

# The Flagship

Serving the Hampton Roads Navy Family



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July 22, 2010

## USS George H.W. Bush hosts namesake

BY MCSN J. SCOTT ST. CLAIR  
USS George H.W. Bush Public Affairs

**ATLANTIC OCEAN** — USS GEORGE H.W. BUSH (CVN 77), the Navy's 10th and final Nimitz-class aircraft carrier, received a visit from her namesake, former President George H.W. Bush and former First Lady Barbara Bush while underway, July 14.

President Bush and Barbara were escorted aboard by Adm. J.C. Harvey, Commander, U.S. Fleet Forces Command. During his two-day visit to the aircraft carrier, Bush toured the ship, observing day-to-day operations and spending time with the crew, as well as taking part in a reenlistment ceremony for nearly 60 Sailors, which he said, was an honor.

"I am proud of every man and woman on this ship," he said. "I was honored to be able to reenlist those who are ready to serve again. I am very emotional about service to country, particularly the Navy. I am very proud of the

Navy and extremely proud of this ship. That this ship is named after me knows no bound in terms of my emotion and my pleasure and the honor that I feel," he said.

Commanding Officer, Capt. Chip Miller, expressed what a huge privilege and inspiration it was to host two individuals who devoted their lives to selfless service.

"What an honor it is to have our special guests aboard to see freedomatworkfirsthand," said Miller. "We are so grateful to have them join us at sea to see what we do and how we do our part to defend freedom."

Barbara pointed out how much the aircraft carrier and its crew meant to her and her husband.

"This ship is probably the greatest honor that George Bush ever had given to him," said Barbara. "He and I pray for this crew every single night of our lives. This crew is the greatest and we are thankful to you for what you're doing and what your families do for all of us," she said.



Former President George H.W. Bush watches flight operations from the Landing Signal Officer's platform aboard the aircraft carrier that bears his name, July 14. Bush and his wife, Barbara, spent their time aboard watching flight operations, touring the ship and visiting the crew.

Photo by MC3 (SW) Nicholas Hall

Aviation Boatswain's Mate (Handling) Airman Apprentice Sutton C. Hout, of Air Depart-

ment, said she was thankful for the opportunity to interact with the namesake of the aircraft car-

See NAMESAKE, A15

## Navy transitions to paperless leave

BY MC3 KARI R. RODRIGUEZ  
Navy Region Southwest Public Affairs

**SAN DIEGO** — Beginning in August, the Navy will implement a self-service, paperless electronic leave system that will help safeguard personal information and cut processing time in half.

According to NAVADMIN 103/10, Self-Service Electronic Leave (e-Leave) is a web-based program that Sailors access through their Electronic Service Record and is projected to provide a significant savings in man hours and processing time.

"This will eliminate the paper trail, because it is all done through Navy Standard Integrated Personnel System (NSIPS)," said Yeoman 1st Class (SW) Mike Trisler, Navy Region Southwest (NRSW) administrative officer.

It also allows for better privacy protection.

"By eliminating the paper trail, the service members personnel information isn't being passed around," Trisler explained.

Trisler explained how the program works and how it puts the responsibility on the Sailor to control their leave.

"Sailors have the ability to monitor their leave as it is sent through the chain of command and is notified once the request has been approved or if there is a need for more information," said Trisler. "Once approved, the member will check-out/in using NSIPS, ultimately charging his own leave."

Trisler added that shore commands will start using the program Aug. 1 and once the ship's NSIPS systems are updated it will implement.

To view the NAVADMIN, visit [www.npc.navy.mil](http://www.npc.navy.mil).



Photo illustration MC1 (AW) Tim Comerford

## FFSC's information, referral line updated, goes automatic

BY MC1 (AW) TIM COMERFORD  
The Flagship Staff Writer

**NORFOLK** — Fleet and Family Support Center (FFSC) Norfolk's information and referral line is changing to an automated prompt system. All incoming calls will be directed to the key members for emergencies and all non emergency calls will be directed to other means for information.

Alex Ottaviani, the site manager for FFSC Norfolk sees this as a necessary and helpful step.

"We are maintaining the same service but we are going about it a little differently," said Ottaviani. "The line is supposed to be used for emergencies such as those needing the victim advocates, the Red Cross or NMCRS. We did a lot of research to find out what the usage of our I and R (Information and Referral) was. We found out through the research that people were just calling that number because they know it and they ask general questions which could be answered through other means."

They found that technology allowed them to free up personnel from that.

"Instead of having the information and referral watch manned 24 hours a day, calls will go to the prompt system," said Ottaviani. The prompt system will take over the 444-NAVY, (800) FSC-LINE (372-5463) and the 444-2102.

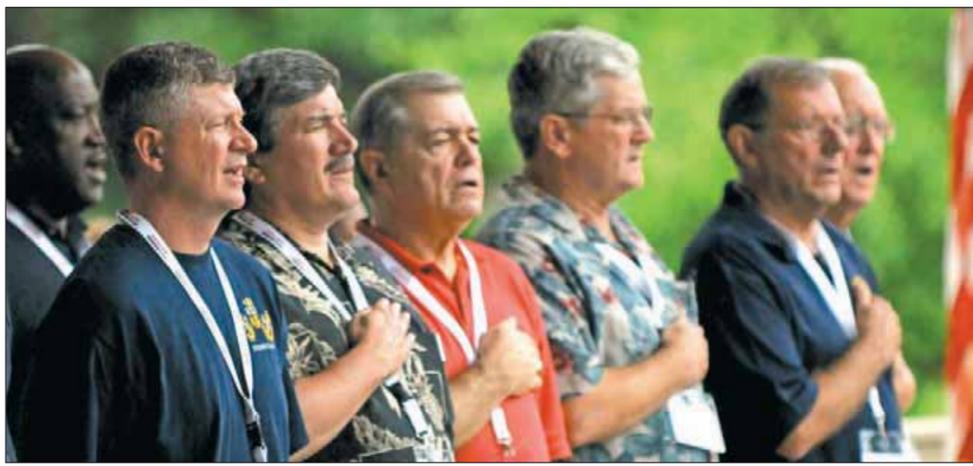
"It will ring and introduce itself as the Fleet and Family Support Center and if it is an emergency to hang up and dial 911 or 444-3333 on base. Then it will go through a menu prompting for domestic abuse victim advocate, sexual assault victim advocate, Navy marine Corps Relief Society, American Red Cross, Military Homefront and the base operator," said Ottaviani. "Also we will have our website on there in case someone wants to register for a program."

The needful calls will still be answered ultimately by a human being to help.

"It will say if you want a domestic abuse victim advocate press one," the site manager said. "When you press one, it will automatically ring to domestic abuse victim advocate and they will pick up the phone."

The same is true for all the other prompts. FFSC cut out the middle man and it allows growth for their service members.

"We will be able to take the folks designated for the I and R line watch and use them in other roles," he said. "We want to make sure that those standing the watch can be used to do something more in line with what their ratings are in order to keep them proficient."



U.S. Navy photo

Last year's Chief Petty Officer's Round Up played host to the Master Chief Petty Officer of the Navy and 5 former MCPON's. This year will likely be as popular, if not more so.

## Navy League looks to hold 12th Annual Chief Petty Officer Round Up, August 28

PRESS RELEASE  
Commander, Navy Region Mid-Atlantic Public Affairs

The CPO Round Up is 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 Navy at large will benefit from this event along with junior Sailors who work for the chiefs who attend," said Fleet Master Chief (SW/AW) Tom Howard. "It will give the chiefs an opportunity to pass on their knowledge from

one chief to another in the form of conversation and discussions about the various situations we are faced with."

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.

"This is an annual event and a good chance for not only CPO Selects, but also CPO's and their messes to all come together and hear from former MCPON's, FLTCM's and FORCM's," said Howard. "It is a one-stop location

where our future leaders can hear words of wisdom, experience and knowledge from our senior leaders on the East Coast."

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.) Rudy Boesch from Survivor.

"This is the only time in years that I can recall we have had a commitment from eight of the nine currently living previous

See ROUND UP, A15

### INSIDE:

#### SEA BREEZE 2010

Danish, Ukrainian and U.S. Navy divers took to the water for one of many dive evolutions during the multinational exercise Sea Breeze 2010.



A5

#### NECC CPOA SPONSORS TEENAGER

One child was chosen from CPOA family members to participate in Camp Trident, a week of physical activity focused on team building.



B1

#### ENTERTAINMENT

Angelina Jolie adds "Salt" Angelina Jolie stars as Evelyn Salt, a CIA officer on the run accused of being a Russian sleeper spy.



C14

# The Flagship®

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Official White House Photo by Pete Souza

**President Barack Obama talks with Nancy Fichtner of Colorado, the winner of the 2009 SAVE (Securing Americans' Value and Efficiency) Award. The award is given to Federal employees whose submit ideas for saving the government money. Fichtner is a Fiscal Program Support Clerk at the Department of Veterans Affairs. More than 38,000 submissions from frontline employees across the federal government were submitted last year.**

## Obama announces the return of the SAVE Award

BY JIM GARAMONE

American Forces Press Service

WASHINGTON — President Barack Obama wants federal employees to submit their ideas for eliminating government waste and saving American taxpayers' money as part of the 2010 SAVE Award program.

Obama made an announcement via video on the White House website, July 8.

"If you see a way that the government can do its job better or do the same job for less money, I want to know about it," he said.

The program — its acronym stands for "Securing Americans' Value and Efficiency" — began last year and was an instant success.

"In just three weeks, federal employees submitted more than 38,000 ideas identifying opportunities to save money and improve performance," said Peter Orszag, Director of the Office of Management and Budget.

Nancy Fichtner, a Fiscal Program Support

Clerk at the Colorado Veterans Affairs Hospital in Grand Junction, Colo., received the 2009 SAVE award for her proposal that saved about \$2 million. She suggested that the Veterans Affairs Department find a way

to reuse medicines that are prescribed by physicians, but not used by patients.

The deadline for submissions is July 22, with the winners being announced in September.

"In a change from last year, we also are asking federal employees to help rate the submissions from their fellow workers," said Orszag. "This new feature will allow employees to apply their insight to the evaluation process, making sure the best ideas make it into the fiscal 2012

In 2009, President Obama called for "a process through which every government worker can submit their ideas for how their agency can save money and perform better — the SAVE Award was born. For the 2010 edition, the president invites federal employees to both submit and vote on such ideas.

budget."

Some of the most innovative ideas for efficiencies and savings come from those federal employees on the front lines, said Obama.

*Civil servants interested in submitting their ideas should go to <http://SAVEAward.gov>.*

## THE FLAGSHIP'S LEEWARD SHOUT

### What can the Navy do to save money and increase overall performance?



HM2  
Norman Kosky  
NMPS Norfolk

"The Navy could improve logistical travel for IA-GSA processing by keeping them on the same coast. A lot of folks end up going from East Coast to West Coast or West Coast to East Coast."



CS2 (SW)  
Zachary Lovett  
Reserve Component Command Medical Hold

"Get all the Culinary Specialists back in the galley. Right now, all the civilians are taking over the galleys. They could put us as CS's back in the galley."



Sallie Gilman  
Mitch L. Cornagie  
USS Bataan

"Make better use of resources and improve efficiency."



IT3 (SW)  
Ernest Szucs III  
TPU

"Less man hours. We have people sitting around and not doing much. Other than that, everything else is going pretty well."



EMFR  
Michael Willis  
USS Harry S. Truman

"Cut back on people or the amount of hours that people work."



CS1 (AW)  
Juanice Simmons  
Naval Mobilization Processing Site Norfolk

"Recycle all the plastic and aluminum cans that they have. That money could be donated to the USO and make things better for the Sailors that go there."

Photos by MC1 (AW) Tim Comerford

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GETTING RESULTS

**VIPIR PLANNING FORECAST**

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
96	98	99	94	92	93	94
77	78	78	75	74	73	73

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

# Navy readies new Physical Fitness Assessment software

BY MC1 (AW) LATUNYA HOWARD  
Navy Personnel Command Public Affairs

**MILLINGTON, Tenn.** — The Navy will release a new version of NAVFIT98A software Aug. 1, changing the way Physical Fitness Assessment (PFA) results are documented in block 20 of a fitness report or evaluation.

“We released a new version of NAVFIT98A to accommodate the recent policy changes and at the same time fix several long-standing problems associated with the application,” explained Jim Price, Director, Navy Personnel Command (NPC) Performance Evaluation Division.

NAVFIT98A Version 28 supports new performance report policy changes and fixes known security and printing problems, as well as other technical issues associated

with older versions of the software. Because of these changes, all forms will have new version numbers. Electronic versions can be found at [www.npc.navy.mil/careerinfo/performanceevaluation/softwareforms](http://www.npc.navy.mil/careerinfo/performanceevaluation/softwareforms).

Commands that still have an older version installed, but need to submit performance reports with ending dates of Aug. 1 or later, can submit performance reports generated by older software versions until Navy/Marine Corps Intranet (NMCI) updates are complete.

The E7-E9 chief evaluation has been modified to include the new policy guidance. Evaluation form NAVPERS 1616/27 8-10 can be found at the above link beginning Aug. 1. This website also answers frequently asked questions concerning Version 28 deployment and provides a reference guide on using

the application.

“I’m really excited, because improving the documentation gives PFA the level of attention it deserves. The upgrade will get leadership focused on their Sailors’ fitness and the importance of the Physical Readiness Information Management Systems,” said Chief Yeoman (AW) Alisha D. Marshall, Navy Operational Support Center Fort Worth, Texas, command fitness leader.

*For more information on NAVFIT98A Version 28, read NAVADMIN 233/10. For technical assistance with NAVFIT98A software, call NPC Customer Service Center at (866) 827-5672. For any NMCI software deployment issues, contact the NMCI Helpdesk at (866) 843-6624.*

*For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).*



Photo by MC3 Dominique Pineiro

Quatermaster 1st Class Andrey Mihaylovski monitors the time during the 1.5-mile run portion of the Commander, U.S. Naval Forces Japan Physical Fitness Assessment (PFA) on Berkey Field at Fleet Activities Yokosuka. The PFA is a bi-annual, Navy-wide examination of physical fitness for Sailors that consists of a body composition assessment, curl-ups, push-ups and a 1.5-mile run.

## TAX TIPS

### Summertime child care expenses may qualify for a tax credit

#### PRESS RELEASE

IRS.gov

Did you know that your summer day care expenses may qualify for an income tax credit? Many parents who work or are looking for work must arrange for care of their children under 13 years of age during the school vacation. Those expenses may help you get a credit on next year’s tax return.

Here are five facts the IRS wants you to know about a tax credit available for child care expenses. The Child and Dependent Care Credit is available for expenses incurred during the lazy hazy days of summer and throughout the rest of the year.

- The cost of day camp may count as an expense towards the child and dependent care credit.

- Expenses for overnight camps do not qualify.

- If your childcare provider is a sitter at your home or a daycare facility outside the home, you’ll get some tax benefit if you qualify for the credit.

- The actual credit can be up to 35 percent of your qualifying expenses, depending upon your income.

You may use up to \$3,000 of the unreimbursed expenses paid in a year for one qualifying individual or \$6,000 for two or more qualifying individuals to figure the credit.

*For more information check out IRS Publication 503, Child and Dependent Care Expenses. This publication is available on the IRS website, [IRS.gov](http://IRS.gov) or by calling (800) TAX-FORM (800-829-3676).*

## Military support to mitigate oil spill continues

BY ARMY SGT. 1ST CLASS MICHAEL J. GARDEN

American Forces Press Service

**WASHINGTON** — Military efforts along the Gulf Coast continue as part of the federal response force to clean up the oil spill.

About 1,900 Department of Defense (DoD) and associated personnel are deployed to the Gulf. They are providing ongoing support to contain the leak and clean up the spill, including military-owned skimmers and pollution control equipment, said Pentagon spokesman Army Lt. Col. Robert L. Ditchey II.

The military also is providing funding for National Guard support to state governors in the region, as well as staging areas for boom and logistical coordination along the coast and at sea, said Ditchey.

