



## Navy Mission Assurance Analysts impact Haiti restoration and recovery efforts

BY JOHN J. JOYCE

NSWC Dahlgren Division Corporate Communications

DAHLGREN, Virginia — U.S. Navy analysts and engineers are providing a constant real-time analysis of critical infrastructure in Haiti, the Dominican Republic and other Caribbean nations that is proving vital to U.S. Southern Command's planning and management of Haiti's recovery efforts.

"This is personal for us," said Harry Castelly, an NSWC Dahlgren Chemical Infrastructure Analyst and native of Haiti, who contributed to the planning for restoration of critical infrastructure. "My mother lives in Haiti near the epicenter. It was six days before I knew she was okay but I still had to do my job."

The analysts – in collaboration with SOUTHCOM and available around the clock since Jan. 12 – are contributing infrastructure analysis that includes the assessment of telecommunications, electric power and transportation in addition to petroleum, chemical and water supplies damaged in the aftermath of the earthquake.

"We were able to provide U.S. Southern Command with a pre-earthquake baseline look of the infrastructures in Haiti and our support to the recovery efforts is



ongoing," said Joe Ingram, NSWC Dahlgren Mission Assurance Division's Situational Awareness Technologies Acting Branch Head. "We immediately responded when SOUTHCOM requested help identifying transportation assets – particularly airfields and seaports, in neighboring countries with the potential to assist in the relief and recovery efforts."

This rapid response to assist re-

covery planning efforts was made possible by TRITON - a scalable web application architecture engineered to integrate and visualize data from many sources on a geographic map. Mission Assurance analysts used the technology to create a more comprehensive picture of the pre and post-earthquake infrastructure situation by integrating new imagery with previous geographic information

system (GIS) products. "We updated the original information developed in support of the Haiti recovery after Hurricane Ike in 2008 in order to aid current humanitarian and disaster relief efforts," said Larry Ground, Defense Critical Infrastructure Program Mission Analyst. "Our team used up-to-the minute data to create a report and a geographical information

system map service on our TRITON web application."

The report and map service were provided to the Assistant Secretary of Defense for Homeland Defense and America's Security Affairs, the Department of Homeland Security and U.S. Northern Command.

The NSWC Dahlgren Mission

See ANALYSIS, A7



Photos by Scott Mohr

A lone car enters Gate 3 Saturday at Joint Expeditionary Base Little Creek-Fort Story amongst blowing snow and cold temperatures. The snow storm that hit Hampton Roads dumped up to eight inches of the powdery substance across the base.

## Mother Nature blankets Joint Expeditionary Base with snow

PRESS RELEASE

JEB Little Creek-Fort Story Public Affairs Office

VIRGINIA BEACH — The Joint Expeditionary Base Little Creek-Fort Story was blanketed with more than eight inches of snow over the weekend as a wintery storm hit the Hampton Roads area.

The base, as well as others in the area, minimized operations and supported only essential personnel on base in order to facilitate recovery efforts. Saturday, Public Works Department dispatched trucks with plows and sanders to conduct snow removal from the main roads, but Mother Nature won out as snow continued to pile up through early Sunday morning.

"Even though we planned and prepared as best we could, you cannot beat Mother Nature," stat-

ed Captain Bill Crow, commander, JEBLCFS. "I'm pleased with our efforts to keep our main roads cleared as best we could in order to allow those essential personnel who needed base access to accomplish their mission. We also had to be concerned with those who live in base housing areas."

"Having only essential personnel report for duty over the weekend and through Monday, helped us tremendously to keep traffic down so we could work on clearing the roads and parking lots," commented James Barber, emergency manager for JEBLCFS. "Even though some of our resources were limited, our goal was to work these issues as best we could in order to get the base back to full operational capability."

See SNOW, A7



Two personnel braved the blowing snow and cold temperatures on Joint Expeditionary Base Little Creek-Fort Story Saturday to go to The 11th Frame Grill at the bowling center. The snow storm that hit Hampton Roads dumped up to eight inches of the powdery substance across the base.

## Navy stands up Fleet Cyber Command, reestablishes U.S. 10th Fleet

PRESS RELEASE

From Fleet Cyber Command/10 Fleet Public Affairs

FORT GEORGE G. MEADE, Md. — The Chief of Naval Operations (CNO) officially established U.S. Fleet Cyber Command (FCC) and reestablished U.S. 10th Fleet during a ceremony at Fort George G. Meade, Md., Jan. 29.

At the ceremony, Adm. Gary Roughead, CNO, also named Vice Adm. Bernard J. McCullough III the commander of both FCC and 10th Fleet.

The new FCC and 10th Fleet are headquartered at Fort George G. Meade, taking advantage of existing Naval Network Warfare Command infrastructure, communications support and personnel already in place.

FCC and 10th Fleet have been created as part of the CNO's vision to achieve the integration and innovation necessary for warfighting superiority across the full spectrum of military operations in the maritime, cyberspace and information domains. This initiative will help raise information to the forefront of the Navy's 21st century arsenal.

U.S. 10th Fleet was first established in 1941 as the lead for anti-submarine warfare. During World War II, the United States needed a command in charge of protecting Allied merchant vessels and military convoys and against German U-Boats in the Atlantic, and 10th Fleet successfully fulfilled that mission until it was disestablished in

See FORT MEADE, A7

### INSIDE:

#### AVATAR ON THE IKE

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Avatar stars bring Hollywood to IKE  
IKE Sailors treated to a visit by Director James Cameron and his "Avatar" companions.



#### FRONT & CENTER

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Nassau flexes its medical capabilities during OUR  
Naval ships working together with shore-based elements to receive and assist the injured.



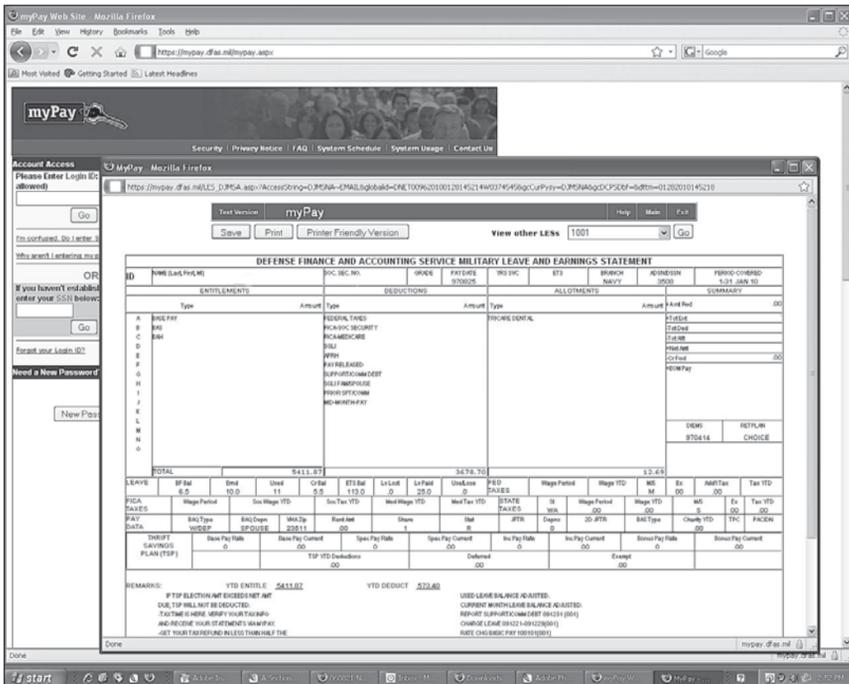
#### OFF DUTY

C1

TNA bringing the action to Norfolk  
"TNA Live!" will hit the Ted Constant Center on Feb. 12 starting at 7:30 p.m.



If you made any changes during the Federal Benefits Open Season, checking your LES for the first full pay period of the year (Jan. 22) is also your responsibility according to Department of the Navy (DON) policy.



## Checking first LES of the year a must

BY GEORGE MARKFELDER

Deputy Assistant Secretary of the Navy,  
(Civilian Human Resources)

WASHINGTON — Reviewing your Leave and Earnings Statement (LES) each pay period is always a good idea, but if you made any changes during the Federal Benefits Open Season, checking your LES for the first full pay period of the year (Jan. 22) is also your responsibility according to Department of the Navy (DON) policy.

“Most people realize the impor-

ance of reading and understanding their LES,” said Mary Foley, DON Civilian Benefits Center Manager. “All employees also need to understand that it is DON policy for each employee to review their own LES each pay date to ensure proper deductions have been withheld to avoid errors that could cause indebtedness.”

According to Foley, it is especially important to review the LES you receive on January 22 since it will reflect any change you made during the Federal Benefits Open Season. Benefits Bulletin 2009-10 provides

additional information.

If an error is noticed, DON employees should immediately call the Benefits Line at 888-320-2917 and select menu option #4 to talk to a Customer Service Representative (CSR). CSRs are available 7:30 a.m. to 7:30 p.m., Eastern Time, Monday through Friday, except on Federal holidays.

The TTY number for the deaf and hard of hearing is 866-328-9889.

For more news from Department of the Navy (Civilian Human Resources), visit [www.navy.mil/local/donchr/](http://www.navy.mil/local/donchr/).

## THE FLAGSHIP'S LEEWARD SHOUT

### Why do you think it's important to look at the first LES of the Year?



“Make sure your pay is correct, leave balance is correct and basic things like rank are correct.”

Chief Religious Programs Specialist  
Lissett Araiza



“I think it's important to make sure I got that raise congress promised me and a few other things are right.”

Navy Career Counselor  
First Class  
Garrett Cordel



“To make sure your base pay, BAH and BAS are what they are supposed to be and that everything has carried over from the previous year.”

Seaman  
Nicole Thornton



“It's important to make sure all the information is correct.”

Operations Specialist  
Second Class  
Lisa Kraft



“To see the raise and to look at your taxes and see how much they are taking out.”

Operations Specialist  
Third Class  
Tashala Forbes



“You should make sure you are getting the correct pay and not getting overpaid. It also has available Web sites that you can go to for tax returns, TSP and the like.”

Chief Aviation Boatswain's Mate Handling  
Robert Carpenter

Photos by MC1 (AW) Tim Comerford

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

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### VIPER PLANNING FORECAST



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# CNRMA names its 2009 Sailor of the Year

## Five Sailors vie for honor of representing Commander Navy Region Mid-Atlantic at the next level

BY MC1 (AW) TIM COMERFORD  
Staff Writer

Capt. George Womack, chief of staff for Commander Navy Region Mid-Atlantic (CNRMA) named the region's Sailor of the Year during a ceremony at Naval Weapon Station Earle in Colts Neck, New Jersey, Jan. 28.

Yeoman Petty Officer First Class Elise Jewett, from Commander Navy Region Mid-Atlantic, took home the title of CNRMA SOY from a list of four people who are the best of their respective bases. Master-at-Arms First Class Petty Officer Juan Caro from Naval Weapon Station Earle, Air Traffic Controller First Class Jack Coleman from Naval Air Station Oceana, Master-at-Arms First Class Petty Officer James Dobson from Naval Support Activity Norfolk and Machinery Repairman First Class Petty Officer Jason Rink from Naval Station Norfolk.

Jewett, Leading Petty Officer for Commander Navy Region Mid-Atlantic Headquarters Administration Department, completed an Individual Augmentee assignment from April to November last year, acting as Non-commissioned officer in charge of J1 division for combined Joint Special Operations Air Component in Iraq.

The Sailor of the Year Program, created 38 years ago by Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittet, is virtually unchanged from its initial process for selection and recognizes Sailors, of the Atlantic and Pacific Fleets and ashore, who best exemplify the oath of enlistment.

"When Admiral Elmo Zumwalt started this program 38 years ago, the Navy, indeed our world, was a different place," said Womack during the ceremony. "But the core principles of being a Sailor and serving in the best Navy in the world remain the same."

Naval Station Norfolk's Com-



Photo by CMDCM (SW/AW) Gregg Snaza

(L-R) Sailors of the Year Yeoman First Class Elise Jewett from Navy Region Mid-Atlantic Headquarters, Air Traffic Controller First Class Jack Coleman from Naval Air Station Oceana, Master-at-Arms First Class Petty Officer James Dobson from Naval Support Activity Norfolk, Master-at-Arms First Class Petty Officer Juan Caro from Naval Weapon Station Earle and Machinery Repairman First Class Petty Officer Jason Rink from Naval Station Norfolk all sought to become the Commander Navy Region Mid-Atlantic Sailor of the Year. Jewett took home the honor of being the region's Sailor of the Year.

mand Master Chief sees the Sailor of the Year as a success story.

