



## Heroes remembered during the 68th Pearl Harbor Day

BY MC2 ROBERT STIRRUP  
Commander, Navy Region Hawaii  
Public Affairs

**PEARL HARBOR** — The U.S. Navy and the National Park Service hosted a joint memorial ceremony at Kilo Pier on Naval Station (NAVSTA) Pearl Harbor to commemorate the 68th anniversary of the Japanese attack on Pearl Harbor Dec. 7.

More than 2,000 people attended the event, including 45 survivors of the bombing, which took the U.S. by surprise 68 years ago. The theme of this year's ceremony was "But Not in Shame."

To observe the start of the attack at 7:55 a.m., the Pearl Harbor-based guided-missile cruiser USS Lake Erie (CG 70) blew the ship's whistle, which commenced a moment of silence. Then, from the west, a formation of four F-15 Eagles from the Hawaii Air National Guard stationed at Hickam Air Force Base performed a missing-man flyover past Kilo Pier while Lake Erie rendered honors to both the USS Arizona Memorial and to Pearl Harbor survivors.

The honorable Linda Lingle, governor of the state of Hawaii, served as one of the ceremony's guest speakers and talked about the importance of

dren. The men and women who gave their lives on that morning 68 years ago are with us today through spirit. We take pride in their service to our country."

Featured speaker Adm. Patrick Walsh, commander U.S. Pacific Fleet, thanked the survivors for their sacrifice and efforts throughout the war.

"We are here today to honor and thank all of the men and women who served throughout World War II and those who were involved with the attack on Pearl Harbor," said Walsh. "It is such an honor to stand in the presence of people who gave so much of themselves and their lives so that we can live lives of promise, potential and opportunity."

Following the guest speakers' remarks, 16 wreaths were presented in honor of the service members who perished on the nine ships bombed during the attack, the five branches of the U.S. military, the state of Hawaii and the National Park Service.

Pearl Harbor survivor Art Her-



honoring the service members involved in the attack.

"Today we are blessed and honored to have so many survivors with us for today's ceremony," said Lingle. "Their legacy continues on today and will be continued on by their children and the grandchild-



U.S. Navy photos

**A bugler plays taps during a Pearl Harbor Remembrance Ceremony at Joint Expeditionary Base Little Creek-Fort Story.**

riford, national president for Pearl Harbor Survivors Association, expressed the significance of honoring the survivors and the fallen service members during the attack 68 years ago.

"Anytime I come to Pearl Harbor, it is with reverence," said Herri-ford, who was stationed aboard USS Detroit at the time of the attack. "During the attack I saw the USS Arizona get bombed and sink within a matter of minutes, killing 1,177 Sailors and Marines. Today we honor them and everyone that was involved with the attack."

To conclude the ceremony, the U.S. Marine Corps Rifle Team from

Camp H.M. Smith, Hawaii, executed a 21-gun salute; the U.S. Pacific Fleet Band performed taps; and tug boats assigned to NAVSTA Pearl Harbor delivered a water tribute to those who served in Pearl Harbor on Dec. 7, 1941.

Throughout the day, around Pearl Harbor, other events were held in conjunction with the early morning ceremony to further honor those who defended the harbor during the attack.

*Read more about the Pearl Harbor Remembrance Ceremony in Front & Center.*

**Read more on page B6**



## Are you ready for some football? Army and Navy to meet on Dec. 12

This game is one of the oldest traditions in Football and is still hotly watched and teams avidly rooted for by service men and women, retired military and their civilian counterparts.

The rivalry kicked off 117 years ago when Cadet Dennis Mahan Michie accepted a "challenge" from the Naval Academy and the two squads faced off on The Plain at West Point on November 29, 1890 (Navy had been playing organized football since 1879, and came out on top of the newly-established Army squad). Ever since, through those many years of intense cheers, unforgettable plays and climactic moments, the Army/Navy rivalry has been etched into the minds of countless fans and followers. All it takes is a visit to West Point or Annapolis, where everything (from the finely manicured hedges to the chant following grace-before-meals) proclaims "Beat Navy" or "Beat Army," to understand how deeply ingrained this rivalry actually is.

Even the history of the 10 times that the game was not played tells the story of Army/Navy passion. The game was canceled once (1909) when Army canceled its entire schedule after the death of Cadet Eugene Byrne in the game against Harvard, twice during World War I on orders from the War Department (1917 and 1918), and twice when the academies could not agree on player eligibility standards (1928 and 1929).

However, the longest and perhaps most telling in-

terruption (from 1894-1898) occurred only a few years after the rivalry's inception. Following a reputed incident between a Rear Admiral and a Brigadier General, which nearly led to a duel after the 1893 Navy victory, President Cleveland called a Cabinet meeting in late February 1894. When the meeting ended, Secretary of the Navy Hillary A. Herbert, and Secretary of War, Daniel S. Lamont, issued general orders to their respective Academies stating that other teams would be allowed to visit Annapolis and West Point to conduct football games, but the Army and Navy football teams were "prohibited in engaging in games elsewhere." In other words, Army and Navy were restricted to home games and, consequently, from playing each other. For the next five years, the explosive rivalry was defused.

In 1899, Philadelphia was chosen as a neutral locale to host the Army/Navy Game and begin the rivalry anew. Franklin Field was the site of this game, and through the 20th and now 21st century, Municipal Stadium (later JFK Stadium), Veterans Stadium and Lincoln Financial Field have all staged Army/Navy in Philadelphia. As the rivalry has moved into the new millennium, Philadelphia has continued to be the primary host of the storied series and the home of the game.

*Editor's note: The game will be played on Dec. 12 at 2:30 p.m., Lincoln Financial Field in Philadelphia, PA. The game will be shown on CBS.*

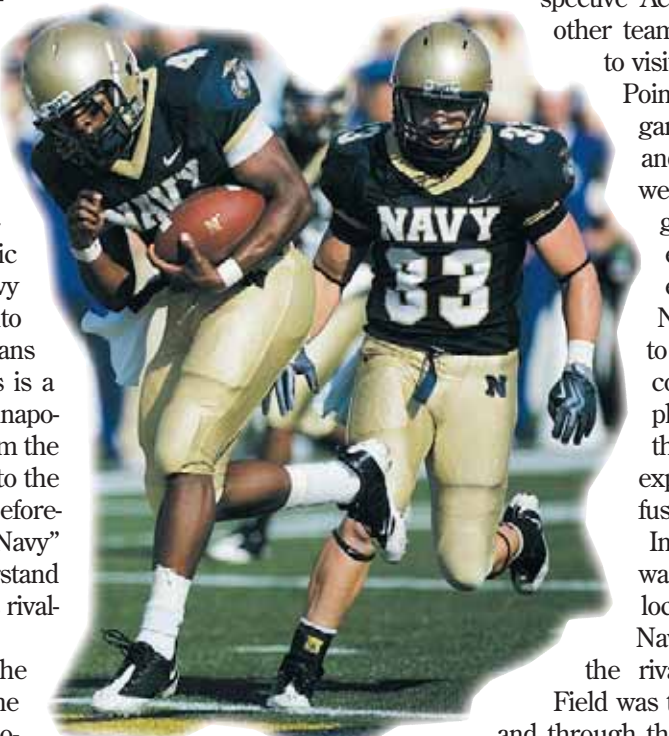


Photo by Oscar Sosa



Photo by MC1 Jennifer A. Villalovos

**Master Chief Petty Officer of the Navy (MCPON) Rick West conducts a Defense Connect Online meeting with senior leadership during a working lunch while on travel visiting Sailors at Naval Air Station Lemoore.**

## MCPON pushing Social Media to Sailors and Navy families

BY MCSS BILL HOULIHAN  
Office of the Master Chief Petty Officer of the Navy

**WASHINGTON** — One week after his Facebook page, www.facebook.com/mcpn, surpassed ten thousand "fans", Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West used the Web site to announce his intent to further leverage social media as a significant communications device.

West, in a note he posted to Face-

book Dec. 7, said he anticipates another thousand fans by Christmas, and that the response he's received from Sailors and Navy families has been surprising and encouraging. He also said that the real value of social media is the opportunity to share ideas.

"We started out tentatively and that's fine. But, now that we have momentum, I believe we should push it even further. I want to start

**See MCPON, A11**

## USS Williams Commanding Officer, Command Master Chief relieved of their duties

PRESS RELEASE  
U.S. Fleet Forces Command  
Public Affairs

**NORFOLK** — The commanding officer of USS James E. Williams (DDG 95) was relieved of command Dec. 4 due to loss of confidence in the commanding officer's ability to command.

Capt. Robert C. Barwis, commander, Destroyer Squadron 26, relieved the commanding officer of guided-missile destroyer James E.

Williams. The command master chief was also relieved as a result of the substandard performance of his duties.

The relief comes after nine James E. Williams Sailors received nonjudicial punishment in November 2009, following investigations that substantiated charges of fraternization between senior and junior

**See USS WILLIAMS, A11**

### INSIDE:

#### COMBAT FITNESS TEST

A8

##### Marines get physical

The Combat Fitness Test (CFT) is intended to keep Marines ready for the physical rigors of contemporary combat operations.



#### FRONT & CENTER

B1

**Commodore Levy Chapel**  
Chapel celebrates 50th anniversary of its naming with rededication on Dec. 13, exactly 50 years from its first dedication to the man.



#### OFF DUTY

C1

**'Cats' comes to Norfolk**  
National Tour "Cats" will be playing at Norfolk's Chrysler Hall from Feb. 19-21, 2010.







Navy Exchange (NEX) employees prepare holiday decorations to delight and entice shoppers at the Naval Station Norfolk NEX. Santa will be making special appearances Dec. 5 - 20, Saturdays: 10 a.m. - 2 p.m., and Sundays; 11 a.m. - 3 p.m.

# Tips on budgeting during the holidays

STORY AND PHOTO BY  
**SA BRIAN AUKER**  
*Staff reporter*

**NORFOLK** — The holiday season can be a time of joy when families come together to celebrate a wide variety of time-honored traditions, but it can also be a time for stressing over finances, which can adversely affect Sailors and their families. The Navy Marine Corps Relief Society (NMCRS), a non-profit organization established to help Sailors and Marines with financial advice and resources, has several effective tips to avoid financial stress during the holidays.

Kathy Nelson, the director of NMCRS Norfolk, said one of the keys to alleviating financial stress is to set up a budget and diligently maintain it throughout the year.

“People really need to understand where their money is going and the best way to do that is to have a budget,” said Nelson. “Our nation as a whole is just not used to having a budget, but it’s the single best way to make sure you have money set aside for certain occasions.”

Although NMCRS exists mainly to help Sailors become financially independent, Nelson also suggested several ways to be a responsible holiday shopper:

- Be wise with purchases.
- Look for deals.
- Always do research on any purchase you intend to make.
- Plan ahead.
- Don’t fall for deals that sound too good to be true, since they probably have a catch.
- Carefully read any contracts that you may have to sign.

Nelson said that even though it may be too late to set up a budget for the current holiday season, it’s never too late to start planning for next year.

“If you want to have money set aside for next year’s holiday season, start your budget on January 1st.” Nelson suggested.

The Federal Trade Commission (FTC,) which is the nation’s consumer protection agency, also offers several tips on how to stay on track with your budget throughout the holiday season:

- Keep track of your spending. Incidental and impulse purchases add up. Jot down what you spend after every purchase.
- Save your receipts. You need them for returns and exchanges. Check credit and debit card sales and return receipts against your monthly bills and statements and report any problems to the credit card issuer promptly.

- Ask for gift receipts. Many retailers offer gift receipts that code the price. That way, if the recipient returns the item, they’ll get the same value even if the item has been discounted further.
- Ask about store refund and return policies. Many merchants may have different refund and return policies for sale items. For example, clearance merchandise may be on final sale, meaning no refunds or exchanges.
- Keep good records. Whether you’re ordering by mail, phone, or online, it’s important to keep detailed information about the transaction, including your order number, shipping costs and dates, warranties, refund and return policies. Some online merchants do not process returns at their retail locations.
- Ship early. If you’re sending gifts to out-of-towners, factor in extra time for shipping. If you wait until the last minute, you may pay a hefty price for express or overnight shipping.
- Keep an eye on your wallet. Don’t flash cash. Keep an eye on your credit or debit card during transactions, and get them back as quickly as possible. If your cards are lost or stolen, report the loss or theft immediately to the card issuers.

“Information is powerful,” Nelson said empathically. “Knowledge lets you make wise choices.”

## THE FLAGSHIP’S LEEWARD SHOUT

### How do you stay within a budget during the holidays?



MM1  
Michael Oravetz  
NavSta

“The way that I stay within my budget is buying in bulk and using coupons as much as possible.”



Senior Chief  
Ruben Apellaniz  
USS Norfolk

“If you want to stay under budget, what you want to do is start saving at the beginning of the year, so you actually have a budget to stay within when the holidays come around.”



YN1 (select)  
Thykiesha Santana  
Carrier Strike Group 2

“I stay on budget by starting to do holiday shopping during the summer.”



FCC  
Richard Underwood  
USS Cole

“I stay under budget by passing on purchasing, and not buying things that I can’t afford.”



AOCS  
Billy Filer  
CJTF 4

“The way that I stay within my budget is that I save my money throughout the year, so at Christmas it is never too stressful.”



LTJG  
Jacob Fischer  
USS Ashland

“I stay under budget by letting my wife take care of the finances.”

Photos by SA Brian Auker

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# NMCB 74 surveyors, making the unknown known

BY MC1 (SW/AW) RYAN G. WILBER  
Naval Mobile Construction Battalion 74  
Public Affairs

**HELMAND PROVINCE, Afghanistan** — Naval Mobile Construction Battalion (NMCB) 74 recently received support from Navy engineering aides, who trekked across the sand in the Helmand Province, Afghanistan, to provide NMCB 74 with an accurate representation of the topography of Camp Leatherneck’s expansion site.

Without vital information provided through the topographical survey, NMCB 74 wouldn’t be able to correctly form the foundations for the facilities or roads that will comprise NMCB 74’s new working space.

The new Seabee camp at Camp Leatherneck will occupy 21 acres, with a main road that’s more than 7,000 feet long.

The elevations for the foundations, referred to as pads, the slope of the area for drainage and the shape of the road were all determined by NMCB 74’s operations department before the survey began. Surveying the expansion site was the first step in the actual building process after the planning phase was completed.

