this IA assignment will help my career, and allow me to help others."

In his naval career, so far, he has deployed twice while stationed on the Arleigh-Burke class destroyer USS O'Kane (DDG 7), homeported in Pearl Harbor.

"This will be my third deployment, but my first IA type assignment."

Even though McElderry was given approximately two days to prepare for this deployment, he said it wasn't too stressful.

"I had to do a lot of running around to make sure my medical records were up to date and make sure I got all of the shots I needed," said McElderry. "Then I had to pack, and get all my uniforms in order. The whole process was tiring."

McElderry said he hopes for the chance to make it onto the island nation to directly help with humanitarian efforts but it's not possible, he'll be happy doing his part on the ship.

In order to volunteer to become and Individual Augmentee follow the instructions outlined on Navy Knowledge Online (NKO), www.nko.navy.mil. Type in the keywords: Volunteer IA. NKO offers information for Reservists as well as Active Duty, inside or outside their PRD, that wish to volunteer IA.



Photo by MC2 Mandy Hunsucker

The MWR Auto Skills Center and the Navy Exchange Auto Center will be combining, offering Sailors a choice on whether they would like to do automotive work themselves or leave it to a professional.

NEX joins with MWR for all things auto

BY MC2 MANDY HUNSUCKER
Staff Writer

The Navy Exchange (NEX) and Morale, Welfare and Recreation (MWR) are joining forces on Naval Station Norfolk, with the MWR Automotive Skills Center, building U-126.

"The idea came about as a collaborative effort with MWR and the NEX to combine 'All things Auto' for our Sailors," said Danielle Rickner, MWR operations manager.

The building will still house MWR's Automotive Skills Cen-

ter, where Sailors can rent bays and lifts to work on their privately owned vehicles (POV). The lobby of the former Automotive Skills Center will be transformed into a mini-NEX. A section of the building previously used to service government vehicles will now be used as the NEX Automotive Center, where Sailors can pay to have their POV worked on by a professional mechanic.

"The NEX auto port located in building P-64, is moving to the new NEX auto center and MWR auto skills center," said Rickner. "This facility will be equipped

with a retail operation, and will provide Sailors with the option to utilize MWR's 'Do it yourself' services or the NEX's 'Do it for me' services."

According to Rickner, the new NEX auto port and MWR Automotive Skills Center will allow Sailors to order parts for their "do it yourself" projects and to purchase basic repair items within the retail NEX store.

Building U-126 is currently being renovated for the joint partnership and is supposed to be ready for its grand opening in February.

SPOUSE SPEAK! TIP of the week

The last piece of pizza

BY VIVIAN GREENTREE
Membership Director of Blue Star Families

In my fridge sits one leftover piece of pizza from my husband's last dinner at home while he was here for R&R. We were lucky enough to have him over the holidays, which felt like winning a lottery. We packed so much into that two-week window, I sometimes felt like I was that whirling Tasmanian Devil in the cartoons my kids watch

“ There was one last piece left that no one could fit down...and now I can't bring myself to either eat it or throw it away. So there it sits, mocking me while growing another skin in our fridge.”

too much of. And, we cherished every minute of it. From the anticipation of picking him up at the air-

port, to family coming in town, to frying our Christmas turkey, to riding around looking at Christmas lights, to going to an indoor water park, to buying a biosphere which contains two miniature frogs that I was outvoted on getting. We were a whirling dervish of family togetherness, right up until the “last meal” that we enjoyed together.

As his last dinner he chose his favorite pizza place. It has the “Jersey Shore” feeling he says which reminds him of going to the boardwalk when he was a kid. There was one last piece left that no one could fit down...and now I can't bring myself to either eat it or throw it away. So there it sits, mocking me while growing another skin in our fridge. A smelly, and somewhat odd, reminder that the man of the house, an integral piece of our family, is gone again.

It isn't the only thing he has left behind either. I also have avoided folding and putting away the last load of laundry I did because I know there are a few of his t-shirts in there and I guess I'm thinking that if I don't put them away it is like he isn't really gone yet. He could actually walk through the door unexpectedly and put

away his own clothes...and while he's at it he could finish off the specialty beer I splurged on for his short visit home that he didn't manage to finish. Or put away his huge, clunking shoes that he left out? The boys are using them and pretending to water ski around the living room. So weird I know...but can we all say coping device? Can anyone relate?

Of course the most obvious thing that he left behind as a reminder of himself and the big gap in our lives for the remainder of this deployment are his two little mini-me's - Thing 1 and Thing 2. Which, in stark contrast to the smelly pizza and paint-stained t-shirts, is actually comforting and reassuring to me - a reminder of things yet to come and promises not yet fulfilled. A reflection of our past together and, yet, also our future, full of wonderful things yet to be had. Thing 1 loves nothing in the world more than to be told he looks like his daddy. And I could spend hours looking at pictures of Mike and both kids cuddling on the couch or “working” out in the yard. There is no one else I would rath-

er spend this time with than the two little reminders of the wonderful man my husband is and who we get to be with when he finally returns to us.

And, we've got lots to keep us busy until he does. Life goes on, right? We've got new spring sports to try (baseball this time), daytrips to take, homework to do, friends to spend time with, and I guess, some laundry to do. And, I should finally throw that pizza out, eh? And maybe do the same with that nasty t-shirt.

There is one good thing about him being out of the house, right? I can finally pare down the man's insane t-shirt collection without worrying about him finding the evidence in the donation bag. See, there are some good things about deployments!