"When I hear Sailor of the Year I think excellence - not just in military performance, but in life performance," said Gregg Snaza, Naval Station Norfolk Command Master Chief. "A Sailor of the Year is the model for others to emulate."

The process of selection for Sailor of the year begins when ships,

stations and commands choose their Sailor for the Year based on professionalism, leadership, dedication and superior performance. The Sailors selected then compete against recipients from other commands at higher and higher levels of leadership until only the Navy's four finest remain.

Each of Sailors had impressive accomplishments.

"It was not an easy decision," Womack said. "I am very proud of each them. We all are. Any one of them could easily represent the region to the next level and I am confident that they would represent us with distinction."

He believes that the Sailor of Year is not made in one year but it is a journey that starts when they sign up to become a Sailor.

"Their accomplishments and actions over the last year are notable and what helped them get here ... but more importantly, these Sailors have distinguished themselves among their peers since they took the oath and signed up on day one," Womack said. "Their dedication and leadership over the course of their careers is what got them to the place they are today."

# Sailors, families reconnect at workshop

STORY AND PHOTO BY  
**MC2 NIKKI SMITH**  
*Navy Public Affairs Support  
Element-East*

**NORFOLK** — Sailors stationed in the Hampton Roads area and surrounding bases gathered with their family members to attend the Navy Region Mid-Atlantic Reserve Component Command's Returning Warrior Workshop, held at the Waterside Sheraton Jan. 22 to Jan. 24.

More than 70 Sailors who returned from deployment as an Individual Augmentee, and their loved ones, were removed from military distractions in order to help not only Sailors, but family members as well during the difficult transition and reintegration period that comes after a deployment.

The workshop focused on three aspects – honoring the warrior and the warrior's

family for their service to our country, providing information about resources available to families that can help assist Sailors with reintegration into civilian life, raising awareness with the service member and their family about the symptoms associated with combat stress. In addition, it was held to ensure the members are aware of the resources that are available for assessments and referrals.

Another key to the program's success is candid discussions between family members and service members about their experiences during their deployment, knowing that other people have felt similar feelings and experienced similar things made attendees realize that they weren't unique in what they had gone through.

Eric Harris, Family Sup-

port Administrator for the Mid-Atlantic Region Reserve Component Command, who is also a military spouse who experienced deployments, said he hoped the conference allowed Sailors and loved ones to connect with others who have been through the same things.

"It helps to normalize people's experiences. To let them know that they have been exposed to unusual situations – highly stressful and combative situations and it's bound to impact you," said Harris. "You don't have to feel stigmatized that you may be having some difficulties. When you know that other people who have had similar situations and are going through the same things, it helps you feel better in the sense that you aren't a lonely island, there isn't a personal flaw or shortcoming. We

then put them in contact with the resources that can help them with the reintegration process."

Attendees also had the opportunity to listen to Retired Cmdr. Paul Galanti, a Prisoner of War in North Vietnam, speak about warrior reflection and transition.

"I think it's a great thing to help these families get back up together again. It's a great program they have and I'm just honored to get asked to do it," said Galanti.

During the day's events, members and spouses were offered plenty of time to tell their stories and listen to others' experiences.

Lt. Cmdr. Brian Brady from Ft. Belvoir thought it would be a good opportunity for he and his wife to come and go through the workshop together.

"The Navy is placing such a huge emphasis on making sure Reservists who have been mobilized reconnect back with their family and is also putting a really big emphasis on treating and recognizing family support," said Brady.

Tammy Brady, Brady's wife, thought it would be a great chance to support her husband, and have a weekend away to be together so they could reconnect and bond. She said that just hearing other people's stories and knowing that they had experienced the same kinds of situations was really helpful and that it was nice to hear she wasn't the only one dealing with the same tough circumstances.

Family members and service members were also involved in many roundtable discussions with topics ranging from stress management techniques to developing a budget.

Although the Returning Warrior Workshop started as a Navy Reserve program, plans are being made to expand it to all services.



Retired Cmdr. Paul Galanti speaks to Sailors and their family members during the Navy Region Mid-Atlantic Reserve Component Command's Returning Warrior Workshop at the Waterside Sheraton in downtown Norfolk. The workshop was held to help Sailors who have returned from an Individual Augmentee deployment, as well as their family members, during the transition and adjustment period after a deployment.

## Did You Know?

**Remembering Navy-Marine Corps Relief Society in your will (or living trust) is one of the easiest and best ways to ensure that the Society's crucial work will continue for generations to come?**

Including the Society as a beneficiary of your will can be as simple as adding an amendment (or codicil) to your existing document. NMCRS can provide sample bequest wording and a codicil form.

Please contact the Society for further information! Let them know how they can be of assistance.

**Contact your local NMCRS Office today!  
NMCRS: Your First Resource  
[www.nmcres.org](http://www.nmcres.org)**

# Marine Aviator honored with burial-at-sea

STORY AND PHOTO BY  
MC2 TUCKER M. YATES

Navy Public Affairs Support Element  
West, Det. Northwest

**OAKHARBOR, Wash. (NNS)** — Naval Air Station (NAS) Whidbey Island Search and Rescue (SAR) scattered the remains of a retired Marine “Ace” aviator in the Pacific Ocean in a burial-at-sea Jan. 22.

Lt. Col. Kenneth M. Ford, of Whittier, Calif., was commissioned into service in March of 1939 and retired in June 1962. During his tenure, Ford served in World War II and the Korean War.

“This is an actual, bona fide war hero, and not just from one conflict,” said Hospital Corpsman 2nd Class (NAC/AW/FMF/CAC) Andrew Peterson, of NAS Whidbey Island SAR, from Denver. “This guy has done a lot of stuff that people just dream about. These are the guys you read about in the papers and see movies made about.”

In December 1943, Ford was the recipient of a Distinguished Flying Cross for his efforts in

downing five Japanese Zero fighter aircraft. A Presidential Citation was added to the award in 1944.

Ford’s ashes were scattered six miles out off the Olympic Peninsula near the mouth of the Strait of Juan de Fuca in the same location that his wife Virginia’s ashes were scattered in 1976, in accordance with both Ford and his family’s wishes.

“[This is about] honoring the legacy of those who have served before me in the sea services,” said Cmdr. Matt Miller, NAS Whidbey Island executive officer. “I’m honored to have had the opportunity to have been on this flight to honor somebody like this; this guys a war hero as far as I’m concerned.”

Guests aboard the MH-60S Seahawk flight to show honors were Lt. Col. Francisco Ball, director of EA-6B Fleet Replacement for Electronic Attack Squadron 129, and Maj. Steve Nelson, a maintenance officer from Electronic Attack Squadron 129.

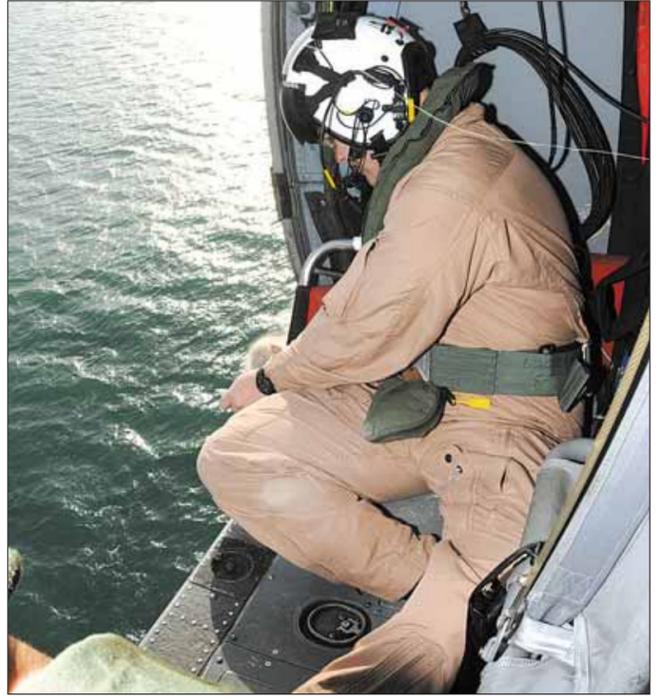
“We thought that it was important for there to be some Marine representation to come out and

honor a war hero such as Lt. Col. Ford,” said Ball. “For me, being able to pay my respects to a hero like this means a lot, and I think it would mean a lot to his family, too; making sure that they know the Marine Corps as a brotherhood are taking care of their own.”

Once on site, a scripture reading, committal and benediction for the departed and his family were given by Lt. Peter Ott, a NAS Whidbey Island chaplain, from Fort Collins, Colo., as he committed Ford’s remains to the sea. The American Flag present during the flight and ceremony will be delivered to the bereaved.

“Being a Marine and being in a naval service, what better honor could you think of than being buried at sea. When I think of the tradition, the naval heritage and the naval culture, we’re all soldiers of the sea and here’s somebody that wants to get returned to the sea,” said Ball.

For more news from Naval Air Station Whidbey Island, visit [www.navy.mil/local/naswhidbey/](http://www.navy.mil/local/naswhidbey/).



Lt. Peter Ott, a Naval Air Station Whidbey Island chaplain, commits to the sea the cremated remains of retired Marine aviator Lt. Col. Kenneth M. Ford, of Whittier, Calif., during a burial-at-sea six miles off the Olympic Peninsula. Ford downed five Japanese Zero fighter aircraft during World War II and also served during the Korean War. His ashes were scattered in the same location as his wife’s in 1976.

## Truman conducts burial-at-sea memorial

BY MC2 (SW) DAVID WYSCAVER

USS Harry S. Truman (CVN 75) Public Affairs

**USS HARRY S. TRUMAN, At Sea** — A burial at sea ceremony was held Jan. 21 aboard USS Harry S. Truman (CVN 75) to honor two Sailors for their contributions to the U.S. Navy.

Burial at sea ceremonies are one of the most time-honored traditions in the Navy.

Among those honored during the Jan. 21 ceremony aboard Truman were Aviation Boatswain’s Mate (Equipment) Chief Petty Officer Frank Scheuer and Seaman William Weisheit.

Scheuer served 20 years in the Navy which included time during the Korean War, the 1958 American intervention in Lebanon and the Cuban Missile Crisis.

Weisheit served from 1947 to 1953 and earned numerous decorations while assigned to USS Achernar (AKA-53), an assault cargo ship where he worked as a carpenter.

Although Sailors aboard the aircraft carrier never served with the two Sailors buried at sea, Gunner’s Mate

3rd Class James Langley, from Truman’s G-2 division, said the ceremony was important not only for today’s generation of Sailors, but the deceased’s family members.

“It’s a chance to say a final goodbye,” said Langley. “These ceremonies also help provide closure to the Sailors’ friends and families.”

Truman Chaplain Lt. Cmdr. William Holiman said Sailors sometimes choose this as a burial option out of respect to the U.S. Navy.

“Burials-at-sea are a long-standing part of Navy tradition,” said Holiman. “Many Sailors who have a strong appreciation for the Navy and a strong appreciation for the sea choose to be buried at sea.”

In order to ensure these Sailors are given a proper farewell, many different elements have to come together.

“There’s a platoon of rifleman which provide a 21-gun salute,” said Holiman. “There’s an honor platoon of 13 service members - instead of the traditional 14 - to physically symbolize the absence of one of our fallen shipmates. The command master chief is on hand to represent the

enlisted community and the commanding officer is there to represent the officer side of the house.”

Langley said the ceremony was important to participating Sailors, who always ensure their part in the events is well-rehearsed.

“We put a lot of time and effort into being a part of this,” said Langley. “We want to make sure our uniforms and movements are crisp so we can do our part in saying goodbye to these Sailors.”

Both observers and participants say they feel great emotion and pride at being part of such a significant event.

“I feel very honored to be a part of the ceremony,” Langley said. “It’s nice to see everyone come together to pay tribute to a fallen shipmate.”

“It’s a great honor, it’s something we work hard at and put a lot of time into. It’s important to realize these shipmates made a contribution to their country through their service and that we honor them,” said Holiman.

For more news from USS Harry S. Truman (CVN 75), visit [www.navy.mil/local/cvn75/](http://www.navy.mil/local/cvn75/).