“[The Operations Department] decides what elevation everything will be, the slope or what the pad elevation will be, and then we take it from there. That way the equipment operators know how much to cut or fill,” said Army Spc. Joel

Quintanilla, a survey team member, assigned to the 655th Concrete Team, 19th Engineer Battalion.

Preparation for the survey begins with setting up electronics in the office. With a minimum of two known points and the camp layout diagram, coordinates are entered into the Trimble S-6 controller.

“We plug the numbers into the S-6 geodometer, and we know where to go from there and put in stakes,” said Engineering Aide 2nd Class Adolfo Valdez, NMCB 74 lead surveyor.

The process may sound simple, but the fact is that these Seabees were introduced to the Trimble S-6, a rather sophisticated piece of surveying equipment, just two months ago during turnover.

“More advanced equipment makes it a lot easier as opposed to doing it manually where you just have a transit and telescope - using a tape measure rather than a computer,” said Quintanilla.

At the expansion site, the survey begins by connecting the base to the controller of the S-6 via Bluetooth. Once connected, the controller is moved to each of the two known points and their elevations entered. This process, called a resection, allows the base to know its elevation and coordinate. Now the surveyors are set to find the elevations of unknown points.

“Once we’ve entered the coordinates of each point into the controller and [synchronized] it to the base, the controller will lead us to the desired point using line-of-sight technology. I’ll set the pole, level it out and press the button, and the base tells the controller the elevation,” said Valdez.

“All you have to do is click and measure whatever points you want into the machine, and it will actually take you right where it’s supposed to be, and it’s pretty accurate,” added Quintanilla.

Using line-of-sight technology in the desert where frequent and unannounced sand storms blow through is sometimes challenging, but Valdez and his crew gather the information after a number of long walks across the uneven sand.

Before the survey is complete and the information is ready to be uploaded, the team will have walked nearly every foot of the 21 acre site, not to mention placing 500 stakes to mark off the main road along the way.

Once back in the office, the S-6 is connected to a sophisticated computer program, which provides a visual representation of the site once the coordinates and elevations from the survey points are uploaded.

“The software is made specifically to complement the controller,” said Engineering Aide 2nd Class Asdru Arana, leading petty officer. “The Terramodel program shows elevations and depressions, which show us how much dirt we need to bring in or cut, to achieve proper drainage for our roads and plot.”

With the print out from the program,

called a site plan, NMCB 74’s Alfa Company, who operates earth-moving equipment, is provided with an accurate representation of the site’s topography. They know how much dirt must be removed or added to construct the camp site and road according to the site plan.

Even after the site plan is provided to Alfa Company, the team’s work is not complete however. It is vitally necessary for surveyors to be on site to take elevations as the work progresses to ensure the final pad

or slope of the road are constructed according to specifications.

“It’s a lot of going back out there to make sure they are where they need to be,” said Quintanilla.

The importance of surveying, as the first step in the building process is immense. An accurate survey leads to a sure foundation and a new functioning camp for NMCB 74.

For more news from Naval Mobile Construction Battalion 74, visit [www.navy.mil/local/nmcb74/](http://www.navy.mil/local/nmcb74/).



Engineering Aid 2nd Class Adolfo Valdez records topographical data using a prism pole with a data collection attachment.



Photos by MC1 Ryan G. Wilber

Valdez syncs the base and controller on a Trimble S-6 robotic surveying instrument. Valdez and his team are conducting a topographical survey at the Camp Leatherneck expansion site.



# EURAFSWA Region committed to fight against H1N1

**BY MC2 (SW/AW) MARC ROCKWELL-PATE**  
*Navy Region Europe, Africa, Southwest Asia Public Affairs*

**NAPLES, Italy** — Hospitals and clinics located throughout the Europe, Africa and Southwest Asia (EURAFSWA) region continue to execute a strategy of information awareness and vaccination of personnel to combat what has become a worldwide fight against the H1N1 flu.

Currently all active duty personnel and high-risk DoD beneficiaries are eligible to receive the H1N1 vaccine.

“The vaccination program is going very well,” said Cmdr. Timothy Halenkamp, director, public health services at Naval Hospital Naples, Italy. “To date we



## H1N1: NMCP to vaccinate retirees, dependents

**NAVAL MEDICAL CENTER PORTSMOUTH, Va.** — Starting Friday, Dec. 4, H1N1 influenza vaccine will be offered to all military dependents and retirees at Naval Medical Center Portsmouth and its branch clinics. Active duty service members will be vaccinated when the Department of Defense vaccine arrives in approximately one to two weeks.

Non-active duty beneficiaries may get their H1N1 vaccine on a walk-in basis at the immunization clinics at Naval Medical Center Portsmouth, Sewells Point Clinic at Norfolk Naval Station, Admiral Joel T. Boone Clinic at Little Creek Naval Amphibious Base and Oceana Branch Medical Clinic.

Non-active duty beneficiaries who wish to be vaccinated at TRICARE Prime Virginia Beach or TRICARE Prime Chesapeake must make an appointment at 1-866-MIL-HLTH (1-866-645-4584).

<b>Walk-in H1N1 flu vaccines:</b>	
<i>Naval Medical Center Portsmouth</i>	<i>Oceana Branch Health Clinic</i>
8 a.m. - 2 p.m., Mon. - Fri.	8 a.m. - 2 p.m. Mon., Tues., Thurs. & Fri.
<i>Boone Branch Health Clinic</i>	<i>Sewells Point Branch Health Clinic</i>
8 - 11 a.m., Mon. - Fri.	7:15 a.m. - 2:45 p.m. Mon. - Thurs.
1 – 3 p.m., Tues. & Thurs.	7:15 a.m. – noon, Fri.
	<b>APPOINTMENTS ONLY H1N1 flu vaccines (Call 1-866-MIL-HLTH or 1-866-645-4584):</b>
	<i>TRICARE Prime Virginia Beach Nurse Clinic</i>
	7 a.m. – 6:30 p.m.
	<i>TRICARE Prime Chesapeake Nurse Clinic</i>
	7 a.m. – 6:30 p.m.

Beneficiaries will receive the H1N1 nasal spray vaccine unless the patient has a contraindication and needs the injectable version. Injectable vaccine will be administered after all nasal spray vaccine is expended. Nasal spray vaccine can provide protection within two days of being vaccinated; injectable vaccine can take up to two weeks to provide protection.

*For additional information, call the NMCP Flu Hotline at (757) 953-3045 or visit [www.med.navy.mil/SITES/NMCP](http://www.med.navy.mil/SITES/NMCP).*

have vaccinated more than 80 percent of the active duty personnel in the area.”

High-risk beneficiaries include personnel deploying or stationed aboard a ship, health care workers, pregnant family members, people with blood and cardiovascular disorders, as well as many other factors.

Other beneficiaries, including children, are starting to get the vaccination based upon the availability of the vaccine at each installation.

Though not all beneficiaries are required to get the vaccine, Halenkamp says everyone should consider receiving the H1N1 vaccine.

“Military members are required to receive the vaccination unless they have a documented medical or religious contraindication,” Halenkamp said. “For everyone else the vaccine is not mandatory, but it is highly encouraged since this is the number one way to protect ourselves and others against this pandemic flu.”

Halenkamp said the H1N1 vaccine is produced using the same methods as the seasonal flu vaccine, which has proven to be extremely safe and effective. The H1N1 vaccine contains no live virus, so there is no risk of contracting the flu from the immunization itself.

To stay a step ahead of the H1N1 virus, Navy Medicine tracks the number of influenza-like illnesses at each hospital and clinic in the region in order to detect outbreaks of illness very early on and intervene appropriately, said Capt. Mark Malakooti, preventive medicine officer at Commander, Naval Forces Europe/Africa – 6th Fleet Surgeon’s office.

“The United States Center for Disease Control and Prevention (CDC) months ago stopped tracking and

reporting cases of H1N1 because testing had become impractical,” said Malakooti. “In addition they recommended that only patients with serious illness and those admitted to hospitals be tested for H1N1 if it was suspected.”

Navy Medicine continues to follow these recommendations this flu season according to Malakooti.

Together with the vaccine efforts, medical professionals in the region are also helping disseminate information about the flu using flyers, and radio and television commercials. The Commander, Navy Installations Command (CNIC) Web site, located at [www.cnic.navy.mil](http://www.cnic.navy.mil), also provides valuable information about H1N1 flu, how it spreads, who is at the greatest risk and how to prevent contracting the virus.

According to the CNIC Web site, personnel can do a number of things to minimize the impact of H1N1, including maintaining a healthy lifestyle, eating well, exercising and getting at least eight hours of sleep. Other prevention methods include frequently washing your hands with soap and water, limiting unnecessary exposure to people with coughs or fevers and utilizing medical facemasks in high-risk environments.

*For additional information on the H1N1 flu or the vaccine, please visit the CNIC Web site or the CDC Web site at [www.cdc.gov](http://www.cdc.gov).*

*Commander, Navy Region EURAFSWA is responsible for providing efficient and effective shore service support to U.S. and allied forces operating at our installations.*

*For more information about the command, visit [www.cnic.navy.mil/europe](http://www.cnic.navy.mil/europe).*

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



Photo by MC2 Joseph Ebaló

**Capt. Bill Mosk, commander of U.S. Naval Activities Spain, receives the H1N1 Vaccine at U.S. Naval Hospital Rota, Spain. Mosk and other area commanders were some of the first to receive their required immunizations as part of a U.S. European Command order for 100 percent active duty military member participation.**

## BUMED launches Web site with new look

### PRESS RELEASE

*From Navy Bureau of Medicine and Surgery Public Affairs*

**WASHINGTON** — The Bureau of Medicine and Surgery (BUMED) unveiled a revised Web site, Dec. 3, designed to improve the look and utility of the previous Web site.

The site, [www.med.navy.mil](http://www.med.navy.mil), includes news and information from BUMED headquarters, including the latest guidance and public statements by the Navy Surgeon General, Vice Adm. Adam Robinson.

The new BUMED Web site has an updated look, with the goal of making it more user-friendly. Information from Navy

Medicine Online was moved to the BUMED Web site to make it more accessible to the public and easier for a user to find information. The new site also includes a centralized list of links to the Navy’s medical facilities around the world.

“BUMED recently initiated a consolidated effort to decrease the number of public facing

Web sites as mandated by Defense Information Systems Agency. This enhanced capability will not only bring into compliance



Department of Defense and Federal standards, but also provide a high-speed highway for the publication of BUMED notices

and health care updates to Navy personnel and external customers,” said Verlin Hardin, Chief Information Officer, U.S. Navy Bureau of Medicine and Surgery.

The overall shift to the new Web site aligns the Navy medicine regions, giving their respective Web sites a similar look and feel.

*For related news, visit the Bureau of Medicine and Surgery Navy Web site at [www.med.navy.mil](http://www.med.navy.mil).*



# Holiday Religious Services Schedule

## JOINT EXPEDITIONARY BASE

JEB Little Creek Chapel (757) 462-7429

<b>CATHOLIC</b> <i>Solemnity of Nativity of the Lord</i> <b>Jesus Vigil Mass</b> Dec. 24 - 5 p.m. <b>Christmas Carols</b> Dec. 24 - 11:15 p.m. <b>Midnight Mass</b> Dec. 24 - 11:59 p.m. <b>Christmas Mass</b> Dec. 25 - 9 a.m. & 12:15 p.m. <i>Solemnity of Mother of God Vigil Mass</i> Dec. 31 - 5 p.m.	<b>New Years Mass</b> Jan. 1 - 9 a.m.  <b>PROTESTANT</b> <b>Christmas Caroling</b> Dec. 15 - 7 p.m. Dec. 17 - 7 p.m. <b>Worship Service</b> Dec. 20 - 10:30 a.m. <b>Candlelight Service</b> Dec. 24 - 7:30 p.m. <b>Worship Service</b> Dec. 27 - 10:30 a.m.
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First Landing Chapel-Fort Story (757) 422-7665

<b>CATHOLIC</b> <b>Christmas Mass</b> Dec. 24 - 5 p.m. <b>New Years Mass</b> Jan. 1 - 11 a.m.	<b>PROTESTANT</b> <b>Christmas Advent Service</b> Dec. 24 - 7 p.m.
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## NAVAL AIR STATION OCEANA

Chapel of The Good Shepherd-Oceana (757) 433-2871

<b>CATHOLIC</b> <b>Christmas Eve Mass</b> Dec. 24 - 5:30 p.m. <b>Christmas Mass</b> Dec. 25 - 9 a.m.	<b>PROTESTANT</b> <b>Christmas Advent Service</b> Dec. 24 - 7 p.m.
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Chapel By The Sea-Dam Neck (757) 492-6602

<b>CATHOLIC</b> <b>Christmas Eve Mass</b> Dec. 24 - 4 p.m.
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## NAVAL STATION NORFOLK

Our Lady of Victory Chapel (757) 444-7361

<b>CATHOLIC</b> <b>Christmas Vigil Holy Mass</b> Dec. 24 - 5 p.m. <b>Christmas Holy Mass</b> Dec. 25 -10 a.m.	<b>Vigil Holy Mass Mary Mother of God</b> Dec. 31 - 5 p.m. <b>Sacrament of Reconciliation</b> Dec. 31 @ 4 p.m.
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David Adams Memorial Chapel (757) 444-7361

<b>PROTESTANT</b> <b>Christmas Eve Candlelight Service</b> Dec. 24 - 8 p.m.
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## JEWISH

Commodore Uraih P. Levy Chapel (757) 444-7361 or 7363

<b>Hanukkah Potluck</b> Dec. 11 - 6:30 p.m. Service Follows - 7:30 p.m.
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Information on Muslim and Jewish faith observances may be obtained by calling NAVSTA Norfolk Chapel at 444-7361.

## CHAPLAIN'S CORNER

# Gratitude - A necessary attitude

BY CMDR. JOEL MORTON  
MCCDC Deputy Chaplain, Quantico

Once upon a time a stranger rode his tired horse down a back country road on his way home from a long journey. It was late afternoon and the man was tired and hungry. Ahead he saw a small village. "I'll get something to eat there and find a place for the night," he thought.

