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Academy women to be among first female submariners



BY LISA DANIEL
American Forces Press Service

WASHINGTON — Female Sailors will begin serving on submarines by the end of 2011, with new graduates in May leading the way, Navy leaders told a Senate committee Feb. 25.

Secretary of the Navy Ray Mabus told the Senate Armed Services Committee that the Navy is in a good position to move forward with integrating women onto submarines.

"We think we learned a lot about integrating women in the services years ago, and those lessons are relevant today," Mabus said. Those lessons, he said, include having a "critical mass" of female candidates, having senior women to serve as mentors and having submarines that don't require modifications: the SSBN ballistic missile and SSGN guided-missile subs.

Finally, Mabus said, "We have the lesson learned to make sure any questions are answered, ... and



Photo by MC2 Kevin S. O'Brien

Secretary of the Navy (SECNAV) the Honorable Ray Mabus greets U.S. Naval Academy midshipmen before the start of a college football game against the U.S. Air Force Academy at the U.S. Naval Academy in Annapolis.

we're very open and transparent on how we'll do this. We think this is a great idea that will enhance our warfighting capabilities."

Secretary of Defense Robert M. Gates notified Congress Feb. 19 of the intended change to Navy

policy. Mabus had pushed for the change since taking office in May 2009. Adm. Gary Roughead, chief of naval operations, endorsed the change, saying in a statement released in September 2009 that his experience commanding a mixed-

gender surface-combatant ship makes him "very comfortable" integrating women into the submarine force. The Navy changed its policy to allow women to serve on combatant ships in 1993.

"We have a great plan, and

we're ready to go for the first women to come aboard in late 2011," Roughead told the Senate committee Feb. 25. In a prepared statement to the committee, he said the change would enable the submarine force "to leverage the tremendous talent and potential of our female officers and enlisted personnel."

Besides the incoming officers from the Naval Academy, ROTC and OCS, the first women submariners will include female supply corps officers at the department head level, Roughead said. The change will be phased in over time to include enlisted female sailors on the SSBN and SSGNs, he said. Women will be added to the Navy's SSN fast-attack submarines after necessary modifications can be determined, he said.

"This initiative has my personal attention, and I will continue to keep you informed as we integrate these highly motivated and capable officers into our submarine force," Roughead told the committee.



Photo by MC3 Patrick Gearhiser

A young girl throws a paper airplane during a paper-airplane-throwing contest as part of Bring Your Child To Work Day aboard amphibious assault ship USS Kearsarge (LHD 3). The day allowed parents who are deploying with the ship to bring their children aboard to see where their parents work and live while underway. Kearsarge is preparing for an upcoming deployment.

New survey reaches out to all three components of the Navy's workforce

PRESS RELEASE
From Chief of Naval Personnel Public Affairs

WASHINGTON — Approximately 45,000 Navy personnel will be randomly selected to participate in an online survey designed to determine how professionally and personally rewarding the Navy workplace is.

This survey is the first of its kind, reaching all three components of the Navy's workforce — active duty, reserve and civilian employees — and directly supports the recently released Navy's Total Force Vision for the 21st Century (NTF 21), which emphasizes the Total Force of active and reserve Sailors and Navy civilians.

Navy leadership believes it is a Top 50 organization and strives to remain competitive for the best talent in the nation.

In order to develop a baseline upon which to meet future goals and align to this vision, survey questions will examine areas of job satisfaction, organizational commitment, career intentions, tone and communication.

By addressing issues regularly surveyed in corporate America, Navy continues to provide a personally and professionally rewarding workplace climate.

"Tools such as this survey are important for leadership to evaluate individual priorities and career goals of all elements of our workforce — civilians, active duty and reserve," said Asst. Deputy Chief of Naval Operations for Manpower, Personnel, Training and Education Steffanie Easter. "We want to be cognizant of the changing demands of our workforce and need their feedback to keep us on the right track."

Results of the survey will allow Navy leadership to identify and address possible gaps in order to provide the tools needed for personnel to execute the Navy's mission, succeed in their professional goals and strengthen Navy's standing as an employer of choice.

Navy Personnel Research Studies and Technology (NPRST) is administering this survey.

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



New policy authorizes social media access, with caveats

BY DONNA MILES
American Forces Press Service

WASHINGTON—Attention all Facebookers, Twitter tweeters and YouTubeers: a new Defense Department policy authorizes you to access these and other Web 2.0 platforms from nonclassified government computers, as long as it doesn't compromise operational security or involve prohibited activities or Web sites.

Defense Department officials issued the long-awaited policy Feb. 26, establishing consistent rules for all military members and employers.

Deputy Defense Secretary William J. Lynn III, who signed the policy, said it strikes a critical balance between the benefits and potential vulnerabilities of these applications. "This directive recognizes the importance of balancing appropriate security measures while maximizing the capabilities afforded by 21st-century Internet tools," he said.

While authorizing access to these tools, the new policy also recognizes the importance of protecting military networks and operations, explained David M. Wennergren, deputy assistant secretary of defense for information management

and technology.

For example, the new policy allows commanders to temporarily limit that access as required to maintain operations security or address bandwidth constraints. It also prohibits malicious activity on military information networks and denies access to sites promoting prohibited activity such as gambling, pornography and hate crimes.

While information sharing may seem the polar opposite of security to some people, Wennergren said the Defense Department can no longer afford to consider just one or the other.

"If you look at either one individually, you will fail," he said. "You will have great security, but no ability to access information sharing. [OR], if you think only about sharing, you will run into issues of operational security and letting bad things into your system. So you can no longer think of them as two separate subjects."

The new policy promotes what Wennergren calls "secure information sharing," providing the balance needed to tap into the capabilities social media networking provides without compromising security.

See SOCIAL MEDIA, A11

INSIDE:

BEYA GALA IN BALTIMORE, MD. A5

Adm. Gary Roughead, CNO, attends BEYA Awards. The CNO attended the Black Engineer of the Year Award (BEYA) Gala on Feb. 21.



FOOD SERVICE EXCELLENCE B5

USS Providence wins second top food award. USS Providence named 2010 Captain Edward F. Ney Award for Food Service Excellence.



OFF DUTY/ENTERTAINMENT C2

A new twist on a classic kids tale. Johnny Depp helps bring a new look at a classic children's story.



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DoD issues statement on MyCAA

PRESS RELEASE

WASHINGTON — Following days of silence after the abrupt suspension of the popular Military Spouse Career Advancement Account (MyCAA) program, Tommy T. Thomas, the Deputy Under Secretary of Defense for Military Community and Family Policy, issued a statement Wednesday.

MyCAA, which offers military wives and husbands up to \$6,000 to pay for career training, certifications, and degree programs, was suspended on Feb. 16th. At the time, officials said they wanted to conduct a “top-to-bottom” review of the program’s services. To date, about 98,000 spouses are enrolled in courses or have been approved for financial assistance.

“In the days following the announcement of a temporary pause of the Career Advancement Account – MyCAA – we heard the concerns expressed by many program participants,” Thomas said.

He had good news for some.

“For those of you who have approved financial account documents, your documents will be honored,” Thomas said. “We encourage those spouses who were

in the process of developing their career plans to continue to do so.”

A necessary pause was in order though.

“An operational assessment of the program had been planned after the first year of operation,” Thomas explained. “The pause announced last week resulted from an unforeseen, unprecedented spike in enrollments. In January 2010, MyCAA applications increased six-fold and that trend continued in February. These applications were overwhelming the system intended to support the program and almost reached the budget threshold. Please let me assure you that this temporary pause was done in the best interest of all. We are looking to ensure the viability of this valuable program.”

They hope the program will return to normal running soon, but there may be some changes in store.

“We are reviewing all procedures, financial assistance documents and the overall program,” Thomas said. “We apologize for any inconvenience this may have caused. We expect to announce our long-term strategies very soon.”

Tax Tips: In the case of a move

PRESS RELEASE

IRS.gov

The IRS offers tips for taxpayers who have moved or are about to move. If you’ve changed your home or business address, make sure you update that information with the IRS to ensure you receive any refunds or correspondence from the IRS.

1. How to Change Your Address: You can change your address on file with the IRS in several ways:

- Correct the address legibly on the mailing label that comes with your tax package;
- Write the new address in the appropriate boxes on your tax return;
- Use Form 8822, Change of Address, to submit an address or name change any time during the year;
- Give the IRS written notification of your new address by writing to the IRS center where you file your return. Include your full name, old and new addresses, Social Security Number or Employer Identification Number and signature. If you filed a joint return, be sure to include the information for both taxpayers. If you filed a joint return and have since established separate residences, both taxpayers should notify the IRS of your new addresses.

• Should an IRS employee contact you about your account, you may be able to verbally provide a change of address.

2. Notify the Post Office: If you change your address after you’ve filed your return, don’t forget to notify the post office at your old address so your mail can be forwarded.

3. Estimated Tax Payments: If you make estimated tax payments throughout the year, you should mail a completed Form 8822, Change of Address, or write the IRS campus where you file your return. You may continue to use your old pre-printed payment vouchers until the IRS sends you new ones with your new address. However, do not correct the address on the old voucher.

4. Postal Service: The IRS does use the Postal Service’s change of address files to update taxpayer addresses, but it’s still a good idea to notify the IRS directly.

Visit IRS.gov for more information about changing your address. At IRS.gov, you can also find the address of the IRS center where you file your tax return or download Form 8822, Change of Address. The form is also available by calling 800-TAX-FORM (800-829-3676).

THE FLAGSHIP'S LEEWARD SHOUT

What female figure has had an influential impact on the world?



STG2
Dalton Ashburn
TPU

“Queen Elizabeth, because of all the stuff she did while she was queen. She was a very influential person.”



DC2 Jawan Venable
Farrier Fire Fighting
School

“Oprah, because she sets the tone for a lot of women and men out here. She shows that strength isn’t just a physical thing, but also a mental thing – goals that are set high can be achieved.”



STSSN Chayanne
Casterrodriguez
USS Mount Pellier

“Joan of Arc. She believed God wanted her to lead all these people and back in the day women weren’t considered to be leaders. It was pretty impressive.”



GM2
Brenda Miranda
USS Barry

“Rachel Ray, because she didn’t have anything, they found her in a store. Then she got a cooking show and now she has a lot of shows.”



EM1
Theresa Bryant
Norfolk Naval Shipyard

“Queen Elizabeth I, she was one of the first feminists and one of the first female leaders of the world.”



GSE1
James Sveen
Norfolk Naval Shipyard

“Rosa Parks, because she had the most impact on the Civil Rights movement for what she went through back in the day.”

Photos by MC1 (AW) Tim Comerford

VIPER PLANNING FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
43	44	49	55	59	57	55
32	32	36	37	41	42	41

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Top Pentagon official, 'Navy's doing diversity right'

BY TROY CLARKE

Naval Surface Warfare Center
Corona Public Affairs

NORCO, Calif. — As part of its Black History Month celebration, Naval Surface Warfare Center (NSWC) Corona hosted the Pentagon's top diversity management and equal opportunity official Feb. 25, marking the first visit by the DoD office to the Navy's command responsible for independent assessment.

Senior Executive Clarence Johnson, principal director of DoD's Office of Diversity Management and Equal Opportunity, met with Corona's senior leadership, diversity council, African-American special emphasis program group, and addressed an overflow audience of employees. Johnson stressed his visit is part of his initiative to "take the Pentagon to the people" for diversity observations.

"Diversity means collecting all the strengths, all the attributes to help execute our [DoD] mission," said Johnson, a retired active duty Air Force colonel and head of the Pentagon's diversity and equal opportunity office for the last seven years. "Diversity is a key component to mission readiness because it gives each individual an opportunity to put his or her strengths forward to support the mission."

Johnson also said the Navy is leading the armed services in diversity, and its top leaders are making a considerable effort to ensure the maritime service reflects the diversity of America.

"Right now, the Navy has the best overall diversity programs of all the services," said Johnson. "What [Chief of Naval Operations] Adm. Roughead is doing, and what [former



Photo by MCSN Jonathan Pankau

The Pentagon's top diversity management official, Senior Executive Clarence Johnson, principal director of DoD's Office of Diversity Management and Equal Opportunity, says the Navy has the best overall diversity programs of all the services.

CNO, now Chairman of the Joint Chiefs of Staff] Adm. Mullen did before him, is a huge commitment to diversity. The other services are trying to emulate what the Navy's doing."

As a Naval Sea Systems (NAVSEA) Command field activity, NSWC Corona is one of NAVSEA's most diverse warfare centers, and its sustained outreach strategy to attract diverse talent to the Navy has paved the way for the naval command to build connections with educators, business leaders, government officials and affinity groups geared toward science, technology, engineering and mathematics (STEM) fields.

Johnson said he was highly impressed with the warfare center's workforce and diversity outreach programs and thinks other services can learn from its example.

"From what I've seen here, Corona is a mod-

el for everyone to follow. I see a program where senior leadership is engaged in personnel management from cradle to grave," said Johnson. "I see connections to NSBE [National Society of Black Engineers] to HENAAC [Hispanic Engineer National Achievement Awards Conference] to LULAC [League of United Latin American Citizens] and many other organizations that focus on advocating for women and minorities."

NSWC Corona commanding officer Capt. Jay Kadowaki says that outreach to under-represented minorities is vital for the Navy's future, especially as the Navy adapts to demographic shifts of tomorrow's talent.

"Without question, diversity makes our Navy stronger," said Kadowaki. "And the different experiences, backgrounds and talents of our Sailors and civilians helps us be an unbeatable team. It allows the

development and execution of new ideas to ensure the Navy advances with the nation's demographic changes and technological challenges."

Each year, the Navy's outreach efforts reach a variety of diverse populations to include Historically Black Colleges and Universities and their 235,000 annual graduates; the Society of Hispanic Professional Engineers with a base of 20,000 members; the National Association of Asian American Professionals, which reaches 2,500 technical professionals and the Society of Women Engineers, which reaches about 40,000 female engineers.

