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May 27, 2010

Arleigh Burke-class destroyer, USS McFaul, locates pirated vessel

PRESS RELEASE

Public Affairs

Arleigh Burke-class destroyer, located the pirated M/VIceberg I off the coast of So- shadow the ship for more than malia with up to 50 pirates and 36 hours, before the Iceberg more than 20 crew members on reversed its course toward the board, May 24.

The Panamanian-flagged vessel had last been seen off pirates plan was if they had Garacaad, a Somali town and not been interrupted. The vesknown pirate haven.

The Iceberg's exact location to either assist other pirates was unknown until the McFaul in distress or look for another made a positive identification of merchant vessel to attack," said the pirated ship, May 19.

ed to the McFaul that it had not ing officer of Combined Task been pirated and instead was off Force (CTF) 151, the Comcourse for its next port-of-call bined Maritime Forces' (CMF) due to mechanical difficulties, counter-piracy task force that Visual identification was at first operates in the Gulf of Aden confusing, because the name and Somali Basin. on the vessel's hull read, "Sea Express." Further investigation sponsibility is to ensure the showed that the name of the safety of the crew. Given the reship had been crudely painted port of heavily armed pirates over.

After the McFaul request-

ed to board the ship to check on the health and safety of the crew, the Iceberg radioed that MANAMA, Bahrain - USS they had been taken hostage, McFaul (DDG 74), a U.S. Navy stating that the pirates on board were heavily armed.

The McFaul continued to Somali coast.

"We cannot be sure what the sel may have been on its way Republic of Korea Rear Adm. The ship initially communicat- Beom Rim Lee, command-"First and foremost, our re-

See PIRATES, A15



An SH-60 Sea Hawk helicopter assigned to The Nightdippers of Helicopter Anti-Submarine Squadron (HS) 5 hovers over the guided-missile destroyer USS McFaul (DDG 74). McFaul is part of the Eisenhower Carrier Strike Group and is deployed as part of an-ongoing rotation of forward-deployed forces to support maritime security operations in the U.S. 5th Fleet area of responsibility.



Photo by MC3 Brian G

Line handlers heave the mooring lines aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) before the ship's departure from Naval Station Norfolk. Truman deployed as part of the Harry S. Truman Carrier Strike Group (HST CSG) in support of Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) efforts in the U.S. 5th and 6th Fleet areas of responsibility.

AIRLANT presents Truman with Battle "E" Award prior to deployment

PRESS RELEASE an Public Affairs

USS HARRY S. TRUMAN, At Sea - Commander, Naval Air Forces Atlantic (CNAL) presented USS Harry S. Truman (CVN 75) Sailors with the car-





Chief of Naval Operations, Adm. Gary Roughead, delivers remarks during the rollout ceremony for the F-35C Lightning II, the Navy's first-ever stealth fighter. The aircraft will enable the Navy to possess 5th generation fighter capabilities at sea, extending America's reach and reducing the timeline from threat to response.

Navy leadership reaffirms commitment to Joint Strike **Fighter Program**

PRESS RELEASE vity - Anacostia

ing director of air warfare on the brings stealth, sensor and data Chief of Naval Operations (CNO) fusion, and a system to systems staff reaffirmed the Navy's com- approach to war fighting allowmitment to the Joint Strike Fighter ing it to get in there on day one in Program as the centerpiece for the an anti-access denial type of fight. future of Naval Aviation during a It also communicates across a

war fighting off the carrier," said Manzir, who is a fighter pilot and former USS Nimitz (CVN 68) WASHINGTON — The act- commanding officer. "The F-35C

rier's second consecutive Battle Efficiency Award, May 21.

CNAL Rear Adm. Richard O'Hanlon presented the award hours before the Truman carrier strike group got underway for a scheduled deployment.

"This is a historic moment," O'Hanlon said. "It speaks to the caliber of the men and women on board Truman that this is their second consecutive Battle "E" win. I am extremely proud to present this award as they depart today for deployment." One of the most coveted

recognizes sustained superior more than 4,000 Sailors. performance in an operational environment.

The Battle "E" Award is one The ship was also a recipient in not think of a better way to of the few awards given in the 2003, 2004, 2005 and 2008. Navy that isn't earned by one individual, but rather is award- ors each and every day," said

to by MC3 Brian Goodwi

Commander, Naval Air Force Atlantic Rear Adm, Richard O'Hanlon presents Battle Efficiency Award plaque to Capt. Joe Clarkson, commanding officer of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) prior the ship's departure from Naval Station Norfolk

awards in the fleet, the Battle ed based on a point system that Capt. Joe Clarkson, Truman's Efficiency Award, more com- evaluates the performance of commanding officer. "This monly known as the Battle "E," 14 different departments and prestigious award reflects the 14 different departments and prestigious award reflects the commitment, dedication, and This marks the fifth year the sustained pursuit of excellence Truman has won the award. of every Sailor on board. I can-

> recognize their battle-readiness "I am proud of our Sail

media roundtable, May 24, at the wide range of networks providing Pentagon in Washington, D.C.

"The Navy has had the F-35C in her airplanes."

horizon for more than a decade. generation, we grew the E/F Sugeneration capability. We now need our vision for TACAIR (tactical air) coming off the carriers."

Manazir said the aircraft will complement the capabilities of Fighter squadron is scheduled mier strike fighter.

net E/F along with F/A-18G, the F-35 aircraft.

synergy is more complimentary See BATTLE E. A15 when we get to a greater level of *mil*.

data to a broader range of people "I want to dispel the contention sometimes with or with out the that the Navy is soft on F-35C," said pilot's knowledge, often commu-Rear Adm. Michael C. Manazir. nicating to other fifth generation

The F-35C is designed to en-As we built the path from F/A-18 hance the flexibility, power aircraft on to the carrier to fifth projection and strike capabilities of carrier airings and joint task per Hornets in the limits of fourth forces, sporting a stealthy design, internal weapons carriage, fully to move into the F-35C to realize fused mission systems and an unrefueled combat radius of more than 600 nautical miles.

The Navy's first Joint Strike the F/A-18 E/F Super Hornets to begin transition in 2014, with now serving as the Navy's pre- a first deployment scheduled in December 2016 followed by a

"When you bring F-35C to the second deployment in February carrier with a fully developed 2017. The Department of the Naweapon system and a Super Hor- vy's planned procurement is 680

For more news, visit www.navy.