Suddenly the horse tripped, throwing the stranger to the ground. As he brushed himself off, he saw that the horse had stumbled over a rock sticking out of the ground in the middle of the road. He walked over to it and dug it out of the ground so that it would not trip anyone else.

It was a splendid rock, almost perfectly round and smooth. The stranger liked the rock, so rather than throw it away, he put it in his saddle bag, climbed up on his horse, and continued into the village.

As he rode past the first few houses, the village people just stood there and stared. He waved to several of them, but no one waved back. He got off his horse and approached a woman standing in front of a small house.

"Good evening," he said cheerfully, "Could you spare a bit of food for a hungry man?" The woman began shaking her head almost before he had finished his sentence.

"We have had a poor harvest here. We are very worried that there is barely enough food for our family. I am sorry."

She then turned away and walked into her house and shut the door. The man continued to the next house where a farmer was working on his wagon.

"Do you have a place at your table for a hungry traveler?" he asked.

"It didn't rain during the last month before harvest," the farmer said. "What little we have is needed for our children."

At every home the stranger heard the same sad story: The harvest had been poor, there was not enough food to make it through the winter. Everyone was very worried about themselves and their immediate family.

Completely discouraged and very hungry the man sat down under a tree in the village square. "Poor people," he thought, "in a few weeks they will be as

hungry as I am."

Suddenly an idea hit him. He reached into his saddle bag, took out the stone and addressed the villagers. "Gentle folk of the village," he shouted. "Your worries are over. I have in my hand a special stone that will help take you through the long winter. This is a magic stone. With it you can make stone soup."

"Stone soup?" and old man repeated. "I have never heard of stone soup."

"The wonder of stone soup," the stranger continued, "is that it not only feeds hungry people, it also brings people together.

"Now who has a large empty pot?"

Quickly a huge iron pot was found, and delivered to the stranger in a wheel barrow.

"The kettle is barely large enough, but it will do," the stranger said.

"Now we must fill the pot with water and start a fire." Eager hands carried buckets of water and firewood. Soon the pot was placed over a roaring fire. As the water began to boil the stranger dramatically raised the magic stone above his head, and then he gently placed it in the kettle.

"Stone soup needs salt and pepper," the stranger announced. Two children ran to find salt and pepper. After the water had boiled for a few minutes the stranger sipped the brew.

"This stone makes an excellent soup, but it would be better if we had a few carrots."

"We have a few carrots that we're willing to share," a farmer replied.

Immediately his daughter ran home and returned with an apron full of carrots. "It's too bad the harvest was so bad," said the stranger.

"Stone soup is always much more tasty when we add a cabbage or two."

"I think I know where to find a cabbage," a young mother shouted as she dashed towards her home. When she returned she was carrying three large cabbages.

The stranger was busy slicing carrots and cabbages with his hunting knife. "The last time I made stone soup was at the castle of a rich man. He added a few potatoes and a bit of beef."

Several people talked quietly, "A bit of beef and we can eat like rich people,"

they whispered. They went home and soon returned not only with beef and potatoes, but some brought milk, onions and barley, too.

By the time the soup was ready it was almost dark. It was the most delicious soup that they had ever smelled and to think, it all came from the magic stone. The stranger finally declared that it was done and invited everyone to have as much as they could eat.

After everyone had eaten their full, some folks brought out their fiddles. Everyone began to sing and dance - and they continued till the wee hours of the morning. Never had the village people had such a wonderful party.

The next morning the whole village gathered to say goodbye to the stranger. As he mounted his horse a small child called out, "You forgot to take your magic stone!"

The stranger smiled. "I am going to leave the stone with you as gift of gratitude for your hospitality," he said. "Remember, as long as you make stone soup, you will never have to worry about being hungry."

As he rode off a grandfather put his arm around the shoulders of his young granddaughter and said, "Do you remember the other bit of magic that the stranger promised when you make stone soup?" he asked.

"Yes," she said, "the stone brings people closer together."

Think back to Nov. 26 – Did you spend some quality time giving thanks to God for all of your blessings or did the day end with good intentions. If by chance, due to all the hard work of preparing for that holiday, the day ended without counting all your blessings then I have some great news for you: today is another day.

Here in America, God has shed his grace on us by allowing us to live in the land of the free and the home of the brave. When you see the American Flag, count your blessings. When you hear the laughter in a child's voice, count your blessings. When you drive to work, count your blessings. When you sit down to eat, count your blessings. And when you lay down tonight in comfort, count your blessings. Remember, "Gratitude is a Necessary Attitude."



# Second moon landing 40 years ago featured all Navy crew

BY DENNIS M. CONRAD  
*Naval History and Heritage Command*

WASHINGTON — As the United States once again contemplates manned flights to the moon, it is fitting to celebrate the 40th anniversary of the Apollo 12 mission, the second manned mission to the moon and the only one that boasted an all-Navy crew of Cmdr. Charles “Pete” Conrad, Cmdr. Richard F. “Dick” Gordon, and Cmdr. Alan L. Bean.

Apollo 12 lifted off on Nov. 14. The launch proved to be the most dangerous part of the mission. Because of a tight window of opportunity to achieve the desired trajectory for the planned lunar-landing site, Apollo 12 had to take off in rain and thundering clouds. Thirty seconds after lift-off, the astronauts reported

a flash of blinding light and numerous warning lights on the instrument panel went on.

Apollo 12 had been hit by lightning and most of the electrical systems of the command and service module failed. Most critical, the guidance control gyroscopes were spinning aimlessly instead of keeping track of the spacecraft’s orientation. Luckily, the booster rocket’s guidance systems had not been affected or the rocket would have immediately gone out of control and crashed. Other lightning strikes followed until the rocket powered above the storm clouds.

The damage done to the command module, while potentially devastating at the time of the strike, was easily reparable, mostly a matter of restarting systems and shutting off automatic circuit breakers, so that by the time the crew

needed to execute the “trans-lunar injection maneuver,” or, in other words, to break out of Earth orbit and head for the Moon, the module was fully functional.

After a smooth three-day journey, Apollo 12 entered lunar orbit. Roughly one day later, the lunar module separated from the command module and landed on the moon. Five hours later, at roughly 7 p.m., EST, on Nov. 19, 1969, Navy commanders Conrad and Bean became the third and fourth humans to walk on the moon.

One of the most remarkable aspects of the mission was the location of NASA’S robot spacecraft, Surveyor 3, by the Apollo 12 crew. Surveyor had landed on the moon on April 20, 1967 touching down on the inside slope of a small lunar crater in the Oceanus Procellarum region (Ocean of Storms).

Two and

one-half years later, Cmdr. “Pete” Conrad was able to pilot the lunar module Intrepid directly over Surveyor 3 and land some 600 feet from it. Intrepid had been programmed to land even closer but Conrad and Bean judged the area around Surveyor not suitable as a landing site. Therefore, Conrad took over manual control of the lunar module and piloted Intrepid across the crater to land on the rim opposite Surveyor. Still, when Conrad and Bean exited Intrepid, it was easy for them to walk to the Surveyor. Using bolt cutters, the Navy astronauts removed Surveyor’s TV and its sampling scoop, returning them to Earth for study and proof that they had actually seen, touched and photographed the robot on the moon.

The crew of Apollo 12 boasted many accomplish-

ments during this mission, including: the first precision manual moon landing; the first time a pilot maneuvered the Command Module into a different orbiting trajectory, a requirement for future missions; an extended visit to the lunar service – almost three times as long as Apollo 11 – including two separate moonwalks and recovery of equipment from an earlier unmanned probe; and finally, the first deployment of an automated scientific analysis package, a small bundle of instruments which Conrad and Bean left on the Moon that remained operational for eight years and provided a wealth of information. The excellent performance of the spacecraft, the crew, and the support personnel ranked this “all-Navy” mission as one of the most successful in NASA history.

For more news from Naval History and Heritage Command, visit [www.navy.mil/local/navhist/](http://www.navy.mil/local/navhist/).

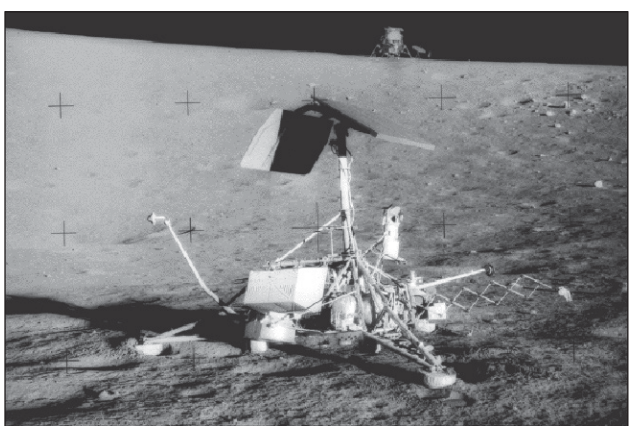


Photo by NASA

The Surveyor 3 spacecraft was launched in April 1967 and was exposed on the lunar surface for 31 months before the Apollo 12 mission. The Apollo 12 Lunar Module landed approximately 160 meters from the Surveyor 3 spacecraft. The crew retrieved several pieces of the Surveyor, including the TV camera and associated electrical cables, the sample scoop and two pieces of aluminum tubing. These items were returned to Earth and analyzed to determine how they were affected by exposure to the lunar environment.



Photo by NASA

Apollo 12 commander Charles “Pete” Conrad unfurls the United States flag on the lunar surface during the first extravehicular activity on Nov. 19, 1969.





# SPC Broome on 2nd Tour: “*Piece of Cake*”

BY ARMY SGT. NEIL GUSSMAN  
28th Combat Aviation Brigade

**CONTINGENCY OPERATING BASE ADDER, Iraq** — When the improvised explosive device exploded, it ripped through the left side of the humvee. The vehicle commander and the other passenger were shaken but not badly injured. The driver, 19-year-old Spc. David Broome was not so lucky.

His legs and hands were bleeding. His right thigh was badly damaged.

Medics were at the site in moments. They stabilized Broome, then loaded him in an M113 armored personnel carrier for transport to a MEDEVAC site.

After that short ride, Broome began a long journey from rescue, to recovery, to return to duty.

He was flown by Black Hawk to Baghdad hospital and initially treated for what he remembers as two or three days.

After that, he was transferred to the hospital at Joint Base Balad, where further treatment was performed on his badly injured right thigh. The next stop was the Army hospital in Landstuhl, Germany, then Fort Gordon, Ga.

In all, Broome was a patient in four hospitals for nearly two months before going home to begin the rehabilitation process.

After several surgeries and treatments, he regained the use of his right leg, but some of his thigh muscle is missing so he has limitations.

In 2008, when the pre-mobilization training began for his current deployment to Contingency Operating Base Adder with Task Force Diablo, Broome looked at deploying a bit differently from most Soldiers.

He knew how dangerous duty in Iraq could be. But he also was ready to go back.

“I’d say I am 50/50 about being outside the wire,” said Broome. “Part of me wanted to get back out on the road and see how much had changed from 2005, but part of me is happy to stay here on Tallil.”

At 23, Broome already has six years of service. The Manayunk, Pa., native enlisted at 17 after being a member of the Junior Reserve Officers’ Training Corps at Roxborough High School. He went to basic



U.S. Army photo by Sgt. Neil Gussman

**Army Spc. David Broome is back in Iraq after receiving a Purple Heart for injuries he suffered in 2005.**

training in June 2003, and then to advanced training in 2004 to become a human resources specialist.

In January 2005, he was mobilized with the Pennsylvania National Guard’s “B” Troop, 1st Squadron, 104th Cavalry Regiment.

In June 2005, he was in Ar Ramadi.

Two of the biggest battles of the war were fought in Ramadi. According to Michael Fumento, who wrote about 101st Airborne operations in Ramadi, the phrase “The graveyard of the Americans” was scrawled on the walls of the city of 400,000.

Broome was assigned as a human resources specialist, but spent less than a week in that job.

“They needed more soldiers on patrol, so I was attached to a Vermont line platoon,” Broome said. “My truck commander taught me room clearing, convoy route security and detainee operations.”

“We responded when the gate got attacked,” he said. “We were attached to a Marine unit for missions.”

Broome served four months on security and patrol duty until he was injured and evacuated from Iraq.

“I know this tour is rough on some of the first timers,” said the Purple Heart recipient, resting his hand on his right leg as he spoke. “But compared to my first tour this time is cake for me.”

# Reservist stays in touch with students

BY AIR FORCE SENIOR  
AIRMAN DAVID DOBRYDNEY  
379th Air Expeditionary Wing Public Affairs

**SOUTHWEST ASIA** — Air Force Master Sgt. Linda Adams has been an elementary school teacher for the past four years.

After just one day on the job in the current school year, however, she departed on a four-month deployment to Southwest Asia with her Air Force Reserve unit from Keesler Air Force Base, Miss.

“I was able to say hi to my new class, and then I was off,” said Adams, the 746th Aircraft Maintenance Unit support section noncommissioned officer in charge.

But this teacher has bridged the distance by keeping up with her students online. Adams’ school, Kate Shepard Elementary in Mobile, Ala., maintains a blog site where students can write to and speak with local officials.

“They talk to different people like congressmen or school superintendents,” Adams said. “It’s a good way for them to learn writing skills and work on their communication skills.”

When Adams left for deployment, school officials invited her to join the site. “We are so excited that Ms. Adams is sharing her experiences with our students,” said Michelle Dumas, the school principal. “Communicating through the blog allows students to utilize technology and expand their global awareness.”

Since her arrival in Southwest Asia, Adams said, students have been sending her e-mails, pictures and letters. “I try my best to answer all of them,” she said.

Some students have told her about relatives who serve in the armed forces. For those who don’t have military family members, Adams has taken the opportunity to not only help with academic questions, but also to educate her students about the Air Force and its mission.

“The boys will ask questions like, ‘what kind of gun do you have?’ or ‘do you drive a tank?’” Adams said.

“They think of the Air Force and they think of planes, so I’m always asked if I’m a pilot,” she said. “I tell the kids not everyone is a pilot and I talk to them about my job as an aircraft mechanic along with other careers in the Air Force.”

Adams said her students also often ask



U.S. Army photo by Sgt. Neil Gussman

**Air Force Master Sgt. Linda Adams, 746th Aircraft Maintenance Unit support section noncommissioned officer in charge, as well as an elementary school teacher, uses a blog to communicate with students in Mississippi during her deployment in Southwest Asia,**

about life in Southwest Asia. “They’ve asked about the country, what it looks like, and what they have here,” she said. “I tell them there are malls, sports and music here just like at home. I sent a picture of me riding a camel and they were real excited about that.”

