



U.S. Air Force photo by Master Sgt. Carlotta Holley

Adm. J. C. Harvey Jr., commander, U.S. Fleet Forces Command, addresses Navy Individual Augmentees and oversees contingency operations support Sailors at Combined Joint Task Force-Horn of Africa. This is part of Harvey's first visit with deployed Sailors since taking command last July.

Navy designs new IA program

PRESS RELEASE

Naval Personnel Command Public Affairs

MILLINGTON, Tenn. — A new program to preserve career choice, volunteerism and predictability of Individual Augmentee (IA) assignments while solidifying Sailor and family support is being developed by U. S. Fleet Forces (USFF) and Navy Personnel Command (NPC).

The Overseas Contingency Operations Support Assignments (OSA) program will be implemented this fall through the Career Management System/Interactive Detailing (CMS/ID) system, utilizing Sailor duty preference inputs.

"There are some inequities between the IAMM (IA Manpower Management) and GSA (Global War on Terrorism Support Assignment) processes," said Ron Dodge, deputy director for enlisted distribution. "When a Sailor goes on an IAMM assignment, they are put on Temporary Additional Duty (TAD) and receive per diem and entitlements, but Sailors going on a GSA are actually on Permanent Change of Station (PCS) orders and don't receive those same entitlements. When delays have occurred during processing in Norfolk and San Diego, Sailors on GSA orders were responsible for out of pocket expenses for lodging and meals. This program fixes that disparity. Sailors on OSA orders will also be in a TAD status."

According to NAVADMIN 171/10, OSA will be used by enlisted Sailors while officers will continue to fill IA taskings through the GSA process.

"Officers have well-defined career paths and milestones and the GSA program allows them to incorporate GSA tasking into their careers," said Dodge. "Requests for enlisted forces often came with much shorter notification times, which inhibited our ability to assign enlisted Sailors via GSA orders as part of the

normal PCS process."

OSA will allow Sailors to apply for an IA assignment 10 to 12 months prior to their projected rotation date (PRD). A dedicated OSA team at NPC will be available to discuss OSA opportunities and details regarding specific OSA assignments that match a Sailor's desires, timing and skill sets.

OSA orders will be executed at the end of the Sailor's normal PCS tour, however, these assignments will be in a TAD status from the current command to ensure Sailors and their families maintain the traditional support of a parent command relationship.

"The family gets to stay where they are, where they know the ombudsman and the commanding officer, and where they have all the things in place to get the support they need while their Sailor is on an IA assignment," said Dodge.

If a Sailor is accepted for OSA, they will be administratively extended at their current duty station for the duration of the IA assignment plus an additional 60 days to facilitate reintegration and preparation for their next PCS move.

Although Sailors will remain assigned to the parent command, procedures will be established to account for Sailors filling IA assignments rather than recording them on board and filling a billet. Doing so will generate a requisition for that Sailor at their original PRD, mitigating impacts to Fleet readiness.

"The Sailor will remain attached to the command, but during the OSA tour won't be counted against the command's manpower numbers," said Dodge.

Comprehensive business rules will be provided in a NAVADMIN in July. The program will rollout by October.

Those Sailors currently in the GSA pipeline will see no changes to their orders as a result of modifications to the process.

For more information visit www.npc.navy.mil.



DoN Civilian Human Resources launch new website, May 17

BY GEORGE MARKFELDER

Communications Director, Deputy Assistant Secretary of the Navy (Civilian Human Resources)

WASHINGTON — The deputy assistant secretary of the Navy (Civilian Human Resources) (DASN(CHR)) launched a new website May 17, www.donhr.navy.mil, providing Department of the Navy (DoN) civilian employees a comprehensive information and education tool.

"The Department of the Navy is a very complex organization employing in excess of 193,000 civilians who are located worldwide with foreign national employees in Europe and Asia," said Patricia Adams, DASN(CHR). "DoN civilians accomplish very diverse missions with careers ranging from weapons research to overseeing acquisitions and supporting the warfighter. This

website will not only help DoN civilians stay better informed of employee benefits and career development opportunities, but it will also assist potential employees understand the careers DoN employment offers."

Civilian job opportunities are highlighted on the new site. The Department of the Navy Human Resource (HR) community filled in excess of 66,500 jobs last year, with 4,500 of those employees, being new to federal service.

The new website also provides one central location for DoN NSPS transition information, civilian employee benefits and monthly updates on civilian HR initiatives.

For more news from Department of the Navy (Civilian Human Resources), visit www.navy.mil/local/donchr/.



Photo by MC3 Charles Oki

Vice Adm. Mark E. Ferguson III, Chief of Naval Personnel, speaks to command master chiefs and senior enlisted advisors about personnel topics such as Perform-to-Serve, Selective Reenlistment Bonuses and Physical Fitness Assessments and others.

Navy announces new SRB levels

PRESS RELEASE

Chief of Naval Personnel Public Affairs

WASHINGTON — Navy has adjusted Selective Reenlistment Program (SRB) levels to match reenlistment needs for critical skills and ratings, including the hardest to fill areas such as nuclear operators, Aegis fire controlmen and air intercept controllers.

NAVADMIN 175/10 approves 24 increases in SRB award levels and 10 decreases. Award levels in 124 categories remain unchanged, one was added and 12 award levels were removed.

"The Selective Reenlistment Bonus program allows Navy to properly incentivize high-demand Sailors with critical skills in order to maintain a prepared force, which is ready and able to execute global operations in today's complex security environment," said Rear Adm. Dan Holloway, director of Navy's Personnel, Plans and Pol-

icy division. "Having a flexible and responsive SRB program helps minimize over or under execution of critical skill retention goals and allows Navy to maximize use of our allotted resources."

SRB is a dynamic market-based incentive designed to retain Sailors in the Navy's most critical ratings and NECs. The science of behavioral economics informs our decisions when we adjust SRB.

"People are our most valuable resource and we are a world class Navy because of their skills and professional dedication," said Holloway. "The intent of the SRB is to reward those who attain training in skills most critical to Navy's current needs and mission requirements. We know our Sailors have a strong direct effect on all readiness resource areas — we must never forget this."

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

Navy Lodges receive well-deserved Hospitality Industry Awards for 2009

BY KRISTINE M. STURKIE

NEXCOM Public Affairs

Two Navy Lodges received awards from the American Hotel and Lodging Association Educational Institute (AHLA EI) based on exemplary achievement in the hospitality industry. These awards are given annually to hotels throughout the world who meet certain standards and requirements. These honors were presented by AHLA EI at the annual Navy Lodge worldwide conference in Scottsdale, Ariz.

The Meritorious Award was presented to India Austin, Manager, Navy Lodge Little Creek - Fort Story. The Meritorious Award, the highest award given by the AHLA EI, is given to a hotel that has continuous improvement in guest satisfaction, has continued dedication to the Performance Plus training for a minimum of six years and has already received the



Contributed photo

Capt. Emil Spillman, NEXCOM's Deputy Commander Military Services watches as Al Hodge from American Hotel and Lodging Association Educational Institute presents India Austin, Navy Lodge Little Creek manager with her Meritorious Awards.

See NAVY LODGE, A9

INSIDE:

2010 WARRIOR GAMES

Navy athletes participate in Warrior Games

The inaugural Warrior Games is a week-long competition among wounded athletes from all services.



A5

FRONT AND CENTER

Veteran makes Va. Beach a better place

Larry Banks was recognized for his volunteer efforts at the Va. Beach Convention Center.



B1

OFF DUTY

The 13th Annual Virginia Regional Festival of Flight

The largest East Coast Fly-In opens at the Suffolk Executive Airport on May 22 - 23.



C1

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Naval Safety Center releases Summer Safety Campaign 2010

BY MC3 SAMANTHA ROBINETT
The Flagship staff writer

The Naval Safety Center's Summer Safety Campaign 2010 emphasizes the importance of service members and their families remaining safe during the summer months.

The "Live to Play, Play to Live," theme for this year's campaign focuses on recreational safety, vehicle safety and the many ways service members and their families can have fun outside without becoming a victim of mishaps.

"We try to raise the awareness and educate Sailors and Marines that many of the things they want to do over the summer have some risk involved," said April Phillips, Naval Safety Center Public Affairs Officer.

This is the second year the Naval Safety Center has released the "Live to Play, Play to Live" Summer Safety Campaign and according to Naval Safety Center's Recreational Off Duty Safety Specialist it has benefited the Navy.

"There has been a significant decrease in fatalities," said Daniel Dray, the Traffic and Recreational Off Duty Safety Specialist at Naval Safety Center. "I think a lot of the decrease has to do with the development of the military sport bike course that has recently been made mandatory."

According to statistics gathered by the Naval Safety Center, summer deaths in 2009 were nearly 25 percent lower among Sailors and Marines and motorcycle fatalities were 70 percent lower than the summer of 2008. Most of the deaths were due to motor vehicles.

"We have more individuals injured in traffic related mishaps than any other activity, so that is the primary area where we are focusing our attention during this campaign," said Dray.

The Summer Safety Campaign includes steps that every person should take before driving a motor vehicle including: being well-rested, drive during daylight hours, schedule breaks every two hours, never drink and drive and pull over if you get tired.

"Even just taking a long trip in the car to see family or friends can involve serious risks, but everything can be done successfully as long as they

manage the risk and are prepared," explained Phillips.