INSIDE:

The History of Memorial Day In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the "birthplace

of Memorial Dav



FRONT AND CENTER Military Appreciation Night

at Harbor Park The Norfolk Tides baseball team paid tribute to military members May 22.



OFF DUTY

Celebrate a day of remembrance Memorial Day is a day of remembrance for those who have died serving our country





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Senior Chief Mass Communication Specialist Bill Houlihan interviews Master Chief Petty Officer of the Navy (MCPON) Rick D. West and Navy Total Force Fleet Master Chief Scott Benning for a Continuations Boards podcast.

Performance key for active, reserve Senior Enlisted Continuation Board PRESS RELEASE

mand Public Affairs

MILLINGTON, Tenn. — Established or personnel action for misconduct. last year for active duty and full time support E-7 through E-9 personnel, this year's er a member's ability to produce and foster board will also include selected reserve well trained enlisted and officer teams while and voluntary training unit personnel with providing sound proactive solutions linked at least 19 years of service and three years to command and Navy mission accomplishtime in rate

According to the message, certain reited duty officer/warrant officer programs; information. those selected for advancement during the FY-11 boards; personnel enrolled in the file on BUPERS Online, by logging into Safe Harbor program; and fleet, force and BOL and clicking on "Web-Enabled Record command master chiefs.

"This is a performance-based board," said Vice Adm. Mark Ferguson, Chief of board," said Kathy Wardlaw, director, Re-Naval Personnel. "We want to retain those cords Management. master chief, senior chief and chief petty officers that demonstrate the ability to gen- with the continuation board by submitting erate positive results and command success a board package. Selection board packagthrough team and personal performance. es provide candidates the opportunity to These Sailors are vital in setting the tone of submit any missing documentation. Packthe fleet and providing a positive model to ages must be post marked not later than sustain our high-quality force."

Documented misconduct and substana Sailor would not be continued, according no later than June 30, 2011. to the message. The board will primarily focus on the previous five years of perforfactors: substandard performance of duty, fy the members. declining performance, failure to maintain

tachment for cause, removal of security clearance, military or civilian conviction or non-judicial punishment and administrative

Photo by MC1 Jennifer A Villalovos

In addition, board members will considments.

To ensure complete consideration of cords are exempt from review by the board. a Sailor's career, the Navy message also Examples include Sailors with approved emphasizes that each eligible member Fleet Reserve/retire dates effective on or is responsible for ensuring their record before June 30, 2011; personnel selected for is correct and up-to-date with their latest command senior chief/master chief or lim- evaluations, awards and other appropriate

"Check your official military personnel Review." Here, Sailors can see their records exactly as they will be seen by the selection

If needed, candidates may communicate Aug. 16.

Members not selected for continuation dard performance are the primary reasons will transfer to the Fleet Reserve or retire

Commanding officers with personnel not selected for continuation will be notified so mance and will be looking for the following they may personally and confidentially noti-

For more information, read the NAVADphysical fitness assessment standards, de- MIN at www.npc.navy.mil.

THE FLAGSHIP'S LEEWARD SHOUT What does Memorial Day mean to you and what will you be doing to celebrate?



Jocelyn Quinto

Sewells Point Medical Clinic

"Memorial day is a great time for remembering the people who the people their served country and have died. It's a day to take time to honor those who have made the ultimate sacrifice for their

country. MSFSC





"I plan spending time with my family.We are going to do a family BBQ. I am using it as a time to have a family get together and celebrate our families and get those who have served to protect

"It's a great time to honor the people who

have died while

CTT2 (SW/AW)

Teirra Jackson



"Memorial day is a time to be grateful for the people who went before us. It is a time to thank our fathers and grandfathers and remember what it is that we fight for."

get

Central Security Forces (CSF)

1





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

Gates vows to focus on reform, reducing overhead

BY JIM GARAMONE

WASHINGTON - Defense Secretary Robert M. Gates vowed to take the time necessary to reform the Defense Department and eliminate unnecessary overhead expenses.

At a Pentagon news conference, Gates said he has made fighting this fight the goal of his remaining time as defense secretary.

"I intend to spend every day, for as long as I remain secretary of defense, doing all I can to implement these reforms that are so critical to sustaining our military in the years ahead," he said.

The secretary also threw down the gauntlet to Congress, saying that if the fiscal 2011 defense authorization bill includes funds for an alternative engine for the F-35 Lightning II joint strike fighter, he will ask President Barack Obama to veto the whole bill. If Congress includes an additional half of a percentage point to the military pay raise over the administration's recommendation, however, he said he will not recommend a veto.

"I believe the defense budget process should no longer be characterized by business as usual within this building or outside of it," the secretary said. "We in (the Defense Department) must make tough choices and decisions to ensure that current and future military combat capabilities can be sustained in capabilities," he said. a time of budget stringency."

chairman of the Joint Chiefs of Staff this goal. said at the news conference.

challenge that is here. But I think be- Gates said. ing able to get at overhead and shift it critical."

overhead and shifting the savings to more efficient in the way it is organized, amount of yearly real growth. staffed and operated and, in so doing, essential military force structure and said. "However, the department will insist that the department add an extra veto such legislation."



Chairman of the Joint Chiefs of Staff Adm. Mike Mullen responds to a question during a press conference with Defense Secretary Robert M. Gates at the Pentagon, May 20.

Gates has the full support of the uni-service leaders earlier this week to es- ties in the years ahead unless it is able conditions they have imposed on the formed military in the building, the tablish a plan and process for attaining to shift resources away from excess overall (JSF) program would make it

"The proper stewardship of the tax- priority attention of our entire lead- combat capabilities." payers' dollars is high on absolutely ership team and include all services, everybody's list," Navy Adm. Mike commands, components and elements Mullen said. "I don't underestimate the of America's defense establishment,"

... and do so inside the force structure Congress, think tanks, academia and sonnel or future combat capabilities. that we have right now is absolutely others for "specific and workable proposals on how to change the way this worried about congressional actions on this critical phase in development.

more critical mission-oriented programs for cuts in the defense budget. As the buy more C-17 Globemaster III trans- cordingly, as I have stated repeatedly, during a speech at the Eisenhower Li- department fights two wars and as plan- port jets that, he says, the Defense should the Congress insist on adding brary in Abilene, Kan., May 8. "I have ners anticipate an unsettled future, he Department doesn't need. challenged this department to become said, the department needs a certain

face very difficult choices with regard engine to the JSF. The secretary met with defense and to sustaining needed military capabilimanagement structure or lower-priori- essentially unexecutable and impose un-"Getting this done will require the ty areas and towards current and future acceptable schedule and budget costs."