The Coast Guard has been leading the federal response there since April when the Deepwater Horizon oil rig exploded. The explosion resulted in hundreds of millions of gallons of oil gushing from the sea floor.

“We have been working together closely with the U.S. Coast Guard from the beginning,” said Ditchey. “We are committed to supporting the response effort for as long as we are needed.”

The Navy, he said, has 19 skimmers and 29 tow boats in the Gulf to help soak up the oil. The Naval Sea Systems Command has oversight over those vessels and equipment. The command expects additional assets in the region in the coming weeks, said Ditchey.

The Naval Oceanographic Office has deployed 24 drifting buoys and 10 profiling floats to monitor wafting oil, he said. The buoys process data for ocean forecast models, he added, which are conducted daily.



Photo by MC2 Kevin S. O'Brien

Secretary of the Navy (SECNAV) the Honorable Ray Mabus has been tasked by President Obama to develop a long-term Gulf Coast Restoration Plan to be designed by states, local communities, tribes, fishermen, businesses, conservationists and other Gulf residents.

National Guardsmen also assisted BP in taking claims from Gulf residents affected by the spill, said Ditchey.

In May, the DoD transported 150,000 feet of BP boom and 250 short tons of Navy pollution control and salvage equipment from Alaska to Louisiana, he noted.

The Air Force’s 910th Air Wing out of Youngstown, Ohio, flew numerous sorties for about a month through May, said Ditchey, spraying dispersing agents to neutralize the oil. The air wing redeployed last month, he said.

A Naval Air Systems Command MZ-3A airship is deployed to the Gulf, and is acting in a reconnaissance and tactical direction of operations role, said Ditchey. The airship can direct skimming vessels to oil for skimming, he added.

Meanwhile, National Guard is supporting local, state and federal authorities with aviation transportation, reconnaissance, security, hazardous materials training and other assets, he said. The Guard has 15 dedicated helicopters for transportation and reconnaissance missions, he added.

# Peruvian Marines treated with a tour of USS New Orleans

BY MCCS (SW/AW)  
ROBERT WINKLER

USS New Orleans (LPD 18)  
Public Affairs

**USS NEW ORLEANS** — Officers from Peru's *Infanteria de Marina*, a branch of their Navy similar to the U.S. Marine Corps, arrived via helicopter onboard USS New Orleans (LPD 18), July 9, as part of Amphibious Southern Partnership Station 2010 (SPS 10).

Amphibious SPS 10 is the amphibious portion of SPS, which is a deployment of various specialty platforms to the U.S. Southern Command Area of Responsibility in Latin America and the Caribbean.

The mission's primary goal is mission-focused information sharing with navies, Coast Guards and civilian services throughout the region in order to enhance regional maritime capabilities and security.

Peru *Infanteria de Marina*



Photo by MC1 Brien Aho

**Aviation Boatswain's Mate (Fuel) Airman Karina Allain translates for Peruvian senior officers while touring the amphibious transport dock ship USS New Orleans (LPD 18) during Southern Partnership Station 2010.**

Col. Gerardo Gervasi, Lt. Col. Herman Ovarce, Lt. Col. Renzo Corvetto and Sgt. Maj. Ricardo Japay were welcomed aboard by Commodore, Amphibious Squadron (PHIBRON) 5 Capt. Peter Brennan and USS New Orleans Commanding Officer Cmdr. Jeff

Oakey on the flight deck before beginning a tour of the ship.

The tour began in the ship's well deck, where they were briefed on basic functions and capabilities via translators.

"I really enjoy the opportunity to show off the New Orleans'

capabilities," said Oakey. "This is one of the most modern and technically advanced ships in the world and having the opportunity to show our partner nation peers what it can do is a great way to open up a dialogue and build relationships. These are savvy mariners and had a lot of great comments and questions throughout their time aboard. I think the tour and discussions gave everyone involved a better appreciation for each other."

The group made its way through the ship touring facilities including the medical department, troop berthing spaces, a damage control locker, troop command and control spaces and eventually making its way up to the bridge.

The four Peruvians were given ball caps and command coins as mementos of the visit and photos were taken on the bridge wing.

"This is the second time I've been aboard an American Naval

vessel," said Corvetto. "The first time was 2001, with Operation *Unitas*. This time the ship is a lot more modern and much larger than what I am accustomed to in my country. Coming to a new ship and seeing it gives me a much better appreciation of its capabilities. I found it interesting to see how the equipment is set up for amphibious operations and where the helicopters are kept and maintained. These visits always help to further unite American and Peruvian Marines and Sailors. This helps to further build on the good relationship that we already have."

New Orleans is currently participating in both Partnership of the Americas 2010 and Southern Exchange 2010 in Salinas and Ancon, Peru in support of Amphibious SPS 10. The ship is the platform for Special Purpose Marine Air Ground Task Force 24, to conduct amphibious operations with partner nations.

# Rawhides celebrate their golden anniversary in style

BY MC1 LESLIE L. TOMAINO

Commander Naval Air Force  
Atlantic Public Affairs

The "Rawhides" of Fleet Logistics Support Squadron Four Zero (VRC-40) celebrated their 50th anniversary and change of command recently.

The squadron kicked off the event with the change of command ceremony, in which Cmdr. Sean McDermott relieved Cmdr. Charles Hayden as commanding officer.

"I've had the pleasure of being your skipper and I'm honored to have served with each and every one of you," said Hayden. "Let it be known that you're not just a good squadron, you have proven yourself to be a great squadron within

our Navy. That's not easy to do, so take pride in it and carry on the Rawhide tradition."

After McDermott took the reins of VRC-40, he spoke to his squadron.

"This squadron never stops – not once," he said. "There's no such thing as an operational pause or taking a break. We're always moving – and I like that."

The ceremony included remarks from five former Rawhides – one from each decade of the squadron's operational history.

Retired Cmdr. Jeff Walker, stationed at VRC-40 in the 1960s spoke on behalf of that decade's Sailors, some of whom were present at the event and about his own experiences.

"The whole atmosphere of how things are run has changed," said Walker. "All of us old '60s guys thank you for this ceremony. We've had a wonderful time. It's a great day and it was a great day to be a Rawhide."

Rawhide Command Master Chief Michael Reese echoed that thought, saying "This means a great deal to all of the Sailors at the command. It's not every day that you get to be a part of something of this magnitude. They had the opportunity to meet and speak with former Rawhides from as early as 1961 – not something a lot of commands get the chance to do."

VRC-40 has provided Carrier Onboard Delivery (COD) services to

the Navy's East Coast-based aircraft carriers operating in the 2nd, 4th, 5th, 6th and 7th Fleets since July 1960. Their mission includes delivery of cargo, mail and personnel to the ships at sea. The squadron delivers an average of three million pounds of mail and cargo annually, while completing more than 1,000 arrested landings.

They have transported numerous celebrities and national leaders including astronauts Alan Shepard and Scott Carpenter, Tiger Woods, Dale Earnhardt, Jr., Bruce Willis, Charlie Daniels, Jimmy Buffet and Robin Williams.

The squadron is composed of 400 officer and enlisted personnel and operates 12 aircraft aboard five

aircraft carriers.

Commodore David L. Buttram, Commander, Airborne Command Control and Logistics Wing was the guest speaker, thanking the past squadron members for their attendance at the ceremony. "Thanks to those who are here, reminding us of what we were and what we are now. A lot of the legacy of excellence that is here now is due to the ground work and foundation you laid," said Buttram.

Buttram also presented the squadron with their second consecutive Battle "E" Award and commented on VRC-40's legacy in Naval Aviation history.

"We've had 50 years as a Navy squadron," he said, "and we're getting ready to

celebrate the centennial of Naval Aviation next year. So for half of Naval Aviation's existence, the Rawhides have been bringing it to the fight and doing great things."

Immediately following the change of command, there was a legacy flyover featuring a C-1 "Trader" in formation with a VRC-40 C-2A "Greyhound."

Additionally, there was a performance by the Navy Parachute Demonstration Team, the "Leapfrog" and several aircraft were on static display, including a C-1 Trader, C-2A Greyhound, T-39 Saberliner, C-130 Hercules, V-22 Osprey, MH-53 Sea Stallion, SH-60 Seahawk, T-2 Buckeye and T-6 Texan II.

# Dive! Dive! Dive!

## Multinational divers take to the water during Sea Breeze 2010

STORY AND PHOTOS BY MC1 (SW) GARY KEEN

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

ODESSA, Ukraine — Danish, Ukrainian and U.S. Navy divers took to the water for one of many dive evolutions during the multinational exercise Sea Breeze 2010 at the Ukrainian Western Naval Base, July 14.

Divers familiarized themselves with each other's equipment, diving techniques, and procedures gaining from each other's experience.

"It's excellent working with different nations," said Chief Steel Worker (SCW/DV) Daniel Lowery, officer in charge of Underwater Construction Team (UCT) 1. "We are here to become proficient in our job, work with other countries, and develop a relationship. All military services travel, so to go and be able to operate with each other is definitely better."

Members from the Danish Navy Dive Academy, Copenhagen; Ukrainian dive team from the Search and Rescue Center of the Ukrainian Navy, Sevastopol; and UCT 1, from Joint Expeditionary Base Little Creek-Fort Story; and Explosive Ordnance Disposal Mobile Unit (EODMU) 8, from Sigonella, Italy, will be training together daily in controlled environments both in port and at sea.

"Today we are going to dive with some of the guys from Ukraine who have never used or tested dive helmets before," said Diver Thomas Frederiksen, exercise participant from the Royal Danish Navy Dive Academy. "Over the next couple of days we will continue training with the Ukraine divers and we'll do some un-



Ukrainian Senior Diver Tkachenko Mihaylo jumps in the water to accompany Steel Worker 2nd Class Jesse Hamblin, assigned to Underwater Construction Team (UCT) 1 during one of many dive evolutions for Exercise Sea Breeze 2010 at the Ukrainian Western Naval Base.

derwater welding as well."

Surface supplied diving techniques, equipment familiarization, underwater welding, salvage operations, ordnance identification and disposal and side scan sonar operations are a few of the events that will be covered during various diving phases of Sea Breeze.

"The training was very interesting," said Ukrainian Navy Senior Diver Tkachenko Mihaylo. "We have many of the same procedures as the other nations, but our equipment is different and it is nice to learn about the different equipment."

Sea Breeze is an invitational combined and joint

maritime exercise in the Black Sea with the goals of enhancing Black Sea nation maritime security capabilities and improving Black Sea theater security cooperation strategies. Sea Breeze is the largest exercise this year in the Black Sea including 20 ships, 13 aircraft and more than 1,600 military members from Azerbaijan, Austria, Belgium, Denmark, Georgia, Germany, Greece, Moldova, Sweden, Turkey, Ukraine and United States.

For more news from Commander, U.S. Naval Forces Europe-Africa/Commander, U.S. 6th Fleet visit [www.c6f.navy.mil](http://www.c6f.navy.mil).



Members of Underwater Construction Team (UCT) 1 prepare for one of many joint dive evolutions with Danish and Ukrainian Navy divers on Ukrainian Western Naval Base during exercise Sea Breeze 2010. Sea Breeze is the largest exercise this year in the Black Sea including 20 ships, 13 aircraft and more than 1,600 military members from Azerbaijan, Austria, Belgium, Denmark, Georgia, Germany, Greece, Moldova, Sweden, Turkey, Ukraine and United States.

# AH-1Z helicopter cockpit simulator ready to train



The outside view of the new AH-1Z full motion cockpit simulator at Camp Pendleton, Calif.



U.S. Navy photos

Inside the new AH-1Z full motion cockpit simulator at Camp Pendleton, Calif.

**NAVAL AIR SYSTEMS COMMAND, PATUXENT RIVER, Md.** — The first and only AH-1Z full-motion cockpit simulator was declared ready for training at Camp Pendleton, Calif. recently.

The Naval Aviation Training Systems program office (PMA-205) and the H-1 Upgrades program office (PMA-276) worked closely with prime contractor, Bell Helicopter Textron and their subcontractor, Flight Safety International, to design, build, test and deliver this state-of-the-art full motion cockpit simulator for Marine Corps aviation.

"This AH-1Z cockpit simulator brings a lot of training capability to our warfighters," said Capt. John Feeney, PMA-205 program manager. "The two-person crew has a greater field of view making it as realistic as possible, it has increased reliability and the actuators that move the cockpit are electrically powered versus the usual hydraulic system making it more environmentally friendly."

The AH-1Z simulator is located at Camp Pendleton since it is the initial training site for all Marine Corps pilots transitioning from the AH-1W Super Cobra to the new AH-1Z helicopter.

"The Marine Corps uses flight simulators for a lot of training," said Col. Harry Hewson, H-1 Upgrade program manager. "More than 46 percent of the transition training from the AH-1W to the AH-1Z can be done in this simulator."

The simulator can train aircrews how to use the mission computers, com-

munications, navigation and weapons systems on the AH-1Z, including the AIM-9 Sidewinder air-to-air missile, the Hellfire anti-armor missile, the 2.75 inch rocket pods and the 20 mm cannon, added Hewson.

"Another great feature of the simulator is that it can be electronically linked to the UH-1Y simulator and two other non-motion AH-1Z simulators allowing our aircrews to practice multi-ship formations and to train for combat missions," said Hewson. "It has databases for many potential worldwide operating areas."

One of the major differences between the legacy AH-1W Cobra and the new AH-1Z is the Zulu's glass cockpit, which significantly changes the way the pilot interacts with the aircraft.

"Through this state-of-the-art simulator, which includes the latest technology in visual scene replication, pilots learn how to navigate mission computer page trees in a crawl, walk, run training syllabus, while simultaneously progressing through their normal flying syllabus," said Maj. Phillip Tucker, Marine Aviation Training Systems Site officer-in-charge at Camp Pendleton. "At a pennies-on-the-dollar cost compared to aircraft flight hours, training in the AH-1Z full motion simulator augments what is conducted in the aircraft and allows pilots to focus on improving their heads down, 'button pushing' skills in a simulated environment; so that they can spend more time with their eyes out of the cockpit in the real world."

# Caring for service members

Ann Morris, Director of NMPS, on Naval Station Norfolk

STORY AND PHOTOS BY  
MC3 SAMANTHA L. RIVERO  
*The Flagship staff writer*

With a heart of a hero and the hand of a mother, Ann Morris has touched many lives since she has taken the position of Director at Navy Mobilization Processing Site (NMPS), also known as the USO, on Naval Station Norfolk.

Morris began volunteering at the NMPS on Naval Station Norfolk because of her personal experiences with the difficult lifestyle military members and their families are forced to lead sometimes.

"My husband retired at 26 years in the Coast Guard and my brother retired at 20 years as a Captain in the Coast Guard," she said. "I know what it is like to be somewhere where you don't have any help. That is why the USO is something that I hold so deep in my heart."

Morris' husband was previously stationed in Alaska, where Morris said support for families was limited and USO's simply weren't present.

"I really wish that someone had been there for us," said Morris. "Even just one USO would've made all the difference and I don't want another



Ann Morris along with volunteers for the USO stop for a quick snap shot.

service member or their family to feel what I felt while we were in Alaska."

She said that in the time she has been volunteering at the USO, she has learned a lot about the sacrifices that are made by Sailors every day in the Hampton Roads area.

"Being a military wife for 26 years made me believe that I knew everything there was to know about the military," said Morris. "I felt like I had really seen it all, but being here now and seeing what some of these Sailors do is miraculous and it has really opened my eyes to the fact that there was so much about the military that I needed to learn."

Morris said that sacrifices she sees from Sailors on a day-to-day basis has motivated her to be so involved with the USO and has instilled a dedication in her to help Sailors who may feel like they have no where else to go.

"I want everyone to understand the sacrifice that these service members make, but most of all I want Sailors to know that no matter what, they will always have a home," she continued. "I want them to know that they will always have a place to come when they have nowhere else to go. They will always have an open ear to listen and a willing hand to help them in anyway we can. That is no more than they deserve and that is what the USO is about."

