

# The Flagship



Serving the Hampton Roads Navy Family

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## CNO addresses future of the Navy

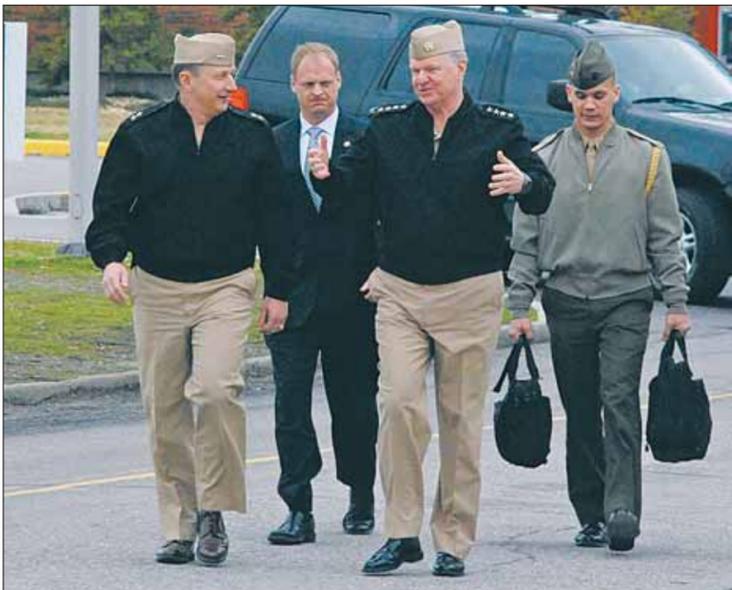
STORY AND PHOTO BY  
MC1 (AW) TIM COMERFORD  
*The Flagship staff writer*

**NORFOLK** — The Chief of Naval Operations (CNO), Adm. Gary Roughead, talked with Sailors about the state of the Navy during an All Hands Call and Naval Station Norfolk's C-9 Auditorium, March 15.

"I can't say how proud I am of the work that you and others are doing around the world," Roughead told the assembled Sailors. "I get the opportunity to see the Navy at work in so many different areas. I see how busy we are, I see how effective we are, that is something no other organization in the world can lay claim to."

CNO believes that partnerships with other nations are greatly beneficial to our country and the countries that the Navy associates with.

"The relationships that we have with the Navies in the In-



Rear Adm. Mark S. Boensel, Commander Navy Region Mid-Atlantic escorts Adm. Gary Roughead, Chief of Naval Operations to an All Hands Call in Naval Station Norfolk's C-9 building auditorium, March 15.

dian Ocean and the Pacific and the level of activities continue to increase," said Roughead. "The Africa Partnership Station ship - USS Gunston Hall - diverted and helped relief

operations and had an international staff, largely of African officers on board - they had an incredible experience."

Roughead also has heard some needs from Washington.

"We are seeing an increase in the demand of ballistic missile defense," Roughead said. "It is a growing necessity that we

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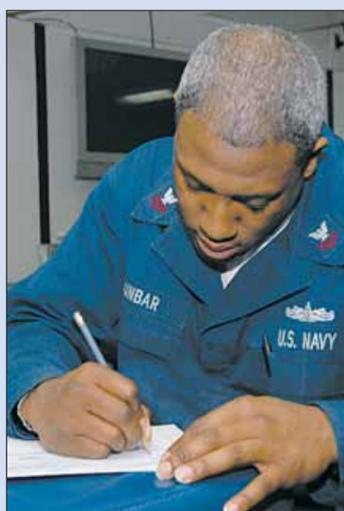


Photo by MC1 Edward Kessler

Information Systems Technician 1st Class Roy Dunbar, from Chesapeake, completes the 2010 Shipboard Census Report aboard the amphibious dock landing ship USS Fort McHenry (LSD 43). The report contains six questions and takes less than five minutes to complete.

### 2010 Census will count Sailors at home and away

#### PRESS RELEASE

From the Chief of Naval Personnel Public Affairs

**WASHINGTON** — Military personnel and civilians located on vessels April 1 will retain their right to ensure proper Congressional representation and their community's federal funding through participation in the shipboard enumeration phase of the Census, which includes all vessels assigned to a homeport in the United States and Puerto Rico.

Each ship received Census enumeration materials from the Census Bureau enabling them to conduct a complete enumeration of personnel assigned to each ship, even during at-sea periods such as deployment or work-ups.

"Congress and the Census Bureau understand the importance of, and the high operational tempo of naval forces and are committed to ensuring Sailors and Navy civilians and contractors have the opportunity to be counted, even when executing missions at sea," said Tom Yavorski, Navy's Representative at the Joint Census Working Group. "Therefore they have provided two opportunities for deployed members to complete this year's census."

Sailors who maintain an onshore residence will receive both the standard Census questionnaire at their home address as well as a Shipboard Census Report (SCR) onboard the ship. The completion of both forms is required to ensure appropriate representation. When completing the SCR, Sailors should include the full address of their primary onshore residence.

In addition to counting deployed Sailors and civilians, the Census remains focused on counting members serving closer to home. Naval personnel who reside in an apartment off base or family housing on base will receive Census questionnaires through the U.S. Postal Service beginning Mar. 15. Completed forms should be returned in the envelope provided.

Sailors residing in group quarters will be contacted by their Census Project Manager to complete the Military Census Report, a sub-set of the standard Census questionnaire.

The 2010 Military Census Report and Shipboard Census Report contains six questions and takes less than five minutes to complete.

## Comfort returns to U.S.

BY REBECCA A. PERRON

Naval Medical Center  
Portsmouth Public Affairs

USNS Comfort (T-AH-20) pulled into Naval Station Norfolk, March 13, where family members and colleagues greeted the remaining Naval Medical Center Portsmouth personnel who served on board the Navy hospital ship and conducted humanitarian and disaster relief operations, as part of the international mission Operation Unified Response, in the aftermath of a 7.0 magnitude earthquake that struck Haiti.

Comfort departed Port-au-Prince, March 9, after being anchored off the coast of Haiti for seven weeks. Its rapid deployment provided state-of-the-art and round-the-clock afloat medical care to a nation whose own hospitals and clinics were decimated in the earthquake that struck the island Jan. 12.

More than half of NMCP's staff detailed to the ship had begun to fly home via commercial and Air Mobility Command

See COMFORT, A10



Photo by Harry Gerwien/Military Newspapers of Virginia

Line handlers are dwarfed by the Military Sealift Command hospital ship, USNS Comfort (T-AH-20), docked at Naval Station Norfolk, March 13. The ship and its crew are home from a seven-week deployment to the U.S. Southern Command area of responsibility in which they provided medical care in Haiti as part of Operation Unified Response. The Comfort surgical team performed more than 800 surgeries.

## DFAS — Keeping it current, keeping it real

BY STEVE BURGHARDT

Defense Finance and Accounting Service

**INDIANAPOLIS, IN** — A year after the Defense Finance and Accounting Service (DFAS) first launched the myPay Web-based pay account system in 2000, less than 500,000 military, military retirees, annuitants and federal civilian employees were listed as online users. Today that number has increased to approximately 3.7 million users with access to pay account information, tax statements and the ability to update their bank, personal and allotment information instantly and, most importantly, securely.

To date, more than 2.6 million myPay users have accessed their 2009 tax statements online, avoiding the delays and possible security risks of regular mail delivery.

Last November, DFAS implemented a



myPay security enhancement requiring users to establish new login credentials, including personalized login IDs and passwords. The agency has posted step-by-step instructions in both text and video at the myPay site (<https://mypay.dfas.mil/mypay.aspx>) and its public Web site ([www.dfas.mil](http://www.dfas.mil)) to help customers set up their new information. Currently, 82 percent of myPay accounts have been updated with new log-

in information. "While some might view 82 percent as a positive, I'm concerned that some of our customers don't appreciate what myPay provides," said DFAS Principal Deputy Director Richard Gustafson. "We want to provide a tool for our customers that is both useful and gives them a feeling of confidence that their

See DFAS, A9

#### INSIDE:

#### WOMEN'S HISTORY MONTH

A8

**Women pilots of WWII inspired generations**  
Ceremony pays homage to the first women who flew military aircrafts during World War II.



#### FRONT & CENTER

B1

**Child, Youth 24/7 Center grand opening, March 12**  
Fleet and Family Readiness Child and Youth Services hosted a grand opening ceremony.



#### OFF DUTY

C1

**Look up in the sky**  
The High Acrobats bring their high-flying show to Ferguson Center for the Arts, March 19.



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

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## Employment program to resume for enrolled spouses

BY ELAINE WILSON  
American Forces Press Service

WASHINGTON — The Military Spouse Career Advancement Accounts program, commonly known as MyCAA, will resume March 13 for the more than 136,000 spouses who already have established an account, the defense official who heads up the program announced March 11.

Officials announced a temporary halt in the program Feb. 18, pending a top-to-bottom review, after a six-fold spike in enrollments in January 2010, a surge that overwhelmed the system and caused the program to nearly reach its budget threshold.

“We made a commitment to our military spouses when they established a career advancement account, and we will be true to our promises,” said Tommy T. Thomas, deputy undersecretary of defense for the Pentagon’s Office of Military Community and Family Policy.

The Defense Department will resume the program for the 136,583 military spouses currently in the program at noon EDT March 13, said Thomas.

“We sincerely apologize to our military spouses for the added burden caused by the pause in operation,” added Thomas.

While the program will resume for enrolled spouses, new MyCAA accounts or financial assistance applications will not be accepted yet, Thomas said, noting that the comprehensive review of the program still is under way.

“We are working hard to adjust the program to meet the demands of the MyCAA program and to arrive at a long-term solution for military spouses who would like to establish an account,” he said. “Until that time, we encourage spouses to consult with the MyCAA career counselors who can provide career exploration, assessment, employment readiness and career search assistance.”

The top-to-bottom review includes procedures, financial assistance documents and the overall program, which is intended to provide military spouses with opportunities to pursue portable careers in high-demand, high-growth occupations.

The program has been growing in popularity since its inception March 2, 2009. Enrollments had been increasing at a rate of about 10,000 a month, and in January 2010, the number spiked to 70,000.

“We had very little time to react to that,” said Thomas. “I make no excuses for that. We should have done a better



job of notifying our military spouses.”

Thomas said he will work hard to restore the confidence lost when the program was halted.

“We certainly know we have lost some confidence, and we want to rebuild that confidence,” he said. “We will restore that faith hopefully by one, restoring the program, and two, having appropriate resources to ensure everyone that applies for the program receives the appropriate financial assistance.

“We appreciate what [spouses] do, and we hope that through this, that once we get this program back on track, that we don’t lose any ... spouses,” he continued. “We value and treasure everything you do each and every day, not only for the Department of Defense, but for this nation.”

Thomas said he will ensure the lines of communication stay open in the days ahead. An e-mail has been sent to all program participants, informing them of the program’s resumption, and spouses will see the announcement letter when they log on to their MyCAA accounts. A “media blitz” of information will precede any announcement that applies to all military spouses, he vowed.

“We don’t want to make the mistake we made in the beginning, and that is not notifying you what’s going on,” Thomas said. “We want to make absolutely sure that you understand that we’re working in your best interest.”

In the meantime, Thomas urged spouses to be wary of questionable Web sites enticing them with employment opportunities.

“Stay the course with us and allow us to work this to finality by restoring the program,” he said. “We will make every effort possible to ensure we educate you and get the necessary funds to continue this program.”

Along with MyCAA counselors, spouses also can request free career counseling through Military OneSource at 1-800-342-9647 or at <http://militaryonesource.com>.

For more news, visit [www.navy.mil](http://www.navy.mil).

## THE FLAGSHIP'S LEEWARD SHOUT

### Why do you think it is important for the military to celebrate Women’s History Month?



CTNSN  
Stephen Denton  
NIOC

“I think it’s important to celebrate women’s history because it shows how far the military has come in letting everyone serve.”



AZ2 (AW)  
Kawana Copeland  
VRC 40

“We should celebrate women because guys get recognized more often and women have come a long way within the military.”



EM2  
Brian Powell  
USS Norfolk (SSN 714)

“Historically females have kind of become the military’s backbone, so we should definitely celebrate them and their accomplishments in the military.”



HM2  
Golda Macias  
Reservist with OHSU Det. G

“Women have had an important role in the military and we should be celebrated because of that. Like what we do in Afghanistan and searching for the Afghan women.”



CTN2  
Benjamin Gill  
NIOC

“Women have had a positive impact on our military and we should remember that and the things women have done in the military.”



IT1 (SW)  
Sarah Sendrey  
NCTAMS LANT

“Women have come a long way in the Navy, from being allowed to serve on ships, to the possible future of women serving on submarines ... therefore we should be celebrated.”

Photos by MC2 Mandy Hunsucker

### VIPIR PLANNING FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
61	66	68	65	60	58	60
43	45	49	48	47	44	47

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Photo by MC1 Katrina Sartain

The Navy Band ensemble New Orleans Express, performs at Riverdale High School during New Orleans Navy Week, one of 20 Navy Weeks planned across America in 2010. Navy Weeks are designed to show Americans the investment they have made in their Navy and increase awareness in cities that do not have a significant Navy presence.

# Navy Week brings America's Navy home

BY LT. CMDR. LISA BRAUN

*Navy Office of Community Outreach*

**MILLINGTON, Tenn.** — The Navy Week 2010 season kicks off March 12, giving residents in 20 cities across the nation an opportunity to meet Sailors and learn about the Navy's critical mission and broad-ranging capabilities.

The first of these 20 will take place March 12-22 in Tampa Bay, Fla. Navy Weeks are designed to showcase the Navy's talented people and its broad-ranging capabilities in areas where there is little or no everyday Navy presence.

"Navy Weeks are turbo-charged in 2010, with the full force of CNO's May 19, 2009 'Outreach: America's Navy' instruction (OPNAVINST 5726.8) guiding the effort," said Cmdr. Rick Haupt, director, Navy Office of Community Outreach. "Navy Weeks are based on a broad partnership with Navy Recruiting Command, the fleet, the Navy Reserve and Navy Installations Command as well as History and Heritage Command and a broad array of local community organizations and leadership."

During a Navy Week, a variety of Sailors put on numerous events in a single city, sharing the Navy story broadly.

Admirals speak to chambers of commerce, tour facilities of the host city's major employers and meet key leaders in the area, highlighting current operations and the maritime strategy. They are frequently

keynote speakers for local Rotary, Kiwanis, Lions and other civic and service organizations.

The Blue Angels, Leap Frogs, divers and other Sailors demonstrate capabilities. Namesake and hometown Sailors are honored, visiting high schools, sporting and cultural events.

Navy Weeks 2010 will underscore the Navy's new "Global Force for Good" campaign, and focus on providing a "local force for good," supporting community service organizations such as Habitat for Humanity, First Tee, American Red Cross and countless others. Sailors will also present donated ship and squadron ball caps to hospitalized children fighting serious illnesses as part of the Navy's own "Caps for Kids" program.

The cities that have been selected to host a Navy Week include: Tampa; Phoenix; Charleston, S.C.; San Antonio, Texas; Des Moines, Iowa; Kansas City; Birmingham, Ala.; Spokane, Wash.; Little Rock, Ark.; Milwaukee, Wis.; Boston; Minneapolis; Chicago; Boise, Idaho; Baltimore; Cleveland; St. Louis; Salt Lake City; Atlanta; and Dallas.

