



Navy tests biofuel-powered ‘Green Hornet’



Photo by Kelly Schindler

Above: The Navy celebrates Earth Day by showcasing a supersonic flight test of the “Green Hornet,” an F/A-18 Super Hornet strike fighter jet powered by a 50/50 biofuel blend. The test, conducted at Naval Air Station Patuxent River, Md., drew hundreds of onlookers that included Secretary of the Navy Ray Mabus, who has made research, development, and increased use of alternative fuels a priority for the Department of the Navy.

Right: Secretary of the Navy (SECNAV) the Honorable Ray Mabus greets Navy pilots Cdr. Beau Duarte and Lcdr. Tom Weaver following a showcase of a supersonic flight test of the “Green Hornet,” conducted at Naval Air Station Patuxent River, Md.



Photo by MC2 Kevin S. O'Brien

BY LIZ WRIGHT

Navy Office of Information

WASHINGTON — The Navy celebrated Earth Day April 22 by showcasing a flight test of the “Green Hornet,” an F/A-18 Super Hornet multirole fighter jet powered by a biofuel blend.

The test, conducted at Naval Air Station Patuxent River, Md., drew hundreds of onlookers, including Secretary of the Navy Ray Mabus, who has made the exploration and adoption of alternative fuels a priority for the Navy and Marine Corps.

Mabus observed the flight and tracked its data from a Project Engineering Station at the air station's Atlantic Test Range. After the jet landed, he met the pilot, Lt. Cmdr. Tom Weaver, of Billerica, Mass.

“The alternative fuels test program is a significant milestone in the certification and ultimate operational use of biofuels by the Navy and Marine Corps,” said Mabus. It's important to emphasize, especially on Earth Day, the Navy's commitment to reducing dependence on foreign oil as well as safeguarding our environment. Our Navy, alongside industry, the other services and federal agency partners,

See GREEN HORNET, A11

The ‘ICE’ Age has come to NMCP

BY MC2 RIZA CAPARROS

Naval Medical Center Portsmouth
Public Affairs

PORTSMOUTH — Patients now have a new way to provide feedback about the care they receive at Naval Medical Center Portsmouth. Six DoD Interactive Customer Evaluation kiosks were recently installed throughout the medical center, joining four ICE kiosks already in place at the branch medical clinics.

The kiosks are formatted similarly to an ATM, and allow patients to rate the care they have received during their visit to the hospital or other services offered, like restaurants in the Food Court or the credit union. It is sort of an online comment card. The kiosks feature a touch-screen menu where users can find the business or service they would like to comment on, and then either fill out a brief questionnaire about their experience



Photo by MC2 William Heimbuch

CTMCS (SW) Samantha Blackwall uses the Navy OneStop kiosk at Naval Medical Center Portsmouth to provide feedback about her visit. The machine is one of two recently installed at the medical center.

or put it in their own words. The comments and ratings are evaluated and the suggestions help the medical center improve customer service and care.

Robert Van Natta, customer service training specialist and ICE

administrator, said the kiosks are a useful resource for patients while, “allowing the ability for the department to dialogue with the customer through the customer evaluation

See ICE, A11



Photo by MC2 Kevin S. O'Brien

Secretary of the Navy (SECNAV) the Honorable Ray Mabus announces that the name of the next amphibious transport dock ship will be USS John P. Murtha (LPD 26) as Speaker of the House Nancy Pelosi and Murtha's widow, Joyce Murtha, look on. The future USS John Murtha will be the tenth San Antonio-class amphibious transport dock ship.

SECNAV announces name of LPD 26, USS Murtha

BY CHINARA LUCAS

Secretary of the Navy Public Affairs

JOHNSTOWN, Pa. — The secretary of the Navy (SECNAV) honored the legacy of the late U.S. Representative John Murtha by declaring April 23 that the Navy's 10th San Antonio-class amphibious transport dock ship, LPD 26, will bear his name.

The announcement was made at John P. Murtha Johnstown-Cambria County airport in Johnstown, Pa., a town Murtha held close to his heart.

SECNAV Ray Mabus was accompanied by Joyce and Donna Murtha, Speaker of the House Nancy Pelosi, U.S. Representative Norm Dicks of Washington and U.S. Representative David Obey of Wisconsin.

“John Patrick Murtha served our country his entire adult life,” said Mabus. “Both in uniform as a Marine and in the halls of Congress, he dedicated himself to the United States of America.”

Murtha's service began when he joined the Marine Corps in 1952 and served in the Korean War. He also saw service in Vietnam in 1966, a tour that earned

him the Bronze Star with Valor device, two Purple Hearts and the Vietnamese Cross of Gallantry. Murtha retired from military service as a colonel in 1990. He had 37 years of active and Reserve service.

Murtha represented Pennsylvania's 12th Congressional District from 1974 until his death in 2010. In his position as the chairman of the House Appropriations Subcommittee on Defense, he oversaw appropriations for the Department of Defense, which included the Air Force, Army, Marine Corps, Navy and the intelligence community. He was a driving force for the Navy's shipbuilding program, providing necessary funds to grow and maintain the fleet and preserve the industrial base.

“Throughout his time in Congress, Jack Murtha remained a Marine. He always did what he thought best for our country and he championed the interests of service men and women,” said Mabus.

The future USS John P. Murtha will transport and land Marines, their equipment and supplies and

See USS MURTHA, A11



Navy announces ships participating in Fleet Week New York City 2010

PRESS RELEASE

Navy Region Mid-Atlantic Public Affairs

Approximately 3,000 Sailors, Marines and Coast Guardsmen from the U.S. Navy, Marine Corps and Coast Guard will participate in the 23rd annual of Fleet Week New York, which will take place May 26 - June 2.

Held nearly every year since 1984, Fleet Week New York is the city's celebration of the sea services. This event also provides an opportunity for the citizens of New York City and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as see, first-hand, the latest capabilities of today's maritime services.

Hampton Roads-based ships participating in this year's Fleet Week commemoration are the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7), the guided-missile destroyer USS James E. Williams (DDG 95), and patrol coastal ships USS Tempest (PC 2), USS Hurricane (PC 3), USS Monsoon (PC 4) and the USS Squall (PC 7). Also participating is the guided-missile cruiser USS Philippine Sea (CG 58), homeported in Mayport, Fla. USS Iwo Jima will be berthed in Manhattan; and the rest of the Navy ships will be berthed at Staten Island.

More information is available on the official Fleet Week New York City website at <https://www.cnmc.navy.mil/cnrma/Programs/FWNY/>.

INSIDE:

GOING IA - PART III: BOOTS ON THE GROUND A6

Sr. Chief Aviation Electronics Technician (AW/SW) Donald Lee spent 280 days with the Army and came back with a lot of knowledge and a Bronze Star.



FRONT AND CENTER B1

NMCP dentists help Norfolk's homeless
Navy dentists volunteered their time and skills for Project Homeless Connect in Norfolk.



OFF DUTY C1

OPA! Festival offers best in Greek food, fun
The 2010 Greek Festival begins May 13 and will run through May 16.



The Flagship® is produced by Commander Navy Region Mid-Atlantic staff. The editorial content of this newspaper and any supplement is prepared, edited and provided by the public affairs office of Commander Navy Region Mid-Atlantic.

Regional program manager for Commander Navy Region Mid-Atlantic is

Public Affairs Director
Beth Baker

Editorial Staff
Managing Editor
Micheal Mink

Deputy Managing Editor
MC1 (AW) Tim Comerford

Editorial Assistant
MC2 Mandy Hunsucker

Graphic Designer
David Todd

Off Duty Editor / Designer
Tim Rafalski

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Questions or comments can be directed to the public affairs officer or the editor. The Flagship® can be reached at 322-2865 (editor), 322-2864 (assistant editor). The fax number is 445-1953 or write Commander, Navy Region, Mid-Atlantic, The Flagship®, 1510 Gilbert St., Norfolk, VA 23511-2737. All news releases should be sent to this address. Stories may be submitted via e-mail to news@flagshipnews.com. You can visit The Flagship's Web site at www.flagshipnews.com.

The Flagship® is published every Thursday by Flagship, Inc., whose offices are at 150 W. Brambleton Avenue, Norfolk, VA 23510. Minimum weekly circulation is 45,000.

Flagship, Inc.
General Manager
Laura Baxter, 222-3964

Creative Director
Tricia Lieurance, 222-3968

Free Classified Advertising, 222-3967
Distribution, 446-2881
Home Delivery, 222-3965
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Second letter to employees on classification and performance management

BY PATRICIA C. ADAMS

Deputy Assistant Security of the Navy
(Civilian Human Resources)

The department of the Navy (DON) begins its transition from the National Security Personnel System (NSPS) on April 25.

More than 70,000 DON employees will transition from NSPS. The majority of these employees will transition by the end of 2010; with most transitioning to the General Schedule (GS) personnel system. The DON has worked closely with Command leadership to develop a transition plan which avoids undue interruption to the mission and minimizes negative impact on our employees.

The initial step in the transition process is to ensure there is a properly classified position description for each employee transitioning from NSPS. The Office of Personnel Management regulations stipulate that NSPS employees transitioning to the GS system will have their positions classified based on the duties and responsibilities of the position and the required qualifications.

Employees transitioning in 2010 will not be eligible for a 2011 NSPS performance payout. However, consistent

with Congressional requirements and guidance, the DON has developed a new interim performance management system for non-bargaining unit employees transitioning from NSPS to the GS. The interim system aligns with and supports the mission and enables Commands to recognize and reward employee performance. Though transitioning employees are not eligible for NSPS payouts in terms of salary increases, the interim system provides and opportunity to provide a bonus to recognize employee performance.

I encourage you to visit <https://www.donhr.navy.mil/NSPS> for more information and online resources. We will continue to work with your Commands to provide information as it becomes available. We will communicate with you through your Command leadership as well as through messages such as this one, the Web and town hall meetings. The DON is committed to an open, strategic and orderly transition from NSPS.

To read the first letter from the DASN to employees, please visit <http://bit.ly/bNBywK>.

CNIC launches redesigned website

BY PAUL ROSS

Commander, Navy
Installations Command
Public Affairs

WASHINGTON

— Commander, Navy Installations Command (CNIC) launched a redesigned Web site April 19, devised to enhance the look and utility of the site.

The public site, www.cnic.navy.mil, includes information from CNIC headquarters, including daily news updates and links to the 11 regions and 76 installations under the command.

The new look makes the site more user-friendly. Another added feature is a section devoted to hosting links to the various CNIC newspapers from around the globe.

“The redesigned public Web site features a fresh, modern-looking design, improved usability and additional functionality,” said Jeff Huskey, CNIC chief information officer. “It increases consistency across the site, allows users to find information more easily and improves the quality and format of the content. There will be improved search capabilities, RSS feeds, photo and video galleries. The redesigned site provides a current, attractive visual design to encourage Navy Sailors, families, and public users to visit again and again.”

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.



THE FLAGSHIP'S LEEWARD SHOUT

If you could have one Navy paid vacation, where would you go and why?



“I would go to Paris, France. I would like to embrace the French culture and use the French I learned during my four years at college.”

AOAN
Selena Sloan
HSC 9



“Costa Rica. I've never been there before and it's a place I've always wanted to go to. I don't foresee my Navy career taking me there anytime soon.”

ENFA
Todd Staniszewski
“C” School student



“Dubai. I want to stay in that hotel shaped like a sail boat; the Burj Al Arab Hotel. I think it's the only seven star hotel in the world, or something like that.”

AZ1 (AW/SW)
Mack Harvey
FRCMA Site Norfolk



“Australia. I haven't been there before and it would be a nice vacation, and it's a better place than Virginia.”

CSSN
Justin Locke
Naval Support Activity Norfolk



“Rome. I would like to see all the history there like the Vatican and the arenas that the gladiators fought in. I'd also like to visit some of the old pagan sites and explore Italian wine.”

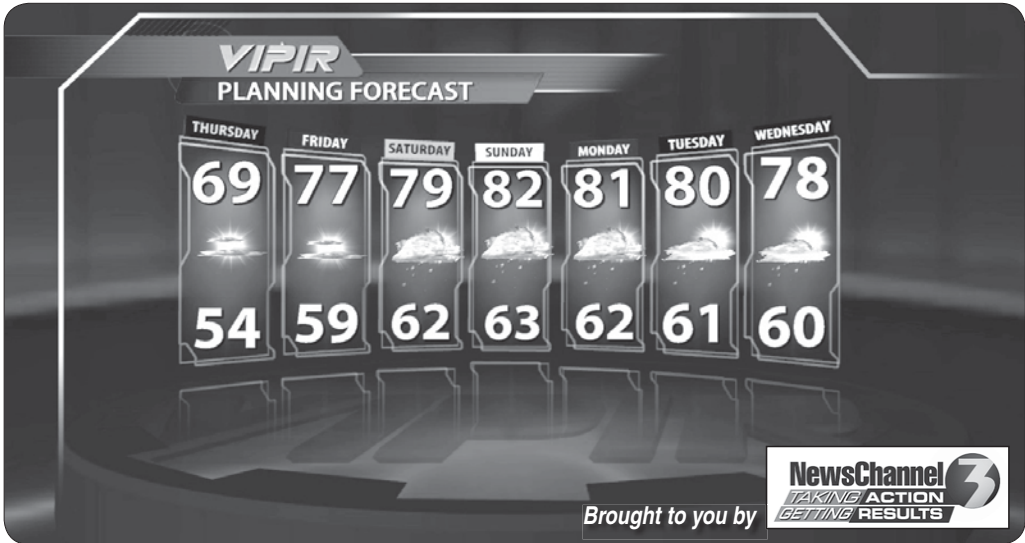
HM3
Donna Flores
USS Whidbey Island (LSD 41)



“Barbados. My mom was born there and I'd like to take her back so she could relive some of her past and see where she came from.”