The department also will work with include force structure, uniformed per- gram back on track.

"In addition," he said, "the detailed

The JSF program is the largest and His intent in shifting funds is to pro- most important acquisition project over tect the required budget growth in the next decade. It has been through areas most important to the defense some tough times and Gates personally of the United States, said Gates. These intervened in an attempt to get the pro-

"Our team has taken aggressive steps The secretary told reporters he is to restructure and manage it through Gates unveiled his goal of eliminating department does business," he added. the joint strike fighter (JSF) program he said. "I am therefore determined Gates stressed that he is not asking and the desire of some in Congress to to ensure that it remains on track. Acfunding for a costly and unnecessary The House Armed Services Com- JSF extra engine or direct changes that mittee has passed its version of the seriously disrupt the JSF program, or "The president's budget proposal ... authorization bill, he said, and "it ap- impose additional C-17 aircraft, I will find the savings necessary to sustain proposes such a real growth path," he pears that the committee continues to strongly recommend that the president

NAVY MEDICINE ——

Safe Harbor **Program supports** troops, families

BY CAT DEBINDER

al Center Public Affairs

BETHESDA, Md. -Wounded, ill and injured process. service members face a multitude of challenges rently has over 1,000 throughout their recov- actively engaged patients ery process. To ensure in the program nationthey can concentrate on wide," their recovery, Navy Safe started in 2005 with a staff Harbor program provides of three and enrollment of assistance with non-medi- 20 war-wounded Sailors, at cal issues.

program is the Navy's lead the program." organization for coordinat- Hillier also noted what is ing the non-medical care unique about the Safe Harof wounded, ill and injured bor program from others Sailors and Coast Guards- is a reserve surge support men and their families, team that can be rapidly ac-Dedicated to non-medical tivated in the event of a large needs, the organization's scale disaster or when mulmanagement services are tiple casualties occur within designed to fit each ser- a short time frame. vice member's unique requirements. They han- chor Program, a Reserve dle such things as pay and Component Retiree Counpersonnel issues, lodging cil partnership of volunteer and housing adaptation, mentors that provide lifetransportation, legal and long contact with enrollees guardianship matters.

Safe Harbor "Navv provides a systematic ap- absolutely helpful and they proach to providing a are a wonderful group to continuum of non-medi- have helping out," said cal care to our recovering Hospital Corpsman 3rd Sailors and Coast Guards- Class Jacob Emmott, a men by working in concert Safe Harbor enrollee and with organizations both former National Naval within and outside of the Medical Center inpatient Navy," said Commanding injured in Afghanistan. Officer, Navy Safe Har- Emmott said Hillier was bor Command Capt. Key assigned to him as a case Watkins. "Safe Harbor as- manager. "She handled a sistance has proven to paycheck issue for me," be invaluable to our en- he said. "She really did evrolled shipmates by lifting erything she could every much of the burden from chance she got - especialthem and allowing them ly when I was in the ICU." to remain focused on their recovery and rehabilita- pleasure being taken care tion activities."

lored assistance and assist day. Emmott's mother, with the successful re- April, said the attention and covery, rehabilitation and the care they received from reintegration into society Hillier was wonderful. for our Sailors and Coast satellite office.

ery process.

Hillier said the patients they work with are not all everything to help us," he wounded warriors. Some said. are injured in shipboard, car and motorcycle acci- National Naval Medical dents or have cancer or *Center*, visit www.navy.mil/ serious physical local/nnmc/. other

and psychological illnesses. She added not all are inpatients, some are outpatients and in different

stages of their recovery cur-

said Hillier. "It that time only war-wound-The Navy Safe Harbor ed Sailors were eligible for

They also have the Anand their families.

"The program has been

Emmott said it was a of by Hillier. He would love "We provide lifetime tai- to come work for her some

"From day one, even Guardsmen who are seri- before Jake arrived, she ously ill or injured," said reassured us and ma-Senior Chief Hospital neuvered us around for Corpsman Kendall Hillier everything we needed," who is a non-medical care she said. "It has made our manager in charge of Navy visit 'Jake-specific' and we Safe Harbor's Bethesda didn't have to deal with any other details."

"We also work with Emmott's father, Bob, their families," she said, was pleased with and grate-"because families are an ful to the Navy Safe Harbor integral part of the recov- program and its members at the Bethesda office.

"They steered us toward

For more news from

U.S. Fleet Forces Command names new Fleet Surgeon

PRESS RELEASE olic Affairs

Rear Admiral William M. Roberts has been named the Fleet Surgeon of U.S. Fleet Forces Command, He relieved Rear Admiral Alton Stocks who assumed command of the Portsmouth Naval Hospital.

As U.S. Fleet Forces Fleet Surgeon, Roberts is responsible for providing medical support to the operational forces in order to maintain combat ready Sailors and Marines through both preventive measures and casualty care, and support efforts to continuously improve quality of care and safety .

Roberts previously served as the director, Medical Resources, Plans and Policy Division (OPNAV N931), Office of the Chief of Naval Operations, at the Pentagon, as well as director of the Navy Medical Corps. He has served as commanding of-Mercy (T-AH 19), commanding officer, Naval Hospital Bremerton, Wash and medical officer of the Marine Corps.

ated from the Landon School in Bethesda, Forces Health Professions Scholarship Md. and earned his Bachelor of Arts (cum Program.



