



## SECNAV discusses future of alternative energy



Photo by MC2 Kevin S. O'Brien

Secretary of the Navy (SECNAV) Ray Mabus delivers the keynote address during the 2010 Current Strategy Forum at the Naval War College in Newport, R.I.

BY MC1 DOUG KIMSEY

Naval War College Public Affairs

**NEWPORT, R.I.** — The secretary of the Navy (SECNAV) Ray Mabus shared his vision of a greener Navy and Marine Corps team, one that is more energy independent, but still remaining the greatest maritime force in the world, during a keynote address at the Naval War College's 61st Current Strategy Forum in Newport, R.I., June 9.

"It's a matter of energy independence, it's a matter of our security," said Mabus of the need for the Navy and Marine Corps to reduce dependence on foreign fossil fuels.

Attended by more than 1,200 participants, the 2010 conference explored the theme of "The Global System in Transition" by examining U.S. foreign policy in the emerging global order, the strategic leadership opportunities for the United States and the role of the maritime service-

es in supporting the nation's key objectives. The two-day forum is hosted annually by SECNAV.

"It's a matter of making sure that when we need those ships at sea, when we need those aircraft in the air, when we need the Marines on the ground, we have the energy produced right here in the United States to do that," said Mabus.

Mabus, a former governor of Mississippi, U.S. Ambassador to Saudi Arabia and surface warfare officer, gave examples of efforts to become less dependent on foreign fossil fuels.

"In April, we flew the Green Hornet, an F-18 Hornet. The Green Hornet, a regular off-the-shelf F-18, supersonic, flew on a mixture of regular gasoline and biofuel, biofuel made from camelina," said Mabus.

Camelina is a small mustard seed that has the potential to be grown in rotation with wheat in

See **ENERGY, A9**

## Saving Louisiana's wildlife



Photo by Coast Guard Petty Officer Caleb Critchfield

Jaden M. Kifer, a trained bird rescue worker (L) holds an oiled pelican while Ricardo A. Fernandez (R) measures the bird's body temperature, alertness and level of oiling at the Oiled Wildlife Triage center in Grand Isle, La., June 12. Workers bring oiled wildlife to the triage center for assessment and brief cleaning before they transport them to Fort Jackson, Fla., for in-depth cleaning, rehabilitation and release.

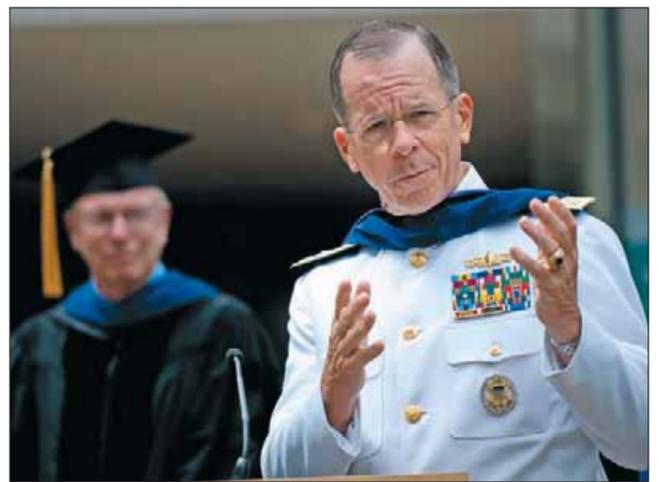


Photo by MC1 Chad J. McNealey

Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, addresses graduates at the 2010 Pardee RAND Graduate School commencement ceremony in Santa Monica, Calif., on June 12. Pardee Rand provides graduate programs in public policy created to train future leaders in the public and private sectors in policy analysis.

## "It's time to act"

### Adm. Mullen talks partnerships, giving with post-grad students

BY LISA DANIEL

American Forces Press Service

**WASHINGTON** — "It's time to act," the chairman of the Joint Chiefs of Staff told 41 people receiving post-graduate degrees in public policy during his commencement address at Pardee RAND Graduate School in Santa Monica, Calif., June 12.

Noting that "there can't possibly be any more school" for most of the graduates — 28 of whom obtained doctoral degrees — Navy Adm. Mike Mullen encouraged them to build relationships and partnerships to turn their academic achievements into real-world successes.

"It's time to act. Continue to broaden your partnerships, let your studies evolve with society's needs and always live up to the greatest ideals of your profession," said Mullen. "Then, and only then, will you be relevant and truly be the answer."

The graduation comprised "a gathering of trail blazers and innovators," said Mullen. And, when he thinks about those who make a real-world impact, Mullen said RAND Corp. comes to mind. RAND — which stands for Research and Development — is a nonprofit think-tank.

"The education you earned here positioned you to lead the

changes of the future," said Mullen. "Bold leadership certainly is in order. We need leaders with strength of character, broad perspective and sharp insight."

Since its start, RAND has driven technology and military advancements with its research and analysis, said Mullen. Now 60 years later, the world is a different place, "flatter, faster and inextricably interconnected," and where change has become the norm, the admiral said.

"Whatever happens in the future, we're simply going to have to be able to adjust," said Mullen. "That's why our strategies and policies should constantly struggle with each other."

Analysis must be timely, non-partisan, adaptive and objective, said Mullen. "In order for your analysis to shape the world we're living in, you must be the answer," he said. But, "being the answer is more than just having the right answer. The most rigorous, well-reasoned, quantitative analysis in world will fail and fall on deaf ears if the analyst ignores relationships."

Policy analysts need to understand the world from others' perspectives, the chairman said. "No E-mail, no phone call, no

See **CHALLENGES, A9**

## Service bonds mother with daughter

STORY AND PHOTO BY MC3 DESIREE GREEN  
Amphibious Squadron Eight (CPR-8) Public Affairs

**USS NASSAU** — Growing up as a military brat, Marine Cpl. Amanda Cundiff of the 24th Marine Expeditionary Unit (24 MEU) Combat Logistics Battalion looked up to her mother, Logistics Specialist 1st Class Penny Drouse.

"I was so proud," said Cundiff, "I talked about her all the time. My friends would ask: 'Your mom's coming home next month, right?' They all knew."

Now, after several homecomings that Cundiff attended for her mother, she is experiencing her first deployment aboard USS Nassau (LHA 4), currently operating in the 5th Fleet area of operation. Coincidentally, Drouse is also deployed to the area aboard USS Dwight D. Eisenhower (CVN 69).

"It's hard with us both being deployed at the same time," said Drouse. "You can still keep in touch via E-mail, but you can't call and talk to each other like

See **DEPLOYMENT, A9**



Marine Cpl. Amanda Cundiff of the 24th Marine Expeditionary Unit (24 MEU) Combat Logistics Battalion holds a picture of her mother, Logistics Specialist 1st Class Penny Drouse. Drouse is currently aboard USS Dwight D. Eisenhower (CVN 69), which is at sea in the same region as Nassau.

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Where eagles soar  
Indian Head, Md. plays part in the salvation of one of America's most precious resources, the Bald Eagle.



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The Navy Legal Service building is the first in this bio-friendly project.



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Hampton Roads turns up the heat  
Check out the major concert line-ups for the summer.



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

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# NSPS Transition

## Well under way, Official says

BY DONNA MILES  
American Forces Press Service

WASHINGTON — The transition of Defense Department civilian employees from the National Security Personnel System (NSPS) is proceeding, with 75 percent of the workforce expected to be transferred into the General Schedule (GS) classification and pay system by late September, the defense official overseeing the effort told Congress, June 9.

More than 53,000 defense civilian employees who had been enrolled in the NSPS system have been shifted to the GS system, John H. James, Jr., Director of the Pentagon's NSPS Transition Office, told a subcommittee of the Senate Homeland Security and Governmental Affairs Committee.

About 170,000 remaining NSPS employees will transition to the GS or other pay and personnel systems by Jan. 1, 2012, the congressionally mandated deadline, James reported.

Congress directed a repeal of the NSPS system in the 2010 Defense Appropriations Act and set the timeline for its completion.

Congress also mandated that no employee lose pay due to the transition.

Of transitions completed so far, 71 percent of the employees actually received pay increases — an average of almost \$1,400, James told the committee. That's because their NSPS pay levels put them between steps on the GS pay scale, which qualified them for the higher step, he explained.

Eight percent of the employees maintained the same pay level because their NSPS salary matched a step with their new GS grade, said James.

The other 21 percent of the employees earned salaries under NSPS that exceeded the Step 10 pay level for their GS grade. They, too, retained their full pay level as they converted to the GS system, James explained. However, they will receive only one-half of any future pay raises until their pay reaches parity with the high end of

their GS pay level.

The military services and Defense Department components have launched information and education campaigns to ensure their workers understand how the NSPS transition will affect them, James told the committee. In addition, the NSPS website is updated regularly to provide employees the most up-to-date reference materials and training modules on the GS system and performance management basics.

James noted the challenges associated with transferring employees between two fundamentally different classification and pay systems.

NSPS is based on broad pay bands that encompass a broad range of duties and responsibilities and allows employees to advance within a single pay band based on performance. In contrast, the GS system tightly defines duties and responsibilities in discrete pay grades based on a position's difficulty, responsibility and qualification requirements.

While overseeing the NSPS transition, James' office also is charged with coming up with a plan for an enterprise-wide performance management system that provides hiring flexibility and a workforce incentive fund.

