



The Waterline

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NEWS AND INFORMATION FOR THE NATIONAL CAPITAL REGION

On the road this summer, take safety seriously

Benjamin Christensen,
NDW Waterline writer

With the summer, naturally one will want to drive windows down, music up, and with carefree attitudes, but focus must be maintained while on the roads to prevent mishaps.

Of all preventable accidents that befall Sailors and civilians during the summer, driving fatalities far and away impact the most individuals and their families. Between the critical days of summer ranging from Memorial Day to Labor Day last year, 84 service members across all of the branches of the military died while on the roads. Motorcycle safety is of particular concern: 40 of those dead were riding motorcycles at the time of their accidents.

So the statistics are clear: what can be done to ensure that personnel are safer on the roads? According to Naval Support Activity Washington's (NSAW) Safety Director Jim Peake, it starts with information.

"In order to help prevent traffic accidents, Sailors can learn as much as possible before they go," said Peake. "Reviewing their routes, considering the impact certain behaviors can have on their driving safety, all of that is important."

According to the Naval Safety Center, the be-

haviors that impact driver safety the most are fatigue, use of safety equipment, and alcohol impairment. One should never plan a trip if they will not have time to properly be rested, always wear a seatbelt, and never consider drinking and driving. Personnel are also recommended to stop every two hours of driving for at least 15 minutes, travel during the day-light hours where hazards are more easily spotted if at all possible, and never be distracted by use of a cell phone or other device when driving.

"We know that seat belts save lives," said Secretary of Defense Leon Panetta in a printed address to service members in May. "Many of the injuries and fatalities sustained by our servicemen and women could have been prevented with the use of a seatbelt."

Members of the Department of Defense community have a unique tool at their disposal when it comes to learning more about the pos-



sible perils and pitfalls of the highway: The Travel Risk Planning System, also known as TRiPS. TRiPS is an on-line tool that accomplishes many objectives: it informs one of the possible risks that may come about depending on how one is planning to travel, informs a supervisor of plans, and even fills in some of the information on a service member's leave slip for them.

Use of TRiPS prior to liberty or temporary duty assignment that involves a road trip is required by many commands, and is useful for those for which it is not: over 183,000 TRiPS assessments have been conducted by Navy personnel and not one of those approved journeys resulted in a fatality.

TRiPS, which is accessed through Navy Knowledge Online (www.nko.navy.mil), begins by asking a user a series of questions about their proposed travel plans, including

the type of vehicle that will be driven, the to-and-from locations, what time of day one plans to do their driving, and if they will be participating in any activities before or during their trip that might be risky.

The automated system then computes all of this information into a 'Risk Assessment Matrix,' with risk ranges at Low, Moderate, High, or Extremely High. Given certain responses to the inquiries, it combines the likelihood that a hazard to mission capabilities will occur with the severity of that hazard.

After one is given their Risk Assessment, they are then given a series of information about how they might lower their risk by modifying their behavior or by changing the nature of their trip. Finally, the system takes all this information and provides it to that person's supervisor who they designated when they started using TRiPS and provides a print-out of the assessment.

With the right information and just a little more effort, it may be possible to reduce the 24 Navy and Marine fatalities that occurred on the roads last summer to zero.

For more information about driving, road trip and motorcycle safety, visit the Naval Safety Center at <http://safetycenter.navy.mil/>.

Things to do in Naval District Washington

Benjamin Christensen,
NDW Waterline writer

During the summer holiday, many Sailors are thinking of heading on trips to distant locales in order to spend their free time, but there are activities and attractions right here in Naval District Washington (NDW).

With the nation's capital at its heart, NDW encompasses more than 4,000 square miles, including the District of Columbia; the Maryland counties of Anne Arundel, Calvert, Charles, Frederick, Montgomery, Prince George's, and St. Mary's, and northern Virginia counties of Loudoun, Fauquier, Fairfax, Prince William, Stafford King George, Westmoreland, Arlington and the cities within their outer boundaries.

The installations on NDW have a lot to offer, and they're not so far away: for instance, at the heart of NDW lies the Washington Navy Yard (WNY), which offers the Display Ship Barry (DD 933). A Forrest-Sherman class destroyer decommissioned in 1982, the Barry provides

an excellent opportunity for service members and their families to see a piece of naval history. Speaking of naval history, the United States Naval History Museum is located at the WNY for visitors.

Just across the Anacostia River lies Joint Base Anacostia-Bolling (JBAB). A smaller installation than some in NDW, there is still plenty to do: visit the wood, engraving and frame shops and work on a hobby project, visit the Potomac Lanes bowling center, or if the call of the wild excites you, the specialists at Outdoor Recreation and Capital Cove Marina can lead you to the right path.

A little further south in NDW lies Naval Air Station Patuxent River (NAS PAX River, PAX) which has a multitude of options for any tastes. Located on PAX itself are a variety of different recreational and learning opportunities, such as the bowling alley or the Energy Zone. It is also a site rich in a history of its own: visit the St. Nicholas Chapel, Cedar Point Lighthouse or the famous Mattapan estate.

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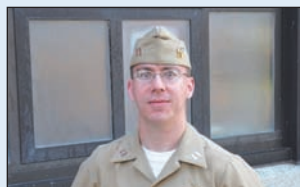


U.S. Navy photo

The Display Ship Barry (DD 933). USS Barry was decommissioned on 5 November 1982 and began her new career as a permanent public display ship in 1984. Used for training and shipboard familiarization, and as a ceremonial platform the Barry is one of the most popular visitor destinations on the Washington Navy Yard.

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Link directly to the
NDW Facebook
page on your
smart phone

Second-generation MV-22 Osprey pilot takes reins from his father

By Danielle Doubt, Naval Air Warfare Center
Aircraft Division Public Affairs Intern

When Marine Corps 1st Lt. Jerrod Hammes climbs into the cockpit of his MV-22 Osprey, he continues the naval aviation legacy started by his father, retired Lt. Col. Gerald Hammes, a Marine Corps aviator, government service civilian and fellow native of Paoli, Ind.

The senior Hammes, who left the Marine Corps in 2000, retired for the second time in May when he hung up his "wings" as a flight test coordinator with Naval Air System Command's V-22 program office.