*Detailed information on each Navy Week can be found at [www.navyweek.org](http://www.navyweek.org). Become a fan of Navy Weeks at [www.facebook.com/pages/Navy-Weeks/45385081937](http://www.facebook.com/pages/Navy-Weeks/45385081937). For slide shows of Navy Weeks, visit [www.flickr.com/photos/navyweek/sets](http://www.flickr.com/photos/navyweek/sets). For the U.S. Navy "Calendar for America," visit [www.navy.mil/navco/CFA/2010.html](http://www.navy.mil/navco/CFA/2010.html).*

*For more news from Navy Office of Community Outreach, visit [www.navy.mil/local/navco/](http://www.navy.mil/local/navco/).*

## Navy releases Family Gram, Podcast to enhance family readiness

### PRESS RELEASE

*From Chief of Naval Personnel Public Affairs*

**WASHINGTON** — The chief of Naval Personnel has released the first monthly Family Gram as part of Navy's commitment to enhance family readiness.

March's Family Gram focuses on medical benefits and provides Sailors and their families information on the range of medical support services available to them.

"Family readiness describes a Navy family who is prepared for mobilizations, deployments and prolonged separations through a network of support systems and communication channels that link the command, family and Navy," said Rear Adm. Dan Holloway, Navy's director of personnel, plans and policies division. "Together we are forming a resilient well-informed family, adaptable to the Navy operating environment and capable of navigating through and utilizing the many support services available."

In the podcast Holloway talks about family readiness. "It is important that as our men and women go forward in their duties realizing that their families back at home supporting them will be taken care of while they are deployed."

The Family Gram provides information on Tricare, the Department of Defense's worldwide health care program for active duty and Reserve Sailors and their families. Specifically, the message outlines Tricare coverage choices, explaining the differences and eligibility requirements among the prime, standard, extra and overseas program-prime options.

Coverage options range from no fee, no deductible and no co-payment care provided at military facilities, to fee-for-service options which allow increased flexibility in choosing a medical provider.

"The physical, mental, emotional, and spiritual health and fitness of our people and their families is critical to maintaining an effective fighting force," said Navy Surgeon General Vice Adm. Adam M. Robinson Jr. "Whether we are treating a relatively minor injury, illness or treating a traumatic injury resulting from war, our patient and family centered philosophy and approach is not only our mission – it is our bottom line."

In addition, the Family Gram highlights the importance of enrolling and maintaining current information in the Defense Enrollment Eligibility Reporting System (DEERS) to remain eligible for a variety of Navy benefits to include medical care. It also provides resources for verifying and updating DEERS information to reflect changes in the sponsor's status on occasions such as marriage or divorce, birth of a child, or relocation.

"We are currently supporting our families with more than 30 family support programs ranging from child care, ombudsmen to physical fitness and youth outreach opportunities. I am excited about the renewed commitment to family readiness from senior leadership to the deckplates – it is a fully supported initiative to strengthen our overall program and provide valuable information to our Navy family," said Holloway.

*To listen to the podcast, visit [www.navy.mil/media/audio/cnp/CNP%20Family%20Readiness%20Podcast.MP3](http://www.navy.mil/media/audio/cnp/CNP%20Family%20Readiness%20Podcast.MP3).*

# CNO announces Flag Officer assignments

## PRESS RELEASE

From the Department of Defense

**WASHINGTON** — Chief of Naval Operations Adm. Gary Roughead announced March 11 the following assignments:

Rear Adm. (lower half) Michael J. Browne will be assigned as director, Personal Readiness and Community Support Branch, N135, Office of the Chief of Naval Operations, Washington, D.C. Browne is currently serving as deputy chief engineer, Naval Sea Systems Command, Washington, D.C.

Capt. Clinton F. Faison III, who has been selected for promotion to Rear Adm. (lower half), will be assigned as commander, Navy Medicine West/commander, Naval Medical Center, San Diego. Faison is currently serving as deputy chief, Medical Operations, M3/5, Bureau of Medicine and Surgery, Washington, D.C.

Rear Adm. (lower half) Donald E. Gaddis will be assigned as program executive officer for Tactical Aircraft Programs, Washington, D.C. Gaddis is currently serving as commander, Naval Air Warfare Center, Air-

craft Division/assistant commander for research and engineering, Naval Air Systems Command, Patuxent River, Md.

Rear Adm. (lower half) Michael H. Mittelman, who has been selected for promotion to Rear Adm., will be assigned as fleet surgeon, U.S. Pacific Fleet/command surgeon, U.S. Pacific Fleet Command, Camp H.M. Smith, Hawaii. Mittleman is currently serving as command surgeon, Joint Forces Command/medical advisor to Supreme Allied Commander Transformation, Norfolk.

Rear Adm. (lower half) William M. Roberts will be assigned as fleet surgeon, U.S. Fleet Forces Command, Norfolk. Roberts is currently serving as director, Medical Resources, Plans, and Policy Division, N931, Office of the Chief of Naval Operations, Washington, D.C.

Rear Adm. (lower half) Alton L. Stocks will be assigned as commander, Navy Medicine East/commander, Naval Medical Center, Portsmouth, Stocks is currently serving as fleet surgeon, U.S. Fleet Forces Command, Norfolk.

For more news, visit [www.navy.mil](http://www.navy.mil).

Religious Programs Specialist 2nd Class Norman R. Otters, from Oskaloosa, Iowa, hands out Croc shoes to students at the Guelleh Batal School in Djibouti. World Emergency Relief donated approximately 10,000 pairs of Croc shoes to the Camp Lemonnier base chapel, which distributed the shoes to local schools, refugee camps, churches, and Army Civil Affairs detachments.



Photo by MC2 Joshua Bruns

## Camp personnel help distribute shoes to refugees in Djibouti

BY MCC FRANK MONTELLANO

Camp Lemonnier Public Affairs

**CAMP LEMONNIER, Djibouti** — Personnel from the Enduring Chapel at Camp Lemonnier, Djibouti (CLDJ), helped distribute 10,000 pairs of plastic clog shoes donated by the World Emergency Relief (WER) organization to the Ali Addeh refugee camp, several schools, churches, and non-government organizations located in Djibouti, Africa.

“We did this project in conjunction with WER because of the high rate of foot injuries and infections due to the lack of footwear in many areas,” Religious Program Specialist 2nd Class Norman Otters. “We work closely with WER and other organizations on many community projects, donating items such as clothing, baby needs, and sports equipment.”

Approximately 1,600 pairs were given to United Nations High Commissioner for Refugees (UNHCR), the UN refugee agency, for distribution at the Ali Addeh refugee camp, add-

ed Otter.

Hassan Mohamed, the refugee camp manager, gave a tour to Lt. Cmdr. Robert Cain, a chaplain at CLDJ, and Ann Encontre, the UNHCR representative in Djibouti, to see firsthand the difference that the shoes made in the lives of the refugees.

“On behalf of UNHCR and the refugees in the camp, I would like to take the opportunity to thank you and your team for the donation of shoes and the interest you have shown in improving the lives of refugees in Djibouti,” said Encontre while addressing the military volunteers. “The visit with Mr. Cain is yet another example of the commitment of the U.S. government and its people to humanitarian efforts for the needy.”

During the tour, Cain helped pass out food and met with several children wearing the donated shoes. “The [shoes] were given to the most vulnerable: orphans, single women, elders,” said Mohamed.

The Ali Addeh refugee camp was established after

the collapse of the Somali government in 1991 to host refugees fleeing the civil war. Currently, the camp hosts a total population of more than 11,000 refugees from Somali, Ethiopia and Eritrea.

The Ali Addeh refugee camp is administered by the Government of Djibouti, under the jurisdiction of the Ali Sabieh Commissioner and the National Emergency and Disaster Relief Organization (ONARS). UNHCR is responsible for the protection and humanitarian assistance programs in the camp. ONARS is the coordinating agency for refugee assistance.

Camp Lemonnier provides, operates and maintains superior service to meet the needs of regional tenant commands, and facilitate operations in the Horn of Africa, while promoting positive relations between the United States and African nations.

For more news from Commander, Navy Region Europe, Africa, Southwest Asia, visit [www.navy.mil/local/cnre/](http://www.navy.mil/local/cnre/).



Photo by MC1 Tiffini Jones Vanderwyst

Chief of Naval Operations (CNO) Adm. Gary Roughead is presented the Optimas Award in General Excellence by Todd Johnson, publisher of Workforce Management Magazine. The award recognizes the Navy's continued commitment to developing innovative initiatives to promote a total force.

## Navy receives OPTIMAS Award for ‘General Excellence’

BY MC2 (SW) KYLE P. MALLOY

Chief of Naval Operations Public Affairs

**WASHINGTON** — The U.S. Navy was awarded the Optimas Award for General Excellence from Workforce Management Magazine during a ceremony on Capitol Hill, March 9.

Chief of Naval Operations (CNO) Adm. Gary Roughead received the award on behalf of the Navy.

Congressman Ike Skelton (D-MO) hosted the presentation and said that earning the Optimas Award validates the Navy's commitment to taking care of its people and its Sailors.

Roughead accepted the award from Mr. Todd Johnson, publisher of Workforce Management Magazine, which recognized the Navy as one of the top 50 employers in the county.

Johnson pointed out that the Navy was the largest organization to win the award but explained that to win, an employer must show measurable impact for the organization.

“The object to us isn't the size of the organization, it is the size of the impact,” said Johnson. “And we're going to give that award, this year, to the Navy.”

Roughead spoke about the significance the Optimas Award has for the Navy.

“(It) recognizes the great work of our people who move this terrific organization

along,” said Roughead. “It has been a way for us to look at ourselves, to assess ourselves, and to look at how we can become better at what we do.”

The Navy is the second government agency and the first military service to be recognized in the general excellence category. Previous recipients have included companies known for innovation like Google, Intel, and Hewlett-Packard.

Roughead said winning such a prestigious award will only strengthen the Navy's commitment to being one of the nation's best employers.

“There are more things we can do, there are more things we will do, and there are more things that together we are going to make the United States Navy an even better place to be, to serve and be a better service for our nation,” said Roughead. “[The Optimas Award] is a milestone because we don't intend to stop here.”

The Optimas Award has nine categories and recognizes organizations for their initiatives in competitive advantage, ethical practice, financial impact, global outlook, innovation, managing, change, partnership, service, and vision. An organization must demonstrate excellence in six of the nine categories to be awarded for General Excellence.

For more news from Chief of Naval Operations, visit [www.navy.mil/local/cno/](http://www.navy.mil/local/cno/).

# SECNAV inducted as honorary chief at U.S. Naval Academy

## PRESS RELEASE

From U.S. Naval Academy  
Public Affairs

**ANNAPOLIS, Md.** — Secretary of the Navy Ray Mabus was inducted as an honorary chief March 8 in a ceremony in Dahlgren Hall while visiting the U.S. Naval Academy.

Mabus attended a variety of events throughout the day, beginning with the executive session of the Board of Visitors (BOV) meeting. The BOV meets periodically to inquire into the state of morale and discipline, the curriculum, instruction, physical equipment, fiscal affairs, academic methods and other matters relating to the academy.

From there, Mabus met with a group of midshipmen post-graduate scholars, as well as midshipmen from Mississippi,



Photo by David Tucker

**Secretary of the Navy (SECNAV) the Honorable Ray Mabus passes through sideboys after being inducted as an honorary Chief Petty Officer at a ceremony at Dahlgren Hall at the U.S. Naval Academy. While visiting the academy, Mabus reenlisted seven Sailors and also spoke to midshipmen on the subject of leadership.**

where he served as governor from 1988-1992, as well as several senior enlisted leaders who serve as advi-

sors to the brigade.

Mabus had lunch with midshipmen from 11th Yard Patrol Craft (YP) 685, Company in King Hall

before proceeding to a reen-

listment ceremony aboard 11th Yard Patrol Craft (YP) 685, Company in King Hall where he reenlisted sev-

en Sailors from the Naval Academy and Naval Support Activity Annapolis.

While underway on the YP, Mabus observed a navigation and seamanship demonstration, including a man overboard drill conducted by midshipmen and enlisted personnel from the academy's Waterfront Readiness Division.

Mabus had the opportunity to speak directly to midshipmen on the subject of leadership as part of a course in the academy's Department of Leadership, Ethics and Law.

"All of you have chosen a more interesting and ultimately rewarding way to spend this part of your life," said Mabus. "You're going to deal with bigger decisions than any of your peers."

In the lecture, Mabus touched upon different qualities of good leadership, such as being honest, showing respect to all and not taking anything for granted.

"Lead from the front, don't ask somebody to do

something you aren't willing to do yourself," said Mabus.

The day culminated in a ceremony during which Mabus was inducted as an honorary chief petty officer (CPO). Retired Capt. Robert Parsons, also an honorary chief petty officer, and retired Fleet Master Chief James Mitchell pinned the symbolic chiefs anchors on Mabus' collar.

"The pinning ceremony is an important part of our heritage," said Chief Musician Nick Pastelak, a member of the U.S. Naval Academy Band and one of the masters of ceremony for the event. "One of the guiding principles of the chief petty officer's mission and vision is to maintain a sense of heritage. Chiefs use heritage to connect Sailors to their past, teach values and enhance pride in service to our country."

Force Master Chief Ronney A. Wright from Navy Reserve Force presented Mabus with a CPO ball cap in lieu of the traditional CPO cover.

In his remarks to the chief petty officers, Mabus spoke about his own experiences working with senior enlisted as a junior officer. He served as a surface warfare officer on board USS Little Rock (CG 4).

"I, like every junior officer I think, learned very quickly to listen to my chief and take his advice," said Mabus. "There's not anything else that I've found that compares to what you do in the Navy. It's a unique position."

"No other organization puts so much trust in a group of people. To everyone here, thank you for this amazing honor."

*For more news from U.S. Naval Academy, visit [www.navy.mil/local/usna/](http://www.navy.mil/local/usna/).*

## Navy to update fitness reports, evaluations

### PRESS RELEASE

Navy Personnel Command Public Affairs

**MILLINGTON, Tenn.** — The Navy announced changes to the performance evaluation system and advancement policy March 9 to better reflect service as an Individual Augmentee (IA)/Global War on Terrorism support assignment (GSA) and physical fitness assessment results.

The changes apply to all reports ending Aug. 1 or later and come as a result of Sailor feedback, according to NAVADMIN 083/10.

Under the new policy, a new billet subcategory code will be added to performance evaluation and fitness reports to provide a mechanism for reporting seniors to identify Sailors performing an IA/GSA.

"The IA/GSA billet subcategory was added to ensure IA and GSA Sailors are recognized for their service away from their parent command and remain competitive with their counterparts," said Vice Adm. Mark Ferguson, chief of naval personnel. "Our Sailors are doing great work around the world, whether assigned to traditional billets, joint commands or as an IA. We want to ensure all Sailors are properly recognized for superior performance."

Additionally, both concurrent IA/GSA and regular evaluations will be used to determine performance mark averages and time-in-rate waivers to ensure outstanding performance during an IA/GSA is properly rewarded.