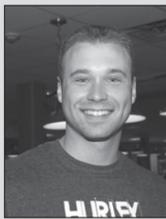
He assured the committee the Defense Department will make the process as open, transparent and inclusive as possible. "We have a strong desire to build an effective relationship and fully participative process with labor organizations in developing these new authorities," he said.

"Transitioning approximately 226,000 employees from NSPS to the appropriate statutory non-NSPS pay and personnel system is a very high priority for the department," said James.

The Defense Department, he said, is "committed to open, ongoing communication about NSPS transition and development of the DoD-unique performance management and hiring authorities" provided in the 2010 National Defense Appropriations Act.

## THE FLAGSHIP'S LEEWARD SHOUT

### What is the best advice your father ever gave to you?



"He used to tell me that if it was easy to be a man, then every guy would do it. Instead, there are a lot of guys in the world, but few good men."

HM3 (FMF)  
Benjamin Martin  
TPU



"My dad always used to tell me that I shouldn't believe anything I hear and I should believe only half of what I see."

BM3  
David Dawson  
USS Elrod (FFG 55)



"I remember my dad always told me when I was younger that if you work really hard, that good things will come to you."

MIDN  
Mark Palmquest  
Naval Academy



"He used to get very serious and look at me and tell me that anything worth doing is worth doing well the first time and to never do anything half heartedly."

HM2  
Brian A. Breckley  
TPU



"My father says that a wise man learns from his own mistakes, but a smart man learns from seeing the mistakes of others."

MIDN  
Dean Albert Black  
Aboard USS Kearsarge (LHD 3)



"My dad says that honesty is always the best policy, even when it is more difficult. He also used to tell me to always be positive and live everyday to the fullest as it comes and not to dwell on the past."

Elizabeth Gardner  
Manager of C-9 (MWR)

Photos by MC3 Samantha L. Rivero

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TAKING ACTION  
GETTING RESULTS

### VIPIR PLANNING FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
88	88	90	91	84	89	91
71	70	72	73	72	74	73

For the latest weather updates and up-to-the-minute weather alerts, go to [www.wtkr.com/weather](http://www.wtkr.com/weather)

# MCPON visits wounded at LRMC, wraps-up European tour

BY MC2 (SW/AW) MARC ROCKWELL-PATE

Navy Region Europe, Africa, Southwest Asia

**LANDSTUHL, Germany** — Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West toured facilities and met with Sailors and Marines at Landstuhl Regional Medical Center (LRMC) in Germany, June 9, to offer support for those wounded and recovering as well as praise the LRMC team for helping the service members in need.

“This visit to the Landstuhl medical center was very emotional and very humbling, particularly when you see the moms that are here to support their sons and daughters that we saw today,” said West. “The folks who come through this hospital and the folks you see working at this hospital are our most precious asset. We have some great people doing great things and it was good for me to get out here and see them.”

During his visit to the U.S. Army medical facility, West had the opportunity to visit and speak with service members in the hospital’s intensive care unit – an area with some of the critical patients. West also met with other wounded service members in the surgical



Photo by MC2 Marc Rockwell-Pate

**Master Chief Petty Officer of the Navy (MCPON) Rick West speaks to more than 200 Soldiers, Sailors, Airmen and Marines assigned to Landstuhl Regional Medical Center (LRMC) in Landstuhl, Germany, during an all hands call at the installation chapel. West’s visit to LRMC is part of a 10-day trip to installations and support elements in Western Europe.**

ward and said the people that he saw in the ICU and surgical areas are “real military heroes.”

After spending a majority of the day with hospital patients, West toured the rest of the facilities that are available to those recovering at Landstuhl. West

walked through the United Services Organizations (USO) center, the Fisher House, the barracks, and the Morale, Welfare and Recreation facilities, personally thanking those who are directly supporting the wounded service members at or transiting

through the LRMC.

“It’s been a very awesome and motivating experience to see the MCPON visiting the medical center today,” said Hospital Corpsman 1st Class (SCW) Shalanda Brewer, the 2010 Navy Reserve Sailor of the Year. “To

have our leadership come here and see that they are very passionate about what they are doing lets you know that we have great leaders and the Navy is going in the right direction and I am excited to be apart of that.”

West’s tour of Landstuhl is the final stop of his 10-day Western Europe trip, where he visited seven installations and support elements in England, Spain, Portugal and Germany.

West said he was surprised by the number of joint-military, multinational environments Sailors and Marines work in throughout the European area.

“This trip was great because we went out to seek Sailors and that is what we did,” said West. “I had the opportunity to talk with Sailors in a lot of remote locations that wouldn’t normally get a lot of visitors. What I found were Sailors doing a great job in joint military environments and to see people working shoulder-to-shoulder toward one goal is very satisfying for me.”

West added that he will be focusing on visiting more areas within Europe over the next few months.

For more news from Commander, Navy Region Europe, Africa, Southwest Asia, visit [www.navy.mil/local/cnre/](http://www.navy.mil/local/cnre/).

# Top Navy officer receives Public Service Award for diversity

BY MC2 (SW) KYLE P. MALLOY

Chief of Naval Operations Public Affairs

**WASHINGTON** — The Asian-American Government Executives Network (AAGEN) recognized the Chief of Naval Operations (CNO) Adm. Gary Roughead with the AAGEN Excellence in Public Service Award, June 10.

Department of Veterans Affairs (VA) Assistant Secretary for Public and Intergovernmental Affairs L. Tammy Duckworth presented the award, which is given to an outstanding leader in public service who has demonstrated great spirit, courage and dedication to public service.

“Unquestionably, Adm. Roughead has served our nation in peace and war with the highest courage, honor and patriotism that exemplifies the best of our military

leaders,” said Duckworth.

Duckworth went on to highlight that currently, under Roughead’s leadership, the Navy has the highest number of Asian-Pacific American (APA) flag officers in its history with nine APA’s serving at the rank of rear admiral or higher.

Roughead, the 29th CNO, received the award for his leadership and his diversity initiatives throughout the Fleet.

“I can’t tell you how humbled I am to receive this award, but I really receive it on behalf of the United States Navy,” said Roughead. “(The Navy leadership) makes the achievements that the Navy has enjoyed possible.”

CNO talked about the importance of racial and gender diversity in all ranks of the military and how much stronger of an organization the Navy is with a fleet which

reflects the face of the nation.

“(I appreciate) the richness and the value that can be derived from the many different view points, ideas and thoughts that can come together and make any organization stronger, better and more effective,” said Roughead.

Finally, CNO addressed the magnitude of possibilities offered to a Sailor in the Navy and the extraordinary opportunities available to be part of a “Global Force for Good.”

“We in the Navy, and the Armed Services, can offer young men and women an opportunity to play a role on the global stage, to cause outcomes that make life better for people around the world in ways that they never thought possible,” said Roughead.

For more news from the Chief of Naval Operations, visit [www.navy.mil/cno/index.asp](http://www.navy.mil/cno/index.asp).

# Pacific Partnership 2010 concludes Vietnam visit

**PRESS RELEASE**

From Pacific Partnership Public Affairs

**QUY NHON, Vietnam** — Pacific Partnership 2010 (PP10) departed Quy Nhon, Vietnam, June 12 after 13 days of working along side the people of Binh Dinh Province to deliver a variety of humanitarian and civic assistance programs ashore and onboard USNS Mercy (T-AH 19).

“It is with mixed emotions that today I bring to a close Pacific Partnership 2010s visit to Vietnam,” said Capt. Lisa M. Franchetti, Pacific Partnership 2010 Mission Commander, during the visit’s closing ceremony on the fleet landing pier.

The pier served as the gateway for participants, patients, medical equipment and supplies and visitors traveling to and from Mercy.

“Watching Pacific Partnership develop from a simple vision discussed at our initial planning meeting here in December (2009), to the reality of seeing our collective teams in action the last 13 days has been an amazing and incredibly rewarding experience for me and for everyone involved,” said Franchetti.

As a result of the Vietnamese Ministry of Health’s sponsorship of PP10, the residents of Binh Dinh Province, located on the central coast of Vietnam, benefited greatly from the combined efforts of more than 1,000 medical, dental, veterinary and engineering professionals from numerous partner nations, non-governmental organizations and U.S. military services.

Coinciding with the 15th anniversary since the normalization of relations



Photo by MC3 Matthew Jackson

**Cathie Fogg, a Latter-day Saint Charities volunteer medical professional, examines a Vietnamese woman's ear at the Hai Cang medical clinic during a Pacific Partnership 2010 medical community service project.**

between the two countries, this was Pacific Partnership’s third visit to Vietnam.

Medical civic action program (MEDCAP) sites treated more than 19,000 patients during the visit. Many MEDCAP sites, such as the Phuoc Hoa Junior High School, were temporarily transformed into a clinic for the purpose of the program, receiving hundreds of patients each day in search of general medicine, optometry, dental and pediatric care.

“The MEDCAP at Phuoc Hoa succeeded beyond my expectations both in terms of numbers of patients seen and positive experiences for our providers and their patients,” said Cmdr. Peter Shumaker, Phuoc Hoa MEDCAP officer-in-charge. “This success was a result of the tremendous cooperation from our hosts and the vigorous efforts of our entire team.”

During the mission,

MEDCAPs were held at two to three sites each day resulting in a total of 30 clinics during the 13-day span. MEDCAP engagements between providers and patients were not one-way interactions. In fact, providers also benefited from the opportunity to treat patients.