MM2
Cornell Watson
USS Enterprise (CVN 65)

Photos by MC2 Mandy Hunsucker



For the latest weather updates and up-to-the-minute weather alerts, go to www.wtkr.com/weather



Vice Chief of Naval Operations (VCNO) Adm. Jonathan W. Greenert, right, greeted by Darleen Cope, education services coordinator, and Mary Kirby, program operations manager, at the Fleet and Family Support Center at Naval Base San Diego.

VCNO Greenert highlights importance of family programs

STORY AND PHOTO

BY MC2 (SW) DANIEL BARKER

Navy Region Southwest Public Affairs

SAN DIEGO — Vice Chief of Naval Operations (VCNO) visited San Diego April 21 to get a closer look at the family readiness programs available to Sailors and their families.

During his visit, Adm. Jonathan W. Greenert, VCNO, met with Fleet and Family Support Center (FFSC) counselors, family members and active duty Sailor representatives.

“I like to call this the ‘listen and learn tour,’ where we are going to the different bases around the country and talking to the Fleet and Family Support Centers and those that run family readiness programs,” said Greenert.

As Navy families continue to evolve to meet the changing demands of military life and Sailors answer the call of mission requirements, the Navy continues to evaluate and address family needs in order to sustain family readiness.

“There’s more going on at the FFSCs than our Sailors realize, and that’s probably our biggest challenge- getting that word out to the Sailors, to their spouses, to their families of what kind of support exists at the FFSCs,” Greenert added.

During a round table discussion with FFSC counselors, family members, and active duty Sailor representatives Greenert

discussed family readiness and highlighted some of the various programs and options available to Sailors and their families.

“Among our family readiness programs, Child Development Centers are the number one asset for many of our families, especially those with two working spouses,” said Greenert. “Those centers that we have are among the very best.”

Many family members of Sailors may not realize the types of services and programs available to them, especially those living in areas far away from military installations. There are more than 30 direct family support services and quality of life programs and benefits that are available to military families.

According to Mary Kirby, Program Operations Manager at FFSC Naval Base San Diego, “We are seeing the military service member and their family from before they join the Navy, through their entire career, and until they retire; and all of their benefits and resources are available to their family at every step of the way.”

The family readiness assistance programs, benefits and services currently available to Navy families include child care, legal counseling, moving assistance and quality health care. The Navy is taking additional steps in 2010 to expand its programs and services.

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

Mullen asks communities to assist transitioning veterans

BY SGT. 1ST CLASS

MICHAEL J. CARDEN

Office of the Secretary of Defense Public Affairs

MORGANTOWN, W. Va. — Integrating veterans into society is a challenge not only for the departments of Defense and Veterans Affairs, but for the communities they’re transitioning into, the chairman of the Joint Chiefs of Staff, April 20.

Navy Adm. Mike Mullen spoke to hundreds of students, veterans and community leaders at West Virginia University and asked for a continued reaching out to military veterans to ensure their needs are met. Mullen also spoke to local residents at a town hall event at a nearby hotel.

The talks were part of Mullen’s “Conversations with the Country,” an initiative he is undertaking to raise awareness in American communities about the value of veterans.

Mullen was in New York at Columbia University April 18, and in Pittsburgh yesterday to meet with academics, community leaders and veterans.

Education and employment opportunities for veterans were among the topics discussed here. Several veteran-friendly business executives and university officials talked about ways they’re reaching out to veterans, to create those opportunities.

The university is well known for being a veteran-friendly community. And its many veteran programs have helped greatly, Mullen said. Faculty members noted the institution’s use of the Yellow Ribbon program,

which provides information and services to veterans about their benefits.

A panel of business executives attested that it makes sense for them to employ well-trained military veterans. Numerous businesses here actively recruit veterans for their workforce, they said.

When employers employ veterans they’re getting mature, team-centric and trainable employees with great leadership potential, Mullen said.

“This group of young people will enrich (society) for decades to come,” he said. “And we have to look for ways to invest in them.”

However, Mullen remains concerned that available programs and initiatives affect too few veterans.

The admiral said he also is concerned that other communities throughout the nation aren’t reaching out to veterans because they simply don’t know how.

“I’ve seen (the military) transition our people from active duty to VA (and) back to the communities,” Mullen said. “At a time when so many have given so much – those tens of hundreds of thousands who’ve been wounded and those who’ve made such a difference and gone off and done what their country has asked – having three different systems just isn’t adequate anymore.”

The Pentagon, VA and local communities can’t solve the issue alone, the chairman said. He called for a need to streamline efforts between the two departments and communities. Through teamwork and networking, he said, communities can better meet

the needs of veterans.

“(Needs) can’t be met by the Pentagon, (and) it can’t be met by the VA,” Mullen said. “It can only be met, I believe, by communities throughout the country joined together with the Pentagon and VA to get it right for those who’ve sacrificed so much.”

Mullen said he’ll outline the best practices that assist veterans during his travels to local communities. Whether they’ve served in combat or not or in the reserve component or active duty, veterans deserve a chance at a happy life, he said.

Although veterans have the potential to greatly “enrich” their communities, hiring them and meeting their needs will present challenges, Mullen said, noting the psychological effects that war can have on veterans.

Mullen pointed out that “there’s not a troop who’s seen combat who doesn’t have post-traumatic stress.”

And, even if veterans return home without physical or mental injuries, Mullen said, they’ve still made sacrifices for the nation, such as experiencing time away from their homes and families. Also, he added, in the case of citizen-service members in the National Guard and reserve, deployment time affects their civilian careers.

Veterans’ experiences in the military and at war may have changed their lives, but “their dreams center around education, raising their kids, getting their kids to school, having jobs and owning [homes],” Mullen said. “Without employment and education there isn’t much of a future.”

Myths that enable the sex offender – Part II

BY MC2 MANDY HUNSUCKER
The Flagship Staff Writer

According to the presentation overview sheet for “Taking the blinders off: Investigation and prosecution of sexual assault,” given by Russell W. Strand recently at a training seminar in Newport News, sex offenders are among us all. They are present in our schools, families, communities, churches, and even our profession. They hunt, the prey, and they victimize. They cause indescribable trauma, not only to their victims, but the victim’s family, friends and co-workers.

Strand is currently chief of the U.S. Army military police school family advocacy law enforcement training division, and has specialized expertise, experience and training in the areas of domestic

violence intervention, critical incident peer support, and sexual assault, trafficking in persons and

caught for a sexual offense is three percent. 561 sex offenders admitted to more than 291,000 sexual offens-

es. They have already victimized the victim many times before the victim is even aware of the possibility of this happening. Most sex offenders would have us believe they are opportunistic and impulsive,” said Strand. “The sad reality is that most sex offenders are absolutely compulsive, they’ve done it before and they’ll do it again and again and again.”

Myth 9: The victim should have known “it” was going to happen.

“Many people assume that most victims believe their decisions and behaviors are intentional, therefore they should have expected they could have or should have been raped,” said Strand. “How many time have we gone to a teller machine at night, dressed in nice clothes and took out more than \$100 in cash and not been robbed? Yet, the one time we are robbed , should we have expected it? The same goes for sexual assault. Many of us have been in the room of a member of the opposite sex, at night, perhaps even drinking, but were not raped or sexually assaulted - yet - many victims and many in our society will tend to blame the behaviors instead of the suspect.”

Myth 10: Credibility is always based on the evidence.

“Unfortunately credibility sometimes has very little to do with the evidence of facts of the case and has more to with likeability. People tend to believe others if they like that person and distrust people they don’t like,” said Strand. “This concept really does impact on whether we believe someone or not. If we recognize this reality, we can develop strategies to avoid falling into this mythical trap and making poor decisions about rape allegations.”

Continued next week...

“Rape is not an uncommon experience in our society. That doesn’t mean it’s normal and that doesn’t mean it’s excusable. It means it’s a huge problem.”

— Russell W. Strand

child abuse investigations.

“Rape is not an uncommon experience in our society,” said Strand. “That doesn’t mean it’s normal and that doesn’t mean it’s excusable. It means it’s a huge problem.”

According to Strand, 43 percent of women have either been a victim of or experienced attempted rape. The chance of a sex offender being

es with more than 195,000 victims. 23 offenders in an incarcerated treatment program admitted to approximately three victims each; after they’d taken a polygraph test, they admitted to an average of 175 victims each.

Sexual assault myths six through 10 that enable the sex offender are as follows:

Myth 6: Men & women are the same.

“Sex offenders use this myth against us. They often understand the physical and psychological differences between men and women and exploit these differences,” said Strand.

Myth 7: We can truly know someone.

“None of us can truly know another individual any more than anyone can truly know us. None of us are very good at judging character. To believe we can makes all of us more vulnerable,” said Strand. “Everyone is capable of hiding their true intentions, thoughts, and feelings.”

In his presentation, Strand explained that everyone has three personas. The first persona is the one we show most people or acquaintances. We show our second persona to people we trust not to judge us, such as our family and close friends. The third persona we usually keep to ourselves; this persona is the part of us that we feel most people wouldn’t accept about us.

Myth 8: Most sex offenders simply make poor decisions.

“Most sex offenders plan, fantasize, and rehearse their crimes before they actually commit



Photo courtesy of Government of Alberta

How do sex offenders do it? They identify a potential victim and assess their vulnerability and opportunity. They establish a positive rapport, test the victim, isolate the victim, victimize, ensure secrecy and then revictimize.

Confession of an ‘honest’ rapist

From Strand’s presentation:

“My intentions were not to rape her at first. Once we met at the restaurant and she made it clear she was not there for sex, I raped her.”

“I used the factual basis of what happened to make her look as though she was lying. As almost all sex offenders, I had a ‘pretend normal’ that was almost flawless. At work I was fair, level-headed and a hard worker. I presented myself as a dedicated, loyal, kind person and never lost my temper with employees. I did not try to have sex with employees or customers and was supportive of their needs. Underneath that was a very selfish and self-centered person who was only setting the stage for others to see what I wanted them to see.”

“I was honest and admitted that we had met at a bar, and in fact, she followed me back to the restaurant in her car. I had given her my business card at the bar. She had several drinks with me at the restaurant and she walked away at her own will, so I said. I took all the truths and turned them on her. Used personal information that she shared to build a story in my defense. Information about her boyfriend, girlfriends and other statements. I wove a story that was not only believable, but probable. When friends and employees were questioned, I had already groomed them and manipulated them into making me out to be a nice guy and the victim of this “bar-fly”, that it was she who was ashamed because she had a boyfriend and was only trying to cover up the fact that she had slept with somebody. I was very willing to talk with the police and investigators and take a polygraph.”



U.S. Coast Guard photos

Four green turtles, four Kemp Ridley turtles and three loggerheads were released 45 miles southeast of Beaufort Inlet.