Johnson said diversity is critical to get the best talent in STEM fields – and that's not just an employee recruitment issue. For the Pentagon, it's a matter of national security.

As part of its human capital strategy, Corona has had

a long-term commitment to STEM education outreach and last October received the first STEP Award for Government Leadership in Science and Technology Education from the Science and Technology Education Partnership, a Southern California non-profit organization. Through its STEM outreach efforts in the last decade alone, Corona has reached some 40,000 K-12 students in culturally and ethnically diverse California and Hawaii.

And for the Pentagon's top diversity management official, STEM outreach with that diversity approach is a winning combination.

"Our charge is to capture intellectual strength to get the best solution for our Armed Forces and for our nation," Johnson said. "You really need to be looking at the diverse attributes coming to the table to get the mission done."

Corona's technical direc-

tor and Senior Executive Dr. Bill Luebke said his science and engineering command is also uniquely poised to help his command and NAVSEA get the best and the brightest talent to execute the Navy's mission.

"Corona [Spanish for crown] is located at the center of Southern California's dynamic and diverse talent pool, said Luebke. "We are also at the epicenter of more than a dozen world-class colleges and universities that produce high-caliber science and engineering graduates."

Johnson said he got more than what he came for in going west to celebrate black history. In "taking the Pentagon to the people," he said he discovered a model of diversity at Corona – and that's a golden crown he's carrying back to the Pentagon.

"I'm going to use this visit as a benchmark to talk to other leaders about diversity," said Johnson. "They need to call Corona to see what they're doing out there. This is indeed a model installation."

NSWC Corona serves as the Navy's independent assessment agent and is responsible for gauging the warfighting capability of weapons and integrated combat systems, through assessment of systems' performance, readiness, quality, supportability, and the adequacy of training. The base is home to three premiere national laboratories and assessment centers, the Joint Warfare Assessment Lab, the Measurement Science and Technology Lab, and the Daugherty Memorial Assessment Center.

For more news from Naval Surface Warfare Center, Corona Division., visit www.navy.mil/local/nswccorona/.

New program allows verification of medical readiness online

BY LT. CMDR. JAMES R. HAGEN

Navy Medicine Information Systems Support Activity Public Affairs

SAN ANTONIO — Navy Medicine Information Systems Support Activity (NAVMISSA) based in San Antonio, announced Feb. 22 the development of an online program that will support every Sailor.

NAVMISSA's new Web-based application allows Sailors for the first time to monitor their Individual Medical Readiness (IMR) status online.

Sailors can now review IMR medical and dental data from the Medical Readiness Reporting System (MRRS) via BUPERS Online (BOL). IMR status determines if a Sailor is medically eligible to deploy.

"This additional application within BOL allows Sailors to ensure that all of their IMR requirements are current and see what their current IMR status is," said Elaine A. Shorkey, a NAVMISSA external liaison and project lead.

Maintaining accurate IMR status through MRRS



Photo by MC2 Adrian White

Sailors can now monitor their Individual Medical Readiness (IMR) status online.

is a high priority within Navy Medicine and directly supports Navy Medicine's goal of a fit and healthy force.

"The ability for individuals to monitor their IMR status will help to promote a healthy naval force and ensure our warfighters are medically prepared to meet their mission," said Capt. Tina L. Ortiz, NAVMISSA commanding officer.

"It's every Sailor's responsibility to maintain their individual medical readiness. This tool empowers them to keep track of their IMR status and update it as necessary."

The new application is a module that displays information in an easy-to-follow format that resembles a report card. Sailors can review their physical health assessments, laboratory re-

sults, dental readiness, and any medical conditions that may prohibit or limit deployment and post-deployment health assessments. It also shows when immunizations should be administered and when upcoming assessments should be completed. A Sailor's overall IMR status is assessed into one of four categories: fully medically ready, partially medically ready, not medically ready

and medical readiness indeterminate.

A fully ready status means the Sailor is current in all medical categories and is not considered at risk to experience a dental emergency, thus deployable worldwide. A partially ready status means the Sailor lacks one or more immunization, laboratory results or medical equipment such as a gas mask insert. These limitations can be quickly resolved and allow the member to deploy once corrected.

Not medically ready means the Sailor has a chronic or prolonged deployment-limiting condition and cannot deploy. This status includes Sailors who are hospitalized or convalescing from serious illness or injury, or they fall into a dental class three - considered to be at an increased risk to experience a dental emergency.

The last category, medical readiness indeterminate, applies to Sailors whose health status cannot be determined because of missing information such as lost medical records or

an overdue assessment.

Hospital Corpsman 2nd Class (SW) Amado A. Rivera is an administrative assistant for the Navy Medicine Support Command (NMSC) headquarters in Jacksonville, Fla., NAVMISSA's parent command.

"The IMR status has long been a potential problem for deploying Sailors," said Rivera, who has served aboard three ships. "IMR verification will allow Sailors simple access to helpful medical information as they prepare to deploy."

For Chief Storekeeper (SW) Sierra Elam, NAVMISSA's new Web-based application is a major breakthrough.

"I've served on four ships," said Elam, NMSC command career counselor and administrative leading chief petty officer. "Knowing who's in and who is out could turn a bad situation into a manageable one. For a leading chief, this is ground breaking."

To view medical readiness status, visit www.bol.navy.mil and select the IMR Status link under the BOL Application Menu.



Photo by MC3 Jake Berenguer

Naval Medical Center San Diego orthopedic resident Lt. Todd A. Fellers removes a cast from Cpl. Brent R. Wommack in the orthopedic acute care ward. Naval Medical Center San Diego recently received a five-year re-accreditation after completing an evaluation by the American Council of Graduate Medical Education.

NMC San Diego Orthopedics accredited at the highest level

BY MC3 JAKE BERENGUER

Naval Medical Center San Diego Public Affairs

SAN DIEGO — Naval Medical Center San Diego (NMCS) Department of Orthopedic Surgery was recently awarded a full five-year accreditation - the highest level possible - after enduring a rigorous evaluation by the Accreditation Council for Graduate Medical Education (ACGME) in July 2009.

Since the NMCS Orthopedic Surgery department's last review in 2005, during which the department earned a three year accreditation, a number of new programs and processes have been implemented which contributed to the higher accreditation.

"I feel this was a total team effort to achieve the highest possible level of accreditation," said Capt. Dana. C. Covey, chairman, Department of Orthopedic Surgery. "It was a challenging accreditation process. The reason we were so successful was that all hands in our department contributed to the preparations, and we got great support from

the Directors for Surgical Services and Professional Education, and by the command leadership."

According to Covey, earning the highest level of accreditation shows ACGME had great confidence in the orthopedic surgery residency program.

"I think they looked at our program and saw great strengths and only minor weaknesses and felt it was worthy of their highest grade," Covey said.

According to Lt. Cmdr. Anthony I. Riccio, NMCS Residency Program director, everyone on the orthopedic staff contributed to the advanced planning and preparation for the evaluation. The ACGME sent a representative for a site examination, during which a thorough review of NMCS's paperwork and interviews with residents and staff members was conducted. The ACGME looked at case loads, quality of residents and the percentage of board pass rates.

"We had to show that we are compliant in the six core competencies which are: medical knowledge, interpersonal skills and com-

munication, patient care, professionalism and ethics, systems based practice and practice based learning," Riccio said.

Over the past four years, NMCS's Orthopedic department has reassessed the orthopedic department working hours to ensure compliance with the 80-hour-per-week restriction, transitioned to a home call program for residents without compromising patient care and has restructured the academic curriculum to establish an entire academic day - every Wednesday - in which residents are free from any clinical responsibilities.

According to Covey, the staff deserves all the credit for receiving a full accreditation. Naval Medical Center San Diego Department of Orthopedic Surgery staff actively engage in teaching the residents through lectures, teaching in the operating rooms, scheduling surgical cases, and mentoring interns on ethical and moral skills to assist with their professional growth.

"This accreditation process was truly led by our former program director, the late Cmdr. (Dr.) Michael T. Mazurek. Mike put a tremendous amount of work into this and was a driving force in making this happen and this is a great final testament to the great work that he did," Riccio said.

For more news from Naval Medical Center San Diego, visit www.navy.mil/local/sd/.

CNO attends Black Engineer of the Year Awards

BY MC2 (SW)

REBEKAH BLOWERS
Chief of Naval Operations
Public Affairs

BALTIMORE — The Chief of Naval Operations (CNO) attended the Black Engineer of the Year Award (BEYA) Gala on Feb. 21.

Adm. Gary Roughead, CNO, presented an award for career achievement in government to Cmdr. Roger Isom, the commanding officer of Ohio-class ballistic missile submarine USS Wyoming (SSBN 742).

“This recipient is more than an expert in engineering. He leads the operation of the most sophisticated, complex and technologically advanced system in the armed forces. A nuclear power plant at sea. He is indeed a leader’s leader,” Roughead said.

Roughead said the Navy is more diverse than just a few years ago and events like this highlight the talent and innovation of its Sailors and Navy civilians.

“Diversity matters. In the military and in the Navy, it is important that we are



Photo by MC1 Tiffini Jones Vanderwysyt

Chief of Naval Operations (CNO) Adm. Gary Roughead, middle, congratulates recipients of the Black Engineer of the Year Award at the conclusion of the 24th Black Engineer of the Year awards gala in Baltimore, Md.

a diverse organization, of America,” Roughead said. “As our population changes, and the percent-

ages of minorities change - and that is always happening - we have to reflect

that same demographic in our Navy. It really makes a huge difference, because

we’re stronger because of the different perspectives and ideas that people bring to bear.”

CNO encourages Navy leadership to take advantage of award programs like BEYA because it promotes awareness and it exposes other communities and organizations to the high caliber of Sailors and Navy civilians.

The awards gala was part of the three-day BEYA STEM (Science, Technology, Engineering and Mathematics) Global Competitiveness Conference that serves as a tool to recognize outstanding achievement of African-Americans in companies across America. The conference included seminars and workshops that offer new information on a variety of topics affecting Black technology professionals such as career advancement, diversity programs and specialized industry updates.

For more news from the Chief of Naval Operations, visit www.navy.mil/local/cno.



Photo by MC3 Elizabeth Vlahos

Chairman of the Joint Chiefs of Staff Adm. Mike Mullen, left, and retired Gen. Johnnie Johnson, right, present Gen. William “Kip” Ward with the Lifetime Achievement Award at the 24th Annual Black Engineer of the Year Awards.



Photo by MC2 Nick Kaylor

Navy Surgeon General Vice Adm. Adam M. Robinson, Jr. is presented with the Medical Officer of the Year Award at the Emerald Honors Dinner during the Black Engineer of the Year Awards.

U.S., Philippine troops fight insurgent bomb threats

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

COTABATO, Philippines — Navy Petty Officer 2nd Class Joseph Stutzke looked over the rock quarry from a distance as three explosions boomed, Feb. 23. Gathered around him was a team of Philippine army explosive ordnance disposal soldiers gleaming with pride from their work that briefly charred the clear afternoon sky.

Just minutes before, Stutzke completed a training session for his Philippine counterparts and some U.S. Army soldiers on how to properly construct dynamite for an electrically charged remote detonation. For the Philippine troops, the Feb. 20 exercise was a rare opportunity to conduct hands-on training with real explosives and basic EOD tools.

Though the Philippine troops train frequently to learn new techniques to dispose of roadside bombs and unexploded ordnance, they seldom have the tools to do so safely, Stutzke said. The Philippine military, including its EOD units here in central Mindanao, lack sufficient funding and fundamental equipment such as bomb suits, detection robots or expendable explosives to train with, he explained.

“I think we need to better equip [the Philippine forces], Stutzke said. “If you don’t have any of the basic tools to work with, you can’t do your job. Well, you can’t do your job safely.”

This is especially true for the Philippine EOD teams, as they are among the busiest and most at-risk soldiers in their force.

Forgotten ordnances – or remnants of war, as U.S. troops



U.S. Navy Explosive Ordnance Disposal 2nd Class Joseph Stutzke, right, shows Filipino army explosive ordnance disposal soldiers how to prepare dynamite for a controlled detonation during a training event Feb. 20, in Cotabato, Philippines.

from Joint Special Operations Task Force Philippines here describe them – are abundant after years of terrorist actions and past wars on Philippine soil. For this reason, competent and properly trained EOD troops are vital to the nation’s decade-long counterinsurgency fight.

Philippine EOD teams have found terrorist cache sites of explosives used for roadside, motorcycle and car bombs. Two U.S. Army Special Operations soldiers lost their lives to a roadside bomb in September, which was the deadliest attack on the American military here since 2002. Philippine troops are targeted on a weekly basis, however, often resulting in injuries or death.

“[Improvised explosive devices] are a significant threat, because they’re easy to make,” Stutzke said. “And training [the

Philippine EOD soldiers] is very important, because there’s so much ordnance available in the region for insurgents to get their hands on. The best way to get rid of that threat is through joint training and disposals.”

U.S. EOD troops spend as much time as possible assisting and training their Philippine counterparts, and often lend them equipment such as metal detectors, which has led to some recent successes in the area.

Both militaries also work together edu-

ating the local populace on how to identify and report bombs and unexploded ordnance, said Stutzke, a native of Midland, Ga.

Stutzke recalled a recent situation that could have been fatal to the Philippine EOD troops. A grenade was reported in a public building, and the Philippine soldiers disarmed and disposed of it without a bomb suit or protective gear.

“They went up and did their job, and that’s how good they are,” he said. “That’s one thing not a lot of people realize: They’re very confident and efficient, and they have the knowledge. But they could be better and much more safe if they had funding for equipment.”

Filipino army Capt. Francis Senoron echoed Stutzke’s sentiments.

“The problem with the Philippine army is we have very limited resources,” Senoron said. “We have limited supplies and must come up with our own creative ways to disrupt IEDs.”

Senoron and his troops have encountered more than 100 bombs and pieces of unexploded ordnance since 2008, he said. He and many of his comrades have been injured multiple times, he said, but he added that security and protecting innocent civilians is more important than his own safety.

