

The Flagship

Serving the Hampton Roads Navy Family



Vol. 18, No. 12, Norfolk, VA

FLAGSHIPNEWS.COM

March 25, 2010

Freedom achieves third Caribbean drug seizure

PRESS RELEASE

From USS Freedom (LCS 1) Public Affairs

USS FREEDOM, At Sea — The littoral combat ship USS Freedom (LCS 1) achieved its third drug seizure March 11, disrupting a high-speed “go-fast” vessel and recovering 2 1/4 tons of cocaine during counter-illicit trafficking (CIT) operations in U.S. 4th Fleet’s Area of Responsibility.

While patrolling with embarked Helicopter Sea Combat Squadron 22, the Littoral Combat Ship Surface Warfare Mission Package and U.S. Coast Guard Law Enforcement Detachment, Freedom detected a suspected drug vessel and began pursuit at high speed.

Freedom deployed a response team of Sailors and Coast Guardsmen to intercept the vessel, which jettisoned its illicit cargo in the southern Caribbean Sea.

An MH-60S Sea Hawk from Freedom forced the go-fast to beach itself. Local officials later confiscated the vessel.

The Navy-Coast Guard response team recovered 72 bales of cocaine, weighing 2,127 kilos (4,680 pounds), from the water.

Freedom’s third successful drug interdiction was made possible by the coordinated actions of the Navy, U.S. Coast Guard District 7 and Joint Interagency Task Force-South (JIATF-S).

During its first two successful CIT seizures in the Caribbean, Feb. 22 and March 3, Freedom seized a total of one “go-fast”



Photo by MC2 Lily Daniels

Recently the littoral combat ship USS Freedom (LCS 1) achieved its third drug seizure recovering 72 bales of cocaine, weighing 2,127 kilos (4,680 pounds), from the water.

vessel, five suspects and more than 1,700 kilos of cocaine.

Freedom, which will be homeported in San Diego, is currently on its maiden deployment in the Caribbean and the coasts of Central and South America under the operational control of U.S. Naval Forces

Southern Command/U.S. 4th Fleet. Freedom is conducting CIT operations in support of JIATF-S, U.S. Southern Command and Coast Guard District 7.

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



Photo by MC3 Matthew Patton

Yeoman 2nd Class Artiz Davis, assigned to the administrative department of the aircraft carrier USS Nimitz (CVN 68), processes administrative paperwork.

Navy announces plans to ‘Can’ paper leave chits

BY MCC (SW) MARIA YAGER

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — The Navy announced plans March 22, to begin phasing out traditional paper leave chits, replacing them with a new electronic leave request system.

The new system, called Self-Service Electronic Leave (E-Leave) is a Web-based program that Sailors can access through their Electronic Service Record.

Processing leave requests accounts for 21.6 percent of all pay transactions submitted each year, according to NAVADMIN 103/10. E-Leave is projected to provide significant savings in man-hours and processing time and serves as a more convenient option for Sailors.

The new method allows Sailors to electronically route leave chits through the chain of command for approval. It automates the command’s leave control log and ensures pay and entitlements are properly credited.

“It will make it a lot easier to route the chit and I won’t have to worry about my personal information sitting in an inbox on somebody’s desk where it may get lost or misplaced,” said Senior Chief Yeoman (AW) Theresa Bell, assigned to Navy Personnel Command.

Shore-based implementation of E-Leave is scheduled to begin in August. An afloat version will

See PAPER, A9



During Solid Curtain-Citadel Shield 2009, Commander Navy Region Mid-Atlantic (CNRMA) Fire and Emergency Services crew responded to casualties after a simulated airplane crash. The exercise is designed to enhance the training and readiness of Naval Security Force personnel to respond to threats to installations and units, leveraging all processes security forces would implement in the event of an actual emergency.

U.S. Fleet Forces commences Solid Curtain/Citadel Shield ‘10

PRESS RELEASE

From U.S. Fleet Forces Command Public Affairs

NORFOLK — Navy shore installations and activities in the continental United States, Hawaii and Guam will participate in Exercise Solid Curtain-Citadel Shield ‘10 (SC/CS-10), an annual security training exercise coordinated by U.S. Fleet Forces Command (USFF) from March 22-26.

The week long security exercise is the largest anti-terrorism/force protection (AT/FP) exercise conducted nationwide. It is designed to enhance the training and read-

iness of Naval Security Force personnel to respond to threats to installations and units, leveraging all processes security forces would implement in the event of an actual emergency.

“Instead of having numerous smaller exercises, Exercise Solid Curtain/Citadel Shield is a single, large, integrated exercise that accurately emulates what may happen in the real world,” said Capt. Sam A. McCormick, USFF director for Fleet Anti-Terrorism.

As the Navy component for U.S. Northern Command (NORTH-



Photos by Myriam Gonzalez

During Solid Curtain-Citadel Shield 2009, an aircraft simulator is engulfed in flames after a simulated airplane crash on board Naval Air Station Oceana.

See EXERCISE, A9

Department of the Navy kicks off first SARC Summit in New Orleans

BY MC1 (SW)

RACHAEL L. LESLIE

Navy Public Affairs Support Element East

NEW ORLEANS — The Department of the Navy (DoN) kicked off the first Sexual Assault Response Coordinator (SARC) Summit in New Orleans March 22.

SARC representatives, as well as sexual assault support members from the Navy and Marine Corps medical, legal and chaplain communities, traveled from around the country to attend the five-day conference.

“As a result of my determination to combat sexual assault within the Navy and Marine Corps and promote better department-wide



Assistant Commandant of the Marine Corps, Gen. James Amos, delivers remarks during the first Department of the Navy SARC Summit.

coordination, in September 2009 I established the DoN Sexual Assault Prevention and Response Office,” said Ray Mabus, secretary of the Navy, in a message released in support of the summit. “It is through their leadership this summit is possible, bringing together Navy and Marine Corps leaders, our SARCs and experts in sexual assault prevention and response.”

During the summit, more than 200 representatives attended presentations, training and open discussions, all designed to train responders how to best care for victims and to encourage them to think about sexual assault prevention in new and inventive ways.

“You are on the front lines of this problem, and we want to show you that we are here to support you,” said Robert O. Work, under secretary of the Navy, during the summit. “We will do everything we can to get over this problem. We have proven we can do this, and today is a good start.”

Master Chief Petty Officer of the Navy Rick

West and Marine Corps Gen. James Amos, assistant commandant of the Marine Corps, also delivered important messages about sexual assault prevention and response programs during the first day of the summit.

“The message I’m bringing to the SARCs is that you’re not alone. You have leadership out there to support you,” said West. “It’s important we ensure our young Sailors know what programs are out there, such as the Fleet and Family Support Centers.”

Rear Adm. Daniel P. Holloway, director of Manpower, Personnel, Training and Education, also spoke to the group about the importance of refining current sexual assault response programs to better care for the victims.

“We know what we need to change, and what we need to do,” said Holloway. “We’re going to empower each and every one of us.”

Following Holloway’s remarks, the group heard first-hand, the moving story and very personal experiences of one Sailor who was

the victim of a sexual assault.

“In those few minutes, my life as I knew it was over,” said Hospital Corpsman 3rd Class Summer Kimmel, a victim and Sexual Assault Victim Intervention (SAVI) representative. “The [SAVI] advocate is often a lifeline for the victim. No advocate should ever, ever be sent to a victim without proper training.”

Capt. Chuck Hollingsworth, deputy commander for the Center for Personal and Professional Development, addressed questions about the current training program within the Navy.

“As we look at the entire continuum of training, what we’re looking at now is who needs what at what point in their career,” said Hollingsworth.

The summit will run from March 22-26. Those in attendance will meet in one large group for the next two days, and then break into smaller working groups for the remaining two days to allow for more specialized training for both the SARCs and non-SARC personnel.

INSIDE:

“PIE IN THE FACE” FUNDRAISER A8

Nassau throws pies for a good cause
USS Nassau holds fundraiser for the Navy Marine Corps Relief Society.



FRONT & CENTER B1

Kearsarge Sailors help feed the community
USS Kearsarge (LHD 3) volunteered at the Foodbank of South Eastern Virginia.



OFF DUTY C1

NEX joins with MWR, combines ‘All Things Auto’ for local Sailors
MWR Automotive Skills Center opened, March 19.



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

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

Regional program manager for
Commander Navy Region Mid-Atlantic is

Public Affairs Director
Beth Baker

Editorial Staff
Managing Editor
Micheal Mink

Deputy Managing Editor
MC1 (AW) Tim Comerford

Editorial Assistant
MC2 Mandy Hunsucker

Graphic Designer
David Todd

Off Duty Editor / Designer
Tim Rafalski

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

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

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

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

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

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

Creative Director
Tricia Lieurance, 222-3968

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

New Webinars present strategies for education costs, career paths

BY BRUCE MOODY

Fleet and Family Support Program, Commander, Navy Installations Command Public Affairs

WASHINGTON — Commander, Navy Installations Command's Fleet and Family Support Program will offer free online seminars, "Webinars," for service members and spouses during the month of April. The Webinars will cover career path strategies and ways to cover education costs.

Each Webinar is live and runs for 60 minutes, during which time attendees can converse with the Webinar host and get answers to their questions.

Work to create these Webinars began in response to a decision by the Defense Department to abruptly halt its military spouse tuition program My Career Advancement Accounts, or MyCAA, on Feb. 16. MyCAA was reinstated March 11, but only for spouses who have already enrolled in the program. It is not accepting new applicants at this time.

"There are other sources of tuition dollars," said Panshella Cole, manager of the Navy's Family Employment Readiness Program. "We created a series of Webinars so that Navy families can find alternative ways to cover education costs."

The Navy-Marine Corps Relief Society (NMCRS), which is hosting one of the Webinars, is an example. They helped more than 91,000 military families last year, providing \$43.4 million in no-interest loans and \$4 million in grants for educational opportunities.

Navy College will host another Webinar for those restarting their academic efforts. Other Webinars will explore entrepreneurship and careers with the Navy's Child and Youth Program and the federal government. These Webinars are open to active duty, Reservists and retired service members and their families.

A full description of each Webinar and steps for signing up for Webinars is found at the Fleet and Family Support Program's Web site, www.ffsp.navy.mil/.

WEBINAR SCHEDULE:

NMCRS Resources and Opportunities
April 1, 9 a.m., EST
April 1, 7 p.m., EST

Funding education is a large task. Where can you look for scholarships, grants, interest-free loans and financial advice? NMCRS is a nonprofit organization with more than 100 years of experience in helping Navy families. Join us for a discussion on available resources to help you reach your goals in this session with an expert from NMCRS.

Exploring Entrepreneurship
April 13, 7 a.m., EST
April 15, 3 p.m., EST

Join us for a discussion about what is involved in being an entrepreneur and whether or not it is right for you. The presenter for this Webinar will be a guest speaker from the Women's Business Center, an initiative funded by the Small Business Administration to help individuals get their business off the ground.

Department of Veterans Affairs VA Education Benefits
April 8, 3 p.m., EST
April 22, 3 p.m., EST

Looking for ways to fund your education? This presentation will be facilitated by a representative from the VA who will provide the most recent information about the GI Bill for military spouses.

Employment Opportunities with Child and Youth Programs
April 6, 7 p.m. EST
April 20, 9 a.m., EST

Interested in working for an employer that provides training, tuition assistance and other educational benefits? Join us for a discussion about the employment opportunities through Navy Child and Youth Programs. This presentation will be facilitated by a representative from Child and Youth who will provide an overview of the employment opportunities and benefits.

Navy College Resources
April 7, 3 p.m., EST
April 28, 7 p.m., EST

Join us for a discussion about resources available through Navy College, including online academic skills classes, tuition assistance for overseas spouses and educational counseling. This presentation will be facilitated by a representative from Navy College discussing resources both on-site and online.

Federal Employment Opportunities
April 27, 3 p.m., EST

This presentation will be facilitated by a representative from the Office of Personnel Management who will provide an overview of federal employment opportunities and how to apply for federal jobs.

To register for a Webinar, visit <http://learning.zeiders.com>.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

Naval Station Norfolk's Annual St. Patrick's Day 5k



Photo by DC2 Letitia M. McKelvey



Seven hundred fifteen enthusiastic runners participated in the Naval Station Norfolk's Annual St. Patrick's Day 5k.

THE FLAGSHIP'S LEEWARD SHOUT

In your opinion, how have the roles of women changed in the last century?



ET 1 (SS)
David Fontenot
PCU California (SSN 781)

"Women definitely have more leadership roles in politics and in the military now compared to the past."



Lt. J.G.
Nicole Trembath
COMPHIBRON 4

"Women's roles have changed greatly. They've found their own niche in society both in the home and in the workplace."



YNC
Chris Ezzelle
COMDESRON 22

"Women have gone from being primarily at home to being leaders in the workforce. They're equal to men and, in most cases, are superior."



DC1
Robert Perez
USS Winston S. Churchill (DDG 81)

"They have the choice to stay at home or join the workforce. They get better pay now, than in times past and they have more opportunities overall, like serving in the military."



HM2
Janet Alexander
Reservist, USNS Comfort (T-AH 20)

"We are more accepted my men now than we have been in the past. A lot of jobs that were restricted to males are now available to us, like construction and Fleet Marine Forces."



YN2 (EXW/SW)
Rocio Martinez
MCAST Command

"Women have more equal opportunity and they have more leadership roles now. I see more female commanding officer's. I think we'll see a female MCPON soon."