Morris said she has no intentions of leaving the USO anytime soon and just wishes they had more volunteers, so that they could offer their services in the evenings and on weekends for Sailors who need somewhere to go during non-working hours.

"My goal is to get enough volunteers to open this facility up on evening and weekends," said Morris. "We have our information tables that are just packed with Sailors every weekend who come by and use their computers and read through our informational pamphlets. I just wish we were open, so they could come in and relax."

Morris often puts in almost 60 hours a week and in order to show their appreciation many service members who use the USO regularly began writing thank you letters to Morris in a notebook that is kept proudly displayed at the entrance of the USO.

Members have written a variety of praises about Morris including the following passage:

"I would just like to say Thank you! You are a wonderful person with a HUGE, kind heart. You were like a mother to me; I have seen you create a beautiful atmosphere here at NAVSTA Norfolk. It's truly like a family here."



A Sailor works on a puzzle at the NMPS on Naval Station Norfolk.



## Families, IA Sailors find support at USO

With nine centers in the Hampton Roads area, the United Service Organization, affectionately called USO, is never too far away to help service members and their families prepare for the changes that can be expected with Individual Augmentee deployments.

"We offer many resources to help prepare Sailors for IA deployments," said Ann Morris, Director of the USO on-board Naval Station Norfolk. "We have resources such as pet therapy and also things such as movies and books for IA sailors and their families to use in order to help prepare for this unique deployment."

Along with the resources that are offered by the USO, NMPS on Naval Station Norfolk also offers unique opportunities for IA Sailors preparing to deploy.

"We host our IA Farewell every Saturday morning," said Morris. "We make them lunches to take with them on the bus. We also line up in front of the building with the families and shake their hands as they walk to the bus and give them a final farewell as they leave."

The IA Farewell is held every Saturday morning from 6 a.m. to 8 a.m. and gives families and friends time to part with their loved ones in a supportive and understanding environment.

"It can be very hard sometimes because this is the last chance that their families will have to see them before they leave for their deployment," said Morris.

*For more information on resources available to IA Sailors or to learn how you can help, contact Ann Morris at 282-6048 or visit the USO website at [www.usohr.org](http://www.usohr.org).*

# Digital Technology: iPads and service members

BY ARMY SGT. JOHN MANN

Producer on The Pentagon Channel's "This Week in the Pentagon"

The folks at Apple say they designed the iPad to provide functions between a laptop computer and mobile devices like a smart phone or iPod. It is built to do a number of functions brilliantly; surf the web, read and write E-mails, browse photos, videos and books, and run thousands of apps including productivity software and games. All of this is done via a nine-inch touch screen that allows users to navigate through pages and functions with taps and swipes of the finger.

If you've used an iPhone – it's the same. If not, you can pick up the techniques pretty quickly. The interface creates a personal connection between you and what you're doing. There's no mouse cursor – you directly manipulate what you want on the screen. This makes the whole experience kind of fun. Sometimes the whole touch interface

isn't the most accurate or perfect, but I found the margin of error to be acceptable, especially when you consider what any alternative methods of navigating there could be, like a mouse or a roller ball.

All iPad models can connect to the internet through a Wi-Fi connection, while 3G models connect through the cell phone network for a price. The speed of the 3G reminds me of internet speeds from about ten years ago, but given the fact that I could surf the web far from any regular connection quickly made up for the lack of speed. But be warned, the 3G speeds are only useful for light web surfing and E-mailing. I ran into a download size limit a few times (especially trying to download certain apps) on the 3G network that forced me to seek out a Wi-Fi connection to finish the job.

The iPad is awesome if you're looking to just have fun. Movies look great on the screen

and the speaker is loud and clear enough to enjoy video and music without earphones. Organizing and viewing photos is rather easy – Apple even provides a few add-ons that allow the iPad to interface with cameras, so you can download and view photos on the iPad. A lot of photographers are apparently using this capability to QC photos on the high-resolution iPad screen instead of the small LCD screen most cameras have these days. I pulled up a few photos of the kids and they looked great. It's easy to hand the iPad off to the grandparents, "Here's the latest album of the kids at Christmas." It saves hauling around a photo album, but I can't remember the last time I hauled around a photo album anyway.

Apple's iBook, its downloadable reader, allows you to read books on the go much like the Kindle. In fact, you can get a Kindle app and access the Kindle's content as well.

Reading on the screen is about the same as reading a large-print novel. There's a market of comic books too, if that's your thing, which the iPad is really built to display. Two dollars and a minute or two of downloading and you have the latest Marvel issue. If reading is a priority for you, this is a big plus for the iPad. You can literally carry hundreds of books and comic books on the iPad. The weight and space savings is incredible and having your whole library at your fingertips all the time is a powerful feeling. On the flip side, while there are a lot of free books out there, you'll still have to pay a price for the convenience ... namely the full retail price of the book. As I imagined, the ability to carry dozens of books with me downrange, I also remembered the bins of free books at the United Service Organizations (USO). I guess it's an issue of priorities.

Gaming on the iPad is a new level of interactivity, though many of the games available right now don't move beyond the capabilities of the games I find on Facebook. No Xbox, Playstation or PC games here, though there are a few out there that provide more depth and capability than some of the shallow shooters that do little more than pass the time. Hopefully more will come, because the potential is there. We'll have to see what the next year or two brings in this department.

One of the biggest areas I was interested in testing was the productivity capabilities of the iPad. I dreamed of the potential of writing up work documents and notes on the go or while waiting around (which is something we do a lot in the military). Apple made a version of their iWorks software for the iPad, namely Pages, Keynote and Numbers, i.e. Apple versions of Word, Powerpoint and Excel. Other note taker, database and spreadsheet apps are available as well. As a work device, the iPad functions like an electronic clipboard. The keyboard shows up whenever you need it and it allows you to type relatively fast compared to a smartphone. But it is no normal size keyboard, so those typ-

ing techniques you learned in school won't work here.

I was forced to develop a new method of typing and I found my endurance to be rather short. In the case of this review, I actually started out writing it on the iPad, but I quickly moved to finish it on a laptop because it was taking too long to type. Apple does make a dockable keyboard for the iPad. It can also connect to any bluetooth keyboard to allow 'normal' typing on the iPad. But it would defeat the whole portability of the iPad if you have to slave it to a keyboard on a desk or table.

Where the iPad really stands out is its battery life. Apple says the iPad's battery can handle ten hours of video playback, which is the biggest battery life killer of any of these devices. In my tests, I could run the iPad off and on all day without draining the battery. I wasn't running it for twelve hours straight, I did have other things to do, but I was using it pretty heavily and never ran into a battery problem. I eventually got into the habit of charging it at night right next to my cell phone and never saw my battery indicator fall below 40%. I've never seen a laptop, even my Macs, accomplish that feat.

Where the iPad starts getting into trouble is the fact that it is not designed to be a stand-alone device. Like an iPod or iPhone, it is necessary to connect the iPad to iTunes to move content on and off the device. All music, movies, photos and data files have to pass through iTunes and there is pretty much no way around it (unless someone hacks it, but I'm not getting into that here). This puts a cramp in trying to move a document from the iPad to a government computer, given the current restrictions on how devices are connected to government networks. If you have a Wi-Fi or 3G connection, that's not much of an issue, simply E-mail the file to yourself as an attachment.

But what if you're somewhere that doesn't have a Wi-Fi or 3G connection, such as Iraq, Afghanistan, or a ship at sea? Without those connections, the iPad loses a lot of its functionality. It can still play videos and run apps, but if you want to add

something new you need to do it through your iTunes account, which requires a computer with its own storage and Internet connection. So, if you already have a laptop that can play your videos, run your productivity programs and play games, why would you need an iPad?

You'll also run into conversion issues if you plan on using the iPad for work. Knowing how important Powerpoint is to the military, I thought it would be awesome to be able to create, edit and display presentations from the iPad. Keynote is a very powerful presentation program that can read and edit Powerpoint files. The downside to this is while iPad's Keynote can open and edit a Powerpoint file, it cannot export a Powerpoint file. You'd have to export it to Keynote on a Mac and then figure out a way to get it to your presentation system. That extra step may be enough to kill the convenience ... if you can't move the file off the iPad, why spend the money and effort to build it there? This is the biggest problem for all productivity apps. Again, if you can connect the iPad through a Wi-Fi or 3G, the advantages may outweigh the disadvantages. Take away those connections and those disadvantages really become an issue.

Bottom line, the iPad is a fun device and does what it's designed to do very well. But it's not one that will really lighten your load if you're going downrange. It's not going to replace your laptop ... you'll still need it to make the iPad work. And if you already have a laptop, it can perform those work functions better than the iPad, as well as play those movies and games.

Of course, the iPad was never designed to replace your laptop, so I may be asking more of the iPad than it was ever intended to deliver. My perspective came from looking at my Mac world and seeing where the iPad would fit. I guess I'm wishing Apple would broaden the iPad's possibilities a little more. Maybe a few new apps could change this, but they don't exist right now.

I'd say portability and battery life are the iPad's biggest advantages, but at a starting price of \$500 and going up to \$830, you'd have to really want those advantages to make it worth the price. If surfing the web, writing E-mails, watching videos and playing games are what you want and you have the money to spend, then the iPad is exactly what you want.

*To hear more from Sgt. Mann, check out his original "This Week in the Pentagon" report on The Pentagon Channel.*



Photo courtesy of Apple Inc.



Photo by MCSA Albert K. Jones

An F/A-18F Super Hornet assigned to the Jolly Rogers of Strike Fighter Squadron (VFA) 103 breaks the sound barrier during an air power demonstration above aircraft carrier USS Dwight D. Eisenhower (CVN 69), July 9.



Photo by MC2 Jon Dasbach

Capt. Roy J. Kelley, Commander of Carrier Air Wing (CVW) 7 and Capt. Dee L. Mewbourne, Commanding Officer of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) present Neil Armstrong, the first man to walk on the moon, with his Navy Astronaut wings in a ceremony aboard the ship as fellow astronaut Jim Lovell, Commander of Apollo 13, looks on, March 10.

## Eisenhower returns to homeport

COMPILED BY FLAGSHIP STAFF

**NORFOLK** — After nearly seven months, the USS Dwight D. Eisenhower (CVN69) Carrier Strike Group (IKECSG) has returned to Naval Station Norfolk.

The Carrier Strike group deployed, Jan. 2, immediately playing host to a series of doctorate level lecturers for the purpose of increasing security

education amongst the senior leadership. As the weeks passed by with Sailors in constant training, the carrier made its way to Afghanistan. Once there, the IKECSG relieved the USS Nimitz CSG, Jan. 26.

The IKECSG launched its first sorties two days later, deploying aircraft from Carrier Air Wing (CVW) 7 supporting Maritime Security Operations (MSO) in the U.S. Navy's 5th Fleet area of responsibility.

It was only a day later when they received a surprise visit by James Cameron and his "Avatar" companions, producer Jon Landau, actors Michelle Rodriguez and Stephen Lang, and Jim Cameron's brother John Cameron, a former Marine and the movie's military consultant, toured both the USS Dwight D. Eisenhower (CVN69) and USS Hue City (CG 66) and signed autographs for Sailors on both ships.

U.S. Navy and Coast Guard service members combined forces to conduct Visit, Board, Search and Seizure (VBSS) training aboard the guided missile destroyer USS Carney (DDG 64) April 1.

Such training was brought into sharp focus as USS McFaul captured 10 suspected pirates and rescued eight crew members from the pirated Indian cargo dhow Faize Osamani, near Salalah, Oman, April 5.

As operations continued, the carrier hosted Vice Commander Naval Operations Adm. Johnathan W. Greenert, the Air force's Force Master Chief, astronauts Neil Armstrong, Jim Lovell and Gene Cernan.

The IKECSG Transitioned to the Suez Canal and entered 5th fleet area of responsibility, June 21.

As the days wound down IKECSG was relieved by the USS Harry S. Truman CSG, July 2.

The mission was not without loss as a E-2C Hawkeye was lost on March 31. Lt. Miroslav Steven Zilberman, 31, of Columbus, Ohio, assigned to the "Bluetails" of Carrier Airborne Early Warning Squadron (VAW) 121, was killed March 31, when his aircraft crashed while attempting to return to the aircraft carrier USS Dwight D. Eisenhower (CVN 69) from a mission over Afghanistan.



Photo by MC3 (SW) Shonna Cunningham

Sailors aboard the aircraft carrier USS Dwight D. Eisenhower (CVN69) stand in formation on the flight deck in the shape of five stars and 2010 for an end-of-deployment photo.

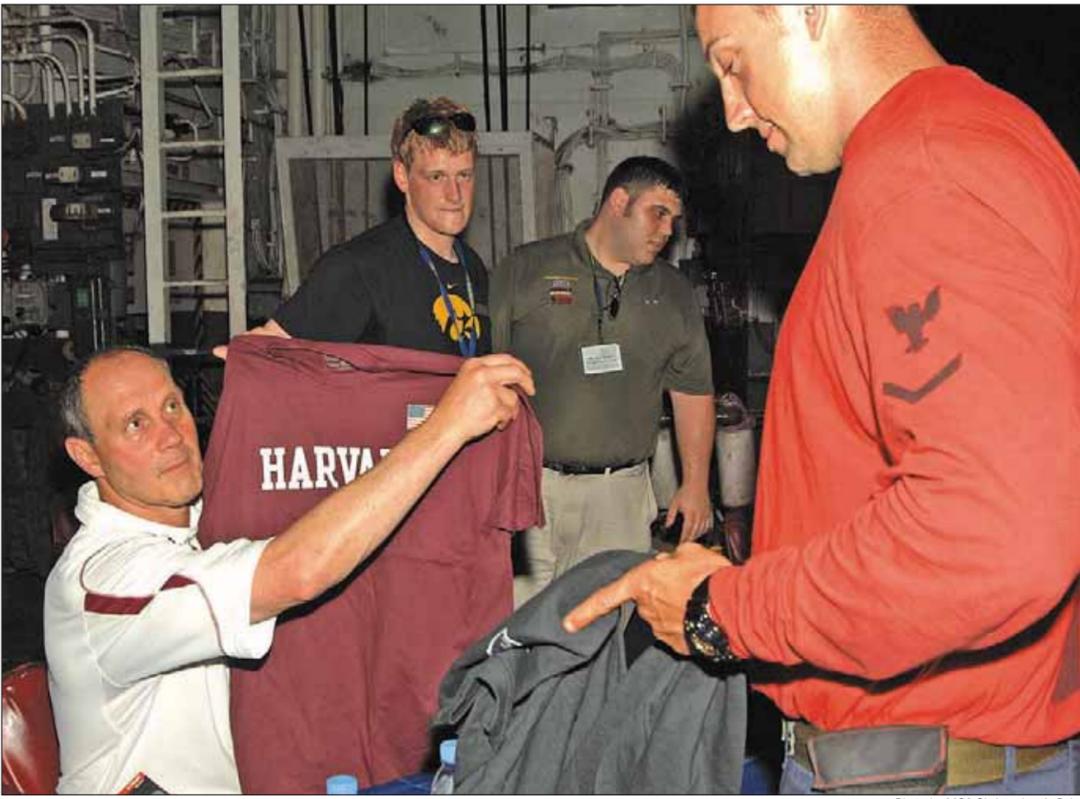


Photo by MC3 Christopher A. Baker

Tim Murphy, the football coach for Harvard University, meets Sailors and signs autographs aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) as part of a Morale Entertainment and USO-sponsored 2010 Coaches Tour.



Photo by MC2 Gina K. Wollman

Actress Michelle Rodriguez and Actor Stephen Lang of the film "Avatar" smile for the camera while on their way to visit Sailors on the aircraft carrier USS Dwight D. Eisenhower (CVN 69), Jan. 27.



Photo by MC2 William Wienert

Cmdr. Dave Mundy, executive officer of the Bluetails of Carrier Airborne Early Warning Squadron (VAW) 121, presents an American flag to the widow of Lt. Miroslav Steven Zilberman during his memorial ceremony. Zilberman was killed, March 31, when his E-2C Hawkeye crashed while attempting to return to the aircraft carrier USS Dwight D. Eisenhower (CVN 69) from a mission over Afghanistan.



