



MCPON testifies before Congress on quality of life

STORY AND PHOTO BY MC1 (EXW) JENNIFER A. VILLALOVOS
Master Chief Petty Officer Public Affairs

WASHINGTON — Master Chief Petty Officer of the Navy (MCPON) and senior enlisted leaders from all the services testified before Congress April 14. They appeared before the House Appropriations Committee Subcommittee on Military Construction.

MCPON (SS/SW) Rick D. West, along with the other top senior enlisted leaders from the Marines, Army and Air Force, discussed quality of life, recruiting and retention, Reserve force, and veteran affairs issues.

"In my first year, I have made it known across our fleet that our Sailors and their families' quality of life is of vital importance to operational readiness and mission effectiveness," said West in his opening statement.

"The engine that drives our great Navy is our Sailors with their families' support. They truly define who we are as a



Sgt. Maj. of the Army Kenneth Preston, Sgt. Major of the Marine Corps Carlton Kent, Master Chief Petty Officer of the Navy (MCPON) Rick West and Chief Master Sgt. James Roy testify before the House Appropriations Committee Subcommittee on Military Construction to discuss quality of life issues.

Navy and a nation. We are a global force for good."

In his written statement, West said the United States Navy has been tasked with emerging mis-

sions that were not foreseeable less than a decade ago, along with more frequent and often longer deployments and those that are individual versus unit de-

ployments. Preparing Sailors and their families to anticipate, understand and cope with Navy life and intensive operational tempo is critical to mission success.

Navy's Homeport Ashore program, bachelor and Navy family housing, and, childcare continuum of care were other important issues that were brought up to the congressional subcommittee. West said that as the environment of Sailors and their families changes, along with global requirements and world events, new and better ways to support Navy families must be continuously searched.

"It is no source of contention for Sailors to deploy from their loved ones. Deployments are what we do; but, we should never underestimate or take for granted the incredible sacrifices our Sailors and their families make for the good of our nation as they meet the unusual demands associated with the Navy lifestyle," said West.

West discussed the Navy's current operations and told the committee as of April 1, 39 percent of the Navy's force is underway, and approximately

See CONGRESS, A10

Carl Vinson arrives at new homeport

PRESS RELEASE
Commander, 3rd Fleet Public Affairs

SAN DIEGO — USS Carl Vinson (CVN 70) and its 3,500 crew members arrived at their new homeport at Naval Air Station North Island April 12, completing a coast-to-coast transit following operations in the U.S. Navy's 4th Fleet area of operations.

The aircraft carrier left Norfolk Jan. 12 and participated in Operation Southern Seas 2010, a U.S. Southern Command Partnership of the Americas operation, which provides U.S. and international forces the opportunity to operate in a multinational environment. The strike group conducted bilateral training and air exercises with Brazil, Uruguay, Argentina, Chile and Peru and Ecuador. The crew also enjoyed port visits in Rio de Janeiro and Callao, Peru.

"Our efforts with our South American partner nations reinforced our commitment to the common goals of partnership, maritime security and stability," said Rear Adm. Ted Branch, Commander, Carrier Strike Group 1. "With each country, we learned from each other both operationally and cul-

See VINSON, A10



New guidance can help Sailors for 'Perform to Serve'

BY MCC (SW) MARIA YAGER
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — A Navy message released April 12 announced policy, timeline, and procedural changes to the Perform to Serve (PTS) program.

"At a time when retention is at an all-time high and attrition is at an all-time low, we have to make sure we keep the right number of people while maintaining a quality level that enables us to sustain a work force for the future," said Fleet Master Chief (AW/SW/SCW) Scott Benning, Navy Total Force/Manpower, Education and Training Fleet Master Chief. "PTS continues to evolve to ensure performance based opportunity is maintained for our best and brightest Sailors."

NAVADMIN 128/10 provides the timeline when PTS applications should be submitted, eliminates the Page 13 "commitment of intent to reenlist" entry, addresses Navy Reserve affiliation options, and explains exceptions to PTS for limited groups of Sailors.

Working with their chain of command, Sailors should consult their career counselor and submit a PTS application no later than 13 months before their end of active obligated service (EAOS) or projected rotation date (PRD) if service obligation will be required.

Commands may submit applications 15 months prior to EAOS/PRD if they will be deployed during the regular processing months, or for Sailors who require early approval for special programs or decommissioning.

Applications are required for Sailors in paygrades E-3 to E-6 with less than 14 years of service, regardless of reenlistment intentions. According to the

See GUIDANCE, A10

Military Leadership host Sesame Workshop preview

BY ELAINE WILSON
American Forces Press Service

WASHINGTON — With help from a few familiar faces from Sesame Street, top defense officials hosted a preview of Sesame Workshop's newest outreach initiative, "When Families Grieve," in Washington, D.C., April 13.

Deputy Defense Secretary William J. Lynn III and Chairman of the Joint Chiefs of Staff Adm. Mike Mullen joined Sesame's Elmo, Rosita and cousin Jesse at the Pentagon for a special viewing of the initiative, which provides free resources in support of families with young children coping with the death of a parent.

This initiative addresses the challenge of confronting death and loss, Lynn said, topics that are difficult to talk about, particularly with children.

"But nothing is more important than supporting our families," he said. "It's important to have the tools to help the youngest members of our military families deal

with their challenges."

The initiative acknowledges the range of emotions children feel when confronted with loss, from sadness to anger to eventual moments of happiness, Lynn said.

"Elmo, Rosita and Jesse help us reach children in ways that they can understand," he said. "They also show adults how to reassure their children that they are safe and loved."

The loss of a loved one is the most devastating challenge, and something no one should have to experience alone, Mullen emphasized.

"I'd also like to affirm and reaffirm the leadership's dedication to families, those who have made such a difference in these very difficult times in order to support the challenges that we have as a country and as a military," he said. "And that dedication, that focus and that priority will never go away."

"It's about supporting our families and those who sacrifice so much for the rest of their lives," he



Photo by MC1 Chad J. McNealey
Deputy Secretary of Defense William J. Lynn, left, and Chairman of the Joint Chiefs of Staff Adm. Mike Mullen host a preview of the PBS special, "When Families Grieve," at the Pentagon with Sesame Street muppets, Elmo, Jesse and Rosita. The program portrays stories of children coping with the loss of a parent and skills that have helped them move forward.

In the past eight and a half years, more than 12,000 military children have experienced the death of a parent, noted Gary E. Knell, pres-

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INSIDE:

AROUND THE NAVY

A3

Navy Boxing Team ready to win at championships
2010 Armed Forces Boxing Championships in Fort Huachuca, Calif., April 23.



FRONT AND CENTER

B1

Hampton Roads Navy officer 'Woman of Distinction'
Women of Distinction award from the WCA of South Hampton Roads, April 15.



OFF DUTY

Landing Day in Hampton

2010 Signature Event at Strawberry Bluffs includes first landing re-enactment.



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Navy College Office streamlines off-duty education for Sailors

BY MC1 JOHNNY MICHAEL
USS Wasp (LHD 1) Public Affairs

USS WASP (LHD 1), at sea — Sailors looking to advance their education goals need to navigate through a number of recent changes to the Navy College Office program.

The most important change is that Sailors will soon have an easier way to complete Tuition Assistance (TA) applications thanks to the new WebTA portal being implemented on the Navy College Office website. Starting April 15, the WebTA portal will be required for all TA applications, thereby replacing the current paper application process.

"The implementation of WebTA gives our Sailors a more streamlined, quicker process for continuing their education," said Aviation Ordnanceman 1st Class Jason Gardner, the TA coordinator onboard USS Wasp (LHD 1). "WebTA takes what was once a process of routing paperwork through the Navy College Office that could take over a week to complete, to a process that in most cases could be completed in less than a day."

Enabling the TA application for the web is just one part of the overall process, however. Sailors will now find a comprehensive toolset designed to reorganize the various facets of their voluntary education efforts, said Mary Redd-Clary, the Navy's

Voluntary Education (VOLED) Program Director.

"WebTA allows Sailors to complete all steps in the tuition assistance and education planning process online," said Redd-Clary.

The first step for Sailors in that process is to complete an individual education plan, which details their overall educational goals. The individual education plan identifies which courses should be taken in what order, given an overall limit of 16 semester hours per fiscal year. In addition, Sailors should ensure the college they choose does not exceed the current Department of Defense tuition cap of \$250 per semester hour or \$166.67 per quarter hour.

Along with the new requirements for applying for TA, the Navy now requires newly enlisted Sailors and commissioned officers to be onboard for at least one year at their first permanent duty stations prior to using TA.

"The requirement of first-term Sailors having to complete one year at their first command allows them to focus more on gaining the professional knowledge and completing the required PQS prior to them embarking on continuing their off duty education," said Gardner.

For more details on the upcoming changes, Sailors are encouraged to visit the Navy College Office, <https://www.navycollege.navy.mil/>.

April is National Alcohol Awareness Month DMV encourages drivers to avoid drinking

PRESS RELEASE
Department of Motor Vehicles

RICHMOND — To mark April as Alcohol Awareness Month, the Virginia Department of Motor Vehicles advises drivers to avoid alcoholic beverages and be aware of the consequences alcohol can have on them and others. Preliminary statistics from DMV's Virginia Highway Safety Office show that alcohol was a factor in 317 traffic deaths and 6,249 injuries in 2009. Also last year, 25,007 drivers tested with a blood alcohol content of .08 or greater, and 31,434 drivers were convicted of DUI.

"Driving under the influence may ultimately lead to your or someone else's untimely death," said John Saunders, Director of DMV's Virginia Highway Safety Office. "There is no excuse for drinking and driving. In addition to the possibility of killing yourself, or even worse, someone else, there are so many financial and emotional costs that come into play when alcohol is a factor in a car crash. You have to deal with attorney fees, higher insurance rates and medical bills. You lose time away from work and possibly your driver's license. It's just not worth it to drive drunk."

All Virginia motorists are urged to pause this month and reflect on the dangers associated with drunk driving. To protect yourself and others during Alcohol Awareness Month and throughout the year, you should take the keys from an impaired driver and help them make other arrangements to get where they are going safely. If you see an impaired driver on the road, pull over in a safe place and call local law enforcement, or dial #77 on the interstate. Be prepared to provide a description of the driver's vehicle, location, direction of travel and license plate number.

THE FLAGSHIP'S LEEWARD SHOUT

EARTH DAY 24/7: How do you help the Earth stay green?



"I'm a former HTFA, so I try to cut down on emissions by turning down the carburetor in my car."

HTFA
Deacon Price
USS Eisenhower



"I recycle plastic bottles, I try to remember to cut the lights off when I leave a room and I try to walk to places instead of driving my car."

EN3
Jeremy Evans
TPU



"I recycle plastic bottles and boxes at home. I'm also a big outside person so if I see a piece of random trash, I'll pick it up and throw it away."

MM3
Savannah Rivera
Norfolk Naval Shipyard (NNSY)



"I don't litter. It's everyone's responsibility to keep their own trash up, so I do my part. We need to keep the Earth clean for future generations!"

BMSN
Nakkia Baker
TPU



"I buy eco-friendly products such as cleaning supplies and I buy organic foods."

AOAN
Eduardo Ruiz
USS Kearsarge (LHD 3)



"I help by keeping our surroundings clean by using the right disposal methods like recycling and properly disposing of chemicals."

CS2 (SW)
Ricky Cabigas
Naval Station Norfolk

Photos by MC2 Mandy Hunsucker

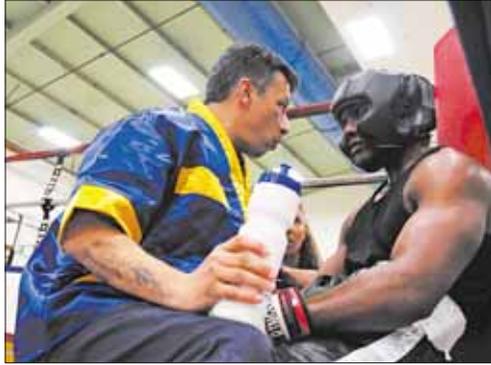
VIPER PLANNING FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
69	70	72	74	72	69	68
51	53	51	57	58	56	54

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Navy Boxing Team ready to win at championships



Photos by MC1 Donald Walton

Aviation Maintenance Administrationman 2nd Class Jason Varner receives instruction from head coach George Sylva during a break between rounds of his fight during the All Navy Box-Off. The All Navy Box-Off at Naval Base Ventura County includes boxers from the Navy Boxing Team and other local boxing organizations.

BY ANDREA HOWRY

Naval Base Ventura County Public Affairs

PORT HUENEME, Calif. — The Navy Boxing Team is ready and the ring is set for the 2010 Armed Forces Boxing Championships at Naval Base Ventura County (NBVC) in Port Hueneme, Calif., April 23.

Eight Navy boxers are competing in the 2010 competition, down from the 12 who fought in the recent Navy box-off, also at NBVC, for the right to represent the Navy in the Armed Forces Championships.

The Navy's team captain is Seaman (SW) Justin Diaz from USS Pinckney (DDG 91). Diaz brought home a gold medal from the 2009 Armed Forces Championships at Fort Huachuca, Ariz. At the 2009 championships, the Navy brought home two gold, two silver and a bronze medal. Most importantly, the team won the Team Challenge event, a first for the Navy in 15 years.

Teams are scheduled to arrive at NBVC April 18 and begin training at noon April 19. Opening ceremonies are set for the Warfield Gym at Port Hueneme at 5:30 p.m. April 20, with evening bouts beginning at 6 p.m. Boxing resumes at 6 p.m. April 21 with finals scheduled for 6 p.m. April 23.

Representing the Navy in the championships are Diaz, Special Warfare Boat Operator

2nd Class Angel Arauz, from Special Boat Team 20 in Norfolk; Hospital Corpsmen 2nd Class Antonel Cruz, from Naval Hospital Oak Harbor, Wash.; Aviation Machinist's Mate Airman Tyron Hunter, from Strike Fighter Squadron (VFA) 22 at Naval Air Station Lemoore in Fresno, Calif.; Hospital Corpsman Seaman Brandon Wicker, from Naval Hospital Camp Lejeune, N.C.; Logistics Specialist Seaman Abdullah Johnson, from VFA 151 at Naval Air Station Lemoore; Aviation Boatswain's Mate (Equipment) Airman Anthony Aguirre, from USS Roosevelt (CVN 71); and Yeoman 2nd Class Jovan Wallace, from Nellis Air Force Base, Nev.

All of the Sailors won matches at the Navy box-off except for super heavyweight Wallace, who did not compete.

"This is always a great event," said Kent Blankenship, NBVC's athletic director. "It brings a lot of excitement to the base, and it gives our active duty personnel a chance to see possible future Olympians. It becomes a great community event."

The Pentagon Channel will be filming the bouts, which will be broadcasted over a seven-to-10-day period during summer 2010.

"It's a pretty intense event," said Steve Carbajal, who is coaching the Navy boxers, along with George Sylva.

The championships rotate among each

branch of the military. NBVC hosted them in 1998, 2002 and 2006. The Army hosted the competition in 2009, and the Marine Corps hosted in 2008.

"When we travel to another branch, we're the underdog," said Carbajal. "We're not popular. But this year, it's our turn."

Carbajal, a Santa Barbara, Calif., resident, has coached at NBVC for five years. He was brought on board by Sylva, a longtime Ventura coach who has worked at NBVC for seven years.

Carbajal expressed confidence in his team's ability to be victorious at the championships.

"Last year we had a bigger team, with 19 athletes," said Carbajal. "This year's group is

smaller, but the talent is better. We've seen them develop into a stronger team."

A boxing coach for 35 years, Carbajal enjoys the commitment he sees in the Sailors on the team.

"When you're training civilians, they're always involved in other things," said Carbajal. "The Sailors are more committed, more dedicated."

"It's a pleasure and an honor for me to coach at this level, to coach the military."

For more news from Naval Base Ventura County, visit www.navy.mil/local/nbvc/.

Logistics Specialist Seaman Abdullah Johnson, left, faces off against Hospitalman Brandon Wicker during the All-Navy Box-Off at Naval Base Ventura County. The All Navy Box-Off includes boxers from the Navy Boxing Team and other local boxing organizations.





Photo by Matt Daniels

A young athlete stops by the Naval Special Warfare recruiting display last month at the National High School Coaches Association wrestling championships in Virginia Beach.

Navy SEALs find recruits in athletes

Capt. Adam Curtis is in charge of recruiting for the Navy's most elite Sailors: the SEALs and their combat crewmen. He recently visited Virginia Beach for a national high school wrestling tournament that provided a chance to talk to some young prospects. He talked to The Virginian-Pilot about what it takes to find recruits who've got the right stuff.

Q. Recruiting is an ongoing challenge for the Navy SEALs. According to your most recent statistics, what is the current recruiting gap and how has that changed over the past few years? Has any progress been made in terms of racial diversity?

A. In 2006, before we began several significant recruiting and awareness initiatives, we were filling less than 65 percent of our Basic Underwater Demolition/SEAL training seats. Since then, as a result of a combined effort between Naval Special Warfare and Navy Recruiting Command, that deficit has been fixed. One of the key elements of that effort is our focused out-

reach to athletes in sports that have historically produced quality SEALs... Our engagements with the sport of wrestling have definitely been fruitful in that regard.

On the diversity front, we still have our work cut out for us. We recognize that, like the rest of the Navy, the SEAL teams should represent a cross section of the American population. To get there, we need to increase the number of diverse candidates that come to BUD/S, particularly African Americans, Hispanics and Asians. We've started some outreach programs among these minority communities... Some of our efforts are focused on historically black colleges and universities, as well as diverse athletic programs, particularly in aquatics. We hope to see an increase in diverse trainees in the near future as a result of our work.

Q. The Navy recently commissioned a study aimed at determining which high school and college athletes had the best potential to graduate from

the SEAL training course. What did the results show and how will you be putting them into practice?

A. We analyzed 10 years of BUD/S training data and interviewed successful and unsuccessful candidates to distinguish characteristics of young men more likely to finish training. We found that seven sports - water polo, triathlon, lacrosse, boxing, rugby, swimming and wrestling - have athletes who are more likely than average candidates to succeed. We're using this data to help us strategically use our limited number of active-duty SEALs for outreach and engagement with high-potential candidates.

Because there are so few active-duty SEALs, we've created a website, www.sealswcc.com, that takes visitors through SEAL training requirements and gives them a glimpse into life as a SEAL.

Q. What made you decide to become a SEAL?

A. I did not know what a SEAL was when I first entered the Navy - my intent was to be a Navy pilot. However, almost imme-

diately upon entering the Naval Academy, I was told I had an eyesight issue that disqualified me from flying. Over the next few years, I learned a few basics about the SEAL teams, but I just assumed that this elite unit would have more stringent eye requirements and did not even look into it. Right before my senior year, I met a future SEAL trainee who wore glasses.

As a result of that chance encounter, I quickly researched the requirements and found that I was physically qualified and could compete for a billet. The decision was very easy at that point: The opportunity to serve my country while doing things that most people just read about was incredibly compelling. The added benefit of getting to work with truly remarkable and courageous men sealed the deal for me.

We often find a similar version of this story repeated among potential candidates; they have heard some kind of partial truth that keeps them from strongly considering the SEAL teams as a career option.

For some, it's the belief that SEALs are some kind of supermen who can all bench press 500 pounds and run four-minute miles. For others, it might be a scary SEAL training story that is embellished beyond any connection to reality. When we connect personally with potential candidates, we can dispel those myths and help young men make informed decisions.

Editor's Note: This story originally ran in The Virginian-Pilot on April 19.



Photo by MC2 (SW/AW) John Stratton

The U.S. Naval Forces Europe (NAVEUR) Band's Five Star Brass' quintet perform for students at The International School of Dakar. The quintet is embarked aboard USS Gunston Hall (LSD 44) as part of Africa Partnership Station (APS) West.

'Five Star Brass' performs for Dakar students

BY MC2 (SW/AW)

JOHN STRATTON

Africa Partnership Station 2010

Public Affairs

DAKAR, Senegal — The U.S. Naval Forces Europe (NAVEUR) Band's Five Star Brass' quintet showcased their talent to students at the International School of Dakar (ISD) April 9 with a performance in the school's courtyard. The band is visiting the area as part of Africa Partnership Station (APS) West, embarked aboard the Whidbey Island-class amphibious dock-landing ship USS Gunston Hall (LSD 44).

The five band members played a variety of tunes, and even threw in a few pop and rock songs.

"I think our performance went really well," said Musician 2nd Class Doug Hoskisson, a member of 'Five Star'. "The kids really enjoyed the Michael Jackson tunes we played and even a few teachers and some of the high schoolers got into it."

Having the band perform during the students' lunch break was a real treat for Fredrik Elisson, a senior at the school from Sweden.

"This is great," said Elisson. "I've never heard brass' played like this before."

ISD originally opened in 1983 and was completely redone in 1988. The school sits on four acres overlooking the Atlantic Ocean and had

roughly 370 students at the time of enrollment for the 2009-2010 school year. ISD follows the curriculum of most American schools and teaches grades K-12.

ISD Director Wayne Rutherford and Principle Mike Emborsky were excited to have the quintet play for the students.

"This is a great way to put a different face on the U.S. military," said Rutherford. "It's a great outreach program for the students."

"This is a great opportunity for exposure," said Emborsky. "These students are exposed to lots of African music but not that of a U.S. military band."

APS West is designed to enhance professional development and provide a valuable motivational and instructional experience to increase the awareness of maritime safety and security.

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

You can follow Gunston Hall and APS at their respective Facebook pages, www.facebook.com/GunstonHall and www.facebook.com/AfricaPartnershipStation.

Coast Guard team rides for diabetes



U.S. Coast Guard photo by Petty Officer 2nd Class Andrew Kendrick

The team, from left, Lt. Cmdr. Peter Jones, Petty Officer 1st Class Jeremy Stephens, Petty Officer 1st Class Gene Ward, Emily Bond, Petty Officer 1st Class Matt Wolanzyk, Cmdr. George Bonner, Cmdr. Bill Lane, Chief Petty Officer Richard Young and Petty Officer 2nd Class Cameron Marshburn. Team members came from commands in Yorktown, Portsmouth, Chesapeake and Elizabeth City, N.C.

3-PART SERIES: Myths that enable the sex offender

STORY AND PHOTOS BY
MC2 MANDY HUNSUCKER
Flagship Staff Writer

NEWPORT NEWS — The York County Violence Against Women Task Force hosted a training seminar at the Newport News police department headquarters, April 13.

The seminar, entitled 'Taking the Blinders Off: Investigation and Prosecution of Sexual Assault,' addressed 15 sexual assault myths that enable the sex offender and victim interview techniques. Approximately 88 attendees from local law enforcement, social services, advocates and military personnel attended the event.

Subject matter expert, Russell W. Strand, chief of the U.S. Army military police school family advocacy law enforcement training division, spoke on the topics. Strand is a retired U.S. Army CID Special Agent with an excess of 34 years in law enforcement, investigative and consultation experience. He has specialized expertise, experience and training in the areas of domestic violence intervention, critical incident peer support, and sexual assault, trafficking in persons and child abuse investigations.

"Rape is not an uncommon experience in our society," said Strand. "That doesn't mean it's normal and that doesn't mean it's excusable. It means it's a huge problem."

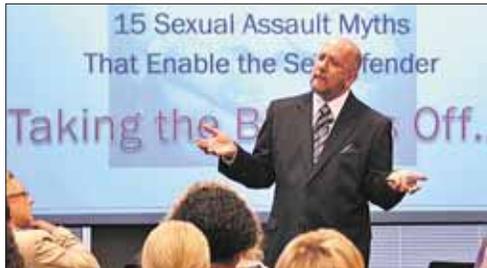
Sexual assault and rape are crimes that, according to Strand, 43 percent of women have either been a victim of or experienced attempted rape. Throughout the training Strand stressed the importance and significance of treating each case uniquely, because, he says, each and every case is unique as are the offenders and the victims. Strand explained that no two people will act the same or react to a stressful situation in the same way, therefore those involved in the investigation and prosecution of these crimes should take the time to understand this concept and apply it to each case individually. The information Strand shared could help put more offenders behind bars.

This series will thoroughly go through the 15 sexual assault myths that Strand mentions in his presentation by breaking them down and introducing five myths each week.

According to Strand, the first five sexual assault myths that enable the sex offender are as follows:

Myth 1: We know everything

"There is much more that we don't know than what we do know. We are ignorant about most things. If we remember this, we will do a much better job trying to understand what



Russell W. Strand, chief of the U.S. Army military police school family advocacy law enforcement training division talked to local law enforcement, social services, advocates and military personnel at a training seminar entitled 'Taking the Blinders Off: Investigation and Prosecution of Sexual Assault,' hosted by the York County Violence Against Women Task Force.

we don't really know," said Strand.

Strand went on to describe sex offenders as "masters of disguise." He explained they know how to blend into society and are present everywhere; in our schools, our places of worship, our communities, our professions and even our families.

"Here's what you need to understand about sex offenders, they will do everything they can possibly do to hide who they are from you," continued Strand.

He went on to describe a sex offender as a hunter. Like a hunter stalking deer for sport, sex offenders stalk their victims. Like the hunter, they use a façade to blend into their surroundings. By wearing camouflage to hide themselves and stalking, the deer can't see the hunter who is about to shoot. Similarly, sex offenders use a façade to hide who they really are. They purposefully try their best to look, act and talk like a normal person; so that they can blend into our society and go unnoticed. Strand said sex offenders know what we think and do better than we do and that they manipulate the situation to their advantage each and every time.

Myth 2: Victims deserve it

"This is a very common misperception based on the fact that many people blame the victims for their behaviors thereby negating the seriousness of the impact on the impact and mitigating the suspect's responsibility," said Strand.

Going back to his hunter and deer analogy, Strand says to the audience, "Deer don't know they are being hunted. The hunter knows he is hunting, but the hunted almost never know they are being hunted."

Strand explained our society tends to put the blame of a sexual assault on the victim for various reasons such as the victim dressing a certain way, participating in what some consider irresponsible behaviors, not fighting back or screaming or not taking proper preventative measures. He goes on to explain that sexual assault is never the victim's fault and no preventative measures can keep it from taking place. According to Strand the sex offender is a hunter that preys on those who make easy targets. For example, a young woman who is known to hang out at bars and drink with her friends every weekend, a male who has passed out from consuming too much alcohol, or a child who's care has been entrusted to an unknown sex offender. The sex offender is usually, but not always someone the victim knows and has established some level of trust. They use this trust against their victim.

Myth 3: We understand all the variables

"Human behavior is so very unpredictable, in fact we often don't understand all the reasons why we do things, much less why someone else may do or not do something. All behavior meets a need. We can't hope to understand the behaviors unless we try to understand the need or needs that are being met," said Strand. Here is one of the problems our society has; most people make up their mind within the first five or 10 minutes whether they think this (sexual assault) really happened or not. Given just a few facts, but mostly the biases, and we make up our minds and we prove or disprove what we think happened."

Strand went on and described three hypothesis law enforcement need to investigate in each sexual assault case in order to be fair and just to both alleged offender and victim. The first hypothesis is: the sexual assault happened the way the victim said it happened, even though it doesn't make sense, or it may not seem believable. The second hypothesis is: the sexual assault never happened because there is a possibility that it didn't happen. The third hypothesis is: the sexual assault may have happened, but in a different way than what the victim is saying.

"If we investigate all three hypotheses and then we can come to a better conclusion. That's what we call science and research," said Strand. "It's our job to be fair and it's not fair when I open a case file and see a list of reasons why we think the victim is lying and not one single thing about why the suspect might be lying or any list that shows the victim might be telling the truth, or any list why the suspect might be telling the truth."

Myth 4: We understand all sex offenders

"Although there has been a great deal of research on sex offenders, we really know very little about individual sex offenders because sex offenders are not a homogeneous group of people, they are as individual as the individual and they are generally 99 percent just like you and I. The only main difference is that sex offenders are willing to do something sexual to another person without their permission," said Strand.

According to Strand only three percent of sex offenders are caught, meaning 97 percent of sex offenders are still out there.

Strand explained that trying to understand a sex offender's train of thought and why they do what they do is impossible.

"We can't walk in their shoes, because what they do is so far away from our morals and ethics. We have to put them in their own shoes and see the world from their viewpoint," said Strand. "We need to figure out what needs are being met when they sexually assault someone, and the only way to do that is to listen to their life story."

Myth 5: All sex offenders can be categorized

"Attempting to categorize sex offenders actually puts blinders on us all. It minimizes the extent of damage, and numbers of victims and sexual offenses the sex offender more often than not commits," said Strand.

Continued next week...

Navy to eliminate little used fitness waiver



Photo by MCC Maria Yager

Personnel Specialist 1st Class Brandon Norman performs pushups as Chief Yeoman James Hurm keeps count during a Navy Personnel Command mock physical fitness assessment.

PRESS RELEASE

Navy Personnel Command
Public Affairs

MILLINGTON, Tenn.

— The Navy announced plans April 12 to discontinue waivers that allow Sailors who exceed Navy body-fat standards to receive a passing score for the semi-annual physical fitness assessment (PFA).

The Department of Defense Body Composition Assessment (BCA) Ex-

ception Waiver allows commanding officers to waive BCA criteria up to the Department of Defense (DoD) maximum standard if the Sailor can achieve an overall score of excellent or better, with no single event scored below a good. Approximately 1,595 BCA waivers were granted for active-duty Sailors in 2009.

According to NAVADMIN 131/10, the waiver will be discontinued beginning with the Fall 2010 PFA cycle

which starts July 1. Sailors who exceed Navy BCA standards will be scored as a PFA failure in the Physical Readiness Information Management System (PRIMS). The change will also be incorporated in the next Physical Readiness Program instruction update. "Obesity is linked to serious medical conditions including high blood pressure, heart disease and stroke, gallbladder disease and cancer," said Bill

Moore, director of the Navy's Physical Readiness Program. "Doctors generally agree that the more obese a person is the more likely he or she is to have health problems."

According to OPNAVINST 6110.1H, the Navy's Physical Readiness Program instruction, the upper limits for the BCA are 22 percent body fat for males age 17-39, and 33 percent body fat for females age 17-39. Sailors age 40 and older are allotted one additional percentage point.

"Most Sailors have a significantly lower level of body fat than the upper allowable Navy limits," said Moore.

For more information, read NAVADMIN 131/10 and visit the Physical Readiness Program section available at www.npc.navy.mil.

"Don't Ask, Don't Tell" information forums, April 23-24

Members from the DoD Comprehensive Review Working Group visits Naval Station Norfolk and Joint Expeditionary Base Little Creek - Fort Story, April 23-24.

Defense Secretary Robert M. Gates established a Defense Department Comprehensive Review Working Group to begin a review of the issues associated with implementing a repeal of the law commonly known as "Don't Ask, Don't Tell," should repeal occur.

The Comprehensive Review Working Group will conduct Information Exchange Forums (IEF) at several military installations around the world as one means to obtain the input of service members and their families about issues associated with repeal of the law, including impacts, if any, on military readiness, military effectiveness and unit cohesion, recruiting/retention, and family readiness.

The forums will include 250-300 randomly selected service members.

Following the IEFs, working group members will conduct small focus groups with service members to focus on specific questions.

The working group encourages participants to engage in an open and honest discussion but participants should understand the law commonly known as "Don't Ask, Don't Tell," remains in effect and service members should not disclose confidential information at these events.

A plan of action to address the issues involved with implementation of a repeal of the law will be submitted to the Secretary of Defense no later than Dec. 1, 2010.

The working group's mission is not to engage in debate about whether to repeal the law. The mission is to gain a better understanding of how repeal might affect service members and their families should repeal occur.

110th Submarine Birthday Ball: *A celebration of past and present*



Photo by MC1 Jennifer A. Villalobos

Master Chief Petty Officer of the Navy (MCPON) Rick West delivers remarks at the 110th Submarine Birthday Ball at the MGM Grand.

BY MC1 T. H. MERRITT

*Submarine Group 2
Public Affairs*

MASHANTUCKET, Conn. — The premier ballroom at the MGM Grand Hotel at Foxwoods roared to life April 10 with more than 2,200 guests in attendance at the 110th Annual Submarine Birthday Ball.

The event was described as “spectacular” by many of the guests and was the result of months of planning and hard work by the committee.

“It was befitting of a Sub Ball in the ‘Submarine Capitol of the World,’” said Master Chief Rafael Perez, Command Master Chief for Submarine Group 2 and master of ceremonies. “I think this is the best one the Navy ever had.”

In addition, submariners and their families, spanning generations of more than 70 years, were on hand to celebrate the 50th anniversary of USS Triton’s circumnavigation of the globe. Sailors swapped sea stories as they compared the achievements and advances in submarine technology over the decades.

During the ball, ceremonies honoring boats and crews lost at sea reminded all of the sacrifices and courage of underwater sea warriors through the years.

Robert Burr, a retired Chief Mess Specialist (a rate now known as Culinary Specialist) was honored as the most senior submarine qualified enlisted Sailor. The 95-year-old received his “Dolphins” in 1938. “Dolphins” are a submarine warfare insignia worn by enlisted and officers that signifies a Sailor is proficient in using all the systems aboard the submarine.

“I knew submarines were something special,” Burr said.

Burr and retired Lt. Ernie Plantz, the most senior submarine qualified officer, joined Electronics Technician Seaman Michael Hatchett, 22, from USS Miami (SSN 755), the newest submarine qualified Sailor, for a cake cutting ceremony. Hatchett received his “Dolphins” on April 9.

“This makes me really proud to be part of the submarine force,” said Hatchett. “It’s an experience I won’t forget.”

Lt. j.g. Cory Mayer of USS Memphis was also honored as the newest submarine qualified officer, receiving

his “Dolphins” the morning of the ball.

Another highlight of the evening was this year’s keynote speaker, Master Chief Petty Officer of the Navy (MCPON) Rick West. The MCPON recognized the hard work of “Team New London” submariners and underscored the sacrifices of families who support their Sailors.

West, a career submariner, encouraged Sailors to enjoy this portion of their careers. During a meeting

with Sailors earlier in the week at Naval Submarine Base New London, West described his love for submarine duty.

“This is the stuff that motivates me. I love being a submariner – the life, the smell, getting underway. This is what we do,” said West.

He encouraged Sailors to take advantage of every opportunity.

“When the Navy offers you something, take it,” West said. “Achieve as much

as the Navy will let you.”

West also reminded Sailors of the importance of professionalism and respect, calling those qualities “two of the most important elements of success.”

A surprise highlight of the evening was the unexpected appearance of country music artists The Oak Ridge Boys. In town for another event at Foxwoods, the group took time to stop by and addressed ball attendees, showing their appreciation for the sacrifices

and hard work of the Navy.

“We thank you, and we are proud of you,” said Joe Bonsall, tenor singer for the Oaks. “You guys are the real stars.”

Perez said he was amazed at the level of support the group gives the military.

“This is really special - that they would take the time to come here and recognize us,” said Perez, who has attended 19 submarine balls throughout the world during his career. “In my 24 years of

service, this was tops.”

The submarine ball commemorates the anniversary of the U.S. Navy’s Submarine Force. On April 11, 1900, the U.S. Navy purchased John Philip Holland’s revolutionary submarine and renamed it the USS Holland (SS-1), America’s first commissioned submarine.

Since then, submariners have been patrolling the depths of our oceans, taking the fight to enemies and providing maritime security around the world.



Fast-paced training normal for multinational exercise

BY MC2 NIKKI SMITH
Destroyer Squadron 24
Public Affairs

USS LABOON — The multinational exercise Joint Warrior 10-1 commenced April 12 off the coast of Scotland with high-tempo training exercises.

Joint Warrior is a United Kingdom-led, multi-warfare exercise designed to improve interoperability between allied navies and prepare participating crews to conduct combined operations during deployment.

The concentrated training schedule for the guided missile destroyer USS Laboon, one of the six U.S. Navy ships participating in Joint Warrior 10-1, included a mine leadthrough and a Fast Inshore Attack Craft (FIAC) exercise, which occurred immediately upon pulling out of port in Faslane, Scotland.

"All underway time is valuable. We want to maximize every training moment, and it puts everyone into the scenario," said Capt. Stephen Evans, deputy commodore of Destroyer Squadron (DESRON) 24. "We're in scenario from the very start, and we're operating under very realistic circumstances."

The first exercise of the day was a mine leadthrough, in which a minesweeping ship, HMS Brocklesby (M33), led Laboon through a simulated mine warfare track, which permitted Laboon to practice ship maneuvers and operate astern of the minesweeper. During the exercise, Brocklesby escorted Laboon through a mine track, which ensured Laboon had a clear, mine-free, path as it transited a potential dangerous area.

Ensign Michele Rollins, DESRON 24 staff navigator, said this minesweeping exercise is unique because it is not practiced the same way U.S. Navy ships would practice off the U.S. east coast. During U.S. Navy exercises, navigation would plot a path for ships to follow and simulate a minesweeper escort ship. In Joint Warrior, Laboon and other ships were able to actually follow a minesweeping ship, achieving a realistic experience for Sailors aboard the ship.

Meanwhile, the crew remained ready to execute the FIAC. The crew was not briefed on what time the attack would happen, but was told to be ready and waiting for the call to go out. When Laboon's crew was called to man stations for the attack,

they found four jet skis inbound and executed proper procedures to neutralize threats.

As sailors manned gun mounts and blew the ship's whistle, the at-sea fire party members manned fire hoses spray and deter the inbound jet skis. The exercise also challenged Laboon's navigation and bridge team, while personnel executed proper pre-planned responses, they continued to maintain the ship's speed and maneuver the ship, in different ways, to keep the jet skis in the ship's wake.

Master-at-Arms First Class (SW/AW) Joseph Lucy, Laboon's anti-terrorism force protections watch officer, said this exercise was beneficial great because attempts to gather information from approaching ships is an increasing realistic scenario.

"This is our home; we have to protect each other. Everyone is reacting to the situation as if it were real, and we were working together in the mindset to protect each other and protect our home," said Lucy.

Ships led by DESRON 24, commanded by Capt. Aaron C. Jacobs, commodore, will be participating in the Joint Warrior training exercise until April 23, with different, realistic scenario-driven exercises planned everyday.

The exercise promotes teaming with allies and partners in execution of the maritime strategy. Joint Warrior serves as



Ensign Jeffrey Jaglowicz, a member of the Visit Board Search and Seizure (VBSS) team aboard the guided missile destroyer USS Laboon (DDG 58), ensures his weapon is clear before boarding a Rigid Hull Inflatable Boat (RHIB) to carry out a Maritime Interdiction Operation (MIO) exercise in support of exercise Joint Warrior 10-1.



Photo by MC1 Darius O. Jackson



Photo by MC1 Darius O. Jackson

Above: British frigate HMS Cornwall (F99) maneuvers alongside the fleet replenishment oiler Leroy Grumman (T-AO 195) during an underway replenishment with the guided missile destroyer USS Laboon (DDG 58). Cornwall, Grumman and Laboon are participating in exercise Joint Warrior, a semi-annual event that encompasses multinational and multi-warfare exercises designed to improve interoperability between allied navies, and prepares participating crews to conduct combined operations during deployment.

Left: Boatswain's Mate Second Class Terry Vines directs a British Sikorsky S-61 helicopter aboard the guided missile destroyer USS Laboon's (DDG 58) flight deck.

effective fleet operations to achieve mission, providing ready maritime forces for global alliance and teaming with allies and partners in execution of the maritime strategy. Joint Warrior serves as

a certifying event for ships that will deploy with coalition forces in the future. Laboon is participating alongside the guided missile destroyer USS Barry (DDG 52), guided missile cruisers USS Vella Gulf (CG

72) and USS Vicksburg (CG 69), guided missile frigate Italy, Netherlands, New Zealand, United Kingdom and the United States. Oiler USNS Leroy Grumman (T-AO 195).

Nations participating in the exercise are Belgium, Brazil, France, Germany, Italy, Netherlands, New Zealand, United Kingdom and the United States.

For more news from Commander Destroyer Squadron 24, visit www.navy.mil/10-cal/cds24.



Photo by Ensign Marc D. Schron

The fleet replenishment oiler USNS Leroy Grumman (T-AO 195) conducts an underway replenishment at night with the guided missile cruiser USS Vella Gulf (CG 72). Vella Gulf is participating in exercise Joint Warrior 10-1, a semi-annual event that encompasses multi-warfare exercises designed to improve interoperability between allied navies and prepares participating crews to conduct combined operations during deployment.



Photo by MC1 Darius O. Jackson

Capt. Aaron C. Jacobs, commodore of Destroyer Squadron (DESRON) 24, oversees an underway replenishment between the Military Sealift Command fleet replenishment oiler USNS Leroy Grumman (T-AO 195) and the guided-missile destroyer USS Laboon (DDG 58).



Photo by MC1 Darius O. Jackson

Fire party members on watch in central control monitor ship firefighting progress during a general quarters drill aboard the guided-missile destroyer USS Laboon (DDG 58).

Hampton Roads submariners celebrate 110th birthday

BY KEVIN COPELAND
Commander, Submarine Force,
Atlantic Public Affairs

NORFOLK — When John Holland sold the submarine Holland VI to the U.S. Navy, April 11, 1900, the submarine force was born, even though the 64-ton submarine wasn't commissioned as USS Holland (SS-1) until October 1900. Since that historic April day, submariners world-wide have celebrated their anniversary. Last Friday night, Hampton Roads submariners continued that gallant tradition when more than 700 veterans, retirees and active duty celebrated the force's 110th birthday at the Norfolk Marriott Waterside. The "110 Years of Excellence" themed event was coordinated and hosted by Commander, Submarine Force, Atlantic.

"Our submarine force was established 110 years ago when inventor John Holland sold his newest design to the U.S. Navy for \$150,000," said Force Master Chief Jeffrey Garrison, master of ceremonies and force master chief, Commander, Submarine Forces. "Over the past century there have been several classes and types of submarines which performed a variety of missions, but all share the same commonalities.

"The officers and men of these vessels are staunch professionals with unlimited dedication and ability. Their ranks are filled with the best and brightest within the Navy ranks. Submarines are the most advanced ships in our Navy with new technology in submarine warfare and operations being discovered daily."

Vice Adm. John J. Donnelly, Commander, Submarine Forces, and guest speak-



Photos by MC3 Darra Morris

Turk Turner (L) and Pete Soccoco (R), who both qualified in submarines in 1940, assist Electronics Technician 1st Class Joshua Sisk (center) from Naval Submarine Support Center, Norfolk in the "Tolling the Boats" ritual. The solemn role calling ceremony remembers all submariners on eternal patrol and honors the lives of all the Sailors that were sacrificed.

er echoed Garrison's comments.

"Tonight the force has 20 ships underway with eight fast attacks and three guided missile submarines deployed, and eight ballistic-missile submarines providing strategic deterrence. At this very moment there are almost 2,900 submariners underway, standing the watch and protecting our freedoms. This is the night to honor their dedication and sacrifice, and I ask that you keep them in your thoughts.

"As we celebrate our submarine force heritage, our recent accomplishments, and we look forward to our promising future, I ask that each of you keep in mind all submariners who are at-sea around the world."

In addition to Donnelly, other distinguished attendees were Vice Adm. Melvin Williams, Commander, U.S. Second Fleet; Rear Adm. John Orzalli, Director Fleet Maintenance, U.S. Fleet

Forces Command; and retired Rear Adm. Charles Beers, who is currently the Vice President of Maritime Programs at Lockheed Martin Corporation headquarters.

The submarine community is steeped in tradition, and submariners love to celebrate that heritage. Friday night did not disappoint.

"John F. Kennedy once said, 'A nation reveals itself not only by the men it produces, but also by the men it honors, the men it remembers,'" stated Garrison. "The sea has always taken its toll of mariners



Electronics Technician Seaman Iain Lee, stationed aboard the Los Angeles-class fast attack USS Montpelier (SSN 765), receives his coveted silver dolphins from his father, Rockie, a retired Chief Interior Communications Electrician who qualified in submarines in 1981 onboard the ballistic missile submarine USS Simon Bolivar (SSBN 641).

and this harsh reality is especially true for the submariner. Over the years, a total of 63 U.S. submarines have been lost in war and peace, and some 4,000 young men have lost their lives serving on those submarines.

"Tonight we have assembled more than 700 members of our force to celebrate the past 110 years of service to our great nation. As we celebrate this evening, it is appropriate that we take the time to remember those submariners lost in action defending our freedom."

Subsequently, the oldest submarine qualified veterans in the Hampton Roads area, Pete Soccoco, who qualified in 1940, and Turk Turner, who also qualified in 1940 and World War II Prisoner of War survivor, assisted Electronics Technician 1st Class Joshua Sisk from Naval Submarine Support Center, Norfolk in tolling the bells during the ritual "Tolling the Boats," a solemn role calling ceremony remembering all submarines on eternal patrol and honoring the lives of all the Sailors that were sacrificed.

With an emotional twist, an in keeping with submarine ball tradition, two Sailors were recognized for their recent qualification in submarine service. Electronics Technician Seaman Iain Lee from the Los Angeles-class fast attack USS Montpelier (SSN 765) was pinned by his father, Rockie, a retired Chief Interior Communications Electrician who qualified in submarines in 1981 onboard the ballistic missile submarine USS Simon Bolivar (SSBN 641). Rockie took his dolphins on his uniform and presented them to Iain. Lt. j.g. Joe Anglin from

Virginia-class fast attack USS New Mexico (SSN 779) received his gold dolphins from Williams.

The evening was a time for attendees to reflect on their service and honor those that have gone before them in the submarine force.

"This is my first submarine ball in Norfolk," said Chief Machinist's Mate Daniel Fannin, a native of Ashland, Ky., and stationed aboard the Los Angeles-class fast attack USS Boise (SSN 764). "Tonight we bring together history and camaraderie. It is a time to indoctrinate some new guys in the history of submarines, to pay respect to those who have gone before us, and to ring in the future. This marks our legacy."

Craig Dudley, a 14-year submarine veteran and current employee at Northrup Grumman in Newport News, Va., echoed those sentiments.

"We are celebrating 110 years of the bravest and most deadliest military force. And while we remember and honor submariners lost-at-sea, we also reflect on all of those who have given their lives to the submarine force and their country."

Donnelly provided a great closing remark in his speech.

"Lastly, I want to thank you all. Working side-by-side with submarine Sailors has always been the highlight of my 35-year career! Your dedication and hard work on a daily basis is what keeps us the best trained, most flexible, and well-equipped submarine force in history. This night is for you, so enjoy yourselves. Each of you has earned this and I couldn't be more proud. Happy birthday to each of you."



Photo by MCI Jennifer A. Vitalevics
Master Chief Petty Officer of the Navy (MCPON) Rick West testifies before the House Appropriations Committee Subcommittee on Military Construction to discuss quality of life issues.

CONGRESS: West and senior enlisted leaders from all services testified before Congress, April 14

Continued from page A1

23,000 Sailors are in the Central Command Area of Responsibility (AOR), more than 50,000 Sailors are on station around the world.

"We have Sailors on the ground excelling in new missions and Sailors above, on and under the world's ocean executing our maritime strategy's core capabilities of forward presence, deterrence, sea control, power projection, maritime security, and humanitarian assistance and disaster relief support," said West.

"Between our traditional maritime requirements, counter-piracy operations and the many non-traditional missions we have adopted in support of overseas contingency operations ... Your Sailors are making a difference everyday." MCPON periodically testifies before Congress along with the senior enlisted leaders of the other services. This was his third appearance before the congressional committee.

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpcon/.

VINSON: USS Carl Vinson (CVN 70) and its 3,500 crew members arrived at their new homeport at Naval Air Station North Island April 12

Continued from page A1

turally and in doing so we strengthened important relationships."

Prior to Southern Seas 2010, Carl Vinson Strike Group led the initial maritime actions in Operation Unified Response, an international effort to bring humanitarian aid and disaster relief to Haiti following a 7.0 magnitude earthquake near Port-au-Prince. The strike group delivered 147,591 gallons of water, 1,095,442 pounds of food, and 36,250 pounds of medical supplies. The ship's medical team treated 60 patients on board while the air wing flew 1,299 sorties and 1,152 medical evacuations.

"During Operation Unified Response and Southern Seas 2010 we were tasked by the president to be a Global Force for Good, and we delivered. The families and friends of the Carl Vinson,

in addition to all Americans, should be extremely proud of their Carl Vinson Strike Group Sailors," said Capt. Bruce H. Lindsey, the commanding officer of the Carl Vinson. "San Diego has a long history and rewarding relationship with U.S. Navy aircraft carriers and our Sailors are excited to be an active and positive part of the San Diego community."

The estimated economic impact of Carl Vinson to the local community is more than \$400 million annually.

This was a scheduled homeport shift for the ship as Carl Vinson was a West Coast-based carrier before entering its mid-life refueling complex overhaul (RCOH) in Newport News, Va., in 2005. The Navy took re-delivery of Carl Vinson in July 2009. During the RCOH period, more than 20 million man-hours of work were accomplished,

upgrading ship's infrastructure to last another 25 years and modernizing combat systems and air wing capabilities to increase combat effectiveness making the ship one of the most advanced ships in the world.

Also aboard the aircraft carrier are elements from Carrier Air Wing 17 including the "Red Lions" of Helicopter Anti-submarine Squadron 15, the "Sunliners" of Strike Fighter Squadron 81, the "Rawhides" of Fleet Logistics Support Squadron 40 and the "Tigertails" of Carrier Airborne Early Warning Squadron 125. Other Strike Group 1 assets, San Diego based Destroyer Squadron 1 and cruiser USS Bunker Hill (CG 52), escorted the carrier around South America and participated in Haiti relief efforts.

For more news from Commander, U.S. 3rd Fleet, visit www.navy.mil/local/c3f/.

SESAME: Sesame Workshop's newest outreach initiative, "When Families Grieve," in Washington, D.C., April 13

Continued from page A1

move forward. Two of the families are military and CEO of Sesame Workshop.

"We know how difficult these times can be," he said. "And with the power of our characters paired with resources that we are trying to create, we are hopefully offering the right words for both kids and adults."

"When Families Grieve" will launch April 14 with a one-hour primetime special, featuring Katie Couric and the Sesame Muppets, on PBS at 8 p.m. EDT, Knell said. The special shows how Elmo and his cousin Jesse deal with the loss of Jesse's father, and also presents four families' personal stories about coping with the death of a parent, as well as the strategies that helped them

experienced loss; print materials, including a parent and caregiver guide; a children's storybook; and a facilitator's guide to using the project's components.

The materials will be available online at sesamestreet.org/grief beginning April 15. A customized military family kit also will be available through MilitaryOneSource, <http://militaryonesource.com>, beginning April 21.

After the special, Sesame Workshop will roll out nearly 1 million free multimedia kits to families and grief service providers worldwide, Knell said. The kit includes a DVD featuring the Muppets and the families that

"When Families Grieve" is a continuation of Sesame Workshop's "Talk, Listen, Connect" outreach initiative, which was launched in 2006 to provide resources and emotional support to military families with young children coping with challenging transitions, including deployments and combat-related injuries.

For more news, visit www.navy.mil.



Photo by MCSN Lu T. Weinberg

Personnel Specialist 1st Class Charles Davis counsels an undesignated Sailor on possible career opportunities during a career fair aboard the aircraft carrier USS Ronald Reagan (CVN 76). Senior enlisted Sailors provided information to their shipmates looking to cross-rate and gave general information about career choices.

GUIDANCE: Policy, timeline and procedural changes to the 'Perform to Serve' program

Continued from page A1

NAVADMIN, commands may submit applications for ineligible Sailors by selecting "no" to question one, "Is member eligible for reenlistment?" This enables accountability of all Sailors, according to the message.

The new message eliminates the requirement for Sailors to sign a Page 13 stating their reenlistment intentions. However, commands are required to submit a Page 13 to BUPERS 320 when a Sailor with PTS approval no longer desires to reenlist.

"All members of the command leadership team in accordance with should read NAVADMIN 128/10 in its entirety and notify remain fully engaged in the conduct of timely career development boards, counseling and mentoring," said Benning.

PTS was first launched in 2003 as a method for the Navy to shape manning to match mission requirements. It is a centralized reservation system used to manage reenlistments. While most Sailors are permitted to reenlist in their current rate, Sailors in

overmanned ratings may be offered reenlistment in an undermanned rating.

When PTS began, it applied only to "first-term" Sailors in overmanned ratings but has grown. Last year, the Navy expanded PTS to Sailors E-3 through E-6 with six to 10 years of service (Zone B), and then to Sailors E-3 through E-6 with 10 to 14 years of service (Zone C). Performance is a critical factor in PTS selection. Sailors in paygrades E-1 and E-2 cannot apply to reenlist.

Commanding officers must ensure PTS applications are screened and certified for accuracy in accordance with MILPERSMAN article 1440-060 and notify BUPERS 320 of any action that may adversely affect PTS eligibility. Actions may include loss of a security clearance, three Physical Fitness Assessment failures in a four-year period, reduction in rate, submarine disqualification, elected separation, non-judicial punishment, refusal to obligate service for orders, and high-year tenure.

More guidance is available in NAVADMIN 128/10.

GOING IA

Part II: Man, Train, Equip.

STORY AND PHOTOS BY
MC2 MANDY HUNSUCKER
The Flagship staff writer

The acronym IA is a big part of the today's Navy. Individual Augmentees (IA) are doing more than 10,000 jobs around the world. When someone says they have been accepted for an IA billet most will recognize that it is a big deal. The Navy is recognizing these expeditionary Sailors with their own warfare pin, increased chance of promotion and those spending 270 or more days in Iraq or Afghanistan receive 15 days of administrative absence.

This Series will outline the IA process from getting orders to after they return home.

Part I focused on the pre-deployment checklists and what a prospective IA needs to do to prepare themselves.

In this week's edition the focus is on training and the mobilization process.

Part III will focus on the differing IA missions that Sailors may do as well as some tips on being prepared for unexpected.

Part IV is about the journey home, integrating back into the command or Naval Operational Support Center.

Once a Sailor receives their IA orders, they must take the next step towards their deployment, which is stopping by their local Navy mobilization processing site (NMPS). According to Chief Personnel Specialist Maria Deibert Navy Mobilization Processing Center Mid-Atlantic there are four NMPS offices in the continental U.S. that handle all IAs medical, administrative and travel needs. With the NMPS offices located in Norfolk; San Diego; Gulfport, Miss., and Port Hueneme, Calif., located on a Seabee base in Ventura County, California, you could find yourself on a new, unfamiliar coast.

"We (here in Norfolk) could be mobilizing or sending somebody forward who lives in San Diego. It depends on the IA's mission. We usually get specific types of mis-

sions here," said Deibert. It's a shuffle that PERS (Navy personnel command) has to sort through and figure out what mission the IA is supporting and what gear they will need to be issued in order to be a successful IA. PERS decides where the IA goes for processing."

According to Deibert, when an IA arrives at an NMPS office they will need to have three major documents completed and with them: NAVPERS 1300/22 (expeditionary screening checklist) and NAVMED 1300/4 (medical and dental screening) and NAVPERS 1300/21 (medical suitability certification). These forms can be found on the Navy Individual Augmentee website at www.public.navy.mil/ia/pages/screencheck.aspx. In addition, an IA will need their orders.

"If the IA's parent command ensures the IA has those checklists completed and that they are correct, the IA will have a less stressful week at NMPS," said Deibert. "When an IA comes to us without these forms completed, we have to return them back to their parent commands because they may have medical issues that are pending and weren't screened prior to arriving at the NMPS."

"When this happens, it is unfortunate. When an IA is unprepared it affects the person they were going to relieve. The IA that is already serving in that particular IA mission now has to wait for someone to take the unprepared IA's place. It can delay their homecoming."

The NMPS process is one-week long, providing the IA has all forms. Typically when an IA arrives at their respective NMPS offices, they can expect a series of briefings on Monday along with a preliminary medical screening.

Gas Turbine System Technician Mechanical 3rd Class Quashaun Haynes, home ported in Mayport, FL, recently went through the Norfolk NMPS in preparation for a detainee operations mission.

"As soon as I got my IA orders, my command told me that I need-



A reservist sits down with Hospital Corpsman 2nd Class Kenneth Murray (R) at the Navy Mobilization Processing Site in Norfolk. Murray goes through the reservist's records ensuring he is current and up to date on all things medical as part of the Individual Augmentee process.

ed to start right then. It was like they knew something I didn't, so I started getting things together," said Haynes. "I had to get my car stuff worked out; I went on leave immediately to get my family stuff straightened out and get them prepared; I had to do about 15 Navy Knowledge Online (NKO) courses; I had to apply for a travel govern-



ment credit card; I had to do a lot of medical, getting my shots up to date; I had to do a lot of dental; and I had take care of my power of attorney, will and passport."

"The hardest part about the NMPS process for me was not having a vehicle here and not being familiar with the base. Finding things, with a map or not, was kind of difficult," continued Haynes.

"The easiest thing was, I've met a lot of cool people here. I've met a lot of acquaintances and a couple of guys here come from the same base as me. I actually play basketball with them back home. It was a coincidence that we're all here."

Once at the Norfolk NMPS an IA

will be medically screened, ensuring they have no pending medical or dental issues that would keep them from qualifying for the IA mission. The IA will also attend various briefings such as a culture brief on the country they're going to. The IA will be fitted for and issued proper uniforms and necessary equipment such as gas masks. IA's travel to their next intermediate training facility will be arranged and then they begin the next phase, which is the pertinent training for their particular IA mission.

After completing the screening at the Norfolk NMPS, Yeoman 1st Class Elise Jewett spent the next three weeks at Fort Jackson, S.C. for her IA training that prepared her for her deployment in 2009.

"We did a lot of weapons training in the classroom and out on the range. We learned the basic fundamentals of first aid and we learned rescue and recovery, should we become a prisoner of war (POW) or anything like that. We had weapons training and learned the rules of engagement and situational awareness. Those two things depend on what country you're going to and what the laws of armed conflict are," said Jewett. "We were in the classroom for about a week or so, and then we went on the range and learned a lot of weaponry and practices convoy operations and stuff. We all had to qualify on the fire arm that we were taking with us."

Jewett was issued an M16A2

rifle. She went on to explain the camaraderie she experienced while training for her IA mission.

"We were grouped by where our destination was going to be, so we all kind of jelled as a group and leaned on each other for support like when we needed to spot check each other and make sure we had the body armor on the right way, or if we needed help getting the armor on," said Jewett. "I made some friendships there and I'm still in touch with them."

Jewett added that she got what she expected to get out of the training and felt she was well prepared mentally because she'd talked with other IAs she knew who'd gone through the same or similar training.

"I saw things change for some people. We got (to the training site) and some people were supposed to be going to one destination and their orders wound up getting changed right before we left. They had a whole new place to go to. They were confused and didn't know what was going on," said Jewett. "We also had a couple of other people who's orders got cancelled while we were (at the training site), so while we left, they stayed behind and were flown back to their home base. That was something I didn't know, that things can change right in the middle of it."

Jewett concluded that each IA mission is unique and the training she received helped her perform her job well.

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

April 22, 2010

Superior service members lead way to recognition

STORY AND PHOTO

BY MC1 (AW) TIM COMERFORD

The Flagship Staff Writer

NORFOLK — More than 500 members from all the armed services converged on the Waterside Marriott in downtown Norfolk to recognize 163 honorees. For the last decade, twice a year, the Hampton Roads Chamber of Commerce has brought together civilian and military leaders to show their gratitude to service members selected by their commands for their leadership and positive influence at the Military Recognition Reception (MRR), April 15.

The list of MRR attendees was a veritable who's who of Hampton Roads and included Mayor of Chesapeake, Alan Krasnoff, John Panneton, military liaison for Virginia Congressman Glenn Nye, Adm. John Harvey, Commander, U.S. Fleet Forces Command, Vice Adm. Denby Starling, Commander U.S. Network Warfare Command, Vice Adm. Melvin Williams, Commander U.S. Second Fleet, Lt. Gen. David Belencourt, deputy commanding general and chief of staff for U.S. Army Training and Doctrine Command, Rear

Adm. Mark Boensel, Commander Navy Region Mid-Atlantic, Air Force Major General David Edgington, chief of staff U.S. Joint Forces Command, Coast Guard Rear Adm. Wayne Justice, Commander Fifth Coast Guard District as well as command master chiefs from many of the commands.

Army Col. John Fenzel, author and Army Special Forces officer was the keynote speaker at the reception.

"It meant a lot to me," Fenzel said, "I wasn't expecting the invitation, but I was honored to be able to do it. Whenever I get a chance to be around Soldiers, Sailors, Marines, Coast Guardsmen and Airmen I never turn it down. Whenever I can be around them I leave with my batteries recharged."

The veteran of 25 years had much to say about those who were being honored.

"What these great men and women have done in their service to our great country may not be always be well understood by the public at large because it is honestly hard to convey in words,"



Col. John Fenzel, Special Forces officer and author congratulates IT2 (SW/SCW) Chantal Bauer from Navy and Marine Corps Intelligence Training Center on being selected by her command to attend the Military Recognition Reception held at the Waterside Marriott in Norfolk Virginia, April 15.

See RECOGNITION, B9

Hampton Roads Navy officer 'Woman of Distinction'

PRESS RELEASE

Commander U.S. Second Fleet Public Affairs

NORFOLK — Cmdr. Margaret Hoskins, Combined Joint Operations from the Sea Centre of Excellence staff officer received a Women of Distinction award from the Young Women's Christian Association (YWCA) of South Hampton Roads, April 15.

The Women of Distinction award was presented to Hoskins for her professional and personal achievement, as a woman who has made significant contributions to the community through professional activities and volunteer efforts, while showing dedication to removing racism and empowering women.

"I am absolutely delighted to see this highly prestigious award presented to Cmdr. Hoskins. But it does not surprise me as she is a dynamo for activity and achievement. She is a truly exceptional member of my staff who really delivers and cares about what she does," said Royal Navy Commodore Jonathan Handley, Deputy Director of the CJOS COE.

"This award is a great honor. This award is very special to me because this is the first public recognition award that I have received for my work in family advocacy," said Hoskins.

The non-profit organization, YWCA South Hampton Roads, was established



Photo by MC3 Brian Goodwin

Susan Goode, Honorary Chairwoman and retired member of YWCA South Hampton Roads, presents Cmdr. Margaret Hoskins, Combined Joint Operations from the Sea Centre of Excellence staff officer with a Women of Distinction award from the Young Women's Christian Association (YWCA) of South Hampton Roads April 15.

to meet the changing needs of women in the community. YWCA's mission is to provide safe places for women and girls, build strong women leaders, and advocate for women's rights and civil rights in Congress.

Women receiving the awards were selected from nominations submitted in

twelve categories: arts, business, communications, education, finance, government, law, medicine, military, nonprofit, science/technology, and volunteerism.

"I am Chairman of the Family Advocacy Committee and a member of Naval Station Norfolk's Case Review Committee. The multidisciplinary Case Review

Committee of which I am a member meets every other Tuesday and reviews 30-40 cases involving child and domestic abuse," said Hoskins.

"If abuse is substantiated, an individual case intervention plan will be developed. The CRC, in conjunction with the Family Advocacy Representative, is also responsible for monitoring and advising the member's command of progress in the case. Because of the actions taken by the CRC, reductions in subsequent domestic abuse have been worth the time invested," said Hoskins.

"This award represents not necessarily my achievements, but the importance of family," added Hoskins.

At the award presentation, Hoskins was praised by Susan Goode, Honorary Chairwoman and retired member of YWCA South Hampton Roads.

"Just in supporting our mission through her activities of empowering women and towards improving racial equality, she represents YWCA as a whole," said Goode.

CJOS COE is one of 14 accredited NATO Centres of Excellence worldwide, and the only such centre located in the United States. It draws on the knowledge and capabilities within Commander, U.S. Second Fleet, and neighboring U.S. Commands, to promote "best practices" within the Alliance and to aid NATO's transformational goals.



Lt. Jihoon Choi, a civil engineer and team leader with Maritime Civil Affairs (MCA), conducts training with African translators at the Northwest Annex in Chesapeake, April 15.

MCAST Trains for African Deployment

STORY AND PHOTO BY

MCSN RICHARD J. STEVENS

Navy Public Affairs Support Element East

CHESAPEAKE — Maritime Civil Affairs and Security Training Command (MCAST) hosted exercises with African

cultural representatives during training at the Northwest Annex Activity, April 15.

To provide realistic simulation, representatives spoke Swahili, a language

See CIVIL AFFAIRS, B9

Show of 'Force'

Military run to support sexual assault awareness

STORY AND PHOTO BY

GUNNERY SGT. A.C. MINK

Special to the Flagship

NORFOLK — Nearly 400 runners packed the starting line at the inaugural Hampton Roads Sexual Assault Awareness 5K Run, April 16. Service members and civilians from throughout Hampton Roads ran to bring awareness to the issue during Sexual Assault Awareness Month.

"We have to work together as a community to bring an end to this type of crime," said Norfolk Police Chief Bruce P. Marquis, who spoke at the event kickoff.

Assistant Chief of Police Vernon Simmons in charge

of the Sex Crimes Unit, accompanying Marquis said, "I appreciate efforts such as this that educate and support the community."

The event, sponsored by the Hampton Roads area Marine Corps Sexual Assault Prevention and Response Program, included a fair with community organizations such as The Norfolk Police Department, The Center for Sexual Assault Survivors and the Old Dominion University Women's Center provided information on sexual assault prevention, as well as volunteer information and where to obtain support.

See COMMUNITY, B9



U.S. Marine Corps Forces Command Headquarters Service Battalion commanding officer, Col. Scott Arnold led the Hampton Roads Sexual Assault Awareness 5K Run, then circled back to grab his daughter's stroller.

SPOUSE SPEAK!

End of deployment

BY VIVIAN GREENTREE
Research Director for Blue Star Families

As I write this article, I'm in total countdown mode. We have mere days before my husband will be back home from his year-long deployment. I can already picture him making us his famous French toast for breakfast while asking me why I have to cook the eggs in bacon grease (um, because they taste better that way!) Honestly can't believe we are such short-timers. In the beginning it seemed like time was stretching out in front of me, as far as I could imagine and even longer than our kids could. It reminded me of when we were stationed in Texas and the roads were so straight and flat, we joked that you could tell where the earth curved. All I could see stretched out in front

of me this time last year was a lot of lonely nights, fuzzy phone calls (you know they type - where it seems like you can actually feel the distance between each other because of the static and ringing on the line), broken up by awkward E-mail exchanges where I relive the entire day to my husband while being witty and trying to appear like we are all fine and perfect and he shouldn't worry about us at all because ... did I say we are fine and perfect?

But here we are! We've made it through. I even have a whole collection of "Dad on a Stick" photos of the fabulous fun we've had and attempted to include him in that I think we'll be making into some sort of video montage in homage to our family's ability to thrive during this year. I have also been put through the fiery test of taking my oldest to

get a tee ball bat only to have the salesman bring up the necessity of a "cup" and all that conversation entailed (let's just say we didn't go so far as "this is where babies come from" but we definitely rounded out why men and women are anatomically different). Is there a service ribbon for that? There should be.

We have already started to prepare for Mike's arrival on the home front. The kids and I picked out some of his favorite foods at the store. Putting Sprite and St. Martin's rolls in the cart had me almost giddy. We military spouses know all about "shopping countdowns" - mixes and pastas are the longest but when you get to dairy you are officially a short-timer. Fruit is the best of course. Everyone knows that bananas and strawberries might as well signal a plane taking off somewhere, right? These are the funny rituals we take part in to countdown their absences. Milemarkers that no calendar would mark. No one has to teach us, it is simply something that we all inevitably, instinctively figure out. Kinda like how we all eventually wear our hair back on a pier or airfield for a homecoming because of the relentless wind. After all, it is easier to kiss your love when your hair isn't caught in your lipstick.

I've heard that one of the bonuses of a deployment (besides eating cereal for dinner) is getting the bed to yourself. Spouses who are no longer constrained by another person

taking up space enjoy stretching out and end up sleeping in the middle of the bed, possibly even stealing the now-extra pillow. I'm not sure why, but I have never gotten used to the vacant spot beside me. Even after all this time I still very much cling to my side, of course giving deference to our cat, Rocky, who has always preferred to sleep snugly in the middle. It could be that, probably more often than they should, my two boys inch their way into our room and into the bed at night. They come in with different excuses - water, ghosts, bathroom trips, leaving a toy. But their real reason is always the same, to seek out the comfort and safety of mommy and daddy's bed. The pleas always seem to follow an extremely rough day, when one has been asking for dad a little bit more or after R&R. And, really, though I know it is a bad habit to start and I definitely lose sleep over the rotating sundial that is my youngest, it is a comfort to me as well. These two little guys, who both remind me of their dad in so many ways, sleep so soundly when nestled in between huge throw pillows and a thick comforter. I wish everything about deployment could be so easy as snuggling in the bed together on a Saturday morning. And most times, for us, that is all it takes to get rejuvenated and back on track.

If I had a "theme" song for this deployment, it would have to be

"I Get By With a Little Help From My Friends," the Beatles version of course. I've watched my friends' Facebook statuses outline their own deployment and reintegration processes and laughed, reveled, and even shed a tear or two at our shared experiences. Let me repeat that. Our shared experience. I say that because no one - NO ONE - can do this alone. It just isn't possible to maintain the levels of energy and resolve it takes to be in a military family without a little help from your friends.

There isn't room enough to list out the names of every person who sought to make a difference in our lives this last year nor is there any gesture I could make to thank them enough for helping to keep our family afloat. From my neighbors who brought us dinner more times than not to my friend Amanda who babysat for me on a moment's notice to acquaintances "liking" or commenting on status updates where I shared our deployment experience so I didn't feel so alone. To the teachers at my son's school who went out of their way to support him with their extra attention to people who participated in Blue Star Families' Operation: Appreciation and wrote cards to military family members, which reminded me that people outside of our little military bubble really do care what is happening in our lives.

I hope by sharing our experience, others both inside and out of the military community will see that it is, indeed, a group project, this military lifestyle. We are only as strong as those who chose to participate, engage, and support the idea of service, sacrifice, and yes, honor and pride. I am proud of my husband for doing his small part and proud of my family for all playing our small roles as well. And, those eggs cooked in bacon grease will taste mighty fine next week, knowing what our family has been through to be together to eat 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



MJ, 6, displays his "Dad on a Stick" at the 2010 White House Easter Egg Roll, April 5, in Washington, DC. This year's theme was "Ready, Set, Go!" promoting health and wellness.



Walker, 3, counts M&M's in front of his dad's "Countdown Candy Jar." The family places individual pieces of candy for each day of Mike's deployment. The goal is to eat 1 piece of candy each day until he arrives back home.

Taking action for our military heroes and their families



BY BIANCA MARTINEZ

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

Imagine you are going through your every day routine. Sure your spouse is deployed or on a training trip, but you are moving along the way you always do. You have had a busy day and now you are working on getting the kids through their homework so that you can get them in a bed and get yourself a little "you" time. Everything is going along like it does every night. At some point you think that you would like to have a break in the same old thing until that detour from the norm

comes in the form of a knock at the door. It happened to one of my friends in 2008. Actually it has happened to too many of our friends, but it is what Christina has done that is an inspiration to me.

If you read my articles on a weekly basis, you know the story of someone telling me that this time is all I have. That was Christina. Her husband Tom was killed in a sky diving accident and then all of the sudden, her world became anything but normal. It is just Christina and the kids now. However the Naval Special Warfare Foundation (NSWF) stepped in to provide flights to Tom's family members to come

MARRIED to the Military

support Christina. Those in the community volunteered to drop of meals, supplies, whatever it took to get the family through this tough time - and then some. The NSWF provides on going support to the family and children of Naval Special Warfare operators lost.

Christina has made it her mission to make sure that if anyone has to go through what she went through, the support will always be there. Instead of just focusing on how her world changed, she has promised to take care of those in her same situation. She is doing that with the Tommy V Challenge and the Tommy V Fund. Year round she and wonderful friends work to pull off this daunting task of organizing a great time for everyone involved while benefitting the organization that did all they could to make her new life a little easier.

You can be a part of the event on May 13 at NAS Oceana & Aeropines Golf Course. There is a golf tournament, a skeet tournament and even a party. The sacrifices have continued since we lost Tom. That's why this year will benefit the Adam Brown Memorial Fun in addition to the NSWF. Adam died in Afghanistan last month and now his family is learning how to move on without him - something that will never be easy. For more information on this event, go to www.tommyv.us

There are so many wonderful opportunities to support our military community. With Spring in full swing and Summer just around the corner, golf tournaments, concerts, even Cornhole Tournaments, like the one at Langley Speedway are great times for great causes. Get out find some good fun and help a family in your community that needs a boost!



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.

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

For more information call
Naval Station Norfolk Chapel 444-7361

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

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

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

For more information call JEB
Little Creek Chapel 462-7427

CHAPLAIN'S CORNER

From failure to success – never give up, just keep on trying

BY CDR. JOHN W. LYLE
NAS Oceana

Have you ever had that feeling that you were a failure? Perhaps you had a dream that fell apart, or maybe good intentions just did not turn out the right way. Recently, I have been noting some very famous people who once were considered "failures." The key to their success is that they never gave up on their dream. From each failure they learned something about life, the thing they were trying to accomplish, and they learned a lot about themselves.

Mark Twain speaks to the issue of never giving up on your dreams by stating: "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

Harland Sanders came from an economically poor background. He went through a lot of different jobs by mid life. When he was 40 years old he ran a gas station and would serve people food on his kitchen table.

People really began to like his food and soon he opened a nice restaurant across the street. Harland's fame grew. Governor Ruby Laffoon made him a Kentucky Colonel in 1935 in recognition of his contributions to the state's cuisine. And in 1939, his establishment was first listed in Duncan Hines' "Adventures in Good Eating."

In the early 1950s a new interstate highway was planned to bypass the town of Corbin. Colonel Sanders felt like his great dream had come to an end.

He was 65 years old and most people probably told him to give up and retire. Some people probably said: "You gave it a good shot, it just didn't work out for you. At your age, there isn't much you can do so just take this loss and hang up your dream."

Colonel Sanders auctioned off his operations and after paying his

bills, he was reduced to living on his \$105 social security checks.

Colonel Sanders had a dream and although the door on his former restaurant read "Closed," Gone out of business; he rose up in determination to never give up on his dream. He took his car and set off across the country to show other restaurants how good his chicken really was.

Because of his determination to pursue his dream, combined with a delicious chicken recipe, Colonel Sanders started a franchise business that would eventually sell for \$2 million in just 12 years.

He would not settle for failure, but kept trying until he gained success. There is a great divide between knowing something and doing something with what you know. "The world does not pay for what a

person knows. But it pays for what a person does with what he knows" (Laurence Lee).

Wherever you are in life right now, learn this indispensable lesson of life; Failure doesn't have to end your dreams, it can only sharpen the path that leads to your dreams. Never grow tired of following the path that points towards your heartfelt dreams. At 65 years of age, Colonel Sanders sat out to fulfill his dream. Are you too old or too young to start out pursuing your dream?

Remember, you are not alone on the pathway of life. Our God is an ever-present help in time of need and "If God is for us, who can be against us?" (Romans 8:31) Grow in your love and knowledge of the Lord as you set your sails to learn valuable lessons of life, as your pursue your dreams.

Passover on the USS Ashland



Photo by MC2 Jason R. Zalesky

Lt. David J. Jeltema, right, from Bellflower, Calif., a Navy chaplain assigned to the amphibious dock landing ship USS Ashland (LSD 48), and Boatswain's Mate Seaman Michael A. Stone, from Wilmington, Del., read from the Haggadah, the religious text that sets out the order of the Passover Seder.

NMCP recycling center off to a great start

BY MCJ JESSICA POUNDS
NMCP Public Affairs

Since January 2010, Naval Medical Center Portsmouth's recycling center has generated more than 135 tons of recycled material including paper, aluminum cans, cardboard, wooden pallets and empty printer cartridges.

Within three months, NMCP has already recycled more than half of the total that was recycled for fiscal year 2009. If the current rate holds, the command's Recycling Center is expected to turn out more than 550 tons of materials to be recycled in 2010.

"Recycling is good for the environment because it reduces the amount of waste going into our landfills," said Christopher Ollice, NMCP's environmental protection specialist. "It also reduces the amount of raw materials needed to produce new products."

Staff members at NMCP can dispose of their used paper into one of many 96-gallon recycling containers located around the medical facility. The wheeled blue bins are transported to the Recycling Center where the paper is shredded and compressed into big blocks. Then the blocks are sold to companies that create new products from NMCP's waste paper – usually paper towels, tissue and toilet paper.

The Web site www.greenlivingtips.com says a typical office generates about one pound of paper waste per employee every day. Approximately 77 percent of that is recyclable. At NMCP, the "Self-Help Group" is doing its part to maximize recycling.

They are the labor behind the command's recycling efforts. Working at the Recycling Center gives the service members a sense of gratification and professionalism.

"I have felt very prideful working at the Recycling Center, knowing that I am making a difference in helping the environment and the command," said Machinist Mate 3rd Class Justin Raab. "My favorite part of this job is being able to see the results in the recoupment of monetary funds through the work that I and my fellow shipmates accomplish on a daily basis."

"Recycling raises at least \$15,000 per year," said Chief Machinist Mate James Rush, leading chief petty officer for NMCP's Recycling Center. "This becomes a win-win situation for the command, the Navy and the environment."

The focus is not how much money is generated, but how and what it is used for.

Profits from recyclables first cover the costs to run the program. The funds are also used for environmental projects, such as shoreline restoration and stabilization by planting marsh grasses. Any money that is left over is donated to NMCP's Morale, Welfare and Recreation program. So far this year, \$13,500 in revenue has been generated from the program.

"Naval Medical Center Portsmouth is very proud of the Recycling Center team and all staff members who recycle," said Capt. Matthew Pommer, NMCP's deputy commander. "It is just the right thing to do, and it takes very little effort. Every year we have recycled more trash and raised more money than the previous year, and we can look forward to a new record high this year."



Photo by BM2 (SW) Melissa Y. Almeida

Brickel French and Angelina Blakely hand out recyclable & reusable bags. Naval Station Norfolk and Naval Facilities Engineering Command Mid-Atlantic hosted an Earth Day Fair at the Navy Exchange April 16.

NEX customers will receive five cent credit for using eco-friendly reusable bag

Navy Exchanges worldwide are initiating a new program to help customers save money and help the environment. Beginning Wednesday, April 21, customers will receive a five cent credit toward their purchase for each eco-friendly reusable bag used to bag their purchase. Customers may either bring their reusable bag into the store or purchase a reusable bag from the NEX.

"The Navy Exchange System is

continually working to find ways to help save its customers money and to help the environment at all its locations worldwide," said Rear Adm. Steven J. Romano, Commander, Navy Exchange Service Command (NEXCOM). "We are hoping that this program will encourage patrons to reduce, reuse, recycle and save by promoting the use of reusable shopping bags. This program will also help reduce the amount of disposable plastic bags used at the

NEX which will save money and keep additional plastic bags out of the waste stream."

The five cent credit program applies to all NEX retail and direct run service facilities where bags are normally provided. It does not apply to our contract operations such as food vendors and mall kiosks that are operated within NEXs. The program also does not apply to disposable plastic bags that are being reused.

NMCP Recycling Center Information

- Paper is collected daily in 96-gallon collection containers. Smaller 14-qt. recycling baskets for offices can be obtained by calling the Recycling Center.
 - Cardboard is collected in large green trailers staged at various locations throughout the base. Cardboard collection trailers are located by the Building 2 loading dock (linen/galley area), Building 3 loading dock, the breezeway between buildings 2 and 3, NEX Building 256 and Building 250 (Supply).
 - Aluminum can collection receptacles are located throughout the facility. Recycling Center personnel periodically collect the cans for processing.
 - Pallets are also collected, usually at locations close to loading docks or any location where supplies may be received.
 - Empty printer cartridges are collected at Building 249 to the right of the TRICARE office. If the collection center is closed, please leave the cartridges at the door.
- To request emptying of collection bins, pallet collection or to obtain new recycling baskets, call the Recycling Center at 953-5625 or 953-5404 or MMC Rush at 953-9562. For more information or other questions, call Chris Ollice at 953-6145 or Bob Wall at 953-6992.



Photos by Christopher A. Baker

Ultimate Fighting Championship fighter Brad Blackburn gives grappling instructions to Sailors during a USO sponsored visit to aircraft carrier USS Dwight D. Eisenhower (CVN 69).

USS Eisenhower hosts UFC fighter

BY MCSN WILLIAM JAMIESON
USS Dwight D. Eisenhower Public Affairs

USS DWIGHT D. EISENHOWER, At sea — USS Dwight D. Eisenhower (CVN 69) (IKE) held a United Service Organizations (USO) sponsored tour for Ultimate Fighting Championship (UFC) fighter Brad Blackburn April 13.

Blackburn took the opportunity to visit with Sailors as he toured the ship. Crew members welcomed the chance to describe their work and the daily operations of a carrier out at sea.

"It has been a real treat. I didn't realize just how busy everyone would be," said Blackburn. "People are moving and working around the clock. It is very impressive. The night flight operations were really cool. It is amazing to see the level of organization that goes into running this place. I really appreciate IKE having me."

Blackburn, who debuted as a UFC welterweight victor in July 1998, completed his tour on the aft mess decks, where Sailors waited to meet the fighter. He mingled with the crew, posed for photos and signed autographs.

Yeoman Seaman (SW) Tiameca Hollins said Blackburn's visit provided a welcome



Photos by MCS (SW/AW) Bradley Evans

Capt. Dee L. Mewbourne, the commanding officer of aircraft carrier USS Dwight D. Eisenhower (CVN 69), greets Ultimate Fighting Championship fighter Brad Blackburn as he arrives aboard Eisenhower for a USO sponsored tour.

diversion during a long deployment.

"It's always great to have something to take your mind off work, but having someone who has trained so hard to get

where they are is really special," said

Hollins. "I was really excited. I got his picture and an autograph. I really enjoy ultimate fighting and it is great to actually meet one of the fighters."

Blackburn's visit also included a question and answer session with the crew and an informal meet and greet with the IKE Brazilian Jujitsu group where he offered tips and suggestions on fighting techniques.

Blackburn said carrier life was more intense than he had imagined. The crew's work ethic and professionalism were particularly impressive, he said.

"I've really enjoyed my trip to IKE," said Blackburn.

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

Second Fleet hosts Holocaust Day of Remembrance ceremony



Photos by MC3 Brian Goodwin
Sailors greet Holocaust survivor Hanns Loewenbach after his speech about his time during World War II at the Second Fleet's Days of Remembrance ceremony held in building C-9 at Naval Station Norfolk. The United States Congress established the Days of Remembrance as our nation's annual commemoration of the victims of the Holocaust.

BY MC2 (AW/SW)
RAFAEL MARTIE
U.S. Second Fleet Public Affairs

NORFOLK — Commander, U.S. Second Fleet held a "Holocaust Day of Remembrance" ceremony at Norfolk Naval Station to honor and commemorate the victims and survivors of the Holocaust Tuesday, April 13.

Commander, U.S. Second Fleet, Vice Adm. Mel Williams Jr., spoke to the assembled staff and guests about the importance of the commemoration.

"The theme for this year's program is 'Stories of Freedom: What We Do matters.' I strongly believe that what we do is shaped by our character, by our values, and by our habits of thought. Our habits of thought are in fact shaped by our education and our experiences. Our education includes events like this," said Williams.

After the invocation and a short welcome, Mr. Warren Aleck of the Holocaust Commission of Jewish Federation introduced the guest speaker and Holocaust survivor, Mr. Hanns Loewenbach.

Loewenbach spoke about his courageous survival route that took him from his home in Berlin to a safe port in Shanghai. In 1934 the Third Reich began its first boycott against Jewish owned stores. His father owned a business with two other Germans and was asked to sign away his rights to his partners. His father refused and was forcefully taken from his home.

Loewenbach was picked up by the German police in 1936. Afterward, he was placed in the back of a truck en route to Waffen SS Headquarters and a concentration camp. Remembering what happened to his father, he jumped out of the truck. From that day, he was forced to live in different locations seeking refuge from the Nazis.

Loewenbach knew that at any given moment he could be captured. With a passport obtained from a friend, he managed to get a ticket to Rome. With assistance from a Jewish community there, he was able to get his mother and father out of Germany.

Loewenbach was sent to Shanghai for safety, but was still under threat of persecution since Japan occupied China and was allied with Germany.

The Germans told their Japanese allies to build gas chambers to execute Jews in China, Loewenbach said, but fortunately they were never put to use.

Loewenbach stayed in Shanghai until 1947, when he and his wife left for New York.

"I lost thirty five close relatives in the Holocaust, and you carry that burden with you - even years after I came to America. I continue to do these speeches so that their sacrifices were not in vain," said Loewenbach.

Loewenbach's speech about his past taught Second Fleet Sailors to guard against such atrocities in the future.

"Listening to Loewenbach's speech made me feel like I was there with him because it was very detailed, accurate, and extremely sad how the Jewish people suffered in those times" said Yeoman Second Class (SW/AW) Terrell Jackson.

The ceremony ended with a prayer by Chaplain (Rabbi) Lt. Jonathan Blum and a memorial candle lighting ceremony.

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Holocaust survivor Hanns Loewenbach speaks about his time during World War II at the Commander, U.S. Second Fleet's Days of Remembrance ceremony held in building C-9 at Naval Station Norfolk. The United States Congress established the Days of Remembrance as the nation's annual commemoration of the victims of the Holocaust.

Why wait? College at sea smart choice for Sailors

STORY AND PHOTO
BY MGSN (SW) JONATHAN PANKAU
USS Nassau Public Affairs

USS NASSAU — USS Nassau (LHA 4) is offering instructor-based Navy College Program for Afloat College Education (NCPACE) courses while deployed in the 5th Fleet area of operations.

Elliot Richman from Plattsburgh, N.Y., has taught college level courses for more than 42 years - five of them with NCPACE. Richman said the program has come a long way since he started and he's been through many challenges in his career.

"I've taught in passageways before," Richman said. "My students had to sit on the stairs. There were no classrooms available, but we made do."

While there are online and CD-based courses available for Sailors, Richman said many of his students over the years have said they preferred instructor-based classes. He said students usually find it easier to process the information when someone is explaining it in new and interesting ways.

"The instructor-based American History class I took was a lot easier than the CD-based psychology course," said Electronics Technician 3rd Class Christine Duncan. "The instructor was able to help me understand the material, whereas the CD course was difficult to grasp because it was harder for me to visualize."

Nassau's Educational Services Officer Chief Aviation Boatswain's Mate (Fuels) (AW/SW) Erick Powell said the ship is scheduled to hold eight NCPACE courses by the end of deployment. Powell said the courses completed so far have had a 98% pass rate and 310 Sailors have signed up for college courses, which is a higher than average.

"People want an education and also want something to do to make time on deployment pass a little quicker," Powell said. "Instructor-based NCPACE courses are a great way to do something for yourself on deployment."

Powell went on to say he appreciates the time NCPACE instructors take from their own lives to deploy and teach Sailors.

"When I deploy, it feels like a vacation," Richman said. "I taught 32 years of civilian college and the Sailors I've taught are the most disciplined, intelligent and mature students I've had. I also get to see the world while I teach. This is a dream



Hospital Corpsman 2nd Class (SW) Jason Snider from Brownsburg, Ind., studies in USS Nassau's (LHA 4) Library during Fundamentals of Writing, a course given by the Navy College Program for Afloat College Education. Nassau is the command platform for the Nassau Amphibious Ready Group and 24th Marine Expeditionary Unit, currently supporting Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) operations in the U.S. 5th Fleet area of operations.

job for me."

English Composition 1 and 2, Western Civilization 2311 and 2312, Philosophy 1301 and World Religion 1304 are upcoming courses aboard Nassau. Hospital Corpsman 2nd Class (SW) Jason Snider from Brownsburg, Ind., said he is excited to have so many courses available.

"By the time deployment is over I will be five credits away from my associate's degree," said Snider.

Powell and Richman both agreed that NCPACE is a great program that is constantly evolving to fit the needs of deployed Sailors. Much like a floating community college, most NCPACE traditional college courses are transferable to other universities. Richman said there is really no reason not to take a course or two while deployed.

"We're basically giving away free college credits here, besides the price of the books,"

Richman said. "All you have to do is study. You can't find a better deal than that."

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 responsibility.

NAS ARG is comprised of ships from

Amphibious Squadron Eight (PHIBRON 8) including the Tarawa-class multipurpose amphibious assault ship USS Nassau

(LHA 4), the San Antonio-class amphibious transport dock USS Mesa Verde (LPD 19) and the Whidbey Island-class amphibious dock landing ship USS Ashland (LSD 48). Marines from the 24th Marine Expeditionary Unit (24th MEU) complete the group.

Nassau earns big for Navy-Marine Corps Relief Society

BY MC2 PATRICK GORDON
USS Nassau (LHA 4)
Public Affairs Office

USS NASSAU — USS Nassau (LHA 4) raised more than \$40,000 during the 2010 Navy-Marine Corps Relief Society (NMCRS) fund drive, nearly doubling the ship's projected goal of \$23,000.

The fund raiser ran through the month of March.

"Every division aboard Nassau really contributed to the fund drive," said CI Division Officer Ensign Amy Sullivan, of Greenville, S.C. "It's really important for Sailors and Marines to give to NMCRS because you never know when you might need their services. The more money we raise for them, the more Sailors and Marines they can help."

During the fund drive, Nassau instituted various command-wide fund raising events such as bingo, "Spend a Day in Your Rack" raffles and a "Pie in the Face" auction. The events not only helped raise charitable donations, but also acted as morale-boosting events for the crew.

One winner of the



Members of the Junior Officer Protection Association take a photo with USS Nassau's (LHA 4) Executive Officer Capt. Samuel Norton at the Navy Marine Corps Relief Society (NMCRS) Pie in the Face fundraiser in the ship's hangar bay. Through the month of March, Nassau raised more than \$40,000 in donations for the NMCRS.

Photo by MCSN (SW) Jonathan Pankau

"Spend a Day in Your Rack" raffle, Fire Controlman 3rd Class Miguel Denis of Chicago, said he really enjoyed taking part in the fund raising raffle.

"I have a lot of friends who have had to use NMCRS before for one reason or another, so I thought buying a ticket would be a

great way to support a good cause," said Denis. "It was really great to have that day off, too. Best \$20 I ever spent."

Even Nassau's senior leadership was involved in the fund raising activities. Nassau's Executive Officer Capt. Samuel Norton took an active role

in the "Pie in your Face" event, in which pies were auctioned to the highest bidder and thrown in the face of a chosen officer or chief petty officer.

"We exceeded our goals and part of that came from just trying to make it fun for everyone," said Norton. "While we're de-

ployed, we were able to contact nearly 100 percent of the crew, and everyone was really willing to give from the heart to help a good organization."

The NMCRS is a nonprofit organization sponsored by the Department of Navy with programs funded entirely by charitable

donations. When in need, the organization will provide financial, educational and other assistance to members of the naval services of the United States, eligible family members and survivors.

These services provided by the NMCRS include thrift shops, interest-free loans and grants to meet emergency needs, needs-based scholarships and interest-free loans for educational purposes.

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 responsibility.

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'It's our job to make sure you can continue to do your job'

BY MC2 PATRICK GORDON
USS Nassau (LHA 4)
Public Affairs Office

USS NASSAU — Living and working aboard a ship can be a once in a lifetime opportunity, but it can also be a very hazardous place.

This is where the work of USS Nassau's (LHA 4) Safety Department can make all the difference. The Safety Department's goal "is to identify and control, if not

eliminate, safety hazards." By implementing Navy Occupational Safety and Health programs, operational readiness and mission accomplishment for the command as a whole is enhanced.

"We enforce safety policy aboard the ship, including sight, respiratory and hearing protection as well as fall prevention," said Safety Department Leading Petty Officer Boatswain's Mate 2nd Class (SW) Doug Waller, of

Cabot, Ark. "We enforce the Navy's safety policy."

The Safety Department is staffed by Sailors from various rates aboard the ship, ensuring cross-rate education by those in the department.

"Working in Safety gave me a broader view of the Navy," said Safety Department Training Petty Officer Aviation Ordnanceman 2nd Class Lance Whitacre, of Reynoldsburg, Ohio. "We edu-

cate each other on our ratings, so everyone in Safety knows what every department's safety regulations are."

Nassau's Safety Department has been recognized several times, including four Safety "E" awards and the Chief of Naval Operation's Safety Award.

"Obviously safety is a big deal," said Whitacre. "It feels really good to be recognized for our efforts too. I'm really glad to have

been a part of Nassau's Safety Department during this time."

Awards aside, the Safety Department realizes that their job's main goal is protecting the crew.

"People can die or do permanent damage to their health without this department doing its job," said Waller. "What it comes down to is that it's not our job to make your life harder, it's our job to make sure you can continue to do your job."

CIVIL AFFAIRS: Role players emulated African village to help give team 'big picture'



Mohamud Hassan, a role playing translator with Maritime Civil Affairs and Security Training Command (MCAST), conducts training with U.S. Navy personnel at the Northwest Annex in Chesapeake, Va., April 15.

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team members deploying to Africa may encounter while communicating with the local population.

"More specifically, we trained on the team tactics; how to shoot, move, communicate and also, if there's a threat, how to escape," said Lt. Jihoon P. Choi, a civil engineer and team leader for MCAST.

"At the same time, our role is to win the hearts and minds of the people,"

said Choi. "We need to talk to the locals and find out what their needs are."

Role-players dressed in traditional African clothing and set up merchant stands to emulate a typical African Village.

"I feel like this scenario is going to give them the big picture with how to deal with East Africans," said Mohamud Hassan, a role playing translator.

"But that's not going to be the reality. When you go to East Africa things

can be different."

A hypothetical training situation included a businessman who refused U.S. help because he was comfortable with the way his village currently operates. In the scenario, the man became violent, pushing and shoving away role-playing actors and U.S. Sailors.

The MCA mission supports humanitarian assistance and disaster relief as well as Africa Partnership Station and other task forces.

COMMUNITY: Sexual assault affects everyone

Continued from page B1

"Sexual Assault is not a military issue; it is not a civilian issue. It is a community issue, and we have to work together to educate and empower our community members," said Tina Carter, SAPR program manager and event coordinator. "One in four women and one in six men will be victims of sexual assault in their lifetime. That is staggering and we have to find a solution."

Though unable to run, more than 50 volunteers from Marine Corps Security Force Regiment and U.S. Marine Corps Forces Command showed support for the event providing everything from set up and registration, to route guards for the actual run.

The event brought people from of all ages. To the delight of the crowd,



Nearly 400 Sailors, Marines and civilians came out for the run.

U.S. Marine Corps Forces Command Headquarters Service Battalion commanding officer, Col. Scott Arnold, who led the run, circled back to grab his daughter's stroller, pushing her throughout the route.

"This event would not have been possible without the assistance of our volunteers," said Carter.

"It is through the support of individuals like you — our uniformed victims advocates, sexual assault response coordinators and all the volunteers — that we are able to inform and empower our community. I thank you from the bottom of my heart."

Carter and her team have already begun planning next year's event.



The honor guard from the 7th Sustainment Brigade, 11th Transportation Battalion parade the colors at start of the Military Recognition Reception held at the Waterside Marriott, April 15. The recognition reception is a biannual event put on by the Armed Forces Committee of the Hampton Roads Chamber of Commerce to recognize outstanding performers throughout the area.

RECOGNITION: Ceremony benefits Sailors, Navy, local community

Continued from page B1

Fenzel told the audience.

Fenzel expressed that each person's reason for joining the military and continuing in their service is deeply personal but the transformation they undergo is what makes them worthy of the acclaim that they were receiving at the MRR.

"The kind of transformations that they go through has made life better for earthquake victims in Port au Prince, for men and women and children in war-torn cities from Sarajevo to Baghdad. The proof of this is when a total stranger comes up to you and says, 'please, please, don't leave.'"

"All of you have our admiration for what you have achieved and for what you represent," Fenzel concluded.

This kind of opportunity is a great asset to the Navy.

"The Hampton Roads Military Recognition Reception represents a win-win event for our community and our Sailors," said Command Master Chief (SW/AW) Gregg Snaza, Naval Station Norfolk Command

Master Chief. "It is perfectly clear most businesses in Hampton Roads support our military and this is their event to honor some of our finest that serve, in all our armed forces branches. I think anyone attending the event walks away feeling extremely positive, if not more patriotic."

And it reflects well on the community as well.

"Anytime that we can recognize a Sailor or that is doing good things, I think all of us are better for it. We have a wonderful relationship with the Hampton Roads Chamber of Commerce, and the community," said Command Master Chief (SW/AW) John Fuston, Commander Navy Region Mid-Atlantic Command Master Chief.

"Through this relationship, commanding officers can publicly give a well done to a deserving Sailor, Airman, Marine, Solider, or Coast Guardsman. When this happens in such a great atmosphere,

such as we have over the past 10 years, it's positive for all involved. I don't know if anyone does it better than the Hampton Roads area."