U.S. Navy Photo

**New changes include a billet subcategory for Sailors who serve as Individual Augmentees and documenting physical fitness assessments.**

The new policy also requires reporting seniors to document all physical fitness assessments (PFAs) conducted during the regular reporting period using new PFA codes on performance evaluation and fitness reports. The change supports Navy's culture of fitness and is another tool available to leaders to identify and reward top performers, according to the message.

The policy applies to performance reports ending Aug. 1 or later. Timing of the change minimizes impact to selection board deliberations and the advancement process.

*For more information, read NAVADMIN 083/10.*

*For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).*

# World War II veterans honored by Hanks, Spielberg



Stephen Spielberg, producer of the new HBO series "The Pacific," speaks to 250 veterans at the World War II Memorial, March 11, who were flown in to be honored in timing with the show's premiere.

**STORY AND PHOTOS  
BY ALEXANDRA  
HEMMERLY-BROWN**  
*Army News Service*

**WASHINGTON** — About 250 veterans visited the National World War II Memorial for the first time Thursday and were honored by producers Tom Hanks and Stephen Spielberg in advance of their new HBO series, "The Pacific."

The 10-part miniseries, which airs on HBO beginning Sunday, is a fictional tale that documents the lives of three Marines as they fight their way from Guadalcanal to Okinawa.

The Honor Flight Network, a non-profit organization that sponsors cost-free flights for veterans to visit the memorial, partnered with HBO, American Airlines, and Marriott Hotels and Resorts to fund the trip for the veterans in conjunction with a special viewing of "The Pacific."

Many of the veterans served in the Pacific World War II theater.

"I was really pleased. This is unbelievable ... outstanding," said retired Air Force pilot and World War II veteran Richard Watkins, 83, of Orlando, Fla., of being asked to participate in the event.

"I'm so impressed with this whole program," agreed retired Airman Carl L. Brown, 86, of Turnersville, N.J., who served in China, Burma and India during the war.

"The Pacific" is based on material from four books written by World War II veterans as well as original veteran interviews. Producers Hanks and Spielberg took time Thursday to honor the people who inspired their series.

"If there was ever a contribution to a nation ... it was your strength and your courage that defined the greatest generation," Spielberg said, addressing the veterans. "You said America can be built by ideas if you have the courage to act upon those ideas. We, the baby boomers have tried to live by your example."

Former Senator Elizabeth Dole, a supporter of the Honor Flight Network, also spoke at the ceremony. Dole quoted Gen. George Marshall, Army chief of staff during World War II, who when asked if America had a secret weapon that would ensure victory said, "Oh yes, America's secret weapon is the best darn kids in the world."

"It was you, veterans, those 'best darn kids' who won the war," Dole said.

Also present were Tammy Duckworth, the assistant secretary of the Department of Veterans Affairs, and W. Scott Gould, deputy secretary of the VA.

"Ordinary Americans hate going to war, which is a paradox, since it was ordinary Americans who made the difference between liberty and subservience, between freedom and terror, 70 years ago," Hanks said.

Jerome Freund, 85, of New York, a retired Sailor who served in Casablanca, North Africa, and Italy during the war, got emotional when asked how he felt about being part of the event.

"It restored my faith in



Actor and producer Tom Hanks, speaks to 250 veterans at the World War II Memorial March 11 who were flown in to be honored in timing with the premiere of "The Pacific."

what I was fighting for," Freund said solemnly.

"I've never been honored in a group like this before," said Jim Inglis of Baltimore, 85, an Army veteran who served in China. Inglis, who hasn't yet retired from his job at Northrop Grumman, said he doesn't like to make a big

deal of his veteran status - he just did what his country required.

The veterans later got an exclusive look at the first episode of "The Pacific," while Hanks and Spielberg joined President Obama at the White House for a private screening.



Tammy Duckworth, the assistant secretary of the Department of Veterans Affairs, shares a conversation with a World War II veteran March 11 at a ceremony honoring about 250 veterans in timing with the premiere of "The Pacific."

Generations of women moving history forward.

# WOMEN'S HISTORY MONTH

## Women pilots of WWII inspired generations

BY CAROL L. BOWERS  
American Forces Press Service

WASHINGTON — Under clear blue skies, beneath the spires of the U.S. Air Force Memorial, military aviators gathered to pay homage to the achievements of the first women to fly military aircraft during World War II.

The memorial service and wreath-laying ceremony, with a reception afterward, was a prelude to the March 10 presentation of the Congressional Gold Medal to the 1,102 pilots who served as Women Airforce Service Pilots during World War II.

Retired U.S. Coast Guard Vice Adm. Vivien Crea, the keynote speaker at the service, told those assembled that by answering America's call to duty in 1942, they gave birth to a fledgling service that would become the WASPs with achievements that would go on to inspire another generation of women in the military.

"As aviators, you possessed an invaluable capability that our nation desperately wanted," Crea said. "You joined not because you were great pioneers, but because of your great sense of duty. You served America in its time of peril."

Nearly 200 of the surviving women pilots attended the ceremonies with family and friends, and family members represented other pilots.

Thirty-eight of those women were honored with roses during the memorial ceremony for having made the ultimate sacrifice for their country during their service, and the 20th Fighter Wing from Shaw Air Force Base, S.C., performed a fly-over in the "missing man" formation.

The WASPs' service, and their ability to fly every type of aircraft, Crea noted, prompted U.S. Air Force Gen. Henry Harley "Hap" Arnold to declare, "We have not been able to build an airplane that you can't handle. It is on the record that women can fly as well as men."

Crea herself is an accomplished aviator, inspired by the WASPs' service, serving for 36 years of active duty, most recently as the 25th vice commandant of the Coast Guard. She became the 21st and only female Ancient Albatross, a designation given to the longest serving active duty Coast Guard aviator.

"It has taken over six decades for our nation to recognize the unique service and valor of the WASPs with the Congressional Gold Medal you shall receive tomorrow," Crea said. "But your true legacy is much more vital, enduring and transformational than that honored piece of gold. It is in the young women and men, from your peers and your own children to today's youngest generation that you have inspired with your patriotism."

Crea said that because of the WASPs, there is a new generation of women fighter pilots, lifesavers and warriors "who enjoy the absence of any conception that they can't do something because of a coincident of birth ... that women are equal partners in war as they are in



Jan Nicolai holds a photo of Helen Jo Anderson Severson, a deceased pilot from South Dakota who flew with the Women Airforce Service Pilots during World War II, during a wreath-laying and remembrance ceremony



Ola "Roxie" Rexroat and Maxine Flournoy, both former pilots who flew with the Women Airforce Service Pilots during World War II.

Cheryl Marie Michell Van Riper holds the photo of her aunt, Marie Mitchell, a deceased pilot who flew with the Women Airforce Service Pilots during World War II, during a wreath-laying and remembrance ceremony for all 1,102 pilots at the Air Force Memorial in Arlington, Va., March 9. The ceremony was part of a two-day event in which all pilots will receive the Congressional Gold Medal at the U.S. Capitol for their service.



Photos by Linda Hosek

peace."

From 1942 to 1944, more than 25,000 women applied to the WASP program, an Army Air Corps experiment to explore the opportunity for women to serve as pilots and relieve men for overseas duty; 1,102 women were accepted. The WASP were not granted military status until 1977.

At a reception at the Women in Military Service Memorial at Arlington National Cemetery after the service, Gen. Norton Schwartz, U.S. Air Force chief of staff, said this week's special events "take us back to another era, and not merely to honor the past, but truly in a larger sense, also to correct some of its errors. The well-deserved respect for the WASPs is long overdue."

Schwartz said it is important to

celebrate the WASPs' contributions, not only in wartime service, but for their pivotal roles as women pioneers blazing a trail to the military cockpit.

"Pioneers like you often had to endure persistent criticism, which made your efforts ever more courageous, and your achievements ever more substantial," Schwartz told the WASPs.

The legacy of the WASPs, he said, is that these accomplished women went on to become leaders in civilian life "continuing their noble efforts to vanquish societal limitations and subtle forms of discrimination" and living the example of what diversity can mean.

"You demonstrated that our great nation benefits most when it rightly harnesses the abundant energy, the generosity, the talents of all of

its citizens, and you proved that far greater strengths and vitality lie in inclusiveness," Schwartz said.

For Jan Nicolai, whose late aunt, Helen Jo Severson, was in WASP Class 43-5, the days of celebration of the WASPs' contributions is very special. She carried roses and a photo of her aunt to the memorial service.

"When she was inducted into the South Dakota Air Hall of Fame, and in 2007 she received her star on her grave site, we thought that was it," Nicolai said at the start of the memorial service. "But this, this is magnificent."

For many of the women who became WASPs, it was their love of flying, as much as love of country, that set them on a course that would change their lives.

"When Lindbergh flew over the



Women Airforce Service Pilots of World War II, military members and guests salute a wreath and roses dedicated to the 38 out of 1,102 women pilots who died during service to their country during a ceremony at the Air Force Memorial in Arlington, Va., March 9.



Carol Brinton Selfridge, 92, WASP Class 44-5, and her granddaughter, U.S. Air Force Lt. Col. Christy Kayser-Cook, share a moment during the reception to honor women civilian pilots who flew with the Women Airforce Service Pilots at the Women in Military Service for America Memorial at Arlington National Cemetery, Va.



Rose Penn Ross, a pilot who flew with the Women Airforce Service Pilots during World War II, poses for a photo for her family at the Air Force Memorial after a wreath-laying ceremony to honor the pilots at the memorial in Arlington, Va., March 10.

ocean, I was seven years old, and I thought, 'I want to be a pilot some day,'" recalled Dolores Reed, 92, WASP Class 44-1. "Not long after, my dad spent a dollar and put me in the back of a plane. That was a lot of money in The Depression. I could barely see over the seat. And when we landed, I said 'I'm going to fly.'"

When she started working, Reed paid \$8 per hour for flying lessons, and with 35 hours of flying under her belt, she applied to be a WASP. "I did aerial gunnery. I flew targets four hours a day while the boys sharpened their skills," she said.

Reed also set her sights on her squadron commander — marrying him and raising three children. She continued flying after the WASP was disbanded, taking up air racing.

Her friend Josephine Swift, 92, also Class 44-1, said she was hooked on flying after her brother, a Navy pilot, took her up in the air. She got her private license and worked for a flying service and jumped at the chance to be a WASP. "I just applied and they accepted - that was the secret, getting accepted," she said.

For Swift, the two days of ceremonies marked an opportunity to reminisce with old friends, and miss the ones who had passed on.

Carol Brinton Selfridge, 92, Class 44-5, said flying was something she just had to do after following the achievements of Amelia Earhart and test pilot Jacqueline "Jackie" Cochran as a child. Sibling rivalry played its part as well, she recalled. "My brother flew, and I don't let my brother get ahead of me," Selfridge said.

When she joined the WASPs, she had two children, who were cared for by her mother while she flew. Her husband, who worked for Lockheed, could not serve, and Selfridge recalls he told her "I can't go, so you might as well."

After the WASPs disbanded, she went on to have two more children, and she now has a granddaughter in the U.S. Air Force

"It means a lot to me to see them recognized," said U.S. Air Force Lt. Col. Christy Kayser-Cook, Selfridge's granddaughter, who is assigned to Scott Air Force Base, Ill. "I got interested in flying because of my grandmother's experience, but I think a lot of people haven't heard of the WASPs before."

Selfridge, however, remains modest about her own achievements and instead conveys pride in her granddaughter's accomplishment. "I don't know why they're making so much of us because I loved every minute of the flying," Selfridge said.

For Jeannette Goodrum, Class 43-8, the service, reception and anticipation of the March 10 award ceremony were "exhilarating."

"It's the greatest story of all to see young people who graduated from the Air Force Academy because of what we did in 1942," she said.

One of those young people was U.S. Air Force Maj. Nicole Malachowski, the first female Thunderbird pilot, who was among the guest speakers at the reception.

Malachowski, who was one of the leaders of the movement to have the WASPs awarded a Congressional Gold Medal, said the WASPs' story "helped write my story."

As a child, she said, she wanted to be a fighter pilot, but few took her seriously. In 1986, her parents took her to the Smithsonian, where there "was a small display in a dusty back room" about the WASPs, and proof that she could achieve her own dreams.

As a Thunderbird performing in her third air show, Malachowski recalled how five WASPs elbowed their way to the front of the line to meet her and get her autograph.

"I made a beeline for them, and before I could get a word out of my mouth, they were thanking me for my service," she said. "Here are my heroes, and they're thanking me. They redefined what's possible for women who want to serve their country."

Going to <https://myPay.dfas.mil> is an easy, secure online way to access your military pay and tax statements anytime, anywhere. Use myPay to manage your pay account online instead of standing in line. As a registered myPay user, you also receive E-mail updates regarding important changes to policy, laws and entitlements affecting your finances.

## DFAS: Approximately 3.7 million users access myPay Web-based pay account system

Continued from page A1

information is protected. We want to help our customers become educated customers, to partner with us to make sure all aspects of their pay – from what they are due to how it is delivered – are as accurate as possible.”

Users of myPay have greater control over their pay accounts and can make changes to vital information in a very secure environment. Some of the options within myPay include:

- Download, save and print pay account information from military retired or annuitant account statements, or military/federal employee leave and earning statements.
- Download, save and print annual tax statements such as W-2s and 1099Rs.
- Verify and update postal and e-mail addresses.
- Verify and update bank account information for direct deposit.
- Start, change or stop financial allotments.
- Make changes to federal or state tax withholding amounts.
- Change user names and passwords to keep accounts secure.

While the options may

vary from one customer category to another, all myPay users can establish alternate login credentials for use by family members, tax preparers or others they trust to view account information and download tax statements.

“The myPay system has been with us for a while,” Gustafson said. “Our security enhancements have been developed to counter threats to our customers’ personal and financial information. The growth in what can be accomplished has reflected the needs and wishes of many recipients of our payroll services. In short, myPay gives them a way to avoid the risks of postal delivery of their information, and a way to really shorten the amount of time it takes to update information in our pay systems.

“But the bottom line is still how these users view the importance and worth of myPay. Do they understand their role in keeping their financial information current and accurate?”

While DFAS maintains some of the more traditional methods of submitting changes to customer information or inquiring about pay issues such as fax, call

centers and mail, the myPay system provides a faster and more efficient means to communicate with their payroll service provider.

Another benefit of the system is reduced costs in delivering pay information to customers. This year, DFAS has saved taxpayers approximately \$1.5 million in postal fees by electronically distributing 2009 tax statements via myPay.

“The changes customers submit via myPay are effective immediately,” said Dawn Coulter, the agency’s e-commerce director. “Rather than waiting for the fax machine or mail to get the information to DFAS, then waiting for a payroll technician to input that information into the pay system, address changes, new bank account information or other data become effective the moment the customer hits the submit button.”

DFAS officials have advised all eligible myPay users to establish their new login credentials and keep that information secure. Once able to access the online application, they are encouraged to review their pay account information and make sure it is accurate.

## CNO: Adm. Roughead addresses Sailors at Naval Station Norfolk’s C-9 building auditorium

Continued from page A1

have in the Pacific, in the Arabian Gulf and now back in the Mediterranean.”

He also stated what he believes is an example of just how far reaching the Navy can be.

“When we talk about the global reach of Navy,” Roughead said. “I think it is important to recognize that the first ship to respond in Haiti was guided missile destroyer – a pa-

cific fleet ship – that was coming from the eastern Mediterranean where it had been doing ballistic missile defense. If that is not a global Navy then I don’t know what is.”