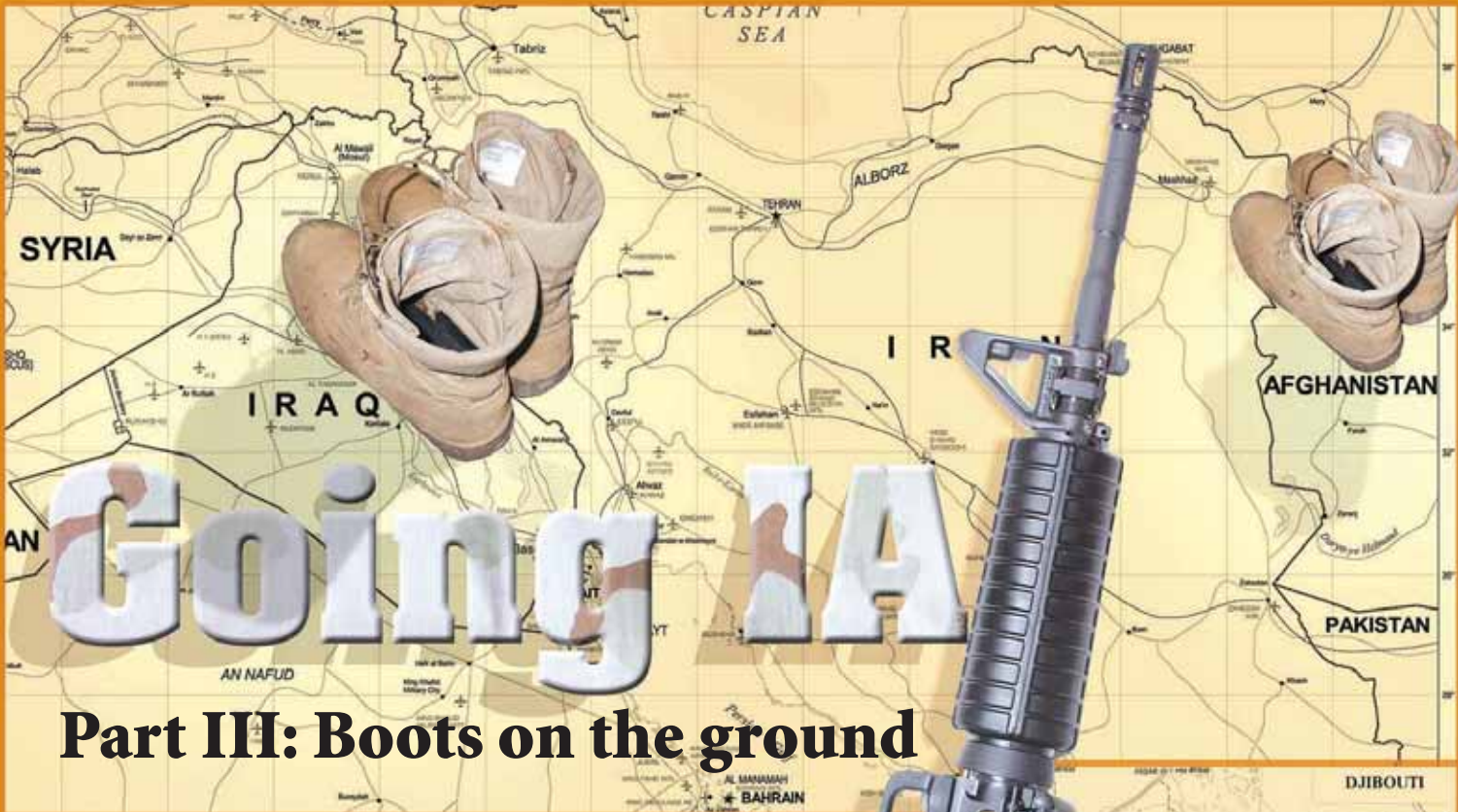
Coast Guard releases 11 sea turtles

PRESS RELEASE
U.S. Coast Guard 5th District Public Affairs

BEAUFORT, N.C. — Coast Guard and Sea Turtle Rehabilitation personnel release 11 sea turtles back to the sea 45 miles southeast of Beaufort Inlet, April 20. Four green turtles, four Kemp Ridley turtles, and three Loggerhead turtles were released back into their natural habitat. Representatives from Karen Beasley Sea Turtle Rescue and Rehabilitation Center and North Carolina Aquarium at Pine



Knoll Shores rode along on Coast Guard Station Fort Macon's 47-foot Motor Lifeboat to release the turtles into the Gulf Stream waters which have a constant water temperature of 70 degrees.



Part III: Boots on the ground

BY MC1 (AW) TIM COMERFORD

The Flagship Staff Writer

Online courses, medical and dental screenings, briefs, training for the job – months are spent getting ready for the moment an Individual Augmentee steps off the plane, helicopter or boat and into their new mission. IA missions span the globe, but most take place in the horn of Africa, Iraq, Afghanistan and/or the United States.

In the hot zones, an IA tour can be a harrowing experience. Senior Chief Aviation Electronics Technician (AW/ SW) Donald Lee spent 280 days with the Army in Iraq and came back with a lot of knowledge and a Bronze Star, but first he had to adapt to working outside the Navy.

“It was difficult at first because you have to learn how the Army does things and it took our group a while to understand when it was said that ‘this is just one way of doing things.’” Lee explained. “It meant we could improvise. I was not used to that.”

Lee related a story about the first few days of training with the Army and how a chief came in to talk to all the IAs. “He said ‘From this point out you are in the Army. If it is issued to

you, you carry it. There are no skycaps, no grabbing the junior guy to carry it for you, it’s your stuff, carry it. If you can’t carry it, make two trips or don’t bring it,” Lee recalled.

Lee’s job was that of a trainer, but he also had to give on-the-job training to the Army. “I was in Iraq at Joint Crew Composite Squadron One (JCCS One),” Lee said. “They do electronic warfare and that’s what I did. I taught the Army to do that job.” This required Lee to go out with the patrols.

“You have to be suspicious of everyone and everything,” said Lee about patrolling with the Army. “It’s really a test of how paranoid can you be?”

Lee explained that although the environment was something to be reckoned with, it did not compare to the other dangers.

“Dirt all the time, sandstorms. I was thoroughly convinced in my mind that I was going on a year-long camping trip in the desert where the least of my worries

Continued next page

Photo illustration by MC1 (AW) Tim Comerford

Middle Eastern Culture

Many Middle Eastern cultures place a heavy emphasis on mutual trust, respect, and friendship, so by being polite and deferential, you can often succeed in social situations. For example, in many Middle Eastern communities, older people expect a very high level of respect; you should always stand when older people are in the room, unless you have been told to sit, and you should greet older people first.

When interacting with people in the Middle East, the rules vary, depending on where you are. In many Muslim communities, for example, it is considered extremely rude to enter a room without greeting everyone. Although non-Muslims are not expected to say “salaam aleikum” (peace be with you), although it is polite, but they should most certainly say hello every time they enter a room and respond to such greetings. Displays of affection between people of the opposite sex are generally frowned upon in Middle Eastern etiquette, although people of the same sex often hold hands or kiss each other’s cheeks, without the connotations carried by these actions in the West.

You may also want to be aware that many Middle Eastern communities have a strong honor ethic, considering someone’s word as bond. Therefore, you should never orally promise something you cannot deliver. Many visitors to the Middle East also struggle with Middle Eastern body language; personal space bubbles are much smaller in the Middle East, and gestures which would be used to convey anger or upset are not used in the same way in the Middle East. Therefore, it can help to listen to someone’s tone of voice, and to be careful about your own body language.

Many Middle Easterners also place a heavy emphasis on hospitality, especially in the Arab community. It is considered impolite to refuse hospitality, whether it takes the form of a cup of Turkish coffee, or a lavish meal. When you accept hospitality, be polite and gracious, and follow the behavior of other people in



When you are offered food, as a guest you will be offered the choicest parts of the meal, including delicacies which may seem unusual or foreign to you. Keep in mind that refusal of such delicacies is offensive under Middle Eastern etiquette. Meals and meetings in the Middle East can also seem confusing to people from the West, since people often travel in and out and interrupt proceedings. This is because many Middle Easterners mix business and personal relationships, creating a strong network of friends and associates which can be relied upon. It is best to go with the flow in these situations, and try to avoid seeming pushy or impatient.

Haggling or bargaining is a very important part of Middle Eastern culture, and it is viewed as offensive to refrain from engaging in it. Rather than being put off by it, visitors should join in the fun, making preposterous offers and questioning the merchant’s claims. Transactions in the Middle East often take time, and may be interrupted by breaks for coffee, tea, and snacks. By haggling, you will earn the respect of the merchant, creating a much better relationship which could be quite useful later on.

Excerpts taken from Nydell, Margaret (2006), Understanding Arabs: A Guide for Modern Times



Photos courtesy ATCS (AW/SW) Donald Lee
Senior Chief Aviation Electronics Technician (AW/ SW) Donald Lee spent 280 days in Iraq with the Army and came back with a Bronze Star.

Continued from previous page

were going to be snakes and bears,” Lee said. “I was more worried about roadside bombs and insurgents.”

It was inevitable that dangers would materialize and it did one day with an explosion.

“I was in a place that I knew that if my system wasn’t on, I would be dead. That was enough to wake me up.” Lee explained.

Lee said when going IA, do not expect port calls while deployed. This doesn’t mean that he didn’t have any cultural experience from the time to time there.

“We enjoyed the culture because we got to go out to some of the villages or went to the schools, but there was no ‘what are you doing tonight? Let’s go out and do whatever out in town.’”

Despite the trials and tribulations of the experience, Lee said that had

enormous job satisfaction. “All of my days were memorable, because each day I made a difference to someone,” Lee explained.

After his trip, Lee has a better understanding of what the Army is going through.

“If you can say that you successfully completed a tour in Iraq, you can say with all confidence in the world that you can lead anybody in any situation and get results that they would never expect,” Lee concluded.



Senior Chief Aviation Electronics Technician (AW/SW) Donald Lee experienced Iraq’s culture through its people.



Joint Warrior 10-1 wraps up, highlights multinational relationships

PRESS RELEASE
From DESRON 24 Public Affairs

USS LABOON, At Sea — Exercise Joint Warrior 10-1 concluded April 23, culminating with a visit by Commander, Destroyer Squadron 24 (DESRON 24) to the Brazilian navy frigate Independencia (F44).

The exercise, a United Kingdom-led, semi-annual event that encompasses multi-warfare exercises, presented a unique opportunity for the U.S. Navy to train alongside naval personnel from various countries, with this year's participants including Belgium, Brazil, France, Germany, Italy, Netherlands, New Zealand and the United Kingdom.

"One of the biggest challenges today is our complete integration in a multinational force," said Cmdr. Eduardo A. Wieland, Independencia's commanding officer, who hosted Capt. Aaron C. Jacobs, DESRON 24 commodore, and Capt. Stephen C. Evans, DESRON 24 deputy commodore, for lunch aboard the ship the final day of the exercise.

The Brazilian navy participated so it is prepared to work with other navies, as well as to achieve specific training objectives for the crew, such as air defense, anti-submarine warfare and maritime interception operations, said Wieland.

Jacobs and the DESRON 24 staff embarked the guided missile destroyer USS Laboon (DDG 58) to lead a task group of ships in the exercise, which included the Brazilian frigate, two British frigates, HMS Cornwall (F99) and HMS Iron Duke (F234), the guided missile cruiser USS Vella Gulf (CG 72) and the guided missile frigate USS Kauffman (FFG 59).

During the two-week exercise, DESRON 24 hosted British and Brazilian service members aboard Laboon to improve interoperability and prepare for operations in a joint maritime environment.

"It was our honor to have you with us in our task group and to have your officers on board with us," said Jacobs of the Brazilian Navy's participation. "Our relationship is a strong one, and we look forward to working with your Navy again."

Laboon and other participating ships are scheduled to arrive in Faslane, Scot-

land April 23, before conducting theater security operations port visits to countries in the Baltic sea region.

DESRON 24 leads the exercise as the independent deployment certification executive agent for Commander, Strike Force Training Atlantic.

The exercise promotes Commander, U.S. Second Fleet's three focus areas: conducting safe and effective fleet operations to achieve mission, providing ready maritime forces for global assignment and teaming with allies and partners in execution of the maritime strategy.



Photo by MC1 Darius O. Jackson

Landing Signalman Enlisted (LSE) Boatswain's Mate 1st Class Chuyi Chang directs a Brazilian AH-11A Super Lynx helicopter onto the flight deck of the guided missile destroyer USS Laboon (DDG 58).



Photo by MC1 Darius O. Jackson

Interior Communications Electrician 3rd Class Theodore Prendez stands crash and salvage watch during flight quarters aboard the guided missile destroyer USS Laboon's (DDG 58).



Photo by MC2 Nikki Smith

Cryptologic Technician (Technical) Seaman Kassiem Elliot takes in a line while preparing to pull out of port in Faslane, Scotland, after participating in the United Kingdom-led exercise Joint Warrior 10-1.



Photo by MC2 Nikki Smith

Sailors aboard the guided missile destroyer USS Laboon (DDG 58) fold the American flag after shifting colors while pulling out of port in Faslane, Scotland. Laboon is departing Faslane after participating in the United Kingdom-led exercise Joint Warrior 10-1 and is scheduled to conduct follow-on theater security cooperation port visits in the U.S. 6th Fleet area of operation.



Photo by MC2 Nikki Smith

Capt. Aaron C. Jacobs, Destroyer Squadron 24 commodore (left), and Cmdr. Eduardo A. Wieland, commanding officer of the Brazilian Navy frigate BNS Independencia (F44), shake hands aboard Independencia after Wieland hosted Jacobs for lunch aboard the ship on the final day of exercise Joint Warrior 10-1.



Photo by MC2 Nikki Smith

Capt. Aaron C. Jacobs, Destroyer Squadron 24 commodore (left), and Cmdr. Eduardo A. Wieland, commanding officer of the Brazilian Navy frigate BNS Independencia (F44), exchange coins aboard Independencia after Wieland hosted Jacobs for lunch aboard the ship on the final day of exercise Joint Warrior 10-1.

From bacteria to electricity: *The future of green energy*

PRESS RELEASE

Office of Naval Research
Public Affairs

ARLINGTON, Va. — Showcasing its energy research initiatives for an Earth Day event on April 22 at the Pentagon, the Office of Naval Research (ONR) will highlight the microbial fuel cell, a device with the potential to revolutionize naval energy use by converting decomposed marine organisms into electricity.