Navy recruits become U.S. citizens through new MAVNI Program

STORY AND PHOTO BY
SCOTT A. THORNBLOOM

Naval Service Training Command
Public Affairs

NAVAL STATION GREAT LAKES, III. — The new Secretary of Defense (SECDEF) Military Accessions Vital to the National Interest (MAVNI) initiative has opened the doors for six legal non-permanent residents (LNPR) to become part of United States Navy as American Sailors.

They grew up below the 38th parallel in the Republic of Korea, in the shadow of Mt. Everest and the Himalayas in Nepal and on the plains of the Serengeti in Kenya. Now, they are learning to operate with the Navy special operators as linguistic specialists in San Diego after graduating boot camp at Recruit Training Command.

The Navy's effort to recruit LNPRs with special language skills began in 2009. The Army was the first to implement the program in 2008, and the Navy joined the initiative soon after. The overall mission of the MAVNI program is to recruit and accelerate citizenship for foreign individuals with certain linguistic proficiency.

In his 2009 Posture Statement, Adm. Eric T. Olson, commander, United States Special Operations Command (USSOCOM), stated "in November 2008, thanks to a very positive response by the Secretary of the Army and the approval of the Secretary of Defense, we made progress in one of USSOCOM's high priority initiatives: increasing our level of regional expertise through the recruitment of native heritage speakers."

Olson's posture statement continued with "as of today, over 100 legal non-permanent residents (LNPRs) with special language skills and abilities have joined the Army under a pilot program. Some of these candidates will serve in special operations units."

Two days after graduating from boot camp and before transferring to follow-on training, they became U.S. citizens in a ceremony at the Region Legal Service



The first Navy Sailors to participate in the Secretary of Defense's Military Accessions Vital to National Interest (MAVNI) pilot program are issued the oath of citizenship by Stacey Summers, branch chief from the U.S. Citizenship and Immigration Services (USCIS) Chicago field office. MAVNI is designed to recognize foreign nationals with skills considered to be vital to national interest such as doctors, nurses, and certain language experts and give them the opportunity to expedite the naturalization process by serving in the U.S. military.

Office (RLSO) Midwest at Naval Station Great Lakes.

While at the Navy's only boot camp, a MAVNI recruit's citizenship paperwork is reviewed, updated and completed so they can recite the Oath of Citizenship immediately after graduating RTC. This is a critical part of the program.

"We are helping them along the way to get their paperwork expedited to become citizens," said Lt. Cmdr. Mike Favata, student control director at RTC. "But we are still here to make them Sailors first, just like we would with any other recruit."

Favata said RTC staff members, like Lt. Vince Dasta, RTC's citizenship representative, go through the citizenship paperwork within the first 48 hours of a MAVNI recruit's arrival to RTC.

"They have to have a valid social security number and their visas have to be in certain categories," Favata said.

"(RTC) staff members help the recruits expedite fingerprint forms, get passport pictures taken, and escort them to the legal office where they actually sit down and meet one-on-one with a legal representative," Favata said. "We also make sure all the

appropriate citizenship forms are properly filled out. We walk them through the process so they don't get hung up with any red tape."

For the new Sailors, becoming American citizens has been a long-time dream.

"I'm so excited," said Yun Hwang, 19, originally from Seoul. "I have had this dream of becoming an American for 10 years."

Hwang said she and her family moved to America when she was nine and her family has worked at becoming citizens since first arriving on American soil.

"It is a very long process and has been very hard to try and get jobs and getting a good education and into a good school without being a citizen," she said. "My brother just happened to find a Navy recruiter that knew of the MAVNI program and knew how we could expedite getting our American citizenship."

Hwang joins four other MAVNI Sailors in working as linguists with Navy Special Warfare Group 1 in Coronado, Calif. Hwang's brother is presently going through boot camp as a MAVNI recruit and is looking to become a Navy Special Operator.

Dasta said accelerating the process for the six new Americans,

as well as future MAVNI recruits, is a team effort between Navy recruiting, RTC and the Chicago Office of the U.S. Citizenship and Immigration Service (USCIS).

"There's a lot to do and a number of processes each MAVNI recruit has to go through on top of the Navy curriculum and training they have to keep up with in boot camp," Dasta said. "So far, it's been very smooth, and they have all performed very well during their training."

Even before the recruits enter boot camp and begin the citizenship paperwork, each applicant goes through a very extensive background check.

"Right now, this is a pilot program, and we're not really going to know the success of this program until we see how these new Sailors do in the fleet," Favata said. "If they do as well as we think they will, and if the Navy looks to expand this program, we'll definitely have to continue to be extremely vigilant to make sure the right folks get in."

Dasta added that part of the enlistment through the MAVNI program is agreeing to honorably complete their obligated military service. If the candidates don't meet this commitment, they

could lose their citizenship.

"But that would be the decision of the USCIS," Dasta said.

For this first six Sailors, this isn't considered a problem.

"I have waited a long time for this," said Seaman Sandesh Shrentha, 25, originally from Katmandu, Nepal, who spent the past several years in San Diego on work and student visas. "Knowing how far I have come and where I was when first arriving in the United States, I now know I have opportunities, and it is like the world is now open for me."

There are three MAVNI recruits presently attending recruit training, and they are expected to graduate in the spring of 2010. RTC is also scheduled to receive nine more MAVNI recruits at boot camp later in the year.

For more information on the MAVNI program, visit: http://immigration.about.com/od/us-citizenship/f/MAVNI_Program.htm or www.goarmy.com/info/form/GetBrcFormRedirectByUrl.do?url=/info/mavni; www.defense.gov/news/MAVNI-Fact-Sheet.pdf.

For more news from Naval Service Training Command, visit www.navy.mil/local/greatlakes/.

NNMC raises awareness for hemophilia month

BY MC2 (SW) JASON TURNER
National Naval Medical Center
Public Affairs



Hemophiliacs on medication to supplement that coagulation factor can go to school and participate in a number of activities with some caution.

BETHESDA, Md. — The National Naval Medical Center is using March 2010 to shed light on hemophilia awareness.

According to the National Heart, Lung and Blood Institute's Web site, hemophilia is a rare genetic blood disorder in which a person lacks the proteins needed to properly clot their blood.

"The two most common types are Hemophilia A, which is a deficiency of factor VIII and Hemophilia B which is a deficiency of coagulation factor IX," said Katherine Schexneider, medical director for NNMC's blood bank.

Patients diagnosed with hemophilia are prone to bleeding.

"It is a deficiency of one of the important blood coagulation factors that helps our blood clot," said Schexneider.

Hemophiliacs can suffer from a hemarthrosis, a bleeding into a joint. This can happen spontaneously or with fairly mild trauma such as bumping your knee on a piece of furniture, said Schexneider.

Hemophilia is genetic and it is extremely rare that it is diagnosed later in life.

"People who are affected are usually diagnosed at infancy or childhood," said Schexneider. "It

is a disqualifying factor from entering the military, so the population that we see at NNMC and other military centers are children of active duty.

"Children who are affected with hemophilia, often will have limitations in terms of playing contact sports because they are susceptible to bleeding with mild trauma. If you have a boy with hemophilia, you may not want him to play [youth] football because of concerns for injury. Hemophiliacs [on] medication to supplement that coagulation factor can go to school and participate in a number of activities with some caution."

Doctors can prescribe medications to replenish deficiencies. However, Lt. Col. Margret Merino, a pediatric hematologist at Walter

Reed Army Medical Center, cautions against high risk activities like hockey and boxing even with medications.

"Some say 'just give a factor [supplement] before a sports event or practice and live a normal life.' That's very expensive though. The other side of it is to avoid high risk sports and not have to use so much factor [supplement]," said Merino. "In general, we say its OK to do non-contact sports, but sometimes, even with those, they need to get a factor [supplement] before practice or lots of activity."

If a child bruises easily, they should be evaluated by a general pediatrician. An initial blood test performed at NNMC is called partial thromboplastin time. This test determines clotting time. If clot-

ting takes longer than normal additional test are performed.

"For severe hemophilia patients, less than one percent, the standard is treatment is prophylactic therapy, three times a week once they [begin] having bleeds, [or] about walking age," said Merino. "For less severe cases, they get it only when they have a problem."

If supplemental medication is not enough and blood transfusion is required, the blood used must go through stringent testing before it is given to a patient.

"After a unit of blood is taken from a donor, samples go through a series of viral tests," said Cmdr. Richard Graham, director of Armed Services Blood Bank Center. "If anything tested comes up positive, we automatically quarantine and destroy the unit."

All blood tests performed on donated blood are outsourced to a licensed blood testing facility. According to Graham, the blood is ready for use and is checked three times for accuracy in 72 hours and has a 42-day shelf life.

"When someone receives a unit of blood, it's a very serious situation," Graham said. "You don't want to compound that by giving them a product that could actually be harmful to them. There are a lot of health issue costs associated with contracting [a blood related illness]."

Schexneider asks parents to be vigilant in noticing any easy bodily bruising as their children start to walk.

"Parents also need to be particularly aware of what their child's activities are and keep a close eye on them to discover a joint or muscle bleeding so they can get prompt medical attention," said Schexneider. "Parents need to have a close relationship with a pediatric hematologist to ensure proper care for [a hemophilia] patient. Thankfully we have an excellent hematology staff between [NNMC] and Walter Reed."

Janet Rogue, a parent of a child with hemophilia, has first-hand experience monitoring her child's activities.

"We've become use to it. At first, it was very hard to accept and deal with, but now that we've learned most of the information out there that there is to learn, we're involved in all the societies and all the functions [that support hemophiliacs]," said Rogue.

She also encourages others to learn more about the condition.

"He's a normal kid; don't treat him differently. I don't want him to feel like he's a freak or something. He's a normal kid that can do anything that anybody else can do," said Rogue.

For more news from National Naval Medical Center, visit www.navy.mil/local/nnmc/.

New protocol to provide early brain injury detection

BY CHRISTEN N. MCCLUNEY
Special to American Forces
Press Service

WASHINGTON —

The Defense Department is rolling out a new set of guidelines for the treatment of mild traumatic brain injury among service members in combat areas.

"We're morphing from a symptom-based approach in theater to an incident-based

approach," a senior official said March 15 during a "DoDLive" bloggers roundtable.

"The tenet behind this is we strongly believe that early detection and early treatment decrease the complaints of post-traumatic brain injury after sustaining an injury," said Kathy Helmick, interim senior executive director for

traumatic brain injury and director of TBI clinical standards of care at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

The new protocol will go into effect soon and will make head injury evaluations mandatory for service members who have been involved in incidents such as being close to explosions or

blasts. In the past, Helmick explained, service members simply decided for themselves whether to report symptoms. Moving forward, the medical staff will check everyone involved in such incidents.

To get the incident-based protocols going, officials are using an "educate, train, track and treat" sequence, Helmick said. This involves:

- Ensuring awareness at all levels in recognizing symptoms of brain injuries;
- Training health care providers in evidence-based treatments;
- Treating incidents early; and
- Tracking progress to yield metrics that would show where improvements are needed.

"We are fast-tracking our research portfolios so that we can translate the findings from research being done into clinical practice and improve care on the battlefield as soon as possible," Helmick said.

Researchers are looking at blast dynamics related to the direction of explosions and relationships between the magnitude of explosions in enclosed and open locations, Helmick explained.

This could help in determining ways to decrease the incidents of brain injury along with examining the nature of attacks, she said.

Research also is under way to explore psychological health and TBI, Helmick said.

"We are trying to really help bring the disciplines together so that we can provide more clarity to the timing of treatment for specific psychological health conditions and how that marries up with traumatic brain injury," she said.

If a patient is being treated for post-traumatic stress disorder, she noted, traumatic brain injury clinicians need to be in sync so that therapy can be maximized.

The department also is working with the National Football League to share information on TBI research. Helmick noted that both the NFL and the Defense Department have stepped up efforts to learn more about brain injuries and implement

measures for prevention and treatment. "So the groups are working on creating a change in attitude so that service members, like athletes, don't discount symptoms but get early

treatment, which will lead to early recovery," Helmick said.

Part of the Defense Department's effort focuses on educating commanders and supervisors. "We've really stressed with the line command that this is not about taking someone away from mission," Helmick said. "This is about keeping them in the safe zone while they are vulnerable for a second injury - making sure they get checked out and then getting them back to doing what they love."

Helmick added that one of the strongest initiatives in treating TBI is educating service members about the importance of sharing their symptoms, knowing what to expect for a natural recovery and developing strategies to deal with the symptoms. This, she said, has been shown repeatedly to help in decreasing symptom reporting and enhancing recovery.

"Our real message to send out to everyone is, 'Protect your greatest weapon - your brain,'" Helmick said. "The cornerstone is early detection and early treatment, and that these are recoverable injuries."

Ceremony honors fallen medical service members

BY ELAINE WILSON
American Forces Press Service

WASHINGTON — Army Cpl. Adam J. Fargo, a medic, was killed by an improvised explosive device while on patrol in Iraq more than three years ago.

But his memory was strong for his sister yesterday, who wore his dog tags and a picture of him in uniform draped around her neck.

"I love to honor him," said Sarah Fargo, whose father and two grandfathers stood by her side. "I love to see everyone honor him."

Fargo was one of the more than 300 people who gathered at Arlington National Cemetery yesterday for the Military Health System's 2010 Remembrance Ceremony dedicated to fallen military medical personnel, March 17. Set on a hill with a backdrop of white marble grave-stones, the ceremony honored 244 medical service members — medics, corpsmen, nurses and doctors — who died in support of Operations Iraqi Freedom and Enduring Freedom from 2001 through Dec. 31, 2009.

