

Deborah Mullen speaks at CORE spouse leadership conference

STORY AND PHOTOS BY
MICHEAL T. MINK
The Flagship Managing Editor

“Provide continuing education for spouses to meet the unique challenges of a military lifestyle” is the mission statement for Continuum Of Resource Education or CORE – and there isn’t much more unique than fitting the challenges of balancing an education into those of being a military spouse.

The CORE Spring Conference held at Naval Station Norfolk’s Vista Point Center, Monday, featured Deborah Mullen, wife of the Chairman, Joint Chiefs of Staff, Adm. Mike Mullen.

The theme for the conference – “What’s it all about? Challenges and Opportunities for Today’s Leadership Spouses” addressed those issues on multiple levels

for the spouses in attendance.

Mullen was introduced to more than 150 spouses by Admiral John C. Harvey, Jr., Commander, U.S. Fleet Forces Command.

“CORE is a very important program ... it was first formed here and the continuum of education for enlisted and officer spouses is a program that I am glad to see flourishing,” said Mullen.

A staunch advocate for military spouses and family readiness efforts, she said “I was asked to give a speech, but I really do not like to do that.”

“When I do that, I do not learn anything from you and I will continue to learn from you as long as my husband is lucky enough to serve,” she added.

The first question of the night

See CORE, A10



Deborah Mullen speaks at the CORE Spring Conference held at Naval Station Norfolk’s Vista Point Center, Monday. Chairman, Joint Chiefs of Staff, Adm. Mike Mullen looks on.



Photo by MC1 LaTunya Howard

Mark Vaughn and Russ Hilbert, civilian employees at Navy Personnel Command, take inventory of computer equipment damaged by flooding at Naval Support Activity Mid-South. Two days of rain dumped more than 14 inches in the area causing a drainage ditch on the east side of the base to spill over and flood parts of the base.

Navy Personnel Command gets back to business after flood

PRESS RELEASE
Navy Personnel Command
Public Affairs

MILLINGTON, Tenn. — Just a week after torrential rains sent up to four feet of water across Naval Support Activity Mid-South (NSA) Millington, Navy Personnel Command (NPC), with the assistance of NSA personnel, have restored the majority of services that support the fleet.

The May 1 flooding caused base-wide power and phone outages, interrupted internet access and damaged the servers that provide NMCI services to the more than 2,000 military, civilians and contractors that work at NPC as well as PERSNET which hosts a variety of systems that provide services to the fleet.

“We are incredibly lucky that no one was injured May 1st,” said Rear Adm. Don Quinn, commander, Navy Personnel Command. “We, the entire Millington military community, all came together to support the local families who lost their homes and possessions and then turned to restoring our mission of supporting personnel in the fleet.

“Many of our NPC buildings were damaged by the flood. At least three buildings’ first decks are still uninhabitable,” said Quinn. “Most heavily damaged include the Reserve Personnel Management Division, the officer detailer offices and the computer server buildings.”

The Reserve Personnel Man-



Photo by Chief Hospital Corpsman Vincent M. Soto

Streets in the family housing section of Naval Support Activity Mid-South (NSA) were under water during major flooding after heavy rains breached nearby protective levees, May 1.

agement Division has relocated to the local Navy Operational Support Center and minimal services have been restored.

“We’re open for business, and we’re providing basic services now and hope to be at 90 percent by the end of this week. We expect to steadily add to the services we’re providing as they become available” said Capt. Greg Smith, assistant chief for Reserve Personnel Management.

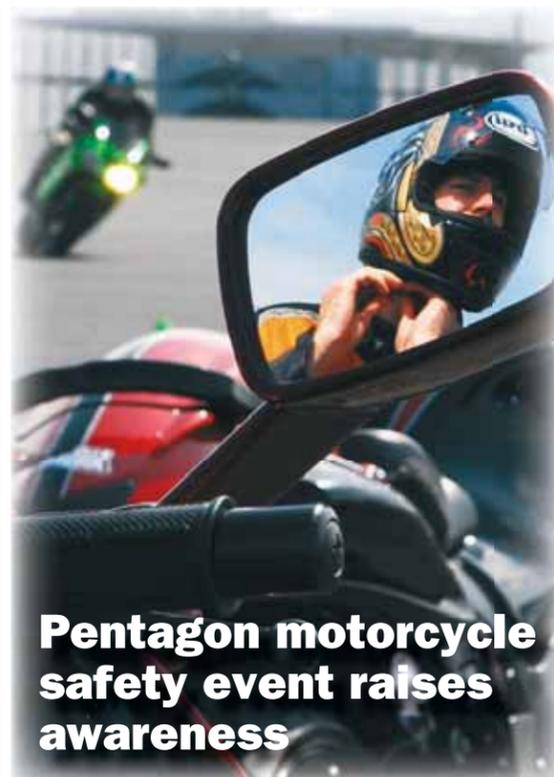
“We ask for patience as we bring more processes back online. We want to assure members of the Reserve force that their information is secure and that they can be proud of the way their fellow Reservists, active duty counterparts and civilian peers all pulled together to protect the computers and files that make

up their records,” said Smith. The NPC Customer Service Center was also located in a heavily damaged building.

“We were able to relocate agents and get them back on the phones in a short period of time but ask that, for the next few days, only those with emergency questions call,” said Fred Chambers, director, Customer Relations Management department.

“In addition to taking calls, we have begun processing the electronically submitted selection board packages. Members can check the status of their packages by logging into www.npc.navy.mil and select ‘selection board status’ in the upper right-hand box,” Chambers said.

See FLOOD, A11



U.S. Navy file photo

Pentagon motorcycle safety event raises awareness

BY APRIL PHILLIPS
Naval Safety Center Public Affairs

WASHINGTON — Motorcycle riders stationed in and around Washington got an opportunity to hone their skills, swap riding stories, and learn from professional riders May 7 - 8 at the fourth annual Pentagon Motorcycle Safety Event.

The event’s keynote speaker was Juan Garcia, assistant secretary of the Navy (Manpower and Reserve Affairs). He commended the Navy and Marine Corps for their successes in motorcycle safety, noting that fatalities in fiscal year 2009 were down by 61 percent for Sailors and 44 percent for Marines.

“This was no fluke,” he said. “It was due to committed leadership across the fleet and to riders like you who decided to close the gap between what the rules for responsible riding say, and what you actually do out there on the roads.”

The motorcycle rodeo featured several screenings of the Marine Corps-funded feature film “Semper Ride” and demonstrations by several stunt riders. Athletes who appeared in the movie were on hand to sign autographs and speak to riders about motorcycle safety. Garcia said riders of all experience levels can learn from the stars of the film, who always wear the proper personal protective equipment, and who only ride fast in controlled environments, such as motorcycle

race tracks.

“If you are one of those people who feel the need for speed, take a lesson from these guys and get to the track. That’s where speed belongs – not out on the highway,” Garcia said.

The Pentagon Motorcycle Safety Event also featured information from various Department of Defense agencies. Of particular note to Sailors is the new requirement that all motorcycle training be logged in the web-enabled Enterprise Safety Application Management System, or ESAMS, which can be accessed at www.navymotorcyclerider.com. Each service had motorcycle safety experts available to speak to riders and help ensure they comply with all training and PPE requirements.

Garcia said motorcycle safety events like this one at the Pentagon are happening all across the fleet, and that they serve an important purpose.

“As you well know, our resources are stretched thin,” he said. “Many of you have been asked to do more with less. That’s why the loss of even a single trained and ready Sailor or Marine is so tragic. These are preventable losses, and we can’t afford them. The American people are counting on each of you to ride smart.”

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

INSIDE:

GOING IA – PART IV: RETURNING HOME A6

Just because an Individual Augmentee is back from deployment doesn’t mean their mission is over, it may have just begun.



FRONT AND CENTER B1

Ten Sailors set out to conquer the Chesapeake. Sailors are attempting to row/sail a 26-foot long Monomoy Pulling Boat across Chesapeake Bay.



OFF DUTY C1

USO Sesame Street Tour to visit Little Creek-Fort Story. The Sesame Street/USO Experience for military families will be presenting four shows.



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Norfolk Pass and I.D. office gives customers a pass for Express Service

BY MC3 SAMANTHA ROBINETT

The Flagship staff writer

The Norfolk Pass and I.D. office is continuing the use of Express Service for decals, which allows customers to complete part of the process to renew or receive new decals online in order to limit the amount of time customers spend at the Pass and I.D. Office.

The Express Service was established over six months ago and according to Jacqueline Brodie, the supervisor at the Norfolk Pass and I.D. Office there is already a big difference in amount of time customers spend waiting in line for their decals.

"We've had the program since October 2009 and I can see that it is really working," said Brodie. "It gives customers the opportunity to get in the head of the line, place their forms on the counter, we verify the information and then hand you your new tags, and it's just that simple."

Customers wishing to partake in Express Service must fill out vehicle registration forms and either e-mail them or fax them to the Pass and I.D. Office.

"I'll receive their forms and if all of the information is correct I enter it into our system here and I will just e-mail them back or call them at their work number to let them know the decals are ready," said Brodie. "They must have all of their documents that they would normally need to get their decals but it's just a matter of making sure the information is correct instead of waiting for the information to be updated in the system."

In order to pick up your tags you must

have the following documents: a valid driver's license, a Government I.D. card, current Vehicle Registration and proof of insurance. Also, all vehicles that are registered in Virginia must have a valid vehicle inspection.

Ellen Swicegood, the security assistant at Norfolk Pass and I.D. said the program has proven very useful so far but that many customers still aren't using it.

"It would be more effective if more people would use it," said Swicegood. "All we are doing is verifying your information that we have entered in the system from the form you sent in is correct. It takes literally a minute."

Express Service can be utilized by active duty, retired military and contractors alike.

"The only thing that stops someone from being able to use Express Service if they have any outstanding citations," said Swicegood. "That includes tickets or any reason base police may have to remove your base decals. Those customers still have to come to the ticket section of Pass and I.D. and are therefore not eligible to use the service."

If you have an outstanding citation and attempt to use Express Service you will not be put into the system and a letter will be sent to your Commanding Officer to notify your command of your ineligibility to obtain decals through the Express Service.

In order to take part in the Express Service customers must go online to <https://cnic.navy.mil/NorfolkSTA/index.htm> and scroll down the main page until they see the Pass and I.D. Vehicle Registration Form. Once they have completed the form they can either E-mail it to pass_id_Norfolk@Navy.mil or print it out and fax it to 444-1881.

Hurricane preparedness tax holiday HOLIDAY RUNS MAY 25 THROUGH MAY 31

PRESS RELEASE

During the seven-day period, purchases of certain supplies and equipment needed for hurricane preparedness will be exempt from sales tax. Retailers may also choose to absorb the tax on other items during the holiday period, but they are responsible for paying the tax on those items to the Department of Taxation.

The following hurricane preparedness items may be purchased exempt of the Retail Sales and Use Tax during the "Hurricane Preparedness Sales Tax Holiday," provided that such items have a selling price of \$60 or less per item.

- Artificial ice, blue ice, ice packs and reusable ice
- Batteries (excluding automobile or boat batteries) including: AAA cell, AA cell, C cell, D cell, 6 volt, 9 volt, cell phone batteries
- Any portable self-powered light sources including: Flashlights, lanterns, glow sticks

- Tarpaulins, plastic sheeting, plastic drop cloths and other flexible waterproof sheeting

- Bungee cords, rope
- Ground anchor systems or tie down kits
- Ratchet straps
- Duct tape
- Carbon monoxide detectors
- Smoke detectors
- Fire extinguishers
- Gas or diesel fuel tanks or containers
- Water storage containers
- Nonelectric food storage coolers
- Bottled water
- Manual can openers
- Portable self-powered radios (including self-powered radios with electrical power capability)
- Two-way radios
- Weather band radios and NOAA weather radios
- Storm shutter devices
- Cell phone chargers
- First Aid Kits

THE FLAGSHIP'S LEEWARD SHOUT

How does your spouse support you in your military career?