“Our patients were not the only beneficiaries of the medical care provided at Phuoc Hoa,” said Shumaker. “We learned a great deal from the experience and gained a sense of pride at making a big difference in the lives of some and making a positive impression on many more. We also gained a great deal of respect for the hard-working people of the region.”

In addition to MEDCAPs, medical professionals from Mercy engaged with their Vietnamese counterparts for subject matter expert exchanges, including sessions on retinal disease, interventional cardiol-

ogy and leprosy. Biomedical equipment technicians from Mercy worked to return 35 pieces of medical equipment to service, with a repair value in excess of \$4.3 million.

From the engineering perspective, PP10 engineers arrived in Quy Nhon 20 days prior to Mercy’s arrival and completed four separate renovation projects during her stay: one clinic and one school for disabled children in Quy Nhon and two clinics in the Tuy Phuoc District.

By the time PP10 depart-

ed Vietnam, almost 22,000 man-hours were allocated to renovating all four renovation projects. The largest project was the Hope Center, a school for special needs children located in Quy Nhon.

As the centerpiece of the engineering portion of the visit, the Hope Center saw Seabees from Navy Mobile Construction Battalion 11 and Amphibious Construction Battalion 1, Australian Defense Force Army engineers from the 2nd Combat Engineer Regiment and Vietnamese volunteers. This enthusiastic team worked diligently in 100 degree heat to replace the roof and ceilings, install ceiling fans, lights, fixtures and outlets, install a solar water heater and create a beautiful and functional new kitchen. Engineers also painted and refitted railings on the second floor as a safety system for the students, many of whom live on site.

“The opportunity for the Australian combat engineers to work with both the US construction battalion and the Vietnamese was both challenging and rewarding,” said Lt. Col. Helen Murphy, Commander, Australian National Command Element. “The Australians effectively overcame language and

cultural differences to harmoniously work together to achieve the combined goals. It was wonderful to watch the transformation of the building project that will now benefit the local community for many years to come.”

While PP10 was busy ashore, it was just as busy aboard Mercy, where 343 patients were seen and surgeons performed 132 surgical procedures. From elective cataracts to acute trauma, Mercy surgeons, nurses and technicians performed with full integration from partner nation and non-governmental organization colleagues. This success had its foundation in the hard work done in advance by the local Vietnamese surgeons who presented Mercy’s doctors with well-screened patients who were excellent candidates for surgery.

“From previous Pacific Partnership mission experience and through a great deal of coordination with the advanced team on the ground, the demand was congruent with our menu of surgical services offered,” said Cmdr. Trent Douglas, Mercy’s Director for Surgical Services. “Mercy was able to provide outstanding surgical care to our Vietnamese patients, and we look forward to strengthening our relationship in the future.”

Mercy was joined in PP10 by the Japan Maritime Self Defense Force’s JDS Kuni-saki (LST 4003) and her 30-person medical team and three non-governmental organizations who assisted at the Nhon Binh and Hai Cang MEDCAPs in Binh Dinh Province.

The PP10 team’s visit included military and government personnel from Australia, Canada, France, Japan, Singapore, United Kingdom and United States and civilian volunteers from East Meets West, Latter-day Saint Charities, Project Hope, University of California, San Diego Pre-Dental Society, Vets Without Borders and World Vets.



**Vietnamese citizens queue for optometry services at the Hai Cang medical clinic during a medical community service project.**

# Animals, Sailors excel during Frontier Sentinel 2010



Photos by MC2 Rafael Martie

Explosive Ordnance Disposal Mobile Unit One Marine Mammal Company Handlers Navy Diver 2nd Class (SW) Michael Gerstel (middle), Navy Diver 2nd Class (SW) Andres Palacio (L), and Quartermaster 2nd Class (SW) Kyle Holzl (R) train a bottlenose dolphin during Frontier Sentinel 2010 at Joint Expeditionary Base Little Creek – Fort Story.

## PRESS RELEASE

Commander, U.S. Second Fleet Public Affairs

**NORFOLK** — Sailors assigned to Explosive Ordnance Disposal Mobile Unit One's (EODMU 1) Marine Mammal detachment are participating in a Navy-led exercise June 4 - 11 in the western Atlantic Ocean designed to showcase a bilateral response to maritime homeland defense and security threats.

Exercise Frontier Sentinel 10, a joint interagency exercise boasting elements from the U.S. and Canadian navies, the U.S. Coast Guard and other U.S. and Canadian agencies, is a scenario-driven series of events in which the (EODMU 1) Marine Mammal program is playing an integral, though sometimes unseen, role.

"This is the only program of its kind in the Navy – we use the only organic asset in the world that can hunt mines and take them down," said Chief Navy Diver (DSW/EXW) Brandon Ghan, EODMU1 Marine Mammal Company leading chief petty officer. "We're using bottlenose dolphins for mine hunting operations, and our role in Frontier Sentinel is to hunt and find (simulated) mines in the harbor and clear a path for ships to exit the Chesapeake Bay."

Exercise Frontier Sentinel centers around the coordinated detection, assessment and response to a mining threat in Hampton Roads, which could impede both commercial and military traffic in the Chesapeake Bay, something Ghan said requires the efforts of several different entities.

"This is a multi-tiered approach," he said. "UUV's (Unmanned Undersea Vehicles) will search and find contacts, we'll search separately and find contacts and then we go back and double check each other. Then we'll drop markers and the divers can swim right in and find exactly what has been discovered and identify exactly what the threat is and deal with it."

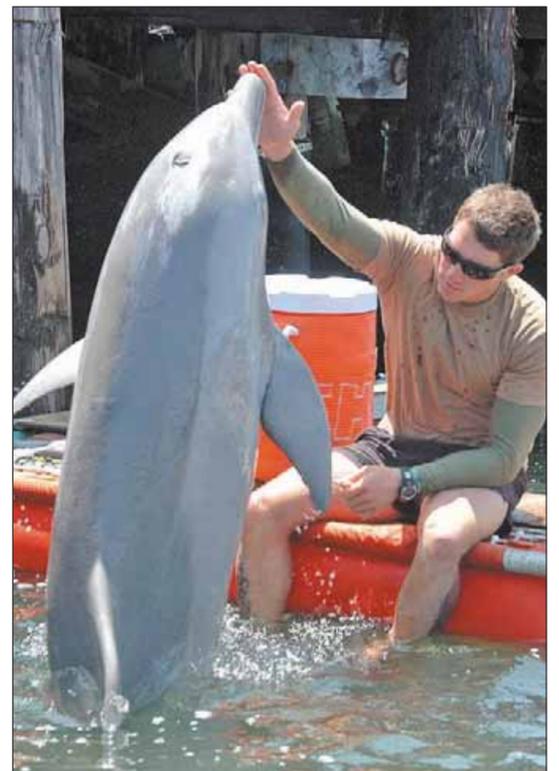
Ghan said, however, the unique attributes the bottlenose dolphins possess are integral in effective operations, something evidenced by the significant rate of success the marine mammals have had throughout the exercise.

"The final scores haven't been tabulated, but I know they've done well," he said. "We're the only mobile unit in the Navy to have a mine-hunting marine mammal system, and all the handlers are dedicated to the job."

Sailors serving as handlers for the marine mammal company deployed from their command in San Diego, to Joint Expeditionary Base Little Creek – Fort Story for this exercise. They train daily with the animals, and are familiar with each dolphin's personality and responsiveness. Ghan said that while all EODMU 1 Marine Mammal Company personnel are well-versed in the marine mammal program, a bond exists between certain animals and Sailors.

"Each animal has its own handler. They know that animal in and out," he said. "They're with them training daily and they're great at what they do."

Ghan also said that while the Navy employs other systems to locate and recover underwater objects, these hardware-based systems have limitations, something offset by the effectiveness of the bottlenose dolphin's biological sonar.



Explosive Ordnance Disposal Mobile Unit One Marine Mammal Company Handler Navy Diver 2nd Class (SW) Michael Gerstel rewards a bottlenose dolphin after a successful training evolution during exercise Frontier Sentinel 2010 at Joint Expeditionary Base Little Creek – Fort Story.

# Where eagles soar

Eagles thrive at Naval Support Activity Indian Head, Md.

BY GARY WAGNER  
Naval Support Activity  
South Potomac

**INDIAN HEAD, Md.** — Just a short drive south from the nation's capital, bald eagles are soaring over the Potomac River and its tributaries. The eagles are thriving, in part, as a result of conservation measures enacted by Naval Support Facility (NSF) Indian Head, Md.

Twenty-six miles south of Washington, DC, NSF Indian Head comprises 1,600 acres of forest and

extensive shoreline. The base and surrounding waterways provide an abundance of food sources for resident and migratory bald eagles.

Numbers of nesting, roosting and foraging bald eagles at NSF Indian Head have increased from one nest in 1989 to 11 nests (9 active) and a communal roosting site today.

Along with this increase in population have come conservation issues related to base operations and infrastructure. From 2001 to 2005, the base's Natural Resources Office (NRO) recorded 13 bald eagle deaths. Eleven of these deaths were attributed directly to electrocutions or line-strikes. As these deaths continued to increase, the NRO began informal consultation with the U.S. Fish and Wildlife Service (USFWS) to discuss the eagle deaths, mitigation efforts and the potential legal ramifications if deaths continued without efforts to prevent them.