And he thanked the Sailors for the work they had accomplished in Haiti and helping the operations there.

“The work that you all have done here is absolutely extraordinary,” Roughead said. “I bragged

about you and your shipmates for being able to get the amphibious ready group underway in less than half the time that it usually takes from standby.”

The CNO also has to look at the Navy’s future.

“One of the things I have to do in Washington is think about the Navy of tomorrow,” Roughead said. “When I look at what we have done recently, I think we are in pretty good shape.”

## President honors troops for Haiti service

BY ARMY SGT. 1ST CLASS MICHAEL J. GARDEN  
*American Forces Press Service*



President Barack Obama

WASHINGTON — President Barack Obama recognized nine military members along with other federal, state and nongovernmental relief workers here today for their service to earthquake-ravaged Haiti.

“Today I want to thank all of them for leading a swift and coordinated response during one of the most complex humanitarian efforts ever attempted,” Obama said. “I think you represent what’s best in America, and I could not be prouder of the response that all of you engaged in during this humanitarian crisis.”

Haitian President Rene Preval attended the Rose Garden ceremony to thank Obama and his administration for their quick response. The United States was part of global response that arrived in Haiti almost immediately after a magnitude 7.0 earthquake struck the Haitian capital of Port-au-Prince on Jan. 12.

An estimated 8 million Haitians lost their homes, and thousands of others died in the wreckage. Relief efforts included conducting search-and-rescue missions, treating life-threatening injuries and providing food, water and shelter.

Navy Lt. Sheila Almendras-Flaherty was deployed to Haiti for almost two months aboard the hospital ship USNS Comfort, where she served as a pediatric nurse. Her experience, although rewarding, was not easy, having to see so many injured children on her medical floor, she said.

“I treated them as if they were my own kids,” she said. “The numbers were pretty significant, and it was really difficult. The experience is very just very difficult to put into words.”

Air Force Senior Airman Justin York served with the Tennessee Air National Guard’s 24th Air Expeditionary Group. Haiti was his first deployment, he said.

He shared Almendras-Flaherty’s sentiments and expressed the difficulties of searching for survivors amid the rubble and damage.

“It’s a really sad situation, but I’m happy I was able to help,” he said.

For Navy Chief Warrant Officer Wilfred Bossous, serving in Haiti also was difficult. Wilfred was born in Haiti and came to the United States in 1984 when he was 14 years old. Bossous said he lost 10 family members to the earthquake.

“Going back and seeing all the devastation, I was taken aback by it,” he said. “But being in the position to help my natives, I felt blessed. I pride myself on being professional and not being too emotional, but being able to go back to my homeland was very gratifying, and it’s a blessing to have had the opportunity to do so.”

# COMFORT: Last NMCP personnel return from Comfort's Haitian relief effort

Continued from page A1

flights starting in late February, as Haitian emergency medical needs began to diminish.

Following the quake, more than 130 medical and support personnel departed NMCP and embarked the Comfort bound for Haiti Jan. 16. The ship arrived in Port-au-Prince Jan. 20. An additional contingent of personnel from NMCP medical teams, totaling nearly 200 people, joined the ship after it had arrived on station in Haiti.

Prior to anchoring off Haiti's coast, Comfort received severely injured earthquake survivors via airlift. By the end of the relief effort, nearly 1,400 medical personnel from the U.S. military and various non-governmental organizations embarked, at some point, to treat patients. Throughout seven weeks, the ship's doctors, nurses and corpsmen treated 871 patients. At the height of the recovery effort, Comfort received one patient every six to nine minutes.

As the leading chief petty officer of Combat Cargo and Medical Operations and also of the Litter Team, it was HMC (SW/FMF) Brian A. Wood's job to oversee the embarkation and debarkation of those injured, as well as Sailors and supplies headed to medical sites ashore.

"On the flight deck, we saw more than 700 medical evacuations in the first two weeks. The typical day in the early weeks was 'chaos' in the best of forms," Wood recalled. "We literally had helos in the air waiting to land one after another with two and three litter patients and three to four ambulatory patients on each helo.

"The most challenging for me and my crew was maintaining the tempo," Wood continued. "We were working 18 hours days the first couple of weeks with patients coming in from all over Haiti, via our helos - Canadian, French and more."

In the first ten days, 540 critically injured Haitians were brought to the ship requiring Comfort to run its 10 operating rooms at full capacity for the first time in the ship's history.

"It was like being in the middle of a battlefield trying to triage so many patients," said nurse Lt. Cmdr. Tracey R. Giles, "and trying to determine just who to take care of first. Each nurse was caring for 10 to 16 patients. I was glad my medical, surgical and wound care skills kicked into overdrive."

According to Giles, so many of the patients on board were children that she



Photo by MC3 Ryan Steinhour

Moran Tugs help maneuver Comfort towards the pier. The Hospital ship was shrouded in a bank of fog minutes to arrival at pierside Naval Station Norfolk. Comfort will return to homeport in Baltimore.



Photo by Harry Gerwien/Military Newspapers of Virginia

(L) Elizabeth Raphael just couldn't hide her happiness at being reunited with her husband Lt. Cmdr. Dan Raphael of HSC-28. Lt. Raphael and his squadron helped with Haitian earthquake relief. (R) Lt. Cmdr. Robin Lindsay embraces her family after returning to Naval Station Norfolk.

was moved from the medicine unit to an overflow pediatric unit, serving as the day charge nurse.

"Our team came together flawlessly," Giles said. "Within three days of opening, our 60-bed unit was more than 60 percent filled. There were patients from one month to 23 years old, with amputated fingers, arms, legs and severe upper



Photo by MC3 Brian Goodwin

and lower extremity fractures, complex wounds and exposed skulls.

"It was difficult caring for the children and not getting attached, since many were separated from their parents," Giles continued. "One six-year-old patient cried incessantly the first few days for his parents. Another four-year-old, who had lost her right ear, was in our unit for three

weeks before she would allow me to perform her wound care without screaming. My most rewarding experience, though, was teaching the mother of a two-year-old how to provide wound care for her child."

Such events occurred in every unit as medical teams cared for a seemingly endless flow of patients.

"I could not have imagined that I would be using such a wide array of nursing skills and pulling so much from within to accomplish this mission," Giles added.

"The most rewarding part to me is that I physically saw every patient that came in and off the ship," Wood added. "Later in the mission, I was able to go out to a medical site and saw a lady who we both remembered each other from the flight deck of the Comfort, and she was so happy she had to hug me. It was a very nice moment!"

By the time the Comfort weighed anchor to return home, helicopters ferrying patients and passengers had touched down on the ship's flight deck 2,124 times. Surgical teams had delivered lifesaving care. They performed 843 surgeries, amputated 37 limbs and repaired countless broken bones and crush injuries. Nine babies were delivered, including twins.

Some of the patients treated on board the ship were U.S. and international military personnel transferred to the ship by physicians on the ground for surgical and non-surgical care. As relief efforts increased and medical treatment facilities ashore expanded and regained their ability to treat more patients and provide greater care, the volume of people who needed lifesaving trauma care aboard the ship began to ease. Doctors discharged Comfort's last patients Feb. 27, leaving the ship empty, except for its 993 remaining crew members. The decision to bring the ship home was made shortly thereafter.

After several days at sea, Comfort emerged from the haze and released its Portsmouth crew into the welcoming arms of family, friends and colleagues - and a staff member's new baby.

NMCP Commander Rear Adm. Kiser was on the pier to greet staff members returning from Haiti. "The selfless dedication of our staff, both those who deployed to Haiti on a moment's notice as well as those who stayed behind to keep our mission going here, reflects the very best of what we do at NMC Portsmouth.

"I have never been prouder to be counted among this crew than I am now," Kiser added.

## Officer Candidate School improves its curriculum, increases class size

### PRESS RELEASE

From Naval Service Training Command Public Affairs

**NEWPORT, R.I.** — Constantly seeking methods to improve officer efficiency for the fleet, Navy Officer Candidate School (OCS) in Newport, R.I., has embarked on a new course by making quality improvements to its curriculum and increasing its class sizes.

According to Naval Service Training Command (NSTC), which oversees all Navy accessions training except for the U.S. Naval Academy (USNA), OCS initiated changes to its curriculum under the guidance of Rear Adm. Cliff Sharpe, NSTC commander, to ensure OCS training was more parallel to what is currently being taught at the USNA and in Naval Reserve Officers Training Corps (NROTC) units.

Aside from the changing curriculum, the enlargement of OCS classes was designed to move toward a steadier class schedule throughout the year. Larger classes will also allow for senior officer candidates to guide and mentor junior classes. This early leadership experience gives the officer candidates a better grasp on the challenges and opportunities they will have as ensigns in the fleet.

Because of the collaborative efforts of the NSTC headquarters staff at Naval Station Great Lakes, Ill., the OCS staff at Naval Station Newport and Officer Development (OD) directorate staff at Naval Air Station Pensacola, Fla., OCS was able to broaden its curriculum and now has a more robust syllabus.

"A thorough review of the OCS military, academic and leadership curriculum was conducted," said Capt. Joseph A. McBrearty, commanding officer of Officer Training Command (OTC). "We drafted and executed a comprehensive revision to the learning matrix to which these officer candidates are exposed, fine-tuning the 12-week schedule to add significant amounts of Naval history, engineering and seamanship topics."

Lt. Michael Brewer, OCS's lead instructor, said the new curriculum is a significant change.

"We are now putting a greater emphasis on academic phases," said Brewer. "Candidates from previous classes indicated in their end-of-school surveys a greater need for more academic classes and Navy history and heritage."

Brewer said OCS is now teaching 30 hours of Navy history and increased class hours in Naval engineering, weapons systems, navigation and Navy doctrine. OCS is also working with USNA to develop a Navy leadership course that is similar to what the academy teaches their corps of midshipmen.

"We teamed with the United States Naval Academy to introduce a more tailored leadership and ethics curriculum into the OCS program," said McBrearty.

"We now have an officer here who is constantly talking with and sharing ideas with the academy," Brewer said.

This is an on-going project, and NSTC will continue to refine the curriculum, with the ultimate goal of de-

veloping better prepared ensigns and Naval officers. In the past, OCS graduated an average of 50 candidates each week. Sixty-four candidates were commissioned as ensigns Feb. 12. In the future OCS is hoping the class size will increase to an average of 90 candidates.

"The increase in candidates in each class will level-load the schedule across the fiscal year," said Cmdr. Sean Higgins, operations officer for OCS. "This means better staffing and a steadier schedule. We'll be starting a new class every three weeks and have four classes and approximately 400 candidates on deck at any given time."

For the staff of 10 officers, 14 senior chiefs and chiefs, and nine Marine Corps drill instructors, the challenge has been handling the larger classes and at the same time incorporating the changes in the academic phases of OCS.

"The larger classes can be more demanding," said Brewer. "The first class had some struggles balancing their time and the instructors and facilitators had to get used to dealing with larger numbers. But in the end, we were able to meet all of our goals, and it should become easier as we move forward."

OCS Newport had a total of 633 officer candidates in 2007. For fiscal year (FY) 2008, the numbers jumped to 890 and 1,009 for FY 2009. Officials predict the number leveling off to just below 1,100 for the next five years.

"We are looking at having 100 candidates in each of our classes at the start, which should equate to 90 candidates in future graduating classes," said Brewer.

The demanding 12-week OCS course is designed to educate young men and women on the many military norms and skill sets to prepare them to survive in the fleet as officers and leaders of Sailors.

"The results have been overwhelmingly positive, and I strongly believe that these future Naval officers are much better prepared to solve the challenges of the world which they are about to face as leaders," said McBrearty. "This has been a total team effort between Naval Service Training Command, the United States Naval Academy and Officer Training Command."

Navy OCS was established in 1951. The Navy previously operated two officer candidate programs, OCS in Newport and Aviation Officer Candidate School (AOCS) at Naval Air Station (NAS) Pensacola, Fla. AOCS trained prospective naval aviators, naval flight officers, aviation maintenance duty officers and air intelligence officers, while OCS trained all other officer communities. The original Navy OCS in Newport was closed down in April 1994 when the programs were merged as a single OCS at NAS Pensacola. Subsequently, in 2007 the consolidated Navy OCS curriculum was relocated back to Newport by direction of the Base Realignment and Closure Commission of 2005.

For more information on OCS, visit [www1.netc.navy.mil/nstc/otc/ocs.asp](http://www1.netc.navy.mil/nstc/otc/ocs.asp).

For more news from Naval Service Training Command, visit [www.navy.mil/local/greatlakes/](http://www.navy.mil/local/greatlakes/).



Photo by Gregg Kohlweiss

Officer candidates take the oath of office during a commissioning ceremony following graduation from Officer Candidate School at Naval Station Newport.

# FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

March 18, 2010

## CNIC presents 15 Zumwalt awards to NGIS

BY MC1 (AW) TIM COMERFORD  
The Flagship staff writer

**VIRGINIA BEACH** — Vice Adm. Michael C. Vitale, Commander Navy Installations Command (CNIC) honored 15 installation's Navy Gateway Inns and Suites (NGIS) by giving them the coveted Admiral Elmo R. Zumwalt award for housing and lodging management.

The Secretary of the Navy established the Admiral Elmo R. Zumwalt award in 1974 to recognize commands that achieve the highest level of service standards.

NGIS operations can earn a three, four or five-star rating based on the quality of facilities, amenities, service and financial management. Each year, only half of the Navy installations are inspected. Only commands attaining a five-star rating are recognized as Admiral Elmo R. Zumwalt award winners.

This year, of the 40 installations inspected, 15 installations have met the five-star Zumwalt accreditation standards:

- Joint Forces Staff College, Norfolk
- Naval Air Station Oceana, Va. Beach
- Norfolk Naval Shipyard, Portsmouth
- Naval Weapons Station Yorktown/



Photo by MC1 (AW) Tim Comerford

Fifteen Installations received the five-star Zumwalt accreditation standards this year. Navy Gateway Inns and Suites operations earn the Three, Four or Five-Star ratings based on the quality of facilities, amenities, service and financial management and each year half of Navy installations are inspected. Only commands attaining a Five Star rating are recognized as Admiral Elmo R. Zumwalt award winners.

See ZUMWALT, B10

## HBO, Nauticus invite visitors to thank vets and active military

Record your own video tribute message and be a part of the HBO Pacific Tribute Campaign through video 'Thank You' at the Nauticus

PRESS RELEASE

Nauticus Public Affairs

**NORFOLK** — In honor of WWII veterans, and in appreciation of those currently serving, HBO is launching a video tribute campaign for the troops, in partnership with national museums dedicated to preserving the history of WWII. From now through May 31, visitors to Nauticus' second floor Forecastle Gallery may record a free video "thank you" message as part of HBO Pacific Tribute Campaign.

Select video tributes will be collected for a montage that will appear on HBO.com and will be distributed to the troops through partnerships with military and veterans organizations. The kiosk will be available during regular Nauticus hours of 10 a.m. to 5 p.m. daily.