MM1 (SW)
Willie Pruitt
USS Enterprise (CVN-65)

"She takes care of everything so when I come home it's not something that I have to worry about. She helps me calm down when I get stressed out at work. She tells me to look at the big picture, not just the situation and that is very helpful."



HM1 (SW/AW/FMF)
Frank Hein
Preventive Medicine Department of Sewells Point

"She is active duty also and we have two kids. It is hard sometimes, but we work hand-in-hand. We do little things for each other like wash uniforms or run the kids to practice. Its almost easier with her being active duty though because she knows what is expected of military members."



AOC (AW/SW)
Robert Trimble
HM-14

"She is retired from active duty and now she is a full time student at ODU. The whole time we have been together until now she has been active duty so we took turns taking care of household duties and our two kids. It's hard but she is very understanding and we make it work."



CS2 (AW/SW)
Steven Olson
CNRMA

"She supports me everyday and doesn't complain about the extra responsibilities she takes on when I have to leave on deployments. She does a wonderful job taking care of the kids and I know she does everything she can for me and our family."



CAPT (SWOS)
Charles Scott Rauch
COMSUBLANT

"She takes care of my daughter. I have been a commanding officer before and taking care of the wives and making sure they knew their loved ones were alright was a lot of work for her but she it without complaint."



HN
Rose Garcia
NSSC

"He is in the military and we support each other in our careers, especially when one of us has to go underway. We have a beautiful kid together so we often have to switch on and off with being at home. It is difficult but I love them both very much and that makes it a little easier to deal with."

Photos by MC3 Samantha Robinett

VIPER PLANNING FORECAST

| THURSDAY | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|----------|--------|----------|--------|--------|---------|-----------|
| 68 | 85 | 79 | 76 | 78 | 80 | 82 |
| 61 | 65 | 60 | 62 | 64 | 65 | 66 |

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Millington clears storm damage, works on restoring services

BY PAMELA WARNKEN
Navy Personnel Command
Communications Office

MILLINGTON, Tenn. — In the wake of a 14-inch rainstorm that flooded all tenant commands at Naval Support Activity (NSA) Mid-South, the base is cleaning first-floor offices and slowly restoring essential services for Sailors.

When the flash flood hit over the weekend, base decision makers shut down key personnel systems to limit long-term damage and save personnel data. Now, responders say the goal is to clear the mud, clean the buildings up, restore information technology systems and get people back to work providing personnel services to the Fleet.

Personnel services will remain limited to emergency actions primarily because Navy Marine Corps Intranet (NMCI) is unavailable on base for at least another week according to Steve Hubbard, the Chief Information Officer at Navy Personnel Command (NPC).

Also down is PERSNET, which hosts BUPERS Online (BOL), the Physical Readiness Information Management System, and Web-Enabled Record Review which allows Sailors to visit BOL to view their official military personnel file seen by selection boards. The NPC website is also offline, but in the interim, CNIC.navy.mil/mid-south is posting updated information.

Selection board services and Electronic Military Personnel Records System (EMPRS) are also down, meaning statutory and screening boards are being delayed. Future selection board schedules will be updated via NAVADMIN when they become available.

Regular monthly promotions and advancements are not impacted and will occur as normal.

For those transitioning to the Reserve force, NPC's Career Transition Office (CTO) is evalu-



Photo by Mark Wilson

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.

ating whether remote or manual transactions are possible. More information will be available on this next week. Reserve retirements are set through June 1, however NPC indicates receipt of printed certificates may be delayed. Additionally, the Navy Reserve Limited Duty Officer and Chief Warrant Officer selection results are delayed for about two weeks.

Programs coming online include the Enlisted Service Record and other applications on the Navy Standard Integrated Personnel System (NSIPS), Career Management System/Interactive Detailing (CMS/ID), Perform to Serve (PTS) and FLEETRIDE. The latter three are taking applications but officials estimate up to several weeks before the systems can be fully restored.

"Sailors can conduct reenlistment activities and detailing

actions as they normally would using these systems," said Ann Stewart, NPC deputy commander.

In addition, detailers are beginning to gain access to phones and should be returning to normal operations next week. The releasing of orders has resumed via the Navy Messaging System. However, officials caution that Sailors should not execute a Navy-related move without orders in hand.

Career Information Management Systems (CIMS) including Career Development Boards, Officer Promotion Administration System and regular pay and personnel transactions are available for use.

The NPC Customer Service Center is relocating to an unaffected portion of the base and is available to address emergent calls. Call 1-866-U-ASK-NPC (1-866-827-5672).



Photo by MC1 Brien Aho

Private First Class Jeremy Ephriam, YNC Tony Lamar, and Cmdr. Kevin Sutton move office supplies and personal items to the second floor during flood recovery operations.

"It's been challenging but we are using all communication means available including social networking such as the Navy Detailers Facebook page, in concert with Navy.mil to keep the fleet updated," Stewart said.

"This was the 100-year flood for

this area. Now that the base has been stabilized, our singular goal is to meet the personnel needs of Sailors and commands in the fleet," said Stewart.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

Families affected by flooding advised to complete assessments

BY BRUCE MOODY
Commander, Navy Installations Command, Navy Family Readiness Program

WASHINGTON, D.C. — Navy personnel affected by the recent flooding in Tennessee are encouraged to communicate their needs and update their current contact information using the Navy Family Accountability and Assessment System (NFAAS). NFAAS is found at <https://www.navyfamily.navy.mil>.

“Through NFAAS, affected Sailors, Navy civilians or Navy families should provide current contact information,” Mike Bruner, the Navy Family Emergency Response and Preparedness manager, said. “Navy is using NFAAS to find out if Sailors and families are okay, where they are and how to reach them if they need help.”

NFAAS has a user-friendly assessment tool to coordinate and prioritize disaster-related needs. The system allows families to assess their needs in 19 categories including, medical, missing family locator, transportation, housing

and personal property, financial, employment, child care, education, legal services, counseling and mortuary and funeral assistance. Once disaster-related needs are identified, a case manager from a Fleet and Family Support Center is assigned. The case manager will contact the Navy family member to assist them with support that ranges from the urgent to the informational. Access to the assessment information is restricted. Details of the assessment will not be provided to anyone outside the case management team without the provider’s approval. It is an official source of current storm information, and it is an official source of base evacuation announcements. The site also provides a significant amount of information about how to prepare for a disaster. NFAAS was developed by Task Force Navy Family following the major hurricane season of 2005. The task



Photo by MC1 Brien Aho

Ship’s Handler 1st Class Scott Overstreet speaks with his insurance company as he removes his belongings after severe flooding destroyed many of his personal items on board Naval Support Activity-South. The base was closed to residents and non-mission essential personnel after two days of rain dumped more than 14 inches in the area, causing a drainage ditch on the east side of the base to spill over and flood parts of the base.



Photo by MC1 Tiffini Jones Vanderwyst

“We’ve had earthquakes rattling all ends of the planet, tsunami warnings, volcanic clouds over Europe, flooding, and June 1 is the start of the hurricane season. The ideal time to log on is now.”

Bruner said that people should log on, have a look at the site and see where they’ll check in their family, and get familiar with how they would conduct a needs assessment.

“This won’t be so easy to do when people are stressed from having to evacuate their home,” Bruner said. “It’s also a good idea to see if contact information needs updating, since many families are moving this time of year.”

The Navy calls an area affected by a disaster a geographic area of interest (GAOI). After a disaster, all Navy personnel and their families residing, deployed to or working within a GAOI are required to check in at the first available opportunity. There are three options available to check in.

Sailors can check in directly with their commands and provide their family’s status and whereabouts. This is the primary way to account. Commands will upload the information into NFAAS. If they are unable to reach their command, Sailors can muster on NFAAS at <https://navyfamily.navy.mil>. If unsuccessful, the third option is to account by phone through the Navy Emergency Coordination Center at 1-877-414-5358 or 1-866-827-5672 (TDD 1-866-297-1971).

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

force identified the need for a single reporting system for Navy family members to inform the Navy regarding their status after a declared emergency or catastrophic event. If a Navy community is evacuated because of flooding or any other disaster, the Navy will use NFAAS to account for evacuated Sailors and Navy families. The Navy will also use NFAAS to find out if Sailors and families are okay, where they are and how to reach them if they need help. NFAAS is also used to manage and monitor their well-being and recovery process.

“You never know when you’re going to need NFAAS,” Bruner said.

Going IA: Part IV returning home

BY MC1 (AW)
TIM COMERFORD
The Flagship Staff Writer

Some Sailors may think that once the Individual Augmentee (IA) mission is fulfilled, the Navy is done with the IA. Wrong. Once the IA mission is completed, the Navy has another task for them – to make sure that they are okay. This mission can start before the previous one ends.

One part of the transition is the Post Deployment Health Assessment (PDHA), where the DoD can track specific health problems which may be related to the IA deployment through a series of questions.

“It is the IAs chance to document any injury or exposure to chemicals or psychological trauma they may have had while they were on deployment,” said Hospital Corpsman 2nd Class Valinda Blasch, Assistant Leading Petty Officer Navy Mobilization Processing Site (NMPS) Medical Department. “If there is a problem later on they can be seen by the VA for that problem because there is documentation of it.”

The PDHA, available at www-nhc.med.navy.mil/edha, can be answered while still at the IAs deployed location. Once the PDHA is complete, the IA talks about their answers with a health care provider who can answer any concerns that the IA may have. A blood tests and a medical brief must also be completed as part of the PDHA.

“Within 30 days of an IA leaving theater they have to do a PDHA,” Blasch



U.S. Navy Photo
Just because an Individual Augmentee is back from deployment doesn't mean their mission is over, it may have just begun.

said. “If they haven't done it yet they do it when they get to NMPS. Nowadays it's actually more common that it gets done in theater. More and more Sailors are going through warrior transition, so they are getting it done before they come back. And now everybody saw a health care provider in theater still has to see a provider when they get here.”

After completing the assignment, IAs will go through a week-long Warrior Transition Program (WTP) while still in theater or in the United States. The WTP allows the Navy to spot any issues related to deployments that may have long or short term

adverse effects on an IAs mission effectiveness. The WTP also allows IAs to start reintegrating into a non-combat environment, attend briefs and turn in their gear. IAs will also be given the chance to address any mental health issues with professionals or talk to a chaplain.

Then the IA goes home. According to the Navy IA Handbook, homecoming is a process – not a single event. As homecoming nears, anticipation begins. A firm homecoming date is often not available, which can be frustrating. Those on IA assignments usually fly back by themselves with little fanfare. An IA may wonder if they will be accepted or needed by

their family and if their children will remember them. There may be some sadness and regret that strong friendships developed during an IA tour will be missed.

Like all reunions, an IA encounters a period of reintegration where roles and relationships are reshaped. The Fleet and Family Support Center (FFSC) and Chaplains Religious Enrichment Development Operation (CREDO) can help with reflection and reintegration. Fleet and Family Support Center offers many classes to help IAs after deployment.

“When they come back through our NMPS we offer them a demobilization brief,” said Sallie Gilman, Licensed Clinical Social Worker for Fleet and Family Support Center. Gilman and a deployment specialist work over at the NMPS helping IAs before they deploy or after they demobilize.

“The Fleet and Family Support Center does a returning from non-traditional deployments brief once a month, Gilman said. “Its available to single service members or couples. It talks about what it was like for the family member and coping and what the service member had to deal with on deployment. Also we talk about Traumatic Brain Injury and Post Traumatic Stress Disorder and

try to get the IAs to talk.”

Both briefs have some ideas in common.

“We talk about reintegrating with family members and their command, getting used to the environment back at home, facing their operational stress and relating some of the difficult experiences that they might have had,” Gilman said. “We try and give them every resource we can, whether it is for here or wherever their home of record is. We also let them know about the Returning Warrior Workshops.”

CREDO Norfolk offers Warrior Transition Workshops and Warrior Transition Retreats. Both are free to the service member.

The workshops are quick and only open to service members.