Gerald Hammes spent more than 24 years in the Marines, flew the CH-46 Sea Knight helicopter in the fleet, and played a key role in the developmental and operational flight testing of the MV-22, a hybrid airplane-helicopter aircraft, now flown by his son.

"I knew I wanted to fly, and I chose the Marine Corps because it fit," Gerald Hammes said. "Working with the infantry ... and the troops ... and flying all appealed to me."

As Jerrod Hammes prepares to deploy for his first overseas assignment, two generations of naval aviators reflect on their journey in the pioneering aircraft.

In March 1990, Gerald Hammes was the second Marine to pilot the V-22 prototype, a tiltrotor aircraft which transitions

between fixed-wing and rotor-wing configurations, essentially creating a hybrid helicopter and airplane. In December 1990, he was the first to land the V-22 aboard ship.

Jerrod Hammes has flown the MV-22B, the Marines' operational model of the Osprey, since graduating from the Naval Flight School in 2010.

Gerald Hammes said he believes his son was inspired to join the Marines during a trip to the Naval Academy at age 12.

"After we got done with the tour, [Jerrod] said, 'Dad, I'm not sure I want to go to the Naval Academy. I'm not sure I want to make that much of a commitment,'" Gerald Hammes said, chuckling as he recalled the conversation. "So, we had a little talk about commitment. About three years later, he comes up to me and says, 'Man, it would be really cool to graduate from the Naval Academy.'"

Not only did Jerrod Hammes graduate from the Naval Academy, he went on to earn his pilot's wings.

"With my father being a pilot ... I was able to gain exposure to the military and aviation," Jerrod Hammes said in an email from Marine Corps Air Station Miramar, San Diego. "Without that, I may never have known that this career path even existed, much less how to get here. However, other than exposure, he wanted to let me make my own decision on my career."

Gerald Hammes began the family's naval aviation legacy in 1976 when he joined the Marines after college, earned his wings in 1978 and completed the United States Naval Test Pilot

School here at Pax River in 1988. After graduating TPS, he started working as a V-22 developmental test pilot, conducting evaluations on the first four prototype V-22 aircraft. In 1994, he joined Marine Helicopter Squadron ONE, or HMX-1, to lead the V-22 Multiservice Operational Test Team; and in 2004, began supporting the V-22 Program Office.

Gerald Hammes remained committed to the V-22 Osprey throughout the acquisition process and developmental and operational flight testing and supports future tiltrotor technology developments.

"The V-22 is now pushing 150,000 flight hours, and, according to Marine Corps headquarters, is the safest Marine rotorcraft over the last 10 years," Gerald Hammes said. "As a flight tester, I'm proud to be a part of that; as a father, that gives me comfort. We often challenged each other to test the V-22 as if our children would be flying it, and they would, in the general sense; but in our case, the challenge came home. It is a beautiful airplane."

Jerrod Hammes, who entered MV-22 flight training at Marine Corps Air Station New River, Jacksonville, N.C., said the V-22 was his first choice of aircraft when he finished flight school.

"I ultimately decided to choose V-22s in order to be involved with a new airframe with amazing capabilities," he said.

After Jerrod Hammes' first flight in the Osprey, his father recalled receiving a text from his son that read, simply: "I love my job. That was awesome."

Around The Yard

Even if you are or are not traveling this summer, what advice would you give to other people on the roads?



"The main advice I could give is for people to reduce their speed. Especially in the Washington D.C. area we've got a major problem with that."

John Bobetich, Housing Office,
Lincoln Property Company



"My advice would be to ask locals in the area you're travelling in if you have friends there, beyond that, travel in groups."

Lt. Michael Pyne,
Total Force Manpower and Personnel (N1)



"Always make sure everyone's buckled up, check your tires and your car, and keep plenty of gas in your car."

Bob Black,
PMS 385, Naval Sea Systems Command

The Waterline

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Submissions should be free of military times and should contain the first and last names with ranks/rates, warfare qualifications, job titles and duty station/command of all persons quoted or referred to.

All submissions must also include the author's name and office or telephone number where they can be reached. If you have further questions, call or contact the editor at (202) 433-9714, fax (202) 433-2158.

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This Week In Naval History



Berliners watching a C-54 land at Berlin Tempelhof Airport, 1948. The Berlin Airlift was the largest operation of its kind in history: In total the USA delivered 1,783,573 tons and the RAF 541,937 tons, totaling 2,326,406 tons, nearly two-thirds of which was coal, on 278,228 flights to Berlin. The C-47s and C-54s together flew over 92 million miles in the process, almost the distance from Earth to the Sun.

June 21

1898 - USS Charleston captures island of Guam from Spain
1945 - Okinawa declared secure after most costly naval campaign in history. U.S. had 30 ships sunk and 223 damaged, mostly from kamikaze attacks, with 5000 dead and 5000 wounded, while the Japanese lost 100,000 dead

June 22

1807 - HMS Leopard attacks USS Chesapeake
1865 - Confederate raider Shenandoah fires last shot of Civil War in Bering Strait
1884 - Navy relief expedition under CDR Winfield S. Schley rescues Lt. A.W. Greely, USA, and 6 others from Ellesmere Island, where they were marooned for 3 years on Arctic island.
1898 - Adm. Sampson begins amphibious landing near Santiago, Cuba

June 23

1933 - Commissioning of USS Macon, Navy's last dirigible
1961 - Navy's first major low frequency radio station commissioned at Cutler, ME
1972 - Navy helicopter squadron aids flood-stricken residents in Wilkes-Barre, Scranton, and Pittstown area of PA

June 24

1833 - USS Constitution enters drydock at Charlestown Navy Yard, Boston, MA, for overhaul. The ship was saved from scrapping after public support rallied to save the ship following publication of Oliver Wendell Holmes' poem, "Old Ironsides."

1926 - Office of Assistant SecNav set up to foster naval aeronautics; aircraft building increased

1948 - Berlin airlift initiated to offset the Soviet Union's blockade access of U.S., France, and Great Britain to their sectors of Berlin.

