



Master Chief Petty Officer of the Navy, Rick D. West, speaks to Navy Counselors on the first day of the 22nd Navy Counselors Association symposium, June 28.

Navy Counselor's Annual Symposium

STORY AND PHOTO BY
MC2 (SW/AW) W. B. SWOBODA
Navy Public Affairs Support Element-East

NORFOLK — The 22nd Annual Navy Counselor Association (NCA) Symposium was held in downtown Norfolk, June 27 - July 1.

This year's theme, "America's Navy: A Global Force for Good" included training topics about post-9/11 G.I. Bill benefits, the latest changes in enlisted detailing policies and Career Management System-Interactive Detailing (CMSID) and Perform to Serve (PTS).

"Everyone who attends can expect to receive training on the Navy's retention policies, policy changes, program updates, and best practices. Participants get face-to-face contact with the program subject matter experts and the chance to make recommendations to make the programs we use more efficient and effective," said Master Chief Navy Counselor (SW/AW/IUSS) Cynthia L. Reynolds, NCA president.

Career counselors fleet-wide attended the symposium to stay up-to-date on policies centered on improving retention, and lowering attrition in both the active and re-

serve components of the Navy.

"At this point in time when we're competitive in the Navy, it has never been more important to get out the right word to these counselors, because they help our Sailors compete and stay Navy," said Rear Adm. Donald P. Quinn, Navy Personnel Command's Deputy Chief of Naval Personnel.

Participation by career development team members, especially command career counselors and command master chiefs, is imperative to the aims of the

See **SYMPOSIUM, A9**

Senate unanimously confirms Petraeus

BY JIM GARAMONE
American Forces Press Service



Army Gen. David H. Petraeus

WASHINGTON — The Senate unanimously confirmed Army Gen. David H. Petraeus to be commander of U.S. Forces Afghanistan.

The Senate acted quickly on the nomination after a confirmation hearing before the Senate Armed Services Committee. The Senate confirmation also kicked in NATO approval for the general to become commander of the NATO-led International Security Assistance Force in Afghanistan.

President Barack Obama thanked the Senate for its prompt action.

"General Petraeus is a pivotal part of our effort to succeed in Afghanistan — and in our broader effort to disrupt, dismantle, and defeat Al-Qaeda — and he has my full confidence," Obama said in a written statement issued by the White House. "The Senate's quick action and General Petraeus' unrivaled experience will ensure we do not miss a beat in our strategy to break the Taliban's momentum and build Afghan capacity."

Petraeus was serving as the commander of U.S. Central Command and replaces Army Gen. Stanley A. McChrystal in Afghanistan. Centcom's deputy commander, Marine Corps Lt. Gen. John R. Allen, will serve as acting commander until a replacement for Petraeus is nominated by the president and confirmed by the Senate.

Petraeus is flying to NATO Headquarters in Belgium for meetings with NATO Secretary General Anders Fogh Rasmussen. He also will address the North Atlantic Council in permanent session with ISAF contributors.



Photo by MCC Steve Carlson

CNO visits 'The Cradle of Liberty'

BY MC2 (SW) KYLE P. MALLOY
Chief of Naval Operations Public Affairs

BOSTON — Chief of Naval Operations (CNO) Adm. Gary Roughead delivered remarks at the opening ceremony of the 29th Boston Harborfest and met with Sailors stationed aboard USS Constitution and USS Whidbey Island (LSD 41), June 30 - July 1.

CNO and the Honorable Thomas M. Menino, Mayor of Boston, shared the stage at the opening ceremony for the annual Harborfest.

"It's great for our Navy to be back in Boston," said Roughead. "It's a terrific week for all of our Sailors who are going to have the opportunity to participate in Harborfest and Navy week."

Roughead encouraged the people of Boston to speak with Sailors during the celebration because not only will they

See **BOSTON, A9**

A 213-year-old salute



Photo by SA Shannon S. Heavin

USS Constitution fires a 21-gun salute toward Fort Independence on Castle Island during the ship's July 4th underway. The underway is one of the last major events of Boston Navy Week, June 30 - July 5. Boston Navy Week is one of 20 Navy Weeks planned across America for 2010.

First lady urges Americans to support military families

PRESS RELEASE
American Forces Press Service

WASHINGTON — As the nation observed Independence Day, First Lady Michelle Obama issued a statement urging Americans to support service members and their families.

"The freedoms and rights that characterize our nation would not be possible without the brave men and women in uniform and the families that support them," the first lady said in an introduction to her "special message for all Americans about supporting our military families."

Here is the first lady's message:

Our military families are tested each day. Multiple and extended deployments mean that children often don't see their moms or dads for long periods of time. Civilian spouses juggle the demands of work and family without their partners for long stretches of time. Family members serve as primary care givers for our wounded warriors and too many families bear the heartbreaking reality of moving forward with their lives while keeping the memory of our fallen heroes alive.

Through it all, military families contribute count-



U.S. Navy photo

According to the message Michelle Obama Released, "A small percentage of Americans fight our wars, but we need 100 percent of Americans to support these brave men and women and their families back home."

less hours to supporting other military families, being role models to our children and making communities stronger.

A small percentage of Americans fight our wars, but we need 100 percent of Americans to support these brave men and women and their families back home. Here are some things you can do in your community to get started:

- Stay informed about the activities and concerns of military families in your community and across the nation.
- Take time out to get to

See **FAMILY, A9**

INSIDE:

FOURTH OF JULY

The Navy celebrates Independence Day. All around the Navy, Sailors celebrated any way they could.



A10

QUEEN ELIZABETH

Sailors and Marines give a welcome fit for a Queen. The Queen came to visit Canada's maritime centennial celebration.



B1

OFF DUTY

Blackbeard Pirate Festival. Activities include street skirmishes between pirates and the militia, to full-scale sea battles in the Hampton Harbor.



C1

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

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The government of Puerto Rico extended the validity of current birth certificates until Sept. 30, giving U.S. citizens born on the island more time to apply for and receive the new, security-enhanced certificates. Puerto-Rican born citizens can apply for the new certificates, which will be issued through the Puerto Rico Health Department's Vital Statistics office, either via mail or online at <https://serviciosonlinea.gobierno.pr/SALUD/Login.aspx?ReturnUrl=%2fsalud%2f>.

Puerto Rican government issues birth certificate extension

BY ALEXANDRA HEMMERLY-BROWN

Army News Service

WASHINGTON — The government of Puerto Rico extended the validity of current birth certificates until Sept. 30, giving U.S. citizens born on the island more time to apply for and receive the new, security-enhanced certificates.

“Our goal with the three-month extension is to provide a smooth transition, especially to assist Puerto Ricans born (on) the island who currently reside stateside, as they apply for the new, more secure birth certificates,” said Nicole Guillemard, executive director of the Puerto Rico Federal Affairs Administration.

New birth certificates will begin being issued July 1 as planned, according to the PRFAA. After the Sept. 30 deadline, all previous birth certificates will be invalid.

The change in law came after law enforcement uncovered a criminal ring which had stolen thousands of Puerto Rican birth certificates from schools and were selling them on the black market for as much as \$10,000. This is a concern for the Department of Homeland Security, as any person possessing a birth certificate from Puerto Rico can obtain U.S. passports, Social Security benefits and other federal services.

According to the U.S. State Department, as much as 40 percent of identity theft in America involves Puerto Rican birth certificates.

Soldiers and their families of Puerto Rican descent will be required to apply

for new birth certificates, but benefits enrolled for with old certificates will still be valid.

For example, after July 1, Defense Eligibility Enrollment Reporting System (DEERS) offices will only be accepting new birth certificates for initial family enrollment; however, those who originally used an old Puerto Rican birth certificate to enroll will not be dropped from DEERS.

Service members not needing a new birth certificate for immediate official purposes are encouraged to delay in applying to avoid the initial rush of applicants, underscored Guillemard.

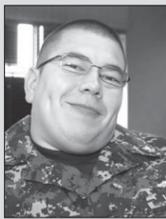
Puerto-Rican born citizens can apply for the new certificates, which will be issued through the Puerto Rico Health Department's Vital Statistics office, either via mail or online at <https://serviciosonlinea.gobierno.pr/SALUD/Login.aspx?ReturnUrl=%2fsalud%2f>.

The online application can be completed in English or Spanish and applicants will be required to upload necessary identification documents, such as a copy of a driver's license or U.S. passport. The \$5 issuance fee is waived for military veterans with a valid DD-214.

According to the Army's Human Resources Command, about 7,500 active duty Soldiers are of Puerto Rican descent. The Army Reserve has 44 units housed in 12 facilities and more than 4,000 personnel on the island while the Army National Guard reports more than 7,000 Soldiers living in Puerto Rico.

THE FLAGSHIP'S LEEWARD SHOUT

Why did you decide to join the United States Navy?



“I wanted to do something different with my life and I really wanted to be able to go out and travel and see the world.”

IT2 (SW)
Andrew Moreno
NCTAMS Lants



“I wanted to go to school and hopefully – one day – become a pediatrician. I knew that the Navy would help me with college and I would get some invaluable experience.”

AEAN
Shenika Ann Miller
VAW 121



“Everybody that I have talked to about why they joined all said that it was to travel. I just wanted to get away from my home town and start doing something different.”

PSSR
Dionte Skinner
USS Harry S. Truman



“I joined to get away from home, because there was nothing going on there. I didn't want to get caught up in just hanging out so I left and now when I go home I see my friends still just hanging out.”

AT2 (AW/SW)
Stanley Hooks
FRC Norfolk



“I joined for college and a career. I didn't have a set career plan out of high school and the local community didn't offer any good jobs and I didn't have any money for college.”