“The workshops are a couple of hours, so if a command has several people coming back that could use it we schedule that,” said Lt. Cmdr. Connie Dorn, Deputy CREDO Director.

The retreats are more in depth and relaxed and open to spouses as well.

“Just like our personal

Continued next page



U.S. Navy Photo

The Post Deployment Health Assessment and Post Deployment Health Reassessment are important parts of the IA Process for both the Navy and the service member.

Continued from previous page

growth retreat, the Warrior Transition Retreat allows the Sailors to get together in a small group setting and talk about experiences," Dorn said. "They are generally two to two and a half days long. It is a way for them to explore where they are, where they have been and where they would like to be. It is a safe setting. One of the rules of the retreat is that we go in civilian clothes – no rank is used – and whatever is said within the group, unless it is suicidal or homicidal, is confidential. Everyone in the group agrees what is said within stays within."

The retreat uses the natural atmosphere to calm and help the service members.

"It is a good setting for people to reflect, to share, to gain support, to get some perspective and get some help on deciding where to go from there," Dorn explained. "We highly recommend that they don't bring their cell phones or turn them off because this is a time for yourself and healing."

Sharing is part of the retreat, but they stress that it isn't a replacement for therapy.

"This is not psychological counseling or a group therapy thing, we express that,"



Warrior retreats give service members and spouses a chance to relax, reflect and interact with other singles and couples who may be experiencing the same things.

Dorn said. "It is a time for peer support and getting your breath back."

The next warrior retreat is scheduled for July 9 - 11.

Also CREDO has a setting for IA families.

"We are targeting IA families for our family enrichment retreat July 23 - 25," Dorn said. "We are trying to adjust some of the family enrichment to deal with some of the special issues that are above the normal

deployment issues that families deal with. If a service member is experiencing post traumatic stress or is just have a hard time integrating, it has a ripple effect on their spouses and kids. They need to know what resources are available and how to deal with those things."

Dorn recommends families do not bring children under the age of eight.

The Post Deployment Health Reassessment (PDHRA) is similar to the PDHA. It

is completed between 90 and 180 days after redeployment.

"Sixty days after they home or to their next command if they are an active duty service member they have a reassessment done," Blasch said. "They ask if from the post deployment time to the reassessment time if anything has changed. They can also follow up on any issues the member may have had."

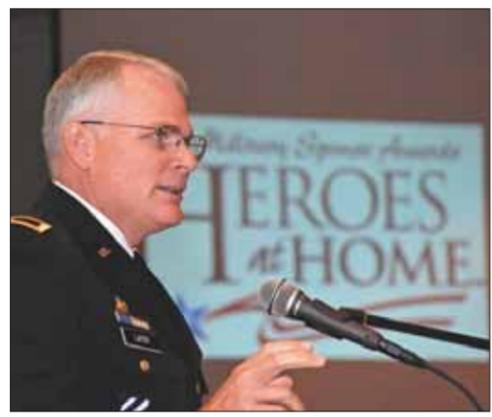
Blasch believes in the importance of both the PDHA and the reassessment.

"This may be the only documentation they have on their record," She explained. "They may have gone to sick call but may not have had a doctor's note written up on it. Out in the field a lot of time you can't have things written down. So they might not have any documentation in their record of a certain injury or a certain chemical they were exposed to. So it is their opportunity to make sure it is documented."

For more information on CREDO retreats and warrior transition workshops call 444-1091.

For more information FFSC classes and schedules call 444-2102.

For more information on the IA Process and Post Deployment visit www.ia.navy.mil.



Photos by MC1 (AW) Tim Comerford

Above: Brigadier Gen. Brian Layer, Commanding General, Chief Of Transportation, Commandant, US Army Transportation School speaks to an audience of armed forces service members, spouses and civilians at the "Heroes at Home" luncheon, about the importance of the recognizing the support that the person left at home gives to the service member's readiness and ability to accomplish their missions. The Luncheon recognized all of the spouses nominated for the award as well as the top 10 finalists and the winner.

Left: Rear Adm. Mark Boensel, Commander Navy Region Mid-Atlantic congratulates Deanne Polanin on becoming this year's winner of Heroes at Home at the Founders Inn located in Virginia Beach, May 5. Polanin was picked out of 64 nominees for the award.

Polanin takes 'Heroes at Home 2010' title

COMPILED BY
FLAGSHIP STAFF

Deanne Polanin received the 2009 Heroes at Home Military Spouse of the Year Award during the fifth annual Heroes at Home Military Spouse luncheon held at the Founders Inn Virginia Beach May 5. Polanin is the spouse of Cmdr. Joseph Polanin, Commander Joint Task Force Paladin, Afghanistan. The annual awards program and spouse luncheon is sponsored by The Flagship Inc. and Military Newspapers of Virginia.

The award program began five years ago in conjunction with the annual celebration of Military Spouse Appreciation Day. Military Spouse Appreciation Day was established in 1984 to acknowledge the profound impact military spouses have on service members and to honor their volunteer service in educational, social and community endeavors.

The Heroes at Home program is meant to recognize and thank the military spouses who dedicate themselves to support the active duty members of the Hampton Roads community. The criterion for the finalists and the winner is based on exceptional volunteer accomplishments, fortitude during lengthy deployments and support for other spouses and their families.

Polanin was one of 64 spouses honored with husbands serving in each branch of the armed forces. Local business and community leaders reviewed each nomination carefully to select the 10 finalists. The finalists were named during the ceremony before Polanin was announced as the winner.

Joseph nominated his wife for the 2010 Heroes at Home Military Spouse of the Year award.

"We knew the Navy career I was embarking on would be challenging, dynamic and unpredictable," he wrote in his nomination. "Deanne sacrificed all

her personal goals for our children and our family. As I continued to serve our nation and the Navy, she served our family."

When Deanne learned she had been selected as a finalist for the award, she said she was excited and surprised – but she had no idea about the nomination. Instead Deanne was going about her daily life as mother to Kiana, 10 and Sydney, 7, while her husband serves a year on a joint tour in Afghanistan.

Originally from a small town in New York, Deanne's father was a Navy submariner veteran and she earned a degree from the State University of New York at Buffalo. She became a flight attendant and was stationed in Baltimore where she met her husband who was attending the Naval Academy. A week before the couple married she left her job.

"We realized with his schedule and where he would be stationed, we wouldn't see each other very much," Deanne remembers, "so a week before we got married, I quit."

She has no regrets though and says she's enjoyed her life of motherhood and travel.

"It's imperative," Deanne said. "There's no choice - they need a stable home environment and to have one parent there. We're very fortunate to have the resources to be able to do that."

Since marrying Joseph 16 years ago, the family has lived in California, Florida, Maryland, Texas and Virginia Beach. Deanne calls it the best part of military life.

"I have loved moving and experiencing new things and new areas," she said. "We've made so many friends we have kept in contact with and I love that."

"I've truly enjoyed it and I still get the itch to move. When you've lived in so many different places you know where you want to



2010 Heroes at Home top 10 nominees Jennifer Pittard, Junko Pilch, Kathleen Zepeda, Vitto Iuliano, Deanne Polanin, Brenda Lee Crawley, Vivian Greentree, Michelle Burns and Tara Campbell listen as Tom Schaad, WAVY News 10 anchor lists winner Deanne Polanin's accomplishments. Not shown Kerith Ann Peko.

go; and when you've lived in so many different houses you know exactly what you want in a house."

It's not always lemonade and positive attitude for Deanne, who admits to having bad days too. But she says whenever she gets down in the dumps, all she has to do is drive down to the Navy piers.

"When I look at the ships, I just kind of remember why I do it and I'm just so proud," she says. "I've tried to instill that in our children as well. They're very patriotic and they really enjoy volunteering and helping others."

Deanne has volunteered for the last five years as a religious education assistant at the Joint Expeditionary Base Little Creek chapel and at least 20-30 hours a week at New Castle Elementary School in Virginia Beach where her daughters go to school.

"Seeing the kids grow and learn more about our religious faith is fun," Deanne said. "They're all military kids and a lot of them have parents away on deployment and I think it's nice



The color guard parades the colors at the beginning of the ceremony marking the 5th "Heroes at Home" luncheon.

that I can understand what they're going through."

At New Castle, she helps in the classroom, assists teachers, is the room mother, a field trip chaperone and even revamped the school's entrance landscaping.

"Several years ago I noticed the plants in front of the school were dying and that's become my little project," said Deanne. She planted trees, changes out the flowers seasonally and

decorates for each holiday with her own funds.

Deanne also devotes time to taking care of others in the military community. As a commanding officer's spouse, she tried to make everyone at the unit feel like part of the family.

"I enjoy helping Joe's sailors in any way I can," she said. "In difficult times when things happen with sailors families I really try to be there to support them. It's a smaller group and we tried to keep it as a whole, like a family."

In 2009, a Sailor from her husband's unit, EOD2 Tyler Trahan, was killed in action in Iraq. Deanne assisted the family, helped set up the memorial service, coordinated donations and facilitated fundraising and organized family readiness group meetings for the command.

"When it first happened, we were concerned about the other wives and families too," Deanne remembers. "The (sailors) were still in Iraq so we set up a meeting with the families. I just try to lend an ear or assistance when they need it."

Capt. Theodore Lucas, an EOD sailor and friend of the Polanin's also nominated Deanne for the Heroes at Home award.

"Deanne immediately volunteered to support the Trahan family, the spouses of Tyler's teammates, the EOD Mobile Unit Twelve family readiness group and the EOD Memorial Foundation," Lucas wrote. "She was always there when our families needed her, placing them before herself in every possible way. Deanne's selfless devotion during a time of unspeakable grief personified the indomitable spirit of our Navy EOD families."

With this deployment winding down, Deanne is busy planning a move and handling all the logistics that requires by herself. Within a week of her husband's return this summer the family will transfer to Florida.

"Honestly I don't think too," Deanne remembers. "I really do anything more than most people," she said. "I care a lot about people. I'm not so much one who likes asking for help, but I really enjoy helping other people."



Chaplain (Lt. Cmdr.) Ed Bass, says a prayer during the invocation at the "Heroes at Home" luncheon at the Founders Inn, May 5.



Maureen McDonnell, the first lady of Virginia, shares stories about her time as a military spouse as well as being the mother of a service member.

Medical Home Port concept unveiled at NMCP, Boone Clinic

BY REBECCA A. PERRON
Naval Medical Center Portsmouth Public Affairs

The Navy's new Medical Home Port concept has come to life in the Family Medicine Clinic at Naval Medical Center Portsmouth and in the Pediatrics Clinic at Adm. Joel T. Boone Branch Health Clinic at Joint Expeditionary Base-Little Creek. After ribbon cuttings held at NMCP and BHC Boone May 3 and 4, respectively, the model for this new health care approach is now a reality.

Navy Medicine introduced the concept last fall, and the two clinics are the first in Hampton Roads to implement it. Medical Home Port is derived from Medical Home, a new and more effective approach that is being embraced in the civilian medical community. The concept centers on a health team that collaborates to provide the best health care for the patient.

"The idea behind Medical Home Port is that medical care is there to meet the needs of the patient based on access and timeliness," said Rear Adm. William R. Kiser, commander, NMCP, during the Family Medicine ribbon cutting.

With Medical Home Port, patients receive more personalized care that is coordinated by an entire team, not just one primary care provider. Patients also have a special phone number and e-mail to reach their team.

"Medical Home Port is a dynamic partnership between the patient and his or her health care team," said Capt. Rick Freedman, Primary Care and Branch Health Clinics director. "The primary care provider and the Medical Home Port team provide access to care and continuity of care, and improve overall health outcomes to those we are blessed to serve – our war fighters and the families who support them."

Primary care is the gateway; specialists, referrals and networking support are consulted when needed. For now, the Home Port focuses on the patient's initial access to the system.