# Marines land at Ocean View Elementary School

BY LANCE CPL. JOHN P. HITESMAN  
U.S. Marine Corps Forces Command Public Affairs

**NORFOLK** — U. S. Marine Corps Forces Command reestablished a partnership in education with Ocean View Elementary Maritime School Dec. 22, 2009 and has continued the efforts through the beginning of 2010.

The program gives Marine and Department of Defense civilian volunteers from the command a chance to mentor students at the school and provide positive role models in their lives.

Ocean View Elementary Maritime School was named a 2008 No Child Left Behind Blue Ribbon School by the U.S. Department of Education and a 2009 Distinguished Title 1 School by the Virginia Board of Education.

Including service members and DOD employees in the school's already outstanding curriculum helps promote positive life goals and reduce students' involvement in negative behaviors such as crime, drugs and violence.

"It has been a fabulous experience and a huge help," said Lauren Campsen, principal of Ocean View Elementary Maritime School. "Having Marines here in uniform is such a positive experience for the children and we are all proud to have the extra support and personnel."

The volunteers help tutor the children one-on-one in the classroom with important skills like math, science,

computers, reading/vocabulary, writing, foreign languages, English, history, art and physical education.

The volunteers were asked to help judge the students' Science Fair Jan. 20 by observing their projects and asking the students to explain the theories they were trying to prove with their hypotheses.

"It's amazing how much the kids absorb at that age, especially the kids in the Accelerated Reading program," said Sgt. Kevin D. Morris, warehouse non-commissioned officer at MARFORCOM supply. "I think this is a wonderful program."

Morris added that he thinks that this program is a great way to show the students that Marines are more than just war fighters and that they care about children and their education, and wishes he could devote more time to the program.

"It's also a great way to give back to the people that matter and also gives them more options for people to look up to," he added.

Volunteers will also provide assistance with special events, rallies and other extra-curricular projects such as career fairs, holiday events, special visits to the base and cookouts or picnics with the students.

The volunteers helped with one of the school's biggest projects – farming and rebuilding the local Chesapeake oyster population – which is overseen by the schools

Maritime Studies teacher, Charles E. Hughes.

Hughes said that the oyster harvesting project helps put 14,000 to 23,000 oysters back into the population each year, depending on the weather. He added that it is a fun and educational project for the children and teaches them the importance of protecting the environment.

"Military support is such a good visual experience for the children," he added. "Giving the students a chance to see the men and women who fight for their country and the type of people they are helps build the students' pride in their country. The kids look forward to spending time with the Marines."

Proposed future events span from helping with building and grounds improvements to outdoor activities with the students such as fun runs and mini-Olympics competitions and much more.

Anyone interested in getting involved in the program may contact MARFORCOM Community Relations Director James Scott at (757) 836-4376 for information and scheduling.



Photos by Lance Cpl. John P. Hitesman

Sgt. Kevin D. Morris, a warehouse non-commissioned officer at U. S. Marine Corps Forces Command supply, helps a fourth-grade student with social studies work during some one-on-one time, Dec. 16, 2009, at Ocean View Elementary Maritime School.



Lance Cpl. Daniel A. Gillette of U. S. Marine Corps Forces Command facilities shows third graders from Ocean View Elementary Maritime School how to decipher and count oysters, Dec. 8, 2009, at the Nautilus Maritime Museum in downtown Norfolk.

## Air Force general visits USNS Williams



Photo by MC2 Michael Cortez

Air Force Gen. Duncan J. McNabb, Commander, United States Transportation Command, Scott Air Force Base, Ill takes a tour of the Military Sealift Command USNS PFC Dewayne T. Williams (T-AK 3009) as the ship prepares to participate in Operation Unified Response in Haiti.

# FORT MEADE: Commissioning ceremony for U.S. Fleet Cyber Command, Jan. 29

Continued from page A1

1945. Roughead compared the global responsibility of today's 10th Fleet to that of its predecessor, which protected American forces through the use of intelligence and information.

"[Tenth Fleet] had a global responsibility to protect American forces and American trade. It was a command who success depended less on manned and massed fire power than on intelligence and information," he said. "Today, we recommission this fleet to confront a new challenge to our nation's security in cyberspace. It is a mission for which, even more so than before, victory will be predicated on intelligence and information rather than fire power."

Roughead emphasized that the information we use and must protect is markedly different from what we have protected in our past.

"The cyber domain is a domain all its own—one of great opportunity, new discoveries and vexing challenges. It is one into which Fleet Cyber Command must forge boldly ahead," Roughead said.

FCC is responsible for global Navy cyberspace operations designed to deter and defeat aggression and to ensure freedom of action to achieve military objectives in and through cyberspace. McCullough is also tasked with organizing and directing Navy cryptologic operations worldwide, supporting information operations and space planning and operations.

As 10th Fleet commander, McCullough maintains operational control of Navy cyber forces to execute the full spectrum of computer



Photo by MC1 Tiffini Jones Vanderwyst

**Chief of Naval Operations (CNO) Adm. Gary Roughead salutes Vice Adm. Barry McCullough, commander of U.S. Fleet Cyber Command and U.S. 10th Fleet at the commissioning ceremony for U.S. Fleet Cyber Command at Ft. George G. Meade, Md.**

network operations, cyber warfare, electronic warfare, information operations and signal intelligence capabilities and missions across the cyber, electromagnetic and space domains. U.S. 10th Fleet will partner with and support other fleet commanders to provide guidance and direction to ensure coordinated, synchronized and effective preventative and response capability in cyberspace.

"To execute our defined mission we must be able to exercise command and control over our networks with dynamic, real time defense and information assurance enabled by intelligence collection. When called upon, we must be able to provide non kinetic effects in support of regional combatant commanders' assigned missions," McCullough said. "To do this, and do it well, we must work with our sister services, academia, agencies, industry, allies and partners, for the challenge is so large, to go it alone is not possible."

McCullough said we face a

situation similar to the early Battle of the Atlantic where we are engaged in a domain under stress – a domain where the potential exists for devastating consequences if the challenge is not addressed.

"Cyberspace is a unique domain with a totally different set of challenges. To operate successfully in this newly defined domain the Navy must first think differently about cyberspace operations," McCullough said. "This world travels at the speed of light and requires real time command and control. We must ensure seamless alignment and integration with fleet operations."

In the same fashion that the historic 10th Fleet enabled the prosecution of the German U-Boat threat and ensured access to the shipping lanes of the Atlantic, FCC and the modern 10th Fleet will enable the prosecution of threats in cyberspace and ensure the Navy has access to it.

For more news from Fleet Cyber Command/U.S. 10th Fleet, visit [www.navy.mil/local/fcc10/](http://www.navy.mil/local/fcc10/).



Photos by Scott Mohr

**A lone sentinel, LCU 1658, sits idle while pier side at Joint Expeditionary Base Little Creek-Fort Story Saturday amidst falling snow as it gathers on its deck.**

## SNOW: Joint Expeditionary Base Little Creek-Fort Story blanketed with more than eight inches of snow over weekend

Continued from page A1

The notification process to ensure all hands were aware of the base status was a mixture of old and new technology. Local media outlets were helpful in publicizing the reporting status of the base as well as other installations in the area. However, the base was able to use new technology of computer desktop as well as automated telephone notification. This was accomplished via e-mail, voice communication and text messaging informing personnel directly on both personal and government furnished equipment.

A full press was made Mon-

day to further clear roadways and parking lots to allow the joint base to return to full mission capability. Additional emphasis was placed on the parking lots of the commissary, Navy Exchange and Boone Branch Medical Clinic since personnel, both active duty and retirees, prefer to use these services on base as evident by high monthly sales and prescription orders.

"It was a safety concern for our large contingent of patrons who use the commissary and Navy Exchange that we secured these services over the weekend," noted Crow. "With the amount of snow and the freezing tem-

peratures and not being able to clear the parking lots until now, I felt would have created hazards causing potential medical emergencies. Safety was paramount!"

"As with any situation like this, there will be lessons learned. We will pull those together and make necessary changes in our procedures as necessary," said Barber. "However, I'm pleased with our preparations and execution. The Joint Expeditionary Base fared well and I thank the resident commands for their cooperation in minimizing personnel on base. This was key for helping us in returning the base to normal operations."

## ANALYSIS: Navy Mission Assurance Analysts impact Haiti restoration and recovery efforts for SOUTHCOM

Continued from page A1

Assurance Division products provided by Castelly, Ingram, Ground and 14 additional analysts are being shared widely within the GIS communities and agencies responding to the humanitarian effort, including the Domestic Preparedness Branch, National Geospatial-Intelligence Agency.

"I'm blessed that my family is here (in the United States) with me but I lost two cousins in the earthquake," said Richardson Barosy, NSWC Dahlgren Electric Power Infrastructure Analyst and a Haiti native. "Al-

though I'm not directly engaged in support of this effort, it's great to see the significant impact that Mission Assurance Division is making to help Haitians recover and look to a brighter future."

The ability of NSWC Dahlgren's Mission Assurance experts to respond quickly and remain synchronized with SOUTHCOM staff is a direct result of their participation in Fuerzas Aliadas PANAMAX 2009. In the 12-day military security training exercise involving 20 countries held last September, SOUTHCOM responded to notional disasters in Central American

countries.

"We performed extensive research, developing techniques to quickly answer the needs of the U.S. Southern Command staff throughout PANAMAX," said Ground. "Our working relationship with SOUTHCOM was further solidified when Mission Assurance personnel deployed on site and worked side by side with their headquarters staff."

"The products are right on target," said Samson Johnson, U.S. SOUTHCOM Defense Critical Infrastructure Program Analyst. "We consider the Mission Assurance Division an essential collaborative partner."

### Navy Lodge Grand Opening



Photo by MC1 (AW) Tim Comerford

**Michael Brockelman, director Navy Lodge Program, Lynne Williams, general manager Navy Exchange Norfolk, Rear Adm. Steven Romano, commander Navy Exchange Service Command, Capt. Charles Melcher, commanding officer Naval Support Activity, William Mayhew, Navy Lodge Manager and Capt. Dave Boone, commanding officer Naval Facilities Engineering Command Mid-Atlantic cut the ribbon on the opening of 200 refurbished rooms at the Norfolk Navy Lodge, Jan. 27. The ribbon cutting was followed by an open house where guests could see the changes that the lodge had made in the rooms.**

# AVATAR stars bring Hollywood to IKE

BY MC1 (SW) AMY KIRK

USS Dwight D. Eisenhower (CVN 69)

"Hey, that was the 'Avatar' director who just walked by," exclaimed a Sailor to one of his shipmates in the hangar bay of Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE).

It's not every day you get to see someone as legendary as Academy Award-winning director James Cameron just walk past you in the passage way as you are on your way to chow. However, Jan. 27, IKE Sailors were treated to a visit by the man whose storied career includes such movies as "Aliens," "The Terminator," "True Lies," and the top two highest-grossing films of all time, "Titanic" and "Avatar."

Cameron and his "Avatar" companions, producer Jon Landau, actors Michelle Rodriguez and Stephen Lang, and Jim Cameron's brother John Cameron, a former Marine and the movie's military consultant, toured both the IKE and USS Hue City (CG 66) and signed autographs for sailors on both ships.

"This is truly an once-in-a-lifetime experience," said Cameron. "To see you all in action is wonderful and what you are doing is amazing. For us this is a real adventure, but for you guys it's just a typical Wednesday."

For Yeoman Seaman Stephanie Grawcock meeting Cameron and actor Stephen Lang was especially rewarding.

"I got to see 'Avatar' while I was on leave with my Dad, who was also on leave from the Marine Corps," explained Grawcock, one of the winners of an essay contest for reserved seating at the "Avatar" screening. "It is the first time we have been able to do something together in about three years. We watched it twice, back-to-back, the same day."

Grawcock added that getting to meet actor Stephen Lang, who appeared in such films as "Gettysburg," "Gods and Generals," and "The Men Who Stare at Goats," was an added bonus because he just happens to be her father's favorite actor.

After the tour, Cameron and company took time to sign autographs, pose for photos and talk with IKE Sailors.

Cryptologic Technician Technical 3rd Class Brandon Galbraith, had the opportunity to explain to Cameron and the rest of the stars that on the day he went to see "Avatar" in Charlottesville, Va., the roof to the theater caved in from the weight of a recent snow storm. Although he was offered a refund ticket, he was not able to go back before the ship deployed Jan. 2.

