



Suicide prevention remains top focus for 2010

PRESS RELEASE

Navy Personnel Command
Public Affairs

MILLINGTON, Tenn. — Suicide prevention continues to be one of the highest priorities for Navy leadership according to the most recent suicide prevention update released Feb. 18.

“Every single suicide loss is a tragedy with far reaching impact to the health and readiness of our entire Navy community,” said Chief of Navy Personnel, Vice Adm. Mark Ferguson in NAVADMIN 054/10.



Suicide can be prevented, however, and the Navy's suicide prevention efforts have begun to make a difference, according to Lt. Cmdr. Bonnie Chavez, director of the Navy's Behavioral Health Program.

“Our most effective suicide prevention ultimately occurs at the local level – person to person. Awareness, skills and resources at the deckplates save lives,” said Chavez. “Any one of us can have an opportunity to save a life.” According to Chavez suicide is the re-

sult of a complex combination of factors that lead an individual to experience pain and suffering.

“They feel ineffective and start to think they don't belong or that they have become a burden to others. One-on-one communication and support is critical if we are to recognize a problem. We know that early intervention works,” said Chavez.

Chavez reminds Sailors and families to remember the acronym and ACT if they suspect a person may be feeling suicidal.

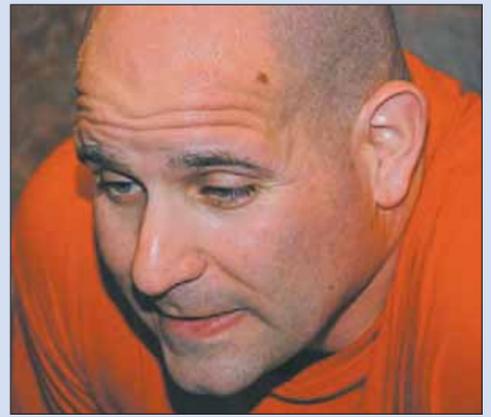
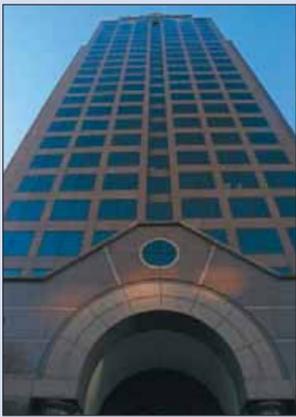
“Ask if the person is suicidal. Care by listening and offering hope. Treat – stay with the person and get them to professional help,” said Chavez.

According to the 2009 Behavioral Health Quick Poll many Sailors expect negative career consequences for getting help for stress reactions or suicidal ideas and expect to lose a security clearance, but Chavez points out that family, and deployment-related counseling does not need to be mentioned on security clearance forms.

“Self referral for mental health is widely seen by professionals conducting clearance evaluations as demonstrating good judgment and reliability. Most often, only when failure to get assistance leads to substance abuse, disciplinary infractions or substan-

See SUICIDE, A11

It's simple math, add some major exertion to your day



The Up Center, a community resource center much like the Fleet and Family Support Center, isn't asking service members to sweat every day — just one. The Step Up for the Up Center event April 25. With an estimated 1,000 climbers, teams of service members will be hard pressed to turn their sweat valves off as they tackle the stairs of Norfolk's tallest building. For more information and to see the trials and tribulations of Coast Guard team as they test out the climb, turn to page A8.

All survive West Virginia Navy helicopter crash

BY MC1(SW) SCOTT COHEN
Commander, Naval Air Force
Atlantic Public Affairs

NORFOLK — The commander of Helicopter Sea Combat Wing Atlantic held a press conference with local media to announce all 17 personnel on board the Navy MH-60S Nighthawk from Helicopter Sea Combat Squadron 26 based at Naval Station Norfolk, were successfully rescued from the aircraft.

The helicopter crashed Feb. 18 shortly after 1 p.m. on the side of a mountain in West Virginia in four feet of snow.

“Our primary focus has been the safe evacuation of all the aircrew and passengers,” said Capt. Steve Schreiber, commodore, Helicopter Sea Combat Wing Atlantic. “As of this morning all personnel have either been evacuated from the crash site or are being evacuated.”

There were injuries reported, ranging from minor bruises to fractures, but none of the injuries are considered life-threatening.

Those aboard the helicopter included 11 Navy, four National

See CRASH, A11

Demand dwindles for U.S. Forces in Haiti

BY JOHN J. KRUZEL
American Forces Press Service

WASHINGTON — The need for U.S. military forces in Haiti is dwindling as Haitian authorities and nongovernmental organizations begin to accept a greater share of relief efforts in the ravaged country, an American military official said, Feb. 17.

About 13,000 U.S. troops are involved in the earthquake-relief effort — with 7,000 forces on the ground — down from a peak overall level of about 20,000 at the start of this month, Army Lt. Gen. P.K. “Ken” Keen, the top U.S. commander in Haiti, told Pentagon reporters today.

“As we see this transition occurring, we see our civilian partners increase their capabilities — both the government here in Haiti as well as the nongov-

ernment organizations — and we see the need for our military assistance dwindling,” Keen said via video teleconference from the Haitian capital of Port-au-Prince.

The update on Haiti's recovery comes about a month after a magnitude 7 earthquake struck the Caribbean nation, creating what an official called one of the greatest humanitarian emergencies in the history of the Americas. U.S. aid began pouring into affected areas in the immediate aftermath, but a greater share of relief efforts has been transferred to partners as conditions progress.

The American commander declined to describe a timeline or expected scope of the U.S. military presence in Haiti.

See FORCES, A11



CSG-1, Carl Vinson focus on synthetic drug prevention

BY MC2(SW)
CANDICE VILLARREAL
USS Carl Vinson Public Affairs

USS CARL VINSON, At Sea — Commander, Carrier Strike Group 1 issued new guidance for the prevention and control of intoxicating substances Feb. 10 aboard Nimitz-class aircraft carrier USS Carl Vinson (CVN 70).

The instruction was introduced to establish policy specifically prohibiting the use, manufacture, possession or introduction of controlled substance analogues — commonly referred to as “designer” drugs — by strike group and Carl Vinson personnel.

The instruction coincides with Carl Vinson's recent implementation of a designer drug de-glamorization campaign and references such Navy instructions as SECNAVINST 5300.28D and OPNAVINST 5350.4D.

“Our main focus right now is education,” said Lt. Cmdr. Frank Hutchison, Judge Advocate General aboard Carl Vinson. “Sailors need to know that this is not an alternative to drug use — it is drug use.”

Analogue drugs like “Spice,” “Dream,” and Salvia Divinorum have chemical structures very similar to outlawed schedule I and

II drugs and mimic their effects on the mind and body.

“Spice, Salvia [Divinorum] and other drugs are not meant for human ingestion,” said Hutchison. “The reason they're illegal in the Navy isn't just because they're terrible for your health, but also because they create a very unsafe environment that we can't have our Sailors be a part of. That's just not how we operate here [aboard Carl Vinson].”

While Carl Vinson's approach has enabled the carrier to enjoy zero designer drug incidents this year, command leadership remains fully engaged in preventive measures and crew awareness.

With the “Gold Eagle” Legal team actively informing Sailors on the punitive consequences of substance abuse, Health Services personnel focusing on educating the crew on associated health risks, and the ship's Substance Abuse Rehabilitation Program (and Drug and Alcohol Program advisors working to develop their own synthetic drug counseling program, no bases — or deckplates — are left uncovered.

“We are getting the word out more and more effectively every day to let our Sailors know that the use of these substances is unacceptable,” said Hutchison. “The

bottom line is they harm you, kill you and your brain cells, and are just dangerous. These products can harm you just the same way other controlled substances can.”

Senior Chief Hospital Corpsman (SW/AW) Richard Gotautas agreed, adding that occupational risks should also be considered.

“Illegal or unauthorized drugs of any type are detrimental to good order and discipline, and a complete list of short and long-term health risks is still unknown,” Gotautas said. “They're mind-altering, so as we're working on routine jobs every day in this industrial environment, a Sailor under the influence could be putting everybody's lives at risk.”

Sailors caught possessing, attempting to use, or using controlled substances can face general courts martial, dishonorable discharge, and up to two years of confinement.

“The Navy's drug policy is zero tolerance; it's no different with spice or any other synthetic drug,” said Hutchison. “Whether you're smoking marijuana, huffing paint, or doing anything else that will get you ‘high,’ you are breaking the law.”

For more news from USS Carl Vinson, visit <http://www.navy.mil/local/cvn70/>.

INSIDE:

EOD GOES IA

EOD teaches coalition forces Sensitive Site Exploitation A course at Forward Operating Base Warhorse joins Americans, Iraqis together.



FRONT & CENTER

Heroes at Home returns Nomination forms are available online at www.flagshipnews.com. Nominate your hero!



OFF DUTY

Real Pirates headlines museum schedule See the pirates as they truly were at Nauticus or check out the other events it has to offer.



C1

SUICIDE: Navy reaches out to families for help

Continued from page A1

tial debt are clearances in jeopardy," said Chavez.

Navy officials are examining ways to eliminate other potential barriers to using needed psychological services and removing obstacles that hinder successful reintegration of Sailors in to the command, according to the NAVADMIN.

Education and training of Sailors, leaders and family members is a focus for 2010. According to the message, the Navy's Operational Stress Control program is becoming the cornerstone for all Behavior Health and Readiness efforts, including suicide prevention. Efforts this year will focus on improving family outreach, optimizing the interface between command leadership and medical treatment pro-

viders, and continue to build a network of trained suicide prevention coordinators. The training will highlight the tools and techniques needed to build psychologically resilient Sailors, which can help them, their families, and commands successfully navigate through stressful times.

"Reaching out to families is important, said Chavez, because family members are often the first to notice a concern. We must educate our families on warning signs, risk factors for suicide and how to access helpful resources. We also need to develop the relationships and a connection between commands and families before a crisis occurs," said Chavez.

For information read NAVADMIN 054/10 or visit www.suicide.navy.mil.

FORCES: Military dials back

Continued from page A1

ti, saying conditions in the country would determine the response.

"As we look at our military requirements in supporting [the U.S. Agency for International Development] and the government of Haiti," Keen said, "we're dialing it back where unnecessary as we right-size the force as requirements are needed on the ground, and we're dialing it up where it's necessary, based upon the needs on the ground."

Keen estimated military operations to date have totaled about \$250 million.

As of yesterday, U.S. military forces had delivered more than 2.6 million bottles of water, 2.2 million food rations, 15.1 million

pounds of bulk food and 125,230 pounds of medical supplies into Haiti.

In addition to running ongoing humanitarian assistance missions, Keen said U.S. forces also are assisting in procuring shelter for Haitians affected by the earthquake. Troops also are working to provide medical care, removing rubble from damaged sites and assisting in engineering and logistics.

Keen said the U.S. military is working under USAID, the lead American component, and alongside partners such as the United Nations.

"So we will continue to be involved in those two entities until [operations are] completely transferred to either the government of Haiti or other organizations," he said.

CRASH: Commodore lauds rescuers heroes



Photo by MC2 Kristopher Wilson

An MH-60S Sea Hawk helicopter (like shown) went down on Feb. 18 at 1 p.m. in West Virginia. Though some crew members sustained minor injuries bruises and fractures, all 11 members survived the crash. The cause of the crash is under investigation.

Continued from page A1

al Guard personnel and two Marines. Nine of the passengers have been treated and released at Elkins Medical Facility, and one is currently inbound to Elkins. Three have been admitted for treatment and four are being transported to UVA Trauma Center in Charlottesville.

Schreiber lauded the heroic efforts of the crew and passengers, as well

as the rescuers first on the scene.

"I'd like to thank the West Virginia National Guard and the local responders for their heroic work. Their efforts were extraordinary and took place under the most difficult of situations," said Schreiber. "The rescuers had to traverse more than three miles from the nearest road through heavily wooded and mountainous terrain to reach the crash site. A special thanks to the

Snowshoe Mountain Ski Resort for providing Snowcats that enabled first responders to reach the site."

The crew spent the night on the mountain and waited for rescuers to reach them, but they were prepared to weather the adverse conditions.

The cause of the crash is currently under investigation.

For more news from Commander, Naval Air Force Atlantic, visit www.navy.mil/local/comnavairlant/.

SPOUSE SPEAK! Back to school can be humbling

BY VIVIAN GREENTREE

Humbling experiences come in all shapes and sizes, sometimes when you least expect them. Like when you are having a disagreement with someone and they bust out an apology so easily, it makes you wonder why you can't be the bigger person more often. Or when you go to a theme park with your kids and a 10 year-old has to tell you how to get through level one of the Magic Quest. Most recently, however, it was when I decided to meet a friend for lunch at the cafeteria of Old Dominion University and I had to ask other students, who are probably closer to my kids' ages than my own, to tell me where to find the silverware, where to stand in line, and how the drink machine works. Talk about feeling like the older generation. I might as well have asked them what those new-fangled small boxes that play music are.