“The local populace is very supportive to our efforts,” he said. “We’ve conducted awareness programs for our civilians, so they know what to do if they find an IED. Because of our civilians, we’re able to accomplish our mission, and I hope this will continue in the future.”



Explosive Ordnance Disposal 2nd Class Joseph Stutzke, left shows Philippine army explosive ordnance disposal soldiers as well as Army Special Forces troops how to prepare dynamite for a controlled detonation.



U.S. Navy and Filipino army explosive ordnance disposal technicians prepare sticks of dynamite for a controlled detonation during a training exercise Feb. 20

Holcomb leads Team USA in Olympic bobsled event

STORY AND PHOTO
BY TIM HIPPS

Special to American Forces
Press Service

WHISTLER, British Columbia — After finishing sixth in the two-man Olympic bobsled competition Feb. 21, former Army World Class Athlete Program bobsled driver Steven Holcomb said he looks forward to the upcoming four-man event and ending the U.S. drought of 62 years with no gold.

Holcomb was in fourth place after the first two of four heats Feb. 20 in the Olympic two-man bobsled competition. He teamed that night with Curt Tomasevicz for a two-run cumulative time of 1 minute, 43.93 seconds, just .62 seconds off the pace set by reigning Olympic champions Andre Lange and Kevin Kusge in Germany-1, who took the gold medal.

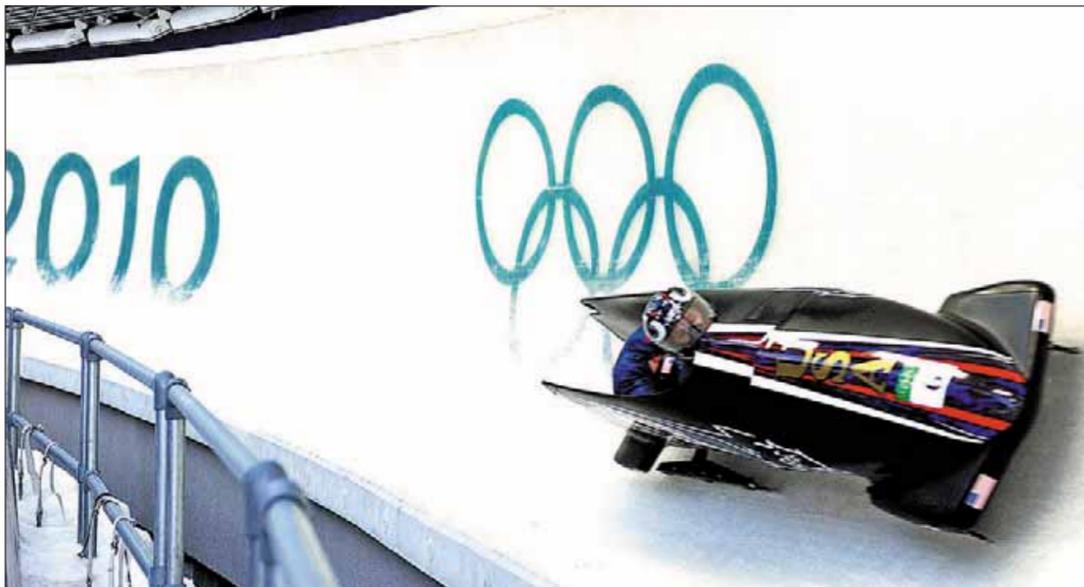
The Germany-2 duo of Thomas Florschuetz and Richard Adjei won the silver medal in the two-man bobsled event. The Russia-1 sled manned by Alexandr Zubkov and Alexey Voevoda took the bronze.

“We’re medal hopefuls,” said Holcomb, who spent eight years in the World Class Athlete Program. “We’re just going to go out there and do the best we can.”

The Olympic four-man bobsled event begins Feb. 26. Holcomb is the 2008-2009 World Cup champion pilot in the four-man event.

Holcomb and Tomasevicz began their 2010 Olympic journey by bursting off the start in 4.79 seconds, the fifth-fastest of the first heat, despite having trouble getting off the block.

“I was a little disappointed in the first run only



Steven Holcomb posts the sixth-fastest time of 51.89 seconds with Curt Tomasevicz aboard USA I in the first heat of the Olympic two-man bobsled competition Saturday at Whistler Sliding Centre in British Columbia.

because the sled popped out of the groove,” Tomasevicz said. “But the time wasn’t bad compared to the rest of the field.”

The “Night Hawk” team gained momentum, clocking the fastest split times down the challenging course before Holcomb had trouble navigating Corner 12. The duo was on the verge of rolling, but Holcomb regained control and led his sled to the finish in 51.89 seconds, putting USA I in sixth position after the first heat.

“We were to a point where the alarms were going off in my head,” Holcomb said.

“Fortunately, we made it, but anything can happen. I named that curve, so it almost came back to bite me, but that is part of the sport.”

Curve 13 is known as the “50/50,” a reference Team USA athletes make to the probability of pilots making it through the corner without turning their sleds.

Team USA I posted a start time of 4.82 seconds in the second heat before twisting

and turning its way down the 16-curve course to the finish in 52.04 seconds. Holcomb and Tomasevicz clocked a two-run total of 1:43.93, just 0.12 seconds from the Olympic podium, in fourth position.

“There’s a different energy in the air,” Holcomb said. “It’s kind of a different feeling, but at the same time we’re just doing the best we can out here. But you’ve got to know that everybody’s giving 100 percent, so you can’t expect to be a decorated slider and just go through. You need to fight for every spot you can.”

World Class Athlete Program bobsled driver Army Sgt. John Napier of Lake Placid, N.Y., teamed with Steve Langton of Melrose, Mass., in USA II to finish 11th after the first day of competition, with a combined time of 1:44.73. They powered off the block with identical start times of 4.89 seconds for runs of 52.28

and 52.45 seconds.

“There’s so much excitement and anxiety out here,” Napier said. “The first run didn’t really take a hold of me. I didn’t expect it. There’s no way to prepare for the Olympics and the atmosphere here. There are so many people, so many fans, a million people watching. There’s no way to prepare for that or no words to describe this environment right now and how I’m feeling.”

“The second run, I said, ‘Hey, it’s just another bobsled run.’ I push hard, I go down, and I get to the finish line. We drove a lot better,” Napier said of his best run of the week that featured six practice runs on the fastest bobsled track in the world.

Napier comes from a family of bobsledders and began driving when he was 8 years old, while Langton hails from a track-and-field background and was recruited into the sport only

two years ago.

“I got a little nervous and made a few mistakes, but hopefully tomorrow I can make improvements,” said Napier, who is competing in his first Olympics. “This track is very tough and very technical, but I didn’t grow up on a kinder-bobbing easy track, I grew up on a difficult track – Lake Placid, N.Y., where I learned how to drive. I just love the toughness; I love the speed. Give me more speed tomorrow.”

Napier also is ecstatic about representing troops worldwide at the XXI Olympic Winter Games.

“I got an e-mail yesterday from a troop I didn’t know and I’ve never met in my life,” Napier said. “He said, ‘Hey, I just want to commend you on what you’re doing. I notice you’re an athlete, you’re an Army athlete, and you’re a Christian athlete.’”

The troop, Napier said, noted that he was out of

the Army now, having been injured by an improvised explosive device during military duty.

“The only way I can lose,” Napier said, “is if I don’t try my hardest ... and I’m going to represent the Army for that soldier and many other soldiers overseas right now.”

Former World Class Athlete Program and current Army National Guard Outstanding Athlete Program bobsled driver Mike Kohn of Chantilly, Va., and Nick Cunningham of Monterey, Calif., are in 12th place with a cumulative time of 1:45.18.

“I think we caught about three people, and that was pretty cool,” Kohn said. “We’ve just got about 11 more to catch tomorrow, so that would be nice. I wish I had more training time, but it is what it is. I’ve just got to get video tonight and start to figure things out and do the best we can with what we’ve got.”

Kohn, a 2002 Olympic bronze medalist, teamed with first-time Olympian Cunningham for push times of 4.91 seconds. Kohn navigated his BoDyn sled to the finish in 52.47 and 52.71 seconds.

Cunningham was announced as Kohn’s two-man partner Feb. 18, following the first day of official training.

“I have to thank USA 1, 2 and 3, and even the guys who didn’t make this team,” Cunningham said. “I’m out there representing everybody. I’m kind of the little guy, but I couldn’t be there without them. Coming from an alternate position and kind of learning the ropes so quickly, it’s absolutely a dream come true.”



Haitian children pose for a photograph. The people of Haiti are recovering from a devastating earthquake and the aftershocks that followed, living in 'tent cities' and houses reduced to pebbles and metal bars.



A Haitian man with an amputated leg on the streets of Carrefour. The people of Haiti are recovering from a devastating earthquake and the aftershocks that followed.

48 HOURS in Haiti

BY MCSN (SW) JONATHAN PANKAU
USS Nassau Public Affairs

CARREFOUR, Haiti — The CH-53E Super Stallion I was on touched down at Carrefour's Civil Military Operation Center (CMOC), kicking up a cloud of dust. Layers of dirt covered the scenery like talcum powder and the clouds created a haze in the air. A Marine Corps Staff Sergeant briskly approached the helicopter, shielding his eyes with one arm.

"You should probably hop right back on that helicopter," Staff Sgt. Jeremy Puckett told me. The Paducah, Kan., native smirked and cleaned his glasses as the helicopter took off.

"The Landing Craft Utility you are supposed to be heading back on leaves in thirty minutes and it's an hour and a half drive from here," Puckett said. "Welcome to Carrefour's CMOC. You'll be staying awhile."

The 24th Marine Expeditionary Unit (24 MEU) had set up camp on a large slab of concrete known as "The Block." The smell of cigarettes, burning trash, and sweat saturated the area. Groups of locals gathered around the walls, cheering for the Marines and trying to touch them as they walked by.

A line of Haitians and members of non-governmental organizations (NGOs) waited outside of the largest tent where the Maritime Civil Affairs Team 2 (MCAT 2) ran administrative

functions. NGOs are volunteer organizations, such as doctors, missionaries and church groups, who work in conjunction with the military to support humanitarian efforts. Government officials and local community leaders waited for their turn to request aid from the MCAT.

"Some of the NGOs will come for a few weeks and leave, creating a gap of dependency that is hard to fill," said Electronics Technician 1st Class (EXW/SW) Joel Eyzaguirre, a native of Queens, N.Y. "Our mission is to stay and bolster the local government and community leaders so that they can depend on themselves when we leave the area. The Haitian people need to be able to trust their permanent fixtures in the community."

Another function of the CMOC is presence. Patrols of Marines take to the streets so the Haitians can feel at ease and also map unvisited portions of Carrefour to find those in need. They mark locations with GPS and visit known community leaders and NGOs to ensure the aid given to them is distributed fairly.

Marine Cpl. Tristan Wilkerson, a New Orleans native and patrol leader, passed out the muster sheet for the 2:30 p.m. patrol.

Boots kicked up more dust as the patrol moved out to meet their interpreter, Peterson Lezin, a Haitian native fluent



The outside of a makeshift shelter where Haitians sleep after their homes were destroyed.

in both English and Creole. An interpreter's primary task is to make sure the crowds remain at a reasonable level and that no one gets out of hand.

"Everyone here is scared," said Lezin. "The earthquake decimated prisons as well as other buildings, releasing the convicts out into the street."

I saw small children without shoes walk across the debris-littered landscape. They gathered in tent cities with their elders to shade them from the sun. But these people are very resilient. They laughed and danced behind the patrols, offering us everything from sugar cane and mangos to Cuban cigars and homemade socks.

"The kids here are so friendly," said Lance Cpl. Aaron Adkins. "They just want to hug us and give us stuff. Many of them are very intelligent and can speak up to four languages. I have a son and my wife is pregnant and it hurts when the kids come up and hold your hand and walk side-by-side down the street with you. You want to give them food and water, but we're not authorized to do that on patrol."

Then the crowd parted as Printemps Salvadine, a Haitian woman and local community leader walked up to us and begged Lezin for something. We followed her up a steep mountain road.

"We need tents to keep out the rain," said Salvadine. "The strong men take all of the supplies and try to sell them to us. We cannot afford the tents or the food tickets." Her voice rose to a frantic pitch as Wilkerson attempted to

calm her down. She continued to plead with the Marines, telling them how she has to buy water and how afraid she is that everyone is receiving help except them.

"Ma'am, I need you to listen to me," said Wilkerson as Lezin translated for him. "We are doing everything we can. I will mark your location on the GPS. You need to report to the CMOC so you can receive your meal ticket and other needed supplies."

Salvadine took Lezin's hand and led him a short distance down the road into a tent made from sticks and sheets, gesturing for them to look inside. The smell of musty clothes and mold filled the air. Lezin went to a bed where two Haitian children were sleeping and touched the sheets.

"Wet sheets," said Lezin. "Their clothes are probably damp, too. They'll get sick."

Madame Cluvil, the owner of the tent, repeatedly put her fingers to her lips and kissed them, throwing it upwards toward the sky with an open palm.

"That means, 'Oh God hear my prayers,'" said Lezin.

After marking their position on the GPS, the patrol returned from their five-hour excursion into the streets of Carrefour.

"The people of Haiti have everything they need. There's plenty of food and fresh water," said Lezin. "They just need to come together and form a plan instead of relying on charity that isn't going to last forever."



Haitian children gather together for a group photograph. The people of Haiti are recovering from a devastating earthquake and the aftershocks that followed, living in 'tent cities' and houses reduced to pebbles and metal bars.

Photos by MCSN (SW) Jonathan Pankau

Women to serve on subs, Gates tells Congress

BY DONNA MILES

American Forces Press Service

WASHINGTON — The Navy plans to repeal its ban on women serving on submarines, Defense Secretary Robert M. Gates has informed Congress, Feb. 23.