The touch-screen kiosk is as easy to use as an ATM. Using a new "MeTV" technology, individ-



Photo by Alexandra Hemmerly-Brown

Actor Tom Hanks, center, points to 250 veterans at the World War II Memorial March 11, during a speech by HBO copresident Richard Plepler. The veterans gathered at the World War II Memorial March 11, to be honored in conjunction with the premiere of "The Pacific," a miniseries that documents the lives of three Marines as they fight their way through the Pacific theater. The Nauticus Museum and HBO are offering free recordings of video "Thank You" to WWII veterans and active-duty military service members.

uals can record a high-definition video of up to 30 seconds and e-

mail it to any address. MeTV

is the first live, location-based broadcast network that embod-

ies many of today's top social media trends. All videos recorded at Nauticus will go directly to HBO, where select videos will be

included in the national montage. For those with a friend or family member currently serving, there is also an option to send the video directly to a soldier. "We're pleased to be part of this national project to let our troops know how much we appreciate their dedication to serving our country," said Nauticus Executive Director Hank Lynch. "Our museum is committed to honoring those that served our country in WWII and recognizing the sacrifices and contributions of our active duty soldiers and their families."

The tribute campaign coincides with the premiere of HBO's epic miniseries The Pacific, based on the true stories of World War II Marines and executive-produced by Tom Hanks, Steven Spielberg and Gary Goetzman. The Pacific tracks the intertwined real-life journeys of three U.S. Marines

See THE PACIFIC, B11

## NMCRS's fund raising slapshot

Norfolk Admirals help Navy-Marine Corps Relief Society raise funds

BY MC1 (AW)

TIM COMERFORD

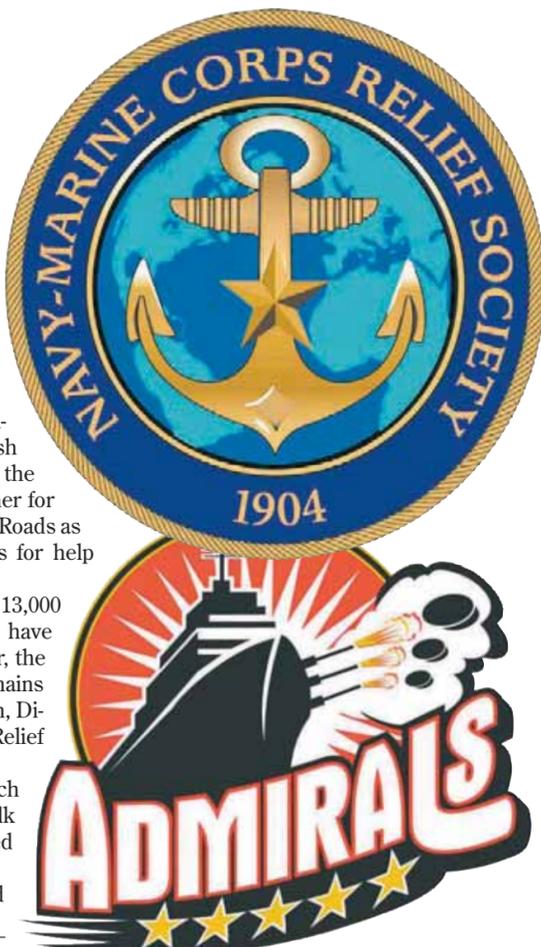
The Flagship staff writer

The Navy-Marine Corps Relief Society (NMCRS) and the Norfolk Admirals team up to sell tickets and raise money. The Admirals play the Wilks-Barre Scranton Penguins as they push towards the playoffs, but the stakes have never been higher for the Sailors around Hampton Roads as NMCRS receives more calls for help than ever before.

"We assisted more than 13,000 cases last year. While we have been helping more than ever, the amount of contributions remains the same," said Kathy Nelson, Director, Navy-Marine Corps Relief Society, Norfolk.

The game is set for March 26 at 7:15 p.m. at the Norfolk Scope Arena. Tickets for red level are \$10.

If you want to help out and



See NMCRS, B11



Photo BY MC3 Lauren Randall

A preschool group from Naval Station Norfolk's Child Development Center sang "Wheels on the Bus" and "I Love Rock and Roll" at the grand opening of the Child and Youth 24/7 Center at Naval Station Norfolk, March 12.

## Naval Station Norfolk holds Child, Youth 24/7 Center grand opening

STORY BY MCSN SCOTT PITTMAN

Navy Public Affairs Support Element East

**NORFOLK** — Fleet and Family Readiness Child and Youth Services hosted a grand opening ceremony for a new Child and Youth 24/7 Center at Naval Station Norfolk March 12.

The child and youth center is a \$1.2 million facility with 4,000 square feet of space and offers day care 24-hours a day, seven-days a week to remain flexi-

ble to watch-standers and shift workers who do not work traditional hours.

"This facility is a shell, but it will morph into a home," said Capt. Kelly M. Johnson, Naval Station Norfolk commanding officer.

The center combines in-home care styles with traditional center-based care by providing multiple adults to su-

See 24/7 CENTER, B11

# The Ripple Effect

## SPOUSE SPEAK!

BY LINDA PORT  
Navy spouse and writer

There are a handful of movies out there that have underlying lessons. Whatever the storyline, it draws us in because we find something in our own lives to relate it to. Often the highlight of the story is someone who inspired or influenced another to strive for something, or helped them in a meaningful way.

Hollywood is great that way. We can pop in a DVD and get some 'feel good' on demand.

Our lives are often so busy we sometimes get too focused on what is not going right and forget about the good things that are happening right in front of us.

A dear friend of mine who is a geographic bachelor was in the hospital for several days and I was spending each afternoon and evening with her to keep her company. Her progress was slower than she wished it to be and she was getting frustrated at the limited communication with her caregivers. We spent a great deal of time talking about what she desired them to do and wondering why she had not yet been visited by a specialist. Our conversations tended to digress to being rather critical of the system. Then a corpsman came in to her room.

This young Sailor pleasantly attended to tidying the room and

replenishing her IV. My friend asked him where he was from and he happily told her he was from nearby Chesapeake. He went on to share that he loved the area and was glad to be near home where he could help his mom as she faced some health challenges of her own. He was happy that his work as a corpsman gave him the opportunity to take care of people. What a good Sailor. What a good corpsman. What a good person.

We were truly humbled by his sincere and positive dedication and a little embarrassed that we had been feeling so negatively about the medical system. He was an uplifting dose of 'feel good'. In the military we tend to cross paths with more people than those from the civilian world might. We don't often think of the impact an individual may have on us until later when we reflect on our memories of a place or experience.

Sometimes it is the 'small world' factor that wows me. As I have participated in workshops for spouses over the past couple of years I have coincidentally been paired with someone who grew up less than a mile from me and attended the same high school, and someone who was born in the same hospital as me. It's also a great surprise when we run into an old friend or someone we've been stationed with

before. Sometimes just a casual conversation reveals things you have in common.

A year after meeting a good friend my husband mentioned something about where he went to basic and we discovered that they both were at the same Naval Training Center at the same time, and had recruited through the same Military Entrance Processing Station (MEPS) in Alaska far from either of their hometowns. Stuff like that just makes me smile. They were meant to meet, and I am sure there are reasons why fate didn't bring them together until 20 years later.

Without intending to, individuals can have a profound effect on us, just as we can unknowingly affect them. Someone told a friend once that she had literally saved his life by persistently checking on him when he was recovering from a tragedy he had been involved with. Of course her intentions were to help, but she was almost overwhelmed to hear how seriously it had helped him.

We can't know when we may be the ones to affect someone else. We might never know if we made a difference along the way so I have taken the outlook of assuming that I might. I try to keep a positive attitude and remember that it is easy to smile and give understanding to someone who might be having a difficult time. I realize that there is usually much more to a situation than I know, or is even my business to know and am trying to take a gentler approach when I encounter people by being less assuming and judgmental.

Something that corpsman said sunk in and reminded me of what I learned as a kid. He said "I try to

just take care of people the same way I would want them to take care of my mom." How simple is that!

Linda is a Navy spouse of 23 years. She currently volunteers with

COMPASS, C.O.R.E. and her base Chapel. She was the 2007 Hampton Roads Heroes at Home Spouse of the Year and was personally awarded the Presidential Call to Service Award by President George W. Bush.

**TIP**  
of the week

NORFOLK BOTANICAL GARDEN  
A Natural Beauty.

### Botanical Origami - Spring Garden Scene

Stimulate your mind by learning a new skill with individualized instruction from paper artist Rich Gray in these one-day workshops. Learn how to fold decorative paper into colorful designs for display or gifts. No previous experience required. Students should bring small, sharp-pointed scissors (such as embroidery scissors); all other supplies included. Call 441-5830 for more information.

Admission: \$24 (\$18 for NBG members)

Event Dates: Saturday, March 20, 2010 • 9:30 a.m. - 12 p.m.

Event location: Norfolk Botanical Garden, 6700 Azalea Garden Road, Norfolk

### Decorative Eggs at Norfolk Botanical Garden

During this workshop with Adult Program Specialist Alisha Brown, Ph.D. will share several ways to create beautifully decorated eggs, using all sorts of flowers and natural dyes. Each participant will take home a basket of charm and color including an "Egging" with a spring surprise. All supplies included. Call 441-5830 for more information.

Admission: \$45 (\$35 for NBG Members)

Event Dates: Saturday, March 20, 2010 • 10 a.m. - 12 p.m.

Event location: Norfolk Botanical Garden, 6700 Azalea Garden Road, Norfolk

## Friends, you gotta have 'em



BY BIANCA MARTINEZ

I have always heard it. I have heard it over and over again and I am sure you have too. "You have to take care of yourself first before

your can take care of others." If you are like me, you have likely thought, "what is that supposed to mean?" Okay, well you know what it is supposed to mean but maybe it is just that we can't comprehend how in the world we would make that happen... especially as military spouses.

Let's face it, after making sure that everyone has everything they need, have gotten to where they need to go and have eaten what they need to eat, there isn't much time left for you. My typical day starts with the morning rush. Yours too? You have to make sure the kids are fed. You have to make sure lunches are made and packed. You have to make sure the dogs are fed and let out. You have to make sure all of the gear is packed for school and whatever is afterwards. Two days a week for us, it is swimming lessons so that means packing the whole swimming bag. Oh and we do all of that before nine o'clock in the morning. Then you gotta go to the grocery store or maybe Babies R' Us before you go pick up the preschooler. You gotta feed those kiddos before you start the nap process including bathroom stops and special book time. Then it is time for something for yourself! HA! For me, that's just the time I have to start getting ready for work. Hey, I will admit that may be the first time in the day I even

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!



get a chance to brush my teeth! Then, it is off to work until midnight.

Sure, I should totally make sure to meet friends for lunch or drinks ... uh, WHEN? I have to say though recently, my mom decided to make a point, as most moms do. She flat out told me, "Bianca, you just don't have any friends." Seriously? Did my mom just call me out for being a loser? Did my mom tell me I need to go out for some cocktails with the girls? Yeah, she sure did. She labeled me with a big giant L! I told her (very defensively) that I had friends (I have great friends) but just could not find a mo-

ment to hang out with them. Really, they had already teased me and the hubby enough about not getting out and being around that I knew we were the losers. Let me say though, we are also the ones with kids. Sometimes it is just so hard to pull yourself away. I realized this weekend though, that you have to.

It was the St. Patty's Day parade in Norfolk and the first thing my friend Sara says as she opens the door, "Look who decided to grace us with her presence." She was teasing me and not being mean, but wow. While I was taking care of my kids, I was neglecting the relationships that I need. These are the people

that will be there when I am having a bad day and need to chat. These are the people that make me laugh and make me feel like something more than mommy and employee. There were many hugs, a few drinks and lots of laughs. I didn't realize how much I needed that until eight hours later when we were in the truck headed home.

Sunday, I was ready to go with the family full force. I was happier and had more energy because for a few hours, I was just Bianca hanging out with friends. As usual, mom was right. And who thinks non-military spouses can't understand what we need?



You can catch Bianca Martinez anchoring the 4 p.m., 6 p.m. and 11 p.m. newscasts with Kurt Williams during the work week. You can also follow her laughter, stress and tears as a military wife in her blog, "Married to the Military," weekly in the Flagship.

# Legend receives naval astronaut wings aboard 'Ike'

BY MC1 (SW) AMY KIRK

USS Dwight D. Eisenhower  
Public Affairs

**USS DWIGHT D. EISENHOWER**—Legendary astronaut and former Navy pilot received a pair of honorary Naval Astronaut Wings in a ceremony aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) March 10 in recognition for his dedicated service to the Navy and in the field of space exploration.

Neil Armstrong, the first man to set foot on the moon July 20, 1969, was aboard Ike as part of the "Legends of Aerospace" tour sponsored by Morale Entertainment.

"Today is a special occasion for all of naval aviation. As you can imagine, it is a tremendous honor for me to present Neil Armstrong with astronaut wings," said Ike's Commanding Officer, Capt. Dee L. Mewbourne. "We present these wings on behalf of the generations of naval aviators – past, present and future."

Described by many as humble and unassuming, Armstrong accepted the wings with great honor.

"I take these wings with great pleasure and great pride," said Armstrong. "I have made certain achievements in my life and been recognized many times, but, there is no achievement I value



Photo by MC2 Jon Dasbach

Capt. Roy J. Kelley, commander of Carrier Air Wing (CVW) 7, left, and Capt. Dee L. Mewbourne, commanding officer of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) present Neil Armstrong, the first man to walk on the moon, with his Navy Astronaut wings in a ceremony aboard the ship as fellow astronaut Jim Lovell, commander of Apollo 13, looks on. The event took place during Legends of Aerospace Tour sponsored by Morale Entertainment.

more highly than when I received the wings of gold [for naval aviation]; to be given a second pair of gold wings is just as special."

Prior to the Ike visit, in a conversation with retired Capt.

Edward F. Bronson, Armstrong, who served as a naval aviator from 1949 to 1952, mentioned he never received a pair Naval Astronaut Wings. The wings were not authorized prior to 1961

when they were first presented to Cmdr. Alan Shepard Jr.

Armstrong qualified for carrier landing aboard the USS Cabot (CVL 28) and USS Wright (CVL 49) in 1949. He qualified as a naval aviator in 1950, and made his first jet carrier landing on USS Essex (CV 9) in 1951 while assigned to Fighter Squadron 51.

During the ceremony, Armstrong said that since that time nearly everything in his career has had its roots in naval aviation.

"I have learned so much throughout my career and I owe a tremendous amount to the Navy," he said.

Mewbourne expressed gratitude to Armstrong for enriching the lives of all Ike's Sailors by visiting the ship and sharing his stories and experiences.

"You reminded us that we need to push the envelope every day, but also stay professional," said Mewbourne

As Mewbourne and Capt. Roy Kelley, commander, Carrier Air Wing 7, pinned on the wings, Armstrong's friend and Apollo 13 astronaut Jim Lovell joked that it was tradition to throw the recipient in a lake after he received his wings.

Armstrong offered these final words to the crowd, "You will be surprised how much of this [the Navy] will follow you through the rest of your life," said Armstrong. "You all have a long naval life ahead of you, and it's great."

Others in attendance, as part of the "Legends of Aerospace" tour were Gene Cernan, the last man on the moon, retired Brig. Gen. Steve Ritchie, the last Air Force pilot ace, and Bob Gilliland, a test pilot and the first man to ever fly the SR 71 Blackbird, known then as the fastest and highest-flying production aircraft in the world.