Previously, Adams taught fifth-grade students. This year, she was assigned to a kindergarten class.

“Knowing I had to deploy, I didn’t even tell them I was their teacher because I didn’t want to worry them,” she said. “They had more important things to think about than their teacher being gone for four months.” However, she recently sent her new class a video of her reading a storybook to them.

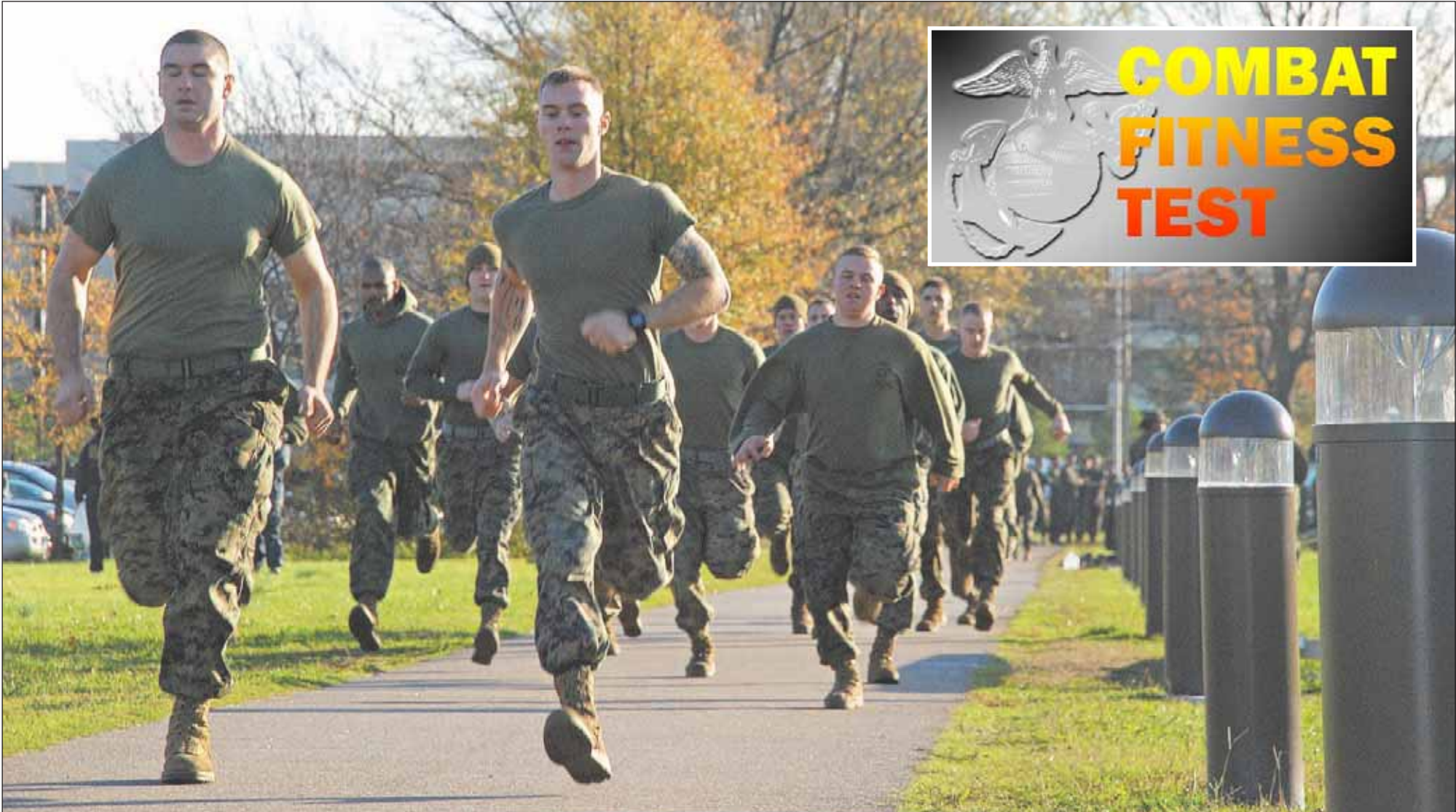
“The school’s principal asked me to interact with them while here because when I come home, they won’t be new students anymore,” she said. “I don’t want them to wonder who I am when I walk in.”

In the meantime, her former students and other students are enjoying the opportunity to communicate with her.

“We’ve learned a lot about Ms. Adams’ job in the Air Force by talking to her on the blog,” said Rueben, a fourth grade student. “I’ve learned that not everyone in the Air Force is a pilot and carries a gun.”

“We love to keep in touch with Ms. Adams on the blog because we really miss her,” said Ebony, another fourth grader.





Marines from Marine Aircraft Group 49 start their Combat Fitness Test (CFT) with a 880-yard run at Naval Station Norfolk's Parade Field. To pass, even the oldest Marines have to complete the run in under 4 minutes 28 seconds.



Marine Cpl. Allan Minas Sanchez finishes the ammunition carry portion of the CFT while Sgt. Drew Durette times him.

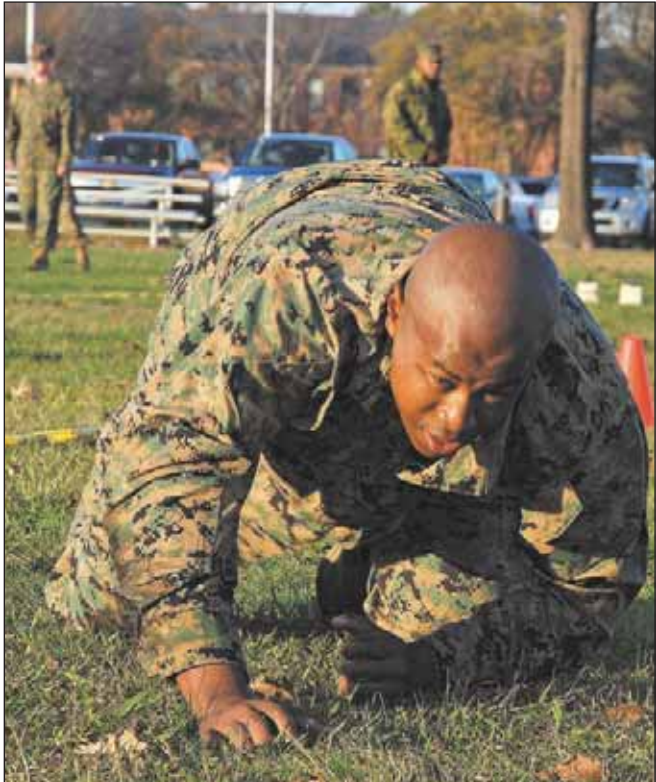


Sgt. Chad Coursey lifts his ammo can for the 97th time in a two-minute period scoring 100 points out of 100 in the ammo lift portion of the CFT.

The Combat Fitness Test (CFT) is intended to keep Marines ready for the physical rigors of contemporary combat operations. Individual readiness is measured by requiring Marines in battle dress uniform to sprint a timed 880 yards, lift a 30-pound ammunition can overhead from shoulder height repeatedly for two minutes, and perform a maneuver-under-fire event, which is a timed 300-yard shuttle run in which Marines are paired up by size and perform a series of combat-related tasks.

As per the Commandant of the Marine Corps, James T. Conway White Letter May of 2007, the Combat Fitness Test was developed to “better measure the functional elements of combat fitness. The CFT will consist of events that more closely replicate the physical demands of combat.”

The CFT, like the Physical Fitness Test, can influence promotion, retention and assignment.



Cpl. Todrick Body transitions makes his way across the field in a high crawl as part of the maneuver under fire portion of the CFT.



Sgt. Drew Durette watches the clock as Cpl. Amber Clairborne drags Master Sgt. Jan Evans towards the finish line during the casualty carry portion of the CFT.



# Standdowns emphasize safety during holiday season

**BY MC2 (SW/AW) MARC ROCKWELL-PATE**  
*Navy Region Europe, Africa, Southwest Asia Public Affairs*

**NAPLES, Italy** — As the holiday season begins, installations in the Europe, Africa and Southwest Asia (EURAFSWA) region are using safety standdowns to provide valuable training to all members of the DoD team about being safety conscious.

Steven Kalnasy, deputy safety director for Commander, EURAFSWA, said installations in the area and throughout the Navy use standdowns during critical times of the year, such as the holiday season.

“The purpose of a safety standdown is to provided awareness to the community about time critical or

sensitive issues that have command or Navywide interest,” said Kalnasy.

In some instances, safety stand-downs are directed across the enterprise when a mishap occurs, added Kalnasy. But more often, safety standdowns are organized prior to major holidays or seasonal campaigns, such as the 101 Critical Days of Summer campaign.

“Safety standdowns are successful in providing and ensuring the information, regarding safety hazards, lessons learned and preventable measures during a particular time period, is disseminated out to the community so personnel can make informed decisions and avoid any accidents or injuries to themselves and their family

members,” said Capt. Robert Rabuse, commanding officer of Naval Support Activity Naples, Italy.

The proof of the success of standdowns is when everyone comes home and back to work safely after a long holiday period by using the information provided to them, added Rabuse.

According to the Naval

Safety Center’s Web site, in 2008 nearly 15 percent of all fatalities in the Navy happened during the holiday season, from Nov. 26 to Jan. 4.

Installation commanding officers, like Rabuse, feel standdowns serve as an important tool to help remind personnel about the hazards associated with the busy holiday period.

Some of the major focus for the holiday season include suicide prevention, recreation and off-duty safety, electrical safety, and what some feel is the most important topic - travel safety.

“The holiday season is a great, but chaotic time of year. All will be looking to relax, recharge and perhaps take advantage of travel op-

portunities to their favorite destination,” said Robert Brown, traffic safety manager at Naval Station Rota, Spain. “To do so, safely is the challenge. Careful planning with an eye towards safety and implementation of controls will significantly reduce the number of potential hazards this holiday season. The goal is for all hands to return safely, recharged and ready for another productive year.”

To help mitigate holiday-season driving hazards, personnel should use the Travel Risk Planning System (TRiPS) before leaving their command for a holiday trip or vacation. TRiPS is an online, automated risk-assessment tool. The system helps personnel recognize and avoid the hazards they face on the highway such as fatigue, not buckling up and driving too far. To use TRiPS, log onto Navy Knowledge Online and click on the TRiPS link on the right hand side of the page.

To find out more information about holiday safety, visit the Naval Safety Center Web site at [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil).

Commander, EURAFSWA is responsible for providing efficient and effective shore service support to U.S. and allied forces operating at installations in the command’s Area of Responsibility.

*For more information about Navy Region Europe, visit [www.cnic.navy.mil/europe](http://www.cnic.navy.mil/europe).*

## CNSL conducts holiday safety stand-down

**BY MC1 JULIE MATYASCIK**  
*CNSL Public Affairs*

Commander Naval Surface Force Atlantic (CNSL) staff members got a refresher on the dangers of drinking and driving during a holiday safety stand-down, Dec. 3, aboard Naval Support Activity Norfolk.

Rear Adm. Kevin Quinn, Commander, Naval Surface Force Atlantic, kicked off the event by stressing the importance of safety during the holiday period saying he wanted everyone to come back to work after the holidays safe and sound.

“I want to stress the safety of the holiday period,” he said. “It is a dangerous time of the year. Many people will be going to parties, driving long distances and may forget safety concerns when driving. The route causes of accidents are fatigue, DUI and not wearing seatbelts. Driving safely is very important and you should always have safety in your mind so you can have a safe and festive holiday season.”

Virginia State Trooper Tony L. Mosley and Patrick Powers, Region Analyst from Military Vaccine Agency, provided information about ways to stay safe during the holiday season to

more than 135 CNSL staff members.

Mosely spoke on safe driving, general driving tips, driving under the influence and the consequences of being arrested when intoxicated.

“You must drink responsibly,” he said. “.08 blood alcohol count is all you need to be over the legal limit. Having a .15 BAC is a mandatory five days in jail.”

Mr. Powers talked about the importance of vaccines in combating endemic disease threats and different flu strains.

“Vaccines are developed for our safety,” he said. “We rarely see disease like small pox anymore because of vaccines. They protect us for the long term.”

According to Powers coughing into your sleeve instead of your hand will help prevent the spread of germs. This step along with getting the flu shot will provide protection against getting the flu.

“The flu thrives when it is cold,” he said. “It changes and mutates throughout the season. So January/February strain may be different than it was in the spring. So even if you had the flu, it is best that you get the shot anyway.”



Archive photo by MC1 Demetrius Kennon

**Construction Mechanic 3rd Class Robert Davies, assigned to Naval Mobile Construction Battalion (NMCB) 1, introduces his daughter to Santa Claus at the battalion’s Christmas party held onboard Naval Construction Battalion Center, Gulfport.**



# Carl Vinson Sailors train in fire simulator

STORY AND PHOTOS BY  
**MC2 ADRIAN WHITE**  
*USS Carl Vinson Public Affairs*

**NORFOLK** — To help prepare for damage control readiness, Damage Control Training Team (DCTT) members and other personnel assigned to the USS Carl Vinson participated in a realistic fire simulator at Farrier Firefighting School Nov. 6.

Sailors participated in two different classes, the Basic Shipboard Firefighting Course and the Advanced Shipboard Firefighting Course.

The Basic Shipboard Firefighting Course teaches students to enter and exit various compartments and to combat various classes of fires with the appropriate extinguishing agent while using a breathing apparatus. Personnel in the basic course also reviewed damage control organization, chemistry of firefighting and classification of alpha, bravo, and charlie fires.

Fire Controlman 1st Class Jacob McCawley says the course was an excellent opportunity for all parties involved.

“The Basic Shipboard Firefighting Course was a great refresher for experienced Sailors and a stepping stone for junior Sailors,” said McCawley.

The Advanced Shipboard Firefighting Class is a four-day course designed for senior personnel. The course gives as realistic a scenario as possible. This course encompasses all things firefighting including main space firefighting, rapid plotting, symbology, and active de-smoking. When students leave the course they should have a clear understanding of the entire firefighting process. Students are taught to think outside the box and to work as a team.