June 25

1917 - Navy convoy of troopships carrying American Expeditionary Forces arrives in France

1950 - North Korea invades South Korea beginning Korean Conflict

June 26

1884 - Congress authorizes commissioning of Naval Academy graduates as ensigns

1918 - Marine brigade captures Belleau Wood

1959 - Twenty-eight Naval vessels sail from Atlantic to Great Lakes, marking the formal opening of Saint Lawrence Seaway to seagoing ships.

1962 - NAVFAC Cape Hatteras makes first Sound Surveillance System (SOSUS) detection of a Soviet diesel submarine.

1973 - Navy Task Force 78 completes minesweeping of North Vietnamese ports.

June 27

1813 - USS President anchors in Bergen, Norway

1950 - To support U.N. call to assist South Korea, Truman authorizes U.S. naval and air operations south of 38th Parallel, Korea

Northrop Grumman Unveils MQ-4C BAMS Triton

By Michelle Connolly, Persistent Maritime Unmanned Aircraft System Communication Support

The unmanned aircraft community received its first glimpse of the U.S. Navy's MQ-4C Broad Area Maritime Surveillance (BAMS) unmanned aircraft system (UAS) during an unveiling ceremony June 14 at Northrop Grumman's Palmdale, Calif., manufacturing plant.

"Last year, we proudly celebrated the centennial of naval aviation--this year we have seen the rollout of a new patrol aircraft and now, the beginning of an unmanned tradition in our fleet with the rollout of BAMS," said Vice Chief of Naval Operations Adm. Mark Ferguson who spoke at the unveiling. "BAMS is uniquely suited to meet the demands of the maritime environment and give us the advantage we will need in the future--history will record this introduction as a milestone in the second hundred years of naval aviation."

Now officially called the Triton, the MQ-4C's unveiling caps more than four years of development with Northrop Grumman for the surveillance aircraft. The Triton will be an adjunct to the P-8A Poseidon as part of the Navy's Maritime Patrol and Reconnaissance Force family of systems.

"It's a phenomenal event to see the fruits of our labor come to fruition after four years of hard work and dedication to this program," said Capt. James Hoke, program

manager for the Persistent Maritime Unmanned Aircraft Systems Program Office (PMA-262), which manages the Triton program. "We are looking forward to continuing testing and evaluation, parts assembly and installation and radar risk-reduction tests."

The next steps for the Triton program involve continued testing, functional requirements review and first flight for the system development and demonstration (SDD-1) aircraft. SDD-2 will follow a few months behind SDD-1.

The Triton air vehicle, which has a 130.9-foot wingspan, is based on the Air Force's RQ-4B Global Hawk, while its sensors are based on components and systems already fielded in the Department of Defense inventory. The Triton's new features include the AN/ZPY-3 multi-function active-sensor (MFAS) radar system, the primary sensor on the Triton. The MFAS completed first flight in December aboard a Gulfstream aircraft.

With the MFAS radar's capabilities, the Triton will be able to cover more than 2.7 million square miles in a single mission. The Triton's capability to perform persistent intelligence, surveillance and reconnaissance with a range of 2,000 nautical miles will allow P-8A, P-3C and EP-3E aircraft to focus on their core missions, adding to the capability of the Navy's Maritime Patrol and Reconnaissance Force.

For more information about the Triton, go to www.navair.navy.mil/index.cfm?fuseaction=home.displayPlatform&key=F685F52A-DAB8-43F4-B604-47425A4166F1.

NBC's Al Roker Entertains at the Star-Spangled 'Sailabration'

By MC1 Pat Migliaccio, Navy Office of Community Outreach Public Affairs

Famed NBC Today Show weatherman, Al Roker, brought his enthusiastic personality to the Star-Spangled Sailabration in Baltimore's Inner Harbor amid wild cheers of "Huzzah, Huzzah!" next to the Brazilian tall ship, Cisne Branco, June 14.

With the U.S. Navy Ceremonial Band as his musical backdrop, Roker entertained hundreds of visitors with descriptions of the local culture, such as "eating crabs in Baltimore as big as your head," while performing his duties as the NBC Today Show weatherman.

The Star-Spangled Sailabration is the national launch of the three-year commemoration by the U.S. Navy and the State of Maryland of the Bicentennial of the War of 1812,

and the penning of "The Star-Spangled Banner" by Francis Scott Key.

"The U.S. Navy took on, at the time, the most powerful navy in the world and won," said Roker. "It's great to be part of the celebration that reinforces democracy on our shores. And you can't have a Baltimore Star-Spangled Sailabration without being serenaded by the U.S. Navy band. It puts the cherry on top of the nautical sundae."

Roker interviewed numerous participants during his broadcast weather segments, including Fort McHenry National Park Service Ranger Vincent Vaise. Vaise explained that "Huzzah" is what the Americans shouted on the morning of Sept. 14, 1814, when they saw our flag still waving defiantly after a massive British bombardment.

See **Al Roker**, Page 7



U.S. Navy photo by Chief Musician Stephen Hassay

Members of the U.S. Navy Ceremonial Band perform patriotic music behind Al Roker, right, during the "Wake up with Al" at the Inner Harbor in Baltimore, Md. during Baltimore Navy Week 2012 as part of Baltimore Navy Week 2012. Baltimore Navy Week is part of Baltimore's Star-Spangled Sailabration and commemoration the Bicentennial of the War of 1812 and the Star-Spangled Banner.

For more news from other bases around the Washington, D.C. area,

visit www.dcmilitary.com.



NSA Washington-JBAB Fleet Family and Fun

CAREER SUPPORT AND RETENTION

The Transition Assistance Management Program (TAMP)

Offers an array of services and benefits to transitioning service members, including computers setup for individuals to go online to different job banks, college and scholarship resources and career assessment tools. Resume Writing Workshops are offered which includes Federal Resume Writing Interview Skills, information on veterans' benefits and a professional resource library; Two TAP Seminars and one Executive TAP Seminar - five-day programs - are offered monthly sponsored by the departments of Labor and Veteran Affairs, and include information that will benefit the transitioning military member.

Family Employment Readiness Program (FERP)

Offers seven basic services, which include job search strategies, job readiness, resource information, job referral service, individual counseling assistance, career planning and links to education and volunteer opportunities.