AM1 (AW)
Nikuma Taylor
VAQ 209



“I joined mostly to go to school and become a nurse. Medicine has always been a passion of mine and now I am looking at putting in a package for the officer program.”

AEAN
Chrystal Oconnor
VAW 121

Photos by MC3 Samantha L. Rivero

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
95	93	89	88	88	90	91
74	74	73	73	74	74	75

Brought to you by

USS Constitution participates in Boston Navy Week

BY MC1 (SW/AW) FRANK E. NEELY

USS Constitution Public Affairs

CHARLESTOWN, Mass. — Sailors assigned to USS Constitution kicked off their participation in Boston Navy Week June 30 - July 5.

Sailors participated in community relations projects and other public activities and events that highlight "Old Ironsides" history and mission.

Additionally, Sailors performed boarding pike and gun drills pier-side to the ship throughout Navy Week. The drills simulated to visitors how Sailors prepared and fought in battle at sea during the age of sail.

"Constitution allows our visitors to explore the beginnings of our Navy as well as interact with modern Sailors," said Cmdr. Timothy M. Cooper, 71st in command of USS Constitution. "This unique blend of past and present cannot be found anywhere else in our service."

Boston Navy Week is also being held in conjunction with Boston Harborfest. Harborfest is a six-day Fourth of July festival that showcases the colonial and maritime heritage of Boston.

Constitution's color guard performed at the opening ceremony of Harborfest at Faneuil Hall Marketplace with Chief of Naval Operations, Adm. Gary



Photo by MC1 Frank E. Neely

Damage Controlman Fireman Javier Ibarria, assigned to USS Constitution, gives a Navy ball cap to a patient at Boston Medical Center during a Caps for Kids event for Boston Navy Week. Boston Navy Week is one of 20 Navy Weeks planned across America for 2010.

Roughhead in attendance.

"We look forward to being a part of this week," said Roughhead. "I think it will be a great opportunity for the citizens of Boston to

meet our Sailors."

After the opening ceremony, Constitution Sailors also participated in a Caps for Kids visit at Boston Medical Center. They offered words of encouragement and 18 caps to children dealing with long-term or lifelong health issues.

Additionally, Constitution hosted the annual Sunset Parade, July 2. The parade celebrated the connection between Constitution's representation of Naval heritage and New England's patriotic heritage.

"It's going to be a busy week for us of course, but when you do events like Caps for Kids, you understand why this week is so important," said Fireman Esteban Quintero of Constitution. "We're not only educating people about our ship, which we do every day, but we're letting them know we're also about helping people."

Finally, Constitution wrapped up Boston Navy Week by getting underway the morning of Independence Day. During the underway, Sailors exchanged a 21-gun salute with Fort Independence on Castle Island. Fort Independence is a state park that served as a defense post for Boston Harbor at one time.

"I may be biased, but I can't think of a finer way to conclude Boston Navy Week," said Cooper. "Constitution's long and distinguished service in defense of our nation is exemplified by everything that the Fourth of July represents."

That evening, Constitution's color guard performed in the Boston Pops July 4th concert.

This is the third Navy Week Constitution has participated in this year. They performed similar activities during Des Moines Navy Week, April 19 - 24 and Spo-

kane Navy Week, May 10 - 15.

USS Hawes (FFG 53) and USS Whidbey Island (LSD 41) are also participating in Boston Navy Week. Boston Navy Week is one of 20 Navy Weeks planned across America in 2010. Navy Weeks are designed to show Americans the investment they have made in their Navy and to increase awareness in cities that do not have a significant Navy presence.

Constitution is located in the Charlestown Navy Yard in Boston. She is the world's oldest commissioned warship afloat and welcomes more than 500,000 visitors a year.

For more information on Constitution, visit www.history.navy.mil/ussconstitution or join us on Facebook at www.facebook.com/ussconstitutionofficial.

For more news from USS Constitution, visit www.navy.mil/local/constitution/.



U.S. Navy Photo

Sailors performed boarding pike and gun drills pier-side to the ship throughout Navy Week.

Officials caution Sailors about heat levels as temperatures rise

BY MC1 (SW)

ARDELLE PURCELL

National Naval Medical Center
Public Affairs

BETHESDA, Md. — National Naval Medical Center's (NNMC) Preventive Medicine department is advising Bethesda staff, contractors and patients to keep it cool as weather forecasters predict an extremely hot summer season.

"The heat index is what it actually feels like outside," said Hospital Corpsman 2nd Class Beau Tice, a Preventive Medicine technician. "It's basically a number compiled from the temperature outside with the humidity in the air. The hotter it is outside, the more likely you are to succumb to a heat injury such as heat cramps, heat stress, heat stroke or heat exhaustion."

The human body normally cools itself by sweating, which evaporates and re-



Photo by MC2 Benjamin Stevens

Becoming familiar with the flag system is recommended for avid runners, sports extremists or those with medical conditions requiring medication.

leaves heat from the body. However, when the humidity is high, the evaporation

can cause heat-related injuries.

"Increased humidity reduces your ability to cool on your own," said Hospital Corpsman 1st Class Lawrence Coomer, leading petty officer of the preventive medicine department. "If you're already kind of wet from the environment, you're not going to sweat as much, so your body is not going to cool naturally. The more humid it is, the worse off you are."

To help avoid heat-related injuries, the Preventive Medicine department uses the wet bulb globe temperature (WBGT) to calculate the heat index or what it actually feels like outside. Once that temperature is determined, the heat condition flag warning system (color-coded flags) is used as a guide for physical training and for those working outside onboard the Bethesda campus.

"Black flag, you really shouldn't be (exercising)

outside," said Tice. "Red flag (means) you should be well hydrated because it's hot. Green and yellow flags are saying it's starting to get hotter out, you need to be aware of this."

For avid runners, sports extremists, construction workers or those with medical conditions requiring medication, Tice recommends becoming familiar with the flag system.

"If you are (exercising) outside in the summertime, you should be well hydrated. The muscle is like a sponge, if it's dry it will break. If you try and bend a sponge when it's dry, it'll break. But if you keep it hydrated and wet, it will be flexible and pliable. For those that work outside, you have to know the work-rest cycle."

According to the Centers for Disease Control and Prevention, the warning signs for heat exhaustion include: heavy sweating, paleness, muscle cramps,

tiredness, weakness, dizziness, headache, nausea or vomiting and fainting. The skin may be cool and moist. The pulse rate will be fast and weak and breathing will be fast and shallow. If heat exhaustion goes untreated, it may progress to heat stroke.

"When you get to the heat stroke stage, your skin is dry and clammy because your body no longer has the ability to cool you," said Tice. "It's now keeping the water inside to make use of what little it has left."

The Preventive Medicine department recommends drinking plenty of cool nonalcoholic beverages, getting proper rest, keeping cool in an air-conditioned environment, wearing lightweight clothing and sunscreen to avoid heat-related injuries.

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

Chief of Naval Personnel discusses Sailor, family readiness at 6th fleet

BY MC2 (AW)

WILLIAM PITTMAN

Commander, U.S. Naval Forces Europe-Commander, U.S. Naval Forces Africa / Commander, U.S. 6th Fleet
Public Affairs

NAPLES, Italy — Vice Adm. Mark Ferguson, Chief of Naval Personnel, visited civilian and military personnel at Commander, U.S. Naval Forces Europe-Africa/Commander, U.S. 6th Fleet (CNE-CNA/C6F) headquarters at Naval Support Activity, Capodichino, June 29.

During his visit, Ferguson held an all hands call for CNE-CNA/C6F personnel, where he fielded questions about manpower and personnel issues, gave an interview with American Forces Network, Naples to discuss various questions, and talked with several leaders in the officer and enlisted communities.

"It's a great pleasure for me to be here," said Ferguson.



Photo by MC2 Marc Rockwell-Pate

Vice Adm. Mark Ferguson, Chief of Naval Personnel, addresses military members and civilians from various Naples-area commands during an all-hands call at Naval Support Activity Naples. Ferguson's visit to Naples is part of a multi-installation visit to the Europe, Africa and Southwest Asia Region.

son. "It's one of the most important things I do, traveling through the fleet to

understand the issues that (all service members) are dealing with in terms of

housing, child care and the various issues that are related to Europe."

During the all hands call, one of the main issues Ferguson discussed was the available resources for Sailors' families, in cases such as a service member's deployment or permanent change of duty station.

"It's a focus of senior leadership that we realize ... Sailors are more ready to deploy and are more able to fulfill their mission when they know their families are being taken care of," said Ferguson.

Military One-Source online is one of several resources available to service members and their families, explained Ferguson. Service members can either go online or call a toll-free number to speak to a specialist. Specialists are available for every service and if the situation

requires a multilingual staff for non-English speakers, there is someone to assist service members and their families.

