



Navy reservists from 50 states reenlist during 95th birthday event

BY MC2 LESLIE LONG

Commander, Navy Reserve Forces Command Public Affairs

WASHINGTON — Navy reservists from across the country gathered at the Russell Senate Office Building March 5 to participate in a group reenlistment as part of a celebration of the Navy Reserve's 95th birthday.

They represented all 50 states, including Guam and Puerto Rico.

"I really wanted to be a part of what it means to be a reservist," said Aviation Electronics Technician 1st Class Kaileif Mitchell of Laconia, N.H. "When I enlisted post 9-11, it was to be available as necessary when the Navy needs me."

Of the 95 reenlisting Sailors, each one had a different reason for their continued service. Personnel Specialist 1st Class Ayunna Jones of Shreveport, La., said, "I've been in for 11 and a half years. The Navy's been good to me, so I decided to reenlist for six years."

The commemoration events concluded at the Navy Memorial with a ceremony recognizing the critical link between civilian employers, families and Navy reservists. President and chief executive officer of American Standard Brands Donald C. Devine signed a statement of support for the Guard and Reserve and received the Employer Support of the Guard and Reserve (ESGR) Seven Seals Award. The ESGR Seven Seals Award is symbolic of the seven services that comprise the Reserve components and is intended for individuals and organizations whose actions confirm their support to the National Guard and Reserve.

"I am deeply honored to sign this Statement of Support for the National Guard and Reserve on behalf of American Standard Brands," Devine said. "It is important to provide service members peace of mind in knowing their jobs will be waiting for them upon their return to civilian life after they have served our coun-



Photo by MC1 Jennifer A. Villalovos

Sailors reenlist at the 95th Navy Reserve Anniversary and reenlistment ceremony at the Kennedy Caucus Room in the Russell Senate Office Building. During the ceremony 95 Navy reservists reenlisted.

try. At American Standard, we see it as our duty to provide pay and benefit protections for our employees called into active service. Our policies are designed to recognize the critically important contributions these employees

are making on behalf of all Americans and to do as much as we can to lessen the financial hardship on them and their families."

Navy Reserve Ombudsmen were recognized for their support of Sailors and their families.

Ombudsmen are volunteers who provide outreach, resource referral, information and advocacy to and for families. They promote "Ready Now" reservists by con-

See REENLISTMENT, A9

Sailors read Dr. Seuss on National Read Across America Day

STORY AND PHOTO BY MC2 STEVEN L. SHEPARD

Center for Information Dominance Public Affairs

SEASIDE, Calif. — Sailors from the Center for Information Dominance Detachment Monterey (CIDDM) visited George C. Marshall Elementary School to read Dr. Seuss stories as part of National Read Across America Day.

Nine CIDDM Sailors spent their morning visiting various classrooms after choosing their favorite Dr. Seuss book and read to the K-6 students before answering any questions that the children wished to ask.

Marshall Elementary is located within the Ord Military Community, on land occupied by the former Fort Ord, and caters to military families.

"We have a large military population in the area," explained Marshall Elementary principal, Robert Morgan, "and this event is always a great success. The children really enjoy seeing the Sailors and are enchanted with their reading of Dr. Seuss."

Morgan said he can count on military volunteers every year.

"I like working with kids and helping out military families," said Cryptologic Technician (Interpretive) 2nd Class Ashlee Russo. "It is important to show that Sailors don't just focus on their job, but reach out to the community and are available to those that need our help."

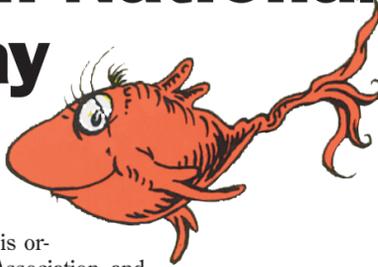
Russo has also been volunteering at nearby Bayview Elementary School, using the language skills that she learned at the Defense Language Institute Foreign Language Center to assist with students whose primary language is other than English.

While Russo admitted her favorite Dr. Seuss book is

"Daisy Head Maisy," she brought a plush cow with her when she read "Mr. Brown Can Moo! Can You?" to assist in the story telling.

National Read Across America Day is organized by the National Education Association and held annually on March 2, the birthday of Theodore Seuss Geisel (aka Dr. Seuss).

For more news from Center for Information Dominance, visit www.navy.mil/local/corry/.



Cryptologic Technician (Interpretive) 2nd Class Ashlee Russo from the Center for Information Dominance Detachment Monterey and her plush cow reads a book by Dr. Seuss to students at George C. Marshall Elementary School as part of National Read Across America Day.

Women serving in Navy continue reaching milestones

BY TERENCE R. PECK

Naval Station Guantanamo Bay Cuba Public Affairs

GUANTANAMO BAY, Cuba — Women throughout the United States will be recognized for their many achievements and contributions to the nation and world during Women's History Month in March.

The recognition began nationally when Congress passed Public Law 97-28, authorizing the week beginning March 7, 1982 as Women's History Week. In 1987, Congress extended the celebration to one month and renamed it.

The national theme this year is "Writing Women Back into History." During March, the Navy will pay tribute to military and civilian women serving in the Navy.

Throughout the U.S. Navy's 234 years' of history, its female sailors have steadily integrated into jobs that were once opened only to males.

The integration continues as Secretary of Defense Robert M. Gates recently submitted a letter to Congress informing them that he intends to repeal the ban barring women from serving aboard submarines.

The pending authorization allowing women to work aboard submarines comes 32 years after the Navy began the Women in Navy Ships program which permitted them the opportunity to serve on all types of ships, with the exception of submarines. It is expected that the first female officers could report to submarines in 2011.

With the repeal of the ban, female Sailors add another milestone to their history of integration in the Navy.

"This is something the CNO and I have been working on since I came into office," said Secretary of the Navy Ray Mabus. "I believe women should have every opportunity to serve at sea, and that includes aboard submarines."

The first official record of women at sea is from a U.S. warship log showing women serving as contract nurses for the War of 1812.

On July 20, 1942, during War World II, the Seventh Congress of the United States passed a Public Law allowing women to enlist in the Navy Reserve, "To expedite the war effort by releasing officers and men for duty at sea and their

replacement by women in the shore establishment of the Navy, and for other purposes."

After then-President Franklin D. Roosevelt signed the law, the Women Accepted for Volunteer Emergency Service (WAVES) was established.

In establishing the WAVES, the first female commissioned officer was sworn in and made its director. The WAVES performed jobs in fields such as aviation, secretarial, medical, communication, legal, intelligence, science and technology.

On June 12, 1948, President Harry Truman signed Public Law 625, the "Women's Armed Services Integration Act", which approved regular and Reserve component status for women in the military and disbanded the WAVES.

In 1972, Capt. Alene Duerk, was spot-promoted to flag rank, becoming the first female flag officer.

Today, there are 25 female flag officers in the Navy. The highest-ranking woman in the Navy

See WOMEN, A9

IT'S IN OUR HANDS

United States Census 2010

Enumeration of military family housing

PRESS RELEASE

As a part of the decennial census operations, the U.S. Census Bureau creates an address list of housing units in the United States, and mails out census forms to those housing units. People who do not mail back their census questionnaires are visited by a census interviewer who comes to record their data during a personal interview.

Census questionnaires will be delivered by the U.S. Postal Service to all housing units on military installations beginning March 15. Sailors and their family members are highly encouraged to complete the questionnaire and return it to the Census Bureau prior to April 1.

Census workers will wear an orange vest to help with identification. The intent of the orange vest is to help identify Census workers and not cause undo alarm to families they need to interview.

For more info on the 2010 Census and a listing of Frequently Asked Questions (FAQs), please visit <http://www.npc.navy.mil/CommandSupport/Census2010/>.

INSIDE:

WOMEN'S HISTORY MONTH

A8

Navy women in aviation show diversity is rising
21st Annual Women in Aviation International (WAI) Conference was held Feb. 27 in Florida.



FRONT & CENTER

B1

Christmas trees 'live' long after the holidays
Christmas trees help stabilize the dunes that line a four-mile stretch of the beach.



OFF DUTY

C1

38th Annual Yuertling Shamrock Sportsfest in Virginia Beach

A Leprechaun-spirited physical challenge, March 20-21.



The Flagship®

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

The Flagship® is produced by Commander Navy Region Mid-Atlantic staff. The editorial content of this newspaper and any supplement is prepared, edited and provided by the public affairs office of Commander Navy Region Mid-Atlantic.

Regional program manager for Commander Navy Region Mid-Atlantic is

Public Affairs Director
Beth Baker

Editorial Staff
Managing Editor
Micheal Mink

Deputy Managing Editor
MC1 (AW) Tim Comerford

Editorial Assistant
MC2 Mandy Hunsucker

Graphic Designer
David Todd

Off Duty Editor / Designer
Tim Rafalski

The Flagship® is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. government, the Department of Defense, the U.S. Navy or the U.S. Marine Corps and do not imply endorsement thereof.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Navy or Marine Corps, Commander Navy Region Mid-Atlantic or Flagship, Inc. of the products and services advertised.

Everything advertised in The Flagship® shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Flagship® is published by Flagship, Inc., a subsidiary of Landmark Communications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy or the U.S. Marine Corps, under exclusive contract with the U.S. Navy.

Questions or comments can be directed to the public affairs officer or the editor. The Flagship® can be reached at 322-2865 (editor), 322-2864 (assistant editor). The fax number is 445-1953 or write Commander, Navy Region, Mid-Atlantic, The Flagship®, 1510 Gilbert St., Norfolk, VA 23511-2737. All news releases should be sent to this address. Stories may be submitted via e-mail to news@flagshipnews.com. You can visit The Flagship's Web site at www.flagshipnews.com.

The Flagship® is published every Thursday by Flagship, Inc., whose offices are at 150 W. Brambleton Avenue, Norfolk, VA 23510. Minimum weekly circulation is 45,000.

Flagship, Inc.
General Manager
Laura Baxter, 222-3964

Creative Director
Tricia Lieurance, 222-3968

Free Classified Advertising, 222-3967
Distribution, 446-2881
Home Delivery, 222-3965
© 2009 Flagship, Inc.
All rights reserved.



Photo by MC1 Jennifer A. Villalovos

MCPON West signs his name on a plaque after speaking with Sailors in school to become Navy divers during his visit to Naval Station Great Lakes.

MCPON West stresses the importance of communication

BY MCCS RHONDA BURKE
NRMW Public Affairs

NAVAL STATION GREAT LAKES, III. — Master Chief Petty Officer of the Navy (SS/SW) Rick D. West visited Naval Station Great Lakes Tuesday, March 2, to talk about the importance of communicating to our Sailors, families, retirees, veterans and the public.

“Communication is the key to everything we do, if you are talking about policies, expectations, taking care of our families and training our Sailors, we have to communicate and plan in order to be successful,” West said.

He also encouraged Sailors to embrace technology to communicate effectively, referring to his own Facebook page as a place he often learns about critical issues facing Sailors and their families.

During his visit he got a first-hand look at “A” school training, spoke with chief petty officers about their role as deck plate leaders and visited with Sailors in support positions around the base, including Sailors who support reservists throughout the 16 states of Navy Region Midwest.

“It is good to hear that the big Navy is looking at the full time support program,” said Yeoman 1st Class Amanda Jabczynski of Reserve Component Command, Navy Region Midwest. “It is encouraging to know that plans are being put in place for the FTS 9 (full time support) community.”

During an all-chief petty officers call, West talked about the important roles Sailors here play in training our future Navy.

“It is always great to be back here at Great Lakes, because the job you do here is so important to our future, the readiness of our fleet and our Navy,” West said. “You prepare our Sailors and get them out the door to their assignments and you do a great job. When I hear in the fleet, what are they

doing at Great Lakes? I tell them, come here and see the training that is being done, because Great Lakes is doing it right.”

The Navy’s top enlisted leader has several initiatives on his agenda including the importance of Individual Augmentee (IA) assignments, family readiness, new uniforms and the quality of training Sailors are receiving.

“Family readiness is critical to our success as a Navy,” West told the more than 400 chief petty officers assembled for an all-chiefs call. “Decisions about careers are made at the dinner table, that is not just the careers of the Sailors working for us, but those who are considering joining our ranks and their families.”

West believes IA assignments have been powerful experiences for Sailors and have added to the capability of the Navy, Sailors and nation.

“The Navy truly is a global force for good and we are showing that each day with the jobs we are accomplishing around the world,” West said. “In many cases there are junior Sailors on the front lines, making important contributions to our mission. Our Navy right now is absolutely phenomenal.”

West visited the Center for Naval Engineering in the afternoon to see the blend of computer-based and hands-on training Sailors are receiving. He also took the opportunity to sit down at a computer and go through some of the computer-based training (CBT) in the self-paced lab, and had an opportunity to talk directly to students in “A” School training about their future.

“We hear a lot in the fleet about CBT,” West said. “It is important to understand that process and to see how that training is being blended in to continuously meet the needs of the fleet.”

For more news from Commander, Navy Region Midwest/Naval Station Great Lakes, visit www.navy.mil/local/midwest/.

THE FLAGSHIP'S LEEWARD SHOUT

What do you think about Kathryn Bigelow being the first woman ever to win an Academy Award as ‘Best Director’ for her 2009 movie ‘The Hurt Locker?’



GSM2 (SW)
Karla Rhodes
USS Oscar Austin (DDG 79)

“I don’t think she should have gotten it. I thought the movie was poor quality, from the actor to the story plot. Everything was just bad. I’ve seen better war time movies.”



ET2
Kevin Galvin
USS Boise (SSN 761)

“I think she deserved it. It was a good movie and it demonstrated the type of stress EOD personnel go through. It showed the true bravery required to that job.”



LS2 (SW)
Mequisha Lowery
Naval Aviation Forecasting Center

“I haven’t seen the movie, but I’m glad a woman won. It’s an accomplishment to be the first woman recognized for such an award.”



ABHAN
Aaron Carson
USS Wasp (LHD 1)

“It was an all around good movie. The action was good and it portrayed what EOD really goes through. It was a great accomplishment for her!”