Vivian Greentree lives in Chesapeake, VA and is the Membership Director of Blue Star Families. She is also on the Governor's Commission for Nation and Community Service. To contact Vivian, send her an email at vgreen00@gmail.com.



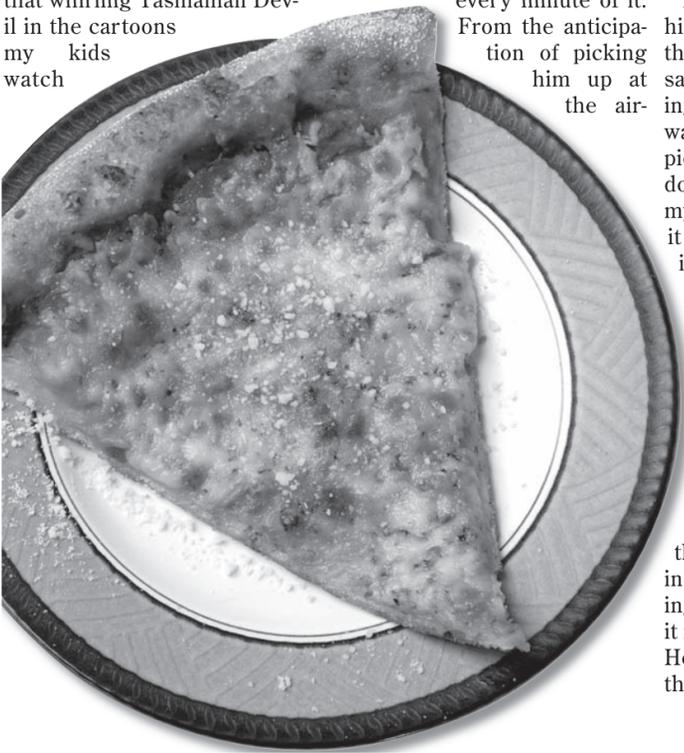
BUILD WEALTH NOT DEBT

PFM LEADERSHIP FORUM 2010 SCHEDULE:

Feb. 11 - 10 a.m. - 11:30 a.m.
Newport News, FFSC Office,
call 688-6289 to register.

Feb. 17 - 8:30 a.m. - 10 a.m.
Northwest, Base Chapel,
call 421-8770 to register.

Fleet & Family Support Centers of Hampton Roads will offer Personal Financial Management (PFM) Leadership Forums to promote FFSC's financial services and benefits of DoD's Military saves campaign. Attendees will receive financial tools and many resources.



Health and fitness should be motivators for attaining ideal weight

BY REBECCA PERRON
Military Newspapers of Virginia

While obesity, especially in children and teens, is at an all time high, the reality of what is a realistic weight can be skewed by body image, unrealistic expectations and our role models. Some children, teens and adults really do need to lose weight, but many do not. How does one know if they should go on a diet, or just attempt to be fitter and healthier?

The first thing to take into consideration is if one's weight is considered normal. Factor in age, body type, fitness level and height. Very fit people often weigh more than unfit people of the same size. Genetics, age, fitness level and height will all play a role in what is normal for each individual. Those in a normal weight range do not need to go on a weight loss diet.

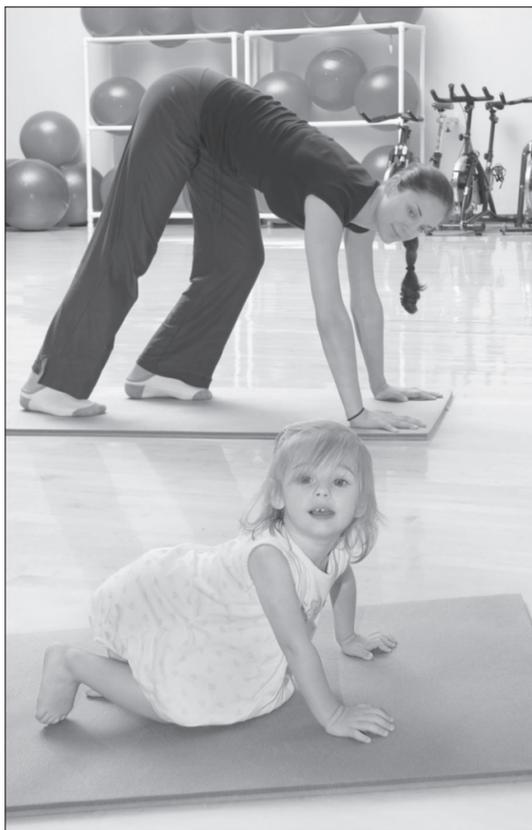
When deciding whether or not to go on a diet, the scale is not always the best tool of measurement. Since muscle weighs more than fat, a fit person who wears a size 8 may weigh more than an unfit person who wears the same size. Take measurements with a tape measure along with using a scale. This can help determine if weight loss is necessary, or just healthier eating and a fitness plan.

Body fat ratio is also important. It is possible to look thin but actually be carrying around too much body fat. Those who are not active but are blessed with “skinny genes” could still have fat-related health risks. The ideal body fat ratio is about 20 to 24 percent for young females and 15 and 20 for young males. Acceptable body fat ratios will differ for different age groups and gender. Those with a high ration should aim to get fit even if weight loss does not occur. This means to start exercising and eliminate unhealthy foods.

Whether the goal is to lose weight loss or to shape up, it is important to have realistic expectations. There are never any quick fixes. Goals should be serious and attainable, and the steps to reach them should become part of some permanent lifestyle changes. This means these steps need to be sustainable for life, so if they can not safely be done for more than two weeks, then it is probably not going to become part of a permanent change.