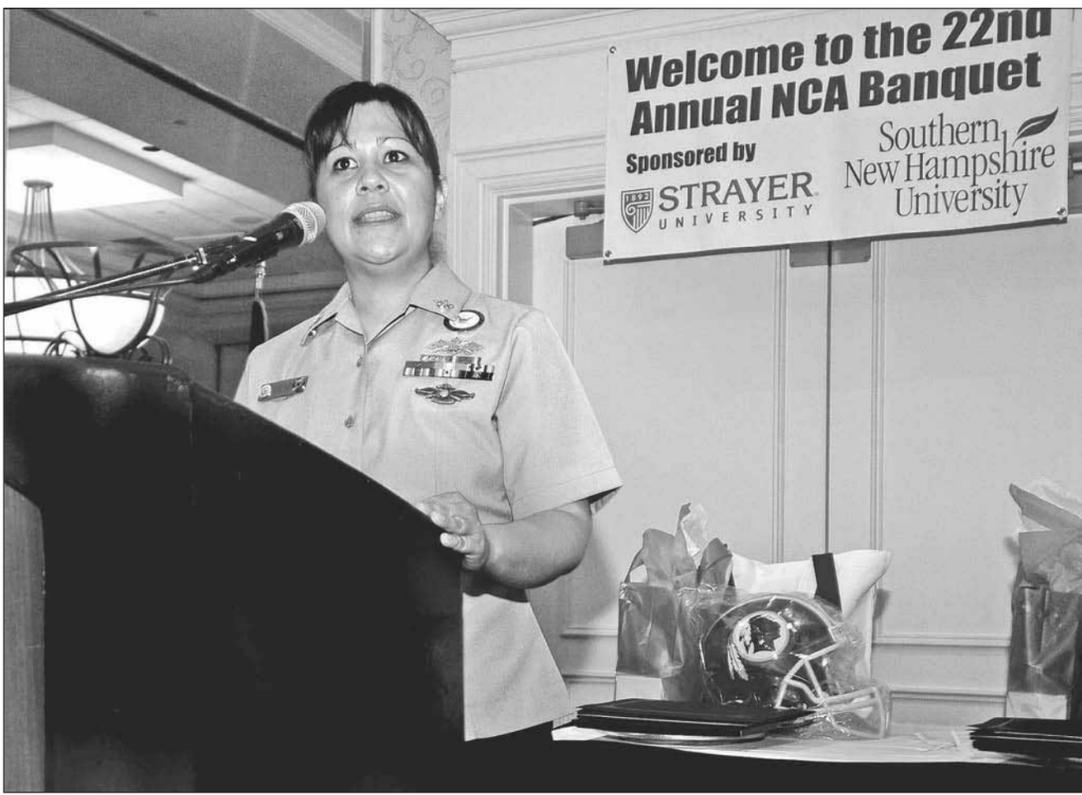
Another issue Ferguson discussed was suicide prevention in the Navy and what Sailors can do if they spot signs of depression in shipmates.

"What we ask Sailors to do is to be alert for (signs of possible suicide) in their shipmates," said Ferguson. "(For example), if the individual just ended a relationship, if they're under stress at work or at home, if they appear isolated or withdrawn from their shipmates, they could be at risk. (The method) we use is the acronym ACT: Ask, Care, Treat."

Ferguson added that additional suicide prevention resources are available including chaplains, medical providers, social workers and counselors, and the Sailor's leadership.

"(Ferguson's) visit to Naples is vital to the personnel here because his visit shows that the Navy is being proactive with everybody's concerns," said Master Chief Hospital Corpsman Phillip Nafus, force medical independent corpsman with CNE-CNA/C6F. "The service members here now know that their questions are making it to the top and the leadership is taking a vested interest with their concerns."

As the 55th chief of naval personnel, Ferguson is responsible for the planning and programming of all manpower, personnel, training and education resources for the U.S. Navy.



Photos by MC1 W. B. Swoboda

Navy Counselor 1st Class Judith M. Jimenez, Career Counselor of the Year, shore, makes her acceptance speech during the Navy Counselor Association (NCA) banquet at the close of the week long training symposium, July 1.

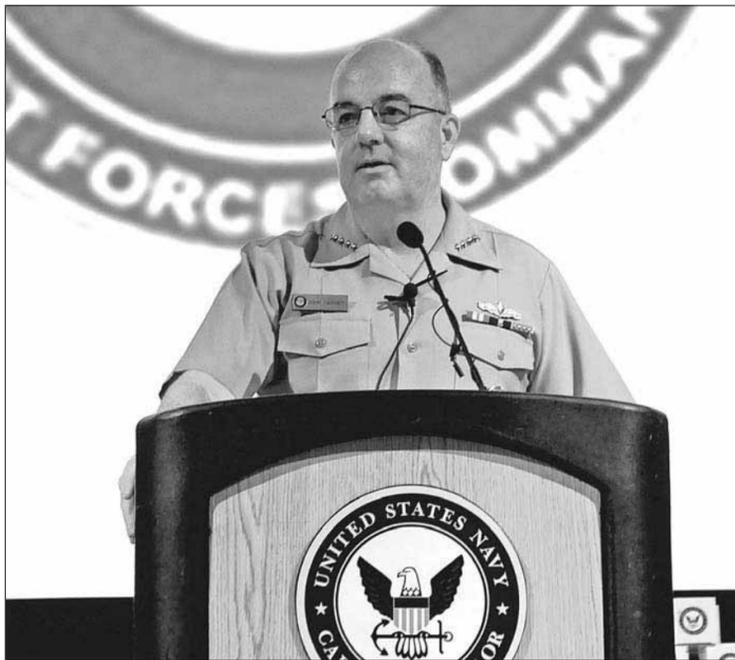
SYMPOSIUM: Policy setters meet with counselors

Continued from page A1

symposium. Recruiters, detailers and other military and civilian personnel involved in the professional development of Sailors are also encouraged to attend.

"It's a really great idea for us to have one-on-one contact with the people who are not just the program managers for specific programs that we have to deal with in career counseling," said Navy Counselor 1st Class (SW) Jason D. Craig, assigned to Navy Aviation Schools Command, Pensacola, Fla. "We're meeting people who are setting the actual policy itself. So you can ask some deep in-depth questions to get answers from those people."

The annual NCA symposium is an important event for front-line Sailor advocates and leaders, according to Reynolds, adding that commanding officers and officers-in-charge are encouraged to support the participation of those involved with the development of Sailors.



Commander of U.S. Fleet Forces Command Adm. John C. Harvey, Jr., speaks to Navy Counselors on the first day of the 22nd Navy Counselors Association Symposium, June 28.



DoD photo

First lady Michelle Obama outlines military family support measures in the fiscal 2011 budget request to members of the Joint Armed Forces Officers Wives Club during its annual luncheon, Jan. 26, at Bolling Air Force Base, Washington, D.C.

FAMILY: First lady lays out new goals for supporting families

Continued from page A1

know and express appreciation to military families.

- Help ensure military families have the opportunity to share their stories and voice their concerns in your community.

- Help ensure the places where you work, worship and participate in community life connect their activities to addressing military families' unique challenges.

- Identify opportunities in your communities to tap into the unique skills, experience and commitment to service our military families display each day.

To all of our military families serving this nation around the world, I offer my sincerest thank you. Your courage, service and sacrifice are an inspiration to us all.

Happy Independence Day, everyone!

*Sincerely,
Michelle Obama*

BOSTON: Sailors talk to public

Continued from page A1

learn more about the Sailor, but they will learn more about their Navy.

"(The Sailors) have stories to tell you and I ask that you engage them," said Roughead. "Have them tell you what they do for our Navy and for our Nation and then you will see a sense of service and pride with which they go about their business."

On his last day of the trip, CNO attended a reception hosted in the USS Constitution Museum by the museum's executive board and leadership and conducted reenlistment and award ceremonies with Sailors aboard USS Constitution and USS Whidbey Island (LSD 41).

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.

FOURTH OF JULY CELEBRATIONS

Independence Day onboard Fort Monroe: Salute, concert, fireworks

PRESS RELEASE
Fort Monroe Public Affairs

FORT MONROE, Va. — Fort Monroe invited the local community to celebrate America's independence with a patriotic extravaganza, July 4, with a mid-day Salute to the Union ceremony, an evening concert featuring country artists Jimmy Wayne and Emily West, and the annual fireworks spectacular on the shores of Mill Creek.

The day's activities began with the traditional 50-gun salute ceremony at Continental Park. With each of the nation's state flags positioned on site, Garrison Commander Col. Anthony D. Reyes gave a brief speech, followed by the 105 mm (towed) Howitzer tribute featuring the U.S. Army Training and Doctrine Command Salute Battery. One round was fired for each state in the union.

At 4 p.m., all three gates opened for the evening concert and fireworks spectacular. The event took place at Walker Army Airfield on Fenwick Road. The fourth festivities concluded with the fireworks spectacular. Other events included souvenir stands and a wide variety of food and beverage vendors.



U.S. Army Staff Sgt. Ruben Marrero-Galagarza, (L) and U.S. Army Pfc. Chris Clevenger, (R) members of the U.S. Army Training and Doctrine Command (TRADOC) Salute Battery, fire a 105 mm Howitzer round during a Salute to the Union ceremony at U.S. Army Garrison Fort Monroe's Continental Park.

Photo by Patrick Buffett

Fourth of July fireworks displayed over Pearl Harbor ships



Photo by Mark Logico

Fireworks at the Joint Base Pearl Harbor-Hickam (JBPHH) explode over two Aegis-class cruisers, USS Chosin (CG 65) and USS Lake Erie (CG 70).



Photo by Mark O. Piggott

Captain Chuck Marks, Commanding Officer, Naval Weapons Station Yorktown, rings a bell in honor of one of the original 13 colonies, July 4, during a ceremony at the home of Thomas Nelson, former governor of Virginia and one of the original signers of the Declaration of Independence. The ceremony was part of July 4 festivities in historic Yorktown, Va.

Aviation Boatswain's Mate (Handling) Airman (AW) Cody Smock performs a magic trick as part of his performance in the USS Wasp (LHD 1) command talent show, July 4. The show, part of Wasp's Independence Day activities.



Photo by MC3 Andrew Rivard

Steel beach picnic on the IKE



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

Sailors stationed aboard USS Dwight D. Eisenhower (CVN 69) enjoy a friendly "boxing" match during a "Steel Beach" picnic aboard USS Dwight D. Eisenhower (CVN 69) on Eisenhower's last full day in the U.S. 5th Fleet area of responsibility.