Photo by MC3 William Jamieson

Sailors aboard USS Dwight D. Eisenhower (CVN 69) participate in a 10-mile flight deck run.

# Mullens reflect on 40 years of marriage, service



Photo by Chad J. McNealey

Adm. Mike Mullen, Chairman of the Joint Chiefs of Staff, his wife Deborah, USS Dewey (DDG105) ships sponsor and Cmdr. Warren R. Buller, Commanding Officer, USS Dewey, watch the crew bring the ship to life at the commissioning ceremony for U.S. Navy's newest Arleigh Burke-class guided missile destroyer at Seal Beach Naval Weapons Station, Calif., March 6.

BY LISA DANIEL  
American Forces Press Service

WASHINGTON — Forty years ago, Adm. Mike Mullen and his wife, Deborah, said, “I do” – not just to each other, but to four decades in the Navy.

The couple, who frequently appear together to discuss issues important to military families, recently spoke about their own military life to the armed forces’ youngest family members.

In a video taped earlier this month as part of an Armed Forces Foundation Veterans Day message for elementary-age children of service members, the Mullens recounted their earlier days of long deployments and frequent moves with their two sons.

“It’s been a wonderful, wonderful life,” the Admiral said. “But Deborah sacrificed a lot for my career – and so did our two boys.”

Mullen, chairman of the Joint Chiefs of Staff, was in his final year at the U.S. Naval Academy when the couple met – introduced by their mothers – at a wedding. Their first date was the 1967 Army-Navy football game in Philadelphia.

Deborah acknowledged she faced a tough decision about marrying into the military. She knew the lifestyle was hard, she said, and with the Vietnam War in full force, her husband certainly would be sent.

Still, love endured and the couple married in 1970. “I only expected we would be in the Navy about five years,” she said.

It didn’t take long,

though, before the Mullens realized they were in the military for the long haul. Over time, she said, she came to see that “Mike and the Navy were perfect for each other.”

“I learned that this was more than just a job to Mike,” she said. “It was his way of life and it would be my way of life and that of our children.”

The couple noted the challenges all military families face with frequent moves, new schools and having to make new friends.

“As we moved around ... we spent a lot of time trying to figure out what was best for our two boys,” the Admiral said. “We tried to always focus on where we would live next, the transition and where were the good schools. Too often, I had to move ahead and Deborah and the boys had to figure it out on their own.”

But overall, Deborah said, the nomadic Navy lifestyle presented “enormous opportunities” for the family and their children thrived by learning to be independent and open to change.

“As they look back,” she said of their grown sons, “they see it as a very rewarding experience and a part of life they cherish.”

While the military lifestyle worked out well for their own children, the couple said they know some have a difficult time adjusting.

“I worry a great deal about the children and their ability to make these adjustments,” Deborah told an interviewer. The sacrifices military children make and their ability to adjust is something everyone should notice, she said.

“We’re actually inspired by these children,” she said. “They have extraordinary challenges and I don’t think our country realizes all the sacrifices they make.”

The chairman and his wife expressed their appreciation for the sacrifices made by children of military families. “We really do believe you are the greatest,” the Admiral said. “You’re part of a greater whole of a nation who care so much about what you’re doing.”

“We owe a great debt to you for what you help your mom and dad do for our country,” Deborah added.

*The Armed Forces Foundation is a Washington-based nonprofit organization that provides financial and other assistance to military families.*

# Rules change on escorting families during duty station moves

BY WM. CULLEN JAMES

Navy Personnel Command  
Public Affairs

**MILLINGTON, Tenn.** — Service members traveling on indeterminate temporary duty (ITDY) orders are now authorized to escort their family members to and from an alternate location at government expense, according to NAVADMIN 227/10, which was released July 9.

The message announced the change in the Joint Federal Travel Regulations (JFTR) law that went into effect March 15.

The new policy adds an escort entitlement for Sailors to accompany their family during an authorized move. There is no change to family member travel.

ITDY is similar to temporary duty (TDY), which the Navy calls temporary additional duty (TAD), but there is no specified time period and no end-date in the orders. A modification or follow-on orders are required for the member to go to their permanent duty station (PDS).

According to Cmdr. Carl Chaffin, distribution management and procedures branch head, this change in policy is the culmination of more than two years of work that was initiated at the direction of the Task Force Individual Aug-



Photo by MC1 R. Jason Brunson

**More than 100 Sailors depart Fort Jackson, S.C. after completing the U.S. Navy Individual Augmentee Combat Training course at the post.**

mentee (IA) Conference held in the fall of 2007.

“To allow service members returning from IA assignments to reunite with their families was a major issue of that conference,” said Chaffin. “Reducing the requirement from 365 to 210 days to be eligible for ITDY orders and the escort entitlement were the courses of action taken to meet that issue.”

To apply for escort entitlement, the member must be on ITDY

orders dated March 15 or later. Orders dated prior to March 15 can be modified, but this modification does not grandfather in prior travel.

“ITDY orders are issued to service members going on temporary duty when the return date is unknown,” said Chaffin. “To qualify for ITDY orders, the Navy has reduced the estimated minimum number of days on assignment to 210 days. ITDY orders extend the same entitlements as TDY orders,

plus additional entitlements for moving family members to an alternate place. The escort option only applies to the member when assisting family members such as for the purpose of concurrent travel.”

Under the new rules, service members must request approval of their itinerary prior to starting travel. Travel is either from the PDS to the ITDY location or from the ITDY location to the PDS. Service members currently on Global War on

Terrorism Support Assignments (GSA) cannot be reimbursed retroactively for previous travel, but may make a request for their return travel.

#### Some typical scenarios:

- A service member accompanies family members from an alternate location en route to the old PDS upon return from an Individual Augmentee assignment when the service member does not have follow-on permanent change of station orders.

- The member escorts family members to an alternate location and returns to the Sailor’s PDS prior to departing for an IA/GSA.

- When the service member has follow-on PCS orders, travel from the ITDY location to the old PDS (if family members elected to stay there) and travel to new PDS when returning from a GSA.

#### The government will not pay for escort travel when:

- The member wants to use it to arrange for household goods or privately owned vehicle shipments, take leave or any other personal convenience.

- The member does not have ITDY orders. Any travel prior to having written orders is not reimbursable.

- The member has already reported to the new PDS.

## Joint service members learn about reserve retirement benefits

### PRESS RELEASE

Navy Operational Support Center Fort Worth  
Public Affairs

**FORT WORTH, Texas** – More than 60 military service members and their spouses attended a Joint Reserve Retirement Benefits Seminar hosted by Navy Operational Support Center (NOSC) Fort Worth in Fort Worth, Texas, July 10.

Navy, Army, Air Force and National Guard members from around the nation were greeted by Capt. John J. Reape, NOSC Fort Worth’s commanding officer, at the Naval Air Station Joint Reserve Base Fort Worth theatre.

Reape focused on the importance of retirement preparation.

“After dedicating years of service, even-

tually all of us will have to go home,” said Reape.

Attendees then received information covering the Veterans Center, TRICARE and Delta Dental, the Reserve Survivor Benefit Plan and other programs. Subject matter experts thoroughly presented each topic for retiring military personnel and those considering retirement.

“The Fort Worth seminar was the fourth we’ve held as a national event,” said Chief Navy Counselor (AW) Everett A. Currie, assigned to Region Mid-Atlantic Reserve Component Command, who spearheaded the national reserve retirement seminar effort.

“The concept is the same as the active duty Transition Assistance Program, but tailored to the reserve and guard,” explained Currie.

“Reserve retirement benefits are different from active duty benefits. For example, the reserve has a ‘gray area’ that runs from the actual retirement date until retirement pay kicks in around age 60. There are a lot of questions concerning that period.”

In addition, Currie said that he’s been inundated with hundreds of calls about reserve retirement benefits, illustrating a great need for reserve retirement information.

In response, Currie created a reserve retirement benefits seminar and presented it to the Commander, Navy Reserve Forces Command training department for consideration. From there, the seminar went national and evolved to include other branches of service.

According to Currie, it had become clear the benefits information applied to all re-

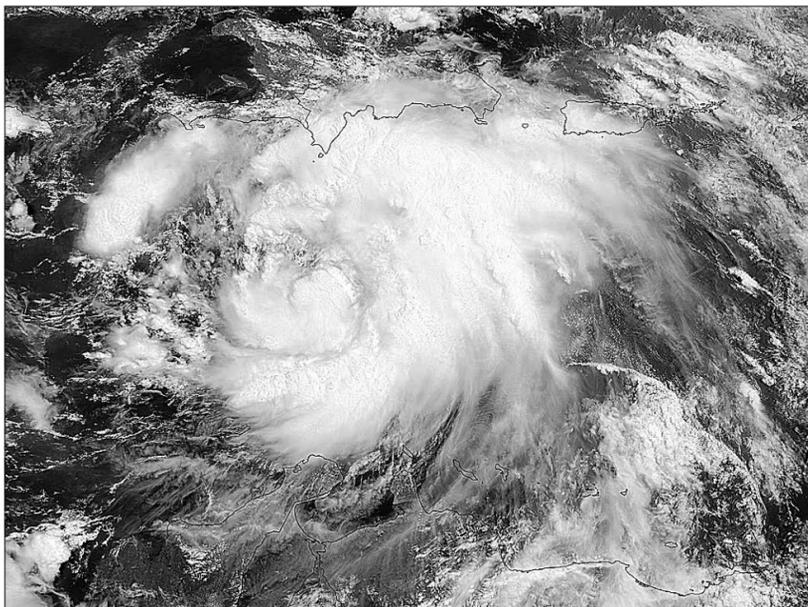
serve services, not just the Navy Reserve.

“We made the presentation a joint seminar,” said Currie. “Just as many guard as reservists attend the presentations, like they did in Fort Worth.”

One attendee of the Fort Worth seminar was Chief Information Systems Technician Norman E. Harward, assigned to the Commander, U.S. 3rd Fleet Maritime Air Operations reserve unit.

“I’m retiring in December (2010), so this seminar was helpful and timely,” said Harward. “I heard of some of the benefits before, but didn’t know the details. Plus, there were other benefits I wasn’t even aware of.”

To find out when the next reserve retirement benefits seminar will be held and for reserve retirement information, contact your command career counselor.



NASA photo

Resolution Imaging Spectroradiometer on NASA's Terra satellite captured this image. With winds of 135 miles per hour (217 kph), Hurricane Dennis was a powerful Category 4 storm just hours away from making landfall. At the time this image was taken, the eye of the storm was about 55 miles (90 kilometers) South, Southeast of Pensacola, Florida and the storm was moving Northwest at about 18 miles per hour (29 kph).

## Track hurricane season with up-to-date TRICARE information

### PRESS RELEASE

TRICARE Management Activity

**FALLS CHURCH, Va.** — Hurricane season is here! The 2010 Atlantic Hurricane season began in June and the National Oceanic and Atmospheric Administration (NOAA) is forecasting an “above-normal” season. NOAA predicts 8-14 hurricanes with 3-7 of them major.

Being prepared is the best way for TRICARE beneficiaries and their families to stay safe in the event of a natural disaster. Even for beneficiaries not among the more than 35 million people who live in the regions most affected by hurricanes, being prepared for emergencies or disasters is a smart bet.

Be sure to have a complete emergency kit on hand. Keep it up to date and make sure everything works and that food and water have not expired. Along with food and water, the kit should contain a battery operated weather radio, flashlights and first aid supplies, include any medical necessities. Keep in mind that medical assistance may not be immediately available after a disaster.

Below is a checklist of health-related items to include for each family member:

- Copies of each family member's uniformed services ID card (or sponsor's name and Social Security number), Medicare card or other health insurance card, if applicable
- Copies of family members' names, addresses, phone numbers, etc.
- Copies of medical records
- Primary care managers, other doctors' names and phone numbers
- Emergency contact names and

phone numbers

- TRICARE Regional and pharmacy contractors and Medicare contacts
- Known prescription medications and doses
- A list of allergies
- A properly stored, 30-day supply of prescription medications
- Non-prescription drugs such as pain relievers, anti-diarrhea medication, antacids, laxatives, itch control creams, etc.
- Style, model and serial numbers for any medical devices
- Extra batteries for wheelchairs and hearing aids
- Any personal items such as eyeglasses and other special equipment

In case of an emergency, TRICARE provides beneficiaries with up-to-date information electronically. TRICARE's disaster relief website at [www.tricare.mil/disaster-info](http://www.tricare.mil/disaster-info) provides all the information you need before, during and after a hurricane. Downloads on the page include a wallet card with critical contact information and a disaster preparation flyer. Critical information on TRICARE and Department of Defense-related matters that may affect your health benefits is available via E-mail, Twitter and Facebook. Sign up to receive disaster E-mail updates at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions). Connect with TRICARE on Facebook and Twitter at [www.facebook.com/tricare](http://www.facebook.com/tricare) and [www.twitter.com/tricare](http://www.twitter.com/tricare).

*For more information and more valuable tips on disaster preparedness please visit the Department of Homeland Security's preparedness website at [www.ready.gov](http://www.ready.gov).*

## Behavioral health options for military couples

### PRESS RELEASE

TRICARE Management Activity

**FALLS CHURCH, Va.** — It's important for military couples to talk to someone about marital struggles or stress they may be experiencing. Marital, couples and family therapy, often referred to as counseling, are all types of professional behavioral health interventions available to eligible married couples enrolled in TRICARE Prime, TRICARE Prime Remote and TRICARE Prime Overseas.

“Military life can often cause stress for couples and families,” said Rear Adm. Christine Hunter, Deputy Director of the TRICARE Management Activity. “Long deployments, worries about job-related danger and frequent moves can take their toll. For these reasons, TRICARE considers marital therapy an essential part of behavioral health care.”

Marital therapy or counseling can be covered by TRICARE Prime when it's based on a behavioral health diagnostic evaluation by a TRICARE provider. TRICARE Prime-enrolled spouses of active duty service members can seek marital therapy or counseling in the U.S. or overseas as part of the first eight outpatient behavioral health care visits allowed per fiscal year. This can be done without a referral from a primary care manager or prior authorization from their regional health care contractor. Active duty service members need a referral for all behavioral health care received in the TRICARE network.

Professionals in the TRICARE network authorized to provide marital therapy include psychiatrists, psychologists, certified psychiatric nurse specialists, clinical social workers and certified mar-



riage and family therapists. TRICARE-authorized pastoral and mental health counselors can provide therapy or counseling services under a physician's supervision.

After the first eight visits, non-active duty beneficiaries must get authorization from their regional health care contractor to continue treatment. To reduce their out-of-pocket expenses, beneficiaries are encouraged to use a TRICARE network provider.

Active duty family members enrolled in TRICARE Prime or TRICARE Prime Remote can call their regional Behavioral Health Care Provider Locator and Appointment Assistance Line for help locating and making appointments with network behavioral health care providers in their area. The toll-free numbers are: North Region, (877) 747-9579; South Region, (877) 298-3514; and in the West Region, (866) 651-4970. Hours vary according to region. TRICARE Prime Overseas beneficiaries can get information about host nation providers from their local military treatment facility or TRICARE Service Center. The nearest TRICARE Service Center can be found at [www.tricare.mil/overseasTSC](http://www.tricare.mil/overseasTSC).

*To view TRICARE's behavioral health options visit our Mental Health Resource Center at [www.tricare.mil/mentalhealth](http://www.tricare.mil/mentalhealth).*

# NAMESAKE: Former president inspired by crew of ship that bears his name

Continued from page A1

experience that she will never forget.

"It was really exciting to spend time with a former president," she said. "It was an honor to meet him. It was great experience interacting with the namesake of this great ship and someone who played such a significant role in U.S. history," Hout continued. "It's not every day that you get to meet the 41st President of the United States."

Miller also noted that one of the command's primary goals is to emulate the qualities of its respected namesake.