"Medical Home Port is designed to give patients that one number and one person to call to answer questions such as, 'How do I make an appointment?', 'What do these test results mean?' and 'What immunizations do I need to get?'" Freedman continued. "A team of providers who will know the patient and who the patient is familiar with will provide a continuity of care instead of getting piece-



Photo by Rebecca A. Perron

Adm. Joel T. Boone Branch Health Clinic held a ribbon-cutting ceremony May 4 for the opening of the Pediatrics Medical Home Port Clinic. Front row, from left, Cmdr. Michael T. DeWitt II, JEB-Little Creek executive officer; Capt. Rick Freedman, Primary Care and Branch Health Clinics director; Cmdr. Rees Lee, head of NMCP Pediatrics Clinic; Rear Adm. William R. Kiser, commander, NMCP; center, and Cmdr. Judy Walker, officer-in-charge Boone BHC, right, are joined by the four Pediatric Medical Home Port providers.



mealed care from people who may not know the whole situation. Now they have an entire team following their care."

Previously, when a patient's primary care provider did not have an opening, the patient was given an appointment with another provider, fragmenting care.

"In the past, when a provider had their appointment calendar full, and we were trying to walk in three additional acute care patients, it became more difficult for the providers and the patients," said Lt. Dinorah Cely, division officer for Pediatrics Medical Home Port at Boone. "Now we have a different way to manage making appointments.

We now have a morning and an afternoon acute care appointment slot for each provider every day to make sure a patient sees someone within their team."

Cely said that daily and weekly meetings by the entire team to discuss process improvements have also been added to their schedules, and patients will benefit.

"We have been communicating a lot more and providing feedback to each other, which is resulting in better care for the patients," Cely said. "And, our teams have already started explaining the new concept to our patients, and the feedback so far is excitement about continuity and the team care

concept."

The long-term goal is to improve health outcomes for not just one patient, but for all. While success will not be based on statistics such as the number of people seen or prescriptions written, success will be measured by the health and continuity of care for the patient. Specific health issues will be focused on in the adult community: high blood pressure, high cholesterol and quitting smoking. For children, the focus will be on asthma control, childhood obesity and immunizations.

"This is a big transition and a philosophical shift for us, from the expectation that our patients will see us for acute care to one that's more focused on preventative care and maintenance," said Cmdr. Thomas Santa, Family Medicine clinic manager. "We want them to get to know this panel in its entirety so we can better look at when our patients need such things as mammograms, healthy women exams and child wellness exams. Or say for our diabetics, when they need to complete certain blood tests or screenings.

"So when a patient sees the team, the team will already have an idea of their situation ahead of time. And it's also the perfect way for patients to take an even more active part in their care. We want our patients to see us when they are well, not just when they feel sick," Santa added.

About 7,000 patients are enrolled to the Pediatrics Medical Home Port clinic, while the Family Medicine Medical Home Port clinic has about 2,500 patients. Each clinic will soon be sending out letters to their patients to explain the concept behind the new approach.

"We want to introduce it to our families, hoping to foster interest and communication about the new approach to delivering primary care to this population," said Cmdr. Judy Walker, Boone BHC officer-in-charge. "We are excited to be introducing this patient-centered approach that will allow us to better partner with our family members to better address their health care needs."

Next up for implementation of the Medical Home Port concept is clinics at Branch Health Clinic Oceana at Naval Air Station Oceana and Branch Health Clinic Sewells Point at Naval Station Norfolk. Eventually, Navy Medicine plans to incorporate this concept into its entire operation.

CORE: The CORE Spring Conference held at Naval Station Norfolk's Vista Point Center, Monday, featured Deborah Mullen, wife of Adm. Mike Mullen

Continued from page A1

was, "Where do you think spouse leadership will go in 2010."

Mullen responded, "I believe to have families continuously ready, there are issues that families deal with on a daily basis; they have to be ready and resilient and the only way to be ready if they don't already know, is for us to provide the tools.

"That is what spouse leaders do - they understand where the resources are, they understand what tools are available and they get that word out," she said.

Mullen stressed the importance of communication and access to information.

"Even with Twitter, Facebook, cell phones and E-mail, we are still unable to reach those families in need," she said.

She was clear that it is as important to prepare families for pre-deployment, as it is to prepare them for the imminent return and reintegrating the military member into the family. According to Mullen, spouse leadership is a vital role, which impacts the families as well as the overall mission.

Mullen meets with spouses at installations at home and abroad, to get at the heart of the issues affecting families and their quality of life.

For more than three years she has traveled with her husband around the world in support of international relations and military family readiness.

A common question, in regard to family readiness, is the use of Social Networking, such as Flickr, Facebook, and twitter - and how to effectively communicate through social networking tools while maintaining operational security.

"The issue of security is the same thing as if you were talking on the phone. If you would not talk about operations on the phone and we would not put them in an e-mail then don't talk about it

on your social networking sites," she said.

"I think what we have to do is embrace it. I am on Twitter and Facebook; my husband is on Twitter ... It has been a great learning experience," she said.

Mullen said that seeing what people are re-Tweeting, allows her insight into what is important to families.

"I don't think a spouse would intentionally put anything on any kind of a site that would endanger anybody, but I think that they need to understand and they need to be educated about how to properly do it," she cautioned. "We do not want to put anything out there that would endanger lives."

One of the tougher questions of the night was with the rise in numbers of Individual Augmentees that the Navy is providing to efforts around the globe, and the amount of post traumatic stress, domestic violence and suicidal situations on the rise amongst the IA community, how as a spouse leader, does she support the IA program?

"Actually, why don't I just bring my husband in and have him an-



Admiral John C. Harvey, Jr., Commander, U.S. Fleet Forces Command introduces Deborah Mullen at the CORE Spring Conference held at Naval Station Norfolk's Vista Point Center, Monday.



Photos by Micheal T. Mink

Chairman, Joint Chiefs of Staff, Adm. Mike Mullen spoke on behalf of the Navy's IA program. He said that, "IAs by some definition are more vulnerable and we will have to address that with the individuals and their families. This is something that I will have to take back to Admiral (Gary) Roughead and General (Norton) Schwartz as the Air Force is dealing with these same issues."

swer that," she said.

"Deb and I both struggled when we kicked off the Navy's IA program," said Admiral Mullen.

The Chairman noted that it is

important that spouse leaders recognize the traits and how to respond accordingly.

"IAs by some definition are more vulnerable and we will have

to address that with the individuals and their families. This is something that I will have to take back to Admiral (Gary) Roughead and General (Norton) Schwartz as the Air Force is dealing with these same issues.

"There are two reasons that I came here tonight - the first is to support my wife of almost 40 years ... When I got selected to this job, one of the things Deb said to me was, 'What am I going to do?'" the Admiral continued. "And I think that she pretty well answered that question. Her focus on families has been remarkable."

He continued, "The other reason that I came tonight was to say thanks. We have a special appreciation for what it takes with respect to families. I believe the relationship between our families and our mission over the last decade has been strongly reinforced."

At the conclusion of the question and answer period with the admiral and his wife, a Sea Services panel comprised of spouses of senior leaders in the Hampton Road area. The panel of four included Mimi Donnelly, wife of Vice Admiral John J. Donnelly, Commander, Submarine Forces; Donna Williams, wife of Vice Admiral Mel Williams, Jr., Commander, U.S. 2nd Fleet; Barbara Natonski, wife of Lt. Gen. Richard F. Natonski, Commander of U.S. Marine Corps Forces Command and Kristen Cook, the wife of Admiral Kevin Cook is Director of Prevention Policy for the Coast Guard.

For more information about CORE call your representative at 444-2102. Or visit the website <https://www.cniv.navy.mil/NorfolkSTA/FleetFamilyReadiness/NORFOLKHamptonRoads/index.htm>.

You can follow Deborah Mullen on Twitter, @deborahmullen. She is also on Facebook at www.facebook.com/Deborahmullen2. You can follow Adm. Mullen on Twitter, @thejointstaff or check out his Facebook at www.facebook.com/admiralmikemullen.

FLOOD: Navy Personnel Command with the assistance of NSA personnel, have restored the majority of services that support the fleet after flood

Continued from page A1

"Also I would ask those who submitted any information via fax after 30 April to resubmit the information electronically."

Electrical power and most phones were restored by May 6 and some personnel began to return to business.

"The www.npc.navy.mil Web site is back online, but at this time we have no ability to change or add information to the front page of the site. We will update information as soon as we can but until then we are still using social media avenues to inform the fleet," said Lt. Cmdr. Barbara Mertz, NPC public affairs officer.

Some selection boards were affected by the flood, the E-8 Active Duty board was suspended and the O-4 Staff Board was postponed along with some Admin Screening boards.

"The systems that support officer statuto-

ry boards are back up and have been tested. However, some systems that support Enlisted Boards are not up. Once the final systems are up and tested for the enlisted boards we'll update the schedule," said Capt. Leo Falardeau, NPC assistant commander for Career Progression.

"The active O-4 Staff Board has now been rescheduled to convene on May 20. No boards have been cancelled. Everyone will still get their chance in front of their board."

According to Falardeau, the Active E-7 Board is a priority and NPC is working to minimize impact on the fleet to have a full as possible "induction season" for the new chief selects.

Today, PERSNET is back on-line. It hosts BUPERS on Line (BOL), Electronic Military Personnel Records System (EMPRS),

Electronic Service Record (ESR), Web-Enabled Record Review (WERR), Career Management System/Interactive Detailing (CMS/ID), Perform to Serve (PTS) and Fleet Rating Identification Engine (FleetRIDE), Physical Readiness Information Management System (PRIMS) and the Navy Standard Integrated Personnel System (NSIPS) which serve the whole Navy and all are back on line.

"Navy Personnel Command is basically open for business," said Ann Stewart, deputy commander, Navy Personnel Command.

"We still would like the fleet to have some patience with us as we finish bringing the systems back up and getting the last of our folks relocated into new spaces," said Stewart.

She also asked the fleet to limit calls to emergencies this week as they move people into offices and set up phones and computers.

The NSA base commanding officer has warned it could take months to complete the building renovations for NPC's most severely damaged spaces according to Stewart.

Stewart is committed to being back to providing full level of service to the Fleet soon as possible.

"As we continue to do reconstruction over the next months there may be short periods of power outages and loss of connectivity and we would appreciate people's continued understanding while we recover from this significant event," said Stewart.

For more news, visit www.navy.mil, or the Navy Detailer's Facebook page www.Facebook.com/navypersonnelcommand.

See page A3 for more on the Millington flood relief efforts.



USS Hurricane out, USS De Wert in

PRESS RELEASE

Navy Region Mid-Atlantic
Public Affairs

Due to operational commitments the USS Hurricane (PC 2) will no longer be able to participate in Fleet Week New York 2010.

With the USS Hurricane out, the USS De Wert (FFG 45) will be joining six other Navy ships for Fleet Week New York 2010.

USS De Wert, an Oliver Hazard Perry-class frigate, is named for Hospitalman Richard De Wert.

De Wert was posthumously awarded the Medal of Honor for his heroism while serving with the 7th Marines during the Korean War.

De Wert was laid down on June 14, 1982 by the

Bath Iron Works, in Bath, Maine; launched on December 18, 1982; and commissioned on November 19, 1983.

As of May 2009, De Wert is captained by Commander Sean G. McLaren; she is part of the Atlantic Fleet's Destroyer Squadron 14 and homeported at Naval Station Mayport, in Jacksonville, Fla.

Hampton Roads-based ships still participating in this year's Fleet Week commemoration are the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7), the guided-missile destroyer USS James E. Williams (DDG 95), and patrol coastal ships USS Tempest (PC 2), USS Monsoon (PC 4) and the USS Squall (PC 7). Also

participating is the guided-missile cruiser USS Philippine Sea (CG 58), homeported in Mayport, Fla.

USS Iwo Jima will be berthed in Manhattan; and the rest of the Navy ships will be berthed at Staten Island. Approximately 3,000 Sailors, Marines and Coast Guardsmen from the U.S. Navy, Marine Corps and Coast Guard will participate in the 23rd annual Fleet Week New York, which will take place May 26 - June 2.