Gates signed a letter Feb. 19 informing Congress of the Navy's plan to lift the policy, which it intends to do through the phased-in assignment of women to submarines, Pentagon Press Secretary Geoff Morrell confirmed today.

The secretary endorsed the plan, the brainchild of Navy Secretary Ray Mabus, Morrell said.

No change can take effect until Congress has been in session for 30 days following the notification, Navy Lt. Justin Cole, a Navy spokesman said.

Mabus, Chief of Naval Operations Adm. Gary Roughead and other Navy leaders have looked closely at the issues involved with integrating women into the submarine force, including close working conditions and accommodations, he said.

No funds will be spent to reconfigure submarines to accommodate female crew members until the Navy Department presents the phased-approach plan to Congress.

Mabus has been a strong proponent of the policy change since being confirmed to his post in May.

"I believe women should have every opportunity to serve at sea, and that includes aboard submarines," he told reporters in October. Roughead, in a statement issued in September, said his experience commanding a mixed-gender surface combatant ship makes him "very comfortable" with the idea of integrating women into the submarine force.

"I am familiar with the issues as well as the value of diverse crews," Roughead said.

The integration of women into the submarine force increases the talent pool and therefore, overall submarine readiness, Cole said.

"We know there are capable young women in the Navy and women who are interested in the Navy who have the talent and desire to succeed in the submarine force," he said. "Enabling them to serve there is best for the submarine force and our Navy."

The policy change – and the Navy's ability to work through the issues involved – is not without precedent, he noted. In 1993, the Navy changed its policy to permit women to serve on surface combat ships.

Journeyman-level civilian certifications with USMAP

BY ENSIGN PETER LEE

Naval Education and Training Command Public Affairs

PENSACOLA, Fla. — Sailors, Marines, and Coast Guardsmen interested in completing civilian apprenticeship requirements can do so through the United Service Military Apprenticeship Program (USMAP). As of Feb. 23, USMAP is helping more than 40,000 service members earn their professional certificates.

USMAP works with the U.S. Department of Labor (DoL) to provide nationally recognized apprenticeship programs that result in journeyman-level Certificates of Completion for members of the sea services. During their apprenticeship, military members further their professional development through documented work experiences while performing their regular military duties. Earning this DoL Journeyman Certificate is free and normally does not require working off-duty hours.

"It's about quantifying what you've accomplished," said Tom Smith, Naval Education and Training Command (NETC) Enlisted Learning and Development coordinator. "Service members are already doing the work; it's just a matter of documenting what they do. Now they have their work 'on the record' and an apprenticeship completed has additional recognized accomplishments, which looks good to promotion boards. Certifications can also open doors once one decides to hang up the uniform."

USMAP is a registered apprenticeship program which provides formalized and structured training. It combines on-the-job training (OJT) and related technical instruction in which the apprentice would receive practical and technical training. All the individual is required to do is regularly document the hours worked in the various skill areas either in a hard-copy log or through the Web and have it verified by their supervisor. In addition, the service member submits a report every six months, and a final report once all OJT is complete.

"Each apprenticeship requires anywhere between 2,000 and 10,000 hours of on-the-job work and training," said Marybeth Whitney, USMAP registrar. "Working a typical 40-hour week, an individual can complete an apprenticeship within a year. The 123 trades available range from aircraft mechanic to X-ray equipment tester and over 96 percent of Navy enlisted rates, 85 percent of Coast Guard enlisted rates, and 232 Marine Corps military occupational specialties are eligible for these programs."

USMAP's apprenticeship programs apply to virtually all members of the sea services, including those who have been serving for several years.

"Pre-registration credits can be awarded to those who have time-in-service and can even be applied towards college credits", added Smith. "The maximum credit a service member could possibly receive is 50 percent of the required OJT. For example, an E-6 with ten years of service and is interested in an 8,000-hour program can receive a maximum of 4,000 credits towards their apprenticeship, cutting their requirements for hours of logged OTJ in half."

Since 1976, USMAP, a program managed by NETC, has awarded nearly 37,000 certificates.

"The program continues to grow within the military while maintaining its recognition in the civilian sector," added Whitney. "The certificates provide the civilian sector a way to translate what military members are doing within their jobs."

Any active duty Sailor, Marine, or Coast Guardsmen can become an apprentice as long as they have been designated in a rating, have sufficient time to complete the program while on active duty, possess a high school diploma or GED, and the selected trade must be their primary job at their command.

For more about the United Service Military Apprenticeship Program, visit <https://usmap.cnet.navy.mil>.

LaDRs to a Sailor's success

BY ENSIGN PETER LEE

Naval Education and Training Public Affairs

PENSACOLA, Fla. — In support of Sailors' personal and professional goals, Navy Knowledge Online uploaded Learning and Development Roadmaps (LaDR) for several Navy ratings and as of Feb. 18, 57 are available to help guide Sailors to success.

LaDRs offer a comprehensive career guide for enlisted Sailors and includes learning and development objectives and milestones for completion at various points in their career. The LaDR does not necessarily create new programs but rather creates a simplified and streamlined checklist for Sailors to view what is recommended and required of them for advancement.

"There are a number of opportunities and resources to help Sailors along their career paths," said Naval Education and Training Command Force Master Chief (SS) John Snyder. "The LaDRs bring all of these resources together and makes them easily accessible for Sailors."

The LaDR serves not only the individual Sailor, but their supervisors and mentors as well.

"As leaders, I can't think of a better tool for our chief petty officers to use as they mentor young Sailors," said Master Chief Petty Officer of the Navy (SS/SW) Rick West. "The Learning and Development Roadmaps give us a written guide that takes the guesswork out of what each Sailor needs to succeed, in each rating. The LaDR is an invaluable tool as we prepare our Sailors for success from day one, teaching them to be brilliant on the basics."

Supervisors can track, encourage, and guide career development of their Sailors by using the LaDRs.

"There is no doubt the LaDRs are a leadership tool," added Snyder. "As a chief of the boat or command master chief, you have the responsibility to counsel and mentor Sailors of all rates. The LaDRs give leaders, who may be of a different rate, an opportunity to review what is important for the individual Sailor so they are better armed to help that Sailor achieve their career goals."

The LaDRs are being used by Sailors throughout the fleet, including aboard aircraft carrier USS Nimitz (CVN 68).

"LaDRs give chief petty officers and supervisors references to help develop our Sailors to reach their personal and professional goals," said Chief Navy Counselor Jeff Ingram. "It also refreshes us on the new career development changes in the Navy, which is critical to the advancement and development of our Sailors." According to Ingram, if he had one thing he could tell other chief petty officers about LaDR it would be to use them regularly as resources to educate Sailors.

LaDRs also helps Sailors maintain mission readiness in support of the nation's maritime strategy

"The use of the LaDR ensures that I cover all the pre-requisites needed for upcoming job availability, but more importantly guarantees my current state of mission readiness is always at its peak," said Aircrew Survival Equipmentman 1st Class (AW/SW) Richard Beach, a crewman aboard Nimitz. "Because of LaDRs, I know that not only can I support the Maritime Strategy with confidence but also that I am the most well-rounded Sailor I can be."

LaDRs are accessible on NKO under the Career Management tab. The intent is to have all LaDRs available by April 2010.

"LaDRs can be used to understand different rates and what billets, schools, and programs Sailors need for their careers," said Tom Smith, NETC Enlisted Learning and Development coordinator. "It is important for senior enlisted to mentor their Sailors in order for the Sailors to reach career milestones. As a result of this mentorship, Sailors will not only be successful, our Navy will be successful."

For more information about LaDRs, review OPNAV Instruction 1500.77.

For more information about the Naval Education and Training Command, visit <https://www.netc.navy.mil/>.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

Historical project documents Navy diversity

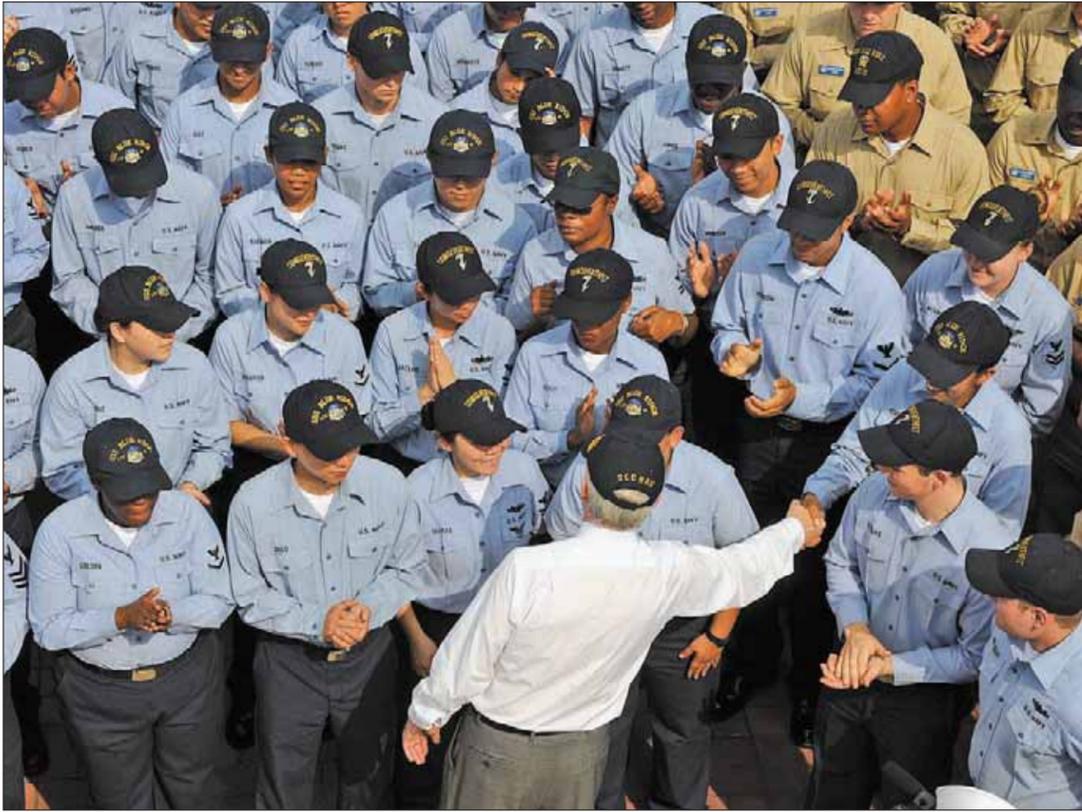
BY CHRISTEN N. MCCLUNEY
Special to American Forces
Press Service

WASHINGTON — African-Americans have a long legacy in the military that began with the Revolutionary War and has continued to this day.

To highlight this legacy, the Naval History and Heritage Command is working on a project documenting the history of diversity in the Navy from 1775 to the present through a variety of products including oral histories, narratives, chronology, photographs and a book.

The diversity project covers not only African-Americans but also women, Hispanics, Native Americans and Asians. It also looks at religious diversity as well.

"African-Americans have always desired to support the nation in hopes that a better society would emerge for them," said Regina Akers, a historian at the command and an expert on African-American history, during a Feb. 17 interview on the Pentagon Channel podcast "Armed with Science: Research and Applications for the Modern Military."



U.S. Navy Photo

According to Regina Akers, a historian at the Naval History and Heritage Command, today's Navy is much more diverse than ever before.

ern Military."

Diversity is a both strength and a strategic imperative for the Navy and its mission, Akers said, and the project is aligned with

that to tell the story of how people of different ethnic and cultural backgrounds came to serve in the U.S. Navy and how their roles have changed over time.

"Many times, I've observed that young Americans will select a hero who is an athlete or business person and they don't consider the outstanding men and women that served in the military," she said. "There is much to learn from their experiences."

For example, she said, Navy Vice Adm. Samuel L. Gravely Jr. was the first African-American to be promoted to admiral and to command a war ship. During his time in the military from the 1940s to the 1980s, he faced many challenges. Early in his career — when his duties were not equal to his qualifications — he did not let that deter him, Akers said, believing every job was an opportunity to learn.

Gravely used his

extra time to take correspondence courses, and when the opportunity for a better assignment arose, his test results, performance evaluations and experience made him one of the most qualified applicants.

Gravely's formula for success was "education plus motivation plus preservation," Akers said, and these and other factors helped him excel in his Navy career.

The oral history portion of the project helps to bring life to the subject matter, Akers said. "Oral history is critical," she said. A written report, she explained, usually tells what happened. But an oral history explains how it happened and provides perspective.

Society is moving away from paper-based commu-

nication, Akers noted, so this historical research is important for the future.

"In the past, letters and other correspondence were able to capture history," she said. "With technology today, one writes e-mails that are likely to be deleted. The research needs to continue so that we can understand what blacks and other minorities have done and are doing in uniform."

One of the biggest challenges Akers said she has experienced is that many veterans think they don't have a story worth telling.

"Some don't understand the significance of their experiences, and you have to help them appreciate them and why someone would be interested," she said. But once they do participate, she added, many find it to be cathartic.

"It can bring healing and peace to a part of life that was unsettled for them, she said, "and they are honored that their history will be a part of the government's official archives."

"Heroic," "determined" and "sacrificial" are three words that Akers said describe the legacy of African-Americans in the armed forces. More information and accounts of the past, she said, will add to the body of knowledge.

"Today's military is much more diverse than it has ever been," Akers said. "But it doesn't mean that racial equality and gender equality has necessarily been achieved. All the missing pages relating to minorities in the history of the Navy and of the United States have not been filled, so the study needs to continue so we can learn more and better understand their experiences."



U.S. Navy Photo

Vice Adm. Samuel L. Gravely Jr. was the first African-American to be promoted to admiral and to command a war ship.

SOCIAL MEDIA: New DoD policy authorizes access to Web 2.0 platforms

Continued from page A1

He emphasized the importance of personal responsibility in using unclassified military networks to access these tools, and said the department will continue to evaluate the policy after it takes effect.

"There's a huge imperative for security," Wennergren said. "It is everyone's responsibility in the department to make sure they are doing all that they can to protect our information and our information systems."