Personal Financial Management (PFM)

Program offers individual and family financial counseling, financial classes, and is responsible for the Command Financial specialist training in the Region (NDW).

Volunteer Program

Opportunities are available as an administrative assistant, counseling mediator, transition assistant, Information & Referral assistant, data entry/word processor and a retired activities volunteer.

DEPLOYMENT READINESS/ FAMILY SERVICES

Life Skills Education

Provides presentations to help commands meet requirements, as well as enhance operational and personal readiness including parenting skills training, couples communication, anger and stress management, conflict resolution, Child Abuse Awareness, Spouse Abuse

Awareness and suicide prevention. Trainings can be customized to fit needs of the command.

New Parent Support Program (NPS)

Assists new parents in coping with the demands of parenting and military life through parenting education and training and home visits to new parents prior to delivery and after delivery; information and referral for military and community resources; child development screenings and monitoring. All active duty members and their families who are pregnant and/or have children in the home from infancy to three years old are eligible for these home visitation services.

Deployment/mobilization/readiness

Assisting Sailors and family members prepare for deployment, manage separations and reunite and reintegrate with families and community through services including the Family Accountability and Assessment System, Individual Augmentee (IA) Indoc Course and Deployed Family Fun Days

Exceptional Family Member Program (EFMP)

Provides assistance to service members with special needs children and family members with medical needs including resource referral to medical, counseling and educational services, support groups and care providers. Assists in finding duty stations where needs are met. Mandatory enrollment per OP-NAVINST 1754.2D.

MWR Happenings

Karaoke nights

NSA Washington's MWR team will host free karaoke nights at the Mordecai Booth's Public House located on the Washington Navy Yard every 1st and 3rd Thursday of the month between the hours of 4-9 p.m. DJ Scott will be on-site to offer the latest songs for you and your friends to sing.

New Service for Washington Navy Yard Customers

Based on customer inputs and requests, Navy Exchange (NEX) and Naval Support Activity Washington (NSAW) have partnered to install a Redbox DVD rental machine located at the Town Center Bldg. 22 next to the ITT sales office. Please come by and check out the new service!

FFR/MWR Phone numbers

Child Development Programs

Child Development Center 1(202) 767-2890
Child Development Center 2(202) 404-8071
Child Development Center 3(202) 433-0771
Child Development Homes(202) 433-3223 or (202) 404-1454
Regional Child Placement Office(202) 433-3055 or (877) 269-9322
Regional Child & Youth School Liaison Office(202) 433-0942

Family Housing

JBAB Housing Office 1, Bldg 414(202) 433-0346
JBAB Housing Office 2, Bldg 21(202) 404-6828

Fitness Centers & Information, Tickets, and Tours (ITT)

JBAB Fitness Center 1, Bldg 15(202) 767-5895
JBAB Fitness Center 2, Bldg 419(202) 433-2962
Washington Navy Yard, bldg. 22(202) 433-2484/2829

Military and Family Support Center

JBAB MFSC Bldg 72(202) 433-6151
JBAB MFSC Bldg 13(202) 767-0450

Liberty Program (E1-E6 Single/Unaccompanied Service Members)

Liberty Center, bldg. 72(202) 685-1802
JBAB Liberty Program Office, Bldg. 72(202) 433-2636
JBAB Liberty Center, Bldg. 72(202) 685-1802

Food & Beverage

Catering and Conference Center, WNY Bldg. 211(202) 433-3041
Mordecai Booth's Public House, WNY Bldg. 101(202) 678-0514 or (202) 433-3041
Furnari Restaurant, JBAB Bldg. 418(202) 433-2574

Other Important Numbers

WFR Administrative Office, JBAB Bldg. 12(202) 767-7707
WFR Marketing and Special Events Office, JBAB Bldg. 12(202) 767-1371
Gateway Inns and Suites, JBAB Bldg. 602(202) 404-7050
MWR Sports Program/Sports Complex Rental, JBAB Bldg. 419(202) 685-0483
Outdoor Recreation, JBAB Bldg. 928(202) 767-9136
Vehicle Storage(202) 767-9136/8562

Volunteers Needed for D.C.'s Newest Navy-Air Force Half Marathon

By: JBAB Public Affairs

Volunteers are needed in greater numbers as the Navy 5-Miler grows with the addition of the Navy-Air Force Half Marathon. D.C.'s newest half marathon is taking place on Sunday, Sept. 16 on the grounds of the Washington Monument in Washington. In addition to providing race-day support, volunteers are needed on Saturday, Sept. 15 for the Expo, Packet Pick-up and Pasta Party at the Joint Base Anacostia-Bolling Club. It is a great opportunity for individuals, families, organizations and communities to bond while developing Navy core values of honor, courage and commitment.

We recognize our volunteers are an essential component to creating memorable moments for our participants and would not be able to hold the event without their support. All volunteers will receive a volunteer shirt, commemorative coin and a certificate of appreciation signed by the JBAB Commanding Officer. For more information or to register as a volunteer, visit www.navyairforcehalfmarathon.com.

The half marathon and 5-miler registration is still open for those who wish to run. The race is open to military and civilian runners and will use Chrono-Track timing. Runners will start and finish in the shadow of the Washington Monument. The route will in-

clude East and West Potomac Park and Rock Creek Parkway. It will also be USATF-certified by race weekend. The fastest and easiest way to register is online at www.navyairforcehalfmarathon.com. As an added bonus, the first 5,000 runners to register will receive a promotion code for a free 8" X 8" photo book from Shutterfly.

About the Navy-Air Force Half Marathon and Navy 5 Miler

The Naval Support Activity Washington Morale, Welfare and Recreation (NSAW MWR) Program started the Navy 5-Miler in 2004 in celebration of the Navy's Birthday. The event organization has since transitioned to JBAB Morale, Welfare and Recreation (JBAB MWR) as a result of the Base Realignment and Closure (BRAC) initiative. The BRAC initiative merged the Navy's Morale, Welfare and Recreation with the Air Force's Services Division on Anacostia Naval Annex and Bolling Air Force Base, respectively.