More than 100 of those in attendance were family and friends who came from around the nation



Photo by Elaine Wilson

Sarah Fargo honors her brother's memory by wearing his photo and dog tags at a ceremony honoring fallen military medical personnel at Arlington National Cemetery in Arlington, Va., March 16, 2010. Army Cpl. Adam J. Fargo, a medic, was killed in Iraq in July 2006. The Military Health System's 2010 Remembrance Ceremony honored medical service members who died in support of Operations Iraqi Freedom and Enduring Freedom from 2001 through Dec. 31, 2009.

and overseas to honor their loved ones.

"Today we come with a united sense of purpose and a common bond in that purpose," said Dr. Charles L. Rice, who is performing the duties of the assistant secretary of defense for health affairs. "We come together to re-

member and honor our fallen loved ones; we come together to renew our connection with the families and friends that share in this loss. And we say thank you for what you have given, and we say thank you for all of which your loved ones gave."

Countless people are alive, both

in the United States and overseas, because of the courage and heroism of the service members being honored at the ceremony, Rice said. "These great men and women paid the ultimate sacrifice to save their comrades and others," he added.

Their families also paid a monumental price, Rice said. "Our nation is indebted to you," he said. "We will honor your loved ones with tributes today so that they may never be forgotten."

Navy Rear Adm. (Dr.) David J. Smith, the Joint Staff surgeon, praised the nation's military medical personnel for their devotion to duty on the battlefield.

"In the anguish of combat, when all the good seems so distant, it's the corpsman's compassion that provides a warm light of solace, refusing to yield to the ever-pressing darkness," Smith said. "What can be said of a man or a woman who, when confronted with their own demise or injury, chooses to risk all to aid a fellow comrade? What greater act of love or devotion can one perform?"

"Their legacy is one of selfless service and a legacy that lives on in each of us," he continued. "For those left to mourn and forever reflect on the loss of a loved one, I pray that you will take some mea-

sure of comfort in the fact that your family member was devoted to preserving life on the battlefield."

Martha Raddatz, chief White House correspondent for ABC News; Navy Vice Adm. (Dr.) Adam M. Robinson, Navy surgeon general; and Army Maj. Gen. Deborah C. Wheeling, deputy surgeon general of the Army National Guard, also spoke at the ceremony.

Following remarks, Gold Star members — an organization of those who have lost loved ones in combat — helped to lay a ceremonial wreath in honor of the fallen service members.

Stephanie Walters drove from Ohio to attend the ceremony with her 3-month-old daughter, Piper, and her 18-month-old daughter, Rachel. Her husband, Army Sgt. Richard Walters, a nurse, was killed in Iraq while she was five-months pregnant with Piper.

Walters sat through the ceremony clinging to her baby, her eyes lowered. The ceremony, she noted afterward, was a fitting tribute to his sacrifice.

"It really helps us feel the book is not closed on us," she said. "We're not an afterthought. I take personal solace from that."

Female pilots share stories at National Air and Space Museum

BY STAFF SGT.
J.G. BUZANOWSKI
Secretary of the Air Force
Public Affairs

CHANTILLY, Va. — The staff at the National Air and Space Museum's Udvar-Hazy Center hosted their annual Women in Aviation and Space Family Day March 13 where Airmen had to chance to talk to young girls about being a female pilot.

For Lt. Col. Merryl

Tengesdal, it was "an opportunity to show the young ladies that they're not limited in their dreams."

"The opportunities are endless and you can do whatever you set your sights on," the colonel said.

Colonel Tengesdal, a U-2 pilot, is the Detachment 2 commander for flight tests at Edwards Air Force Base, Calif. She was one of a handful of female Airmen invited to the museum to share her stories

at one of the center's "Ask the Experts" panels.

Lt. Col. Nicole Malachowski was another Airman invited to speak at the family day. She shared many of her experiences with the crowds as the first female to fly with the Thunderbirds, the U.S. Air Force Air Demonstration Squadron. She also spoke about the recent Congressional Gold Medal ceremony honoring the Women Airforce Service Pilots.

"The WASP are my heroes

and still inspire me," Colonel Malachowski said to the crowd of mostly young girls. "After learning their story and hearing about what they went through, I know now there's nothing we can't do."

According to Gloria Fulwood, the Hazy Center family programs manager, having Airmen participate in events like this is a great way for people to connect with the military.

"It's important to see the faces behind the airplanes,"

Mrs. Fulwood said. "It's an amazing experience for our guests to meet them face to face. We need them to be mentors to the young girls."

Eight-year-old Reanna Smith agreed.

"I liked getting to ask them questions," she said of the Airmen who volunteered at the center. "They told us all about what the Air Force does. I definitely learned a lot from them."

Erica Tiffany, who was there with her Girl Scout troop, said she would love

to learn to fly. After seeing female pilots, she has a better understanding of what she has to do to make that dream come true.

"I need to do (well) in math and science," Erica, age 7, said. "I want to learn how to fly helicopters; I think that would be lots of fun!"

The Udvar-Hazy Center staff hosts family days throughout the year.

For more information about their events, visit www.nasm.si.edu/UdvarHazy.

First-year crew chief displays Blue Angel professionalism

BY MC2 ARIF PATANI

Navy Public Affairs
Support Element-West

EL CENTRO, Calif. — A first-year crew chief with the Navy's Flight Demonstration Squadron, the Blue Angels, prepared all winter for an air show in El Centro, Calif., March 13.

Along with the rest of the Blue Angels team, Aviation Electronics Technician 1st Class (AW) Anthony Koppi spent the winter months training six days-a-week in El Centro in preparation for the show.

These countless hours of training not only ensured a safe evolution, but also created an essential bond of trust between Koppi, the crew chief, and Lt. Cmdr. Frank Weisser, the pilot.

"The crew chief signs the 'A' sheet (aircraft acceptance sheet)," said Koppi, a native of Conroe, Texas. "There are only three people who sign it. It's the crew chief, the maintenance chief



Aviation Electronics Technician 1st Class (AW) Anthony Koppi had one winter to learn all he could about the FA-18 Hornet. The crew chief puts his credibility and the pilots life on the line when he signs the aircraft acceptance sheet saying the aircraft is safe for flight.

and the pilot. Once you put your signature on that sheet, you're saying that you have looked over that aircraft, and it's completely safe for flight."

Coming from a background where he worked specifically with P-3 Orions, Koppi made a lot of adjustments transitioning to the Blue Angels.

"When I came to the Blue Angels I didn't know anything about the FA-18 Hornet; I didn't know anything about being a crew chief," said Koppi. "I had to learn everything from the ground up."

As crew chief, Koppi is responsible for pre and post flight inspections, setup of the pilot's survival gear in the cockpit and

the overall appearance of the aircraft.

According to Koppi, his success as a crew chief has come from the endless hours of training and hard work.

"The aircraft has got to take off," said Koppi. "Sometimes we may be given 20 to 30 minutes to complete an inspection,

and we are trusted to do that. It gets stressful, but we overcome that through training. You start off slow perfecting the method, and through perfecting the method, you end up being able to increase your speed and increase your accuracy just by repetition."

The relationship between a pilot and his crew chief goes back to the early days of naval aviation.

"Crew chiefs have a legacy," said Koppi. "They have a history of being very professional and having a very intimate relationship with their pilot. I hope with my time here with Blue Angels I can live up to that legacy."

In 2010 the Blue Angels are slated to perform in 35 cities throughout the United States. Koppi and his fellow crew members will be there every step of the way.

For more news from Navy Office of Community Outreach, visit www.navy.mil/local/navco/.

Admiral Roughead celebrates Seabee, CEC, NAVFAC anniversaries

BY MASON LOWERY

Naval Facilities Engineering Command
Public Affairs

ARLINGTON, Va. — The Navy's highest ranking Sailor was the guest of honor and speaker March 13 at the 2010 Naval Facilities Engineering Command (NAVFAC), Civil Engineer Corps (CEC) and Seabee Anniversary Ball in Arlington, Va.

Chief of Naval Operations Adm. Gary Roughead praised the Navy's premier construction force for its current contributions to the Maritime Strategy and illustrious history – 168 years for NAVFAC, 143 for CEC and 68 for the Seabees, respectively.

"As we are here tonight, enjoying this wonderful evening, 3,000 of your shipmates are deployed. And they are deployed in six combatant command areas of operations, so you are global. You are the global force that has



Photo by MC1 Tiffini Jones Vanderwyst

Rear Adm. Wayne G. Shear, Jr., Commander, Naval Facilities Engineering Command, Chief of Civil Engineers, left, and Seabee Force Master Chief Michael E. Holdcraft, right, present Chief of Naval Operations (CNO) Adm. Gary Roughead with an a certificate designating him an honorary Seabee during the Washington, D.C., area anniversary ball celebrating the 168th anniversary of the Naval Facilities Engineering Command, 143rd Civil Engineer Corps, and the 68th anniversary of the Seabees.

such an impact. You build bases in Iraq, in Afghanistan. The performance of your shipmates is

absolutely legendary in the fights we are in today, and they are continuing the terrific history of the

Seabees from the days of the past," said Roughead.

Rear Adm. Greg Shear, NAVFAC commander and chief of civil engineers, and retired Rear Adm. Benjamin F. Montoya, chairman of CEC-Seabee Historical Foundation, presented the Steelworker 2nd Class Robert D. Stethem and Rear Adm. Lewis B. Combs Awards to two Seabees during an awards ceremony.

Aletha Akins accepted the Stethem Award for her husband, Chief Construction Mechanic (SCW) David B. Akins, who is currently deployed in Afghanistan with Naval Mobile Construction Battalion 74. Lt. Christopher B. Allen, with NAVFAC Mid-Atlantic, accepted the Combs Award.

Roughead was then made an "Honorary Seabee" by Shear and NAVFAC Command Master Chief and Force Master Chief Petty Officer of the Seabees Michael Holdcraft.

"Everywhere there is a disaster that strikes somewhere in the world, you can bet that the Seabees are going to be there. They're going to be the first ones in and probably the last ones out. And when everyone looks back on that experience, they're going to think that you were truly a gift that was sent to them for the terrific work that you do to bring those communities back to life again," said Roughead.

NAVFAC manages the planning, design, construction, contingency engineering, real estate, environmental and public works support for U.S. Navy shore facilities around the world. NAVFAC also provide the Navy's forces with the operating, expeditionary, support and training bases they need.

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

Navy seeks to eliminate Sexual Assault in its ranks

PRESS RELEASE

From Navy Personnel Command
Public Affairs

MILLINGTON, Tenn. — The Navy released its first quarterly Sexual Assault Prevention and Response (SAPR) program update, NAVADMIN 096/10, to update Sailors with the information necessary to positively impact their environment and lead the Navy toward its goal of eliminating sexual assault from its ranks.

“Sexual assault is an assault against unit cohesion, readiness and Navy’s core values,” said Rear Adm. Dan Holloway, director of personnel, plans and policy. “It is a Department of the Navy (DoN) goal to eliminate sexual assault incidents that impact DoN personnel and their family members.”

In 2009, the Navy renamed the Sexual Assault Victim Intervention program to SAPR to align with the mission of the program, highlighting the importance of both prevention and response. Since then, Navy SAPR coordinators have focused on the development and implementation of a comprehensive and effective prevention and response strategy.

Navy leaders are making sexu-



Photo by MC2 Sharay Bennett

Jill Loftus, director of the Department of the Navy's Sexual Assault Prevention and Response Office, participates in a round table discussion on sexual assault at the Pentagon. Loftus' office will host the Sexual Assault Response Coordinator (SARC) Conference in New Orleans, March 22-26.

al assault prevention a top priority. Prevention efforts are focused on non-stranger and alcohol-facilitated sexual assaults. In the Navy's 2009 Annual Report of Sexual As-

saults in the Military, more than half of the reports involved military subjects committing offenses against military victims.

Fleet organizers held the first

waterfront SAPR workshop in February at Naval Station Norfolk. It was attended by more than 170 command leaders and 150 first responders. Future workshops in other fleet concentration areas are planned. The training focuses on increasing awareness, defining expectations and identifying resources available to commands.

In March, the fleet also began a peer-to-peer prevention training pilot program aimed at developing effective bystander intervention skills.

“This pilot training, tailored to Sailors and deckplate leaders who are critical to the success of sexual assault prevention, is designed to discover the best way to implement and sustain cultural change in our Navy,” said Paul Finch, Commander, Navy Installations Command SAPR program manager. “The overall goal is to create a culture of respect that requires that we all see ourselves as part of the solution, and to intervene to prevent sexual assault within our Navy environment.”

The bystander intervention program teaches Sailors how to intervene in cases of sexual violence before, during and after incidents

occur. This peer-to-peer program, using the Mentors in Violence Prevention model, will be tested within different training environments in Norfolk, Hawaii, Pensacola and Bahrain. “After the project is complete,” according to Finch, “we will know what works best for Sailors so we can implement effective bystander training Navy wide.”

This year, the Navy again included SAPR training in annual general military training requirements for all Sailors and will add sexual assault awareness questions to Navy wide advancement exams in 2011. Navy Criminal Investigative Service, Bureau of Medicine, Navy Judge Advocate General's Corps and other key stakeholders have also focused on improving their response to sexual assault.

“We have the obligation and power to intervene and prevent sexual assault. We must continue our efforts to eliminate this crime from our ranks,” said Holloway.

For more information on the Navy's SAPR program, read NAVADMIN 096/10 and visit <http://www.sapr.mil/>.