Galbraith, along with hundreds of other IKE Sailors, got the opportunity to see the blockbuster film in IKE's hangar bay.

Mewbourne greeted the crowd and introduced the special guests by saying he could not think of a more fitting movie for the Sailors to see on the beginning of IKE's Operation Enduring Freedom mission.

"The 'Avatar' movie is about good triumphing over evil," said Mewbourne. "That is essentially what we are here to help the people of Afghanistan do - triumph over the Taliban and al-Qaida."

Mewbourne added that he appreciated Cameron allowing the ship to screen his movie, as it is the little things like watching a movie that helps Sailors feel closer to home.

Before the movie began, Cameron spoke to the crowd and praised them for the focus, dedication and commitment they show every day.

"All I can say after a day out here is I like IKE!" said Cameron, adding that Sailors had been thanking him all day for coming to visit.

"We are not here to be thanked," said Cameron. "We are here to thank you. I respect what you do and the commitment you have and the sacrifices you make away from your families."

Producer Jon Landau echoed Cameron's comments, saying just like in movie making where there are no small parts, he came to realize on the IKE that every person aboard has a critical role for fighting what our country believes in.

"I just have to say - Thank you, Thank you, Thank you," said Landau.

Actor Stephen Lang said he has been waiting five years for the opportunity to make another trip out to a carrier. Lang visited USS Carl Vinson while promoting his one-man show "Beyond Glory"

"I've seen the movie a lot," said Lang. "But no screening has been more gratifying than the one we are sharing with you."

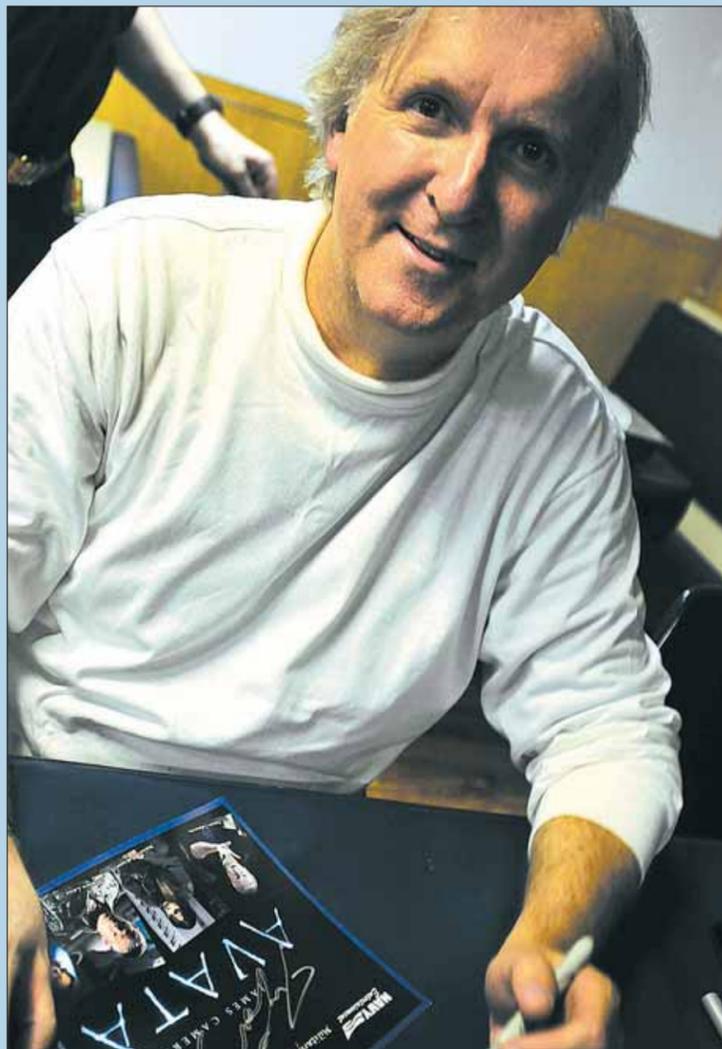
Finally, Cameron commented on the critics who said "Avatar" was anti-military. He disagreed completely, saying the movie's main character is a strong-willed Marine who is courageous and dedicated and demonstrates he can adapt and overcome the odds to fight for what he believes in - just like the military today.

The Eisenhower Carrier Strike Group (IKE CSG) is currently deployed in the Arabian Gulf as part of a routine rotation of U.S. maritime forces in the U.S. 5th Fleet area of responsibility in support of Operation Enduring Freedom, as well as conducting Maritime Security Operations (MSO) in the region.

MSO sets the conditions for security and stability in the maritime environment as well as complement the counter-terrorism and security efforts of regional nations. MSO denies international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.

IKE CSG is made up of: Commander, Carrier Strike Group (CCSG) 8; the aircraft carrier USS Dwight D. Eisenhower (CVN 69), homeported in Norfolk; Carrier Air Wing Seven (CVW) 7; Commander, Destroyer Squadron (CDS) 28; the guided-missile destroyer USS McFaul (DDG 74), homeported in Norfolk; and the Mayport, Fla.-based ships, guided-missile cruiser USS Hue City (CG 66) and guided-missile destroyers USS Carney (DDG 64) and USS Farragut (DDG 99).

For more information regarding IKE CSG's deployment, log onto [www.navy.mil/local/cvn69](http://www.navy.mil/local/cvn69).



Director, James Cameron signs autographs for fans while touring USS Hue City (CG 66). Cameron, along with "Avatar" Actor, Stephen Lang, and Actress Michelle Rodriguez toured the ship and spoke with Sailors as part of a special Navy Entertainment event.



Actress Michelle Rodriguez signs autographs for fans while on transport to the Nimitz class nuclear aircraft carrier USS Dwight D. Eisenhower (CVN 69).



Actress Michelle Rodriguez and Actor Stephen Lang smile for the camera.



Director, James Cameron, along with Actor Stephen Lang and Actress Michelle Rodriguez are welcomed aboard USS Hue City (CG 66) by the Commanding Officer and Executive Officer. Cameron, Lang and Rodriguez toured the ship and spoke with Sailors as part of a special Navy Entertainment event.



Actress Michelle Rodriguez of the new hit film "Avatar" takes photos with fans while touring USS Hue City (CG 66).



Actor Stephen Lang signs autographs for fans while touring USS Hue City (CG 66).

Photos by MC2 (AW/SW) Gina K. Wollman

# Columbian delegation visits Comfort

STORY AND PHOTO BY  
MC3 TIMOTHY WILSON

USNS Comfort (T-AH 20) Public Affairs

**ABOARD USNS COMFORT (T-AH 20), At Anchor** – A delegation of Columbian naval officers from ARC Cartagena de Indias visited the Military Sealift Command hospital ship USNS Comfort (T-AH 20) Jan. 31.

Capt. Rodelio Laco, commodore of Combined Task Group 41.8, and Capt. James Ware, commanding officer of the medical treatment facility aboard Comfort, greeted the delegation, who toured the ship and had dinner aboard.

“We are extending our welcome [to the Columbian officers] and renewing old friendships,” said Laco, who is leading Comfort’s efforts to provide care in Haiti. “It’s good that we are not starting from scratch.”

Comfort visited Tumaco, Columbia for 10 days last year, providing medical and dental care as part of the humanitarian mission Continuing Promise 2009.

“Now, we are expanding this international partnership,” Laco said. “Everyone is contributing and helping out.”

The Columbian navy and Red Cross of Columbia are working in harmony



Capt. James Ware, commanding officer of the military treatment facility aboard the USNS Comfort (T-AH 20), welcomes a delegation of Columbian naval officers from ARC Cartagena de Indias to the hospital ship Jan. 31. The Columbian navy is combining efforts with the United States and other nations to ease the suffering of the Haitian people during Operation Unified Response.

with other countries by supplying and transporting food, water and medical supplies for the Haitian people.

“It is good to work together,” said Lt. j.g. Matthew Goetz, the staff operations officer aboard Comfort. “To achieve mission accomplishment and save the lives of the Haitian people is important.”

International forces from around the world are focused on the task of helping

the people of Haiti recover from the Jan. 12 earthquake by working together in Operation Unified Response, a multinational effort between military, civil and nongovernmental agencies to stabilize the ravaged country.

“We are looking forward to working with these countries again,” Goetz said. “We are building skills to be more effective and efficient in order to support the people of Haiti.”

“We are looking forward to working with these countries again,” Goetz said. “We are building skills to be more effective and efficient in order to support the people of Haiti.”



EOD1 (EWS/PJ) Zachary Waskel, left, assigned to Explosive Ordnance Disposal Mobile Unit 6, is presented with a Bronze Star from Rear Adm. Carol Pottenger, the commander of Navy Expeditionary Combat Command, during an awards ceremony, Jan. 25. EODMU 6 was presented 50 personal awards to Sailors who deployed in support of Combined Joint Task Force Troy.

## EODMU 6 Sailors receive Bronze Stars

STORY AND PHOTO  
BY MC2 (SW) MICHAEL  
R. HINCHCLIFFE

Navy Expeditionary  
Combat Command

**NORFOLK** — Fourteen Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 6 received Bronze Stars at an awards ceremony held aboard Joint Expeditionary Base Little Creek-Ft. Story, Jan. 25.

The recipients included Lt. Joseph Clunie; Lt. j.g. Patrick McCurdy; Lt. j.g. Elijah Ford; EODCM (EWS/PJ) Earl Strom; EODCS (EWS) Joel Blea; EODC (EWS/PJ) Mica Greenwood; EODC (EWS) James Little; EOD1 (EWS/PJ) Joe Bland; EOD1 (EWS) James Frank; EOD1 (EWS/PJ) James Metzger; EOD1 (EWS/PJ) Roberto Ramirez; EOD1 (EWS/EXW) Danny Ricks; and EOD1 (EWS/PJ) Zachary Waskel.

Rear Adm. Carol M. Pottenger, commander of Navy Expeditionary Combat Command, was on hand to present the awards to each Sailor. These awards were presented along with 36 other personal awards earned by the unit’s members.

The EOD technicians received the award for their service in support of Combined Joint Task Force Troy. Waskel, who served as team leader, said his team re-

sponded to more than 40 improvised explosive devices (IED), weapons caches and unexploded ordnance. He said the training they received helped in understanding the mission while forward deployed.

“This was my first deployment as team leader, and my role was to take in all the information and process the scene, and get my team back to the base safely,” said Waskel. “I learned a lot about my field, and received a lot of training prior to my deployment and on the job during routine calls.”

The EOD Sailors trained using scenarios that previous EOD units had encountered during deployments. The training scenarios covered situations that already happened in the field, to help the technicians better understand what they could come across on missions.

“Words cannot express the pride I have in these warriors, their daily contribution to the war effort was instrumental, from counter IED ops to battle space maneuvers for coalition forces,” said EODCM (EWS/PJ) John Siegel, EODMU 6 command master chief. “And the training they provided to the Iraqi security force will prove instrumental to the future stability of Iraq.”

### Arena Racing Military Appreciation

**VIRGINIA BEACH** — Arena Racing USA is offering a night of excitement on Feb. 6 beginning at 7 p.m. with Military Appreciation Night. Doors will open at 6 p.m. for a driver meet and greet. The event will take place at the Hampton Coliseum with a portion of the proceeds benefiting Navy-Marine Corps Relief Society.

Participating in the opening ceremonies will be the Joint Expeditionary Base Little Creek – Fort Story Color Guard. Arena Racing will also recognize heroes

from the Rivierine Squadrons whom have recently returned from deployment.

The event is open to all military members and their families at a discounted ticket price of \$9 for adults and \$7 for children. Tickets will be available at the Hampton Coliseum Box Office, ITT offices or online at [www.ticketmaster.com](http://www.ticketmaster.com). Use password “MIL” for the discounted price. The ticket master fees are not included in the pricing.

For more information about the event, please call 462-1596.



# FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

February 4, 2010

## The baby in the box

BY MC2 PATRICK GORDON  
USS Nassau Public Affairs

**CARIBBEAN SEA** — A newborn baby girl was found in a box at Haiti's University Hospital and brought aboard USS Nassau (LHA 4) for medical treatment Jan. 23.