To prepare for long trips the campaign encourages the use of the Travel Risk Planning System or TRiPS, which is an online survey that helps service members to recognize and reduce travel risks by asking a few simple questions about your destination and travel plans. Service members can access TRiPS through Navy Knowledge Online (NKO) at www.public.navy.mil/navsafecen/Pages/ashore/motor_vehicle/trips.aspx.

Phillips said she hopes the information from this year's campaign will reach many service members across the fleet and has prepared pamphlets and PowerPoint presentations that can be easily personalized by each command to address their major concerns with summer safety this year.

"Commands are taking our information and tailoring it to their needs, but they aren't just for the Sailors or Marines who work there - it's also for their family members," said Phillips.

The campaign strongly encourages service members to share the information provided by their commands with their families and friends.

"We understand that families are equally important team members," said Phillips. "When they are hurt or killed during summer mishaps it will affect the readiness of that service member, so it is very important for us to keep them informed."

For more information on the Summer Safety Campaign offered by Naval Safety Centers visit: www.safetycenter.navy.mil.



THE FLAGSHIP'S LEEWARD SHOUT

What are some of the things you are doing to stay safe during Summer?



ABH2 (AW/SW)
John Bloomberg
USS Dwight D. Eisenhower (CVN 69)

"I will be cautious of the heat and drink a lot of water. I will also take sport safety courses and be careful with all the extra traffic summer brings."



MM3
August Kahle
USS Harry S. Truman (CVN 75)

"I'm going to be deployed this summer, so I'll be sure to wear my ear plugs and drink plenty of water."



ABHAN
Justin Frederickson
USS Kearsarge (LHD 3)

"I'm going to go skydiving, but I'm going to take safety classes before. Also, I will make sure to stretch before any exercises."



GSCS (AW/SW)
Melvin Reed
USS Winston S. Churchill (DDG 81)

"I'll be on deployment so normal shipboard safety will be forefront in my mind. I'll also encourage my Sailors to ensure they drink smartly while we are in ports and stay hydrated."



OS2 (SW)
Carl Collins
Customer Service Desk Norfolk

"I will wear my seat belt and stay hydrated. I will always have a backup plan and never go drinking without a designated driver."



EN3
Brad Bishop
USS Carr (FFG 52)

"I am a swimmer, so I will make sure to stretch and put on sunscreen before swimming. Also, I'll make sure the weather is safe for swimming. You can't always live a safe life, but you can take steps to help avoid getting hurt."

Photos by MC3 Samantha Robinett

VIPIR PLANNING FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
73	75	77	78	77	79	77
60	62	62	63	63	64	63

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MCPON visits Sailors and celebrates Armed Forces Day

STORY AND PHOTOS BY MC1 (EXW) JENNIFER A. VILLALOVOS
Office of the Master Chief Petty Officer of the Navy Public Affairs

WASHINGTON — Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West traveled to San Diego and Chattanooga, Tenn., to visit Sailors and celebrate Armed Forces Day May 3 - 8.

In San Diego, West delivered opening remarks at the Divers Working Group at the Adm. Kidd Club Conference Center and then took a familiarization dive under the USS Midway museum with divers from Southwest Regional Maintenance Center (SWRMC).

“As a submariner, I’ve operated many years underwater and this dive took it to another level,” said West. “I have the utmost respect for those that conduct their business underneath the water. The opportunity to work with our Navy divers provided me a snapshot of what they do. What a demanding and great job, which you can tell they love. HOOYAH!”

During his visit, West toured the guided-missile destroyer USS Sampson (DDG 102) and the amphibious transport dock ship USS Green Bay (LPD 20).

“It’s important for me to get out and see what jobs our Sailors are doing,” said West. “I enjoy it and they enjoy showing me. It keeps me close to the fleet and the Sailors I love.”

In Chattanooga, West was invited to the 61st Armed Forces Day Parade to be the Grand Marshal and Reviewing Officer. Chattanooga is one of the few cities that still hold an Armed Forces Day parade. Each year the parade highlights a branch of service and this year, the focus was on the Navy.

Chief Yeoman Diana Fleshman marched along with Sailors from Navy Operational Support Center (NOSC) Chattanooga. Fleshman is a kindergarten teacher at North



Master Chief Petty Officer of the Navy (MCPON) Rick D. West meets Con Crabb on the reviewing stand for the 61st Armed Forces Day Parade. Crabb was a radarman 3rd class during World War II. West was Grand Marshal and Reviewing Officer for the parade.



Master Chief Petty Officer of the Navy (MCPON) Rick D. West and divers from Southwest Regional Maintenance Center conduct pre-dive checks before going on a familiarization dive under USS Midway Museum.

Hamilton Elementary School and her students and parents were out to show their support and cheer her and the Armed Forces at the parade.

“I marched two years ago and last year I was deployed,” said Fleshman. “This year I felt it was really important for me to be out here again. We had 25 marchers out today from the NOSC and it was a great honor for MCPON to be here with us.”

During his speech after the parade, West highlighted a few Sailors from Chattanooga including commanders, command master chiefs and hospital corpsmen who he knew were from the area. He also spoke of how proud he is of also being from the area and credits much of his success in the Navy to his upbringing there.

Operations Specialist 1st Class Arcenia Pierre, from NOSC Chattanooga, was chosen by the Women Veterans Network to represent all women veterans and sit on the reviewing stand for the parade and attend the Chattanooga Area Veterans Council luncheon, where West was the keynote speaker.

“In my 11 years in the Navy,



Master Chief Petty Officer of the Navy (MCPON) Rick D. West answers questions during an all hands call aboard the amphibious transport dock ship USS Green Bay (LPD 20) during his visit to Naval Station San Diego.

I never imagined I would meet the MCPON,” said Pierre. “It was truly an awesome experience.”

West finished his visit by attending the USS Haddo Base Submarine Veterans Group monthly meeting. During the

meeting, West talked with World War II submariners and also met with Sea Cadets from Chattanooga and Sailors from USS Tennessee who were special guests to the meeting.

“It’s always a great week when you can see fleet Sailors in action,

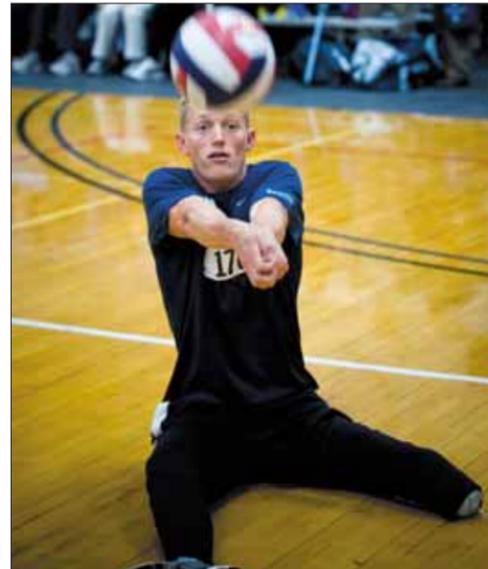
interact with the local community and have a fireside chat with our veterans – all of that and a paycheck too,” said West.

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



Photos by MC1 R. Jason Brunson

Athletes competing in the inaugural Warrior Games at the Olympic Training Center in Colorado Springs, Colo. listen to a welcoming speech by Colorado Gov. Bill Ritter. Nearly 200 wounded, ill or injured personnel from all service branches will compete in archery, cycling, track & field, swimming, shooting, sitting volleyball and wheelchair basketball.



Parachute Rigger 3rd Class Michael Johnston bump-passes the ball to a teammate during a sitting volleyball game against the Army team at the inaugural Warrior Games.

Warrior Games conclude, but its drive, spirit continues

BY MC2 SALLY FOSTER
Defense Media Activity

COLORADO SPRINGS, Colo. – Family and friends with voices hoarse from yelling joined athletes with bodies tired and emotions drained to conclude five days of full speed ahead competition, May 14, at the inaugural Warrior Games at the U.S. Olympic Training Center in Colorado Springs, Colo.

The closing ceremonies took place in Arnold Hall, at the U.S. Air Force Academy and featured speakers from the USO including Rocky Bleier, a Vietnam war veteran and four-time Superbowl winner Pittsburgh Steeler. The Olympic Training Committee presented a video showcasing the competitive spirit and camaraderie of all five services, as well as a video message from the Chairman of the Joint Chiefs of Staff Adm. Mike Mullen.

“You’ve just completed a rigorous test of your physical and mental skills, your strength and endurance,” said Mullen. “But now is no time to rest. I’d like you to take what you’ve done here, what you’ve learned here and continue to serve as role models for others striving to find the independence they need.”

The Marine Corps team received the Chairman’s Cup award, for the team with the most points at the end of the week, based on medal count.

The Ultimate Champion award, the games’ top individual honor, went to team Navy’s Special

Warfare Boat Operator 1st Class Daniel Hathorn, who said he really enjoyed competing against other service members who, regardless of injury, are constantly striving to excel despite physical or mental setbacks.

“Participating in the Warrior Games is not only an honor,” Hathorn said. “It’s an opportunity for me to represent Naval Special Warfare and the Navy on a much bigger level.”

Gen. Victor E. Renuart, Jr., Commander U.S. Northern Command and North American Aerospace Defense Command said service men and women fight together as a joint team around the world and this week, they fought together in a friendly way.

“Certainly there were teams out there, fighting for their colors, but I noticed in every circumstance when competition was over, there were arms around each other, there were pats on the back. Healing is an interesting situation a person goes through. Healing is about finding out how far you can push yourself. And I think you can see that there was a lot of healing going on this week.”