Kings Dominion and USO treat Hampton Roads EFMP families like royalty

PHOTO AND STORY BY
GUNNERY SGT. A.C. MINK
Special to the Flagship

The USO of Hampton Roads and Central Virginia and the Joint Military Services Exceptional Family Member Program Committee teamed with Kings Dominion for the annual USO EFMP Family Day at King's Dominion, June 25.

Each year, for more than 14 years, the Hampton Roads area USO, Kings Dominion and the Joint Services EFMP Committee make it possible for military families who have children with disabilities to enjoy a family day together in the park. Park admission and lunch is provided at no cost to the families.

"It's so exciting," said Zachary Goldsmith, 12, gesturing excitedly. "I'm going to ride the roller coaster, because you go 'woosh,'

then it takes you down and then it throws you around, and you scream."

For Zachary, son of a Navy chief with COMOP-TEVFOR, being an "EFM" is just a part of who he is and for a few hours all the labels and diagnosis for all the kids just fell away as they were given a priceless gift – the opportunity to be kids.

"This is one of my favorite events," said John Pagel, Marketing Director for Kings Dominion. "Just to see the faces and how excited they are makes the day perfect."

A lot of work went into the planning and execution of the event and the smiles witnessed throughout the park were a visible sign of the continued suc-

cess of this joint venture. The day also gave a few, like 7-year-old Samuel Sawyer, an opportunity to test their courage. Though his dad, a Sailor on the USS Enterprise, couldn't make it to the park, Samuel, his older brother Michael and mother Terri took advantage of the "Wave Swinger."

"My brother taught me to go on it with my eyes open," said Samuel, who uses a wheelchair. "I loved how I just flew."

Following lunch, the group enjoyed Charlie Brown's Hoedown. Pagel and his crew saved the day for the group sitting in the scorching heat, providing huge purple umbrellas for the families to shade them from the sun. Unconcerned

with the last-minute assist, he simply shrugged and handed another umbrella to a smiling child.

The Peanuts show was a favorite, as were the coasters and other rides. However, WaterWorks and Snoopy's Splash Dance were a hit with nearly all in the group – they brought out the child in everyone and were a welcome relief from the 90-plus heat of the day.

"The day has been great and I hope we can continue to do this for many years," said Josie Berry, HRCV USO Vice President of Business Operations. "We couldn't do this without the help of the joint EFMP steering committee and of course, King's Dominion. We have them to thank for all the smiles."

Visit www.uso.org for more information about the Central Virginia USO.



The Peanuts characters pose for shots with exceptional family members at Kings Dominion, June 26. The USO teamed with Kings Dominion and the Joint EFMP Steering Committee for a day of fun at the theme park.

EFMP
Exceptional Families
Exceptional Service

CULINARY COMPETITION
CNIC GETS SOME FIERCE CONTENDERS

Commander Navy Installations Command's 2nd Annual Culinary Competition attracted Culinary Specialists from around the world. **B4**

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

July 8, 2010

Sailors, Marines welcome Queen Elizabeth II to Canada

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

HALIFAX, Nova Scotia — Although no longer the head of the world's greatest military power, the monarch of Great Britain still commands respect and admiration wherever she goes in the world. This respect was affirmed, June 28, in Halifax, Nova Scotia when service members from nations participating in the Canadian Naval Centennial and International Fleet Review Week (CNC/IFR), including a group of Sailors and Marines from USS Wasp (LHD 1), welcomed Queen Elizabeth II and Prince Philip on the start of their nine-day tour of Canada.

Amidst a drenching downpour of rain, the Wasp service members — along with service members from Britain, Canada, Denmark,



Queen Elizabeth II of the United Kingdom, accompanied by Michaelle John, governor-general of Canada, greets well-wishers in Halifax, Nova Scotia, June 28, following her arrival in the city to participate in the Canadian Naval Centennial and International Fleet Review Week festivities. Upon her arrival in Halifax, the queen and her husband Prince Philip, Duke of Edinburgh, were greeted by military personnel from some of the countries involved in the Centennial events, including Sailors and Marines from USS Wasp (LHD 1). Wasp participated in the Canadian Naval Centennial and International Fleet Review Week (CNC/IFR) that began on June 25 and concluded July 2.

and other nations — listened as the Queen praised Canada, of which she is still

officially head-of-state, for hosting the event.

“Canadians have built a

nation that is widely admired throughout the world,” she

said. “As Queen of Canada

for almost six decades now, my pride in this country remains undimmed. It feels

very good to be home.”

In introducing Elizabeth, Canadian Prime Minister Stephen Harper paid tribute to the special bond between his country and Great Britain.

“This is your 22nd visit to Canada and those of us who have seen you on your previous visits here have always cherished those moments,” said Harper. “We respect the continuing role the British crown plays in the affairs of our country. To us, it represents the rule of law, freedom, citizenship, duty, and friendship.”

For those Wasp Sailors who helped welcome the Queen, it was an event they will remember for the rest of their lives.

“It was pretty amazing to actually see her in person, because that’s not something most people get a chance to do every day,

See QUEEN, B7



Above: Crew member aboard amphibious dock landing ship USS Gunston Hall (LSD 44) embraces his loved one. USS Gunston Hall (LSD 44) returned to homeport JEB Little Creek-Fort Story from a five and half month deployment as the flagship for Africa Partnership Station 2010.

Left: Amphibious dock landing ship USS Gunston Hall (LSD 44) rounds the corner into JEB Little Creek-Fort Story from the Chesapeake Bay.

Gunston Hall returns home from Africa Partnership Station

STORY AND PHOTOS BY MC3 ASH SEVERE
Navy Public Affairs
Support Element East

NORFOLK — USS Gunston Hall (LSD 44) returned home to-

day after a five and half month deployment as the flagship of Africa Partnership Station (ASP) West.

“I’m really fortunate to have this crew, because my crew

rocks,” said Cmdr. Fred Wilhelm, commanding officer of the USS Gunston Hall. If you look at the dedication and initiative they have, to work sometimes 20 hour days without complaints, I

couldn’t be more proud.”

Gunston Hall, along with embarked Destroyer Squadron 60 (DESRON 60) based out of Naples, Italy and an international staff left Joint Expeditionary

Base Little Creek-Fort Story January 15 for ASP West, but was diverted to Haiti in response to the deadly 7.0 earthquake which

See RETURN, B7

Logistics Specialist 3rd Class (SW/AW) Jorge Resto, one of 50 Sailors and Marines from USS Nassau, plays with a Seychellois boy at the St. Elisabeth orphanage. Service members passed out toys and played soccer, basketball and board games with the children before they started painting the orphanage.



Nassau Sailors volunteer on liberty in Seychelles

STORY AND PHOTOS BY MC2 PATRICK GORDON
USS Nassau Public Affairs Office

MONT FLEURI, Seychelles — Nearly 50 Sailors and Marines from USS Nassau (LHA 4) volunteered their time and efforts at St. Elisabeth’s Orphanage in Mont Fleuri, Seychelles, June 28.

The purpose of the community relations (COMREL) project was to paint the interior of the orphanage’s main house.

“This COMREL was an opportunity for us to help people in another community,” said Nassau Chaplain Lt. Victoria Chappell, of Virginia Beach. “It was also to let

See VOLUNTEERS, B7



Information Systems Technician 1st Class (SW/AW) Jessica Castro, of Elizabeth, N.J., paints a wall at the St. Elisabeth orphanage. More than 50 Sailors and Marines from USS Nassau (LHA 4) volunteered to help paint the interior of the orphanage as well as play with some of the children there.

SPOUSE SPEAK!

Summer camp at the JEB Youth Center

BY KATRIN ALBRITTON
Navy Spouse contributor

As the school year ended, my husband and I had to decide how our two children were going to fill those long, hot days. After all, we didn't want them sitting around the house bored all day waiting for us to get home.

What to do, what to do? I know ... Summer camp at the Joint Expeditionary Base Youth Center.

Ok, it really wasn't that hard to come to this decision. After all, both boys attended last year and loved it. They spent the entire Summer participating in a wide variety of activities, including field trips on and off base.

Over the years, one of the best things I have found about being a family in the military is the access to some pretty great opportunities for fun in the sun (or the snow, depending on the time of year, of course). No matter where we have been, we have been able to take advantage of what Morale, Welfare and Recreation has for us. The Youth Center has been a blessing.

Once I told the boys they would be heading out to Little Creek each morning with me, they were thrilled. Granted, they weren't too excited about getting up at 6 a.m. during their summer vacation, but you have to give to "get." Once they took a look at the schedule for the next couple months, the complaining stopped.

Their first day there was full of activity. My oldest son, who is 14 years old, spent the day at the Gator Pool. I admit I was jealous. After all, I spend most of my days in a cubicle farm, not gallivanting around poolside. It's not a very well-kept secret that I wear the occasional Hawaiian shirt to work, just to bring the joy of summer with me before I change into my uniform.

I remember when I was 14 and stayed home alone all day, no parents and no teachers. I thought it was going to be great. Then I realized what I was doing - nothing. I had this picture in my head of getting together with all my friends, heading to the beach and getting a beautiful bronze tan. Instead, I ended up spending half the day watching soap



operas because my friends were either at Summer camp or on vacation.

For my boys, the rest of the Summer is just as busy. In July alone, the kids are playing paintball, putt-putt golf, roller skating, kayaking and even going surfing. And that doesn't include the other field trips they are going on, like heading the local zoo and area amusement and water parks. Oh, let's not forget about going swimming a lot - on average about four days a week. Rough life!

But I firmly believe that Summer camp, whether it's a day camp like my sons go to, or an overnight camp, has value beyond the activities in which they get to participate. These camps help broaden their social skills and help them learn to get along with new types of people outside of the school environment. I've seen how my youngest son, who is 11 years old, blooms when he doesn't have to deal with cliquish school friends. Both boys were even able to reunite with their camp friends from last Summer.