Held nearly every year since 1984, Fleet Week New York is the city's celebration of the sea services. This event also provides an opportunity for the citizens of New York City and the sur-

rounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as see, firsthand, the latest capabilities of today's maritime services.

More information is available on the official Fleet Week New York City website at <https://www.cnic.navy.mil/cnrma/Programs/FWNY/index.htm> and/or on Fleet Week New York's Facebook at <http://bit.ly/czUESg>. To find out more about what the Marines are doing go to their Facebook at www.facebook.com/nycmarines.

Rear Admiral John W. Goodwin to retire

NORFOLK — Rear Admiral Bill Goodwin will retire from the U.S. Navy following a 35-year career in a ceremony aboard USS George H.W. Bush (CVN 77) pier side at Naval Station Norfolk on Friday, March 14.

Goodwin most recently served as the Assistant Chief of Naval Operation, Next Generation Enterprise Network (ACNO NGEN) in Washington, DC. Prior to that, he served in the Norfolk area as the Commander, Naval Air Force U.S. Atlantic Fleet (AIRLANT).

A native of Dublin, Georgia, Goodwin graduated from the University of South Carolina and was commissioned in May of 1975. He earned master's degrees from the Naval Post-graduate School and the Naval War College.

Goodwin was designated a naval aviator in 1977 and has experience flying the A-7E Corsair and the F/A-18 Hornet. He served as the commanding officer of Strike Fighter Squadron 94 and the underway replenishment ship USS Rainier (AOE 7) and was the first commanding officer of the nuclear-powered aircraft carrier USS Ronald Reagan (CVN 76). As a Flag Officer, Goodwin served a tour of duty with the U.S. European Command in Stuttgart, Germany; commanded the Abraham Lincoln Strike Group and served as AIRLANT Commander prior to assuming the duties of ACNO NGEN.



Rear Admiral
John W. Goodwin

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

May 13, 2010

Ten Sailors set out to conquer the Chesapeake

BY MC1 (AW) TIM COMERFORD
The Flagship Staff Writer

NORFOLK — A crew of 10 active duty sailors is attempting to row and sail a 26-foot long Monomoy Pulling Boat across Chesapeake Bay from Cape Henry to Cape Charles, a distance of 16 nautical miles over open water, May 15.

The idea to do this came from a college that Lt. William King, the boat's coxswain, graduated from.

"The college I went to fosters this kind of training as part of up and coming officers," The State University of New York Maritime College graduate said. "When we found the boat on Naval Station Norfolk, it seemed like the natural thing to do with it."

The boats crew joined from word of mouth.

"They saw us out in the water or they heard us talking about it at the office," King said. "Folks



Photo courtesy Lt. William King

The Sailors will use a Monomoy Pulling Boat to cross from Cape Henry to Cape Charles and back on a two day trip. The crew will not use electronics to guide them or help propel the boat instead they will use seamanship skills and raw strength.

have been coming out ever since and passing the word on to their friends."

With no engine, the crossing is a test of strength and their tra-

ditional seamanship skills. Even navigation is traditional and no electronic or electronic devices will be used.

"It tests skills like navigating

without the aid of electronic devices, sailing under wind power and boat handling. The whole crew has to work together to make this thing happen, if they don't we

won't make it," King explained.

Propulsion is achieved with no more than oars and its sail.

See CHESAPEAKE, B9

NMCB 7 Seabees keep 'Can Do' spirit in Djibouti

STORY AND PHOTO BY
MC2 PATRICK GORDON
USS Nassau Public Affairs

CAMP LEMONNIER, Djibouti — Seabees from Naval Mobile Construction Battalion (NMCB) 7 have been lending their support and expertise to Camp Lemonnier and the surrounding communities in Djibouti since relieving NMCB 3 in February.

There are currently 118 Seabees from NMCB 7 operating in five forward-of-the-line areas including Moroni, Comoros, Dikhil, Djibouti, Manda Bay and Gil Gil, Kenya and Dire Dawa, Ethiopia

The Seabees arrived in Djibouti in 2005, and the camp's expansion is largely due to their efforts. But

camp construction and maintenance is only part of the Seabees' job here.

"Our main objective here is humanitarian projects," said Engineering Aide 2nd Class (SCW) Gregg Morris of Pawtucket, R.I. "Normally, Seabees go on six month deployments, but NMCB 7 is currently on a 10 month deployment. I think we can really do a lot of good in the community with that extra time."

Morris mentioned that the current deployment is one of the longest that the Seabees have done in years.

Working alongside Djiboutians, the Seabees are currently tackling several projects, including construction of a school in Comoros and a water distribution concrete pad in Naghad,

See SEABEE SPIRIT, B9



Equipment Operator 3rd Class Brandon Jeans of Ellijay, Ga., a Seabee with Naval Mobile Construction Battalion (NMCB) 7, drives a forklift under the supervision of Equipment Operator 2nd Class (SCW) Michael Chevere of New York, during preparations for a water well drilling operation.



Photo by Army Sgt. Richard Gilbert

Sergeant Latanya Dineyazhe, a cargo specialist with 368th Seaport Operations Company, 11th Transportation Battalion, 7th Sustainment Brigade embraces her brother Adrian Dineyazhe as he cries tears of joy at her safe return from a second deployment to Iraq within three years.

Soldiers return to JEB from operations support

PRESS RELEASE
JEB Little Creek-Fort Story PAO

Approximately 50 Soldiers of the Second Platoon, 368th Seaport operations Company, 11th Transportation Battalion, 7th Sustainment Brigade, returned to the Fort Story Campus of the Joint Expeditionary Base Little Creek-Fort Story recently following a year long deployment in support Overseas Contingency Operations.

The group was welcomed back by Capt. Charles L. Stuppard, commander, JEB Little Creek-Fort Story, Lt. Col. Jayne Jansen, deputy commander, JEBLCFS and Col. Robert Irick, commander, 11th Transportation Battalion, 7th Sustainment Brigade.

During the 12-month deployment to Iraq, the unit was responsible for receiving and shipping containers. They were responsible for a vital resupply point that managed a distributed more than one-million pallets of supplies throughout Iraq.

While answering the call to serve, the unit's mission changed several times during their deployment. Each time, they rose to the occasion to meet mission needs. These changes took them from Contingency Operating Base Adder to Convoy Support Center, Ceder II and to Forward Operating Base Kalsu.

The Joint Expeditionary Base was established on Oct. 1, 2009 and is one of the first Joint Bases within the Department of Defense. It is one command with two properties and comprised of more than 18,000 expeditionary warriors ranging from Sailors, to Soldiers, to Marines and Coast Guardsmen.



Photo by MC2 (AW/SW) Sara Allison

Part of Lt. Carmelo Ayala's job involves keeping not only Sailors and aviators from the squadrons healthy, but also taking care of the staff at the Branch Health Clinic Oceana, including HM3 Drew Kastelic. Ayala, who is the assistant head of Operational Medicine and the clinical manager for Aviation Medicine, was selected as Naval Medical Center Portsmouth's Senior Nurse of the Year.

Oceana nurse earns top award at NMCP

BY CATHY HEIMER
Jet Observer

A childhood decision to pursue a career in medicine, along with his drive to succeed, has helped propel Lt. Carmelo Ayala from the Branch Health Clinic (BHC) at NAS Oceana to earn the Naval Medical Center Portsmouth (NMCP) Senior Nurse of the Year.

The announcement of the top awards came just ahead of National Nurses Week, which is celebrated May 6-12 this year.

"I'm very grateful and very humbled by the title. There are a lot of nurses at Portsmouth. I'm just overwhelmed by my selection," he said. "I work hard but I didn't know I worked that hard!"

Ayala attributes his career success to "a combination of teamwork, mentorship and dedication to hard work."

"I'll give the Navy what they pay me for," he said.

The teamwork and mentorship comes from his staff, the flight surgeons and corpsmen, colleagues, chain of command, and even his friends and his wife, Michelle Ipolani Ayala, all whom have contributed to his success.

He reported to BHC Oceana in November 2007, as the assistant head of the Operational Medicine, consisting of audiology, overseas screening, occupational medicine and preventive

See NURSE, B9

SPOUSE SPEAK!

Military Spouse Summit

BY MICHELLE GALVEZ
Navy spouse, journalist

About a month ago I heard about a Military Spouse Summit in Washington D.C. hosted by the Congressional Military Family Caucus. Since I love an opportunity to give my two cents, especially on anything that might benefit military families, I sent in an application.

The paperwork asked about the top issues facing military families and how to solve them. The only caveat was participants would need their own travel money since the House has ethics rules that prevent payment for opinions.

I quickly forgot about it and got caught up in mommy duties, so I was surprised when I got an E-mail inviting me to the summit. Seventy out of 500 spouses who applied were selected to attend. After rearranging appointments, car pools and child care I was looking forward to a productive day in D.C.

I hoped it would be a great opportunity for dialogue between elected officials and military spouses. I figured they would ask questions about the good, bad and the ugly of military family life. Then with our homefront experience and great ideas we could tell them everything

they needed to know to pass laws to benefit our families. Naive or win, win all around?

The first inkling that I might need to remove my rose-colored glasses was the agenda which included four guest speakers and less than two hours for spouse team discussion. I wondered if the plan involved more talking to us, rather than hearing from us. I remained optimistic because a stop at IKEA was also on my agenda. I set the GPS and waved good-bye to my children.

The summit took place in the House office building next to the Capitol. We were greeted warmly and given the ground rules: first names only and no mention of our spouse's rank or job. Since spouses don't officially have rank, speaking freely was encouraged. Good thing too, because it was later revealed that the wives of the chairman of the joint chiefs and several four stars were also in attendance.

We were welcomed via a pre-recorded video stating that most members of Congress had left town after voting the day before and would not be in attendance.

We started with an overview of the 20th century military family with Dr. Shelley MacDermid Wadsworth of Purdue University who shared with

us the results of surveys conducted about military families. She talked about military families' common characteristics and risk factors, differences between family impact in previous and more recent conflicts and how military families and their civilian counterparts differ.

"There is now a tsunami of research being done, but it will take five to 10 years to determine the outcomes," Wadsworth explained. "But as scientists, we have a responsibility to make sense of it all."

It was validating to hear that studies are being done to quantify the challenges that military families experience. But it was also a case of preaching to the choir as probably every military spouse in the room related to the studies' results. Our community has a lot of diversity, includes many special needs children and it is challenging to deal with deployment, moving, the ebb and flow of careers, while maintaining marital quality and stability with one partner frequently absent.

We also heard from the director of Brainline.org, a traumatic brain injury resource website; the director of the Federal Voting Assistance Program; and Alison Buckholtz, a Navy spouse who wrote "Standing By: The Making of An American Military Family in a Time of War."

The Caucus had already identified key military family issues: mental health, education, healthcare, families with special needs and spouse employment. Each table was as-

signed a topic and asked to provide hypothetical recommendations for improving that issue. Tables were also asked who we would summon before Congress for questioning on the issue and what we would ask.

The recommendations presented would all certainly benefit military families dealing with each of those key issues. But to see any of it coming true, I think I might have to put those rose-colored glasses back on.

On military child education, for example, our table recommended DoD schools on CONUS bases to create continuity and a military family world-wide school district; tuition vouchers for military kids to go to private schools when public schools were low performing or not providing adequate special needs programs; and connecting federal impact aid for schools to states' acceptance and implementation of the Interstate Compact on Educational Opportunity for Military Children.

The military childcare group would provide enough funding to retain and train qualified providers and standardize all DoD centers.

The healthcare group would standardize Tricare regions under one administrative agency, make sure providers receive prompt payments and attract more and better quality physicians.

The spouse education group asked for full funding of the MyCAA account program.

Because the questions were of the "if you had a magic wand ..." variety,

it might be difficult for Congress to make the recommendations a reality with enough votes or funding.

I'm glad that over a hundred of our country's leaders are recognizing the connection between strong families and a strong force. I appreciate the mission and purpose of the Congressional Military Family Caucus: Educating members of Congress on challenges we face on a daily basis; promoting our interests, developing supportive legislation and making sure our issues and concerns are properly identified, addressed and resolved.

