



Navy policy will allow women to serve aboard submarines

PRESS RELEASE

From Commander, Submarine Forces Public Affairs

NORFOLK — The Department of the Navy has announced

that will allow women to serve on submarines. The change was considered by Congress after Secretary of Defense Robert Gates formally presented a letter to congressional leaders, Feb. 19, notifying them of the Department of Navy's desire to reverse current policy of prohibiting submarine service to women.

"There are extremely capable women in the Navy who have the talent and desire to succeed in the submarine force," said the Honorable Ray Mabus, Secretary of the Navy. "Enabling them to serve in the submarine community is best for the submarine force and our Navy. We

"There are capable women who have the interest, talent, and desire to succeed in the submarine force. Maintaining the best submarine force in the world requires us to recruit from the largest possible talent pool."

— Vice Adm. John J. Donnelly, Commander, Naval Submarine Forces

literally could not run the Navy without women today."

On July 28, 1994, Congress was notified of policy changes to expand the number of assignments available to women in the Navy. At that time, opening assignments aboard submarines to women was deemed cost prohibitive and assignments on submarines remained closed. Currently, women make up 15 percent of the active duty Navy — 52,446 of 330,700. Integrating women into the submarine force increases the talent pool for officer accessions and subsequently the force's overall

readiness, ensuring that the U.S. Submarine Force will remain the world's most capable for ensuing decades.

"The young women that have come up to me since we announced our intention to



Rear Adm. Barry Bruner, commander, Submarine Group TEN and lead of the Task Force for Women in Submarines, talked to local media during a press conference announcing the integration of women in submarines. Media availability was held on April 29 to announce the integration of female officers to submarines.

change the policy have such great enthusiasm," said Adm. Gary Roughead, Chief of Naval Operations. "Knowing the great young women we have serving in the Navy, as a former commanding officer of a ship that had a mixed gender crew, to me it would be foolish to not take the great talent, the great

confidence and intellect of the young women who serve in our Navy today and bring that into our submarine force."

"Today, women earn about half of all science and engineering bachelor's degrees," said Vice Adm. John J. Donnelly, Commander, Naval Submarine Forces. "There are capable

women who have the interest, talent, and desire to succeed in the submarine force. Maintaining the best submarine force in the world requires us to recruit from the largest possible talent pool."

Implementing the poli-

See SUBMARINES, A7

NAS Pensacola serves as staging area for oil spill response

STORY AND PHOTO BY ANNE THROWER

Naval Air Station Pensacola Public Affairs

PENSACOLA, Fla. — Workers at a staging area at Naval Air Station Pensacola (NASP) continued to prepare Thursday to set out booms if needed to help protect the shoreline and ecosystem in the Pensacola area from last week's oil spill in the Gulf of Mexico.

"Hopefully it won't get to that point," said Lt. Michael Frost, port operations officer at NASP, as he walked around the Port Ops area Thursday morning.

The workers are responding to the potential aftermath from the April 20 British Petroleum/Transocean's Deepwater Horizon drilling rig incident in the Gulf. As of noon Thursday more than 1,000 people were involved on and off shore, with additional resources being mobilized as needed, according to a joint information center.

Naval Air Station Pensacola is one of five staging areas that have been set up from Louisiana to Florida. Other staging areas are in Biloxi and Pascagoula, Miss.; Venice, La.; and Theodore, Ala.

The NASP site is responsible for the area from the Alabama state line just west of the air station eastward along the shores of the Florida Panhandle, Frost said. "If this thing were to shift and move further to Tampa, they would pick all of this up and go there," Frost said.

Workers from multiple companies started arriving at NASP on Tuesday. About 200 hundred workers were at NASP by Thursday morning.

"We are one of many companies providing staff," said Tim O'Leary, a spokesman for O'Brien's Response Management



An unidentified worker prepares booms for use if needed off the coast of Naval Air Station Pensacola.

in Houston. He referred questions about specific numbers at NASP to the joint information center that was responding to media calls.

Frost said this is the busiest the port operations department at NASP has been since Hurricane Ivan hit the Gulf Coast in 2004.

On the minds of many workers was whether the winds would pick up and shift to the Southeast. "Oil on top of the water moves as

fast as the winds and the seas move," Frost said.

The booms are only effective at a knot-and-a-half, Frost said, adding the booms are intercoastal-type booms.

"NAS Pensacola is pleased to provide facilities for this support in case its needed," said Harry White, the public affairs office for the base.

For more news from Naval Air Station Pensacola, visit www.navy.mil/local/naspensacola.



An aerial photograph showing flooding at Naval Support Activity Mid-South in Millington, Tenn. Two days of rain dumped more than 14 inches in the area, causing a levee to fail and flooding the base and surrounding community. The base is closed to all but mission-essential employees until further notice. Naval Support Activity Mid-South hosts several commands, including Navy Personnel Command and Commander, Navy Recruiting Command.

CNO meets with Navy families displaced by flooding in Millington

BY MC1 (SW/AW) TIFFINI JONES VANDERWYST
Chief of Naval Operations Public Affairs

MILLINGTON, Tenn. — Chief of Naval Operations (CNO) Adm. Gary Roughead visited Naval Support Activity Mid-South command to meet with Sailors and families affected by severe flooding and survey the damage to the base on May 3.

CNO was accompanied by Chief of Naval Personnel (CNP) Vice Adm. Mark Ferguson and Commander, Navy Installations Command (CNIC) Vice Adm. Mike Vitale. The Navy leaders got a firsthand look at the condition of the base and discussed the path ahead for the Sailors, Navy civilians and their families as they recover from the flooding that overtook the base Saturday, May 1.

CNO said the Sailors' and Navy civilians' swift reactions to the flooding ensured the safety of those who work and live on the base.

"I can't say enough about how prepared this base was and how responsive everyone who serves here was," said Roughead. "First

and foremost (to) safety, but then volunteering and making sure that everybody was taken care of."

During a town hall meeting with Sailors, families, volunteers and other base personnel, Roughead told those affected that the entire Navy is working to ensure they remain safe and cared for during the difficult time.

"I want to assure everyone here that the entire Navy is going to lean forward to make sure that we take care of your needs, that we meet the needs of your family and that we get the base restored and get your lives back to normal as soon as we possibly can," said Roughead.

Roughead also expressed the importance of a quick recovery due to the business of the Navy that takes place in Millington.

"There is a lot that goes on here that affects everybody (in the Navy)," said Roughead. "I also want to make sure everybody understands we are going to do everything necessary to get Millington and the Navy personnel system back in battery, back in business and back to serving the fleet."

NEXT WEEK:

GOING IA - PART IV: RETURNING HOME

The Going IA series returns with the last part of IA deployment — the return home. We will take a detailed look at what happens after deployment.



INSIDE:

FRONT AND CENTER Norfolk Culinary Specialists show off their talents

2nd annual enterprise-wide culinary competition at the Naval Station Norfolk galley.



OFF DUTY

Doggone fun Virginia Beach Parks & Recreation K-9 Carnival will have numerous canine demonstrations, competitions, displays and more!



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Photo by MC2 LaTunya Howard

A Naval Support Activity Mid-South Sailor takes a moment to decide which credit card to use to complete his purchase at the local commissary. According to results of the 2008 Financial Health Quick Poll, most Sailors agree that they are able to pay the bills and meet their financial obligations.

More than half of junior enlisted Sailors have retirement savings

BY BRUCE MOODY

Command Navy Installations Command,
Fleet and Family Support Program

WASHINGTON — More than half the Navy's junior enlisted Sailors have retirement savings accounts through the Thrift Savings Plan (TSP).

A report released April 10 by the Secretary of Defense's Office of Personal Finance, shows 62.7 percent of the Navy's active-duty E4s as having TSP accounts.

As Sailors rise in pay grade, so do the numbers contributing to their retirement funds: while 39.5 percent of E-1s have set up a TSP account, the percentage increases to 50.4 percent for E-2s and to 56.4 percent for E-3s.

The manager for the Navy's Personal Financial Management program is located at Commander, Navy Installations Command Headquarters. Arnie Norem, the program manager, attributes the numbers to a training curriculum which has been developed with Navy Education and Training Center and Center for Personal and Professional Development.

Training begins at boot camp. Sailors graduate from Recruit Training Command and immediately get two days of training in personal financial management.

"Sailors are shown how to create a spending plan," Norem said. "We go over everything from car buying and credit management to financial planning for deployments."

The training continues throughout a Sailor's career. It's presented at least annually during all-hands general military training and each time a Sailor is promoted.

A Sailor going through petty officer indoctrination will get training on consumer awareness, savings and investments. At the senior ranks, training focuses on topics like retirement planning.

In addition to training, commanding officers appoint Sailors as command financial specialists. These are generally E-6s and go through a week-long course which prepares them to educate and counsel personnel on financial management issues.

"It's a powerful program," Norem said. "It prepares shipmates to help shipmates and their families."

Fleet and Family Support Centers also provides classes on a variety of issues and individual counseling on financial management.