Although it is my third year of course work, that was, indeed, the first time I've braved the cafeteria (at my college, all those years ago, we called them dining halls. Just hanging out in the food court portion of the Webb Center is a little overwhelming - all those skinny jeans, scarves, and Apple products (the computer company, not the food). I remember bringing my oldest son, then four, with me when I got my student ID. A much different experience, to be sure, than when I did the same thing as a college freshman. Back then I was scouting out potential dates, now I was scouting out potential poties for my child, who always waits till the most inopportune time to tell me he has to "go."

The truth is, though, the "mom" in me doesn't shut off when I enter the classroom. And, being that it is a public administration program and I have a great interest in public service motivation, neither do the veteran or military spouse facets of my life. I think it makes me a better student though, to have had these experiences with which I can filter new information and make the whole learning process more meaningful. And, I know my classmates appreciate the muffins

I bake with my kids and bring in to share (my oldest equates this with snack time at his own school).

Having a family, raising a family, while pursuing higher education, is not an easy thing to do. The added aspect of living in a military household adds an interesting twist as well. Long stretches of single parenthood while conducting research sometimes leads to sentences like, "probabilistic equivalence is achieved through sandwiches for dinner..." That little nugget of genius happened while I was trying to write a study review while watching my kids play outside and, apparently, taking orders for dinner. True story.

There are other spouses I know who balance their roles as parents and students as well, and probably much better than I do (I know they have cleaner bathrooms!). My friend Jen is one of them. Her husband is in the Navy as well and we've both commiserated over trying to be everywhere at once, get ready for a homecoming while simultaneously prepping for a class presentation. Oh, and trying to lose that last five pounds that always seems to creep up during deployment. I've had other friends whose cell phones went off during class because of a baby sitter texting a question ... oh wait, that was me. It was also me that had to use the excuse, "I'm sorry but my kids made a paper airplane out of my homework."

It's not shocking that, according to a 2008 Department of Defense report, an overwhelming 87 percent of spouses would like to further their education and develop a portable career, but the cost of education is the reason for not enrolling in school or training. Or maybe it is the constant moving. Or not being able to commit the insane amount of time it takes to be a good student, while being a good mom, while being a good employee and keeping all the plants and animals in the house alive as well. The list is never-ending. And, while there is no easy answer to the issue of POEWAMS (pursuing one's education while a MilSpouse), there is at least one resource I want to shout from the roof-

tops for all my milspouse sisters to take advantage of. The new My Career Advancement Account (MyCAA), is a program that provides a lifetime benefit of up to \$6,000 of financial assistance for military spouses who are pursuing licenses, certificates, credentials or degree programs leading to employment in portable career fields. If you are even thinking of going back to school, please go to their Web site: www.militaryyonesource.com and look around. Same thing if you are already in school. Six-thousand dollars is a lot of tuition my friends. It might not make you dinner or your kids' beds, but it will sure go a long way towards making your educational dreams more attainable. Even if you never get to your campus's caf-

eteria.

Editor's note: Effective immediately, the Military Spouse Career Advancement Accounts program is temporarily halting operations. According www.militaryyonesource.com they are reviewing all procedures, financial assistance documents and the overall program. This pause will not affect approved Financial Assistance documents. They apologize for any inconvenience this may cause. They also ask that you check back for updates.

Vivian Greentree lives in Chesapeake, VA and is the Research Director for Blue Star Families. She is also on the Governor's Commission for National and Community Service. To contact Vivian, send her an e-mail at vgreen00@gmail.com

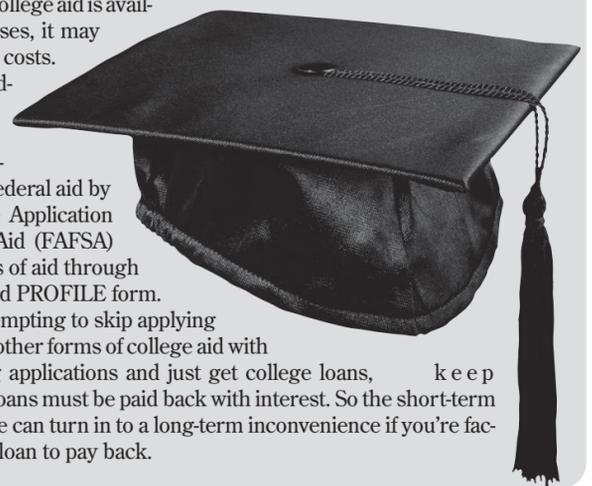
TIP of the week Military Spouses' Education Benefits Tips & Tactics

* Request scholarship applications as soon as you can, ideally at least a year before you start school. Some of these scholarships have lengthy applications and require essays as part of the application, so the earlier you start, the more time you'll have to complete them by the deadline.

* While extensive college aid is available to military spouses, it may not cover all of your costs.

Be sure to pursue additional financial aid like federal aid, state aid and institutional aid. Apply for federal aid by completing the Free Application for Federal Student Aid (FAFSA) form and other forms of aid through the CSS/Financial Aid PROFILE form.

* While it can be tempting to skip applying for scholarships and other forms of college aid with lengthy or confusing applications and just get college loans, keep in mind that college loans must be paid back with interest. So the short-term convenience you have can turn in to a long-term inconvenience if you're facing a 25-year college loan to pay back.



The Homecoming: It's Not You, It's Me... No, Really

BY BIANCA MARTINEZ

There is no better story for me to read from the news desk than the story of a Homecoming.



A Navy wife, loves a homecoming. The nervous feeling you get in your stomach because the love of your life is coming home after four plus months. Will they still like me? Will they be proud of the job I did when they are gone? Will they find me attractive anymore? Are they happy to be home?

Those are just some of the questions that rumble in our heads when they return from a deployment.

We are stressed from balancing home and maybe work. But it is all negated because they have been gone so long that we have had to imagine what life may be like without them. So there were are, waiting to go get them and are totally in love from the absence.



U.S. Navy Photo

Sometimes though, it can be a little different after those shorter, three week trips. You know the ones. The ones that come after the four week trip with the one week home in between, Yes, you know. For some reason those are a little different. They are little rougher because of the quick hello and goodbye again. Again, you are stressed from balancing everything at home, maybe a

job, the dog, whatever.

Stress is spiking because you are doing it all on your own. Then Mommy or Daddy comes home from being away and the kids are so excited to see him or her. They are the hero (which we know is true) but we are just the one that enforces the rules ALL the time. The problem is, our spouse may not have been gone long enough to invoke that euphoric feeling of love and romance.

I am not complaining and saying I would choose a de-

ployment over a quick trip. Just trying to offer some explanation here. I know my hubby can't understand sometimes why I am not permanently attached to his hip when he gets home, rubbing his back, or smothering his face with kisses. Actually for a while, I could not understand either so I wanted to know what was going on. I love my hubby. I miss him while he is gone. So why the slight attitude when he gets home sometimes?

I read a book by Dr. Eva

Let them know you miss them in style!

What if you could let your loved one know just how much you miss them? You Can!

NewsChannel 4 is Taking Action to get your well wishes, hugs and kisses to your loved one serving away from home!

Come out to the Oceana Exchange this Sunday, Feb. 28 from 11 a.m. - 12:30 p.m.. Bring signs, wear special shirts, do whatever you want and we will make sure your personal hero sees it!

E-mail Bianca at bianca.martinez@wtkr.com for

Selhub called, The Love Response and it was en-lightening! So apparently according to the doctor, when we are stressed our body emits a lot of cortisol which essentially blocks the production of Oxytocin (the love and bonding hormone) which in turn can trigger the response that I described earlier. WOW! So see honey, it really is me and not you!

So here is my latest plan. If you feel as though you have lost that lovin' feeling over the course of a trip become conscious of it a few days before your spouse comes home and FIND ways to de-stress from it all. Maybe it's a mani, pedi.

Maybe it's a massage. Guys, maybe it's getting out for a good game or a beer with friends. Putting forth the effort to get ourselves in the right frame of mind can make for an easier transition home.

Oh and hello, it gets us a second away from the little monsters (that we love) and gives us a moment to take care of ourselves. That, my friends is fabulous!

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!



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

Marines open EFM Program office at Portsmouth

BY GUNNERY SGT. A.C. MINK

Marine Forces Command Public Affairs

PORTSMOUTH — Lt. Gen. Richard F. Natonski, Commander, U.S. Marine Corps Forces Command, joined Navy Capt. Matthew Pommer, Naval Medical Center Portsmouth acting commander, in officially opening MARFORCOM's Exceptional Family Member Program Office Feb. 22.

"Marines take care of each other and if we can take care of our families, it will allow our Marines

to do their jobs with less worry and distractions," said Natonski, opening the program. "Having advocates in the area, accessible when they are needed, further supports the families and makes it easier on them."

People traveled from as far away as Quantico, Va. to enjoy the ribbon-cutting. Families and professionals alike, sprinkled with a liberal number of Marines in uniform, toured the new offices and greeted the new EFMP team.

"It's truly about the Marines

and their families - direct contact and direct support; a name and a face and a place of their own," said Karina Phillips, Camp Allen Marine Corps Family Team Building director. Phillips noted that the idea was initially presented by Gunnery Sgt. Charlie House, previously with MARFORCOM, and now the uniformed EFMP advocate for Headquarters Marine Corps. House, who has an EFM, brought it to the attention of the command that families had to travel to Quantico for support. Concerned about the hardship it could place on families, he advocated for an office in the local area.

More than 600 applicants responded to the job listing. Kimberly Carmon-Stanley was selected EFMP caseworker, Mary Benbow is training coordinator, and Kelley Lindroth was selected to provide administrative support for the team.

"We've got the right people for the job, and they are right where they need to be," said Natonski.

Pommer said the NMCP gave up the space willingly because, "the Navy and the Marine Corps



Photos by Lance Cpl. John P. Hitesman

Gunnery Sgt. Charlie House with his wife Melissa and son Haiden. The idea for the EFMP office was initially presented by House, previously with MARFORCOM, and now the uniformed EFMP advocate for Headquarters Marine Corps. House, who has an EFM, brought it to the attention of the command that families had to travel to Quantico for support.

have been one team, one fight since inception." Though the center had to make adjustments to accommodate the EFMP team, Pommer was clear that supporting the families is paramount at NMCP.

"It's easy to do the right thing for good people," said Pommer. "The family members that sup-

port the warriors are the best of them."

The team, which currently has more than 170 to support, are eager to get to work.

"This is so exciting," said Carmon-Stanley. "We are here for the families, and now we just need to ensure that we get the word out that we are open for business."



Navy Capt. Matthew Pommer, acting Naval Medical Center Portsmouth commander, and Lt. Gen. Richard F. Natonski, Commander, U.S. Marine Corps Forces Command, officially open the new Exceptional Family Member office during a ribbon cutting ceremony, Feb. 22, at NMCP.

Portsmouth doctor is outstanding female physician leader

BY MC3 JESSICA POUNDS

Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH — Naval Medical Center Portsmouth Orthopedic Clinic Medical Director Capt. Marlene DeMaio was named the first recipient of the "Building Stronger Female Physician Leaders in the Military Health System" award at the 2010 Military Health System Conference.

DeMaio learned late last year that she would be presented with the new award, which attracted 70 nominations from all branches of the military.

"To even be nominated for this award was a big enough honor for me," said DeMaio. "I am proud that my peers feel that I embody the Navy core values."

The award is designed to recognize outstanding female physicians who have made significant contributions to the practice of military medicine, and who serve as exemplary role models for others. They award also serves as an initiative to attract female physicians into the Military Health System, as more and more women enter and graduate from medical schools.

"Only five percent of those working in the orthopedic field are women," said DeMaio. "This is an increase from when I

was in training when it was only .5 percent."

A panel composed of a female physicians in leadership positions from each branch of the service as well as one female leader from DoD Health Affairs reviewed each nomination package to determine the award winners.

Executive Committee of the Medical Staff at NMCP President Cmdr. (Dr.) Rees Lee submitted DeMaio's nomination, citing DeMaio's professionalism as a cornerstone for the nomination.

"Every day Capt. DeMaio serves as a role model for all physicians at NMCP," Lee said. "She is the consummate example of a 'can-do' spirit and everyone around her recognizes this. To simply note that Capt. DeMaio has been an inspiration to numerous military physicians would be a gross understatement."

Lee added. "She represents the best in military medicine and her extensive list of successes is testament to this outstanding clinician, researcher, mentor and teacher."

DeMaio was commissioned into the Navy and went on to graduate training at Hahnemann Medical College in Philadelphia. She attended postgraduate training at Yale-New Haven Hospital, Louisiana State University and the Cincinnati Sports medicine and Orthopedic Center.

"I chose to work in the orthopedic field because I feel that it is a good position for teamwork," DeMaio said.

DeMaio has previously been recognized for leadership and professional expertise, receiving the "Most Outstanding Senior Woman" award as well as the "Leadership" award from Officer Indoctrination School.