"We run this ship and we harp on our guiding principles," said Miller. "President Bush is an example to every single one of us and Barbara is an example that inspires us every day. Our number one guiding principle aboard this ship is that, like our namesake, we are professionals who serve our country with integrity.

It drives us. It fuels us," he said. "George H.W. Bush is a professional who continues to serve his country with integrity."

The former president expressed his confidence and high hopes for the command concerning the aircraft carrier's upcoming maiden deployment and reinforced his gratitude to the armed forces and its service members.

"This ship will do a wonderful job supporting freedom around the world," he said. "When this ship deploys, I know that you will carry the flag with great honor, the flag of the United States, a flag of freedom. We are so blessed that freedom works in this country," he added. "What a great country this is and what a wonderful thing it is to be an American. We are so lucky to have people serving, all volunteers, volunteering for this country and to be a part of this magnificent ship."

Bush, a former Navy pilot, was stationed on the



Photo by MC2 (EXW/PJ) Joseph M. Clark

Former President George H.W. Bush speaks to Sailors following breakfast in the Chief's Mess aboard the aircraft carrier that bears his name July 15. Bush and his wife, Barbara, spent their time aboard watching flight operations, touring the ship and visiting with the crew.

USS San Jacinto (CVL 30) during World War II and earned the Distinguished Flying Cross for his combat service in the Pacific in 1944.

USS George H.W. Bush

is the only U.S. Navy aircraft carrier with a living namesake. This visit marked the second time at sea for the former President, but was Barbara's first time underway aboard

the ship named after her husband. The Bush's daughter and ship's sponsor, Dorothy Bush Koch, went underway aboard the ship for its first ever Friends and Family Day

Cruise in May. The entire Bush family has been actively involved in the command and events involving its crew since the ship's commissioning in January 2009.



Photo by MCSN Sandi L. Grimnes

Former First Lady Barbara Bush signs the guest book aboard USS George H.W. Bush (CVN 77) while Lt. Cmdr. Virginia Schmied looks on, July 15.

## ROUND UP: Tickets cost half of normal

Continued from page A1

MCPON's to be at one event," said Howard. "No other venue will have so many years of cumulative service leading our forces than at the East Coast CPO Round Up."

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

"The tickets are almost 60 percent off the normal daily entry fee," said Howard. "The day is open to all Navy to enjoy the Kings Dominion park and the event is meant to be sort of an end of the summer Navy bash."

Tickets are \$23 and children 2 and under are admitted free with advanced

purchase of tickets. 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](http://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.

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

**CNRMA** — YNCS Barry Fitzgibbons 322-2800, [barry.fitzgibbons@navy.mil](mailto:barry.fitzgibbons@navy.mil)

**NCR** — YNC Aaron Riley (202) 781-5766, [aaron.riley@navy.mil](mailto:aaron.riley@navy.mil)



Photo by MC2 Leslie Long

Rear Adm. Buzz Little, Commander of Navy Reserve Forces Command, throws out the first pitch before a game between the Norfolk Tides and Gwinnett Braves, May 25.

## Norfolk Tides celebrate the Navy community

### PRESS RELEASE

Commander, Navy Region Mid-Atlantic Public Affairs

All area active duty, military families and retired military personnel are invited to join the Norfolk Tides Baseball Team to enjoy live baseball action as the tides celebrate Navy Night at harbor park, August 13. The Norfolk Tides, a Triple-A affiliate of the Baltimore Orioles, will take on the Charlotte Knights, a Chicago White Sox Triple-A affiliate.

This is the second annual Navy Night event. Representatives from ComNavAirLant, ComNavSurflant, ComNavSubLant and NECC will be on hand to throw out the first pitch. NAVSTA Norfolk honor guard will present the colors and the U.S. Fleet Forces ceremonial band will perform as part of the pre-game activities. Displays from Navy SEALs, NECC static displays, EOD, FFSC, MWR and NMCRS will be set up inside and outside the stadium.

The pre-game ceremony will also include the oath of enlistment for new recruits and an opportunity to honor the men and women of the Navy.

Special ticket pricing is available for the event. Admission for active duty, military families and retiree id card holders will be \$6.50. Tickets can be purchased at the Tides Box Office. Commands who wish to pre-purchase tickets for group seating may contact the Tides office at 622-2222 for more information.

## Navy to participate in Joint ANSO, NNOA Training Conference

BY LT. LAURA K. STEGHERR

Diversity Directorate  
Public Affairs

WASHINGTON — Navy leadership will play a key role in the professional development and training conference hosted by the National Naval Officers Association (NNOA) and the Association of Naval Service Officers (ANSO) in Portsmouth, July 26 - 31.

The Navy has a sustained relationship with both affinity groups, which aim to support the sea services in the recruitment, mentoring, career development and retention of minority officers.

This will be the organizations' first joint conference and will feature more than 21 hours of speaker keynotes, panels and other learning opportunities provided by top leadership in the sea services, other government agencies and industry. The conference is aimed at informing attendees of important issues relevant to a successful career and providing an update on the latest diversity issues and programs.

Additionally, four hours of the conference will be devoted to mentoring by military and civilian leaders.

"We anticipate record attendance (at the conference)," said retired Capt. Bernard Jackson, NNOA's president. "Many of the sessions during the conference will focus on the importance of diversity in mission accomplishment and read-



U.S. Navy Photo

Chief of Naval Operations Adm. Gary Roughead and Assistant Secretary of the Navy for Manpower and Reserve Affairs Juan Garcia are set to be keynote speakers for the event.

iness. Increasing junior officer attendance is our focus this year and in support of this goal, the Navy, Coast Guard and Marine Corps have authorized funding to support junior officer attendance at this year's conference."

Key events at the conference include keynotes from Chief of Naval Operations Adm. Gary Roughead and Assistant Secretary of the Navy for Manpower and Reserve Affairs Juan Garcia, a panel with Navy enterprise leadership on diversity in support of the Maritime Strategy and an awards banquet, July 30, featuring a speech from Army Gen. William E. "Kip" Ward, commander, U.S. Africa

Command.

The conference will also feature a spouse symposium, which will provide spouses with valuable information and tools for military families. Youth day events will also target the nearly 200 students from the Tidewater area who will be exposed to techniques to prepare for college and opportunities as an officer in the sea services.

All Navy total force personnel are encouraged to attend. For more information and to register, visit [www.nnoa.org/](http://www.nnoa.org/) and [www.ansomil.org/](http://www.ansomil.org/).

For more news from Chief of Naval Personnel - Diversity Directorate, visit [www.navy.mil/local/cnp-diversity/](http://www.navy.mil/local/cnp-diversity/).



U.S. Navy photo

Master Chief Navy Counselor Laura Paquian and Navy Counselor 1st Class Staci Bradley listen to a Sailor talk about his Navy career goals during a career development session aboard the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76).

## CDB's help leaders, Sailors

BY MC1 (AW) LATUNYA HOWARD

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — Leaders across the Navy are saying that career development boards (CDB), mandated by OPNAVINST 1040.11C, assist both the Navy and Sailors in achieving their goals.

"CDB's are a critical tool for the chain of command to interact directly with every Sailor from the day they check aboard," said Vice Adm. Allen Myers, Commander, Naval Air Forces. "They are a positive element of command climate, but only when implemented with the intended end state in mind — due diligence to our Sailors."

The Brilliant-on-the-Basics program was introduced Navywide a few years ago with CDB's as the centerpiece. Brilliant-on-the-Basics includes six key programs: command sponsorship, command indoctrination, CDB's, mentorship, ombudsman programs and recognition programs. According to NAVADMIN 043/08, these six best practices form the enduring foundation upon which every successful career is launched.

Typical topics covered during a CDB are watch-standing qualifications, continued education goals, advancement, short and long-term career objectives, Perform-to-Serve (PTS) and Armed Services Vocational Aptitude Battery (ASVAB) scores. Leadership can use CDB's to take full advantage of learning the priorities of the Sailor.

"It is crucial that we identify Sailors at initial CDB's who have low Armed Forces

Qualification Test (AFQT) scores and get them enrolled into academic skills classes so they can retake the ASVAB test," said Myers. "We are seeing Sailors who want to stay Navy, but are not eligible to convert into other rates once in the PTS window. Waiting to correct low AFQT scores once a Sailor is in the PTS window is too late. Losing a great Sailor because he or she could not meet a PTS window due to lack of initiating a PTS request is not something we desire."

CDB's are required for all Sailors upon reporting to a command — after six months on board, at 12-months onboard and at 12-month intervals thereafter. Official guidance is contained in OPNAVINST 1040.11C. When the Sailor's career desires are recorded in the Career Information Management System (CIMS) it becomes part of a permanent record that can follow the Sailor throughout his or her career.

CIMS is available to all shore commands with Internet access and on board 150 ships using CIMS Afloat on the Navy Standard Integrated Personnel System server. The primary function of CIMS is to assist career counselors with tracking, conducting and documenting CDB's.

The Command Master Chief, Chief of the boat, senior enlisted leader and the command career counselor team are the focal points for career development initiatives within the command.

For more information on CDB's, read OPNAVINST 1040.11C.

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).

# US, partner nation navies exchange subject matter experts

BY MCCS ROBERT WINKLER  
 Amphibious-Southern  
 Partnership Station Public Affairs

**USS NEW ORLEANS** — Embarked Navy and Marine officers from partner nations engaged in subject matter expert exchanges (SMEE), July 12, onboard USS New Orleans (LPD 18) during Amphibious-Southern Partnership Station (A-SPS) 2010.

A-SPS is the amphibious portion of Southern Partnership Station, which is a deployment of various specialty platforms to the U.S. Southern Command area of responsibility in Latin America and the Caribbean.

The mission's primary goal is mission-focused information sharing with navies, Coast Guards and civilian services throughout the region in order to enhance regional maritime capabilities and security.

Service members from Argentina, Brazil, Colombia, Mexico, Peru and Uruguay are deployed with New Orleans to facilitate interaction between their navies and the U.S. Navy through subject matter exchanges and interaction. This is being accomplished through presentations, personal interaction and hands-on, joint exercises. SMEE participants boarded the ship in San Diego, June 10, and have been aboard throughout the deployment.

"I think this is one of the best ideas our commanders have had," said Colombian Navy Lt. Cmdr. Luis Pulgarin. "It is so important that the U.S. and South American navies work together because it is one region ... America ... and we need to be able to share experiences and work together, because it will help us all to stay secure. At this moment, the United States and Colombia are both combating terrorism and we need to work together. It is very important."

New Orleans, along with partner nations and Special Purpose Marine Air Ground Task Force 24 are currently participating in both Partnership of the Americas 2010 and Southern Exchange 2010 in support of A-SPS, conducting joint amphibious operations in Salinas and Ancon, Peru.

"The opportunity to



Photo by MC2 Chris Lussier

**Navy Diver 2nd Class Steve Vanzant, left, assigned to company 2-6 of Mobile Diving and Salvage Unit (MDSU) 2, explains the components of a KM 37 dive helmet to Mexican Navy divers aboard the Military Sealift Command rescue and salvage ship USNS Grasp (T-ARS 51). MDSU-2 is participating in Navy diver exercises as part of Southern Partnership Station, a multinational partnership engagement designed to increase interoperability and partner nation capacity through diving operations.**

conduct this type of amphibious training with our South American partners is perfect," said Commodore, Amphibious Squadron (PHIBRON) 5 Capt. Peter Brennan, mission commander. "These days everything we do is in a joint environment. In a real-world situation, it is quite possible that we could be performing the same types of operations that we are training for here. It's important that we as nations who share common interests work and train together."

SMEE participants are exploring every aspect of naval operations including refueling at sea, boarding team operations and damage control, among others.

"It's a good thing to exchange experiences and to make new friends," said Peruvian Navy Ensign Ricardo Kinositita. "This is going to help strengthen the good relationship that we already have. This is a big opportunity for both of us to operate together and share information. I think it will change the way we both work, as we learn what it is that each country does well and apply it to our own ways of doing business."

In addition to the SMEE's, the partner nations have also worked together participating in community outreach projects, such as painting schools and delivering Project Handclasp materials.

New Orleans, along with

PHIBRON 5 and other embarked units, are scheduled to visit Callao, Peru; Bahia

Malaga, Colombia; and Balboa, Panama; during the three-month deployment.



Photo by MCC David Collins

**Navy Diver 2nd Class Jason Hatch, assigned to Mobile Diving Salvage Unit (MDSU) 2, Company 2-6, demonstrates proper Exothermic cutting with Kerrie cable for Mexican Navy sailor Alberto Hernandez Ramos.**

**ESG2****CHANGE OF COMMAND**

Rear Adm. Michelle J. Howard turned over leadership of Expeditionary Strike Group (ESG) 2 to Rear Adm. Kevin D. Scott during a Change of Command Ceremony, July 19, at JEB Little Creek. **B8**

# FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

July 22, 2010

## NECC sponsors teenager for CampTrident

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

**CAPE CHARLES, Va.** — The Navy Expeditionary Combat Command (NECC) Chief Petty Officers Association (CPOA) recently selected one child from among the CPOA family members to participate in a week of physical activity designed to focus on team building and confidence reinforcement.

Camp Trident, now in its second year of operation, is a week-long summer camp for teenage boys. The camp tests their abilities by providing an environment that challenges them both physically and mentally, with instructors who all have extensive military backgrounds.

The CPOA decided to pick a teenager who could describe in

a 500-word essay his desire to attend. In the end, the selection team decided that the teenager that best fit the requirements was Michael Albritton, the son of a Chief Petty Officer at NECC.

"We chose Michael because he wrote a wonderful essay," said LSC Elizabeth Metheny, chairman of the selection committee. "All the things he talked about that were important to him, were exactly what we wanted to see from someone who we wanted to attend the camp."

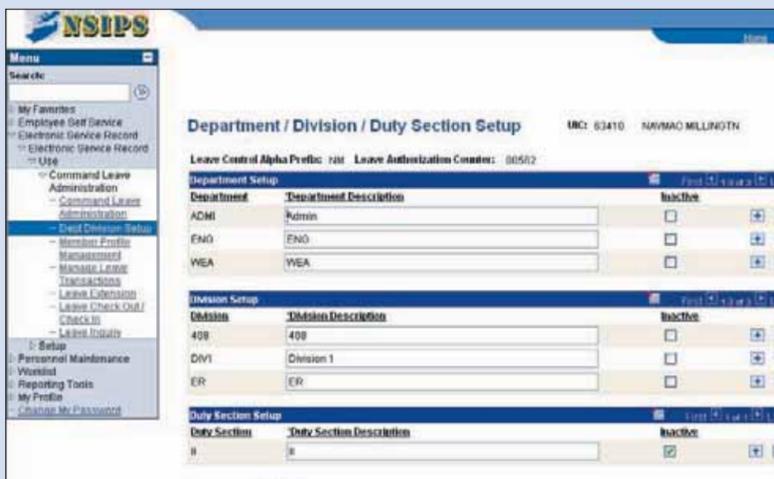
After three days at the camp, Michael said he already saw a change in himself after his experiences at the camp.

"I see things from a different aspect now," said Michael. "I'm listening more to the people who are in charge of me and I'm not talking



Michael Albritton navigates a kayak through a water course during a confidence building evolution at CampTrident summer camp, July 14.

See **CAMP, B12**



With the e-Leave program, Sailors will be allowed to request leave, extend leave, check-in and out on leave, cancel leave and check the status of their leave approval all from their computer.

## Navy makes move to digital vacation time

**BY MC1 (AW) TIM COMERFORD**

The Flagship staff writer

**NORFOLK** — Commander, Navy Region Mid-Atlantic is preparing to move from pen and ink to digital as it embraces the electronic form of the leave chit.

The e-Leave chit will work as a benefit for both the person taking leave and their administration.

According to NAVADMIN 103/10 processing leave requests accounts for 21.6 percent of all pay transactions submitted each year.

The new application will allow Sailors to request leave, extend leave, electronically check in and out on leave, cancel leave and check the status of their leave approval. Commands will be able to approve, disapprove, monitor and account for leave electronically.