For those who are considering dieting or a major lifestyle change, it is always recommended that a visit to the doctor be completed before actually starting any diet or fitness plan. A doctor can help determine ideal weight, outline realistic goals and offer advice as to how best accomplish them.

Many people know what their ideal weight should be based on the experience of what felt comfortable and healthy



to them before they gained weight. For those who are not sure, and while hearing it straight from a doctor is always the safest, many have turned to the Web to help determine how to diet and what their ideal weight should be.

Enter into a search engine anything related to “calculate proper weight” or “caloric intake to lose weight” and the result will be dozens, if not hundreds, of Web sites that will provide an estimate of an ideal weight and calorie intake recommended to meet that goal.

While most of these sites produce similar numbers and are a great asset to some quick calculations, some sites use ideal weight charts from the 1970s that are outdated and give results that are far below the current recommended guidelines doctors might give. Use any Web site with caution and balance the information given with common sense and what you know will work for you.

Some sites will request more information about the user

and offer more information in return. The information typically requested can be height, weight, age, gender, activity level and frame size. To determine frame size, place the thumb and fingers of one hand around the smallest part of the other thumb overlap, has a small they barely person has frame. And not touch, has a large

Some of ideal will also body mass fat percent of prop which will small to size, should be to main-calories to lose you are and calories consumed to lose weight if you exercise frequently.

The ideal body fat ratio is about 20 to 24 percent for young females and 15 and 20 for young males. Acceptable body fat ratios will differ for different age groups and gender.

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sites not an estimate weight, but list current index, body age, arrange weight account for large frame ories that consumed tain weight, consumed weight if sedentary

To calculate caloric, the typical guideline of caloric intake for weight loss is 12 to 13 calories per pound per day, for weight maintenance is 15 to 16 calories per pound per day, and for weight gain is 18 to 19 calories per pound per day. That means an active person who weighs 150 pounds should consume 1,800 to 1,950 for weight loss, 2,250 to 2,400 calories per day for weight maintenance, and 2,700 to 2,850 for weight gain.

Since a pound equals 3,500 calories, someone who wants to lose one pound a week must burn an extra 500 calories per day on average. Although minimum required daily calories can vary by age, gender and weight, it is never recommended that any adult consume less than 1,200 calories per day. It is unhealthy and can cause one's body to go into starvation mode. This may cause the body to start conserving fat instead of burning it, and using lean muscle for fuel as well.

In the end, being fit provides a better quality of life and looking good is just a nice bonus. Make it about being healthy - not skinny - to best meet goals.

Second Fleet ready with forces for global needs

PRESS RELEASE

Second Fleet Public Affairs Office

NORFOLK, Va. – Balancing U.S. global commitments with urgent needs, Commander, U.S. Second Fleet Vice Adm. Mel Williams Jr. mobilized 30 percent of the forces under Second Fleet's cognizance within 18 days, between Jan. 2 and Jan. 20.

This massive effort, generated in response to the severe earthquake that occurred in Haiti, included Second Fleet's other commitments to provide ready forces to combatant commanders worldwide. Forty-five ships, submarines and squadrons, including a force of approximately 27,000 Sailors and Marines, have deployed.

During this period, three carrier strike groups (CSGs) have gotten underway, including: the Eisenhower CSG, departing on a regularly-scheduled deployment to the 5th and 6th Fleet areas of operation; the Carl Vinson CSG, which deployed from Norfolk for its scheduled homeport shift to San Diego, and was subsequently assigned to support the Haiti relief effort; and the Harry S.



Photo by MC2 Kristopher Wilson

From Jan. 2-20, 30 percent of Second Fleet's forces have been mobilized, some in response to the earthquake in Haiti and so for operational commitments.

Truman CSG, which is currently underway for a training exercise. In addition, the commanders of the George H.W. Bush CSG and Enterprise CSG have been given temporary command assignments in direct support of Haiti relief efforts.

In a **Five day** period (Jan. 14 and Jan. 18), **seven** amphibious ships, including two complete Amphibious Ready Groups (ARGs), along with **two** Marine Expeditionary Units (MEUs), were deployed. These forces included: The Bataan ARG/22nd MEU, which was

surged to participate in the Haiti relief effort; the amphibious dock landing ship USS Gunston Hall (LSD 44), which was en route for a deployment to Africa Partnership Station, but was ordered to proceed to Haiti, and the Nassau ARG/24th MEU, which deployed

from Norfolk for a regularly-scheduled deployment, and was recently reassigned to support the Haiti relief effort. In addition, the deputy commander and several staff members of Expeditionary Strike Group Two have been assigned to U.S. Southern Command to support the Haiti relief effort.

Two smaller combatant ships, the guided missile cruiser USS Normandy (CG 60) and the guided missile frigate USS Underwood (FFG 36) were deployed to support initial Haiti relief efforts.

Expeditionary Combat Command, U.S. Air Forces Atlantic, Military Sealift Command, and the Second Fleet Maritime Headquarters have deployed for temporary assignment in support of the Haiti relief effort.

The Navy is responding to the most urgent needs of the Haitian people in support of the joint, interagency and international effort.

Supporting civil authorities with capabilities that can help stabilize and improve the situation in the wake of natural and man-made disasters is a core Navy mission.