Farrier Firefighting School’s Field Safety Chief Damage Control 1st Class (SW/AW) Shawana Lowder said Sailors must always be prepared for all damage control emergencies.

“[Sailors] are [their] own rescue squad,” said Lowder. “When



A Sailor activates his self-contained breathing apparatus during the Basic Shipboard Firefighting Course at Farrier Firefighting School.

[they’re] underway [they] can’t call anyone for help. [They] are the first and only line of defense.”

Media department’s leading petty officer, Mass Communication Specialist 1st Class (AW/SW) Tekeshia Affa said the toughest part was the mass conflagration drill. During this drill, personnel are required to combat a variety of different fire casualties at the same time. She was the last ‘man’ standing from her hose team after the drill was over.

“The mass conflagration drill has an extremely realistic feeling,” said Affa. “Although you know it is a controlled fire, you still feel like you’re fighting a real fire. You feel the heat. I just continued to fight until I ran out of air.”

Carl Vinson will continue to send Sailors to Farrier Firefighting School to help prepare for their upcoming deployment. Carl Vinson is currently undergoing a Post Shakedown Availability and Supplemental Restricted Availability (PSA/SRA) at Northrop Grumman.



An attack team of Sailors assigned to the aircraft carrier USS Carl Vinson (CVN 70) and other area commands attempt to extinguish a fire during the Basic Shipboard Firefighting Course at Farrier Firefighting School. Carl Vinson is undergoing a Post Shakedown Availability and Supplemental Restricted Availability (PSA/SRA) at Northrop Grumman Shipbuilding.



Sailors assigned to the aircraft carrier USS Carl Vinson (CVN 70) and other area commands review proper line handling techniques during the Basic Shipboard Firefighting Course at Farrier Firefighting School. Carl Vinson is undergoing a Post Shakedown Availability and Supplemental Restricted Availability (PSA/SRA) at Northrop Grumman Shipbuilding.





Photo by Paul Farley

USS James E. Williams is homeported in Norfolk.

# USS WILLIAMS: Command duties relieved due to loss of confidence

Continued from page A1

enlisted personnel aboard the ship.

“Such a large number of fraternization cases in one command is a clear indication of a leadership failure,” stated Adm. J. C. Harvey, Jr., commander, U.S. Fleet Forces Command. “This leadership failure fostered a command climate that allowed the fraternization to occur. The responsibility of the commanding officer for his or her command is absolute. It is our tradition that with responsibility goes authority and with them both goes accountability. This accountability is not for the intentions, but for the

deed. Nobody trusts or has confidence in leaders who believe they cannot be held accountable for what they do. And when confidence and trust are lost in those who lead, we fail. The James E. Williams commanding officer and command master chief are being held accountable for the fraternization that occurred on their watch.”

The commanding officer, Cmdr. Paul Marquis, is being reassigned to administrative duties at Commander, Naval Surface Force Atlantic (CNSFA). He has been relieved by Cmdr. Anthony J. Linardi.

Command Master Chief Timothy Youell will also report to CNSFA. The pro-

spective command master chief is Command Master Chief James Stuart.

Additionally, the executive officer, Cmdr. Daniel D. Sunvold, will be reassigned as the executive officer onboard USS Bainbridge (DDG 96). By reassigning him, the Navy is providing both James E. Williams and Sunvold the opportunity for a fresh start, with a new leadership team.

Separate investigations into sexual assault allegations have also resulted in the preferral of charges to be investigated at an Article 32 investigation.

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

# MCPON: West intends to further leverage social media as a significant communications device

Continued from page A1

putting your best ideas on our page,” West wrote. “Is your command doing something like that? If so, let us know. We want to introduce that idea to the fleet and leverage it for the good of all Sailors.”

West unveiled his public Facebook page June 25 and has been aggressive in tackling subjects Sailors around the Navy tell him they are most concerned with.

“We’ve discussed the wear policy for the NWU and your feedback made its way to our CNO. We’ve discussed women aboard submarines and the debates on that subject have been enlightening and well-spoken. Almost every decision or new policy released or considered in the last half-year has been brought up here and discussed. I find that is immensely gratifying, and I hope it continues.”

MCPON wrote that he hopes for even more interaction in the coming months, but pointed that it has never been his intent to use Facebook, or any form of social media, to subvert a Sailor’s standard chain of command. West said that many times the responses he provides to Sailors’ questions are short and to the point.

“Many times the answer I give you will boil down to, ‘Ask your CMC’ because we have to ensure your command is aware and engaged at their level for the issue. Other times, we’ll do the



Photo by MC1 Jennifer A. Villalovos

Master Chief Petty Officer of the Navy (MCPON) Rick West and his wife, Bobbi, record their holiday message to Sailors from their home.

research and provide a response because we know your question is something that falls outside the normal lane of your local leadership.”

In the six months since the MCPON Facebook page was created, the site has averaged approximately two thousand page views per day with an average of 500 new “fans” per week. Since then, West has branched out to other areas of social media, as well. Accounts with Twitter ([www.twitter.com/MCPONPAO](http://www.twitter.com/MCPONPAO)), Flickr ([www.flickr.com/photos/43070230@N03/](http://www.flickr.com/photos/43070230@N03/)) and

Slideshare ([www.slideshare.net/mcponpao](http://www.slideshare.net/mcponpao)) all host archives of various communications products West has pushed to the Navy’s Chief Petty Officer’s Mess.

“I believe we are on the cutting edge of military communication,” said West. “We are all breaking new ground, and I appreciate your role in that.”

Read more about MCPON Rick D. West’s Communication and Social Media Share

Read more on page B7



**Toys For Tots Toy Drive**  
Dec. 16, 6 a.m. - 8 a.m.  
NavSta Gates 1, 3a, 4, 5 & Oceana’s Main Gate

The Marines of MAG-49 Det D and the Lower Hampton Roads Toys For Tots program will be conducting a Toy Drive on Dec. 16 at NavSta Gates 1, 3a, 4 and 5 and Oceana’s Main Gate. They will begin promptly at 6 a.m. and will continue until 8 a.m. Toys for Tots boxes and cash boxes will be on hand to collect toys and cash/check donations.



Photo by MCSN Charles Oki



## Commodore Levy Chapel

### Chapel celebrates 50th anniversary of its naming with rededication

BY MC1 (AW) TIM COMERFORD  
Staff Writer

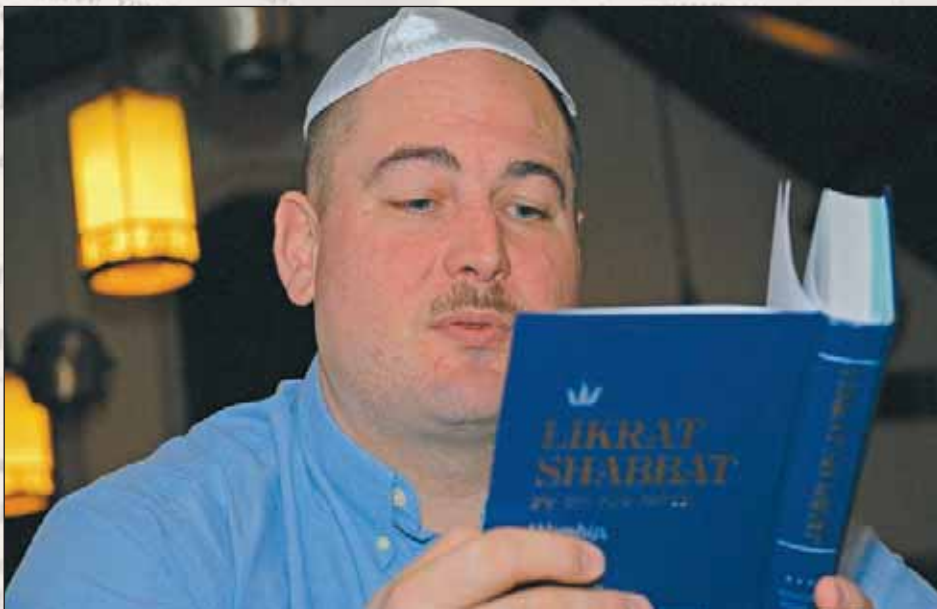
The Commodore Uriah Levy Chapel is set for rededication on Dec. 13, exactly 50 years from its first dedication to the man. And the Jewish community is ready to celebrate the event.

Active and retired sailors of the Hebrew faith have been using the Chapel since its opening in 1942. It was through an active campaign within the Navy and the local Jewish community that the Chapel was named in honor of Levy in 1959.

The Commodore Levy Chapel has been the spiritual center for countless military men and women, family members and military veterans in and around the Norfolk area. Navy Chaplains have served within its walls continually for 60 years.

Since 2002 the Levy Chapel has had the benefit of a Civilian contractor, very attached to the Navy and the Chapel itself.

"As a young enlisted man in the 1970s and 1980s I was stationed in Norfolk, aboard the USS Inchon (LPH-12)," said Aaron Sachnoff, cantor for the chapel. "I grew very close to many of the congregants and kept the relationships even after my Honorable Discharge. My family and I decided to homestead in Hampton Roads. I was asked by a Military Chaplain (Rabbi) to stay on at the Levy Chapel in the capacity of a Cantor. I had received some formal training at a Hebrew College in Chicago, Ill. The Chaplain researched methods and found



Chief Aviation Electronics Technician Charles Lockwood reads along in a prayer book during the Jewish service held in Levy Chapel, Dec. 4. The Levy Chapel is being rededicated to Commodore Uriah Levy on Dec. 13.

a way to "hire" me as a Civilian Contractor to the Federal Government. I would assist the Rabbi with Jewish Services, teach Jewish Music and teach Basic Hebrew Class. Other synagogues were available; however, the Levy Chapel is as much a joy as it is a part-time job."

Sachnoff who has been involved with the chapel in one way or another for 18 years sees it as a fine representation of the Jewish faith and has pride in the man it was named after.

"The Levy Chapel is a special place to worship and conduct fellowship," Sachnoff said. "Its unique construction resembles the old wooden sailing ships at the time of the Revolutionary War.

Tapestries and Religious Symbols adorn the walls of the Sanctuary. Uriah Phillips Levy was a fine, upstanding Naval Officer, with a distinguished career."

He feels the upcoming milestone is of great consequence.

"It is the oldest land-based Jewish Chapel in the U.S. Navy. The congregation of the Levy Chapel is a diverse cross-section of Active Duty Military, retirees and civil servants," Sachnoff said.

Levy, the first Jewish commodore of the United States Navy (also the highest rank obtainable at the time), served as a U.S. Naval Officer during the War

See LEVY CHAPEL, B8

## Levy Facts

- The Levy Chapel, the first land based Jewish chapel in the U.S. Navy, was built in 1942.
- The chapel was dedicated to Commodore Uriah Levy in 1959.
- Levy was the first Jewish Commodore in the U.S. Navy (at the time commodore was the highest rank).
- Commodore Levy was a proponent to ending flogging on ships; as a result the practice was outlawed.
- Levy received New York's Key to the City in 1833.
- The ship named after Levy was the same ship the Japanese signed their surrender on at the end of WWII.
- Two chapels are named after him. One at Naval Station Norfolk, the other is at the U.S. Naval Academy.
- The rededication ceremony will take place on the third night of Chanukah, the festival of lights. Coincidentally the miracle of oil celebrated on the holiday was used for a rededication of a temple.



Uriah Levy



Sailors attached to Naval Station Norfolk Communications Center rake up leaves during Naval Station Norfolk's Clean the Station Day.

## Naval Station Norfolk maintains clean image

BY MC1 MONIQUE HILLEY  
Navy Public Affairs Support Element East

**NORFOLK** — Naval Station Norfolk held a Clean the Station Day, a base-wide clean-up in support of the regional commander's Clean It Up, Green It Up and Keep It Up campaign, Dec. 4.

All fleet and tenant commands participated in the semi-annual event to collectively improve the installation's overall cleanliness and present a clean image to the many visitors who tour Naval Station Norfolk each year.

Efforts were focused on collecting trash, checking fence lines, policing all smoking areas, parking lot cleanliness, removing dead branches and debris, sweeping and general landscaping.

"It really starts at home, first with the standard of keeping your place clean," said Information Systems Technician 2nd Class David Childs, of Naval Station Norfolk Communications Center. You can't have people coming to the base where there's trash everywhere and not have any kind of upkeep. Treat this place like your home because you are here half the time."

The high participation in the event was a reflection of teamwork, camaraderie, esprit-de-corps, and simple stewardship of the workplace. Commands from all over the base worked together to improve the overall appearance of Naval Station Norfolk.

"We're here today to make Naval Station Norfolk the cleanest base around because we have many visitors and need to be presentable," said Aviation Ordnanceman 1st Class Leon Williams, of Naval Station Norfolk Command Master-At-Arms.

During a time of many fiscal limitations, Sailors are coming together to find alternative ways to reach their goals and maintain the pride and professionalism which is at the core of their character and their service.

"Naval Station Norfolk takes immense pride in providing an environment which supports the requirements of the warfighter while still presenting an image of pride in our installation's appearance," said Capt. Kelly M. Johnson, commanding officer of Naval Station Norfolk. "We cannot do this alone, for through the effort and dedication of every command, we will continue to keep our naval station the best installation in the world."

## NEXCOM takes theft seriously

The Navy Exchange Service Command's (NEXCOM) Loss Prevention/Safety Department takes protecting Sailors' dollars and preventing theft in its locations seriously. Theft is a big problem for all retailers, costing \$36.3 billion last year, according to a joint study recently released by the National Retail Federation and the University of Florida.

NEXCOM's aggressive efforts to deter and catch theft at NEXs have been paying off. Over the past five years, NEXCOM has seen inventory shrink or loss of goods remain below 1.00 percent to sales. This is a good thing considering the 2008 University of Florida National Retail Security Survey showed the national average at approximately 1.50 percent to sales. Shrinkage is the retail industry term for the difference between the



recorded book inventory and the actual physical inventory counted at the end of the year. Shrinkage

See CONSEQUENCE, B9

## Vinson takes off from the yards early



Photo by MC2 Adrian White

Operations Specialist 3rd Class Krystal Ramos communicates with the ship's lookouts as USS Carl Vinson departs Northrop Grumman Newport News Shipyard. Carl Vinson pulled out of the shipyard early and is currently underway conducting Sea Trials in the Atlantic Ocean.