I hope it's more than political lip service. However, by not being there to shake hands, ask questions and hear what the invited spouses had to say they sent a deliberate message: We care but we have a funny way of showing it. If they really wanted to get a perspective on what makes the military family tick, the members of the Congressional Military Family Caucus would have stuck around for their own Spouse Summit.

I'm honored to have been a part of such a meeting. I just hope our contributions, when typed up and E-mailed to various members of Congress, will effect positive outcomes for our families.

Michelle Galvez is a Navy spouse, journalist, ombudsman and mother who lives in Virginia Beach with her husband and children. Contact her at michellegalvez@hotmail.com.

MARRIED to the Military

Phases of deployment through a spouse's eyes



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!

Ugh. I am there. We are at the point where we have to look into the near future and plan for deployment. It's not like it's

tomorrow, but soon enough that it seems everything in the house is starting to be affected by daddy's trip. It's weird in a way that a day does not go by without thinking about a deployment. As you read this I bet you are going, "Oh yeah, totally!" I have watched friends go through their first deployments and it has been confirmed. Whether it's your first or eleventh (like ours), it's the same pattern.

There are the "3 Phases of Deployment," usually. The first is that "Anxious Phase." That is where I am right now. I am dreading the day I actually take him to work and feel that drop in my stomach. Having to give hubster that last kiss for a very long time. Not only is it emotionally draining, phase 1, but it is also jam packed. You have trips to see his side of the family and trips to see your side of the family, because they love him so much. You want to make sure the kids are getting in all of the time they need to be okay with saying goodbye. It's the phase where you are trying to fit in as much as you can, because really, what if it truly is the last time you have. Then you have to get over that fear and charge forward with getting it all

done!

The second phase involves those slow moving days - the "Dragging Phase." I am telling you days are longer, weeks are stretched and the first two months feel like three. You totally are moving on. That's not a problem anymore. That "Anxious Phase," no joke, leaves your gut the second you said goodbye. That's when it clicks in that you have a job to do as the spouse at home and you are in the zone. Well, you are in the zone until you get in bed every night and actually have some time to think. Then all you can think about are the days you still have to get through without your best friend by your side. Sometimes in this phase it is easy to hit a wall, but remember someone will always be there to help you get over it. In our community there is always going to be someone who lets you use their hand for a head start over to the other side.

Then the half way point rolls around and your focus can shift. You hit the final phase the "He's Almost Home Phase." I love it! I love it! I love it! You actually find encouragement when you look on the calendar. You can actually see that you made it through all of those slow moving days and they really did count! This is the fun phase because you start planning for his return. Maybe you have a special surprise you start shopping for or maybe you are one of those awesome spouses that got in shape and you know the unveiling is



Tidewater Officers' Spouses' Association donates \$20,000 to area charities

PRESS RELEASE

Tidewater Officers' Spouses' Association (TOSA) and The Tidewater Collection gift shop hosted their annual Charity Event and May Tent Sale on May 5 at Ely Hall, Naval Station Norfolk. TOSA members and gift shop supporters saw first hand how their shopping dollars benefit the community as TOSA gave \$20,000 to 16 charities.

2010 CHARITY RECIPIENTS

- Mercy Medical Airlift Command/ Air Compassion for Veterans
- Air Force Enlisted Village
- Armed Services YMCA
- CaringBridge.org
- CASA (Court Appointed Special Advocates)
- Cerebral Palsy of Virginia
- EDMARC Hospice for Children
- Fisher House
- Honor Flight Historic Triangle Virginia
- Injured Marine Semper Fi Fund
- Naval Services FamilyLine
- Navy-Marine Corps Relief Society
- Operation Homefront, Hampton Roads
- Seton Youth Shelters
- United Through Reading
- Web of Life Animal Outreach, Inc.

Representatives of these charities were present to share a few words about their organizations and to thank TOSA. Seton Youth Shelter's representative shared the story of one of their members. A troubled youth who needed a place to stay and get back on his feet, he found Seton Youth Shelter. With their help he was able to realize his dream of being a Marine and was sent to Afghanistan. In a very bittersweet end to the story, he was killed in action.

In addition to the named organizations, TOSA also raised \$860 for Tragedy Assistance Program for Survivors (TAPS). TAPS is an organization that "offers emotional support to the family and friends of military personnel who have died while serving their country, helping them cope and heal in the aftermath of their loss." The Tidewater Collection has had an ongoing relationship with TAPS. Funds generated through the sale of TAPS bracelets are given directly back to this organization.

Since the early 1990s, TOSA has operated the gift shop, The Tidewater Collection, located in Ely Hall, for the purpose of raising money for charitable organizations that benefit military families in the Hampton Roads area. The shop is run entirely by volunteers. Anyone interested in learning more about TOSA and the shop may call 444-5255.



right around the corner. The awesome feeling of anticipation becomes your adrenaline rush to make it through the next couple of months or weeks or days!

Wow, just writing about that phase made me feel better. So here is what I take from that. We can't get to Phase 3 without Phase 1 ... let's just get it done!



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.

Naval Medical Center Portsmouth changes command

PRESS RELEASE

Naval Medical Center Portsmouth
Public Affairs

PORTSMOUTH — Rear Adm. Alton L. “Mike” Stocks became the 73rd commander of Naval Medical Center Portsmouth in a Change of Command ceremony on Friday, May 7. He also serves as commander of Navy Medicine East, which includes 14 naval hospitals and their clinics.

Vice Adm. Adam M. Robinson Jr., Surgeon General of the Navy and Chief, Bureau of Medicine and Surgery, was the guest speaker at the ceremony.

Stocks relieves Rear Adm. William R. “Bob” Kiser, who has commanded the medical center since August 2008. Later this month, Kiser will become

the first commander of the Medical Education Training Campus in San Antonio, Texas.

Stocks earned his undergraduate degree in mathematics from the U.S. Naval Academy, and completed the Navy’s Nuclear Power Training and Submarine School and served on USS Andrew Jackson (SSBN 619) and USS Long Beach (CGN 9). Stocks transferred his commission to the Medical Corps and received his medical degree from Georgetown University School of Medicine. Upon completing his Pediatric residency and tenure as chief resident at



Kiser

Stocks

Portsmouth, he served as head of Pediatrics at U.S. Naval Hospital Rota, Spain. Stocks has also served as executive officer of U.S. Naval Hospital Sigonella, Italy, and as commanding officer of Naval Hospital Corpus Christi, Texas. He has served as U.S. Fleet Forces Command

show the naval medical center’s commitment to caring for the troops overseas and in war zones.

Nicknamed the “First and Finest,” Naval Medical Center Portsmouth has the distinction of being the nation’s first naval hospital. It has proudly

Surgeon in Norfolk since 2007 and deployed as the Joint Task Force Haiti surgeon in January 2010.

Outgoing CO Kiser has requested that staff who have deployed since he assumed command in August 2008 wear their deployment uniform to the ceremony

served the health care and medical needs of the nation’s military continuously since 1830.

Navy Medicine East is composed of:

Naval Medical Center Portsmouth; Naval Hospital Pensacola, Fla.; Naval Hospital Jacksonville, Fla.; Naval Health Clinic Corpus Christi, Texas; Naval Hospital Beaufort, S.C.; Naval Health Clinic Charleston, S.C.; Naval Health Clinic Cherry Point, N.C.; Naval Hospital Camp Lejeune, N.C.; Naval Health Clinic Great Lakes, Ill.; Naval Health Care New England-Newport, R.I.; Naval Hospital Guantanamo Bay, Cuba; Naval Hospital Sigonella, Italy; Naval Hospital Naples, Italy; and Naval Hospital Rota, Spain.

Sharpe assumes command of Surface Warfare Development Group

PRESS RELEASE

Surface Warfare Development Center Public Affairs

VIRGINIA BEACH — Captain Matthew M. Sharpe assumed command of Surface Warfare Development Group (SWDG) relieving Captain Stanley V. DeGeus during a change of command ceremony on board Joint Expeditionary Base (JEB), April 23.

Military and civilian guests, SWDG personnel, family and friends were present to bid farewell to DeGeus and welcome Sharpe and his family to JEB West and the SWDG community. Sharpe is the 17th Commander to command SWDG since its inception in 1976.

During his speech, DeGeus proudly addressed his Sailors and Officers during his tenure at SWDG and shared some of their accomplishments.

“As the lead for Readiness Effectiveness Measuring programs, you were instrumental in providing critical analysis of surface fleet capabilities by developing realistic and extremely detailed observations of surface, subsurface and air assets in tactical situations... SWDG’s legacy and leadership has been characterized by your face to face engagement with the fleet, an approach which should be taken across the surface warfare enterprise” said DeGeus. “This was done by all of you! The sailors, government service employees and contractors in SWDG have performed superbly over the last five years.”



DeGeus

Sharpe

Sharpe’s speech followed DeGeus. Enthusiastically taking the reins of SWDG, he addressed the crew.

“What a great team! The work you do – developing tactics to prepare the surface fleet for battle – is absolutely vital. And it is not done anywhere else” said Sharpe. “You sharpen the weapon that is the fleet. I am honored to be able to command you.”

Along with turning over command of SWDG, DeGeus retired following 31 years of naval service.

The event’s guest speaker was Rear Adm. Kevin M. Quinn, Commander, Naval Surface Force Atlantic. He presented both the Volunteer Service Medal and the Legion of Merit to DeGeus for his exceptional meritorious service in raising the standards for SWDG and setting it on a course to mature into a valuable

fleet-wide resource and leader in naval tactics development.

DeGeus shared both humorous and challenging moments of his career and his history in the Surface Warfare community. His speech closed with some of the most important lessons he learned in his 31 years of service.

“Command is a humbling experience and a Captain and leader is only as good as his or her crew,” admits DeGeus. “I learned that on multiple occasions that I had the honor and privilege of working with the finest group of people ever assembled.”

DeGeus also thanked many of the people who have helped him during his career including his personal mentors, friends and the SWDG staff. “What I found in SWDG are THE smartest, most informed and proactive subject matter experts in the US Navy” said DeGeus. “It should come as no surprise that in SWDG I have served with the finest group of Americans, Canadians and Australians ever assembled and it was my honor and privilege to have served with them.”

SWDG is the center for the development and evaluation of fleet tactics in Surface, Air, Undersea, Electronic, and Amphibious Warfare for today’s complex weapon systems against today’s threat. In addition, it is the Chief of Naval Operations’ Executive Agent for the Ship Antisubmarine Warfare and Mine Warfare Readiness and Effectiveness Measuring program.

Capt. Mark Libonate (L) relieves Capt. David Boone as Commanding Officer of Naval Facilities Engineering Command Mid-Atlantic, in a ceremony at building LP-20 onboard Naval Station Norfolk, April 26.



U.S. Navy photo

NAVFAC Mid-Atlantic Changes Command

PRESS RELEASE

Naval Facilities Engineering Command Public Affairs

Capt. Mark Libonate relieved Capt. David Boone as Commanding Officer of Naval Facilities Engineering Command Mid-Atlantic, in a ceremony at building LP-20 onboard Naval Station

Norfolk April 26.

Boone explained that the venue, a maintenance garage for the Norfolk Public Works department was in honor of the NAVFAC Mid-Atlantic workforce of more than 3500 on more than 20 installations in 14 states.

During the ceremony, guest speaker Rear Admiral Mark Boensel, Commander, Navy Region Mid-Atlantic praised Boone's performance as both NAVFAC Mid-Atlantic Commanding Officer and Regional Engineer.

"His emphasis on planning, and aggressive project execution have resulted in highly visible improvements in the region's shore installation readiness, and more importantly our service to the fleet."

He cited Boone's work in Base Re-alignment and Closure, American Recovery and Reinvestment Act projects, low impact development (LID) initiatives, environmental work and the establishment of the Emerging Leadership Program, along with the day to day work of maintaining and improving bases throughout the NAVFAC Mid-Atlantic area of responsibility, which stretches from North Carolina to Maine.