Ultimately, he called responsible, security-conscious use of social media networks a win-win proposition for the Defense Department and its members, enabling them to take full advantage of the power of social media networking.

"The world of Web 2.0 and the Internet provides these

Chief Mass Communication Specialist Palmer Pinckney makes updates to the official U.S. 7th Fleet Facebook social media site.



Photo by MC2 Gregory Mitchell

amazing opportunities to collaborate," Wennergren said. It not only promotes information sharing across organizational boundaries and with mission partners, but also enables deployed troops to maintain contact with their loved ones at home.

"So if you work on those two pieces" – access and security – "this really is

giving people this avenue to do amazing things in terms of getting the information shared and making decisions happen much more rapidly," Wennergren said.

Until now, most service members have been able to access social media platforms from their government computers, but policies have not been

consistent across the department. The Marine Corps instituted a policy in early 2007 blocking Marines from accessing these sites through the Marine networks. Marines have, however, been permitted to access the sites from personal computers.

For more news, visit www.navy.mil.

Vice Adm. Williams kicks off Second Fleet's NMCRS Fund Drive

Commander, U.S. Second Fleet Vice Adm. Mel Williams Jr., kicks off Second Fleet's Navy-Marine Corps Relief Society Fund Drive by signing his contribution with the Command Master Chief Michael Stevens, Operations Specialist 2nd Class (SW/AW) April Reed, Senior Chief Operations Specialist (SW) Timothy Goss, and Chief Yeoman Daniel Pabon. The Navy-Marine Corps Relief Society is a private non-profit charitable organization providing financial, educational, and other assistance to members of the Naval Services of the United States.



Photo by MC3 (SW) Brian Goodwin

2010 military census preparations underway – Make your voice heard

PRESS RELEASE

From Chief of Naval Personnel Public Affairs

United States[®]
**Census
2010**

WASHINGTON — Naval Administration Message (NAVADMIN) 001/10, released

in January, is the second in a series of military census newsgrams which provide guidance for Sailors to make their voices heard during the 2010 Decennial Census.

Beginning March 15, the Census Bureau will conduct the nation's 23rd decennial census to gather a complete count of the population of the United States to include personnel living on board naval installations and ships with a U.S. homeport.

The decennial census is an in-depth survey used to gain population counts which fuel government decisions on how approximately \$400 billion per year of federal funding is spent in your neighborhood on hospitals, schools, senior citizen centers, emergency services and public works projects. In addition, the enumeration determines the number of seats a state occupies in the U.S. House of Representatives.

Sailors will be asked to complete a short military census report containing six questions.

"By participating in the 2010 Census, Sailors of all ranks have an opportunity to help create a better future for those they care about," said Chief Melanie Kinchen, of Navy's Personal Readiness and Community Support Branch, and responsible for coordinating Navy's Census efforts. "I can't imagine any Sailor who wouldn't want to make that difference."

Commander, Navy Installations Command is the lead for executing census procedures on board shore installations and Commander, U.S. Fleet Forces Command is the lead for afloat commands.

Ship crew members will be required to complete a regular census questionnaire for their shore address as well as a shipboard census report on board the ship. The completion of both forms is required by the federal government.

In addition, military personnel assigned to a group quarters, to include bachelor's quarters, will be counted at the group quarter, even if it is located on a non-naval installation.

Census questionnaires will be delivered by the U.S. Postal Service to all housing units on military installations beginning March 15. If you live off-base, you will receive a census questionnaire at that address.

Afloat commands may obtain additional information and guidance by referencing ALFLTFOR message DTG 042038Z JAN 10, released by Commander, U.S. Fleet Forces.

All commands may obtain information specific to their command by contacting their command's census project manager.

For additional information about the 2010 Census and the Census Bureau's Military Fact Sheet, visit www.npc.navy.mil/CommandSupport/Census2010/.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

March 4, 2010



Who wants to learn?

JEB Little Creek – Fort Story hosts Tutor.com kick-off

BY MC3 KRISTIN L. GROVER
Navy Public Affairs
Support Element – East

VIRGINIA BEACH — Joint Expeditionary Base Little Creek – Fort Story hosted a kick-off presentation for Tutor.com at the Bill Nevin Base Library Feb. 24.

The Department of Defense made an agreement with Tutor.com to provide all eligible service members and their dependents with free access to the online tutoring program beginning January 1 of this year.

Tutor.com offers one-on-one online tutoring sessions for students at all educational levels. Help with homework, test preparation and resume writing is available in English and

Spanish.

“It is available 24 hours a day, 7 days a week,” said Kara Froman, an account executive for Tutor.com. “You can come to Tutor.com and get connected in just a matter of minutes with a subject matter expert tutor who’s going to help you with your problem.”

Froman demonstrated how to connect with a tutor and use the online classrooms during the kick-off presentation.

The main benefit of this program is to give military parents peace of mind knowing that their children can get educational help while they are deployed, said Captain Bill Crow, Commanding Of-

See TUTOR, B9

NMCP’s Vikki Garner Award

BY MC2 WILLIAM HEIMBUCH
NMCP Public Affairs

The Adult Oncology and Hematology Unit received the Vikki Garner Memorial Award for Excellence in Quality Improvement Feb. 22 for developing the Palliative and End of Life Care Program, which aids patients and their loved ones while they are spending their final days together. Capt. Matthew Pommer, acting Naval Medical Center Portsmouth commander, presented the award plaque to Lt. Cmdr. Lisa Rose, Lt. Shawna Grover and Lt. Sarah Ledford during a ceremony held in the ward.

This semi-annual award recognizes the individual or team who has made the greatest contribution to quality improvement at NMCP or its branch clinics. The award was created in memory of Garner, who died in 2007 after serving as NMCP’s associate director of Health Care, and who is remembered for her contributions to the culture of excellence at the medical center. Garner received her end-of-life care in the unit.

“The Vikki Garner Memorial Award is a way to highlight and recognize those people, units or work centers that go above and beyond in the dedicated care of our patients,” Pommer explained. “Vikki lived her life giving to others, making other people’s lives better. This award recognizes that kind of self-less dedication to improving our patient’s experience at NMCP.”

Guided by advanced practice nurses in the unit, the program “created and implemented the program intended to provide support, dignity and comfort for the patient and their loved ones as they make their transition in the final days of life using a multidisciplinary approach,” Ledford explained.



Photo By MC2 William Heimbuch
Lt. Shauna Grover and Lt. Sarah Ledford display the Benevolence Box, which, as part of the ward’s new Palliative Care Program, is given to patients and their loved ones.

The Palliative Care Program consists of doctors, nursing staff, chaplains, pharmacists, social workers, physical therapists and nutritionists. The rooms are unlike hospital rooms: They have hardwood floors, a kitchen table, cupboards, a microwave and even a saltwater fish tank – all to help a patient feel at home.

Patients receive a “Benevolence Box” to help them through the process of dying. The box was inspired by a patient, and contains a copy of the book, “Lighting the Path through the Final Days of

Life”, a spray bottle to spray the flavor of patient’s favorite drink into their mouth when eating and drinking become impossible, a tear cloth poem and handkerchief, a comfort shawl and the Dying Person’s Bill of Rights.

The bill of rights “let(s) the patient and their loved ones know what their rights are, because there are a lot of people who are going through so much right then, and maybe aren’t able to hear everything that is said to them at

See AWARD, B9



Photo by MC1 Daniel Bristol

Tom Foss performs with the USO Comics on Duty tour aboard the multipurpose amphibious assault ship USS Bataan (LHD 5).

Bataan welcomes ‘Comics on Duty’

BY MC1 (SW/AW) DANIEL A. BRISTOL
USS Bataan Public Affairs

BAIE DE GRAND GOAVE, Haiti — Multipurpose amphibious assault ship USS Bataan (LHD 5) welcomed two comedians Feb. 22-23, as the Comics on Duty World Tour kicked off in front of more than 2,000 Sail-

ors and embarked Marines from the 22nd Marine Expeditionary Unit.

Bataan, on-station off the coast of Haiti to provide humanitarian aid and disaster relief efforts in support of Operation Unified Response, took a brief pause in operations for comic relief, courtesy of the Comics on Duty World Tour.

See COMICS, B9

FFSC embraces new credit card laws

BY MC1 (AW) TIM COMERFORD
The Flagship Staff

NORFOLK — As the credit card act goes into effect the Fleet and Family Support Center is letting Sailors and Marines know what’s in store for them.

On March 8 at Fleet and Family Support Center (FFSC) Norfolk debuts its new class Understanding the New Credit Card Laws and Their Impact on You, starting at 8:30 a.m.

“This will be the first of many classes to come. The good thing is that all of our financial educators will be able to bring this information out to commands directly,” said Vici Hasley, education and training supervi-



See CREDIT, B9

Dealing with the military schedule: Adapt, overcome, wear a red dress

SPOUSE SPEAK!

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

I really should know by now that nothing ever goes according to plan in this military life. Another Navy spouse once told me about making plans: "Not only are they not written in stone, they're practically written in Jell-O." Been there, done that – sold the house my Sailor or swore we'd live in for five years after just 18 months, changed diapers solo when babies' arrival plans didn't sync with deployment schedules and endured a Christmas deployment during "shore duty."

My husband and I were invited to the USO of Hampton Roads/Central Virginia black-tie patriotic tribute last month. Thrust rather awkwardly into a spotlight after receiving the Heroes at Home Military Spouse of the Year award last May, attending this event was to be another honor. It's very humbling to be given awards for simply trying to make the best of this life when so many other spouses are also enduring challenges like single parenting, moving and deploying while still finding joy in their military communities. The invitation also involved what I thought were perfectly reason-

able plans.

Shopping, sitter, hair, make-up all went on the to-do list. I should have suspected Murphy and his annoying law was waiting in the wings when my spouse called and said, "Something's come up here at work, um, when's your thing again?" But denial mode kicked in after he swore he booked his flight to arrive in plenty of time to make the gala.

Random people on the street probably could have predicted there would be trouble. But not me, I was worrying about a dress. The night before the big day (I don't get out much, dressing up, wearing uncomfortable shoes and talking to grown-ups is a big day for me) I realized my little black dress was not nearly fancy enough for sitting next to the local USO president, an admiral, a congressman and the state's first couple. Without a fairy godmother to wand me into a more glamorous gown, I figured I'd have plenty of time for shopping on Saturday. All I had to do that day was go to college seminar and get ready to go out. Or so I thought.

During a break in class I checked my phone to find that my husband's flight had been cancelled, he could only get as close as



Photo by Rick Morris/Photo Options by Rick

USO of Hampton Roads/Central Virginia black-tie patriotic tribute.

Richmond later that night and oh, could I find all 20 pieces of his uniform scattered in various closets and garage bins and bring them with me so he could change if he got there? "No problem", I texted. I called ahead to the mall's fancy dress store and pleaded for a pile of pre-selected evening gowns in my size that would accentuate the positive and not turn this 36-year-old mother of three into a prom princess. Thank goodness for a red dress and sales ladies who work on commission and humor crazy people on a tight schedule.

Then I drove home in the snow and ransacked the house to assemble a dinner dress uniform. Only problem was the bow tie wasn't in the bin and the cummerbund was MIA. Squeezing a trip in to the Navy Exchange uniform shop was not on the agenda.

Finally made up, dressed and running late, I barely squeezed into the driver's seat of my dirty minivan in my enormously poofy dress and merged onto I-64 praying that the Hampton Roads Bridge Tunnel was traffic free. It was! My husband's uniform was waiting in our child's car booster seat outside so I busied myself with sampling wines from the gala's open bar, hiding in the bathroom checking bobby pins, and obsessing over my cell phone for my date's whereabouts. When it became clear he wasn't going to make it I commenced to meeting and greeting.

I've had amazing opportunities this year to converse with some influential people about military family challenges. But all of us can make a difference and help turn rhetoric into much needed pro-

grams and services. I have a big mouth and two cents but I'm not the military family spokesperson by any stretch. But those awards on my bookshelf have given me the chances to tell some of our elected officials, their spouses and military brass just how important it is to support military families so their service members can do their jobs without worrying about the home front.

All's well that ends well and my husband did show up eventually. He missed dinner but he arrived just in time for the awards honoring a military member from each branch for his service, my recognition, a rousing patriotic musical tribute and the thanking of the generous supporters of the USO.

The Flagship is looking for military spouses from all branches to honor for the sixth year in a row. If you know one who is a subject matter expert in adapting and overcoming, making the best of this military life, or helping fellow families and community, honor that by nominating him or her for the 2010 Military Spouse Awards at www.flagshipnews.com. At a luncheon on May 6, all nominees will be honored and the finalists and spouse of the year will be announced.

Michelle Galvez is a Navyspouse, journalist, ombudsman, and mother who lives in Virginia Beach with her husband and children. She was the 2009 Heroes at Home Military Spouse of the Year.

What I know now... nine (I think) deployments later



BY BIANCA MARTINEZ

Reach out to NewsChannel 3's Bianca Martinez at bianca.martinez@wtkr.com. Be sure to check out "Do My Military Job" every Wednesday at 11 p.m. on NewsChannel 3!

This past weekend I had the chance to do a great meet and greet at the Oceana Commissary. I met a young woman and she seemed to be having a very

hard time with her Marine's deployment. He has been gone since January and she just wanted to talk about it. I, of course, was happy to be there for her.

I get a lot of e-mails from young military brides asking for advice on how to deal with it all. I feel for them. I know where they are coming from. I was married at 22 and I have been married to my wonderful Navy man for almost 10 years now. We have gone through many deployments, so many I think I have lost count. I have always known that my world would be different. We were high school sweethearts and my hubby knew he would join the military as early as fifth grade. I don't think I ever expected it to be as tough as

it is, but I also didn't think I would be so proud.