In 2005, Indian Head's NRO developed the Raptor Electrocution Prevention Study. The study surveyed the NSF Indian Head electrical distribution system to determine zones at highest risk of negative impact. Mitigation efforts included retrofitting the electrical distribution system by installing flight diverters on the utility lines, installing plastic phase covers to prevent electrocutions and installing fiberglass cross arms.

The NRO also maintained bald eagle nest protection zones during the nesting season as recommended by the USFWS. All base activities, military construction, base development projects, training areas, ranges, grounds maintenance and hunting activities were regulated within these zones.

The NRO initiated formal consultation with the USFWS under Section 7 of the Endangered Species Act (ESA) in 2006, with the preparation of the NSF Indian Head bald eagle biological assessment (BA). The BA addressed the impacts of the electrical distribution system on the bald eagle population and prepared the NSF Indian Head bald eagle management plan, which detailed all base activities and looked at the impact of each activity on the bald eagle.

Both the BA and management plan were reviewed by the USFWS. At the completion of their review, the USFWS issued a bald eagle biological opinion (BO). The BO looked at the existing bald eagle populations and listed conservation recommendations and terms and conditions for maintaining the population and ensuring that nest productivity is not impacted.

To be exempt from Section 9 of the ESA, NSF Indian Head must comply with all terms and conditions of the BO. The terms and conditions include maintaining the nest protection zones as detailed in the management plan, implementing protection measures identified in the Raptor Electrocution Prevention Study, amending the NSF Indian Head forestry management plan to reflect requirements of the protection zones and conducting a three-year productivity study.

The productivity study began in 2007 and ended this year. Data was collected from all bald eagle nests at the base. Data gathering included banding eaglets and sampling eaglet blood to determine levels of environmental contaminants. All nestlings tested negative for encephalitis viruses including West Nile Virus. All contaminant levels were low in nestling blood and feathers.

NSF Indian Head's NRO is hoping to begin Global Positioning System (GPS) tracking of eagles during the 2009 sampling season. Information gathered by GPS will help identify behavior and flight patterns of resident birds essential to future conservation efforts.

For more news from *Ocean Stewardship*, visit [www.navy.mil/local/oceans/.4545](http://www.navy.mil/local/oceans/.4545)



A seven-week-old juvenile bald eagle nests approximately 55 feet high in a Loblolly pine tree at Naval Support Facility Indian Head, Md. Environmental specialists from Naval Support Facility Indian Head work with researchers from the College of William and Mary to identify and examine the health of the bald eagle population on the base.



Above: A bald eagle contour or body feather rests in the grass under a bald eagle nest at Naval Support Facility Indian Head, Md. The feathers are collected as part of a larger study of mercury loads in adult bald eagles throughout the Chesapeake Bay and for DNA fingerprinting to investigate adult turnover rates. Eagles molt in patches, taking almost half a year to replace feathers, starting with the head and working downward. Not all feathers are replaced in a given molt. Until the bald eagle is mature, the replacement feathers are of different colors. As adults, the belly and back are dark, while the head is pure white. The distinct juvenile pattern, signaling that a bird is not ready to breed, may reduce aggression from territorial adults.



Right: Environmental specialists from Naval Support Facility Indian Head, Md., work with researchers from the College of William and Mary to band a juvenile eagle for identification. The purple band shows the bird was banded in either Virginia or Maryland, while the silver band is a federal band coordinated by the Patuxent Wildlife Research Center. The effort is part of an initiative to keep the habitat safe for raptors.



Dr. Bryan Watts, director of the Center for Conservation Biology at the College of William and Mary, gives this seven-week-old juvenile bald eagle a moment to adjust after lowering it from its nest at Naval Support Facility Indian Head, Md.

Photos by MC1 R. Jason Brunson

# ENERGY: Sailor, Marines look to become energy independent, SECNAV says

Continued from page A1

every state.

Becoming greener serves tremendous tactical imperatives as well, said Mabus.

"The example that I like to use is getting a gallon of gasoline to a Marine front line unit in Afghanistan," said Mabus. "You have to put that gallon of gasoline on a tanker. You've got to take it across the Pacific. You have to put it into a truck and truck it over the Hindu Kush and down through Afghanistan. Now, as you do this, you've got to guard it."

Mabus explained that convoy duty for that gasoline takes, "Marines away from what Marines should be doing; fighting,

engaging, helping to rebuild that country."

Mabus also talked about the Navy's first hybrid ship, the amphibious assault ship USS Makin Island (LHD 8), which sailed from Pascagoula, Miss., to its homeport in San Diego, saving almost \$2 million in fuel costs by using an electric drive for speeds of 10 knots or less.

"Over the lifetime of that ship, if fuel prices remain absolutely the same, we will save about a quarter of a billion dollars in fuel. We're prototyping that engine to be retrofitted onto our guided-missile destroyers so that we can begin to move that further out into the fleet," said Mabus.

Mabus said that great change is almost

always met with great resistance.

"We changed from sail to coal in the 1850s. We changed from coal to oil in the early part of the 20th century. We went to nuclear for our subs and our aircraft carriers in the 1950s," said Mabus.

"Every single time that we made one of those changes, there were people that said you are abandoning one source of proven energy for one that you do not know whether it will work and, by the way, it's too expensive," explained Mabus.

Mabus is confident that results will show that progress in adopting alternative energy sources will prove yet again to be vital for the Navy's future.

"The Navy and Marine Corps fulfill ev-

ery mission given to them, including helping us become energy independent," said Mabus.

Mabus also spoke directly to Naval War College students, challenging them to fulfill their leadership duties as they continue their careers.

"The legacy of the Navy and Marine Corps is a legacy of leadership," said Mabus. "It is up to you students of the War College to maintain that legacy. You follow in some amazing footsteps. It's your turn to write the next chapter for our military services and our country. Write them well."

For more news from Naval War College, visit [www.navy.mil/local/nwc/](http://www.navy.mil/local/nwc/).

## DEPLOYMENT: Mother, daughter share experiences

Continued from page A1

you could if one of you were home. Sometimes hearing that voice makes a difference. I think it's harder on the family at home because not only do they have to take care of the things I left behind, but they have to take care of the things she left behind too."

The two deployed nearly one month apart.

"They deployed a couple of weeks before us," said Cundiff. "I think it's pretty amazing that she is on another ship going through the same experiences that I am at the same time."

The joint deployment is bringing new experiences for the entire family. Cundiff and her stepfather took care of each other during

Drouse's past deployments. For the first time, he is alone while both are out to sea.

"Usually I'm home taking care of Dad when she is deployed," said Cundiff with a smile. "He hates that we are both gone. When I call he asks how I am doing and I say, 'I'm good. Are you eating?'"

Cundiff's stepfather was her inspiration for joining the Marine Corps.

"Mom was always out to sea so my stepfather would tell me all his stories as an infantryman in the Marine Corps. I knew that I wanted to be a Marine," said Cundiff.

Mother and daughter are proud of each other's service.

"I'm glad that she joined the military," said Drouse. "It taught her to be independent and responsible. I wouldn't

have chosen the Marine Corps, but she's tough, has discipline and it's a perfect fit for her. She's grown in more ways than I ever imagined. Seeing your kids succeed and reach the goals they've set for themselves makes you proud as a parent."

Now, after countless times waiting on the pier to welcome her mother home, Cundiff is looking forward to the roles being reversed.

"My mom said she is going to be waiting on the pier for my homecoming for a change, it's beautiful to see that she will be welcoming me home this time," said Cundiff.

## CHALLENGES: Human interaction is key

Continued from page A1

PowerPoint slide, no (video teleconference) can adequately substitute for face-to-face conversations," he said.

Mullen encouraged the graduates to follow the style of Greg Mortenson, an author and activist who founded the nonprofit Central Asia Institute to build schools in Pakistan and Afghanistan. Mortenson effects change by forming relationships with residents of the villages where he builds schools, the chairman explained. In 2000, 800,000 children

were enrolled in school in Afghanistan and all were boys. Now – with 130 new schools built – more than 9 million Afghan children are in school and one-third of them are girls, he said.

"What you learn from listening and seeing challenges through others' eyes, will inform your analysis," said Mullen. "It will make your analysis better."

The days are gone when organizations or nations can "go it alone," he said. "We depend on one another to compliment our best efforts with theirs."

The nation and the world need great minds to solve problems, explained Mullen, but he warned the graduates against insulating themselves in organizations of like-minded people "where work is its own end."

"I can see this is a gifted and upwardly mobile group, with much to be proud of," he said. "Many of you have ambitions to make a huge impact. Be sound craftsmen of your profession, dedicated to service ... enrich your life by improving the lives of those you serve."

### Norfolk's Navy College changes hours

The Navy College Office, Naval Station Norfolk will reduce customer service hours effective June 28 due to staff reductions. The new hours will be Monday - Friday, 9:30 a.m. - 4 p.m.

At this time the DANTES testing center will not be affected by this change. Most scheduled exams should take place as posted to the balance of the fiscal year but customers must now call in advance to reserve a seat as scheduling will change from a walk-in system to an appointment-based system.

## Show some military pride on a license plate

What does your license plate say about you? As a member of the U.S. Navy living in Virginia, you can show your military pride wherever you drive.

The Virginia Department of Motor Vehicles (DMV) offers more than 40 special military license plates representing many branches of the military including: plates for active duty members, reservists, award recipients and veterans.

Special plate fees range from \$10 to \$25 and can be a one-time

or annual fee.

Most special plates can also be personalized with up to six or seven characters depending on the plate for just \$10.