Assistant Secretary of Defense (ASD) for Health Affairs and Acting Director of TRICARE Management Activity Ellen Embry said the award is significant in recognizing the effect female physicians are having throughout the Armed Forces.

"Female physicians are an integral part of the work of the MHS and this award represents our commitment to honor their contributions to military medicine," she said. "This also serves as an opportunity to motivate the next generation of young women physicians."

Portsmouth NMCP Deputy Commander Capt. Craig Bonnema lauded DeMaio's leadership.

"This is a highly prestigious and well-deserved honor," Bonnema said. "DeMaio was selected from a very competitive, elite group of nominees from the Army, Air Force and Navy. We are exceptionally proud of her accomplishments."

For more news from Naval Medical Center Portsmouth, visit www.navy.mil/local/NMCP/.

Vice CNO Greenert reassures military families

BY MC2(SW) MARK LOGICO

Commander Navy Region
Hawaii Public Affairs

HONOLULU — The vice chief of naval operations sent out a Navy message to Navy leaders Feb. 8 regarding the importance of family readiness in the Navy's overall mission.

"As leaders we must ensure we are embracing our Navy family as an essential element to success," said Vice Adm. Jonathan W. Greenert. "They are a part of our Total Force and must be appropriately informed, prepared, networked, resilient and empowered."

In the message, Greenert noted that the Navy has been operating at a relentless pace, unlike any in history. Just like the operational tempo, the stress on the force has been unyielding.

As Naval Station Pearl Harbor integrates with Hickam Air Force Base into Joint Base Pearl Harbor-Hickam, Margaret Scurfield, the director of Fleet and Family Readiness at the Fleet and Family Support Center (FFSC), is working closely with Hickam's Airman and Family Readiness Flight (AFRF) when it comes to military



Photo by MC2 Mark Logico

Air Force 1st Lt. Brandon Wilson, assigned to 15th Communication Squadron at Hickam Air Force Base, and his wife, greet a new addition to their family at Tripler Army Medical Center. Margaret Scurfield, the director for Fleet and Family Support Center works closely with Airman and Family Readiness Flight, an organization committed to supporting Air Force families.

families in Hawaii.

"To be ready for the mission, the family needs to be ready," said Scurfield. "The FFSC and AFRF are available to the families with a multitude of programs that we have."

FFSC's list of programs can be divided into three major categories: Deployment Support, Crisis Response and Career Support and Retention. Each of these categories has more than a dozen of programs geared toward sup-

porting both Navy and Air Force service members.

One of the programs that stand out is the Operational Stress Control training, which aims to teach service members how to recognize signs and symptoms of

stress in themselves and others and how to manage operational stress.

According to Scurfield, there are several stress factors that affect service members in Hawaii aside from the typical deployment or financial stress. Hawaii can feel especially isolating for young families whose service members deploy and whose extended families are on the main land.

Kimberly Wilson, an Air Force spouse who gave birth to a baby boy Feb. 10 at the Army Tripler Medical Center, feels lucky that she has family, friends and her church supporting her family.

Husband/father 1st Lt. Brandon Wilson, assigned at 15th Communication Squadron at Hickam Air Force Base, is thankful for his command and the support he received during the birth of their second child.

"It is truly important to let the leadership know that the Fleet and Family is committed and dedicated," said Scurfield. "Our whole mission is making sure that our families are ready."

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

Specialty career path expansion provides officers greater opportunity



U.S. Navy Photo

The specialty career path has now expanded from the Surface Warfare Officer community to the submarine and aviation communities as well.

PRESS RELEASE

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — Navy officials announced the expansion of the Specialty Career Path (SCP) program Feb. 18 providing greater opportunities for career-minded officers.

"Specialty Career Path has been a truly successful initiative in the Surface Warfare Officer (SWO) community that has allowed the Navy to place highly skilled officers into key Navy mission areas. It is now time to expand this program beyond SWOs and include officers from the aviation and submarine communities," said Rear Adm. Mike Shoemaker, assistant commander of Navy Personnel Command (NPC) for career management.

First developed in 2005, SCP supports the demand for unrestricted line officer expertise in growing and expanding mission areas. While these officers would remain available for parent community assignments as inventory dictates, the sea/shore rotation would be predominantly in their new SCP.

According to NAVADMIN 049/10, the Navy will expand the SCP options to include operations analysis, financial

management, naval operational planner, anti-terrorism/force protection, shore installation management, anti-submarine warfare, mine warfare, missile defense, strategic sealift, and education and training management.

"Benefits and opportunities of selection include some shore commanding officer and executive officer or milestone billets within the specialty area, specialty training and experience, post-graduate education and joint military professional education," said Cmdr. Vincent Segars, assigned to aviation commander assignments at NPC. Segars and several others have been part of a working group for SCP expansion.

"It is an exciting program for the Navy because it allows us to focus our manpower distribution to individual desires and the needs of the Navy through a board selection process," said Segars.

For more information, eligibility and application procedures, review NAVADMIN 049/10 and visit <http://www.npc.navy.mil/Officer/SPECIALTYCAREER-PATH.htm>.

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

Sometimes you have to go far to find talent

Naval Mobile Construction Battalion 74 Afghanistan found some of their Seabees had talent — and some didn't

BY MC1 RYAN G. WILBER

Naval Mobile Construction Battalion
(NMCB) 74 Public Affairs

HELMAND PROVINCE, Afghanistan — On Saturday February 13, Naval Mobile Construction Battalion (NMCB) 74 presented a singing competition to the battalion's Main Body fashioned after the popular American television program "American Idol," and it was a resounding success.

The Morale, Welfare and Recreation event came just after the six-month mark of the battalion's Afghanistan deployment supporting Operation Enduring Freedom. According to NMCB 74's Executive Officer Lt. Cmdr. Tom Lyons, the competition was planned to offer the battalion some entertainment and relaxing camaraderie after six months of daily hard work.

"It has been a long and arduous deployment. We work long hours out here day in and day out and there isn't a lot of down time where you can just sit back, laugh, forget where you are at and have a good time. Although there was a lot of work and coordination involved with setting up the event, all the pieces fell perfectly into place. The auditions were hilarious, the judges played the part perfectly, and the contestants' talent was memorable," said Lyons.

Nine contestants participated in the competition. Most sang to a supplied track or used the MWR karaoke machine, while a multi-talented few sang original songs and played their own instruments. Not every contestant was a serious competitor however. A few were out solely for comedic relief. A video presentation of parody auditions, which elicited much laughter from the audience, was shown before the competition began.

Vote ballots from the audience were collected and counted directly after the last performance, and Construction Mechanic Con-



Photo by MC1 Ryan G. Wilber

Lt. j.g. Darren Sablan, from Sinjana, Guam, assigned to Naval Mobile Construction Battalion (NMCB) 74, Supply Department, performs during the battalion's "Afghanistan Idol" Morale, Welfare and Recreation event held on Camp Krutke, Afghanistan. The competition, fashioned after the popular American television program "American Idol," served as welcome entertainment for the Seabees of NMCB 74 deployed to Afghanistan.

structionman Steven Lewis from Boise, Idaho was named the winner. His prize was one full day off work.

"It was a good experience. If someone asked me to do it again even without a prize, I'd be like 'yeah.' The reward of playing in front of people was good enough. Afterwards it felt good enough that I was satisfied, and even if I didn't get the day off then forget it. It was still fun to play," said Lewis. "It kind of turned into a bigger experience. It was cool. I liked it. It was awesome, and it cheered me up a little bit seeing everybody getting into it."

Victorious or not, fun was had by participants and spectators

alike. Many Seabees said that "Afghanistan Idol" was the best MWR event they had ever witnessed.

"I can honestly say that in my entire naval career for the past

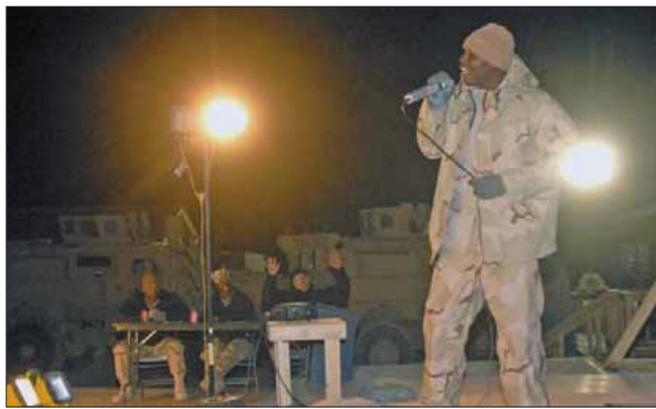
came at a perfect time. After the extension everyone was feeling a little down. I just think it was great timing on the command's part, it was a great idea on the command's part, and I think everyone

responded really well to it. I know I did."

"I thought it was a lot of fun and put together really well. I had a good time. It was one of the best MWR events I've been to. It was fun and what the command needed," said Utilitiesman Construction-

man Apprentice Jackie Bartz.

"It raised [the morale] a lot. A lot of people were laughing and had a good time there," said Construction Mechanic 3rd Class Anthony Szymanski.



Constructionman Woodman Fleurizard, from Port-au-Prince, Haiti, assigned to Naval Mobile Construction Battalion (NMCB) 74, Charlie Company, performs during "Afghanistan Idol" held on Camp Krutke, Afghanistan.

four years, this is the most fun MWR event I've ever been a part of or even witnessed. This was the best, definitely," said Utilitiesman 3rd Class Josh Ledestich, "Afghanistan Idol" participant. "It

The event was coordinated by NMCB 74's MWR Officer Chief Culinary Specialist Billy Hill, who worked with numerous people over a month's time to get the stage set and the participants lined up, while Mass Communication Specialist 2nd Class Michael Lindsey ran the competition's audio visuals. A pre-show barbecue provided by the Supply Department, cooked and served by battalion volunteers, offered the Seabees a chance to socialize comfortably before the competition began.

"Food is always an attention grabber. Especially with the extension, anything that brings the troops together for relaxation and prelude to a nice event; it works. People love food. People love to eat, and they could be relaxed in their PT gear," said Construction Electrician 2nd Class Kelton Mortis.

A fun and entertaining evening was had by all in attendance of the event. Spirits were raised through laughter and camaraderie, while members of the battalion got a chance to showcase their various talents and even when a couple prizes.

Based upon its success, it is very probable that NMCB 74 will host a similar event in the future, and Lyons plans to recommend events similar to "Afghanistan Idol" to other deployed Naval Construction Force battalions.

"I would definitely do it again, and I'm actually planning to discuss this event with my fellow executive officers in the other Seabee battalions. It is hard to measure the impact that an event like this has on the battalion, but from my perspective, it is exactly what the battalion needed at this point in deployment. And in five or 10 years when the Seabees think about their tour in Afghanistan, along with all the great construction they accomplished this deployment, I believe they will also remember Afghanistan Idol and the fun we had last Saturday night," said Lyons.

EOD IA trains coalition forces on sensitive site exploitation

**STORY AND PHOTOS BY
SPC. RY NORRIS**
*CP South, 3rd Infantry
Division Public Affairs Office*

DIYALA, Iraq — Two explosive ordnance disposal teams stood in the room, each with a specific task to complete. Their instructors, one for each team, stood ready to assist if needed. The teams had smiles that stretched from ear to ear, itching to begin the search. As one instructor turned off the lights to begin the practical application of the course, one team used a flashlight to find hidden clues while the other team waited their turn.

Explosive ordnance disposal teams have an important role. For every improvised explosive device or bomb arrest they make, there is one less insurgent on the street.

Iraqi Army Bomb Disposal, Field Engineer Regiment, 5th Division, partner with U.S. forces weekly to continue their EOD training in a Sensitive Site Exploitation course at Forward Operating Base Warhorse.

Sensitive site exploitation refers to the process conducted by a specialized team on a site that has been deemed “sensitive,” or contains vital information. EOD will exploit a site after the detonation of an explosive device. The process entails the collection of remains, or evidence, that are carefully examined to establish a case file to find or to prosecute personnel involved in its’ creation.

Navy Petty Officer 2nd Class Ryan Gregory, an explosive ordnance disposal technician with the Explosive Ordnance Disposal Mobile Unit 12, Company 1, Platoon 2, is the lead instructor for the SSE course. His unit worked with the IA for four months.

“These guys are already EOD trained. This course was



basically designed to further expand their knowledge,” Petty Officer 2nd Class Ryan Gregory said.

Taught by two instructors with the help of an interpreter, the course includes post blast analysis, documenting fingerprints, dusting for fingerprints and executing latent lifts, a technique used to recover fingerprints.

Fingerprints of detainees are taken for two reasons: to document their offence and to see if their prints match an on-going case. The IA were taught the importance of fingerprints and preserving the integrity of sensitive sites during the four day course. Once an EOD technician diffuses an improvised explosive device, he can “lift” the fingerprints found on it to input into a database. When a suspect is detained, his fingerprints can be analyzed to see if it’s a match to the IED.