Rear Admiral William M. Roberts

ficer, Medical Treatment Facility, USNS laude) from Princeton University in 1975. He completed his Doctor of Medicine in 1979 at the George Washington University. Roberts' four years of medical school A native of Washington, D.C., he gradu- were under the auspices of the Armed

Stress Conference lays groundwork for future

BY MC2 JOSH CASSATT Support Element West

joint Navy and Marine Corps stress control. Combat and Operational Stress Control (COSC) Con- been a culmination of what there has been a wide array ference concluded May 20, we have been working on of experts and greater colafter three days of discus- for the past several years," sions and presentations on said Capt. Paul Hammer, stress control.

and Marine Corps leaders, as a whole.' medical and mental health and family members.

er all these brilliant minds links in the chain of com- resilience. and all these programs are mand to perform the five ture? That is what everyone fy, treat and reintegrate. here is excited about. Now side."

discuss the new combined "reacting" (mild/transient/ ic brain injury. Navy/Marine Corps COSC functional) to "injured" doctrine, as well as new (moderate/persistent/ navy.mil.

policies, research, data, pro- distressed) to "ill" (severe/ grams, interventions and prolonged/disabled). the best practices pertinent SAN DIEGO - The first to combat and operational Corps held their own COSC

professionals, counselors, ference was the presentation normally limit who people chaplains, combat veterans of the new COSC doctrine, would talk to or what they expected to be formally intro- would talk about.' "This conference has been duced within months. This

In years past, the Marine conferences, but this year's "This conference has conference was the first time laboration.

"I was most pleased with NCCOSC director. "Even the level of collaboration The symposium, orga- though the Marine Corps among a lot of different nized by the Naval Center developed the COSC model groups that would normally for Combat and Operational and the Navy adopted it, this not be collaborating," Ham-Stress Control (NCCOSC) to conference was a success mer said. "We had line address combat, operational because we have been able leaders talking with reand daily stress, brought to- to look at the COSC from the searchers; we had family gether hundreds of Navy perspective of Naval service members talking with clinicians. I think we broke down One highlight of the con- a lot of barriers that would

NCCOSC is a Navy Bureau overwhelming,"saidMedical doctrine promotes effective ofMedicine and Surgery pro-Officer of the Marine Corps leadership by enhancing the gram created to improve the Rear Adm. Richard R. Jef- mission capabilities of care- psychological health of Navy fries. "The next step is, now givers. It also empowers and Marine Corps forces by that we have brought togeth- commanders and important helping to build and promote

Its goals are to provide now going, what can we cre- core functions of combat and service members, combat ate to be more proactive and operational stress control: to veterans and their families make a difference in the fu-strengthen, mitigate, identi-with educational programs to effectively address combat, Psychological stress, ac- operational and daily stress, we are looking at the growth cording to this new doctrine, reduce the stigma in seeking side instead of the problem is plotted and measured mental health treatment and on a continuum of severity, to facilitate research in psy-The NCCOSC invited in- duration and impairment. chological health, especially dividuals and organizations This paradigm ranges from in relation to post-traumatic from around the world to "ready" (mission ready) to stress disorder and traumat-

For more news, visit www

Save time: Pav enrollment fees electronically

FALLS CHURCH, Va. — Prime beneficiaries can save time by paying their enrollment fees electronically.

Veterans and their including families, survivors and eligible former spouses, enrolled in TRICARE Prime pay, an annual enrollment fee, TRICARE Prime beneficiaries can pay electronically two different ways - direct withdrawal from their retirement pay allotment or by creating an electronic funds transfer (EFTs) linked to a bank account.

Beneficiaries can visit their regional health care contractor's website to download and fill out the required Enrollment Fee Allotment Authorization letter or EFT Pay-Authorization ment form to get started. Beneficiaries mail the completed form back to their regional health care contractor. The system does not allow electronic form submissions.

Once forms are received and authorized, TRICARE Prime enrollment fees are automatically deducted from the beneficiary's retirement pay or bank account monthly. In the South Region, a quarterly payment is required first, before establishing a monthly payment option. The beneficiary has to pay three months up front, before he or she can start making monthly payments. For convenience. beneficiaries are able to view online payment history and claims status at any time.

Both payment methods are safe and convenient options that free beneficiaries from the worry of missing a payment or defaulting on their coverage.

Of course, mail-in payments will always be accepted and payby-phone is offered in all three regions. Beneficiaries can check with their regional health contractor's care website for more information.

Health Net Federal Services (North Region)

www.hnfs.net/bene/enrollment/ fees/Enrollment+Fees-Payments.htm

"Safe Harbor

> Services (South Region) www.humanamilitary.com/south/ bene/billing-enrollment/PaymentOp tions.asp

TriWest Healthcare Alliance (West Region) www.triwest.com/epa

AROUND THE SERVICES —

Virtual Army Experience lets civilians experience combat

STORY AND PHOTO BY SGT. DAVID TURNER

JOINT BASE ANDREWS, Md. -The "Virtual Army Experience" offered Armed Forces Dav visitors the chance to experience a few minutes of combat at the Joint-Service Open House and Air Show.

Visitors to the annual event at Joint Base Andrews were treated to a wide variety of displays and demonstrations May 14 - 16, but perhaps the most popular exhibit wasn't in the air, but instead one that immersed them in a virtual world

"It gives them a little bit of a look of everything that goes on in a battlefield." said George Munro, who travels around the country with the Virtual Army Experience simulator.

The simulator is based on "America's Army," a video game first released in 2002, which now has more than 10 million users worldwide. In this game scenario, players travel through hostile territory to rescue aid workers on by members of all the military services. a humanitarian mission, manning a gun truck or helicopter and coming under fects. heavy enemy fire.

ed rifles in a 180-degree environment you're going to get." with sensory feedback and sound ef-



Visitors to the Joint-Service Open House and Air Show fire weapons in the Virtual Army Experience combat simulator, based on the popular video game "America's Army," at Joint Base Andrews, Md., May 15. The event featured an air show as well as exhibits and demonstrations

"It takes video games to a whole ers learn some of how the Army works Instead of playing in their living room new level," Munro said. "It's not by between their mission brief and af- ally made a difference because they get with a standard controller, players work any means what Soldiers are doing ev- ter-action review. Retired and Reserve alongside their comrades uing simulat- ery day, but it's as close to realistic as Soldiers provide the instruction.

the game, as Munro explained. Play-

The experience is more than just what it's like to be a Soldier," Munro said. there.'

Thirteen-year-old gaming enthusiast Jonathan Mannarano, of Leesburg, Va., said the experience was far better than playing at home.

"It was probably the raddest video game you will ever get to play," said Mannarano, after going through the simulator with his family. "If you shot a gas tank, then you actually feel a shake and hear the explosion."

"It was fantastic," added Jonathan's mother, Deb Mannarano, who played alongside him in a simulated up-armored Humvee. "You felt like you were right there. The adrenaline was flowing, it was very cool."

Ionathan Mannarano said it also gave him a new perspective on the Army and combat.