I asked each of my boys why they like going to the Youth Center. My oldest son said that, without a doubt, he liked being able to see his friends. "We get to play soccer and basketball, plus, I get to hang out with them during field trips," he said.

My youngest son said basically the same thing. "I love going to the pool, doing all the activities they have for us and playing with my friends in the game room. If I was home every day I'd probably just play video games. But getting outside and doing stuff is so much more fun!"

This particular program has really lifted the weight off my shoulders. No leaving my children home alone and hoping for the best. Instead, they are well cared for and never bored. That's a great combination. My oldest son, who starts high school next year ... sniff, sniff ... is enjoying his last year at this particular Summer camp. While my youngest has a couple more Summers to go, I will have to find new, interesting and constructive ways to keep my oldest occupied. Wish me luck.

MARRIED to the Military

Seriously? Still crying?



BY BIANCA MARTINEZ

Yes, here I am and our 14th deployment has commenced. I am a seasoned pro. I have dropped my husband off at work for months at a time so many times - it

should be old hat. Totally. Two weeks ago we had to do it again. I was telling myself, "I got this. No worries Bianca." Bahaahaa, what a joke.

As we turn on to the base, the usual stomach dropping, followed by the shortness of breath the welling of tears in the eyes ... and

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!

halt. I am able to control it. Phew. We get to his work and park the car and he starts pulling out his bags as I move from the passenger seat to the driver's seat (in more ways than one) and whooooooosh! The water works roll in as I walk over to give him that last hug and kiss ... the one that as much as you love kissing them ... sucks!

Oh and I cried pretty much all the way home. So, I get asked all the time, "Does it ever get any easier?" I can't lie and I can't sugar coat it. No, it doesn't. But you do it anyway and you do it with pride.

Comforting kids at home during a deployment

Okay I just ordered our second Daddy Doll pillow, this is the one for Sophia and it occurred to me that I may not have told you about these. When Lucas was ten months old, we found these and I ordered him one. He still has it and loves it. Makes him feel like daddy is with him even when he is deployed.

This is Sophia's first deployment that she really notices Daddy is gone, so I logged on this morning and ordered her

one. You can order pillows shaped like the picture, maybe daddy in his uniform - those are great Daddy Dolls. We get the pillows with color fabric on them. Lucas' is stars and stripes with a picture of him and daddy at the beach. I just ordered Sophia a pink camo one with a picture of her and Daddy eating ice cream. Both read, "My Daddy. My Hero."

Love 'em! Here is the website - www.hugahero.com

Kings Dominion



12TH ANNUAL EAST COAST
CPO ROUND UP
Saturday, August 28, 2010

Navy League of Hampton Roads is scheduled to hold their 12th Annual Chief Petty Officer Round Up at Kings Dominion, August 28

The CPO Round Up will be open to all active duty, reserve, retired and all families, friends and supporters of the Navy team and will include unlimited use to all rides, shows and attractions at Kings Dominion.

The schedule of the day includes the Annual Deck Plate Spirit Award presentation, Chief Selectee Cadence Competition and a 50/50 raffle in support of CPO Scholarship Fund.

Kings Dominion will be open from 9 a.m. to 10 p.m. with many special guests including: MCPON, MCPON's (ret.), FLTCM's, FORCM's, CMDCM's and MCPO (ret.) and Rudy Boesch from Survivor.

The event will also include the opportunity for all participants to purchase a single-serve meal for \$10 that includes: 2 pieces of fried chicken, hot dog, baked beans, bag of chips, cookie and a soft drink.

Discounted food and drink will be available throughout the day at Pine Pavilion adjacent to the Kingswood Am-

phitheatre.

Tickets are \$23 (Save \$33.99) and children 2 and under are admitted free with advanced ticket purchases. Children 12 and under will receive a free raffle ticket with a chance to win one of the Kings Dominion prizes.

To purchase tickets visit www.kingsdominion.com and click on tickets, then corporate partner, the company ID for the event is "CPO." Once you have purchased your ticket, simply print it out and bring it with you to the park. There is no service charge.

You can also purchase your advance sale tickets from your Command representatives:

CNRMA — YNCS Barry Fitzgibbons 322-2800, barry.fitzgibbons@navy.mil

NCR — YNC Aaron Riley (202) 781-5766, aaron.riley@navy.mil or ETC Geoff Adleman (202) 781-6456, geoffrey.adleman@navy.mil

For more information on the event visit Kings Dominion's website at www.kingsdominion.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.

Local service times

LDS PROGRAMS

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

NAVAL STATION NORFOLK

ROMAN CATHOLIC

Our Lady of Victory Chapel
Mass Schedule:
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.

PROTESTANT

David Adams Memorial Chapel
Worship Services:
10:30 a.m. — Sun.
Worship
Wednesday Services:
8:30 - 10:15 a.m. — Bible
Study Noon "Lunch
with the Lord"

**For more information call
Naval Station Norfolk Chapel 444-7361**

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC

Mass Schedule:
5 p.m. — Sat.
(fulfills Sunday obligation)
9 a.m. & 12:15 p.m. — Sun.
11:30 a.m. — Tues. - Fri.
(except holidays)

Confessions:
3:30 - 4:30 p.m. — Sat.

PROTESTANT

9 a.m. — Sun. School
(4 years-Adult)
10:30 a.m. — Sun.
Divine Worship,
Children's Church
(Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed.
Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon
PWOC: Evening Bible Study Every Mon.: 7 p.m.

Latter Day Saints
11:30 a.m. — Sun.
Coffeehouse
6 p.m. — Sun.

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

CHAPLAIN'S CORNER

The saddest sight: Divorce

STORY BY LT CMDR.
RICHARD TOWNES
*Marine Corps Air Facility
Chaplain, Quantico, Va.*

There is, perhaps, no sadder sight than a once loved wedding ring that has been discarded and thrown in the corner of a dresser drawer or sitting in the window of a dank and dirty downtown pawn shop. What makes this scene so gloomy is the memory of the hope and love that originally accompanied the giving of that same ring. A happy couple stood before the altar with family and friends gathered around and pledged their faithfulness to each other, but something went wrong and the significance of the ring was lost.

The meaning of a wedding band is centered upon the life-long commitment of a man and woman.

The ring became a powerful symbol for married couples because it's round with no beginning and no end, much like God, symbolizing that this union is to be as sure as the Lord's relation-

ship with us. It's also a circle which returns to itself, much like life. Scripture states the concept this way, "From dust you were formed, to dust you shall return." It's easy to see the connection.

Marriage is a gift from God that's intended for the rest of the couple's lives, that

madly in love as the ring was slid onto each other's third finger. That was a wonderful sentiment, but then a harsh reality set in.

That reality included any number of untold heartaches and attacks. One partner or the other may have grown disinterested and begin look-

this is the tragic results of forgetting that marriage is a gift from God and is to be treasured and preserved.

Ephesians 5 says, "Wives submit yourselves unto your husbands as unto the Lord" and "Husbands, love your wives like Christ loved the church and gave himself up for her." Whether you are a Christian or not, you can easily see that marriage is a very wonderful institution where man and wife are to live together harmoniously, caring for one and other, loving and sacrificing for their spouse and remaining faithful in all things.

Nothing in the world is as beautiful as the sight of a very old couple shuffling hand-in-hand down the sidewalk.

One look tells the story of their life; the story of hardship and difficulty, of love and passion, of hurt and forgiveness that has been played out over and over again across the years bringing them to the point where one can't imagine life without the other. Their well-worn wedding band represents all of that and more. It was placed on their finger the day they were born together as one flesh through matrimony and will, in most cases, accompany them to the grave.

Sadly, however, some rings never get the chance for such longevity. Those sad looking rings are tossed aside into obscurity and found by children years after the bitter divorce or traded to a pawnshop clerk for a few extra dollars. This does not have to take place. Don't throw it away.

Work hard at improving your relationship and get help from your chaplain if you need it so that you can make that ring a happy sight again.



is, until they are placed in the ground awaiting the resurrection. Even the hole in the center of the ring signifies an open door through which the pair pass into an unknown future as they venture forth together through prosperity, adversity, sickness, health, good times and bad. "Until death parts us," said the happy couple who were once so

ing elsewhere for emotional and sexual fulfillment. A child may have died, stressing the marriage to the breaking point. Finances may have become so strained that it irreparably damaged the marriage. Or, the couple may have imperceptibly drifted apart over the course of time and their love faded until it simply disappeared. All of

Pacific Partnership visits Cambodia



Photo by MC2 Eddie Harrison

Religious Programs Specialist 1st Class Jennifer Snow, assigned to the Military Sealift Command hospital ship USNS Mercy (T-AH 19), plays checkers with church members during a community service event at the Enfants du Cambodge orphanage in Sihanoukville, Cambodia.

CNIC host 2nd annual Culinary Competition



Photos by MC1 Jennifer A. Villalovos

Sailors present their meals to be judged at the Commander Navy Installations Command's 2nd annual Culinary Competition at CulinAerie. Sailors from eight regions are in Washington to compete in the event.

BY MC2 KIONA MILLER
Naval District Washington
Public Affairs

WASHINGTON — Culinary specialists (CS) from around the world traveled to Washington D.C. to participate in the Commander Navy Installations Command (CNIC) 2nd annual Culinary Competition, June 24, at the CulinAerie recreational cooking school.

Retired Senior Chief Culinary Specialist Mike Bowlin of CNIC's galley and flag mess operations, has been working on the program since 2009 and said that the purpose of the competition is to excite culinary specialists and get them interested in culinary programs inside and out of the Navy.