Nassau has been providing support to Operation Unified Response, the humanitarian aid mission to Haiti launched in the aftermath of the country's Jan. 12 earthquake. Part of Nassau's role has been to provide medical care to Haitians injured in the natural disaster. Since arriving, Nassau has treated 15 Haitians, but one the infant girl stands out among the other patients for her very young age and the manner in which she was found.

"When we got the call that day, we were told there would be two adults and two children, so I was looking for four stretchers," said Aviation Boatswain's Mate (Handling) 1st Class (AW/SW) Jorge Ramirez, a flight deck leading petty officer aboard Nassau who was working flight deck triage when the baby came aboard. "Only three stretchers came in, and on the third stretcher were a little boy and a box. I just thought the box had some personal items in it until I noticed that someone had written on its side 'Baby in box-do not throw away.'"

The infant was treated by Nassau's medical personnel, who were initially concerned for her health. A document in the box indicated she was two days old at the time and had blood in her stool, but Nassau's medical department was happy to report that she is healthy.

"She's doing great now. In the few days since she got here the baby's just been eating and growing," said Lt. Cmdr. Brian Norwood, senior medical officer aboard Nassau. "Since she's been with us she's been perfect."

While it is unorthodox to have a baby aboard a deployed U.S. Navy ship, the outpouring of support from the crew has been noticeable. From a knitted hat and booties set, to a baby-sized Navy PT shirt, gifts have been rolling in from the crew for the baby girl. But the most noticeable support comes from those that simply spend time with her.

"I've come by to see her almost every night she's been here," said Marine 1st Lt. Roy Foundren, Jr. "I just pray with her, play with her and sing to her."

Recently, a Haitian woman came aboard USNS Comfort (T-AH-20) looking for her newborn baby girl who fit the baby's description aboard Nassau. The medical staff aboard Nassau is confident that this is the baby's mother.



Photo by MC2 Patrick Gordon

Hospital Corpsman 2nd Class Eunite Merle, a corpsman aboard USS Nassau (LHA 4) holds a newborn baby girl in Nassau's medical department. "I've been taking care of her nights," said Merle, of Philadelphia. "I feed her, change her, weigh her and talk to her. She's really sweet." The infant was found in a box in Haiti and brought aboard Nassau for medical treatment Jan. 23. Nassau is deployed as part of the Nassau Amphibious Ready Group/24th Marine Expeditionary Unit (NAS ARG/24 MEU).

"My main concern was whether or not this was the baby's mother, but to have a mom come from the same place who delivered a baby on the same day with a diagnosis that matches the baby aboard means it's pretty likely we've found the mother," said Norwood.

"We're working very closely with Comfort and are going to get this straightened out as soon as possible. But in the meantime, she is being well taken care of."

Despite her short stay, the baby girl aboard Nassau will be missed once she leaves with her mother.

"I know she has to leave, but I'm going to be sad to see her go," said Hospital Corpsman 3rd Class (SW) Laketta Thomas, a corpsman with Nassau's medical department who has been taking care of the infant. "She's just been wonderful."

## Nassau flexes its medical capabilities during OUR



Photo by MCSN (SW) Jonathan Pankau

Lt. Cmdr. Chris Crerar, a native of Dallas and Hospital Corpsman 2nd Class (FMF/CAC) Luis Saucedo, a native of Miami hook up a medically evacuated patient to an IV aboard USS Nassau (LHA 4). Nassau is deployed as part of the Nassau Amphibious Readiness Group/24th Marine Expeditionary Unit (NAS ARG/24MEU) in support of Operation Unified Response, the humanitarian aid/disaster relief mission in Haiti. The NAS ARG/24 MEU is comprised of embarked Marines from the 24th Marine Expeditionary Unit, the multi-purpose amphibious assault ship USS Nassau, the amphibious dock landing ship USS Ashland (LSD 48), and the amphibious transport dock ship USS Mesa Verde (LPD 19).

STORY BY MC2 COLEMAN THOMPSON  
USS Nassau public affairs

**HAITI** — Off the coast of Haiti, a network of U.S. Naval ships are working together with shore-based elements to receive and assist injured citizens of the island nation.

After deviating from their regularly scheduled deployment route to the U.S. 5th and 6th Fleet Areas of Responsibility to support Maritime Security Operations, the ships of the Nassau Amphibious Ready Group (NAS ARG) arrived in Haiti Jan. 23. These capabilities that the NAS ARG ships provide are in addition to the U.S. Navy assets and non-governmental agencies already stationed off the coast of Haiti.

"We've been training for situations like this," said Lt. Rebecca Short, Nassau's medical administration officer. "It's good to see that we're able to utilize that training to assist these people as much as possible."

Currently augmented by the 14 members of Fleet Surgical Team 4 (FST 4), and the embarked personnel of the 24th Marine Expeditionary Unit (24 MEU), the amphibious assault ship USS Nassau's (LHA 4) medical staff consists of eight medical officers and more

than 40 corpsmen.

Able to receive patients from the shore via the ship's flight deck and well deck, the ship's facilities include three operating rooms and the capability to keep up to 62 patients in the medical ward and Intensive Care Unit beds when the ship is augmented with a full complement of medical personnel. Medical staff from USS Ashland (LSD 48) has cross-decked to Nassau in order to help fully utilize the spaces.

"We have really done a lot with what we have during the last few days," said Cmdr. James Pate, Fleet Surgical Team Four, officer-in-charge. "Since we have arrived, we have helped several Haitians. That is all that matters...saving lives and making a difference."

After already receiving and treating several patients the medical team aboard Nassau remains on standby, knowing that at any moment they'll hear the word over the ship's intercom system that another helicopter or landing craft air cushion (LCAC) is inbound with patients needing treatment. Ashore, a team of U.S. assets, such as trained trauma

See NASSAU, B7

## Fleet and Family Service Centers help Sailors get fiscally fit

BY MC2 MANDY HUNSUCKER  
Flagship Staff

**NORFOLK** — Fleet and Family Service Center's (FFSC) "A new year, a better you" campaign for 2010 will high light a different subject for each month, with February's subject being "build wealth, not debt."

According to Vici Hafley, education and training supervisor at FFSC, Norfolk, financial burdens on the Sailor and their family can cause stresses that may affect the Sailor at work.

"The Navy recognizes that having your finances in order is part of readiness in general. If an individual or they're family is concerned about their finances, it could be a distraction on the job," said Hafley.

"The Navy firmly believes that a fiscally fit Sailor is a good Sailor because they're not worried about their car getting repossessed. They know its fine because they've been managing their finances."

FFSC's across Hampton Roads provide several classes within their personal financial management program a Sailor or a Sailor's family member can take to help them become fiscally fit. Such classes include: The art of money management, car buying strategies, consumer awareness, credit management, don't bet your life on it, financial responsibility in the military, homeowner ship, identity theft protection, million dollar Sailor, savings and investments, the basics of retirement planning and TSP- your key to financial indepen-

dence.

According to Hafley, the art of money management class is a seven-hour class that encompasses several of the personal financial management program classes listed above.

"The art of money management class is a unique presentation. It's a full day class that takes you from the beginning of why personal financial management is important to you as an individual, and you as a Sailor, to a retirement plan" said Hafley. "We start with the foundation of a good spending plan, and then go into how to build one. Then we start talking about consumer issues. We also spend time talking about credit and credit management. We spend time talking about car buying strategies, and

we spend quite a bit of time talking about savings and investing."

The personal financial management program that FFSC offers is broken down into the variety of classes offered for logistical reasons.

"Many times, people can't get away from work for an entire day, or their command can't let them go to a class for the entire day. Then we had individuals ask for a class that included everything, for those who really wanted or needed to get everything all at once. And sometimes individuals just want to take one class to get more information, such as on car buying," said Hafley. "We offer the variety of classes for logistics. Also, the stand alone classes are easier for us and the commands to take

to the commands, because commands usually can't give us seven hours at a time."

As part of the financial readiness campaign for the month of February, FFSC of Hampton Roads is hosting "Money Wise" with speakers Kelvin Boston and Peter Deilagus, Feb. 4, at Naval Station Norfolk in building C-9 auditorium, 8:30 - 11 a.m., and at Naval Air Station Oceana's base theater, 1:30 - 4 p.m.

"Money Wise will offer Sailors a different perspective on money management," said Hafley. "It is going to be a very interactive event that Sailors should be able to really enjoy."

For more information about FFSC's of Hampton Roads, please visit, [www.cnic.navy.mill/navylifema](http://www.cnic.navy.mill/navylifema).

# SPOUSE SPEAK!

## It's tax time again

BY MICHELLE GALVEZ  
Journalist/2009 Heroes at Home  
Military Spouse of the Year

Last payday, when I was eyeballing my husband's Leave and earnings Statement (LES) before starting on the bills, I noticed that W2s would be available on MyPay by mid-January. (If you're not a spouse accustomed to being in charge of the finances – bills, LES, budgets and banking, because your service member is not gone more than he's home – then my lead sentence might raise a few hackles. If you are the Chief Financial Officer of your home and your service member barely knows the updated passwords to all the important accounts, or where the checkbook is even kept these days thanks to frequent deployments, then you probably know exactly what I'm talking about. Moving on.)

Looking forward to the big, fat refund we usually get, I pulled out the pristine new 2010 calendar. I marked the W2 date and the one on which the free H&R Block online service would be available on Military OneSource, and got busy waiting and fantasizing about the savings, vacation or bill paying we could do when we got back all the money we'd loaned Uncle Sam last year.

Because everything has a silver lining, saddling ourselves with a mortgage at our last duty station, my husband's combat zone deployments over a few different tax years, having three mouths to feed, paying off student loans and me not earning a paycheck frequently resulted in large refunds and no taxes owed. What I neglected to take into account during my what-to-do-with-the-money daydream was all the changes in our tax status for '09.

I figured it out real quick

“Taxes, after all, are dues that we pay for the privileges of membership in an organized society.”  
— Franklin D. Roosevelt

though when the usually friendly and refund-finding program popped up with a large “amount owed” window. I frantically re-entered all the numbers, crossed my fingers it was a glitch and hit enter. Same big ugly number and a multiple choice question about how I wanted to pay our tax bill this year. Uh oh.

I earned an income working last year, messed up my W4 form and didn't have enough deducted and enjoyed those paychecks instead of realizing I would pay for it at the end. We didn't pay any mortgage interest thanks to base housing and hubby didn't go to war last year. My glass wasn't feeling very full that night. Always one to make at least a feeble attempt at making the best of a panic-inducing situation, I pointed out to my husband that at least I had figured it out in January, and we had a few paychecks to save for the tax bill before the April 15 deadline.

Whether looking forward to a refund or worried about paying taxes this year, service members and their families don't have to go it alone. In addition to being the conduit for the free H&R Block program – provided by the Department of Defense to prepare and file federal and state returns – Military OneSource has tax consultants standing by to help.

According to their Web site at [www.militaryonesource.com](http://www.militaryonesource.com), Military OneSource has qualified consultants who can provide tax education, financial information and referrals. Available seven

days a week from 7 a.m. to 11 p.m. EST, they can be reached at (800) 730-3802.

If you and your taxes need face time, free help is available on base. Military taxpayers and their families can visit the Tax Assistance Centers (TAC) at Naval Station Norfolk or Naval Air Station Oceana to have their federal and state tax returns prepared and checked. Call 444-9081 or 433-2252 for more information.

If you're a working military spouse, federal legislation signed last year may affect your Virginia income tax filing requirements. Virginia's Department of Taxation warns that the Military Spouses Residency Relief Act, effective for taxable year 2009, means that spouses of service members do not automatically become Virginia residents for purposes of income and personal property taxation if the only reason they're living in the commonwealth is those Permanent Change of Station (PCS) orders that sent their service member here. It might be important for you to research that law further. For details, see [www.tax.virginia.gov](http://www.tax.virginia.gov).

So good luck this tax season, and if you end up owing, I feel your pain. If it makes you feel any better, recall the words of Franklin D. Roosevelt: “Taxes, after all, are dues that we pay for the privileges of membership in an organized society.”

*Michelle Galvez is a Navy spouse and ombudsman who lives with her husband and three children in Virginia Beach. She was selected as the 2009 Heroes at Home Military Spouse of the Year.*



TIP  
of the week

## IRS drops and gives you Ten...military tax tips

Service members have many obligations that could impact their tax situation. Here are 10 IRS tax tips military members can keep in mind this to help with filing a tax return.