"I think it's a really tough job being a Soldier because you have to put your life on the line to save all these people that need to be saved," said Jonathan Mannarano. "These Soldiers are so modest, giving their lives to give us all this freedom."

Deb Mannarano also enjoyed the depth of the game experience for her son, who she said plays "too many' games at home.

"I think having a brief in advance reto understand a little bit more, especially at his age," she said. "It's not just fun "It shows them all different aspects of and games, there's real life stuff out

CYBERFOR hiring for more than 250 IT-related positions

VIRGINIA BEACH - Navy said. "Our benefits include flexible Cyber Forces is hiring for more work schedules, top-notch retirethan 250 Information Technology ment programs, 401(K) employer (IT)-related government positions matching contributions, medical in the Norfolk-Virginia Beach area, and dental insurance plans and pro-San Diego and Pearl Harbor, Ha- grams to help employees achieve waii.

According to CYBERFOR Manpower Director Katie Petrillo, the Network Operations (NetOps), jobs are open for immediate hiring Information Technology Service of well-qualified candidates who Management (ITSM) and knowlmay be recent college graduates or edge of industry best practices in the following commands: Navy experienced professionals.

anyone interested in serving their cesses and methodology. country as a Navy civilian, while enjoying outstanding job security and Beach, are at Joint Expeditionary (NCDOC). Job openings at Naval

their educational goals."

Desired experience includes



such as Information Technology Cyber Forces (CYBERFOR), Na-"This is a great opportunity for Infrastructure Library (ITIL) pro- val Network Warfare Command (NETWARCOM and Navy Cyber

(GNOC) and Naval Computer and work to meet the warfighting and Telecommunications Area Master business needs of the United States Station Atlantic (NCTAMS LANT). Navy and Marine Corps

Positions at Pearl Harbor, Hawaii are within Naval Computer and submit a resume, please visit and Telecommunications Area the Navy Cyber Forces website at: Master Station Pacific (NCTAMS www.cyberfor.navy.mil/. Resumes PAC) and the San Diego jobs are and questions can also be directed located at the Navy Computer to: NAVCYBER_IS_HIRING.fct@ and Telecommunications Station navy.mil. (NCTS)

transition from the current Navy is available through the Employ-Marine Corps Intranet (NMCI) sup- ee Benefits Information System at: Available positions in Virginia Defense Operations Command porting more than 700,000 users https://www.civilianbenefits.hroc. worldwide, to the Next Genera- navy.mil/benefits_newemployees. professional development," Petrillo Base Little Creek - Fort Story with- Base Norfolk are located within the tion Enterprise Network (NGEN) asp.

Global Network Operations Center - a secure enterprise computer net-

To browse all job descriptions

Information on Department of the $These jobs will support the Navy's \ Navy benefits for civilian employees$

HOMEFRONT IN FOCUS

Observing Memorial Day at Arlington National Cemetery

BY BETH WILSON

recall that I lived many years in the lived in DC for six years prior to mak-Washington, DC area. While the Belt- ing a second journey to Arlington. That way may be the center of power for trip took place on Memorial Day. My the nation, it is also a major seat of our father, a WWII and Korean War Navy history. From the monuments to the Veteran was in town and wanted to vismuseums, Washington, DC is a journey it this sacred ground. As we rounded through our nation's rich history. There the Jefferson-Davis Highway, the sight



Pause where you are at 3 p.m. on Memorial Day for the National Moment of Remembrance.

cannot be rivaled anywhere else; Memorial and Independence Day.

While I visited Arlington National If you are a regular reader, you may Cemetery as a senior in high school, I are two holidays celebrated in DC that of the American Flags on each white grave marker took my breath away. Out of the corner of my eye I saw my father wipe away a tear that escaped down his cheek.

> Each year, just prior to Memorial Day weekend, a tradition called "Flags In" is conducted. Soldiers of the 3rd U.S. In- transcends words. I watched my father year. Many locations offer special cerefantry, also known as The Old Guard, read gravestones of fellow WWII and monies to commemorate the day, so call honor fallen heroes by placing American Korean War veterans, lingering longer ahead or check the website. flags before the gravestones and niches at a few. We stood at the Tomb of the of service members buried at Arlington Unknowns together during the Chang-National Cemetery and the U.S. Soldier's ing of the Guard ceremony. and Airmen's National Cemetery.

> Taking approximately three hours, ev- and British descent, was a man of few ery available soldier serves to place the words. Though a Purple Heart recipi-American flag one foot in front and cen- ent, he shared little about his time in the tered before each grave marker. More Navy till nearer his death. As we left Arthan 260,000 gravestones, 7,300 niches lington that day I asked my father about (at the cemetery's columbarium) and WWII and the Korean War. He quietly Soldier's and Airmen's Cemetery, locat- were good men." ed nearby. As part of the Memorial Day If you have never visited a national amazing enlisted spouse in your life. Conweekend activity, Old Guard soldiers, cemetery on Memorial Day let me sug- tact Beth at beth@homefrontinfocus.com. the Army's official ceremonial unit, remain in the cemetery ensuring that a flag remains at each gravestone.



Master Chief Petty Officer of the Navy (MCPON) Rick D. West lays a single red rose at the gravesite of the first MCPON Delbert D. Black at Arlington National Cemetery after attending the commemoration ceremony for the 117th anniversary of the establishment of the rank of the Chief Petty Officer at the Navy Memorial.

The trip to Arlington with my father gest that you take the opportunity this

May I invite you to tune into my show, May 27, when Mr. Thomas Sherlock, historian of the Arlington National Cemetery is my guest. He will take us on a "verbal tour" of the history and tra-My father, a man of Puritan heritage ditions of Arlington National Cemetery. You are sure to enjoy this broadcast (www.blogtalkradio.com/nht).

Beth and Homefront in Focus are celebrating the Year of the Enlisted Spouse. another 13,500 flags are placed at the said, "They were good men, Beth, they Logon to www.enlistedspousecommunity.com to learn more and nominate the

The History of Memorial Day

PRESS RELEASE

Department of Veteran Affairs

organization of Union veterans - mond. The village of Boalsburg, I, however, that the day was ex- ebrates Confederate Memorial ones. the Grand Army of the Republic Pa., claims it began there two panded to honor those who have Day on the last Monday of April, Day as a time for the nation to dec- dale. Ill., cemetery orate the graves of the war dead carries the statewith flowers. Maj. Gen. John A. Lo- ment that the first gan declared that Decoration Day Decoration Day cershould be observed on May 30. It emony took place is believed that date was chosen there on April 29, because flowers would be in bloom 1866. all over the country.