To cap off the evening and the five-day event, country music superstar, multi-platinum singer/songwriter John Rich and Cowboy Troy shared the stage with several wounded warriors who participate in Musicorps – an intensive music rehabilitation program founded by composer Arthur Bloom to improve quality of life and aids healing for severely injured soldiers.



Navy competitors swim warm-up laps while practicing for upcoming swimming competitions at the inaugural Warrior Games in Colorado Springs, Colo. Nearly 200 wounded, ill or injured personnel from all service branches will compete in archery, cycling, track & field, swimming, shooting, sitting volleyball and wheelchair basketball.



Chief Electricians Mate Peter Allen Johns retrieves his arrows while practicing for the archery competition at the inaugural Warrior Games.



Navy team members warm up for a preliminary wheelchair basketball game against Air Force at the inaugural Warrior Games.

FFSC's help Sailors, families adjust to military life

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

WASHINGTON — Commander, Navy Installation Command's Fleet and Family Support Centers (FFSC) help Sailors and their families learn skills for confidently managing the Navy lifestyle.

"The Navy lifestyle is unique, no doubt about it," said Kathy Turner, an analyst

with the FFSC's Counseling Advocacy & Prevention Program.

However, many people just assume they'll naturally adjust to their surroundings on a base far from home with spouse or parent who is underway.

Back home, one may have effectively dealt with anger, sadness or stress when they lived near family and friends they've known their whole

life. But, leaving this personal support system may be stressful and require adjustment. That's why FFSC offers life-skills classes and services for Sailors and Navy families – to help figure out how to adjust and even thrive in these situations.

"It's not whether you have the strength or love or determination to succeed with your family," said Turner. "We know you do. That's why we

are here. We understand the unique aspects of Navy life and we can help you learn to navigate it."

One example is the New Parent Support Home Visitation Program which helps parents develop or improve parenting skills in the privacy of their own home.

"The time and energy you invest to increase your parenting skills through this program will positively affect

your children and your family," said Turner.

"It's a step toward creating a home environment for your children that will be full of love, caring, fun, happiness and guidance."

Also available is short-term clinical counseling, designed to help Sailors and families obtain the tools necessary to cope with the challenges of daily living.

These programs can help

one adjust to the military lifestyle and cope with the challenges you are facing, such as marital discord, parenting issues, personal crises and grief.

The courses and the counseling are free and are available to both service members and their spouses. People are welcome to come in anytime, without an appointment or a referral from the command.

There are a couple of misconceptions about attending or signing up for FFSC support services that need to be cleared up.

The first is that FFSC's notify commands of who are attending classes or receiving counseling. FFSC's do not provide commands with any information on personnel who have signed up for any class or counseling.

Members and spouses getting couples' counseling does not automatically result in the opening of a Family Advocacy Program (FAP) case. Everyone has disagreements and arguments. Unless there is abusive behavior, FAP does not get involved.

Another misconception is that signing up for prevention support such as classes or counseling impacts one's security clearance. This is not the case. The Department of Defense now excludes a service member's history of marital or family-related counseling on the security clearance form and now publicly urges troops to voluntarily seek this type of counseling.

"Sailors who succeed with their careers and their families have the strength to ask for help before a problem gets out of hand," said Turner. "The Navy knows this, which is why they provide places to get help. Stop by your local FFSC or call us."

More information about Fleet and Family Support Centers is found at www.ffsp.navy.mil.

Did You Know?

Remembering Navy-Marine Corps Relief Society in your will (or living trust) is one of the easiest and best ways to ensure that the Society's crucial work will continue for generations to come?

Including the Society as a beneficiary of your will can be as simple as adding an amendment (or codicil) to your existing document. NMCRS can provide sample bequest wording and a codicil form.

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www.nmcrs.org**

Naval Special Warfare East host Trident Spectre 2010

STORY AND PHOTOS BY
MC2 (EXW) MATT DANIELS
Naval Special Warfare Group
TWO Public Affairs

VIRGINIA BEACH

— Naval Special Warfare Group TWO, Support Activity TWO (NSWSA2) hosted Trident Spectre 2010 from April 26 - May 7 at Joint Expeditionary Base Little Creek-Fort Story. The annual event in its sixth year was an invitation-only venue for special operations, intelligence, interagency, and law-enforcement personnel to test and evaluate emerging technologies both from government and commercial industries in tactically-focused scenarios.

"Trident Spectre is truly unique. It is not just about experimentation, but more about operational experimentation. No other venue features tactically-oriented experimentation of intelligence and technology at this level for the Department of Defense (DoD) and the Intelligence Community (IC)," said CDR Alec Mackenzie, Commanding Officer, NSWSA2.

During the two-week period, more than 270 experiments were conducted and more than 700 personnel were involved, including direct participants and distinguished visitors. The scenarios implemented and integrated maritime, air, ground, and individual tactical platforms and technologies. Engineers and technicians from more than 50 companies brought their latest technological advancements to Trident Spectre to be tested by end-users during tactical experiments.

"The magic of Trident Spectre is that the command provides special operations operators - SEALs (Sea, Air, Land), SWCCs (Special Warfare Combatant-craft Crewman) and Navy Technicians, most recently returning from deployments to Iraq and Afghanistan, to actually use the gear and validate the technologies in tactically-oriented scenarios. This way, the government and industry engineers receive immediate feedback from the operators



Technicians and guests observe experiments involving maritime, air, ground and individual platforms during Trident Spectre 2010 in Virginia Beach. Trident Spectre is an invitation-only experiment venue for military, law enforcement and interagency personnel to test and evaluate technology from both government and commercial industries in tactical ground-based scenarios.



Navy technicians attach communication devices to a vehicle during Trident Spectre 2010.

on the effectiveness and applicability of the technologies involved for current and projected operating environments," said Mackenzie.

According to Mackenzie, the effort is truly a collaborative approach.

"We also start out with an initial list of experiments, and then the "mad-science moment" happens by mixing the operators with engineers, spurring creativity and innovation to take the technologies in new and novel directions," said Mackenzie.

The value, according to organizers, is utilizing the technology in an operationally focused setting.

"We are excited to host Trident Spectre, to run it, provide the operators and to script the complex scenario. Philosophically, this is a different approach and creates an environment in which technologies can be validated and vetted in an operational scenario, rather than building a venue around a piece of technology to see if it will succeed," said Mackenzie.

Because of the collaborative work environment created, participants receive instant feedback on functionality from special operators and are able to incorporate technology from other capability providers to produce a more-benefi-



A technician monitors communication devices in a mock-operations center during Trident Spectre 2010.

cial product to the users by the common desire to do better with technology for DoD, the interagency, and law enforcement because all share the need to constantly improve in the areas of collection, anal-

ysis and dissemination," said Mackenzie. "Trident Spectre is a venue that consistently offers a lot to many different and diverse participants. We all want to get these technologies in the hands of folks who need them more quickly

and more apace of the rapid technological advances in business and industry."

This is the sixth year of Trident Spectre, which was a ground-up initiative, built out of necessity to seek and attain better technologies to address gaps in capability. But as Mackenzie explains, there is also a need to synchronize and to remember that technology is really just an enabler - that it's about the human-oriented applications of those technologies, not just about the technology itself.

"Forward-deployed service members were sitting in an operations center watching troops in contact, on seven or eight different monitors of multiple systems that were not integrated and therefore not always effective for situational awareness and command and control," said Mackenzie. "They also thought that there might have been better technologies out there that would have helped get the job done and keep people alive."

This lack of integration of equipment can create hazards for end users, the operators utilizing technologies in the field.

"When NSWSA2 was commissioned, it initiated Trident Spectre to rapidly identify, validate, and assist with the transitioning of technologies to the operator, expediting procurement processes," said Mackenzie.

Trident Spectre continues to mature as an experimentation venue, with great prospects for the future of the initiative. And participants are attacking the technical problems with a "mad science" spirit to ultimately find solutions, with the troops on the battlefield in mind.



2010 Heroes at Home top 10 nominees: (L-R) Kerith Anne Peko, Deanne Polanin, Jennifer Pittard, Junko Pilch, Kathleen Zepeda, Vitto Iuliano, Brenda Lee Crawley, Vivian Greentree, Michelle Burns and Tara M. Campbell listen patiently to Tom Schaad, WAVY News 10 anchor.

2010 Military Spouse Awards HEROES at HOME 6th Anniversary

2010 Heroes at Home

COMPILED BY FLAGSHIP STAFF,
PHOTOS BY HARRY S. GERWIEN

Deanne Polanin received the 2010 Heroes at Home Military Spouse of the Year Award during the sixth annual Heroes at Home Military Spouse luncheon held at the Founder's Inn Virginia Beach, May 6. 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 in 2005, 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 and 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 68 spouses honored with husbands serving in each branch of the armed forces. The finalists also in-

cluded first runner-up Jennifer Pittard, Brenda Lee Crawley, Junko Pilch, Kathleen Zepeda, Kerith Anne Peko, Michelle Burns, Tara M. Campbell, Vivian Greentree, Vitto Iuliano.