"We started at the region level conducting a regional culinary competition and then we said let's take this up a notch and give them something to work for," said Bowlin. "So we came up with the idea of doing an annual Navy-wide culinary competition and this is our second year here at CulinAerie."

The culinary competition is the highlight of the food and beverage performance week, where culinary specialists and Morale, Welfare and Recreation managers are introduced to Culinary Institute of America members, tour several culinary locations around the D.C. area, and learn new cooking techniques from top chefs in

the region. The competition is only open to military culinary specialists. To participate in the food and beverage performance week, the military teams

have to participate in their regional culinary competition. The regional winners are then invited to Washington D.C.

Senior Chief Culinary Specialist Eric Amador's team from Naval Air Station Lemore took the first place prize in the Southwest region competition. He said that the food and beverage week provides



Master Chief Petty Officer of the Navy (MCPON) Rick D. West (L) Master Chief Culinary Specialist William Campbell, Senior Chief Culinary Specialist Chad Harris and Senior Chief Culinary Specialist Brian Woyak participate as guest judges at the Commander Navy Installations Command's 2nd annual Culinary Competition held at CulinAerie. Sailors from eight regions are in Washington to compete in the event.

insight on professionalism and new techniques that help Sailors understand the concept of the culinary field.

"With the executive chefs who are here, I think it's a

win-win situation because we are (learning from professionals with) 30 to 40 something years of experience," said Amador. "It provides culinary specialists hope, training and the power to go on to the next level not only in the Navy, but in the outside world."

The culinary competition began when the eight teams, representing Navy regions from across the U.S. and overseas including commands in Japan, Spain and



Master Chief Petty Officer of the Navy (MCPON) Rick D. West looks on as Culinary Specialist 2nd Class Rodell Hardaway (center) and Culinary Specialist 2nd Class Sonya Angolemmo, both assigned to Commander Navy Region Japan, prepare a meal to be judged at Commander Navy Installations Command's 2nd annual Culinary Competition at CulinAerie. Sailors from eight regions are in Washington to compete in the event.

the U.S. Naval Base Guantanamo Bay, received their mandatory mystery ingredient, maple syrup. The teams then had 30 minutes to develop menus, gather their ingredients and familiarize themselves with the kitchen.

The two-member teams had just two hours to create their three-course meal culinary masterpiece using the maple syrup. They chopped, boiled and fried their ingredients. Then one by one as the courses were completed, the teams presented their creations to a panel of guest judges.

Guest judges included some of the Navy's top culinary specialists such as: Master Chief William Campbell, deputy director for the Secretary of the Navy's executive dining facility; Senior Chief Brian Woyak of the Vice President's residence; Senior Chief Chad Harris from the Presidential Food Service; Chief Wesley Tavares, CNO's senior enlisted aide along with celebrity Chef Guy Mitchel.

There was one guest judge, although not a food specialist, who certainly knows how important tasty meals are to Sailors, Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West. This was West's first time at the culinary competition.

"Our CS's do such a great job. They are the start of good morale at a command," said West. "You get a good meal – you are going to get a good, happy crew. These folks are really delivering today and I look forward to seeing them out in the fleet."

In evaluating the meals, each judge carefully tasted

every dish and assessed how each team incorporated the maple syrup and presented the food.

As a member of the Naval District Washington's team, Culinary Specialist Seaman Ernsley Victome enjoyed his experience at the competition and encourages more culinary specialists to participate in the event.

"We have a whole lot of Sailors from different commands coming together who have the same passion," said Victome. "We were able to make some really good food and it's an experience everyone should have. Why pass up on it?"

After the last dish was sampled, the judges began tabulating their scores for the first, second and third place prizes. During the tallying Chef Mitchell, a Culinary Institute of America graduate and who has worked closely with White House chefs, spoke with the teams and pointed out the strengths and weaknesses of their meals.

Although all presented strong entries, the Southeast region team came out on top with the first place prize.

Chief Culinary Specialist Eric Peters, a Southeast region team member from Guantanamo Bay, was delighted to share the experience with his fellow culinary specialists.

"I got a lot of great tips from all the other participants and I learned a lot," said Peters "I was here just for the learning experience, but if winning is a part of it – that's great."

One of the biggest goals of the competition and the performance week is to serve as a big morale booster for the culinary specialists and food managers that will be spread throughout their commands and ultimately the Navy.

"They are going to go home and their morale is going to be really high," said Cmdr. Jennifer Flather, CNIC's food and beverage officer. "I really hope that these Sailors go back to their commands and show them the art of the possible."

The winners of the competition each received a coupon for one week of training at the Culinary Institute of America.

Wasp, U.S. Sailors participate in international basketball tourney



Photo by MC3 Brian Goodwin

Culinary Specialist 2nd Class Jorge Hernandez of USS Wasp (LHD 1) takes a shot at the basket as he and his fellow American Sailors face off against British Royal Navy Sailors in a basketball tournament, June 26, that was part of the Canadian Naval Centennial and International Fleet Review Week festivities.

**STORY AND PHOTOS
BY MC2 (SW)
CHRISTOPHER KOONS**
USS Wasp (LHD 1)
Public Affairs

HALIFAX, Nova Scotia — No matter what country someone is from, a common unifier of all cultures is a shared love of sports. For some Sailors from USS Wasp (LHD 1), reaching out to fellow Sailors from other countries meant playing them in a basketball tournament in Halifax, Nova Scotia, June 26, as part of the Canadian Naval Centennial and International Fleet Review week festivities.

"The tournament was a chance to help foster a spirit of cooperation through competitive sports," said Senior Chief Aviation Ordnanceman (AW/SW) Darryl Burton, Wasp's basketball head coach. "It was also a chance for our guys to just get out and enjoy themselves by playing their favorite game."

The tournament featured players from Wasp, USS Gettysburg (CG 64), USS Robert G. Bradley (FFG 49), and USCGC Escanaba (WMEC-907) playing together as "Team USA" against similarly unified teams from Great Britain and Denmark.

During the tournament, Team USA first defeated the British team 93-18, with the British then facing off against the Danish team and defeating them 38-30. The Americans then capped off the tournament by beating the Danish 62-30.

"The whole thing was fun and exciting," said Ship's Serviceman 3rd Class (SW) David Watts, who played point guard for the American team. "It was a new experience playing British and Danish players. Neither of the teams that we played gave up and they both showed great sportsmanship."

For some of the British players, participating in the tournament was a challenge, since basketball is not a hugely popular sport in their native land.

"I played basketball eight years ago for my college team in Birmingham, England," said Leading Regulator Gareth Brazenale of HMS Sutherland (F 81). "Basketball is not our national game, so I didn't think we had

much of a chance against the Americans, but I still enjoyed playing in the tournament."

"Royal Navy ships typically have soccer and rugby teams, but usually not an organized basketball team," added Warrant Officer Dave Morton, also from Sutherland. "But this tournament, as well as all of the festivities this week, was a good chance to be able to meet Sailors from other navies and talk about the different ways that we operate."

For the U.S. Coast Guard players from Escanaba, playing in the tournament was a chance to get a taste of more varied competition.

"We usually play in tournaments in the Boston area and do pretty well," said Chief Boatswain's Mate Chad Johnson, the Escanaba team's head coach. "Playing in this tournament was a chance to experience camaraderie with our Navy brethren and see what other ships' and countries' teams are like."

For some of the Wasp players, the tournament was just a chance to spend an afternoon playing the game they love.

"I've been playing basketball my

whole life, right through junior and senior high school," said Aviation Boatswain's Mate (Handling) 3rd Class (AW/SW) Donald Williams, who played shooting guard for the American team. "It was just fun playing the other nations' teams to see how each country plays its own style of basketball."

Wasp is currently participating in the Canadian Naval Centennial and International Fleet Review Week (CNC/IFR) that began on June 25 and concluded July 2. Wasp Sailors and Marines, including embarked Carrier Strike Group 2, Helicopter Sea Combat Squadron 22, and 3rd Battalion 2nd Marines are participating in various cultural and sporting events during the visit aimed at strengthening relationships and the strong bilateral and multilateral ties shared between the Canadian Navy and its allies.

For further questions please contact the USS Wasp Public Affairs Office at pao@lhd1.navy.mil



Aviation Maintenance Administrationman Airman John Peak of USS Wasp (LHD 1) goes for a slam dunk in between games at a basketball tournament pitting players from different navies against each other during Canadian Naval Centennial and International Fleet Review Week festivities, June 26, in Halifax, Nova Scotia.

Truman Sailors pay respects to Medal of Honor recipient

BY MC3 JONNIE HOBBY

USS Harry S. Truman Public Affairs

USS HARRY S. TRUMAN, At Sea (NNS) — Aviation ordnancemen from Harry S. Truman Carrier Strike Group gathered on the flight deck June 28 to pay their respects to a Medal of Honor recipient.

Lt. John Finn, a former Chief Aviation Ordnanceman, was awarded the Medal of Honor for his courageous actions when he manned a .50-caliber machinegun to defend his comrades from the incoming attack from Japanese planes on Pearl Harbor Dec. 7, 1941.

Revered as a hero among Navy and Marine Corps aviation ordnancemen, Finn recently passed away at the age of 100, May 27.

“To be a master of your trade and defending your country in a time of crisis is admirable,” said

Chief Warrant Officer Eric E. Richmond. “How could you not idolize a person like that? Our ordnancemen community is very small. We all have a great bond, and John Finn is our idol.”

Richmond and several other ordnancemen aboard Truman met Finn several times while stationed in California.

“Even at 100 years old, he’d still have a drink with us,” said Senior Chief Aviation Ordnanceman (AW/SW) Brian Schultz, leading chief petty officer of G-3. “We would visit him often to make sure he was okay, and cut wood for him in the winter so he and his wife could stay warm.”