Second Fleet celebrates MLK's legacy

PRESS RELEASE

Second Fleet Public Affairs Office

NORFOLK — Commander, U.S. Second Fleet staff members took a moment during round-the-clock operations in support of U.S. Haiti Relief efforts to pay tribute to the life and accomplishments of Dr. Martin Luther King Jr. with a cake-cutting ceremony Jan. 16, at Commander, U.S. Second Fleet Maritime Headquarters.

More than 100 military and civilian personnel representing all services, as well as several allied nations, gathered for the ceremony, which began with the announcement of Second Fleet's Sea and Shore Sailors of the Year for 2010, Information Systems Technician First Class Joshua Jacobs and Operations Specialist First Class Jason Wilson.

As a special guest of Second Fleet, One Economy Corporation Director of Community Impact, Rodney Jordan, spoke to the staff about his family's far reaching commitment to the country, including military, social, and political service. He noted that King's view of service was as an essential core value.

"Dr. King clearly represented that kind of courage and commitment," he said, "and wanted to ensure we have that opportunity today."

Jordan said we must continue to recognize the value of each person's unique service, both for its material and symbolic value to our society.

Honoring Dr. Martin Luther King

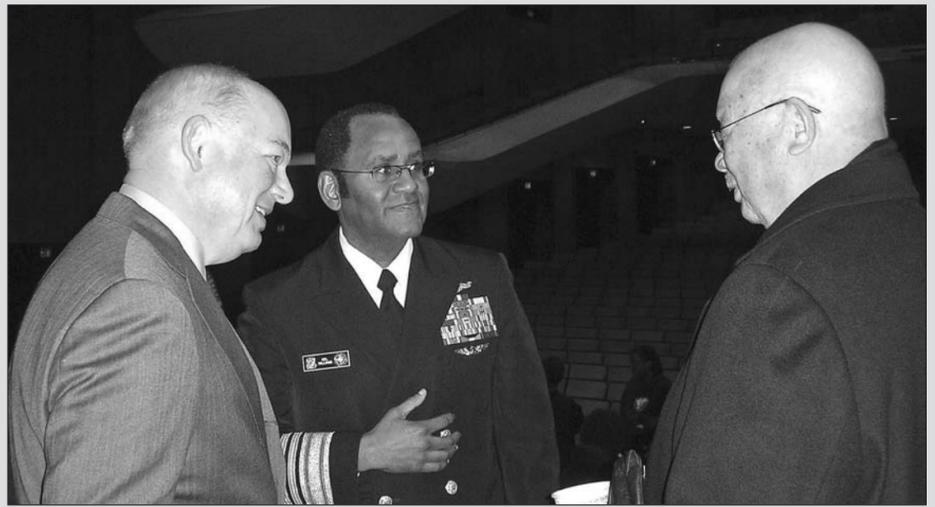


Photo by Cmdr. Jensin Sommer

Vice Adm. Mel Williams Jr., commander, U.S. Second Fleet, speaks to Norfolk City Mayor Paul Fraim, left, and former Vice Mayor Joseph Green after a program at Chrysler Hall honoring Dr. Martin Luther King and the 50th anniversary of public school desegregation.

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 <i>Our Lady of Victory Chapel</i> 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 <i>David Adams Memorial Chapel</i> Worship Services: 10:30 a.m. — Sun. Worship Wednesday Services: 8:30 - 10:15 a.m. — Bible Study Noon "Lunch with the Lord"
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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)	<i>Confessions:</i> 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)
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PWOC: Bible Study at the Chapel Annex Every Wed.
Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon
PWOC: Evening Bible Study Every Mon.: 7 p.m.

Latter Day Saints
11:30 a.m. — Sun.

Coffeehouse
6 p.m. — Sun.

For more information call JEB
Little Creek Chapel 462-7427

CHAPLAIN'S CORNER

Remember, love is a verb!

BY CHAPLAIN DAN WHITAKER
Portsmouth Naval Shipyard

Most of us are familiar with Oprah Winfrey, the popular talk-show host. My wife invited me to watch with her one afternoon, and I was struck by the point of that day's theme: "Love is not simply an emotion. Love is a verb." A verb is a part of speech that implies "action," "doing," or "behavior," like running, flying, or working. It is a "behavior" — something you do. Love is not a noun, a thing that we may possess, nor is it merely an emotion that we may feel.

Most of the world's religions have as a basic belief the idea that we ought to love our fellow human beings. Is this just an emotional response that we are to have towards one another, just a kind-hearted regard? As a verb, love requires more than that. William Shakespeare perhaps said it best when he penned the words, "They

do not love who do not show their love." His point was that if our emotions do not translate into some kind of action, then it's not really love.

So, how do we show our love? How do we make our love into a verb? Consider the following story:

There was once a group of religion instructors taking a summer course on the life of Jesus Christ, focusing particularly on his teachings. When final exam time came, the students arrived at the classroom to find a note saying that the exam would be given in another building across campus.

Moreover, the note said, it must be finished within the two-hour period that was starting almost at that instant.

The students hurried across campus. On the way they passed a little girl crying over a flat tire on her bike. An old man hobbled painfully toward the library with a cane in one hand, spilling books

from a stack he was trying to manage with the other. On a bench by the student union building sat a shabbily dressed bearded man with a sign: "I need money for food. Please help me."

Rushing into the classroom, the students were met by the professor, who announced that they had all just flunked his staged exam. The only true test of whether they understood the command to love one another was how they treated people in need.