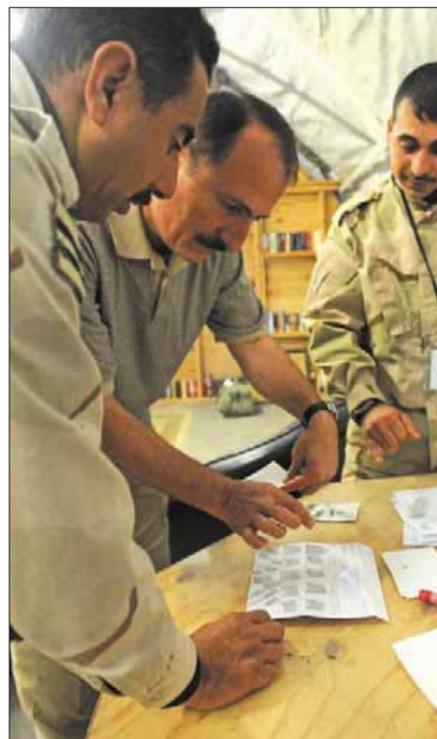
Staff Sgt. Jennifer Garcia, with the Weapons Intelligence Team 12, 203rd Military Intelligence Team Battalion, Task Force Troy, is an instructor for the course. She explained that in the past when the IA gathered evidence, they relied on the U.S. military to complete the process.

“We are preparing them for the eventual withdrawal of U.S. forces,” said Garcia.

The course is instrumental in assisting the IA to create a safer Iraq.

“I’d like to thank the (U.S. forces) for their support regarding the training and supplies they’ve given us. I have learned how everything comes together like a mystery to solve,” said Iraqi Army Sgt. Muhsin Wahab with Company 1, Bomb Disposal unit.

“What you see here is just a small piece,” he said, while pointing to the explosion site.



Above: Iraqi army Sgt. Muhammed Dhahoooy Henwan Al-Khaledi, with Company 1, Bomb Disposal, Field Engineer Regiment, 5th Division, is conducting a latent lift during a sensitive site exploitation course at Forward Operating Base Warhorse, Feb. 11. Executing latent lift is a technique used to recover prints from an object.

Left: Sabah Georges, an interpreter attached to U.S. Navy Explosive Ordnance Disposal Mobile Unit 12, translates how to examine and compare fingerprints to Iraqi army Lance Cpl. Fo’ad Obead Kanser Al-Jerwani, with Company 1, Bomb Disposal, Field Engineer Regiment, 5th Division, and Lance Cpl. Sa’ed Ne’mah Majhool Al-Jeboori with Company 2, during a SSE course.

Only one way to conquer, one step at a time

Military should think about taking the stairs at the workplace, as a small prequel to the challenge of a 100 flights

STORY AND PHOTOS BY
MC1(AW) TIM COMERFORD
The Flagship Staff

NORFOLK — Old Dominion Tower stands at the heart of Norfolk City Center. The largest structure in Norfolk, it dominates the downtown skyline and is clearly visible as you approach the city. Now it's time for the military of Hampton Roads to dominate the tower. The Up Center is staging a stair climbing event at the tower to raise money and awareness of their support for the community, April 25. The stair climbers will raise money for the center through sponsorship.

The Up Center (formerly known as Child and Family Services of Eastern Virginia) is an area non-profit organization that provides many of the services for civilians that the Fleet and Family Service Center does for the military including mentoring programs, adoption services, financial education, group therapy and family and individual Counseling.

"We are having a stair climbing event with all proceeds to benefit the Up Center. It's 25 stories and you can enter competitive or non-competitive. For competitive you have the option of climbing once or twice," said Mary Rogelstad, director of communications for the Up Center.

Sounds too easy? Maybe it is. The military thought it was, so coast guardsmen decided to increase the amount of climbs to four. Now military have their own special category for the climb.

To test the military-worthiness of the climb two teams of Coast Guard Sailors made a practice run in the building, Feb. 17. Teams climb from the first floor to the 25th floor then take the elevator down. This mitigates the chances of injury during descents.

"A number of our mentors within the Team-up program (originally Big Brothers and Big Sisters of South Hampton Roads) are active-duty military. It was natural for us to want to bring in the military, starting with our mentors," Rogelstad said.



Doesn't look like too much exertion does it? Now think of that exertion times 200. That is the challenge. Professional stair climbers (yes there are people that do this professionally) can climb 25 floors in two minutes.



Coast Guard Boatswain's Mate 1st Class Jeffrey Stieger and Maritime Enforcement Specialist Chief Sean Arndt from Training Team East take the time to rest and stretch as they wait for the elevator after the second climb.

The teams were happy to help out the center.

"It's a good event — you get people out to exercise," said Coast Guard Maritime Enforcement Specialist 1st Class Andrew John Lloyd, team leader for the Maritime Security Response Team.

"I wanted to get the Up Center some recognition," said Coast Guard Gunners Mate 1st Class

David Figueroa, team leader for Training Team East from Portsmouth, Va. "They really deserve to get their name out there and get some more recognition in the community."

The teams showed up in good spirits and physically ready.

"Climbing stairs isn't something that we usually do for PT (Physical Training), so this is go-

ing to be interesting," Figueroa said. "It is going to be a workout for sure."

The teams rushed the stairwell at the start and learned a harsh lesson. The pace that they set left them gasping for air as the teams finished out their first climb coming in singly with large gaps between the team members.

The second climb the teams

were a little slower but the climb was starting to have its toll on them as they ascended the stairs there was much less talking between them. As they finished the groups were closer.

As they started the third climb the teams were starting to band together — the pace set

Continued next page

THE CHALLENGE

Dominion Tower

Height: 26 stories
Building Exterior: Steel and granite construction with floor to ceiling insulated glass panels

Dominion Tower is an office tower built in 1987. The Property has a 360-degree view of the Elizabeth River and the Norfolk skyline. The Property is generally considered the preeminent office tower in the area with access located at the entry to the city's major highway, Interstate 264. It is located in downtown Norfolk, the primary financial district for the Hampton Roads region of Virginia.



The history of The Up Center can be traced back to 1883 when economic hardships led to the creation of Norfolk United Charities.

This agency aimed to provide financial assistance and reduce homelessness and poverty. It had three organizations that worked to achieve its goals: the Family Welfare Association, the United Colored Charities and the Society of the Prevention of Cruelty to Children. The third organization for children laid the groundwork for what would become a long record of helping our youth, a tradition which continues today. Other programs, though, came and went as the changing times warranted.

In the early 1900's the agency focused on the needs of abandoned women with children. Concerns about them led to the establishment of the Travelers Aid Society, which protected traveling women and girls. World War II would bring about changes to the mission of the society and at the end of the war, a merger created Family Services of Tidewater.

Family Services of Tidewater brought together the United Colored Charities of Norfolk, the Family Welfare Association and the Children's Bureau.

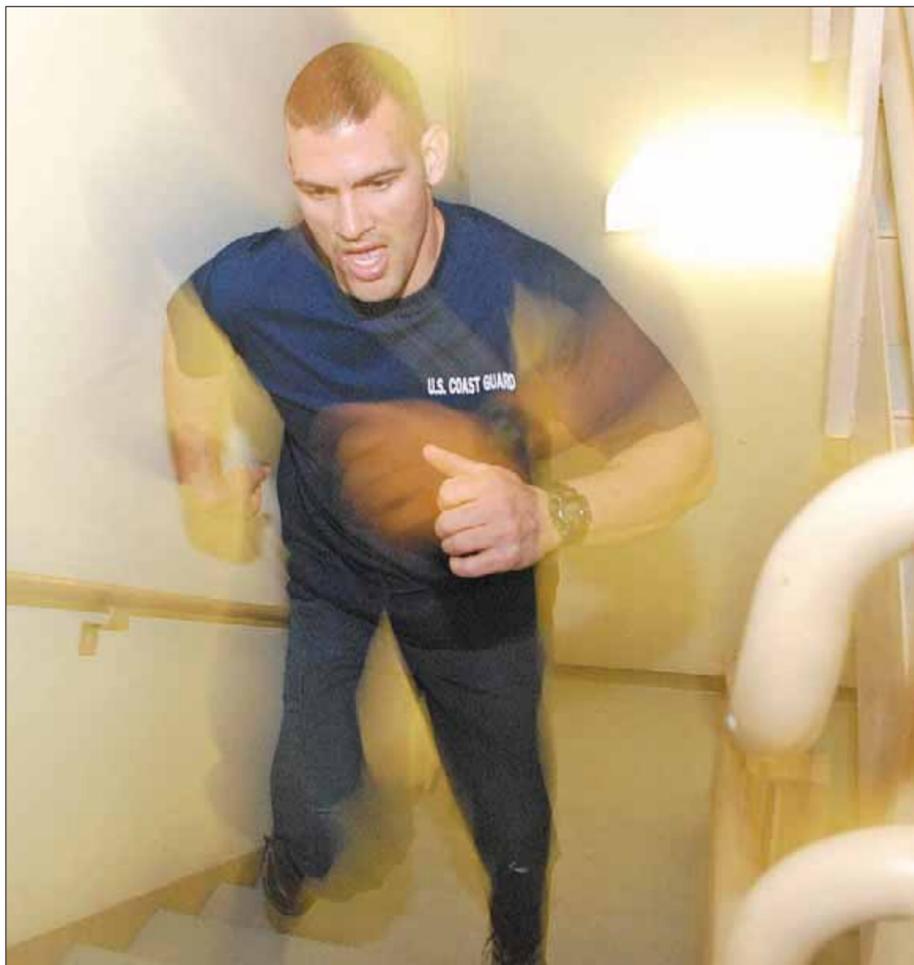
In 2004, a landmark merger brought Family Services of Tidewater (organized in 1883) and Child & Family Services (founded in 1959) together to form Child & Family Services of Eastern Virginia. Four years later, in 2008, they changed the name to The Up Center. Today we continue the work of our ancestors by responding to the needs of our community's most vulnerable children, families and individuals. Through our commitment to results and integrity, every year we give a hand up to 10,000 people in Eastern Virginia, unlocking the promise of our community.

Climb the tower

Don't let the call go unanswered

Teams and single members can register for the Step Up for the Up Center event in either the competitive or noncompetitive categories.

To register visit www.theupcenter.org and click on the "Step Up for the Up Center" button. Registration for the event is \$25 noncompetitive or \$35 competitive. Team categories include military, cooperate and Youth. For more information you can also call the Up Center at 640-8402.



Above: Coast Guard Maritime Enforcement Specialist 1st Class Ward Parsons finishes strong on the second climb. Left: An elevator takes climbers down to avoid an unnecessary injuries.



Photos by MC1(AW) Tim Comerford

Floor 22 on the thrid time around is a lot harder than the first.

Continued from previous page

was much less of a rush and more of a steady determined hike. But as they reached the top it was apparent the climb was leaving dark stains on their previous bright enthusiasm.

"Two was good, three is a little intense," Figueroa said. "I feel it in my legs and my chest from breathing."

"I definitely feel it in my legs," Lloyd agreed. "Four is definitely do-able but it will be a big challenge."

After Climb three one team had to leave for work and the other team was looking at calling it a day. Until Chief Maritime Enforcement Specialist Sean Arndt said he would try a last climb. Then the team leader joined in.

"I have made it three times so far," Figueroa said with a weary tone. "I be-

lieve I will try it for the fourth."

Cheers from the small audience watching their climb rang out.

"I can't let him show me up," Figueroa explained. "If he can hang with four, I will try four."

As they climbed that last set of stairs the task that just a short time before seemed like something done for fun became a sticking point for the team. Even a member who was going to stay behind mustered the endurance for one more run.

And as they crossed the finish line on that fourth set of stairs their sweat soaked shirts and smile told that they had indeed accomplished something today. As they left the tower behind they had one question.

"Where is the Navy and the Marine Corps?"



Above: Maritime Enforcement Specialist Rene Gonzales gives a smile as he completes the fourth set of stairs, completing the run as it be during the day of the Step Up for the Up Center stair climb on April 25.

Left: While not apparent at first, gripping the hand rails becomes an integral part of the climb. Even the professionals use the extra leverage and the strength of their arms to accelerate the climb.



NMCB 74 Details improve conditions, quality of life in Afghanistan

PRESS RELEASE

Naval Mobile Construction
Battalion 74 Public Affairs

HELMAND PROVINCE, Afghanistan — The Seabees of Naval Mobile Construction Battalion (NMCB) 74 are faithfully following in the footsteps of Naval Construction Force history as they prepare the way for the war fighters of Operation Enduring Freedom (OEF), just as the Seabees have been doing since their inception during World War II.

Although NMCB 74 maintains a 21 acre main body site in the Helmand Province of Afghanistan on Camp Leatherneck, construction

support is required throughout the country. In order to support the mission of OEF in Afghanistan, the battalion dispatches details which support remote operations by constructing facilities that increase efficiency.