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

**Apollo 11 was the first manned mission to land on the Moon. Launched on July 16, 1969, the third lunar mission of NASA's Apollo Program was crewed by Commander Neil Alden Armstrong, Command Module Pilot Michael Collins, and Lunar Module Pilot Edwin Eugene 'Buzz' Aldrin, Jr. The first steps by humans on another planetary body were taken by Neil Armstrong and Buzz Aldrin on July 20, 1969. The astronauts also returned to Earth the first samples from another planetary body. Apollo 11 achieved its primary mission – to perform a manned lunar landing and return the mission safely to Earth – and paved the way for the Apollo lunar landing missions to follow.**



AP File Photo

# 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

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

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

## JEWISH PROGRAMS

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

## MUSLIM PROGRAMS

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

## JEB LITTLE CREEK CHAPEL

<b>ROMAN CATHOLIC</b>	<i>Confessions:</i>
<i>Mass Schedule:</i>	3:30 - 4:30 p.m. — Sat.
5 p.m.— Sat.	<b>PROTESTANT</b>
<i>(fulfills Sunday obligation)</i>	9 a.m. — Sun. School
9 a.m. & 12:15 p.m. — Sun.	(4 years-Adult)
11:30 a.m. — Tues. - Fri.	10:30 a.m. — Sun.
<i>(except holidays)</i>	Divine Worship,
	Children's Church
	(Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed.  
Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon  
PWOC: Evening Bible Study Every Mon.: 7 p.m.  
Latter Day Saints Coffeehouse  
11:30 a.m. — Sun. 6 p.m. — Sun.

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

# Holy Week and Easter schedule

## Roman Catholic Easter Schedule

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

## Protestant Easter Schedule

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

## CHAPLAIN'S CORNER

# Seven Deadly Sins: Pride

BY LT. CMDR.  
**MAURICE A. BUFORD**  
*Marine Corps University  
Chaplain*

Jim Collins recently conducted a study with a collection of Fortune 500 corporations that experienced a moral meltdown. In the book, *Why the Mighty Fall*, Collins discovered that the powerful fall not overnight but rather through a litany of subtle stages.

Such phases include:

(a) Hubris born of success. At this place a leader asserts an arrogant sense of entitlement. Such personalities truly believe that they are better than someone else because they have a certain status, position, or ideology in life. This mindset, if left unchecked, can quickly escort one into being that arrogant person that believes the entire universe revolves around them.

(b) The undisciplined pursuit of more. At this place the leader no longer keeps the main thing the main thing. Since they believe they "have arrived" in life, they often get out of their own lane and pursue something beyond their specialty.

(c) The denial of risk and

peril. Typically, a person at this stage ignores sound feedback and presses forward based upon their own mindset. Because they "know it all" or think they are smarter than everyone else, they typically do more talking as opposed to listening.

(d) Grasping for salvation. At this place the leader desperately begins to reach out for help. They only reach out, unfortunately, because they see the handwriting on the wall but it is often too late.

(e) Capitulation to irrelevance or death. At this place the marriage is dissolved, the company is bankrupt; an individual gets relieved of duty or in the context of combat, I would argue, bad things can happen.

I would contend that Collins' stages can also be found in the life of King Nebuchadnezzar. In Daniel 4:28-33, we find hubris born of success in full effect. Observe: "All this happened to King Nebuchadnezzar. Just 12 months later, he was walking on the balcony of the royal palace in Babylon and boasted, 'Look at this, Babylon the great! And I built it all by myself, a royal palace adequate to display my honor

and glory!'"

The words were no sooner out of his mouth than a voice out of heaven spoke, "This is the verdict on you, King Nebuchadnezzar: Your kingdom is taken from you. You will be driven out of human company and live with the wild animals. You will eat grass like an ox. The sentence is for seven seasons, enough time to learn that the High God rules human kingdoms and puts whomever he wishes in charge." It happened at once. Nebuchadnezzar was driven out of human company, ate grass like an ox, and was soaked in heaven's dew. His hair grew like the feathers of an eagle and his nails like the claws of a hawk."

In the above passage we find (as we would say back home) King Nebuchadnezzar getting the big head. Historians would agree that he was perhaps the most influential, charismatic, and talented ruler the Babylonians had ever seen during the 597 B.C. era. His ability to inspire and mobilize an entire nation was indeed something to behold. The problem, however, is that the King failed to give credit where

true credit was due. Instead, in the prime of his power, he stuck out his chest and boldly declared, "Look at this, Babylon the great! And I built it all by myself, a royal palace adequate to display my honor and glory!"

Allow me to ask you a blunt question, "Are you walking upon the metaphorical balcony of life and bragging about everything you have done in your family, the command, the community and even in the nation?" If so, come with me and let's review a few things.

(1) People helped us along the way. Isaac Newton captures this point best when he declared, "If I have seen further it is by standing on the shoulders of giants." Newton could not have formulated any mathematical equation or excelled in his profession without the assistance of people. My friend, a lot of people have invested into your "success" along life's way. A parent's wisdom, a coach's encouragement, a teacher's commitment, a co-worker's talent, a child's understanding, and a spouse's love pushed you and me to where we are today. In light of this, the next time you are in the spotlight, please be sure to give them a shout out too. Because it is a true saying, we are standing on the shoulders of giants.

(2) Realize the truth of Proverbs 16:18. Solomon indicates that, "Pride goes before destruction and a haughty spirit before a fall." In other words, whenever we get the big head or step into Collins' notion of hubris born of success, stand by for a fall and destruction. Why? We can potentially lose our hunger for excellence and get too complacent. Ask any NFL team that had a winning season before the Super Bowl about the danger of arrogance.

(3) It's not about us. The final point that needs to be highlighted is that things can be turned around if we stop focusing on ourselves. When this point becomes clear, I would argue, we will no longer care who gets the credit, as long as God receives the glory. We will no longer worry about the small things, because there is always someone else in a worst situation. We will no longer be a person that only takes from life but rather we will move to an "it is more blessed to give than receive" mode.

As for King Nebuchadnezzar, it took him a while but he too finally realized that (1) people helped him along the way, (2) understood the truth of Proverbs 16:18 and (3) embraced an "It's not about us" ideology. The results? Daniel 4:36-37 explains that, "At the same time that I was given back my mind, I was also given back my majesty and splendor, making my kingdom shine. All the leaders and important people came looking for me. I was re-established as king in my kingdom and became greater than ever. And that's why I'm singing — I, Nebuchadnezzar — singing and praising the King of Heaven: "Everything he does is right, and he does it the right way.†He knows how to turn a proud person into a humble man or woman."

Pray with me: "God create in me a humble and wise heart to truly understand that to you belongs all the glory, the honor and the power. Forever. Amen."

## United through reading



Photo by MC2 Kelvin Edwards

**Religious Program Specialist Seaman Christopher Dyes records Religious Program Specialist 1st Class Lunar Odhiambo reading to her children as part of the United Through Reading program aboard the multipurpose amphibious assault ship USS Bataan (LHD 5). Bataan is supporting Operation Unified Response off the coast of Haiti after a 7.0 magnitude earthquake Jan. 12.**

# NMCRS visiting nurse recognized at Naval Medical Center

BY REBECCA A. PERRON

Naval Medical Center  
Portsmouth Public Affairs

## PORTSMOUTH

—Commander Naval Medical Center Portsmouth (NMCP) presented a certificate of appreciation to a member of the Visiting Nurse Combat Casualty Assistance Program (VNCCAP) March 2.

In recognition of Patty Kotora's work to establish the VNCCAP at NMCP Rear Adm. William R. Kiser presented Kotora with a certificate of appreciation.

The VNCCAP, part of Navy-Marine Corps Relief Society's (NMCRS) nursing component, works with service members who have been wounded in Iraq, Afghanistan and the Arabian Gulf, as well as their families.

Visiting nurses identify needs and concerns that affect the entire family and help them adjust to the changes in their lives as a result of their wartime service. The program provides long-term, face-to-face follow-up any-

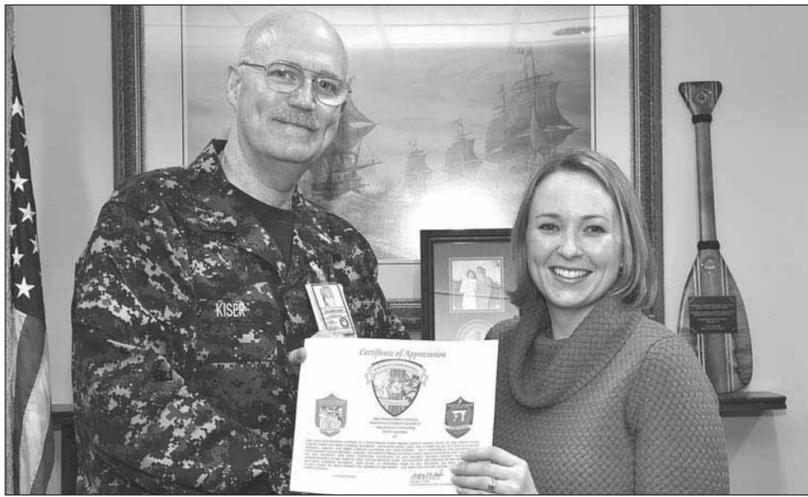


Photo by MC2 (SW/AW) William Heimbuch

Naval Medical Center Portsmouth Commander Rear Adm. William R. Kiser presents Patty Kotora with a certificate of appreciation March 2 for her work to establish the Navy-Marine Corps Relief Society Visiting Nurse Combat Casualty Assistance Program at NMCP.

where in the country at no cost to the service member.

"The impact [of NMCRS] is immeasurable," said Kiser while awarding the certificate. "It's truly the work of the heart. You make such a difference and you help keep faith strong. People who do it best are those who quietly leave goodness in their wake without a lot of fanfare."

"I am grateful for the recognition, but I am more grateful to have the program here in Portsmouth, so we can continue to help those injured Sailors and Marines find recovery and a positive future," said Kotora.

Kotora originally began working with the program at Camp Lejeune, N.C., in May 2008.

"The CCA program at Lejeune had been started

the previous year, and I worked to expand it," said Kotora.

"In July of 2009, my husband received orders to NMCP, and I asked to establish the program here. I currently accept new referrals and follow cases of service members who have relocated to various parts of the country."

The program originated in the Washington, D.C., area in 2006. NMCRS was

able to expand the service throughout the country after receiving a three-year grant in 2008 from the California Community Foundation. There are now 11 VNCCAP visiting nurses around the country, including in California, Texas and Washington State. Thirty-six other visiting nurses make visits to CCA patients that are in the nurses' immediate area.

The visiting nurses receive referrals from various military and civilian agencies, including the Wounded Warrior Regiment, Marine Liaison, Navy Safe Harbor, DoD nurse case managers, social workers at military treatment facilities and the Veterans Administration, caseworkers within NMCRS and counselors at Military One Source.

While the patient is in a hospital or rehabilitation setting, the visiting nurse will assist the service member and their family in the understanding the service member's injuries, diagnosis, and recovery/rehabilitation process, lis-

ten to their concerns and help locate appropriate resources.

Once the patient is in an outpatient status, the visiting nurse works with the patient and family in order to assess their understanding of treatments, medications and restrictions, helps them identify unmet needs and possible resources, serves as an easily accessible contact for when problems or questions arise, and remains an advocate for the patient and family as they adjust to the changes in their lives.

Currently, the visiting nurses have contact with more than 750 service members and families and made more than 9,000 visits in 2009.

The goal for 2010 is to increase the amount of travel to service members and families in order to continue to provide face-to-face contact as they transition from the military to civilian life.

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

# U.S. 2nd Fleet recognizes USS Kearsarge's accomplishments

BY MC1 PHIL BEAUFORT

USS Kearsarge Public Affairs

**NORFOLK** — The commander of U.S. 2nd Fleet (C2F) visited amphibious assault ship USS Kearsarge (LHD 3) March 2 to speak to Sailors and recognize the ship's support as C2F's flagship.

Kearsarge became C2F's flagship Jan. 12 and stands ready to respond to various command commitments, ranging from humanitarian assistance and disaster relief to transporting Marines into harm's way.

During an all hands address to the Kearsarge crew, Vice Adm.

Mel Williams Jr. spoke about the high readiness standards he holds for C2F capabilities, to include the designated C2F flagship.

"Although day to day the Second Fleet staff performs operational level command and control ashore from its Maritime Operations Center," said Williams, "there is also an operational imperative for the headquarters staff to be responsive at sea. The designated Second Fleet flagship supports this mission need."

"It was brought to my attention

how well you've done in your recent pre-deployment certifications," said Williams. "When I read the report on how well you did, I couldn't have been prouder to also have Kearsarge as the designated C2F flagship."

Williams also spoke about the sacrifices men and women of the Armed Services continually undergo, and the effect it has on their families.

"As I look around, I see dedicated people," said Williams. "People with families, and I think it is important that we all consider the sacrifices our fam-

ilies make for us. We signed up for this life and by extension, we have also asked our families to sacrifice, serve, and support us. We must always acknowledge their service and communicate to them our appreciation."

Williams also presented a plaque commemorating the ship's service as his flagship to Kearsarge's Sailor of the Year, Aviation Boatswain's Mate (Handling) 1st Class Gentle J. Clark.

Clark said it was an honor to represent the crew of Kearsarge in accepting the recognition.

"I know that Kearsarge is

up to the challenge of being the personal representative of Vice Adm. Williams, whatever the tasks he sets before us," said Clark. "I also know that as soon as we complete all our pre-deployment qualifications, Kearsarge is going to hit the ground running and leave everyone else in our wake."

Williams completed his visit to Kearsarge with a tour of the ship's Engineering main spaces and Medical department.

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

# Black and Blue

National Guardsmen's roller derby antics prove they ain't no pin up girls



The Red Dirt Rebellion Rollergirls spend a few minutes primping before their Feb. 27 bout with the Los Angeles Derby Dolls at the Cox Convention Center in Oklahoma City, Okla. The Guard trio, who is expected to deploy next year to Afghanistan, uses roller derby to blow off steam and stay physically fit for their National Guard mission.

**STORY AND PHOTOS BY SGT. 1ST CLASS DARREN D. HEUSEL**  
*Special to American Forces Press Service*

**OKLAHOMA CITY** — Some Soldiers will do almost anything to stay in shape.

In the case of three Soldiers from the Oklahoma Army National Guard, they are choosing to lace up some skates and strap on elbow and knee pads as members of the Oklahoma City Red Dirt Rebellion Rollergirls.

For those new to the sport, this ain't your momma's roller derby of the '70s either, when practically every move was choreographed like professional wrestling.

No, this is the real deal — as evidenced by the bruised and battered bodies of 1st Lt. Jessica duMonceau, 1st

Lt. Kristin Sloan and Sgt. Karli Wahkahquah as they haul their tired rears off the banked oval track.

All are members of the Oklahoma Army National Guard's military intelligence community and became interested in roller derby after attending a bout one evening between the Oklahoma City Red Dirt



The Red Dirt Rebellion Rollergirls look to score a point during a roller derby bout against the Los Angeles Derby Dolls.

Rebellion and a team from Amarillo.

"We all went to our first bout together and Kristin and I looked at Karli and said, 'We have to do this!'" said duMonceau, who attended high school in Foley, Minn., before moving to Oklahoma City six years ago. "We can be pretty persuasive like that sometimes."