As the winner of the 2010 Heroes at Home Military Spouse of the Year Award, Deanne Polanin was awarded with the following:

- Vera Bradley tote bag – Courtesy of your local Chevy dealers.
- Professional Care Oral B Oral Care System and a digital photo frame – Courtesy of United Concordia.
- 4 passes to Kings Dominion – Courtesy of Kings Dominion.
- 4 Passes to Bush Gardens courtesy – Courtesy of WAVY TV.
- A 1 over-night-stay, 1 50 minute spa massage and 1 Sunday brunch for 2 – Courtesy of The Founders Inn and Spa.
- An HD radio stereo component – Courtesy of Entercom Communications.
- A \$300 gift certificate for services at the Virginia Institute of Esthetics.
- A complimentary two night hotel stay – Courtesy of LTD Management.
- \$1000 worth of Oceana Commissary gift certificates – Courtesy of Kraft Foods.
- A full Presidential Scholarship to Regent University – Courtesy of Regent University.
- A 42" HDTV flat screen television – Courtesy of presenting sponsor USA Discounters.



Joseph Licari, Vice President of USA Discounters and presenting sponsor gives the 2010 Heroes at Home Military Spouse of the Year, Deanne Polanin a bouquet.



Bill Fink, president of the local Chevrolet dealer group, presents 2010 Heroes at Home Military Spouse of the Year first runner-up, Jennifer Pittard a bouquet.



Brigadier Gen. Brian R. Layer, Commanding General, Chief of Transportation, Commandant, U.S. 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 recognizing the support that the person left at home gives to the service member's readiness and ability to accomplish their missions.



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.



From the left: 2010 Heroes at Home Military Spouse of the Year, Deanne Polanin stands with David Boisselle, Director of Military Affairs, Regent University. Polanin was presented with a scholarship certificate for the Regent's Masters program.



From the left: Hazel Ennis, Store Director DeCA Oceana Commissary, 2010 Heroes at Home Military Spouse of the Year, Deanne Polanin and Pam Walden of Kraft Foods present a \$1000 gift certificate for the commissary.

Navy to receive national award for Work-Life Balance Programs

BY LT. J.G. LAURA STEGHERR
Diversity Directorate
Public Affairs

WASHINGTON — The Navy's Task Force Life/Work (TFLW) initiatives will be recognized, May 18, by the Association for Work Life Progress (AWLP) through the organization's Work-Life Innovative Excellence Award.

Capt. Ken Barrett, director of the Navy Diversity Directorate and TFLW, will accept the award at the 2010 Total Rewards Conference, sponsored by WorldatWork, AWLP's parent company, in Dallas.

As the highest honor offered by AWLP, the Work-Life Innovative Excellence Award was created in 1996 to showcase programs and policies that demonstrate excellence in enhancing and promoting work-life effectiveness while achieving organizational goals. Past recipients include Pepsi Bottling Group, Ernst & Young,

Verizon Wireless and IBM. Competitors for the award are evaluated on their program's responsiveness to employees' needs, innovation in overcoming barriers to implementation, and measurable benefits to the well-being of employees.

The Navy's TFLW program began in 2007 to address the professional and personal development needs of Sailors and to enhance healthy life/work balance. Since its inception, several TFLW initiatives have been launched, including greatly expanded telework programs, flexible work schedules, paternity and adoptive leave, and one year deferment of sea duty for new mothers. The Navy's TFLW and quality of life programs have previously been awarded by both the Families and Work Institute and the Telework Exchange.

For more information on Task Force Life Work initiatives visit www.npc.navy.mil/CommandSupport/TaskForceLifeWork.

Motorcycle safety key to summer travel

BY MC1 ARDELLE PURCELL
National Naval Medical Center
Public Affairs

BETHESDA, Md. — With Memorial Day approaching, historically marking the start of the 101 Critical Days of Summer, National Naval Medical Center (NNMC) leadership is supporting the Navy's summer safety campaign "Live to Play, Play to Live," in hopes of preventing motorcycle deaths and injuries.

"We need everyone to ride smart and most of all to ride safe this summer," said NNMC Deputy Commander Capt. Daniel Zinder, who also rides a motorcycle. "If new motorcycle riders and experienced riders take motorcycle safety courses to learn new skills or refresh old skills, I believe we can prevent and reduce motorcycle fatalities."

According to Dan Moore, Naval District Washington lead traffic safety instructor with Cape Fox Professional Services, motorcyclists need

be aware of other drivers on the road.

"Once the weather warms up, motorcycles are on the road and it was reported in 2008 that 33 Sailors lost their lives in motorcycle accidents," he said. "Most people in an accident with a motorcyclist almost always say 'I never saw them.' We have to be aware there are others on the road."

Sport bikes represent a popular trend in motorcycles, a vehicle the Defense Department describes as any motorcycle with a forward leaning position, rear set foot pegs and high power-to-weight ratio.

For those wanting to purchase one of these motorcycles, Moore recommends riders understand the limitations of their skill.

"Sport bikes are the cheapest motorcycles out there and most people that get sports bikes are not experienced riders," he said. "Their popularity has brought them out to the streets. So a person



Photo by Machinist's Mate 3rd Class Juan Pinaldez

that gets these types of motorcycles needs to make sure they can handle it. They need to take the training classes that can teach them if they get into a situation, how to get out of the situation."

For more information on

motorcycles, riding motorcycles on base, safety gear and the "Live to Play, Play to Live" safety campaign, visit www.navymotorcyclerider.com.

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

Corrections: Heroes at Home Spouse Guide



In the 2010 Heroes at Home Spouse Guide, several individuals were incorrectly identified. We apologize for misspelling the names of Vitto Iuliano and his wife Robyn Iuliano.

Also, Jennifer Pittard has put in over 2,800 volunteer hours helping other Army spouses over the last two years. It was said that she had done this over the last year. When nominated, her husband First Lieutenant Joseph Pittard, noted that over the course of his two years in the 89th Transportation Company – one of which was a year-long deployment, Jennifer led more than 30 meetings, organized eight parties and barbecues, planned six fundraisers and facilitated three pre- and post-deployment briefings for over 200 family members. Joseph Pittard was incorrectly associated with the 73rd Transportation Company. We apologize for these errors.

NAVY LODGE: Two Navy Lodges receive awards from the American Hotel and Lodging Association Educational Institute

Continued from page A1

Performance Plus Gold Award. Only three to five awards are given annually throughout the world.

"My first reaction to winning the Meritorious Award from American Hotel & Lodging Institute was, 'You got to be kidding,'" said Austin. "My next thought was, 'my people do make me look good!' I called my staff the next morning from Arizona to tell them about the award. Kimberly McK-

inney, the front desk supervisor, put me on speaker phone. When I read the writing on the plaque and I got to 'In Recognition of Exceptional Quality Service,' my staff went wild with cheers and applause. Each department will be able to display the plaque in their department on a rotating basis."

Maria Gonzalez, Manager, Navy Lodge San Deigo, accepted the Gold Pineapple Award on behalf of her staff. The AHLA EI's other top award,

the Gold Pineapple, recognizes hotels that achieve exceptional standards by placing a high value on professional development, training and continued education with the results of increased guest satisfaction and associate certification.

"My staff and I were thrilled to be presented with the Gold Pineapple Award," said Gonzalez. "It is truly an honor. My staff has been working so hard and deserve this honor and recognition."

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

May 20, 2010

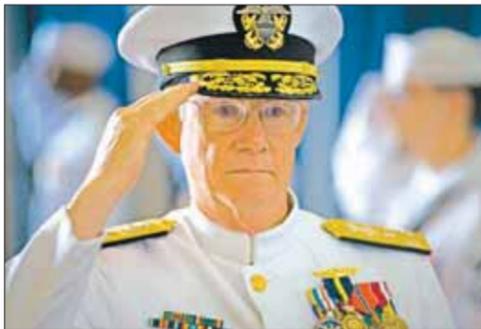


Photo by MC2 Joshua J. Wahl

Vice Adm. H. Denby Starling II, former commander of Navy Cyber Forces (CYBERFOR) and Naval Network Warfare Command (NETWARCOM) salutes while being piped ashore during a change of command and retirement ceremony at Joint Expeditionary Base Little Creek - Fort Story. Starling was relieved of command from CYBERFOR by Rear Adm. Tom Meek; and from NETWARCOM by Rear Adm. Edward H. Deets, III. Starling retired after 36 years of Naval service.

Meek and Deets relieve dual-hatted Starling

PRESS RELEASE

Navy Cyber Forces, Naval Network Warfare Command
Public Affairs

VIRGINIA BEACH — Rear Adm. Thomas P. Meek relieved Vice Adm. H. Denby Starling II, as commander, Navy Cyber Forces, and Rear Adm. Edward H. Deets, III assumed Starling's role of commander, Naval Network Warfare Command, in a ceremony, May 14, on Joint Expeditionary Base Little Creek, Virginia Beach. The ceremony also honored Starling for 36 years of distinguished service to the U.S. Navy.

"Admiral Starling possesses everything you want in a leader and that is (his) greatest strength," said guest speaker, U.S. Fleet Forces Commander, Adm. John C. Harvey Jr. "We see in Admiral Starling leadership in the purest sense of the word."

A native of Virginia Beach, Starling was commissioned through the University of Virginia NROTC program in 1974, and was an aviator, commanding VA-145 before command-

See STARLING RETIRES, B6

Hampton University graduate selected to serve on submarines

PRESS RELEASE

Naval Service Training
Command

NAVAL STATION GREAT LAKES, III. — A Hampton University graduate and Naval Reserve Officers Training Corps (NROTC) midshipman has been selected as one of the first females to serve aboard a U.S. Navy submarine.

On April 29, the Department of the Navy announced a policy change that allows women to serve on submarines.