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

USFF holds Sexual Assault Prevention Workshop

PRESS RELEASE

U.S. Fleet Forces Command

U.S. Fleet Forces Command (USFF) hosted the Navy's first Sexual Assault Prevention and Response (SAPR) Workshop recently at Naval Station Norfolk.

The workshop provided command leaders, SAPR representatives and advocates with training, education and prevention tools to incorporate into their current sexual assault prevention and response programs.

The workshop included two sessions, the first for COs, XOs, OICs and CMCs on leadership awareness, expectations and resources. The afternoon session for command SAPR representatives (victim advocates, command coordinators), medical, Fleet and Family Service Center, chap-

lains and front line supervisors discussed current program policies, reporting procedures and available resources

Vice Adm. Peter Daly, Deputy Commander, U.S. Fleet Forces Command, opened the workshop with a challenge to the audience of more than 150 leaders from area commands. “This group has to make a difference,” Daly said. “Each one of us here in this room has the power to put a stop to sexual assaults in the Navy. I want you to know that this issue has the attention and engagement of the SECNAV and the CNO, and you are responsible for taking this message to your command.”

This SAPR workshop was the first hosted by USFF, and will serve as the model for additional workshops throughout the

fleet, including other fleet concentration areas and overseas commands.

“The goal of this workshop was to provide leadership with available resources and provide assistance in implementing and executing sexual assault prevention and response policies at every command,” said Marie Parker, USFF SAPR Program Manager. “We plan to build on this initial workshop based on the feedback received and continue our efforts to promote a cultural change in the area of sexual assault prevention through education and program implementation.”

Master Chief Petty Officer of the Navy (SS/SW) Rick D. West also attended the workshop, and emphasized the importance of all Sailors' involvement in sexual

assault prevention. “This training stresses the importance of bystander intervention,” said West. “A potential sexual assault situation in San Diego recently was prevented by a female Sailor who had the courage to stand up and take action to assist a shipmate. Training and talking about this topic out there on the deckplates is so important to stopping sexual assaults and setting the tone that sexual assault will not be tolerated.”

For more information visit the U.S. Fleet Forces Command Web site at www.cffc.navy.mil. For more news from U.S. Fleet Forces Command, visit www.navy.mil/local/clf.

For more information on Sexual Assault Prevention and Response, visit www.sapr.mil/.



Nassau throws pies for a good cause

STORY AND PHOTOS BY
MCSN (SW) JONATHAN PANKAU
USS Nassau Public Affairs

USS NASSAU, At Sea — USS Nassau (LHA 4) held a "Pie in the Face" fundraiser for the Navy Marine Corps Relief Society (NMCRS).

Ens. Amy Sullivan from Greenville, S.C., an NMCRS coordinator aboard the ship, said the event kicked-off March off with a bang by raising \$6,700.

"Unique ways to raise money like 'Pie in the Face' really motivates people to donate," Sullivan said. "Underway, everyone is looking to relieve stress. What better way than to throw a pie in your favorite chief or officer's face for a good cause?"

The top 10 chief petty officers and commissioned officers were "pied" based on the number of votes they received. Among those chosen were Nassau Executive Officer Capt. Samuel Norton and Command Master Chief (AW/SW) Stan Kopiczak.

"March is the month to think about Navy Marine Corps Relief Society because it's the NMCRS Active Duty Fund Drive," Kopiczak said. "In my 27 years in the Navy, I've seen them give more money out to Sailors than we are able to raise for them each year. I'm happy to get a pie in the face for this great cause."

Ens. Marie Cadice from Seattle, said Nassau's Junior Officer Protection Association (JOPA), an organization of dedicated ensigns and lieutenant junior grade officers, raised \$1,000 for the "JOPA Trifecta." This maneuver involved three pies from all angles delivered to the executive officer by members of JOPA.

"It is very refreshing to see JOPA band together, combine assets, and come after the executive officer as they did," Norton said. "I have no retribution planned, but once I wipe the whipped cream off of my face I will come after them with the tenacity that they deserve for such a good deed."

Norton added that he was very impressed at the crew's dedication and how they donated not just money, but time and pride as well.

Sullivan and Senior Chief Navy Counselor (SW/AW) Harold Gibbs III from Shelton, Conn., the other NMCRS coordinator aboard the ship, are holding additional events to raise money.

"The 'Day in Your Rack' chit raffle will be the next fundraiser," Sullivan said. "Bingo and pony tail chits for women will follow. Much like the pie fundraiser, 'Day in the Scullery' fundraiser will put the top five voted chief petty officers and officers in the scullery for a day."

Culinary Specialist 3rd Class (SW) Bryant Alvarez from Brooklyn, N.Y., said he is looking forward to this event.

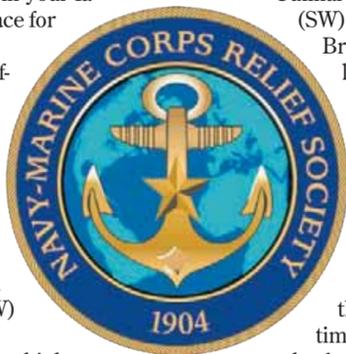
"I've worked in the scullery before and it's not fun," Alvarez said. "I can't wait to see the chiefs and officers in there."

Gibbs is confident that, after raising three times as much at the pie in the face event than they did all week selling the pies, Nassau will exceed its NMCRS goal of \$23,000 by March 31.

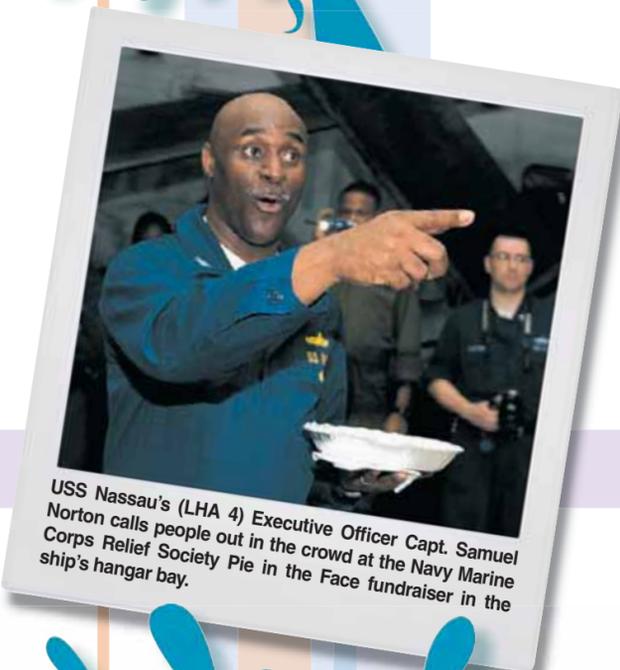
"It was such a great turnout. I have no doubt that the other events will be just as productive," Sullivan said.

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

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



Senior Chief Aviation Electronics Technician (AW/SW) Raul Castro from Houston pies Senior Chief Navy Counselor (SW/AW) Harold Gibbs III from Shelton, Conn., at USS Nassau's (LHA 4) Navy Marine Corps Relief Society Pie in the Face fundraiser in the ship's hangar bay.



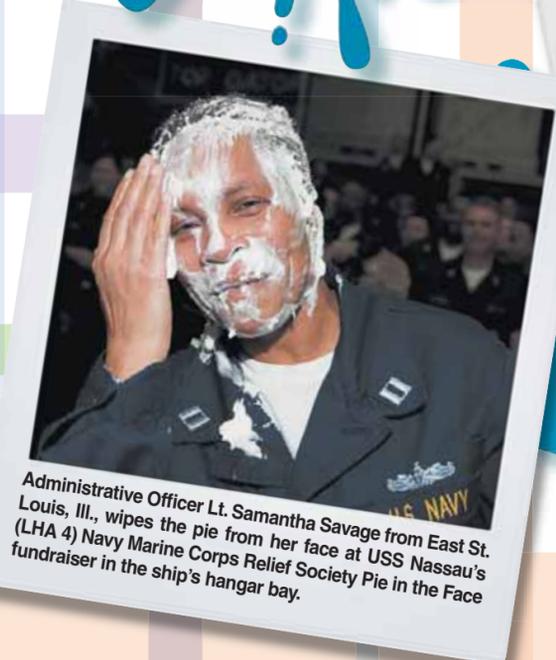
USS Nassau's (LHA 4) Executive Officer Capt. Samuel Norton calls people out in the crowd at the Navy Marine Corps Relief Society Pie in the Face fundraiser in the ship's hangar bay.



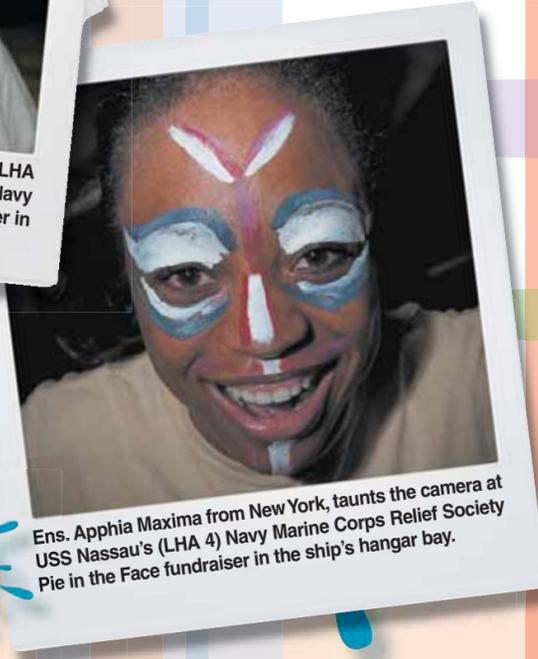
Members of USS Nassau's (LHA 4) Junior Officer Protection Association (JOPA) execute the JOPA Trifecta on Nassau's Executive Officer Capt. Samuel Norton at the Navy Marine Corps Relief Society Pie in the Face fundraiser in the ship's hangar bay.



Heather Fiske from Dunedin, Fla., USS Nassau's (LHA 4) MWR director, after being pied in the face at the Navy Marine Corps Relief Society Pie in the Face fundraiser in the ship's hangar bay.



Administrative Officer Lt. Samantha Savage from East St. Louis, Ill., wipes the pie from her face at USS Nassau's (LHA 4) Navy Marine Corps Relief Society Pie in the Face fundraiser in the ship's hangar bay.



Ens. Apphia Maxima from New York, taunts the camera at USS Nassau's (LHA 4) Navy Marine Corps Relief Society Pie in the Face fundraiser in the ship's hangar bay.



Photo by Myriam Gonzalez

"Instead of having numerous smaller exercises, Exercise Solid Curtain/Citadel Shield is a single, large, integrated exercise that accurately emulates what may happen in the real world," said Capt. Sam A. McCormick, USFF director for Fleet Anti-Terrorism.

EXERCISE: Annual Solid Curtain/Citadel Shield '10 commences from March 22-26

Continued from page A1

COM), USFF will also use SC/CS-10 to enhance their ability to support NORTH-COM's Homeland Defense mission.

"Solid Curtain is mainly an operational-level training event, while Citadel Shield, conducted by Commander Naval Installation Command, will provide advance guidance for personnel involved with the individual field training exercises," said McCormick.

SC/CS-10 will consist of more than 250 individual training events across the country, each designed to test different regional AT/FP operations. Scenarios range from events such as recognizing and countering base surveillance operations, to higher-tempo and active simulated emergencies such as small boat attacks on waterfront bases and cyber attacks

on installations.

"We are really focusing on the land-sea interface at the waterfront, as well as active shooter scenarios, in light of the incident at Ft. Hood," said McCormick.

Many communication tools will be used to keep base personnel informed about exercise security situations. Computer network alert systems will distribute messages to office computers and the "giant voice system" will be used to immediately alert people base-wide. The giant voice system is an outdoor intercom loud enough to alert anyone outside on base of a potential threat.

While disruptions to normal base and station operations will be limited, there may be times when the exercise causes increased traffic or delays in base access. Area residents may also see increased security activity associated with the

exercise.

"There will be possible traffic and base access delays during the exercise; however, we have set up the exercise to minimize the impact to local communities," said McCormick.

During the exercise, assessors will collect information and relay that data to decision makers to improve AT/FP practices and procedures in the future.

"We will have assessors here on the battle watch floor and threat working groups to look for any inconsistencies in the reporting processes and procedures," said McCormick. "This feedback will enable us, in a training environment in a realistic scenario, to address issues that will make us more ready and prepared for any actual event."

For more news from U.S. Fleet Forces Command, visit www.navy.mil/local/clf/.

Command VAO training coming to NAVSTA March 26

NAVY MESSAGE

From NAVSTA Norfolk



The director, Federal Voting Assistance Program (FVAP), administers uniform and overseas citizen's absentee voting act (UOCAVA) on behalf of the secretary of defense. UOCAVA requires each federal department and agency with personnel covered by the act to have a voting assistance program.

The FVAP biennial voting act plan and department of defense directive 1000.4 establish policy and guidelines for carrying out an effective voting assistance program.

Installation and command VAO(s) help to ensure our Navy total force and Navy families understand their voting rights and how to register and vote absentee under UOCAVA.

The federal voting assistance program provides training workshops for voting assistance officers worldwide. Naval Station Norfolk is conducting workshops for afloat and ashore tenant commands on March 26, 9 - 11 a.m. and 12:30 - 2 p.m.

The training covers VAO responsibilities, describes the absentee voting process and the resources available to conduct a successful voting assistance program. The training explains how to complete the federal post card application (FPCS) and the federal write-in absentee ballot (FWAB).