Initially, Wahkahquah was thinking, it has been at least 10 years since she had donned a pair of roller skates, but she was up to the challenge nonetheless.

"I'm sure I must have looked like a baby giraffe on skates out there at first," quipped Wahkahquah, who also hails from Oklahoma City. "There were a lot of bumps and bruises initially, but it's proven to be a lot of fun."

Founded in July 2007 by a group of women with previous flat track experience, the Red Dirt Rebellion Rollergirls are members of Oklahoma's only all-female banked track roller derby league.

While flat track roller derby has taken the nation by storm in recent years, the Red Dirt Rebellion is one of only 11 elite banked track roller derby teams in the nation.

In its hay-day, roller derby was one of the most popular sports broadcast on TV. The late 1970s brought viewers professional wrestling-style derby with co-ed teams, heated fist fights and dramatic moves.

Then, as if overnight, it disappeared from public view...only to re-emerge 20 years later with a totally revamped attitude. You won't often see men on the derby track anymore, unless they're sporting a black and white striped jersey and a whistle.

You won't see clothes-lining, bunny hopping or any overly dramatic "scripted" moves either. What you will see are short skirts, fishnet stockings, tattoos and smash-mouth roller derby action.

All the hits, spills, falls and breaks are real and revered in the roller derby community.

Named after the infamous "red dirt" of Oklahoma and their wild "rebellious" spirits, members of the Red Dirt Rebellion Rollergirls come from all different lifestyles and backgrounds, from graphic designers and nurses, to stay-at-home moms and Soldiers.

The ladies get together at least three nights a week for a few bone-crushing hours, they fly around the track hurling themselves at each other as they partici-

pate in their own version of ultimate fighting.

They like to have fun and they like to play rough, as their motto, "Skate fast and kick butt," states. Once the ladies step foot in the rink, they immediately transform into their "alter egos."

Wahkahquah, or "Rolling Death" as she is known by her Red Dirt Rebellion sisters, bulldozes her way through a crowded pack of five girls as she makes way for the "jammer."

Sloan, or "Bruise Clues" as she is known in roller derby circles, finds the "hole" and darts in and out of the "pack" as she bursts her way through, carefully dodging opposing "blockers" as they lunge at her with bad intentions.

The jammers, duMonceau or "La Fleur de Mort" among them, claw their way through what seems like a school of piranhas, while the blockers catch an opposing skater off guard and send her skidding across the floor.

Belly flops and broken jaws, bloody noses and twisted ankles come with the territory. But these ladies embrace fear as if to say, "bring it on!"

After an intense bout, the skaters may seek treatment for their wounds. But, you won't see a single unhappy girl in the bunch. They'll limp outta there with a grin on their face and glimpses of roller derby glory in their eyes, eager to live on and to fight another day.

"There are definitely some dedicated people on our team," duMonceau said.

What makes the female trio successful on the banked track is the tenacious attitude and "can-do" spirit that helps them thrive and survive in the Guard.

As for their sports prowess, all claim to have been standout athletes in high school. Their roller skating experience, on the other end, varied from shuffling along the rails at a local skating rink to navigating some fierce obstacle course with inline skates.

All said roller derby has helped them elevate their physical fitness, however.

"We're guaranteed at least three practices per week, even more than that if we have a bout coming up," Wahkahquah said.

Sloan said their experience has helped with recruiting as well.

Sporting a baby blue Thunderbird on their right shoulder symbolic of the parent 45th Infantry Brigade Combat Team under which they serve, Sloan

Continued next page

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said some of the other girls will come up to them and say, "Hey, tell us about the National Guard."

As important as being in shape and picking out the perfect accessories to highlight their uniform are, so is choosing the perfect nickname to capture their persona.

They all say it is "a big deal" because once you choose a name; it becomes registered and is theirs forever.

"Someone can call and ask to create a version of your name, but they have to get your permission," Wahkahquah said.

Wahkahquah's last name in Comanche means "riding death." So, in keeping with the Native American theme, she chose "Rolling Death" as her alter ego.

In French, duMonceaux's name means "the mound." So, she "just went a little darker," as she put it, with "La Fleur de Mort," which means "the flower of death."

Sloan said the nickname she arrived at, "Bruise Clues," is probably the least exciting of the three.

"That's just the one I ended up liking," she shrugged. "It was an original."

"We spent about two weeks calling each other and asking, 'What do you think of this? What do you think of that?'" Wahkahquah said. "Choosing the right name is a big deal."

As for the reaction the Guardsmen get from people when they discover they are members of the Red Dirt Rebellion, they said most people at first don't realize Oklahoma has a team.

Second, they said, people will ask, "Is that real?"

"I tell them everything about it is definitely real," Wahkahquah said, pointing to the bruises on her left arm.

For those roller derby enthusiasts who attended the Red Dirt Rebellion's Feb. 27 bout with the world famous Los Angeles Derby Dolls at the Cox Convention Center in Oklahoma City, the sport was viewed all too real for the 2,100 or so in attendance.

The Derby Dolls, a team made even more popular after being prominently featured in Drew Barrymore's 2009 directorial debut movie "Whip It," put a beat down on their hosts, opening up a 68-5 lead after one

period and skating to a 231-29 victory.

Still, that didn't discourage Oklahoma's Guardsmen or their teammates, who graciously turned out en masse to sign autographs and pose for photographs with hundreds of adoring fans after the bout.

"I think we're going to be around for a while," said Wahkahquah.

"Yeah, definitely," lamented Sloan.

Although, they all admitted they likely will have to

take an extended leave of absence next year with an impending deployment to Afghanistan looming on the horizon.

"Maybe we can get the USO to send our roller girls over to see us," duMonceaux wondered aloud.

Some might consider roller derby extreme. But for Oklahoma's Guard trio, sustaining a few more bumps and bruises in the rugged, mountainous terrain of Afghanistan might just make them feel right at



Sgt. Karli "Rolling Death" Wahkahquah, 1st Lt. Kristin "Bruise Clues" Sloan and 1st Lt. Jessica "La Fleur de Morte" duMonceaux, all members of the Oklahoma Army National Guard, proudly show off their dainty, powder blue Thunderbirds -- symbolic of the parent 45th Infantry Brigade Combat Team under which they serve.

# Gunston Hall Sailors refurbish Childhood Development Center



Engineman Fireman Monet Hefner, from San Diego, assigned to the Whidbey Island-class amphibious dock landing ship USS Gunston Hall (LSD 44) plays soccer with children at St. Theresa's Early Childhood Development Center in Sekondi, Ghana. Gunston Hall Sailors are participating in a three-day community relations project to refurbish the center. Gunston Hall is on a scheduled deployment in West Africa supporting Africa Partnership Station (APS) West, an international initiative developed by Naval Forces Europe and Naval Forces Africa, which aims to improve maritime safety and security on the African continent.

STORY AND PHOTO BY  
MC2 (SW/AW) JOHN STRATTON  
*USS Gunston Hall Public Affairs*

**SEKONDI, Ghana** — Sailors from USS Gunston Hall (LSD 44) and Africa Partnership Station (APS) West took part in a community relations (COMREL) project March 11-13 at St. Theresa's Early Childhood Development Center during the ship's port visit to Ghana.

Sailors taking part in the COMREL March 11 prepared the center for work to be done the following two days.

Sailors scraped paint from exterior walls and cleaned them, while others began a site survey of what grounds keeping needed to be done.

"Our main goal for this first day is exterior protection," said Construction Electrician 1st Class (SCW/IUSS) Keith Evans, from Mansfield, Ohio, assigned to Naval Mobile Construction Battalion (NMCB) 7. "We have 15 gallons of primer that we'll use today, and then we'll start painting the last two days."

Applying primer and general grounds keeping weren't the only things keeping the Sailors busy.

Lt. Megan Brelsford, Gunston Hall's medical officer, from

Albany, N.Y., had fun playing with the children.

"A few of us sang and read books to the children," said Brelsford. "This is the kind of stuff you join the Navy for and to have the opportunity to help out an organization that helps kids is great."

"What we're doing over the next three days will give these kids a positive learning environment," said Logistics Specialist Seaman Apprentice Brian Welch, from Orlando, Fla., another Gunston Hall Sailor.

St. Theresa's was built in 1935 and currently has 185 students, ranging from ages 2 to 6.

Both the head mistress and school priest were excited to have Gunston Hall Sailors helping out.

"We are very, very grateful for this help," said Florence Adei, head mistress for the development center.

"You all coming here is God's intervention," said Eshun Anthony, a priest for the center.

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

*For more news from USS Gunston Hall (LSD 44), [www.navy.mil/local/lcd44/](http://www.navy.mil/local/lcd44/).*

## Group therapy at FFSC of Hampton Roads

BY MC2  
MANDY HUNSUCKER  
*The Flagship staff writer*

The Fleet and Family Support Centers (FFSC) of Hampton Roads would like to highlight two psychotherapy support groups offered to active-duty service members as part of their counseling theme for the month of March.

The two groups are Changes and Changing Anger Patterns Support (CAPS). Both groups require an initial assessment or prescreening to determine eligibility, and is given by a facilitator of the respective group.

According to a handout provided by Sallie Avery, licensed clinical social worker, FFSC, group psychotherapy is intended to help people focus on interpersonal skill building and problem resolution. Members of groups share personal experiences, thoughts and feelings with each other and receive feedback from peers and facilitators. This feedback helps each participant to identify maladaptive behaviors and thoughts, and to learn more appropriate patterns of behaviors. Topics discussed arise spontaneously from the group participates and are not pre-formulated as in most educational classrooms. Groups are ideally suited for people struggling with issues of intimacy, trust, self-esteem and interpersonal relationships. Group context and group process is explicitly utilized as mechanisms for change.

The Changes support group, according to Avery, provides an arena for participants to process and grieve the loss of or change in a significant other.

"When there's a loss of relationship due to divorce or separation, you're whole identity tends to change, and so this group is there to help participants reassume and reassert their own strengths and confidence," said Avery. "The therapy is a process of change and so the facilitators, the other group members or the process of group itself can facilitate and support change."

Changes meets once a



week on Thursdays 1:30 - 3:30 p.m. at the Norfolk FFSC. Participants are encouraged to attend a minimum of four sessions. This support group is not meant for those who have lost a relationship due to death.

CAPS is an educational psychotherapy support group for active-duty military personnel who are seeking to better manage and express their angry feelings, according to a FFSC handout. The group is helpful for those who have shown anger in unproductive or inappropriate ways towards co-workers, family members or peers. Group members participate in supportive discussions designed to increase anger identification, control and acceptable expression.

"With CAPS there are objectives such as recognizing your anger cues, techniques for controlling your anger, communications skills and things like that. Each session usually has a topic or subject matter," said Debbie Anthony, social worker, FFSC. "The psychotherapy part of it is that there's still some group interaction and people can bring different perspectives to share with one another. There's a lot of value in being able to get someone else's perspective, that may have gone through something similar to you."

The CAPS group meets for eight weeks every Tuesday at 8:30 a.m. at the Norfolk FFSC. Enrollment in the CAPS group requires an assessment appointment with a group facilitator.

*For more information about psychotherapy group services offered by FFSC visit [www.cnic.navy.mil/navylifema](http://www.cnic.navy.mil/navylifema). To schedule an appointment for either psychotherapy groups, call 444-2102.*



Photo by MC2 Julio Rivera

An MH-60S Sea Hawk approaches the multipurpose amphibious assault ship USS Bataan (LHD 5) after picking up cargo from the dock landing ship USS Carter Hall (LSD 50) during a vertical replenishment. Bataan and Carter Hall are participating in Operation Unified Response providing military support capabilities to civil authorities helping stabilize and improve the situation in Haiti following a 7.0 magnitude earthquake Jan. 12

## Bataan Sailors return to revitalized Grand Goave, Haiti

BY MC1 DANIEL A. BRISTOL  
*USS Bataan Public Affairs*

**GRAND GOAVE, Haiti** — Sailors aboard the multipurpose amphibious assault ship USS Bataan (LHD 5) and embarked Marines from the 22nd Marine Expeditionary Unit return to the city of Grand Goave, Haiti, March 12, a town they helped in the immediate aftermath of the Jan. 12 earthquake.

Grand Goave became Bataan's adopted town when the ship arrived off the coast Jan. 18. Sailors spent nearly a month clearing rubble, distributing aid, building shelters and providing medical care in Grand Goave before turning the mission over to non-governmental organizations last month.

"It looks like a town's coming back to life," said Aviation Ordnanceman 1st Class Howard King. "The first day it was like a ghost town amongst the ruin and rubble. Now, you really have to look to find where the rubble is, where the broken buildings are. The peo-

ple of this town are getting out and taking back what was once theirs ... they're starting to get their life back to normal."

The day was mostly about visiting the town and the population the crew had become such a big part of, but Sailors also brought along medical supplies, food and a few boxes of toys for the kids.

Bataan's medical team made it a point to stop by the Lifeline Christian Ministries Mission, where they had spent so much time caring for earthquake victims.

Hospital Corpsman 2nd Class Casey Goodman, who treated medical patients at Lifeline many times before, said the number of patients being seen in the clinics has been greatly reduced over the last few weeks.

Bataan is still operating off the coast of Haiti, with Sailors and Marines providing oversight and serving as liaisons in a number of areas west of Port-au-Prince while the government of Haiti and non-

governmental organizations work to return to their pre-earthquake capacities.

"Everybody understands the mission at hand," said King. "It's a hard mission. It's a marathon mission, not a sprint, and we are here for the long haul. After completing a seven-month deployment and then coming out here for a relief mission, it's hard, it's taxing, but it's also rewarding. We have the capability to help people in need, that is rewarding in itself."

As the Sailors and Marines walked two-by-two back through the center of town, the residents lined the cobblestone streets to wave and show their appreciation.

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

*For more news from USS Bataan (LHD 5), visit [www.navy.mil/local/lhd5/](http://www.navy.mil/local/lhd5/).*



## Selective Reenlistment Bonus offers financial rewards to Sailors

BY MC3 ANDREW RIVARD  
*USS Wasp Public Affairs*

**NORFOLK** — Despite budgetary constraints, the Selective Reenlistment Bonus (SRB) is still an important part of the Navy's retention efforts, and Sailors aboard USS Wasp (LHD 1) have recently taken advantage of it.

"SRB is a very well functioning incentive that makes people want to reenlist and try to finish up their career," said Aviation Boatswain's Mate (Fuels) 2nd Class (AW/SW) Maques D. Pete, who works in Wasp's Command Career Counselors office.

Seven Wasp Sailors have recently received SRBs. To determine who is eligible and for what amount, the Navy has divided those seeking to reenlist into three different "zones" and "tiers."

Sailors who have been in the Navy six years or less are in Zone A, while Zone B consists of Sailors between six years and 10 years. Zone C Sailors have between 10 and 14 years of service.

In addition, the three tiers formally prioritize Sailors according to enlisted ratings/skills, replacement costs, difficulty to replace, and existing manning shortfalls.

Sailors in Tier 1 are eligible to reenlist early within the same fiscal year as their End of Active Obligated Service

(EAOS), receive bonuses from \$60,000 to \$90,000. Sailors serving in Tiers 2 and 3 who received an early promote may also reenlist early within the same fiscal year as their EAOS, and receive bonuses between \$45,000 and \$75,000.