# SPOUSE SPEAK!

## Welcome home

BY LINDA PORT

Continuum of Resource Education (C.O.R.E.)  
CMC Spouse Committee member

We all know the phrase “Home is where the Navy sends us.” I think the nature of our military lives makes the thought of “Home” a bit more vivid to us. We might spend a little more time thinking about it than those in the civilian world who do not come and go from it with such frequency.

As a matter of course, our Sailors leave for deployments knowing things will change at home while they are gone. Babies are born, training wheels come off and teenagers get their driver’s licenses. We rearrange the furniture and occasionally even need to move to a new house. They know that when they do come back, what is most important about “Home” is really the family and people you love... with a few mementos and memories thrown in.

As someone who never moved in my life until I got married, it was a new thing for me. My Sailor and I learned together as we went along, but I found that other spouses were always around, like understanding guides for the journey. A home is something that evolves over time. It represents your family’s identity, but changes as your life’s experience grows. We strive to be proud of the homes we live in, but after 25 years, I realize it has far less to do with the building or town you are in. Home is the feeling people have when they walk through the door.

We are a community of perpetually moving people. Lots of time is spent settling into a new command, considering where we might go next, adapting to new regions or climates and adjusting our lives as needed to make someplace our new home. Early on, we re-

ceived orders to a couple of places I would never have chosen to go, thinking “oh, it’s going to be too hot in Tennessee” or “California has lots of earthquakes” and “D.C. can be such a rat race to commute in” – and yes, all of those things were proven true. But... if you look for the balance, you will find positives. My husband did not miss the snow shovel in Tennessee, and we were able to enjoy backyard barbecues with friends more months of the year. I learned valuable disaster preparedness planning in California and proved it worked when we needed it. D.C. taught me to plan errands and appointments to use my time more efficiently and to always have a laminated local map in the car (my manual GPS).

Those places that I thought I didn’t want to go have yielded us some very dear and lifelong friends. Location is just geography on a map when you are in the military. If you love a place you can try to re-tour someday, if you don’t you have a ticket out with the next set of orders. The scary part for us will be retirement, and we still have no idea where we will go, but we have ruled out a lot of places.

A while ago I received an e-mail with a picture that described a service member who was deployed to Iraq. He asked his wife to send him bags of soil, fertilizer and grass seed. In front of his tent he built a two foot by 10 foot lawn – on imported American soil. He created his own little piece of home. He trimmed the grass with scissors. Before his squad would go out on patrol they would take turns walking on it to boost their confidence and draw strength from their thoughts of home.

Sometimes “Home” is in your head – and

### TIP

of the week

Support The Salvation Army In Hampton Roads

Every day of the year, The Salvation Army offers help and hope to thousands of people. From the victims of disaster, addiction and homelessness to youth, families and senior citizens.

When you put money in our kettle, we can do the most good for those in Hampton Roads and when you give to The Salvation Army, you can expect change!

Everyday, lives are changed thanks to The Salvation Army. Individuals and families in Hampton Roads are served through emergency shelter, transitional housing, utility assistance, Christmas gifts, clothes, toys and more and it’s all thanks to your generosity to The Salvation Army’s Red Kettles.

Please, donate to the Online Red Kettle by selecting “Donate To My Kettle” and help do the most good for Hampton Roads.

If you are interested in donating online please visit,  
<http://www.salarmyhr.org/>



that’s okay, especially for a service member in harms way.

For those preparing to deploy in support of the mission, we wish you safety and comfort. We want you to know that “Home” is always waiting for you, and we are looking forward to your return. We miss you terribly when you are away and will count down the days to welcome you home.

To our service members whose ships or squadrons are returning now; to the IAs and GSAs who have thankfully come back safely, and the students who have been off to school learning for their futures – welcome home to all of you as well as your friends who don’t have family nearby.

Lastly, for those who have made the ultimate sacrifice and are escorted home to us by another brave and dedicated soul, we weep for ourselves having lost you. Although you may have already been welcomed through the gates of heaven, we are thankful and proud to welcome you home, back on the soil of the Nation you served.

The mission bears no regard for the season. Let’s always remember our single

Sailors and young couples who are new to this way of life and are far from their own home and family. My family has often welcomed a couple or some single Sailors into our home for a holiday or weekend meal or simply an afternoon of watching a game or movie on TV. Every one deserves a welcome home.

*Linda Port has been an active Navy spouse for most of her husband’s 23-year career. Together, she and her husband have raised four children as they moved around the United States. Involvement with commands and helping to share information with other Navy spouses has always been a main focus. With a daughter who is also a Navy wife, two sons on active duty, and a high school senior who plans to enter the Navy next year, she hopes to pass along whatever experiences she has had that may help smooth the way for the next generation of military families. Linda’s husband, Jon, has been CMC to HM-15 in Corpus Christi, Texas, the commissioning CMC to USS George H.W. Bush (CVN 77) is currently serving as CMC to NETC N7 here in Norfolk.*

## Family Focus

### Holiday break activities

It can be easy to let the holiday break slip away without accomplishing the fun (and not so fun) things planned. Keeping kids busy while you work at home may be one goal, but do not overlook joining in the holiday fun, too. While not necessarily a holiday break for you, plan to get the most out of the break for your entire family. Here are few ideas.

**Bake:** Kids love the mixing and the measuring, but most of all, they love the treats at the end. Ad-just baking projects to your kids’ abilities and ages. Add activities to keep little ones engaged while you are doing more complicated baking tasks or simplify baking projects so that more experienced kid bakers can take the lead.

**Put on a Talent Show:** This has so many possibilities! It is great for all ages, including grown ups. If you are working, the kids might put together a show and perform for you later. Or, the whole family could show off their talents for visiting guests – lip-syncing and dancing to a favorite song or just singing a few carols. Grandparents are an enthusiastic audience.

A show can be elaborate or simple. This might mean sets, costumes, an original script and live music. Or absolutely none of that – whatever works best for your family. And if all your kids are not born performers, they can still enjoy writing, directing, set building or designing costumes.

**Decorate:** Kids throw themselves into decorating with energy and enthusiasm. That is what makes decorating with kids so much fun. As they get older, you may even put them in charge of decorating and strike it from your holiday to do list. You probably do not want your house to look like a kid decorated it, but there are many projects kids can do.

**Make Gifts:** Homemade gifts are a kid specialty. But these gifts do not have to be limited to Mother’s Day or just for parents. There are many gifts kids can make – either with close adult supervision or on their own.

**Attend Local Holiday Events:** Drive through the lighting displays around town or see a Christmas show at a local theater. There are countless special events this time of year, and many of them only come

around once a year.

**Shop:** Although you have probably already done enough shopping by yourself, try to take the time to shop with the kids to let them pick out gifts. For many, taking kids shopping at the after-Christmas sales may be better. You will be out looking for discounted deals, and they may have holiday gifts cards or cash to spend.

**Watch Grown Up TV:** Choose something you want to watch – a sport like football, a cooking show or a documentary. Share your interests and knowledge with them, and they may develop an interest, too. Happy family memories are forged during the holidays, so the time is ripe for them to look fondly upon the things you love. Just remember kids have short attention spans. For a show you really want to see, record it to watch later without interruptions.

**Watch Family Videos:** Break out the home movies when there is extra time to watch. Nothing entertains kids more than themselves. Plus, this is probably the time you break out the video recorder.

**Try A Winter Sport:** Ice

skating, skiing, sledding and snow tubing are great ways to enjoy sports in the winter. But this will depend on the weather and how far you may be willing to travel to find winter recreation areas. The easiest and cheapest may be ice skating, since there are many indoor or seasonal outdoor rinks around town.

**Try An Indoor Sport:** Roller skating, swimming, basketball, ping pong and pool are a few indoor activities you may want to try. There may be a roller rink nearby or some kid-friendly restaurants or arcades that have ping pong and pool tables. The base gym may be there perfect place to find indoor swimming and basketball, but some health clubs and YMCAs will sell day passes or trial memberships.

**Organize Kids’ Rooms:** Getting kids’ rooms in order before the holidays may help when it comes to storing new presents later. Before the break begins, assess what might be donated to charity. This will make it easier to decide what should go and what should stay during the cleaning process.

**Volunteer:** There are a lot of opportunities for kids to volunteer during the holidays. But make sure to think out commitments and do not take on more than you or your child can handle.

**Create Art:** Art is one of those wonderful activities that can be scaled to almost every age and ability level. Depending on the project,

it can be done with or without adult supervision. You can work at home while the kids create art or you can roll up your sleeves and get messy, too. Art projects can become gifts for relatives or decorations for the house. A dedicated space makes set up and clean up easier.

**Go To A Museum:** Many museums and attractions count on the holidays for a surge of visitors, so do not expect to be the only ones there. Many attractions put on special programs for kids or offer discounts on admission at off-peak hours to get their share of the traffic.

**Homework Or School Projects:** Many teachers assign homework or projects. Ask about projects or homework at the beginning of break to eliminate last-minute surprises. Even if there is none, start thinking ahead to the science fair or get math facts memorized.

**Read A Book Together:** Choose something a little different from your ordinary reading material so it stands out as a holiday tradition. Try a book of Christmas poems or a classic novel read in daily installments. And if reading time is usually at bedtime, read after dinner or around the Christmas tree.

**Write A Book Together:** This does not have to be a whole book. But penning a story together can be a great memento of your holiday break. And it is a wonderful activity for kids of all ages. Children who

are just beginning to talk can contribute to a group story. Older kids can write or illustrate.

**Take A Trip:** Vacations can be as elaborate as a trip to a theme park in Orlando or as easy as an overnight in a neighboring city. But a trip during the holidays will surely be remembered.

**Make Appointments:** Lighten your load in the coming months. Schedule the appointments that fill up your afternoons, evenings or weekends, such as medical, dental or haircut appointments.

**Take A Hike:** The leafless trees reveal very different vistas than in summer. But this is probably a more obvious thing to do if the weather is warm enough. But if it is cold, bundle up and be careful not to get too far from the car or another place to warm up. This is an especially good activity to keep kids busy – and tire them out – when they are excited about the upcoming holiday.

**Play Games:** Before Christmas pull out some of the old games, and after Christmas, the new ones. Kids’ games run the gamut from old-fashioned board games to video games. But one thing is universal – kids love it when the parents play.

You may not be able to check off every idea on the list, but attempting to complete a few will leave your kids with great holiday memories and you with the feeling that you have accomplished a lot of extra fun in a little time.



# Holiday connections with the troops

**BY BETH WILSON**  
*Military Spouse Contributor*

With Thanksgiving behind us the count-down to Christmas has begun! If you have not sent a care package to your service member now is the time to move that project to the top of the list. Once we ship a package for our service member at the local post office it is sent to a military postal center (for instance, APO stands for Army Post Office, FPO: Fleet Post Office). Our package will sit there till the next military lift to the theatre where our service member is deployed. This can be a few days or weeks. Further, it will be sent on a ‘space available basis’ as mission critical shipments (supplies) get priority. A tip I learned from the FPO in San Francisco was to send multiple smaller packages instead of one large package as they can fill containers more easily.

The post office will provide free shipping materials for packages sent to a military address. The USPS has assembled a Military Care Package Kit with boxes, shipping forms, and address labels.

Please call 1-800-610-8734 (Packing and Supply). After choosing your language choose option number one. When you reach a live agent request CAREKIT04. You may want to check out [www.usps.com/supportthetroops](http://www.usps.com/supportthetroops) for additional information and tips on international shipping.

According to the United Service Organization (USO) the number one requested item is prepaid phone cards. If your service member is deployed to Iraq, Afghanistan, Kuwait, Djibouti or other military bases or ships the type of calling card you send is important. Call centers established for military service members supporting OEF (Operation Enduring Freedom – Afghanistan) or OIF (Operation Iraqi Freedom) are built and maintained by AT&T. Calling cards other than AT&T can result in delayed connections which add addition-

al per-minute charges. International rates can differ widely from domestic rates and from carrier to carrier. AT&T calling cards provide your service member with the best opportunity to connect with friends and family. AT&T international calling cards are available at your local NEX or Post Exchange (AAFES).

The next most requested item is gift cards for the AAFES (Army Air Force Exchange Service) or NEX exchange. Sending a gift card enables service members to purchase much needed items at an exceptional savings. They are easily mailed in an envelope as opposed to a package that may take longer for your service member to receive.

Finally I want to make you aware of AT&T’s “Help our Troops Call Home” program. Through the program any individual may purchase or send phone cards by calling (800) 527-2345 or log on at [www.aafes.org](http://www.aafes.org) and clicking the “Help Our Troops Call Home” link. More information is available at [www.att.com/military](http://www.att.com/military). This program offers prepaid phone cards that can be earmarked for individual service

**Sending a care package to a troop or just your son or daughter is easy and should be fun. You can write a letter to ask what the troop might like in a care package. Making your own care package is more cost effective and that way you can include more items for the troop, and things that you know your loved ones would like.**

members or distributed to “any service member” through the Air Force Aid Society, American Red Cross, Fisher House Foundation, Navy-Marine Corps Relief Society, United Service Organization (USO), and Soldier & Family Assistance Center (SFAC).

The AAFES site is available to the general public and provides access to the only cards designed for use with the private communications network built for AAFES and used in all AT&T phone centers.

I want to leave you with a resource to enhance your holiday season. Please check out Trees for Troops ([www.treesfortroops.org](http://www.treesfortroops.org)) for an opportunity to pick up a free Christmas tree. Distribution locations are available near military installations across the country. Next week I have a list of great and economical gift ideas!



Photo by Staff Sgt. William Greeson

**U.S. Navy Chaplain Lt. Ronald O’Dell, assigned to 1st Battalion, 5th Marine Regiment, sorts through troop support care packages from the USO at Forward Operating Base Geronimo in Nawa District.**



# Sailors, Marines lend a hand to distribute food in Bethesda, Md.

BY MC3 TIMOTHY WILSON  
National Naval Medical Center Public Affairs

**BETHESDA, Md.** — National Naval Medical Center’s (NNMC) pastoral care department sponsored a community relations project Nov. 20 in Bethesda, Md.

The project allowed volunteers to prepare food care packages to feed the homeless during the holiday season.