These fuel cells convert naturally occurring fuels and oxidants in the marine environment into electricity, offering a clean, efficient and reliable alternative to batteries and other environmentally harmful fuels.

The fuel cell can be a viable power source for long-term operation of autonomous underwater unmanned vehicles, in-water sensors, and devices used for surveillance and monitoring the ocean environment.

Named as one of Time magazine's "Top 50 Inventions for 2009," the fuel cell, with its powerful return of clean energy, can potentially reduce carbon emissions in the environment and change the way we fuel our vehicles and supply power to our homes.

"Microbial fuel cell research is a great example of naval needs propelling advanced technology that also has potential benefit to the public" said Chief of Naval Research, Rear Adm. Nev-in Carr. "The secretary of the Navy issued five energy goals for the Department of the Navy last October at ONR's Naval Energy Forum, and this fuel cell research will help provide part of the solution."

"Think of it as a battery that runs on mud," ONR Program Manager Dr. Linda Chrisey said. "They are sustainable, environmentally friendly and don't involve hazardous reactants like a regular battery might because they use the

natural carbon in the marine environment. For example, we are working on a 4-foot long autonomous underwater vehicle that will settle on the seafloor and recharge its batteries using this fuel cell approach. We are already able to power many types of sensors using microbial fuel cells."

Dr. Leonard Tender, research chemist in the Center for Bio/Molecular Science and Engineering at the Naval Research Laboratory (NRL) has been a central figure in the development of the fuel cell.

"We work on the intersection of microbiology and electrochemistry," Tender said. "The most fascinating aspect of the program is how these micro-organisms function and the mechanisms by which they take fuel, metabolize it and generate electrical current."

Working with scientists from the University of Massachusetts at Amherst, Tender and his team started to investigate electricity-generating microorganisms. The most promising, called Geobacter, was discovered in the Potomac River immediately downstream of NRL.

The discovery of the tiny Geobacter microbe is credited to Dr. Derek Lovley of the University of Massachusetts at Amherst, and it holds the key to understanding microbial energy conversion. Geobacter uses its hair-like extensions, or pili, to generate electricity from mud and wastewater. Researchers have developed a strain of Geobacter that is eight times more efficient than other strains at producing power.

"Essentially, they could go on for years without any kind of battery replacement," Chrisey said. For this reason, Navy researchers at the Space and Naval Warfare Systems Center (SPAWAR) Pacific are using fuel cell-powered devices to track Pacific-endangered green

sea turtles.

"The device is light, efficient and environmentally friendly," said Bart Chadwick, who leads the Environmental Sciences Branch of the Space and Naval Warfare Systems Center Pacific. "The technology is helping track sea turtle populations, if they are feeding near Navy shore-front facilities, which informs Navy decision-making on port operations or construction."

ONR, in collaboration with other industry and academic partners, continues to play an integral role in delivering new energy technologies. Other ONR energy initiatives include the fuel cell vehicle, Ion Tiger, eco-friendly flight deck cleaner, hull coatings and solar power for Marines.



U.S. Navy photo

Bart Chadwick checks conditions in laboratory microbial fuel cells. The fuel cells have the potential to revolutionize naval energy use by converting decomposed marine organisms into electrical energy.



Photos by MC1 (SW) Gary Keen

Spanish navy sailors aboard the Spanish navy Servola-class offshore patrol vessel SPS Centinela (P 72), demonstrate how to combat a flight deck fire with a casualty for a group of African sailors from Africa Partnership Station Gunston Hall (LSD 44) as part of a cross deck training exercise with ships from Spain, Senegal, and the United States. The African sailors received a tour of the Spanish ship and a full day of training in basic first aid, joint maneuvering drills, damage control, and weapons familiarization and observed a connected replenishment at sea before returning to Gunston Hall.



Photos by Tech. Sgt. Russell McBride

Engineman Fireman (SW) Orrin Stephens, from Hamilton, Mont., assigned to USS Gunston Hall (LSD 44), conducts a space inspection aboard the Senegalese navy ship (BSC) Poponnnquine during a Visits, Board, Search, and Seizure training evolution.

Senegalese, Spanish and U.S. ships work together to train African sailors

PRESS RELEASE

Africa Partnership Station 2010
Public Affairs

ATLANTIC OCEAN — African sailors received daily training across the decks of three partner country ships from Senegal, Spain, and the United States April 17-20, as part of Africa Partnership Station (APS) West.

The daily at-sea training was conducted aboard the Spanish navy ship ESPS Centinela (P 72), Senegalese navy ship Poponguine and USS Gunston Hall (LSD 44).

“One navy cannot do it alone,” said Spanish navy Lt. Cmdr. Mariano E. Romero, commanding officer of Centinela. “In a time like this when maritime safety and security is so vital, it is important that we work together to support other navies. Collaborative training is

paramount in order to integrate all navies and receive a good picture of what is happening at sea.”

The majority of the joint training was conducted aboard Centinela, with 23 embarked African sailors from Gunston Hall receiving specialized training in basic first aid, joint maneuvering drills, damage control, weapons familiarization and connected replenishments at sea.

“We gave them the same type of training we conduct with our sailors every day,” said Spanish navy Lt. Franciso Martinez, second in command and training officer aboard Centinela. “The African sailors had such a great attitude towards training; it made the whole effort a great experience. The U.S. Navy does a great job at training, but it is important that

African sailors are able to see how other navies operate.”

Sailors from different groups returned each day with similar stories of enlightenments and camaraderie.

“The Spanish ship is much smaller than Gunston Hall. They had less equipment, but that was good because it was like training on one of our Togolese navy ships,” said Togolese navy Chief Petty Officer Kpomgbe Kouesan.

“I learned a lot about flight deck firefighting,” said Tanzanian navy Sgt. Geoffey Kimimb. “This was my first time receiving flight deck firefighting training. It was very interesting. The people on board were very polite, just like the U.S. Navy Sailors from Gunston Hall.”

Aside from the daily training,

African sailors from Poponguine conducted visit, board, search, and seizure (VBSS) drills aboard Centinela and Gunston Hall.

“The training was very helpful and I learned a lot,” said Senegalese navy Chief Petty Officer Ibrahima Niang, VBSS team leader. “There were many differences in boarding the two ships, but mostly it was the size. Accessing the Spanish ship was much easier because it was small. Gunston Hall helped us understand the difficulties of boarding a large ship. Climbing a ladder, navigating through passageways to find your way around is much more challenging on a large ship. You really have to be prepared.”

Niang said APS provides training that his navy needs.

“All the countries that partici-

pate in APS receive a lot of useful training,” said Niang. “This is especially true for the Senegalese navy because we do not get many training opportunities like this. I hope this is something we can repeat every year.”

Gunston Hall, a Whidbey Island-class amphibious dock-landing ship, is on a scheduled deployment in West and Central Africa in support of APS West, an international initiative developed by Naval Forces Europe-Africa that aims to improve maritime safety and security in Africa.

Find out more about Gunston Hall at www.gunston-hall.navy.mil. You can follow Gunston Hall and APS at their Facebook pages, www.facebook.com/GunstonHall and www.facebook.com/AfricaPartnershipStation.

ICE: Patients have new way to provide feedback

Continued from page A1

program.”

“With the information we gather, we can do some tracking and trending,” Van Natta continued, “allowing us to assess a situation and market ourselves for improvement from within.”

ICE kiosk installation began March 16 and patients have responded positively. The machines are simple to operate, and by placing them in convenient locations, patients can quickly let the hospital know if its care and services are meeting their needs.

In addition to the ICE kiosks, two Joint Services OneStop kiosks were also installed at the medical center. These kiosks access web-based information and applications pertinent to NMCP, such as the command home page, information about the local area and allowing beneficiaries to update information in the Defense Enrollment Eligibility Reporting System. The OneStop kiosk is particularly helpful to service members who are unable to get on the computer network because they are in transit or on temporary duty.

The touch screen allows users to choose which task they want to complete or pages to access, ranging from checking the local

forecast, viewing the medical center’s Plan of the Day or requesting a medication refill through the pharmacy.

CTMCS (SW) Samantha Blackwall used the OneStop kiosk to provide feedback about her visit to the medical center. “I like this system much better than the paper comment cards of the past,” she said. “It is a much more efficient system that is very easy to use and very effective. I would rather provide a comment through this system than take the time to fill out a paper card.”

Stout said since the kiosks have been in place, the Customer Service Department has implemented performance improvement initiatives following comments from patients. At branch medical clinic Oceana, recent information gathered from the kiosks was sent to the customer service representative. The data gathered provided information needed to report on hand washing practices within the clinic while giving leadership timely data on service quality.

Besides providing long-term data gathering, such information helps customer service by allowing managers to monitor the satisfaction levels of services provided through reports and customer comments.

Murtha held dear, and his example will live on in the steel of that ship and in all those who will serve aboard her,” said Mabus.

For more news from Secretary of the Navy, visit www.navy.mil/local/secnav/.



Photo by MC2 Kevin S. O'Brien

GREEN HORNET: Navy tests biofuel-powered ‘Green Hornet’ at Naval Air Station Patuxent River, Md.

Continued from page A1

will continue to be an early adopter of alternative energy sources.”

The Green Hornet runs on a 50/50 blend of conventional jet fuel and a biofuel that comes from camelina, a hardy U.S.-grown plant that can thrive even in difficult soil.

The Defense Energy Support Center, which oversees procurement of biofuel for the Navy, recently awarded a \$2.7 million contract to Sustainable Oils of Seattle and Bozeman, Mont., for 40,000 gallons of camelina-based fuel. The Navy’s ultimate goal is to develop protocols to certify alternative fuels for use in its aircraft and ships.

“The aircraft flew exactly as we expected- no surprises,” said Weaver, F/A-18 project officer for Air Test and Evaluation Squadron (VX) 23 and pilot for the Earth Day flight test. “The fuel works so well, all I needed to do was just fly the plane.”

“Our mission today and for the rest of the flight tests is to confirm that the fuel makes no difference in per-



Photo by Liz Goettee

An F/A-18F Super Hornet strike fighter, dubbed the “Green Hornet,” conducts a supersonic test flight.

formance across the Super Hornet’s entire flight envelope, from subsonic to supersonic operations,” said Mark Swierczek, Naval Air Systems Command propulsion flight test engineer. “Preliminary results show there was no difference in engine ops attributable to the biofuel. Engine performance is normal and as expected.”

The Navy Fuels Lab at Patuxent River is developing certification standards for a variety of renewable, alterna-

approval and certification for the camelina-based biofuel could take an additional six to nine months after flight test April 22. The Earth Day flight test is one of 15 planned test flights requiring approximately 23 flight-hours to complete, starting in mid-April 2010 and completing by mid-June 2010. The Earth Day flight lasted about 45 minutes.

The Green Hornet biofuel program is the first aviation test program to test and evaluate the performance of a 50/50 biofuel blend in supersonic (above mach 1) operations – a critical test point to successfully clear the F/A-18 E/F for biofuel operations through its entire flight envelope. Once successfully demonstrated on the F/A-18 F414 engine, the Navy will expand its certification efforts to other Navy and Marine Corps aircraft and Navy tactical systems.

For more information, go to www.navaix.navy.mil or follow us on Twitter @Naval Energy.



FRONT & CENTER

SECTION B

FLAGSHIPNEWS.COM

April 29, 2010

NMCP dentists help Norfolk's homeless

BY MC2 RIZA CAPARROS
*Naval Medical Center
Portsmouth Public Affairs*

NORFOLK — The Navy is known for rolling up its collective sleeves and helping out in the community, whether on shore duty or sea duty. A group of Navy dentists volunteered their time and skills to help the less fortunate in Hampton Roads when they participated in Project Homeless Connect April 21 at Norfolk Scope.

Thirteen dental residents from Naval Medical Center Portsmouth and the Sewells Point Dental Clinic set up in a corner of the arena. In their makeshift dental clinic, they were prepared to provide teeth cleanings,

tooth extractions, fillings and filling repairs. During the day-long event, the group treated 155 patients.

Scope quickly filled with local homeless people as word got around about the bi-annual event, which is now in its fifth year. Lt. Cody Nelson, general practice resident at the medical center, described the event as a challenging, yet positive, experience.

"The challenges we face here are ones we don't normally face in the population that we are used to treating," Nelson said. "The patient population here is of a lower social population and, given that, there is a higher percentage of

See DENTISTS, B9



Photo by MC2 Riza Caparros

Navy dental resident Lt. Joseph Carey speaks to a patient during Project Homeless Connect, a free event held at Norfolk Scope April 21 to assist homeless people in Hampton Roads. The dentists provided teeth cleaning, tooth extractions, teeth filling and filling repair for 155 patients during the day-long event.

Safety Center makes move to social media

BY MC1 (AW) TIM COMERFORD
The Flagship Staff Writer

NORFOLK —The advent of moveable type in Europe started a revolution of words. The QWERTY typewriter brought that revolution home. The computer brought the revolution across the world.