Oprah's show on how "Love is a Verb" was centered on the topic of marriage, and it is certainly appropriate in that venue. Our spouses, children, parents, siblings, and others may believe that we love them. However, that message comes through much more clearly when they see us take time and effort specifically designed to show our love for them. And this does not mean just offer-

ing gifts and the like. Ralph Waldo Emerson observed, "Rings and jewels are not gifts, but apologies for gifts. The only true gift is a portion of thyself." Often that translates simply into time spent with the person. As we prepare for the holiday season, let us remember that our loved ones need and want our "presence" more than "presents."

Right here in our Navy we have daily opportunities to show that we truly care for our fellow shipmates' well-being. There are many among us who are discouraged or depressed, angry or alone, lonely or just worn out. Will we kick them while they're down, or offer a friendly helping hand? Many of us care deeply about our family, friends, and shipmates, but it's not enough to just feel it, or think about it — we must do something about it. Remember, love is a verb!

Healing hands

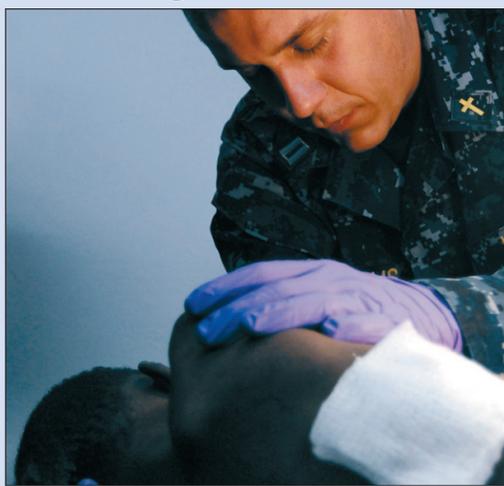


Photo by MC2 (SW) Candice Villarreal

Lt. Marlin Williams, a Navy chaplain embarked aboard the aircraft carrier USS Carl Vinson, prays for a Haitian boy as he receives treatment at the Killick Haitian Coast Guard Clinic. The boy was trapped under the bodies of dead family members in a collapsed building for seven days before he was rescued from the rubble.

MLK Day 2010: A day of service

BY CHAPLAIN STEVE BEYER
Naval Station Norfolk

Holidays are a great time to kick back, relax and enjoy some well-deserved time-off. But let's be honest, what do you really do on a holiday? Go shopping? Party? Sleep? What does any of it have to do with the meaning of the day?

Martin Luther King Day is a day ON, not a day OFF. What does that mean? Dr. Martin Luther King, Jr was a man of action. A tireless preacher and organizer, he led the civil rights movement in America in the 1960's, fighting for rights that we now take for granted. He didn't devote his life to a day of shopping or sleeping-in. He advocated service and continuing the work of civil rights.

King said, "Life's most persistent and urgent question is: what are you

doing for others?"

What are YOU doing for others? You serve your country in the Navy — that's great! That is doing something for others, but you must continue this service in your community and in your free time. Your command probably offers volunteer opportunities. The Chapel (444-7361/3) sponsors monthly community service projects.

"Everybody can be great ... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love," said King.

Visit www.serve.gov for an interactive database of service projects listed by location. Don't just sit there: do something! Get involved. Volunteer.



Photo by MCSN (SW) Jonathan Pankau

Logistics Specialist 1st Class (SCW) Essi Amegee, a native of Gaithersburg, Md., comforts a child evacuated from Haiti. Amegee, a Sailor from USS Nassau (LHA 4), is assisting in humanitarian aid and disaster relief efforts as a French interpreter.

Nassau service members offer words of comfort in French, Creole

BY MCSN (SW)
JONATHAN PANKAU
USS Nassau Public Affairs

CARIBBEAN SEA — Sailors and Marines aboard USS Nassau (LHA 4) fluent in French or Creole are in demand as the ship assists the island of Haiti.

USS Nassau (LHA 4) is deployed as part of the Nassau Amphibious Ready Group/ 24th Marine Expeditionary Unit (NAS ARG/24 MEU) in support of Operation Unified Response, the humanitarian aid/disaster relief mission in Haiti. Service members with a basic understanding of French or Creole dialects are helping wherever they are needed.

“Anyone who can speak French or Creole is an invaluable asset to the cause,” said Senior Chief Hospital Corpsman (SW/AW/FMF) Scott Radke, a native of Maplewood, Minn. “They put the patients at ease and give us information on the patient’s current medical condition, medical history, and allergies.”

Logistics Specialist 1st Class (SCW) Essi Amegee, from Gaithersburg, Md., was born in Togo, West Africa, and is fluent in French. She aided in the relief efforts for the first patients evacuated by helicopter from Haiti to Nassau.

“I was heart broken when I saw the small children who were hurt,” Amegee said. “When I approached a small child and asked him if he needed food or water, all he could do was look into my eyes and squeeze my fingers. He held my hand all the way into the medical elevator.”

“One of the infants evacuated from Haiti had a leg amputated,” said Marine Lance Cpl. Rigaud Lefry, a native of Miami, Fla., and fluent in Creole. “As a Hai-

tian American, I was deeply moved by this experience. I couldn’t help but think the child could be one of my relatives.”

Lefry added that the patient’s pained expressions asking him to help them will stick in his mind for a long time.

“Hearing about Haiti on the news is nothing compared to having them talk to you face to face,” Lefry said.

Marine Staff Sgt. Kitchell Mortimer, a native of Fort Lauderdale, Fla., and a Haitian American fluent in Creole, said his Marine Corps training prepared him for that moment when the first evacuees came aboard.

“Everything I saw reminded me why I am in the Marine Corps,” Mortimer said. “I was in the right place at the right time, ready and able to help.”