Looking for a unique, inexpensive gift for friends or family-members? Souvenir plates are also available for just \$10. Personalize them for just \$10 more.

DMV offers more than 200 special license plates that enable people with a common interest to identify or promote themselves or their cause.

To view all special plates available through DMV or to place an order, visit [www.dmvNOW.com](http://www.dmvNOW.com).





## ADM. STAN ARTHUR AWARD | LOGISTICS READINESS CENTER

Commander, U.S. Second Fleet's Manpower, Personnel and Logistics directorate (N1/N4) received the Adm. Stan Arthur Team Award for Logistics Excellence at an award ceremony, June 10. **B3**

# FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

June 17, 2010

## Naval Station Norfolk's green roof project

BY MC3 ASH SEVERE

Navy Public Affairs Support  
Element East

**NORFOLK** — Naval Station Norfolk announced plans to construct one of the Navy's first green roof projects on Thursday, June 10.

A green roof is a roof of a building that is partially or completely covered with vegetation and a growing medium, planted over a waterproofing membrane. It may also include additional layers such as a root barrier and drainage and irrigation systems.

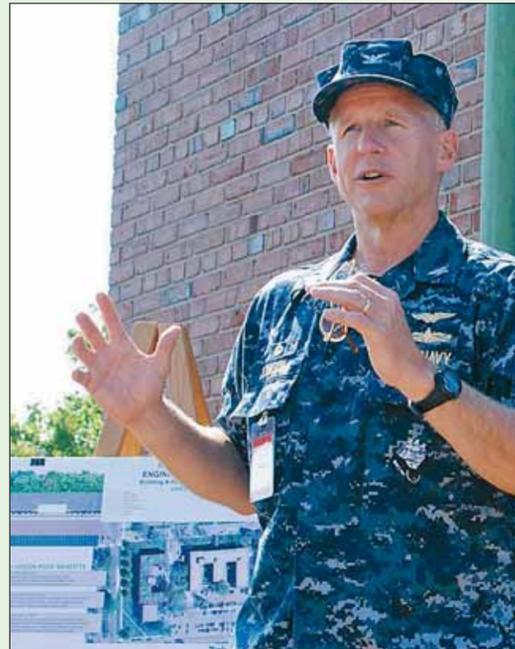
The vegetation used in a green roof is a form of cacti called succulents. Succulents are water-retaining plants adapted to arid climate or soil conditions.

See GREEN, B5



Photos by MC3 Samantha L. Rivero

Above: A sample of the new 'green roof' that will be added onto the Naval Legal Service office. The green roof is expected to be completed by Thanksgiving and will be the first of its kind at Norfolk and is expected to significantly reduce heating and cooling costs. (R) An illustration breaks down the layers of the green roof.



Capt. Kelly M. Johnson, Commanding Officer of Naval Station Norfolk, speaks about the Green Roof Project during the ground breaking ceremony held on the Navy Legal Service Building, June 10.



Photo by MC1 (AW) Tim Comerford

This year's Motorcycle Rodeo will offer something different ... "Thunder on the Naval Station Ride."

## Naval Station to host fourth Motorcycle Safety Rodeo

**NORFOLK** — Naval Station Norfolk will host the 4th Annual Motorcycle Rodeo, June 18, from 8 a.m. - 2 p.m. at the Motorcycle Safety Range behind building KBB.

New this year, the event will kick off with "Thunder on the Naval Station Ride." Riders will begin at Pier 1 at 8 a.m. and ride around the base ending at the site of the Motorcycle Rodeo.

The Rodeo will feature the Virginia State Police Motorcycle Demonstration Team, Patriot Guard riders and special guest, Steve Richardson from Cape Fox Professional Services, presenting a motorcycle race track display. There will also be riding contests, concessions, give-aways and a classic car show. Commands interested in participating should contact the Sewell Point Safety office at 322-2928/2917

## Third Annual Command Challenge



Photo by MC3 Matthew Bookwall

Sailors from Tactical Air Control 22 prepare a bump-set-spike play during a volleyball match at the 3rd Annual Command Challenge.

BY MC3 ASH SEVERE

Navy Public Affairs Element East

**VIRGINIA BEACH** — Active duty service members stationed on Joint Expeditionary Base Little Creek-Fort Story held their 3rd annual Command Challenge, June 11.

A maximum of 20 participants from each command team competed in six sporting events: flag football, iron team, sand volleyball,

dodgeball, ultimate frisbee, and 3-on-3 basketball. Each of the six events are single elimination with the iron team (a team version of an iron man event) being the final event.

"It's pretty fun out here, you get to do everything as a team, as a command," said Mass Communication Specialist 2nd Class Maddelin Angebrand from Navy Op-

See CHALLENGE, B5

## Improving force protection

Citadel Protect 2010 held at Naval Station Norfolk



Explosives aboard a small boat are detonated to convey the reality of a small boat terrorist attack during Citadel Protect 2010. Citadel Protect is a series of training exercises to assess the Navy's capability to protect waterborne assets against threats in Navy ports. Citadel Protect is a coordinated event between U.S. Fleet Forces and Commander, Navy Installations Command.

STORY AND PHOTO BY

MC3 KRISTIN L. GROVER

Navy Public Affairs  
Element East

**NORFOLK** — The Navy continues to improve its force protection posture at home and overseas through series of training events, tabletop exercises, conferences and major exercises.

These efforts will culminate Oct. 12 – the 10-year anniversary of the attack on USS Cole (DDG 67) – with the Anti-Terrorism Flag Summit action plan led by Adm. J. C. Harvey, Jr., Commander, U.S. Fleet Forces Command.

"We are committed to conducting training and exercises throughout the year to identify any gaps or seams in our force protection at home and overseas," said Capt. Sam McCormick, Director for fleet antiterrorism at U.S.

Fleet Forces Command. "We are working this issue all the way down to bare metal. It's across everything; it's manning, resourcing, technologies, command and control, policies and doctrine – the entire spectrum is being looked at."

One such event, held recently at Naval Station Norfolk, is Citadel Protect 2010 (CP10). CP10 is a U.S. Fleet Forces Command and Navy Installations Command-led training event designed to assess the Navy's capability to protect ships against various potential threats in Navy ports.

"This exercise was a tactical-level exercise specifically focused at testing our tactics, techniques and procedures at the waterfront scene," said McCormick.

The training present-

ed Sailors with different scenarios, which required them to respond quickly and effectively. The use of realistic simulations and Hollywood-style special effects, including pyrotechnics, added to the authenticity of the training experience.

"The exercise was extremely beneficial," said Capt. Kelly M. Johnson, commander, Naval Station Norfolk. "Any time training is conducted using realistic scenarios, first responders learn to adapt and overcome in an ever-changing environment."

CP10 successfully determined the Navy's capabilities for identifying both strengths and weaknesses in ashore/afloat integration.

"Ultimately, prevention

See PROTECT, B5

# SPOUSE SPEAK!

## Livin' the dual-military lifestyle

BY MCC (SW/AW)  
KATRIN ALBRITTON  
Navy Spouse contributor

No matter what military town you go to, you'll see bumper stickers claiming, "I love my Sailor" or "Proud Army Wife" or even "Proud Marine Girlfriend." My favorite, though, was one that read, "Who needs Ken ... I have G. I. Joe." These are great. Show your support. Love your man in uniform.

Wait. I just wrote "man." And, here's where I start to part ways with the bumper sticker crowd.

Please don't misunderstand - I love my man in uniform. I am a proud Navy wife. He is my hero. I am amazed at the things he has done during his nearly 25 years in the Navy. He receives respect from the officers and admiration from the Sailors he leads. He is, without at doubt, my primary mentor and the Sailor that I strive to emulate. Why? Because, like my husband, I proudly serve in the U.S. Navy.

Our relationship really isn't that unique, although you would think we are by the lack of "Proud Navy Husband" paraphernalia for sale. Most of the married women I have personally served with are married to military men.

I have talked to them about the reasons why we decided to marry "one of our own" as opposed to a civilian. You might be surprised to know it is not just because it was convenient. Any dual-military family will tell you that convenience isn't part of the package. In my opinion, it's hard to find someone who understands what we have to do and

why we do it on the "outside." How do you explain to a man you've just met that, yes, you'd love to have dinner and maybe go to a movie Friday night ... if only you weren't conducting a "fast cruise" and then getting underway for two weeks?

For me, my husband was a breath of fresh air. He is just as driven as I am to succeed and we have been able to help each other reach our goals. When we met, I was a second class petty officer and he was a first class. He helped me learn to write my evaluations and I did my best to help him study for the chief petty officer advancement exam. Before I knew it, he was the chief who flew aboard USS George Washington (CVN 73) to pin anchors on my collar in front of my command. I am successful because of his support. And, if you ask, he'll tell you I'm the reason he's now a senior chief who is getting ready to become a chief warrant officer next year.

To me, this sounds like a fairy tale. Maybe not the kind cartoon companies turn into mega-huge summer hits, but certainly one that the people around me can relate to. While I feel pretty good about labeling us as a success story, we do face unique challenges. It's not all sunshine, lollipops and rainbows.