When a very good friend of mine was going through a tough time with her new husband, a government contractor, heading overseas, she also asked for my thoughts. She sent text messages asking me questions about how I have felt in the past. I tell you what, I have shocked myself about how mature I sound with my answers! I mean, I remember being this jealous little 22-year-old, worried about who he was flirting with when he was gone? Would he be "over" me when he got home? I was super emotional and would have a couple of days of depression (along with a couple of pints of ice cream) after he left.

Now, again, someone wanted my advice and insight because of my experience? What? This makes me giggle a bit but I am happy to support the young men and women that are trying to figure out how to deal with it all at home. So I want to share these thoughts again, a few months later.



The Top 3 things I have learned from deployments:

- 1 It's so not worth feeling sorry for yourself and wanting to sit inside and climb into your bed and mope. The busier I am, the better. Projects, projects, projects. I have my very blunt mom to thank for helping me realize this. She likes to throw that saying at me once and a while, "Just put on your big girl panties (or big boy briefs) and get over it!" LOL, Love her!
- 2 It sucks for them as much as it sucks for us. Sorry, I get my bluntness from my mother. They don't want to leave their kids, their comfortable beds, or their showers. For some reason my husband misses our shower more than anything else when he is gone. We think, because we are the ones left behind that we are getting a raw deal. Let's think about it. They are either in the middle of a war zone or training in conditions like a war zone. I will take my down comforter over a cot any day ... thank you very much. They may not say it all of the time, but they miss us just as much as we miss them.
- 3 I would much rather see someone I am absolutely crazy in love with every now and then over having someone come home every night that makes me go, "Ehhh." I used to say this when I was engaged a lot. So many people would say, "Are you sure you want to live that lifestyle?" Here is the thing. I may have said that 11 years ago, but I think I said it more to try and convince myself that I was making the right decision. Now, with my hubby home from a deployment I know this is true. It's all worth it for that feeling I get right before he comes home. He still gives me butterflies, makes me laugh and makes me happy, not to mention he is the best father in the world. I wouldn't trade it for the world. I am sure you wouldn't trade it for anything either. It's a tough life, but it's a proud life.



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 <i>Our Lady of Victory Chapel</i> <i>Mass Schedule:</i> 11:45 a.m.— Wed. 10 a.m.— Sun..	PROTESTANT <i>David Adams Memorial</i> <i>Chapel Worship Services:</i> 10:30 a.m.— Sun. <i>Worship</i>
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For more information call
Naval Station Norfolk Chapel 444-7361

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC <i>Mass Schedule:</i> 5 p.m.— Sat. <i>(fulfills Sunday obligation)</i> 9 a.m. & 12:15 p.m. — Sun. 11:30 a.m. — Tues. - Fri. <i>(except holidays)</i>	<i>Confessions:</i> 3:30 - 4:30 p.m. — Sat. PROTESTANT 9 a.m. — Sun. School (4 years-Adult) 10:30 a.m. — Sun. Divine Worship, Children's Church (Ages 4-10)
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PWOC: Bible Study at the Chapel Annex Every Wed.
Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon
PWOC: Evening Bible Study Every Mon.: 7 p.m.

Latter Day Saints 11:30 a.m. — Sun.	Coffeehouse 6 p.m. — Sun.
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For more information call JEB
Little Creek Chapel 462-7427

CHAPLAIN'S CORNER

Seven Deadly Sins: Anger

BY LT. CMDR. ROBERT J. ETHERIDGE

*Marine Corps Recruiting
Command Chaplain*

Anger is listed as one of the seven deadly sins. While it's true that anger can be sinful, there are times where anger is not only not sinful. It is the proper response to the situation.

The Bible commands us to be angry yet not sin. We have the example of Jesus who got angry with the money changers in the temple. His sense of what was right was violated. The Bible tells us that he got so angry that he made a whip out of cords, overturned tables and drove out all of the money changers out of the temple.

Now it's clear from the Biblical record that Jesus was without sin, but he also clearly experienced the emotion of anger and acted out that emotion by driving out those who were the source of that anger.

So a very valid question emerges: When is anger sinful and when is it not sinful?

I believe the answer lies in the motivation of the anger.

Is our anger motivated by selfishness or is our anger motivated by a violation of the law of God?

All too often our anger is related to some personal insult or injury. Someone says something insulting toward us and we get mad. Someone takes an action that we perceive as threatening and we get angry. It can be as simple as someone cutting us off while driving or sliding into a parking place we thought belonged to us. We are all familiar with the phenomenon of road rage. Often times this is a result of unrighteous anger motivated from selfishness.

Anger is not always sinful. Anger is a powerful force to motivate us to change things that need to be changed.

Again, referring to the incident at the temple with Jesus, the money changers were taking advantage of the requirement for sacrifices. They were charging exorbitant prices and providing a substandard product.

Jesus saw through their money making scheme and chased them

out. He was not content with the status quo that robbed people who were there to worship God. There are many issues in our society that require action. There are things that need to be changed. God has a plan for each of our lives and wants us to make a difference in the world.

Take a look around you. What injustice do you see that particularly makes you angry?

Does the abuse of power, the abuse of the environment, the abuse of children, poverty or hunger seem to upset you particularly?

What about moral issues? Does sexual immorality, abortion or homosexual behavior cause a holy anger to burn within you because of these sins?

Many of these things may anger us generally but one of these issues may particularly anger you. The anger you feel may be the prompting of God's Holy Spirit to use you to take action to correct the wrong you see. Anger produces a tremendous amount of energy that can be used for good if we channel it in the right way.

We need to pay attention to what makes us angry because it's one of the ways we can discern God's will for our lives.

We do have to be very careful about unrighteous anger. Anger motivated by real or perceived personal loss, insult or injury needs to be laid aside. When we do experience personal anger, we need to be very careful with our response. Hurt will produce anger. If you hit your hand with a hammer when you are hammering a nail, you will first hurt and you will then very quickly get angry. The challenge then is the proper channeling of that anger.

Dr Gary Chapman has outlined four steps to help us deal with anger. The first is to admit the anger. The second is to restrain our response. Third we need to analyze our anger and determine if sin was committed. And fourth, we need to take constructive action.

We have to exercise discipline and self control.

The proper response to someone who hurt you is to respond with a spirit of gentleness and forgiveness. This is not easy or natural. But you can use the energy produced by the hurt and consequent anger to give you the strength, with God's help, to be both self controlled and forgiving.

The bottom line, no matter what the situation, you are responsible for your response. You can respond inappropriately in unrighteous anger and you will be guilty of sin with guilt toward both the person and guilt before God.

But the good news is, with God's help, you can use the energy of anger to make a right response and thus be right with that person and with God. If someone has hurt you, you can release that person to God who is a righteous judge who declares "vengeance is mine; I will repay."

We can always trust God to do what is right, both for us and the other person.

The next time you are angry, first think about "Why am I angry in the first place?"

Is this a personal attack or is this an attack on the law of God?

If it's personal be very careful with your response. If it's an attack on what is good and right, get busy because there is work that God wants you to do.

Is the idea of seven deadly sins found in the Bible? Yes and no. Proverbs 6:16-19 declares, "There are six things the Lord hates, seven that are detestable to him: 1. haughty eyes. 2. a lying tongue. 3. hands that shed innocent blood. 4. a heart that devises wicked schemes. 5. feet that are quick to rush into evil. 6. a false witness who pours out lies. 7. a man who stirs up dissension among brothers. However, this list is not what most people understand as the seven deadly sins. According to Pope Gregory the Great in the 6th century, the seven deadly sins are: Pride, envy, gluttony, lust, anger, greed and sloth. Although these are undeniably sins, they are never given the description of "the seven deadly sins" in the Bible.

MDSU-2 Sailors return from humanitarian efforts



Photo by MC2 Chris Lussier

Navy Diver 1st Class John Neal, assigned to Mobile Diving and Salvage Unit (MDSU) 2, inspect a damaged pier. Military engineers are conducting salvage and repair operations in the main seaport in Port-au-Prince, Haiti during Operation Unified Response.

BY MCC (SW/AW) KATRIN ALBRITTON

*Navy Expeditionary Combat Command
Public Affairs*

NORFOLK — Navy divers and support staff from Mobile Diving and Salvage Unit (MDSU) 2 returned to Hampton Roads Feb. 5, after deploying to Port-au-Prince, Haiti, to offer their expeditionary diving skills to the recovery efforts following the devastating earthquake.

The MDSU-2 divers were accompanied by members of Underwater Construction Team (UCT) 2, whose combined mission was to conduct an assessment of ports and waterways and remove underwater obstructions which could hinder shipboard movement into the port.

“The piers were completely destroyed,” said Navy Diver 1st Class (DSW/EXW/SS) Chris Juelsgaard, a MDSU diving supervisor. “There were cranes, Conex boxes and vehicles in the water. Basically, the condition of the port was pretty bad.”

Along with MDSU-2 Navy Divers and UCT 2, Army divers were on hand to assist with the efforts. Navy Diver 1st Class (DSW/EXW) Eric Riggenbach said that while the mission of the MDSU-2 Sailors centered around salvaging the pier, all divers were able to work together to survey the pier pylons and reach necessary milestones ahead of schedule.

“With us, we’re more of a salvage type organization rather than a construction type,” Riggenbach said. “There were a lot of Conex boxes and debris that fell off a collapsed pier and were blocking the land-

ing craft that were coming up on the beach with the supplies.”

Riggenbach said they cleared the area and removed a sunken vessel off the beach so Seabees could conduct surveys to make sure the water was deep enough and nothing was blocking the way.

Even though both Riggenbach and Juelsgaard have approximately a decade between them as Navy Divers, this was the first large-scale humanitarian mission each had participated in.

Juelsgaard said the opportunity to work with other nations, including Sailors from the Royal Netherlands Navy Logistics Support Vessel HNLMS Pelikaan (A804), brought varying experiences to the mission.

“It was a great experience because we did have the opportunity to work with the Dutch,” he said. “The Pelikaan, which we rode on, was extremely helpful. We got to work with multi-national forces like the Dutch, the Belgian Marines, and the French - it was a great experience. Everyone down there put in an awesome effort, and there was no line between what type of uniform you wore. We were all on the same team, putting in an effort to take care of each other and fix the country as best as possible.”

Chief Warrant Officer 4 Jeff Barone, MDSU-2 Company 2-1 Company Commander, agreed, and said the mission always came first with each of the divers.

“The one nice thing about this is that we worked with a lot of different units: the Dutch and the French; it was great to jump

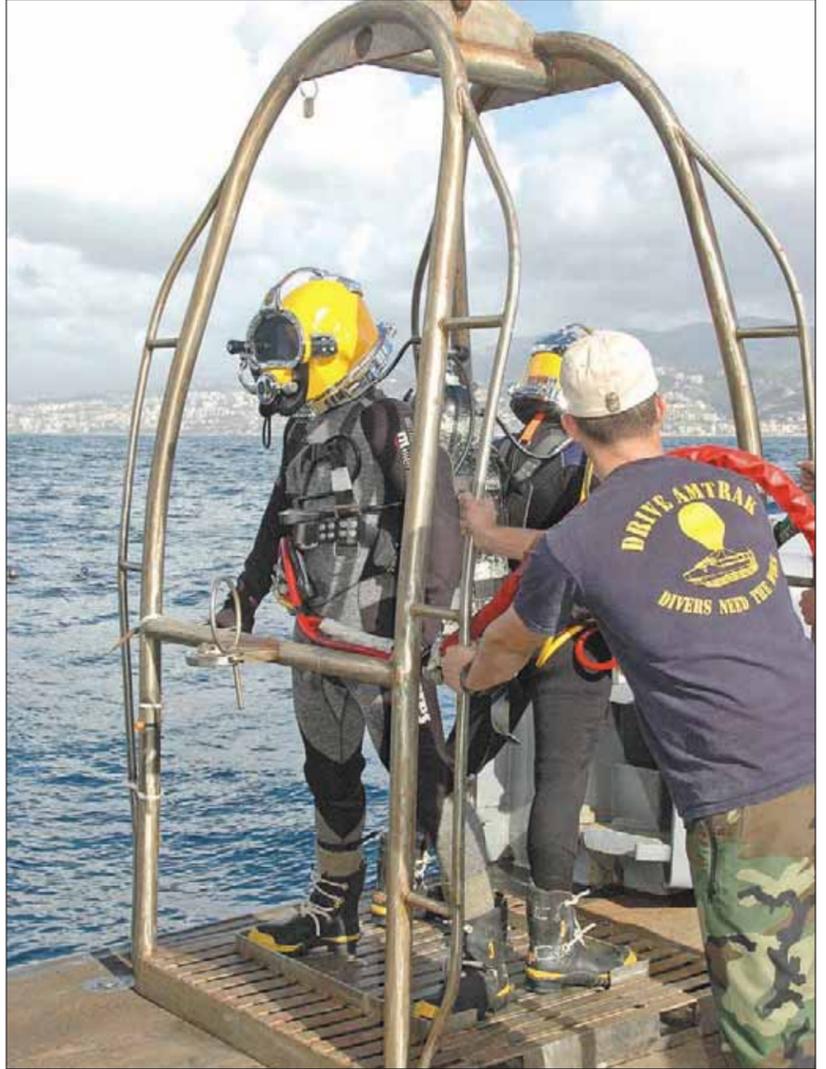


Photo by MC2 William Pittman

Navy Diver 2nd Class Todd Walsh and Navy Diver 2nd Class Matthew Trautman, both assigned to Mobile Diving and Salvage Unit (MDSU) 2 prepare to dive into the Mediterranean Sea off the coast of Lebanon. Grapple is assisting the Lebanese Armed Forces during recovery operations of Ethiopian Airlines flight 409.

in the water and work with them,” he said. “We were there together and we wanted to get the job done. Even the Army divers were there, so we got to jump in with them and UCT.”

Even though the UCT 2 divers remained in Haiti to continue construction on the piers, Juelsgaard said he felt the effort put in by his team, both Navy and international, went a long way to helping bring some assistance to the ravaged country.

“Just getting the interference out of the way opened up the waterways so the Army and Marines could start moving the heavy

equipment in,” Barone said. “Also, a lot of the larger ships that needed to come in and unload their MREs that were unable to initially.”