The mission of JBAB Morale, Welfare and Recreation is to provide quality support and recreational services that contribute to the retention, readiness, mental, physical and emotional well being of our active duty personnel and Department of Defense employees. All proceeds will go to supporting these programs and services that improve the quality of life for the United States active duty military and their families.

VOTER REGISTRATION DRIVE

Naval Support Activity Washington's Voting Assistance Office will be holding a voter registration drive at the Town Center Food Court, Bldg. 22 (east entrance), July 2nd to July 6th (except July 4th) in support of Armed Forces Voter's Week.

The booth will be available from 10 a.m.-1 p.m. each day. There will be representatives available to help military members to register to vote absentee, provide information on how to self-register, or simply to answer questions.

Make sure to come out and take advantage of one of the rights you and your shipmates fight to defend!

NSAW POC: Michael R Murray
TEL: 202-685-1278
Email: michael.r.murray@navy.mil

NDW News

Follow NDW on Facebook and Twitter

NDW has a Facebook fan page in order to provide up-to-date information to all NDW residents, tenants, employees (military, civilian, and contractors), and the American public.

Show your support, "Like Us," and become a fan to see exciting news relating to the Naval District Washington.

www.facebook.com/NavDistWash

Follow us on Twitter @navaldistwash

<http://twitter.com/NavDistWash>

NSAW has a Twitter page for the Washington Navy Yard to provide the public with up-to-date operating hours of the Navy Yard portion of DC's Riverwalk.

Follow us on Twitter @WNYRiverwalk

<http://twitter.com/WNYRiverwalk>

Improve your speaking and leadership skills! Come to Helmsmen Toastmasters!

Join us Thursdays from 7:30-8:45a.m. at the Pentagon Library and Conference Center (PLCC). Toastmasters is an international organization that helps everyone speak, think, lead and listen better. For more info, contact Carl Sabath at carl.sabath@osd.mil or 703-695-2804 or Elizabeth Femrite at elizabeth.m.femrite.civ@mail.mil or 571-256-8674. Remember - Great Helmsmen say "YES!"

Voter Registration Drive

Installations throughout Naval District Washington will be hosting voter registration drives for military members in the region from June 28th through July 7th, in support of Armed Forces Voter's Week.

During this drive you can register to vote for the upcoming Federal elections, get questions answered, or simply find information on how to self-register and take advantage of your right to vote.

Exact hours will vary by installation, so see your installation's Plan of the Week or visit your installation's Voting Assistance Office for more information.

Command Volunteer Coordinator Training

Attention Commanders and Command Volunteer Coordinators! Naval District Washington (NDW) Regional Community Service Program will host training for newly assigned Command Volunteer Coordinators. This training will cover: an overview of the Navy Community Service Program and applicable Navy Community Service Guide, their role and responsibilities, legal issues, conducting screening of volunteers, how to handle volunteer injuries, volunteer recognition opportunities, and time off for civilian volunteers. Commands that have designated personnel to oversee their community service projects are invited to send their representatives to this training which is scheduled for June 28, 2012 at 0830-1600, in building 101, conference room 242 at the Washington Navy Yard, Washington, DC SE. Volunteer Coordinators may register to attend by sending an e-mail with their intent to participate to Olivia.hunter@navy.mil no later than 25 June 2012. For more information call 202-433-6854.

JBAB Thrift Shop to Reopen July 10

The JBAB Thrift Shop has been closed since the hurricane/rains last August due to structural damage to the building.

We are now relocated to Building 72 (Enterprise Hall) where Navy Campus was. We are reopening Tuesday, July 10. Our hours will be Tuesdays and Wednesdays 3:30pm-6:30pm and the first Saturday of each month 10 a.m. to 2 p.m.



Legal Corner

In an effort to keep you informed of military discipline and administrative matters that have occurred in Naval District Washington, the Waterline will periodically publish Court-Martial and Administrative Separation results.

Court Martial:

U.S. v. ENS, USN, In a General Court-Martial, members convicted an Ensign of violating articles 83 (fraudulent appointment), 107 (4 false official statements), and article 134 (wearing unauthorized rank). The Ensign received a sentence of confinement for 30 months and a dismissal from United States Navy.

Administrative Processing

A Lieutenant was referred to a Board of Inquiry after an NCIS investigation concluded that he mishandled classified information and DONCAF revoked his security clearance. The Board voted to separate the officer from the Navy.

NSAB Hosts Frocking Ceremony

By MC3 Nathan Parde,
NSAB Public Affairs staff writer

Eleven Sailors were congratulated by Naval Support Activity Bethesda's (NSAB) Commanding Officer, Capt. Frederick Kass in a frocking ceremony June 7.

"This is an especially big moment for those of you who are assuming an office or rank for the first time," said Kass. "This is not an easy time in the Navy to get promoted, so you have much to be proud of."

"Frocking" precedes advancement in pay grade, and is awarded to Sailors based on biannual advancement exam results. These exams assess a Sailor's knowledge, performance and achievements in the Navy. Preparations for the exam begin many months before, with an extended period of studying to increase job-specific and Navy-related knowledge.

"During the course of an advancement cycle, a bibliography is sent out for each rating to show exactly what items to study," said Master-at-Arms 1st Class Ricky Calhoun, NSAB's senior enlisted leader. "You have to study and prepare, because the Navy is down-sizing. It's getting tougher and tougher to advance."

After the exams have been scored and processed, Sailors await their advancement results. Master-at-Arms 3rd Class Michael J. Keliher said he was caught off-guard when he received his results.

"The Friday before Memorial day, I was

posted on the NEX (Navy Exchange) gate and my watch commander called me over the radio and said, 'Congratulations on advancing to E-4,'" said Keliher. "I was speechless I held the radio to respond, but no words came out."

After selection for advancement, Sailors attend a mandatory petty officer indoctrination class where they learn how to take on their new leadership roles.

"The [indoctrination class] is very important," said Calhoun. "As junior Sailors become petty officers, they also pick up more responsibility, such as having Sailors who work for them. The course covers many topics that center around the Navy's core values of honor, courage and commitment. They learn what it means to lead as a third class petty officer. There is also an [indoctrination] class for second and first class petty officers."