The biggest drawback comes when we are looking into the future. It's never a matter of taking orders, packing up and going. We have to find billets that are suitable for both of us. We take turns going on sea duty, which means one of us is always prepared to leave. So far, the longest we



Photo courtesy of MCC (SW/AW) Katrin Albritton  
(L-R) Chief Mass Communication Specialist (SW/AW) Katrin Albritton and Chief Aviation Electronics Technician (AW/SW) Donald Lee at the 2007 Khaki Ball. Lee was promoted to senior chief in 2009 while in Iraq.

have been together without a deployment is four months. That's it. During our first year of marriage we saw each other three

times, because he was stationed on a ship in Norfolk and I was in Iceland. Now, as he is looking at receiving orders along with the

bars on his shoulders, we are playing the waiting game. It's a big adventure ... we never know what's coming next.

Now, just because one of us goes on sea duty at a time, doesn't mean the other is home taking care of the kids every day. No, it doesn't work that way. To ensure that we remain deployable at all times, we are required (by OPNAVINST 1740.4B) to provide a Family Care Plan to each of our commands to show we have someone to take care of our children - should we be deployed. There has been more than one occasion where I had to have someone help take care of my children, so I could do my job while my husband was away. I know it's hard on me - I can't imagine what it's like on our children. Such is the life of the dual-military family.

I am glad there are those women out there who show their pride for their man in uniform where they can - even on the back of their car. One day, there may even be a bumper sticker that describes the pride my husband and I have in each other.

*Katrin Albritton is a Chief Mass Communication Specialist for Navy Expeditionary Combat Command Public Affairs.*



**NORFOLK** — The grand opening of Norfolk Botanical Garden's summer exhibit, "The Enchanted Storybook Forest" begins at noon on June 20. A ribbon-cutting ceremony opens the exhibit; a magical journey that includes: Custom-built interactive Storybook Playhouses, hopping on the Tree Trek Trail and the Gnome Homes neighborhood, where kid's build and play with natural materials. There is no better way to spend Father's Day than to dress up as your favorite storybook character, bring your Dad and Mom and have some good old fashioned fun.

**Grand Opening Activities • June 20 • noon to 5 p.m.**

<ul style="list-style-type: none"> <li>• Explore The Enchanted Storybook Forest</li> <li>• Meet Alice in Wonderland, Tom Sawyer, Huck Finn and their friends!</li> <li>• Story times every half hour in the Acorn Academy</li> <li>• Abrakadoodle© Art Station</li> </ul>	<ul style="list-style-type: none"> <li>• Treeology along the Great Tree Journey</li> <li>• Color a Gnome Friend</li> <li>• Take your photo with a Gnome</li> <li>• Storybook Stage Line-up:                             <ul style="list-style-type: none"> <li>• Noon - Playhouse Builder Awards and Ribbon Cutting Ceremony</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 p.m. - Alice in Wonderland performance by Ballet Virginia International</li> <li>• 1:30 p.m. - Hurrah Players perform a scene from 'Tom Sawyer'</li> <li>• 2 p.m. - Ballet Virginia performs a Contemporary Dance</li> </ul>	<ul style="list-style-type: none"> <li>• 2:30 p.m. - A Costume Parade with all kids in storybook character or gnome costumes</li> <li>• 3 p.m. - 'Tom Sawyer' performance by Hurrah Players</li> <li>• 3:30 p.m. - Read-A-Long - participate in the story telling</li> </ul>
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## Be careful what you ask for



BY BIANCA MARTINEZ

There have been so many times that I have said to myself, "If only I could be the one that gets to be without the kids and gets to do things on my time.

If only for once my husband could be the one to deal with the kids while I get a little adult time." My husband gets to go on a lot of training trips that I call "mancations." These are NOT the training trips that require him to be running around in the desert training for a deployment. Those are genuine work trips. It is the skydiving trips that I am talking about mostly. The ones where they jump out of planes all day (exhausting, but hello, a blast) and wrap it up with beer and pizza ... without having to tell a kid to sit down constantly. THOSE are the trips I call mancations. Needless to say, I wanted a little time to myself like that.

No this past week, my husband took the kids out west to see his parents. I mean, I dropped them off at the airport and the three of them hopped aboard a plane and left me standing at the security gates. There it was.

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!

This was my moment. This was my time to sleep in, to get manicures, to clean and get organized and just enjoy the fact that I did not have to be a 24/7 waitress for a few days. I should have been jumping for joy. I should have turned around and bolted out of the airport to taste sweet freedom as I exited the parking garage. Ummmm, no. For about ten minutes, I just felt lost. Nobody needed me. That felt a little empty.

I have to admit. I did get in the car and turn the volume knob full right on the radio and cranked out all of the music I wanted to listen to. I was rocking out. I was singing some Lady Gaga at the top of my lungs with one hand in the air, head moving up and down feeling like I was super cool. Oh wait, I am in a minivan. I probably looked like a fool and someone probably passed me and thought how inappropriate of that mother to be dancing like that in front of her children! I slowed my roll and knocked it down a few notches, but still sang the whole way home.

I was so sure that I was going to be able to get ready for work and get out the door without the little ones calling for me from their rooms during what should be nap/quiet time. I think I was actually 15



minutes late that first day! I try three times a week to get home between shows to put the kids to bed. That is one of my sticking points ... I want to be the one reading the bedtime stories. A lot of time it's a bit of a chore to drive 20 minutes home and 20 minutes back to work and there are definitely days I don't want to put the miles on the van and really, use so much gas. I do it though because that is what a mom does. I didn't have to do it last week. My dinner break didn't consist of giving baths and wrestling to get the nuggets to sleep. It was no fun at all. When I came home

at midnight that first night as I usually do, I didn't have to be quiet. I could make as much noise with my high heels, open and slam the refrigerator door ... yet the house has never been so quiet.

One day and I wanted everyone home. I am used to missing my husband, but not my kids. I learned my lesson. There is a reason why I am the one that doesn't get the quiet times, the dinners out with friends and the beers when I want them. It's because I don't need those things. What I need, is my family.

### Say thanks our troops with a 'Cup of Joe'

Say thanks to our troops with a "Cup of Joe" ... and you don't even have to be in a coffee shop in Afghanistan or Iraq to do it.

Under the Cup of Joe program - or COJ as the troops call it - anyone with two dollars to spare can buy a cup of super premium coffee for a GI deployed on or near a U.S. Military base in support of Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF). What makes this program especially rewarding is the ability for the purchaser to send a personal note of thanks with the gift of a

coffee drink. As a result, troops taking their breaks at the nearest Green Beans Café get a cup of fresh-brewed coffee, but they also get a note of gratitude for their service and sacrifice from caring supporters. Many express their appreciation in return E-mails.

What seems like something simple for many of us here at home can be a huge morale booster for our men and women protecting our freedoms. To read some of the thank you notes and to find out how to give a COJ, head to [www.greenbeanscoffee.com](http://www.greenbeanscoffee.com).



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.

# Logistics Readiness Center honored with Stan Arthur Award

BY MC3 (SW) BRIAN GOODWIN

Commander, Second Fleet  
Public Affairs

**NORFOLK** — Commander, U.S. Second Fleet's Manpower, Personnel and Logistics Directorate (N1/N4) received the Adm. Stan Arthur Team Award for Logistics Excellence at an award ceremony, June 10.

Second Fleet's N1/N4 Directorate received the award, the 2009 Operational Logistics Team of the Year, during a ceremony at the Navy Memorial in Washington.

Second Fleet's N4 personnel improved the commander's ability to make key readiness decision involved in the employment of forces. The current readiness systems provide data that is warfare area centric but lacks the context of integrated training and readiness across multiple ships, material readiness and global commitments.

The N4, as a key member of the Readiness Assessment Working Group, played a vital role in developing and maintaining a Readiness Dashboard, providing the commander with contextual information needed to make de-



Photo by Lt. Cmdr. Ron Terry

(L-R) Billy Dodson, Lt. Cmdr. Clyde Holmes, Cmdr. Rick Adside, Commander, U.S. Second Fleet Vice Adm. Mel Williams Jr., Retired Adm. Stan Arthur, Capt. Scott Hawkins, Cmdr. Aaron Traver and Lt. Cmdr. Shelia Williams during the 2009 Adm. Stan Arthur Team Award for Logistics Excellence ceremony at the Navy Memorial in Washington. Adm. Stan Arthur is a retired four-star admiral noted for his 38 years of Naval service, receiving 11 separate awards of the Distinguished Flying Cross and 50 separate awards of the Air Medal, making him one of the most highly decorated combat aviators during the Vietnam War.

cisions. The N4, in coordination with other directorates, developed a process that brought together a variety of service providers to assist visiting partner navies during their participation in C2F training and exercise events, thus brid-

ing operational and functional gaps, while enhancing and improving multi-national relations and interoperability.

"We had to take a look at how to split and lower costs where we could for our operations, so

we worked with our Information, Plans and Strategy (N3) Directorate and Naval Sea Systems Command to look for ways to conserve those resources," said Capt. Scott Hawkins, director of N1/N4. "One of the things that

we did was different from our prior year was a much better coordination with others across the board," said Cmdr. Rick Adside, Deputy Director of the Second Fleet Logistics Readiness Center.

Adm. Stan Arthur is a retired four-star admiral noted for his 38 years of Naval service, receiving 11 separate awards of the Distinguished Flying Cross and 50 separate awards of the Air Medal, making him one of the most highly decorated combat aviators during the Vietnam War. During the 1970s and 1980s, he also held command of a carrier-based attack squadron, a carrier air wing, an aircraft carrier, a carrier battle group and was Chief of Naval Personnel. This year marks the 15th anniversary of the Adm. Stan Arthur Award.