Riggenbach echoed the sentiment.

“We were able to survey the one pier they had left and let the engineers know they could pull a ship in,” he said. “Days after we were finished, they were able to pull a USAID ship up to the pier. I think that greatly increased their ability to get their supplies on shore.”

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

USS Providence wins second top food award

BY MC1 STEVEN MYERS

Commander, Submarine Group
2 Public Affairs

GROTON, Conn. — Los Angeles-class attack submarine USS Providence (SSN 719) was named as a 2010 Captain Edward F. Ney Award for Food Service Excellence winner Feb. 19.

In a repeat performance of 2009, Providence collected top honors in the submarine community.

"It's hard to put the feeling into words," said Culinary Specialist 1st Class Emanuel Walker. "It just shows what can happen when a team comes together; the achievements are astronomical."

Walker and Culinary Specialist 2nd Class Jose Rosarivas have been stationed aboard Providence for both awards.

"It feels good the first time, but great the second," said Rosarivas, who attributes their team's success

to excellent leadership and teamwork.

"Without teamwork everything else is not possible, but great leadership from Chief [Culinary Specialist Gerald] Davis is what led us to the wins," said Rosarivas.

Davis recently left Providence's crew to continue his career. Culinary Specialist 1st Class Devin Morava stepped in to continue the tradition.

"Knowing what is expected makes it a little easier," said Morava. "But maintaining an award winning team is still a hard challenge."

Lt. Cmdr. Brett Grabbe, Providence executive officer, said that winning is a testament to the food service team's long-term process.

"We just don't know what bad food is," said Grabbe. "But it's more than just the quality of the food. These guys have developed a



U.S. Navy Photo

USS Providence has won the Captain Edward F. Ney Award for food service excellence for the second year in a row.

method that fits in with all their other administrative and logistical requirements. It's pretty amazing and is a huge factor in the crew's morale."

The award will be presented to the Providence crew at a ceremony held in Reno, Nev., April 17.

The Captain Edward F. Ney Award for Food

Service Excellence was established in 1958 by the secretary of the Navy and the International Food Service Executives Association to improve and recognize

the quality of food service in the Navy.

The award was named in honor of Capt. Edward F. Ney, a U. S. Navy Supply Corps officer who served as head of the subsistence division of the Bureau of Supplies and Accounts between 1940 and 1945.

Providence, commanded by Cmdr. Raymond Gabriel, is the fifth ship to bear the name of the capital city of Rhode Island. Technology has dramatically changed the size and capabilities of naval warships since the original Providence set sail against the British in 1775. However, all these proud vessels have shared a common mission - to protect and defend the United States against all enemies.

For more news from Commander Submarine Group 2, visit www.navy.mil/local/Subgru2/.

...and it turns on a dime



Photo by MC2 Micah P. Blechner

USS George H.W. Bush (CVN 77), the Navy's 10th and final Nimitz-class aircraft carrier, keels hard to starboard during high-speed turn drills Feb. 27. Bush is currently underway in the Atlantic Ocean in support of fleet training operations.

FFSC brings on financial flurry at JEB Little Creek-Fort Story

BY MGSN SCOTT PITTMAN

Navy Public Affairs Support Element East

VIRGINIA BEACH — Fleet and Family Support Center hosted a Financial Flurry liberty event for service members and civilians to teach them the dangers and preventive measures of identity theft, Feb. 23 at Joint Expeditionary Base (JEB) Little Creek-Fort Story.

The event was part of a week-long initiative to teach service members the benefit of maintaining their credit and protecting themselves from fraud. The event came one day after a change in the credit laws for Virginia.

Mary Spear, a financial educator with JEB Fleet and Family Support Center, wanted to make people aware of how to prevent identity theft, the dangers that face them should their identities be stolen and the options available to them if someone commits fraud against them. "The

military is a microcosm for America and identity theft is a problem facing America," said Spear.

Spear introduced Victim Notification Program Director Corrine Vaughan and Kathy Walker, the program assistant for the program. Both women work for the Office of the Attorney General of Virginia.

According to Walker, people who commit fraud can get personal information many different ways, including stealing wallets or purses, stealing mail and rummaging through garbage for personal information.

During the event, a "Shred-it" truck was on location to show the importance of proper disposal of personal information and allowed attendees the opportunity to shred their documents.

For more news from Commander, Navy Region Mid Atlantic, visit www.navy.mil/local/cnrma/.

HSC-2 celebrates African American Heritage

BY MC2 MANDY HUNSUCKER
The Flagship Staff

NORFOLK — Helicopter Sea Combat Squadron Two's (HSC-2) "Fleet Angels" heritage committee held an African American heritage celebration in their hanger bay on Naval Station Norfolk, Feb. 26.

Capt. John W. Smith, chief of staff, Navy Cyber Forces, was the guest speaker for the event. Seven students, accompanied by chaperones, from the fourth grade class of New Castle Elementary school also participated in the event.

AD 1 Jonathan Evans, president of HSC-2's heri-

tage committee, hosted the event.

"This event's purpose was to highlight our unity in our diversity," said Evans. "It's not about race or anything like that. It's about educating people about different backgrounds and struggles. Once we can understand our diversity and that we share in struggles, we will understand each other better, which will bring a stronger unity."

After opening remarks Evans, Smith stood at the podium and told his story of how he came to be a captain in the U.S. Navy.

"One of the biggest things I wanted to stress (during my speech) was the importance of education. Education provides the gateway to a lot of things that we do and it gives us



Photo by MC2 Mandy Hunsucker

Students from the fourth grade class of New Castle Elementary tour one of Helicopter Sea Combat Squadron Two's (HSC-2) MH-60S Knighthawk helicopter in a hangar bay on Naval Station Norfolk, Feb. 26. The students presented letters and poems about the struggles of African Americans during the civil rights movement as part of HSC-2 African American Heritage Committee Celebration.

the tools that we need to be successful," said Smith. "We have to understand when to utilize the right tools within

our toolbox. Also, don't let obstacles get in your way and don't be afraid to ask for help when you need it."

After Smith's remarks, HSC-2's Operations Specialist 2nd Class Jamie Bennett sang the song "Lift Every Voice and Sing," and was followed by applause throughout the hangar bay.

HSC-2 has been partner in education with New Castle Elementary School which is located in Virginia Beach for approximately four years, according to Frances Knight, 1st grade teacher, chaperone.

"Each year we've been invited to fellowship with the command, so we always try and have some students participate in and really experience speaking in front of a large group," said Knight. "It empowers them and they get to listen to a great speaker like Capt. Smith."

According to Knight the

entire fourth grade class at New Castle Elementary was given an assignment to respond to a graphic or picture that was from the turbulent times of the civil rights movement. Out of the fourth grade class, seven were chosen to share their assignments with HSC-2 personnel. Each student took turns reading their assignments and some shared the picture they responded to via projector.

One of the students, named Blake S., wrote a poem in response to a picture of a black man being harassed by three white men.

The event concluded with HSC-2 personnel and guests enjoying a pot luck lunch served by HSC-2's heritage committee.

The Chase

I'm so desperate
Why are we separate?
We're all people
What aren't we equal?
I hear them a screamin'
Their smiles a beamin'
Their calling me names
With tons of pains
I count them ... one, two,
three
Why are they all against
me?
They go for a tackle
I hear them cackle
I feel like bait
With all that hate
They shout, "Come back."
I say, "No way, I'm Black."
I'm so desperate
Why are we separate?
We're all people
What aren't we equal?
— By Blake S.



Operations Specialist 2nd Class Jamie Bennett sing's "Lift every voice and sing" during Helicopter Sea Combat Squadron Two's African American Heritage Celebration in their hangar bay on Naval Station Norfolk, Feb. 26.

NWS Yorktown Celebrates African American Heritage

BY MC3 RYAN STEINHOOR
Navy Public Affairs Support Element Norfolk

YORKTOWN — Naval Weapons Station (NWS) Yorktown celebrated Black History Month Feb. 18.

NWS Yorktown hosts a ceremony annually to commemorate African American heritage.

"It is one event that the command has been able to do together, and it ties right in with my command philosophy of teamwork, loyalty and dedication," said Capt.

Bette Bolivar, NWS Yorktown commanding officer. "It's very spiritual, uplifting and rewarding to share this event with the local community."

This year's theme for Black History Month was the "History of Black Economic Empowerment," remembering those who built something out of nothing and went on to be leaders in both their community and the economic world.

Culinary Specialist 2nd Class Shakira Wint, NWS Yorktown galley records

keeper, read a speech by C. J. Walker, an influential woman who made a name for herself by developing and marketing a successful hair care product line.

"I am a woman who came from the cotton fields of the South. From there, I was promoted to the washtub. From there, I was promoted to the cook's kitchen. And from there, I promoted myself into the business of manufacturing hair goods and preparations," read Wint from Walker's speech. "I have built my own factory on my own ground."

Although this celebration marks Bolivar's last Black History Month observance at NWS Yorktown, she said she will be taking a lot with her from the experiences she had while serving as the station's commanding officer.

"I'll be taking the memories to my next command along with the education and knowledge I've received by participating," said Bolivar.

For more news from Naval Weapons Station Yorktown, visit www.navy.mil/local/nwsyorktown/.

A dream shared by many



Culinary Specialist 1st Class Marland Smith recites Martin Luther King Jr.'s 'I Have a Dream' speech during a Black History Month celebration aboard the amphibious assault ship USS Makin Island (LHD 8).

Freedom interrupts drug delivery in Western Caribbean

PRESS RELEASE

From USS Freedom Public Affairs

USS FREEDOM—The littoral combat ship (LCS) USS Freedom (LCS 1) achieved its first drug seizure Feb. 22 when it disrupted a high-speed “go-fast” vessel and recovered more than a quarter of a ton of cocaine.

Freedom, with embarked Helicopter Sea Combat Squadron (HSC) 22, an LCS Surface Warfare Mission Package and a U.S. Coast Guard Law Enforcement Detachment (LEDET), was conducting counter-illicit trafficking (CIT) operations in U.S. 4th Fleet’s Area of Responsibility when its crew located the vessel.

A MH-60S Sea Hawk from HSC 22 responded quickly and coordinated with Freedom and air assets from Joint Interagency Task Force-South (JIATF-S) to provide location data on the surface target of interest.

Following interception by

the MH-60S, the vessel jettisoned its illicit cargo in the western Caribbean Sea. The “go-fast” subsequently entered Colombian waters, where the Colombian Navy took over the tracking and pursuit mission.

A response team of Sailors and Coast Guardsmen from Freedom coordinated with a Colombian Navy patrol boat and Colombian patrol aircraft to retrieve seven bales and 72 kilos of cocaine from the water. The drugs were seized by the LEDET as evidence in preparation for possible criminal prosecution.

The coordinated actions of the Navy, Coast Guard and JIATF-S with Colombian surface and aviation assets were instrumental to the successful interdiction of narcotics.

“Our combined team of ship’s crew, (LCS Surface Warfare) Mission Package, aviation detachment and Coast Guard LEDET showed great teamwork and resolve,”

said Cmdr. Randy Garner, Freedom’s commanding officer.

One of the unique features of the LCS is the flexibility and adaptability to configure from one warfare specialty to another – called “mission packages.” Freedom currently is configured with its LCS Surface Warfare Mission Package, designed to combat small, fast-boat threats to the fleet.

Freedom, which will be homeported in San Diego, is currently on its maiden deployment in the Caribbean and the coasts of Central and South America under the operational control of U.S. Naval Forces Southern Command/U.S. 4th Fleet. Freedom is conducting CIT operations in support of JIATF-S, U.S. Southern Command and U.S. Coast Guard District 7.

For more news from Commander, U.S. Naval Forces Southern Command, visit www.navy.mil/local/cusns/.



Photo by Lt. Ed Early

An MH-60S Sea Hawk helicopter assigned to Helicopter Sea Combat Squadron (HSC) 22, embarked aboard the littoral combat ship USS Freedom (LCS 1), hovers over the position of illicit drugs dumped overboard by the crew of a high-speed “go-fast” vessel. Sailors and Coast Guardsmen from Freedom, left, and Colombian navy sailors in a patrol boat search the area beneath the helicopter. Freedom’s boarding team recovered 72 kilos of cocaine from the Caribbean Sea.

Bataan holds change of command off Haiti coast

BY MC3

SAMANTHA ROBINETT

USS Bataan Public Affairs

BAIE DE GRAND GOAVE, Haiti — Multi-purpose amphibious assault ship USS Bataan (LHD 5), on-station off the coast of Haiti to provide disaster relief support, held a traditional change of command ceremony on the “Big 5” flight deck Feb. 19.

Sailors and embarked Marines from the 22nd Marine Expeditionary Unit (MEU) lined the ship’s flight deck where Capt. Sam Howard was relieved by Capt. Steve Koehler, who now takes over command of the flagship for Bataan Amphibious Relief Mission in Haiti.

Howard took command of Bataan Sept. 18, 2009, and led the ship and her crew through a rigorous workup schedule, a seven-month maritime security deployment to the U.S. 5th and 6th fleets, and the first four weeks of Bataan’s current disaster relief mission in Haiti. Bataan also earned the 2009 Battle “E” Efficiency Award earlier this month.

“It’s no surprise that this is [Bataan’s] fifth Battle “E,” and it’s no surprise that it was under the command of Capt. Sam Howard,” said Rear Adm. Carol Pottenger, commander, Navy Expedi-



Photo by MC2 Kelvin Edwards

Capt. Steve Koehler, right, relieves Capt. Samuel Howard as commanding officer of the multipurpose amphibious assault ship USS Bataan (LHD 5) during a change of command ceremony on the ship’s flight deck.

tionary Combat Command, and the ceremony’s guest speaker. “You’ve had a very special commander that you are going to see off today, and I think you all know that. No matter the circumstances, his upbeat attitude shines through, and everyone wants to follow him and set the pace right alongside him.