Keliher said the main lesson that he will take from the indoctrination class is to recognize the various backgrounds and influences that Sailors have in the Navy.

"Diversity is one of the biggest themes from the indoctrination class, because there are a lot of ideas and cultures out there," said Keliher. "If you don't keep your mind open to different ideas, you stand to lose a lot and it will slow your growth process as an individual."

Keliher, whose parents both served in the Navy, was honored to have his father travel from upstate New York to join his wife for the frocking ceremony.

"The ceremony went very well," said Keliher. "We had a great turnout, the command supported us and it was a beautiful day."

Vampire Hunters Visit Abraham Lincoln at Sea

By MC3 Carlos M. Vazquez II,
USS Abraham Lincoln Public Affairs

Cast and crew members from the film "Abraham Lincoln: Vampire Hunter" visited the crew of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) at sea, June 12.

Author Seth Grahame-Smith, director/producer Timur Bekmambetov, producer Jim Lemley, and actors Benjamin Walker, Anthony Mackie and Erin Wasson toured the ship, signed autographs for Sailors, posed for photographs, visited with Sailors and treated the crew to an early screening of the film in the ship's hangar bay.

"We made a movie about freedom, and you are the reason we have freedoms," said Walker, who plays Lincoln in the film. "We wanted to show it to you guys first."

"I was excited to come on board," said Mackie, who plays Lincoln's personal friend William H. Johnson. "I felt like a kid who walked into a candy store. For me, it's educational, and I wanted to come out and support the troops. I was making a movie in Miami, and they told me I wouldn't be able to make it

here. I did more work a little earlier so they would change my schedule so that I could come out and be with you guys."

Walker said he appreciates service members and the sacrifices they all make for the country.

"People back home need to know how much work it takes to keep us safe," said Walker. "We appreciate everything you do, and how much of a privilege it is to be here."

The Sailors in the hangar bay cheered at the start of the film and again after the ending credits rolled.

"The movie was entertaining and funny," said Electrician's Mate 3rd Class Thomas Dickerson. "I would recommend it to my family back home."

After the film, the cast took questions from the crowd and stayed behind for extra photos and autographs.

"The Sailors' hospitality has made a huge impact on us," said Mackie. "It's an honor, and it makes us really proud and has reinvigorated us to go back to the states to talk about this experience."



U.S. Navy photo by MC Seaman Karolina A. Martinez

Benjamin Walker, who plays the titular role in the film 'Abraham Lincoln: Vampire Hunter' tours the bridge of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Lincoln is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and combat flight operations in support of Operation Enduring Freedom.

AFPAK Blog: On the Ground

Lincoln President-Elect: Abraham Lincoln and the Great Secession Winter 1860-1861



U.S. Navy photo

Lt. Cmdr. Ahmed Qureshi walking with General Assadullah Sherzad, the Baghlan Provincial Chief of Police, after a Key Leader Engagement meeting in the city of Pule-Khumri on May 29, 2012

Lt Cmdr. Qureshi is an Afghan Hand from Naval District Washington. He is currently in Afghanistan working for the COMISAF Advisory and Assistance Team (CAAT). The CAAT provides the International Security and Assistance Force (ISAF) commander with targeted information based on his priorities in the campaign plan. CAAT members collect information by going into the field at the tactical level and embed with Coalition Forces and Afghan units as well as conduct Key Leader Engagements with Afghan officials.

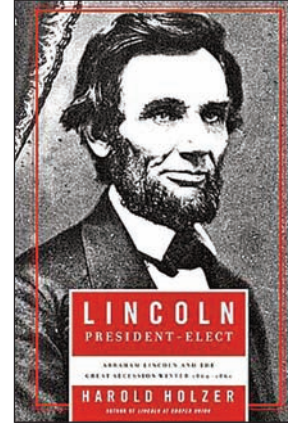
Editor's Note: AFPAK Hands is a language and cultural immersion initiative which consists of three phases: language and cultural training, in and out of theater deployment. During an out of theater deployment a service member can be assigned to a government agency, DoD command or other organization where their work in country can be applied and then add to their perspective when they redeploy.

Reviewed by
Commander Youssef
Aboul-Enein, MSC,
U.S. Navy

Published by Simon and Schuster, New York. 640 pages, 2008.

This February, the United States will observe the 200th birthday of our Sixteenth President Abraham Lincoln. With this observance many books and television programs about Lincoln will be featured. Award winning historian Harold Holzer, is Co-Chairman of the U.S. Lincoln Bicentennial Commission, and the author and co-author of thirty books on Lincoln and the American Civil War. His latest book covers Lincoln's ascendancy to the Presidency, as President-Elect, and the succession of states from the Union even before he took the oath of office. It is a detailed look into Lincoln's biography from 1860 to 1861.

It begins with Lincoln awaiting the results of the 1860 election; he would divide his time between the Governor's Suite at Springfield, and the Springfield telegraph office awaiting the returns of a hotly contested election. At 3:30 PM, Lincoln made his way to the court house and broke a political tradition by casting a ballot, to the cheers and surprise of Republican supporters. In another part of



the country, Edmund Ruffin, wanted Lincoln to win, but for different reasons, he was among those extremists, who felt in Lincoln were President, it would force the South to secede from the Union. That day Lincoln's political rival Stephen Douglas did not vote, as he was stranded in Mobile, Alabama. Ulysses S. Grant was a tanner, who recently moved, and did not establish residency to vote.

Upon the election of Lincoln, chapters discuss the anti-Lincoln media, and the climate of secession that began almost the day after election. South Carolina and Mississippi convened meetings to discuss seceding from the United States. Lincoln was well aware of the challenges facing him and monitored newspapers and criticism of him closely. Of note, the book

discusses how Lincoln would formulate his thoughts before taking office on the issue of using the Declaration of Independence, as seminal document, that establishes the Union, and that the Union itself is older than the Constitution, making the preservation of the Union his first and foremost obligation as President.