"One-on-one sessions at the FFSCs are available for Sailors and family members and it's free," Norem said. "That same kind of service off base can be very expensive."

The Thrift Savings Plan is a retirement benefit that is offered to employees of the U.S. Government. It is similar to "401(k)" plans available to many private sector employees. The TSP provides the ability to participate in a long-term savings and investment plan. Participating in the TSP can significantly increase retirement income, though financial planners say getting started early in life is key. Contributing early gives money more time to increase in value through the compounding of earnings.

More information about the TSP is found at www.tsp.gov.

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

THE FLAGSHIP'S LEEWARD SHOUT

How will you be honoring your mother this Mother's Day?



"I'm going to take her out to eat and do whatever else she wants to do. I'm from Portsmouth so it's really easy on me."

MR2
Furnel Gaymon
USS Enterprise



"Gifts. I like to buy her love. That's how I intend to do it."

AGAA
James Lawson
Maritime Forecast Center



"I am sending her a gift to add to her bracelet. I bought her a bracelet over the years and I add to it as we go through the holidays."

EMCM
Roger Guill
Submarine Learning Facility



"I am going to call her up and wish her a happy Mother's day."

PSSN
Ryan Helms
USS Harry S. Truman



"Flowers and a card that I am sending to her because she lives up in Brunswick, Ohio."

STGCS
Bradley Waters
ATG Norfolk



"I have been thinking about it, but I really haven't pinpointed what it is yet. She likes to garden, so probably something for the garden."

STGCM (Sel.)
Gary Lebron
USS Gonzales

Photos by MC1 (AW) Time Comerford

VIPR PLANNING FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
84	84	74	67	66	72	69
66	64	65	50	49	36	32

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Myths that enable the sex offender – Part III

BY MC2 MANDY HUNSUCKER
The Flagship Staff Writer

According to the presentation overview sheet for “Taking the blinders off: Investigation and prosecution of sexual assault,” given by Russell W. Strand recently at a training seminar in Newport News sexual assault victimization rates are high and most sex offenders are never caught. Even when they are caught, they are rarely held fully accountable for their actions.

A sexual assault brochure by the Virginia Sexual and Domestic Violence Action Alliance states that sexual assault is any sexual act or contact that a person does not want. It may include touching, kissing, oral sex, anal sex, vaginal sex, or other sexual acts. It can happen to anyone at any time. In Virginia one in four women and one in eight men have been sexually abused at some time in their lives.

Strand is currently chief of the U.S. Army military police school family advocacy law enforcement training division, and 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 myths 11 through 15 that enable the sex offender are as follows:

Myth 11: We don’t need to understand the context of what happened.

“The context of the assault is more important in understanding what happened than anything else,” said Strand.

Myth 12: Stress, crisis, and trauma are the same.

“Many people, especially those of us in helping professions, often work with trauma victims,” said Strand. “Sadly, many people, if they are not careful, confuse stress, crisis and trauma; sometimes reacting to trauma and it’s effects on the victim as stressful events thereby misunderstanding the gravity of the situation and impact on the victim.”

Myth 13: Few sexual assaults are drug facilitated.

“Approximately half of all reported sexual assaults and a good majority of unreported sexual assaults involve the drug called ethanol, commonly called alcohol. But in every traumatic incident, the body (primarily the

pituitary system) infuses huge amounts of chemicals into our systems which inhibits certain actions and formation of memories very similar to the narcotics that are used with surgery patients,” said Strand. “These natural drugs profoundly impact the way we behave and what we remember. So even if alcohol or some other drug isn’t used during the sexual assault, there is a likelihood our internal infusion of drugs, as a direct result of trauma received, greatly impacts our decision making, memory and impact of the assault.”

If you suspect you have been victimized by a substance:

- Get to a safe place.
- Ask a trusted friend to stay with you and assist you in getting the help you need.
- Call the police (911)
- Immediately seek medical help.
- Preserve as much physical evidence as possible. Do not urinate, shower, bathe,

douche, or throw away any of the clothing you were wearing during the incident.

•Describe any all symptoms fully to your physician and nurse.

•Make your doctor and nurse aware that you may have been drugged. It is imperative that you be tested as soon as possible for the drug’s presence in your body. Most of the substances can be only detected for a short period of time after ingestion: 4 - 72 hours.

•Insist that you receive an evidence collecting examination. Request a urine sample for drug toxicology testing to be done by your law enforcement agency crime lab. A special test must be conducted to detect any drug in the urine specimen.

•If possible, find the cups or glasses from which you drank and submit these to the police for any laboratory tests.

Myth 14: All recantations are true.

“Many victims will recant their allegations

of sexual assault due to fear, pressure, depression, a desire to return to a normal life, stress and many other reasons. Just because a victim may make a full or partial recantation of the reported assault does not mean the assault did not occur,” said Strand. “Investigators must continue to pursue the investigation and actually add investigative steps to better understand the true nature of the recantation. In some cases the recantation can actually validate the trauma and strengthen the investigation and subsequent prosecution.”

Myth 15: We know everything.

“I know myth one and fifteen are the same ... but that is added for emphasis on the greatest myth in that we think we know everything when in reality we often know very little about each and every case and all the variables that can adversely affect our decisions,” said Strand.

Strand has established, developed, produced and conducted the U.S. Army Sexual Assault Investigations and Child Abuse Prevention and Investigation Techniques courses, and supervised the development of the critical Incident Peer course. He has also assisted in the development and implementation of Department of Defense (DoD) training standards, programs of instruction and lesson plans for sexual assault response coordinators, victim advocates, chaplains, criminal investigators, first responders, commanders and health professionals. He is a member of the Defense Family Advocacy Command Assistance team and Department of the Army Fatality Review Board. He is also recognized as a U.S. Army and DoD subject matter expert and consultant in the area of spouse and child abuse, critical incident peer support and sexual violence. Mr. Strand was also a member of the Department of the Army Unit Victim Advocate and deployable SARC training team as well as a trainer for the DoD Joint Task Force – Sexual Assault Prevention and Response (JTF-SAPR). He routinely conducts training for national and international organizations including the following: Pennsylvania Coalition Against Rape, California Coalition Against Sexual Assault, End Violence Against Woman International, Department of Justice, and Armed Forces Institutes of Pathology. Strand continues to conduct interviews of child and adult victims of physical and sexual abuse, and provides investigative and consultation support as requested in ongoing sexual assault, domestic violence and child abuse investigations, interventions and military and civilian criminal trials.



Florida boy with leukemia has special visit with Norfolk SEALs

BY CORINNE REILLY
The Virginian-Pilot

NORFOLK — The sleeves of Colton Seybert's green-and-brown camouflage uniform have to be rolled up a few extra times. His top hangs a little too low and his pants fit baggier than military dress codes might allow. Finding combat boots in kids' size 5 presents a small challenge.

It's not every day that the U.S. Navy outfits a 10-year-old.

But that's what Colton wanted for his birthday this year, and on Thursday he got it.



Colton is visiting Norfolk this week with his mom, his dad and his little brother. The Make-A-Wish Foundation paid for their trip. The reason they're here? Colton wished to be a Navy SEAL.

The Seyberts came in Wednesday on a direct flight from Orlando, Fla. Now

it's Thursday morning and they've just arrived at Joint Expeditionary Base Little Creek, where half of the country's Navy SEALs are based. Colton's parents, Connie and John, are shaking hands with the first of several commandos who'll be showing them around. Colton's got his chin to his chest, doing his best without a mirror to examine his new get-up.

He rubs his chubby fingers across the letters, SEYBERT, stitched into the camouflage. He looks up and smiles. "This is so cool," he beams.

His first stop of the day is a bright, open room where all the parachutes get packed.

"The people who work here are called parachute riggers," explains Chief Petty Officer Thomas Allen. "They have a really important job. Any time a SEAL jumps out of a plane, these guys are the ones who packed the chute."

Allen picks up a big black backpack. "Do you think you can put this on?" he asks. Colton decides it looks too heavy. "I'll help you," Allen says. "Now pull this here to make the parachute come out."

It's unusual for SEALs to accept visitors. Because they operate covertly, they don't like giving away too many secrets. But when Make-A-



Photo by MCC (SCW/AW) Stan Travioli

Colton Seybert tries on a freefall parachute rig with help of a member of Naval Special Warfare Group TWO just a small part of his day with Navy SEALs in Virginia Beach



Photo by David B. Hollingsworth/The Virginian-Pilot

Colton Seybert from Florida has a life-threatening illness. Through the Make-A-Wish program he was able to come to Little Creek to meet a SEAL team. The team even supplied him with a uniform. Here he is being escorted by his dad, John Seybert.

Wish called in February, the Navy said they'd make an exception.

Colton was diagnosed with acutelymphoblasticleukemia when he was 7. His cancer is in remission and his parents are hopeful it will stay that way. Connie explains that it was a long road to get here, to get Colton well enough for a trip like this one. "When we first found out, we spent three months straight in the hospital," she says. "The treatment was really aggressive in the beginning."

Colton, who has soft brown hair and big cheeks, attended only 17 days of the second grade. Third grade was a little better; he made it about half the time. Now a fourth-grader, he goes to school

almost every day.

"It's hard, but I try to keep his life as normal as possible," Connie says. "I think that if he doesn't think about being sick, it helps him fight it."

He is certainly not thinking about being sick during his visit. It's a little after 10 a.m., and Colton is getting a personal tour of the gym where the SEALs train. He tries the rope-climbing machine and the treadmill. So does his little brother, 8-year-old Nick.

In the SUV on the way to their next stop, Colton sits in the front seat next to Master Chief Petty Officer Dan Schroeder, who arranged the Seyberts' two-day visit. He explains that he volunteered for the job "because

I have kids of my own." For Friday, he has lined up a boat ride, a helicopter flight and a fighter-jet tour.

So that the family wouldn't see all unfamiliar faces when they arrived in Norfolk, Schroeder made a trip to Florida two weeks ago to meet them.

It's almost 11 a.m. when the SUV pulls up to the SEALs' sprawling outdoor obstacle course. Inside its gates, Colton struggles to keep up with Nick. Brain radiation has slowed his motor skills and he tires easily; despite his remission he continues to undergo chemotherapy. He needs help jumping over hurdles and pulling himself up walls. A half-dozen SEALs are there to lift him.

John and Connie say Colton has loved the military ever since he was old enough to talk. Back in Orlando he has big bins filled with G.I. Joes and tiny fighter jets. Though he never had the real thing before now, camouflage is nothing new for Colton. It's all he ever wears. "For him, hanging out with these guys is just the most thrilling thing," Connie says.

The last stop before lunch is the indoor SEAL training pool. Colton and Nick meet a pair of Navy divers who are practicing in the water. They get out and explain how all their gear works. Then it's the boys' turn to swim. They change into matching swim trunks - camouflage, of course - and climb into the water. Schroeder gets in, too.

Colton decides he wants to try jumping off the diving board. He makes his way up the ladder, toes the edge and looks down. He sees Schroeder waiting below.

He jumps in.

Editor's Note: This story originally ran in The Virginian-Pilot on April 30.

STA-21 and stay Navy: Sailors looking for an extra challenge may want to investigate the Seaman to Admiral Program

BY WALTER BRUCE WATSON, JR.
AND CATHY KEMPF
Naval Service Training Command
Public Affairs

NAVAL STATION GREAT LAKES, Ill.— The Seaman to Admiral (STA-21) commissioning program, which provides a passageway for qualified Sailors to receive a college education and a commission, is soliciting applications for fiscal year 2011.

The deadline for submitting application packages is July 1.

The STA-21 program is one of the best officer commissioning programs the Navy has to offer, according to Dr. C. Jill Stein, Naval Reserve Officers Training Corps program director at Naval Service Training Command's Officer Development Directorate in Pensacola, Fla.

"STA-21 pays up to \$10,000 per year for college costs such as tuition, books and fees," said Stein. "All the while, Sailors draw their full pay and allowances for their current pay grade. Under the STA-21 program, Sailors have 36 months, including summer semesters, to complete their Bachelors degree requirements."

There are several options within the STA-21 program toward which prospective candidates can pursue, including Pilot, Naval Flight Officer, Surface Warfare Officer, Special Warfare, Special Operations, Human Resources Officer, Civil Engineer Corps, Nurse Corps, and Medical Corps endeavors.

The STA-21 program benefits Sailors as well as the Navy. The average candidate has at least two years and in most cases more than four years, of



The Seaman to Admiral (STA-21) program can pay up to \$10,000 a year for college classes books and fees. During that time Sailors still receive their full pay and allowances for their current paygrade. For this program like so many like it that are competitive a Sailor's extra efforts may make the difference between being selected and having to retry.

observed performance which assists in the process of selecting the most qualified Sailors to receive a commission.

Additionally, STA-21 candidates are on average older than most midshipmen, bringing a maturity directly reflected in the more than 90 percent completion rate STA-21 program candidates boast.

Additionally, because many Sailors involved in the STA-21

program already have some college credit, not all candidates need the three years allotted to earn a degree.

All of these factors - proven performance for better selection, maturity for higher completion rates, and some college credit to help shorten the time in the program - save the Navy money while producing top-quality experienced naval officers.

In the STA-21 program, as it

is in many competitive selection processes, it is often a candidate's extra efforts which can result in selection.

"With so many great Sailors to choose from, selection boards often look for the tie breakers or the indicators of extra effort, potential and desire; in this regard the STA-21 program is no exception," Stein said. "As always, performance is the number one criteria. When given the chance to lead, take it. No matter how small the opportunity, step up and lead people, and lead them well. Also attend to your physical as well as your professional preparedness."

Commanding officers and other reporting seniors thinking they have a Sailor with the potential to be selected as an officer or candidate for any other special program should comment in the candidate's performance evaluations on their leadership and potential early in their career, even if the numeric grade and promotion recommendations time on board, time in grade and peer ranking are not fully consistent with the comments.

Before assigning Sailors to an interview board, commanding officers and executive officers should conduct training with the candidate on how to be board members and how to participate in a board. The best Sailors should be ranked high and comments and grades should match.

If a Sailor is the number one candidate within a command, the Officer Interview Board or

the Nomination Review Board grades and remarks should match a Sailor's outstanding ranking and the comments. Lack of consistency must be reconciled by the selection board, which makes it more difficult to evaluate a Sailor's true potential. Additionally, Sailors should undergo a mock board for practice before going to an official board.

Career counselors, officer program coordinators, commanding officers and executive officers should assist applicants by taking time to closely scrutinize packages for correctness and to determine if the applicant really meets the requirements of the applied for program.

Every year, approximately one-third of STA-21 program applications are determined to be "not-qualified" for one reason or another - the top three reasons being: no SAT/ACT scores; the applicant did not qualify for the STA-21 program or the program-option applied for, or the application lacked a mandatory document.

After careful scrutiny, if either the command or the applicant is still unsure if the program requirements are met or not, they can contact the STA-21 program office by E-mail at: PNSC_STA21@navy.mil or they can call (850) 452-9563, DSN: 922-9563. Office personnel can answer all questions and explain if a specific requirement can be waived.

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



Photo by MC1 Tiffini Jones Vanderwyst

Chief of Naval Operations (CNO) Adm. Gary Roughead administers the oath of office to 10 newly commissioned Navy and Marine Corps officers during the Naval Reserve Officers Training Corps (NROTC) commissioning ceremony at Florida A&M University. The Seaman to Admiral (STA-21) program offers many programs candidates can pursue from pilot to human resources officer. STA-21 candidates on average are older than midshipmen and bring a maturity to the process reflected in a more than 90 percent completion rate.

Seaman to Admiral requirements and information

The STA-21 program requires a minimum SAT score of 500 critical reading and 500 math, or an ACT score of 20 English and 21 math for eligibility. The single exception to this is the nuclear option, where the minimums are a composite Scholastic Aptitude Test score of 1,140 or a composite ACT score of 30. These requirements cannot be waived. The score for any test taken within three years of application is acceptable.

Because of the delay between testing and score release, it is strongly recommended Sailors take the requisite tests early. By doing so, Sailors will determine if they meet the minimum requirements before investing their time in putting a package together.

If a Sailor does not meet minimum requirements the first time they test, they can take the test again. Sailors having been away from an educational environment for an extended time

or not testing well on an initial attempt should consider taking an SAT or ACT test preparation course.

Having some college-level courses completed can significantly impact Sailors involved in a program allowing participants 36 months to complete a Bachelor's degree. Those students who may not have been strong high school scholars or in pre-service attempts at higher education, attending college courses while in an off-duty status and establishing a track record of continued interest in furthering an education can positively impact a Sailor's eligibility for the program.

Prospective candidates should also ensure they take the right college courses. Calculus and physics are requirements for almost all STA-21 program options, and having successfully completed these before entering the program is significant.

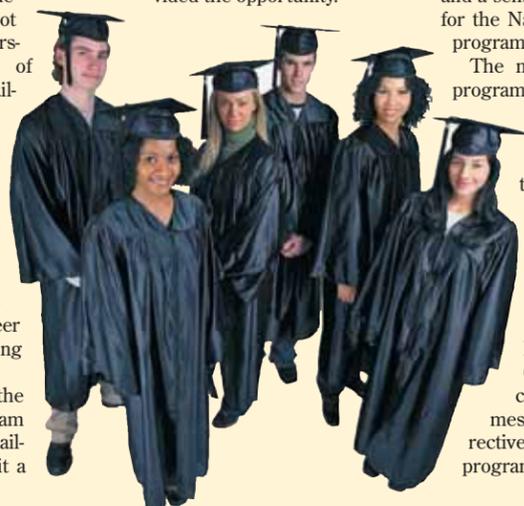
If Sailors pursue college off duty, whether in preparation for STA-21 or not, they should have a degree plan. A review of transcripts indicates that many Sailors take college courses in a random, unorganized fashion, and many applicants are pursuing a particular degree but have not taken any courses in support of that degree. Sailors should have a purpose and a goal in their pursuit of a college degree, and they should be counseled by Navy Campus and their career counselors along these lines.