Most Haitians can speak French and Creole, but

even the patients who speak only Creole can understand French due to the similarity between the two languages. Amegee said it is easier for a Creole speaker to understand French than it is for a French speaker to understand Creole.

“Creole evolved from the French language, so the slang and other terms are not as familiar,” Amegee said. “I can understand the Creole speakers, however, and I am so overjoyed that I was given this opportunity to help during this time of great need.”

The NAS ARG/24 MEU is comprised of embarked Marines from the 24th Marine Expeditionary Unit, the multi-purpose amphibious assault ship USS Nassau (LHA 4), the amphibious dock landing ship USS Ashland (LSD 48), and the amphibious transport dock ship USS Mesa Verde (LPD 19).

Bataan Receives MEDEVAC, Treats 19 Injured Haitians

PRESS RELEASE
From USS Bataan Public Affairs

USS BATAAN — Amphibious assault ship USS Bataan (LHA 5) received 19 injured Haitians on seven MEDEVAC helicopters beginning at 12:30 p.m. Jan. 20, and immediately began providing medical care.

A CH-53E Super Stallion from Mine Countermeasures Squadron (HM) 14, a Coast Guard MH-60, and five MH-60S Knighthawks from Helicopter Sea Combat squadrons 22, 26 and 46 medically evacuated the earthquake victims from the Port-au-Prince region in Haiti.

“Our medical mission is in full swing,” said Cmdr. William C. Wallace, officer in charge of Fleet Surgical Team (FST) 8, which embarked Bataan for the relief efforts.

Bataan began receiving additional medical personnel Jan. 19 from throughout the fleet to augment the Bataan medical staff and FST-8.

“Some of these personnel began treating patients the minute their feet hit the deck of Bataan,” Wallace said.

There are a total of 21 patients currently being treated in Bataan’s medical facilities.

Bataan arrived off the coast of Haiti Jan. 18, and immediately began providing humanitarian assistance and disaster relief in support of Operation Unified Response.

The Amphibious Relief Mission includes Bataan, USS Fort McHenry (LSD



Photo by MC3 Ryan Steinhour

A mother carries her nine-month old son aboard the multi-purpose amphibious assault ship USS Bataan (LHD 5) after the child was airlifted to the ship for medical treatment. Bataan is supporting Operation Unified Response, a joint operation providing humanitarian assistance following a 7.0 magnitude earthquake that devastated the island nation Jan. 12, 2010.

43), USS Gunston Hall (LSD 44), USS Carter Hall (LSD 50).

Operation Unified Response is part of a larger U.S. response to a request from the government of Haiti for urgent humanitarian aid. U.S. Southern Command is working closely with the Department of State, U.S. Agency for International Development (USAID) and the international community to provide

life-sustaining services to the people of Haiti. All military efforts are in support of USAID, which is orchestrating U.S. government contributions to the relief mission.

For up-to-date photos, videos, and audio interviews from the relief effort, visit www.dvidshub.net/units/22meu. For more news from USS Bataan, visit www.navy.mil/local/lhd5/.

COMDESRON 31 hosts SURFOR Women's Symposium

STORY AND PHOTO BY
MC2 (SW) MARK LOGICO
Commander, Navy Region
Hawaii Public Affairs

PEARL HARBOR
— More than 160 Sailors attended the first Surface Navy Women's Symposium west of San Diego at the Ford Island Conference Center in Pearl Harbor Jan. 19.

Sponsored by Commander, Naval Surface Forces and hosted locally by Commander, Destroyer Squadron (COMDESRON) 31, the third symposium of its kind focused on current issues and future initiatives applicable to women in the surface Navy, both enlisted and officers alike.

The symposium's theme was "Developing, Encouraging and Leading a Total Workforce for the Future."

"It is an opportunity for female Sailors to get together and ask questions to discuss hot topics when it comes to female issues to some of the senior leadership, specifically female leadership on the

water front," said Lt. Amber Hopeman, who coordinated the symposium while assigned to COMDESRON 31.

Hopeman said the centerpiece of the symposium was the panel discussions where Sailors had the opportunity to ask senior leadership about concerns, future Navy plans and personal experiences. Topics discussed in the panels included: detailing and life-work balance, women in leadership roles at sea, mentoring opportunities, family planning and career progression.

"The idea of life-work balance is still an issue within the surface Navy for women," said Hopeman. "We're trying to juggle decisions between having a family and not having a family, staying in the Navy, not staying in the Navy and having to be able to balance that."

One of the messages Hopeman wished to convey was how supportive the Navy has become in helping to balance career and family milestones. Hopeman said

that in addition to being informative, the symposium was a great opportunity to network and build relationships.

Stephanie Miller, the director of the Office of Women's Affairs in Washington, D.C., presented a Navy women's policy overview to the attendees. The overview featured past, present and future statistical information on female officers and enlisted personnel and demonstrated how valued female Sailors are to the Navy's total force.

Commander, Navy Expeditionary Combat Command, Rear Adm. Carol Pottenger, who was originally scheduled to be the symposium keynote speaker, provided videotaped remarks because she was busy assisting with Haiti relief operation planning in Norfolk.

Pottenger talked at length about how the Navy's senior leadership, from the Chief of Naval Operations on down, have committed to the development of a workplace environment that attracts our



Ensign Megan Kunkemoellen, left, Ensign Lauren St. Pierre-Hetz and Ensign Kaylene Klingenstein discuss their personal experiences as women in the Navy at the 2010 Surface Navy Women's Symposium. Hosted by Commander, Destroyer Squadron (DESRON) 31 and sponsored by Commander, Naval Surface Forces, the symposium focused on current issues and future initiatives applicable to women in the surface Navy.

nation's top talent, with a special emphasis on recruiting and retaining women. Her passion in urging attendees to view their contributions through the lens of "Honor, Courage and Commitment;" to take the gloves off in asking questions; and to actively seek mentoring opportunities set the tone for the entire symposium.