In the morning, 20 Sailors and Marines traveled by bus from NNMC to the Capital Area Food Bank in Washington, D.C. Upon arriving at the food bank center, service members began unloading and sorting a large shipment of food and amenities donated by a local supermarket.

“We are doing something that makes sense,” said Hospital Corpsman 2nd Class Raymond Jones, from NNMC’s orthopedics clinic.

Cmdr. David Oravec, NNMC’s command chaplain and officer in charge, said community relations projects are meant to service and assist others in need.

“It’s fantastic to help the neighborhood and the community. This project shows the wonderful spirit of NNMC,” said Oravec. “They don’t make service members better than this, and they are going to make a difference in peoples’ lives.”

“I like to volunteer and help out people,” said Hospital Corpsmen 2nd Class Felix Azunie, from NNMC’s pharmacy. “It’s my way to contribute. I’m just glad to help. I love doing this.”

Thirty minutes after the NNMC volunteers began working, approximately 40 sixth-grade students from Washington’s Georgetown Day School entered the warehouse as part of a school trip.

“The students have been studying the issue of hunger and poverty as part of their curriculum,” said Elsa Newmyer, Georgetown Day School’s community relations director. “They came here today to get a hands on feel for what it means to help combat that problem.”

With the additional helpers and other volunteers, approximately 200 boxes were separated in less than an hour.

“It’s great to give back to the community by helping people, and basically, it’s the right thing to do,” said Hospital Corpsman 2nd Class Marquita Melvin, from NNMC’s physical therapy department. “If you found yourself in a similar situation, you would want someone to help you out. That’s why

we are here.”

Some of the volunteers also came from affiliated NNMC commands.

“I got an e-mail, and I volunteered because I wanted to help out,” said Lavon Jolly, a strength manager from Joint Task Force National Capital Region — Medical. “I have been volunteering for over a year with my daughter, who is in high school. There was limited space on this trip, and she wasn’t able to come. I came with the spirit of my daughter, to represent her.”

Electrician Technician 1st Class (SW/PJ) Dietrich Rey, a technician in NNMC’s biomedical department, said he believes that working towards a worthy cause is beneficial for everyone involved.

“I’ve been volunteering since I was a child with my parents to give back and help others,” Rey said. “This helps others and makes people’s lives better.”

Religious Program Seaman William Bailey, of NNMC’s pastoral care department and lead project coordinator, said the idea began in light of the weather growing colder and the holiday season approaching.

“The [chaplain’s office] have a community relations project every other month,” Bailey said. “With Thanksgiving here, it seemed like a great project to help those less fortunate families by giving them food.”

Bailey said he was very impressed with the amount of helpers who participated in the event.

Within three hours, all the goods were sorted and packaged to be delivered to families across the capital region. Families will receive one box of amenities, including dry good, canned goods, drinks, candy, toiletries and other miscellaneous items.

Meki Gulley, the official mail custodian for NNMC’s postal operations department, said she hopes the packages get to where they need to go.

“I hope people will prosper from these efforts,” said Gulley. “It’s an enjoyable experience to come and participate in making that happen. I love meeting and helping people.”

Robert Shannon, assistant volunteer coordinator of the food bank, said he appreciated the support from the Sailors and Marines.

“The teamwork shows a great work ethic” said Shannon. “It’s wonderful having such humble people around to help out.”

*For more news from National Naval Medical Center, visit [www.navy.mil/local/nnmc/](http://www.navy.mil/local/nnmc/).*

# Sending care packages overseas

STORY AND PHOTO BY MC2 SUNDAY WILLIAMS  
Navy Public Affairs Support Element East  
Detachment Southeast

**MAYPORT, Fla.** — More than 20 volunteers gathered at the United Service Organizations (USO) facility in Mayport, Fla., to pack donated supplies for care packages Nov. 30.

The care pages will be sent to service members overseas, who will be away from their families during the holiday season.

Over 1,500 large priority shipping boxes were donated by the Collier County Sheriff’s Department, along with hand written letters and countless pounds of supplies. Various contributors donated items ranging from ramen noodles to drink mix.

Officer Sandy Mendez, from the Collier County Sherriff’s Department, coordinated the box donation through their Adopt-a-Soldier program.

Ed Champagne, the director of the Mayport USO, said the facility was thankful for how many donations they received to put into the boxes.

Mass Communication Specialist 1st Class (SW/AW) Heather Ewton heard the USO needed help, she and several other members of the Mayport First Class Petty Officer’s Association (FCPOA) headed over to volunteer along with members from the base’s Air Operations Department, the Career Counselor’s office and local high schools.



MC1 Heather Ewton, president of Naval Station Mayport’s First Class Petty Officer Association, packs care packages at the local USO to send to service members overseas. Collier County Sheriff’s Department donated more than 1500 boxes and hundreds of letters as part of their Adopt-a-Soldier program.

“It’s always a wonderful opportunity for us as Sailors to be able to partner with the USO to get packages to our fellow service members overseas knowing they can not be home with their families during this time of year,” said Ewton. “Many of us know first hand what it’s like to be separated from our family and the FCPOA is dedicated to helping service members, our commands, the Navy and our community to try and make a difference anywhere we can.”

Once the packages are completed, they will be shipped to various overseas locations and distributed to Sailors, Soldiers, Airmen, Coast Guardsmen and Marines.

# USS George H.W. Bush Sailors volunteer for Salvation Army

BY MC3 AIDAN P. CAMPBELL  
USS George H.W. Bush Public Affairs

**NEWPORT NEWS** — Sailors from USS George H.W. Bush (CVN 77) volunteered at the Salvation Army Food Bank in Newport News, Nov. 20.

Sailors sorted food donations and created Thanksgiving meal baskets that they distributed with help from other volunteers. Baskets varied in size in relation to the size of the family in need.

“Just distributing for Thanksgiving is

a great help,” said Salvation Army Maj. Kim E. Feinauer, location manager. “The people we are helping are generally the most in need.”

Volunteer projects like this also offers the community a chance to get to know those who serve in the Armed Forces.

“People see us and thank us for our service, and it is a time for us to give the thanks back to them,” said Aviation Boatswain’s Mate (Fuel) Airman Darrell E. Kemp.

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





# Bronze Star awarded to IA officer for Afghanistan service

STORY AND PHOTOS BY  
MC2 (SW) MICHAEL R. HINCHCLIFFE  
*Navy Expeditionary Combat Command  
Public Affairs*

NORFOLK — An officer with Navy Expeditionary Combat Command (NECC) was awarded a Bronze Star Nov. 30 for meritorious service while deployed in support of Operation Enduring Freedom from June 12, 2008 through June 1, during an awards ceremony at NECC.

Lt. Cmdr. Gary Trent, a training analyst with NECC, was deployed as an Individual Augmentee (IA). While serving as an IA, he was a force integration officer for the Afghanistan National Army, working as a force integration and training directorate for Combined Security Transition Command Afghanistan.

“It is a humbling experience to receive such an award,” said Trent. “This award is the result of a lot

of support, and that started at home with my family, NECC, the joint and coalition forces in theater and the Combined Security Transition Command staff.”

Trent was awarded the medal for ensuring the successful programming of several highly specialized systems, including the up-armored high mobile multipurpose wheeled vehicles, NATO weapons and Symphony Counter Improvised Explosive Device systems.

“Lt. Cmdr. Trent’s effort in contributing to the training of the Afghanistan forces was enormously important to the nation’s objectives in Afghanistan,” said Rear Adm. Carol Pottenger, commander of NECC, during the awards ceremony.

“I am glad to have the opportunity to deploy in support of the efforts in Afghanistan,” Trent said. “It was a great and rewarding tour and I will never forget working with Afghan partners as they build the Afghan National Security Force.”

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



File photo



Rear Adm. Carol Pottenger, commander of NECC, presented Lt. Cmdr. Gary Trent the Bronze Star medal during an awards ceremony at NECC, Nov. 30. Trent was awarded the medal for ensuring the successful programming of several highly specialized systems, including the up-armored high mobile multipurpose wheeled vehicles, NATO weapons and Symphony Counter Improvised Explosive Device systems.



## They’re playing bas-ket-ball!



Photo by MC3 Charles Oki

Lade Majic, Harlem Ambassadors basketball team coach and player, demonstrates proper passing techniques to children during a basketball camp sponsored by Yokosuka Morale, Welfare and Recreation Youth Sports. The Ambassadors are visiting Fleet Activities Yokosuka during a tour of U.S. military facilities in Japan where they are conducting shows and coaching clinics.

## Did You Know?

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

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

Please contact the Society for further information! Let them know how they can be of assistance.

Contact your local NMCRS Office today!  
NMCRS: Your First Resource  
[www.nmcrs.org](http://www.nmcrs.org)



# Retired reservist awarded Flying Cross 65 years later

BY LT BETH TAYLOR  
AND MC2 MADDELIN  
ANGEBRAND

Navy Operational Support  
Center Norfolk Public Affairs

**NORFOLK** — Pearl Harbor survivors, service members, veterans, family and friends gathered at Joint Expeditionary Base, Little Creek-Fort Story to remember the events at Pearl Harbor and to present a Distinguished Flying Cross (DFC) award to the family of Retired Reserve Chief Radioman Walter T. Brown Sr., Dec. 7.

Rear Adm. Wayne E. Justice, Commander, Coast Guard 5th District, and Frank Chebetar, President of the Pearl Harbor Survivor’s Association, presented the award to Billie Brown, Brown’s wife of 65 years, 65 years after the missions were flown. Brown’s children Kolleen Gimbert, Kristy Camsky and Walter Brown Jr. also attended the ceremony.

“He would have been re-



Photo by MC2 Maddelin Angebrand

**Frank Chebetar, President of the Tidewater Chapter Two Pearl Harbor Survivor’s Association, presents Billie Brown, wife of Retired Reserve Chief Radioman Walter T. Brown Sr., with the Distinguished Flying Cross (DFC) award at Joint Expeditionary Base Little Creek-Fort Story during the Pearl Harbor Remembrance Ceremony, Dec. 7. Brown was awarded the DFC for flying 51 combat missions, including one which an engine in his B-24 Liberator was destroyed and another where his crew assisted in sinking the German Submarine U-971.**

ally proud. That’s all he talked about was his time in the service,” said the younger Brown. “He loved his country.”

The elder Brown, who passed away July 15, served

as a Radioman Second Class with Bombing Squadrons 111 and 103 with Fleet Air Wing Seven during World War II from Aug. 17, 1943 to Oct. 1, 1944. Brown flew 51 total successful com-

bat missions, 38 of which he flew at Dunkeswell Air Base in Devon, England.

On June 11, 1944, his B-24 Liberator was shot by German anti-aircraft fire, which destroyed one of the

engines and injured a crewmate. Only 13 days later on June 24, 1944, his crew assisted in sinking the German submarine U-971.

“Their mission was to patrol and protect the commerce routes in the Bay of Biscayne and the Atlantic. Had they not been there, the Germans were set on blocking and destroying food supplies,” said the younger Brown. “They stopped that and kept commerce going into England.”

Over the years, the elder Brown stayed in contact with many of his crewmates. In the late 1990s he learned, through reading a unit newsletter, that many crewmates had earned a DFC for the combat missions they flew together. Soon after the last reunion Brown learned that he too qualified for the medal.

In 2003, the elder Brown wrote a letter with his son to request the medal. He enclosed a summary of his

Navy career, prior awards and a photo of himself with other crew members.

In 2009 Brown’s health was deteriorating and the younger Brown was unaware of whether his father had ever sent the letter they had written together. The younger Brown decided to write one final letter requesting that his father be awarded the Distinguished Flying Cross.

The elder Brown was dedicated both to his military service and his family.

“My dad tried to prepare his children for the world that awaited us,” said the younger Brown “By words and by deeds, he projected a sense of honor, duty, fairness, respect, decency, love and affection, and personal responsibility.”

Brown served 3 years and 10 months on active duty before joining the Navy Reserve and retired Dec. 27, 1984 as a Chief Radioman with 37 total years of service.

# Service members remember Pearl Harbor with survivors

BY MC3 JOHN SUITS

Navy Public Affairs Support  
Element-East

On Dec. 7, 1941, Japanese naval forces attacked Naval Station Pearl Harbor, Hawaii that resulted in the United States’ participation in World War II. After the attack which killed more than 2,000 Sailors, President Franklin D. Roosevelt described the day as a “date which will live in infamy.”

Sixty-eight years later, many service members and eighteen survivors of the attack gathered at Joint Expeditionary Base Little Creek-Fort Story in

Virginia Beach, Va. at a memorial to honor those who lost their lives on that day.

Survivors of the attack belong to a special group known as the Pearl Harbor Survivors Association (PHSA). The Tidewater chapter of the group has been conducting remembrance ceremonies for more than 35 years.

“It was an honor to have been here on such an historic occasion to remember those who lost their lives that day,” said Frank Chebetar, president of the Tidewater PHSA chapter and former crew member

of the Porter-class destroyer USS Phelps (DD 360). “I was on the quarterdeck in uniform getting ready to go on liberty when the bombs fell. It’s because of the attack [on Pearl Harbor] that we hold a memorial service every year to let people know what happened.”

During the event, eight bells were rung while PHSA members announced their names and what ships or stations they were assigned to during the attack.

“I had been relieved of duty and I went to go to sleep when I was awakened by the noise,” said William

H. Muehleib, a former aviation mechanic and private first class in the U.S. Army Air Corps who was assigned to a ground defense battalion at Hickham Field during the attack. “When I woke up, I recognized Japanese symbols on the aircraft and I knew we were under attack.”

Muehleib expressed his gratitude about how well Pearl Harbor will be remembered.

“It’s very gratifying to know that because of us, people are knowledgeable about what happened that day,” said Muehleib. “A few weeks ago, I received numerous e-mails from the press asking me what happened.”

One service member in particular, U.S. Coast Guard Fireman Apprentice Jordan Sanderson, volunteered



Photo by MC3 Matthew Bookwaller

**Musician 2nd Class Mike Buenvenida plays Taps during a memorial ceremony on the anniversary of the attack on Pearl Harbor. Service members and eighteen survivors of the attack gathered at Joint Expeditionary Base Little Creek-Fort Story in Virginia Beach, Va., Dec. 7**

to speak after graduating from basic training, Dec. 4, in Cape May, N.J.

Sanderson talked about how much of an honor it was to pay tribute to survi-

vors of the attack.