As part of the STA-21 program application, Sailors must submit a

personal statement, something which represents that candidate's best opportunity during the STA-21 application process to tell the Navy why they think they should be selected for the program, and what they expect to do with the opportunity if provided the opportunity.

A Sailor's personal statement should provide specific, substantive comments on why they want to be a Navy officer and why they chose the particular officer career, and also demonstrate an understanding of the requirements of the chosen career field and a sense of what they can do for the Navy if selected for the program.

The most accurate STA-21 program information, including full details of the program, specifics for each of the program options and the on-line application, can be found on the STA-21 website at <https://www.sta-21.navy.mil/>. Additionally, OPNAVINST 1420.1B (Chap. 8) and associated NAVADMIN messages provide the directive guidance for the program.



Program cuts stress for military families

BY JUDITH SNYDERMAN
Defense Media Activity

WASHINGTON — A program that started three years ago to help Navy and Marine families cope with stress from multiple deployments and other types of pressure has proven so successful it has become a model for the defense department.

Kirsten Woodward directs family programs at the Bureau of Navy Medicine and Surgery. She developed the multifaceted approach in partnership with UCLA Health Services Research Center in 2007.

During an April 28 DoD Live Bloggers Roundtable, Woodward said that in the past, a gap existed between family social service programs and medical mental health care services.

"There really wasn't anything in the middle, addressing both prevention and intervention," Woodward said.

The program Woodward created called FOCUS, or Families OverComing Under Stress, aims to fill that gap. The licensed clinical social worker said the goal is to offer practical help in situations where symptoms may be mild, acute or anywhere in between and it aims to remove the stigma from seeking assistance.

FOCUS uses a color code to help families pinpoint current levels of stress. Woodward explained the colors range from "green being 'good to go' and through the continuum to red being 'hot' or 'not good to go.'"

That baseline guides the entry tier of service best suited for clients. Woodward said the tiers range from education and guidance on stress prevention to skills-based peer learning groups geared to children, adolescents and adults.

"The bull's eye, or most intense treatment," she said, "is what we call our multi-session resilience training. That course runs from eight to 10 weeks."

So far about 97,000 people have tried it out at 10 Marine Corps and eight Navy locations. The staff at each site includes psychologists, social workers, licensed marriage family therapists and resilience trainers.

A year ago, Woodward said the Office of the Secretary of Defense Child and Youth Family Policy independently reviewed the program and cited it as a best practice program. As a result plans are underway to expand FOCUS to other branches of the military. So far four Air Force and four Army locations are running pilots.

All members of the military community are eligible to tap FOCUS services at any of those locations. Woodward said there's no need to wait for stress to build to high levels before seeking help. She also said that while she is pleased by studies that have proven the effectiveness of the program, she is most gratified by the good word of mouth referrals the program has garnered.



The focus program concentrates on prevention and intervention in stressful situations hiring licensed clinic social workers to help.

"It's the actual families who've worked through the program who found it beneficial [who] were able to then share that information with their friends and colleagues and suggest that they may benefit from the program," said Woodward.

The website www.focusproject.org contains a list of locations and more information about the program. For more news, visit www.navy.mil.



Photo by Amy Phillips

The Westminster-Canterbury Men's Chorus, under the direction of David Van Hook, perform songs to honor the first English settlers during the Order of Cape Henry 1607 annual ceremony on April 25 at the Joint Expeditionary Base Little Creek - Fort Story First Landing Chapel.

Cape Henry history remembered

PRESS RELEASE

JEB Little Creek-Fort Story
Public Affairs

VIRGINIA BEACH — The Order of Cape Henry celebrated the 403rd anniversary of the landing of the first English settlers in Virginia, April 25. The ceremony held at Joint Expeditionary Base Little Creek - Fort Story First Landing Chapel was the

91st annual pilgrimage of the Order of Cape Henry and the 75th anniversary of the Cape Henry Memorial Cross.

The Cape Henry Memorial Cross was donated to the nation in 1935 by the National Society of the Daughters of the American Colonists. Capt. Charles L. Stuppard, commander, JEB Little Creek - Fort Story, and Lt. Col. Jayne Jansen, deputy commander, JEBLCFS joined the group this year in commemorating this historical landmark.

Guest speaker for the event was Capt. Nick Harrap of the Royal Navy. Harrap is stationed in the area with NATO and he recounted the special relationship that the U.S. and Great Britain have shared from the early settlement in the New World up to our current relationship.

Mr. P. Daniel Smith, Superintendent, Colonial National Historical Park, Rev. Dr. Greg Dalle Tezze, Associate Chaplain, Westminster-Canterbury, and Dr. Robert Albertson, president, The Order of Cape Henry 1607, also took part in the ceremony which focused on the same service, some of the same prayers, and the Bible readings that those English settlers used when they first came ashore in 1607.

The Westminster-Canterbury Men's Chorus, under direction of David Van Hook, performed a lively tribute with both patriotic and traditional songs. The ceremony ended with the annual pilgrimage to the cross for a wreath laying ceremony.

Wasp musters for 2010 Census

BY MC2 (SW)
CHRISTOPHER KOONS
USS Wasp (LHD 1)
Public Affairs

USS WASP (LHD 1), Atlantic Ocean (at sea) — As people across the United States fill out their 2010 national census forms, Sailors aboard USS Wasp (LHD 1) are also doing their part in ensuring the nation gets an accurate 'muster.'

"I think the census is important to all service members, especially now when so many military units are deployed, because, as American citizens, we need to be counted," said Lt. j.g. Allison Tyler, Engineering Department's Census Coordinator.

The U.S. Constitution mandates that the government take a census of residents every 10 years. Census information primarily is used to reapportion the number of seats allotted to each state in the House of Representatives. The government also draws on the data to distribute about \$400 billion in aid for programs such as Medicaid.

"Knowing to the best of our ability how many people live in any area ensures that, for the next ten years, the government can predict how many new teachers they will need and if they require more doctors, dentists or police officers," said Tyler. "These public services are not just allocated on

a whim; there has to be a need. And without the census, no one really knows just how big or small that need really is."

For Sailors stationed on board U.S. Navy ships, federal law requires the completion of two census forms. One is the same form sent to every citizen across the country, while the other is distributed specifically to ships.

"This approach is the government's way of ensuring the accountability of our Sailors, regardless of where they are serving," said Lt. Kevin Kellner, Wasp's Administration Officer. "If on shore duty, Sailors will most likely complete their data collection forms at their residence, while Sailors assigned to a ship will have the ability to complete their data collection forms, regardless where they are deployed."

Filling out both census forms is a duty for all Wasp Sailors, Kellner added.

It is a sense of community that has spurred Wasp Sailors to complete their shipboard census forms, said Cryptologic Technician (Collection) 2nd Class (SW/AW) Jessica Figueroa, Safety and Training Department's Census Coordinator.

"It shows that they understand that by taking part in the census, they are helping those in power to be able to find ways to further improve our standard of living," she said.

United States
Census
2010



Photo by MC3 Ash Severe

Ballistic missile submarine USS Alaska (SSBN 732) sets aside a possible living quarters for female officers in case they are selected to be one of the first submarines to have an integrated crew. On April 29, the Navy announced its new policy allowing females to be stationed on submarines.

SUBMARINES: Navy announced policy change to allow women to serve on submarines

Continued from page A1

cy change will begin by assigning three female officers in eight different crews of guided-missile attack (SSGNs) and ballistic missile submarines (SSBNs). The assignments involve two submarines on the East Coast and two on the West Coast, each of which is supported by a Blue and Gold crew. More living space is available aboard these platforms which will require no modification, permitting the Navy to move quickly on integrating female officers in submarines.

"We need to open up the aperture for submarine officer selection to maintain our current selectivity," said Rear Adm. Barry L. Bruner, Commander, Submarine Group Ten and leader of the Women in Submarines Task Force. "The key to making this significant change happen successfully will be correctly carrying out the plan and also ensuring that we educate the force and their families."

SSGNs provide the Navy with an unprecedented combination of strike and special operation mis-

sion capability within a stealthy, clandestine platform, while SSBNs are specifically designed for extended strategic deterrent patrols. There are currently 14 SSBNs and four SSGNs in the Navy's inventory, each with two crews assigned.

The female officers would be assigned after completing the 15-month submarine officer training pipeline, which consists of nuclear power school, prototype training, and the Submarine Officer Basic Course. The SSBNs are billeted for 15 officers

and 140 enlisted, while the SSGNs have a crew allotment of 15 officers and 144 enlisted.

"We have created a well-thought-out plan to phase in the female officers to the selected SSGN and SSBN submarine crews," added Donnelly. "Enabling these bright and talented female officers to serve will be a great asset to our submarine force, our Navy, and the strength of our military."

For more news from Commander Submarine Force visit www.navy.mil/local/sublant.

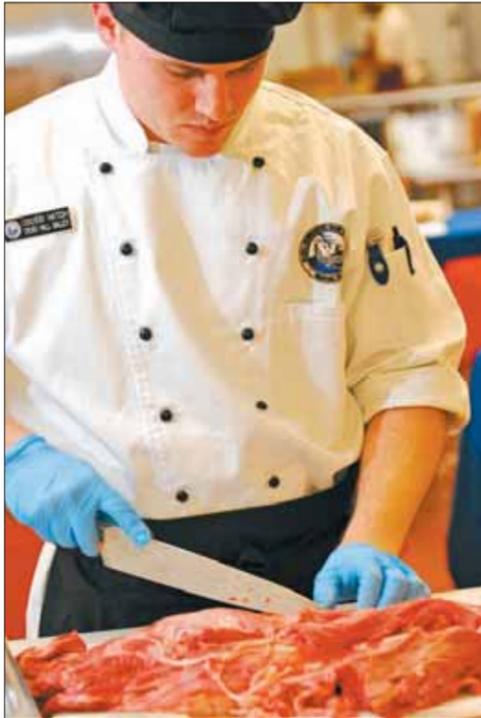
FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

May 6, 2010

Norfolk Culinary Specialists show off their talents



Photos by MC3 Matthew Bookwaller

Above: Culinary Specialist 2nd Class Josh Hatch prepares meat during a culinary artist competition. The Naval Station Norfolk galley hosted Commander Navy Installation Command (CNIC) galley program's 2nd annual enterprise-wide culinary competition.

Right: Mark Andrews, executive chef for Cavalier Golf and Yacht Club, Michael Harants, executive chef for Naval Supply, compare notes while scoring chefs for competition. The competition allowed the younger Culinary Specialists from across the Hampton Roads area to compete in a larger arena than what they may be used to.

A delicious race to the finish at Norfolk's 2nd Culinary Competition

BY MCSN RICHARD J. STEVENS
Naval Public Affairs Support Element East

The Naval Station Norfolk galley hosted Commander, Navy Installation Command (CNIC) galley program's 2nd annual enterprise-wide culinary competition, April 29.

"The purpose of this event is to create and maintain enthusiasm for culinary skills improvement and al-

low our junior culinary specialists to compete on a bigger stage," said W.T. Dorris, Commander, Navy Region Mid-Atlantic Fleet and Family Readiness galley program manager. "The benefit is to take improved skills to serve our Sailors on a daily basis."

The food preparatory area behind the serving lines at the galley were converted into stations similar to the scenery of the television show "Iron

Chef." Culinary specialists chopped onions and peppers, roasted duck, filleted salmon, butchered tenderloin and found new and creative ways to prepare lobster.

Guest judges included Capt. Karen Tsiantas, Navy Region Mid-Atlantic Fleet and Family Readiness program director; Cmdr. Jennifer Flather,

See CULINARY, B4



EODMU-12 Sailors receive Bronze Stars

PRESS RELEASE

Naval Expeditionary Combat Command Public Affairs

VIRGINIA BEACH — Two Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 12 received Bronze Stars during a ceremony, April 23, for their performance during combat operations while deployed in support of Operation Iraqi Freedom.

Lt. j.g. Michael Haytasingh and EOD1 (EWS/PJ) Dewayne Cheatham were both awarded the Bronze Star Medal by Dr. Clifford L. Stanley, under secretary of defense for personnel and readiness.

"It's not an award that I take lightly," Cheatham said. "A lot of people who work real hard don't have a chance to get it."

While Cheatham served as the team leader for EODMU-12 Platoon Two in Iraq, the team conducted 12 post-blast analyses, where the technicians gathered forensic and biometric intelligence needed to prosecute suspected bombers as well as develop intelligence against enemy tactics. Cheatham personally responded to 72 emergency EOD response missions, resulting in the safe disposal of 2,550 hazardous ordnance items and depriving the enemy of 9,954 pounds of explosive material.

"I had a really good time working with my team members," said Cheatham. "Being a team member is a real hard position, you have to be very knowledgeable."

EODMU-12 will present a total of 32 Bronze Stars, six Meritorious Service Medals and 46 Army Commendation Medals for its Sailors' actions while deployed to Iraq. Cmdr. Christopher Merwin, commanding officer of EODMU-12, attributes his command's success to the high level of professionalism displayed by each Sailor in the unit.

"It's incredibly humbling and incredibly rewarding," said Merwin. "I am immensely proud to be a part of, and in command of, a unit that is having such a strategic effect with these highly trained technicians."

NSN, NSA maintain Tree City USA distinctions

BY MC3 RYAN STEINHOOR
Naval Public Affairs Support Element East

NORFOLK — Willoughby Oak, a live oak tree resting on Naval Station Norfolk is between 500-600 years old, making it the oldest tree in Virginia and the centerpiece of local Navy conservation efforts.

While Naval Station Norfolk Sailors and children from the Navy Mid-Atlantic Youth Program gathered at the ancient oak, April 28, a little later, Sailors from Naval Support Activity Norfolk set about planting a sapling of a maple at Norfolk's Child Development Center, both bases were recognized as a Tree City USA community.

Maintaining the Tree City USA distinction means upholding criteria set by the National Arbor Day

Foundation, an organization started in 1972 that according to its website is the world's biggest non-profit entity dedicated to planting trees.

For nearly a decade now, the base has been recognized by the foundation for the development and support of its urban forestry program, an initiative that is paying dividends for the environment and those Sailors who work and live in it.

"It's important for us to renew our resources. The trees on base help by supplying oxygen and shade to personnel and buildings," said Sharon Baumann, Naval Station Norfolk Environmental Director. "Achieving this recognition eight years in a row shows our commitment to trees and



Photo by MC1 (AW) Tim Comerford

Toni Noreika, Virginia Department of Forestry and National Arbor Day Foundation representative tells children from the Norfolk Child development center about the benefits that trees have on the environment.

See ARBOR DAY, B4

Norfolk Sailors get a clean sweep

STORY AND PHOTO BY MCSN SCOTT PITTMAN

Naval Public Affairs Support Element East



Master Chief Machinist's Mate John Dorsett (R) and Fire Control Technician Second Class Mario Glau (L), both from Performance Monitoring Team, Norfolk, pick up trash by the piers of Naval Station Norfolk as part of Clean the Station Day.

NORFOLK — Sailors and civilians participated in cleaning up Naval Station Norfolk during Clean the Station Day, April 30.

Clean the Station Day is a semi-annual event organized by Naval Station Norfolk Special Operations Department that all local commands participate in to help clean and beautify the base.

"It's for the overall appearance of the installation which we know directly affects peoples' attitudes about where they work," said Capt. Kelly M. Johnson, commanding

See SWEEP, B4

SPOUSE SPEAK!

You have a voice and they're listening

BY CASEY SPURR
Navy Spouse and writer

As military family members, each of us has likely thought at one time or another that those outside the military do not really understand the challenges we face or the unique lifestyle we lead. Not many people outside our nucleus will ever really be able to comprehend how it feels to go to bed at night worrying about the safety of a loved one serving in harm's way or the feeling of watching our children struggle to understand why a parent has to leave home once again. In fact, a 2009 study conducted by Blue Star Families found that 94% of military families feel society at large does not truly understand or appreciate the sacrifices of service members and their families. In fairness, it would be hard for anyone to really understand our way of life without living it themselves. I doubt most of us really knew what it would be like

until it became our reality.

Last week, I had the privilege of attending the Congressional Military Family Caucus' first Spouse Summit on Capitol Hill. What I learned is that, while those in the civilian population may not understand the lifestyle of a military family, there is a tremendous push at this time to learn more and a sincere interest in understanding what we need to make life more sustainable for our families.

The Congressional Military Family Caucus was formed in 2009 and consists of 102 members of Congress, including local Congressmen Glenn Nye, Randy Forbes, Bobby Scott, and Rob Wittman. The primary goal of the Caucus is to foster the interests of family members of the uniformed services by educating Members of Congress and their staff on the challenges that military families face on a daily basis, with an ultimate purpose of developing

legislation to support military families.

This year's Spouse Summit brought together 70 spouses from across the country representing all ranks and services. Each spouse in attendance submitted an application to attend and was chosen by an independent panel to ensure a variety of interests were represented. It was refreshing to find that military spouses, regardless of their spouse's rank or service, all have similar stories to tell about their experiences as a military family and were all there with the same basic purpose - to be an essential part of a growing effort to shed light on the unique challenges facing the military family.

The military spouses in attendance were asked to address the key tasks identified by the caucus which include: military healthcare, mental health, military child education, spouse education/employment, effects of deployments on families, and families with a special needs dependent. It was an honor to have the opportunity to speak on behalf of my family and families like ours on these issues because the diverse group of spouses present was able to provide a collective voice on these crucial issues for the thousands of military families across our nation and the world.

Amongst the many recommenda-

tions put forth were the following: transition Tricare to one administrator to prevent confusion during a PCS from one region to another, provide for more primary care physicians, support the Military Family Leave Act, fast track security clearances for military spouses to obtain government jobs, fully fund and staff MyCAA, launch an awareness campaign to help alleviate some of the stigma attached to mental health concerns, create charter/DoD schools in low performing areas, and provide coverage for evidence-based behavioral therapies for families with a special needs dependent.

These are just a sample of the wealth suggestions the spouses put forth to the Members of Congress. Rep. Cathy McMorris Rodgers, co-chair of the Congressional Military Family Caucus, was in attendance and announced that a full report on the recommendations from the summit would be prepared and disseminated to each of the 102 members of the Caucus, so that work could begin to bring about legislation that addresses these issues.

In addition to the input provided by the spouses, I found of keen interest a presentation by Dr. Shelly MacDermid Wadsworth, the Director of the Military Family Research Institute at Purdue University. She gave an enlightening discussion

on the research that has been conducted on military families over the last century and described a "tsunami" of new research currently underway. She expressed an overwhelming level of interest in today's military family in the academic world, all in an effort to discover how our nation can better support and provide for service members and their families.

It was evident by attending this summit that the concerns of military families are of vital interest to the Members of Congress and researchers because they recognize these issues as having a direct relationship with retention in our military and ultimately national security. Though it may not seem those who do not live the same life we do will ever truly understand it, they really seem to be trying and are making an effort to give us a voice. If you have feedback you feel is important regarding your military family, do not hesitate to contact your own elected officials. They are listening.

Casey Spurr is a Navy spouse who is involved in Blue Star Families and frequently writes about her experiences as a military family member. She lives in Virginia Beach with her husband and their son. To contact Casey, send an e-mail to casey.spurr@gmail.com.

MARRIED to the Military

If they do the job, I will do the job



BY BIANCA MARTINEZ

So something continues to absolutely amaze me. I will be shopping at the commissary or the exchange and it never fails. Someone will come up to me and say, "Thank you so much for doing what you do and putting us out there. You are letting people know what we REALLY do in the military." Every time, I stand there ... dumbfounded. Are you serious? Here you are putting your lives on the line. You are sacrificing time with your family to stand up and protect our freedom. You continue to do that when there are a lot of people in this country that don't appreciate it. And YOU are thanking ME? Are you serious?

"Do My Military Job" started at Channel 3 because my boss asked me one day if there was anything that I wouldn't do. I am a bit of an adrenaline junkie or maybe a dare devil. Call it what you will. I think it is part of the hazard of being married to a SEAL. I watch what he does and I think, why should he have all of the fun?! Then we kept thinking. I continued to think about what my husband does and then I thought about all of the jobs that

are done around him at his command ... all of the jobs that it takes to get a mission done in the military. Let's show people what really happens on the bases of Hampton Roads. So instead of a series called "Dare Bianca," I walked out of a meeting with my boss with "Do My Military Job." It has been the best decision I have been a part of as a journalist.

As long as the job is getting done on our bases, I will be around to try it out. This week we kicked it off with Army Culinary Specialist and I learned what it takes to feed an Army ... for real! If you missed it, you can check it out in the videos at www.wtkr.com. Don't worry though, we have three more lined up this month all airing on Wednesdays. The Army also put me through fire training and it was AWESOME! I suited up and fought real flames and I tell you what, I may have a new career. Then it's my first DMMJ with the SEALS. Two are lined up and we haven't even shot them yet but I am guaranteeing you entertainment on these. First they will be putting me through their Tactical Athlete Program workouts ... I may be sick. The following week, it is a SEAL pool workout!

I have no problem making fun of myself to show you all how incredible our military men and women are so I hope you will tune in Wednesday nights at 11 o'clock!

Reach out to NewsChannel 3's Bianca Martinez at bianca.martinez@wtkr.com.

Come join me for a networking opportunity

The 2010 Military Spouse Symposium will be held on May 13 at the Virginia Beach Convention Center and they have so much to offer us. We will learn about using Social Media to our advantage, which should be so very interesting since we are usually told to be weary of it in relations to OPSEC.

I will be moderating the discussion for the SpouseBUZZ bloggers. This will be an amazing way to come up with solutions for our lifestyles. We

will talk about facing our challenges head on. Think of it as a really big play date with spouses sharing ideas ... ah, but the kids won't be there and we can focus on ourselves and how we can be better.

However, likely the most important part of the afternoon will be the update on the MyCAA program. I know a lot of you have had a tough time with that this year and I can't wait to hear how we can make sure that benefit is working for everyone.

I have only touched on some of the benefits of being a part of this event. It is going to be an amazing way to get to know the people in your community and to learn about the network of support you can pull from. Please don't let this chance get by you.

Go to www.moaa.org for more info. I will see you there and please come say hello and introduce yourself. I would love to meet all of you proud spouses that inspire me to make it through each day!

Military Spouse Appreciation Day

BY SUE HOPPIN
Founder and President of the National Military Spouse Network

In 1984, then President Ronald Reagan proclaimed the Friday before Mother's Day to be designated as Military Spouse Appreciation Day. This is a day that is set aside each year to recognize and honor the contributions and sacrifices of military spouses. On this day, I always pause to think about all the military spouses who have made such a difference to our family.

Everything I needed to know to thrive in this military lifestyle, I learned from another military spouse. Through all the moves, deployments, heartbreaks and disappointments that invariably come from our transient lifestyle, one thing has remained consistent: every time I lost my way or felt like I couldn't handle it for another moment, there was always another military spouse there to offer their support and lend a hand.

I don't think any other poem speaks more authentically to this generosity of spirit than the classic one below:

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The Military Spouse - Author Unknown

When the good Lord was creating military spouses, He was into His sixth day of overtime.

An Angel appeared and said, "You're having a lot of trouble on this one. What's wrong with the standard model?"

The Lord replied, "Have you ever seen the regulations? It has to be completely independent, must be sponsored to get on base, have the qualities of both mother and father during deployments; Be a perfect hostess to four or 40, handle emergencies without military orders, cope with the flu and move around the world, have a kiss that cures anything from a child's torn valentine to a soldier's weary day, have the patience of a saint when waiting for the unit to return stateside, and have six pairs of soft hands."

The Angel shook her head slowly and said, "Six pair of hands? No way!"

And the Lord answered, "Don't worry. We'll make other military spouses to help. Besides, it's not the hands that are causing the problem - it's the heart. It must swell with pride, sustain the ache of separation, beat soundly when it's too tired to do so, be large enough to say 'I understand' when it doesn't, and say 'I love you,' regardless."

"Lord," said the Angel, touching his sleeve gently, "go to bed. You can finish that tomorrow."

"I can't," said the Lord. "I'm too close to creating something unique. Already I have one who can heal itself when sick, feed unexpected guests who are stuck in the area due to bad weather, and wave goodbye to its spouse from a pier or runway and understand it's important to the country that the spouse leave."

The Angel circled the model of the military spouse very slowly. "It's too soft," she sighed. "But tough," the Lord said excitedly. "You cannot imagine what this being can do or endure!"

"Can it think?" the Angel asked.

"Can it think? It can convert 1400 to 2 p.m.!" the Lord said.

Finally, the Angel bent over and ran her finger across the cheek. "There's a leak," she pronounced. "I told you that you were trying to put too much into this model."

"It's not a leak," said the Lord. "It's a tear."

"What's it for?" asked the Angel.

"It's for joy, sadness, pain, loneliness and pride," the Lord said.

"You're a genius," said the Angel.

The Lord looked somber and said, "I didn't put it there."

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

On this Military Spouse Appreciation Day, make sure you take a moment to reach out and thank those spouses who have made a difference in your life.

Sue Hoppin is the co-author of "A Family's Guide to the Military for Dummies". She is also the Founder and President of the National Military Spouse Network, a professional development and networking organization supporting military spouses who balance their own goals and ambitions with the military lifestyle. You can find her online at www.suehoppin.com and on Twitter at shoppin.



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.

CULINARY: Good food, good presentation, creativity hallmarks of winners

Continued from page B1

CNIC food and beverage program manager; and Chef Michael Harants, Navy corporate chef from Navy Supply Systems Command.

Chef Michael Harants explained that the judges are looking for overall good food, as well as good presentation.

"I'm seeing a lot of creative things happening," said Chef Michael Harants. "They're going out of their normal box and comfort zone. We, as judges, are looking at their skill-sets." He added that they also look for things like whether or not the participants are going to get anybody sick through cross-contamination or check for items such as whether or not they apply the right cooking methods to the protein or the vegetables."

The top two teams in the competition will combine into one and be CNIC's representative in the

annual Navy International Food Service Executives Association (IFSEA). The winner will travel to the CNIC competition in Washington D.C., June 24. This also includes a week of instruction at a local hotel with training provided by local certified chefs and Navy Supply and CNIC assets.

Last year, the Naval Station galley team won the local competition and placed second in the CNIC competition. They joined the team that participated in the IFSEA Navy-wide competition.

Last year's winner explained how the Navy helps culinary specialists learn the skills they use during the competition.

"You can get certified as a chef while you're in the Navy and the Navy will pay for it," said Culinary Specialist First Class (SW/AW) Niles Harper. "If you want to become a chef, get as much schooling from the Navy as you can."

First place winners, Culinary



Photo by MC3 Matthew Bookwater

Culinary Specialists hurry to finish their meals during a competition. The Naval Station Norfolk galley hosted Commander Navy Installation Command (CNIC) galley program's 2nd annual enterprise-wide culinary competition.

Specialist Second 2nd Class Caleb J. Garner and Culinary Specialist Second 2nd Class Christopher P.

Damon, of Naval Support Activity Northwest Annex, took home a top-of-the-line 27-piece knife set,

trophy, gold ribbons, cookbooks, hats, flash drives and shirts provided by sponsoring vendors.

SWEEP: Base reflects Sailors' pride

Continued from page B1

officer of Naval Station Norfolk.

Clean the Station Day is instituted by Commander Navy Region Mid-Atlantic (CNRMA), in an effort to improve the cleanliness and military appearance of naval installations in the area.

"It's a reflection of our pride in what we do and where we work. When Sailors take pride in that, it shows," said Fire Control Technician Second Class Mario Grau, of Performance Monitoring Team Norfolk.

Participants took part in multiple beautification processes, from planting bushes, trees and flowers to picking up garbage and debris.

"It's good stewardship, its good fellowship and it's



Photo by MCSN Scott Pittman

Capt. Kelly M. Johnson, Commanding Officer Naval Station Norfolk and other volunteers plant flowers and bushes as part of Clean the Station Day, April 30, at Naval Station Norfolk.

good camaraderie," said Johnson.

Clean the Station Day comes on the heels of Earth Day, which saw the first successful test flight of an F/A 18 Super Hornet

powered by a 50/50 blend of petroleum and biofuel and other environmentally friendly activities in support of the Navy's stance of good stewardship toward nature.



Photo By MC3 Ryan Steinhour

Commanding Officer Naval Station Norfolk Capt. K.J. Johnson, talks to kids from the mid-Atlantic youth programs about the distinction of being a "Tree City" during a ceremony held under Naval Station Norfolk's 500-600 year old live oak. Naval Station Norfolk was re-awarded the title, maintaining the Tree City USA distinction means upholding criteria set by the National Arbor Day Foundation. Sixty six installations are recognized as Tree City USA communities, five within the mid-Atlantic region.

ARBOR DAY: Five 'Tree Cities' in region

Continued from page B1

maintaining our natural environment."

The foundation presents these awards to communities nationwide for the

care of trees they have and adding more to the area.

"Having military installations do this is a great thing, especially here in Norfolk due to the vast

history wood has had in the Navy," said Toni Noreika, Virginia Department of Forestry and National Arbor Day Foundation representative.

Arbor Day brings conservation efforts to the forefront and future installation expansions bring trees and plant life into the planning process.

"Trees are constantly being designed into base construction projects," said Baumann.

Out of roughly 200 military installations across the country, 66 are recognized as Tree City USA communities five within the mid-Atlantic region.

For more information on the Arbor Day Foundation or how your installation can be recognized as a Tree City USA community, visit www.arborday.org.

Quartermaster 1st Class (SW) Chad Jackson explains restricted maneuvering procedures to R.B. Hendrix (center), a former USS Wasp (CV 18) crew member and Air Force brigadier general, and Robert Yates of U.S. Joint Forces Command, April 10, during their tour of USS Wasp (LHD 1).



Photo by MC1 Justin K. Thomas

CV-18 Sailor shares legacy with new Wasp generation

BY MC1 (SW/AW) JUSTIN THOMAS

USS Wasp (LHD 1) Public Affairs

NORFOLK — Sailors aboard the Amphibious Assault Ship USS Wasp (LHD 1) received a token of goodwill in the form of an aged, gray book with significant sentimental value from a legacy Wasp Sailor April 10.

R. B. “Jess” Hendrix, who served aboard the aircraft carrier USS Wasp (CV 18) from 1953 to 1955 during the Korean War, presented current Wasp Commanding Officer Capt. Lowell D. Crow with what is thought to be one of the last CV-18 Korean War deployment cruise books in existence. Hendrix, of Fairfax Station, Va., was an Electronics Technician 3rd Class and E-Division Leading Petty Officer.

Hendrix was visiting LHD-1 for a tour along with Air Force Brigadier General Robert Yates, Director for Operations, Plans, Logistics, and Engineering at U.S. Joint Forces Command, Norfolk, and his nephew Mark Rodgers.

“Remembering where our Navy has come from is vitally important to understanding where it’s heading,” said Crow.

“It was an honor to have Mr. Hendrix visit Wasp and her crew, and incredibly generous of him to bestow us with a cruise book. This piece of history will serve well to show our generation of Sailors how much they have in common with their predecessors.”

CV-18 was the ninth of 10 ships to bear the name Wasp. The ship earned eight battle stars for its World War II service in the Pacific and was considered by many to be one of the leading aircraft carriers

during its time.

Decommissioned in 1972, one of the most notable contributions of CV-18 during the Korean War was traveling along the shores of Japan and South Korea and providing extensive, massive support to the United States Air Force.

Although Hendrix is nearing his 80s, that didn’t stop him from touring the length and breadth of the ship, including the ship’s Well Deck, Combat Information Center, Medical Department, Flight Deck and the Navigation Bridge – which is six stories above the Main Deck.

“To be aboard a U.S. ship again and to see the great work our Sailors are doing today does my heart well,” said Hendrix.

“This ship is smaller than the one I served on,” Hendrix continued, noting differences between the LHD-1 and CV-18. “My hangar bays were two, or three, times bigger than [LHD-1’s] ... but the mission remains the same.”

As Hendrix transited the passages and spaces of LHD-1 peppering Sailors with questions about new uniforms and other changes from yore, he also shared many “sea stories” that piqued the interest of, likewise, curious Wasp Sailors.

“When you go day to day on a ship, you get wrapped up in the here and now. Having a legacy Sailor like Mr. Hendrix aboard is a nice reminder to know that generations of people have been in the same place we have, doing the same things, and for the same reason,” said Boatswain’s Mate 2nd Class (SW/AW) Jason Davis.

Naval Station Norfolk’s new defibrillator program

BY MC3 ASH SEVERE

Navy Public Affairs Support Element East

NORFOLK — Navy Region Mid-Atlantic Fire & Emergency Services initiated a public access defibrillation study and pilot program, May 1 to prepare for the implementation of the pending OPNAV instruction and to help refocus automated external defibrillator (AED) owners on program maintenance and training.

Naval Station Norfolk and Naval Support Activity Norfolk were chosen for the pilot due to the dense population and military facilities, and high number of existing facility-level AED programs.

An automated defibrillator is a computerized medical device that can check a cardiac arrest victim’s heart rhythm and deliver an electrical shock to

treat the underlying problem; the device uses a combination of voice prompts and text instructions on the display screen to guide the rescuer through the steps of performing cardiopulmonary resuscitation (CPR) and operation of the AED.

The pilot will study the effectiveness of two interactive, web-based software programs that maintain information on the readiness of facility AED’s and track maintenance and training.

The fire department hopes to increase interaction with facility AED coordinators and improve visibility of AED maintenance status and locations.

A command’s safety officer or other designated employee can access the site to ensure their own defibrillators are within standards, enter device maintenance information, and monitor the training status of designated facility AED responders.

One of the programs being tested also provides online awareness and profi-

ciency refresher training.

In an effort to reduce the time to defibrillation and improve cardiac arrest survival for Sailors, civilian employees, and visitors the secretary of the Navy has directed that the Navy and Marine Corps develop an AED program with consistent policy, oversight, support, and funding. An OPNAV instruction is pending that assigns responsibility for AED program oversight to Fire and Emergency Services.



On Naval Station Norfolk and Naval Support Activity Norfolk owners of Automated External Defibrillators will be expected to take care of maintenance on the machine as part of a pilot program. The pilot program comes right before a pending OPNAV that will require owners to maintain the devices and track their maintenance and training online.

Fire and Emergency Services is using the theme “maintaining the momentum” for AED public education.

“We chose the theme because many Norfolk commands have already been proactive and progressive in establishing their own programs,” said Kevin Janney, Emergency Medical Services chief for the department. “What we have seen though, on not just a Navy level but government-wide, is that the initial momentum and enthusiasm can fade and employees knowledgeable about the program get promoted or transferred and maintenance and oversight suffers.”

Failure to maintain AED awareness and training or to properly maintain the devices can result in an AED failing to function properly when needed, or having employees unaware of the AED or hesitant to use it during an emergency.

For more news from Naval Station Norfolk, visit www.navy.mil/local/nsn/.

JEB Little Creek-Fort Story creates artificial oyster reef

STORY AND PHOTOS BY
MCSN SCOTT PITTMAN
Fleet Public Affairs Center
Atlantic

VIRGINIA BEACH — Joint Expeditionary Base Little Creek-Fort Story Environmental Division, in conjunction with Amphibious Construction Battalion (ACB) Two, established two new artificial oyster reef sites in the mud flats of Little Creek Cove April 28.

The first oyster reef in the region was established at Naval Weapons Station Yorktown in 1998 and later replenished in 2008. The reefs are part of an effort by the Navy to improve the cleanliness of the Chesapeake Bay through natural means.