Location and directions: training will be conducted at building C-9 conference room 2 (upper deck), Naval Station Norfolk, located on the corner of Bacon Ave. and Gilbert St. Directions from Gate 3: Come through gate 3, take a left onto Gilbert St. at the first light, take a left onto Bacon Ave. Building C-9 will be on the right. Continue and cross over Morris St. and your next right will be the parking lot. Directions from Gate 2: come through gate 2, make a right on Gilbert St. make your first right onto Bacon Ave.

For more information contact Chief Electronic Technician John Hughes by phone, 445-1983, or by E-mail, john.hughes2@navy.mil.

2010 Census military facts

BY LT CANDICE TRESCH

Navy Personnel Command Public Affairs

Fact #1: By law, the Census Bureau cannot share an individual's census questionnaire responses with anyone, including federal agencies, law enforcement, welfare agencies, courts, or the military.

Fact #2: The Census Bureau understands the importance of safeguarding confidential data and ensures its workers take an oath of secrecy. If that oath is broken, offenders face a \$250,000 fine and jail time.

Fact #3: Military personnel helping facilitate Census procedures onboard installations and vessels are also sworn to secrecy. They are required to taken an oath to protect Title 13 data which includes responses to Census questionnaires. Military personnel, sworn to secrecy, also face a \$250,000 fine and jail time if their oath is broken.

PAPER: Navy announced plans to use new electronic leave request system, phasing out traditional paper leave chits

Continued from page A1

be phased in over the next 24 months as shipboard Navy Standard Integrated Personnel System (NSIPS) servers are upgraded. Sailors who have not yet

established a Self-Service ESR can create an account at <https://nsips.nmci.navy.mil> or on the NSIPS server on board ship.

NAVADMIN 043/09 announced the requirement for all active-duty and

Reserve personnel to establish and maintain a Self-Service ESR as the Navy phases out paper service records.

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

VCNO Adm. Greenert makes stop in Hampton Roads

BY MC1 AMIE GONZALES
Navy Public Affairs Support
Element East

NORFOLK — Vice Chief of Naval Operations (VCNO) Adm. Jonathan W. Greenert visited Hampton Roads March 17 to get a closer look at the family readiness programs available to Sailors and their families.

During his visit he met with Fleet and Family Support Center (FFSC) Counselors and Individual Augmentee (IA) Coordinators; visited Naval Station Norfolk's newly opened Child and Youth 24/7 Center; and toured the Naval Air Station Oceana Child Development Center.

"Our Sailors and families require a family support network that provides relevant services and links the Unit, the family, and the Navy to keep them informed of services available, and the means to utilize them," said Greenert.

As Navy families continue to evolve to meet the changing demands of military life and Sailors answer the call of increased mission requirements, the Navy continues to evaluate and address family needs in order to sustain family readiness.

Greenert continued, "Family Readiness must be embraced because the Navy family is an essential element to mission and Sailor success. It is our job to ensure our families are in-



Photo by MC2 (AW/SW) Sara Allison

As he arrives at the NAS Oceana Fleet and Family Support Center, Vice Chief of Naval Operations Adm. Jonathan Greenert is greeted by NAS Oceana Commanding Officer Capt. Mark Rich and FFSC Oceana Site Manager Lacreasha Dunnings, March 17. During the visit to Oceana, Greenert met with FFSC counselors and Individual Augmentee (IA) coordinator and toured NAS Oceana's child development centers.

formed, prepared and are able to be resilient."

During a round table discussion with FFSC Counselors and IA Coordinators, Greenert and his wife, Darleen, discussed family readiness and the various programs available to Sailors and their families.

"FFSC's are a tremendous foundation – a major pillar – to

our Family Readiness programs, along with the information network of Family Readiness Groups and Ombudsman," said Greenert.

Fifty-six percent of active duty Sailors and 66 percent of reserve Sailors have families who qualify for Navy benefits. More than 30 direct family support services and quality of life programs and benefits are avail-

able to military families.

"We believe that the Fleet and Family Support programs have a direct relationship with Family Readiness. We provide hallmark programs to make sure that Sailors and their families are ready – and that [these programs] are in the response plan for the fleet," said Shannon Sullivan-Hurst, Regional

Program Manager for FFCS, Mid-Atlantic Region.

The family readiness assistance programs, benefits and services currently available to Navy families include child care, legal counseling, moving assistance and quality healthcare, the navy is taking additional steps in 2010 to expand its programs and services.

Navy CIO: 10 important areas in Cyberspace

BY ROBERT J. CAREY
Navy Chief Information Officer

1. Decision Making and Governance: We continue to work toward a more agile decision-making model while ensuring proper alignment across resources, requirements, acquisition, policy and operations. We are striving to perform like an enterprise, so we can leverage

the buying power of the DoN or DoD where appropriate. This will ensure that we maximize the value of our IT budgets using Enterprise Architecture as the main tool to drive interoperability and cost management.

2. Networks/NGEN: The Department is forging ahead toward closure of the current NMCI con-

tract and moving closer toward NGEN. In addition, the legacy environment is shrinking and being enveloped by the present NMCI environment.

3. Cybersecurity Capability/Investment Model: We are also working toward a Cyber Capability Model combined with the appropriate metrics and investment guidance to en-

sure that our resources are placed where they are absolutely necessary.

4. Enterprise Mobility: The power of the smart phone and our ability to securely connect to the network and information needed to perform our jobs is expanding exponentially. This is freeing our workforce from the Industrial Age model of the "desk" and allowing us to securely work from anywhere.

5. Web 2.0/Social Me-

dia/Collaboration: No longer are social media tools a new phenomenon, but rather standard ways to share information. We will continue to look for ways to leverage these tools to make better decisions more quickly and efficiently.

6. Privacy: With so much of our sensitive information being used to conduct everyday transactions, we must be even more vigilant about protecting personally identifiable information

(PII). Deployment of data at rest encryption continues to help mitigate the impacts of lost and stolen devices.

7. NNE/Cloud Computing: We are marching toward the Enterprise User concept where we can engage the network (the Global Information Grid) from any device and access our information.

8. Cyber/IT Workforce Skills: Everyone is a cyber-warrior and as such will require better and different training. The Cyberage is here, and we must accelerate our knowledge of the network as a tool to perform our work.

9. Identity Management: We are striving for an identity-based physical and logical access standards-based model that is interoperable across the Federal Government and with our coalition partners.

10. Critical Infrastructure Protection: We are working to operationalize a new model that will provide for leveraging assets from the Navy and Marine Corps to ensure that the Naval mission can be accomplished when tasked.

Gates notes contributions of military women

BY ELAINE WILSON

American Forces Press Service

WASHINGTON — The nation depends upon women, both military and civilian, at all levels of the Defense Department, from the front lines in Iraq and Afghanistan to the upper echelons of military command, Defense Secretary Robert M. Gates said here March 18.

Gates traced the evolving role of women in the Defense Department, from the Revolutionary War through today, during remarks at the Pentagon's Women's History Month observance.

"For over 230 years, American women have served with distinction on the battlefield," he said, "even when they have had to do so in secret."

Gates cited the example of Deborah Sampson, who disguised herself as a man to enlist in the Revolutionary War and was wounded twice during battles with British forces. After the war, Sampson was given a \$4 annual pension, he said, noting that "a dollar went further in those days."

In World War II, more than 300,000 women volunteered for service, and about 1,000 Women Airforce Service Pilots, known as WASPs, flew more than 60 million miles in nearly every type of aircraft and role, he said. These women, however, were denied benefits until 1977.

Earlier this month, WASPs were awarded the Congressional Gold Medal for their wartime service, a "belated recognition of the debt that we owe these and many other patriotic women," Gates said.

Moving to the present, Gates noted the importance of women to the nation's current conflicts.

"Since 9/11, women have served everywhere and are critical to our war effort," he said.

Gates described the heroism of Army Spc. Monica Lin Brown. In 2007, Brown was serving as a medic in Afghanistan's Paktia province when her convoy was ambushed by insurgents. She braved mortar and small-arms fire to aid soldiers wounded by a homemade bomb. Brown is credited with saving the lives of five soldiers, he said, and was awarded the Silver Star for her selfless actions.

Gates also noted the contributions of women at the highest levels of military command.

"They are quietly leading

large, diverse institutions with honor, integrity and skill," he said. Gates had the privilege of promoting the U.S. military's first female four-star general, Army Gen. Ann E. Dunwoody, two years ago.

"General Dunwoody now leads the 66,000 men and women of Army Materiel Command, providing critical supplies and support to our military forces," he said.

Gates praised the na-

tion's civilian leaders as well. Michele Flournoy, the undersecretary of defense for policy, is the first woman with undersecretary rank in the Defense Department, he said, and Christine Fox is the first female director of the cost assessment and program evaluation office.

"All of these women, and many here in this audience, have volunteered to serve our nation during times of

great peril both past and present," the secretary said. "Their example teaches us to persevere in the face of adversity and also to realize that all Americans willing to serve can make magnificent contributions."

Following the secretary's remarks, Air Force Lt. Col. Nicole M.E. Malachowski, the first female member of the Air Force Thunderbirds, expressed her admiration for

her predecessors in military aviation. She credits WASPs as the inspiration for her own career.

"These World War II vanguards moved everybody forward, unknowingly shaping the environment that I would inherit and generations of other women military aviators," she said.

"Countless military women like me are part of this vanguard, advancing, changing

and shaping our environment," she continued. "We are the greatest military in the world because we combine our unique gifts, women and men alike."

She thanked her predecessors for teaching modern military women the valuable lesson that "women can love their country too and that many of us choose to show it by wearing our nation's uniform."



WOMEN'S HISTORY MONTH FORMER NAVY WAVE RECALLS SERVICE

Dorothy Canty Forsberg, fondly referred to as "Dottie," celebrated her 91st birthday recently and she recalled her experiences in uniform. **B8**

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

March 25, 2010



Aviation Boatswain's Mate (Handling) 2nd Class David Sweaza, assigned to the amphibious assault ship USS Kearsarge (LHD 3), organizes breads from a shipment of donated perishables as part of a volunteering program with the Foodbank of Southeastern Virginia. The Foodbank is a service for the working poor, homeless, disabled, and elderly that feeds more than 330,000 individuals each year.

Kearsarge Sailors help feed the community

STORY AND PHOTO BY
MCSN CRISTINA GABALDON
USS Kearsarge Public Affairs

NORFOLK — Sailors from amphibious assault ship USS Kearsarge (LHD 3) volunteered at the Foodbank of South Eastern Virginia, March 10.

The Foodbank is a service that feeds more than 330,000 individuals each year with food donated by major distributors, farmers, wholesalers, supermarkets and food drives. More than 3,300 people donate their time throughout the year.

"We completely rely on the public for their help. Over 90 percent of what we do is because of the volunteers, many of them being military," said Angel Caraballo, Foodbank Sorting Room supervisor.

In three hours, 11 motivated Kearsarge Sailors sorted through 15,000 pounds of perishable items, throwing away anything expired or opened. They also put together 108 food boxes that will be given away to the working poor, homeless, disabled and elderly.

"It is amazing what a small group of people can do in just a few hours when they truly have the will to help," said Caraballo. "Thanks to Kearsarge volun-

teers, we will be able to supply 108 families with a box of groceries, and thousands of pounds of food for soup kitchens in the Hampton Roads area."

Chief Yeoman Gaelakeysha Porter was honored to partici-

pate. "As a mother, I feel very fortunate that my children always had a packed lunch or lunch money if they needed it. There are many children who come from low-income families who don't have the opportunity for a balanced diet, and the Foodbank has programs to put food on their tables and in their backpacks," said Porter. "It's very easy to get wrapped up in the convenience of everyday life and take things for granted that we're very fortunate to have. This experience has put a lot of things in perspective for me, and I look forward to going back and helping out in any way I can."

Kearsarge has plans for more volunteer opportunities with the Foodbank in the near future, and will kick off a program with the Norfolk Animal Care Center next month.

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



Chief Special Warfare Operator Adam Lee Brown, 36

U.S. Navy SEAL killed in combat in Afghanistan

PRESS RELEASE
Naval Special Warfare Group TWO Public Affairs

CORONADO, Calif. — A U.S. Navy SEAL died in Afghanistan March 18 from injuries sustained during combat operations in support of Operation Enduring Freedom.

Chief Special Warfare Operator Adam Lee Brown, 36, a distinguished and highly decorated combat veteran, was fatally wounded in Afghanistan during

See SEAL, B9

HEALING THE SMALLEST

Fleet and Family Support Centers help parents with child counseling



BY MC1 (AW) TIM COMERFORD
The Flagship Staff Writer

NORFOLK — Children may be small but their stresses and problems can be just as large as any adults. The Fleet and Family Support Center understands this and has set up child counseling services at most of their offices.

The child counseling services are one of the most recently added services to the FFSCs repertoire. In 2006, the Navy created child counselor positions at Fleet and Family Support Centers. Initially, the child counselor positions were created as a response to increased operation tempo brought on by the Global War on Terrorism. As word spread about the opportunity for parents to receive counseling for their children, demand for appointments has increased.

"I see children individually and I see children with their family during family counseling," said Georgiana Robertson, Child and Family counselor and licensed clinical social worker.

Fleet and Family Support Center only counsel children for the short term.

"The counseling is 12 sessions long at the most," Robertson said. "The sessions which are 60 minutes each can be weekly, every other week, once a month — it depends on the family and the situation. I sometimes see people for only five sessions or eight sessions,

What to look for

These are signs that may indicate your child is having difficulty and may benefit from counseling:

- Changes in school performance such as dropping grades, missed homework, and skipping school.
- Worry or anxiety.
- Loss of interest in usual activities.
- Change in sleeping habits or frequent nightmares.
- Mood changes, including temper tantrums, depression, anger and aggression.