In spite of winning such a prestigious military award, Finn was humble.

“You’d think somebody who received a Medal of Honor would have a pretty big ego,” said Richmond. “That wasn’t John Finn. He was as down-to-earth as any other person. Everything you could possibly read about this man was true. He was the most humble person I’ve ever met in my life.”

“One day I asked him if I could see the Medal of Honor,” said Richmond. “He said, ‘Well, I got it from some guy named Franklin Delano Roosevelt. I handed it to my wife and I don’t know what the heck she did with it. I ain’t seen it since.’”

Crew members also took the time to honor the brother of

Chief Aviation Ordnancemen (AW/SW) Charity Morgan, a U.S. Army Staff Sgt. who was recently killed by an improvised explosive device in Afghanistan.

Truman flew two flags from the mast to honor both fallen service members. A group photo of all the enlisted and officer aviation ordnancemen, in formation with the leadership of Carrier Strike Group 10, USS Harry S. Truman (CVN 75) and Carrier Air Wing 3 will be presented along with the

national ensigns to the Flynn and Morgan families.

“It makes me feel very proud that he was an Ordie” said Aviation Ordnanceman Airman John Tafoya, one of Truman’s G-3 division Sailors. “We learned about John Finn in A-School. He’s a hero to the Ordies, and I think he’s the biggest thing that happened to our rate.”

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.



U.S. Navy photo

Retired Lt. John W. Finn takes a ride on the USS Arizona Memorial White Boat John W. Finn, named for him, last December. Finn, the oldest living Medal of Honor recipient, passed away, June 28.

Lt. John Finn, a former chief aviation ordnanceman, earned the Medal of Honor when he manned a .50-caliber machinegun to defend his comrades from the incoming attack from Japanese planes on Pearl Harbor Dec. 7, 1941.



U.S. Navy photo

Truman Strike Group begins operations in support of OEF

PRESS RELEASE

Harry S. Truman Carrier Strike Group Public Affairs

USS HARRY S. TRUMAN — Harry S. Truman Carrier Strike Group (CSG) launched its first combat sorties in support of Operation Enduring Freedom (OEF), June 29, while conducting turnover with Dwight D. Eisenhower CSG in the U.S. 5th Fleet Area of Responsibility (AOR).

Aircraft from Carrier Air Wing (CVW) 3, embarked aboard USS Harry S. Truman (CVN 75), will provide support for coalition ground forces in Afghanistan.

“Our air wing has spent several months training at Naval Air Station (NAS) Fallon in preparation for this deployment,” said Capt. Jay

Bynum, commander CVW 3. “We’ve worked to line up every possible opportunity to train and make sure that we would be ready to go from day one.”

Bynum noted that one of the most important parts of the training was the communication between the pilots in the sky and the troops on the ground.

The air wing squadrons worked extensively with joint tactical air controllers (JTAC) at NAS Fallon to ensure that the training was as relevant and realistic as possible. JTAC’s are the liaison between the ground troops and the aircraft that provide close air support.

Many of the same JTAC’s that trained with the air wing are currently serving

in Afghanistan, said Bynum.

Aviation Machinist’s Mate Airman Marcos Rodriguez, from Strike Fighter Squadron (VFA) 37, takes great pride in ensuring that the jets he maintains stay mission-ready.

“We’re out here for something good,” said Rodriguez. “I have a friend in the National Guard in Afghanistan and being out here has personal meaning.”

“It’s awesome to know that we’ll be there for the troops,” said Lt. Davin O’Brien, of VFA 37. “Every pilot in the air wing is ready to support them.”

Truman CSG relieved Eisenhower CSG as Task Force 50, July 2. Eisenhower CSG has operated in the 5th Fleet AOR since Jan. 25 with CVW 7 aircraft flying 2,970 combat sorties and logging 17,730 cumulative flight hours in support of Operation Enduring Freedom (OEF).

Truman CSG deployed May 21 from its homeport of Norfolk, on a routine scheduled deployment

and will conduct Maritime Security Operations and theater security cooperation.

Truman CSG includes CSG 10, Harry S. Truman, USS Normandy (CG 60), Destroyer Squadron 26, USS Winston S. Churchill (DDG 81), USS Oscar Aus-

tin (DDG 79), USS Ross (DDG 71), CVW 3 and its associated squadrons; VFA 105 “Gunslingers,” VFA 32 “Swordsmen,” VFA 37 “Raging Bulls,” Marine Fighter Attack Squadron 312 “Checkerboards,” Airborne Early Warning Squadron 126 “Seahawks,” Electron-

ic Attack Squadron 130 “Zappers,” and Helicopter Antisubmarine Squadron 7 “Dusty Dogs.”

For more news from Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet, visit www.navy.mil/local/cusnc/.



Aviation Ordnancemen assigned to the Swordsmen of Strike Fighter Squadron (VFA) 32 lift a GBU-12 500-pound guided bomb onto an F/A-18F Super Hornet aboard the aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman launched their first combat sorties of the deployment in support of Operation Enduring Freedom, June 29.

Photo by MC2 Kilho Park

QUEEN: Sailors train Canadian forces

Continued from page B1

especially if you're an American," said Intelligence Specialist 2nd Class (SW/AW) Ryan Jackson.

For members of the Canadian military who helped coordinate the Queen's visit, seeing it go off without a hitch was a special delight.

"As drill chief for Canadian Forces Base Halifax, I was in charge of training the Canadian royal guard for her visit," said Chief Petty Officer Daniel Rowe of the Canadian Navy. "I helped train them in the appropriate rifle drill, foot drill and royal protocol. By the time she arrived, they were very well prepared."

For those in the British Royal Navy who were at the Queen's welcoming ceremony, seeing their monarch in person is always a great pleasure.

"I first saw her in 2006 at the International Fleet Review in Portsmouth, England," said Chef Scott Furber of HMS Ark Royal (R07). "I like her along with the rest of the royal family, because when people think of

Great Britain, they always first think of the queen."

Darrell Dexter, the premier of Nova Scotia, echoed this sentiment when he looked back upon the role the Queen and her family have played throughout the decades.

"During the darkest days of World War II, she and the royal family helped give the free world a sense of unity when it needed it the most," said Dexter. "For that, we are all forever grateful."

Wasp is currently participating in the CNC/IFR that began on June 25 and concludes July 2. Wasp Sailors and Marines, including embarked Carrier Strike Group 2, Helicopter Sea Combat Squadron 22, and 3rd Battalion 2nd Marines are participating in various cultural and sporting events during the visit aimed at strengthening relationships and the strong bilateral and multilateral ties shared between the Canadian Navy and its allies.

RETURN: APS classes help maritime strategy

Continued from page B1

took place that month.

"Considering the unplanned nature of the embarkation, I don't think you could find a better composition of people and things on board for this type of mission," said Capt. Cynthia Thebaud, commander of DESRON 60.

The Gunston Hall crew and embarked units worked with U.S. Armed Forces, multinational militaries and non-government organizations such as: the Mexican Navy, Columbian Red Cross and Pakistani United Nations Forces to help stabilize Haiti during the crisis. Once the Gunston Hall's role in Haiti was completed, they sailed towards Africa to begin their original deployment.

During APS West the crew and APS staff con-

ducted several medical and maritime interception operations.

"We taught subjects including controlling bleeding, opening and managing airway restrictions and testing chest trauma to control shock," said Hospital Corpsman 1st class Jason Ashmeade. "They asked a lot of questions, were very attentive and participated well during the hands-on portions."

While in the countries of Ghana, Nigeria, and Togo, the crew and APS staff taught over 65 African students on small boat operations, maritime law enforcement, maritime domain awareness, port security, fisheries management, combat life saver, basic first aid and search and rescue.

"I've never had this training before," said Equatorial Guinean navy

Lt. Severiano O. Esono. "I will take what I learned back to my command and show the others."

Another student added, "The class was very detailed. I've had training on the basics, but nothing this in-depth. It was very good," said Liberian coast guardsman James Akoi.

Before returning home from ASP West, Gunston Hall participated in Phoenix Express, an exercise that focuses on building increased multi-national cooperation and training to combat illegal activity at sea, and Baltic Operations 2010, an exercise designed to help strengthen regional partnerships and promote maritime safety and security in the Baltic Sea.

USS Gunston Hall (LSD 44) is a Whidbey Island class ship homeported on JEB Little Creek-Fort Story.



Photo by MC2 Patrick Gordon

Lance Cpl. Mark Valanawski, of Birchrun, Mich., plays basketball with a Seychellois boy at the St. Elisabeth orphanage.

VOLUNTEERS: Giving orphans a smile

Continued from page B1

the Sailors and Marines have a good time while spreading good will."

Service members passed out toys and played soccer, basketball and board games with the children before the painting started. Shortly after work began, more Sailors and Marines from other COMREL's arrived to help after rain had stopped their own projects.

Those involved were happy to spend their day helping in a foreign community.

"This was a great chance for us to restore the orphans' home and really give the kids something to smile about," said Logistics Specialist 2nd Class (SW/AW) Shawn Blount from Bronx, N.Y. "It was a lot of fun to play with the kids, help out the community and really show that we care."

After the work was completed the volunteers were treated to refreshments

provided by the orphanage's nuns. The leftover paint was donated to the orphanage for future use.

Chappell said that all the volunteers did a phenomenal job, doing a week's worth of painting in just a few hours. She added that the effect of these COMREL's is felt by more than those that the service members help.

"Because of really positive experiences like this project, the kids are going to remember Americans as friendly, good people," said Chappell. "Even though small COMREL's seem like a drop in the bucket of good will, enough drops eventually fill that bucket."