“I talked to a couple survivors after the ceremony and they congratulated me on an outstanding job,” said Sanderson. “It really meant a lot to them that I was able to give a speech.”

Survivors and guests stood as Sailors assigned to the Navy Region Mid-Atlantic Honor Guard presented a 21-gun salute to honor the fallen Pearl Harbor Sailors, followed by the playing of Taps and all present joining together in a somber rendition of “God Bless America.”



# West anticipates more than 11,000 to sign up on his Facebook page by Christmas

BY MCPON (SS/SW)  
RICK D. WEST  
Master Chief Petty  
Officer of the Navy

Communication and Social  
Media Share Posted on Face-  
book Dec. 7 at 6:55 a.m.

All:  
On Christmas day we'll have been on Facebook for six months. By that time more than 11,000 of you will have signed up to join what I consider to be one big conversation with the Navy and our country. I hope that you've enjoyed it as much as I have.  
Now is a good time to consider the best way to le-

verage this new means of communication. To many of us, this is a whole new way of interaction. What started out, for me, as an experiment has turned into a huge part of our communication strategy with the fleet. Facebook is now one of the first things we consider when we have a message to pass to our Sailors. Each of you play a big role in that because of how fast word spreads using this medium.  
We started out tentatively and that's fine. But, now that we have momentum I believe we should push it even further. I want to start

putting your best ideas on our page. Recently we highlighted a monthly newsletter produced by a First Class Petty Officer assigned to USS Jarrett's DAPA office. Hopefully that newsletter is making its way around the Navy right now, helping Sailors and Navy families. Is your command doing something like that? If so, let us know. We want to introduce that idea to the fleet and leverage it for the good of all Sailors.  
There is so much we can do with social media, but we also need to establish some rules of engagement. You should know by now that we relish the chance to answer your questions here. I would ask, though, that everyone stay mindful of the fact that a chain of command is in place for a very good reason. Many times the answer I give you will boil down to, "Ask your CMC" because we have to ensure your command is aware and engaged at their level for the issue. Other times we'll do the research and provide a response because we know your question is some-



Photo by MC1 Jennifer A. Villalovos

Master Chief Petty Officer of the Navy (MCPON) Rick West meets with Sailors during his visit to Naval Base Ventura County December 2.



Photo by MC1 Jennifer A. Villalovos

Photos of Master Chief Petty Officer of the Navy (MCPON) Rick West's trip to Naval Base Ventura County Dec. 2 can be found on his Flickr site [www.flickr.com/photos/43070230@N03/](http://www.flickr.com/photos/43070230@N03/)

thing that falls outside the normal lane of your local leadership.  
Conversation on this site has been amazing. We've discussed the wear policy for the NWU and your feedback made its way to our CNO. We've discussed women aboard submarines and the debates on that subject have been enlightening and well-spoken. Almost every decision or new policy released or considered in the last half-year has been brought up here and discussed. I find that immensely gratifying and I hope it continues. I'd also like to thank you for understanding that some subjects can't and won't be discussed in such a public forum. I know you appreciate the reasoning behind that.  
Shipmates, I believe we are on the cutting edge of military communication. We are all breaking new ground on this page and I appreciate your role in that. Keep it up and HOOYAH.

— MCPON

# Toy drive helps children of area service members

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

CHESAPEAKE — Families of local service members in need of some holiday cheer this season won't have to 'break the bank' to do so.  
For the third year, Operation Homefront Hampton Roads and Dollar Tree Inc. joined forces to sponsor a toy drive at the Dollar Tree store at Sam's Circle, Dec. 5.  
According to Carol Berg, Operation Homefront Hampton Roads chapter president and executive director, the day's event was designed to do two things. First, to highlight the partnership between the two sponsors while increasing awareness on the part of the giving public that their donations are being used to support holiday and morale programs serving our military families.  
Secondly, the event would provide education and outreach to members of our community who are military or who know individuals in the military who may at some point be in need of charitable assistance.  
This year it is estimated that more than six million toys will be collected nationwide.  
"Each year, the generosity of the public increases," said Berg. "Although it's too early to estimate the number of toys collected

in our chapter jurisdiction, which includes the entire southern half of the state. Last year we collected and distributed 213,000 toys and expect to exceed that

number this year."  
Despite a cold rain, a positive atmosphere brought many people to the event.  
"Today is very positive for the customers," said Mark Penn, Dollar Tree district manager. "Everyone is having fun, especially those that came out and didn't know this was happening."  
Willing participants

could either donate a monetary amount of their choice, drop off a small toy or purchase one from the store for drop off.  
Local resident Jason Miller was more than willing to make a contribution.  
"This is a great thing," said Miller. "I actually work for the company, but today I'm a customer."  
Today's event included

a special appearance from Santa Claus, a gift drawing and a holiday craft table sponsored by a Girl Scouts of the United States of America troop from Naval Support Activity (NSA) Northwest Annex.  
The toy drive began Nov. 15 and will continue through Dec. 15 at more than 3,500 Dollar Tree stores nationwide.



Photos by MCSA William Jamieson

Stacy Martynuik, leader of Girl Scout Troop 85 of Norfolk North West annex, assists customers in making Christmas crafts for the kick off of the Operation Homefront Toy Drive.



Rebecca, a volunteer from Girl Scout troop 85 of North West Annex in Chesapeake, Va., squirts glue on a paper plate to make a reindeer as part of a volunteer effort for the kick off of the Operation Homefront Toy Drive.



# LEVY CHAPEL: Rededication will be a celebration of faith, heritage

*Continued from page B1*

of 1812. In 1833, the City of New York bestowed upon him the Key to the City. Levy invested in many endeavors in support of Jewish-American life. He also served as the first president of the Washington Hebrew Congregation in Washington, DC and in 1854 sponsored the new Jewish seminary of the Bnai Jeshurun Educational Institute in New York. He went on to command two U.S. Naval Warships; USS Vandalia (1838-39) and USS Macedonian (1858). He was promoted to Commodore and became Flag Officer of the Mediterranean Squadron in 1860. Commodore Levy was an outspoken critic of the practice of flogging, and as a result, the practice was outlawed in 1862. Commodore Levy died on March 26, 1862 and received full military honors as well as the traditional Jewish service.

The United States Navy honored him posthumously by naming a ship after him, the USS Levy. It was upon this ship, at the end of World War II, that the Japanese Navy surrendered. The Commodore Uriah P. Levy Center and Jewish Chapel at the United States Naval Academy in Annapolis, Maryland is also named in his honor.

In addition, the celebration for the rededication will also honor Captain Samuel Sobel, CHC, USN (Ret).

“Capt. Samuel Sobel was a well respected military officer, with a distinguished career,” Sachnoff said. “He retired from the Military and continued to embrace the neighboring communities in Tidewater.”

Capt. Sobel is the only Navy Chaplain to serve twice at the Levy Chapel and instrumental in the design and dedication of the chapel in 1959.



Photos MC1 (AW) Tim Comerford

The hanging lamps in the chapel proudly portray the religion with menorahs and stars of David.



The Levy Chapel is modeled after one of the old wooden ships, a tribute to the Levy name.



Carle Lockwood reads a prayer to the congregation. The young adults get ready for their Bar and Bat Mitzvahs by helping during the service.



Benjamin Lockwood reads a passage in Hebrew from the prayer book. By the age of 12 or 13 in the eyes of Judaism, children become responsible for Jewish tradition, law and ethics and participate in the sabbath as an adult.



Cantor Aaron Sachnoff speaks to the congregation. A hazzan or chazzan is a Jewish cantor, a musician trained in the vocal arts who helps lead the congregation in songful prayer.



In 1984 the chapel observed the 25th anniversary of its naming and the sculpture, behind the menorah, called “A Spirit Over the Waters” was donated as a remembrance of Levy and all who worshipped at the chapel.



# Freedom reaches milestone towards maiden deployment

**BY LT. ED EARLY**  
*Littoral Combat Ship Class Squadron Public Affairs*

**NORFOLK** — The Navy’s first littoral combat ship (LCS), USS Freedom (LCS 1), has successfully completed another major milestone in preparation for her upcoming maiden deployment.

Freedom conducted independent ship deployment training and certification at sea from Nov. 13 - 21, operating with ships from the USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group during their Composite Training Unit Exercise (COMPTUEX) off the southeastern coast of the United States.

Freedom conducted effective complex training as part of the Maritime Security Surge certification for the ship’s Gold Crew, which will deploy aboard Freedom in early 2010.

“USS Freedom superbly satisfied our operational expectations,” said Vice Adm. Mel Williams, Jr., commander, U.S. 2nd Fleet, responsible for certifying deploying strike groups and independent deployers. “I am confident that the ship and crew will meet the combatant commander’s needs on deployment.”

Freedom’s path to deployment has been unique and challenging. As with every lead ship of a class, the operational testing and validation of the ship’s sensors and weapon systems is a complex and time-consuming series of events that are normally conducted sequentially over an extended time period.

The Navy expects to learn key operational lessons about Freedom in a deployment setting and to integrate those lessons into the larger LCS fleet integration process. To achieve this goal, the Navy modified the typical workup schedule to accelerate Freedom’s deployment by approximately two years. The Fleet Response Training Plan, used to evaluate a ship’s operational capabilities as well as maintenance, testing and training, was modified to ensure effective training for this unique and highly capable ship with reduced manning and two crews.

In a plan developed by Commander, U.S. 2nd Fleet; Commander, Naval Surface Forces/Commander, Naval Surface Force, Atlantic; Commander, Naval Network Warfare Command; Commander, Strike Force Training (CSFTL) Atlantic; LCS Class Squadron (LCSRON); Afloat Training Group, Pacific; Naval Sea Systems Command; Naval Air Systems Command; and Commander, Operational Test and Evaluation Force; the Post-Delivery Maintenance and System Testing activities were interwoven with unit and integrated, advanced level training.

In the past, test events were rigidly structured and scripted to validate system

performance. As much as possible, these were modified to simultaneously fulfill operational training requirements with no compromise to performance standards.

“Because of the LCS multi-crewing concept, two core crews needed to be trained and assessed aboard Freedom, and that added another new dimension to our standard surface ship training and certification plan,” said Capt. Michael Taylor, commander, LCSRON. “During testing and much of the unit level training, both the ‘on-hull’ crew and some members of the ‘off-hull’ crew were on board, and that gave both crews a chance to gain experience and proficiency on Freedom’s systems.”

During most of the Integrated/Advanced Phase Training and Assessment, only a single core crew and embarked detachments could be evaluated at one time across the range of military operations. The primary focus was on the Gold Crew, which will deploy with the ship for the first portion of the deployment.

Freedom departed Mayport, Fla., Nov. 13 with the Blue Crew and Cmdr. Kristy Doyle, the Blue Crew commanding officer. During the three days that followed, CSFTL assessors put the crew through an intensive series of underway scenarios designed to evaluate their ability to execute maritime security missions both as an independent unit and as part of a larger force.

CSFTL presented Freedom with realistic missions in rapid succession to stress planning and decision-making. From self-defense against air and surface threats, to maritime interception operations, electronic warfare, the team performed well and met every challenge.

Freedom returned to Naval Station Mayport for a “hot swap” between the Blue Crew and the Gold Crew. The Gold Crew Commanding Officer Cmdr. Randy Garner and his crew then headed back out to sea, this time for five days of integrated training. Despite not having been on the ship for several months, the Gold Crew quickly settled in and successfully completed its training regimen.

“The opportunity to participate in COMPTUEX gave an unprecedented opportunity for my crew to operate with each of the components needed to bring Freedom to full operational capacity – mission module, aviation detachment and core crew,” said Garner. “Never before had Freedom’s Gold Crew operated with all of these elements at sea. The proficiency gained and the lessons learned were invaluable. I think we have another success to indicate that LCS will be a valuable asset to our operational fleet. We are looking forward to our deployment early next year.”



Photo by SA Brian Auker

**Navy Exchange workers look for theft through security cameras at the Norfolk exchange.**

## CONSEQUENCE: Sailors can be jailed and fined up to \$200 per incident

*Continued from page B1*

age is generally attributed to shoplifting, employee theft, administrative errors or vendor fraud.

“When merchandise gets stolen from the NEX, it hurts, not only our customers and command, it hurts the Navy as a whole,” said Tom Ruane, NEXCOM’s Loss Prevention/Safety, Investigations/Systems Program Manager. “70 percent of NEX profits are given to Navy Morale, Welfare and Recreation (MWR) to support quality of life programs. In 2008, that contribution totaled more than \$45 million. When theft and loss of merchandise occur at the NEX, profits decline and so do our contributions to MWR.”

Shoplifting losses vary by store type, but can account for about one-third of the total inventory shrinkage. According to the University of Florida statistics, it is estimated that theft by shoppers costs American retailers a staggering \$12.9 billion over the past year. During 2008, NEXCOM’s Loss Prevention/Safety associates investigated and resolved a total of 1,681 shoplifting cases with a total dollar amount of \$310,243.

“The key to preventing theft in our locations begins with providing exceptional customer service in our stores and continuously promoting our loss prevention awareness programs to our associates,” said Ruane. “Our associates have the abil-

ity to report internal or external theft directly to their supervisor, loss prevention department or through a confidential Alertline...a third-party anonymous tip phone line.”

In addition to its awareness programs, NEXCOM Loss Prevention/Safety uses electronic article surveillance (EAS) systems for electronic and high value merchandise as well as extensive closed circuit surveillance systems (CCTV) at all NEXs worldwide.

“Our CCTV systems, coupled with digital video recorders, give us the ability to see everything within our stores and identify incidents of theft,” said Ruane. “Our EAS systems have been very successful in preventing unpaid merchandise from leaving our stores and, at the same time, allowing our customers to see and handle merchandise they are interested in purchasing.”

If shoplifting is suspected, NEX Loss Prevention/Safety associates turn all incidents over to base police and /or local law enforcement. In addition to possible disciplinary action and criminal prosecution, the Federal Claims Collection Act, which began March 1, 2002, allows NEXCOM to enact a flat administrative cost or Civil Recovery of \$200 for each incident of theft.

NEXCOM continues to be vigilant in the pursuit of preventing theft and reducing inventory shrinkage in all of its locations throughout the world. These efforts allow NEXCOM to give back to Sailors and maximize its MWR contributions.