Midshipman Lisa Brodsky, 22, from Colorado Springs, Colo., was commissioned as an ensign in the U. S. Navy on May 17. Brodsky graduated magna cum laude with a Bachelor of Science degree in Physics, May 9.

Following her commissioning May 17, Brodsky will attend Nuclear Power School in Charleston, S. C., before being assigned their first submarine.

Brodsky joins eight other NROTC graduates and 11



Brodsky

U.S. Naval Academy midshipmen as the first Navy female officers to be selected to serve as a submarine crew member. All the midshipmen selected had to go through an extensive interview process with the Director of Naval Nuclear Propulsion and the top Navy officer in the submarine force in Washington, D.C., Adm. Kirkland Donald.

"We are extremely proud of Midshipman Brodsky's recent accomplishment, being accepted as part of the first female class in the submarine community,"

See SUBMARINE, B6



A live performance of The Sesame Street/USO Experience is given at Joint Expeditionary Base (JEB) Little Creek's Gator Theater for military families of the Hampton Roads community. Designed to address the concerns with the hardships military families encounter, the show uses familiar faces from the television show to address tough issues, such as multiple deployments and lengthy separations.

Sesame Street entertains at Joint Expeditionary Base Little Creek

STORY AND PHOTO BY MC2 (SW/AW) JOHN STRATTON
Navy Public Affairs Support Element East

VIRGINIA BEACH — Four "live" performances by five of today's most notable characters from the hit children's television show Sesame Street, were presented to local military families of the Hampton Roads community at Joint Expeditionary Base (JEB) West Little Creek's

Gator Theater, May 15 - 16.

Sponsored by United Service Organizations Inc. (USO), the 25-minute "Sesame Street/USO Experience for Military Families," featuring Elmo, Grover, Cookie Monster, Rosita and Zoe, is designed to address the concerns of today's military families as they deal with the hardships of deployments and lengthy

See SESAME STREET, B6

Cycling to nowhere, fighting cancer

STORY AND PHOTO BY
MCSN (SW) CHRIS WILLIAMSON
USS Nassau Public Affairs Office



Marine Chief Warrant Officer Two John Merritt, from Parlin, N.J., keeps his head up and his eyes forward as he peddles on an exercise bike in USS Nassau's (LHA 4) gym in support of the 100 Miles to Nowhere program.

USS NASSAU — It's known as the race without a place and thousands of people participate. On May 8, two Marine officers aboard USS Nassau (LHA 4) took part in the 100 Miles to Nowhere program, May 8.

The program is an international event put on by Elden Nelson of Fatcyclist.com. The event is open to 500 registered riders, but more people can participate. It is set up like many other charity or fun rides, but instead of happening at one place, riders from all over the world peddle 100 miles at their own locations.

Participants submit an entry fee of \$95 and ride for 100 miles on either exercise bikes or a real bike. The profits go to LiveStrong, an organization established by professional cyclist Lance Armstrong to help people worldwide with their battles against cancer.

"It took us four hours, 49 minutes and 54 minutes respectively to com-

plete 100 miles," said Marine Chief Warrant Officer John Merritt, from Parlin, N.J., one of the cyclists who took part in the program. "It took a lot of hard work and dedication, but this was a great way to give to charity and break the monotony of being out at sea for over 100 days."

Marine Capt. Jason Rubin, from Miami, said that this was a first for Merritt and him.

"100 Miles to Nowhere happens every year and this was our first time ever," said Rubin. "We are both avid cyclists and also big fans of Fatcyclist.com. This couldn't have come at a better time."

Even though the event requires the riders to peddle for 100 miles, Merritt said he had loads of fun since he was doing it for a good cause, as well as for the exercise.

"I absolutely enjoyed it," said Merritt. "It was the best day of deployment thus far. My thanks go out to all the

See NOWHERE, B7

Veteran makes Va. Beach a better place

BY ROBIN HOLLAND
Training Support Center Hampton Roads
Public Affairs Officer

NAVAL AIR STATION OCEANA DAM NECK ANNEX — Larry Banks was recently recognized for his volunteer efforts both on base and in the local community during a ceremony at the Va. Beach Convention Center.

Banks who is a retired Navy veteran of 22 years is currently working as the Administrative and Community Relations Director for the Navy and Marine Intelligence Training Center (NMITC)



Photo by Dawn Berinsky, Malt Shop Photography

Larry Banks, a retired personnelman, attributes his love of volunteering to the outstanding support he received from his employer the Navy and Marine Corps Intelligence Training Center.

See COMREL, B7

SPOUSE SPEAK!

Taking a ride in the park

BY VIVIAN GREENTREE
Research Director for Blue Star Families

We have had my husband home for a couple of weeks now from his year-long deployment to Iraq and are towards the end of the "honeymoon phase." The honeymoon phase is so named because, well, it's almost like the euphoria one has immediately following a marriage. Colors are brighter, small things don't bother you and everything is perfect because you are hopelessly, dumbfoundedly, blissfully in love.

In other words, before reality sets in.

And, reality is already beginning to intrude into our wonderfully blissful reunion. Even in small, but noticeable ways. For one, Mike insists on having an opinion. Can you imagine?

I have been decider-in-chief long enough to cast a glance aside when he immediately starts to throw in his two cents on ... well ... just about everything. At first it was cute. Then, I was relieved to share the load of the millions of life and death decisions that one must make throughout the day (peanut butter

and jelly or turkey and cheese in the lunchboxes? Eat in or eat out? Where? Who to punish and how to do it? You know, all the hard stuff). Now, I'm just unsettled that I have another person hanging around here that just might have a different opinion than me and oh, also it is my husband. Obviously, the kids have noticed and quickly devised a correlated strategy. Play both sides against the middle. If mom says no, let's check with dad. And let's face it. Most times, mom says no.

But then there are days like today, which remind me that we are still very much in the throes of joyful reunion delight. We got my husband an early birthday present - a bike - and went on a bike ride/picnic/park extravaganza that lasted most of the afternoon. It was an afternoon that the boys and I talked about all last summer when Mike was gone and we planned what we would do when he got home to us. We'd stop our ride for lunch, sit down on the blanket and amid apple slices and double-stuffed Oreos, my children would dream out loud of the adventures we'd include him in when he got back. So, today, if I

felt a little déjà vu. It was probably because I've only lived the scene in my mind about a million times. And, honestly, it was just as perfect. Not because nothing went wrong. In fact, we did have several boobos, lost the insert thingy for the baby seat of the bike and had a "situation" with a port-a-potty. But, it was still perfect. It was perfect because we were together. No more, nothing less.

So, we'll work through the trade-offs of reintegration. The grocery bills will go up, but we'll be eating together. More laundry of course. But another set of hands to help. I am afraid of weight gain, however, from being able to eat my entire meal at a restaurant because there is someone else to take the boys to the bathroom (our youngest considers himself a bit of a bathroom connoisseur. He likes to check them all out, see what different gadgets they have, flush a few toilets, etc.). Dare to dream, right?

But, seriously, these are wonderful challenges to face. Perhaps one of the greatest gifts living this military life affords us is the blessing of truly appreciating each other. I've heard it said that you can't understand pleasure without feeling pain. Never has it resonated with me so much as right now though. Pain teaches us what we value, what we hold dear and what we will do



to pursue those things we deem valuable. It is hard to take someone for granted in a military family. Operational Tempo (OPTEMPO) pretty much takes care of that type of relationship challenge. So, if our spouses and family members miss a lot of important life events, we do know the ones they are there for are that much more precious.

Even if it is "just" a bike ride in the park.

Vivian Greentree lives in Chesapeake and is the Research Director for Blue Star Families. She is also on the Governor's Commission for National and Community Service. To contact Vivian, send her an E-mail at vgreen00@gmail.com.

Real Widows... a show by, about and for military widows and widowers

BY BETH WILSON
Military Spouse Contributor

Memorial Day is a time for us as a nation to pause and remember those who paid the cost for our freedom. In the military community we know that for each grave marker of a brave Sailor, Soldier, Airmen or Marine, there is a family left behind. Where are these families? How are they? How do they move forward from such a loss? Can you move forward?

Surviving the loss of a service member thrusts family into a new world. There is much to do, decisions to be made, emotions, loss, not to mention weeding through the maze of survivor benefits. How do you even start? How do you heal? How do you regroup and build a new life?

What do you say to a fellow spouse

who lost their service member? What are their needs? What happens to them, where do they go? What are their benefits? What about the kids? How do we support them?

Several weeks ago I wrote about two Army widows, LaNita Herlem and Deb Petty. Both women lost their husbands, killed in action in Iraq. In the months since I met these ladies I have learned so much about their journey through grief, anger, rebuilding, honoring their service member and even joy.

I am thrilled to take this week's column to reintroduce you to Deb and LaNita and to announce their new initiative. Deb and LaNita are bound together by not only their husbands command, but by their loss and their journey to build their new life. Now, together they are launching an internet talk show, Real Widows..., a show by, about and

for their fellow military widows and widowers.

Real Widows... will launch on Blog Talk Radio June 9. Their show is a place to connect with other widows and widowers, learn from each other, share your experience and gain valuable support and information for your journey and honor your lost service member.

Now if you think this show is going to be a 'sad' show or boring as subject matter experts drone on about survivor benefits - well, you couldn't be more off the mark. Deb and LaNita are 'spitfires.' They are honest about their lives, painfully so at times. They are quick to laugh, very candid and, at times, downright ornery. And, they are compassionate ... you will find a friend who cares in these women and a commitment to honor their service members by 'living.'