"The money I received for my reenlistment will really help my wife and me out a lot," said Fire Controlman 2nd Class Patrick W. Hood. "It's going to build up our savings, help me pay off some bills, and with a baby on the way we could use all the extra money we can get."

"Although I didn't reenlist for the money, the bonus I received helped me to build up my savings," said Information Systems Technician 2nd Class (SW/AW) Reneka Gibson.

In order to receive a SRB, Sailors must submit pre-certification requests to PERS-811 no later than 35-120 days in advance of the requested reenlistment date. Requests submitted less than 35 days prior to the reenlistment date without substantial justification will be rejected.

*The current Naval Administration instruction on SRB can be viewed at [www.npc.navy.mil/referencelibrary/messages/NAVADMIN02810](http://www.npc.navy.mil/referencelibrary/messages/NAVADMIN02810).*

*For more news from USS Wasp, visit [www.navy.mil/local/lhd1/](http://www.navy.mil/local/lhd1/).*

# ZUMWALT: 5-Star rating translates into stellar service for Navy Gateway

Continued from page B1

- Cheatham Annex, Va.
- Naval Station Newport, Newport, R.I.
  - Naval Air Station Brunswick, Brunswick, Mass.
  - Portsmouth Naval Shipyard, Kittery, Maine
  - Naval Base San Diego, Calif.
  - Navy Air Facility El Centro, El Centro, Calif.
  - Naval Base Point Loma, San Diego, Calif.
  - Naval Air Station Lemoore, Lemoore, Calif.
  - Naval Station Rota, Rota, Spain
  - Naval Station Pearl Harbor, Pearl Harbor, Hawaii
  - Naval Base Kitsap Bangor, Kitsap, Wash.
  - Naval Air Station Whidbey Island, Whidbey Island, Wash.

A Five-Star rating is awarded for the overall excellence of an installation's entire NGIS operation, including enlisted and officer quarters, distinguished visitor quarters and flag officer quarters.

"The Three-Star level means you are meeting the minimum standards. With Four you are exceeding that and Five-Star you have captured the concept of stellar service for our customers," said Norman Aurland, Navy Region Mid-Atlantic Lodging Program Director.



Vice Adm. Michael C. Vitale speaks to assembled Commanding Officers and Navy Gateway Inns and Suites employees during the Adm. Elmo R. Zumwalt Award ceremony held at the Westin Virginia Beach Town Center, March 11. The Secretary of the Navy established the Admiral Elmo R. Zumwalt Award in 1974 to recognize commands that achieve the highest service standards.

Photos by MC1 (AW) Tim Comerford

To establish the standards CNIC uses an amalgam of many sources.

"We look at the Triple-A standards, various different industry standards as well as the other service standards. We then compile a list and get regional and installation input," said Robin Gaines, NGIS Accreditation Team leader. "We have tailored it by asking, 'Does this make sense?'"

Though the process may seem fluid in design, it isn't.

"There are some things that are constantly changing, but that is because we aren't 100 percent standardized," said Robin Gaines.

The ratings are the result of a thorough and detailed accreditation process which is mandatory for all housing and lodging management operations, and includes unannounced validation visits by a Commander, Navy Installations Command (CNIC) accreditation team, as well as specific performance standards for facilities, services and fiscal management.

With 485 buildings to inspect Navy-wide, the accreditation team has a lot of work to do.

"The teams consist of four personnel. We go in teams of two to installations unannounced, ready to take a snapshot of their operations," said Eric Gaines, Program Analyst for Navy Gateway Inns and Suites.

Until recently the accreditation process was mostly focused on management and operational needs.

"We wanted to capture more of the customer's experience," said Eric Gaines. "It used to be an announced inspection. Now we show

up unannounced to capture that experience."

"It's about our guests. We are focusing on the needs of the Sailor. We spend time looking at Sailors checking in before we even approach the desk to do our own check in."

"We normally spend one day looking at the administrative portion of the building—records, training, supply and logistics and instructions," Eric Gaines continued. "Then a second day is spent looking at the facilities—guest rooms, exterior and interior."

The accreditation team is able to look throughout the year to see what parts of the service or the system at a facility could use improvement.

"It's a grueling schedule. The schedule lasts nine months and then it winds down in preparation for the awards," said Eric Gaines. CNIC finds that these awards are very beneficial for business.

"The award identifies to the customer and the employee what the goal is. It sets a standard and gives

the Installations a target to shoot for. It starts everywhere from the condition of the facilities to what amenities are offered to how you take care of your customers," said Ed Cannon, CNIC Fleet Readiness Program Manager. "This is one aspect of fleet readiness, we are trying to take care of Sailors, family members and other military service members. It's part of the overall package. You can make sure that Sailors are relaxed when ashore by taking care of their accommodations, it's one less thing for them to worry about and helps increase their readiness."

By keeping the costs of travel lower, NGIS also helps Temporary Additional Duty Sailors to be able to train or even allowing some commands more Sailor training.

"We keep that travel cost down as low as possible. They could send multiple people to that same school for what it could cost to send a single person out on the economy with a high lodging cost," Aurland explained.

"Yours is not an easy job," said Vice Adm. Vitale to the NGIS employees during the award ceremony. "It's a 365 day operation with a lot going on behind the scenes from the front desk to the back office to maintenance and janitorial to management. You are frequently the first people to meet our Sailors when they report in or when they return back from deployment."

Vitale praised the effect that NGIS has had by upping the bar for other aspects of Fleet and Family readiness.

"The NGIS is one of the shining examples of standards and compliance that we have," Vitale said. "Some of our operations have strong standards and tight compliance systems, others need to be shown

what success looks like. That's where NGIS comes in. You can show others what it is like to succeed."

This year the Mid-Atlantic Region brings home many more Zumwalt awards than last cycle.

"Mid-Atlantic, being spread out across the metro, has had some challenges and we have been working to bring them up to a high level of service," said Aurland. "We went from four, Five-Star Admiral Zumwalt award winners two years ago to seven Five-Star and four Four-Star operations. We have had a dramatic increase in what we have been able to accomplish through standardization and regional guidance."

The Mid-Atlantic Region has seen some major changes that helped as well.

"We upgraded our linens, our beds, our TVs. It's all standardized now and our Standard Operating Procedure has changed as well," Aurland explained. Each Installation is treated as a franchise and all energy is leveraged against the whole.

Aurland is extremely proud of the awards that the region has garnered, but he sees the reason behind the awards as well.

"This is a matter of pride. As we move forward—our folks understand our commitment to excellence. But what is important is that our guests see that. It is not about us or our staff," Aurland continued. "The guests don't care who the regional lodging program director is. They want a good front desk experience and a clean comfortable room experience and get the amenities that they would in a civilian hotel."

The NGIS Employee of the Year Awards for Associate, Housekeeper, Supervisor and Manager were also awarded at the ceremony.



Vice Adm. Michael C. Vitale, commander Navy Installations Command, congratulates Capt. Markham K. Rich, commanding officer Naval Air Station Oceana on Naval Air Station Oceana Dam Neck Annex Navy Gateway Inns and Suites receiving a four star accreditation.



## CPO 117TH Birthday Luncheon

April 1, 2010 11:30 a.m. - 2 p.m.  
\$20 per person  
Renaissance Portsmouth Hotel, 425 Water Street, Portsmouth, Va.

Ticket Sales	
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Guest Speaker: FLTCM Tom Howard  
Open to all Active, Reserve, Retired CPO's and their spouses. Uniform (active duty)—Service Khaki with Combination cover. Uniform (retired)—Business Casual  
Renaissance Parking Garage - \$3.00



Navy Gateway Inns and Suites employees along with Capt. Bette Bolivar, commanding officer Naval Weapon Station Yorktown, proudly hold up their Five-Star Adm. Elmo R. Zumwalt Award. The Mid-Atlantic region achieved seven Five-Star ratings and four Four-Star. Five-Star ratings are awarded for the overall excellence of an installation's entire NGIS operation, including enlisted and officer quarters, distinguished visitors quarters and flag officer quarters.

# THE PACIFIC: Faces and voices communicate heartfelt thanks to WWII veterans

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across the vast canvas of the Pacific Theater during World War II, from their first battle on Guadalcanal to their return home after V-J Day. The Pacific debuts with Part One on Sunday, March 14 (9 p.m. ET/PT), followed by other parts debuting on consecutive Sundays at the same time through May 16.

"We are honored to help provide an opportunity for friends, family, neighbors and everyday citizens to thank veterans and active duty military members for their service to our country," said Zach Enterlin, Vice President of Advertising and Promotions, HBO. "Our hope is that the faces and voices in these personal video messages will demonstrate the true, heartfelt gratitude our nation owes to the men and women of our armed forces."

The following Museums are supporting the HBO Pacific Tribute Campaign: American Airlines C.R. Smith Museum: Fort Worth, Texas; Battleship Cove: Fall River, Mass.; Battleship Missouri Memorial: Honolulu; Battleship New Jersey Museum and Memorial: Camden, N.J.; Battleship Wisconsin at Nauticus: Norfolk; Carnegie Science Center - USS Requin Submarine: Pittsburgh; Charlestown Navy Yard Visitors Center: Boston; National Museum of the Marine Corps: Quantico, Va; Na-

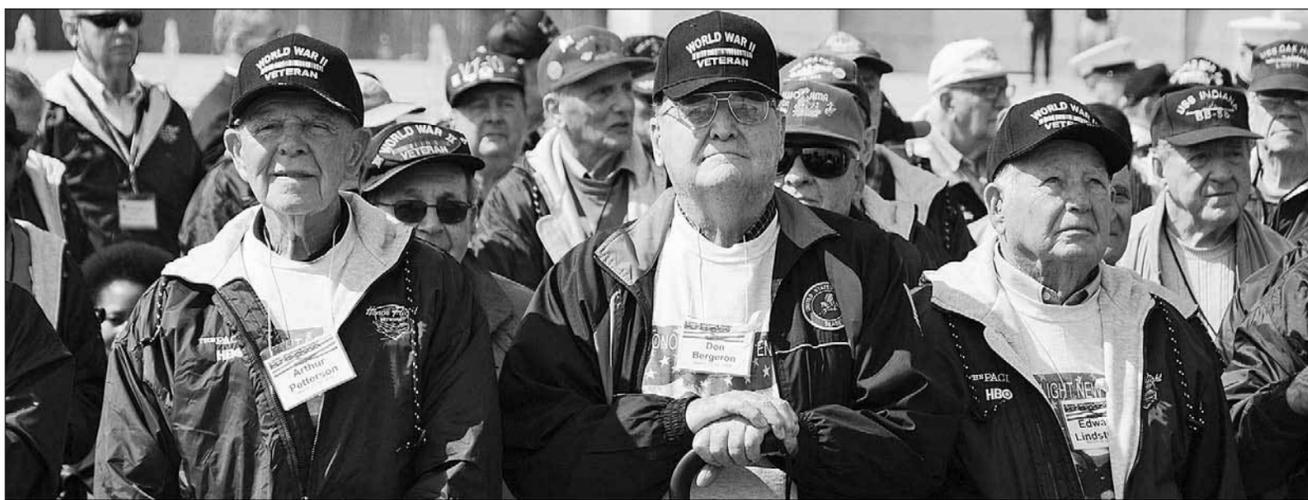


Photo by Alexandra Hemmerly-Brown

**250 veterans gathered at the World War II Memorial March 11, to be honored in conjunction with the premiere of "The Pacific," a miniseries that documents the lives of three Marines as they fight their way through the Pacific theater.**

tional Museum of the Pacific War: Fredericksburg, Texas; National Naval Aviation Museum: Pensacola, Fla.; Patriots Point Naval & Maritime Museum: Mt. Pleasant, S.C.; The National WWII Museum: New Orleans; United States Navy Memorial Foundation: Washington DC; USS Alabama Battleship Memorial Park: Mobile, Ala.; USS Lexington Museum On The Bay: Corpus Christi, Texas; USS Midway Museum: San Diego. The program is also being supported by the Historic Naval Ships Association.

#### About The Pacific

The Pacific tracks the intertwined real-life journeys of three U.S. Marines - Robert Leck-

ie (James Badge Dale), Eugene Sledge (Joe Mazzello) and John Basilone (Jon Seda) - across the vast canvas of the Pacific Theater during World War II. The miniseries follows these men and their fellow Marines from their first battle with the Japanese on Guadalcanal, through the rain forests of Cape Gloucester and the strongholds of Peleliu, across the bloody sands of Iwo Jima and through the horror of Okinawa, and finally to their triumphant but uneasy return home after V-J Day.

The HBO Miniseries presentation of a Playtone and DreamWorks production is executive produced by Tom Hanks, Steven Spielberg and Gary

Goetzman, the producing team behind the Emmy® Award-winning and Golden Globe-winning 2001 HBO miniseries Band of Brothers. Hanks and Goetzman also executive produced the HBO miniseries John Adams, which won a record-breaking 13 Emmys® in 2008. The Pacific debuted with Part One on Sunday, March 14 (9 p.m. ET/PT), followed by other parts debuting on consecutive Sundays at the same time through May 16.

MeTV® is the first ever location-based two-way broadcast platform and branding network that broadcasts LIVE from any event to any location in the connected world. With just a few touches to the

dynamic touch-screen monitor, users can easily record and send a 30-second video message. With a simple click on the received video, viewers connect back to the user's Web site. Through social media links, MeTV can put a user's icon on thousands of Twitter feeds and Facebook pages. MeTV® has created video-message programs for Pepsi, Kodak, Intel, Harley-Davidson, McDonalds and placed kiosks at cultural venues including the Art Institute of Chicago, Toronto International Film Festival and New York City Fashion Week. MeTV's Virtual Concierge lets hotel guests browse information on local attractions, check flight status, and send video messages home.

## NMCRS: Help out and have a blast at the Admirals vs. Penguins game, March 26

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see some hockey action visit [www.norfolkadmirals.com](http://www.norfolkadmirals.com) and the Scope box office with a valid military I.D.

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 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 prob-

lems 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 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 you 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.nmcrs.org](http://www.nmcrs.org).

## 24/7 CENTER: Watch standers have choices now

Continued from page B1

pervise the children in a larger social environment and maintaining the feeling of home.

The house is fully equipped to receive children, including a common room full of books and toys, a backyard for play, bedrooms and custom smaller furniture in the kitchen for younger children. The center can hold 20 children per shift and has three shifts a day for 60 children total.

The three bedrooms are custom decorated for the children; the boy's room has a sports theme, the girl's room is vibrant and colorful. The infant room is lined with cribs and a changing table.

All of these custom features are made to accommodate children like the Child Development Center Pre School kids, a group of 4 and 5-year-old children in attendance who sang "The Wheels on the Bus" and "I Love Rock and Roll."

"Taking care of our Navy's families is at the forefront of what we do," said Greg Young, program manager for Navy Child and Youth Programs.

This child-care center is one of three in the area; the other two are located in Norfolk and Little Creek. A similar center is currently under construction in San Diego.

To enroll children in the program,

shift Sailors and watch standers must go through a Child Placement Program during which available spaces are filled with the children who qualify for the 24-hour center.



Photo BY MC3 Lauren Randall

**Paige Williams, 2, plays in the playroom kitchen. She has been at the center the longest of all the children and therefore a distinguished guest at the grand opening of the Child and Youth 24/7 Center at Naval Station Norfolk, March 12.**