❶ **Moving Expenses** If you are a member of the Armed Forces on active duty and you move because of a permanent change of station, you can deduct the reasonable unreimbursed expenses of moving you and members of your household.

❷ **Combat Pay** If you serve in a combat zone as an enlisted person or as a warrant officer for any part of a month, all your military pay received for military service that month is not taxable. For officers, the monthly exclusion is capped at the highest enlisted pay, plus any hostile fire or imminent danger pay received.

❸ **Extension of Deadlines** The time for taking care of certain tax matters can be postponed. The deadline for filing tax returns, paying taxes, filing claims for refund, and taking other actions with the IRS is automatically extended for qualifying members of the military.

❹ **Uniform Cost and Upkeep** If military regulations prohibit you from wearing certain uniforms when off duty, you can deduct the cost and upkeep of those uniforms, but you must reduce your expenses by any allowance or reimbursement you receive.

❺ **Joint Returns** Generally, joint returns must be signed by both spouses. However, when one spouse may not be available due to military duty, a power of attorney may be used to file a joint return.

❻ **Travel to Reserve Duty** If you are a member of the US Armed Forces Reserves, you can deduct unreimbursed travel expenses for traveling more than 100 miles away from home to perform your reserve duties.

❼ **ROTC Students** Subsistence allowances paid to ROTC students participating in advanced training are not taxable. However, active duty pay – such as pay received during summer advanced camp – is taxable.

❽ **Transitioning Back to Civilian Life** You may be able to deduct some costs you incur while looking for a new job. Expenses may include travel, resume preparation fees, and outplacement agency fees. Moving expenses may be deductible if your move is closely related to the start of work at a new job location, and you meet certain tests.

❾ **Tax Help** Most military installations offer free tax filing and preparation assistance during the filing season.

❿ **Tax Information** IRS Publication 3, Armed Forces' Tax Guide, summarizes many important military-related tax topics. Publication 3 is available for download at [IRS.gov](http://IRS.gov) or may be ordered by calling 1-800-TAX-FORM (800-829-3676).

## The Flagship Welcomes NewsChannel 3's Bianca Martinez

Hello Flagship readers!

I am so excited to be a part of this amazing resource for our military families. I am a proud Navy wife and have been for almost 10 years now! Wow, 10 years!

This partnership is something that I have hoped for. I want the opportunity to be an advocate for the families in my community that sacrifice so much every single day. The Flagship is now another way for me to achieve that. You won't just find some of my blogs here in Spouse Speak.

NewsChannel 3 knows how important the military is in Hampton Roads. We are Taking Action to tell your stories. As a Flagship reader, you will get a deeper look into some of the things NC3 is working on and you will know when and where I will be shooting my next Do My Military Job segments. We'll even let you know how to get your loved on-air as part of our Salute to Service.

I was once asked what would I tell a brand new military spouse to give them an idea of what it is like to married to the military. My response: You don't really know how much pride you can be filled with. Just when you think you are as proud as you can be as a military spouse, something happens that makes you stand up even straighter. I am pretty sure that some day I may burst with pride.

My hope with this new partnership is that you will laugh and cry with me. This is our connection. This is our resource. This is our community.

Very Respectfully,  
Bianca Martinez  
Anchor/Reporter  
WTKR- NewsChannel 3



# MARRIED to the Military

## Yeah, I had to go there



BY BIANCA MARTINEZ

Okay so I usually try to stay away from blogging about things that might make people not like me so much. Today, that just isn't the case. I am not trying to anger anyone, but I think I just want someone to understand WHY some of the news that came out this week may fire me up.

The White House will be proposing a 1.4 percent military pay increase in 2011. Yes, I am happy that our family has job stability for at least one person. Yes, any increase is helpful when it comes to the budget. Here is what frustrates me though ... if approved, this will be the smallest increase since the military became a volunteer program in 1973. This, in a time when the military and their families are stretched the most they have been in those almost 40 years! They are serving all around the world and many are putting their lives on the line everyday. Meanwhile, those in the House and Senate are giving themselves a hefty Cost of Living Allowance (COLA) raise this year and next. In my eyes, that is where the slap in the face comes from.

I had someone respond to my frustration by saying, “In the world, you don't get paid on what your worth, you get paid by what you can leverage.” Um really, because I don't think there is much more you could leverage than the ultimate sacrifice. Then again, I have to remember, you won't ever really get what this life is about unless you are living it.

I understand that there are folks out there that are going through the toughest of times. There are layoffs in the private sector, unemployment is through the roof. And I do have sympathy for anyone going through that situation. There are a number of jobs in this world that don't get paid what they deserve. Teachers, police officers, fire fighters just to name a few. So this is not a frustration that is exclusive to the military.

The encouraging part in all of this is that there IS money going to family support programs and child-care shortages and towards more family counseling options. So there is help coming where we need it most. Our community will get a needed boost if even our checking accounts just get a nudge.

Let's face it. We know our spouses didn't join the military to get rich. They did not join to be in the spotlight. Those aren't the type of people they are. They joined to serve their country. They joined to protect the wonderful lives we lead in this country.

Reach out to NewsChannel 3's Bianca Martinez at [bianca.martinez@wtkr.com](mailto:bianca.martinez@wtkr.com). Be sure to check out “Do My Military Job” every Wednesday at 11 p.m. on NewsChannel 3!

You can catch Bianca Martinez anchoring the 6 p.m. and 11 p.m. newscasts with Kurt Williams during the work week. You can also follow her laughter, stress and tears as a military wife in her blog, “Married to the Military,” weekly in the Flagship.

# Local service times

## LDS PROGRAMS

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

## NAVAL STATION NORFOLK

### ROMAN CATHOLIC

*Our Lady of Victory Chapel*

*Mass Schedule:*

5 p.m. — Sat.

*(fulfills Sunday obligation)*

10 a.m. — Sun.

11:45 a.m. — Mon.- Fri.

*(except holidays)*

*Confessions:*

4:15 p.m. Sat.

### PROTESTANT

*David Adams Memorial*

*Chapel Worship Services:*

10:30 a.m. — Sun.

*Worship*

*Wednesday Services:*

8:30 - 10:15 a.m. — Bible

Study Noon "Lunch

with the Lord"

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

## JEWISH PROGRAMS

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

## MUSLIM PROGRAMS

Masjid al Da'wah

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

## JEB LITTLE CREEK CHAPEL

### ROMAN CATHOLIC

*Mass Schedule:*

5 p.m. — Sat.

*(fulfills Sunday obligation)*

9 a.m. & 12:15 p.m. — Sun.

11:30 a.m. — Tues. - Fri.

*(except holidays)*

*Confessions:*

3:30 - 4:30 p.m. — Sat.

### PROTESTANT

9 a.m. — Sun. School

(4 years-Adult)

10:30 a.m. — Sun.

Divine Worship,

Children's Church

(Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed.

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

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

Latter Day Saints

Coffeehouse

11:30 a.m. — Sun.

6 p.m. — Sun.

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

## CHAPLAIN'S CORNER

# A gift of more time on this Earth

BY CMDR. JOHN HANNIGAN

*Service Battalion Chaplain,  
Marine Corps Base, Quantico*

Will we make good use of this time? Do we clearly realize the value of time? Do we realize that it will return with us to God, either empty or filled with the record of our good and evil deeds, desires and thoughts?

These are imprinted upon it as time flies before us never to return. We look forward to the time ahead and perhaps at times may be inclined to postpone serious efforts to a more or less remote future. This tendency is not altogether unnatural but it is certainly most unwise; for if the present is ours, the future belongs to God alone. Let not tomorrow but today be our motto in matters of duty; tomorrow will always be out of our reach, today is always present.

Life is too short and too precious to be wasted even in part, and especially those most important periods of time which prepare us for the fulfillment of our missions in this world. Now is the seedtime of life; if we do not sow now, we will not reap later.

But what law can bind us to make good use of our time? Are we not our own masters? Can we not employ our lives as we please? No, we are the servants of our Creator and we must obey his commands.

Remember therefore that you are the child of him to whom God said after his fall: "In the sweat of thy face shalt thou eat bread" (Gen. 3:19). This obligation imposed upon us all in the person of our first parent, does not begin for us with mature age, but is binding upon us as soon as we are able to fulfill it. Suppose for a moment, however, that we are not, like other people, subject to the universal

law of labor: could we consent to pass the years of time on earth in idleness, while the whole world is at work to supply us with the necessities and the comforts of life? Would we not be ashamed to accept the services of our fellowmen, to profit by their work, yet remain inactive and useless to society although able to do our share?

We would thus rightly incur the censure and contempt of men, the reproof of our own conscience and the malediction of him who cursed the barren fig tree. If society demands our work as a debt owed to its members, greater still is our obligation to the family of God. How can we think of displaying leadership and taking upon ourselves grave responsibilities unless we are determined to do all in our power to fit ourselves for noble missions and acquire invaluable habits of diligence and zeal.

Finally, if we think that habits of idleness will be to us a source of real enjoyment, we deceive ourselves. The peace and sweetness of rest belong only to those who have deserved them by faithful labor.

Furthermore, no one can be truly happy who knows that he is not doing his duty; and later on, when we realize that we are not prepared for the work assigned to us by divine Providence,

feeling our weakness and inefficiency, we will be a burden to ourselves as well as to others.

Not only would idleness deprive us of true happiness, but it would also seriously endanger ourselves by throwing ourselves wide open to the many temptations which beset our age.

Idleness has been rightly called the nurse of sin and the mother of vice. "Idleness," says St. Bernard, "is the receptacle of every dangerous thought, the nourishment of voluptuousness, the destroyer of virtue, the death of the soul, the grave of the living."

Work, on the contrary, is a protection, a shield against evil. If our imagination, memory, sensibility, and reasoning are constantly occupied by some useful and

wholesome object, we will be like strong fortresses which the enemy cannot enter, because its approaches and gates are carefully guarded.

Let us then, not waste the gift of time given us in this year of our Lord, 2010, since our success and happiness in life depend, in a large measure, upon the way we use this time.

Let us labor diligently and courageously, looking upon using the gift of time wisely as a duty of our faith, a debt of justice, and a most efficient means of true and lasting happiness.

"Life is too short and too precious to be wasted even in part, and especially those most important periods of time which prepare us for the fulfillment of our missions in this world."

— said Cmdr. John Hannigan

## Prayer to say at the end of a long deployment

Yes, Lord, the time is approaching for our return; Days drag on as if to say we've covered a long trail; But the nights bring our thoughts back to You with concern; And happy encounters with loved ones we left at sail.

Ensure we remember only the good times of our growing; Placing in our hearts that which You want us to recall; Allowing us to build our lives, like the river - ever flowing.

We thank you, O Lord, for the friendships we have established during this cruise. Companions help us to be at ease, ourselves, comfortable. O Lord, we know who they are. They are people who come to our rescue - not

to save us - for we often bring pain upon ourselves - but those whose laughter, loyalty and respect allows us to relax and to gather our forces and come alive again. Help us to recognize that your goodness and blessing is neither an abstraction nor an illusion, but evidenced by the gift of others you have given us. Cause us to realize that among our friends we experience your presence - your grace during difficult times.

Some say that hell is other people. True, but so is heaven. Lest we forget, O Lord, we thank you this night for our friends. Amen.

# New technology used for reenlistment, other functions

BY APRIL PHILLIPS

Naval Safety Center Public Affairs

**NORFOLK** — With schools in both San Diego and Norfolk, Naval Safety and Environmental Training Center (NAVSAFENVTRACEN) recently used new technology integrated into NAVSAFENVTRACEN classrooms to allow families and Sailors at both locations to be a part of one service member's reenlistment ceremony Jan. 20.

NAVSAFENVTRACEN Chief Logistics Specialist (SW) Jose Domaol works in San Diego, but wanted to be reenlisted by his commanding officer, Cmdr. Maria Majar, who works in Norfolk.

Additionally, he wanted his family, who lives in the Philippines, to be a part of the ceremony.

Domaol's reenlistment marked the first time Defense Connect Online (DCO) technology was used for a reenlistment, according to Air Force Col. Brian Hermann, program manager for Defense Collaboration Services, the organization that oversees DCO.

While NAVSAFENVTRACEN has used the recorded version of DCO for a course allowing students to work at their own pace, this ceremony incorporated all participants in a live capacity.