Capt. Richard Clemmons, - who are serving in the Commodore, Destroyer Squadron Thirty-one, who moderated the panel discussion at the symposium, said that what makes the Navy great are the individual attributes that each of our Sailors bring to the Navy, regardless of gender.

"In this case, we're focusing on one group - women

and it's special because we get to talk about the contributions that they make and continue to make initiatives that are making our Navy a better place to serve," said Clemmons.

For more news from Commander, Navy Region Hawaii, visit www.navy.mil/local/cnrh/.

Corrigan assumes command of Surface Ship Life Cycle Management Activity

PRESS RELEASE
NSSC Public Affairs

PORTSMOUTH— Capt. Tim Corrigan relieved Capt. Tom Johnston in a change of office ceremony held Jan. 8 at Norfolk Naval Shipyard, becoming the second director of the Surface Ship Life Cycle Management Activity (SSLCM).

Aligned under the Naval Sea Systems Command Deputy Commander for Surface Warfare (NAVSEA 21), the activity's mission is to support the level of material readiness that surface ships must achieve to meet their expected service life. Influencing and integrating the necessary maintenance, repairs, and modernization of the surface Fleet before availability allows for better planning and increased cost efficiency; thus providing long-term value for surface ship life cycle sustainment efforts.

"This effort properly resources ships during their maintenance availabilities that take place throughout a ship's expected service life," said Johnston. The departing director also noted how SSLCM Activity efforts have helped better define technical requirements to support life cycle readiness, and will continue to be critical in helping to achieve the Chief of Naval Operation's goal of a 313-ship Navy.

Under his leadership, Johnston's team released the Technical Foundation Paper (TFP) and ship sheets for Arleigh Burke-class (DDG 51) destroyers.

"The TFP clearly articulates life-cycle technical requirements needed to achieve 35-plus years of ex-



Photo by Tony Anderson

Outgoing SSLCM director, Captain Thomas Johnson, right, congratulates his successor, Captain Timothy Corrigan during a change of office ceremony held Jan. 8 at Norfolk Naval Shipyard.

pected service life for each ship in the class," Johnson continued. "Our efforts at SSLCM Activity resulted in the identification of an additional 74,000 man-days of maintenance over each hull's lifetime."

In his next assignment, Johnston will lead SSCLM and SEA 21 special projects until his retirement from active duty in spring 2010, after 30 years of naval service.

Corrigan, an engineering duty officer, reported following his previous tour as the chief of staff for the Commander, Regional Maintenance Centers. He noted in his remarks that the SSLCM Activity's efforts are quickly expanding, and Corrigan added that the SSLCM Activity is also developing TFPs for other ship classes, including the Ticonderoga (CG 47) class and Wasp (LHD 1) class by the end of 2010.

SSCLM has helped execute the complex task of maximizing the material readiness of the Fleet's assets, according to Deputy Commander

for Surface Warfare Rear Adm. Jim McManamon, the change of office ceremony's principal speaker.

"In doing so, SSLCM has helped ensure that these surface ships reach their expected service life, while ensuring they will support the missions they are called to do, today, tomorrow and well into the 21st century," McManamon said.

The admiral also stressed the importance of the SSLCM Activity's continued partnering and teamwork with the Surface Warfare Enterprise, Commander Naval Surface Forces, respective Class Squadrons, Submarine Maintenance Engineering Planning and Procurement (SUBMEPP) activity, Carrier Planning Activity, other NAVSEA directorates, and many other support groups required to achieve long-term readiness.

During the past 10 years, McManamon explained, U.S. Navy non-nuclear surface ships have been maintained under the pro-

gressive maintenance philosophy, an approach

that supports work on vessels with reduced manning. "Yet, we still had to meet the requirement to provide additional ship availability to Fleet commanders, while limiting the time ships spent in depot availability periods," he said.

McManamon noted while SSLCM Activity has only been officially stood up for a short period of time, the activity has made a significant, positive impact in maximizing the material readiness of these naval assets so that they can reach their expected service life.

SEA 21 manages the complete lifecycle support for all non-nuclear surface ships

and is the principal interface with the Surface Warfare Enterprise. The directorate is responsible for the maintenance and modernization of non-nuclear surface ships currently operating in the Fleet.

Through planned modernization and upgrade programs, SEA 21 will equip today's surface ships with the latest technologies and systems to keep them in the Fleet through their service lives.

Additionally, SEA 21 oversees the ship inactivation process, including ship transfers or sales to friendly foreign navies, inactivation and/or disposal.

Vella Gulf gets gold anchor

PRESS RELEASE

USS Vella Gulf Public Affairs

Sailors aboard the USS Vella Gulf (CG 72), painted the ship's anchors gold on Jan. 19 after winning the Golden Anchor Award.

For the year 2009, USS

Vella Gulf embodied the task of keeping the good Sailors around. This award is given to ships who meet the Navy's retention goals for the previous year.

"I am very proud of this

award because we did it the right way. Vella Gulf kept Sailors in that lived up to the core values everyday and understood their value to the ship, the Navy and the nation. We discharged individuals who fell short of those values," said Capt. Mark S. Young, Vella Gulf commanding officer.