Widows and widowers are dispersed

across the country. Many move back to hometowns and that can leave them feeling isolated. Real Widows... can offer a place for widows and widowers to connect, honor their loss, find understanding and compassion, and find hope.

I want to invite you to support them and their show. Check out their broadcasts (www.blogtalkradio.com/realwidows), join their Facebook page (www.facebook.com/realwidows). Follow them on twitter (www.twitter.com/realwidows). You may think it doesn't pertain to you, but you will learn much about yourself and the needs of our fellow military spouses, our sisters, who have paid the ultimate sacrifice.

Follow Beth on twitter (@Beth_Wilson or @enlistedspouse), fan her Facebook page at www.facebook.com/EnlistedSpousCommunity. She reads all her email at beth@homefrontinfocus.com.

Making deployment easier on our kids



BY BIANCA MARTINEZ

Sometimes it is really easy for us, the spouse, to get wrapped up in what we are going to be missing when our husband or wife deploys. It is easy for us to get a little down, a little draggy. We sit up awake at night the weeks before a deployment worried about how we are going to make it all work. We are worried about how lonely we are going to feel or how much we will miss our loved one. Then we get a reality check ... when our kids are crying talking about what THEY are going to miss.

Boom! That sure snaps us out of it doesn't it? We are the adults in this situation and at this point should know how to deal with it. Ha! Especially, when like me, we are on our eleventh deployment! Yes, this I should be able to do. Now we are at a point when our focus shifts to our children. What can we do to make this time without one of their favorite

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!

people better?

Now, I have two really young ones so their feelings come out in the way of temper tantrums still. They are kicking and screaming and when it is all over and I ask them what is really wrong the answer is, "I miss my daddy." It is as simple for me as letting them say those words and believe it or not, they feel better. There are some ideas out there though that are a lot more fun than a temper tantrum and can make the months go by smoother ... it is never going to get easier.

Books, I think, can really help kids understand that though mommy or daddy is gone, they still love you! I met the author of "My Sailor Dad" this past week at the Military Officers Association of America (MOAA) Spouses' Symposium and he passed along a copy of the book to me. It is fabulous. I tested it out already on the kiddos. Now though, their Daddy is not on a ship, it still got the message across that nothing changes when it comes to love.



I also met an amazing woman at MOAA. We will actually be featuring her as one of NewsChannel 3's Military Spouses Taking Action this month. She had a fabulous idea for getting her kids through deployment. One of the struggles is that mommy or daddy can't be at a lot of those special events. Well, Vivian Greentree created "Mike on a Stick." Mike is her husband and she simply had a photo of hubby on a popsicle stick. Think "Flat Stanley." They take the stick everywhere and take photos with it. They even took Mike on a Stick to the White House for the Easter Egg Roll! Somehow, somehow, daddy was there.

In our family, we do a countdown calendar. We decorate a huge poster board with each month that daddy is gone. We include pictures and drawings and anything that makes us think of him. Every night, one of the kids gets to put a sticker on the day that has passed. It gives them something visual to look at. Otherwise it is hard for the little ones to believe that time is actually passing by. This lets them see that sure enough, daddy is working hard at coming home. We also love dad-

dy dolls ... pillows with daddy's picture on them. The kids sleep with them every night and they always feel like he is near.

Some other ideas, a deployment journal for the older kids. It is a great way to express those feelings that are so hard to share with anyone else. Hmmm, that might be a good idea for us too! How about making a video during the deployment and then editing it for the final project? That gives everyone a project to focus on and let's our loved one see what we have been up to.

No matter how you make it, remember communication is key. Maybe at dinner just take some time to talk about what part of our day made us miss our deployed loved one the most. Sharing those moments instead of bottling them up will let the whole family know it's okay to have those feelings and that no one is alone in the deployment.

Head to my blog on www.wtkr.com to find some great resources to help you make it through. Please, feel free to share any ideas you have by leaving a comment!



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

Local service times

lds programs

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

NAVAL STATION NORFOLK

<p>ROMAN CATHOLIC <i>Our Lady of Victory Chapel</i> Mass Schedule: 5 p.m. — Sat. (fulfills Sunday obligation) 10 a.m. — Sun. 11:45 a.m. — Mon.- Fri. (except holidays) Confessions: 4:15 p.m. Sat.</p>	<p>PROTESTANT <i>David Adams Memorial Chapel</i> Worship Services: 10:30 a.m. — Sun. Worship Wednesday Services: 8:30 - 10:15 a.m. — Bible Study Noon "Lunch with the Lord"</p>
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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

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

FOCUS Family Training Program

BY LT. CMDR. JEFF ETHERIDGE
Marine Corps Recruiting Command
Chaplain, Quantico, Va.

Families are a gift from God. And like many gifts, when we receive them, we also receive responsibilities associated with the gifts. The parents of children are given the gift and responsibility of leading and training their families.

The Bible gives us instruction and encouragement regarding this important task. "Train up a child in the way that he should go and when he is old he will not depart from it." (Proverbs 22:6) Regarding this verse, "The Billy Graham Training Center Bible" says "the word train means to dedicate or set aside for spiritual purpose. Because of the responsibility to raise their children, parents have a tremendous need to depend on God's wisdom. Spending time daily in prayer and Bible study is the first step in raising children in a way that pleases God. He promises that your children will remember the way that they have been trained as they grow up."

One program that has recently become available to help in family training is the FOCUS Family Training Program. FOCUS stands for

"Families Over Coming Under Stress." FOCUS is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime.

The program is based on empirical research derived from working with families who demonstrated the ability to effectively handle the challenges that stress produces. Some of the goals of the program are to assist children and parents in developing a set of skills to increase their resiliency and build on family strengths. It is designed to help family members address deployment stress issues and minimize interference with family life.

In order to understand FOCUS better and to receive the benefits of this program for my own family, I recently began going through the training. So far I have been very impressed.

Two key areas that I believe will be helpful not only for my own family, but for all families, are the enhancement of family communication and the provision of skills for emotional regulation. FOCUS is very much a team building program with the parents taking the lead to train their families to be more effective as a family unit.

FOCUS uses the Combat Operational Stress Control color continuum (green, yellow, orange, and red) to gauge the different feelings and emotions of the families as produced by different family events. This information helps the family better understand the dynamics that the deployment cycle brings so that they can better deal with the issues presented.

As Marines, we understand the importance of training for mission success. But we also need to understand that we are to train our families for success in life. The FOCUS program is not just for families that are experiencing difficulty, but also for families that are doing okay but would like to improve their family life dynamic. It is clear that when things are going well at home it definitely helps us to be more effective in carrying out our military responsibilities.

I believe the priorities for life are God first, family second, and the work you have been called to do third. May we all commit ourselves to excellence in leading and training our families, relying on God's principles and promises to enable us to be successful in achieving this important goal.

Giving assistance to Millington flood victims



Cmdr. Rob Callison, base chaplain at Naval Support Activity-Mid South, speaks with retired Lt. Cmdr. Kevin Christie who was trying to recover a damaged hard drive from his computer that contained all his photographs. The base was closed to residents and non-mission essential personnel after two days of rain dumped more than 14 inches in the area, flooding parts of the base.

Photo by MC1 Brien Aho



Businesses and commands set up booths to offer information to Joint Warfighting Conference attendees about their services. The 2010 Joint Warfighting Conference held at the Virginia Beach Convention Center, May 11-13.



Brad Sargent, Master Chief Petty Officer, USN (Ret.) and Military Affairs Representative for USAA, talks to service members and civilians during the Warfighting Conference.



Cmdr. Chad Piacenti from U.S. Joint Forces Command and Air Force Col. Mark Clements, from Joint Forces Staff College discuss courses that the staff college offers to senior enlisted personnel and officers at the Joint Warfighting Conference.

Joint Warfighting Conference 2010 reflects Maritime Strategy goals

STORY AND PHOTOS BY
MC1 (AW) TIM COMERFORD
The Flagship Staff Writer

VIRGINIA BEACH — The Joint Warfighting Conference brought together senior leaders from all branches of armed services as well as companies and commands that support the warfighting efforts, May 11-13.

The conference was an opportunity for some inter-service information exchanges and to alert leadership to the support available for their troops. Prominent companies in the military logistics and support spoke with commands and offered specialized services and information on what they do and why they do it.

The conference's use of business and military was inline with Chief of Naval Operation (CNO) Adm. Gary Roughead's idea of maritime strategy. In his 2007-2008 CNO Guidance, Roughead said, "Our Navy must continue to be the dominant and most influential naval force globally and across all maritime missions." He stated that his focus areas were to "build the future force, maintain our warfighting readiness, and develop and support our Sailors, Navy civilians, and their families."

The conference ran in tandem with the Department of the Navy Internet Technologies Conference and Navy Blue Coast

Small Business Symposium.

The NIT Conference discussed current and future technologies and their effect on the future of the warfighter.

The Navy Blue Coast Small Business Symposium discussed creating and managing companies with an eye towards contracts with the U.S. Navy.

The conference also offered career and financial seminars taught by professionals at Military Officers Association of America (MOAA) and a chance to meet authors of military non-fiction.