A video and microphone connection was established which allowed Majar to administer the reenlistment oath to Domaol. His mother, father, sister, nephews and three daughters were able to watch the ceremony from the Philippines and offer their congratulations through their own connection. All participants were able to

see and hear one another on their computer screens.

In an emotional moment after the reenlistment, Domaol was able to thank his father, who inspired him to join the Navy.

"When I was a little kid, dad always said he had wanted to join the Navy but wasn't fortunate enough to do so," said Domaol. "There was a point in time when my dad asked me what I wanted to do, and I said 'If you support me in going into the Navy, I'll finish this dream for you.'"

Through the computer screen, Domaol's relatives could be seen beaming with pride as they listened to him speak.

"It was very unique that we were able to use the technology we have at the schoolhouse to have your family join us for this very special occasion," said Majar to Domaol. However, Majar said the potential use of DCO goes far beyond reenlisting a Sailor.

"One of our strategic goals is to leverage multiple modalities to enhance the student educational experience," Majar said. "Today's learner needs engagement, variation, collaboration and access to knowledge. Leaning forward by testing and incorporating innovative technologies, we open ourselves to fresh ideas and opportunities that can enhance the learner's experience and drive efficiencies through blended and distance learning capability, saving our customer valuable time and travel dollars."

Sailors will use the NAVSAFENVTRACEN DCO for a Safety Programs Afloat course with Pearl Harbor in January 2010.

For more news from Naval Safety Center, visit [www.navy.mil/local/nsc/](http://www.navy.mil/local/nsc/).



Photos by MC3 Nina P. Hughes

Adm. J. C. Harvey, Jr., commander of U.S. Fleet Forces Command, speaks at the establishment ceremony for Navy Cyber Forces (CYBERFOR) at Joint Expeditionary Base Little Creek Fort Story. CYBERFOR is the type commander for cryptology, signals intelligence, cyber, electronic warfare, information operations, intelligence, networks and space disciplines. CYBERFOR will report to Commander, U.S. Fleet Forces.

## Navy Cyber Forces established

BY MCC (SW/AW)  
AARON STRICKLAND  
Naval Network Warfare  
Command Public Affairs

**NORFOLK** — Navy Cyber Forces (CYBERFOR) was established in a ceremony at Joint Expeditionary Base, Little Creek-Fort Story Jan. 26.

Vice Adm. H. Denby Starling II, assumed command of CYBERFOR and continues to serve as commander of Naval Network Warfare Command (NETWARCOM).

Commander U.S. Fleet Forces, Adm. J. C. Harvey Jr., presided over the ceremony and described CYBERFOR as a vital addition to the Navy's warfighting capability.

"I'm very proud to be with you on this journey. You have put your very heart and soul into this command," Harvey said. "I think you will write a glorious chapter in the history of this command as you bring it into the 21st century and bring our Navy along with it."

Starling said that cyber space is more than a path upon which information travels.

"It is warfighting battle space and supremacy in this battle space will ensure that our ships, aircraft and submarines remain dominant in the age of information warfare," Starling said.

CYBERFOR is the type commander for cryptology, signals intelligence, cyber, electronic warfare, information operations, intelligence, networks and space dis-



Adm. J. C. Harvey Jr., commander of U.S. Fleet Forces command, left, and Vice Adm. H. Denby Starling II, commander of Navy Cyber Forces, cut a cake commemorating the command's establishment during a ceremony at Joint Expeditionary Base Little Creek-Fort Story.

ciplines. CYBERFOR will report to Commander, U.S. Fleet Forces.

As the TYCOM, CYBERFOR's mission is to organize and prioritize manpower, training, modernization and maintenance requirements; and capabilities of command and control architecture and networks; cryptologic and space-related systems; and intelligence and information operations activities; and to coordinate with TYCOMs to deliver interoperable, relevant and ready forces at the right time, at the best cost, today and in the future. CYBERFOR will be headquartered at the Joint Expeditionary Base, Little Creek-Fort Story in

Norfolk. Location in a fleet concentration area ensures CYBERFOR's close linkage with those it supports.

NETWARCOM will conduct network and space operations in support of naval forces afloat and ashore.

Starling recognized that NETWARCOM's people have laid the foundation for CYBERFOR. That work, he said, prepares the Navy to move to the next level of cyber warfare.

"Many of you contributed to the foundation of CYBERFOR and can take great pride and a sense of accomplishment in the work you've done," Starling said. "The work you do now and will continue to do in the future is of vital importance to ensuring we maintain decision superiority."

Starling is confident that CYBERFOR and NETWARCOM will take the steps needed for the Navy to succeed in battle and in cyber.

"We have seen our nation and America's Navy triumph time and again in the face of equally daunting circumstances," Starling said. "We shall do no less."

For more news from Naval Network Warfare Command, visit [www.navy.mil/local/nmwc/](http://www.navy.mil/local/nmwc/).



Photo by MC1 Hendrick Dickson

Sailors aboard USS Carter Hall (LSD 50) transfer pallets of food rations from Carter Hall to U.S. Army Landing Craft Unit 2001. Carter Hall is on station in Haiti in support of Operation Unified Response, a joint operation providing military support capabilities to civil authorities to help stabilize and improve the situation in Haiti following a 7.0 magnitude earthquake that devastated the island nation.

## Carter Hall arrives in GITMO, on-loads relief supplies

BY MC1 (SW/AW)  
**HENDRICK L. DICKSON**  
*Navy Public Affairs Support  
 Element East*

**GUANTANAMO BAY, Cuba** — USS Carter Hall (LSD 50) on-loaded more than 400 pallets of water, food rations and medical supplies, as well as thousands of cots and tents to support Operation Unified Response, in less than 24 hours during a brief stop at Naval Base Guantanamo Bay (GITMO) Jan. 24.

Carter Hall coordinated with Task Force 48, the joint logistic hub at GITMO established in the effort to lift humanitarian relief supplies to Haiti, to on-load 157 pallets of water bottles, 27 pallets of 5-gallon water cans and 227 pallets of food rations. Additionally, the crew loaded 6,000 cots and 326 tents that will be used to provide beds and shelter for those in need.

“My crew worked around the clock, non-stop to get all the supplies safely loaded,” said USS Carter Hall Commanding Officer, Cmdr. George Doyon. “The weight of the mission rests on their shoulders, and they continue to exceed my expectations.”

Task Force 48 was established and staffed at GITMO to take advantage of the first-rate facility and short distance from Port-au-Prince.

“The military personnel here are working non-stop, around the clock coordinating the air and sea assets to deliver immediate, life-saving supplies to Haiti,” said Rear Adm. Wolfe, commander of Task Force 48. “The timely delivery of this aid is only possible due to the close proximity of Naval Base Guantanamo Bay to the affected area. GITMO is obviously a critical asset to meet the strategic needs in this region.”

Carter Hall arrived on station in Haiti Jan. 18. The ship has been a vital asset to the relief mission, with detachments from Beach Masters Unit 2; Seabees from Amphibious Construction Battalion 2; Marines from the 22nd Marine Expeditionary Unit and tons of heavy equipment to establish accessible beach landing sites in Haiti and efficiently deliver supplies and medical treatment to the Haitian people.

The Carter Hall medical team also established the Hope Estate Treatment Facility and treated more than 500 Haitian people and arranged more than 20 medical evacuations.

“USS Carter Hall is flexing in many areas, taking this natural and logistic disaster and making it a point of success for the amphibious assets of the Navy,” said Doyon.

USS Carter Hall (LSD 50) is part of the Bataan Amphibious Relief Mission. The multi-purpose amphibious assault ship USS Bataan (LHD 5) is on station in Haiti with the amphibious dock landing ships USS Fort McHenry (LSD 43), USS Gunston Hall (LSD 44), and Carter Hall supporting Operation Unified Response, a joint humanitarian assistance mission to Haiti following a 7.0 magnitude on Jan. 12.



Christmas trees are laid along sand fencing to help capture sand and rebuild eroded dunes at JEB Little Creek-Fort Story.

# Christmas trees provide unique beach stabilization

STORY AND PHOTO  
 BY SARA BELL  
*NAVFAC MIDLANT*

Instead of hauling their Christmas trees to the curb after the holidays, over 100 residents and military personnel on Joint Expeditionary Base (JEB) Little Creek-Fort Story partnered to help restore the beach areas hardest hit by a late 2009 northeaster. Natural resources staff with NAVFAC MIDLANT set up tree accumulation areas at both the East (formerly U.S. Army Garrison Fort Story) and West (formerly Naval Amphibious Base Little Creek) properties.

“This is a great project to support, is easy to participate in, and helps the environment. This is especially true following our recent storm,” said Sara Bell, NAVFAC’s Natural Resources Specialist. “Not only can our military families go green by buying a real tree this holiday season, but they now know that they can help our base go green all year long by donating their tree. We have limited and valuable training beaches on the Joint Expeditionary Base. Our military families can help protect those scarce

resources.”

After the November 2009 storm, most of the gently sloping sand dunes had eroded into vertical-faced drop-offs. Some dunes were completely washed out and water and sand poured into the developed areas of the installation. Luckily, discarded Christmas trees started piling up on 26 December. By January 12, the tree turnout was impressive: 51 and 71 trees from the East and West campuses, respectively. About half of the trees came from other Navy and Army installations, showing that this really was a team effort

that spanned across military branches and bases. That morning (January 12) the temperature was 30°F with a wind-chill of 19°F, yet volunteers still turned out to help with tree placement.

At JEB East, the Christmas trees were placed landward of sand fencing still in place. At JEB West, trenches were dug at the dune base and trees were “planted” upright to protect the dune face.

“I was impressed that people still showed up! Once we reached the dune crest, we had to lean into the wind to get the trees over

the sand fencing. The trees help reestablish the dunes by catching more sand than the fencing alone. Where there is no sand fencing yet, the upright trees guard against wind and water erosion,” Bell said.

She notes that the project would not have been a success without tree donations and the volunteer assistance from co-workers, housing management, and citizens. Bell has plans to continue restoration efforts in spring and autumn 2010 by installing more sand fencing and planting native warm- and cool-season grasses.

# USS George H.W. Bush departs for sea trials

BY MC2 NATHAN A. BAILEY

USS George H.W. Bush (CVN 77)  
Public Affairs

**NEWPORT NEWS** — USS George H.W. Bush (CVN 77) departed Northrop Grumman Newport News Shipbuilding in Newport News, Va., for sea trials Jan. 27 after an intensive seven-month maintenance period.

During Sea Trials, the ship's electronics, communication, navigation and other combat systems that were built or modified in the shipyard will be tested. In addition, an inspection of the ship's catapults and jet blast deflectors will be conducted, as well as inspections of the ship's berthing spaces, demonstrations of search and rescue equipment firefighting capabilities, and an evaluation of food service facilities to determine the ship's overall mission readiness.

Bush's sea trials comes after a highly successful Post Shakedown Availability/Selective Restrictive Availability (PSA/SRA) that officially completed the construction of the Navy's newest aircraft carrier.

"In just seven months, the ship experienced an amount of depot and intermediate level work comparable to an 11-month planned incremental availability," said Bush's Chief Engineer, Cmdr. Shannon Terhune.



Photo by MCSA Leonard Adams

Seaman Alan Fletcher, assigned to the Deck Department of the aircraft carrier USS George H.W. Bush (CVN 77), looks through a pair of binoculars during his starboard aft lookout watch Jan. 28. The ship is underway conducting Post Shakedown Availability Sea Trials.

Work on the ship over the last seven months included finishing the airwing spaces and combat systems suite, implementation of ship alterations to get the ship on the class maintenance plan, and

the completion of the ship's force work package.

Ship's force work saved the Navy more than half a million dollars, according to Bush Engineering Department Leading

Chief Petty Officer, Master Chief Machinist's Mate (SW) Al Fuller, and more than 60 percent of the overall ship's force work package fell to Engineering Department Leading Sailors to complete.

One major undertaking was completed by Damage Control division, who exhausted more than 6,800 man hours upgrading the ship's 10 damage control repair stations and 27 damage control unit lockers, saving the Navy more than \$680,000.

Another upgrade included Electric division converting the carrier's "77" island lights from incandescent bulbs to light emitting diode (LED), saving the Navy 90 percent of the cost associated with light operation.