"This system eliminates paper and speeds up the process," Johnson explained. "Our personnel department will no longer have to waste man hours calculating leave dates, the system does it automatically. Also, the system works with Defense Finance and Accounting Service so a Leave and Earning Statement isn't required to verify leave balance. Once online, this system will make it easier for all commands and our PSD's (Personnel Support Detachments). As a Yeoman, I'm very excited

about e-Leave and the improvement it brings."

The program which is set to transition on August 1, works through a service members Electronic Service Record (ESR) and all Sailors wishing to take leave must have an account.

"Once established, you go to the NSIP's website, select e-Leave and complete your request," said Senior Chief Yeoman (SW/AW) Clarence Johnson, Commander Navy Region Mid Atlantic Personnel Leading Chief Petty Officer. "The e-Leave request is viewed just like the paper leave request, the only thing difference is – its electronic. Once a member completes the request, its forwarded to their chain of command. An E-mail will be sent to all reviewers notifying them of the request."

If you have non-military in your chain of command, it requires some work for them to be able to see leave chits.

"Civilians will need to complete a modify version of DD Form 2875, the System Authorization Access Form (SAAR) to have access to view and approve leave requests," said Johnson.

If a Sailor has a problem with e-Leave they will know where to go for help.

See **E-LEAVE, B12**



### The kids are all right

Georjeane Blumling, AAA Tidewater Virginia Vice President of Public Relations, checks an infant car seat to make sure it is attached to its base properly. AAA, the Sewell's Point Safety Center and the Sewell's Point Police Precinct all teamed up at the Norfolk Navy Exchange to check children's car seats and reinstall them if necessary to ensure the safety of the children riding in them, July 15.



Captain Chuck Marks, Commanding Officer, Naval Weapons Station (WPNSTA) Yorktown, listens to Professor Martin Gallivan, Associate Professor of Anthropology with the College of William and Mary, talk about some of the various artifacts his team of students uncovered during the excavation of a Powhatan Indian village.

## Archeologists excavate Powhatan Village on Yorktown Weapons Station

**STORY AND PHOTO BY MARK O. PIGGOTT**

Naval Weapon Station Yorktown Public Affairs

**YORKTOWN** — Archeologists from the College of William and Mary excavated the remains of a Powhatan Indian village onboard Naval Weapons Station (WPNSTA) Yorktown, July 6, during a summer field school class, sponsored by Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic.

The class was made up of 14 undergraduate archeology and anthropology students from William and Mary taking a summer field study course, allowing them to get some necessary hands-on field ex-

perience.

"The goal of the class is to teach students how to do archeology in the process of a real research project," said Professor Martin D. Gallivan, associate professor of anthropology at the College of William and Mary and leader of the field study. "The only way to learn how to do archeology is to actually do it. So through this process, we are able to produce competent field archeologists."

The College of William and Mary has a long-standing history of working with

See **VILLAGE, B12**

# SPOUSE SPEAK!

## Books that ease/explain deployment for children

BY VIVIAN GREENTREE

Research Director for Blue Star Families

During our last deployment, I made an effort to seek out age-appropriate books to help explain to my little ones the reason why dad was gone for so long. It really surprised me that there were so many available and with such wonderful messages and colorful pictures.

Here are a few that we have used to help integrate deployments into our lives and instill the idea that even if our family isn't together physically, we can hold each other close in our hearts.



### We Serve Too!

#### A Child's Deployment Book

By Kathleen Edick and Paula Johnson

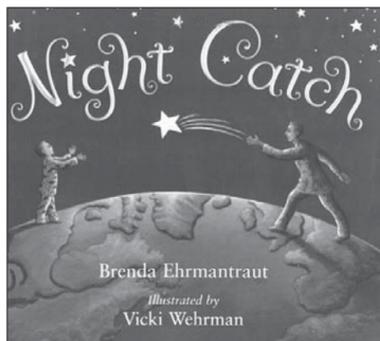
This wonderfully illustrated book is great for children experiencing a deployment. The authors walk through the emotions of a little girl as her father is deployed for a year. As she goes through her own daily routines, she keeps him close by imagining her father's activities while he's so far away. She expresses her frustrations and loneliness, but also her great pride in being a military child. The best part about this book? Our "littlest patriots" are reminded of their own service and bravery alongside their military parents.



### A Paper Hug

By Stephanie Skolmoski and illustrated by Anneliese Bennion

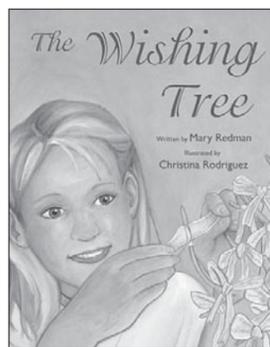
This book is a project by a mom and daughter team. Stephanie (who has two sons who both served in Iraq) does the writing and her daughter, Anneliese, illustrates. In the book, a child mulls over what to include in a package to his deployed father and settles upon the idea of creating a "paper hug" with string and cut outs of his handprints. Upon his father's return, he trades the paper hug for the real thing! The website [www.apaperhug.com](http://www.apaperhug.com) has additional "paper hug" materials so your military child can make their own and send it to a deployed loved one.



*Night Catch*  
Brenda Ehrmantraut  
Illustrated by Vicki Wehrman

**Night Catch**  
By Brenda Ehrmantraut and illustrated by Vicki Wehrman

When a soldier's orders take him across the world, he comes up with a special game of catch to play with his son using the North Star as a ball and the night time sky as the field. Whimsical, yet thoughtful in its ability to emphasize the connection between a father and child, *Night Catch* also offers hope and excitement for the eventual reunion. Perfect for little ball players everywhere!

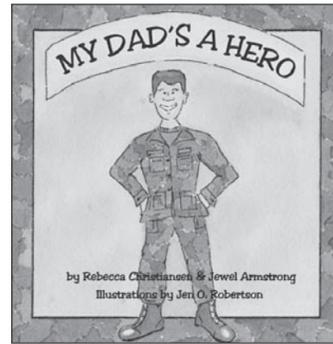


### The Wishing Tree

By Mary Redman and illustrated by Christina Rodriguez

On the way home from dropping her dad off for a deployment, Amanda sees yellow ribbons tied to the branches of a passing tree and comes up with the idea of her own "wishing tree." She writes her wishes, hopes and prayers on a piece

of yellow ribbon every day and dutifully decorates the tree with them. Through her notes she is able to express all the emotions she is facing by praying for her father's safety, giving thanks for her family and wishing for his return. This book comes with a month's worth of yellow ribbon to make your own wishing tree – a perfect gift for a family facing a deployment.



### My Dad's A Hero

By Rebecca Christiansen, Jewel Armstrong and illustrated by Jen Robertson

If your loved one serves in the U.S. military, you can bet they're real life heroes. This book explains all the great stuff military dad's do while they're deployed. There is a special place inside for photos of dad. The authors keep the book uplifting and free from words like guns, war and fighting and gives kids permission to be happy and proud of their military dad.

# MARRIED to the Military

## The resources are there - use them!

BY BIANCA MARTINEZ

A week ago when I got to work, I looked at my phone and saw that always familiar red message light. I had a voicemail. I couldn't check it right away. I had to go into a meeting with my boss and then when I got out of that meeting, I had to go on set. I went for two hours, knowing I had a message waiting for me, but I had no clue how important that phone call would be.

It wasn't only important for me, but someone's closure was depending on me answering that message in a way. I picked up the phone, dialed my voicemail and the voice on the recording said, "Bianca, my name is Kathleen Bartik." The name rung a bell immediately, but I couldn't figure out why. She continued on telling me how she really would like to talk to me about doing a public service announcement of some sorts and then she said, "because I am the mother of the young man who killed himself in a Virginia Beach 7-11 last week." My mouth dropped to the floor. Her son was 24-year-old Scott Bartik.

When we sit on the anchor desk and deliver breaking news, it is hard not to come up with the explanation of it all. When we were telling people that was someone was held up in that convenience store with

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

a gun, I could have never in my wildest dreams have come up with this scenario. A Navy Sailor so depressed, he just could not seem to go on anymore. In his mind, he had no where to go. He didn't keep anyone hostage. He didn't hurt anyone but himself ... except the family he left behind.

His mother, a retired chief, knows the Navy has the resources to help anyone that finds themselves in the same situation as Scott. She knows that depression or family struggles don't have to have the same results. She knows from her own career in service and she is still serving while she works at her local VA Hospital. With her, NewsChannel 3 is Taking Action to tell you about the resources available to you, so we never have to tell this story again. Join us on NewsChannel 3 at 11 p.m. on Thursday, July 22 to hear a Mother's Story.

And tune in every Monday at 4 p.m. for Mission Monday, a segment dedicated to sharing amazing tools that can help make our lives a little easier. Next Monday, we will be meeting Ross Mackenzie, author of *My Sailor Dad*. We caught up with him as he read to kids of deployed Sailors. He is a Sailor himself and had to find a way to let his kids know he still loved them even while he is gone. Mission Monday, every Monday on NewsChannel 3, "First at Four."



## 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](http://www.TheMilitaryChallenge.com) and "like us" on Facebook at [www.Facebook.com/militarychallenge](http://www.Facebook.com/militarychallenge).



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



12<sup>TH</sup> 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](http://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](mailto:barry.fitzgibbons@navy.mil)

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

For more information on the event visit Kings Dominion's website at [www.kingsdominion.com](http://www.kingsdominion.com).



Photo by MC3 Class Kristin L. Grover

A landing craft air cushion (LCAC) approaches the amphibious dock landing ship USS Carter Hall (LSD 50) as part of the Kearsarge Amphibious Ready Group (ARG)'s Composite Unit Training Exercise (COMPTUEX) from off the East Coast of the United States.

# Kearsarge's COMPTUEX

BY MC3  
CRISTINA GABALDON

*USS Kearsarge Public Affairs*

## USS KEARSARGE

— The amphibious assault ship USS Kearsarge (LHD 3) and embarked Marines from the 26th Marine Expeditionary Unit (MEU) departed Naval Station Norfolk, July 7, to begin their Composite Unit Training Exercise (COMPTUEX) with the Kearsarge Amphibious Readiness Group (ARG) off the coast of North Carolina.

COMPTUEX will provide realistic training exercises for the ARG that will be replications of the challenges often encountered during military operations world-wide, ensuring the Kearsarge ARG is prepared to support any mission during their deployment scheduled to begin this fall.

In May, Kearsarge ARG, Amphibious Squadron (PHIBRON) 4 and 26th MEU completed PHIBRON-MEU Integrated Training (PMINT) in a 16-day exercise. PMINT included several real-world

operation evolutions and laid the groundwork for the ARG and the MEU to create a “Blue-Green” team.

“PMINT is almost like a practice run for COMPTUEX,” said Kearsarge Operations Officer, Cmdr. Christopher Korn. “PMINT wasn’t graded, but we were able to complete our missions successfully and I expect COMPTUEX will go just as successfully.”

A new twist during COMPTUEX will be some extra participants in the exercises. Joining the ARG will be USS Mahan (DDG 72), USS Doyle (FFG 39), and an additional seven Royal Navy ships.

“It is seldom the occasion that the MEU executes combined operations as it is now tasked to do,” said Lt. Col. Michael Starling, 26th MEU executive officer. “The Royal Navy and Marines will serve as an ally with whom we will plan, coordinate and execute combined amphibious assault operations as realistic as we could expect them to happen in theatre. It will condition us for potential combined operations, which is great preparation

that is not available during many training cycles.”

Kearsarge’s Commanding Officer, Capt. Baxter Goodly, anticipates the crew’s exposure to combined operations and real-time scenarios is just what his Sailors need to ensure they will be ready to answer the call during deployment.

“I think the crew is going to work really hard, learn a lot, and get a chance to see how we will react to the full spectrum of what could happen during deployment,” said Goodly. “Anytime you can train with coalition forces it’s a plus, and with this training I’m confident we will be better prepared for a real-life setting.”

The Kearsarge ARG consists of the amphibious dock landing ship USS Carter Hall (LSD 50) and the amphibious transport dock ship USS Ponce (LPD 15). The seven Royal Navy ships include; HMS Fort George (A388), HMS Sutherland (F81), HMS Liverpool (D92), HMS Ark Royal (R07), HMS Albion (R07), HMS Ocean (L12) HMS Largs Bay (L3006).

# The flag pole in Disneyland, honoring the flag

BY BETH WILSON

Military Spouse Contributor

I love Disneyland. Oh, I know it is the smallest of the Disneyland Resorts, but I love it. My husband and I have been season pass holders for most of our marriage. Several years ago, we happened to be walking along main street USA when we noticed something happening at the flag pole. The Disneyland Band, the Dapper Dans (barbershop quartet) and a “detail” were surrounding the flag pole. We joined the gathering through to discover a special ceremony – the Flag Retreat Ceremony.

The ceremony was started by “Gunny,” a 26-year Marine Corps veteran and now a security officer at Disneyland Park. Gunny’s vision started with a simple desire to honor the flag each day at its lowering and the men and women who have defended it.

The Disneyland Band leads a procession down Main Street USA where the Dapper Dans join them along with the security detail. The band and “Dans” perform a medley of patriotic favorites. This is followed by the anthem of each branch of the Armed Forces during which time veterans and active duty are asked to join the circle around the flag pole at the hearing of their anthem.

Over the years we have met fellow active duty, guard and reservists and some amazing WWII and Vietnam-era veterans. And, over the years we have seen something happen ... a culture has developed at the “flag pole.” Each time we attend we see more veterans “taking ownership” of

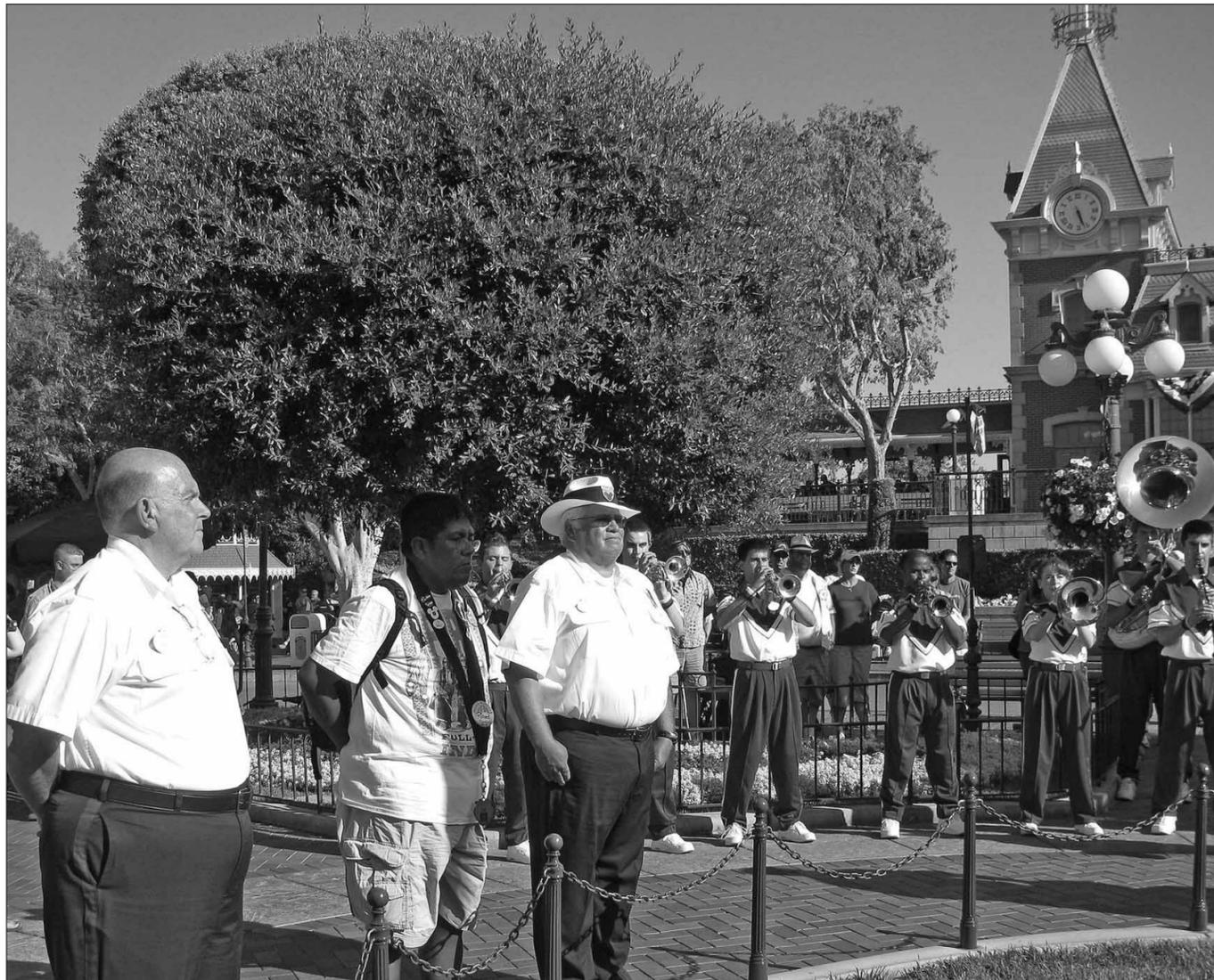


Photo courtesy of Beth Wilson

**A ceremony started by a former Marine, now security guard, has the Disneyland band playing patriotic music and anthem of each of the armed services leading guests to the flag pole where a ceremony is held.**

the ceremony, acting as ‘unofficial hosts.’ These proud vets walk around the crowd prior to the ceremony encouraging Disney guests to join the ceremony, asking if they are a “vet” or “service family.”