Howard credited the “Blue/Green Team” aboard Bataan for their list of accomplishments over the past 17 months and for the difference they’re making in Haiti.

“The right things are happening aboard this ship. Bataan is doing what the country expects, said Howard. “We’ve ensured that USS Bataan remains the most worthy piece of America from which any

capability can go forward to bring help, or if necessary, to bring hurt. There is no finer assembly of patriots with whom I would rather have gone to sea, than the one represented right here.”

Once the two men read their orders and reported to Capt. Tom Negus, the event’s presiding officer and commodore of the Bataan Amphibious Relief Mission, Koehler took the stage to address his new crew.

“I am personally humbled to take command of Bataan,” said Koehler. “We have remained professional while out here, and you make something that is very difficult look routine and easy, I know that it is not. From a guy who’s new to the amphib world, I will

tell you it’s unbelievable to watch.”

Koehler’s connection with the ship named for the valiant resistance of American and Filipino troops on the Bataan Peninsula in the dawning days of World War II, and the tens of thousands of American service members who died either in battle or during the unconscionable “Bataan Death March,” began long before his arrival to Bataan.

“My father-in-law was born in a prison camp, Santo Tomas, (Philippines), in 1943. My wife’s grandmother spent three and a half years in that prison camp. She turned 100 in November, and she still tells [those stories], so it

truly is a personal honor for me to take command of this ship.

Prior to becoming Bataan’s 10th commanding officer, Koehler served as executive officer aboard USS Carl Vinson (CVN 70) from November 2007 to October 2009. Koehler was designated a naval aviator in 1989. He’s logged over 500 carrier-arrested landings and accumulated in excess of 3,600 hours in various naval aircraft. He commanded VFA-143 from July 2004 to October 2005, ultimately transitioning the squadron from the Tomcat to the Super Hornet.

Howard will temporarily transfer to Naval Surface Forces Atlantic while await-

ing his next permanent duty assignment.

Bataan is supporting Operation Unified Response as part of a larger U.S. response to a request from the government of Haiti for urgent humanitarian aid. U.S. Southern Command is working closely with the Department of State, U.S. Agency for International Development (USAID) and the international community to provide life-sustaining services to the people of Haiti. All military efforts are in support of USAID, which is orchestrating U.S. government contributions to the relief.

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

AFRICA PARTNERSHIP STATION



Photo by MC2 John Stratton

Lt. Brandon Le, left, from Monterey, Calif., and Aerographer's Mate 2nd Class Cory Clare, right, from Apopka, Fla., look on as Nigerian Navy Cmdr. Godfrey Kwetishe, a hydrographer, center, gathers sea surface temperature reading via a special thermometer on the flight deck of the amphibious dock landing ship USS Gunston Hall (LSD 44).

Meteorology in the forecast for Africa Partnership Station

BY MC2 (SW/AW) JOHN STRATTON
USS Gunston Hall Public Affairs

USS GUNSTON HALL — Having the most current information on the weather while at sea is a ship's lifeline. For the Aerographer's Mates (AGs) aboard USS Gunston Hall (LSD 44) as part of Africa Partnership Station (APS) West, keeping current with the latest weather is crucial as the ship heads toward West Africa.

AGs are responsible for collecting, recording and analyzing meteorological and oceanographic information. They make visual and instrumental observations of weather and sea conditions, prepare up-to-date weather maps and post weather forecasts and warnings.

"Weather is an extremely important tool when it comes to decision making," said Lt. Brandon Le, officer in charge of the APS West meteorological and oceanographic (METOC) detachment embarked aboard Gunston Hall.

While en route to Africa, AGs take daily readings to measure air temperature, humidity, and sea states.

"The data we collect now and during APS goes to the Naval Research Lab to be placed in a model that helps people better understand weather patterns in the region," said Aerographer's Mate 2nd Class (AW) Cory Clare, from Apopka, Fla.

During APS, students from various African countries will learn several aspects of how weather

works. Le and Nigerian navy Cmdr. Godfrey Kwetishe, a hydrographer in the Nigerian navy, will be instructors. Their program will be a continuation of the METOC program conducted during last year's APS deployment to West Africa aboard USS Nashville (LPD 13).

"This year, the METOC team will focus our curriculum to how the atmosphere interfaces with the ocean to create weather," said Le.

"A few of our topics include erosion and current movement," said Kwetishe. "Students need to know about the maritime environment as it affects our ecosystem. That's in addition to human activities, such as exploration and exploitation, availability of hydrographic information, effectiveness of policing control and monitoring, mariners activities in the environment, and anti-pollution measures to mention a few."

"When it comes to maritime safety and security, coastal weather is a variable that must be taken into consideration by the decision-makers," said Le.

Gunston Hall is on a scheduled deployment to the 6th Fleet area of responsibility in support of APS West. APS West is an international initiative developed by Naval Forces Europe and Naval Forces Africa that aims to improve maritime safety and security in West and Central Africa.

For more news from USS Gunston Hall, visit www.navy.mil/local/lsd44/.

Translators prepare Gunston Hall Sailors for APS mission

BY MC2 (SW/AW) JOHN STRATTON
USS Gunston Hall Public Affairs

USS GUNSTON HALL — To better prepare Gunston Hall Sailors and embarked Africa Partnership Station (APS) West staff with the challenges of different languages they will face while ashore in Africa, translators and native speakers began language classes Feb. 15.

The class is designed to educate students on the history of the language and how to properly speak it. First timers begin in what the instructors are referring to as a "survival" class, while those just needing a review take an advanced class.

"I want Gunston Hall Sailors to enjoy their liberty," said Chief Warrant Officer 3 Eve McAnallen, program coordinator for the classes, from Big Lake, Minn. "Knowing how to order food, shop or tell time will help with that."

A typical class consists of one or two interpreters as instructors. Each student receives a one-page handout that gives the topics to be covered during that day's 30-minute session. Sailors are encouraged to take notes, actively participate and have fun.

"I decided to go with the handout approach," said McAnallen. "It's a lot easier to carry a few folded sheets in your pocket to refer back to than a book while out on liberty."

The interpreters for each class are well-versed in the language and are finding enjoyment in helping those new to the language to feel comfortable, and those who know the basics to brush up.

"Seeing the students really get into it and speak to me in French is very rewarding," said Yeoman 3rd Class (SW) Kaitlyn Nolan, a class instructor from Bloomingdale, Ill. "Having them take the time out of their day to come learn makes me feel like I did something good."

Not all the instruction is for enjoying liberty or a way to pass the time underway; for some, such as Marine Sgt. Scott Propheter, assigned to the Security Cooperation Marine Air-Ground Task Force (SC MAGTF), from Phoenix, the classes are a necessity.

"These classes will be a good tool for me in helping to build a good rapport with the APS students I'll be teaching," Propheter said.

"Our unit will be conducting a lot of humanitarian work while in Africa, so it's vital that I learn whatever I can," said Boatswain's Mate 2nd Class (SW) Hilton Blount, assigned to Assault Craft Unit (ACU) 2, from Washington, D.C. "I've always been interested in the language and wanted to come see for myself what the classes were all about."

Gunston Hall is on a scheduled deployment to West Africa in support of APS West. APS West is an international initiative developed by Naval Forces Europe and Naval Forces Africa that aims to improve maritime safety and security in West and Central Africa.

CREDIT: Changes in the industry means big help for Sailors with Credit

Continued from page B1

sor FFSC Norfolk.

This class is being done slightly differently than their others.

"We are doing kind of like a town hall meeting," Hafley said. "We wanted to introduce the new information in a single class."

But the information will not only be available at that one class.

"We are incorporating the information into our standing classes, like our Credit Management class, our Command Financial Specialist Class and Art of Money Management Class. Anyone who is taking one of our existing classes – when we talk about credit we will be talking about the new laws as well.

Hafley thinks there are a lot of exciting issues to talk about where the bill is concerned.

"Credit card companies are now required to tell you how long it will take for you to pay a bill off based on your minimum monthly payment. They will now have to tell you how many dollars in interest you will pay.

Another new item on the bill is a calculation for paying the bill off faster.

"It could include the amount you have to pay off every month in order to pay off the bill in three years," Hafley said.

Which is what Command Financial Specialist do when they draw up a budget for Sailors.

"These are good, sound practices that we have been talking to Sailors about for years and years, and now there is a law holding the credit card companies to it," Hafley said.

For an in depth look at the credit card act visit www.federalreserve.gov/creditcard/

To sign up for any of the FFSC's classes or for more information you can contact the FFSC at 444-NAVY.

COMICS: Laughs for Sailors and Marines

Continued from page B1

tesy of comedians Steve Simeone and Tom Foss, who each performed two evening sets during their two-day visit to Bataan.

"It's nice to sit back and get off work and [our minds off] what's going on," said Aviation Support Equipment Technician Airman Apprentice Britney Wasnea, from Harrisburg, Pa. "It makes everyone feel better, and we don't get to watch comedians every day."

Foss, from Morgantown, W. Va., has affiliated with the Comics on Duty World Tour since 2005, but has performed stand-up comedy for 21 years. He has been to Afghanistan, Iraq and visited nine different Navy ships. Simeone, who is from Philadelphia, joined the tour in 2008.

"We have the freedom to travel around and tell jokes for a living," said Foss. "Now, we get the chance to perform for those people who fight for that freedom."

Bataan is their first stop aboard a U.S. Navy ship in Haiti.

"They had me laugh-

ing so hard I had tears falling out of my eyes," said Interior Communications Technician 3rd Class Treelle Talbert.

Lance Cpl. Alex Blake, from the 22nd MEU's Battalion Landing Team and a native of Cartersville, Ga., opened the show with a stand-up routine which has kept the crew entertained throughout the ship's recent seven-month deployment.

"I feel good because I can make people laugh," said Blake. "It's good to know that even if they have a bad day, I can make them laugh."

Comics on Duty has been entertaining the troops since the first Gulf War. They have completed thousands of shows, including more than 1,500 in Iraq and Afghanistan alone.

Bataan is supporting Operation Unified Response as part of the Bataan Amphibious Relief Mission, which also includes the dock landing ships USS Fort McHenry (LSD 43) and USS Carter Hall (LSD 50).

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

What the new credit card law means for you

President Obama signed the Credit CARD Act of 2009 into law May 22, 2009, following passage days earlier in the Senate and the House.

Limited interest rate hikes: Interest rate hikes on existing balances would be allowed only under limited conditions, such as when a promotional rate ends, there is a variable rate or if the cardholder makes a late payment.

Limited universal default: "Universal default," the practice of raising interest rates on customers based on their payment records with other unrelated credit issuers (such as utility companies and other creditors), would end for existing credit card balances.

The right to opt out: Consumers now have the right to opt out of – or reject – certain significant changes in terms on their accounts

Limited credit to young adults: Credit card issuers will be banned from issuing credit cards to anyone under 21, unless they have adult co-signers on the accounts or can show proof they have enough income to repay the card debt.

More time to pay monthly bills: Under the credit card law, issuers would have to give card account

holders "a reasonable amount of time" to make payments on monthly bills. That means payments would be due at least 21 days after they are mailed or delivered.

Clearer due dates and times: Credit card issuers would no longer be able to set early morning or other arbitrary deadlines for payments.

Highest interest balances paid first: When consumers have accounts that carry different interest rates for different types of purchases (i.e., cash advances, regular purchases, balance transfers or ATM withdrawals), payments in excess of the minimum amount due must go to balances with higher interest rates first.

Limits on over-limit fees: Consumers must "opt in" to over-limit fees. Those who opt out would have their transactions rejected if they exceed their credit limits, thus avoiding over-limit fees. Fees charged for going over the limit must be reasonable.

No more double-cycle billing:

Finance charges on outstanding credit card balances would be computed based on purchases made in the current cycle rather than going back to the previous billing cycle to calculate interest charges.

Subprime credit cards for people with bad credit: People who get subprime credit cards and are charged account-opening fees that eat up their available balances would get some relief under the new credit card law. These upfront fees cannot exceed 25 percent of the available credit limit in the first year of the card. Instead of charging high upfront fees, some issuers are considering high interest rates on these high credit risk accounts.

Minimum payments: Credit card issuers must disclose to cardholders the consequences of making only minimum payments each month, namely how long it would take to pay off the entire balance if users only made the minimum monthly payment.

AWARD: NMCP gives last days, hours comfort

Continued from page B1

that point," Grover explained. "This is a reminder that they do still have rights."

A serenity corner offers respite for patients and loved ones.

"Family members and friends can become a little overwhelmed and need to take a break for a while and recenter themselves," Grover added.

The corner is decorated with a memory board filled with thank

you cards, photos and notes from patients and loved ones. Near the memory board are two large photos. One is a tree whose leaves are beginning to change color as the chill of autumn sets in, over the word, "change". The other photo shows a couple holding hands and walking on the beach.

"The scene with the couple was donated by the family of one of our patients out of gratitude for the time he was able to spend here and gain back his strength, which al-

lowed him to be able to make that walk on the beach with his family before he passed away," Grover said.

Since the program started about a year and a half ago, more than 38 staff members have received training and guidance from the End of Life Care Guide, a book compiled to ensure patients and their loved ones receive quality care that's tailored to their individual needs, while maintaining the standards of the program.

TUTOR: Web site offers parents peace of mind

Continued from page B1

ficer of Joint Expeditionary Base Little Creek – Fort Story.

"You can now leave with a little bit more assurance in

your heart and a little bit more certainty that there's at least something out there that they can go to do that, which is Tutor.com," Crow said.

Additional information and registration instructions are available at tutor.com/military.

Naval Station Norfolk kicks off fund drive



Marine Corps Security Force Regiment Commanding Officer Col. Barton Sloat and Commanding Officer Naval Station Norfolk Capt. K.J. Johnson fill out their Navy Marine Corps Relief Society fund drive donation forms on Naval Station Norfolk's Pier 12, March 1. The NMCRS Fund Drive started March 1 and will run until April 16 this year.

Photo by MC1 (AW) Tim Comerford