A detail's primary mission is to improve conditions of forward operating bases (FOBs) and command outposts (COPs). They accomplish the mission by forming secure perimeter berms and guard posts, forming foundation pads, building wood structures and creating roads that ease travel.

"We are there to establish first, initial operational capability, and then final op-

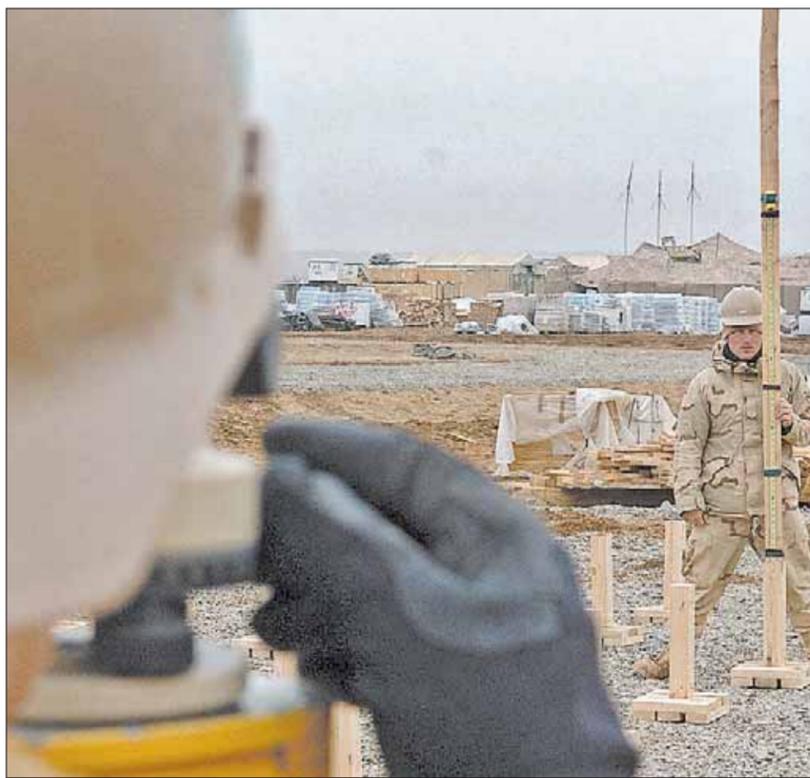
erating capability of the FOB. That includes putting [Marines] in structures that can withstand the weather, building up the roads so they can maintain mobility on their FOBs, and establishing freedom of movement in the FOB," said Operations Officer Lt. Cmdr. Omarr Tobias.

Planning is paramount for successful construction operations at detachment sites. Often many miles must be traveled to deliver equipment and materials from the main body site to a detail, and according to Builder 1st Class David Fahy, Detail Payne assistant operations officer and a project supervisor, if you run short on something you are pretty much out of luck.

"Lots of planning is involved. We have to get the materials and tools there so we can build, the equipment there so we can work, and the people and the life support for the people there, including tents, generators and environmental control units so we can live. It all requires planning; loading, moving, and security to get there and back," said Tobias.

Seabees have traditionally gone ahead of combatant troops to prepare an area where an offensive can be launched easily and effectively, and while they themselves are trained and focused on defensive combat Seabees demonstrate a respect and appreciation for those who take the fight to the enemy. That appreciation is expressed through the quality of their construction.

"This was doing work for the Marines who were actually out there, war fighters, trigger pullers. It was great. They were very happy with the results, very happy about us being there, and constantly commenting on the high quality of work we were doing. It was a very rewarding



Steel Worker Constructionman Brandon Wilson (left) and Steelworker Constructionman Caleb Baker, both assigned to Naval Mobile Construction Battalion (NMCB) 74, Detail Payne, use surveying equipment to ensure support piers for a Southwest Asia hut being built at Command Outpost Payne, in Southern Afghanistan, are level before vertical construction begins.

process working and doing jobs for somebody who really had a high profile, and meant a lot to upgrade their operations," said Engineering Aid 2nd Class Erik Kennerson, Detail Geronimo and lead surveyor and quality control supervisor.

Although improving conditions at a FOB or COP for ease of combat operations is a detail's primary mission, improving quality of life for the service members using the facility is important as well. Having comfortable facilities in which to eat and sleep, make a phone call home, or just relax while playing a game can go a long way toward sustaining the morale of the Marines returning from the front lines.

"This is going to be like Leatherneck for a lot of the Marines; a place to come back

after being out in the field where there is a nice berthing, phone and recreational facilities, and a dining facility to have a nice hot meal. We're in direct support of that by throwing gravel on the road, getting them out of the moon dust, and prepping the [foundation] pad. Building the wooden structures [for the Marines] is a lot nicer than them living in a tent," said Chief Construction Electrician Joseph Johnson, Detail Payne assistant officer-in-charge and operations officer. "We are supporting the war fighter by building these nice facilities, giving them a nice place to enjoy some luxuries."

Construction operations for a detail in a remote area can be quite different and inherently more dangerous than operations at the main body site due to its small size

and close proximity to hostile forces. According to Builder 3rd Class Dennis Dardano, a Detail Fiddler's Green crew member, the FOB perimeter seems almost close enough to spit on no matter where you are working. Situational awareness is paramount and a security plan is always in place.

It takes planning not only get a detail to a project site and carry out the mission safely, and it takes planning to get one back safely as well. Tobias states that his plan for their safe return and the return home of the battalion as a whole, is more than just a plan; it is a mission.

"My mission is to finish the deployment strong and bring everyone home with 10 fingers and 10 toes, sound mind and body, just the way we left," said Tobias.



Photos by MC2 Michael Lindsey

Builder 1st Class David Fahy, assigned to Naval Mobile Construction Battalion (NMCB) 74, Detail Payne, ensures support piers for a 16 foot by 32 foot Southwest Asia hut being built at Command Outpost Payne located in Southern Afghanistan, are correctly spaced. Detail Payne is one of several detachments from NMCB 74 performing contingency construction operations in remote areas throughout Afghanistan.

SUICIDE: Navy reaches out to families for help

Continued from page A1

tial debt are clearances in jeopardy," said Chavez.

Navy officials are examining ways to eliminate other potential barriers to using needed psychological services and removing obstacles that hinder successful reintegration of Sailors in to the command, according to the NAVADMIN.

Education and training of Sailors, leaders and family members is a focus for 2010. According to the message, the Navy's Operational Stress Control program is becoming the cornerstone for all Behavior Health and Readiness efforts, including suicide prevention. Efforts this year will focus on improving family outreach, optimizing the interface between command leadership and medical treatment pro-

viders, and continue to build a network of trained suicide prevention coordinators. The training will highlight the tools and techniques needed to build psychologically resilient Sailors, which can help them, their families, and commands successfully navigate through stressful times.

"Reaching out to families is important, said Chavez, because family members are often the first to notice a concern. We must educate our families on warning signs, risk factors for suicide and how to access helpful resources. We also need to develop the relationships and a connection between commands and families before a crisis occurs," said Chavez.

For information read NAVADMIN 054/10 or visit www.suicide.navy.mil.

FORCES: Military dials back

Continued from page A1

ti, saying conditions in the country would determine the response.

"As we look at our military requirements in supporting [the U.S. Agency for International Development] and the government of Haiti," Keen said, "we're dialing it back where unnecessary as we right-size the force as requirements are needed on the ground, and we're dialing it up where it's necessary, based upon the needs on the ground."

Keen estimated military operations to date have totaled about \$250 million.

As of yesterday, U.S. military forces had delivered more than 2.6 million bottles of water, 2.2 million food rations, 15.1 million

pounds of bulk food and 125,230 pounds of medical supplies into Haiti.

In addition to running ongoing humanitarian assistance missions, Keen said U.S. forces also are assisting in procuring shelter for Haitians affected by the earthquake. Troops also are working to provide medical care, removing rubble from damaged sites and assisting in engineering and logistics.

Keen said the U.S. military is working under USAID, the lead American component, and alongside partners such as the United Nations.

"So we will continue to be involved in those two entities until [operations are] completely transferred to either the government of Haiti or other organizations," he said.

CRASH: Commodore lauds rescuers heroes



Photo by MC2 Kristopher Wilson

An MH-60S Sea Hawk helicopter (like shown) went down on Feb. 18 at 1 p.m. in West Virginia. Though some crew members sustained minor injuries bruises and fractures, all 11 members survived the crash. The cause of the crash is under investigation.

Continued from page A1

al Guard personnel and two Marines. Nine of the passengers have been treated and released at Elkins Medical Facility, and one is currently inbound to Elkins. Three have been admitted for treatment and four are being transported to UVA Trauma Center in Charlottesville.

Schreiber lauded the heroic efforts of the crew and passengers, as well

as the rescuers first on the scene.

"I'd like to thank the West Virginia National Guard and the local responders for their heroic work. Their efforts were extraordinary and took place under the most difficult of situations," said Schreiber. "The rescuers had to traverse more than three miles from the nearest road through heavily wooded and mountainous terrain to reach the crash site. A special thanks to the

Snowshoe Mountain Ski Resort for providing Snowcats that enabled first responders to reach the site."

The crew spent the night on the mountain and waited for rescuers to reach them, but they were prepared to weather the adverse conditions.

The cause of the crash is currently under investigation.

For more news from Commander, Naval Air Force Atlantic, visit www.navy.mil/local/comnavairlant/.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

February 25, 2010



NMCRS isn't looking for more donations, they're looking for more people to donate

BY MC1 TIM COMERFORD

The Flagship Staff

NORFOLK — Last year Navy-Marine Corps Relief Society (NMCRS) of Hampton Roads leant nearly \$7 million in support of Sailors and Marines. This year support looks to be as much or more. That doesn't worry Kathy Nelson, Director, Navy-Marine Corps Relief Society, Norfolk. What worries her is the donations.

"We assisted more than 13,000 cases last year. While we have been helping more than ever, the amount of contributions remains the same," Nelson said. NMCRS has been receiving a steady \$1.5 - \$1.7 million a year from service members and retirees.

While NMCRS doesn't expect people to provide more money in the economically trying times they think that more people should be able to give.

"Our motto for the drive this year is 'It's not about

Sailors and Marines giving more, it's about more Sailors and Marines giving," Nelson said. "If every service member in Hampton Roads gave \$5 a month - just the price of one cappuccino or mocha in a month - we would be doing great."

This Naval Facilities Engineering Command (NAVFAC) Atlantic Commander Rear Adm. Kevin R. Slates is acting as chairman for the regional fund drive.

With its 106 year history the NMCRS is about Sailors and Marines helping out their fellows.

"The NMCRS started out to provide for the needs of widows and orphans," Nelson said. "There were no survivor benefit plans back then or medical to accommodate those families - the society bought beds in hospitals and then founded the visiting nurse program in order to have nurses go out and

See NMCRS, B9

NWS Yorktown celebrates African American Heritage

BY MC3 RYAN STEINHOOR

Navy Public Affairs
Support Element East

YORKTOWN - The singing of Amazing Grace accompanied by harmonic tones and drum beats from the Gospel Tones/Rising Sun Inspirational Choir reverberated around the room as Naval Weapons Station (NWS) Yorktown kicked off its celebration of Black history month.

NWS Yorktown holds an annual celebration to commemorate African Americans who overcame many difficulties and made significant contributions to the United States and its Armed Forces.

"It is one event that the command has been able to do together, and ties right in with my command philosophy of teamwork, loyalty, and dedication," said Capt. Bette Bolivar, NWS Yorktown commanding officer. "It's very spiritual, uplifting and rewarding to share this event with the local community."

This year's theme was the

history of black economic empowerment, remembering those who built something out of nothing and went on to be leaders in both their community and in the economic world.

Culinary Specialist 2nd Class Shakira Wint, NWS Yorktown galley records keeper, read a speech by Madam C. J. Walker, an influential woman who made a name for herself by developing and marketing a successful hair care product line.

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

This will be Bolivar's last Black History Month celebration at NWS Yorktown, but she will be taking a lot with her from the experiences she had while



Photo by SN Scott Pittman

Members of the Rising Sun Inspirational Choir and the musical group The Gospel Tones perform at a Black History Month celebration Feb. 18 at Naval Weapons Station Yorktown. Members of the choir wear traditional African clothing during the celebration to boost the spirit of the event.

serving as the commanding officer.

"It's kind of sad to leave be-

cause every year they bring me soul," said Bolivar. "I'll be taking the memories to my next com-

mand along with the education and knowledge I've received by participating."

Remembering the heroes close to our hearts

The Flagship's Heroes at Home allows spouses to take the spotlight of military commands, community

Military spouses are unsung heroes. Heroes that maintain the home-front during lengthy deployments, selflessly give to their communities through volunteer work, and provide moral support for their loved ones serving at home and in harms way. At the same time, many spouses hold down full time jobs and raise families. While service members are rewarded for superior job performance with medals, promotions and ceremonies, the military spouses generally only receives a kiss and a "thank you" from their significant other.