Holzer discusses how Lincoln formulated and chose his cabinet, working out compromises with Republican Delegates, the need to preserve the Union, and reconcile the nation. Lincoln also pondered how he would make his way to Washington DC from Springfield, Illinois, and studied how George Washington, Martin Van Buren and other Presidents have made their way to the nation's capitol. His best model, as far as distance, was Andrew Jackson, who traveled from Tennessee to Washington DC. A chapter covers the many threats to Lincoln's life, and the means he entered Washington bypassing a potential plot against his life. Apparently he was unhappy about entering the Capitol undercover. The book ends with Lincoln's First Inaugural Address in March 1861.

Editor's Note: Commander Aboul-Enein maintains a regular book review column in the NDW Waterline.

Surgeon General Honors Hospital Corps' 114th Birthday

By Valerie A. Kremer,
U.S. Navy Bureau of
Medicine and Surgery
Public Affairs

The Navy Surgeon General released the following birthday message to the Navy Hospital Corps June 15, in recognition of its birthday.

"On behalf of Navy Medicine and a grateful nation, I extend our sincere thanks and heartfelt congratulations to the men and women of the Hospital Corps, as you celebrate your 114th anniversary," said Vice Adm. Matthew L. Nathan, U.S. Navy Surgeon General and chief, U.S. Navy Bureau of Medicine and Surgery. "No Marine has ever taken a hill without his corpsman by his side. As Sailors and Marines deploy in harm's way, they take solace in knowing that 'Doc' is beside them."

With the Spanish-American War looming, the Hospital Corps was founded June

17, 1898, as Congress passed a bill, signed into law by President William McKinley, authorizing its establishment. Since then, services have often heard the call "Corpsman Up," a call which has been answered from the Spanish-American War to the War in Afghanistan since its founding, according to Nathan.

Today, more than 26,000 active duty and Reserve corpsmen around the world deploy with Sailors and Marines, providing life-saving care and critical mission support aboard ship, in the air, and on the battlefield.

"We are currently experiencing the lowest battle mortality and non-battle injury rates in the history of armed conflict due, in large part, to our exceptional corpsmen and their training," said Nathan. "This is unprecedented and something that you should all be proud of."

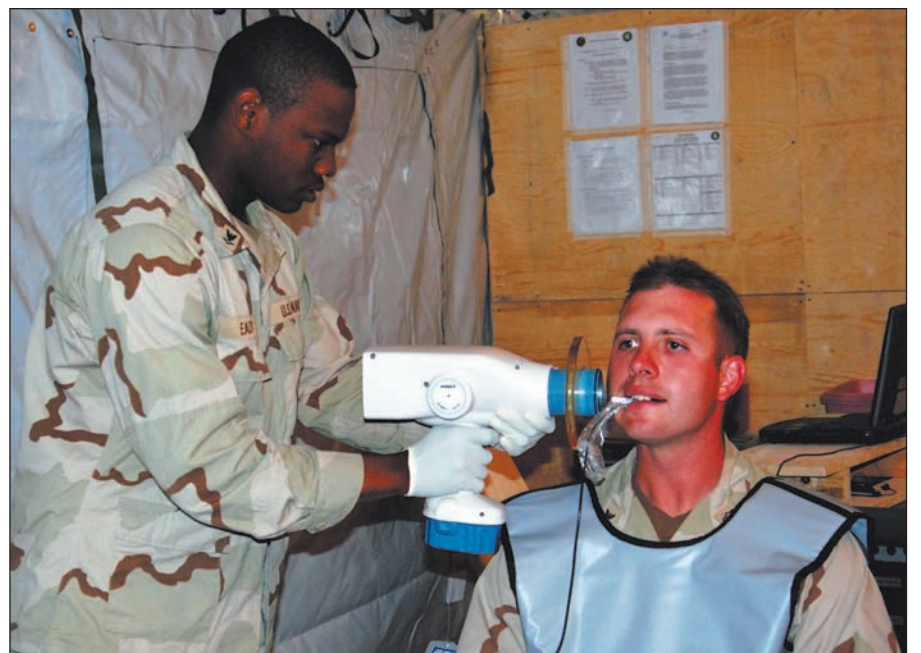
The Hospital Corps is the largest rating in the Navy and

the most decorated in the United States. Twenty naval ships alone have been named after hospital corpsmen, according to Nathan.

"Today we honor the courage, commitment, and sacrifice of the Hospital Corps," said Nathan. "We honor your bravery in battle, and your compassion during our global humanitarian assistance/disaster response efforts. Your willingness to help those in need leaves an indelible impression on the United States and across the globe. Your superb performance throughout our medical treatment facilities has ensured our nation has a medically ready, fit and fighting force, as well as quality and compassionate patient and family-centered health care."

As the Navy Surgeon General and Chief, Bureau of Medicine and Surgery, Nathan leads 63,000 Navy

See **Hospital**, Page 8



U.S. Navy photo

Hospital Corpsman 3rd Class Adrian Eady, a dental technician assigned to Naval Mobile Construction Battalion (NMCB) 4, performs a bitewing X-ray on Hospital Corpsman 2nd Class John Edstrom at the Battalion Aid Station at Dehdadi II. NMCB-4 deployed in January to expand the Forward Operating Base and provide necessary engineering support to arriving U.S. and Coalition Forces in the region.

Upcoming ShipShape Weight Program

Leigh Houck,
WNY Branch Health Clinic

The Branch Health Clinic Washington Navy Yard will offer the next session of the ShipShape Weight Management Program for active duty members from July 12 through August 30, 2012. Classes will meet Thursday afternoons from 12:00 – 1:30 p.m. in the classroom at the Branch Health Clinic, Building 175. Participants are required to attend no fewer than seven of the eight classes.

ShipShape is an eight-week program that reflects the current most up-to-date knowledge on weight loss. It is designed to assist active duty members in meeting the Department of Navy body composition standards. Active duty members may self refer or will get a referral from their Command Fitness Leader if they fail the body composition assessment portion of the Physical Fitness Assessment.

The program presents a healthy and permanent approach to weight loss and provides basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight. Participants will learn about goal setting, building support systems, portion control, and handling obstacles to exercising. To register for the program or get further information, please call the Health Educator at 202-433-6311 or email leigh.houck@med.navy.mil.

For active duty members unable to attend ShipShape and who need help managing and losing weight, Military One Source offers one-on-one coaching. The following frequently asked questions will get you started.