ATAA
William Flores
HSC 22

“I think it was an amazing movie. In the movie industry, women directors aren’t appreciated as much as men directors. She did a great job and she deserved it.”



AWSAN
Audra Dailing
AWSTS

“I thought it was a really well done movie. I think she deserved the Oscar. The movie portrayed the life of an EOD guy very well.”

Photos by MC2 Mandy Hunsucker

VIPIR PLANNING FORECAST



Brought to you by



For the latest weather updates and up-to-the-minute weather alerts, go to www.wtkr.com/weather

Mullen: History will reveal decisive special operations role

BY JOHN J. KRUZEL

American Forces Press Service

CORONADO, Calif., — Addressing a group of Navy SEALs here March 4, the nation's top military officer said history would show the decisive contributions provided by special operations troops in Iraq and Afghanistan.

"I actually believe that when the story is told someday in history that the role of special forces in these wars will be told in a way where they were decisive — you were decisive — in many ways," Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, told a group of SEALs at the Naval Air Station North Island here. "That's sometimes hard to see when we're doing it, but I believe that."

Special operations forces, the sector of highly-trained covert military personnel who sometimes are described as "the tip of the spear," are helping to lead U.S. efforts against al-Qaida in Afghanistan, Mullen said.

"I am engaged with your leadership routinely," he said, "to



Photo by MC1 Chad J. McNeeley

Chairman of the Joint Chiefs of Staff Adm. Mike Mullen addresses Sailors assigned to Naval Special Warfare Group 1 in Coronado, Calif.

make sure that edge is continuously honed."

The chairman praised the SEALs for lowering their attrition rate without lowering their standards for fitness or other qualifications, moving the group closer to its goal to increase its ranks by 500 SEALs by 2013.

"We're growing special forces

across the board," Mullen said, "and that growth will continue even as we come under increasing budget pressure, as I think we will in coming years."

The rate of attrition among Navy SEALs undergoing the grueling six-month Basic Underwater Demolition School has lingered around 77 percent over

the course of training. But that figure has decreased by about 10 percent, according to unofficial estimates by defense officials here.

"Just looking at the attrition statistics, it's a great improvement [while keeping] the same standard and the same course," Mullen said. "That's something we've been seeking for a while. ... That's a big change for the positive."

Mullen expressed his gratitude to the SEALs, who he said "represent the best of who we are in the military."

"You serve in extraordinarily challenging times in a very difficult fight that's going to be around for a while," he said, "and I'm thankful for all that you do and that you'd make the decision to serve our country at this particular point in time."

After meeting with about 20 spouses of Navy SEALs for about an hour before addressing the military operators, Mullen said the spouses allow the military to

make a difference.

"I also want to express my appreciation to your families who support what you do, without which we couldn't succeed," he said. "They sacrifice a significant amount, as we all do. We could not do it without them."

Mullen praised the leadership within the ranks of Navy SEALs, and in special operations forces more broadly, saying their contribution allows for military success at the strategic level.

"We are extraordinarily dependent on your success, believe me," he said. "And I know that the leaders, from myself right through the president, understand that, and you've executed mission after mission successfully and we have great faith that you will continue to do that."

"I don't take it for granted. You shouldn't," Mullen continued. "Future success is going to be generated based on the continued level of excellence that this community seeks."

Mullen declares Navy's newest destroyer a 'True Gem'

BY JOHN J. KRUZEL

American Forces Press Service

SEAL BEACH, Calif. — The Navy commissioned the newest guided-missile destroyer, the USS Dewey, to its fleet at a ceremony steeped in naval symbolism and tradition, March 6.

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, delivered remarks to a crowd of thousands before the admiral's wife Deborah Mullen, the ship's sponsor, called the order that brought the \$1 billion warship to life.

"You're getting a true gem: a ship as well built and well-tested as they come and manned by performance-proven, highly motivated sailors. May you deploy Dewey to the tip of the spear," Mullen said from a podium aboard its quarterdeck.

"In the future, there will be more allies and competitors, more challenges and more opportunities to engage, equating to a greater range of maritime missions than ever before," he said. "You cannot shrink from that. Resolve yourselves to be up for the challenge, to always be ready (and) to lead the future."

The new destroyer honors Dewey, a hero of the Span-



Photo by MC1 Chad J. McNeeley

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, his wife Deborah, USS Dewey ship's sponsor, and Cmdr. Warren R. Buller, commanding officer, USS Dewey, watch the crew bring the ship to life at the commissioning ceremony

ish-American War, who led his squadron of warships into Manila Bay in April 1898 and destroyed the Spanish fleet in two hours. Not a single American died in the fight.

The commissioning today marked the final phase of the new ship's symbolic evolution, some two years after Mullen's wife christened the Dewey at a ceremony in early 2008. In keeping with tradition, Deborah Mullen today invoked the time-honored Navy tradition by ordering the crew to "Man our ship and bring her to life!"

Upon hearing the command, columns of crew members standing in formation on the port sprinted up gangways onto the Dewey. Volleys of gunfire blasted from mounted pieces on the quarterdeck, alarms and horns blared, radars and satellites swiveled in place as the personnel lined the ship and saluted the crowd.

Navy Cmdr. Warren R. Buller, the commanding officer of the USS Dewey, said in an interview before the ceremony that in addition to placing the ship in formal commission, today's event recognizes the hard work of the Navy personnel that brought it to this point.

"Remember, when the navy buys a ship, it's not like buying a car where you just come in and drive it off the lot. Imagine if you bought a car and they made you put in the seats and seatbelts," he said. "So really today's a recognition and celebration of the hard work of the crew to get the ship from shipyard to the Pacific Fleet."

Hampton Roads hospitals return to normal visiting policies

PRESS RELEASE

Effective Monday, March 8, area hospitals will return to normal visiting policies. Visitors of any age are permitted within area hospitals, including siblings of newborns who are under the age of 18.

According to the latest update from the U.S. Centers for Disease Control and Prevention (CDC), most states in the nation are no longer reporting any flu activity, and Virginia is reporting normal flu levels.

In a shared interest of public safety, 18 area hospitals collectively restricted minors from visiting hospital patients in October 2009, to limit the spread of

2009 H1N1 flu. Medical evidence suggested children under 18 to be likely carriers of the illness. The restriction was put into place when 2009 H1N1 flu activity was widespread in the U.S.

"I commend the hospitals and health systems in Hampton Roads for the extraordinary collaboration during this unique flu season to protect the community," says State Health Commissioner Karen Remley, MD, MBA. "I am confident these enhanced relationships will serve the community well, now and in the future," she continues.

Experts caution the community about relaxing

personal preventative measures that limit the spread of flu and other communicable diseases.

The goal of area health care providers is to use every available and appropriate resource to protect patients from exposure to outside infections and illness. Area hospitals and public health officials will continue monitoring flu levels in the region and around the world for indications of increasing levels. In the event that flu levels rise again, area hospitals are prepared to implement the visitation restrictions in the best interest of public safety.

Individuals experiencing flu-like illness are still asked not to visit area hos-

- Participating hospitals**
- Bon Secours DePaul Medical Center
 - Bon Secours Mary Immaculate Hospital
 - Bon Secours Maryview Medical Center
 - Chesapeake Regional Medical Center
 - Children's Hospital of The King's Daughters
 - Naval Medical Center Portsmouth
 - Riverside Regional Medical Center
 - Riverside Shore Memorial Hospital
 - Riverside Tappahannock Hospital
 - Riverside Walter Reed Hospital
 - Sentara Norfolk General Hospital
 - Sentara Bayside Hospital
 - Sentara CarePlex Hospital
 - Sentara Heart Hospital
 - Sentara Leigh Hospital
 - Sentara Obici Hospital
 - Sentara Virginia Beach General Hospital
 - Sentara Williamsburg Regional Medical Center

pitals. The collaboration involves 18 area hospitals who stand ready to collaborate on any future public health concerns.



In the Philippines

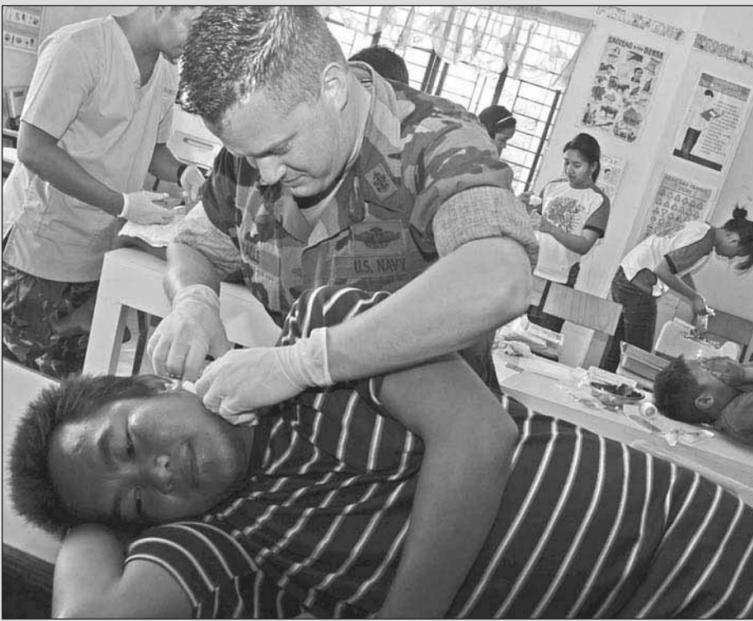


Photo by Lt.j.g. Theresa Donnelly

Chief Hospital Corpsman Michael A. Walls, assigned to Joint Special Operations Task Force-Philippines, removes a cyst on a male patient during a medical civic action project in Barangay, Taluksangay. Civic Action Team 716 members from Joint Special Operations Task Force-Philippines assisted more than 25 agencies to treat more than 1,000 patients during the one-day event.

Bethesda raises suicidal awareness, offers resources

BY CAT DEBINDER
National Naval Medical Center Public Affairs

BETHESDA, Md. — According to the American Foundation for Suicide Prevention, more than 33,000 people in the U.S. die by suicide every year. A person dies by suicide every 16 minutes in the U.S., while every minute another person attempts suicide.

"Suicide is a clear and present danger in our society," said Lt. Kevin Miller, a member of the clinical psychology staff at the National Naval Medical Center. "A suicide attempt is an indication that something is desperately wrong in a person's life. Suicidal tendencies don't target a certain age, race or gender. It doesn't matter how rich or how poor an individual is when it comes to the possibility of suicide.

"While suicide does occur among every demographic, it is much more frequent in particular demographics. Among white people, suicide occurs at a higher rate, particularly among young males. Females make more suicide attempts but males make more suicide completions," Miller said.

"Suicides within the military are on the rise," said Miller. "Suicide has traditionally been less frequent within military populations versus the general population; however, it currently has risen to levels comparable to the general population."

There are a number of aspects of military life that are conducive to suicide including access to weapons, exposure to traumatic events and occupational stressors, said Miller.

"While people who die by suicide are more likely to have a mental or emotional disorder than not, many just have more

pain than they have coping mechanisms," said Miller.

"Suicides occur in every month of the year and in all seasons," said Larry Grubb, a staff psychiatrist at NNMCC. "It is probably best to think of suicide as knowing no season."

Grubb said there are usually warning signs that someone may be contemplating suicide that include: change in personality; changes in behavior; changes in sleeping patterns; changes in eating habits; diminished sexual interest; fear of losing control; low self-esteem; and no hope for the future. "Other things to watch for are suicidal impulses, statements, or plans; giving away favorite things; previous suicide attempts; substance abuse; making out wills; arranging for the care of pets; extravagant spending; agitation; hyperactivity; restlessness or lethargy," he said.

Grubb added that if someone sees these warning signs, it's important to connect with them, listen to them and understand. You should express your concerns for their well-being and urge them to get help.

"One of the worst things for a person contemplating suicide is feeling that no one understands or cares about him or her," Grubb said. "You don't have to know all the answers, just be there, and let them know you care and that they're not alone."

If you or anyone you know is contemplating suicide, there are some resource numbers you can call: National Suicide Prevention Lifeline: 1-800-TALK (8255); National Hope Line Network: 1-800-SUICIDE; and Military One Source: 1-800-342-9647. Anyone who feels they want to hurt themselves in any way should call 911 or go to the nearest emergency room.

Region's social media sites break communication barriers, safely



Joint Expeditionary Base Little Creek-Fort Story



Naval Station Norfolk



Naval Air Station Oceana

BY MICHEAL T. MINK
The Flagship Managing Editor

Commander Navy Region Mid-Atlantic's bases and stations have made aggressive strides in the world of social media. To date 17 bases and stations under CNRMA have Web sites, 10 have Facebook pages and five have Twitter accounts.

This is a direction clearly supported by the Navy's unofficial social media guru - Master Chief Petty Officer of the Navy (MCPON) Rick West. West has said in interviews that the real value of social media is the opportunity to share ideas.

"We started out tentatively and that's fine. But, now that we have momentum, I believe we should push it even further. I want to start putting your best ideas on our page," West wrote. "Is your command doing something like that? If so, let us know. We want to introduce that idea to the fleet and leverage it for the good of all Sailors. "That mentality is exactly what bases and stations throughout the regions will require to be successful in social media - communication from service members and their families. Recognition of the value of social media networking goes beyond the Navy.