Then the ceremony begins. Branch by branch, Army, Navy, Marine Corps, Coast Guard and Air Force – veterans and service members, side-by-side, circle

the flag. Then the detail arrives to lower the flag, first stopping to thank each for their honored service to our country. At Gunny’s command, “Order Arms” salutes are rendered, some weathered by age, some still in the fight – but each proudly and smartly snapped ... until our flag is lowered and properly folded.

As the band, the “Dans” and the detail retire

something indescribable happens. Those vets gathered round the flag pole are slow to disperse. Joined by spouses, many wonderful connections are made. Gary spent six years in the Navy, on a boomer. David just returned from his fourth tour to Afghanistan, he serves with the 10th Mountain Division out of New York. Gerald is a Vietnam-era retired Air Force

vet – with some great stories to tell. Donald a WWII veteran teared up during the ceremony. He landed on the beach on that “Day of Days” and swapped stories with several other Army vets and gave a warm and emotional, “Take care” to the active duty soldiers standing there.

We’ve attended this ceremony for the past few years. It may just be me,

but it seems we have less and less WWII vets joining “us.” And ... it seems we linger longer each time ... savoring each other’s sacrifice, service and a very special camaraderie. Till next time ... see you at the Disney flag pole ...

Contact Beth at [beth@homfrontinfocus.com](mailto:beth@homfrontinfocus.com) and don’t miss *Enlisted Spouse Radio* at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).

# 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:  
11:45 a.m.— Wed.  
10 a.m.— Sun..

### PROTESTANT

*David Adams Memorial Chapel*  
Worship Services:  
10:30 a.m.— Sun.  
Worship

**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

# Trust in God – He will provide

BY LT. J.G. CHRISTOPHER JORDAN

*Headquarters & Service Battalion Chaplain,  
Quantico, Va.*

*“Take your son, your only son, ... whom you love ... and sacrifice him.”*

This was the command God gave Abraham in Genesis 22. The command is disturbing to say the least, and when you consider that, as God pointed out, this was Abraham's only son, a son that God had promised Abraham, then it becomes even more confusing.

In Genesis 12, 17 and 18, God promised Abraham to make him into a great nation and to give him a son. For years Abraham lived with the hope that one day he would have a son. In fact, Abraham was 100 years old when Isaac was finally born. Then, with this one bizarre command, God demands Isaac as a sacrifice. What does Abraham do? He gets up, packs the supplies and heads off in obedience.

“Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you.”

As Abraham, Isaac and the servant approached the place where God had told Abraham to sacrifice Isaac, he told the servant to stay behind with the donkey and placed the wood on Isaac's back. Abraham carried the fire and the knife.

Most scholars agree that Isaac was a young teenager at least old enough to realize that there was no lamb for the sacrifice. “The fire and wood are here, but where is the lamb for the burnt offering?”

Abraham's reply was one of faith and hope, “God himself will provide the lamb for the burnt offering, my son.” Genesis 22:9-10 states, “When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood. Then he reached out his hand and took the knife to slay his son.”

“Do not lay a hand on the boy; do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son.”

The angel of the Lord appeared to Abraham and stopped him from sacrificing Isaac at just the right moment. Abraham had acted in faithful obedience and God did provide a ram caught by its horn in the bushes nearby to be offered instead of Isaac.

Have you ever felt as though God is commanding you to do something, maybe even something crazy, that doesn't really seem to make sense and maybe even involves sacrifice? What is your response? Like Abraham, we should be willing to act in faithful obedience.

Notice that Abraham never questions God motives and even when he leaves the servants with the donkey tells him, “We will come back to you.” Abraham acted in faith because he knew God, he knew God's character and that he would never demand a human sacrifice, so he went with the certain hope that, “God himself will provide the lamb for the burnt offering.” Too often we don't trust God to provide. We trust ourselves, our things, our jobs, our circumstances, but forget

about God. We forget that ...

“The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by hands. And he is not served by human hands, as if he needed anything, because he himself gives all men life and breath and everything else.”

“From one man, he made every nation of men, that they should inhabit the whole earth; and he determined the times set for them and the exact places where they should live. God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us. ‘For in him we live and move and have our being.’ ... ‘We are his offspring.’” – Acts 17:24-28

Abraham was blessed for his willingness to sacrifice his only son and God provided a lamb for the sacrifice. God also provided a lamb for our own sacrifice, which was God's only son. If God is prompting you to step out in faith and do something for Him, I pray that you will remember that He will provide.

## Providing spiritual guidance



**Lt. Paul Allen Hyder,  
a chaplain at Marine  
Corps Base Quantico,  
Va., provides spiritual  
guidance for Marines  
and Navy personnel.**

Photo by MC2 Jhi L. Scott

# Iwo Jima deploys in support of Continuing Promise 2010



Photo by MCC (SW/ AW) Mary Popejoy

Family members look on as the amphibious assault ship USS Iwo Jima (LHD 7) departs Naval Station Norfolk, July 12, for a four-month humanitarian civic assistance (HCA) mission to Central and South America and the Caribbean. The assigned medical and engineering staff embarked aboard Iwo Jima will work with partner nations' teams to provide medical and engineering assistance to seven different nations along with more than 20 non-governmental organizations, to improve mutual understanding of current medical issues and technology.

BY MC3 MORGAN E. DIAL

USS Iwo Jima (LHD 7) Public Affairs

NORFOLK (NNS) – USS Iwo Jima (LHD 7) departed Naval Station Norfolk, July 12, in support of Continuing Promise 2010 (CP10).

Continuing Promise is an annual humanitarian civic assistance operation that provides opportunities to establish new partnerships with other nations, non-government organizations (NGO's), international government organizations and learn from host nations and civilian experts.

During the scheduled four-month surge, relief operations will be conducted in Colombia, Costa Rica, Guatemala, Guyana, Haiti, Panama and Suriname.

There are more than 1,600 Sailors, Marines, Soldiers, Airmen and civilians including Commander Amphibious Squadron 6, Fleet Surgical Team 2, Navy Construction Battalion Maintenance Unit (CBMU) 202, Maritime Civil Affairs Team 206, Special Purpose Marine Air Ground Task Force (SPMAGTF), CLR-25 Medical Detachment and contingents of medical personnel from the armed forces of The Netherlands, Canada and Germany and various other satellite commands embarked on board Iwo Jima.

Iwo Jima's medical team will work alongside Central American, South American and Caribbean medical teams as well as NGO's. The teams are capable of providing general surgical care, primary and consul-



Photo by MC3 (SW) Brian Goodwin

The amphibious assault ship USS Iwo Jima (LHD 7) departs Naval Station Norfolk July 12 for a four-month humanitarian civic assistance (HCA) mission to Central and South America and the Caribbean.

tative care, ophthalmologic services, optometric services, preventative and environmental health, dental screenings and treatment, public health training and veterinary services.

"Iwo Jima has the optimal blend of medical, surgical and dental capabilities," said Capt. Michael T. Hopkins, Iwo Jima's senior medical officer. "In addition, we have more capability to transport people and supplies from the flight deck and well deck than the USNS Comfort (T-AH 20) during their deployments."

Seabees from CBMU 202 in Norfolk will be supporting the civic action programs along with detachments from Jacksonville and Key West, Fla. and

Kings Bay, Ga. They will provide local communities with building repairs and improvements, new small construction projects, utility system repairs and other projects depending on the host nation's needs.

SPMAGTF will also provide medical and engineering support to this humanitarian civic assistance by conducting subject matter expert exchanges with specified partner nations. In addition, they will provide air and ground transportation for nearly all of the medical, engineering and community relation sites.

"I am so very proud of this crew. Since I took command in 2008, all tasks that have been put in front

of them, they have simply knocked them out of the park," said Capt. Jeff Amick, Iwo Jima commanding officer. "These great Americans have exceeded every expectation throughout a very challenging year and a half. I am extremely confident that this humanitarian mission is going to really showcase this ship, these Sailors and Marines and our Navy's ability to respond to any situation when tasked. This crew is ready to respond and could not be more ready to deliver."

COMUSNAVSO is the naval component command for USSOUTHCOM and is responsible for all naval personnel and assets in the area of responsibility.

COMUSNAVSO conducts a variety of missions in support of the U.S. Mar-



Photo by MCC (SW/ AW) Mary Popejoy

Family members look on with a myriad of emotions as the amphibious assault ship USS Iwo Jima (LHD 7) departs Naval Station Norfolk.

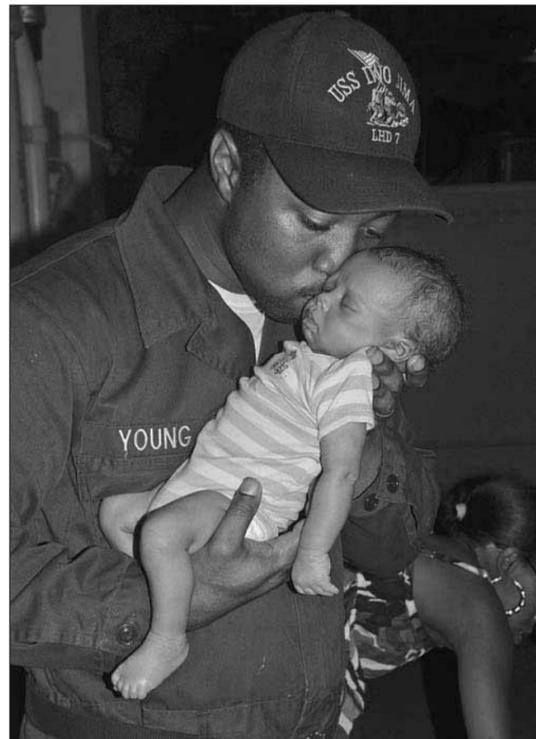


Photo by MC3 (SW) Brian Goodwin

Boatswain's Mate Seaman Raymon Young kisses his baby goodbye before the amphibious assault ship USS Iwo Jima (LHD 7) departs Naval Station Norfolk.

itime Strategy, including theater security cooperation, relationship building, humanitarian assistance and disaster response, community relations and

counter-illicit trafficking operations. For more news from Commander, U.S. Naval Forces Southern Command, visit [www.navy.mil/local/cusns/](http://www.navy.mil/local/cusns/).

# ESG2 change of command onboard JEB Little Creek

BY MCSN ANNA WADE  
Navy Public Affairs Support  
Element East

**NORFOLK** — Rear Adm. Michelle J. Howard turned over leadership of Expeditionary Strike Group (ESG) 2 to Rear Admiral Kevin D. Scott during a Change of Command Ceremony, July 19, at Assault Craft Unit (ACU) 4 at Joint Expeditionary Base (JEB) Little Creek.

The Change of Command Ceremony is not a set U.S. Naval regulation, however, it is an admirable piece of Navy tradition which establishes respect for authority and ensures a smooth transition for both officers in command and enlisted members.

Vice Adm. Melvin G. "Mel" Williams, Jr., Commander of U.S. Second

Fleet, was the guest speaker for the ceremony and spoke about the Navy's belief system and how these honorable commanders, as well as other Navy members, represent those ideals.

"We serve globally. We can shape events. We can prevent wars," said Williams.

He said the world is now more complex than the era when Howard and Scott entered the Navy. Sailors and Marines must be more prepared to face the uncertain future. All members of the Navy hold an essential piece to the entire community.

"To me, serving the people is important" said Williams.

Williams stepped away from the podium as a loud round of applause filled the hanger bay.



Rear Admiral Kevin D. Scott salutes the sideboys as he is piped ashore at the Change of Command Ceremony for Expeditionary Strike Group Two at Joint Expeditionary Base Little Creek, July 19.

The applause died down as Command Master Chief Anthony Josey, Command Master Chief of ESG 2, presented Howard with a special award for her recognized

good service with ESG 2.

Scott said, "Howard has set a standard that will be very hard to meet. All I can hope for is to keep the fire burning. Thank you all for coming today. God bless you and America."

The ceremony was concluded with the formal reading of the official orders by Howard and Scott. Afterwards, they followed the traditional procedure which officially passed authority from Howard to Scott.

"I relieve you ma'am," said Scott.

"I stand relieved," said Howard.

Each officer saluted one another and they left the stage through the traditional side boys.

Howard will be assigned as Chief of Staff, J5, Joint Staff, Washington, D.C.

## Kearsarge cooks prepare for 'Steel Chef' competition

STORY AND PHOTO  
BY MC2 STEVIE TATE  
USS Kearsarge Public Affairs Office

**NORFOLK** — Sailors from the Norfolk-based amphibious assault ship USS Kearsarge (LHD 3) are preparing to debut their new "Steel Chef" competition, a cooking contest based on the popular television show "Iron Chef."

The contest, initiated by Cmdr. Daniel Williams, Kearsarge's supply officer, is intended to enhance the morale of cooks and give them a chance to put on display talents that may otherwise remain hidden.

"I got the idea from the show "Iron Chef" to do a competition on board that would showcase the talents of Kearsarge's talented Culinary Specialists (CS)," said Hodgson. "Too often the talents of a CS go unnoticed, especially

when cooking for the vast amount of personnel aboard a naval ship. This competition will give them an opportunity to show off these skills and boost their morale."

To enter the competition, participants must take a test to prove themselves worthy to compete. Once accepted as a contestant, participants will be divided into two teams that will compete against each other. Teams are given an assortment of ingredients they will use to make various dishes, as well as one special ingredient to be used in each dish. No recipe cards are allowed to be used, and a two-hour time limit is imposed.

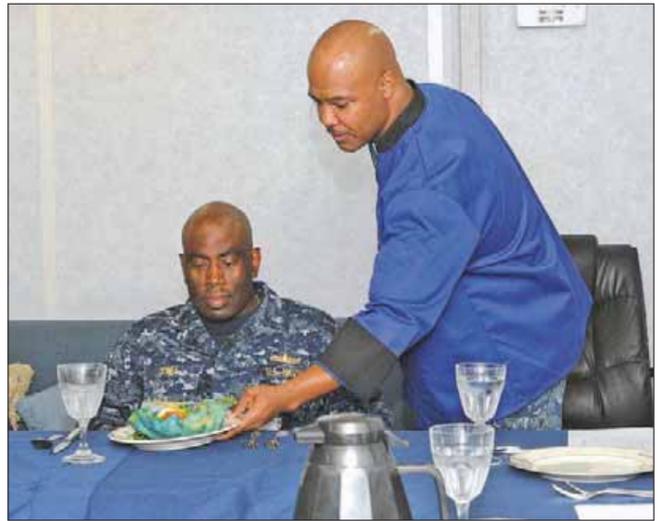
Teams will then present their dishes to the judges (four E-6 and below and four E-7 and above) who will score them on quality, texture, taste, and presentation.

"The plan is to have this contest

each month while on deployment," said Ensign Brij Mohan, Kearsarge's food service officer. "The winner will receive a genuine executive chef's jacket with the words 'Steel Chef' embroidered on the front. At the end of deployment, we're going to have a final showdown between the winners to determine who the true 'Steel Chef' is."

The ongoing preparations for the contest have not been without their challenges, such as manpower and time constraints.

"We held one dry run of the contest to see if it could be done," said Mohan. "That was a definite success, but when you perform an evolution like this during normal meal hours, those cooks not participating have to step up their game and pick up the slack. It was a definite challenge, but the S-2 Food Service Division per-



Culinary Specialist 2nd Class Ervin Cummings serves Executive Officer Dorian Jones a dish that will be judged during practice for the upcoming "Steel Chef" competition.

formed admirably."

Supply Department plans to begin the contest when the ship deploys this fall.



U.S. Navy Photo

Aviation Boatswain's Mate (Fuels) 1st Class Dwayne Lowry decided to become a volunteer firefighter with the Phoebus Fire Department back in 2006 and has served their ever since.

## Sailor takes volunteerism to fire department

BY MCSA AUSTIN ROONEY

USS Theodore Roosevelt  
Public Affairs

**USS THEODORE ROOSEVELT** — After a long day at work, Sailors aboard USS Theodore Roosevelt (CVN 71) choose between a variety of ways to spend their off-duty time. For some, hobbies or socializing take up that time and other simply spend time with friends and family.

For a select few, leaving work means it's time to enter the world of burning buildings, medical emergencies and valuable training as a volunteer firefighter. Aviation Boatswain's Mate (Fuels) 1st Class (AW) Dwayne Lowry is one of those select few.

"I've always wanted to be a fireman – ever since I was a kid," said Lowry. "I like helping the community and it's a great skill to learn."

Lowry said he grew up near a fire station and always dreamed of becoming a firefighter. After going to college for a few years, Lowry said he put in applications both at a fire station and for the Navy. The Navy responded first and Lowry left for boot camp.

"I've done pretty much every kind of firefighting training the Navy has to offer," said Lowry. "The training the Navy gave me made it much easier to transition when I did decide to become a volunteer firefighter."

After years of sea duty aboard a variety of ships, Lowry said he decided to become a volunteer firefighter at Phoebus Fire Department in Hampton, while on shore duty in Oceana, in April 2006. Before training, volunteer firefighter applicants must pass a polygraph test, a physical test and various classroom lessons.

"The training is valuable," said Lowry. "I went through it like any Sailor would have – I hit the deckplates running. I got all of my medical and firefighting qualifications within my first year."

Lowry said that while volunteers are only required to work 24 hours per month, he worked well over 100 hours per month for his first year at the station. Since joining the station in 2006, Lowry has personally responded to over 500 medical and fire emergencies.

"I went through the fire simulator and a lot of training before responding to a real fire," said Lowry. "The first time I responded to an actual structural fire, the heat was so intense I actually questioned whether this was something I really wanted to do. Now I love it."

About a year after working at the station, Lowry was named "Firefighter of the Year" by members of the Phoebus Fire Department for his hard work at the station. This would not be the last time he was recognized for his hard work.

In May 2009, Lowry won the Geico Military Service Award for his efforts volunteering at the fire station as well as his work within his division aboard TR. The award is given to one service member from each branch of the military every year for efforts in fire, traffic accidents or drug and alcohol abuse prevention.

"I was very surprised to hear I got it," said Lowry. "The (Command Master Chief) called me into his office and told me I had to talk to the Captain one day. I was really nervous and thought I was in trouble and that's when they told me I had been selected for the award."

Lowry said his division officer, Lt. Matthew Maxwell, recommended him for the award. All five of the recipients were called to Washington, D.C., for a three-day ceremony in which they received their awards and got an opportunity to tour various war memorials around the city.

"We got a chance to lay the wreath at the Tomb of the Unknown Soldier while we were there," said Lowry. "I represented the Navy for the wreath-laying – it was the moment I'm most proud of."

Lowry's friends and supervisors at Phoebus Fire Station said they value his contribution to their station, and were not as surprised as he was to learn that he received the Geico Military Service Award for his actions there.

"He deserved it," said James Hutcheson, the senior medic firefighter at Phoebus Fire Station. "He's a hard worker and he knows what he's doing. I wasn't surprised at all."

Hutcheson said that since beginning his volunteer work at the station Lowry has always maintained a positive attitude and helped out the team whenever he has the chance.

"We have one guy who's enrolled in paramedic school right now, and Dwayne (Lowry) is always happy to cover for him when he can't make it," said Hutcheson.

Lowry said he enjoys fighting fires and having an exciting job, and is looking at becoming a full-time firefighter after he retires from the Navy.

"It's just like the Navy in a lot of ways – it's all about being part of a team," said Lowry. "It can be hard, but it's very rewarding."

Lowry said he encourages other Sailors to volunteer as firefighters as well, and said that he's already talked to multiple Sailors from TR to join as well.

"It gives you a chance to make a positive difference in people's lives," said Lowry. "The city pays for your training, and it gives you a career option when you leave the Navy. If anyone is interested in volunteering, feel free to stop by and ask me some questions about it. I'd be happy to help you out."

Unfortunately for pet owners of certain breeds of dogs Lincoln Military Housing will not be accepting families with the following breeds of dogs: Chows, Doberman Pinschers, Presa Canarios, Pit Bulls (American Pit Bull Terrier, American Staffordshire Terrier, Staffordshire Bull Terrier), Rottweilers, and Wolf Hybrid, or any mix of the aforementioned breeds.



# Dog breed restrictions in Lincoln Military Housing

## **PRESS RELEASE**

*Lincoln Military Housing*

As you may be aware, the Navy Housing Instruction, numerous other Public/Private Ventures and many apartment communities have stopped allowing certain breeds of dogs. Such restrictions will be phased into the Lincoln portfolio here in the Hampton Roads region as well. While this represents a change in policy, great strides have been taken to ensure that this does not have a negative impact on our current residents.

**Please see the following list of soon to be restricted breeds:**

Chows, Doberman Pinschers, Presa Canarios, Pit Bulls (American Pit Bull Terrier, American Staffordshire Terrier, Staffordshire Bull Terrier), Rottweilers, and Wolf Hybrid, or any mix of the aforementioned breeds.

Current Residents with any of the above dogs that are living in Lincoln housing (and are properly registered with the local municipality and Naval Station District Office(s) on or before June 15, will be al-

lowed to stay as long as the pet is in good standing and in accordance with all pet policies. After June 15, current residences will no longer be allowed to bring new dogs of the aforementioned breeds into housing. This includes new dog purchases/adoptions as well as litters of existing dogs.

New Residents as of May 1, Lincoln will no longer sign new leases with any family possessing a dog from the restricted breed list. Any resident that has moved in after May 1, will not be allowed to possess dogs from the restricted breed list.

**Note: These restrictions do not apply to doctor ordered service animals.**

Lincoln Military Housing appreciates your cooperation and encourages all residents to call your Resident Services office if you have any questions. The Ben Moreell Office is located at 428 Ingram Loop, Norfolk, VA 23505, 416-7220. The Norwich Manor Office is located in the Norwich Manor Community Center at 7851 Norfolk Crossing Avenue, Norfolk, VA 23505, 282-6666.

# VILLAGE: Kiskiak Powhatan site contains centuries of American Indian history

Continued from page B1

WPNSTA Yorktown on its various historical sites. Its proximity to Colonial Jamestown and the incredible preservation of the more than 13,000 acres of land makes the Navy base a veritable cornucopia of historical artifacts. The William and Mary Center for Archaeological Research conducted a survey of the Naval Weapons Station in 1999 and 2000 that identified the boundaries of the site investigated this summer.

"Kiskiak is the best preserved Powhatan site in Virginia and its preservation is largely due to the creation of the Weapons Station in the early 20th Century," Gallivan stated. "In addition to limits on residential and commercial development here, there has been no mechanized plowing of the site. As a result, the site contains a series of stratified deposits which preserved layers upon layers of the village's histo-

ry, dating back centuries."

The site is located on a peninsula along the York River and Indian Field Creek. Meaning "broad or wide land," Kiskiak was part of the Powhatan chiefdom until Colonial settlers encroached on their land, forcing them to move. Today, members of the Pamunkey and Mattaponi tribes in Virginia are among the descendants of the original Kiskiak Indians. The Pamunkey and Mattaponi have reservations along the upper York River drainage created during the 1600s. Members of these communities have become involved in archaeological studies of their ancestors' past and have shown considerable interest in the Kiskiak research. The Navy has gone to great lengths to preserve these cultural sites on Navy property.

"This is a cooperative agreement between the College of William and Mary Department of Anthropology to do, at no cost to

the Navy, a very specific scientific investigation on an extremely important Native American site," said Bruce J. Larson, Cultural Resource Department Head, NAVFAC Atlantic. "It's crucial to a wide-ranging cultural resource management."

"You can only effectively manage these types of resources if you do good science and good planning is based on good science. Using the data provided, we can then make planning decisions that will minimize or limit adverse effects to significant cultural resources," he concluded.

This field study is not just for the education and experience for the students, but the chance to find out more about the people that once inhabited this region before the colonization of America began.

Gallivan is a member of the Werowocomoco Research Group, also based at William and Mary. The group has been in-

strumental in the archaeology and interpretation of Werowocomoco, the capital city of the Powhatan Indians discovered in 2002 across the York River from Kiskiak.

"We are keenly interested in the history of Kiskiak during the centuries immediately before the Jamestown Colony was established in 1607 and during the early colonial era that followed" said Gallivan. "This summer we honed in on deposits dating to those centuries, roughly from 1400 to 1630. Our excavations are slow and careful so that we can understand the sequence of layers and their relative ages.

"So far, we've found one trade item that clearly dates to the 17th century and other deposits that reflect where houses and residential spaces were constructed during that time period," he concluded.

The College of William and Mary will process the artifacts

and findings from the six week study over the next few months and produce a report for the Navy. Gallivan hopes to take that information and use it to develop plans for future excavations.

"Our goal is to identify those deposits so that we can come back in subsequent years and study them even more intensively get a sense of how those people lived their lives during those centuries," said Gallivan.

"Yorktown has the breadth and the depth of archeological resources that you don't see elsewhere on other installations," Larson added. "We will continue to do our level best to conduct positive archeological investigations for all the resources."

NAVFAC Mid-Atlantic Cultural Resources Department is developing a five-year plan for future investigations, in cooperation with the College of William and Mary, at sites on WPNSTA Yorktown.

## CAMP: Physical activities help teenagers feel more confident

Continued from page B1

back as much. I'm respecting other people's opinions. But right now, I'm just tired."

According to Neil Guinan, one of the camp founders, the camp provides teenagers with various physical activities designed to help them feel more confident in themselves and which provide a foundation to prepare them to make the right decisions when they are tested in life.

"We try to give them a great out door experience with the climbing wall and the zip line, things that will give them confidence – things that they never thought they could do," said Guinan. "But really it is boosting their confidence and their ability to make decisions. We try to encourage initiative, teamwork, and responsibility and reinforce manners all with the intention of making them



Photo by MC2 Paul D. Williams

**Michael Albritton navigates a kayak through a water course during a confidence building evolution at CampTrident summer camp, July 14. NECC Chief Petty Officers Association chose to sponsor Michael based on the results of an essay themed contest.**

feel a little more like adults."

It was the core values taught throughout the camp that are what made Michael so interested in attending.

"I heard that we were go-

ing to do a lot of stuff that I haven't done, like rock climbing, obstacle courses and working together as a team," said Michael. "I wanted to go to this camp because I want-

ed to have the experience, I wanted to learn more about teamwork and I just wanted to become better than I already was."

Building character through teamwork is one of the things the NECC CPAO wanted the teenagers to experience through this camp. According to Metheny, the CPOA has used this program to invest not only in the local community, but also the children of the Sailors in the NECC family.

"As an organization we need to see that it's not just the CPOA, its not just NECC, but it's the children and the members of NECC that make up this whole family," said Metheny. "We wanted to invest in the family and we wanted them to see that we, as the CPOA, really care more for just the service member. It goes deeper than that."

## E-LEAVE: Fill out leave, check leave, take leave from home

Continued from page B1

"Each command will have a Command Leave Administrator (CLA) that will be able to assist with any problem," said Johnson. "In addition, the CLA is responsible for training all users."

Don't worry about being tethered to your Navy Marine Corps Internet account, e-Leave can be done at home. It may take a trip to the Navy Exchange though.

"In order to access e-Leave from home a CAC card reader is required," said Johnson.

Sailors who have not yet established a Self-Service ESR can create an account at <https://nsips.nmci.navy.mil> or on the NSIPS server aboard ship.

NAVADMIN 043/09 announced the requirement for all active duty and reserve personnel to establish and maintain a Self-Service ESR as the Navy phases out paper service records.

# Ensign's repatriated remains returns home to full honors

STORY AND PHOTOS BY  
**MC2 (SW) KIONA MILLER**  
*Naval District Washington  
Public Affairs*

**ARLINGTON, Va.** — In the most solemn of ceremonies, a nearly sixty-year old chapter was closed when the remains of a Navy ensign was buried with full honors at Arlington National Cemetery, July 12.

Ensign Robert Langwell's remains were carried by a horse-drawn caisson through the cemetery, followed by family and friends, to his burial site in section 40.

On Oct. 1, 1950, Langwell was serving on the minesweeper USS Magpie (AMS 25) when it sank after striking an enemy mine off the coast of Chuksan-ri, South Korea. Twelve crewmen were rescued, but Langwell was one of 20 men lost at sea.

Naval District Washington's U.S. Navy Ceremonial Guard, the U.S. Army's "Old Guard" and the Navy Band came together to help lay Langwell to rest in providing the casket team, firing party, a bugler, escort troops and a band element.

After the firing party fired three rifle volleys, the casket team prepared the American flag to be



Members of the Third United States Infantry Regiment, "The Old Guard", transport the caisson carrying Ensign Robert Langwell to his burial site during a burial with full honors at Arlington National Cemetery. Langwell's remains were recovered, April 28, 2009 after being declared missing in action from the Korean War for over 50 years.

presented to Langwell's next of kin. Rear Adm. Jim Shannon presented the flag to Langwell's aunt, Mary Parker.

Parker also received personal hand-written notes of condolence from Lt. Col. Judy Law of the Defense Prisoner of War/Missing Personnel Office (DPMO) and Paula McKinley of the

Navy Arlington Ladies. McKinley also presented official condolence cards from the chief of naval operations and the commandant of Naval District Washington.

In June 2008, personnel from the Republic of South Korea's Ministry of National Defense Agency for Killed in Action Recovery

and Identification (MAKRI) accounted for from the canvassed towns in South Korea in an effort to gather information regarding South Korean soldiers un-

reported that he and other

er villagers had buried an American service man in 1950 when his body was caught in the man's fishing net.

The MAKRI located the burial site April 28, 2009, where they excavated human remains and military artifacts.

The burial site was approximately three miles west of where the Magpie sank in 1950. The team turned the remains and artifacts over to U.S. Forces Korea, which sent them to Joint POW/MIA Accounting Command (JPAC) for analysis.

Among other forensic identification tools and circumstantial evidence, JPAC scientists used dental comparisons in the identification of Langwell's remains.

According to DPMO, with Langwell's accounting, 8,025 service members still remain missing from the Korean War.

For more news from Naval District Washington, visit [www.navy.mil/local/ndw/](http://www.navy.mil/local/ndw/).



Members of the U.S. Navy Ceremonial Guard render honors during a burial with full honors for Ensign Robert Langwell at Arlington National Cemetery.