What is Health Coaching? This is an intensive one-on-one coaching program that uti-

lizes both phone and Internet to help participants achieve lifestyle changes.

What is the goal of this program? The goal is to facilitate permanent, healthy weight control through lifestyle modification in nutrition and physical activity.

For whom is this program intended? The program is ideal for Reserve Component members and for active duty members who exceed or are at risk of exceeding BCA requirements but do not have access to the ShipShape program. Family members and retirees that wish to achieve a healthier weight, or who are referred by their provider for weight-related medical problems, may also attend.

When can I sign up? The program is available now. Participants can sign up online or by phone.

How do I register for the program? You must establish a free account with Military One Source and enroll at www.militaryonesource.com. Click on the "All Topics" tab and select Health and Wellness Coaching or select Health and Wellness Coaching from the Quick Links on the side of the homepage. To sign up with a coach, call 1-800-342-9647 or schedule online coaching sessions. See below for

Who is eligible for online counseling? Anyone who is eligible for Military OneSource services (except for children under 18 and people with issues and conditions described in the previous answer above) is eligible for online counseling. Military OneSource is available any time worldwide to all active duty, Guard, and Reserve members (regardless of activation status), and their families as well as to deployed civilians and their families.

Is there a limit to the number of online sessions? Yes. A person who is referred to online counseling may receive up to 12 sessions per issue within a 12-month period.

AL ROKER

Continued from 3

U.S. Navy band. It puts the cherry on top of the nautical sundae."

Roker interviewed numerous participants during his broadcast weather segments, including Fort McHenry National Park Service Ranger Vincent Vaise. Vaise explained that "Huzzah" is what the Americans shouted on the morning of Sept. 14, 1814, when they saw our flag still waving defiantly after a massive British bombardment.

The Bicentennial of the War of 1812 commemorates pivotal engagements in the harbors in Baltimore and Boston, on the Great Lakes, and all along our coasts. The commemoration is also a salute to all Sailors and Marines who fought gallantly in that conflict, who served in all of our nation's conflicts since then and who are defending freedom around

the world today.

"It's significant for us to be here," said Senior Chief Musician David Kolo, of the Navy Band, which is performing at various venues through the week. "The Navy and its fighting spirit was an integral part of the War of 1812. That same spirit is still present with the Sailors of today and I'm proud to be a part of it."

Activities during the week include a colorful spectacle U.S. Navy vessels and tall ships from around the world, ships open for public visiting and shows by the U.S. Navy Flight Demonstration Team, the Blue Angels.

Visitors can get more information about the Baltimore Star-Spangled Sailabration 2012, can go to www.starspangled200.com and www.navyweek.org/Baltimore2012.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Navy Office of Community Outreach, visit www.navy.mil/local/navco/.



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The Blue Angels Fly Over Baltimore!

The Star-Spangled Sailabration, which took place last week, was the national kickoff to the War of 1812 Bicentennial in Baltimore, Maryland. The Inner Harbor with was filled with visitors in awe of the international fleet of naval vessels, tall ships and the spectacular Blue Angels flying above the city. Bicentennial events continue in Baltimore. Visit <http://starspangledbaltimore.com> for more information.



U.S. Navy photo by MC2 Andrew Johnson

Lt. C.J. Simonsen, Blue Angel lead solo, flies an F/A-18 Hornet over Baltimore during the Star Spangled Sailabration air show. The Blue Angels 2012 performances are in celebration of the Marine Aviation Centennial and commemoration of the bicentennial of the War of 1812.

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NDW

Continued from 1

Under the auspices of PAX River also lie attractions such as the Naval Recreation Center Solomons and the Cedar Point golf course.

Naval Support Activity Bethesda (NSAB) also has its fair share of things to do and see. Along with downtown Bethesda which provides a plethora of options all its own, the Liberty Zone is open for all Wounded Warriors, Single E1-E6 and En-listed Geographical Bachelors stationed at NSA Bethesda: There is something for everyone including movies, access to Internet with Wi-Fi, video games, pool, ping pong, foosball and more. Simply walking around the grounds of the historic Walter Reed Medical Center can provide a view, even if a somber one, into the past and future of military medicine.

Finally, Naval Support Activity South Potomac, the parent Activity of Naval Support Facilities Dahlgren and Indian Head has its own attractions to consider. At NSF Dahlgren, visit the Cannonball Lanes Bowling Center, the Game Time Sports Grill, the Liberty Center, or Craftech, and at NSF Indian Head there is the Stars and Strikes Bowling Center, the Auto Skills Center, and the Globe and Anchor pub or the Tiki Bar. Indian Head and Dahlgren are rich in history of their own as well.

This article only begins to scratch the surface of all there is to see and do on and around base in NDW. Stay tuned to the Waterline this summer as we take a closer look at the attractions and history of NDW installations.

LINCOLN

Continued from 5

tainment and Fox Studios.

Lincoln is currently deployed with Carrier Strike Group (CSG) 9, which also includes embarked Carrier Air Wing (CVW) 2, embarked Destroyer Squadron 9 and the guided-missile cruiser USS Cape St. George (CG 71). CSG-9 is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and combat flight operations in support of Operation Enduring Freedom.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.

HOSPITAL

Continued from 6

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For more news from Navy Medicine, visit www.navy.mil/local/mednews/.



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**Some restrictions apply*



9.16.2012

Washington DC, National Mall

ONLINE REGISTRATION:

www.jointbasehalfmarathon.com

Registration is Now Open

Use "Early-Bird" promo code for \$5 off the registration fee.
Valid through May 12, 2012.

Keep Your Run Memorable

The first 5,000 registrants will receive a FREE Shutterfly 8"x8" photo book
(Valued at \$29.99). * Shipping not included.

The Shutterfly promotion code will be emailed directly
to registrants after completing registration.

Start Time Joint Base Half Marathon:
7:20am (Wheelchairs & Wounded Warriors)
7:30am (Runners)
Start Time Navy 5 Miler:
8:00am (Wheelchairs & Wounded Warriors)
8:10am (Runners)
Registration Deadline:
Online - September 11, 2012
Mail-in - Postmarked by September 1, 2012



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