The Department of Defense (DoD) has recognized the viral nature of social media and how fast this emerging technology can be built and grow. Recently the DoD released Directive-Type Memorandum (DTM) 09-026, a policy memorandum regarding the safe and effective use of Internet-based capabilities, including social networking services (SNS) and other interactive

THE MANY FORMS OF SOCIAL MEDIA

Social technology	Examples	Current usage
Social networks Technology that allows users to leverage personal connections.	LinkedIn, facebook, orkut, friendster, myspace, a place for friends	• 6% of North American online consumers use social networking sites weekly, up from 4% in 2004.
RSS An XML standard that lets users collect and read content feeds.	Bloglines, Yahoo!, newsgator, FeedBurner, Pluck	• 6% of North American online consumers use RSS weekly. • 47% of marketers use or plan to use RSS feeds.
Open source software Publicly available software that can be copied or modified without payment.	The Apache Software Foundation, OpenOffice.org, Linux, MySQL	• 56% of US firms use open source software; 19% plan to use it. • 39% of European firms use open source software; 29% plan to.
Blogs Online diaries of text, photos, or other media.	WordPress, Blogger, TypePad, WEBOLOGS.COM, msn, Spaces, xanga	• 10% of North American online consumers visit blogs weekly. • 51% of marketers use or plan to use blogs in some way.
Search engines Services that find Web content based on user-specified criteria.	Yahoo!, msn, Ask Jeeves, Google, Technorati	• 79% of US online consumers use a search engine weekly in 2005. • 79% of marketers use or plan to use search marketing.
User review portals Web portals that allow users to search for peer reviews on a product or service.	tripadvisor, reviewcentre, Insider Pages, cnet, CNET.com, Game Rankings	• 12% of North American and 21% of European online consumers visit ratings sites.
P2P file sharing Sharing media files over a network powered by users who act as both client and server.	utorrent, BitTorrent, gnutella	• 6% of North American and 5% of European online consumers use P2P networks.
C2C eCommerce Buying and selling among consumers via the Net.	amazon.com, ebay, craigslist, uBid	• 27% of North American and 21% of European online consumers bid or sell in online auctions.
Comparison shopping sites Sites that allow consumers to compare products or services.	PriceGrabber.com, shopzilla, Froogle	• 24% of North American online consumers visit comparison shopping sites.
Podcasts Online audio or video that users can download to a device.	Podcast Alley, ODEX, Juice, PodShaw	• 1% of North American online consumers listen to podcasts today, but 24% are interested in it.
Wikis/Collaboration software Shared publishing software or site that allows users to edit content.	Jotapop, Basecamp, Socialtext, Wikia	• Wikipedia, a collaborative encyclopedia, has more than 3 million pages, in almost 200 languages.
Tagging Metadata assigned to items like photos or Web pages to facilitate searching and sharing.	del.icio.us, digg, flickr	• According to the Wall Street Journal, tagging sites garner less than 1% of Google's traffic, but they are growing rapidly.

Source: Forrester Research, Inc.

Web 2.0 applications.

"This directive recognizes the importance of balancing appropriate security measures while maximizing the capabilities afforded by 21st Century Internet tools," said Deputy Secretary of Defense William J. Lynn III.

This has been in West's forward-thinking since the beginning.

"What we say and where we say it has never been more important," West in a January interview. "Operational Security [OPSEC] has to be stressed at every level and I'm going to make sure our Sailors understand that very clearly."

The new memorandum, "Responsible and Effective Use of Internet-based Capabilities" states it is DoD policy that the Non-Classified Internet Protocol Router Network (NIPRNET) shall be configured to provide access to Internet-based capabilities across all DoD Components.

One of the key messages explained in the memorandum is social media and other emerging technologies provide an increasingly important means of information sharing, active public participation and collaboration within

See SOCIAL MEDIA, A6

SOCIAL MEDIA: Region's online sites break communication barriers, safely



Naval Weapons Station Yorktown

Continued from page A5
and among communities. New Internet capabilities offer opportunities to communicate more effectively with military members, their families and the public.

Navy Region Mid-Atlan-

tic has recognized that fact and is working diligently to get the other bases and stations up and running in social media.

Currently, Sailors and their families can become fans of the following Mid-Atlantic Facebook sites; Naval Station Norfolk,

Naval Support Activity Norfolk, Naval Air Station Oceana, Joint Expeditionary Base Little Creek/Fort Story, Naval Weapons Station Yorktown, Naval Air Station Brunswick, Naval Weapons Station Earle, Subbase New London, Naval Station Newport and

Naval Air Engineering Station Lakehurst Lakehurst.

Editor's note: Selected as the Navy's top military newspaper, Navy Region Mid-Atlantic's, The Flagship's Facebook page has been active since 2008. Join us at www.facebook.com/The.Flagship.

Did You Know?

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

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

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

**Contact your local NMCRS Office today!
NMCRS: Your First Resource**

www.nmcra.org

CNO speaks at Conference of Defense Associations

BY MC2 (SW) KYLE P. MALLOY

Chief of Naval Operations
Public Affairs

OTTAWA — The chief of naval operations (CNO) was a keynote speaker at the 26th Annual Seminar of the Conference of Defense Associations and met with his Canadian counterpart March 3.

CNO, Adm. Gary Roughead spoke about the ever-changing nature of warfare and how vital maritime strategy is to evolving with that change and met with the Chief of Maritime Staff Vice Adm. P. Dean McFadden.

“The sea remains the domain of commerce, communication, and resources,” said Roughead. “It endures because seapower has proven, over the course of history, to be a flexible, adaptable, rapid reaction force that a nation can use regardless of time or situation - as long as the right capability and capacity exist.”

Roughead also spoke about the variety of missions that a

nation’s Navy can accomplish because it integrates versatile capabilities both diplomatically and strategically.

“I can send an amphibious ship to the Gulf of Guinea, to go ashore to deliver humanitarian aid,” said Roughead. “We can send a force, large or small, to the international waters off the coast of any nation and have our presence felt.”

CNO recognized the distinguished achievements of the Canadian Navy and expressed gratitude for the US-Canadian partnership.

“The challenges and uncertainties in the global commons are too great for any one nation to shoulder and it makes the relationship between the Canadian Navy and United States Navy today absolutely invaluable,” said Roughead.

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

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



Photo by MC1 Tiffini Jones Vanderwyst

Chief of Naval Operations (CNO) Adm. Gary Roughead delivers remarks on “The Importance of Seapower in the 21st Century” during the Conference of Defense Associations Institute 26th annual seminar in Ottawa, Canada.

The three ‘Ps’ can take military, civilian careers far

BY MCC (SW) MARIA YAGER

Navy Personnel Command
Public Affairs

MILLINGTON, Tenn.

— The assistant deputy chief of naval operations for Manpower, Education and Training said preparation, positioning and a positive attitude - the three Ps - can empower individuals to succeed.

“The three Ps to success are preparation, positioning and a positive attitude,” said Steffanie Easter, who serves as the civilian executive advisor for the planning and programming of all manpower, personnel, training, and education resources for Navy’s active duty and civilian employees.

Easter said the three Ps

and mentorship have guided her throughout her career. She entered civil service at general schedule (GS) 5 and in 24 years has advanced to the senior executive service ranks – the civil service equivalent of admirals and generals.

“Preparation has to do with knowing what you do, being good at what you do, being able to communicate it to others and making sure everything associated with getting you through the door, like your resume or application, is lined up and correct,” said Easter.

“That means educating yourself continuously. That means reaching out for help when you need it. That means being able to com-

municate your vision, your thoughts and your ideas.”

According to Easter, positioning is being able and willing to accept the advice of others and step outside your comfort zone.

“It means being available to those who are trying to help you and being willing to do the tasks and take on the jobs you normally wouldn’t do,” said Easter. It is about stepping outside of your ‘comfort zone.’”

“There was a time when I actually resisted taking a new position. I was in the zone. Life was good and that was where I wanted to stay,” said Easter. “That is an example of a point in my career where I knew exactly what I wanted to do. Every-

body else was telling me to do something else, but I thought I knew what was best for me.”

After taking the new position and learning new skills, opportunities opened up for Easter and she was offered a promotion she truly desired.

“That was literally a life-changing event. If I had not eventually opened up to the change in jobs, I would not be standing here today. That is positioning. You have to make yourself available and be open,” she said.

The third P is positive attitude.

“When you’ve prepared, have done everything you felt you needed to do, and you still don’t get the pro-

motion or the opportunity, that is when positive attitude comes into play. I’ve done everything that I can do. I’ve taken the risk. I’ve leaned forward. This just isn’t my time right now. That is not the time to get a negative attitude. That is when you can use the help of a mentor. That is what mentors are for – to help guide you through those tough times,” said Easter who also challenged everyone without a mentor to get one.

“Find somebody you can develop a relationship with, who you are comfortable with, who can help guide you through your career,” said Easter. “You need to find somebody who is willing to invest in you and give

you the time, whether they look like you or not. You need somebody who will support you and give you what you need.”

Easter ended her speech by reiterating her message and offering a last bit of wisdom.

“Empowerment starts with you,” said Easter. “Even though somebody can empower you – they can give you the authority – you have to take on the responsibility. With that responsibility, comes a requirement to give it your best, a requirement to walk-the-walk as you talk-the-talk, and a requirement to share it with others.”

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

Generations of women moving history forward.

WOMEN'S HISTORY MONTH

Navy women in aviation show diversity is rising

STORY AND PHOTO BY
MC2 SUNDAY WILLIAMS

Navy Public Affairs Support Element
Detachment Southeast

ORLANDO, Fla. — Navy women were out in force at this year's 21st Annual Women in Aviation International (WAI) Conference held Feb. 27 in Orlando, Fla.

With three Navy admirals in attendance and two Navy officers inducted into this year's WAI Pioneer Hall of Fame, the admirals in attendance sent a strong message that diversity allows for a greater and more versatile workforce.

Rear Adm. Wendi Carpenter, commander, Navy Warfare Development Command, is one of those leaders who believes that Navy leadership is on the right track with diversity.

"Look across the spectrum of opportunities that women have been offered in the Navy as well as the diversity that has been embraced by our senior leaders at the three and four star level," said Carpenter. "I think all of our four star commanders are really trying to educate people on diversity and make them understand that it's not just a strategic imperative, it is something that is a wise business decision because you just get better answers and better alternatives by having more people in your workforce besides one size fits all."

Rear Adm. Margaret DeLuca Klein, director of operations, Naval Network Warfare Command, was one of the keynote speakers for the conference and said she also agreed that diversity in the Navy has come a long way and it is still getting better.

Astronaut and U.S. Navy Reserve Capt. Kathy Sullivan stands during her induction into the Women in Aviation International Pioneer Hall of Fame as photos from her accomplishments flash on a screen behind her. Sullivan was the first American woman to walk in space.



"The Navy is really pushing to open up submarines to females," said Klein. "The opportunities really are limitless."

Navy women are involved in many areas of aviation including the space program.

U.S. Naval Reserve Capt. Kathy Sullivan was inducted into the WAI Pioneer Hall of Fame Sept. 27 for her accomplishments in aviation. Sullivan was a member of the first space shuttle astronaut class and the first American woman to walk in space.

"Any honor that is nominated, and voted on by peers, that's really pretty special," said Sullivan. "These awards are not given away lightly and they are not honors that can be politicked or bought. If you look across the room

at the aviation talent from the business side to the flight side, and at the people who have gone before us, it's really something to have their vote of confidence and really quite something to join their company," said Sullivan.

Retired Navy Cmdr. Trish Beckman was also inducted into the WAI Pioneer Hall of Fame. Beckman is the first woman to qualify as a crew member in the F-15E program and the first American woman to qualify as a crew member in the FA-18D. She also helped influence the United States Senate to repeal combat exclusion laws and change executive branch policy, allowing women to fly aircraft engaged in combat missions.

Nearly 3,000 people attended this year's conference from all aviation

walks of life. All branches of military service were represented as well as many corporate officials from various airlines and other aviation organizations. International attendees represented 20 different countries.

All of the Navy leadership attending the conference agreed that across the board in our armed forces, diversity is on the right path. They also agreed that the WAI conference is a great way to network and problem solve issues within the aviation community in addition to showing the world their progress in diversity.

WAI was able to award approximately \$678,300 in scholarships to WAI members of all ages to be used for everything from flight training to mechanics.

U.S. Navy ships named after women

• **Pocahontas (YT-266)**, a harbor tug commissioned in 1942 and named for Pocahontas.

• **Sacagawea (YT-326)** (later designation of YTM-326), a harbor tug that served in Charleston harbor from 1942 to 1945.

• **Watseka (YT-387)**, a 1944 harbor tug named for a Potawatomi woman.

• **USS Higbee (DD-806)**, 1945 a Gearing-class destroyer named for Lenah S. Higbee, Superintendent of Navy Nurse Corps 1911-1922, Higbee served in Fast Carrier Force. She was the first ship laid down, christened, and commissioned for a woman who had served in the U.S. Navy, and the first to see combat so named.

• **USS Hopper (DDG-70)**, 1996. Built and commissioned at Bath Iron Works in Bath, Maine, the Arleigh Burke-class guided missile destroyer is named for RADM Grace Murray Hopper, a computer technology pioneer who led the Navy into the digital age.

• **USS Roosevelt (DDG-80)**, is explicitly named for both Franklin Delano Roosevelt and Eleanor Roosevelt.

• **USNS Sacagawea (T-AKE-2)**, was announced in 2000. She is the second of a new class of replenishment ships.

• **USNS Mary Sears (T-AGS-65)**, an oceanographic survey ship, was launched in October 2000 and is still active as of 2005. She was named for Commander Mary Sears.

• **USS Anna B. Smith (ID-1458)**

• **USS Bella (ID-2211)**

• **USS Annie B. Embury (ID-2401)**

• **USS Luella (ID-2691)**

• **USS Sara Thompson (ID-3148)** later reclassified AO-8

• **USNS Amelia Earhart (T-AKE 6)**

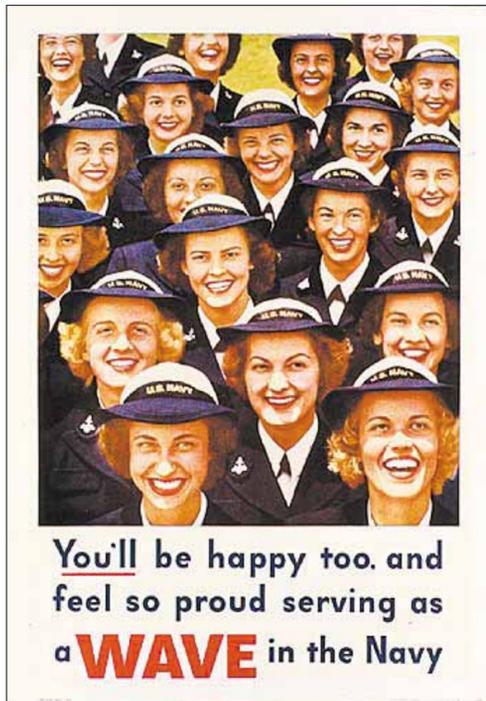
Recruiting posters for women from World War II

What pay does a Navy WAVE Get?: In 1944, the Navy printed 101,000 car cards, 45,000 window cards, and 40,000 posters that used this design. Although the Navy initially gave women lower rank and pay than men, it discontinued this practice in October 1943, awarding women equal pay and rank. This created a huge incentive for women to enlist, especially when, on average, a woman with the same credentials as a man was paid less for performing the same job.