"There are a lot of individual awards out there, but when you win a team award it's extra special because it shows our teamwork is working and it makes a difference," said Hawkins. "Even though this is an N1/N4 team award, it really is a Second Fleet award because without our interaction with the other directorates here we couldn't do our job."

## Yorktown Sailors help 'Clean the Bay' to protect the environment

PRESS RELEASE

Naval Weapons Station Yorktown Public Affairs

**YORKOWN** — Sailors from Naval Weapons Station (WPNSTA) Yorktown and its tenant commands joined in the 22nd annual "Clean the Bay Day" by picking up trash along the shores of the York River, June 5. "Clean the Bay Day" is sponsored by the Chesapeake Bay Foundation to help restore the creeks, rivers and inlets of the Chesapeake Bay watershed and prevent them from deteriorating due to pollution.

More than 80 volunteers – Sailors and their dependents – walked 3.5 miles along the York River and its tributaries that border WPNSTA Yorktown and WPNSTA Yorktown-Cheatham Annex.

"I was impressed to see the turnout today of not only the Sailors but their children as well," said Captain Chuck Marks,



Photo by Mark Piggott

Sailors from Navy Expeditionary Medical Support Command (NEMSCOM) and Navy Munitions Command Detachment Yorktown carry the remains of a skiff up from the shoreline at Naval Weapons Station Yorktown-Cheatham Annex during Clean the Bay Day.

Commanding Officer, WPNSTA Yorktown. "They are demonstrating to their kids the type of environmental responsibility we are constantly striving for in today's Navy."

The volunteers came from WPNSTA

Yorktown, Navy Munitions Command (NMC), NMC CONUS East Division, NMC Detachment Yorktown, Navy Expeditionary Medical Support Command (NEMSCOM), Navy Expeditionary Logistics Support Group (NAVELSG) and Navy Cargo Handling Battalion ONE (NCHB 1). In addition, 20 Boy Scouts from Troop 14 in Virginia Beach, who were camping at Cheatham Annex, joined in the clean-up effort.

"The scouts came out and took an entire zone on by themselves," said Mark Piggott, Clean the Bay Day coordinator for WPNSTA Yorktown. "They brought out more than five bags of trash and the entire side of a broken fiberglass skiff."

In total, the Sailors picked up more than 3,000 pounds of trash, including 222 assorted aluminum cans, 65 various Styrofoam containers and more than 300 cigarette butts. A majority of the large items found

were fishing debris, including a crab pot, fishing pole, buoys and the broken hulls of two fiberglass boats.

Besides the York River, Sailors took out boats on Cheatham Lake and picked up trash along its shoreline, most of which is inaccessible from the woods surrounding the lake. Cheatham Lake is part of the Morale, Welfare and Recreation (MWR) Outdoor Recreation facility at WPNSTA Yorktown-Cheatham Annex, used by military personnel and their dependents around Hampton Roads for camping, biking, hiking and fishing.

"This was an outstanding effort by everyone involved," added Marks. "We showed in this one day what we – at WPNSTA Yorktown – strive for every day ... maintaining mission readiness while being good stewards of the local environment."

"Without that balance, we would not be the Navy we are today," he concluded.

# The Serenity Prayer: Acceptance can go a long way

BY LT. CMDR.

Officer Candidates School  
Chaplain, Quantico, Va.

*“God, give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed and the wisdom to distinguish the one from the other.”*

— Reinhold Niebuhr

Alcoholics Anonymous and other 12-step programs popularized this little prayer. These programs have helped thousands of people learn to deal with such out of control addictive behaviors as gambling, drugs and sexual addictions. This amazing little prayer has the power that helps to change peoples' lives. It gives power back to people who had lost control over their lives because of addictions.

Although, it must be said,

I do not believe that it was originally written for 12-step programs. It was written by a well-known preacher and theological writer who wrote a simple prayer to help keep life in perspective. So, it is not just about addictions. It is for everyone who wants to maintain some control in life.

Certainly addictions, by definition, take control away from people, as folks get deeper into living for their addiction. A necessary step towards gaining control is to face your own limitations. The first step of any 12-step program, for those dealing with addiction, is to admit you are powerless over your own dependencies. Then and only then can you begin to find ways to get some control back. In a nutshell, if you can admit that you are not in control and that you are not “large and in

charge,” then you can begin to find some control. Sometimes life is confusing in its simplicity.

The implied attitude and an essential ingredient is the willingness to change. This is seemingly an obvious point, but not as easy as it may sound. People as a rule do not like change and resist change even if it is for something they want. Change is stressful, hard work and often has a sense of loss. Think of all the major changes you have faced, like a new job or moving to a new home or a change in marital status – either a marriage or divorce. All are stressful situations. However, without a willingness to change, the hard work needed to make changes occur will never happen, often because it feels easier and even safer to keep things the way they are and avoid the pain of the unknown. There are rare individuals,

very high achievers, who have discovered this principle of facing change. High achievers all have one thing in common – the self-determination to seek and even embrace change when necessary.

The Serenity Prayer comes to our aid because it reminds us that there are things we can't change, things we must change and that we must seek to know the difference. The great power in life is in understanding that there are things you cannot change, things that can and should be changed; the serenity is in knowing which is which. Courage is in accepting and making the changes, even when you must begin admitting you are not in control. I once knew a man who resisted treatment on his alcoholism because, after 30 years of drinking, he was afraid that if he didn't drink anymore, he didn't know who he would become if he changed his lifestyle. He feared the unknown: what he would be if he changed from his miserable, but well known life as a drunk. Change is tough and not for cowards.

Here is the blessing of the Serenity Prayer. If you cannot change some problem, hardship or challenge, accept it for what it is and work with the challenge. Everyone has some bumps in the road. If you can change some hardship or problem that is in your power to change, then improve it or make it better. Finally, work and pray that you have the wisdom to know the difference.



Photo by MC2 Peter Lewis

## Ukulele music

Lt. Cmdr. Mike Foskett, a chaplain assigned to the amphibious transport dock ship USS Dubuque (LPD 8), plays the ukulele as local elderly women sing the Chamorro song during a community service project at the Yona/Talofoto Senior Citizens Center in Guam.

# 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

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

**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

<b>ROMAN CATHOLIC</b>	<i>Confessions:</i>
<i>Mass Schedule:</i>	3:30 - 4:30 p.m. — Sat.
5 p.m. — Sat.	<b>PROTESTANT</b>
<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  
11:30 a.m. — Sun.

Coffeehouse  
6 p.m. — Sun.

**For more information call JEB  
Little Creek Chapel 462-7427**

# GREEN: Norfolk looks forward to the many benefits green roofing brings

Continued from page B1

"The vegetation used in the green roof project is a variation of 16 types of succulent cacti," said Kevin White, an employee of Naval Facilities Engineering Command and architect of the "green" roof project.

Green roofs have many economical and environmental benefits including energy cost savings, prolonging the service-lifespan of roofs and filtering the pollutants held in rainwater run-off thus improving the water quality that enters into sanitized sewer systems.

"One benefit of having a green roof is its ability to double the lifespan of a roof. It can be extended 40 to 50 years, whereas a normal roof will last about 20 years. The other benefit is the rain. There will be no runoff during a normal rain and some dur-

ing heavy rain. It will reduce the run-off of a normal building by 60 percent annually. The third is the energy savings. We're hoping to get in-between 15 percent to 20 percent in savings annually for Naval Station Norfolk," said White.

Naval Station Norfolk is looking forward to the benefits that the green roof project promises.

"With a green roof, a building becomes autonomous," said Capt. Kelly M. Johnson, Commanding Officer of Naval Station Norfolk. "It relies less on the energy grid and is more self-sustaining, benefiting not only Naval Station but the entire Navy."

Building A-50 Regional Legal Service office will be the first building to undergo the new green roof project with two other buildings in the planning stages. Construction on building A-50 is scheduled to be completed in December.



Photo by MC3 Samantha L. Rivero

Jessica Gilden, president of Jessico, Inc., explains the steps that needed when installing the roofing.

## PROTECT: Advanced training helps Navy

Continued from page B1

of future attacks will come down to the individual Sailor and their ability to recognize and respond to a threat," said McCormick. "It is important that we make the training as realistic and authentic as possible."

"Having the opportunity to utilize learned skills and test reaction time not only benefits the Navy, but it also benefits individual Sailors," said Johnson. "They gain the confidence necessary to act in stressful situations."

Since the attack on Cole, the Navy is making significant strides in improving its force protection.

The attack took place in a non-Navy port outside the U.S., making it slightly different than the scenarios presented during CP10. However, important lessons were learned from both situations.

Advanced training programs like CP10 help the Navy as it constantly strives to enhance its readiness and the lessons learned will help shape future planning. This month, Harvey also hosted the annual Executive Agent for Antiterrorism Conference. The conference drew a cross-section of experts on security within the Navy. Teams were assigned to different portions of the findings from the various scenarios exercised throughout the year to collaborate and produce an action



Photo by MC3 Kristin L. Grover

Explosives are detonated to convey the reality of a terrorist attack during Citadel Protect 2010. Citadel Protect is a series of training exercises to assess the Navy's capability to protect waterborne assets against threats in Navy ports.

plan, which Harvey will brief to flag officers in October.

For more news from U.S. Fleet Forces Command, visit [www.navy.mil/local/clf/](http://www.navy.mil/local/clf/).