The first large observance was home of Gen. Loheld that year at Arlington National gan. Approximately Cemetery, across the Potomac Riv- 25 places have been er from Washington, D.C.

The ceremonies centered around tion with the origin the mourning-draped veranda of of Memorial Day, the Arlington mansion, once the many of them in the home of Gen. Robert E. Lee. Var- South where most of ious D.C. officials, including Gen. the war dead were and Mrs. Ulysses S. Grant, pre- buried. sided over the ceremonies. After speeches, children from the Sol- Official birthplace diers' and Sailors' Orphan Home declared and members of the GAR made their way through the cemetery, strewing flowers on both Union gress and President and Confederate graves, reciting Lyndon prayers and singing hymns.

Local observances claim to be of Memorial Day.

Local springtime tributes to the ored local veterans Civil War dead already had been who had fought in held in various places. One of the the Civil War. Busiwomen visited a cemetery to dec- at half-staff. Support- half mast on Memorial Day. orate the graves of Confederate ers of Waterloo's claim say earlier Memorial Day was declared a divided republic. soldiers who had fallen in battle at observances in other places were national holiday by an act of Con-Shiloh. Nearby were the graves of either informal, not community- gress, though it is still often called morial Day ceremony at Arlington vice to the nation. As Moment of Union soldiers, neglected because wide or simply one-time events. they were the enemy. Disturbed By the end of the 19th century, placed on the last Monday in May, mately the same size as those that LaSpada states, "It's a way we can at the sight of the bare graves, the Memorial Day ceremonies were as were some other federal holi-

ers on those graves, as well. the South claim to be the birth- the day and the Army and Navy hree years after the Civ- place of Memorial Day in 1866. adopted regulations for proper obil War ended, on May Both Macon and Columbus, Ga., servance at their facilities 5, 1868, the head of an claim the title, as well as Rich-

Aemorial

Carbondale was the wartime

named in connec-

In 1966, Con-Johnson declared Waterloo, N.Y., the "birthplace" There, a ceremony on May 5, 1866, hon-

women placed some of their flow- being held on May 30 through- days.

Today, cities in the North and passed proclamations designating **observances**



first occurred in Columbus, Miss., nesses closed and Master-at-Arms 1st Class Alex Roelofs, assigned to Naval Mobile April 25, 1866, when a group of residents flew flags Construction Battalion (NMCB) 5, raises the national Ensign to

Decoration Day. It was then also

out the nation. State legislatures Some states have confederate small American flags were placed

Many Southern states also have their own days for honoring the

Texas Monday in May Con- hearts of men." federate Memorial Day.

the present or to the membrance. coming generations

on each grave - a tradition followed at many national cemeteries today. In recent years, the custom has grown in many families to decorate It was not until after World War Confederate dead. Mississippi cel- the graves of all departed loved The origins of special ser-

(GAR) - established Decoration years earlier. A stone in a Carbon- died in all American wars. In 1971, Alabama on the fourth Monday of vices to honor those who die April and Georgia on in war can be found in antiqui-April 26. North and ty. The Athenian leader Pericles South Carolina ob- offered a tribute to the fallen heserve it on May 10, roes of the Peloponnesian War Louisiana on June 3 over 24 centuries ago that could and Tennessee calls be applied today to the 1.1 million that date Confeder- Americans who have died in the ate Decoration Day. nation's wars, "Not only are they celebrates commemorated by columns and Confederate Heroes inscriptions, but there dwells also Day January 19 and an unwritten memorial of them, Virginia calls the last graven not on stone but in the

To ensure the sacrifices of America's fallen heroes are nev-Gen. Logan's or- er forgotten, in December 2000, der for his posts the U.S. Congress passed and the to decorate graves president signed into law "The in 1868 "with the National Moment of Rememchoicest flowers of brance Act," P.L. 106-579, creating springtime" urged, the White House Commission on "We should guard the National Moment of Rememtheir graves with sa- brance. The commission's charter cred vigilance ... is to "encourage the people of the Let pleasant paths United States to give something invite the coming back to their country, which proand going of rever- vides them so much freedom and ent visitors and fond opportunity" by encouraging and mourners. Let no coordinating commemorations in neglect, no ravag- the United States of Memorial Day es of time, testify to and the National Moment of Re-

The National Moment of Rememthat we have forgot- brance encourages all Americans to ten as a people the pause wherever they are at 3 p.m. cost of a free and un- local time on Memorial Day for a minute of silence to remember and The crowd attending the first Me- honor those who have died in ser-

National Cemetery was approxi- Remembrance, founder Carmella attend modern day observances, all help put the memorial back in about 5,000 people. Then, as now, Memorial Day."

Ceremonies scheduled to honor fallen heroes, families



STORY BY HEATHER MCCANN

Pam Brown wrote, "The courage paign-capable of very ordinary people is all that army. stands between us and the dark." morial Day.

are open to the public.

at 10 a.m. on the grounds of At the time, Butterfield and Nor- Ingalls Roads. Both observanc-Hampton University, where the ton were encamped at Harrison's es will take place rain or shine. Hampton National Cemetery Landing (Berkeley Plantation) Visitors to both the Hampton Complex is located at the inter- with the Army of the Potomac, National Cemetery Complex section of Marshall Avenue and formed at Fort Monroe. Cemetery Road. Command of- During this ceremony, a joint ed that valid photo identification

participate.