WHAT PAY DOES A NAVY WAVE GET?				
RATE	Monthly Base Pay—Clear	Food Allowance	Quarters Allowance	Total Monthly Income
Apprentice Seaman	\$50.00	\$54.00	\$37.50	\$141.50
Seaman Second Class	54.00	54.00	37.50	145.50
Seaman First Class	66.00	54.00	37.50	157.50
Petty Officers	72.00 124.00	54.00	37.50	169.50 217.50

*Unless food and quarters are provided by Navy)
PLUS \$200 for clothes, the best medical and dental care, special tax exemption, low-cost Government life insurance, and free mail, reduced rates on transportation, theater tickets, etc.

John Falter Poster, 1944



Poster, 1944



John Falter Poster



John Falter Poster

Naval History Web site highlights Women's History Month



PRESS RELEASE

From Naval History and Heritage Command Public Affairs

WASHINGTON — To highlight Women's History Month, the Naval History and Heritage Command Web

site, www.history.navy.mil, has unveiled a rich resource of women's history to honor women and their service in the U.S. Navy.

The site includes famous Navy biographies for women such as Rear Adm. Nora W. Tyson, who is currently serving as Commander Task Force 73, commander, Logistics Group, Western Pacific, in Singapore, and Rear Adm. Grace Hopper, a pioneering leader in information technology, who served in the Navy for 43 years.

Historical vignettes featuring stories about the contribu-

tion of Navy women in aviation, in leadership advancement, even in the space program, are on the Web site, plus the early history of female naval officers and the first African American female officers.

Milestones for women in naval history, ships named after women, oral histories of the attack on Pearl Harbor and perspectives of Navy women who served in Philippines.

Navy uniforms for women in the Naval Reserve in 1918 and service dress blues for the Women Accepted for Volunteer Emergency Service (WAVES) from 1944 may be seen on the site.

Art work from the U.S. Navy Art Gallery is featured with depictions of women in service throughout history. Significant first assignments, including the historical background of breakthrough appointments for women in the Navy, are explained with the art.

From the Naval History and Heritage Command photo archives, the site shows female yeoman photographs from World War I, recruiting posters for women from World War II, WAVES photographs from World War II and post World

War II photographs.

There is also a section on interesting stories and reading material to strengthen your perspective of female service in the Navy, to include the following articles:

- I was a Yeoman
- Establishment of Navy Nurse Corps, 1908
- Women on Navy Ships in 19th Century
- Navy Department Press Release, 30 July 1942
- Congratulatory Letter from President Roosevelt on 1 year anniversary of WAVES
- Establishment of Women's Reserve, 1942
- Z-gram (Equal Rights and opportunities for women), 1972
- Assigning Women to Ships, 1978
- Role of Women in Theater during Desert Shield/Desert Storm.

The Naval History and Heritage Command Web site is one of the most frequently visited Navy resources with tens of thousands of pages of history, photographs and historical art available to the fleet and the American public.

REENLISTMENT: Navy reservists participated in a group reenlistment

Continued from page A1

necting the commands and the families. Shana Bender, Vicky Camp and Misty Grizzle-Billheimer were recognized for their support of more than 900 Sailors and their families.

During the ceremony, five reservists received awards earned during recent mobilizations. Intelligence Specialist 2nd Class (EXW) Jullian M. Willis was awarded the Navy and Marine Corps Achievement Medal, Master-at-Arms 2nd Class

Randy Herbert was awarded the Army Corps Achievement Medal, Operational Specialist 1st Class Marcus Marquez was awarded the Army Corps Commendation

Master Chief Petty Officer of the Navy (MCPON) Rick West meets with Sailors before the 95th Navy Reserve Anniversary and reenlistment ceremony at the Kennedy Caucus Room in the Russell Senate Office Building. During the ceremony 95 Navy reservists reenlisted.



Photo by MC1 Jennifer A. Villalovos

Medal and Special Warfare Operator (SEAL) 1st Class Brent Johnston and Ensign Patrick Melim received the Navy and Marine Corps Medal.

WOMEN: The national theme this year is 'Writing Women Back into History'

Continued from page A1

is Vice Adm. Ann Rondeau, who currently serves as the president at the National Defense University in Washington, D.C.

In October 1978, the Navy began the Women in Navy Ships program which allowed women the opportunity to serve on all types of ships except submarines.

During Fiscal Year 1979, 55 officers and 375 enlisted women were assigned to 21 ships in both the Atlantic and Pacific fleets. The USS Vulcan (AR-5) was the first U.S. Navy ship, other than hospital ships, on which women were deployed and had among its crew three female officers and 65 female enlisted.

Throughout the Navy today, women are serving as command master chiefs and command senior chiefs on board ships, squadrons and shore duty. There are 59 female active duty and 14 reserve Sailors who currently wear the rate of command master chief.

In 1993, Congress repealed the combat exclusion law that prevented women from serving on combatant ships.

Today, female Sailors serve alongside their male counterparts in thousands of billets previously closed to them.

"Our female Sailors are smart, bright and over the last twenty years in my career, have become much more of an integral portion of the day-to-day operations," said Rear Adm. Patricia Wolfe, commander, Task Force 48, Guantanamo Bay Cuba.

At Naval Station Guan-

tanamo Bay Cuba, female Sailors are helping to provide support to the earthquake stricken country of Haiti.

When Haiti was struck by a 7.0-magnitude earthquake on Jan. 12, the day-to-day operations at Naval Station Guantanamo Bay Cuba increased as the base was designated a logistics hub for Operation Unified Response's relief effort.

As commander of the task force, which stood up on Jan. 17, Wolfe coordinates the logistical flow of relief supplies into Haiti and to the joint sea base operating off the coast. The command provides logistics support to USAID, the United Nations and all military and multinational services supporting Operation Unified Response.

More than 100 personnel from Carrier Strike Group 2, Norfolk, and Navy Expeditionary Logistics Support Group, Williamsburg, comprise the task force.

Port Operations, led by its department head, Lt. Cmdr. Lareava Meschino, is one of the Naval Station's key departments enabling the efficient flow of relief supplies to Haiti.

The department provides logistic sea support to U.S. and allied ships that arrive to the Naval Station ports, ensuring that they are refueled and supplied. In addition, they provide water transportation of personnel and equipment across the leeward and windward sides of the bay.

As the only female lieutenant commander deck limited duty officer in her field, Meschino believes the Navy

has evolved past choosing a person for the job based on gender.

"I think they choose the best person regardless of gender," she said. "I think it has absolutely everything to do with that person's motivation or desire to do well, because it is in your nature at a certain point."

As hundreds of personnel arrived to the Naval Station in support of Operation Unified Response, many of them needed legal assistance. The two-person manned Naval Legal Service Office, Southeast Detachment assisted more than five deployed units with notaries, powers of attorney and wills, enabling service members to fully concentrate on their missions.

"It is incredible to witness the change the Navy has gone through over these last twenty years integrating women," said Legalman 2nd Class Sarah Kelly-Alson, a paralegal with NLSO. "It is empowering to see female admirals, COs (commanding officers) and officers who are doing the same thing their male counterparts are doing. As someone who has been in only three years, it shows to me the possibilities for females in the Navy are endless."

In support of Operation Unified Response, Lt. Andrea Ragusa, a pilot attached to Helicopter Mine Countermeasures Squadron 15 (HM-15) completed more than 580 flight hours transporting 1,835 passengers and 795 tons of water, food and medical supplies to Haiti. In addition to being a pilot, Ragusa is a Weapons and

Tactics instructor and the detachment's operations officer.

"I make sure that all pilots and aircrews are maintaining currency requirements, that annual Naval Air Training and Operating Procedures Standardization checks are being conducted and that we maximize the training potential for our junior pilots."

Ragusa believes the Navy has opened many doors for women. "I think the Navy is taking strides to make the Navy, as a career, more appealing," she said. "I feel that all avenues are open to me and that there are no boundaries in my career at this time."

Turn to page A8 for more on Women's History Month including recruitment posters from 1944.

MCPON underscores importance of NMCRS fund drive

BY MC1 (EXW) JENNIFER A. VILLALOVOS

Office of the Master Chief Petty Officer of the Navy

WASHINGTON — The annual Navy-Marine Corps Relief Society (NMCRS) fund drive kicked off March 1 throughout the Navy, and the Master Chief Petty Officer of the Navy (MCPON) would like to stress how important this long-standing, nonprofit, charitable organization is in helping Sailors, Marines and their families during a time of need.

"The Navy-Marine Corps Relief Society is such a wonderful organization that is truly there for our Sailors and Marines," said MCPON (SS/SW) Rick West. "I want to emphasize the importance of contributing to this year's fund drive. This is truly about Sailors and Marines helping their own."

In 2009, the NMCRS received \$10.1 million in

donations from active duty

service members, and \$2.5

million from retired Sailors

and Marines. This past

year, NMCRS assisted

91,418 Sailors, Marines and

their families with financial

support, which is up 17 percent

from previous years. Additionally,

NMCRS also provided more than \$47.4

million in interest free loans

and grants.

The NMCRS offers the Quick Assist Loan (QAL)

program, which is an alternative

to high interest loans (Payday lenders)

that charge an average of 273

annual percentage rate. It is

designed for Sailors and Marines

who need help through payday. The QAL

program accounted for nearly

one-fourth of all the

financial assistance provided last year.

NMCRS has more than 3,600 trained volunteers in 250 offices around the world, including registered visiting nurses. These nurses are available at no cost to the service member or their families to make home, clinic or hospital visits. They are currently following more than 750 combat-wounded service members and their families and made 9,338 contacts over the past year.

"It's important that we continue to support and communicate about programs and support services such as the Navy-Marine Corps Relief Society to all of our shipmates and their families. I challenge all NMCRS fund drive coordinators to have 100 percent contact with their Sailors and Marines to ensure a successful fund drive. You never know when you might be the one to walk through the door to obtain their assistance," said West.

Other resources the NMCRS offers are: the Budget for Baby program, an informative class that also gives assembled layettes that include terry sleepers, handmade blankets, sheets and more; thrift shops, offering used clothing, uniforms and household items at a low cost; food lockers which provide families with essential items for nutritionally balanced meals when providing funds is not practical; and educational programs offering scholarship and no-interest loans.

For more information on additional services and to find out how to donate, visit the NMCRS website at www.nmcrs.org.

ONR-sponsored students prep for robotics competition

BY ROB ANASTASIO

Office of Naval Research Corporate Communication

ARLINGTON, Va. — The Office of Naval Research (ONR) is sponsoring a team of local high school students participating in a robotics competition March 5-6 in Washington.

“We are concerned about educating and inspiring the youth in the area of science and technology (S&T),” said Dr. Kam Ng, deputy director of Research for ONR. His responsibilities include managing and setting goals for the Navy’s science, technology, engineering and mathematics (STEM) program, which has a budget of \$20 million this year. “This robotics program is an opportunity for students to get hands-on technology experience, which will act as inspiration for them to continue in the science and technology field.”

The McKinley Technology High School team, coached by Naval Reserve Program’s Cmdr. Jim Grove, will participate in For Inspiration and Recognition of Science



Photo courtesy Clemson University

Kits are handed out with a specific assignment to build a robot no heavier than 120 pounds that can complete a task in a specified amount of time.

and Technology’s (FIRST) regional Washington, D.C. competition. The FIRST Robotics Competition (FRC) will be at the Walter E. Washington Convention Center in Washington, D.C. The Department of Defense (DoD), through the National Defense Education Program (NDEP) is a sponsor of Technology Row at this year’s regional competition.

As part of the FRC, more than 30 teams of approximately 25 high

school students work with volunteer mentors as they attempt to design and build a robot – weighing no more than 120 pounds – in six weeks using a kit of commonly used robot parts. The students will use the robots in a gaming competition called “Breakaway” – similar to soccer – in which robots operating on a 27 foot by 54 foot field try to gather soccer balls in their own goal to accumulate points. These robots can operate autonomously

or by guided wireless controls to complete this task.

Termed as “coopertition,” students must build cooperative alliances with other teams while simultaneously working in a competitive nature for the game. As a testament to this philosophy, the winning teams will receive awards based on their leadership, commitment, and innovation rather than their team’s final score. Several students will also receive scholarships from colleges and universities in the S&T professions. This aligns well with ONR’s longstanding agenda to attract and nurture the next generation of innovators. With statistics showing a steady decrease in U.S. scientists, a focus on STEM careers is clearly a priority for ONR as the Navy and Marine Corps’ S&T provider.

ONR has donated more than \$10,000 worth of top-of-the-line parts to be included in the robot kit of parts for the McKinley Technology High School team. Items include bearings, tubing, slides, switches, tools, controls, software

and robot frames. In sponsoring this team, ONR expounds upon its goal of bringing the S&T world to future scientists and hopefully finding the “next big thing.”

“ONR’s interest here is to catch the interest of the students by providing unique opportunities,” Ng said.

The DoD National Defense Education Program supports DoD participation in FIRST robotics activities. This year, NDEP has provided close to \$200,000 to support the establishment of middle school and high school teams under the sponsorship of the DoD.

Founded in 1989 by inventor Dean Kamen, FIRST is a public charity based in Manchester, N.H., and was organized to inspire young people’s interest and participation in S&T. It designs accessible, innovative programs that build not only S&T skills and interests, but also self-confidence, leadership and life skills.