## CHALLENGE: Event brings base together

Continued from page B1

erational Support Center Norfolk. "You kind of get to know each other a little better and work on team building skills."

The event ran from 7:30 a.m. until the award presentation at 3:30 p.m., with 1st, 2nd and 3rd place receiving plaques and the base champion receiving a trophy presented by the base commanding officer.

"This kind of event brings the base together. Onboard base Little Creek-Fort Story we have 18,000 people and 155 different commands, so one of my key objectives is to get people to get to know each other, get the commands to interact," said Capt. Charles Stuppard, Commander Joint Expeditionary Base Little Creek-Fort Story. "What I've seen over the past 10 weeks that I've been here is that people just go about doing their own things. People go to work, go to their workspace and then go home. People don't really interact, so I'm trying to do things so people get to know each other and get that camaraderie. I see Little Creek-Fort Story as one big ship, where everybody knows everybody."

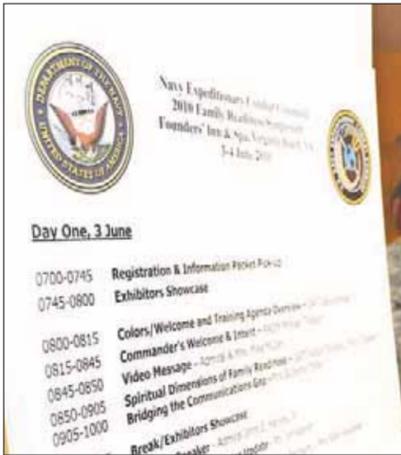
The event was sponsored by Joint Expeditionary Base Little Creek-Fort Story Morale, Welfare and Recreation.



Photo by MC3 Matthew Bookwalter

Equipment Operator 2nd Class Josh McOmbs, from Construction Battalion Maintenance Unit 202, stretches to catch a rebound in a 3-on-3 basketball game during the 3rd Annual Command Challenge on Joint Expeditionary Base Little Creek-Fort Story.

# NECC hosts 2010 Family Readiness Symposium



(L) Military members set up tables for the 2010 Family Readiness Symposium. Navy Expeditionary Combat Command (NECC) hosted the Symposium in Virginia Beach, June 3.

(R) Rear Adm. Michael P. Tillotson, Commander of Navy Expeditionary Combat Command (NECC), speaks to the attendees of the 2010 Family Readiness Symposium, June 3. The symposium was held to bring together command Family Readiness team members, service organizations and other stakeholders within the Navy and local communities.



Photos by MC2 Shannon D. Barnwell

**BY MC2 (SCW)  
PAUL D. WILLIAMS**  
*Navy Expeditionary Combat  
Command Public Affairs Office*

## VIRGINIA BEACH

— Navy Expeditionary Combat Command (NECC) hosted the 2010 Family Readiness Symposium, June 3 and 4. Nearly 300 Family Readiness officers, ombudsmen, Family Readiness Program (FRP) leaders and command representatives attended.

The symposium was designed to bring together command Family Readiness team members, service organizations and other stakeholders within the Navy and local communities. Rear Adm. Michael Tillotson, Commander of NECC, said the symposium helps Sailors and their families share lessons that are often learned the hard way.

“As leaders, we must do everything within our power to recruit, train, equip and mentor team members to ensure a family support network that provides relevant services and keeps families informed on how to best access them,” said Tillotson.

The two-day symposium featured keynote speakers Adm. J. C. Harvey, Jr., Commander of U.S. Fleet Forces Command and Ellen Roughead, wife of Chief of Naval Operations Adm. Gary Roughead. Topics included warrior transition, Individual Augmentee family support, social networking and operational stress control.

Roughead challenged all in attendance to focus on preparing and teaching the spouses left behind to use the resources of the FRP to help get through deployments.

“The more prepared and the more knowledgeable a person is, the more they are capable of weathering any storm,” said Roughead. “That’s what Navy families do. It’s the one thing that I see over and over again – we take care of each other, and we watch out for each other. We have a 234-year history of watching out for each other. Family Readiness is new in the way that we are making new programs, but it is not new in the way that we do business.”

According to Harvey, as Family Readiness programs support Sailors’ families, they are also supporting the Sailors and the work they are doing for NECC.

“There is nobody that does the myriad of things that NECC does any better than they do,” he said. “When they get the call, they support both the Sailor and the family whose Sailor is responding to that call.”

# Navy College Program for Afloat Education available to fleet

## PRESS RELEASE

Center for Personal and Professional Development  
Public Affairs

### VIRGINIA BEACH

— The Navy College Program for Afloat Education (NCPACE) offers flexibility for Sailors and Marines who are seeking opportunities to work towards an academic degree while underway.

NCPACE is designed to meet the academic needs of deployable units by providing college courses to service members assigned to eligible sea-going commands.

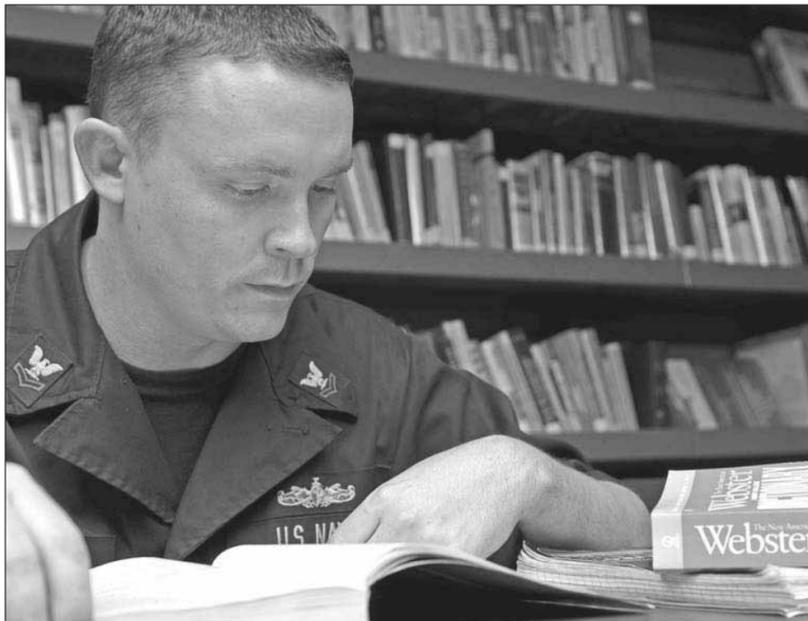
“The program began in the early 1970s when the Navy provided Sailors aboard Polaris submarines with educational films to view during off-watch hours and has steadily grown as a program since that time. In 2009 alone, NCPACE had 14,997 total enrollments,” said Dr. Mary Redd-Clary, Voluntary Education Director.

In 1973, the Navy allowed civilian instructors to teach aboard selected surface ships and a year later the Program for Afloat College Education (PACE) became a fully funded program, with the exception of textbooks.

Then, in 1987, a technology component, PACE II, was added.

Today, NCPACE is a contracted program with Central Texas College (CTC).

Currently, NCPACE provides courses in both instructor-led and distance learning for commands with Type 2 and Type 4 unit identification codes. The Navy funds the tuition at 100 percent and students are responsible for purchas-



U.S. Navy Photo

**NCPACE is designed to meet the academic needs of deployable units by providing college courses to service members assigned to eligible sea-going commands. Currently, NCPACE provides courses in both instructor-led and distance learning for commands with Type 2 and Type 4 unit identification codes.**

ing textbooks and related course materials.

The NCPACE program offers academic skills, developmental and college-level courses – both undergraduate and graduate – from regionally accredited institutions.

The objective of NCPACE is to provide shipboard personnel with educational opportunities comparable to those available to their counterparts serving on shore duty.

“NCPACE provides our deployed Sailors the equal access to further their education. Education is key

to the Navy’s future. Education enables Sailors to apply themselves to new situations and challenges, improves knowledge in support of their rating and provides a more effective, productive and flexible workforce,” said Jennie

Humes, Assistant Director of the Navy’s Voluntary Education Program.

The institutions offering undergraduate courses

are affiliated with SOCNAV (Service members Opportunity Colleges Navy), making it easier to transfer credits and complete degrees.

The participating institutions also offer degrees at both the undergraduate and graduate levels.

In coordination with the Navy, under the instructor-led program, qualified NCPACE instructors deploy with the ships and offer courses in a classroom environment.

Instructor-delivered courses include associate, Bachelor and graduate levels. Distance learning courses are available via CD-ROM, personal digital assistant and iPod and do not require Internet access. Courses lead to degrees at the associate, Bachelor and graduate levels.

Because of the self-paced nature of the distance learning courses, first-time distance learning participants are screened and counseled by Navy College Office counselors during NCPACE orientation services and limited to one course during the first term.

During orientation ser-

vices, students interested in NCPACE instructor led and/or distance learning courses are briefed on the NCPACE program, administered course placement testing as needed and provided with individual counseling.

Additionally, the contractor, CTC, has implemented a program using the Hobsons’ Retain Constituent Relationship Management Tool that provides away to track retention efficiently.

The system will automatically generate and send E-mails to the distance learning participants before, during and at the end of the term to help keep them engaged in the courses and programs.

*For more information about the Navy College Program, visit <https://www.navycollege.navy.mil/>.*

*For more information about the Center for Personal and Professional Development, visit [www.navy.mil/local/voledpao/](http://www.navy.mil/local/voledpao/).*