Terhune credited the teamwork and cooperation between ship's force, Northrop Grumman Shipbuilding, Program Manager for Ships (In-Service Aircraft Carriers), Commander Naval Air Forces Atlantic (Maintenance and Material), Supervisor of Shipbuilding, Conversion and Repair (Newport News), and more than 20 separate contractor organizations for an unprecedented level of efficiency in the execution of production work on the ship. He said the ship's crew appreciated the professionalism of all maintenance providers.

Upon completion of sea trials, Bush will return to its homeport of Naval Station Norfolk, Va., to begin the work-up cycle towards deployment and prepare for sustained flight operations at sea.

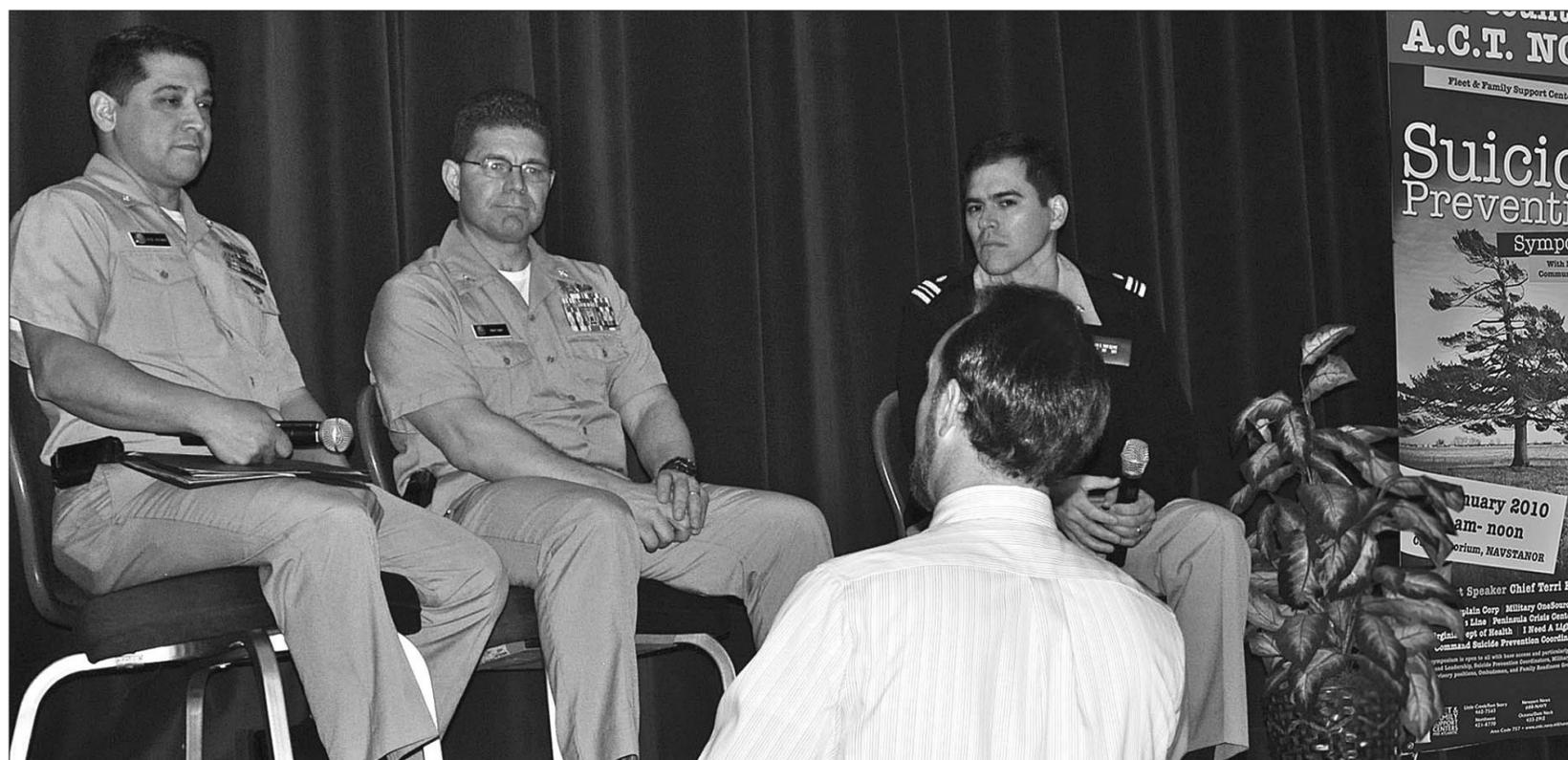


Photo courtesy Fleet and Family Support Center

Ted Cremer, Fleet and Family Support Center lifeskills educator talks to (L-R) Chief Religious Programs Specialist Dave Aguirre, Chaplain Walter East from Commander Naval Surface Force U.S. Atlantic Fleet and Lt. Cmdr. (Dr.) John Van-Slyke during the Suicide Prevention Symposium held at Naval Station Norfolk.

## FFSC hosts Suicide Prevention Symposium at Naval Station Norfolk

**NORFOLK** — More than 215 service members, DOD personnel, and family members attended the Fleet & Family Support Centers (FFSC) Suicide Prevention

Symposium, representing more than 60 commands and shared information at their various resource ta-

bles. Topics presented in the symposium included the impact of suicide on the surviving family, friends, and co-workers; warning signs and risk factors; and suicidal patient management. The Chaplain Corps and medical professionals also discussed referral perspectives and the application of FFSC programs and resources to suicide prevention.

Guest speakers included Chief Master-at-Arms Terri Ellis, Norfolk Naval Shipyard Security; Christy Letsom, Crisis Line; Chief Religious Program Specialist David Aguirre and Chaplain Walter East, Commander Naval Surface Forces U.S. Atlantic Fleet; and Dr. John Van-Slyke, Naval Medical Center Portsmouth.

To schedule a suicide prevention brief at your command call your FFSC or 757-444-NAVY. For information about all of our programs, visit us at [www.cnic.navy.mil/navylifema](http://www.cnic.navy.mil/navylifema)

# IKE promotes good nutrition

BY MCSN WILLIAM JAMIESON  
USS Dwight D. Eisenhower

The newly formed Fitness Council aboard Nimitz-class Aircraft Carrier USS Dwight D. Eisenhower's (CVN 69) (IKE) is scheduled to hold a Nutrition, Weight Loss and Fitness Fair in Bay 3 of the Aft Mess Deck, Jan. 22 from 5-7 p.m.

IKE medical officer, Lt. Cmdr. Eugene Wilson, who helped coordinate the event, said the fair is part of a comprehensive push to improve nutrition habits on the ship.

"The fair will have multi-media displays, including hands-on demonstrations, to teach important principles about choosing healthy foods and creating healthy meals that taste good," said Wilson. "Members of the council will be present to answer questions and provide information about topics ranging from cholesterol and nutritional supplements to weight loss and control of blood pressure through diet changes. There will also be games and prizes



Photo by MC3 Matthew Bookwalter

**Culinary Specialist Seaman Apprentice Nicole Nicholson and Culinary Specialist Seaman Apprentice Samantha Piekarski make edible decoration for the galley with extra dough aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69).**

awarded to some lucky attendees. "Wilson said that good nutrition is a worthwhile goal anytime, but with the rigors of day-to-day work aboard a ship, nutrition can be crucial to job performance and morale.

"In the short term, good nutrition just makes you feel better," said Wilson. "The right food choices allow your body to perform at its peak level. The Nutrition and Weight Loss fair is about trying to get people to think about the food choices they make and maybe pickup some better habits that will keep them healthier for the long term."

Wilson added that good nutrition is a key factor in maintaining a healthy weight. Putting on excess weight can lead to multiple health problems including heart disease, diabetes and high blood pressure, he explained.

The Fitness Council hopes the fair will expose crew members to the right kinds of foods to eat - fresh fruit and vegetables and snacks that are low in

sugars and sodium.

"The right size proportions are a key to good nutrition," said Wilson. "Members of the council are going to be at the fair to answer questions people might have about eating right."

Sweet-tooth sufferers shouldn't despair. Wilson said people don't have to stop eating sweets completely, but they need to be conscious of the amounts they are eating and moderation is key.

Wilson knows that eating habits cannot change overnight. Since dietary habits are usually formed during childhood, they are sometimes difficult to break, he said. "Habits take a long time to form and they take a long time to change," said Wilson. "A tangible thing that I want to have an affect on is that moment of truth when someone is walking through the chow line and has a choice between a piece of cake or a granola bar. Hopefully, with the a little education, we can get that person to choose the granola bar and make the right choice."



Photo by MC3 Chad R. Erdmann

**Aviation Electrician's Mate 2nd Class Keith Benjamin grabs some fruit after learning about the right food choices during a nutrition fair aboard the Nimitz-Class aircraft carrier USS Dwight D. Eisenhower (CVN 69).**

## NASSAU: Training becomes reality in Haiti

Continued from page B1

ma surgeons, identifies the injuries of patients brought to their centralized location and determine which ships are capable of treating each individual case.

"We're part of a network of ships working together," said Lt. Cdr. Brian G. Norwood, the senior medical officer aboard Nassau. "We all receive the tasking from the shore-based teams, and they send us the patients that we are best suited to care for."

Nassau's medical bays were originally designed for a forward operational environment, treating any

injuries the ship's company or embarked Marines may incur. However, according to Norwood, the ship's facilities are flexible enough to provide for just this type of situation, which is why amphibious ships are often called in to assist with disaster relief situations.

"We're capable of treating most injuries that require a relatively short amount of time to stabilize," said Norwood. "But some of the more severe or technical injuries, such as burns or ones that require intensive orthopedic surgery, are transferred to different facilities that have specialists in these

fields of medicine."

These facilities include the U.S. Naval hospital ship USNS Comfort, which is currently the most advanced medical facility in the region. Each of the ships in the area works to treat any injury that they can to free up the Comfort to treat the more serious cases and fully utilize the whole group's full potential.

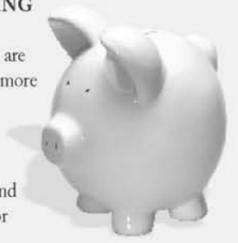
"The most important thing is that we have never denied a patient that was sent out to us," said Norwood. "We're just part of a collective of ships and we're doing everything and anything that's asked

of us."

Nassau is deployed as part of the NAS ARG/24 MEU as part of Operation Unified Response, the humanitarian aid/disaster relief mission in Haiti.

## FFSC's Savings Tips:

- **SAVE LOOSE CHANGE**  
Put loose change in a container and deposit it once a month to build emergency savings.
- **KEEP TRACK OF SPENDING**  
Record all expenses for one month and evaluate where you are overspending and how to save more money.
- **CONTROL IMPULSE SHOPPING**  
Avoid the tendency to overspend when bored, with friends, or for entertainment.
- **EAT OUT LESS**  
Save money from one fast food meal each week or dinner out once a month and use that money for an emergency fund.
- **GO GROCERY SHOPPING WITH A LIST AND STICK TO IT**  
Clipping coupons is a great idea too.
- **FILL PRESCRIPTIONS AT MEDICAL TREATMENT FACILITY PHARMACIES**  
Avoid paying higher prices at a retail pharmacy.
- **DON'T BOUNCE CHECKS**  
Fees charged are often more than the value of your check.
- **USE YOUR BANK'S ATM**  
Save on fees at other ATMs.
- **DO REGULAR MAINTENANCE ON YOUR VEHICLES**  
It's cheaper to maintain your vehicle than to pay high repair costs.
- **SHOP AROUND FOR THE BEST PLAN**  
Compare plans and prices for your vehicle, home or renters insurance, cell phone service, etc.
- **USE THE BUDGET PLAN FOR UTILITIES**  
It's easier if you know how much to expect for your bill.
- **KEEP IN TOUCH WITH FAMILY AND FRIENDS FOR FREE**  
Communicate by email or use a free long distance service for your phone.
- **USE FREE OR INEXPENSIVE OPTIONS**  
Take advantage of free and inexpensive activities in your community.
- **PLAN YOUR GIFT GIVING FOR THE WHOLE YEAR**  
Set up a reserve account where you deposit a planned amount of money to use throughout the year for birthdays, holidays, and anniversaries.
- **ENROLL TO INCREASE SAVINGS AT WWW.MILITARYSAVES.ORG**
- **CONSIDER THE BENEFITS OF THRIFT SAVINGS PLAN (TSP) WWW.TSP.GOV**



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