For more news from Office of Naval Research, visit www.navy.mil/local/onr/.

Navy offers scholarships for America’s most talented cyber professionals

PRESS RELEASE

Naval Service Training Command Public Affairs

GREAT LAKES, Ill. —

The Navy is establishing five annual four-year college Naval Reserve Officers Training Corps (NROTC) scholarships for U.S. high school and college students who demonstrate advanced cyber security skills.

The new cyber-option NROTC scholarships are a key part of a comprehensive Navy strategy to attract, recruit and develop elite cyber professionals needed to operate securely and effectively in cyber space. This includes providing intense professional and career development programs for officers, enlisted and civil-

ian cyber security experts. The new cyber-option NROTC scholarship program will allow the Navy to identify the best and the brightest young minds to support Navy’s cyber force.

The Navy will award five cyber-option NROTC scholarships annually to high school seniors or first year college students who individually place in the top 20 percent at the U.S. Cyber Challenge competition.

The competition is a national talent search and skills development program that identifies young Americans with the interests and technical skills required to fill the ranks of cyber security practitioners, researchers and



Photo by Scott A. Thornbloom

Capt. Edward Martin, commanding officer of the Chicago Naval ROTC Consortium, inspects incoming freshmen at Naval Station Great Lakes, Ill. The Chicago Naval ROTC Consortium includes midshipmen students from Northwestern University, Loyola University and the Illinois Institute of Technology.

professionals who become the innovative leaders in cyber security. The students

must have also met the requirements for entering the NROTC program, such as

maintaining a grade point average of 3.0 or greater on a 4.0 scale, ranking in the top 40 percent of their class, scoring competitively in the ACT and/or SAT and passing a physical exam.

Upon commissioning from the NROTC program, the cyber-option scholarship winners will use their skills in cyber warfare leadership positions.

NROTC scholarships provide significant benefits, including 100 percent

payment of college tuition; full reimbursement for required books, supplies and equipment; a monthly monetary stipend; and active duty pay and benefits for up to 45 days a year.

The NROTC program, overseen by Naval Service Training Command at Naval Station Great Lakes, Ill., was established to develop midshipmen mentally, morally and physically and to imbue them with the highest ideals of duty, loyalty and Navy core values.

NROTC graduates become Naval officers who possess a basic professional background, are motivated toward careers in the Naval service and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship and government.

For more information about applying for NROTC scholarships, visit <https://www.nrotc.navy.mil>.

For more information about the U.S. Cyber Challenge competition, visit www.csis.org/uscc.

Naval Academy hosts 69th Brigade Boxing

COMPILED BY FLAGSHIP STAFF

The Naval Academy's 69th annual Brigade Boxing Championships was held Friday, Feb. 26, in the Halsey Field House at the U.S. Naval Academy.

As part of the Academy's physical education program, each Midshipman is required to participate in boxing. Additionally, boxing is offered as a club sport at the Academy. The boxing team participates in invitational competitions in the fall and spring, as well as in ongoing intramural bouts.

The Brigade Boxing Championships showcase the most elite Midshipmen boxers, each performing in 3-round matches within their weight class. The winners of the Brigade Boxing Championship go on to the Regional Competition in order to qualify for the National Collegiate boxing championships held each spring.

The boxing program at the Naval Academy started in 1865 under Admiral David Porter, and flourished at the Naval Academy as an intercollegiate sport from 1920 thru 1931. During that eleven year period Navy was a boxing powerhouse and would be undefeated in dual meets capturing six national titles.

Many of the boxers in the program in the 1920s and 1930s were very prominent figures in WW II. Admiral "Bull" Halsey was the Boxing Team Officer Rep from 1928-1931. Intercollegiate boxing at the Naval Academy was discontinued in 1941, and the Brigade Boxing Championships were started that year.

In 1976 Navy joined the National Collegiate Boxing Association (NCBA), a non-profit organization whose goal is to provide a safe, positive educational experience for college athletes. Since 1996 the USNA Boxing Team has won five National Championships with many individual All-Americans.

The United States Naval Academy Boxing Team is a Club Sport. Club Sports at USNA are designed to provide a more competitive atmosphere for those midshipmen who are interested in sports at a higher level than intramurals. The Club is midshipmen initiated and midshipmen controlled with oversight from an officer representative and a part time coach. The Club Sports program comes under the PE Department and is not associated with the Athletic Association.

USNA Midshipmen boxers, Coaches and Officer Representatives through their participation in the program have contributed to the leadership goals of the Naval Academy, and provided graduates with the necessary character traits, self-assurance and intestinal fortitude that have come to define the very best of Officers in the Navy and the Marine Corps.

For more information on Brigade boxing at the Naval Academy and this semester's tentative boxing schedule, please visit www.usnaboxing.com. For more information about the Naval Academy, visit www.usna.edu.



Photo by Midshipman 4th Class Dominic Montez

Midshipman 2nd Class Robyn Wegele, left, and Midshipman 3rd Class Miriam Feild compete in the 69th annual U.S. Naval Academy Brigade Boxing Championships. The bouts showcase midshipmen boxers, each performing in 3-round matches within their weight class.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

March 11, 2010

Need a marriage coach? Look to FFSC to help

BY MC2 MANDY HUNSUCKER
The Flagship Staff

Fleet and Family Support Centers (FFSC) of Hampton Roads want to let Sailors and Marines know about the free marriage and premarital counseling they offer as part of their personal counseling services they're highlighting during the month of March.

According to Keith Powers, clinical supervisor at FFSC Norfolk, a marriage takes work to keep it going.

"In the past seven or eight years the Navy and military, in general, has seen an increase in operational tempo. It's a more stressful life style and this is a trend that we've seen causing problems in military marriages," said Powers. "The most common thing we see is poor communication skills — where the couple argues a lot and they can't resolve issues. They are left feeling unhappy or distressed. The couples counseling we offer helps a committed cou-

ple work on problems like poor communication, in their relationship," said Powers.

Powers said usually the couples they see are doing ok, but they don't feel they're as happy as they'd like to be in their relationship.

FFSC counselors also help with more serious issues that a couple may face.

"Sometimes couples have a more serious matter, like a spouse has been unfaithful or the couple disagrees on how to raise their children, or they don't agree on a parenting style," said Powers.

If a couple feels they may need help within their marriage, all they have to do is call their local FFSC and set up an appointment to meet with a counselor.

"When folks call and make an appointment, a counselor is assigned to work with them. They do an initial assessment, where

See MARRIAGE, B11



If you feel your marriage can use a boost, Fleet and Family Support Centers offer service members free marriage and premarital counseling.

Christmas trees 'live' long after the holidays



Photo by Harry Gerwien, Military Newspapers of Virginia

The dunes restoration project along the Dam Neck beaches uses Christmas trees placed behind the biodegradable fencing to collect sand and help rebuild the dunes. Sailors from the Dam Neck First Lieutenant's Division placed the trees behind the fence line Feb. 8. This year's restoration project is crucial as nearly one-third of the dunes were destroyed during November's Nor'easter.

BY CATHY HEIMER
Jet Observer

Douglas firs, blue spruces — they began their lives in areas spread across the country. As they were growing, they provided oxygen, their roots stabilizing the ground beneath them, as well as filtering out contaminants from entering the ground water. Then for nearly a month, the trees, decorated with handmade ornaments, strands of lights and tinsel, provided enjoyment during the holidays.

But what happens to the hundreds of trees after the holidays? Normally they lay discarded in landfills, left to slowly rot among tons of trash.

But not at Dam Neck Annex. More than 450 Christmas trees, free of their beautiful holiday decorations, are returning to the earth in an environmentally-friendly restoration project which stabilizes the dunes that line a four-mile stretch of beach along the Atlantic Ocean.

While the yearly dunes restoration project began in early 2000s, following November's Nor'easter that destroyed nearly one-third of the dunes, this year's effort became even more essential.

The Nor'easter's heavy winds and constant rain eroded the beach. "It was just a sheer

wall of sand. The dunes were way back," explained Dam Neck Officer in Charge Cmdr. Timothy Gamache, about what he saw after the storm Nov. 12 -13.

While the beaches are popular during the summer months, the dunes serve as natural protection against storm damage to the military buildings along the coastline. Dam Neck is home to several "schoolhouses" and training commands, including Training Support Center Hampton Roads, located along the water.

"In addition to all the environmental benefits, on the mission side, one of the benefits we get as a Navy is that it's our natural protection, our natural barrier against high tide and storm surge combination," said Gamache.

During the latest storm, "If there were no dunes here, we would have flooding damage done to a lot of the buildings. The dunes provide the barrier so we can continue with the mission and protect our resources," he added.

The dunes also protect the fresh water habitat in Lake Tecumseh, Red Wing Lake and Sadlers Pond on Dam Neck, which all connect in the Back Bay watershed, from being infiltrated by ocean water, explained Michael F. Wright, natural resources specialist at the Environmental Program Division of Oceana Public Works Department. "Ocean water will kill many animals that are on the

See DUNES, B11



Photo by MC2 Julio Rivera

Big Kenny, a member of the country music duo Big and Rich, performs on the flight deck of the multipurpose amphibious assault ship USS Bataan (LHD 5) as a way to thank the crew for their efforts during Operation Unified Response.

Country singer brings 'Big' performance to USS Bataan

BY MCSN STUART PHILLIPS
USS Bataan Public Affairs

USS BATAAN — A popular country singer performed for Sailors and Marines on the flight deck of the multipurpose amphibious assault ship USS Bataan (LHD 5), operating off the coast of Haiti, March 3.

Big Kenny, the Big portion of the country music duo Big and Rich, arrived aboard to play a few of his songs and meet the crew.

The show opened with Bataan's crew showcasing a wide variety of their own talent, including a number of musical acts and a comedian.

"It's great that he's willing to spend his time coming out here for us," said Aviation Machinist's Mate Airman Aaron Ammazaloroso, who

See BIG, B11

SECNAV thanks Comfort Crew



Photo by MC2 Joan E. Kretschmer

Secretary of the Navy (SECNAV) the Honorable Ray Mabus greets Sailors aboard the Military Sealift Command hospital ship USNS Comfort (T-AH 20). Mabus visited Comfort to congratulate Marines and Sailors for their efforts during Operation Unified Response after a 7.0 magnitude earthquake caused severe damage in and around Port-au-Prince, Haiti Jan. 12.

Disney invites military families to 'Experience the Magic'

SPOUSE SPEAK!

BY CASEY SPURR
Navy spouse and writer

I Some of the best memories of my life are from vacations I have taken to Walt Disney World in Orlando. I have fond memories of my first trip there with my parents as a young child and later vacations in high school and college. Most recently, my husband and I took off for a quick Disney vacation two years ago just weeks before a deployment because we wanted to be at "the happiest place on Earth", a moniker well-deserved. A trip to Disney is simply like no other, and I wish every child could have the opportunity to experience the magic of this place at least once.



Courtesy photo

Disney World isn't just for kids though. With four theme parks – The Magic Kingdom, Epcot, Disney Hollywood Studios, and Animal Kingdom – as well as two water parks, golf, water sports, and a myriad of other options, there is truly something for everyone. There is so much to do that you could never do it all in one trip.

Ever since my son was born, I have been looking forward to taking him to Disney for our first family vacation, so when my best friend and college roommate called recently to say she was taking her daughter there and wanted to know if we'd like to join them, I jumped at the opportunity. When I started planning our vacation, I found that the time has never been better for military families to visit. Disney is currently offering a variety of military discounts and promotions that make a vacation to their resort more affordable than ever.

Currently, active and retired military personnel or their spouses can purchase Disney's Armed Forces Salute tickets for themselves and up to five family members or friends for just \$99 plus tax. This four-day park ticket gains you admission to each of Disney's four theme parks and normally costs around \$225 per person. For an additional \$26, you can purchase the Park Hopper option which allows you to jump back and forth between the theme parks at your leisure over the course of your four-day ticket. This option would normally cost you another \$52 per ticket.

With this promotion, you also have the option of purchasing the Water Park Fun & More option for \$26. This option gives you four admissions per person to Disney's two water parks, as well as Disney Quest (a five-story interactive arcade), Disney's Wide World of Sports complex, or a round of golf. These admissions can be used on the same days as your four-day

theme park ticket or on additional days, which could extend your vacation to eight days, if you choose. This option would also normally cost \$52. If you choose to add both options to your ticket, it would cost you a total of \$151 per person for tickets to every park Disney has to offer, which is a substantial savings of \$178 per person. These tickets must be purchased by July 30 and can be used through September 30.

In addition to the savings Disney extends on their Salute tickets, they are also offering up to 40 percent off room rates at their many themed resorts. Staying at a Disney resort offers many perks such as free transportation from the airport, transportation throughout the large Disney resort during your vacation, and extra hours in the theme parks not offered to those staying at hotels outside of Disney. For more information on either of



Photo by Tim Hipps/FMWRC Public Affairs

Shades of Green, an Armed Forces Recreation Center hotel designated specially for military families, retirees, and other government employees.

these promotions, call (407) W-DISNEY.

Beyond the discounts available, one of the best kept secrets at Disney World is the Shades of Green, an Armed Forces Recreation Center hotel designated specially for military families, retirees, and other government employees. The Shades of Green is a true vacation resort with comfortable accommodations and spacious rooms. Best of all, it is located conveniently within the Disney resort and offers rates exceptionally competitive with other hotels in its class. I have stayed there twice and have never been disappointed. For more information on The Shades of Green, visit www.shadesofgreen.org.

For our vacation this year, however, we were able to find a better rate with the Disney military discount at their All-Star Movies resort. Though the rooms are a bit smaller than the Shades of Green, we think our three-year-old son will find it more enjoyable with its super-sized Disney characters throughout the resort.

There has never been a better time for military families to visit Disney, so if you're looking for the vacation of a lifetime, consider a visit to "experience the magic" for yourself.