Roads' military installations will the colors and representatives quired for entry.

the efforts of the headquarters Anthony D. Reyes, will open the staff and its major subordinate ceremony with brief remarks. FORT MONROE — The poet organizations in building a cam- TRADOC Deputy Commanding

These poignant words take on itary Police Detachment (Fort General, General (Ret.) Donn additional significance each Me- Monroe) will render a seven gun, Starry, will also speak. A 105mm three volley salute, and the TRA- Howitzer, 21-gun, Memorial Day On May 31, the Fort Monroe DOC Brass Quintet will play the salute will follow. and Hampton communities will National Anthem and other patrigather to honor the thousands otic musical selections. A member TRADOC Ceremonial Band of men and women who sacri- of the TRADOC Band will per- will provide patriotic music at ficed their lives in this nation's form "Taps," a revision of an the Monroe ceremony, and the defense during two distinct Me- earlier bugle call credited to Civil salute will conclude with the renmorial Day observances. Both War Brigadier General Daniel Ad- dering of "Taps. ams Butterfield and his brigade Continental Park is located

The first observance begins bugler, Oliver Wilcox Norton. at the corner of Fenwick and

ficials from several Hampton services color guard will carry for those ages 18 and older is re-

Monroe. Pittard coordinates Park. Garrison Commander, Col. expeditionary General and Chief of Staff, Lt. Gen. John E. "Jack" Sterling, and A detail from the 233rd Mil- former TRADOC Commanding

Members of the U.S. Army

and Fort Monroe are remind-



A Sailor renders a solemn moment of remembrance at the Cuzco Wells Memorial Day Ceremony aboard Naval Base Guantanamo Bay.

from each branch of the armed

will be delivered by Maj. Gen. headstones of service members Complex observance, call 723-Dana J. H. Pittard, Deputy Chief laid to rest at the cemetery. of Staff of Operations & Train-

For more information regarding This year's keynote address services will place wreaths at the the Hampton National Cemetery 7104.

The second observance gets For information regarding the ing at the Training and Doctrine underway at 11:40 a.m. at Fort Continental Park observance on Command (TRADOC) at Fort Monroe's historic Continental Fort Monroe, call 788-2263.



Members of the Fleet Week flag detail open a U.S. flag during a Memorial Day tribute aboard the USS Intrepid Sea, Air & Space Museum during Fleet Week New York City 2009.

MC3 Derek Poc

Phoenix Express 2010 kicks off from Souda Bay

BY MC2 (SW/AW) Felicito Rustique

ort Element East Det. Europe

SOUDA BAY, Greece -Phoenix Express 2010 (PE-10), a two-week, two-phase, multinational, maritime exercise among regional partners from Africa, Europe and the United States, is set to conduct its kickoff presail conference and conclude its in port training portion of the exercise.

The in port phase, which began in Rota, Spain and continued in Souda Bay, Greece, focuses on medical training, maritime interdiction operations (MIO), helicopter operations and safety, damage control, navigation, deck seamanship, search and rescue (SAR), small boat operations and a leadership round table.

Ships and personnel involved will depart Souda Bay later this month and sail into international waters in the central Mediterranean Sea.

During the underway portion of PE-10, countries will track and board suspect vessels carrying suspicious cargo, Maritime ed Identification Systems along with MIOs like SARs and visit, board, search and seizures will strates theater partner nations' maintain maritime domain be performed.

partnering.



Photo by MCSA Whitfield M. Palmer

Patrol Aircraft and Automat-Turkish sailors perform fast-rope exercises from a U.S. Navy MH-60S Sea Hawk helicopter during exercise Phoenix Express. Phoenix Express is part of the overall U.S. Africa Command and U.S. Naval Forces Europe, U.S. Naval Forces Africa, U.S. 6th Fleet Theatre Security Cooperation strategy to enhance regional stability in the region through increased interoperability and cooperation among regional allies from the United States, Africa, and Europe.

commitment to regional stabil- awareness. When they meet in U.S. commanders believe ity and maritime security," said the future to conduct combined PE-10 is invaluable to theater Capt. Martin Beck, command- peacekeeping or humanitarpartners because it fosters er, Task Force 68, whose task ian operations, or to counter mutual understanding and im- force is in command of the ex- trafficking in drugs, people, or proves international military ercise. "During this exercise, weapons in this region, they

> " P h o e n i x ther develop the Express demon- capacity to

maritime professionals will fur- will be better able to respond and work together."

Twenty countries are expected to participate in the exercise as an either an active participant or observer. U.S. units participating in Phoenix Express include the USS Gunston Hall (LSD 44), home ported in Vir-ginia Beach; USS John L. Hall (FFG 32), home ported in Mayport, Florida; Military Sealift Command ships USNS LCPL Roy M. Wheat (T-AK3 016) and USNS Laramie (T-AO 203); and members of the U.S. 6th Fleet staff.



Photo by MC1 Jenniffer Rivera Greek sailors form up after completing a fast-roping exercise from a Greek SH-60 Seahawk helicopter during exercise Phoenix Express.



First Lady calls on nation to support military families

BY ELAINE WILSON

Lady Michelle Obama is- their employees." sued a national challenge to all sectors of American soci- munity-based organizations tary families.

icans to support them and Association to create Opera-"This has to be all hands, on for military children. deck. This is a challenge to government."

The first lady made this call to action during her remarks to the National Military Family Association's summit: "When Parents Deploy: Understanding the Experiences of Military Children and Spouses."

"We know that our military families are some of the most patriotic, some of the most dedicated, the most serviceoriented Americans vou will ever meet," she said. "But we also know ... that these strong families are being tested like never before."

President Barack Obama and his administration have made military families a priority, she noted, with increased pay and benefits as well as increased funding for military housing and child care and spouse counseling and career development. The Family and Medical Leave Act (FMLA) also has been extended to more military families and caregivers, she added.

The budget for next year is slated to continue to strengthen military family support programs, the first lady said. "And last week, my husband

signed into law legislation that many of you fought for - expanding veterans' health care and giving unprecedented support to caretakers," she said.

Within the Defense Department, the first lady lauded the leadership of Defense Secretary Robert M. Gates and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen for the progress made in military family programs.

Still, much work remains to be done to better understand how to serve military families, she said.

To that end, the Defense Department has launched the Military Family Life Project, the first lady said, a landmark study of more than 100,000 spouses and service members that is slated to launch this month. This survey will assess families' quality of life to give officials a better sense of how families are experiencing deployments and improve the support provided to them.