Social media started a new revolution: that of the senses – now you see the video, you hear the audio all in relation to the one posting it. In seconds what they think, where they are, what they are doing is available to people in Russia, Australia, London. It also makes it available to Sailors across the U.S. fleet, the Naval Safety Center is betting on that fact to get Sailors' attention.

"We just became active Facebook members about a month ago," said Naval Safety Center's Command Master Chief (AW/SW) Dominick Torchia. "This is our way to get the word out to the fleet.

Short videos about safety initiatives and shout outs from the Command Master Chief of the Safety Center commending commands on their safety habits all wrapped up in social media and ready to be shot out to the fleet – that is the wave of technology that the Naval Safety Center is riding to get info to Sailors.



The Naval Safety Center now puts videos on Facebook and YouTube and makes use of Twitter.

"Sites that young Sailors and Marines go to are Facebook, Twitter and YouTube," said Torchia. "We wanted to use those resources to our advantage. Loading it up onto their websites allows us the ability to take a link and send it to the fleet, so they don't have to worry about downloading large files. They can just click on the link and view it that way."

It was easy to sell the idea to Commander, Naval Safety Center, Rear Adm. A.J. Johnson.

"I sat down with Adm. Johnson when I first came on the job and said 'Hey why don't we use these resources and send Sailors videos that they can watch.' So we came up

with several different videos that we could do in conjunction with PSAs (Public Service Announcements)."

The PSA have been around for some time but Torchia added two new types of videos.

"The first is 'Safety Snapshots' which is meant for the leadership," Torchia explained. "They are a minute long and talk about pressing issues that are out there that we want to alert the fleet to. They are only released when we have something we want to get to the fleet right away."

Much like the PSA the snapshot tells leaders what the issue is, what the facts are and what they would like to see happen. Then there is also the 'Safety Shout Out.'

"The shout outs are important. It is a way to show what Sailor and Marines are doing in terms of safety. There are a lot of great Sailors and Marines out there that are doing phenomenal things. We are releasing the shout outs once a month and we will be alternating between the Navy and the Marine Corps."

If you cannot get onto a website there are alternative methods of getting the information as well.

"We can put disks together on different subject matters and PSAs if you request them," Torchia said.



Photo courtesy JEB Little Creek - Fort Story Public Affairs

A ground-breaking ceremony was held at Joint Expeditionary Base Little Creek – Fort Story gym on April 19 for the start of a \$733,620 expansion project.

JEB Gym gets expansion

BY AMY PHILLIPS
*JEB Little Creek -
Fort Story Public Affairs*

the facility on April 19 to kick-off the project.

VIRGINIA BEACH — Construction is set to begin on a \$733,620 expansion project at the Joint Expeditionary Base Little Creek – Fort Story gym on the installation's Fort Story Campus. A ground breaking ceremony was held at

See GYM, B9

Navy's oldest carrier returns

PRESS RELEASE
Northrop Grumman Shipbuilding

NEWPORTNEWS — Northrop Grumman Corporation successfully redelivered the world's first nuclear-powered aircraft carrier, USS Enterprise (CVN 65), to the U.S. Navy, April 19.

The redelivery follows the completion of an Extended Drydock Selected Restricted Availability (EDSRA). The project is the ship's last dry docking before deactivation and was performed by the company's Shipbuilding sector in Newport News, Va.

"Enterprise is an extremely complex ship that required an extraordinary effort on the part of the shipbuilding team and the ship's crew to get her through the availability and back in the fight," said Capt. Ron Horton, Enterprise's commanding officer. "The relationships that were built between my crew and the shipbuilding team will last a lifetime. This truly was an amazing performance by everyone, and it has been the highlight of my career to have been a part of it."

The carrier, which departed for sea trials on April 17, returned to Naval Station Norfolk, April flying a broom on its

See ENTERPRISE, B9

Second Fleet Sailors' Earth Day

BY MC2 (AW/SW) RAFAEL MARTIE

NORFOLK — More than 15 members of Commander, U.S. Second Fleet staff participated in Earth Day by cleaning the area outside the Second Fleet Maritime Headquarters, April 22.

The participants engaged in sweeping, raking, collecting trash, and ensuring the full bags of trash were placed curbside for the naval station public works personnel to pick up and dispose of properly. Participants from Second Fleet included members of the First Class Petty Officer Association and various Sailors from the staff.

"This is an important activity be-

cause it promotes an idea for a cleaner Earth, and helps to educate the importance of properly disposing trash items," said Legalman First Class (SW) Patrice Washington.

Second Fleet Master At Arms First Class (SW/AW) Jeremy Centeno knows how important it is to observe Earth Day, but understands one day of cleaning is not going to fix everything.

"We have to keep the Earth clean because it is our home, and future generations depend on our actions now," said Centeno.

Earth day isn't the only time Second

Fleet Sailors act to preserve the environment. For more than three years Second Fleet has enforced a recycling program along with cleanup efforts outside the building every morning by the duty section.

"We just want to do our part to make our environment clean and safe," said Logistic Specialist First Class (SW/SCW) Lisa Mueller.

Earth Day is held annually April 22 and was begun in 1970 by Sen. Gaylord Nelson of Wis., who started the holiday to get the public more actively educated and involved in their environment.

SPOUSE *SPEAK!*

Can you take Spring Break?

BY JACEY ECKHART
*Journalist/2009 Heroes at Home
Military Spouse of the Year*

My neighborhood girlfriend is married to a teacher. Rich doesn't have one measly week off at Spring Break. This guy has two. So every day last week we got treated to Carolyn flaunting her behusbandedness in front of all of us whose partners do not have leave. We witnessed these two holding hands. Drinking coffee at the bus stop. Going off for romantic little hikes. Taking afternoon naps. Mulching. And their kids weren't home.

This, I think, is evil. Because the military doesn't dole out the Spring Breaks. Oh, I think I remember something about the recruiter saying that Brad would accumulate two and a half days of paid leave every month. I'm pretty sure we are supposed to end up with four weeks of leave every year. Yet Brad and I tend to burn all that in an orgy of moving boxes and paint cans. We do not nap. We do not flaunt. We are total idiots.

Because one of the secrets of a good military life has got to be making your service member take a

Spring Break. Once you have a couple of weeks stored up on the books in case of emergency, I think it is your sworn duty as a spouse unit to make the service member (SM) take some leave.

Now some military spouses really do rock at the whole leave thing. They are great at finding travel deals and saving for vacations and visiting the family for all weddings, funerals and reunions. I personally plan out holidays months in advance. Christmas in July means: "Put in your leave chit, Honey."

So why are we so bad at enforcing a kid-free, work-free, guilt-free, two day Spring Break? I kinda think Brad and I have forgotten the true meaning of Spring Break - which is, Girls Gone Wild. I don't mean those scary drunk girls in Cancun who turn up on late night TV terrifying their parents and providing fodder for their future Presidential adversaries.

When I say Girls Gone Wild, I mean, say... me. Getting wild. Me being so intoxicated by daffodils and cherry blossoms and green grass and blue sky that I don't want to do any of the normal things I have to

do. That I want to blow off work and do something that involves the sun and lazing about with Brad - if Brad is, in fact, capable of lazing. Which I have never seen, but I fully believe he is capable of accomplishing.

See, that's what leave is made for. Not as an asset you sell back at the end of your career. Not as a day your SM can fertilize the grass and clean out the garage. If you ask me, leave was created so that the two of you can enjoy the easy freedom that your SM earned working weekends and duty nights and holidays and summers and snowdays during deployment.

Here are my spouse rules for a good Spring Break:

1. Pick a slow week.

Spring Break is no fun if the unit has some kind of crazy inspection or certification the next day. Also, if the unit is deployed, Spring Break ain't that fun. So save it until your SM can be there, too. Put it on the books at least a month ahead so that urgent-but- unimportant stuff can't cram it out.

2. Pick two days in the middle of the week.

Because of the whacky leave rules, if your SM takes leave on the days around the weekend, you gotta count the weekend as part of your leave, burning up two extra days that your SM would have been off anyway. If you take a Tuesday and a Wednesday, your SM can check in Monday and make sure everything is pretty much good to go. Then he or she can relax Tuesday before getting all hyper about work Wednesday night.



3. Don't Ask. Don't Tell.

Do not tell anyone about your planned Spring Break. Especially your children. Children who find out about grown-up fun have a very bad habit of running fevers. Do not breathe a word of this to your mothers. Tell your bosses that you have "family matters" to attend to. Cuz you do.

4. Ignore the weather.

The good thing about Spring Break when you are already married is that sun, while welcome, is not required. If your spouse is currently deployed, plan a spring break for next fall. Or whatever. Even in the most miserable weather, a cooler and a blender and some Buffet create Spring Break.

If you need further details about how leave actually accrues, check out the easy info at Military.com: www.military.com/benefits/military-pay/military-authorized-leave

And E-mail me jacey@jaceyeckhart.com on the down low about the Spring Break you take. I'm always interested in your tips and ideas.

Jacey Eckhart is a military/life consultant based in Washington DC. She is the author of The Homefront Club: The Hardheaded Woman's Guide to Raising a Military Family" and the voice behind "These Boots." Check out more columns and her speaking schedule at www.jaceyeckhart.com. Write her at jacey@jaceyeckhart.com

Melting away ... finally!



BY BIANCA MARTINEZ

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

Okay so if you are a regular to my blog or article you know I share the same struggles as a lot of military spouses. The biggest one for me

is weight. With a husband that travels so much for work, a full-time job and two kids, I had all but given up on feeling good about myself and my health anymore. I try to shy away from writing anything that sounds like an endorsement but I can't help telling all of my friends and family about this and you know what, we are all in this together so I gotta share it with you.

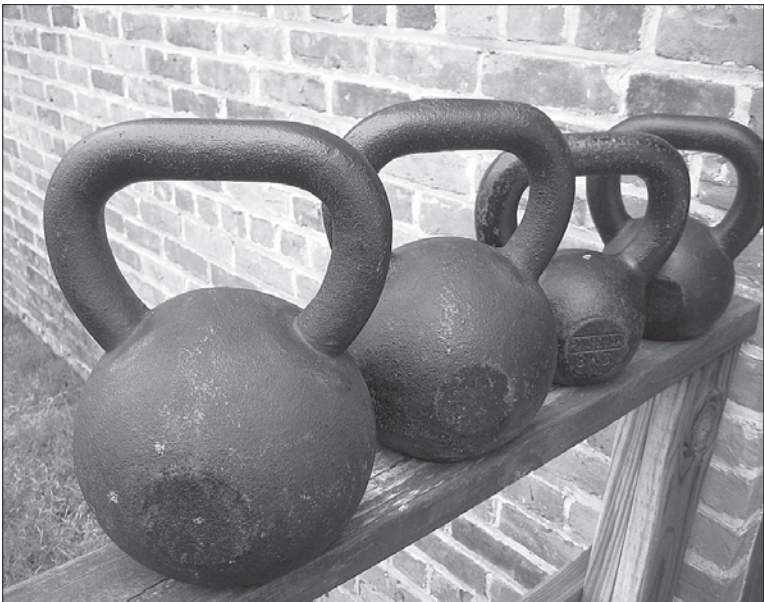
In the past two months, I have made some big changes in my life. I had always had a love of fitness and working out but was starting to feel as though it was not fun anymore. Plus, I will be the first to tell you that I never ate right. With my work schedule being from 3 o'clock in the afternoon to midnight, well, use your imagination to try and figure out what my diet was like. Sick to your stomach yet? I had a consult with a nutritionist and started eating for my blood type and I swear to you, I am a better mommy for it. No, really. I won't share my diet since everyone's is different and it really needs to be based on each person's blood type but I will tell you that I have dropped 15 pounds and there has been an added bonus. My patience is amazing. Weird to think that could happen, I know, but it goes to show you how what we put in our bodies can really affect us. When it's just me with the kids (you know that is most of the time) I can handle situations so much better that two months ago may have put me through the roof.

It's not just food though. Yes, there is no magic pill, it is food and exercise. The closet thing a lot of folks have found to the magic

pill lately though ... kettlebells! I am an addict and I love them. Right now, you think you have no idea what kettlebells are but I guarantee you do. If you watch the Biggest Loser, you have seen Jillian use them with the contestants. Jillian is doing it with really bad form but they are awesome, they work and they are picking up in fad around Hampton Roads. I started working out with kettlebells a year ago with a video and thought I as doing great but as soon as I found a kettlebell gym, I realized how important proper instruction is. I wanted to tell you about this awesome workout but I wanted to make sure I was sharing the right information so I went to my kettlebell guru, Karen Smith. She is the owner of Kettlebell Elite in Virginia Beach.

While there are a number of gyms offering classes now, Karen is one of only two people in the area Russian Kettlebell Certified (the authority). So, she knows what she is talking about! I asked Karen why all of the sudden I am having awesome results and she told me it is because I am burning an average of 600 calories an hour in class. Woo Hoo I say! Here is the thing. I have only been doing this twice a week. I am upping my game to three times a week starting today! Karen told me, "They are a one stop shop for both cardio and weight training. Whether you want to bulk up or lean out, kettlebells will do the job." Between getting Lucas to school entertaining Sophia, cleaning the house and getting ready for work I only have so much time and that is why I think this new regimen hasn't felt like I couldn't find time for it. One hour and my full body workout is over! I can't wait to share with you the results after I start three days a week! YAY! I know I sound like a commercial but seriously I am sharing this with you because I am so excited to have finally found something that works with our lifestyles! Ask

MARRIED to the Military



The kettlebell is a cast iron weight looking somewhat like a cannonball with a handle. Many companies produce their own brands of kettlebells and kettlebell exercise programs. Some modern kettlebells feature adjustable weights or are rubber coated to improve safety for floors.

everyone at work, I won't shut up about it!

I first heard about kettlebells from my husband, a Virginia Beach SEAL. They have been using them for a while now and they have gone to the RKC developer, Pavel, for their instruction and my favorite kettlebell instructor (Karen) has assisted him! Okay, so that may be bragging but again, just trying to let you know that kettlebells rock! As Karen says, "They can be life changing. I had more time to enjoy life. It became my missions to show everyone how great and efficient your workouts can be."

So here is the deal, you can't just pick up a kettlebell and make it work for you. I am a testament to that. If you aren't doing it right, you could get hurt. For instance, the swing, a

common exercise in KBs, if someone is telling you to pull the bell over your head, you are going to get hurt. You need to walk away and find someone that knows what they are doing. Please be safe and find someone with the proper certification (RKC).

If you want more info about kettlebells from Karen, you can head to my blog at www.wtkr.com, Married to the Military for a lot more explanation from her. As for me, I have to stop writing because I am running late for kettlebell class. No really! I hope some of this helps you all in the quest to be healthy. It sure has been a struggle for me but now ... I AM FEELING FABULOUS! When hubby comes home from his next deployment ... I just might be hot!



You can catch Bianca Martinez anchoring the 4 p.m., 6 p.m. and 11 p.m. newscasts with Kurt Williams during the work week. You can also follow her laughter, stress and tears as a military wife in her blog, "Married to the Military," weekly in the Flagship.

Summer is ‘move season’ for the military - Part II

BY BETH WILSON
Military Spouse Contributor

We continue our look at PCS moves. Your service member should be assigned a sponsor from his ‘receiving command’ or their new command. The sponsor is a current member of that command who is trained to help your service member transition to his new command and base. If you are PCS’ing overseas you, the spouse, will also have a sponsor.

With orders in hand your next step is to learn the procedures and determine which move is best for you. Your Fleet and Family Support Center holds a class called “Smooth Move.” This class covers the types of moves, best practices, benefits, allowances (yes, you have weight restrictions), financial reimbursements, and much more. The value of this class cannot be overstated. You’ll add to your milspeak vocabulary the necessary acronyms associated with moving (see below). If you are making an

OCONUS (outside continental US) there is a special class for your move. You’ll be glad you took that class.

www.militaryhomefront.dod.mil is my next recommended stop. Click on the Military HOMEFRONT Toolbox, then on ‘Plan My Move’. Here you will find a wealth of information on the process of organizing and executing your move, including a ‘move budget calculator’ and calendar. Please take time to read all the information provided on moving.

If your service member is deployed and you are coordinating your move you will need a copy of your service member’s orders and a Power of Attorney. The following terms are important to know:

- CONUS** – 48 Contiguous states
- HHG** – Household Goods
- DLA** – Dislocation Allowance: allowance to assist in defraying out-of-pocket, miscellaneous costs associated with moving, amount is based on rank and dependency status.

PPM or DItY Move – Personally Procured Move or ‘Do It Yourself’

PPO or PPSO – Personal Property Office or Personal Property Shipping Office
Per Diem Allowance – Allowance paid daily for lodging, meals and related expenses associated with orders.

There are two myths regarding moving. First, you may hear that you can ‘make money’ on a DItY move. This can be true. However before you start counting on that money let’s consider a few things. Have you ever driven a truck, towed a vehicle or trailer before? Will you be traveling across mountains, in the winter, etc? Who will help you pack and load your truck? More important – who will help you UNLOAD the truck at your new duty station? If you sustain damages in the move, that is your loss. If damaged by the military contracted movers you will receive replacement value of damages. Also, consider the time needed to pack an entire household, finding boxes and packing materials and the amazing stress added to an

already stressful move. The reality is you can still ‘make money’ with a military procured move. With a bit of planning your per diem and DLA more than cover any costs associated with moving without the hassle of packing, loading, transporting and unloading your belongings. My husband and I have done both moves ... a DItY Move is NOT in my future again.

The second myth is about the quality of a military move. There are always horror stories about damages. Honestly, the military contracts with the best. If the movers do not perform they do not get add-on business, period. And any losses or damage you may sustain are covered at replacement value.

Moving is considered one of the top five stressors, whether military or civilian. ‘Getting your knowledge on’ is the best way to execute a smooth move. Take advantage of the resources available.

We’ll continue our “PCS” focus next week with coordinating your move and best practices.

Ombudsman program enters its 40th Year

BY DARREN HARRISON
Naval District Washington Public Affairs

WASHINGTON — Whether assisting families moving to a new area, or providing support during a deployment, Navy spouses have been volunteering for almost four decades through the Navy’s Ombudsman Program.

“When families respond to the challenges of deployments, natural disasters or family emergencies, ombudsmen are there to provide guidance and to help them regain a sense of normalcy. They help families find the answers to their questions, promoting their resiliency and self reliance,” said Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West in a recorded statement recognizing the contribution of the ombudsmen as part of U.S. National Volunteer Week, which began Sunday. “Mission readiness is directly tied to family readiness, and family readiness is directly tied to the selfless dedication of

our extraordinary ombudsman,” said West.

The Ombudsman Program was introduced to the U.S. Navy on Sept. 14, 1970, by then-Chief of Naval Operations (CNO) Adm. Elmo Zumwalt. Zumwalt adapted the program from a 19th century Scandinavian custom originally established to give private citizens an avenue to express their concerns to high government officials.

“The program started on a small and informal scale and has since moved to a very formal, standardized training,” said Ombudsman Program Manager for Commander, Naval Installations Command (CNIC) Kathy Rock. “The policies and instructions are constantly being revised to meet the needs of the Navy family at a set period of time.”

There are presently 63 ombudsmen in Naval District Washington and more than 4,000 ombudsmen worldwide. The Navy requires there be at least one ombudsman per 250 service members.

The Ombudsman Program is a command-based program with each commanding officer tailoring the program to meet the needs of the families. The commanding officer officially appoints an ombudsman who then undergoes 25 hours of basic initial training.

Following their initial training each ombudsman is then required to do six, three-hour advanced training sessions a year on topics such as child abuse prevention and sexual assault intervention.

Additionally, ombudsmen are expected to attend monthly assembly meetings where ombudsmen are provided current information on programs or referrals that can benefit families and training.

Services provided by the Ombudsman Program are designed to steer families in the right direction so that issues can be resolved.

“Information and referral is a big part of what the ombudsman does, really trying to create this resilient family that can be self-

sustaining and not rely on others,” said Rock.

For the majority of issues ombudsmen are bound by confidentiality and cannot discuss information disclosed to them.

“Confidentiality is perhaps the biggest thing I have to stress with my ombudsman because once you break confidentiality your credibility to your command and your command families is gone,” said Ombudsman Program Manager for Naval District Washington (NDW) Sharleen Riddle.

However, there are some issues that the ombudsman are required to report including suspected child abuse or neglect, alleged domestic abuse, suspected or potential homicides, violence or life endangering situations, suspected potential suicide risks and other issues identified by the commanding officer as reportable.

“It is important to recognize ombudsmen because they are the direct line between the command

and the command families,” Riddle said. “A lot of times they deal with issues that are very personal and very emotional and they have to help those family members at that time of need and yet still be able to maintain their own professionalism and care for their own families.”

According to Rock, for this year as of April 14, the Navy has already saved \$523,464 by having volunteer ombudsman. In 2009, the Navy saved an estimated \$1.4 million based on if the service had to pay the volunteers a wage of \$18.77 an hour.

“Each ombudsman spends about 800 hours a year through volunteering which calculates out to an equated savings of about \$15,000 per ombudsman,” said Riddle.

“Having an ombudsman allows the service member to focus on their job while they are away because they know their families are being taken care of,” said Riddle.

Celebrating kids and National Library Week

PRESS RELEASE
JEB Little Creek-Fort Story Public Affairs

VIRGINIA BEACH — The libraries of the Joint Expeditionary Base Little Creek-Fort Story celebrated National Library Week during the Month of the Military Child, hosting a variety of events encouraging kids to read and write.

Phonics with Phaedra was a big hit with kids from the Youth Center of the Little Creek Campus of the Joint Expeditionary Base. A black Labrador, Phaedra is a Therapy Dog trained to provide affection and comfort as well as to assist people with learning difficulties.

“Phaedra was great in helping us to encourage the kids to improve their reading skills and to enjoy reading in general,” stated Valarie Wright, Library Tech, at the library on the Little Creek campus. “We wanted to continue our programs of support to our kids during the Month of the Military Child as well as celebrate National Library Week. This event was great in allowing us to celebrate both together.”

“Phaedra loves events like this and especially likes working



U.S. Navy Photo

Kids from the Youth Center on the Joint Expeditionary Base Little Creek-Fort Story read with Phaedra, a black Labrador Therapy Dog, at the library during National Library Week. The reading program helped recognizes the importance of libraries in educating youth. The event was scheduled as part of the libraries ongoing support celebrating the Month of the Military Child in April.

with kids,” said Sharron Marrow, handler for Phaedra. “She is genuinely interested in listening to the kids read and loves the attention she gets from them.”

According to Marrow, Phaedra has participated in similar events at other military installations throughout the area to

include the Joint Expeditionary Bases’ Fort Story Campus library and the General Smalls Elementary School at Fort Eustis. During these sessions, the kids take turns in reading passages from books while Phaedra patiently listens.

First sponsored in 1958, Na-

tional Library Week is a national observance sponsored by the American Library Association and by local libraries across the country every year during the month of April. National Library Week pays tribute to libraries as centers of learning. This year’s theme was ‘Communities thrive

at your library.’

“We are excited when we have these opportunities to help our kids grow and learn,” said Wright. “This event was especially meaningful to us at the library in seeing the excitement from the kid’s as they read to Phaedra, but also in having events that help expose our kids to reading. Being able to do this during National Library Week and celebrate the Month of the Military Child makes it that much more meaningful to us.”

Throughout the month of April, the libraries on both campuses have sponsored events in recognition of the Month of the Military Child. They include an ongoing writing contest on what it means to be a military child, expanding movie selections in the movie libraries and opening a Youth Computer Room for ages five to 17. Other programs have included Resume Writing Workshops for adults.

For additional information on other programs at the libraries on the Joint Expeditionary Base, call (757) 462-7691 for the Little Creek Campus Library and (757) 422-7548 for the Fort Story Campus Library.

Family finds connection to deployed mom online

BY IAN GRAHAM
Emerging Media, Defense Media Activity

JOINT BASE MYER-HENDERSON HALL, Va. — The Klein household was fairly typical: mom and dad worked, and their two rambunctious boys kept them busy the rest of the time. Mom was the snuggler, the reader of bedtime stories, the primary source of emotional support for the kids.

So when Air Force Lt. Col. Nancy Klein received orders to deploy to U.S. Central Command headquarters in Tampa, Fla., the rest of the family wasn’t quite sure what to expect – especially Jim Klein, who will be the sole parent until his wife returns in May.

“Each family has its own set of challenges, and I don’t think ours are any worse or better than anyone else’s,” Jim said. “But it’s been very challenging for me.”

Jim made every arrangement he could to ease his family’s strain during his wife’s deployment. He spoke to people at his sons’ schools and the staff at the child development center here so they knew to expect signs of stress, and he hired additional help to keep the house running smoothly.

Jim said his older son, 9-year-old Joshua, stepped forward and took a lot of responsibility on himself – perhaps more than he should at his age.

“My wife thought it was the worst-case scenario [for her to deploy],” he said, explaining that although he was close to his children, she was the one who offered solace and comfort with each hug and kiss. “We’re continuing to adjust.”

“I miss her being around me

and talking to me,” Joshua said. “I miss her kissing and hugging me. I miss her in every way.”

One big adjustment is coming up – this Mother’s Day on May 9 will be Nancy’s first without her children. Jim said due to his children’s ages – his younger son, is 4 – he thinks the holiday won’t affect them nearly as much as it will affect their mother. They’ll know it’s her special day, he said, but it will be especially hard for her.

“She takes on being a mom to our boys as a big part of her identity,” Jim said. “So this Mother’s Day, she’ll remember that she’s not with her boys – it underscores the separation.”

But with every policy change that’s been made regarding deployments, external changes have come to ease the strain. The Kleins have made extensive use of Skype, an online video chat application, to stay in touch. Joshua and Zachary can see and speak with their mother, show her their school work, and talk as if she’s there in the room. Nancy can read books to the kids and show them the pictures to follow along.

“E-mail and phones have been OK, but having the visual, ‘face-to-face’ contact is really the best for us,” Jim said.

“I talk to her as much as I want because I love her so much,” Zachary said. “I miss her so much.”

Another venue they’ve discovered is the Hallmark Channel’s “Meet My Mom” virtual wall on Facebook. On the page, deployed troops and their families at home can upload photos of themselves and their moms, 60-second videos, or text messages. The page



Photos by MC1 Molly A. Burgess

Jim Klein (L) holds son Zachary, 4 as son Joshua, 9, talks about how he feels about his mother being deployed, especially during Mother’s Day. Hallmark Channel is celebrating Mother’s Day on Facebook by creating an interactive page, “Meet My Mom Virtual Wall” where viewers and deployed service members can keep in touch with families during Mother’s day by submitting photos, testimonials and videos as a tribute to their own moms.

went public yesterday, allowing the shared messages to be seen by anyone who visits.

The page is tied in with the upcoming movie “Meet My Mom,” the story of a divorced mom who falls for her son’s pen pal, a deployed soldier. The show will premiere May 8 on the Hallmark Channel.

“OK, guys, what do you want to tell mom for Mother’s Day?” Jim asked, his kids piled in his lap at a computer, ready to post a message on the virtual wall. “Should we say ‘I love you,’ or ‘We miss you?’”

The boys whispered between themselves, then quietly dictated a message to their dad.

“OK,” Jim said. “That sounds good.”



Jim Klein (L) and son Joshua, 9, type a message on Hallmark Channel’s Facebook “Meet My Mom Virtual Wall” page.

Local service times

IDS PROGRAMS

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

NAVAL STATION NORFOLK

ROMAN CATHOLIC

Our Lady of Victory Chapel
Mass Schedule:
11:45 a.m.— Wed.
10 a.m.— Sun..

PROTESTANT

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

For more information call
Naval Station Norfolk Chapel 444-7361

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

ROMAN CATHOLIC

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

Confessions:

3:30 - 4:30 p.m. — Sat.

PROTESTANT

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

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

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

For more information call JEB
Little Creek Chapel 462-7427

CHAPLAIN'S CORNER

The concept of ‘unity of command’

BY LT. PAUL A. HYDER

Basic School Chaplain, Quantico

One of the most important concepts in the principles of warfare is the concept of “unity of command.” Simply put, unity of command means that all the forces are under one responsible commander. It requires a single commander with the authority to direct all forces in pursuit of a unified purpose. This is vital for a Marine Corps unit, from a single fire team, all the way up to a Marine Expeditionary Force. Lack of unity in a Marine Corps unit leads to a lack of trust, lack of communication, low morale and, ultimately, will undermine the effectiveness of the unit and lead to mission failure.

The same holds true in marriage. Unity is essential. I would venture to argue that the majority of the issues I deal with during counseling sessions are symptoms of one thing ... a lack of intimacy, or unity, between husband and wife.

Family and marriages are under attack today like never before, and healthy marriages are difficult to sustain in a military environment. Whether from external sources attempting to redefine and weaken marriage, or due to erosion from within, marriage is in the crosshairs.

The Bible says that God created man and woman to be together (Genesis 2:18, Matthew 19:6, Ephesians 5:31). From the very beginning, Adam recognized that Eve was part of him – they were “one flesh.” The term “one flesh” means that just as our bodies are one whole entity (made up of a diversity of members) and cannot be divided into pieces and still be a whole, so God intended it to be with the marriage relationship. With marriage, there are no longer two in-

dividuals, but now there is a married couple, a single entity.

God created the marriage relationship as a model for perfect unity and as a representation of his unity with his church. When we do things in accordance to God’s plan, the unity and intimacy of marriage is a beautiful thing. Some indicators of an intimate relationship are:

- *We spend significant “face time” together, taking care to connect when life gets hectic.*
- *We make a habit out of thanking one another for the mundane, such as doing the dishes or taking out the trash.*
- *We engage in little every day kindnesses. We serve each other regularly.*
- *We are accountable to one another.*
- *We find common passions and engage in them regularly.*
- *We have a common spiritual faith as the center of our marriage.*

If these are not present in your marriage, or in your dating relationships, then perhaps you lack unity and may want to take “remedial action” to correct the situation.

1. Take two minutes to increase your intimacy and unity: Spend 60 seconds together when you reunite at the end of the day. It may seem “fake” at first, but this simple step can work miracles in a relationship. Don’t just walk in the door and say “how was your day?” or “what’s for dinner?” but stop, look each other in the face and (using your watch if you must) spend 60 seconds together when you come home. Spend another 60 seconds “together” before you go to sleep. Not one last parting shot on a controversial subject and not opening up a new can of worms but a brief, meaningful moment.

My wife and I do “best part/worst part” (share the best and worst parts of your day) to sort of anchor the end of our day together before going off to sleep.

2. “Leave and cleave” If either spouse fails to both leave (get out of Mommy and Daddy’s shadow) and cleave (stick to your spouse like glue), problems will result in a marriage. If spouses refuse to truly leave their parents, even if the parents are great, conflict and stress will result. Leaving your parents does not mean ignoring them or not spending any time with them, it just means recognizing that your marriage created a new family and that this new family must be a higher priority than your previous family and friends.

If spouses neglect to cleave to each other, the result is a lack of intimacy and unity. Cleaving to your spouse does not mean being with your spouse every moment or not having meaningful friendships outside of your marriage. Healthy boundaries and individual identity are crucial to a healthy marriage also.

Cleaving to your spouse

means recognizing that you are joined, essentially “glued,” to your spouse. Cleaving is key in building a marriage that will endure hard times and be the beautiful relationship that God intends it to be. Parents and in-laws are good, friends are good, children are good but your spouse and you should be mission one.

God is a God of unity. In John 17:21-23, Jesus Christ prayed to his Father in Heaven that His followers would “all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me. The glory which You have given Me I have given to them, that they may be one, just as We are one; I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me.”

That is what marriage should reflect, the unity of Jesus with God the Father and the unity of Christ and His followers. Without unity of command, we cannot hope to” accomplish the mission” or maintain “troop welfare.”

Daily affirmations



Photo by MC2 Daniel Barker

Chaplain Lt. Jason Gregory reads bible verses on the weather deck aboard the guided-missile cruiser USS Bunker Hill (CG 52).

Navy - Marine Corps Relief Society ceremony



Photo by ENS Jacquelyn Kilpatrick

MA1 Glenn Hill, President, First Class Petty Officers Association, Joint Expeditionary Base Little Creek – Fort Story, along with members of the association donated \$500 to the Navy - Marine Corps Relief Society in a ceremony held on the command Quarter deck on April 1. Accepting the check on behalf of the NMCRS was Capt. Charles Stuppard, Commander of the Joint Expeditionary Base. Also participating in the ceremony (from left to right) are CMDMC Andrew Thompson, CDR Mike Dewitt, Executive Officer, and CSC Donald Lake, LCPO, Bachelor Housing. To date, the NMCRS has contributed \$313,000 in assistance to 519 service families at JEB Little Creek – Fort Story of which \$23,126 was grants.

CHANGE OF COMMAND



Photo by MC1 Cassandra Thompson

Korean Navy Rear Adm. Lee Beom-Rim (R) assumes command of Combined Task Force 151 from Singapore Navy Rear Adm. Bernard Miranda (L), in a ceremony aboard Korean Navy destroyer Kang Kam Chan. Vice Adm. Bill Gortney, Commander, Combined Maritime Forces (center), presided over the ceremony. This is the first time that a Korean Naval officer will be commanding a multinational unit.

Counter Piracy Task Force changes command

PRESS RELEASE

Commander, Combined Maritime Forces Public Affairs

MANAMA, Bahrain — Republic of Korea Navy, Rear Admiral Beom-rim Lee assumed command of the Combined Maritime Forces counter-piracy unit, Combined Task Force (CTF) 151, in a ceremony aboard the ROKS Kang Gam Chan, yesterday.

Rear Admiral Lee relieved Singapore Navy Rear Admiral Bernard Miranda, who has commanded CTF 151 since January.

Rear Admiral Miranda marked the conclusion of a highly successful deployment with yesterday's ceremony. During his tenure in command, there was a dramatic drop in the success rate of piracy attempts; plummeting to roughly 25%. Miranda stressed that to achieve this success they built on the fine work of their predecessors. "We engaged our partners actively, especially the EU and NATO, in order to make the seas safer together. We proactively enhanced cooperation with the independently deployed nations; China, India, Japan and Russia, so as to reach a better level of information exchange and integration."

At the ceremony, Rear Admiral Lee assumed command of the deployed staff, which is made up of coalition personnel from a variety of nations, including Bahrain, Canada, Netherlands, Saudi Arabia, Singapore, Turkey, and US. While this is their first time commanding a CMF task force, the Republic of Korea Navy has a long tradition of maritime partnership around the world.

Vice Admiral Gortney, Commander of CMF thanked the Republic of Korea for taking leadership in the fight against piracy, confident that Rear Admiral Lee and his

staff would expand on the security and stability the world has come to expect from the Combined Maritime Force.

In his speech, Vice Admiral Gortney commented on the importance of the global community working together: "The idea that nations from across the world are combining forces in an effort to ensure our global maritime security is not a bureaucratic pretense or empty slogan; it is the congress of nations embodied here today, dedicating their time, resources and people to ensure freedom of the seas for all nations," he said. "The world is joining or working alongside CTF 151 for the presence, deterrence and leadership needed to ensure the security of the seas on which our shared economic stability depends. These efforts are the essence, as well as the real-world application of our Global Maritime Partnership."

CTF 151 is a multi-national task force established in January 2009 to conduct counter-piracy operations under a mission based mandate to actively deter, disrupt and suppress piracy in order to protect global maritime security and secure freedom of navigation for the benefit of all nations. It operates in the Gulf of Aden and the east coast of Somalia. CTF 151 has had a significant effect disrupting pirates in the Gulf of Aden and Somali Basin. Although the number of piracy attempts has increased over the past year, the number of successful attacks has been reduced by 40% over this same time.

"CTF 151s achievements were attributed to the remarkable teamwork, excellent working relationship and mutual understanding amongst multinational members and friends," Miranda concluded.

Symposium allows Senior Officers to impact community

STORY AND PHOTOS
BY MC1 (AW) TIM COMERFORD
The Flagship Staff Writer

NORFOLK— Vice Adm. Dirk Debbink, chief of Navy Reserve and Commander, Navy Reserve Force, presented four companies with Patriot Awards, April 22, as part of an all hands call held at Joint Expeditionary Base Little Creek - Fort Story Naval Operational Support Center. The all hands call was part of the Reserve Flag Officer Training Symposium (RFOTS) held April 22 - 25.

After the presentation of awards, Charles Shue, III from Ursa Navigation and Debbink both signed a ‘Statement of Support for the Guard and Reserve.’ Debbink was grateful for the support that businesses have shown to the reserves and Guardsmen.

“Leaders up in Washington know that our model of how we are deploying forces around the world is literally unsustainable without the support from our families and our employers,” Debbink said. According to Debbink, it was reported that 85 percent of all reserve and Guardsmen who deploy return to work for the same companies they left. “That statistic alone tells me that the vast majority of our employers are sticking by our Sailors and for that we are appreciative.”

Navy Region Mid-Atlantic welcomed the Navy Reserve flag officers as they participated throughout the weekend in their biannual training symposium. RFOTS is a



Rear Adm. Dirk Debbink speaks to reserve Sailors at Joint Expeditionary Base Little Creek - Fort Story Naval Operational Support Center about the state of the reserves and answers questions during an all hands call, April 22.

biannual executive leadership session that includes every Navy Reserve admiral. The flag officers discuss important emerging issues such as manpower, budgets, oper-

ations and strategy.

“We get a chance to talk about and get an update on what the Chief of Naval Operations strategic objectives and what his priorities are,” said Garland P. Wright, Jr., deputy chief, Navy Reserve. “We have 54 very talented component flag officers, we are seeking alignment, if can get all 54 going in the same direction at the same time, the power of that is immense.”

During the RFOTS, flag officers spoke at various universities and schools, community groups, businesses and to local government leaders.

“The Hampton Roads area is one of the largest fleet concentration areas on the planet,” Wright said. “We just wanted to take advantage of that, to be able to go out to the community leaders and business

leaders, the universities and schools, and hear what is on their minds and increase their awareness of the importance of their Navy.”

The next RFOTS will not have as much community outreach because it will take place in Washington, D.C., but they look forward to more at the following symposiums.

“We are thinking about somewhere in the middle of the country perhaps near Great Lakes, (Mich.) for example,” Wright said. “The advantage of the Naval Reserve is that we are located in all 50 states. In some states all they know about the Navy is that they live next to, go to school with or go to church with a Navy reservist. So in many ways we are the face of the Navy to much of America.”



Neva Lynde from Booz Allen Hamilton accepts the Patriot Award from Vice Adm. Dirk Debbink, Chief of Navy Reserve and Commander, Navy Reserve Force. The patriot award recognizes a business's support of reserve forces and the National Guard.



Machinist's Mate 3rd Class (SW) Dontra Brown from Seaford, Del., examines USS Nassau's (LHA 4) boiler fuel for sediment and water. Tests like these are run on every new batch of fuel, oil, and water the ship receives to ensure the boilers and engines run on the cleanest liquids possible.

Oil lab leeps Nassau steaming

**STORY AND PHOTO
BY MCSN (SW) JONATHAN PANKAU**
USS Nassau Public Affairs

USS NASSAU, At Sea — Working in the Oil Lab is one of the most important yet least visible jobs aboard USS Nassau (LHA 4); testing oil, fuel and even water for harmful sediment and chemicals.

“Without the Oil Lab, the ship’s boilers would not light off,” said Machinist’s Mate 1st Class (SW/AW) Stanley Bryant from Fairmont, N.C. “Lights, air conditioning and water would all be shut off as well. Nassau would not be mission-ready.”

The lab tests the ship’s fuel, called Diesel Fuel Marine (DFM), for excess sediment and water. They also verify the temperature the fuel must reach before it ignites, or the flash point.

“Nassau burns between 30,000 and 50,000 gallons of fuel a day, so we have to test about a gallon of fuel every day to make sure it is safe,” said Chief Machinist’s Mate (SW) Jose Torres, Nassau’s “Oil King,” from Brooklyn, N.Y. “We received 492,000 gallons of DFM during our last underway replenishment, and we’ll need more next week. We stay very busy.”

Fuel that does not pass the test is stripped from the tank and placed in a contaminated fuel tank where the oil and water are then stripped again and

placed in separate waste tanks.

“Nassau has 39 fuel tanks that vary in capacity, but collectively they can hold 1,397,000 gallons of fuel,” Torres said. “If it’s just water contaminating one of the tanks, we suction it from the bottom with a bilge stripping pump because the fuel floats above the water. If it is a chemical contamination, however, many tests must be run before we can determine the proper solution.”

In addition to these responsibilities, Oil Lab personnel are responsible for lube oil and freshwater systems as well. A daily fuel, oil and water report outlines all of the elements the Oil Lab is responsible for maintaining.

“We also test the boiler feed water for alkalinity, chloride, phosphate and conductivity levels,” said Machinist’s Mate 1st Class (SW/AW) Andrew Baylis from Corpus Christi, Texas. “If the water is contaminated, we drain it to the bilge, seek out the source of the contamination, and recommend treatment procedures to the command.”

Though the Oil Lab is a small division of Engineering Department, manned by only five Sailors, it is responsible for a large part of keeping Nassau’s engines and boilers running. Nassau’s Oil Lab works to make sure that the ship has the oil, water and fuel it needs to stay mission ready.



Sailors from Naval Medical Center Portsmouth paint the home of Portsmouth resident Carrie Gaines as part of the April 17 community relations project, “Paint Your Heart Out.” The event, sponsored by the Portsmouth Rotary Club, helps low-income, disabled and elderly homeowners with upkeep they can no longer handle on their own. Some 119 NMCP service members painted, weeded, landscaped and removed debris from two homes selected for the event.

NMCP Sailors paint their hearts out

**STORY AND PHOTO
BY MC2 RIZA CAPARROS**
*Naval Medical Center
Portsmouth Public Affairs*

PORTSMOUTH — As the good weather comes into season, so do good vibes from Sailors reaching out to help those less advantaged. One hundred nineteen staff members of Naval Medical Center Portsmouth did just that April 17 when they took part in the community relations project “Paint Your Heart Out.”

Paint Your Heart Out is an annual volunteerism event that has been sponsored by the Portsmouth City Rotary Club for 15 years to help homeowners with the upkeep they can no longer do. The club advertises the event on TV and radio, and then sifts through the applicants and selects 10 houses to beautify. The volunteer work focuses on painting, gardening, simple landscaping and garbage removal.

Chief Hospital Corpsman (SW) Dorothy Walker coor-

minated the medical center’s participation this year and has been actively involved in the event the past 14 years.

“As soon as NMCP was notified of the event, I began reaching out to the clinics for volunteers,” Walker said. “I’m also the paint team captain, so I order the supplies and T-shirts and take part in the initial site survey looking over the selected house to see what the team can and cannot do.”

“Our goal is to try to make the homes look a little better than they already did,” she continued. “These homes are owned by the elderly, some with disabilities, which prevents them from doing the work that we are here to do.”

The weather was cool and an early morning drizzle didn’t dampen the spirits of the volunteers. Hospital Corpsman 1st Class (SW/AW/FMF) Maurice Jones said morale was high among the Sailors there to help.

“There are a lot of young Sailors here today who have said they are glad to be here doing something good with their time,” Jones said. “They are eager to work and have been smiling and laughing and having a good time since we got here this morning.”

Kenny Scales, son of Ophelia Scales, owner of one of the homes the NMCP Sailors were working on, said on behalf of his mother and family, “We can’t even describe how grateful we are to the Sailors. It is such a selfless thing they are doing, taking time from their schedule to help someone else. My mother is very excited and very appreciative.”

“I am sure when we leave at the end of the day,” Jones added, “everyone will feel good about what they have done and leave understanding the importance of helping people.”

Throughout the years, Portsmouth’s Paint Your Heart Out has helped about 150 homes in low-income neighborhoods of the city. The NMCP crew was joined by volunteers from the city’s police and fire departments, local college campuses and businesses for a total of more than 400 participants.

Paint Your Heart Out, Inc., is a nonprofit organization that helps low-to-moderate income, senior or disabled homeowners maintain their dignity, safety and connections to the community. For more information go to their website at www.pyho.org.

GYM: Facility receives an extra 3000 feet

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Story Campus, JEBLCFS Moral, Welfare and Recreation Department, Lt. Col. Robert Irick, commander, 11th Transportation Battalion, Command Sgt. Maj. Mark Guerrero, Command Sergeant Major, 11th Transportation Battalion, Sgt. Maj. Carlos Matamoros, senior enlisted advisor, Fort Story Campus, JEBLCFS, Derrick Gay, Project Manager, and Gary Doyle, Site Superintendent.

The project will add 3,000 square feet to the existing 14,336 square foot building. “The project will allow us to provide more cardio equipment to our customers,” said Mickelson.

The project requirement was identified by the Army about five years ago with fund-

ing becoming available prior to the October 2009 Joint Basing ceremony between the former Naval Amphibious Base Little Creek and the Army Post of Fort Story. “This project is a long time coming; we are excited about the expansion and the additional fitness equipment. More people will be able to get a quality workout with these additional resources,” said Jansen.

The contract has been awarded to the Norfolk office of Centennial Contractors Enterprises, Inc. Also, according to Mickelson, MWR will fund the addition of an Aerobics Room to the building with work completed by the MWR Maintenance team.

The projected completion time for all additions to the gym is scheduled for the end of September.



Photo by MCC (SW/AV) Aaron Strickland

Capt. Gregg Smith, center, reports he has been relieved of command of Navy Information Operations Command Norfolk by Capt. Brian Johnston, right, to Navy Cyber Forces Commander, Vice Adm. H. Denby Starling II, in a ceremony at Joint Expeditionary Base Little Creek/Fort Story.

Johnston becomes commanding officer Navy Information Operations Command

BY CTRC TRACY JUDY

NIOC Norfolk Public Affairs

VIRGINIA BEACH — Captain Charles “Brian” Johnston relieved Captain Gregg K. Smith as Commanding Officer of Navy Information Operations Command (NIOC) – Norfolk, April 22, at the Steven Daugherty Assessment Center, Bldg. 3889 on Joint Expeditionary Base Little Creek - Fort Story.

A native of Brocton, N.Y., Johnston is NIOC Norfolk’s current Executive Officer. He graduated from Pennsylvania State University in 1983 with a Bachelor of Science Degree in Aerospace Engineering. He is also a graduate of Russian Studies from the Defense Language Institute, has a Masters of Science Degree in Systems Technology (Space Operations) from the U.S. Naval Postgraduate School and a Masters Degree in Strategic Studies from the U.S. National War College. Johnston has had tours as a Special Evaluator flying in EP-3E aircraft out of Hellenikon Air Force Base in Athens, Greece; U.S. Naval Research Laboratory as the Director of the Mission Support Facility for the CLASSIC WIZARD program; Navy Computer and Telecommunications Station, Diego Garcia, OPNAV, U.S. Fifth Fleet in Bahrain;

U.S. Pacific Command in Hawaii and the Navy Information Warfare Activity in Fort Meade, Md.

After being promoted to Captain, he was assigned as a special assistant to the Director of Communication Networks (N6) on the staff of the Chief of Naval Operations. His decorations include Legion of Merit, Defense Meritorious Service Medal, two Meritorious Service Medals, and numerous other personal, combat, unit, and campaign awards.

A native of Lumberton, N.C., Smith is a 1983 graduate of the United States Naval Academy and a 1994 graduate of the French Joint Defense College. He was designated a naval flight officer in January 1985, and subsequently

served as a bombardier in various A-6 Intruder squadrons, flying missions from aircraft carriers deployed to the North Atlantic, Mediterranean, Arabian Gulf and Western Pacific. Smith previously commanded Electronic Attack Squadron ONE THIRTY-FOUR flying the EA-6B Prowler. During his career, Smith has accumulated more than 3,500 flight hours and 685 carrier arrested landings.

Prior to assuming duties at NIOC Norfolk, Smith was assigned to Commander, Strike Force Training Atlantic as the Information Warfare Officer. Upon relief at NIOC Norfolk, he will serve as Director of Fleet Electronic Warfare Center, Virginia Beach.

ENTERPRISE: Clean sweep for last sea trials

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mast to signify a clean sweep and a successful sea trial. Sea trials are conducted to test systems, components and demonstrate operations at sea. The trials also include high-speed runs and a demonstration of the carrier’s other capabilities.

“Enterprise is a very special ship to us. She’s our first nuclear-powered aircraft carrier and this maintenance period was another historic chapter in her life,” said David Long, Enterprise program director for Northrop Grumman Shipbuilding. “This availability could not have been completed so successfully without the talent, dedication and teamwork of our shipbuilders, CVN 65 crew members, Supship and Navsea personnel, and our suppliers. We pulled together as an integrated team to take on the unique challenges present-

ed by this one-of-a-kind, 48-year-old ship and are returning her to the fleet ready to execute her critical missions around the globe. This is a proud and historic moment for us all, seeing her leave for her last sea trial.”

Work during the EDSRA included dry docking work, tank blasting and coating, hull preservation, propulsion and ship system repairs and limited enhancements to various hull, mechanical and electrical systems.

USS Enterprise is the world’s first nuclear-powered aircraft carrier and the only ship of its class. It was built by Newport News and joined the U.S. Navy’s fleet in 1961. Northrop Grumman has been responsible for accomplishing the majority of scheduled and emergent maintenance on USS Enterprise since 1994.

DENTISTS: Homeless connect gathered more than 500 to benefit from dental

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untreated chronic systemic disease. We need to keep that in mind as we assess the patient for treatment using clinical judgment based on the limited information the patient provides to us.

“Even though the conditions are not ideal, it feels great to serve the community,” Nelson continued. “I’m happy to be here meeting these incredible people and provide a service to them that they would not normally have the ability to receive. It makes me very proud to be a Navy dentist.”

Project Homeless Connect attracted 584 people who came from all over Hampton Roads in order to take advantage of the many free services offered. Other than dentistry and medical wellness screenings, barber services, job search, referral and training, housing services, legal services and free phone calls were available. They could also receive information about social services, such as the application process and screening for food stamps, Medicaid and obtaining identification cards. Some 500 volunteers came out to help.

Linda Hodle, a volunteer for Project Homeless Connect, was amazed at the number of services there offering assistance.

“I was homeless five years ago and there was nothing like this back then,”

Hodle said. “I am happy that I was able to get better, and now I am able to help the homeless out there today. I hope a lot of the people who come here can get the help they need and have a better life.”

Markus Kuykendall was among those getting his teeth cleaned. He was grateful to the Navy dentists offering their services and appreciated the respect the dentist who cleaned his teeth showed him.

“I have a lot of respect for the man who took care of me and for all the military,” Kuykendall said. “They protect our country, but they are also here protecting the homeless. I don’t feel like I am being treated badly because I am homeless.”

Fleet Liaison Dental officer in charge, Lt. Ben Crowley, said the event was like a field trip for the dental residents.

“It’s nice to get out and see the general public, while also honing our professional skills,” Crowley said. “The level of care these dentists provide is top notch. They experienced a unique environment, which will help them to be better dentists.”

While there were some obstacles, such as a shortage of supplies and an inability to perform X-rays to thoroughly assess individuals’ dental needs, Nelson said, “We did what we have learned to do: improvise, adapt and overcome.”

Of the 584 homeless who attended the event, 66 said they were veterans.