Casey Spurr is a Navy spouse who is involved in Blue Star Families and serves on her congressman's Military Family Affairs Committee. She lives in Virginia Beach with her husband and their little boy. To contact Casey, send an e-mail to casey.spurr@gmail.com.

And the winner is...



BY BIANCA MARTINEZ

This just in, 'The Hurt Locker' wins an Academy award for Best Picture! Okay, maybe it's not breaking news at this point and I

guess we all kind of had a feeling it was going to happen. There has just been so much hype surrounding it. There has been a bit of controversy too. It is bound to happen with any war movie.

When I first saw the preview I thought it looked awesome. I was so excited to see it. Not long before, I had just done a "Do My Military Job" with the Explosive Ordnance Disposal (EOD) folks over at Joint Expeditionary Base Fort Story. With a bomb suit on, they had me walk about 100 yards and place a camera over near a car and a bag to further determine if it was dangerous. They told me it was much like something they would counter in Iraq. Obviously, it was nothing like they would encounter in Iraq since I am just a reporter and they are always putting their lives in danger. My friend has spent time over in Iraq as a bomb technician and from the stories she has told, the stress level is intense and pressure is immense anytime you cross the wire. Therefore, I appreciated the time they took to make that happen and the opportunity to get a glimpse of their challenges.

So imagine my excitement when this cool movie is coming out and the main part of the trailer is the bomb suit! Okay, so I felt a little cool. I got to tell everyone I knew, "I put one of those on." I had the tiniest bit of connection to that movie and I thought for sure I was going to

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!



Kathryn Bigelow, the director of Iraq war drama 'The Hurt Locker' made history at the 82nd Academy Awards by becoming the first woman to win the best director award.

be there opening weekend. Well, jokes on me. Remember, I have two children and husband that does some traveling with his Navy job so needless to say, I STILL have not seen 'The Hurt Locker.'

Obviously, I'm not the only one that has felt some sort of connection to the film. We are a military town. The star and the director even came to Oceana and did an autograph signing. In the interview that we did on our station, they said this film was all about us ... the service members and the families that make the sacrifices to protect our freedoms. So now, I am confused as to why there is so much controversy. Again, I have not seen the movie, but there are reports that some folks are upset with the main characters renegade personality. Is it true that he is too much of a cowboy? Does he put his whole squad in danger? Is it true that the movie

MARRIED to the Military



Courtesy photos

portrays our military as reckless and off the handle? I really want to know what everyone out there thinks.

Here is where I get really confused too. Now someone wants to sue because he says that character is based on him, that the producer was embedded with him in Iraq and he is the star of the film and he needs to be paid. Um, so someone now wants to claim that he's the reckless cowboy? Uh, we need to bring

EOD in for my head because it is about to explode! The confusion is killing me. Do I watch the dang movie or not?

Now, reviews say it is the best war movie ever. Oh come on, who am I kidding? I still have two kids and a husband that is in and out of town. If I haven't seen it yet I never will! So send your reviews to me at bianca.martinez@wtkr.com Maybe we will share some of them on air!



You can catch Bianca Martinez anchoring the 4 p.m., 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.

SECNAV visits 'Big 5', thanks crew for efforts in Haiti

PRESS RELEASE

USS Bataan Public Affairs

CARIBBEAN SEA
— Sailors aboard the multipurpose amphibious assault ship USS Bataan (LHD 5) and embarked Marines from the 22nd Marine Expeditionary Unit (22nd MEU) hosted the 75th Secretary of the Navy (SECNAV) March 1, as the ship continues to support disaster relief efforts off the coast of Haiti.

The Honorable Ray Mabus met with Sailors and Marines on Bataan's mess decks before thanking the entire crew over the ship's general announcing system for their efforts.

"One thing I don't think you hear enough of is thank you, and how much America appreciates you. On behalf of a grateful nation,



Rear Adm. Samuel Perez explains to Secretary of the Navy (SECNAV) the Honorable Ray Mabus damages that incurred to the port facilities in Port-au-Prince, Haiti.

Photo by MC2 Kevin S. O'Brien

thank you for your service. Thank you for your skill, and thank you for your patriotism," said Mabus.

"When the earthquake hit Haiti, people just expected America to be able to re-

spond. Well, it just doesn't happen without a lot of training. It doesn't happen without building ships like Bataan. It doesn't happen without the people on Bataan doing what you do."

While Mabus' time aboard was brief, he was able to witness and appreciate the efforts the "blue-green team" aboard Bataan has brought to the devastated island nation.

"Not enough people realize what the capacity of a big-deck (amphibious assault ship) is and all the different things you can do," said Mabus. "There is absolutely no other country on earth that could do what you've done here."

Mabus previously visited Bataan in August of 2009 when the ship was deployed to the U.S. 5th Fleet area of responsibility, performing Maritime Security Operations. The ship returned to her homeport of Norfolk Dec. 8, 2009, before surging to support operations in Haiti Jan. 14.

"It is an astounding thing that you were able to pivot from the mission you had in the Gulf to the mission you have here – that everybody turned around and changed missions and did this good of a job," said Mabus.

Mabus continued to praise the team aboard Bataan as he introduced himself and shook the hand of every Sailor and Marine he encountered.

"It was great opportunity for the crew to meet the Navy's senior leader," said Quartermaster 1st Class David Mitchell, a native of Cleveland and the Navigation Department leading petty officer. "When he's on aboard and talking about the great work Bataan did down here, that's motivating."

Bataan is currently supporting Operation Unified Response as part of the Bataan Amphibious Relief Mission, including the dock landing ship USS Fort McHenry (LSD 43).

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

USS Bataan ship's store receives 'Best in Class' Award

BY MCSN STUART PHILLIPS

USS Bataan Public Affairs

USS BATAAN — Commander, Naval Supply Systems Command (NAVSUP) announced multipurpose amphibious assault ship USS Bataan (LHD 5) ship's store as the Atlantic Fleet's "Best in Class" for fiscal year 2009.

Bataan's award was based on superior service and excellence provided to the crew above and beyond the normal service provided on the other ships in the same class type, according to the naval message announcing the award.

"The customer service is excellent; the people are always easy to get along with and very friendly," said Damage Controlman Fireman Jacob Tejada.

Sailors from Supply Department's S-3 Division feel a sense of pride in what they've accomplished over the past year.

"It's had a big impact on us.



Bataan's ship store was announced the winner of the Atlantic Fleets "Best in Class" for 2009.

Photo by MCC Tony Sisti

You can be a ship's serviceman for twenty years and never get an award like this," said Ship's Serviceman 2nd Class Roberto Coriano. "A lot of junior Sailors appreciate this and the recognition from the ship's crew."

Bataan Supply Department Sailors didn't have to wait to see the message, Rear Adm. Michael Lyden, chief of the Supply Corps, gave Bataan the good news during a visit to the ship in Haiti Feb. 24.

"Receiving a personal thanks

from the admiral was much appreciated by the ship's serviceman as well," said Coriano. "He also sent out individual e-mails to us to give us a personal congratulations and thank you."

"The purpose of our job is to keep up ship morale by providing the necessities needed to live day-to-day on the ship," said Ship's Serviceman Seaman Aaron S. Fitzgerald. "This award means that we're doing our job and we're doing it well."

According to the Cmdr. Willie Robohn, Bataan's supply officer, the store earned more than quarter of a million dollars in fiscal year 2009, money that is funneled back to the Sailor in the form of morale, welfare and recreation (MWR) activities.

MWR is able to subsidize tours, pay for tour buses in liberty ports, provide free shuttles to places in the Hampton Roads area and organize weekend trips to places

like Busch Gardens in Williamsburg, said Robohn.

"They're pretty helpful; if they don't have something, they make a note of it and make the effort to have it next time," said Aviation Boatswain's Mate (Handling) Airman Jhonattan Fuertes. "They have good attitudes, they keep a professional attitude at all times," said Fuertes.

The ship was awarded the Battle "E" efficiency award earlier this year based on their maximum condition of departmental readiness and outstanding capability to perform wartime tasks.

Bataan has been on station off the coast of Haiti since Jan. 18, supporting Operation Unified Response, an international commitment to provide relief for the victims of Haiti's devastating earthquake.

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

Local service times

LDS PROGRAMS

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

NAVAL STATION NORFOLK

ROMAN CATHOLIC <i>Our Lady of Victory Chapel</i> Mass Schedule: 11:45 a.m.— Wed. 10 a.m.— Sun..	PROTESTANT <i>David Adams Memorial Chapel</i> Worship Services: 10:30 a.m.— Sun. <i>Worship</i>
--	--

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

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC Mass Schedule: 5 p.m.— Sat. <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)
---	--

PWOC: Bible Study at the Chapel Annex Every Wed.
Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon
PWOC: Evening Bible Study Every Mon.: 7 p.m.

Latter Day Saints 11:30 a.m. — Sun.	Coffeehouse 6 p.m. — Sun.
--	------------------------------

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

CHAPLAIN'S CORNER

Seven Deadly Sins: Gluttony

BY CMDR. BRENT JOHNSON
*Marine Corps Security
Group Chaplain*

I occasionally run into Marines who want to slim down and lose some of the extra "love handles" they have acquired in order to look better as professionals and warriors. Some of them just need that little extra motivation to follow a fitness routine and gain some discipline, but there are a few that still exercise and stay big.

We can joke about being big boned, but the real problem is often the discipline of consumption. They cannot stop taking in things that are not helping them stay in proper shape. They can run four miles and then go get a large cola and candy bar at each break throughout the day.

There is a phrase found in the Bible, in Paul's first letter to the Corinthians, where it is written "Do you not know that your body is a temple of the Holy Spirit?"

Some of our temples are pretty big, and it isn't because we serve a big God. What many people serve is a big appetite. In our day and age of plenty — plenty of goodies, plenty of sweets, plenty of having it your way — we often do not know when to say stop. It takes discipline to slow down and not eat everything our prosperous society makes available to us.

In the early days of the Christian movement the concept of the seven deadly sins was developed. This list was an easy way for believers to remember ways that were harmful to them. Gluttony was the second sin on the list.

"Gluttony" comes from

a Latin word that means to gulp down or to swallow. To be a glutton is to over-indulge and consume something to the point of waste. In an era when food could be hard to find and famine often struck large, prosperous cities, to waste food was a threat to society. In Proverbs there was a warning to gluttons. It reads "the glutton shall come to poverty." There wasn't a lot of respect for a glutton in ancient days.

What about today? Is there much risk when someone eats to the point of waste in our time?

My mom always coaxed me into eating all my food at supper by reminding me that "there is some poor hungry kid in China who won't eat tonight." I often countered with "Name one!" She didn't know what to make of that request.

According to a report on CNN dated Nov. 18, 2009 more than 17,000 children die daily due to hunger in our world. In our own country the number of people who are malnourished has risen by nearly 900,000 souls in the past year due to the economic crisis. Those of us who are able to indulge in excess eating need to remember those who go without enough food quietly in our midst.

Gluttony is a problem with discipline. Discipline is a hallmark of the U.S. Marine Corps. So why is it some of our brothers and sisters in the Corps struggle with governing their natural appetites? You would think that eating with self control is an easy thing for any Marine.

When I was a Navy Officer Recruiter and was talking ministers into joining up to be chaplains, they would often ask me if they would have to be assigned to Marine units. I would say of course, especially when they were young and healthy. Who else would the

Corps want but the fittest chaplains to keep up with hard charging Marines?

Some applicants would get a little cautious on me at that point. They saw all Marines as strong, rugged, physical beings constantly working out. And that was just the female Marines. They were intimidated. I usually didn't encourage those applicants to join and referred them to Air Force recruiters.

It comes as a surprise to some people to see Marines who are overweight. Some of those men and women (not all) often are struggling with gluttony. They eat to satisfy a hunger that cannot wait for the proper time to eat.

They seek a quality in their food that exceeds what is required for good nutrition. They want to stimulate their taste buds rather than satisfy a healthy appetite. They want a greater quantity of food than they need. And they are too eager to swallow the next bite. How does someone tame this problem, and develop control over their hunger?

The word used by the Greeks that is found in the New Testament of the Bible is "enkrateia" which we translate as discipline or temperance.

Temperance is the practice of moderation. By this practice we govern the natural appetites as we use the good reason that God gave us, our common sense. I meet a lot of Marines who practice temperance in their diets, in their daily habits, in the way they patiently work towards proper fitness. As a result they look like the proper temple that should house the Holy Spirit of God. I wish I could get them all to church at Marine Memorial Chapel on Sunday so that they could invite the Holy Spirit in to dwell in those fine temples.

The problem is many do not know they were created

to glorify God, not just with their mouths in praise, but also with the frames as vessels of the Living God.

Gluttony will ruin a person's fitness, and can become the root cause of a Marine's discharge from the service due to lack of conformity to physical standards.

Gluttony also contributes to a societal problem with obesity and the health problems that stem from all the extra weight the body has to carry.

Gluttony also creates an imbalance in what food is available to people, the haves getting more of the resources, and the have not's watching it disappear.

Practice the virtue of temperance and join the ranks of healthy people who live as God created them to live.

Several of the Chaplains aboard Marine Corps Base Quantico have collaborated to write a series of articles on what are known as "The Seven Deadly Sins." These particular seven are a list originally used in early Christian teachings to educate and instruct followers concerning fallen man's tendency to sin.

The misconception about the list of seven "deadly" sins is that they are sins that God will not forgive. The Bible is clear that the only sin God will not forgive is that of continued unbelief, because it rejects the only means to obtain forgiveness — Jesus Christ and his substitutionary death on the cross.

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. The traditional list of seven deadly sins can function as a good way to categorize the many different sins that exist.

Holy Week and Easter schedule

Roman Catholic Easter Schedule

Palm Sunday.....	March 28, 10 a.m.
<i>Distribution of palms</i>	
Holy Thursday.....	April 1, 7 p.m.
<i>Mass of the Lord's Supper</i>	
Good Friday.....	April 2, 7 p.m.
<i>Celebration of the Lord's passion</i>	
Easter Sunday.....	April 4, 10 a.m.
<i>Mass of the Resurrection</i>	(No Confessions)

Protestant Easter Schedule

Easter Worship Service.....	April 4, 10:30 a.m.
-----------------------------	---------------------

Nassau ARG relieves Bonhomme Richard ARG in 5th Fleet

PRESS RELEASE

Bonhomme Richard
Amphibious Ready Group
Public Affairs

USS BONHOMME RICHARD — The Nassau Amphibious Ready Group (ARG)/24th Marine Expeditionary Unit (MEU) relieved the Bonhomme Richard ARG/11th MEU in the U.S. 5th Fleet Area of Responsibility March 1.