"There is no disputing the numbers, the employees of this command have done extraordinary work to accomplish the mission across the entire area of responsibility," said Boone. "But it is not the numbers; it is the people I will remember most."

Rear Admiral Kevin Slates, Command NAVFAC Atlantic presented Boone with the Legion of Merit for his work over the last 19 months at NAVFAC Mid-Atlantic. Boone, who has recently been selected for advancement to Rear Admiral, will report to his next assignment as Director, Shore Readiness Division (N-46) on the Chief of Naval Operation's staff.

Libonate comes to NAVFAC Mid-Atlantic from NAVFAC Atlantic where he served as Operations Officer. In his remarks, he told NAVFAC Mid-Atlantic employees that he was honor to be their next Commanding Officer.

"I know together we will face many exciting challenges and many exciting opportunities," he said. "I am confident that we will succeed together as a team."

The Naval Facilities Engineering Command (NAVFAC) manages the planning, design, construction, contingency engineering, real estate, environmental, and public works support for U.S. Navy shore facilities around the world.

NAVFAC provides the Navy's forces with the operating, expeditionary, support and training bases they need. NAVFAC is a global organization with an annual volume of business in excess of \$18 billion.

As a major Navy Systems Command and an integral member of the Navy and Marine Corps team, NAVFAC delivers timely and effective facilities engineering solutions worldwide. Additional updates and information about NAVFAC can be found on social media sites Facebook and Twitter.

Become a Fan at www.facebook.com/navfac and follow us at www.twitter.com/navfac.

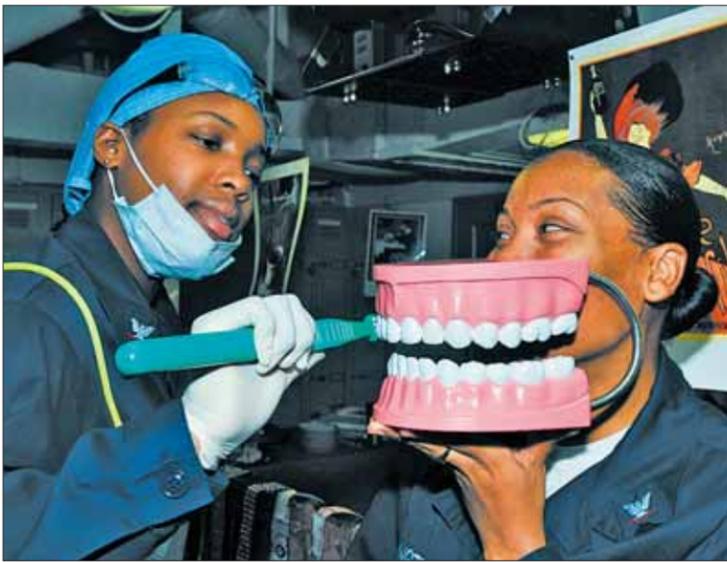


Photo by MC2 (AW/SW) Gina K. Wollman

Hospital Corpsman 3rd Class Brittany Haynes and Hospital Corpsman 3rd Class Belinda Washington demonstrate proper dental care during the Women's Health Fair held aboard Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69).

Eisenhower hosts Women's Health Fair

BY MC2 JESSE DICK
USS Dwight D. Eisenhower
Public Affairs

USS DWIGHT D. EISENHOWER, At sea — USS Dwight D. Eisenhower's (CVN 69) Health Services Department held a Women's Health Fair, May 1, offering crew members a one-stop shop of medical information focusing on women's health issues.

Eisenhower's Senior Medical Officer, Cmdr. Jeanette Shimkus, said with number of female service members increasing every day, it only makes sense to address health concerns that impact the "female warrior."

"The important thing to remember and recognize is that women have unique medical needs and concerns, and identifying these key medical issues positively affects the force integration of women," said Shimkus.

Information and displays covered such topics as contraception, oral health issues, breast health, physical fitness, eating disorders, sexually transmitted diseases, labor anesthesia, fetal alcohol syndrome and spa associated infections (manicure/pedicure fungal infections).

The health fair was designed to share information that helps motivate female Sailors to maintain their highest levels of physical, psychological, and physiological health, said Cmdr. Susan Chacon, one of the event's coordinators.

Health Services' mission is to support the Navy Medicine mission, which includes keeping Sailors healthy and fit for full duty status, said Shimkus. The health fair helped ensure that the Eisenhower's female Sailors are armed with the right information about current health issues, and it also allowed them to discuss topics they may shy away from during regular health check-ups.

Shimkus added that one of the goals of the fair was to help females aboard Eisenhower get to know the medical staff. She



Hospital Corpsman 2nd Class Ruth Gastreich (R) shows Aviation Boatswain's Mate 3rd Class Laura Gregg the correct way to brush her teeth during the Women's Health Fair.

wants all Sailors to know that Health Services is all about "comfort and care - an area that people can come and ask a question and not be afraid."

Eisenhower is underway as part of 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.



JEB LC-FS honored with two Arbor Day Foundation awards

PRESS RELEASE
Joint Expeditionary Base
Little Creek-Fort Story Public Affairs

The Joint Expeditionary Base Little Creek-Fort Story was recently recognized by the Arbor Day Foundation for its environmental stewardship of the base. The installation received its 13th consecutive Tree City USA designation and was also honored with a Tree City USA Growth Award.

The Tree City USA award recognizes the installations commitment to its urban forestry program. The prestigious Growth Award recognizes the installations commitment to raising the level with regards to environmental improvements as well as a commitment to higher levels of tree care on base.

"This is really great to receive these awards, especially the Growth Award," stated Sara Bell, Natural Resource

Specialist for the Joint Expeditionary Base. "These truly are installation awards! From the outstanding support from the installations leadership to all the support received from the volunteers from the various resident commands on base for our programs, it's truly amazing."

JEB Little Creek-Fort Story received the Tree City USA Growth Award specifically for demonstrating progress in its community forestry program in the areas of partnerships, land-use planning coordination, tree planting and maintenance, and recycling.

According to Bell, the specific projects that lead to the Growth Award were the 2008-2009 Christmas tree recycling program and the increased project coordination support requiring natural resources approval for tree felling and native landscaping.

The recycling program uses the expired

press to help stabilize the installations dunes along its beaches. This program had a 1,000% increase in support from the previous season. Another contributing factor noted by Bell was the efforts to minimize tree losses, including limiting dead tree removal.

Earning the 13th consecutive Tree City USA community designation, the Joint Expeditionary Base had to meet four standards. They include having a tree board or department, a tree care ordinance, a comprehensive community forestry program, and an Arbor Day observance and proclamation.



TREE CITY USA

"Communities that are honored with a Tree City USA designation and a Growth Award make a strong commitment to planting and caring for trees, and we applaud their efforts," said John Rosenow, chief executive and founder of the Arbor Day Foundation.

"We also commend a community's... officials, volunteers and its citizens for providing needed trees. They recognize that trees provide numerous environmental, economical and health benefits for the community every day."

The Tree City USA program is sponsored by the Arbor Day Foundation in cooperation with the National Association of State Foresters and the USDA Forest Service.

The Arbor Day Foundation is a nonprofit, environmental and educational organization of nearly one million members, with a mission to inspire people to plant, nurture, and celebrate trees.

More information about Tree City USA can be found at www.arborday.org/TreeCityUSA. Additional information on the Arbor Day Foundation and its programs can be found at www.arborday.org. For more information on the Navy's ongoing environmental stewardship programs, see www.enviro-navy.navy.mil/currents.cfm.

Super volunteer retires from NMCRS Newport

BY BOB KREKORIAN
Naval Station Newport
Public Affairs

NEWPORT, R.I. — Mickey Birdy, a volunteer at the Navy-Marine Corps Relief Society (NMCRS) Thrift Shop, at Naval Station Newport, has logged more than 34,116 hours of volunteer service at the shop since 1963.

At age 87, Birdy is not your typical little old lady. Most of her years of volunteering were as a knitter and crocheter. She hasn't demonstrated any signs of letting up, but she is making plans to relocate in early June to Austin, Texas where she will live with her daughter, Nancy.

"Mickey is truly one of a kind," said Nancy Martin Smith, shop supervisor.

Birdy has been volunteering and providing services to Navy and Marine Corps families for 47 years. "Her decades of experience make her a vital asset to the thrift shop," Smith said.

"She is the best example that I know of a dedicated and selfless volunteer who donates her time, energy, and talents to assist military families," Smith said.

"She is everyone's best resource here," said shop volunteer Connie Goldman.

Birdy continues to maintain a regular schedule on Mondays, Tuesdays, and Thursdays at the thrift shop of greeting shop customers, and doing what has to be done. Despite having her share of ailments for a



Mickey Birdy, 87 years old is planning to move to Austin, Texas, a retirement of sorts after her volunteering at NMCRS for 47 years.

person of her age, she continues to be active, nimble, and brisk. She still does housework, too.

"I have to be busy all the time," she said. Birdy continues to drive her car from her home in nearby Middletown, R.I.

Her work on Mondays consists of pricing donated merchandise and putting items on display.

"Mickey is a very special lady," said Pat Drislane, NMCRS shop director.

"Not only is she here every Tuesday and Thursday to assist customers, Mickey also comes in other mornings to help get merchandise ready for sale," Drislane said.

"She is never afraid to express her opinion and always keeps us on our toes, setting an example of service that is awe-inspiring to all of us," Smith said.

Birdy maintains a positive outlook. "I love being with people," she said.

Birdy was born in Toronto. Her family relocated to Philadelphia. Her connection with the Navy started at age 18 when she enlisted in the WAVES (Women Accepted for Volunteer Emergency Service). She was one of the approximately 86,000 WAVES who

trained for a six to eight

week period at the Naval Training Center at Hunter College, Bronx, N.Y.

Birdy served eight years before being discharged as a Storekeeper 2nd Class.

"I enjoyed it and loved it," she said.

In addition to her volunteering over the years at the shop, Birdy has been a knitter for the baby layette program, Drislane said. Every Christmas, Birdy hand-crafted gifts for each of the shop's volunteers.

"It's very pleasurable to work with her," shop volunteer Ray Garcia, 83, a retired Navy Commander. "She is very helpful to everyone who comes through the door," he said.

"She even puts in hours at home, tagging and pricing donations," Drislane said.

"I have felt so privileged to have someone of Mickey's talents on our team here," she said.

"She's the type of person who wants to make sure that everything is OK when she leaves," Garcia said.

Birdy will be honored at a NMCRS luncheon on May 26.

The gift of long service



Photo by MC1 (AW) Tim Comerford
(L-R) Teresa Christenson, Barbara Natonski, Emily Kircheval and Rear Adm. Mark Boensel, Commander Navy Region Mid-Atlantic pose as Kircheval receives a certificate of commendation for her more than 6,700 hours and 45 years of service to Navy-Marine Corps Relief Society luncheon, May 5.



Relief Services Assistant

NMCRS Norfolk

Navy-Marine Corps Relief Society (NMCRS) has an opening for a full-time (40 hrs/wk) Relief Services Assistant.

The position provides administrative support to the Director and supports a team of Volunteers who provide relief assistance to service members in the Norfolk area. The ideal candidate will have HS diploma or GED, experience in data entry, strong organizational and administrative skills, ability to work independently, excellent oral and written communication skills, public speaking experience and experience working with Volunteers.

Knowledge of military pay/allowance systems and NMCRS Level III Caseworker status is highly desirable. Preference in selecting candidates will be given to those with previous experience as a Volunteer or as an employee with NMCRS. Starting pay for this position is \$13.00/hr plus benefits. Interested parties may request an application via e-mail at hr@nmcrs.org or call 322-1171.

Please send completed and signed applications and résumés by COB Friday, May 14, 2010 via e-mail, mail, or fax to: NMCRS Norfolk; ATTN: Kathy Nelson, Director; 7928 14th Street, Bldg. SDA-344, Suite 238; Norfolk, VA 23505-1299; FAX (757) 444-4805; kathy.nelson@nmcrs.org (PDF and JPEG files only).