The theme for this year's three-day conference was "Combatant and Coalition Commanders: What Will They Need Five Years From Now?" Adm. John C. Harvey, Commander U.S. Fleet Forces Command (USFLTFORCOM); Gen. Stéphane Abrial, North Atlantic Treaty Organization (NATO) Supreme Allied Commander Transformation; Gen. David H. Petraeus, Commander U.S. Central Command (USCENTCOM); Gen. Craig R. McKinley, Chief, National Guard Bureau; and Gen. James N. Mattis, Commander U.S. Joint Forces Command (USJFCOM) all answered the question in their own words, but with a common thread — support. Whether it was inter-agency, inter-nationally or between civilian and military, the need for support was openly expressed by each in their conversations to the audience.



Lt. Antonio Samuel from Navy Cyber Forces (CYBERFOR) listens as Bruce Burkett (L) and Tommy Cristler talk about different capabilities. CYBERFOR is the type commander for cryptology, signals intelligence, cyber, electronic warfare, information operations, intelligence, networks and space disciplines. CYBERFOR reports to Commander, U.S. Fleet Forces.



(L-R) Lt. Cmdr. Ken Morris, Lt. Cmdr. Stephen Gaze and Marine Corps Lt. Col. James Shore from the Navy Warfare Development Command field questions about their command's developments and services as they exhibit their capabilities during the Joint Warfighting Conference.



Lt. Cmdr. Henry Allen, Joint Forces Command and Army Lt. Col. Robert Pight talk about some of the people speaking at the U.S. Joint Forces Command engagement booth. The engagement booth had speakers from all of the different services talking about their specialties.

Leaders look to form cooperative bonds

Conference speakers express that future holds more multi-national support and intelligence collaboration

BY MC1 (AW)
TIM COMERFORD
The Flagship Staff Writer

VIRGINIA BEACH – Leaders from military services expressed the need for future cooperation in our inter-service, inter-national and inter-business relationships during the Joint Warfighting Conference, May 11-13.

While introducing Gen. Stéphane Abrial, the North Atlantic Treaty Organization (NATO) Supreme Allied Commander Transformation, Gen. James N. Mattis, Commander U.S. Joint Forces Command (USJFCOM) pointed out how important support between the United States and the NATO has become.

“NATO is engaged in combat operations, like the U.S. operations that are similarly engaged and transforming,” said Mattis. “Gen. Stéphane Abrial was what we would call the chief of staff of the French Air Force and is now, for the second time in NATO’s history, a supreme commander who is not American. It shows again the increasing partnership we have with Europe. We now have an abiding friendship and a commitment to the U.S. - NATO linkage. I look forward to continuing the closest possible relationship between U.S. Joint Forces Command and Allied Command Transformation and maintain, even enhance the spirit of collaboration that we are fomenting between our two commands.”

Abrial pointed out the importance of events like the Joint Warfighting Conference.

“This is the sort of event that should be replicated throughout the alliance,” Abrial said. “It is an interesting question that Gen. Mattis has posed to us, ‘Combatant and Coalition Commanders:

What Will They Need Five Years From Now?’”

Abrial said that there was a need to balance the military picture. “We need to balance the energy and attention that we devote to operations today with preparing for the needs of tomorrow,” he explained.

Abrial had six observations on the future. His first dealt with multi-national forces. “Coalitions will be the rule. It shares a burden, it strengthens often overstretched forces, it shares a political responsibility and increases interest nationally and internationally,” he said.

His second observation was on building the coalitions.

“You cannot just improvise a coalition,” he explained. “History shows that sometimes you have to play a pick-up game, but coalition work should be prepared well upstream. NATO operations are more effective than ad-hoc collations and ad-hoc coalitions are more effective when they capitalize on common practices and standards divvied up through NATO then when they don’t. Ad-hoc coalitions may be quicker to assemble but they are also quicker to fall apart.”

His third observation was a belief that in the political arena it will be difficult for military to receive assistance.

“Coalition commanders will need political support. The appetite for operations in the coming years has been greatly diminished and Secretary Gates notes himself in the latest issue of foreign affairs that ‘the United States is unlikely to repeat a mission on the scale of Afghanistan or Iraq very soon.’ Since the train towards protracted engagements will continue, the coalition commander of 2015 will need to pay close attention to public opinion in dozens of contributing na-

tions.” His fourth observation was on trust.

“Commanders will need the trust of contributing nations and participating nation will need to trust each other,” Abrial stated. “Moving from the need to know to the will to share is the mantra of JFCOM to the point where I wouldn’t be surprised to see Gen. Mattis have ‘will to share’ tattooed on his knuckles. Information and intelligence sharing is difficult, it is sensitive and needs to begin with a first circle of trusted partners.”

As with shared intelligence Gen. David H. Petraeus, Commander, U.S. Central Command (CENTCOM) who talked to the audience through video teleconference shared some of the concerns with both Abrial and Mattis.

“The philosophical change we need to make is from ‘need to know’ to ‘need to share.’ If you approach this issue with the imperative of sharing you would change the way you approach the whole process,” Petraeus said. “It is one that we have tried to implement here in CENTCOM. We have over 60 countries represented here and it has worked pretty well for us.”

Abrial’s fifth point was on the introduction of civilian organizations.

“The commander will need a comprehensive approach. I can no longer imagine a serious security crisis that can be resolved by military means only,” he explained. “There is every reason to believe that operations in five years will increase deals with public threats in one configuration or another. The common thread of these threats is that they often bypass the conventional strength of our military – our response has to include the whole range of economic, social, informational and political effort that the military

cannot deliver alone. That means organizing a capability that may already exist in Nations outside NATO, as well as national, inter-national and non-governmental organizations. The future commander will not operate through a unity of command, but through a unity of effort, the comprehensive approach will be the environment future commander will need to operate.”

Petraeus echoed some of these sentiments. “I have never met a commander and certainly not a combatant commander who didn’t say that they needed more of everything,” Petraeus said. “I don’t think that we

are genetically capable of saying that we don’t need more troopers, more allies, more civilians, more authorities, more technology and more funding.”

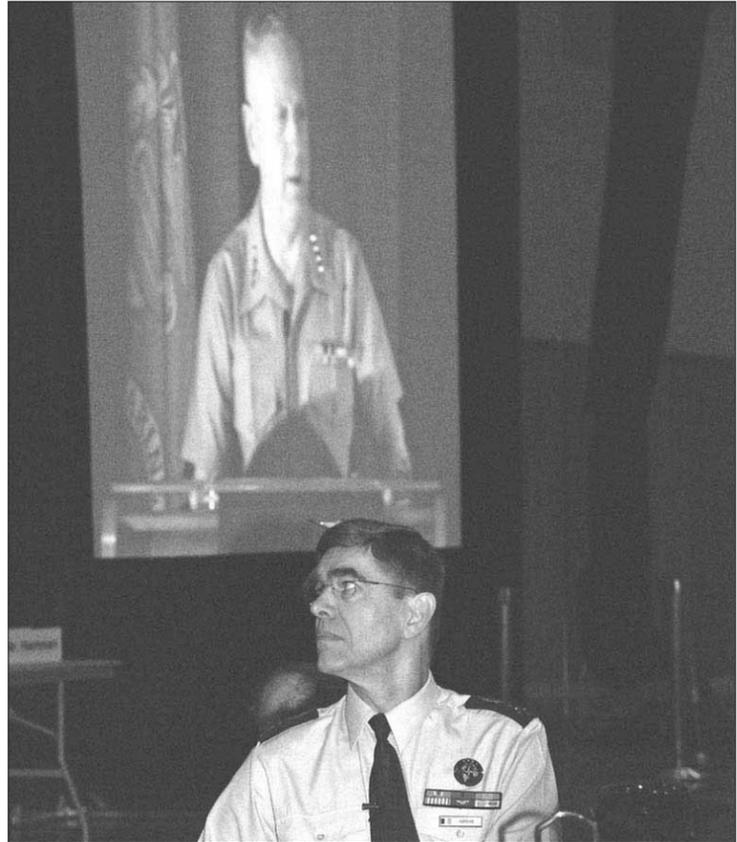
Abrial’s last thought was on interoperability.

“Interoperability must be hardwired into a program’s initial DNA,” Abrial said. “The ISAF (International Security Assistance Force) commander in Helmand province needed four sets of radios to communicate with four nations contingents and tracking systems allowed nations to track only their own forces, despite the fact that one nation was providing all the close air support for an-

other. It is inefficient and costly. It is offset by the increasing technological gap between the U.S. and even its closest allies and we all know that this will not be filled by a sudden European dip in spending in the near future.”

Petraeus also shared some of the concerns for interoperability.

“We have something like 16 different systems in Afghanistan alone,” Petraeus said. “We have formed a task force to figure out how to integrate all these systems and make it so you are working on fewer of these, so everyone can have a common operational picture.”



Photos by MC1 (AW) Tim Comerford

Gen. Stéphane Abrial, North Atlantic Treaty Organization Supreme Allied Commander Transformation, waits as he is introduced to the audience of the 2010 Joint Warfighting Conference by Gen. James N. Mattis, Commander U.S. Joint Forces Command. Abrial was the morning speaker during the second day of the three-day conference, May 11-13.



Gen. David H. Petraeus addresses the 2010 Joint Warfighting Conference audience via video teleconference during lunch. Petraeus and Abrial saw the need for support in both of their commands in answer to the question posed, “Combatant and Coalition Commanders: What Will They Need Five Years From Now?”