The Flagship Military Newspaper has been changing that. In 2005 The Flagship launched Heroes at Home: The Military Spouse Awards™ recognizing the



sacrifices that military service member's spouses make at home and in the community every day while the military service member is doing their job.

2010 is the sixth year of this landmark event. The Hampton

Roads community will come together to recognize spouses of service members from the Air Force, Army, Coast Guard, Navy and Marine Corps. The Military Spouse Awards give the military and civilian communities an

opportunity to show their appreciation for and to recognize our military spouses for the challenges they overcome every day. This event, the only regional event in the country that honors military spouses from all branches of the Armed Services, is a very highly regarded event that has even captured the attention of the White House. Our 2007 and 2008 finalists were invited to a reception at the White House honoring military spouses and our 2007 Spouse of the Year, Linda Port, went on to receive the President's Volunteer Service Award. Our 2009 Spouse of the Year, Michelle Galvez, was chosen to meet with Michelle Obama when she visited Tidewater this past July.

The 2010 Military Spouse of

the Year will be chosen from nominees across all branches of the military throughout Hampton Roads. Nomination forms are available online at www.flagshipnews.com for the next six weeks.

A judging panel consisting of members of the Hampton Roads business community as well as the Armed Services review the nominations and select 10 finalists, one of whom is named the 2010 Military Spouse of the Year. All nominees will be honored at luncheon and formal awards ceremony on May 6. The finalists and Spouse of the Year will be announced at this luncheon.

For more information please contact Adair Wells, event coordinator, at 222-5375.

SPOUSE SPEAK! Back to school can be humbling

BY VIVIAN GREENTREE

Humbling experiences come in all shapes and sizes, sometimes when you least expect them. Like when you are having a disagreement with someone and they bust out an apology so easily, it makes you wonder why you can't be the bigger person more often. Or when you go to a theme park with your kids and a 10 year-old has to tell you how to get through level one of the Magic Quest. Most recently, however, it was when I decided to meet a friend for lunch at the cafeteria of Old Dominion University and I had to ask other students, who are probably closer to my kids' ages than my own, to tell me where to find the silverware, where to stand in line, and how the drink machine works. Talk about feeling like the older generation. I might as well have asked them what those new-fangled small boxes that play music are.

Although it is my third year of course work, that was, indeed, the first time I've braved the cafeteria (at my college, all those years ago, we called them dining halls. Just hanging out in the food court portion of the Webb Center is a little overwhelming - all those skinny jeans, scarves, and Apple products (the computer company, not the food). I remember bringing my oldest son, then four, with me when I got my student ID. A much different experience, to be sure, than when I did the same thing as a college freshman. Back then I was scouting out potential dates, now I was scouting out potential poties for my child, who always waits till the most inopportune time to tell me he has to "go."

The truth is, though, the "mom" in me doesn't shut off when I enter the classroom. And, being that it is a public administration program and I have a great interest in public service motivation, neither do the veteran or military spouse facets of my life. I think it makes me a better student though, to have had these experiences with which I can filter new information and make the whole learning process more meaningful. And, I know my classmates appreciate the muffins

I bake with my kids and bring in to share (my oldest equates this with snack time at his own school).

Having a family, raising a family, while pursuing higher education, is not an easy thing to do. The added aspect of living in a military household adds an interesting twist as well. Long stretches of single parenthood while conducting research sometimes leads to sentences like, "probabilistic equivalence is achieved through sandwiches for dinner..." That little nugget of genius happened while I was trying to write a study review while watching my kids play outside and, apparently, taking orders for dinner. True story.

There are other spouses I know who balance their roles as parents and students as well, and probably much better than I do (I know they have cleaner bathrooms!). My friend Jen is one of them. Her husband is in the Navy as well and we've both commiserated over trying to be everywhere at once, get ready for a homecoming while simultaneously prepping for a class presentation. Oh, and trying to lose that last five pounds that always seems to creep up during deployment. I've had other friends whose cell phones went off during class because of a baby sitter texting a question ... oh wait, that was me. It was also me that had to use the excuse, "I'm sorry but my kids made a paper airplane out of my homework."

It's not shocking that, according to a 2008 Department of Defense report, an overwhelming 87 percent of spouses would like to further their education and develop a portable career, but the cost of education is the reason for not enrolling in school or training. Or maybe it is the constant moving. Or not being able to commit the insane amount of time it takes to be a good student, while being a good mom, while being a good employee and keeping all the plants and animals in the house alive as well. The list is neverending. And, while there is no easy answer to the issue of POEWAMS (pursuing one's education while a MilSpouse), there is at least one resource I want to shout from the roof-

tops for all my milspouse sisters to take advantage of. The new My Career Advancement Account (MyCAA), is a program that provides a lifetime benefit of up to \$6,000 of financial assistance for military spouses who are pursuing licenses, certificates, credentials or degree programs leading to employment in portable career fields. If you are even thinking of going back to school, please go to their Web site: www.militaryyonesource.com and look around. Same thing if you are already in school. Six-thousand dollars is a lot of tuition my friends. It might not make you dinner or your kids' beds, but it will sure go a long way towards making your educational dreams more attainable. Even if you never get to your campus's caf-

eteria.

Editor's note: Effective immediately, the Military Spouse Career Advancement Accounts program is temporarily halting operations. According to www.militaryyonesource.com they are reviewing all procedures, financial assistance documents and the overall program. This pause will not affect approved Financial Assistance documents. They apologize for any inconvenience this may cause. They also ask that you check back for updates.

Vivian Greentree lives in Chesapeake, VA and is the Research Director for Blue Star Families. She is also on the Governor's Commission for National and Community Service. To contact Vivian, send her an e-mail at vgreen00@gmail.com

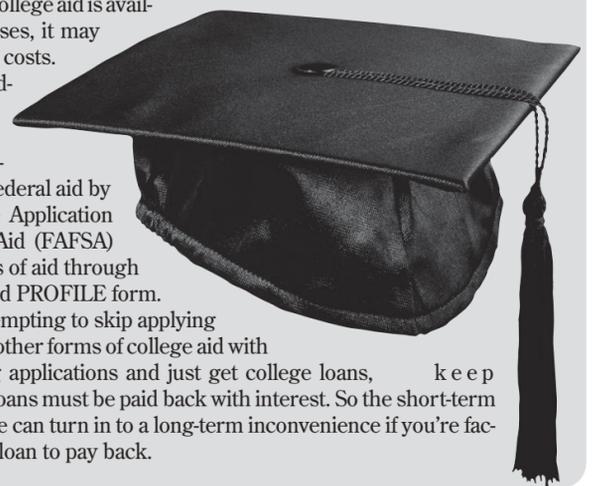
TIP of the week Military Spouses' Education Benefits Tips & Tactics

* Request scholarship applications as soon as you can, ideally at least a year before you start school. Some of these scholarships have lengthy applications and require essays as part of the application, so the earlier you start, the more time you'll have to complete them by the deadline.

* While extensive college aid is available to military spouses, it may not cover all of your costs.

Be sure to pursue additional financial aid like federal aid, state aid and institutional aid. Apply for federal aid by completing the Free Application for Federal Student Aid (FAFSA) form and other forms of aid through the CSS/Financial Aid PROFILE form.

* While it can be tempting to skip applying for scholarships and other forms of college aid with lengthy or confusing applications and just get college loans, keep in mind that college loans must be paid back with interest. So the short-term convenience you have can turn in to a long-term inconvenience if you're facing a 25-year college loan to pay back.



The Homecoming: It's Not You, It's Me... No, Really

BY BIANCA MARTINEZ

There is no better story for me to read from the news desk than the story of a Homecoming.



A Navy wife, loves a homecoming. The nervous feeling you get in your stomach because the love of your life is coming home after four plus months. Will they still like me? Will they be proud of the job I did when they are gone? Will they find me attractive anymore? Are they happy to be home?

Those are just some of the questions that rumble in our heads when they return from a deployment.

We are stressed from balancing home and maybe work. But it is all negated because they have been gone so long that we have had to imagine what life may be like without them. So there were are, waiting to go get them and are totally in love from the absence.



U.S. Navy Photo

Sometimes though, it can be a little different after those shorter, three week trips. You know the ones. The ones that come after the four week trip with the one week home in between. Yes, you know. For some reason those are a little different. They are little rougher because of the quick hello and goodbye again. Again, you are stressed from balancing everything at home, maybe a

job, the dog, whatever.

Stress is spiking because you are doing it all on your own. Then Mommy or Daddy comes home from being away and the kids are so excited to see him or her. They are the hero (which we know is true) but we are just the one that enforces the rules ALL the time. The problem is, our spouse may not have been gone long enough to invoke that euphoric feeling of love and romance.

I am not complaining and saying I would choose a de-

ployment over a quick trip. Just trying to offer some explanation here. I know my hubby can't understand sometimes why I am not permanently attached to his hip when he gets home, rubbing his back, or smothering his face with kisses. Actually for a while, I could not understand either so I wanted to know what was going on. I love my hubby. I miss him while he is gone. So why the slight attitude when he gets home sometimes?

I read a book by Dr. Eva

Let them know you miss them in style!

What if you could let your loved one know just how much you miss them? You Can!

NewsChannel 4 is Taking Action to get your well wishes, hugs and kisses to your loved one serving away from home!

Come out to the Oceana Commissary this Sunday, Feb. 28 from 11 a.m. - 12:30 p.m.. Bring signs, wear special shirts, do whatever you want and we will make sure your personal hero sees it!

E-mail Bianca at bianca.martinez@wtkr.com for more information!

Selhub called, The Love Response and it was enlightening! So apparently according to the doctor, when we are stressed our body emits a lot of cortisol which essentially blocks the production of Oxytocin (the love and bonding hormone) which in turn can trigger the response that I described earlier. WOW! So see honey, it really is me and not you!

So here is my latest plan. If you feel as though you have lost that lovin' feeling over the course of a trip become conscious of it a few days before your spouse comes home and FIND ways to de-stress from it all. Maybe it's a mani, pedi.

Maybe it's a massage. Guys, maybe it's getting out for a good game or a beer with friends. Putting forth the effort to get ourselves in the right frame of mind can make for an easier transition home.

Oh and hello, it gets us a second away from the little monsters (that we love) and gives us a moment to take care of ourselves. That, my friends is fabulous!

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!



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

Local service times

LDS PROGRAMS

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

NAVAL STATION NORFOLK

ROMAN CATHOLIC

Our Lady of Victory Chapel

Mass Schedule:

5 p.m. — Sat.

(fulfills Sunday obligation)

10 a.m. — Sun.

11:45 a.m. — Mon.- Fri.

(except holidays)

Confessions:

4:15 p.m. Sat.

PROTESTANT

David Adams Memorial

Chapel Worship Services:

10:30 a.m. — Sun.

Worship

Wednesday Services:

8:30 - 10:15 a.m. — Bible

Study Noon "Lunch

with the Lord"

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

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

Masjid al Da'wah

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

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC

Mass Schedule:

5 p.m. — Sat.

(fulfills Sunday obligation)

9 a.m. & 12:15 p.m. — Sun.

11:30 a.m. — Tues. - Fri.

(except holidays)

Confessions:

3:30 - 4:30 p.m. — Sat.

PROTESTANT

9 a.m. — Sun. School

(4 years-Adult)

10:30 a.m. — Sun.

Divine Worship,

Children's Church

(Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed.

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

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

Latter Day Saints

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: Envy

BY CMDR. JOEL MORTON, CHC

*Deputy Chaplain Marine Corps
Combat Development Command*

Editor's Note: Several of the Chaplains aboard MCB Quantico have collaborated to write a series of articles on what are commonly 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.

Is the idea of seven deadly sins found in the Bible? Yes and no.

Proverbs 6:16-19 declares, "There are six things the Lord hates, seven that are detestable to him:

1. haughty eyes
2. a lying tongue
3. hands that shed innocent blood
4. a heart that devises wicked schemes
5. feet that are quick to rush into evil
6. a false witness who pours out lies
7. a man who stirs up dissension among brothers

However, this list is not what most people understand as the seven deadly sins.

According to Pope Gregory the Great in the 6th century, the seven deadly sins are: Pride, envy, gluttony, lust, anger, greed and sloth.

Although these are undeniably sins, they are never given the description of "the seven deadly sins" in the Bible. The traditional list of seven deadly sins can function as a good way to categorize the many different sins that exist. Nearly every kind of sin could be placed under one of the seven categories. With that said, let's begin.

Envy

One of the seven deadliest sins, envy, is not one someone actually

wants, nor will it be one that people actually admit to either. As with many sins, the effects of the sin are not noticed immediately. They gradually eat at the soul until it is destroyed.