“We’re always looking for natural ways to improve the environment,” said Cherryl Barnett, the Environmental Program Manager for Navy Region Mid-Atlantic. “The natural ways that have worked for thousands of years are still effective today.”

Several groups coordinated with Naval Facilities Engineering Command Mid-Atlantic to improve this effort, including ACB 2, the Virginia Department of Environmental Quality, the Virginia Beach Wetlands Board, the Virginia Marine Resource Commission and the United States Army Corps of Engineers.

“We originally thought we were going to be using volunteers, manual labor, buckets and shovels,” said



Sailors with Amphibious Construction Battalion Two dump oyster shells into the mud flats of Little Creek Cove to establish two new artificial oyster reefs April 28. The oysters being used are naturally-occurring eastern oysters (*Crassostrea virginica*) which can filter 50 gallons of water individually each day.

Sara Bell, a Natural Resource Specialist with Naval Facilities Engineering Command Atlantic. “As the project expanded so did our volunteer pool. We ended up with the help of Port Operations, ACB 2 and we have Navy vessels and Sailors helping us.”

The 4,093 bushels of oysters are being shipped from White Stone, a town along the Rappahannock

River to form the artificial reef sites. Live oysters in the Chesapeake Bay will anchor to these reefs, reproduce and increase the amount of sediment and oxygen-reducing organisms that get filtered out of the water. The locations in Little Creek Cove were chosen because of their population of live oysters.

The oysters being used are naturally-

occurring eastern oysters (*Crassostrea virginica*) which can filter 50 gallons of water individually each day, which will enhance the watershed ecosystem.

The Navy has also submerged aquatic vegetation to create more habitable areas for aquatic life in the region, and will institute new ideas based on the results of this project.



A sign marks the loading and dumping area for shells used in the establishment of oyster reefs at Joint Expeditionary Base Little Creek-Fort Story's Little Creek Cove April 28.

USS George H.W. Bush flies ESWS, EAWS pennants

BY MCSN J. SCOTT ST. CLAIR
USS George H.W. Bush Public Affairs

ATLANTIC OCEAN — Force Master Chief (AW/SW) Fred O. Pharr and Force Master Chief (SW/AW) James Williams came aboard April 16 to deliver the pennants and offer their sincere and personal congratulation to the Bush's commanding officer and crew, according to Command Master Chief (AW/SW/FPJ) John W. Heck.

In order to earn the right to fly the pennants the command had to maintain 100 percent qualification and requalification in both the ESWS and EAWS programs.

That required that everyone enrolled in the programs to attain the qualification within the prescribed time constraints, which Heck said was no easy feat.

“It’s a very difficult challenge for a command this size,” he said. “It will be even more challenging to maintain in the future, because of our commitments and operational tempo.”

Although Heck acknowledged maintaining eligibility to fly the pennants will be a difficult task, he reaffirmed his confidence in the crew and leadership for their



Photo by MCSN Daniel S. Moore

Capt. Chip Miller, commanding officer of the aircraft carrier USS George H.W. Bush (CVN 77), holds up excellence pennants for enlisted surface warfare specialist and enlisted aviation warfare specialist.

accomplishments thus far and for the future.

“The privilege of being able to fly both pennants signifies an overall talent, cooperative spirit and a can-do attitude,” he said. “Our leadership on board is extremely talented and motivated and understands the importance of personal and professional development.”

“This milestone could not have been accomplished without the support of the entire chain of command,” agreed Senior Chief Aviation Machinist’s Mate (AW/SW) Scott A. Pistella, command

EAWS coordinator, “with providing the Sailors time to attend training, take exams and attend boards. As well as the efforts of individual departments, specifically Training and Reactor, who provided use of their classrooms.”

Pistella reiterated the significance of the pennants and what they confirmed about the command.

“The pennants represent the achievement of the entire crew to have all required personnel qualified,” he said. “This speaks volumes when considering the size and professional diversity of

our ship’s force. I am very proud to be a part of this crew.”

Earning the pennants is part of a continuing trend for the command, which has recently been qualifying warfare specialists in record numbers. Heck attributed this to the hard work and diligence of the ESWS and EAWS program coordinators.

“We’re qualifying Sailors at a rate of over 100 qualifiers per month,” Heck said. “The amount of effort it takes to operate and maintain the programs, and their many moving parts, is not an easy task. The programs are essentially managed command-wide by two senior chiefs, and by senior enlisted personnel in each department. Together they track everyone enrolled in the programs and when they are required to be qualified.”

Heck continued to express how proud he was of the command as a whole for the success.

“The spirit and motivation from the crew with these programs is awe-inspiring,” said Heck. “Because we understand the warfare insignia is the mark of a true professional, we take the programs very seriously. We fly these pennants with pride and they are

symbols dedicated teamwork for all to see.”

Heck also noted the unique opportunity Sailors stationed on aircraft carriers were presented with and the career benefits it entailed.

“Aircraft carriers are the one place where a service member can become dual-qualified,” he said. “Every enlisted Sailor needs to take advantage of both programs. Today’s Navy is very competitive when it comes to advancement. Dual-warfare qualification sets Sailors up for success and opens doors no matter where they go.”

It is not only BUSH’s leadership that recognizes the value of becoming dual-warfare qualified.

“Earning both pins gave me the opportunity to learn in-depth about other departments and rates,” said Aviation Ordnance-man 3rd Class (AW/SW) Jaclyn C. McDaniel, who recently became dual-warfare qualified. “I feel I have a better understanding of how the ship functions and operates as a whole, and I know it has opened new doors and opportunities for advancement.”

For more news from USS George H.W. Bush (CVN 77), visit www.navy.mil/local/cvn77/.

Local service times

lds programs

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

NAVAL STATION NORFOLK

ROMAN CATHOLIC

Our Lady of Victory Chapel

Mass Schedule:

11:45 a.m.— Wed.

10 a.m.— Sun..

PROTESTANT

David Adams Memorial

Chapel Worship Services:

Worship 10:30 a.m.— Sun.

JEWISH

Commodore Uraih P. Levy

Chapel:

every Friday — 7:30 p.m.

MUSLIM

Masjid al Da'wah

2nd Floor (Bldg. C-7): every

Friday at 1:30 p.m.

For more information call

Naval Station Norfolk Chapel 444-7361

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC

Mass Schedule:

5 p.m.— Sat.

(fulfills Sunday obligation)

9 a.m. & 12:15 p.m. — Sun.

11:30 a.m. — Tues. - Fri.

(except holidays)

Confessions:

3:30 - 4:30 p.m. — Sat.

PROTESTANT

9 a.m. — Sun. School

(4 years-Adult)

10:30 a.m. — Sun.

Divine Worship,

Children's Church

(Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed.

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

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

For more information call JEB

Little Creek Chapel 462-7427

CHAPLAIN'S CORNER

Are you a news junkie?

BY LCDR CLINT PICKETT

Director, CREDO NE

Are you a news junkie? Do you have a compulsion to check out the newest, late-breaking news? I have to admit that I tend to take a glance at some of the various news sites on the Internet a couple of times a day. But I am not a junkie, though, just aware of current events! I read an interesting article once (I wish I could remember the source!) about the pitfalls of being caught up in what we often find in daily news sources, such as television or newspapers.

Bad news is a good thing in the news business, because bad news gets people's attention. The article used the war in Iraq as an example. For the longest time, whenever a soldier was killed or wounded, we heard about it. Now, any death we suffer over there is a tragic thing. But what doesn't get reported with bold headlines is anything that happened to go right on any particular day. We don't often find news stories about power being restored, or hospitals being repaired,

or pipelines constructed, or teachers being hired.

A hundred good things might occur, touching thousands of lives, and we seldom hear about them. And what happens to last week's headline? Who remembers, or who can follow up? Focusing exclusively on the stream of individual daily events can cause us to lose sight of the big picture. The author of the article suggested forgetting about daily news altogether, and getting our information from periodicals or books. Sources such as these give us a bigger perspective of what is going on in our world, and where we might be headed.

I think that perspective can be very helpful in our personal lives, as well. How often do we tend to focus on a single event that might happen in our day, usually a negative event? Maybe it could be a hurtful remark by a significant other or a friend. We can let that single "headline event" overshadow all the little good things that might have happened on that same day. The sun setting in splendor over the bay, a phone call from a good

friend you haven't heard from in a while, a word of praise and thanks from our boss.

And, instead of getting lost in the "headlines" of each day, we can look at the big picture of what is going on in our lives. Looking back over the past few months or years can help us get a better picture of where our lives are going. I know that I can see how God is working in my life if I take a bigger perspective, instead of getting lost in the flow of individual days.

If we are working towards a goal, taking the longer view can help as well. We can see an overall progress and not be discouraged over the occasional set back on any particular day. One of my favorite Bible verses is from Jeremiah, "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope." (NRSV Jer. 29:11) God always sees the big picture. Living in faith and trust in his guidance, God will set us free from the occasional daily setback, to give us a future with hope, indeed!