Spouses and service members, selected at random from all services, will be invited via mail to participate in the online survey, defense officials said.

rant to encourage all the spouses who were selected to fully participate in this project, because the more that this nation knows about your priorities, the more we can do to meet them." said Obama Along with the federal government, Obama extended her challenge to encompass state and local governments "whose services touch military families in so many ways." The Interstate Compact that eases the school transfer process for military children has been adopted by 30 states, she noted as an example. "And we are going to need the other 20 states to help by adopting it too," she said. In the private sector, businesses large and small also can make a difference, the first lady said. "Maybe it's offering services, pro bono, to a military family or veteran," she suggested. "Maybe it's helping a military spouse or a veteran develop their job skills and find a job. Maybe it's hiring them - because you know

the discipline and dedication "There are so many orneeded to succeed in the military are the same traits that Obama encouraged com- she said.

we need 100 percent of Amer- the National Military Family people can find ways to reach families and veterans, she out, she said, and many part- said. their families," said Obama. tion Purple summer camps nerships are waiting to be forged.

interests that can be shared and Dr. Jill Biden, wife of said. WASHINGTON - First any business would want in with military families and we Vice President Joe Biden,

The first lady pointed out bor, her challenge ultimately ery segment of society, if ganizations with skills and a national network that she extends to all Americans, she we work together, if we hold

"Everyone can do some- standard of excellence that need to get them involved," launched last Veterans Day. thing, whether it's reaching our military families live by Mission Serve brings civilian out to a local family or support- every day, then I know we can In communities, Obama and military service groups ing an organization serving succeed," she said. "I know ety: mobilize and take action to continue their work on called on people to reach out together not only to help sup-families or sharing your skills we can realize our vision of an to support and engage mili- behalf of military families, to military families, partic- port troops and veterans and or being a voice in your com- America that truly supports pointing out the contributions ularly those living far from their families, but to encour- munity or just saying, Thank and engages our military "One percent of Americans of organizations such as Sier-military installations. Even in age communities to use the you," she said. "Even small families not just now, but for may be fighting our wars, but ra Club, which partnered with communities without a base, talents and skills of military things send a big message." decades to come. It may take time to come

leader to a next-door neigh- challenge, if we mobilize ev- lady," she added.

ourselves to the same high

"And I can promise you this to fruition, Obama said, "but today, this will remain one of From a federal government if Americans respond to this my defining missions as first

Navy releases roadmap for global climate change

BY BOB FREEMAN

of the Navy

WASHINGTON - The Vice Chief of Naval Operations Adm. Jonathan W. Greenert released an overarching roadmap on May 21 that will guide Navy policy, strategy and investment plans related to a changing global climate.

Entitled the U.S. Navy Climate Change Roadmap, the guidance was developed by the Navy's Task Force Climate Change, a matrixed organization that includes representatives from various Naval staff and program offices and the operational fleet, with the close collaboration of the U.S. Coast Guard and tion.



"We must ensure our matic conditions on mission

the National Oceanic and the future. That responsi-Titley, director of Task released in November 2009. Atmospheric Administra- bility includes anticipating Force Climate Change and While the Arctic Roadmap the impact of changing cli- Oceanographer of the Navy. serves to promote mari-Navy is fully mission-ca- requirements, force struc- Roadmap is intended to be readiness in a changing for improved operational location of future Navy mispable and ready to meet ture and infrastructure," a companion document to Arctic, the new Climate and climatic prediction capa- sions, so it's essential that national requirements in explained Rear Adm. Dave the Navy Arctic Roadmap,

change is occurring," Ti- gic "table top" exercises. tlev remarked. "but the Arctic is not a vacuum. The ed for fiscal years 2011 and science," he added. changes that are occurring 2012, identifies as a pri-

chronological approach di- vulnerable to rising sea view.

levels and water resource challenges and being prepared to respond to regions of the world destabilized by changing climatic conditions.

Phase 2 also calls for the formalization of the cooperative relationships defined in Phase 1, and targets incorporation of climate change considerations in strategic guidance documents and fleet training and planning.

Aerographer's Mate 2nd Class

Elizabeth Clements

prepares to

balloon from

the fantail of

class aircraft

70) to analyze

atmospheric

pressure and

temperature.

carrier USS Carl Vinson (CVN

the Nimitz-

release a weather

Phase 3, looking out through fiscal year 2014, addresses the execution of investment decisions and the initiation of intergovernmental, multilateral and bilateral activities with various partners to better assess and predict climate change, and respond to the military impacts of climate change.

Phase 1, focusing on "Climate change will afnear-term goals, includes The Climate Change time security and Naval defining the requirements fect the type, scope, and Change Roadmap exam- bilities through cooperative naval force structure and inines the broader issues of efforts within the U.S. gov- frastructure are delivered global climate change im- ernment and scientific and at the right time and at the right cost," Titley explained. Phase 1 also calls for in- "That will depend upon a rig-We issued the Arctic clusion of climate change orous assessment of future Roadmap first because that impacts on national secu- requirements and capabiliis where the most signif- rity in Naval War College ties, and an understanding of icant evidence of climate coursework and in strate- the timing, severity, and impact of the changing climate, Phase 2, which is target-based on the best available

> The Roadmap, which inthere, from both an en- ority the development of corporates guidance from vironmental and political recommendations for Navy national maritime and destandpoint, reflect changes investments to meet climate fense strategies, will be that will occur in the rest of change challenges. These updated to reflect future challenges include pro- guidance after the next

NAVSEA's SUPSALV surges, supports oil spill response

PRESS RELEASE

ns Command Office of

WASHINGTON - Navy pollution rethe underwater oil spill at an exploratory oil rig off the coast of Louisiana.

Naval Sea Systems Command's (NAV-(SUPSALV) has positioned equipment and personnel from Texas to Florida to support the oil spill response efforts led by the Guard's oil response efforts. U.S. Coast Guard and the Department of Homeland Security.

boom and nine self-contained skimming systems and the professionals to install and operate them, were dispatched (rep-Navy – a 24-hour Navy – incredibly ready and trained to respond to a wide variety of try to stop the leak," said McCoy. national taskings," said Vice Adm. Kevin McCoy, NAVSEA commander.

Keenan, NAVSEA's director of Ocean Engineering, Supervisor of Salvage and Diving, the booming equipment was first deployed containment equipment at an oil spill site ing requirements. and consists of vans, boom, air compresstrategic locations in a state of readiness for rapid deployment to a spill site.

hours of that one call, and 24 hours later ter ship husbandry. NAVSEA personnel were at sea combating this terrible spill, added McCoy.

In addition to the boom systems, SUP- security mission," said Keenan.

SALV also shipped 21 oil skimming systems to the Gulf of Mexico, including the Vessel of Opportunity and Rapid Deployment Skimming Systems for oil spill sponse experts have shipped 98,000 feet of clean up. