



U.S. Navy photo

NAVADMIN 203/09 states that transferability requires two additional years for Sailors eligible for retirement between Aug. 1, 2010 and July 31, 2011, or three additional years for those with 20 years of service between Aug. 1, 2011 and July 31, 2012. Otherwise, Sailors generally must have served at least six years in the U.S. Armed Forces and agree to an additional four years.

Post-9/11 GI Bill transfer requires obligated service

BY WM. CULLEN JAMES
Navy Personnel Command
Public Affairs

MILLINGTON, Tenn. — For those Sailors with children approaching college age, about to start higher learning or with

spouses with college aspirations, now is the time to ensure your Post-9/11 GI Bill transferability is properly set up.

Qualified active duty and reserve Sailors may elect to transfer benefits to a spouse or children,

with some or all benefits allocated to those named.

“We still have a lot of Sailors whose transferability requests are being rejected because they

See TRANSFERS, A9

VA Eases Claims Process for Veterans with PTSD

BY ELAINE WILSON
American Forces Press Service

WASHINGTON — The Veterans Affairs Department published a final regulation intended to ease the claims process and improve access to health care for veterans with post-traumatic stress disorder, July 13.

“This nation has a solemn obligation to the men and women who have honorably served this country and suffer from the often-devastating emotional wounds of war,” Veterans Affairs Secretary Eric K. Shinseki said in a statement issued July 12. “This final regulation goes a long way to ensure that veterans receive the benefits and services they need.”

The new rule, to be published in the Federal Register, will relax the evidence requirement if the PTSD stressor claimed by a veteran is linked to “fear of hostile military or terrorist activity and is consistent with the places, types and circumstances of the veteran’s service,” a VA news release said.

Currently, VA decision makers are required to confirm that a noncombat veteran actually experienced a stressor related to hostile military activity, the release said.

Under the new rule, VA no longer will require substantiation of a stressor tied to fear of hostile military or terrorist activity if a VA psychiatrist or psychologist can confirm that the experience recalled by a veteran supports a PTSD diagnosis and the veteran’s symptoms are related to the stressor, a VA release said.

See PTSD CLAIMS, A9

Warrior Transition Program dedicates decompression tent to Sailors, Navy

BY MC1 (AW) CHRISTOPHER D. BLACHLY
Commander, U.S. Naval Forces Central
Command/Commander, U.S. 5th Fleet
Public Affairs

CAMP ARIFJAN, Kuwait — The Warrior Transition Program (WTP) at Camp Arifjan, Kuwait, held a dedication ceremony opening the doors to the Cmdr. Charles “Keith” Springle Decompression Tent, June 27.

The tent is the latest addition to the facility, dedicated to welcoming the Navy’s Individual Augmentee and Global War on Terrorism support assignment Sailors back to the fleet after serving their tours throughout the U.S. Central Command Area of Responsibility.

Named after Cmdr. Charles Springle, who was killed in May 2009 while deployed with the Army 55th Medical Company Combat Stress Center in Iraq, the tent was designed as a place where redeploying Sailors can go to relax and unwind before returning home from their assignments.

“He (Springle) was one of the few Individual Augmentees that did not make it through the doors at the Warrior Transition Center,” said Cmdr. Curtis Price, chaplain for the WTP. “Additionally, as a social worker, he is an example of the caring professionals here at the Warrior Transition Program. His passion is our passion. The decompression tent is a natural extension of his life’s work.”

The first thing many Sailors will see as they enter the tent is a photo printed out on the opposite wall of a homecoming celebration for the guided-missile destroyer USS Gonzalez (DDG 66) as the ship draws close to the pier.

According to Price, the image was selected because the mindset during a homecoming celebration is what the WTP staff wants the redeploying Sailors to feel. They are close to the pier and almost finished.

“By the time our redeploying Sailors arrive here in Kuwait, they are a mere

See DECOMPRESSION, A9

Thousands of civilians transitioned from NSPS

BY LINDA DENT MITCHELL
Department of the Navy
Transition Management Office
Public Affairs

WASHINGTON — The Department of the Navy (DoN) successfully completed its first phase of the transition of employees from the National Security Personnel System (NSPS) to the General Schedule (GS), July 2.

Approximately 18,000 employees have made the transition from NSPS in this first phase.

“The transition’s success can be attributed to the tremendous collaboration across the department at all levels,” said Tony Torres-Ramos, director of

the DoN Transition Management Office.

The DoN plans to transition about 45,000 employees to the GS by the end of 2010.

“We remain committed to a strategic and orderly approach to the transition, which best enables us to avoid disruption of our mission and minimize negative impact to our employees,” said Torres-Ramos.

Non-bargaining unit employees transitioning from NSPS to GS will be covered by the DoN Interim Performance Management System, approved April 20. The system provides a framework for commands to

recognize and reward employees in meaningful ways. The system leverages the capability of a two-level performance management system.

More than 70,000 DoN employees will transition from NSPS by Jan. 1, 2012.

Consistent with the DoN’s focus on communication and education, visit the human resources website at www.public.navy.mil to learn about current information, online resources and guidance.

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

Gates, Mullen urge participation in ‘Don’t Ask, Don’t Tell’ surveys

BY JIM GARAMONE
American Forces Press Service

WASHINGTON — Noting the importance of getting the opinions of those who would be most affected by a possible repeal of the so-called “Don’t Ask, Don’t Tell” law that bans gays and lesbians from serving openly in the military, Defense Secretary Robert M. Gates urged service members to provide their input, July 8.

About 400,000 service members are receiving an E-mail survey seeking their opinions and the department has an online in-box at www.defense.gov/dadt for additional feedback from common access card holders.

“I think it is very important for us to understand from our men and women in uniform the challenges that they see,” said Gates during a Pentagon news conference, noting that the department needs their views on the subject and the challenges they see to implementing a possible change to the law.

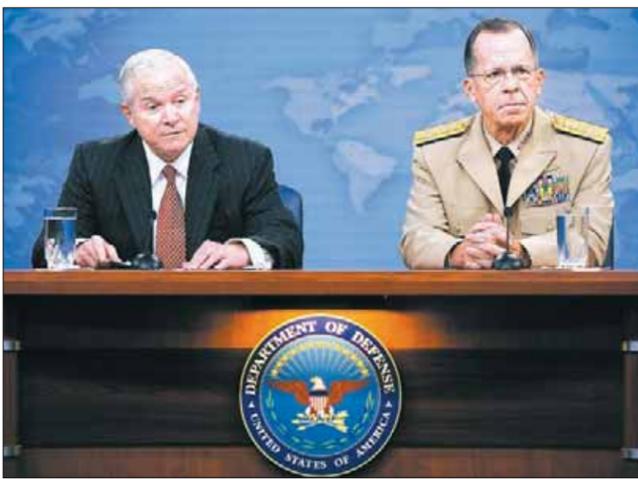


Photo by Master Sgt. Jerry Morrison

Secretary of Defense Robert M. Gates (L) and Chairman of the Joint Chiefs of Staff Adm. Mike Mullen hold a news conference at the Pentagon in Arlington, Va., July 8.

Adm. Mike Mullen, Chairman of the Joint Chiefs of Staff, said the department needs objective information that the survey can deliver and emphasized that no one is drawing conclusions about

the survey until it is finished.

“To reach out at this point and try to predict either what they might say or what the results might say, I just think it’s too early with respect to that,” the

chairman said.

Army Gen. Carter F. Ham, Commander of U.S. Army Europe, and Jeh Johnson, the Pentagon’s top lawyer, are leading a review panel that’s assessing the current law.

“I would say that this survey is a very important element of this effort, in part because while General Ham and General Counsel Jeh Johnson have talked to thousands of troops in dozens of military facilities, we have gotten several tens of thousands of comments and views by E-mail in response to the request for people’s thoughts on this,” said Gates. “This size sampling is obviously the most significant element of getting the views of the troops.”

The survey will go to 200,000 active duty service members and 200,000 reserve-component personnel. Officials estimate it will take 30 minutes to complete the survey and the deadline for returning them is Aug. 15. An-

other survey will go to 150,000 family members in August.

Gates insisted on doubling the sample size to its current level.

“The original proposal was to sample 100,000 active-duty and 100,000 in the reserve component,” he said. “I strongly suggested that they double the size of the sample – that I wanted a significant percentage of the force to have an opportunity to offer their views on this.”

The survey is confidential, the secretary pointed out.

“I strongly encourage gays and lesbians who are in the military to fill out these forms,” said Gates. “We’ve organized this in a way to protect their privacy and the confidentiality of their responses through a third party and it’s important that we hear from them as well as everybody else. But I think we’re satisfied that this is an important element of this effort, and that it’s being done in a very professional way.”

INSIDE:

FIRST LADIES' ONLY BRC

A8

Less stress for the ladies
Naval Safety Center offered it's first female only Basic Rider Course.



BLUE STAR MUSEUMS

B1

Museums open their doors to service members, families
A list of museums around the U.S. let military and their families in for free.



OFF DUTY

C1

A magical mysterious journey with Harry Potter
The oceanfront offers a magical adventurous event featuring movies and fun.



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Photo courtesy of the Virginia Beach Police Department

The Va. Beach Police Motorcycle Unit in front of U.S. Navy Blue Angel No. 7 F/A-18 Hornet.

Virginia State Police remind teens to buckle up

New July 1 Seatbelt Law Focuses On 16 & 17-year-old Passenger Safety



PRESS RELEASE

Virginia State Police

RICHMOND — With the summer season in progress, Virginia State Police are reminding all drivers and passengers of the state law that now requires all passengers under the age of 18 to be properly secured. As of July 1, Virginia law on seat belt usage for underage passengers riding in a backseat was expanded to include 16 and 17-year-olds. If front seat passengers are riding unbuckled or if persons under age 18 are not properly restrained, it is the driver who can be charged with a safety belt violation.

As of July 1, in Virginia:

- Children from birth through seven years of age must be safely secured in a child safety restraint (to include booster seats).
- Those passengers between the ages of eight and 17 must wear a seat belt while riding in the backseat and front seat of a vehicle.
- Existing law requires everyone sitting in the front seat of a vehicle to be

buckled up.

“We lose far too many young people in traffic crashes on Virginia’s highways because they fail to use a seat belt,” said Colonel W. Steven Flaherty, Virginia State Police Superintendent. “Too many teens think they are invincible – yet no one is a match for what can happen when unbuckled and involved in a motor vehicle collision. The few seconds it takes to buckle up could save your life on the road.”

In 2009, 51 young people between the ages of 15 and 20 were killed in traffic crashes statewide. None of them were buckled up. The death rate was slightly higher in 2008, when 72 unrestrained teens and young adults between 15 and 20 years of age lost their lives in traffic accidents.

Throughout the summer months, Virginia State Police will be concentrating on occupant restraint violations through enforcement and education as part of the “Click It or Ticket” campaign. Statistics show that with the proper use of seat belts, drivers and passengers are 40 percent less likely to be fatally injured during a traffic crash.

Editor’s note: Statistics were provided by the Virginia Highway Safety Office, DMV.

THE FLAGSHIP'S LEEWARD SHOUT

Navy terminology ... What is the strangest Navy term you have ever heard?



MM2 (SS)
Correy Alex Armstrong
USS Tennessee

“I think the weirdest one would be scuttlebutt, because it just doesn't make sense. I don't know how you get scuttlebutt out of drinking fountain.”



HN (FMF)
Jessie Woods III
TPU

“I have never understood why we use starboard and port. I don't understand why we can't just say that something is on the right or left side of the ship.”



ABHAN
Mitch L. Cornage
USS Bataan

“Geedunk. That would definitely be the weirdest term. It is the word we use for candy or sweets, but I don't understand how they got that word. It's just weird.”



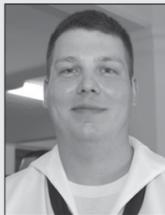
HM2 (FMF)
Gabriel Hernandez
TPU

“I think one of the strangest terms I've heard since I joined was bulkhead. We use it a lot so we don't think about it, but it is just a strange word to use for a wall.”



EN2
Keith Negron
USS Stout

“I think the weirdest Navy term I've heard has been scuttlebutt, which is a water fountain. It just seems like such an awkward word.”



MM3 (SS)
Matthew Haworth
USS Tennessee

“I think it would have to be loggerhead. It means that two people are having an disagreement. For example you would say “Those two are having a serious loggerhead.””

Photos by MC3 Samantha L. Rivero

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THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
90	92	92	90	90	91	92
77	76	75	75	75	74	75

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Two years later, future medical center near completion

BY SARAH FORTNEY
AND TIMOTHY R. SMITH

BETHESDA, Md. — With a scheduled completion date of September 2011, the military medical system's largest infrastructure investment to date – the future Walter Reed National Military Medical Center Bethesda (WRNMMCB) has made significant progress.

Since the July 3 groundbreaking two years ago by then President George W. Bush and several joint military members, construction crews have made great progress on the Base Realignment and Closure (BRAC) projects mandated by Congress in 2005.

The more than \$1 billion BRAC commissioned project to relocate Walter Reed Army Medical Center to Bethesda is part of one of the largest military construction projects in history.

"We will join the resources of the Army, Navy and Air Force and make it easier for medical professionals of all three services to collaborate and care for the patients. Merging facilities would ease the burden on patients," said Bush at the groundbreaking ceremony.

Building A, which will house outpatient clinics, is expected to be completed in August; Building B, which will be used for inpatient clinics, is scheduled to be completed in September, according to Cmdr. Scott Raymond, resident officer in charge of construction OICC – Bethesda – Naval Facilities Engineering Command (NAVFAC).

"We're close to the milestones of opening up the buildings," said Andrew Gutberlet, the Navy's supervisory project manager for new construction. "We still can't let the pressure up one second."

"The BRAC projects are all on or ahead of schedule," said Raymond.

In mid-August, General Dynamics Information Technology, a contractor, will begin outfitting Building A with medical equipment



DoD Photo

This photo, shot August 3, 2009, is of the future Walter Reed National Military Medical Center's Building A in Bethesda, Md. At 515,556 sq. ft., it is the larger of the two new buildings. It will house outpatient functions for the new hospital, including pediatrics, radiation oncology and physical therapy and is expected to be completed this August with Walter Reed National Military Medical Center being complete by September 2011.

and Building B in mid-September.

This success is a result of paying close attention to the overall construction schedule and remaining committed to quality construction, he said. He also attributes the working partnerships between the government and the contracted construction company.

"The government-contractor partnership continues to grow in effectiveness through regular partnering sessions that focus and align contractor, NAVFAC and hospital goals," said Raymond.

In addition to the new structures under construction, many renovations are also underway for the future medical center. Several hospital spaces have been renovated, including dental readiness, nephrology and general surgery.

Renovations to the North Gate and the Visitor's Center will be completed in April 2011, said Raymond. Building 62 – which includes barracks, a dining facility and Warrior Transition Unit ad-

ministration – will be completed in June 2011 and a number of other upgrades will continue to take shape amongst departments between now and July 2011.

In addition, a new parking garage, known as the America garage, was completed earlier this year providing a total of 944 parking spaces, said Denver Terrence, a project manager for Naval Facilities Engineering Command – OICC Bethesda.

The garage, which has two elevators and eight levels, was opened for temporary staff use Feb. 1 and will be opened to patients in November, said Terrence.

Outside of BRAC, private funds have built three new Fisher Houses for families of patients in treatment at the hospital, one of which has been dedicated to families who will be treated at the recently completed National Intrepid Center of Excellence. This facility will be dedicated to advancing the treatment of and research

for psychological health disorders amongst service members and veterans.

The greatest challenge throughout the process has been performing construction during ongoing hospital operations, said Raymond.

"Construction, and especially renovation, is an inherently disruptive process which creates noise, vibration, dust and dirt. Renovations in Buildings 9 and 10 are being done above, below and next to active departments providing inpatient and outpatient services," said Raymond. "Minimizing impact to hospital operations requires detailed logistics (and) planning."

Throughout the process, patient needs have been a priority.

"Through partnering and compromise with the contractor, patients were moved out of their spaces for a short period of time while the contractor completed high noise (level) activity," said

Raymond. "Through tests, observations and interactions with hospital staff, steps were taken to determine noise levels and assess their impact on patients and staff. The resulting 'noise map' documented acceptable noise tolerances throughout adjacent areas."

He added that this method of patient safety protection will also be used in upcoming projects, such as Phase II of the Behavioral Health renovations.

In addition, all BRAC renovations require an Infection Control Risk Assessment, said Raymond, ensuring there is no potential risk for contamination of disease-carrying agents.

Throughout BRAC, construction crews have also maintained acceptable levels of Indoor Air Quality throughout the facility, he said. Damp carpets and "sticky mats" have also been placed on the outside and inside of each space undergoing renovations to prevent the spread of dust.

Meanwhile, NNMC and Walter Reed Army Medical Center staff members continue to integrate at Bethesda. With the integration, roughly 2,200 personnel will be added to NNMC.

"When I got here in May 2007, the project was around \$450 million," said David "Ollie" Oliveria, BRAC coordinator for NNMC. "We were really focused on the two buildings and the parking garage and in two years the project has grown to about \$1.4 or 1.5 billion."

By late 2011, all BRAC work will be completed, said Oliveria.

"I think the people here have been incredibly understanding, especially the staff and hospital directors," said Oliveria. "It's really cool when you stand back and look at it. It'll be a part of history."

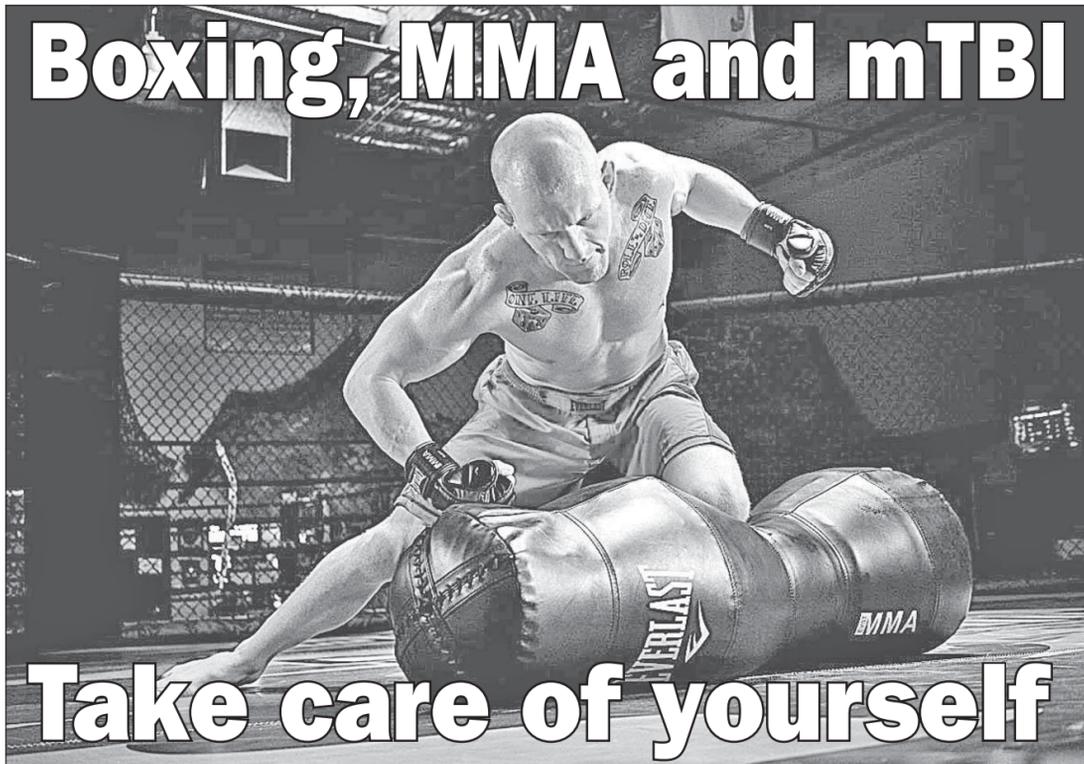
Editor's note: Sarah Fortney is with National Naval Medical Center Public Affairs and Timothy R. Smith is the Officer in Charge of Construction Bethesda Public Affairs

BY DR. JAMES BENDER

*Psychologist, Level I
Combatives instructor, amateur-
mixed martial arts fighter, and
former Army officer.*

As a former Army officer and current amateur boxer, I was very happy to hear that the U.S. Army won the Armed Forces Boxing Championship, beating tough Navy, Air Force and Marine Corps teams. The next step is competing in the 2010 U.S. National Boxing Championships July 12 - 17 at the U.S. Olympic Training Center in Colorado Springs, Colo.

Boxing and mixed martial arts (MMA) are hot sports right now. I remember Fort Benning, Ga. practically shutting down so everyone could watch UFC 100 at the local Benning Brew Pub. MMA is equally popular at other bases and with the other military branches. Plus, there's a significant overlap between MMA, the Modern Army Combatives Program (MACP) and the Marine Corps Martial Arts Program (MCMAP). For many service members, this is more than a sport – it's a military specialty and sometimes a matter of life and death.



Unfortunately, if you're going to have any kind of realistic training in combatives or MMA, head injuries (including concussions) are going to happen. DCoE works hard to put out guidelines for doctors to use when treating concussions. Much has been learned during the past 10

years and some of the new information is disproving some of the old information. It would take a small library to cover all the information about concussions (also called mild traumatic brain injury, or mTBI), but here are a few main points you should know about mTBI as it relates to

boxing and MMA:

- You don't have to be knocked unconscious to have a mTBI. Some other signs of mTBI are a period of memory loss, feeling woozy or dazed, confusion or disorientation.

- Amateur boxers, who train less intensely and sustain fewer head blows are

less at risk for incurring permanent brain damage than pros. However, effects of repeated concussions may result in changes within the brain. Resting and preventing further injury following a concussion is important to brain recovery.

- While mouthguards are very good at protecting

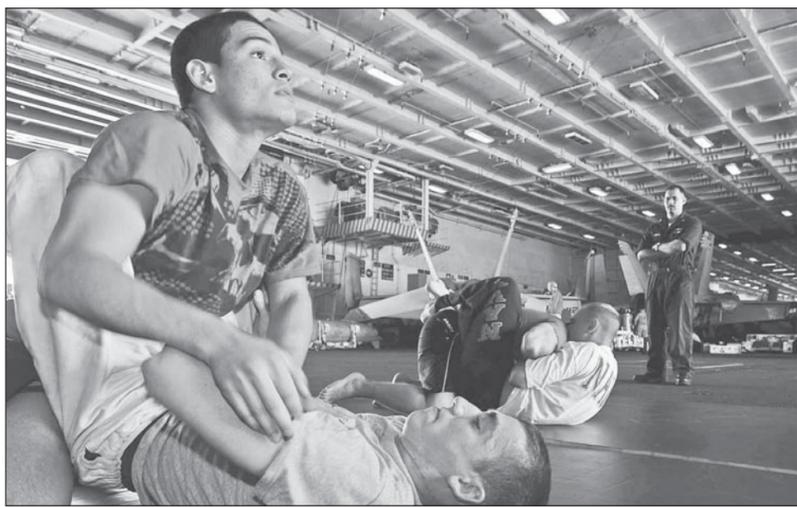
teeth, they have not been proven to protect the brain or prevent concussions thus far.

- If you do experience a mTBI while training, your doctor will advise you to rest, with emphasis on sleep and abstaining from alcohol (which is a brain toxin). Before returning to boxing or MMA, be certain that you no longer have any symptoms, such as headaches, dizziness, trouble sleeping or nausea. If you begin exercising and experience these symptoms, immediately stop and contact your doctor.

- Most people with mTBI have normal brain scans. That's why your doctor may not order a brain scan for you if you suffer a mTBI.

- Finally, you should know that most people who sustain a mTBI recover completely.

Boxing and MMA are great sports that get you in fantastic physical condition, relate to the military's mission and sometimes have direct battlefield uses. Just be smart with your training; your brain and body will hold up just fine.



U.S. Navy Photo

If you experience a mild Traumatic Brain Injury (mTBI) while training, your doctor will advise you to rest, with emphasis on sleep and abstaining from alcohol (which is a brain toxin).



U.S. Navy Photo

You don't have to be knocked unconscious to have a mild Traumatic Brain Injury (mTBI). Some other signs are a period of memory loss, feeling woozy or dazed, confusion or disorientation.

Midway Museum hosts largest all-military naturalization ceremony

BY EM3 LORI BENT

Navy Public Affairs Support
Element West

SAN DIEGO — Military service members from 51 countries became U.S. citizens during a swearing-in ceremony aboard the USS Midway Memorial Museum, July 2.

In celebration of Independence Day, the flight deck of the USS Midway was transformed into an official courtroom for U.S. Citizenship and Immigration Services (USCIS), where 300 service members from the Army, Navy, Air Force and Marine Corps became American Citizens.

“It is humbling and an absolute honor to be apart of this ceremony with so many of our past decorated veterans in our audience today,” said Capt. Collin Green, a decorated U.S. Navy SEAL and guest speaker for the event. “And to the promise of the future represented by you the 300 men and women in uniform we welcome today citizens of the United States of America.”

USCIS officials announced

that this was the largest all-military naturalization ceremony in history, focusing on citizenship and service, honoring those who have and those who continue to guarantee our freedom.

During the ceremony, USCIS honored Medal of Honor recipient Tibor “Ted” Ruben, a Hungarian-born Korean War veteran, by awarding him the American by Choice Award. In an unexpected, but welcomed interruption, Sailors aboard USS Boxer (LHD 4) manned the rails in honor of their shipmates as the ship passed the Midway upon returning to homeport.

Six ballerinas with the San Diego Ballet performed to “Victory at Sea,” and the Sounds of Freedom Choir sang the national anthem as well as a rendition of Lee Greenwood’s “Proud to be an American.”

U.S. Army Wounded Warrior, Sgt. Carlos Martinez-Negrete, led the Pledge of Allegiance as veterans of World War II through the Global War on Terrorism observed. Many of the service members sworn

in during the event have been deployed overseas and are veterans themselves.

“This was a process that I needed to do and I am very happy to be a United States citizen. After all the paperwork and time, I can now say I am proud to be an American,” said Boatswain’s Mate Seaman Bettina-Angeline Bautista, originally from the Philippines.

Service members who are interested in becoming a U.S. citizen are now eligible to apply for citizenship under special provisions provided for in the Immigration and Nationality Act (INA).

All non-citizen service members who apply for citizenship must complete one year or more of service, be able to demonstrate good moral character, have no criminal record, speak English, demonstrate knowledge of the U.S. government and history and take the oath of allegiance to the U.S. Constitution before they are eligible.

For more news from Navy Region Southwest, visit www.navy.mil/local/cnrsw/.

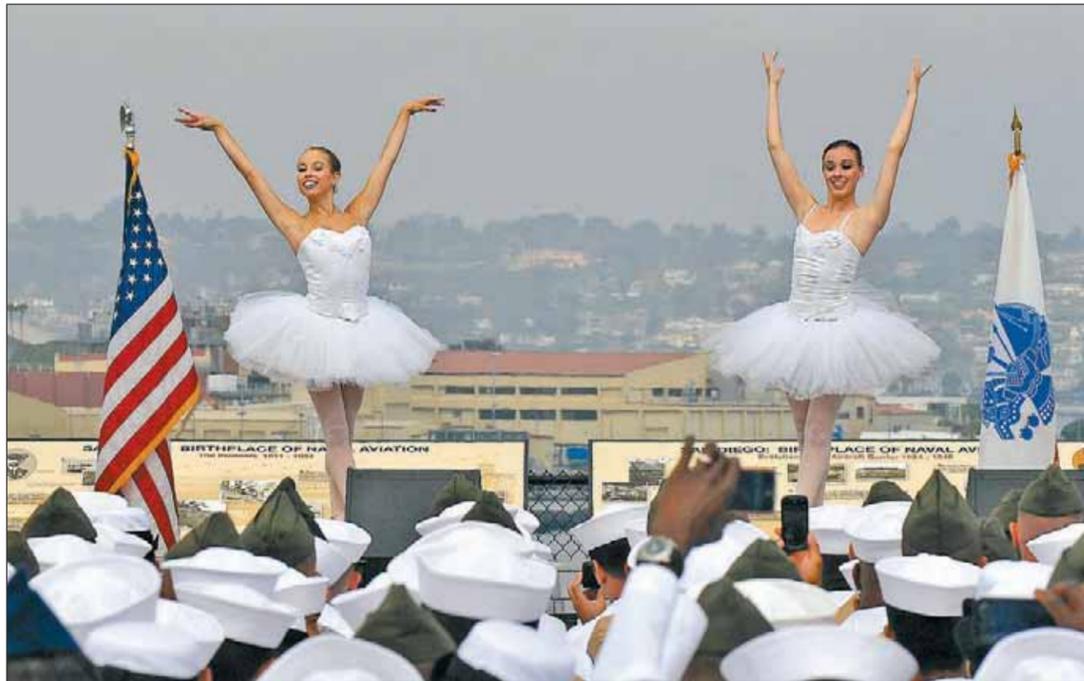


Photos by MC2 James R. Evans

Service members recite the oath of citizenship during a naturalization ceremony on the flight deck of the USS Midway Museum. Three hundred service members from 51 countries became U.S. citizens during the ceremony sponsored by U.S. Citizenship and Immigration Services.



Personnel Specialist Seaman Apprentice Ronald Skilang, from the Republic of Palau, assigned to Personnel Support Detachment Afloat West, wipes away tears as he prepares to take the oath of citizenship during a naturalization ceremony on the flight deck of the USS Midway Museum.



San Diego Ballet ballerinas perform Victory at Sea for service members during a naturalization ceremony on the flight deck of the USS Midway Museum.

Group sail sets stage for Rim of the Pacific 2010

PRESS RELEASE

Rim of the Pacific Public Affairs

PEARL HARBOR — USS Chosin (CG 65) pulled into Lualualei, Hawaii July 1, marking the end to a group sail that has brought ships representing Canada, France, Australia, Japan and the United States from the International Fleet Review in Victoria, British Columbia to the Hawaii Operating Area in preparation for Rim of the Pacific (RIMPAC) 2010.

“The international group sail from Victoria, B.C. to Pearl Harbor, Hawaii was a great opportunity to work closely with our sister navies of the Pacific Rim. All of the RIMPAC partner nations rely on the maritime domain for prosperity and the security of that domain is vital to individual national interests,” said Capt. James Autrey, Commodore, Destroyer Squadron 23. “Over the course of 11 days, we learned from each other and operated with unity of



Photo by MC2 Meagan E. Klein
P-3C Orion aircraft Patrol Squadron (VP) 4, VP-5, VP-8, VP-40, VP-47, VP-62 and VP-69 line the Rainbow Fleet tarmac of Marine Corps Air Station Kaneohe Bay during the Rim of the Pacific (RIMPAC) 2010 exercise. RIMPAC is a biennial, multinational exercise designed to strengthen regional partnerships and improve interoperability.

effort while preparing for the RIM of the Pacific Exercise 2010.”

Since departing Victoria June 14, ships participating in the group sail have coordinated together on exercises and training operations ranging from anti-surface warfare to group maneuvering as a

means of establishing bonds and lines of communication.

“Developing relationships with and among the Sailors of the world leads to developing and building relationships with the peoples of the world,” said Lt. Cmdr. Michael Gala, operations officer aboard Chosin. “First-

hand relationships with the representatives from each of these countries only deepens an understanding of the seagoing and warfighting tradition, and more recently the peacekeeping tradition.”

And it is these bonds and lines of communication that

will carry over into RIMPAC 2010.

“Working up to a running speed with any other group of motivated and gifted individuals requires at least a little practice and modicum. Sharing something like a centennial celebration with the Canadian Navy and then sharing time at sea provides the nesting time required before such a robust event,” said Gala.

And it is this sense of cooperation and building towards the future that makes the group sail a success.

“Opportunities to go on a foreign warship at-sea are rare. I had such an opportunity and won’t soon forget it,” said Ensign Daron Weber, food service officer aboard Chosin. Weber visited the Japanese Maritime Self-Defense Force ship JS Akebono (DD 108) as part of a personnel exchange conducted between Chosin and Akebono.

“One thing I’ve experi-

enced in the Navy is that it is small. The same could be said for an international Navy. We very well might never cross paths again, but our experience in the personnel transfer will help sailors on both sides in the future,” said Weber.

Now in Hawaii, Chosin and her partnering ships switch focus from the group sail to RIMPAC.

RIMPAC is the world’s largest multinational maritime exercise, with 14 nations, 32 ships and over 20,000 personnel taking part this year. A biennial exercise, RIMPAC stresses the necessity of operational readiness in the Pacific and the sentiment that building relationships with our global partners ensures maritime freedom for all. This year marks the 22nd in a series of RIMPAC exercises conducted since 1971.

For more news from Commander, U.S. 3rd Fleet, visit www.navy.mil/local/c3f/.



Photo by MC2 N. Brett Morton

A rainbow over the aircraft carrier USS Ronald Reagan (CVN 76) falls onto the USS Arizona Memorial at Joint Base Pearl Harbor-Hickam. Reagan is at Joint Base Pearl Harbor-Hickam to participate in Rim of the Pacific (RIMPAC) 2010 exercises.



Photo by SN Rachel Swiatnicki

Ships from 14 nations are in port at Joint Base Pearl Harbor-Hickam for the 2010 Rim of the Pacific (RIMPAC) exercise.



Above: The members of the first "Ladies' Only Basic Riding Course" gather after successfully completing a riding exercise to discuss their progress in the course and concerns they may have about their riding techniques.

Left: Aviation Boatswain's Mate 3rd Class Robertha Glenn begins an exercise that is used to emphasize the importance of using the clutch during the first "Ladies' Only Basic Riding Course."

Naval Safety Center encourages female riders to explore the open road this summer

STORY AND PHOTOS
BY MC3 SAMANTHA L. RIVERO
The Flagship Staff Writer

NORFOLK — As the summer months continue, many people will be taking more time enjoying the warmer weather which means there will be more motorcyclists cruising the open roads.

Before jumping on that motorcycle there are some courses service members must take and Naval Safety Center (NSC) makes it easier than ever for women to join the ranks of safe motorcyclists on the road this summer.

Last Tuesday, NSC offered the first ever "Ladies' Only Basic Riders Course" teaching the same curriculum as the regular basic riders course (BRC), but offered it exclusively to woman riders.

"There are a lot of woman who want to ride, but they are intimidated by male riders," said Kim Fleagle, a student of the first Ladies' Only BRC. "Men tend to be less patient when it comes to taking time to learn things like how to ride a bike and it simply takes more time for most women to get comfortable."

According to Lisa Johnson, a riding coach and a traffic safety specialist for NSC, many woman attending the course often feel more uneasy than men when

first learning how to ride.

"Most woman are more timid about riding motorcycles," said Johnson. "Many of these woman have had spouses or friends try to teach them how to ride and it has given them bad experiences. What we do out here is we bring them together in a safe and fun learning environment and we build their confidence in their riding skills."

The BRC, a two-day course taught by instructors certified by the Motor Safety Foundation, includes classroom time with a text book, exercises on the range, a written test and a riding skills test.

"I just want to learn how to ride the right way," said Aviation Boatswain's Mate 3rd Class Robertha Glenn, another student of the course. "I want to be able to get on my motorcycle and know that I am doing everything I can to be safe."

According to Johnson, the key points covered by the class are risk management, street strategies, braking and cornering.

"Of course safety is the most important aspect," said Johnson. "But we want to make sure that all of our riders feel comfortable on the bike with basic techniques that are going to be necessary when they ride off the range."

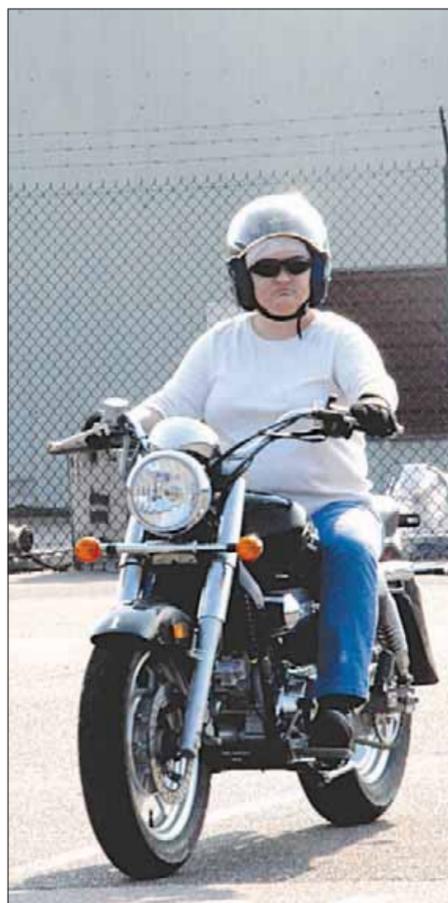
There is a requirement for motorcycle training in accordance to OPNAVINST 5100.12H and it is the Sailor's personal responsibility to receive the training necessary.

Paragraph 13, entitled Motorcycle Safety Training, of OPNAVINST 5100.12H states, "All military personnel who operate a motorcycle on/off base, and all DoD civilian personnel who operate a motorcycle on base are required to complete a Commander, Naval Safety Center approved motorcycle rider safety course prior to operating these vehicles. This training will be provided to the above individuals at no cost and they may not be charged leave to attend training."

According to the step-by-step flow chart, if you ride a motorcycle or plan to own or operate a motorcycle, then you need to notify your command's MSR. Once you've decided what type of bike you will operate, a sport bike or a cruiser, then you need to register for the BRC.

To view course schedules and to register for a course visit www.navymotorcyclerider.com.

For more information about the motorcycle safety courses contact your region or installation safety office.



Kim Fleagle, a Navy spouse, continues an exercise after successfully completing a turn as the class reviews the importance of using the clutch instead of breaking during the first "Ladies' Only Basic Riding Course" offered in the Norfolk area, July 8.

Right: Motorcycle riding coach instructor and traffic safety specialist Lisa Johnson directs students through an exercise requiring them to maintain their motorcycle between two safety cones during the first "Ladies' Only Basic Riding Course," July 8. The course is designed to give female riders additional skills to improve motorcycle safety in a controlled atmosphere that is more comfortable to female riders to learn new skills and become confident in their riding abilities.

Below: Students of the "Ladies' Only Basic Riding Course" wait in a line before beginning to navigate their way through safety cones during an exercise that is part of the extensive curriculum of the first motorcycle course to be offered exclusively for women.



Photo by MC2 Matthew Bookwalter



Photo by MC2 Matthew Bookwalter

TRANSFERS: Children must be in DEERS to be eligible for benefits for transferability

Continued from page B1

don't have the four years of obligated service remaining," said Kathy Wardlaw, the Navy's GI Bill program manager.

The Navy announced the transferability process in NAVADMIN 203/09. Basically, it states that transferability requires two additional years for Sailors eligible for retirement between Aug. 1, 2010 and July 31, 2011, or three additional years for those with

20 years service between Aug. 1, 2011 and July 31, 2012.

Otherwise, Sailors generally must have served at least six years in the U.S. Armed Forces and agree to an additional four years. See the NAVADMIN for exceptions.

"Before submitting their transferability requests, their obligation requirement must be reflected in their Electronic Service Record (ESR) or the request will be rejected until

corrected," said Wardlaw.

Sailors can review their ESR at <https://nsips.nmci.navy.mil/>.

In addition to the ESR, the Defense Eligibility Enrollment System (DEERS) is used to validate a family member's eligibility for transfer.

For enlisted personnel that means having sufficient obligated service prior to their end of active obligated service. For officers, it means they must have an administrative re-

marks entry (Page 13) in their ESR agreeing to serve four more years from the date their transferability request is submitted.

After obligating service, Sailors must elect the transferability option while still serving.

"Sailors can allocate any percentage of their benefit to their spouse and children and change it any time, but if they don't elect the benefit while serving, they won't be able to go back and do it," said Wardlaw.

Family members must be in DEERS and eligible for benefits in DEERS before a Sailor can request transferability. This means those dual-military members whose children are reflecting under only one sponsor's record, must be reflected under both sponsors. For example, to establish a child as a family member under both military parents, the child should be enrolled in DEERS under one parent for benefits and under

the other parent as a child drawing benefits from another military sponsor.

Navy career counselors are a valuable source of information and an important piece in the service obligation requirement.

For more information, visit the Navy Personnel Command Post-9/11 GI Bill website at www.npc.navy.mil/CareerInfo/Education/GIBill/Post_9_11.html.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

A view of the newly dedicated Cmdr. Charles "Keith" Springle Depression Tent at the Warrior Transition Program, Camp Arifjan, Kuwait. The tent was named in honor of Cmdr. Springle, who was killed while serving an Individual Augmentee assignment in Iraq in 2009.



Photo by MC1 Christopher D. Blachly

DECOMPRESSION: Stress free homecoming

Continued from page B1

plane ride away from home," said Price. "Our desire is for them to experience the beginning of a stress-free homecoming."

To facilitate that, the decompression tent has a 35-seat theater, 10 computers, five Space and Naval Warfare Systems Command Internet phones, an eight-seat interlinked gaming center, a large-screen television and various other items that Sailors can check out like books on tape and board games.

"It's designed to help Sailors take their minds off the arduous duty that they've done in theater and to help put them in the mind frame of going home," said Chief Boatswain's Mate Maemarie Josafat, leading Chief Petty Officer of WTP. "WTP is not about the decompression tent. It's about the Sailor and getting them home."

The mission and mindset of WTP is the Sailor, but the ceremony June 27 was all about opening the tent. Following the ribbon-cutting ceremony, guests were treated to a tour, including a presentation in the tent's theater, highlighting the construction of the facility that started in 2009.

"MWR (Morale, Welfare and Recreation) Bahrain provided all of the couches, movies, books on tape and xbox's," said Price. "The Seabees from Camp Moreell built the stadium seating in the theater."

The decompression tent will be open 24 hours a day for redeploying Sailors and is the first of a plan of improvements, including a covered garden area, designed with one thing in mind – the Sailor coming home.

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

PTSD CLAIMS: New regulation means troops don't need to keep notes of battle

Continued from page B1

"With this new PTSD regulation, we are acknowledging the inherently stressful nature ... of military service in which the reality and fear of hostile or terrorist activity is always present," Michael Walcoff, VA's acting undersecretary for benefits, said during a recent news conference.

The regulation will eliminate the need to search for records to verify veterans' accounts, "often a very involved and protracted process," Walcoff said, and enable VA officials "to move more quickly to award more benefits to veterans suffering from PTSD."

Walcoff said he hopes the new regulation will encourage more veterans with PTSD to come forward, particularly those who have been deterred by a seemingly time-consuming and sometimes frustrating process.

More than 400,000 veterans currently are receiving compensation benefits for PTSD, VA officials said. And of the nearly 400,000 veterans treated at VA facilities for PTSD in fiscal 2009, nearly 70,000, or 19 percent, were veterans of operations Iraqi Freedom and Enduring Freedom.

However, the new regulation has the potential to benefit all veterans regardless of their period of service, Walcoff noted.

Dr. Robert A. Petzel, VA's undersecretary for health, said the regulation will be particularly beneficial for veterans who have had their military records damaged or destroyed, female veterans whose records don't specify they have combat experience, and veterans who have experienced combat but have no record of it.

"This is good news for America's veterans; in fact, it's a historic day," said Petzel.

President Barack Obama called the changes a "long-overdue step" in his weekly address.

"I don't think our troops on the battlefield should have to take notes to keep for a claims application," said Obama. "And I've met enough veterans to know that you don't have to engage in a firefight to endure the trauma of war."

The new regulation not only will help veterans of the Afghanistan and Iraq wars, but "generations of their brave predecessors who proudly served and sacrificed in all our wars," the president said.

"It's a step that proves America will always be here for our veterans, just as they've been there for us," he said. "We won't let them down. We take care of our own. And as long as I'm commander in chief, that's what we're going to keep doing."

'Show Me State' submarine set to join the fleet

PRESS RELEASE

From Submarine Group 2
Public Affairs

GROTON, Conn. — The seventh submarine of the Virginia class will officially join the U.S. Navy fleet when Pre-Commissioning Unit (PCU) Missouri (SSN 780) is commissioned during a ceremony, July 31, at Naval Submarine Base New London in Groton, Conn.

Missouri is the fifth Navy ship to be named in honor of the people of the "Show Me State."

The last Missouri, the legendary battleship, was the site where Fleet Adm. Chester Nimitz, Gen. Douglas MacArthur and many other U.S. and Allied officers accepted the unconditional surrender of the Japanese at the end of World War II on Sept. 2, 1945.



Photo by MC1 Steven Myers

The Virginia-class attack submarine Pre-Commissioning Unit (PCU) Missouri (SSN 780) transits the Thames River to conduct sea trials in the Atlantic Ocean. Missouri is scheduled to be commissioned July 31 at Naval Submarine Base New London.

The 7,800-ton submarine Missouri is being built under a teaming arrangement between General Dynamics Electric Boat and Northrop Grumman Shipbuilding Newport News. At

377-feet long, Missouri is slightly longer than a football field and has a 34-foot beam. Missouri will be able to dive to depths greater than 800 feet and will operate at speeds in excess of

25 knots submerged. Missouri is designed with a nuclear reactor plant that will not require refueling during the planned life of the ship, reducing lifecycle costs and increasing un-

derway time.

Missouri reached several milestones on her journey toward commissioning. Construction began in December 2004; the submarine's keel was authenticated during a ceremony, Sept. 27, 2008, at the General Dynamics Electric Boat facility in North Kingstown, R.I.; and, Missouri was christened during a late morning ceremony at General Dynamics Electric Boat, Dec. 5, 2009.

Another milestone occurred, April 16, during "In Service Day," when crew members moved aboard the submarine, bringing her systems to life, beginning general day-to-day operations and preparing for sea-trials, work-ups and commissioning.

Cmdr. Timothy Rexrode, Commanding Officer of Missouri, leads a crew of about 134 officers and enlisted personnel. A native of Spencer, W.Va., Rexrode graduated with honors in 1990 from West Virginia University, receiving a Bachelor of Science in

aerospace engineering. In addition, Rexrode is a distinguished graduate of the U.S. Marine Corps Command and Staff College, holding a Master's degree in military studies. Rexrode also received a Master's degree in administration from Central Michigan University.

Becky Gates, wife of U.S. Defense Secretary Robert M. Gates, serves as the submarine's sponsor. She broke the traditional champagne bottle against the boat's sail during the christening ceremony, December 2009. Her initials were welded into a plaque inside the boat during last year's keel laying ceremony.

Missouri is built to excel in anti-submarine warfare; anti-ship warfare; strike warfare; special operations; intelligence, surveillance, and reconnaissance; irregular warfare; and mine warfare missions. Adept at operating in both the world's shallow littoral regions and deep waters, Missouri will directly enable five of the six Navy Maritime Strategy core capabilities – sea control, power projection, forward presence, maritime security and deterrence.

The USS Missouri Commissioning Committee, an IRS-designated 501(c)3 nonprofit charity, was created to increase awareness of the submarine's commissioning. The committee offers information about the development of the submarine, as well as history on former Navy ships named for the "Show Me State."

For more news from Commander Submarine Group 2, visit www.navy.mil/local/Subgru2/.

U.S. Navy and U.S. industry help bolster Iraq's maritime security

BY STEVE VANDERWERFF

*Naval Education and Training
Command Public Affairs*

MORGAN CITY, La. — Through a partnership with the U.S. Navy and U.S. industry to help bolster Iraq's maritime security, the first group of 50 Iraqi Sailors receiving training at the Swiftships Shipbuilding facility in Morgan City, La., will graduate July 16.

The Iraq government is preparing to take possession of the first of 15 35-meter patrol boats (PBs).

The next class of 50 Sailors is expected to start training July 26.

The Sailors arrived for training in mid-April 2010 and are being trained to operate, maintain and deploy their newly purchased 15-man PBs. During their training they lived at Swiftships' training village, adjacent to the shipyard.

Prior to graduating, the students complete a 90-day blended training program which consists of instructor-led classroom training, integrated scenario-based simulator training and underway familiarization aboard a 35-meter PB.

"We didn't come up with a blended solution by accident. The Navy has been studying blended training for several years. We used to teach using a lot of Power Point presentations and reading. I call it knowledge by absorption," said Rear Adm. Jeffery Jones, Director of the Coalition Naval Advisory Transition Team Mission. "We discovered it isn't the most effective way to train. Today we use a balanced blend of classroom, simulator and hands-on training."

Classroom instruction includes core fundamentals, boat systems, navigation and integrated watch standing. Interpreters help to alleviate any language barriers.

"The Iraqi Sailors receive the identical type of training that a U.S. Navy Sailor would receive, including the nuts and bolts of how to maintain and operate a 35-meter boat," said Chris Meyers, an instructor. "When they arrived, they had never seen or been on the boat. By the time they leave, the aim is for them to go back to Iraq, take over the boat and go into full operations."

The full mission bridge, engine room control and 50 millimeter gun fire control simulators replicate the PB shipboard systems, while the firefighting and small arms trainers teach the sailors basic shipboard skill requirements.