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.

Norfolk CPO's gather for Scholarship Fund

BY MC2 NIKKI SMITH

Navy Public Affairs
Support Element East

NORFOLK — Chief Petty Officers from around Hampton Roads gathered at Harbor Park Baseball field to raise money for their Chief Petty Officer Scholarship Fund, June 24.

Norfolk-area chiefs attended the Norfolk Tides baseball game in order to raise awareness and funds for their annual scholarship fund by selling tickets, working concession stands and collecting donations from attendees.

The Navy-wide scholarship fund is awarded to family members of Chief Petty Officers who wish to further their education, but still need a little financial aid. Since the introduction of the fund in 1995, over 300 scholarships have been given totaling more than a quarter-million dollars awarded.

Jesse Elliot, President of the Chief Petty Officer Scholarship

Fund and retired Force Master Chief, said that the scholarship fund is great because although \$2,000 may not seem like a lot of money, it's invaluable to the recipients receiving it.

"We encouraged chiefs to come out to the game and support the scholarship. It's important our kids go to school and get an education, we're trying to help them do that," said Elliot.

Chief Machinist's Mate Richard Ross said he thought it was important for him and other chiefs to come out in the over 90 degree weather to support the scholarship fund to give their family members the opportunity to get help with higher learning.

"Any time we can get together and have this fellowship and camaraderie is a great thing," said Ross.

For more information visit the Chief Petty Officer Scholarship Fund website at www.cposf.org.



Photo by MC3 Ash Severe

Chief Operations Specialist Wayne Williams throws the first pitch at the Norfolk Tides baseball game. Chief Petty Officer Scholarship Fund held a fundraiser at a Norfolk Tides baseball game.

Vietnamese diplomats tour Navy's newest aircraft carrier



Photo by MC3 Brent Thacke

Capt. Chip Miller (R) commanding officer of the aircraft carrier USS George H.W. Bush (CVN 77) speaks with Deputy Chief of Mission Minh Tien Nguyen of Vietnam during a visit to the ship marking the 15th anniversary of the reestablishment of diplomatic relations between the United States and the Vietnam.

BY MC1 (SW)

MICHAEL TACKITT

USS George H.W. Bush
Public Affairs

NORFOLK — The crew of USS George H.W. Bush (CVN 77) welcomed aboard Vietnamese diplomats for a tour of the Navy's newest aircraft carrier, June 30.

Deputy Chief of Mission for Vietnam, Minh Tien Nguyen and nearly 50 Vietnamese military and civilian guests were piped aboard with full honors and greeted by George H.W. Bush Commanding Officer Capt. Chip Miller in the ship's hangar bay.

The visit was part of the celebration of the 15th anniversary of the reestablishment of diplomatic relations between the United States and Vietnam.

Nguyen, who had also

traveled to Washington, D.C., as part of his visit, said that the purpose of the tour of the Navy's newest warship wasn't just about sightseeing, but also to demonstrate Vietnam's commitment to strengthening diplomatic relationships with the United States and ensure growing peace and prosperity between the two nations.

Also touring with Nguyen and his guests was Expeditionary Strike Group 2 Commander, Rear Adm. Michelle J. Howard. Howard spoke of not only the diplomatic importance of continuing to strengthen relations between the two countries, but the strategic importance as well.

"Vietnam and America are maritime nations and because of that we have common goals and common interests," said Howard. "Our nations benefit when the seas are secure, and our commerce and travel systems. Our people in our countries benefit from these circumstances."

Stops on the tour included: the flight deck, the navigation bridge, the CO's inport cabin, the ship's museum and finally lunch with the CO inside the wardroom, where each member of the Vietnamese envoy received a George H.W. Bush command ball cap as a memento of their visit.

The United States and Vietnam officially renormalized diplomatic relations July 11, 1995.

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

CPPD's new Virtual Education Center opens

BY SUSAN LAWSON

Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH — The Center for Personal and Professional Development (CPPD) held a ribbon-cutting ceremony June 30, on Dam Neck Annex to commemorate the opening of the Navy's Virtual Education Center (VEC).

The VEC is a state-of-the-art, one-stop call center for voluntary education services including education counseling and tuition assistance processing.

"As 21st century Sailors increasingly turn to the web and other technologies to conduct business, the VEC provides the virtual venue for voluntary education services in addition to the traditional support through the Navy College Offices. Together, with the support of Navy College offices, the VEC will provide the utmost level of educational service to the Navy's most important asset-our Sailors," said presiding officer Rear Adm. Arnold Lotring, Chief Operating Officer for the Naval Education and Training Command (NETC).

The Navy College Center (NCC) was the predecessor of the VEC and was established in 1999 at Saufley Field to provide comprehensive voluntary education services. On a weekly basis, the NCC handled more than 3,000 contacts, updated more than 200 college transcripts and degrees and processed more than 1,400 official SMART requests.

"The establishment of the VEC has not changed our focus in any way – it's all about helping Sailors achieve their education goals," said Capt. Jon Picker, CPPD's commanding officer.

The VEC employs 27 education technicians, counselors and managers to meet the current demand signal and will support the demand signal anticipated to increase in coming months.

"Our ongoing focus in this virtual 'call center' is providing outstanding customer service. We want to make sure we delight our Sailor customers with quality interactions, whether on the phone or via E-mail requests for support," said Dr. Redd-Clary,



Photo by MC2 Matthew Bookwaller

Rear Adm. Arnold Lotring, Chief Operating Officer for the Naval Education and Training Command (NETC), speaks at the ribbon-cutting ceremony for the Navy's Virtual Education Center (VEC). The VEC is a state-of-the-art, one stop call center for voluntary education services including education counseling and tuition assistance processing.

Voluntary Education program director.

The VEC call center will be open five days a week, from 6 a.m. until 9:30 p.m., and will be staffed by academic advisors who will answer questions and process requests pertaining to all facets of the Navy's voluntary education programs.

Call center advisors can be reached via phone at (877) 838-1659, via E-mail at CPPD_VEC@navy.mil and by fax at 492-0595.

For more information about the Virtual Education Center, visit: <https://www.navy-college.navy.mil/>.

For more information about the Center for Personal and Professional Development, visit <https://www.netc.navy.mil/centers/cppd/>.

For more information about the Naval Education and Training Command, visit <https://www.netc.navy.mil/>.

For more news from Center for Personal and Professional Development, visit www.navy.mil/local/voledpao/.

U.S. Ambassador receives warm welcome aboard Wasp

BY MC2 (SW)

CHRISTOPHER KOONS

USS Wasp (LHD 1)
Public Affairs

HALIFAX, Nova Scotia

—The partnership between the United States and Canada is one that involves the closest cooperation in foreign affairs, economics, culture, and military matters. Few people symbolize this partnership more than the U.S. Ambassador to Canada, David Jacobson, and June 30 aboard USS Wasp (LHD 1), Jacobson and other dignitaries were given a reception timed to coincide with the U.S. Independence Day of July 4.

"Today, we honor those who helped shape the path of our nation's history," said Jacobson to the large crowd gathered in Wasp's hangar bay. "This past week's Fleet Review was a reminder of the fact that the values embodied in the Declaration of Independence would not have survived without the courage and sacrifice of people like the Sailors on Wasp."

With Wasp docked in Halifax, Nova Scotia as the lead U.S. Navy ship in the Canadian Centennial and International Fleet Review Week (CNC/IFR) events, Jacobson also talked about the friendship between the U.S. and Canada, which has remained strong in times of war and peace.

"Every day, Canadian military forces stand shoulder to shoulder with us in Afghanistan and other places around the world," he said. "We are forever grateful for their efforts."

Vice Adm. Melvin Williams, Jr., Commander, U.S. 2nd Fleet, also talked to the crowd about the importance of cooperation between the U.S., Canada, and all allied nations, es-



U.S. Navy photo

USS Wasp is in Halifax, Nova Scotia as the U.S. Navy's leadership for the Canadian Naval Centennial.

pecially in the realm of the world's oceans.

"The importance of the sea to the security of the U.S., to the security of Canada and to the security of all nations who move commerce in our interconnected world is truly significant," said Williams. "I believe that we must maintain strong navies to guarantee security of the maritime environment. The oceans are the lifeblood of national and global economies, of our prosperity, and of our security."

For Vice Adm. Dean McFadden, Canada's Chief of Maritime Staff, coming aboard Wasp for the reception was an awe-inspiring occasion.

"You can't help but be humbled when you stand on the deck of a ship this huge," said McFadden. "Wasp is an example of true naval power."

With more than 30 ships from Canada, Brazil, Denmark, France, Germany, Great Britain, the Netherlands and the United States participating in the CNC/IFR, McFadden said the alliance of all of these nations presents a truly formidable team.

"All navies understand that in times of peace, we build bonds of friendship between nations, so that in

times of war we can put the type power we've seen on display here to good use," he said.

Capt. Lowell D. Crow, Wasp's commanding officer, summed up the purpose of the reception when he talked about the history of the ship he currently commands.

"Tonight, we are here to celebrate not only friendship between our two great nations but also to take this opportunity to celebrate our independence," he said. "It is fitting that we do this celebration aboard Wasp, as that name has been on U.S. Navy ships from the American Revolution to the current incarnation, which turns 21 years old next month. I welcome you all aboard our great ship."

Wasp participated in the CNC/IFR that began on June 25 and concluded July 2. Wasp Sailors and Marines, including embarked Carrier Strike Group 2, Helicopter Sea Combat Squadron 22, and 3rd Battalion 2nd Marines are participated in various cultural and sporting events during the visit aimed at strengthening relationships and the strong bilateral and multilateral ties shared between the Canadian Navy and its allies.