The Nassau ARG/24th MEU arrived on station in the region after rendering assistance Jan. 23 to Feb. 7, off the coast of Haiti in support of Operation Unified Response. The Norfolk-based ready group will support Maritime Security Operations that help set conditions for security and promote regional stability during its scheduled deployment to 5th Fleet.

“I am very proud of the Sailors and Marines that are part of this team,” said Capt. John Bruening, Nas-



Photo by MC2 Coleman Thompson

Sailors and Marines perform a Foreign Object Debris (FOD) walk down on the flight deck of USS Nassau (LHA 4) as the ship transits the Suez Canal into the U.S. 5th Fleet area of operations. Nassau is the command platform for the Nassau Amphibious Ready Group and 24th Marine Expeditionary Unit, currently supporting Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) Operations in the U.S. 5th Fleet area of operations.

sau ARG's commander. “We have been training and preparing for this deployment throughout last year and I am confident in our ability to successfully accomplish any mission we

are tasked to perform.” The arrival of amphibious assault ship USS Nassau (LHA 4), amphibious dock landing ship USS Ashland (LSD 48), and amphibious transport dock

USS Mesa Verde (LPD 19) enables Sailors and Marines from the Bonhomme Richard ARG/11th MEU to continue the last half of a scheduled western Pacific deployment, which

began last fall. “Their efforts strengthened partnerships, enhanced interoperability, and improved regional security.”



Photo by MC3 Desiree Green

USS Nassau (LHA 4) makes its way through the Suez Canal followed by USS Ashland (LSD 48) and USS Mesa Verde (LPD 19) en route to the 5th fleet area of responsibility.

USS Mesa Verde (LPD 19)

enables Sailors and Marines from the Bonhomme Richard ARG/11th MEU to continue the last half of a scheduled western Pacific deployment, which began last fall. Since entering 5th Fleet last November, Sailors and Marines operating from USS Bonhomme Richard (LHD 6), USS Cleveland (LPD 7) and USS Rushmore (LSD 47) have conducted a series of training exercises in conjunction with militaries from partner nations. Training efforts focused on enhancing operational readiness, military-to-military cooperation, and interoperability.

“Our successful participation in several theater security cooperation engagements and exercises over the past four months was made possible by the outstanding efforts of our Sailors and Marines,” said Capt. Tim Wilson, the Bonhomme Richard ARG commander.

“Their efforts strengthened partnerships, enhanced interoperability, and improved regional security.”

The Nassau ARG/24th MEU now serves as the theater reserve force for U.S. Central Command and reports directly to Rear Adm. Sinclair Harris, the commander of Expeditionary Strike Group 5. Harris is responsible for all amphibious forces deployed to 5th Fleet. He oversees the planning and execution of contingency response missions and maritime humanitarian aid and disaster relief operations.

For more news from Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet, visit www.navy.mil/local/cusnc/.



Photo by MC2 Coleman Thompson

Marines from the 24th Marine Expeditionary Unit keep watch as USS Nassau (LHA 4) transits the Suez Canal into the U.S. 5th Fleet Area of Responsibility.



Photo by MC2 Patrick Gordon

USS Nassau (LHA 4) Commanding Officer Capt. Ronald Reis speaks with channel pilot Mouhamad Elfiky as Elfiky guides Nassau under the Friendship Bridge, which spans the Suez Canal between Israel and Egypt.

Haitian Minister of Health thanks Comfort's crew

BY MC2 CHELSEA KENNEDY
USNS Comfort Public Affairs

USNS COMFORT — The Haitian Minister of Health visited the hospital ship USNS Comfort (T-AH 20) March 4 to express his gratitude for the extraordinary efforts of the crew in response to the earthquake in Haiti earlier this year.

Four days after the 7.0 magnitude earthquake shocked the Caribbean nation, Comfort set sail for Port-au-Prince to provide medical care and lifesaving aid to victims of one of the worst disasters to hit Haiti in 200 years.

"The United States answered the call very early," said Minister of Health Dr. Alex Larsen. "The United States came to help us, and we don't know how to really thank you."

While aboard Comfort, Larsen toured the casualty receiving area where the first Haitian nationals were triaged Jan. 19 before the ship had even arrived off the nation's coast.

Larsen also saw Comfort's extensive operating suite and met with the surgery team, who conducted 843 surgeries in a little more than five weeks time.

"The only thing I can do, from the bottom of my heart, is say thank you from the Haitian people," Larsen said.

Following the tour of shipboard spaces, Larsen spoke to crew members and presented the ship's master, Capt. Robert Holley, and Comfort medical treatment facility commanding officer, Capt. James Ware, with small gift symbolizing Haiti's deep gratitude.

"In the name of Republic of Haiti's government, the Haitian public and myself, I would like to present a plaque to thank the entire crew and all of those who have helped Haiti aboard the ship," Larsen said.

Ware and Holley also presented gifts to Larsen signifying the United States' commitment to their friendship with Haiti.

"USNS Comfort was one of many different avenues of medical care that

were provided rapidly after the earthquake," Ware said. "I'm very proud to be able to represent our country and the health care providers here on the ship."

Since arriving in Haiti, Comfort's team provided critical care for 871 patients and saved countless lives through timely medical evacuations and treatment that would have been otherwise unavailable.

More than 1,200 Sailors, civilian mariners and nongovernmental volunteers from Comfort have helped provide aid during Operation Unified Response, a USAID-led multinational relief effort in conjunction with the government of Haiti to begin the steps toward recovery from January's catastrophe. To date military forces attached to the Joint Task Force in Haiti have provided just over 2.6 million bottles of water, 2.2 million meals, and 149,000 pounds of medical supplies.

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

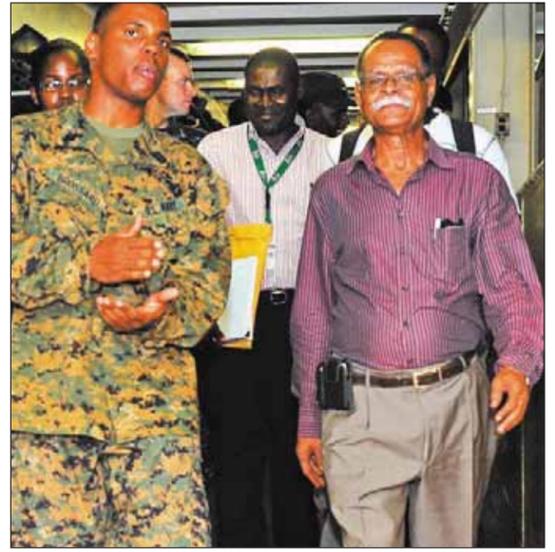


Photo by MC2 Edwardo Proano

Haiti's Minister of Health, Dr. Alex Larsen (Right), tours the Military Sealift Command hospital ship USNS Comfort (T-AH 20) with Hospital Corpsman Christopher Brossard, a Haitian-American Sailor. Larsen visited Comfort to thank the crew for the medical care they are providing to Haitian earthquake victims during Operation Unified Response.

Ready for the Catapult



Photo by MC3 Bradley Evans

Sailors inspect an aircraft and a catapult shuttle before the launch of an F/A-18C Hornet from the "Wildcats" of Strike Fighter Squadron (VFA) 131 during flight operations aboard Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69). Eisenhower is on a six-month deployment as a part of the on-going rotation of forward-deployed forces to support maritime security operations and operating in international waters around the globe, working with other coalition maritime forces.

Captain Goodly takes command of Kearsarge

BY MC3
CHRISTOPHER LANGE
USS Kearsarge Public Affairs

NORFOLK — Amphibious assault ship USS Kearsarge (LHD 3) held a change of command ceremony Feb. 26 aboard the ship at Naval Station Norfolk.

Capt. Baxter A. Goodly relieved Capt. Walter L. Towns as commanding officer.

"It's a great pleasure to be here today for this ceremony in which one commanding officer will relinquish command to another," said Rear Adm. Michelle Howard, commander, Expeditionary Strike Group 2, who served as guest speaker. "Both of these captains represent

the type of leaders we need in our Navy."

Towns gave credit to the crew for assisting in a successful tour.

"I would be remiss if I didn't mention who I think are the finest Sailors in the entire fleet - Kearsarge's Sailors," said Towns. "Thanks to their hard work,

and every one of them."

Towns assumed command as Kearsarge's commanding officer in August 2008, leading the ship through the highly successful Continuing Promise 2008 deployment where Kearsarge conducted joint and multilateral training with six South American and Caribbean nations.

Kearsarge also provided humanitarian aid to a hurricane-stricken Haiti, delivering more than 1,200 metric tons of relief supplies and medical assistance. Towns went on to execute Kearsarge's first Dry Docked Planned Maintenance Period, an 11-month major over-

haul of the entire ship.

Towns will continue his naval service in Washington, D.C. as the amphibious warfare branch head.

Goodly, Kearsarge's previous executive officer, said the transition from executive officer to commanding officer will be a smooth process.

"I've been Kearsarge's executive officer since 2008," said Goodly. "I have a pretty good feel for the ship and her crew, and I'm excited to lead as the commanding officer."

Goodly, a Louisiana native, earned a Bachelor of Arts in history from Tulane University in 1985 and was commissioned through Aviation Officer Candidate School in February 1986.

For more news from USS Kearsarge (LHD 3), visit www.navy.mil/local/lhd3/.



U.S. Navy Photo

USS Kearsarge

Naval Beach Group 2 Sailors help people of Haiti

STORY AND PHOTOS
BY MC2 KIM WILLIAMS

Navy Public Affairs
Support Element East

PORT-AU-PRINCE, Haiti — Naval Beach Group (NBG) 2 Sailors completed several construction jobs in Port-au-Prince and participated in community relations projects while deployed in support of Operation Unified Response.

The battalion, in conjunction with Sailors from Naval Mobile Construction Battalion (NMCB) 7 and Construction Battalion Maintenance Unit (CBMU) 202, constructed a portion of a life support activity (LSA) facility which will serve as the new bed-down location for Joint Task Force Haiti.

They also provided another route of travel for residents to the Toussaint Louverture International Airport in Port-au-Prince, Haiti.

“In addition to our primary mission of Joint Logistics Over the Shore (JLOTS), we were tasked with supporting two key engineering-related projects,” said Capt. Paul Webb, commanding officer, ACB 2. “They include a 40-acre clearance operation for future bed-down capacity and roadway improvements adjacent to the Haiti International Airport.”

Through the application of expertise found throughout the command, ACB-2 found many ways to assist communities in Port-au-Prince.

“The highlight of the mission for me was the opportunity to visit with the children at the New Life Mission Orphanage,” said Capt. Clay Saunders, commodore, Naval Beach Group (NBG) 2. “It was wonderful to see the smiles on their faces as we played sports games with them. I hope we helped to relieve the suffering after the earthquake. We can’t restore the full infrastructure, but we provided the means to help deliver millions of meals and tons of water to those most in need.”

After leaving Haiti, NBG 2 and Marine Corps elements will participate in the Maritime Pre-positioning Force portion of the U.S. Navy Europe’s annual BALTOPS exercise in Latvia from May to June.

For more news from Operation Unified Response, visit www.navy.mil/haiti/.



A Sailor assigned to Naval Beach Group (NBG) 2 plays with a Haitian girl at the New Life Children’s Home in Port-au-Prince, Haiti. NBG-2 is in Haiti conducting humanitarian and joint operations after a 7.0 magnitude earthquake caused severe damage in and around Port-au-Prince Jan. 12.



American flags sway in the wind aboard a roll on, roll off platform and utility boats during morning colors at the Naval Beach Group (NBG) 2 camp.



A hospital corpsman assigned to Amphibious Construction Battalion (ACB) 2 treats a Haitian boy’s foot during a community service event at an orphanage in Port-au-Prince. ACB-2 is supporting Operation Unified Response after a 7.0 magnitude earthquake caused severe damage in and around Port-au-Prince, Haiti, Jan. 12.

NPC supplies the answers, all Sailors have to do is ask

Naval Personnel Command Customer Service Center detailer pilot program answers the call of Sailors

BY MC1 (AW)
LATUNYA HOWARD
Navy Personnel Command
Public Affairs

MILLINGTON, Tenn. — A detailing pilot program to help Sailors get answers to their detailing questions and reduce detailers call volume will expand March 5.

The pilot program conducted by Navy Personnel Command (NPC) Customer Service Center (CSC) screened all aviation ordnanceman (AO) detailer calls through the CSC to evaluate how many questions could be resolved without direct detailer contact.

“We decided to look at ways of using technology to leverage the communications process between Sailors and their detailers,” said Greg Moody, program manager CSC. “The objective of the pilot was to address the

disproportion with the Sailor-to-detailer ratio.”

The AO rating was the first rating tested, and resulted in a 25 percent reduction of direct calls to the detailers. This equals about 600 calls per month, freeing the detailer to work in other areas such as order writing, administrative tasks or taking more complex calls the CSC could not answer. The pilot will expand to the surface electronics technician (ET) rating next.

“I’m excited for my community to be a part of the pilot,” said Master Chief Electronics Technician (SW/AW) Stephen Gnant, surface ET lead detailer. “With five detailers responsible for 6,600 Sailors, the CSC is a great tool. It will make communications better for everyone.”

“Well, you do the math,” said Master Chief Aviation Ordnanceman (AW) Tim Falls, AO lead detailer. “I have four detailers who

are responsible for approximately 2,000 Sailors each. If the CSC, or for that matter, a career counselor can answer a question for the Sailor, that greatly improves the overall service we can provide to the fleet.”

The CSC was established in 2002 with NAVADMIN 163/02 for the purpose of providing support to Sailors and their families around the world. They do this by supplying answers to a wide variety of career-related questions on Navy programs, policies, pay, benefits and selection boards. Sailors can call 1-866-U-ASK-NPC, Monday through Friday from 7a.m.-7p.m. CST or submit e-mailsto cscmailbox@navy.mil.

“We are always reviewing our operation and how we serve our Sailors,” said Moody. “Getting those who need information to the proper resources is what we do.”

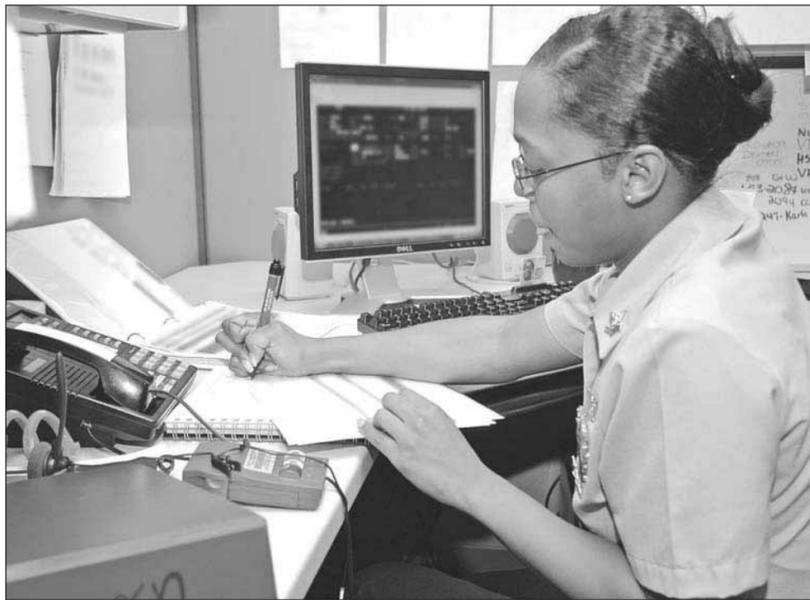


Photo by MC1 LaTunya Howard

Aviation Ordnanceman 1st Class LaToya Dudley, an aviation ordnanceman detailer, prepares to write orders for junior Sailors. Dudley is one of four detailers responsible for 7,800 Sailors in the aviation ordnance community. The aviation ordnanceman rating was the first rating to participate in a detailer pilot program designed to assist more Sailors by fielding their detailer questions through the Navy Personnel Command Customer Service Center.

Sailors not in the two pilot ratings should still take full advantage of the imme-

diacy the CSC offers.

Visit www.npc.navy.mil for more information.

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

Second Fleet in Haiti



Photo by MC2 Joan E. Kretschmer

Vice Adm. Melvin G. “Mel” Williams Jr., left, commander of U.S. 2nd Fleet, speaks with Rear Adm. Samuel Perez while visiting Port-au-Prince, Haiti. Several U.S. and international military and non-governmental agencies are conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0-magnitude earthquake caused severe damage in and around Port-au-Prince, Haiti Jan. 12.

Civilians join Nassau to share their expertise

BY MC2 PATRICK GORDON
USS Nassau Public Affairs

USS NASSAU (LHA 4), At Sea — USS Nassau (LHA 4) is alive with activity night and day with Sailors and Marines going through their daily routines, but they aren't the only ones who work aboard the Navy's Top Gator.

Many civilians also serve aboard Nassau. In a crowd of more than 3,000 Sailors and Marines that all seem to look the same, civilians are easily recognizable by their unique attire and haircuts that often times fall outside of military regulations.

Some civilians, like Afloat Recreation Specialist Heather Fiske, serve aboard the ship full-time. Fiske organizes activities for the crew as the ship's Morale, Welfare and Recreation director.

"I love this job," said Fiske, of Dunedin, Fla. "I have fun planning activities for everyone to participate in, like spades, Texas hold'em, Nassau Idol, and liberty tours. It's great."

Fiske, who served as an afloat recreation specialist for 16 years aboard five ships prior to reporting aboard Nassau in late 2009, credits her time aboard her first ship as the reason she made a career out of it.

"I was working toward my bachelor's degree in recreation from Southern University in Kings Bay, Ga., in 1992 when I interned aboard USS Canopus (AS-34)," said Fiske. "It was there that I knew I wanted to work for the Navy. I thought, 'What better way can I serve my country than by having this position?'"

While Fiske is a civilian member of the crew, other civilians ride the ship temporarily, providing services to the crew before moving on to other commands. George Franz is a representative for Navy Auto Source and travels between deployed ships offering Sailors and Marines car buying deals unavailable at home.

"I meet with the Command Master Chief and

the officers to make sure they know I'm not giving the kids a bad deal," said Franz, of Virginia Beach. "I have a blast when I come aboard. I like the adventure and I really like joining the crew and helping them out. My responsibility is to the whole crew of the ship, from the commanding officer to the youngest seaman."

While sharing their expertise with the Sailors and Marines the civilians aboard Nassau are able to gain a greater appreciation for the challenges that the crew face while deployed.

"You definitely face some challenges working on a deployed ship that you wouldn't deal with working at a job back home," said Fiske. "Personally and professionally, you have more stability at home than you do while deployed. It affects all facets of your life."

Franz shares Fiske's sentiment.

"It certainly is different," Franz said. "But I really enjoy helping our service members. My first time working aboard a ship was on USS Theodore Roosevelt (CVN 71), and when I got home I decided that this job was for me."



Quartermaster 1st Class Rory J. Robinson acts as a medical casualty while Logistics Specialist 3rd Class Jason L. Lovejoy of Red House, W.Va., secures him in a stretcher during stretcher bearer training held aboard the amphibious dock landing ship USS Ashland (LSD 48).

As a member of the crew, civilians report to the chain of command the same as the Sailors and Marines. Nassau Executive Officer Capt. Samuel Norton emphasized that their efforts do not go unnoticed.

"They're so driven, all of them," Norton said. "The service they provide the ship is just wonderful. They really bring that knowledge afloat and on shore, and we really enjoy utilizing them."

Though they have a unique appearance, their dedication to their country and the mission of the Nassau make them a member of the crew for as long as they remain on board.

"It has its positives and negatives, but what job doesn't," said Fiske. "When a Sailor or Marine comes up to me and says

'I had a blast last night at Texas hold'em,' it really makes it all worthwhile."

The Nassau Amphibious Ready Group (NAS ARG)/24th Marine Expeditionary Unit (MEU) is currently supporting Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) Operations in the 5th Fleet area of operations.

NAS ARG is comprised of ships from Amphibious Squadron Eight (PHIBRON 8) including the Tarawa-class multipurpose amphibious assault ship USS Nassau (LHA 4), the San Antonio-class amphibious transport dock USS Mesa Verde (LPD 19) and the Whidbey Island-class amphibious dock landing ship USS Ashland (LSD 48). Marines from the 24th Marine Expeditionary Unit (24 MEU) complete the group.



Photos by MC2 Jason R. Zalasky

Quartermaster 1st Class Rory J. Robinson of Virginia Beach, acts as a medical casualty during stretcher bearer training held aboard the amphibious dock landing ship USS Ashland (LSD 48). Ashland is part of the Nassau Amphibious Ready Group and 24th Marine Expeditionary Unit, currently supporting Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) Operations in the U.S. 5th Fleet area of operations.

TREES: They showed holiday spirit but now they have ‘greener’ purpose

Continued from page B1

other side [of the dunes],” said Wright.

She explained that the way Dam Neck shoreline curves around, there is a lot of sand at the north end but the sand is eaten away by the tides at other parts of the base. “Between the BOQ and the end of [building] 127, this area gets hit hard and requires a lot of extra work. But we do similar processes for the entire four-mile stretch.”

Dam Neck’s coastline is within the “Atlantic flyway” for migratory birds. “We do have a few endangered, threatened birds that actually do come out here through the migratory flight process, so this is integral to them since a lot of the coast along Virginia is being developed. Creating this habitat is one of the few places along this stretch that birds can actually stop, feed and do whatever they need to do,” she added.

The Christmas trees could be dropped off through Jan. 15 at Natural Resources Office at Oceana or in front of the Dam Neck Operations building. But realizing those trees would not be nearly enough, both the Oceana Navy Exchange

and Hunt Club Farm, located between Oceana and Dam Neck, were approached about donating their unsold trees. Dam Neck’s First Lieutenant also secured dozens more from the Virginia Beach landfill.

“This level of effort, in having so many cooperators, is building every year. We have added additional partners to our program, some volunteers, some contract,” said Wright.

The program has caught on with other Hampton Roads Navy bases, as well as Dam Neck’s civilian neighbors. Last year, Sandbridge residents took a cue from their Navy neighbors and began recycling Christmas trees along their shoreline.

After the trees were collected, a wooden, biodegradable fence about 15 feet out from the wind-damaged dunes was erected. “The trees stay confined and they act as the collectors of sand,” Gamache said, adding fencing also protects the row of trees from high tide.

The trees are laid side-by-side with the cut ends facing the ocean, which Wright explained allows the widest part of the tree to collect sand from the wind and wave

action. As the sand builds up, the trees continue to decompose and within a few years, anyone digging into the sand would not be able to find evidence of the former Christmas trees. “If they do their job right, it will look like nothing but sand,” said Wright.

The tree collection is one of several environmentally sound projects done by Natural Resources in partnership with other agencies and those projects have the approval of the National Environmental Policy Act (NEPO). “Every project we do out here gets reviewed for its environmental impact,” by the state and federal government, explained Wright.

“As these dunes build up, we have to do something to make sure they stay stable because these trees are going to decompose. What we will do is come back and plant native dune grasses,” she said.

Wright said it could take several years before it’s determined the ground is stable enough to plant the grass. Planting the dune grasses is part of National Public Lands Day, done jointly by Natural Resources, the National Aquarium in Baltimore and 70 -100 volunteers.

She pointed out how the Nor’easter did take out part of the surface along the dune line but “without the grasses that were in place, it could have eaten all the way back. But because of the work that everybody has been putting together, it really kept this from having any breaches and ocean water from going on the other side.”

The work of the First Lieutenant and volunteers has saved the Navy untold amounts of money on the dunes projects. “I can’t even imagine how much cost savings is going on with this volunteer program. Annually on the dunes stabilization and replenishment project alone, we probably spend about \$30,000. If we didn’t have the volunteer support, the help from the First Lieutenant, this could be a multi-million dollar project,” she said.

Staking the fencing, collecting and positioning the trees are one of the many projects done by the Sailors of Dam Neck First Lieutenant Department. “Among all the other things they have to do, as far as base cleanliness and other projects we have going on, this is our priority project,” said Gam-

ache.

Leading the eight Sailors’ efforts along the beach is First Lieutenant leading petty officer QM1 (SW) Carlos Gonzalez who has assistance from Sailors at TSC HR.

For Gonzalez, making the dunes restoration project a priority makes sense because, “this is our first line of defense against high tides and Nor’easters.”

He noted that if the dunes hadn’t built up the way they were, the flooding around the base after the November storm could have been much worse. “I don’t think a lot of people really understand the importance of something like this,” said Gonzalez about the dunes restoration project.

This is the first dunes project Gonzalez has participated in and he was surprised at the scale of the project. “This year, I don’t think anyone would have foreseen the magnitude of the work we have to do here. It’s just a lot and I’m really glad I’m here and to be a part of it.”

Gonzalez said it’s also important to “lead by example” and show the junior personnel he works with the importance of “taking care of our own community.”

BIG: Country star entertains Sailors, Marines

Continued from page B1

had the opportunity to meet Big Kenny. “It’s a big thing. I really appreciate him coming out here just for us.”

While the performance was the highlight for the crew, Big Kenny’s highlight was meeting the Sailors and Marines.

“This is a really humbling experience,” said Big Kenny. “Thank you to every one of you, everyone who’s been here helping these people. I think that’s one of the grandest showings of what America is all about.”

Big Kenny showed his appreciation by joining the crew on the mess decks for lunch, touring Bataan with Sailors and Marines, signing autographs and posing for photos.

For the crew who returned from a seven-month deployment Dec. 8, 2009, before surging Jan. 14 to support dis-

aster relief operations in Haiti, Big Kenny’s stop aboard Bataan couldn’t have come at a better time.

“It was a nice break from work to kick back in a lawn chair and enjoy the music. Music is a big part of life; we all need it,” said Fireman Travis Sawicki.

Before performing, Big Kenny provided his perspective on what the mission in Haiti has meant to him.

“The outpouring of help and compassion to this country was just overwhelming to me, and it showed me how much heart our country represents,” said Big Kenny. “It showed how much heart each and every one of you all represents. It’s very evident by everything that I’ve seen, that the cavalry really came a runnin’. Everybody showed up in great force.”

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

MARRIAGE: FFSC can help make it stronger

Continued from page B1

the counselor tries to find out what’s going on, something about their history together and things like that,” said Powers. “Then we try to set some goals, like to improve communication or reduce arguments or improve problem solving.”

FFSC counselors use their tools to guide couples to a happier marriage.

“We are kind of like coaches in a way. We help couples learn and implement new skills and then make those new skills a habit,” said Powers. “We use a variety of effective tools to teach these skills, one being the ‘Five Love Languages.’ Another thing we do is assign couples homework. We can get to know the couple well enough and design homework especially for them.”

If you would like to learn new skills that could make your marriage better, the FFSCs of Hampton Roads can help. Their marriage counseling services are free and available, year round, to all active-duty service members and their family members, retired service members and active-duty reservist. Each counselor is credentialed and sessions are private and strictly confidential with few exceptions such as personnel harm to self or direct harm to mission.

There are six FFSCs in the Hampton Roads area located at: Joint Expeditionary Base Little Creek/Fort Story, Newport News Shipyard, Naval Station Norfolk, NSA Northwest Annex, Naval Air Station Oceana/Dam Neck and Naval Weapons Station Yorktown. For more information visit www.cnic.navy.mil/navylifema or call 444-NAVY.