The integrated training incorporates multiple simulators to provide realistic underway scenarios and helps to further develop the crew's proficiency aboard the boat.

"The patrol boat was built in consideration of the type of

waterways, the oil platforms and close in support and security requirements of the Iraqi forces," said Capt. Ed Turner, Commanding Officer, Naval Education and Training Security Assistance Field Activity (NETSAFA).

The capstone event is the underway familiarization portion of the training, which consists of 32-hours of at-sea shipboard evolutions. The underway period is intended to build on the knowledge and skills gained in the classroom and simulators. It

focuses on the ship's operations, damage control and ridged-hull inflatable boat operations.

A review of the curriculum led by Jones concluded June 17. Jones met with staff members from NETSAFA, the Iraqi Security Assistance Mission (ISAM), Naval Air Warfare Center Training Systems Division (NAWCTSD), Navy International Program Office (NIPO), Naval Sea Systems Command (NAVSEA), Swiftships Shipbuilding and Iraqi Navy senior

officers.

They evaluated the mid-term of the first training class including the curriculum and how it supports the core training required to operate and employ the new boats.

The training also supports the evolving state of continual maritime readiness across the globe by the U.S. Navy and its international partners.

"Our partnership with the Iraqi Navy is critical," said Jones. "They are a vital part of their national security. We're

training them to protect their economy, which is dependent on their waterways.

"The Maritime Strategy piece of building cooperative partners isn't just in Iraq, but throughout the Arabian Gulf," said Jones. "If we don't build on a partner's capacity and they're one of our coalition partners, it will require more of our assets to support them if they're not as strong as they need to be to protect their water ways."

Aside from the classroom, simulator training and un-

derway familiarization, the students are given the opportunity to learn more about the United States and the American way of life by taking field trips to local museums, restaurants, sport venues, malls and cultural spots.

"We have what is known as the field studies program. Our goal is to not only provide the best professional maritime training in the world, but we also want to expose them to our culture," said Turner. "It provides an appreciation for their culture and ours."

TRUMAN INTEROPERABILITY

The USS Harry S. Truman (CVN 75) and USS Winston S. Churchill (DDG 81) concluded a three-day joint exercise including air intercept control exercises and a gunnery exercise with French destroyer FS Jean Bart (D615), July 9. **B8**

FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

July 15, 2010

During July's heat, NAVFAC saves some cool green

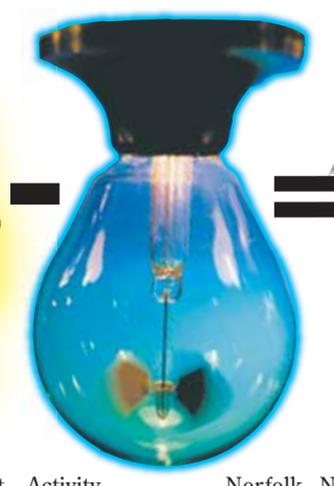
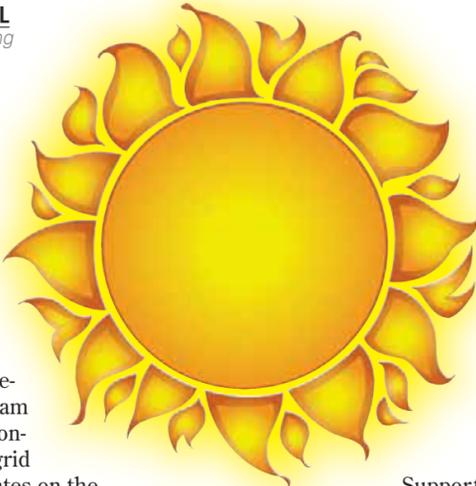
Navy Facilities Engineering Command Mid-Atlantic Creates Electricity, Saves Money During East Coast Heat Wave

BY THOMAS A. KREIDEL
Naval Facilities Engineering
Command Mid-Atlantic
Public Affairs

NORFOLK — Hampton Roads area Navy base electric plants produced 35 megawatts of electricity — enough to power 35,000 households — July 7 as part of an emergency demand response (EDR) program with the PJM Interconnection electrical grid that serves several states on the East Coast.

The program is part of a power demand curtailment contract started in 2009 by NAVFAC Mid-Atlantic to reduce bases power demands on the entire grid when such demands are at their highest.

The contract is through the Defense Energy Support Center with curtailment service provider NuEnergen, of White Plains, N.Y. The contract calls for a total of eight electrical plants at Naval Station Norfolk, Naval



Support Activity Norfolk, Norfolk Naval Shipyard, Portsmouth Naval Medical Center, Naval Air Station Oceana, Joint Expeditionary Base Little Creek-Fort Story and Dam Neck Annex to provide 35 megawatts of their own electricity for use on bases. This temporarily reduces the demand on the grid during peak usage emergencies, such as the heat wave that saw temperatures of 100 degrees on the East Coast during the week of July 5.

"We get approximately \$60,000 in capacity credits this

curtailment year for every megawatt enrolled in this reliability power grid program," said Marvin Newton, of NAVFAC Mid-Atlantic's Utilities and Energy Management. "We may be required by PJM to curtail for up to 10 events per enrollment year (June through May), and if we're able to meet the demand, it's worth up to \$2 million a year in credits."

Newton said with the heat wave continuing, NAVFAC Mid-Atlantic is standing by to run its power plants again if called on. Newton also added that the EDR program is intended to provide additional generation sources in order to prevent area-wide power outages. It's more efficient for the power companies than running their own peak capacity plants and the savings are passed on to the Navy through the program.

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

The Chrysler Museum hosts Blue Star Museums event

BY VIVIAN GREENTREE
Research Director for
Blue Star Families

The Chrysler Museum in Norfolk hosted a Blue Star Museums event, July 8, where Senator Mark Warner was on hand to help kick off the East Coast portion of the program, saying, "This is a nice way to demonstrate support for our military personnel and their families and I congratulate the Chrysler Museum and all of the other Virginia cultural sites that have stepped up to partner with the Blue Star Museums program."

Also speaking were Norfolk Mayor Paul D. Fraim, Mark Smith, Executive Director for Blue Star Families and Rear Adm. Mark S. Boensel, Commander, Navy Region Mid-Atlantic. During his speech, Boensel reflected on the importance of emphasizing military families as part of supporting mission readiness, saying,



Mark R. Warner, Virginia State Senator, Rear Adm. Mark S. Boensel, Commander Navy Region Mid-Atlantic and Paul D. Fraim, Mayor of Norfolk all spoke at the Blue Star Museums event that opens certain museums to the military service members and their families free of admission.

"When our service members families, then readiness stays audience filled with military can do their jobs because the up." Boensel's remarks were families and children and repre- community is taking care of our greeted with cheers from the sentatives from area commands

and participating museums like the Contemporary Art Center of Virginia, Colonial Williamsburg, Ferry Plantation House Museum, Historic St. Luke's Church and Boykin's Tavern/Isle of Wight County Museum.

Military families at the event were treated to a tour of the museum, refreshments and kid friendly activities. Two lucky military families got to tour the museum privately with museum director, Bill Hennessey, Chief Curator Jeff Harrison, Senator Warner and Mayor Fraim. Fraim, a veteran himself and whose own daughter recently married a Naval Aviator, stated how much he appreciated the efforts of groups like Blue Star Families to provide support for military families.

Military families are very appreciative of the initiative as well. Monique Rizer, Deputy Director for spouse programs

See BLUE STAR, B7

USS Eisenhower completes successful deployment to 5th Fleet

PRESS RELEASE
From USS Dwight D. Eisenhower
Public Affairs

USS DWIGHT D. EISENHOWER — USS Dwight D. Eisenhower (CVN 69) Ike Carrier Strike Group (CSG) entered the U.S. 6th Fleet area of responsibility (AOR), July 4, after spending the majority of a successful 2010 deployment assigned to U.S. 5th Fleet AOR.

As the Sailors focus on returning home and on a couple of upcoming port visits in the Mediterranean, Eisenhower's Commanding Officer Capt. Dee L. Mewbourne asked that the crew take time on America's birthday to reflect on the accomplishments of a successful deployment and renew their commitment to their nation and Navy.

"As we begin the final stage of our deployment, I ask that we renew our dedication to make America proud," said Mewbourne. "We need to continue to work together and finish strong."

While in 5th Fleet AOR, the Ike team completed 112 days on station in the Northern Arabian Sea, supporting Operation Enduring Freedom (OEF) and providing aerial support for U.S. and coalition forces on the ground in Afghanistan. Eisenhower and



Sailors aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) stand in formation on the flight deck in the shape of five stars and 2010 for an end of deployment photo. The Eisenhower Carrier Strike Group is deployed as part of an on going rotation of forward deployed forces to support maritime security operations in the U.S. 5th Fleet area of responsibility.

Carrier Air Wing (CVW) 7 completed more than 8,400 sorties and 26,100 hours of aerial combat support to U.S. and coalition OEF war fighters during their deploy-

ment to the 5th Fleet AOR. "Everyone on the Eisenhower-CVW 7 team contributed during our time here," said Capt. Roy Kelley, Commander, CVW 7. "Our

aircraft were able to support coalition forces on the ground due to the collective efforts of every member of this team. We positively influenced the ground war

in Afghanistan, by professionally conducting our mission."

To celebrate the strike group's

See IKE, B7

SPOUSE SPEAK!

Museums with 'kids' isn't actually an oxymoron

BY MICHELLE GALVEZ
Navy spouse, journalist

My husband isn't home much. In fact most of the time it seems he's been assigned only temporary duty in our home, so when he's home we like to max out on the quality family time. Sure, then he gets associated with the fun stuff and I'm the bad guy, but I'll suck it up. That's what military spouses do, right?

Recently Blue Star Families, a national, non-partisan, non-profit network of military families from all ranks and services with a mission to support, connect and empower military families, partnered with the National Endowment for the Arts and over 850 museums across the country to offer free admission to military members and their families. That's a whole lot of potential for free, fun, quality family time and just might redeem me as the fun parent every once in a while.

Well, we had a whole long weekend over Memorial Day when all members of the household were present and accounted for, so we thought we'd head out of town, but not too far and not spend too much money. Those might be hard requirements to meet but thanks to Blue Star Museums initiative, Busch Gardens' "Here's the Heroes" program and a military discount at a local Hampton Inn, we were able to do just that in Williamsburg.

We have three children and sometimes what's fun for one is a drag for another. But all three – and mom, dad and grandma – thoroughly enjoyed Colonial Williamsburg's outdoor, indoor, living and interactive museum for free (a significant savings BTW). We toured all the houses and restored buildings, sampled the authentic-to-the-period beverages at the restored coffee house, learned to dance in a parlor, picnicked on the grounds of the Governor's Palace, wrote our names with a feather pen and came to appreciate our history a bit more (especially how they could have handled the Southern humidity in those days without A/C and in a corset). A special touch was the "Honoring Service" notation on our admission badges. Several people stopped our family to thank us for our service and sacrifice.

The free admission allows access to Colonial Williamsburg's Historic Area and Art Museums, which include Bassett Hall, the

Abby Aldrich Rockefeller Folk Art Museum and the DeWitt Wallace Decorative Arts Museum. Williamsburg is within an hour's drive of Norfolk if traffic cooperates.

They're also offering free admission on Veteran's Day for military and their families.

Colonial Williamsburg honors America's Veterans with a procession down Duke of Gloucester Street, 4:30 p.m., beginning at the Capitol. The parade culminates in a public ceremony, with militia and cannon crew firing volleys in recognition of those who serve. Hear Colonial Williamsburg's Fifes and Drums and speakers from past and present. Active duty military, guard and reservists, retirees, veterans and their dependents enjoy free admission passes Friday through Wednesday, Nov. 6 - 11.

A MORNING AT THE ART MUSEUM

Before entering the Chrysler Museum of Art in Norfolk, July 8, my kids were strenuously warned to use their inside voices, walking feet and look with their eyes, but not with their hands. I truly enjoy introducing my children to art and culture, but I was a bit nervous about the potential for too-up close and personal interaction between them and the priceless and breakable masterpieces inside. I needn't have worried because between the red, white and blue cupcakes and jobs as museum detectives, my kids were engaged and behaved.

The occasion was the local Hampton Roads celebration of the Blue Star Museums program. The event included comments by U.S. Senator Mark R. Warner, Norfolk Mayor Paul D. Fraim, and Rear Adm. Mark S. Boensel, Commander, Navy Region Mid-Atlantic.

They welcomed the military families in the audience by talking about their appreciation for the sacrifices made by military members and the need for communities to support their families through programs like Blue Star Museums. Boensel said how important these initiatives are not just for families, but for mission readiness of the military. "When our service members can do their jobs because the community is taking care of our families, then readiness stays up," he said.

According to Warner, "This is a nice way to demonstrate support for our military personnel and their families and I congratulate

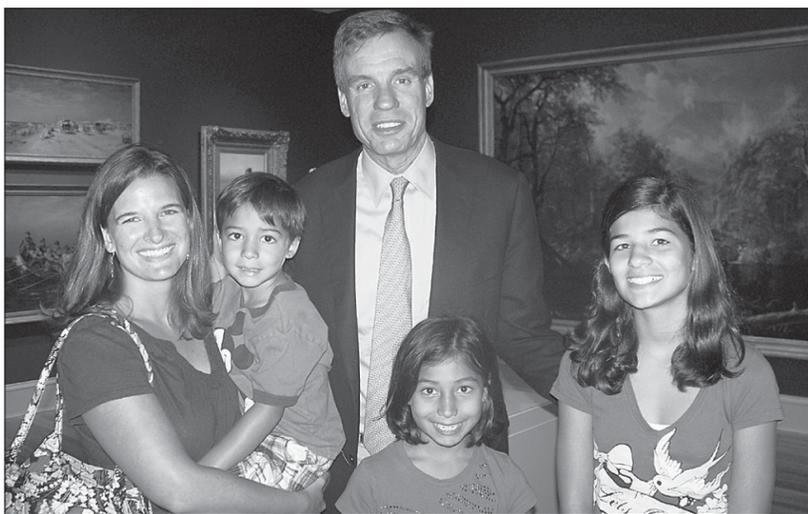


Photo courtesy of Michelle Galvez

(From left) Michelle, Zachary, Grace and Isabella Galvez tour Chrysler Museum of Art in Norfolk with U.S. Senator Mark R. Warner during a recent Blue Star Museums event.

the Chrysler Museum and all of the other Virginia cultural sites that have stepped up to partner with the Blue Star Museums program."

Attendees were encouraged to explore the museum's galleries including 30,000 works of art. We had the opportunity to tour a couple of the exhibitions with a very knowledgeable docent and the politicians. Nothing was broken or even really breathed on and my kiddos had the opportunity for some Summer learning in an art scavenger hunt.

As museum detectives, they navigated a map of the museum, searched for portraits of famous people from history and answered questions about them.

They even got a free souvenir from the gift shop for turning in their completed maps. An educational, but fun break from our daily summer pool routine. The visit to the air

conditioned museum was also a welcome respite from our July heat wave. The intellectual impact was even felt throughout the day as their spontaneous dinner table conversation included debates about who liked what painting best, why so many of the statues were naked, how heavy that sarcophagus must have been and if their wishes made at the outdoor fountain would come true.

Blue Star Museums runs through Labor Day, September 6. The free admission program is available to active duty military, reservists, National Guard members and five of their immediate family members. For a list of participating museums, which includes more than 60 in Virginia, visit www.arts.gov.

Michelle Galvez is a Navy spouse, mother, Blue Star Families member and ombudsman who is a journalist in her spare time. Contact her at michellegalvez@hotmail.com.

MARRIED to the Military

Are you ready for a 'Challenge'?

BY BIANCA MARTINEZ

Reach out to NewsChannel 3's Bianca Martinez at bianca.martinez@wtkr.com. Be sure to check out "Do My Military Job" every Wednesday at 11 p.m. on NewsChannel 3!

I don't know about you but when my spouse is deployed I like to be busy ... less time to think and mope about the fact that he is outta here. So I tend to fill my schedule with work (obviously), play dates for the kids and working out. For some reason I turn into Forrest Gump when my hubby is gone and I "Run Bianca, Run." It's a great way to just leave everything out on the road. This deployment though, I'm gonna challenge myself a little more. Yup, we are two weeks out from the first Military Challenge!

When the Flagship first came to me about being a part of this event I thought it would be great to help out, to maybe emcee, but out of my mouth came, "Oh I will totally run it." Huh? Uh oh, did I just commit to that? What am I thinking? Oh man this is nuts. Then it hit me ... I don't have to be good at it, I just gotta do it. Much like a deployment ... I barely make it but I finish with everything in tact! I have recruited a lot of folks at NewsChannel 3 to run with me and I think we are going to have a great time. We are all looking forward to the 5K with a bunch of military

challenges. I'm especially looking forward to crawling in the mud a bit. I am NOT looking forward to trying to scale a wall, but if it's there – I will take it on. The cool part is there will be a lot of great family fun events and activities including a kid's mini challenge and I know my Lucas will be all about it!

If you are lacking a little motivation, NewsChannel 3 personalities will be Taking Action out there at some of the challenge stations "encouraging" you bootcamp style! You can yell back at them ... don't tell them I said that! Ha! Really, though, we hope you will join us for an awesome Saturday morning, July 31. The best part about it is some of the proceeds will benefit the American Red Cross and we know how much they do for our heroes overseas and here at home, so it's a great way to give directly back to our own community.

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.



Come on and take the 'Challenge'



Come out and take The Flagship Military Challenge with Bianca Martinez from NewsChannel 3. She will be one of our celebrity hosts and will compete in the challenge with fellow NewsChannel 3 personalities. Register today at www.TheMilitaryChallenge.com and "like us" on Facebook at www.Facebook.com/militarychallenge.



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 Amphitheatre.

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.

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 five levels of communication

BY LT. PAUL A. HYDER

The Basic School Chaplain, Quantico, Va

Capt. Red McDaniel was a prisoner of war during the Vietnam War and wrote about his experiences in the book "Scars and Stripes." He saw many Americans placed in solitary confinement at the notorious Hanoi Hilton. That time of captivity was unimaginably difficult on those who were there and many did not make it out alive. How were Red McDaniel and others able to survive? They learned a special communication code the prisoners had invented by tapping on their cell walls.

Learning to communicate with others gave them the will to live. Those who couldn't communicate would gradually start to turn inward, dwell on their hopelessness and physically deteriorate. They would eventually stop eating and lose the will to live.

Communication was a vital lifeline and source of emotional nourishment. It was a necessary survival tool for those POW's and so it is in marriage.

George Bernard Shaw said, "The single biggest problem in communication is the illusion that it has taken place." And often times in marriage we go through our days assuming we are communicating but there is no flow of vitality, no transmission of life in our

conversation. Perhaps we are not going deep enough.

Communication occurs on several different levels, all of which are necessary for community and relationships. However, unless we communicate at the deepest levels with our spouse, like a flower plucked from the ground, a relationship will wither over time. Let's take a look at the levels of communication.

Level 1: Cliché conversation — At this level, you share nothing of substance. We interact with strangers and acquaintances at this level and it often is very necessary for introduction to the lower levels. Here we only share the trite sayings of the day and exchange surface level chit-chat. Example: "Hey! How's it going? ... Fine. How are you?"

Level 2: Reporting the facts — At this level, you share what you know but expose nothing of yourself. Like the old show "Dragnet," you share "just the facts." This is more than a passing greeting in a workplace but still is not a personal level of communication. Example: "Hey, guess what? My neighbor got a new car. ... What kind? ... A four-door blue SAAB."

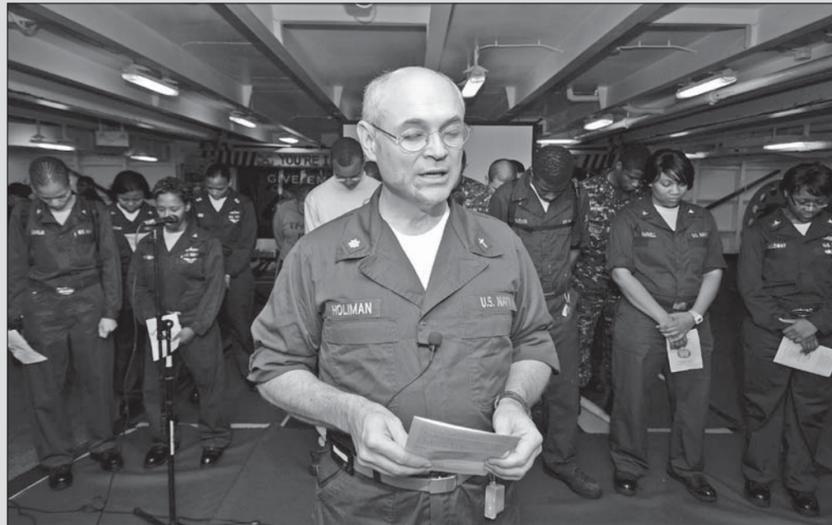
Level 3: Opinions — At this level, you share ideas and judgments about things. Here we are starting to reveal who you are and what you value. This

begins to be a sensitive level. Use caution. When communicating at this level you watch carefully, and when you sense even the slightest question or rejection, you retreat. Example: "Wow! A SAAB, that's great. ... Yes, they have a great safety rating and that's important to me."

Level 4: Emotional sharing — At this level, you begin to share what you feel and are revealing real emotional truths about yourself. This is a very sensitive level and we must be careful to avoid hurting one another. (Without this your marriage won't grow.) Example: "Sometimes I feel vulnerable and safety is very important to me."

Level 5: Transparency — At this level, you are completely open with the other person. Transparency means sharing the real you, from the heart. This is the deepest level of communication and involves knowing someone much like God knows us - with complete transparency. In order for this level of communication to exist a relationship requires trust, commitment, and genuine friendship. Without experiencing the deep levels of communication, our relationships may possibly survive but they will not thrive and bear much fruit. Share this article with your loved ones and ask yourselves: How deep are we going?

Sunday worship on the USS Harry S. Truman



Lt. Cmdr. William Holiman, a chaplain aboard the aircraft carrier USS Harry S. Truman (CVN 75), leads the opening prayer for Sunday worship service. The command religious ministry department provides weekly worship services for Sailors and Marines as well as bible study, choir rehearsals and operates the ships library.

Photo by MC2 Kilho Park

Middle school students join Navy in solving STEM problems

BY JOHN J. JOYCE

Naval Surface Warfare Center
Dahlgren Public Affairs

DAHLGREN, Va. — Middle school students used their science, technology, engineering and math (STEM) skills to solve problems of Navy interest at the National Defense Education Program (NDEP) Virginia Demonstration Project (VDP) Summer Academy from June 28 to July 2.

More than 90 students joined mentor volunteers – Navy scientists and engineers – at the summer camp to work on STEM activities and projects impacting eight simulated naval robotic missions at Naval Surface Warfare Center (NSWC) Dahlgren, a field activity of Naval Sea Systems Command.

“Providing hands-on activities in an environment with teachers and subject matter experts promoting STEM careers is a great opportunity for our area middle school students,” said Jane Bachman, summer camp director and NSWC Dahlgren advanced concepts and payloads engineer. “It was exciting to see students’ interest in STEM careers continue to build throughout the week.”

Navy and NDEP officials anticipate that the students may one day use their STEM skills at NSWC laboratories to design future technologies supporting U.S. warfighters and America’s homeland defense and security.

“The NDEP VDP’s goal is to increase the attraction of the Navy’s warfare centers and shipyards as an eventual place of employment for the students participating in the program,” said Bob Stiegler, NDEP VDP program manager. “Experience to date has shown that students can be attracted to and retained in engineering programs if they are exposed early to the joys of creation through design, discovery through research and invention through hands-on experimentation.”

Throughout the event, 17 science teachers from the greater King George, Stafford, Spotsylvania, Caroline and Fredericksburg

area school systems challenged students with scenarios mimicking real engineering problems such as land mine clearing, oil spills over a coral reef and using sonar to map an ocean floor.

The teachers teamed with NSWC Dahlgren mentors who shared valuable insight with the students who worked on technological solutions to save fictional lives and deliver humanitarian aid.

“It is important to provide encouragement and stimulation to our young people regarding the field of science,” said Bachman. “The working environment experience where students can sense the why, what and how things are done through interaction with scientists and engineers can benefit them when making their future career decisions.”

NDEP VDP originated under the Office of Naval Research (ONR) N-STAR (Naval Research – Science and Technology for America’s Readiness), a science and technology workforce development program launched in 2004 by ONR. It was initiated to show a diversity of pre-teens and teens that STEM are fascinating, fun and socially relevant.

The program teams up teachers with practicing scientists and engineers from the mentor-rich environment at NSWC’s. During the school year, science and math themes featuring robotics problems were integrated throughout the curriculum.

Moreover, the College of William and Mary impacted VDP and the summer camp by developing a curriculum for students who learn about STEM at military bases and providing training to NSWC mentors. NDEP’s VDP process is more than students learning how to program robots or build, assemble and demonstrate the projects. It’s also about team building and is all inclusive.

“We teach teamwork and how to communicate with each other and how to share ideas so that their skills come out while having a lot of fun,” said Stiegler.



Photo by MC2 Ronda Spaulding

Students participating in the two-week MySTEM summer program look up building codes for an upcoming project at Naval Support Activity Mid-South. Similarly, middle school students in Dahlgren, Va. used their science, technology, engineering and math (STEM) skills to solve problems of Navy interest at the National Defense Education Program (NDEP) Virginia Demonstration Project (VDP) Summer Academy from June 28 to July 2.

“The goal is to get them all interested in mathematics and science.”

Since its inception, VDP’s ultimate goal has been to establish educational outreach programs at other Navy research and development centers throughout the country.

The initiative could eventually expand beyond the Navy and evolve into a national demonstration project encompassing all Department of Defense laboratories in a sustained effort to secure the long-term competitiveness of America’s science and technology workforce by

hooking more kids on math and science at an earlier age. As a result, the number of students earning university degrees in STEM is expected to exponentially increase.

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.

Sailors enroll in women's eMentoring program

BY LT. LAURA K. STEGHERR

Diversity Directorate
Public Affairs

WASHINGTON — The Navy Women eMentoring Program, a web-based tool that connects uniformed Navy women for mentoring relationships, has begun a new open enrollment period that was announced in NAVADMIN 226/10, July 7.

The program, now in its third year, is designed to support the personal and professional development of women by building productive mentoring relationships between mentors and protégés.

Four hundred new slots are available for mentors and mentees during the open enrollment period, which will last until Aug. 15.

The program is open to all active duty and reserve Navy women, to include officers, officers-in-training and enlisted members.

The program features a user-friendly interface that offers several options for Navy women to create mentoring relationships. In addition to the basic one-on-one mentor to protégé matching, mentees can also take part in situational mentoring for more short-term, situation-specific needs.



U.S. Navy photo

Vice Adm. Ann Rondeau, President of the National Defense University, welcomes attendees of the Sea Service Leadership Association 2010 Women's Leadership Symposium. Navy Women eMentoring Program, a web-based tool that connects uniformed Navy women for mentoring relationships, has begun a new open enrollment period that was announced in NAVADMIN 226/10.

This function allows mentees to select one or more mentors from nearly every designator and rating. Members include women of all ranks and reflect a broad range of designators, experiences and expertise.

A new feature of the program beginning in late summer 2010 is group mentoring, where mentors can post a topic for discussion. Mentees can then join the group and participate during a designated time frame.

The program currently has 1,250 participants

enrolled, including 800 mentors from nearly every designator and rating. Members include women of all ranks and reflect a broad range of designators, experiences and expertise.

Stefanie Goebel, Navy Women eMentor Program director, is pleased with the momentum the program has gained throughout the past two years.

"I am very excited about the way Navy women have embraced the Navy Women eMentor leadership program," said Goebel. "The

ongoing high numbers of enrollees clearly show the great need and desire for this kind of mentoring. Participants tell us again and again how grateful they are to have such easy access to more experienced women who understand firsthand their unique brand of challenges."

Participants surveyed about their impressions of the program indicated that they had positive experiences with the program. The survey indicated that 82 percent of mentees

and 84 percent of mentors were highly satisfied with their initial experiences and that 80 percent had improved career satisfaction since using the program.

"The best thing about the mentoring program so far is that I have an awesome mentor who is caring and practical, helping me to put some items into perspective so that I can work them out and move on," said one survey respondent. "She is able to address both my professional and personal goals, which is a huge plus."

"I am finally able to talk to someone with confidence and confidentiality about my experiences, questions and concerns and am able to receive valuable and actionable advice – from someone who's been in my shoes!" said another respondent.

Mentors also found much value in the program.

"Being able to assist someone with concerns I've already faced reminds me how small our Navy is," said a surveyed mentor.

"And I believe keeping that idea in mind helps us all." Goebel explained that the mentoring program

serves an important role in the overall development of women in the Navy.

"Mentoring is not simply a feel-good activity. It is 100 percent about valuing human capital," said Goebel. "The existence of this program clearly sends the message that the Navy cares about the professional and personal growth of uniformed Navy women. And the women are hearing the message."

Navy women are encouraged to register at www.academywomen.org/ementor/signup. Within two days, registrants will receive an E-mail instructing them to create an account and profile, and for mentees, to search for and select a mentor.

The Navy recognizes mentoring as a valuable and necessary component to job satisfaction and performance.

More information on the Navy Women eMentor Program and other Women's Policy initiatives can be found at www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy/.

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

Naval special warfare Sailors rescue nine from tour boat

PRESS RELEASE

Naval Special Warfare
Command Public Affairs

PHILADELPHIA — Sailors from Special Boat Team 20 helped rescue nine people, July 7, from an overturned tourist boat in the Delaware River.

According to Philadelphia police, the boat was struck by a barge and capsized, throwing 35 passengers and two crew members in the water.

Twelve Special Warfare Boat Operators at nearby Penn's Landing immediately responded to a radio distress call and sped to the scene in small boats to recover people in the river.

"We were the first responders," said Garrett Rodriguez, a Special Boat Operator 1st Class from Maui, Hawaii. "Some of us jumped out and started grabbing people. They were just exhausted, in shock."

Rodriguez said some of his team members pulled people into boats, while others jumped off a jetty and swam to tourists struggling in the water.

Hospital Corpsman 1st Class Patrick Perdew, a 33-year-old Louisville, Ky. medic assigned to the boat team, said the nine passengers they rescued

didn't have discernible injuries and were ambulatory when they brought them ashore.

The Navy crew members worked together with the Coast Guard, Philadelphia Police and fire rescue teams.

"We were just happy to help," said Capt. Chuck Wolf, the commander of Naval Special Warfare Group 4. "The city responders deserve all of the credit, but our guys really showed why the Navy is 'America's Navy: A Global Force for Good,' and it shows our ability to

adapt to our surroundings and assist with any and all situations."

The boat team was in Philadelphia to attend community relations functions and was preparing to get underway and return to their base in Virginia Beach.

For more news from Naval Special Warfare, visit www.navy.mil/local/nsw/.



Photo by MC1 Tim Miller

Sailors from Special Boat Team 20 helped rescue nine people July 7 from an overturned tourist boat in the Delaware River. Twelve Special Warfare Boat Operators at nearby Penn's Landing immediately responded to a radio distress call and sped to the scene. The Navy crew members worked together with the Coast Guard, Philadelphia Police and fire rescue teams. The boat was struck by a barge and capsized, throwing 35 passengers and two crew members in the water.

Navy leadership participates in CCG reunion event

BY LT. LAURA STEGHERR

Diversity Directorate
Public Affairs

BALTIMORE — The U.S. Navy was a key participant in the inaugural Career Communications Group, Inc. (CCG) Alumni Reunion and Planning Retreat in Baltimore, July 1-2.

Commander, U.S. 2nd Fleet, Vice Admiral Melvin G. “Mel” Williams, Jr., gave a presentation to members of the organization, which promotes significant minority achievement in engineering, science and technology through such events as the Black Engineer of the Year Awards (BEYA), the National Women of Color Technology awards and the Minorities in Research Science awards.

Williams, an awardee of BEYA in 1994 and 1995, spoke about leadership, from both his perspective and from that of his father, retired Master Chief Mel G. Williams, Sr. Williams was the 2009 recipient of BEYA’s Stars and Stripes Award.

“Leadership involves achieving desired effectiveness. Leadership involves character, competence, courage, commitment, caring, communicating and community,” said Williams. “This has been the experience of a couple of Sailors – Master Chief M.G. Williams, Sr. and Vice Adm. Williams, Jr.”

Speaking to a crowd of nearly 150 past BEYA attendees and award recipients, Williams addressed the seven “C’s” of leadership, which helped him and his father to seize opportunities which were provided to them by the U.S. Navy.



Rear Adm. Michelle Howard, a 2008 Women of Color Career Achievement Award winner, was among the 17 people inducted into the 2010 CCG Alumni Hall of Fame.

“For my father and for me, what we really have experienced over the nearly 60 consecutive years across two generations in the Navy is that the number one leadership ‘C’ is character,” said Williams. “Character is the core of the leader. It is what helps a leader to achieve desired effectiveness and to realize vision.”

The Navy also received honors at the conference during an awards gala July 2.

Rear Adm. Michelle Howard, a 2008 Women of Color Career Achievement Award winner, was among the 17 people inducted into the 2010 CCG Alumni Hall of Fame.

Inductees included past winners of the BEYA Awards, Women of Color

Science, Technology, Engineering and Mathematics (STEM) Awards and the Minorities in Research Science Conference Awards recognized for their continued contributions to STEM fields.

Retired Capt. Donnie L. Cochran, the first African-American aviator assigned to the Blue Angels, was also inducted.

“This year’s inductees exemplify the amazing contributions men and women continue to make to the world through science, technology, engineering and mathematics,” said Tyrone D. Taborn, founder, publisher and chief executive officer of CCG.

The Navy has maintained a sustained relationship

with CCG and with the annual BEYA Awards for the last 20 years. Additionally, in 2008, the Navy signed an agreement with CCG to promote further Navy participation in CCG events in an effort to reach a diverse workforce.

Monica Emerson, the

Navy’s Diversity Officer, explained the importance of this partnership.

“There are a lot of different ways that the work of the CCG aligns with the objectives and the mission of the Navy,” said Emerson. “Participating in events like BEYA is a wonderful

tool for retention – it provides an opportunity to recognize top talent in our organization while giving us an opportunity for us to share knowledge about different career opportunities that are available in the Navy.”

Demonstrating a commitment to promoting STEM programs, the Navy was also recognized by CCG, July 2, as a top supporter of engineering programs at the nation’s Historically Black Colleges and Universities.

“As we look to the future, and we know that the demographics of our nation are changing, and the requirements for excellence and technical knowledge will only continue to grow,” said Emerson. “It is imperative for the Navy, and for our nation, to ensure that we’re doing all that we can to create greater awareness within minority communities of the great opportunities that there are in the Navy and to encourage them to study and to pursue STEM professions.”

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



U.S. Navy photo

Commander, U.S. 2nd Fleet, Vice Admiral Melvin G. “Mel” Williams, Jr. gave a presentation to members of the organization, which promotes significant minority achievement in engineering, science and technology through such events as the Black Engineer of the Year Awards (BEYA), the National Women of Color Technology awards and the Minorities in Research Science awards. Williams, an awardee of BEYA in 1994 and 1995, spoke about leadership, from both his perspective and from that of his father, retired Master Chief Mel G. Williams, Sr. Williams was the 2009 recipient of BEYA’s Stars and Stripes Award.

BLUE STAR: Get to the museums ... free admission ends Labor Day

Continued from page B1

for Military Officers Association of America said, "Sometimes you just want people to remember. It is a nice way for the country to come together and say thank you to our military families." Her son Asher, 6, also enjoyed the cupcakes provided by the museum.

Sam Hand, a Navy spouse and family readiness spe-

cialist at Expeditionary Combat Readiness Center, who attended with her two boys, 14 and 16, said she also appreciated the learning experience provided to her family through the program, "I was the one asking to leave, so we could eat lunch three hours later!"

Blue Star Museums is a Blue Star Families initiative in partnership with the National Endowment for the Arts and over 850

participating museums across the country, which provides free admission to all active duty military personnel, National Guard, reserve and their families through Labor Day 2010. Virginia has over 60 participating museums, including over 10 in the Hampton Roads area.

A complete list of participating museums is available at www.BlueStarFam.org.



Photo by MC3 (SW/AW) Bradley Evans

Aircraft from Carrier Air Wing (CVW) 7 fly in formation during an air power demonstration above aircraft carrier USS Dwight D. Eisenhower (CVN 69).

IKE: July 4th ideal salute to end of deployment

Continued from page B1

accomplishments while in 5th Fleet AOR and the Fourth of July holiday, the crew held a "Steel Beach" picnic on the flight deck, July 3.

Command Master Chief Bryan Exum said the picnic was an ideal way for IKE Sailors to celebrate the national holiday and reflect on the completion of a major phase of the carrier's 2010 deployment.

Eisenhower deployed Jan. 2 from its homeport of Norfolk, as part of a regularly scheduled rotation of U.S. maritime forces in the U.S. 5th Fleet and U.S. 6th Fleet AOR's, in support of OEF and to conduct maritime security operations (MSO) in the region.

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



Check out the just released course map for The Flagship's Military Challenge on July 31 from 8 a.m. - Noon. Register today at www.TheMilitaryChallenge.com and "like us" on Facebook at www.Facebook.com/militarychallenge.

The Military Challenge is a military-style confidence course featuring a 5K run/obstacle course designed to challenge even the most fit individuals. This signature event will be held at The Virginia Beach Sportsplex located at 2181 Landstown Rd. in Virginia Beach.

The event showcases a variety of military challenges/obstacles, entertainment and fun activities for the public. Civilians are welcomed and encouraged to compete alongside the military and take on obstacles used in the everyday military training.

Individuals or teams of five may compete. Teams and individuals will compete for top honors. All finishers will receive an official Military Challenge medal. A portion of the event proceeds will benefit The American Red Cross.

The event will also host a Kids' Mini Challenge, where children will have an opportunity to conquer a similar course with military and other fun obstacles to challenge them. Finishers will receive an official Kids' Mini Challenge "dog tag."

Other Highlights include: Individual military fitness challenge stations; Moon Bounce and other children activities; Exciting raffle prizes; Music featuring a special concert with up and coming local artists; Concessions will be available for purchase.

Truman CSG strengthens international ties with training

PRESS RELEASE

USS Harry S. Truman (CVN 75)
Public Affairs

USS HARRY S. TRUMAN — The USS Harry S. Truman (CVN 75) and USS Winston S. Churchill (DDG 81) concluded air defense interoperability exercises with French destroyer FS Jean Bart (D615), July 9.

The three-day joint exercises included air intercept control exercises, a gunnery exercise and concluded with a photo exercise (PHOTOEX) of the three ships steaming together in formation.

Truman had previously conducted joint exercises with French aircraft carrier CVN Charles de Gaulle (R 91) in June 2010 to commemorate the 100th anniversary of French Naval Aviation and spent two months operating with German frigate FGS Hessen (F221).

“What has continually amazed me is the smoothness with which our coalition partners integrate into the strike group,” said Capt. Bob Barwis, commodore, Destroyer Squadron 26. “In my time at sea, I have never seen integration this seamless. The Jean Bart Sailors are a professional, skilled and highly adaptable force that expertly executes whatever task they are assigned.”

Crew members from Jean Bart took the opportunity to visit Truman and Churchill,



Photo by MC2 Killo Park

The aircraft carrier USS Harry S. Truman (CVN 75), center, the guided-missile destroyer USS Winston S. Churchill (DDG 81), right, and the French navy frigate Jean Bart (D615) cruise in formation after concluding joint air defense interoperability exercises. Harry S. Truman is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

while planning staff from Carrier Strike Group (CSG) 10 and Churchill spent time on Jean Bart.

Lt. j.g. Ronald Hamon, an air controller on board the Jean Bart, appreciated the opportunity to tour the Truman. Although Hamon has served on board Charles de Gaulle, this was his first experience

on a Nimitz-class aircraft carrier.

“It is always good to train together, and we both benefit from these exercises,” said Hamon.

Lt. j.g. Lauren Nelson, an operations planner with CSG 10, was impressed by the professionalism of the French Sailors and by the hospitality U.S. Sailors received

during their time on board Jean Bart.

“The equipment, training and operating procedures between both our navies are very similar,” said Nelson. “They seemed excited to begin working together, as were we.”

The Truman CSG deployed May 21 from its homeport of

Norfolk, and includes CSG 10, Harry S. Truman, USS Normandy (CG 60), Destroyer Squadron 26, Winston S. Churchill, USS Oscar Austin (DDG 79), USS Ross (DDG 71) and Carrier Air Wing (CVW) 3.

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



Photo by MC2 Riza Caparros

Rear Adm. Alton Stocks, commander of Naval Medical Center Portsmouth (Second from right) accepts a check for \$6,026.42 on behalf of The Fisher House, a program that supports America's military in their time of need. The money was donated by the Salty Dawgs, a motorcycle riding club composed of active duty, retired and honorably separated men and women.

‘Salty Dawgs’ donate to Naval Medical Center Portsmouth Fisher House

BY DEBORAH KALLGREN

Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH — The Salty Dawgs motorcycle riding club rumbled into the Naval Medical Center Portsmouth (NMCP) gate, July 9, to donate more than \$6,000 to the Portsmouth Fisher House.

The Dawgs are active duty and retired service members as well as veterans who have left the Navy under honorable conditions.

This is the fourth year the group has donated to the Portsmouth Fisher House.

Rear Adm. Alton Stocks, the NMCP Commander and a motorcycle enthusiast, and Loretta Loveless, Fisher House manager, accepted the check.

The Fisher House in Portsmouth opened in June 1995 and was the first in Virginia. It has provided temporary lodging to approximately 2,450 families and guests while their loved ones were hospitalized.

The Fisher House is a home away from home for families of patients receiving medical care at the hospital. There are 45 Fisher Houses worldwide, all located within walking distance of a major military or Veterans Affairs medical center. The Fisher House at NMCP can accommodate seven families who are visiting their loved ones at the hospital. Guests stay for free at the Fisher House.

For more news from Naval Medical Center Portsmouth, visit www.navy.mil/local/NMCP/.

Cooks barbecue for Nassau



Photo by MC2 Patrick Gordon

Mike George barbecues steaks on the flight deck of USS Nassau (LHA 4). George and other volunteers from Cooks from the Valley, a charitable organization from Bakersfield, Calif., visited the ship to grill more than 3,000 steaks for the crew in celebration of Independence Day.

BY MC2 PATRICK GORDON

USS Nassau Public Affairs Office

USS NASSAU — Volunteers from Cooks from the Valley, from Bakersfield, Calif., barbecued more than 3,000 steaks for the crew of USS Nassau (LHA 4) in celebration of Independence Day.

The group arrived aboard Nassau, July 2, and received a tour of the ship, as well as Nassau ball caps, shirts and coffee mugs as souvenirs.

The charitable organization is the brainchild of attorney Tom Anton, also of Bakersfield, who founded the group more than 20 years ago with one goal in mind - to show appreciation for America's service members.

“Tom decided that barbecuing was a great way to give something back to America's fighting men and women,” said cook Mike Porter.

Not only did the cooks volunteer to spend their holiday far from home, family and friends, they also purchased all the steaks for the service members.

“I think this is just incredible,” said Hospital Corpsman 2nd Class Rebecca Marsh. “These guys coming out to cook us steaks really makes me feel like we're appreciated.”

One Nassau Sailor was especially touched by the show of appreciation by Cooks from the Valley. Information Systems Technician Seaman Tiffany Aguilera, of Bakersfield, was excited to see such friendliness from residents of her hometown.

“It feels so good to have people from home, especially my hometown, come out and do this for us to show their support,” said Aguilera. “It really means a lot.”

When the meal was over, the volunteers thanked everyone aboard Nassau for their service and reiterated their reason for coming.

“The best part of all of this is interacting with you guys,” said volunteer J.J. Gianquinto. “We want you all to know that we think about you and really appreciate everything you do for us and the country.”



Enterprise Sailor selected for new training abroad

BY MC3 TIGER MARTINEZ

USS Enterprise (CVN 65) Public Affairs

NORFOLK — A Sailor stationed aboard the aircraft carrier USS Enterprise (CVN 65) was selected, July 6, to attend an elite international school.

Culinary Specialist Seaman Cameron R. Johnson will be one of the 2,000 students to undertake the highly selective training course at the HMS Raleigh Defense Maritime Logistics School (DMLS) at HMNB Devonport, United Kingdom.

The international training is for students from naval services, including the Royal Fleet Auxiliary, the Royal Marines, Ministry of Defense Civil Servants and the British Army.

Students range from officers and Sailors at the beginning of their professional careers to those with significant operational experience returning for advanced training.

“It’s extremely difficult to get into this school,” said Culinary Specialist 2nd Class (SW/AW) Jerry Marin, Johnson’s supervisor. “Since this is a new program and the first time U.S. Sailors have been allowed to attend, you really have to shine among your peers to attain an opportunity such as this.”

The school covers a wide range of topics and equips Sailors who have the opportunity to attend with invaluable insight and in-depth knowledge of their specific ratings.

There are four aspects of training at the school. Command training enables students to exercise professional military leadership during operations.

Specialist training delivers the core logistics skills of supply chain, personnel administration and catering services. Forward support training teaches regular and reserve forces to deliver support from ashore, and the Logistics Training Squadron Afloat Support aspect prepares Sailors to man the fleet.

“I want to seize as much knowledge as I can,” said Johnson. “I’m very open to new experiences and I feel like it’s my responsibility to learn as much as possible so when I get back I can share everything I’ve learned with my shipmates.”

Johnson joined the Navy as an undesignated seaman and struck into the culinary specialist rating in March 2010. He says he’s working as hard as he can to show that he deserves to be selected as the first Sailor to attend DMLS.

“It’s highly important to take this opportunity as a serious stepping stone in your naval career and beyond,” said Chief Warrant Officer 2 Shawn M. Porch, Enterprise food service officer. “Your character and work ethic are the two major categories in which you’re evaluated, and I think Seaman Johnson has plenty of both.”

For more news from USS Enterprise (CVN 65), visit www.navy.mil/local/cvn65/.

NSWC Dahlgren holds change of command

BY JOHN J. JOYCE

Naval Surface Warfare Center Dahlgren Public Affairs

DAHLGREN, Va. — Naval Surface Warfare Center (NSWC) Dahlgren held a change of command ceremony at the Naval Support Facility Dahlgren, Va., parade field, July 9.

Capt. Michael Smith relieved Capt. Sheila Patterson during the ceremony.

“I pledge to do everything possible to support you as you do what you’ve proven to be so capable at doing – being the technical expertise and brain trust of the Navy’s warfare systems,” said Smith, to more than 700 employees watching the ceremony in person or on their computers via a live broadcast.

The ceremony also marked Patterson’s retirement following 28 years of naval service. Reflecting on the command’s accomplishments during her three-year tenure, she commended NSWC Dahlgren personnel for achievements impacting a wide-range of programs.

“The strength of Dahlgren division lies in its people from the technical director and board of directors to the scientists, engineers and technicians in our technical departments to our business professionals throughout the command,” said Patterson. “It lies

in our relationships with our sponsors, our customers and partners and our leadership.”

NSWC Commander Rear Adm. James Shannon, the event’s principal speaker, compared Patterson’s career and her command of NSWC Dahlgren with the naval service of Rear Adm. John Dahlgren, the “Father of American Naval Ordnance” and inventor of the Dahlgren gun.

“Similar to the Dahlgren gun, Capt. Patterson opened the doors of the new naval directed energy center and successfully tracked, engaged and destroyed targets representative of potential threats, validating the military utility of directed energy,” said Shannon. “Just like Dahlgren conducted cannon firings across the Anacostia River, Sheila led the team in conducting record-setting firings of the electromagnetic railgun – next generation weaponry for our 21st century Sailors and Marines.”

Carl Siel, NSWC Dahlgren technical director, addressed the outgoing and incoming commanders in his welcoming remarks, thanking Patterson for her leadership and friendship and assuring support for Smith.

“The NSWC Dahlgren and Dam Neck team, NAVSEA (Naval Sea Systems Command), the engineering duty officer community, the Navy

and our nation thank you (Patterson) for your hard work and your tireless dedication,” added Shannon. “More importantly, your visible and empowering leadership style, as well as your genuine compassion for the men and women under your command, embodies the definition of a true leader.”

Smith, who reports to NSWC Dahlgren from assignment as the deputy program manager for the Zumwalt Class (DDG-1000) Program at the Washington Navy Yard, also reflected on Patterson’s career and achievements.

“Not only has she (Patterson) done great things working in the various programs that she has been a member of or led – not to mention being the commander here at the warfare center in Dahlgren for over three years – but she has tirelessly mentored numerous combat systems-focused engineering duty officers, ensuring that the community has the talent and skills to develop and support the Navy’s warfare systems,” said Smith. “She has ensured that this important segment of our community is ready today, and what is more, she has groomed future generations of leaders.”

For more news from Naval Surface Warfare Center Dahlgren, visit www.navy.mil/local/nswc Dahlgren/.