STARLING RETIRES: Vice Adm. leaves two commands in good hands

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ing USS Shreveport (LPD-12) and USS Dwight D. Eisenhower (CVN-69). He also commanded Carrier Group Eight as George Washington Carrier Strike Group. Prior to taking over NETWARCOM, Starling served as the 26th commander of Naval Air Force, U.S. Atlantic Fleet in Norfolk.

He assumed command of NETWARCOM, June 15, 2007, and was named commander of Navy Cyber Forces upon its establishment, Jan. 26.

"I leave with just a little sorrow, but a great sense of satisfaction and a great sense of optimism for the future operation of both of these organizations," said Starling. "Admiral Meek and Admiral Deets are perfectly suited and perfectly prepared to take over these commands."

Commissioned through Aviation Officer Candidate School in 1982, Meek has risen through the ranks of the intelligence community, most recently serving as director of the National Maritime Intelligence Center (NMIC).

Meek is a graduate of the University of Michigan, Michigan State University, the Naval War College and Joint Forces Staff College.

"I'm mindful that this changing of the guard today is a signature step for the United States Navy," Meek



Photo by MC2 Joshua J. Wahl

Former commander of Navy Cyber Forces (CYBERFOR) and Naval Network Warfare Command (NETWARCOM) Vice Adm. H. Denby Starling II (Center) cuts the a ceremonial cake commemorating his change of command and retirement ceremony at Joint Expeditionary Base Little Creek - Fort Story. Starling was relieved of command of CYBERFOR by Rear Adm. Tom Meek (L) and NETWARCOM by Rear Adm. Edward H. "Ned" Deets, III.

said. "With my friend and colleague Rear Admiral Ned Deets assuming command of NETWARCOM, and with this intelligence officer taking command of Navy Cyber Forces,

the Navy further asserts the significance of the Information disciplines to Naval operations. It is indeed an exciting time to be serving at Navy Cyber Forces."

Deets, a native of Charlottesville, Va., was commissioned through NROTC at Duke University in 1979 and has served the Navy in the information warfare communi-

ty both afloat and ashore. He also graduated with honors from the National War College at Fort McNair in Washington, D.C.

In three years as vice commander at NETWARCOM, Deets has seen the rising threat of cyber warfare.

"You maintain a vigilant watch in the newest war fighting domain targeting against those who are intent on denying the very way of life which we hold so dear," Deets said. "We now have the opportunity to write a new chapter. We must be able to fight and win in the digital domain, ensuring our unfettered ability to maneuver in the new cyber sea lanes of the world."

Deets was the commanding officer of the Center for Cryptology Corry Station, Pensacola, Fla. before assuming his most recent position as vice commander, NETWARCOM. He reminded NETWARCOM of its pivotal point in the Navy's mission, today and in the future.

"Remember today is only today for us. Shortly, it will be history for those who will stand in your ranks tomorrow," Deets said. "Write this important chapter so that admirals who follow us will tell young Sailors of your heroic deeds. Go make history, and thank you for the opportunity for me to help take you there."

SUBMARINE: Midshipman Lisa Brodsky, 22, selected to serve on submarines

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said Capt. Mike Barea, the Hampton Roads NROTC commanding officer and Professor of Naval Science.

"There are many uncertainties that lay ahead, but there's steadfastness, a willingness to serve within our Naval ROTC student

body as our nation's next generation of defenders."

The NROTC program, overseen by NSTC at Naval Station Great Lakes, Ill., was established to develop midshipmen mentally, morally and physically and to imbue them with the highest ideals of duty, loyalty and Navy core values.

NROTC graduates become Naval officers who possess a basic professional background, are motivated toward careers in the Naval service and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship and government.

It's 'Peanut Butter Jelly Time!'



Photo by MCSN Chris Williamson

Cryptologic Technician (Maintenance) 2nd Class Jacob Schrier, from Wernersville, Pa., has a jousting battle with Cryptologic Technician (Maintenance) 3rd Class (SW) Evan Galloway, from Badin, N.C., during USS Nassau's (LHA 4) Steel Beach picnic, May 8. 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 responsibility.

SESAME STREET: Live program enjoyed by kids, parents at JEB West Little Creek

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separations.

"The show is based on Sesame Workshop's Talk, Listen, Connect DVD," said Lonnie Cooper, USO tour producer for the show. "It serves as a resource to help military families deal with the challenges of having a parent deploy, while also providing family entertainment."

Not only did singing and dancing fill the air, but so did the message the puppets had for the packed auditorium.

"It's the messages in the songs that really resonate with kids and parents," said Cooper. "I can't tell you how many times I've heard how a family went to the show, listened to the messages and then went home and listened to what their kids had to say about the experience."

"I couldn't agree more with what the show brings home to military families," said Hospital Corpsman 1st Class (FMF) Kristopher Duncan, assigned to USS Oscar Austin (DDG 79). "I'm about to deploy, so sharing this experience with my wife and little girl was good for us."

For Duncan, this was his first time hearing about the show.

"I've been 'in' for 15



Photo by MC2 (SW/AW) John Stratton

A live performance of The Sesame Street/USO Experience is given at Joint Expeditionary Base (JEB) Little Creek's Gator Theater for military families of the Hampton Roads community.

years and this was my first experience with the program," he said. "The show was great and my daughter loved it."

Planning for the show took time and careful consideration.

"Sesame Workshop and the USO have worked hard to bring the tour to life and onto the doorsteps of today's military families," said Cooper. "Countless hours have gone into this process as each installation we present the show at is carefully and thoughtfully planned out."

Cooper added that installations with the greatest deployment rates are put at the very top of their list when choosing where to perform next.

What began in 2008 is now the longest-running entertainment tour in USO history and the first-ever traveling USO tour designed specifically for military families.

It has logged more than 45,500 miles spanning nine countries and has been viewed by more than 120,000 service members and their families at 76 military bases.

COMREL: Banks thanks command coordinators for his successes in helping community

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located onboard the NAS Oceana Dam Neck Annex. Banks' civilian career started with NMITC in 1999 as a contractor. Today Banks works full time and then some as a DoD civilian finding himself working on weekends to keep the command's 30 plus volunteer partnerships running seamlessly.

"I am very fortunate to have this opportunity to come back and work with the military. The military has been very good to my family and I," said Banks.

"Larry is a very humble man who truly understands the importance of community relations. In all my years, I've never seen a more committed individual to the community. He's singly responsible for NMITC being recognized by the Navy and the Va. Beach community for the numerous awards NMITC has won over the past ten years," said Francis Cubillo, Executive

Director Center for Naval Intelligence.

Banks is quick to admit that NMITC's community relations program wouldn't be as successful without the 110 percent backing from his command leadership and his dedicated coordinators: IS1 Jennifer Powell, IS1 Victoria McDermott and IS1 Rita Pickenpugh. "We average approximately 1,000 volunteers annually. As big and fast as our program is today, I couldn't do it without their help," said Banks.

"While every event and partnership is special to me, the long-standing partnership with the Princess Anne Elementary School is very near and dear to my heart. Every time we go out to the school it's just so wonderful to see the Navy and Marine volunteers when they are in uniform and the kids them, they get so excited – It's almost like Christmas every week," said Banks.

"The kids love Larry. He

motivates the volunteers to help others and put others first. He does a superb job and the military volunteers are awesome," said Jerry Killmeyer, Princess Anne Elementary School Physical Education teacher.

Banks, a former Personnelman said, volunteering is a part of who he is. In fact, often the Banks' family makes it a family affair. "On weekends, I get them involved, he said. My wife and kids go with me and we help out in the community while spending time together."

Larry attributes much of his success to his beautiful bride of 32 years and his son and daughter.

"My family gives me tremendous support. They keep me grounded," said Banks.

"Our community relations program has won countless awards, but it's not about the awards to me, it's about helping people," Banks said. "If I can make a difference in one individual, I've done my job."

Banks encourages others to volunteer especially military members.

"If you really want to get to know the city of Va. Beach, then volunteer," said Banks.

NOWHERE: 100 miles on stationary bikes

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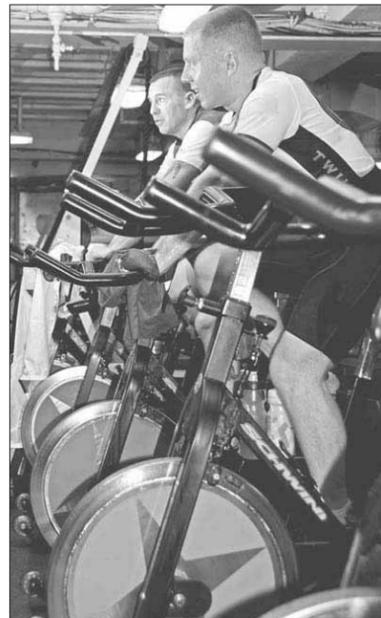


Photo by MCSN Chris Williamson

Marine Capt. Jason Rubin, from Miami, and Marine Chief Warrant Officer Two John Merritt, from Parlin, N.J., peddle on exercise bikes in USS Nassau's (LHA 4) gym in support of the 100 Miles to Nowhere program. People taking part in the bike program must bike a total of at least 100 miles in the course of one day. 100 Miles to Nowhere is sponsored by LiveStrong, which helps people worldwide with their battle against cancer.

support we received from our fellow Marines and Sailors."

Rubin also said he thoroughly enjoyed the ride.

"Honestly, it wasn't as painful as I thought it would be," said Rubin. "We made it more enjoyable by putting some old cycling races on the television in the gym and had lots of supporters come out to cheer us on."

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.

NASARG 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 group.