Although we acknowledge receipt of all applications, only those selected for interviews will receive further notification. Visit NMCRS on the web at www.nmcrs.org. E.O.E.

Local service times

IDS 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 | PROTESTANT |
|-------------------------------------|---|
| <i>Mass Schedule:</i> | <i>Confessions:</i> |
| 5 p.m.— Sat. | 3:30 - 4:30 p.m. — Sat. |
| <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

BY CDR CLINT PICKETT
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 dollars 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 to old or to 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.

Nassau takes the plunge

BY MCSN (SW) CHRIS WILLIAMSON
Amphibious Squadron Eight (CPR-8)
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USS NASSAU, At Sea — Sailors and Marines aboard USS Nassau (LHA 4) took a plunge in the ocean during a swim call conducted near the half-way point of the ship's deployment to the 5th Fleet area of responsibility.

Though this may be the first swim call for this deployment, it is the second time this year the crew has been in the water. The crew had the opportunity to jump off the aircraft elevator in the Hangar Bay or swim around in the flooded Well Deck.

The first Sailor to leap from the elevator into the water below was Nassau's Commanding Officer Capt. Ronald Reis. After Reis jumped off his own ship, everyone was welcome to jump in one at a time.

For more than three hours, Sailors and Marines took part in the swim call, and for some, it was the opportunity of a lifetime.

"I was so excited I got to jump off of the ship and swim around," said Electronics Technician 3rd Class Christine Duncan, of Richmond. "That was my first time jumping in my whole Navy career and I look forward to doing it again this deployment."

Nassau's Executive Officer Capt. Samuel Norton said he also enjoyed the swim call.

"Of course safety is the number one priority for these types of events," said Norton. "But I believe the swim call was an enjoyable time for all. Even though I didn't partake in the festivities, I still enjoyed watching the crew have fun."

"We had safety observers, small boats with shark watch personnel and search and rescue (SAR) swimmers to keep the event safe," said Aviation Ordnanceman 3rd Class (AW/SW) Jonathan Flemming, of Jackson, Ga., one of the certified SAR swimmers aboard Nassau.

"The personnel that jumped in the water listened extremely well and swam immediately to the small boat to be taken back to the ship," said Flemming. "Overall, everyone had a good time and things went smoothly."

Following the swim call, a man overboard drill was held to ensure that all crew members were safely back aboard



Photo by MCSN (SW/AW) Jonathan Pankau
Marine Cpl. Damian Cole, from Americus, Ga., jumps off USS Nassau's (LHA 4) port side aircraft elevator during a swim call and sports day event. 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.

the ship. "I think events like the swim call create lasting memories," said Culinary Specialist 3rd Class Nicholas Roby, of Louisville, Ky. "Doing the same thing over and over again at work tends to get tedious. I'm glad everyone got to take time out of their busy schedules to do this."

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 (24 MEU) complete the



Photos by MC2 Michael R. Hinchcliffe

Senior Chief Logistics Specialist (SW/AW) Timothy Schwab (L) and Chief Engineman (SW) Ray Valadez, both assigned to Navy Expeditionary Combat Command, shovel excess dirt in order to level the ground for the planting of flowers, bushes and plants at Bayside Middle School.

NECC partners with Bayside Middle School

VIRGINIA BEACH

— Navy Expeditionary Combat Command (NECC) Sailors received certificates of appreciation during a ceremony April 30 for their work with students and teachers at Bayside Middle School.

NECC Sailors recently assisted in the construction of a rain and butterfly garden with the school's environmental club. NECC purchased more than \$1,200 worth of materials to support the project that included digging ponds, landscaping, and planting bushes, marsh living plants and flowers.

"I was amazed at how motivated the students were," said Senior Chief Gunner's Mate (SW) Joseph Cassista, NECC partnership in education coordinator. "These students took off their sandals and began digging barefoot."

Cassista said the students shoveled packed clay and moved heavy wheelbarrows full of dirt with incredible motivation for their age and size. He said the combined



Chief Engineman (SW) Ray Valadez, assigned to Navy Expeditionary Combat Command, transplants plants into the soil at Bayside Middle School. Sailors from NECC and Partners in Education mentored local children and helped in the creation of rain and butterfly gardens at the school.

effort and hard work from Sailors and students resulted in a beautiful garden, which not only prevents the court yard from flooding but has helped in forming a bond between NECC and the school.

"I think it's really cool that we get support from the Navy for our school," said Amanda Kathryn Mcbeth-

Rayburn, an 8th grader at Bayside. "I think they have helped out a lot by bringing in the tools. You can tell that the Sailors worked hard because you can see them sweating and getting tired."

NECC Sailors are also mentoring students in programs like Advancement Via Individual Determination (AVID) and speaking Japanese. They have been guest speakers at the school each Friday, speaking to honor roll students and perfect attendance students, and have helped with ice cream socials for students who have brought up their grades by at least two points.

"As Student Recognition Coordinator and school partnership coordinator, I want to thank NECC for supporting our school partnership," said Debra Defoor, Bayside guidance department chair. "I hope that it will prove to be as much of a benefit to the command as it is already proving to be for our school."

NURSE: From deck seaman Ayala earned the right to be a Corpsman

Continued from page B1

medicine. He also serves as the clinical manager for Aviation Medicine, where his duties include "making sure all the squadrons are taken care of at NAS Oceana. When they come through this door and they have issues, it's my job to resolve them and get them seen," explained Ayala, who is the only nurse in Aviation Medicine.

While those duties might seem overwhelming to some, Ayala is more than a little enthusiastic about what he does. "I love my job. I wouldn't change it."

Previously stationed at the hospital in the Oncology Department, he was selected as Junior Nurse of the Quarter, First Quarter 2007. Less than a year after reporting to BHC Oceana, he earned the Senior Nurse of the Quarter, Third Quarter 2008. Both quarterly awards put him in the running for the NMCP yearly awards. While he didn't win the yearly honors then, he joked about "the upward trend" in his awards.

Ayala explained his work ethic of "whatever I have to do to get the job done right," was learned from "salty master chiefs." Ayala will sometimes come into his office on Sunday to catch up on paperwork or other tasks, because "in an eight-hour day, you can't really do everything."

His routine is to start every day with a task and because he likes to keep his office clear, he tries not to go home until he has completed it.

"When I'm given a task, I get it done. I do not move on until it's done. I think people appreciate that," said Ayala.

Throughout his nursing career, he's heard the stereotypes about male nurses, particularly from those in the civilian sector. But he views being selected for the top honor at NMCP as the chance to "highlight what we do, how good a male nurse is. It's an honor to represent all of Portsmouth. There have been a lot of great nurses and most of them I've worked alongside."

Growing up in Camden, N.J. Ayala knew early on he wanted to go into the medical field. As a young child, Ayala helped take care of his ill great-grandmother.

"I knew I had the talent, the heart for medicine," he

said.

The ability to directly help patients as a nurse greatly appealed to Ayala and he set his sights on becoming a registered nurse.

But with his parents only having an elementary school education, there was no money for college. So Ayala joined the Navy out of high school "with my greatest goal of becoming an officer and my second [goal] was to be a nurse."

He entered the Navy as a deck seaman more than 20 years ago. So determined to become a corpsman as a junior Sailor, he passed up the opportunity to become a dental technician and go to "A" school immediately. Instead he waited another three years and eight months — "almost another enlistment" for the opportunity to attend HM "A" School.

"Earning the right to become a corpsman" was a decision Ayala has never regretted. "I wouldn't change it for the world," he said.

His dream of becoming a nurse and a naval officer was achieved through the Medical Enlisted Commissioning Program, where he graduated from Hawaii Pacific University in 2002.

Because he credits "the mentorship I've received throughout my career," in helping him to become a commissioned officer and earn awards, Ayala devotes time to help other Sailors achieve the same goals. Ayala is frequently asked for his input on commissioning packages and he is currently reviewing four officer program packages.

"Somebody helped me, so I'm trying to help someone else," he explained, proudly adding 18 Sailors he has assisted have been commissioned so far.

Along with his tours at NMCP and Oceana, and an

early tour on USS Enterprise (CVN 65), his career has taken him all around the world; to Hawaii on USS Cimarron (AO 177), BHC Makalapa, NAS Barbers Point and with the Marines at Combat Service Support Group 3; to Sasebo, Japan on USS Belleau Wood (LHA 3); California to Naval Hospital Oakland and USNS Mercy (T-AH 19).

Other tours with the Marine Corps include the 2nd Battalion, 3rd Marines, the 1st Marine Expeditionary Brigade and the 1st Battalion 12th Marines.

By any standards, Ayala's awards and various tours would be considered outstanding. But what most people don't realize is that he does all of this despite his wife, being part of the Exceptional Family Member (EFM) Program, meaning she must be located near a major medical facility that can provide the level of care needed. They have been together most of his career and she has been able to transfer with him to the various duty stations.

"I would only be half of good without her. She's awesome," said Ayala.

Ayala expects to find out if he was selected for lieutenant commander later this year. If selected, he would make another three-year commitment to the Navy and "I'm willing to do that," he said.

"The Navy is a good place to work in the nursing field and I would recommend it to any grad. It's really great working for the Navy. I've had better opportunities in the Navy. I've had better camaraderie, better teamwork and people trying to help me," he explained.

"We're about 2,500 strong in the Navy. That's not a lot of nurses, so we really try to be a tight group and help each other when we can. I'm very proud of that," he said

CHESAPEAKE: Sailors hope to draw attention to cleaning bay

Continued from page B1

"We are hoping that the wind works with us," King said of the trip both to Cape Charles and back. "If it is against us we may have to anchor out for a few hours. Even rowing the boat is impossible against the wind."

This event is being sponsored by the Naval Historical Society to foster environmental awareness in the Chesapeake Bay by drawing attention to the Chesapeake Bay Foundation's Clean the Bay Day as well as the Virginia State Parks.

The boat will set off from the beach at First Landing State Park at 7:30 a.m. on Saturday May 15 and cross to Kiptopeke State Park on Virginia's Eastern

Shore. There, the crew will camp for the night before making the return trip to First Landing the following day.

The trip was planned with the assistance of the US Coast Guard and Virginia Pilots Association.

The boat's crew has trained for more than six weeks, taking their time to get to know the boat and practicing rowing and navigation.

The Naval Heritage Society website has more information about the organization and the event, and keeps a blog: www.navalheritage.org and <http://navalheritage.blogspot.com>.

Photos of their training events are posted on Facebook, Look under Naval Heritage Society.

SEABEE SPIRIT: Job isn't done until one year after structure is complete

Continued from page B1

Djibouti. Most recently, NMCB 7 has been preparing to drill water wells in Ethiopia.

But once a project is complete, the Seabees job is only half done.

"As Seabees, we really split our time between initial construction and maintenance," said NMCB 7 public works crew supervisor Steelworker 1st Class (SCW) Lynnette King of Cleveland, Ohio. "If we build a structure, it is under our maintenance for a year."

Through it all, the Seabees of NMCB 7 take pride in what they do and how much they help in and around military installations.

"Seabees can do it from the ground up across the board," said King. "It really feels great to be a part of a team that does so much for people who have so little. It's rewarding and really makes you thankful, too."

NCMB 7 is home ported at the Naval Construction Battalion Center Gulfport, Miss., home of the Atlantic Fleet Seabees, and is currently the east coast's Battle "E" Seabee battalion.



Photo by MC2 Patrick Gordon

Equipment Operator 3rd Class Wesley Morris of Hollywood, Fla., a Seabee with Naval Mobile Construction Battalion (NMCB) 7, checks the mirrors of a MK-31 truck during preparations for a water well drilling operation. NMCB 7 is currently operating out of Camp Lemonnier, Djibouti, and is home ported at the Naval Construction Battalion Center Gulfport, Miss., home of the Atlantic Fleet Seabees.