Sometimes these symptoms are vague. Often parents know there is a problem but are not sure what it is or what to do about it. It's never too early to get an assessment or start counseling.

it varies."

She sees children of all ages.

"Even if they are 17 they can come. The only requirement is that they have an I.D. card and are a dependant to come here. If they are 18 and in college they would transition to a regular counselor," Robertson said.

She sees many different problems but some of the most common have to do with loss or separation.

Some of the kind of things we see are grief and loss — due to losing a grandparent or a loved one or also if mom or dad is deployed or just missing from the picture or separations — due to deployment or marriage falling out. A lot of the work with the parent is educating them on normal child development, discipline and setting limits.

Robertson has different ways of dealing with children.

"Children have different ways of expressing themselves. We can draw with them, let them color, play with puppets, act out or play board games — doing some play therapy techniques so they can talk about their feelings. A lot of the counseling with children is build-

ing rapport — it can take a while to get them comfortable."

The variable ways of getting children to talk have to be matched with broad skill sets for the counselors.

"It is a different role that I have with a parent, than with a child. One of the key skills is being able to talk age appropriately. With a parent I can use big words but with a child I have to make sure the word I use are able to be understood.

She understands she can't handle every problems and Fleet and Family Support Center is ready to help even if they can counsel the children.

"We do refer out, if they need to see a doctor, if they need to see a psychiatrist or there is a serious mental health problem," Robertson said.

Fleet & Family Support Center recognizes that being in the military presents unique challenges and opportunities for service members and their families. FFSC's programs and services are designed to help you make the most of your military experience ... and they are available to you and no cost.



Photo by HM1 Ryan Predrum

Lt. Anthony Hanley, the team's entomologist, fills a fly trap with fly bait and pesticide. During relief operations, filth flies are a major health concern as pathogenic bacteria and viruses are picked up on their feet from open sewage sources or decaying flesh and are then deposited on everything the flies touch.

FDPMU: Protecting the health of service members abroad in Haiti

BY LT. BENJAMIN ESPINOSA
Naval Environmental and Preventive Medicine Unit-2

The Forward Deployable Preventive Medicine Unit returned March 19 after seven weeks in Haiti supporting the disaster relief efforts of Operation Unified Response. The Norfolk-based unit of Naval Medical Center Portsmouth deployed to assess, prevent and control public health threats to operational forces already in place.

The 13-member team consisted of experts in preventive medicine, microbiology, chemistry, entomology, and environmental and industrial health. Relief efforts had just begun when they arrived two weeks after Haiti's massive Jan. 12 earthquake. The \$2 million worth of state-of-the-art equipment they brought proved invaluable.

"We hit the ground running," said Lt. Cmdr. (Dr.) Natalie Wells, team officer

in charge. "Even before we could set up our laboratories and berthing tents, we were flooded with requests for our services."

The Haiti mission was extremely challenging compared to locations where FDPMU had previously deployed.

"When we arrived, there were no contractors on the ground and initially no support network in place," explained Hospital Corpsman 3rd Class Jovan Robinson, the preventive medicine technician for the unit's vector component. "Camp setup and missions are completed solely by the personnel attached to the team. But the mission is the same — to ensure the health and safety of DoD assets on the ground and to prevent the spread of disease."

Controlling infectious diseases protects service members' health and allows them to complete their mission. Health care,

See FDPMU, B9

SPOUSE SPEAK!

One-Uppers

BY VIVIAN GREENTREE
Research Director for Blue Star Families

One-Uppers. Everyone knows one. If you had a 24 hour labor to have your child, she had 36 ... and did it in the snow or a tunnel. Natural birth of course. Any funny story is immediately topped by an even funnier one, a tale of woe by an even more woeful account.

Sometimes I feel the same phenomenon happens within our military spouse community, albeit in a slightly different way. I feel like there can – sometimes – be the tiniest, itty-bittiest, teeny-weensy capacity to hear the tale of someone else’s woes and then jump to mention how much harder we had it ourselves. Or, conversely, that someone shouldn’t be upset about a situation because they have it so much better than “insert branch here.”

For example, this IA (Individual Augmentee) experience has

been completely different than any other deployment our family has faced. For one, there are more of us. Logistically, there is just more to do. The little people outnumber me and feeding, clothing, and keeping everyone alive and healthy has just gotten exponentially harder as they develop into, well, little people. Additionally, instead of being attached to a squadron, or even a boat (alright, ship), we are kinda the “in between” kids – free floating between commands – in some kind of call-treeless netherworld. While we have a deployment specialist checking in on us, I do miss the camaraderie (and support) I felt at smaller commands, knowing the spouses whose husbands and wives were working with my own and our ability to share the whole experience in that added way.

Still, I find myself hesitant to express any feelings I’ve had about being overwhelmed with the situation, especially to other

military spouse friends, because I immediately think, “Well, the Army has had these 12 month deployments forever” or “I see her doing all this and more with a full-time job” and any number of other branch comparisons or other metrics that we use to tell ourselves where we fit in on the pain scale. In essence, I feel bad for feeling sorry for myself when I think of what others go through. National guard and reservist families have to deal with sometimes not living near military communities or perhaps not knowing whether their service member will have a job when they return from deployment. My children haven’t experienced trouble with switching schools because of a move (yet) and we haven’t had to deal with not being able to sell our house because of change of duty station either, like some of our family friends. Also, I actually get to communicate on an almost regular basis with my husband when there are so many who are deployed overseas who don’t have the same access. What I’m saying is, our family has been lucky in a number of ways so the Pollyanna in me tends to come out and look at the bright side whenever possible. When someone intones that I have a lot on my plate, I’m likely to come back with something positive like, “Well, I have a lot

of support” or think to myself that even though things might be hectic at any given point in time, I really do love my life and am thankful for everyone and everything in it. However, one of the issues I do struggle with is the constant competition that suggests if someone else has it worse, then my experience as a military spouse isn’t valid or doesn’t count for as much. As if someone, somewhere (in uniform of course!) is holding a scorecard, measuring our deployment lengths, our job search stories, or Operational Tempo requirements in an effort to gauge who has the real credibility as a military spouse.

I do think there is the tendency to sometimes think we have to absolutely trump everyone else’s misery in order to feel like we experienced “the real” military spouse experience. Not only that but we want to make sure other spouses know of our challenges so that they understand how hard core we are, that we are bona fide survivors who carry the weight of our deployments in our knowing glances, perhaps never realizing that we are much harder on each other than we should be. Kinda like how an experienced mom looks at the new mom of one, laughing to herself about how much easier she had it back then. However, I don’t think

this kind of one-upping, done for whatever reason, is at all productive or conducive to supporting each other. If the experienced mom could remember back to how overwhelmed she felt when being sent home with that little bundle of joy, I hope she’d also remember the compassion and guidance others showed her when she was so frightened and scared. We all have different levels of give and take, expectations, thresholds, and are at different points in our lives. What is easy to some is hard to others and our gift to each other (and ourselves) should be our ability to (lighten up!) recognize that we aren’t in some kind of warped competition to the bottom of insanity. In the ever-changing world of the military lifestyle, what should remain constant is our capacity to support each other, to meet someone where they are at, appreciating those who came before us to show the way, and pass on that same continuum of care to those struggling around us. Preferably without one-upping them.

Vivian Greentree lives in Chesapeake and is the Research Director for Blue Star Families. She is also on the Governor’s Commission for National and Community Service. To contact Vivian, send her an E-mail at vgreent00@gmail.com

Should you get married in secret before the wedding?

BY JACEY ECKHART
CinC*House.com

I don’t think Judy Mezzacappo thought I was a reliable character. When Brad and I announced our engagement, my mom’s workmate pulled her aside and asked, “What if Jacey sneaks down to Florida and gets married before the wedding?”

My mom told me later that she just stood there in the credit union stammering like an idiot. “I just couldn’t imagine that you would do that,” mom said.

I could. I could imagine it because I was 21 when Brad and I got engaged. I could imagine it because I was so hip deep in love with him that I just wanted to go be with him NOW and start my real life. And, boy, I could imagine us with all the extra money because we didn’t have anything but debt.

Yet my 22-year old fiancé did not think the idea of a secret wedding was cool - especially when our military friends were getting married then dragging us across country to attend their formal weddings.

“I always thought ‘married’ and ‘wedding’ were the same thing,” Brad told me. “We’ll wait.”

I didn’t think it through too much at the time. Who does? I was being kissed senseless on a regular basis. Between the kissing and the thousands of dollars of BAH we military couples might take in if we marry in secret a few months before the wedding, is it any wonder that our logic can get a little fuzzy?

When it comes to military life, someone really needs to



tell new couples to think this thing all the way through to the bitter end. I’m not talking about aspects of the secret wedding that seem like minor details. Yes, the marriage certificate is a legal and binding contract that once signed can only be dissolved by a court action. Yes, it would be a hassle to explaining multiple anniversary dates. Yes, justifying that particular lie to your yet-to-be born children won’t be pretty. Yes, some of those pesky priests and pastors who may refuse to officiate at a church wedding if the couple is already se-

cretly married so you may find yourself there in your white dress or your spiffy uniform on the most auspicious day of your life lying to a priest.

And you are going to do that for what? A couple thousand dollars?

Ain’t worth it. I say that not because a couple thou won’t make a big difference to you. I say it not because I don’t want you to irritate and/or infuriate everyone who finds out about it (and they all will). I say that because when you think this through to the bitter end, you have to know that in military life, “secret” and “marriage” should never be mentioned in the same sentence.

For new military couples, we don’t always get the idea that the military is more than just a job our mates do. It is a culture we marry into, a special set of demands. One of the best ways to handle those demands is to have a relationship marked by absolute trust. Ask anyone whose service member is deployed what trust means to them both.

Refusing to marry in secret - no matter how hard it is - is actually good practice for your real life - your real military life. Honor your marriage so much that you would never lie about it from beginning to end. And that will keep you a lot closer than money ever could.

Jacey Eckhart is a military/life consultant based in Washington DC. She is the author of “The Homefront Club: The Hardheaded Woman’s Guide to Raising a Military Family” and the voice behind “These Boots.” Check out more columns and her speaking schedule at www.jaceyeckhart.com. Join her Facebook page or contact her at Jacey@jaceyeckhart.com.

Never let a day pass



BY BIANCA MARTINEZ

This is not a life many people could handle. Is it? As military spouses we deal with what’s left at home when our loved ones deploy.

We get the kids to school. We keep the house clean. We take care of what needs to be taken care of. Despite the pride we have being military spouses, it’s easy to feel neglected. It is even easier to sometimes get spiteful.

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

You can admit it. You get a little bitter when trip time comes around. I have been doing that lately. I know that my husband has an upcoming trip and it triggers my defense. I tend to pick fights. I push away. Sometimes I think that if I can detach myself from him even the slightest bit, it will be easier when he leaves. Well, it never is. Instead of it feeling easier, I am left with the guilt of not taking advantage of every day that he was home to just laugh, have fun and be us to the extreme ... goofy.



Then again, when he is home, I can get so caught up in the whole day to day operations of our home. We talk about money. We get stressed about money. We talk about our son’s behavior. We get stressed about our son’s behavior. We talk about his schedule. I get stressed about his schedule (smile). My point is, even when I promise to just be in the moment and never let routine get in the way of making sure my husband knows how much I love him, sometimes I do.

Then we get a reminder. After dealing with taxes and getting stressed out

over taxes and getting a little moody, my husband says to me, “You know what. I am not going to let it get to me. Because right now a wife and two kids are dealing with the fact that their husband and dad won’t be coming home.”

My husband lost a friend this week. Our community lost a hero and a family lost their rock. Never let a day pass without being goofy, laughing and loving the most important person in your life. As a friend of mine, she also lost her husband, once told me about time, “Bianca, this is all you’ve got.”



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.

Family readiness and MyCAA, I'm getting mixed messages here

BY BETH WILSON
Military Spouse Contributor

Though we are in the midst of a series I am calling the "Savvy Spouse Series" I am taking a small detour this week to tackle a hot topic: MyCAA.

While our service members are building their careers many military spouses find their careers take a very far back burner. The constant relocation means challenges in finishing a degree program that is underway or loss of position, starting at the bottom again in the next town. There is the challenge of professional certifications when crossing state lines and much more. We've moved eight times in seven years. My resume looks like I am irresponsible and unable to hold a job for more than a few months at a time as a result.

The DoD is not oblivious to this real challenge. In response to the need MyCAA, or My Career Advancement



Photo by MC3 William Selby

According to a DoD press release "supporting military families" is one of the administration's highest priorities and includes leadership and engagement by Michelle Obama and Jill Biden"

Account, was launched. spouses in obtaining education or certification in a portable career field to

improve their career opportunities in the midst of our mobile lifestyle. Spouses are eligible for up to \$6,000 toward their approved course of study. It is administered through MilitaryOneSource (<https://aiportal.af.mil/mycaa/default.aspx>)

February 16, 2010 this program went dark. Overnight, without warning, the program was shut down. No explanation, no direction on the future of the program, no support for those currently

is going broke, fine. But surely there were accounting processes to recognize this months ago. There is full registration for the program and all current enrollees should have been notified. If funds are not available to continue the program, notification that no future enrollees would be added at this time should have been made. And there should have been full communication from day one.

As of March 13, 2010 the program is reopened for those currently enrolled. There is little information on the future of the program for both current and potential enrollees. It will be a great loss to spouses if the program ends.

There is a deeper issue for me. The DoD is in the midst of a renewed push for Family Readiness, encouraging families, many wearied from the aggressive/multiple deployment schedule. We're asked to heighten and maintain our level of readiness. It does not speak well of the DoD's support and commitment to those very families when professional, respectful communication about a program utilized by so many spouses is absent. One spouse wrote, "I cannot plan my life due to being married to the military - now, can I plan and count on my resources? I'm not so sure."

This program may go. But this writer hopes the DoD will take a look at the handling of this situation, insuring it doesn't happen again.

Contact Beth at beth@homefrontinfocus.com. Check out her internet talk show at www.blogtalkradio.com/nht.

A screenshot of the Department of Defense website. The header shows the Department of Defense logo and navigation links like Home, News, Press Resources, etc. The main content area displays a news article titled "Defense Department Pauses Spouse Employment Program" by Elaine Wilson. The article text discusses the temporary halt of the MyCAA program for a "top-to-bottom" review.

Then why was the handling of the state of the MyCAA program so unprofessional? With no explanation, no direction on the future of the program — the funding was cut mid-application acceptance process.



Photo by MC3 Ash Severe

Senior Chief Hospital Corpsman Huben Phillips carries a Haitian infant into the medical triage area aboard the multi-purpose amphibious assault ship USS Bataan (LHD 5).

Bataan earns 3rd consecutive 'Green H' Award

BY MCSN ERIN L. BOYCE

USS Bataan Public Affairs

USS BATAAN — Multipurpose amphibious assault ship USS Bataan (LHD 5) was announced as a 2009 Force Health and Wellness Unit Award, or Green "H," winner, March 12, by Commander, Naval Surface Forces (COMNAVSURFOR), the ship's third consecutive award.

The Green H goes to commands who demonstrate commitment to the health and welfare of their Sailors and Marines throughout the year. The award also reflects on the crew's professionalism and readiness to perform their mission at any given time.

"The Green H award is based on capability," said Hospital Corpsman 1st Class Richard Rock, assistant leading petty officer for medical department. "The medical department receives amazing support from the entire crew. This award would be impossible without the efforts of every Sailor and Marine on board."

In addition to preventive, routine and emergent medical care, Bataan's medical department supports Sailors and Marines with CPR training, smoking cessation, regular health fairs, fitness sessions and education to live a healthy life.

The medical team was put to the test when the ship surged to support disaster relief efforts in Haiti Jan. 14. The medical team provided emergent care on board for nearly 100 Haitian patients who were medically evacuated to the ship.

"Our capabilities were proven," said Rock. "We were able to respond with our compliment of green-side corpsman [from the 22nd Marine Expeditionary Unit], and our embarked elements, integrating seamlessly to provide humanitarian aid for the people of Haiti."

"This medical department continues to prove its battle readiness by performing well while at sea," said Cmdr. Melanie Merrick, senior med-

ical officer aboard Bataan. "It is one thing to talk about readiness and how well prepared you are, but it's another thing to be put to the test as we have been and to come out with flying colors."

This is Bataan's 11th Green H award since her commissioning Sept. 20, 1997.

"By being awarded the Green H, we can now add another green hash mark beneath the H already painted on the bridge wing," said Merrick. "This recognition is placed alongside the Battle "E" and other departmental awards, so it is a great honor to be recognized in a way that everyone can see from outside the ship."

The ship was awarded the Battle "E" efficiency award earlier this year.

Bataan is on-station off the coast of Haiti providing support to Operation Unified Response.

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



U.S. Navy Photo

The SecDef's mandate is to reduce mishaps in key areas by 75 percent by 2012. According to Rear Adm. Arthur J. Johnson, the Navy Safety Center's goal is zero preventable mishaps.

Safety professionals hone skills at PDC

BY APRIL PHILLIPS

Naval Safety Center Public Affairs

VIRGINIA BEACH — Safety professionals gathered at the 18th Annual Safety Professional Development Conference (PDC) March 8 - 12 to share insights, network, and learn about the latest innovations in risk management.

The PDC is organized by the Naval Safety and Environmental Training Center (NAVSAFENVTRACEN), which has schools in Norfolk and San Diego. In the past, the PDC was primarily for Navy and Marine Corps personnel, but a growing realization that many safety concerns are shared by all services has allowed the annual conference to become a joint endeavor.

"This is the second year we've had a joint PDC," said Cmdr. Maria Major, commanding officer of NAVSAFENVTRACEN. "It's a great opportunity for us to see what the other services are doing and network with one another."

William Redmond, Air Force deputy chief of safety, echoed that sentiment.

"We want to learn how the Navy is doing motorcycle training because we know that can save lives in the Air Force," he said.

This year's PDC was the largest yet, with more than 700 safety professionals pre-registered to attend, and many others who registered on-site. Participants were able to attend claimant and service-specific breakout sessions, as well as individual seminars. These seminars featured experts who discussed hot topics such as operational risk management, suicide prevention and motorcycle safety, among dozens of others.

"We're making great progress, so this meeting can be upbeat," said Rear Adm. Arthur J. Johnson, commander, Naval Safety Center. "But don't get too comfortable, because there's still a lot of work ahead of us."

He discussed the secretary of Defense's mandate to reduce mishaps in key areas by 75 percent by 2012.

"That's an arbitrary goal for 2012, but the ultimate goal is zero preventable mishaps," Johnson said. "That requires all hands participation, not just the safety officers."

For more news from Naval Safety Center, visit www.navy.mil/local/nsc/.



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

(CUS) UNDER SEA SURVEILLANCE
YNCS Scott Vermeulen 492-5127
scott.vermeulen@navy.mil

RLSO
LNCS Jondell Ritchie 322-3069
jondell.ritchie@navy.mil

NAVSTA NORFOLK
NCCS Jose Rivera 322-2382
jose.rivera2@navy.mil

NSA
YNCS Serene Hutcherson 836-1965
serene.hutcherson@navy.mil

TPU
SKC Felicia Cosby 444-9291
felicia.cosby@navy.mil

OCEANA
CSC Catherine Lakel 433-2784
catherine.lakel@navy.mil

NSA NORTHWEST ANNEX
QMC Matt Hebert 421-8800
matthew.h.hebert@navy.mil

CNRMA
MAC Hausmann, Christopher 322-2502
christopher.hausmann@navy.mil

ECRC
LSC John Royal 462-4744 ext 236
john.royal@navy.mil

ECRC
ETC Farhad Notghi 462-4744
farhad.notghi@navy.mil

COMSUBFOR
MCC Dean Lohmeyer 836-1358
dean.lohmeyer@navy.mil

USS THEODORE ROOSEVELT
SKCM Eddie Gaskins 735-4505
gaskinej@cvn71.navy.mil

NASO
ABEC Mike Gilberg 433-2980
michael.gilberg@navy.mil

NSA
Patricia Faison 444-8225
pfaison@pstnet.us

ATG
STGC William Colmenares 445-0962
william.colmenares@navy.mil

NORFOLK, NAVAL SHIPYARD
BMC Brenden Sigmon 443-2650 x3334
brenden.sigmon@navy.mil

**Active duty & Retired MCPON/FLTCM/FORCM/#'d Fleet/Regional CMCs will be seated at VIP tables*

USN

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

DANTES releases new credentialing DVD

BY GARY NICHOLS

Center for Information Dominance Public Affairs

PENSACOLA, Fla. — The Defense Activity for Non-Traditional Education Support (DANTES) recently released its much-anticipated Department of Defense (DoD) DVD about credentialing for service members.

DANTES, which is based at Saufley Field in Pensacola, Fla., produced the new DVD to provide service members with an in-depth account of what certification and licensure is and how it can benefit them while they are in the military and later when they eventually leave the service.

Victoria Street, DANTES training manager, said it had been nearly a decade since DANTES had shot their last program about credentialing.

"A lot has changed in the 10 years since DANTES produced its last video about credentialing," said Street. "We needed to produce a new video that would reflect those changes."

One of the major innovations in the credentialing world is the development of the Navy Credentialing Opportunities On-Line (COOL) program.

Since being launched at the Center for Information Dominance Corry Station in 2006, Navy COOL has processed more than 30,000 credentials for Sailors. On average, the Navy COOL Web site receives 1.7 million hits each month.

Sam Kelley, Navy COOL director, explained that credentialing is a DoD-wide program that can benefit all service members, no matter which uniform they wear. Credentialing (certification or licensure) documents a person's level of competency and achievement in a particular career or skill area.

"Credentials provide the civilian/industry-recognized equivalent of a 'professional badge,'" said Kelley. "Military personnel may already have the experience and knowledge required to gain certification in their occupational specialty and may have no problem passing the exam to earn certification or a license in a profession."

DANTES produced the DVD to provide service members with an in-depth account of what certification and licensure is and how it can benefit them while they are in the military.

"DANTES is very excited about our new credentialing DVD," said Dr. San-



Use Credentialing Opportunities On-Line (COOL) to: Find civilian credentials related to your rating, job, occupation or designator; Understand what it takes to obtain the credentials; See if there are available programs that will help pay credentialing fees. The Web site is available at www.cool.navy.mil.

dra L. Winborne, DANTES credentialing manager.

"We thank those who participated in the making of the credentialing DVD. Our sincere hope is that military personnel worldwide will view the credentialing DVD and find reason to consider obtaining certification or licensure credentials. Credentialing may assist military members with their service promotions or prepare them for the civilian workforce."

Along with action scenes of military members working in aviation, medical, dental, radiology, engineering and electronics, the video also contains personal testimonials from service members on

the importance of credentialing and from service members who have transitioned into the civilian workforce.

Additionally, the DVD highlights Army COOL and Navy COOL Web sites and how both services assist Soldiers and Sailors to achieve their credentialing related to their military occupations and career fields.

Master Chief Navy Counselor Mark Lashuay, a Navy COOL analyst, was one of the Sailors who was interviewed for the DANTES DVD.

"It was an honor to be asked to participate in such an important program as the new DANTES Credentialing DVD," said Lashuay. "I wanted to make sure all

Sailors, Soldiers, Airmen and Marines knew how important credentialing is and how much it can mean to all of us. It is such a great opportunity to earn nationally recognized certifications while we are still in uniform. And at the same time increase the professional work force of our military."

Originally modeled on a program by the Army, the Navy COOL program has taken on a life of its own and grown exponentially in the scope of certifications it offers to Sailors in the four years the program has been in existence.

Sam Kelley, Navy COOL program supervisor, said his Navy COOL team has successfully cross-linked every Navy specialty or rating with Department of Labor to ensure the Navy offered at least one civilian certification that matched every job in the Navy.

Operations Specialist 2nd Class (SW/AW) Frannie S. Mayo, Naval Air Station Pensacola urinalysis program coordinator, was another Sailor who was interviewed for the DANTES DVD.

"I am honored to have been allowed to be a part of this experience," Mayo said. "I look forward to applying this and future certifications to my civilian career after the military."

Keith Boring, a Navy COOL program manager and a retired master chief petty officer, was one of the DoD civilians who was interviewed for the DANTES DVD.

"As a retired Navy master chief petty officer, I am fully aware of how credentialing can affect one's military career as well as setting one up for success for eventual transition to a civilian career," said Boring. "Participation in the video allowed me to reinforce the Navy's credentialing goal — that credentialing not only provides direct benefit to the Sailor, but also toward the Sailor's command, the Navy and the nation."

"Credentialing is a win-win, and I urge all active duty and reserve personnel to get involved," added Lashuay.

The 11-minute, 55-second DANTES Credentialing Program DVD is available online by visiting www.dantes.doded.mil/DANTES_WEB/distribution/audio.htm.

For additional information about credentialing, visit www.cool.navy.mil/.

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



Enterprise conducts flight deck barricade drills

BY MCSN NICHOLAS C. SCOTT

USS Enterprise Public Affairs

NEWPORT NEWS — As of Feb. 12, the arresting gear crew of the nuclear-powered aircraft carrier USS Enterprise (CVN 65) has conducted two drills to test the ship's flight deck barricade.

The barricade is a large nylon net used to catch aircraft during emergency landings, and the ship isn't allowed to conduct flight operations without it. It can only be used one time before being replaced, and the Enterprise has had seven barricade arrestments in her 48 years of service.

Low fuel, hydraulic failure or an engine cutting out are just a few reasons that could cause an aircraft to make an unconventional landing on the flight deck, requiring the barricade assistance.

Aviation Boatswain's Mate (Handler) (AW/SW) 1st Class Norman L. Tamantini has worked on the barricade drills since they began in January.

"The barricade is the only means of recovery when aircraft come to a crash

landing on the flight deck," said Tamantini. "It is an extremely important thing on an aircraft carrier, and we won't be able to get underway unless it's working properly."

According to Chief Aviation Boatswain's Mate (Equipment) (AW/SW) Salvatore M. Gumina, the arresting gear crew leading chief petty officer, the drills have been a phenomenal success and have reinforced teamwork among the Sailors involved.

"It takes 18 Sailors five minutes to rig it, and they are definitely ready for the challenge," said Gumina.

"The department has done a fantastic job acting as one unit during these drills. They really do embody what teamwork is supposed to be."

Enterprise is currently undergoing a maintenance period in the Northrop Grumman Newport News Shipyard and training to maintain proficiency in preparation to return to the fleet.

For more news from USS Enterprise, visit www.navy.mil/local/cvn65/.

Big E Sailors train

BY MC2 MARK MEREDITH

USS Enterprise (CVN 65)

Public Affairs

PENSACOLA, Fla. — Sailors from the Carrier Air Traffic Control Center (CATCC) on USS Enterprise (CVN 65) participated in a team training exercise at Naval Air Technical Training Command at Naval Air Station Pensacola, Fla.

The Jan. 25 to Feb. 8 training exercise helped 23 Sailors learn to safely conduct flight operations at sea.

This training is vital as Enterprise nears completion of its extended dry-docking selected restricted availability and begins sea trials.

The first day of training tested the Sailors' book knowledge of the CATCC. This was followed by practical computer-based simulated recoveries of varying degrees of complexity.

"It's an opportunity for the air traffic controllers who aren't out to sea to come down here, use the simulator and polish their skills," said



Cmdr. Charlie A. Broomfield, the ship's air operations officer. "The training exactly replicates the CATCC aboard the ship. The stations are laid out as they would be on a Nimitz-class carrier, but with the same functionality as on Enterprise."

The training also allowed experienced Sailors to try out the new electronic status boards implemented in CATCC. Previously, the status boards had to be written by hand. They have been replaced with a laptop-based spreadsheet, similar to the Integrated Shipboard Information System used on other carriers. This makes dissemination of critical flight data information easier to pass

throughout the ship.

"This training gives us the chance to actually see what we do when we get underway and to actually practice our job," said Air Traffic Controller 1st Class (AW/SW) Marcus A. Smalley, work center supervisor. "It's like reading a driver's education book: you don't get the whole picture until you're actually behind the wheel. A lot of light bulbs come on while you're in there."

It's this experience that helps these Sailors excel at their jobs by improving their skills.

"Like a pilot, if these guys don't keep themselves trained, they begin to lose their edge," said Broomfield. "Coming down here allows them to hone these skills that are so perishable."

The first underway tests for Enterprise will be sea trials, flight deck and CATCC certification.

"The training paves the way for Enterprise to pass the CATCC certification test," said Broomfield. "With a clear road ahead, we can get back into the fleet, and back into the fight."

Enterprise is currently undergoing a maintenance period in the Northrop Grumman Newport News Shipyard and training to maintain proficiency in preparation to return to the fleet.

Local service times

LDS PROGRAMS

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

NAVAL STATION NORFOLK

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

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

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

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

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

Seeking to understand

BY LT.
CHRISTOPHER JORDAN
Headquarters and Service Battalion Chaplain, Quantico

Let me tell you a story. When my wife and I moved into seminary housing with our two daughters, we expected people to be friendly. After all, Christians are called to "love our neighbors."

We were often surprised by a certain young woman who would not make eye contact and often times seemed to ignore us. When we waved as we passed her in our vehicle while she was running she would never wave back. And even when she did speak, there was still very little eye contact. Now being from Texas, the friendly state, we were confused. We thought maybe it's a Northern thing. After all, everyone in Texas knows everyone from the North is rude, right? Well,

it wasn't until my wife saw this woman getting out of a cab in front of the building that we got our answer.

Now, you have to understand that everyone in Dallas, Texas, drives a pick up truck, wears a cowboy hat and says "y'all" (not really).

Most people drive their own vehicles. Public transportation just isn't used much compared to other large cities. So, my wife asked if their car was broken down. The woman replied that their car was perfectly fine but, she was legally blind and could not drive.

No wonder she didn't make eye contact or see us while she was running. What we had mistaken for rudeness was actually a disability. If we had only asked sooner maybe we could have become friends sooner.

After that conversation we always offered to pick things up at the store for her and

became lifelong friends.

Proverbs 19:8 says "Whoever gets sense loves his own soul; he who keeps understanding will discover good." If we had only sought understanding in this situation, we would have found the good in this friendship much sooner. We must use this principle and seek to understand others before we start to judge and criticize. Take the time to get to know someone before you get angry and defensive. If you know you have offended someone, take the time to explain yourself and reach a compromise that you both can agree to.

Living in seminary housing is similar to living in military housing. There is an integral sense of community and commonality that permeates the air and makes you feel like you are safe, cared for and part of a special group.

The same atmosphere

exists in military housing whether it is the barracks or single family housing. However, conflict is inevitable. The Marine Corps has a diverse mix of individuals that fill its ranks.

There are Marines from every culture, every ethnicity and every social background imaginable. With this diverse mix comes differences in what we each consider normal behavior and what we consider to be "right" in the area of social customs and courtesies. When others don't measure up conflicts arise and we criticize, become defensive and sometimes, offensive.

But, if we calmly consider these diverse social backgrounds and seek understanding through communication, we may find the offender never meant to offend us and you may end up making a friend.

Former Navy WAVE, 91, recalls her service



Dorothy "Dottie" Canty Forsberg celebrated her 91st birthday on March 15.

BY LT. JENNIFER CRAGG
Defense Media Activity

WASHINGTON — As we celebrate Women's History Month, we reflect on the past generations that have served.

One of those women, Dorothy Canty Forsberg, fondly referred to as "Dottie," celebrated her 91st birthday recently and she recalled her

experiences in uniform.

Dottie served in World War II as a member of the U.S. Navy's Women Accepted for Volunteer Emergency Service (WAVES). She served in Washington, D.C., at the Naval Headquarters in 1945, handling highly classified messages about the war to and from Adm. Ernest J. King, who served as the ninth Chief of Naval Opera-

tions from March 26, 1942, through Dec. 15, 1945.

Dottie entered the service in July 1941 as a commissioned officer, soon after the bombing of Pearl Harbor. Her first duty station was at Naval Air Station Jacksonville, Fla., where she served as a communications officer. Her husband, Gordon Harrington, also a World War II veteran, said that during her

time at Jacksonville, she'd also served as a courier on occasion.

After her first assignment in Jacksonville, Dottie reported to Washington, D.C., for what she called a busy and grueling assignment.

"There were eight other girls that were communicators," she said. "We worked eight hours on, eight hours off, eight hours on. It was a

grueling, difficult job. Everything had to be in code. So I learned pretty fast how to get it set up and run the machines."

"Pearl Harbor made a big difference to us, to the whole country, not just to the women in the Navy," she explained.

From her time in service during World War II and beyond, Dottie always seemed to be in the right place at the right time. She recalled meeting Eleanor Roosevelt at a tea party hosted at Louisiana State University and then meeting her again during the war. Roosevelt had arrived an hour early to the tea function.

"We were all so frantic, because she was early and we weren't ready," Dottie recalled.

During the flurry of preparation for the event, an accident ensued and she saw first-hand the first lady's generosity.

"I was going in and out of the kitchen door. It was a swinging door. I don't know why Eleanor was in the kitchen," recalled Dottie, who was carrying a huge punch bowl for the crowd who soon would be drinking tea with the first lady.

"She came out of one side of the door and I came through the other side and the punch bowl fell on the marble floor and it shattered into pieces," said Dottie.

After the punch bowl shattered, Roosevelt politely escorted Dottie back to her dorm room to calm her. Little did she know that this chance encounter would lead to follow-on meetings with Roosevelt during and after the war.

"I was on a plane and spotted Eleanor and she sat right next to me," she recalled. "We were landing in New Orleans, and she said to me 'I will never forget the time we broke the punch bowl,' and I had no idea that she remembered me."

After the war ended, Dottie continued to play pivotal roles in later WAVES functions. She led the WAVES contingent in the funeral procession for President Franklin Delano Roosevelt, who died April 12, 1945.

Harrington added that after the war, she was recognized for her time in service and her contributions to the nation. He added that both Army Gen. Dwight D. Eisenhower and King presented Dottie with gifts which "were very publicly presented and had minimal monetary value, so it was clear they were personal recognitions of professional service," he said.

Harrington marveled that Eisenhower and King had sought out Dottie to present her with gifts to celebrate the end of the war.

SEAL: Adam Lee Brown, 36, died in Afghanistan March 18 from injuries

Continued from page B1

a battle with heavily armed militants. Brown was forward deployed to Afghanistan as part of an East Coast based SEAL Team.

"Adam Brown was a brave American patriot and fantastic Navy SEAL. We are deeply saddened by this tremendous loss of a fellow brother in arms and teammate," said a senior officer in his command. "Our heart goes out to the Brown family during this very difficult time and we, in the Naval Special Warfare community, will never forget the ultimate sacrifice that Adam made for our nation and its people."

Brown, a native of Hot Springs, Arkansas, graduated from Lake Hamilton High School in Percy, Arkansas. Following high school Brown attended Arkansas Tech University where he played football.

Brown's military career began when he enlisted in the U.S. Navy on August 10, 1998 and reported to Recruit Training Command at Great Lakes, Ill. After completing basic training, Brown remained at the Great Lakes training center for technical instruction before reporting to Coronado, Calif. for Basic Underwater Demolition/SEAL training. BUD/S is the first step in becoming a Navy SEAL and is six months of some

of the most demanding training in the U.S. military.

Upon graduation from BUD/S, Brown was assigned to his first SEAL team where he participated in numerous joint exercises and developed his skills as a Special Warfare Operator. From April 2001, Brown has been assigned to various East Coast based SEAL teams where he made several combat deployments in support of the Global War on Terror, distinguishing himself during numerous combat operations in Iraq and Afghanistan.

Brown was a highly-decorated combat veteran and received numerous awards and citations during his 12-year Navy career,

including the Bronze Star with combat "V" distinguishing device; Purple Heart; Joint Service Commendation Medal with combat "V" distinguishing device; Joint Service Achievement Medal; Five Navy and Marine Corps Achievement Medals' Three Good Conduct Medals; the National Defense Service Medal; Afghanistan Campaign Medal; Iraq Campaign Medal; Marksmanship medals for both rifle and pistol, and a multitude of personal, unit, and campaign decorations.

Brown is survived by his loving wife and two children, who live in Virginia Beach, and parents from Hot Springs,

Arkansas.

Naval Special Warfare is the Navy component of the United States Special Operations Command and the special operations component of the United States Navy. The command supports, trains, equips, and deploys maritime special operations forces to meet the operational commitments of combatant commanders. These special operations forces include more than 8,400 active duty and reserve SEALs, Special Warfare Combatant-Craft Crewman (SWCC), and support personnel primarily based out of San Diego, Calif. and Norfolk, and deployed all over the world.

FDPMU: 13-member team returned March 19 after seven weeks in Haiti

Continued from page B1

living conditions and sanitation were already poor in Haiti before the quake, and worsened afterwards. FDPMU sprang into action.

"Protecting our people from disease vectors, (such as mosquitoes, ticks and flies), rodents and other pests that can spread disease and degrade mission capability was critical," said Lt. Anthony Hanley, FDPMU entomologist. "We conducted daily missions at over 20 Coalition camps to protect our forces from serious diseases."

In Haiti, potential deadly infections like malaria and dengue fever are ever-present, so the FDPMU started by empowering the service members.

"A large part of our activities included educating forces on methods of personal protection," Hanley said. "This training included education on proper use of DEET, mosquito netting, policing camps of trash and structures where mosquitoes can breed, and strict adherence to anti-malaria prophylaxis."

"I felt good knowing that at the end of the day, our collective efforts allowed other missions to function



Hospital Corpsman 1st Class Noel Torres takes a sample of potable water that will be tested for toxins and poisons such as heavy metals and pesticides. Ensuring clean drinking water supplies for relief workers is a key component of the FDPMU mission.

and that DoD personnel were safer from vector-borne threats than if we were not here," Hanley added.

The unit's robust microbiology lab rapidly diagnosed many of the diseases endemic to Haiti. Upon arriving in country, FDPMU personnel responded to a gastrointestinal disease outbreak at one of the forward operating bases in Port-au-Prince. They also



Team Officer-in-Charge Lt. Cmdr. Natalie Wells coordinates team members' activities while Lt. j.g. Greg Wolfley analyzes soil composition using the x-ray fluorescence detector in a relief operations camp. The XRF determines the levels of heavy metals like lead, arsenic and depleted uranium that are extremely hazardous if inhaled or ingested.

addressed air and water quality issues.

"We have also been out in the city helping directly with the clean-up effort, and working with logistics support to supply clean drinking water to the local population," said Lt. j.g. Greg Wolfley, FDPMU's industrial hygiene officer.

"The country still has a long way to go though, especially with regard to health, sanitation and infrastructure issues unrelated to the natural disaster," Hanley added.

For the unit's personnel, the experience has been life-changing.

"I'm proud to have been part of a humanitarian mission in a country that desperately needs a helping hand," said Hospital Corpsman 3rd Class Kegan Miller, FDPMU's logistics technician. "Slowly, every day, I could see aspects of the communities around us that were starting to clean up and rebuild."

French Air Force visits Second Fleet Maritime



Photo by Raphael Martie

Vice Adm. Mel Williams Jr., commander of U.S. Second Fleet, explains the mission and organization of U.S. Second Fleet to French Air Force Gen. Jean-Pierre Martin, joint inspector general at the Second Fleet Maritime Headquarters at Naval Station Norfolk. Martin visited U.S. Fleet Forces, Commander, U.S. Second Fleet, and Commander, Strike Force Training Atlantic to foster an ongoing relationship with the French Armed Services, and assist in his joint study on the training and certification of forces before operational deployments.

CORRECTION:

In the March 18 edition of *The Flagship*, a story titled "CNIC presents 15 Zumwalt awards to NGIS" misidentified a recipient of the Zumwalt Award. The corrected list of award winners is as follows:

- Joint Forces Staff College, Norfolk
- Naval Air Station Oceana, Va. Beach
- Norfolk Naval Shipyard, Portsmouth
- Naval Weapons Station Yorktown/Cheatham Annex, Va.
- Naval Station Newport, Newport, R.I.
- Naval Air Station Brunswick, Brunswick, Maine
- 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.