Legend tells of a Greek athlete who wanted to win at the public games. Although he was competitive, he lost. In honor of the winner, the citizens erected a statue and placed it in the center of the local town. However, the rival of the honored athlete was so envious that he vowed he would destroy the statue. Every night he went out into the darkness and chiseled at the statue's base. By undermining its foundation he hoped to make it look like the statue fell of its own accord. Well one night, it did fall — but it fell on top of the young man and killed him.

Whenever we think of a four-letter word, "envy" is not the first word that comes to our mind, yet it should be.

For you see, from the beginning of time, envy has been in the hearts and minds of people destroying their own lives while often crushing the lives of others — sometimes without warning. Envy causes us to think others may have power, personality or prestige that we do not have, and it just isn't fair.

Envy arises when someone else has what we want. Although most of us understand that it is wrong to be envious, most of us only have a vague idea of what envy really means. To be perfectly honest, often we confuse envy with jealousy. Now, before we go any further, let's take a minute to differentiate between the two.

The meaning of envy is "to look with ill-will, to look against." The envious person thinks someone else's fortunes are his misfortunes. Someone else's profit is his loss. Someone else's blessing is his bane. Their health, his illness. Their promotion, his demotion. And their success, his failure.

Throughout the Bible, when you first read a story about characters who exhibit envy, it might have shocked you to know what they were capable of doing. For example; Cain was envious of his brother Abel and murdered him. Joseph's brothers were envious

of him and it caused them to plot their own brother's death and eventually sold him into slavery. King Saul was envious of David and constantly sought to kill him. The Pharisees were envious of Jesus and eventually killed him by hanging him on an old rugged cross.

The underlining truth about envy is that all involved will suffer. Although Abel died, Cain lived with it the rest of his life. Joseph's life was altered forever and his brothers had to live with the secret lie of his death that they told their father.

Now jealousy is defined as "very watchful or careful in guarding." Jealousy typically refers to the negative thoughts and feelings of insecurity, fear and anxiety over an anticipated loss of something that the person values, such as a relationship, friendship or love. Jealousy often consists of a combination of emotions such as anger, sadness, and disgust. A jealous person is one who fears that their possessions or position will be taken by another.

The experience of jealousy involves: fear of loss, suspicion or anger about betrayal, low self-esteem and sadness over loss, uncertainty and loneliness, fear of losing an important person to an attractive other or distrust.

The experience of envy involves: feelings of inferiority, longing, resentment of circumstances, ill will towards envied person often accompanied by guilt about these feelings, motivation to improve, desire to possess the attractive rival's qualities, or disapproval of feelings.

An envious person lacks what he wants, and is upset because another has it. A jealous person has what he wants and does not want to lose what he possesses. An envious person wants an expensive house like the guy's down the street.

A stern warning to all of us: envy destroys marriages, our friendships, ruins our business, and dwarfs our souls. Proverbs 14:30 says, "A heart at peace gives life to the body, but envy rots the bones." Think for a moment; are you at peace right now in your life? If not, then why not?

Vice CNO Greenert visits Eisenhower Sailors



Photos by MC2 Gina K. Wollman

Vice Chief of Naval Operations, Admiral Jonathan W. Greenert serves dinner to the crew of USS Dwight D. Eisenhower (CVN 69) and talks to Sailors while spending a day aboard the Nimitz nuclear aircraft carrier. Eisenhower is conducting a regularly scheduled 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.

BY MCSN WILLIAM JAMIESON AND MC1 AMY KIRK
USS Eisenhower Public Affairs

USS DWIGHT D. EISENHOWER, At Sea. — Vice Chief of Naval Operations (VCNO) Adm. Jonathan W. Greenert visited the crew of nuclear-powered aircraft carrier USS Dwight D. Eisenhower (CVN 69) Feb. 16 to address Sailors deployed to the U.S. 5th Fleet area of responsibility (AOR).

The Eisenhower Carrier Strike Group (CSG) relieved the Nimitz CSG as Commander, Task Force 50 Jan. 25, supporting Operation Enduring Freedom and increasing security and stability throughout the region.

“I’ve been on IKE before when I was working with Fleet Forces Command,” said Greenert. “The ship and the Sailors continue to amaze me.”

Greenert commended the IKE crew members on their professionalism and readiness to serve and said he understood the sacrifices the Sailors were making in time spent away from loved ones in order to return to 5th Fleet less than six months after completing a deployment to the same area.

“We asked the crew to turn around and go out in less than a year,” said Greenert. “They are performing marvelously.”

Greenert added that the Sailors should keep an eye on family readiness even while far away from home.

“Your family is your foundation,” he said. “They are the wind beneath your wings, and they are the ones that will get you through all this.”

Taking time to visit various spaces aboard the ship as well as lend a hand serving dinner to the crew, Greenert said he was impressed with the high level of morale among Eisenhower’s Sailors.

Greenert was accompanied by Rear Adm. Karen Flaherty, the Bureau of Navy Medicine’s Deputy Chief of Wounded, Ill and Injured, and Capt. Oakley “Key” Watkins, commanding officer of Navy Safe Harbor, a program designed to support all seriously ill and injured service members, not just those wounded in combat.

Eisenhower is underway in the Arabian Gulf on a regularly scheduled deployment to the 5th Fleet. Operations in the 5th Fleet AOR are focused on reassuring regional partners of the coalition’s commitment to help set conditions for security and stability. U.S. forces maintain a naval and air presence in the region that deters destabilizing activities while safeguarding the region’s vital links to the global economy.



Above: Vice Chief of Naval Operations Adm. Jonathan W. Greenert receives honor after arriving onboard aircraft carrier USS Dwight D. Eisenhower (CVN 69).

Below: Vice Chief of Naval Operations, Admiral Jonathan W. Greenert puts on an “I LIKE IKE” pin given to him by Captain Dee L. Mewbourn, Commanding Officer USS Dwight D. Eisenhower (CVN 69) after arriving onboard the Nimitz nuclear aircraft carrier.



“Holy Helo” brings faith to Strike Group Sailors, Marines

STORY AND PHOTOS BY
MC3 MATTHEW BOOKWALTER
*USS Dwight D. Eisenhower
(CVN 69) Public Affairs*

USS Dwight D. Eisenhower (CVN 69) (IKE) Command Religious Ministries Department (CRMD) wants to ensure all ships in the Eisenhower Carrier Strike Group (ECSG) receive religious and counseling services while deployed away from home.

Nicknamed “Holy Helo,” the Eisenhower sends chaplains and religious program specialists from ship to ship to provide needed services.

IKE chaplain, Cmdr. Jon Brzek, visited USS Hue City (CG 66), Jan. 30, to celebrate Catholic Mass for its Sailors.

“I couldn’t tell you how long the Navy has been doing them, but I remember the older chaplains telling me their tales when I was a young pup,” said Brzek. “I was in Chaplain School in 1987, and we practiced being lowered onto a ship from a helicopter by a harness. Now, almost every ship has a landing pad, but back then chaplains were lowered onto ships that way.”

Brzek explained that the Navy currently has a shortage of Catholic priests. “When I first went active duty, 17 years ago, there



Cmdr. Jon Brzek celebrates Catholic mass during a visit to the guided missile cruiser USS Hue City. Hue City is currently deployed with the Eisenhower Carrier Strike Group as part of an ongoing rotation of forward-deployed forces to support maritime security operations in the U.S. 5th and 6th Fleet areas of responsibility.

were about 300 of us,” Brzek said. “Now we are closer to about 90, and we have to take care of the Marines, too.”

Due to operational needs, most small ships normally have only

one chaplain. Sailors who don’t share the same faith as the ship’s chaplain will generally appoint a Lay Leader to help sanction prayer and religious study groups.

“We send chaplains of different

faiths to different ships so we can uphold the constitutional rights of freedom of religion throughout our Navy,” said Lt. Cmdr. Santiago Rodriguez, another chaplain aboard IKE.

Giving Sailors the ability to practice their faith helps keep their morale up, said Lt. Peter Dietz, Hue City’s chaplain and a Presbyterian minister.

“I was glad he could join us,” said Ensign Dyana Guthrie, Hue City’s 1st Lieutenant. “I missed being able to go to Mass every Sunday like I can back home. It was a great relief to have him visit the ship.”

The “Holy Helo” provides Sailors the opportunity to practice their faith as often as is operationally possible.

“This is my first deployment,” Guthrie said. “Sitting around a table for Mass was different than being in a church, but I felt just a little closer to home, so I’ll take what I can get.”

IKE and the Hue City are currently conducting operations in the Arabian Sea in support of Operation Enduring Freedom and Maritime Security Operations (MSO).

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



Cmdr. Jon Brzek has been flying from ship to ship to give religious services to crew members of his strike group.



Though a tabletop mass may be a little more humble than in his chapel, the chaplain enjoys being able to bring the Sailors comfort.

USS Harry S. Truman celebrates Black History Month

BY MC3(SW) NINA HUGHES

USS Harry S. Truman
Public Affairs

USS HARRY S. TRUMAN, At Sea (NNS) — Hundreds of crew members on board USS Harry S. Truman (CVN 75) gathered in the ship's hangar bay Feb. 12 in celebration of Black History Month.

The ceremony began with the National Anthem and the song, "Lift Every Voice and Sing," commonly referred to as the Negro National Anthem, featuring the command's choir and dance team.

Leading the choir was Electronics Technician 1st Class (SW/AW) Frazier Pollard from Truman's Combat Systems Department.

"Black History Month is very important. It allows everyone to focus on the great accomplishments African Americans have achieved to this day," said Pollard. "I think everything turned out great. With all our shipmates contributing toward the ceremony, it couldn't have gone better."

Following the anthems was an invocation from Truman Chaplain Lt. Cmdr. William Holiman, as well as remarks from Truman's Executive Officer Capt. John Meier and Command Master Chief (SW/AW) Allen R. Walker III.

Walker was also the guest speaker for the celebration. He commended crew members for their hard work and contributions toward Truman's mission.

"Black history is not only history from the past but our present history too. We're all heroes - we don't look at the color of people's skin, but the talents they bring to the table," said Walker. "Be that hero."

At the end of the ceremony, finalists from Truman's Black History Month essay contest were recognized by Truman's Heritage Cultural Committee. Mass Communication Specialist 3rd Class Jared Hall, from Atlanta, wrote the winning essay. As winner of the essay contest, Hall won an MP3 player. Hall's essay includ-

ed quotes from African American historical heroes and a reflection on what black history means to him.

"Black history shows that we do not have to abide strictly by the rules established by those in power," said Hall. "We have the ability to challenge what is, with the hope that we may create something new that may be."

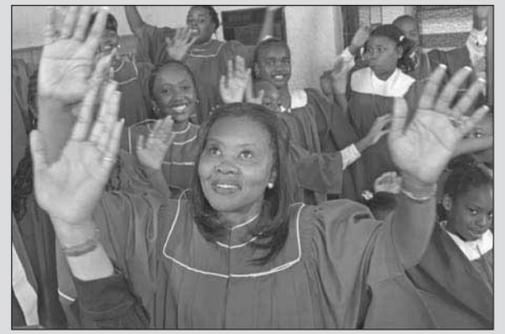
"Black history isn't only of interest for African Americans. It's a history of struggle that inspires all Americans regardless of class and race," Hall added. "I am truly honored they chose me as the winner."

Black History Month began as "Negro History Week," a milestone created in 1926 by Dr. Carter G. Woodson, a Harvard-educated author and journalist. Woodson was also the founder of the Association for the Study of African American Life and History.

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

History of Lift Ev'ry Voice and Sing FROM NAACP.ORG

Lift Ev'ry Voice and Sing - often called "The Black National Anthem" - was written as a poem by James Weldon Johnson (1871-1938) and then set to music by his brother John Rosamond Johnson (1873-1954) in 1899. It was first performed in public in the Johnsons' hometown of Jacksonville, Florida as part of a celebration of Lincoln's Birthday on February 12, 1900 by a choir of 500 schoolchildren at the segregated Stanton School, where James Weldon Johnson was principal.



Bataan's SAR Detachment makes World Food Program push

BY MCSN ERIN BOYCE

USS Bataan Public Affairs

BAIE DE GRAND GOAVE,

Haiti — A detachment from Helicopter Sea Combat Squadron (HSC) 22, embarked aboard USS Bataan (LHD 5), spent the early days of Operation Unified Response primarily conducting search and rescue missions and medical evacuations, but as conditions have changed so does the mission focus of the squadron.

The Navy's workhorse MH-60S "Knighthawk" helicopters and their aircrew still provide support for medical evacuations, but the MEDEVACs are not arriving with the same frequency they did during the days immediately following the earthquake, and HSC-22 is now using the versatility of the Knighthawk to support the Government of Haiti/United Nations led World Food Program (WFP) food push, a targeted and systemic food distribution effort using predetermined distribution locations.

Since the WFP push began Jan. 31, food has been provided for more than 1.2 million victims of the earthquake, and HSC-22 has been making a significant contribution to those efforts.