Chief Navy Career Counselor Stacy Kirton, the ship's Career Counselor felt the same.

"We are keeping the right people in the Navy and every time someone walks past the ship, they will notice that we are doing business the right way. They will want to be a part of the Vella Gulf team," Kirton said.

When the news that Vella Gulf received the Golden Anchor was announced, there was excitement from senior Sailors and junior ones.

"When Sailors and families see the anchors, it will be one more way for us to brag about our ship and what a great job we are doing," said Seaman Ciara Holmes.



Photo courtesy USS Vella Gulf

Captain Mark Young, USS Vella Gulf (CG 72) commanding officer and Command Master Chief (SW/AW) Susan Whitman paint gold onto the ship's anchor in recognition of the Golden Anchor Award that the USS Vella Gulf won for retention in 2009.

FIREFIGHTING: Eisenhower Sailors offer training to any, all interested

Continued from page B1

thing aboard a ship, not just damage controlmen," said Damage Controlman 3rd Class Melissa Mayer, a DC instructor. "If there is an attack, there just aren't enough damage controlmen to be everywhere on the ship. Other people need to take initiative and learn about damage control, so we, as a crew, are prepared for anything."

Training in basic and advanced DC is offered each week to Eisenhower Sailors seeking qualifications.

The basic DC course covers fire systems, basic shoring, or reinforcing ship supports to prevent sagging or bulging, and basic DC procedures. The advanced course covers dewatering, pipe patching, shoring and the principals needed to qualify as a team leader, explained Mayer.

Whether sailors need the training for their Enlisted Service Warfare Specialist (ESWS) qualifications or are just interested in brushing up their skills, what they learn in the class may be vital to both the ship's and crew's survival.

Damage Controlman 1st Class Harold Chalmers said he learned how important it was to have a DC-educated crew when he was stationed aboard USS George Washington (CVN 73).

When a fire broke out

aboard George Washington May 22, 2008, Chalmers said that other DC-qualified Sailors had to relieve Sailors while fighting the fire, a blaze which took more than 12 hours to extinguish.

Although more than 35 Sailors were injured, Chalmers said the results could have been much worse if not for those DC-qualified Sailors.

"We were getting exhausted fighting the fire," said Chalmers. "We, as the damage controlmen, were trying to take the point on fighting all the fires, but we had to have some relief. So, it is very important that everyone aboard is basic damage

control qualified, and we really need people who want to take the initiative and get advanced DC qualified so that if some of the damage controlmen go down, we won't even miss a beat. We will be able to keep the ship afloat."

Chalmers said qualifying, and keeping qualifications current, is critical in meeting one of a ship's most important concerns.

"Everything we do is about, at the end of the day, accomplishing the mission and coming home safe," said Chalmers.

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.



Photo by MC2 Amanda Watson

Captain Kenneth C. Levins, commanding officer of Assault Craft Unit Four, welcomes Dr. Dorothy Robyn, Deputy Under Secretary of Defense for Installations and Environment, as she arrives at Joint Expeditionary Base Little Creek-Fort Story, Jan. 20. Dr. Robyn is attending the joint basing implementation review conference aboard Naval Station Norfolk.

Deputy Under Secretary of Defense visits JEB

BY MC2 (SW) AMANDA WATSON

Navy Public Affairs Support Element-East

NORFOLK — Dorothy Robyn, Deputy Under-Secretary of Defense for Installations and Environment, took a tour of Joint Expeditionary Base Little Creek-Fort Story (JEBLCFS), Jan. 20.

Robyn toured the East and West Campuses of JEBLCFS prior to attending the Joint Basing Implementation Review Conference and Program Management Review.

This was the first time Robyn has been able to visit since the base merger in Oct. 2009. She came to see the progress of joint basing, the energy savings program, energy initiatives and to meet personnel from the newly merged bases.

"We are no longer implementing joint basing, we are now operating joint bases," Robyn said. "As time goes on, we will work towards efficiencies that will make us better stewards of the tax payer's dollars and yet maintain a military service that is second to none."

While visiting she toured and talked with personnel at the Public Works Department and received a tour of the Cape Henry Lighthouse on Fort Story, learning about the history of the base. Robyn also took a ride on a Landing Craft Air Cushion (LCAC) from Assault Craft Unit 4, viewing the coastline between the adjoining bases.

Robyn recently became the Deputy under Secretary of Defense for Installations and Environment in July 2009. She provides management and oversight of mil-

itary installations worldwide and manages environmental, safety, and occupational health programs for the department.

Her responsibilities include the development of installation capabilities, programs, and budgets; installation-energy programs and policy; base realignment and closure; privatization of military housing and utilities; and integration of environmental needs into the weapons acquisition process.

The process of Joint Basing was mandated by Congress as a result of BRAC 2005 which required 27 military installations to combine forming 12 Joint Bases with one service being the lead agent. In the case of the Joint Expeditionary Base, Navy assumed responsibility for the Army Post of Fort Story to include the management and maintenance of all facilities.

The IRC/PMR was held at Vista Point on Naval Station Norfolk and was held in preparation of moving forward with the second phase of Joint Basing. This phase will see the stand-up of the remaining seven joint bases.

Representatives attending the meeting received critical feedback with regards to lessons learned from the commands involved in the initial stand-up of joint basing as well as a review of the Common Output Level Standards (COLS) which identify the required level of support to be provided at each joint base. In addition, the Cost Performance Visibility Framework was reviewed which is the monitoring tool established to determine whether a joint base is meeting COLS expectations.