"HSC-22 has transported thousands of pounds of food and water to an excess of 50 landing zones strategically placed throughout Haiti using

the WFP," said Air Crewman 1st Class Mike Helvey, from HSC-22.

According to HSC-22, the overall statistics for the detachment since arriving on station with Bataan Jan. 18 include 137 medical evacuations, the distribution of 118,130 pounds of supplies and 85,226 pounds of food and water.

"Because of the supplies the WFP gives us and HSC-22's hard work, we are definitely giving the Haitian community the supplies they need in this time of crisis," said Helvey.

Detachments from HSC-9, HSC-26, Helicopter Mine Countermeasures Squadron (HM) 14 and a Marine Corps Aviation Combat Element from the 22nd Marine Expeditionary Unit are also embarked aboard Bataan supporting Operation Unified Response.

Bataan is conducting humanitarian assistance and disaster relief operations as part the Bataan Amphibious Ready Mission, which includes Bataan and the amphibious dock landing ships USS Fort McHenry (LSD 43), USS Carter Hall (LSD 50) and USS Gunston Hall (LSD 44), to help stabilize and improve the situation in the wake of support of Operation Unified Response in Haiti.

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



Photo by MC2 Julio Rivera

An MH-60S Sea Hawk helicopter from Helicopter Sea Combat Squadron (HSC) 22 prepares to carry supplies from the Military Sealift Command dry cargo and ammunition ship USNS Sacagawea (T-AKE 2) to the multi-purpose amphibious assault ship USS Bataan (LHD 5) in support of Operation Unified Response. Bataan, along with amphibious dock landing ships USS Fort McHenry (LSD 43), USS Gunston Hall (LSD 44) and USS Carter Hall (LSD 50), is supporting Operation Unified Response and is providing military support capabilities to civil authorities.

Information Dominance Corps Warfare Insignia Approved

PRESS RELEASE

Chief of Naval Personnel Public Affairs

WASHINGTON — The chief of naval operations has approved the Information Dominance Corps Warfare insignia Feb. 19 for wear by officers and enlisted who complete a rigorous personal qualification program. The qualification requirements will be outlined in a forthcoming Navy instruction.

The warfare insignia was created to provide a common linkage among the IDC communities and institute a rigorous qualification program to identify the Navy's highly qualified and diversified information dominance professionals.

"The Information Dominance

Corps will create a cadre of information specialists, who come with individual community identities and unite to be managed as a corps, developed as a corps, and to fight as a corps," said Vice Adm. Jack Dorsett, deputy chief of Naval Operations for Information Dominance. "This warfare pin represents a command identity for the Information Dominance Corps."

The Information Dominance Corps will consist of more than 44,000 active and Reserve Navy officers, enlisted and civilian professionals who possess extensive skills in information-intensive fields to develop and

deliver dominant information capabilities in support of U.S. Navy, Joint and national warfighting requirements. These fields include information professional officers, information warfare officers, naval intelligence officers,

meteorological and oceanography officers, space cadre officers, aerographer's mates, cryptologic technicians, intelligence specialist, information systems technicians and civilian personnel."

The enlisted insignia is a two and three-quarter inches by



Navy leaders participate in energy futures symposium

PRESS RELEASE

From Navy Office of Information

WASHINGTON — Navy leadership and energy experts from across government and industry will discuss the Navy's energy strategy at the American Society of Naval Engineers (ASNE) Energy Futures Symposium Feb. 23-24 in Arlington, Va., at the Sheraton

National Hotel.

The symposium aims to promote conversation about energy security among interested stakeholders.

Featured Navy speakers include Roger Natsuhara, acting Assistant Secretary of the Navy, Installations and Environment; Rear Adm. Phil Cullom, director, Fleet Readiness Division and

Task Force Energy Lead; and Rear Adm. David Titley, oceanographer of the Navy and Task Force Climate Change lead.

The symposium focuses on the Secretary of the Navy's energy vision, which aims to increase warfighting capability, both strategically and tactically. From a strategic perspective, the objective is to reduce reliance on fossil

fuels from unstable locations. Tactically, a focus on efficiencies and alternatives will ultimately lead to increases in combat capability.

Symposium speakers will explore topics such as alternative energy future scenarios, strategic and tactical implications of energy security and new energy technologies. Panel discussions with energy experts will also cover energy in

acquisitions, electric ship technologies and biofuels exploration.

For more information on this event please visit the ASNE Web site: www.navalengineers.org/events/individualeventwebsites/energy2010/Pages/ASNELanding-Page.aspx.

For more news from Navy Environment and Energy, visit www.navy.mil/local/nee/.

Center for Personal, Professional Development operational stress training

PRESS RELEASE

Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH — The Center for Personal and Professional Development (CPPD) is rolling out a new module of Navy Military Training (NMT).

This new module will emphasize the importance of Operational Stress Control (OSC) and teach its fundamentals to new Sailors during their initial technical training pipeline.

"CPPD has worked diligently on this new topic to ensure our Sailors understand the effects of stress and know how to handle sit-

uations that may arise while they are out in the Fleet," said Senior Chief Electronics Technician (AW) Joe M. Acevedo, NMT training manager.

All of the topics covered in the NMT training were developed by a cross-functional OSC Working Group. As a result, the NMT OSC module covers nine topic areas: define the term stress, identify the various sources of stress, apply the stress continuum model to situations, recognize the common reactions to operational stress in yourself and others, categorize levels of the stress continuum model in different

examples, define the steps involved with basic combat/operational stress first aid, identify common barriers to navigating stress, identify methods/tools to help deal with stress, and identify resources to get help with stress.

"By building training modules we can easily incorporate the appropriate level of OSC training into the curriculum, whether it's Command Leadership School or recruit training," said Cmdr. George D. Michaels, CPPD's director of training. "We want to provide the Sailor with the tools they need to deal with the types of stress they'll face as the levels of their responsibility increase during their career."

The NMT OSC pilot was conducted last October at Naval Air Station Oceana

Dam Neck Annex with an Intelligence Specialist (IS) "A" School class.

IS students attended the training and provided critical feedback for CPPD's training specialists. Participants provided valuable information that was used to adjust the training materials prior to releasing course materials to the fleet.

"The Operational Stress Control lesson is a valuable asset for all "A" School students. The training provides our Sailors with the insight and guidance they need to handle stressful situations that occur during

day-to-day operations," said Chief Electrician's Mate (SW/EXW/AW) Larry L. Gordon, leading chief petty officer for the Intelligence Specialist "A" School's barracks.

OSC is one of 13 NMT modules Sailors will receive prior to their initial "A" Schools. The 13 modules are the foundation of Sailorization for junior personnel, and are designed to be reinforced at their initial duty stations through command indoctrination programs and advanced training.

"Stress is not something new; it is very much a part

of everyday life, especially for those of us in the military. Today, the Navy is involved in multiple operations, which adds to the stress of a Sailor's daily routine," said Acevedo.

For more information about Navy Military Training, visit www.nko.navy.mil.

For more information about the Center for Personal and Professional Development, visit www.netc.navy.mil/centers/cppd/.

For more news from Center for Personal and Professional Development, visit www.navy.mil/local/voled-pao/.



Catapult testing

Aviation Boatswain's Mate Airman Sara Nissen is engulfed in steam after testing the waist catapult on the flight deck of the 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.

Photo by MC3 Chad R. Erdmann



U.S. Navy Photo

Lt. Gen. Richard F. Natonski Commander Marine Forces Command, Rear Adm. Kevin Slates Commander, Naval Facilities Engineering Command Atlantic and 2010 Hampton Roads NMCRS Active Duty Fund Drive Chair and Adm. John C. Harvey, Commander U.S. Fleet Forces Command sign the first checks for the Navy Marine Corps Relief Society fund drive with (l-r) Sarah Stewart, NMCRS Portsmouth director, Kathy Nelson, NMCRS Norfolk director, Lolita Sheats NMCRS Oceana director and Christina Murray NMCRS Little Creek director in attendance.

NMCRS: 106 years of helping in HR

Continued from page B1

visit with family members that would not otherwise be cared for.”

The society wants to be there in time of true need for Sailors and Marines. Helping get a ticket home when a service member's immediate family member has died. Helping pay funeral costs for a family member. Helping get a car fixed when there is no other transportation for the service member. Helping pay a utility that will be shut off. These are the problems the society excels at solving.

NMCRS has just celebrated the second year of its quick assist loan. A simple loan without the predatory loan rates, the quick assist loan has been a big hit. Allowing service members to borrow up to \$300 interest free and giving them 10 months to pay the money back, the NMCRS has made it a goal to get these service members in and out in under 15 minutes.

The NMCRS is able to help service members and their families with a variety of needs.

The Navy-Marine Corps Relief Society can provide interest-free loans or grants to help with emergency needs such as:

- Emergency Transportation
- Funeral Expenses
- Medical or dental Bills (patient's share)
- Food, Rent, and Utilities
- Disaster Relief Assistance
- Child Care Expenses
- Essential Vehicle Repairs
- Unforeseen Family Emergencies

The NMCRS offers education programs to help eligible Navy and Marine Corps families pursue their academic goals by providing a source of education financing. Awards are provided solely on the basis of the applicant's financial need and availabil-

ity of funds, in accordance with policies established by the Society's Board of Directors. All applicants must have at least a 2.0 grade point average (on a 4.0 scale).

The society provides lifetime benefits information assistance as a grant to the surviving spouse (or child if there is no spouse), of service members who died on active duty during the terrorist attack on USS COLE (DDG 67), the attack on the Pentagon, during Operation Enduring Freedom and Operation Iraqi Freedom, as well as all Sailors and Marines who died on active duty after January 1, 2004. The benefit is provided on behalf of NMCRS by the Armed Forces Service Corporation (AFSC) and entitles the surviving spouse or guardian to a lifetime of no cost benefits information support. No charges ever accrue to the survivor.

The NMCRS will not assist with every need, but they are more than willing to assist to help a service member get by with any need that is truly pressing.

“More than 90 percent of people who come into our offices are assisted,” Nelson said. “Our denial rate is very small. The biggest help we can give service members is information about your finances.”

In order to expedite your appointment service members should bring:

- A leave and earnings statement (LES)
- Specific Bills (If asking for financial assistance for a utility bill, bring that bill)

Any other bills that may be affecting their budget.

The longest a service member will have to wait for an appointment is two days.

The NMCRS fund drive starts March 1 and runs until April 16.

For more information on the NMCRS and the services it provides call 322-3134 or visit the Navy-Marine Corps Relief Society Web site at www.nmcrg.org.

We can rebuild them... smarter... safer...

Fleet and Family Support Center wants to make 'Million Dollar Sailors'

BY MC1(AW) TIM COMERFORD

The Flagship Staff

NORFOLK – It won't make you bionic. Heck it won't make you a million dollars. If you do it right it will make you successful in getting what you want. If that is a million dollars then it will show you how you can save that kind of money.

“Million Dollar Sailor is fairly new to Fleet and Family Support Center. It is a two-day class designed to help people figure out what is going on with their finances in general,” said Vici Hafley, Fleet and Family Support Center Norfolk education and training supervisor. “Also it allows people to do some goal setting and make plans for their future.”

The class encompasses everything from the basics of budgeting and planning for college to homebuying, investment planning and retirement planning.

“It also teaches everything in between that a individual or family would need to know to be successful in life,” Hafley said. “The ultimate goal of the Million Dollar Sailor Program is prepare individuals to be as successful financially as they want to be.”

But that doesn't necessarily mean having a million dollars.

“Sailors define the word successful,” Hafley said. “For some people successful may be being a millionaire at retirement, for other people it may be just knowing that they have been able to plan for buying that first home or buying that eventual retirement home.”

She believes everyone has different plans and goals and the idea behind million dollar Sailor is to help them achieve what they set out to do.

The classes can be tailored to fit any kind of audience.

“The classes can work with a very small group or a fairly large group. We usually try to cap the classes at 20 participants because there are a lot of questions that are asked during the class and there is also a lot of individual work that Sailors have to do in class.”

Service members are expected to work on their budget and set goals while in class.

“Hopefully Sailors already have goals in mind when they come to the class,” Hafley said. We can help them clarify those goals. A lot of time people will have a fairly general goal such as ‘I want to have financial stability for my family.’ Okay, first we have to define financial stability. My definition of financial stability may be different from theirs we work with the individuals or families on defining those goals.”

“Once a goal is clarified it is a lot easier to reach it,” Hafley said.

They use SMART goal setting. Specific, define what it is you want. Measurable, put it into terms that can be measured. Action oriented, figure out what needs to be done in order to attain the goal. Realistic, make sure what you

want is really attainable in the constraints you have put on yourself. Time and cost constrained, meaning work out what

are the hindrances where cost and time are concerned.

“That's what we work with where people are concerned, whatever the goal is,” Hafley said. “We help people find that goal so then give them information so that they can achieve it.”

For information on the FFSCs of Hampton Roads classes or to find a class schedule visit www.nffsp.org or call 444-6289.

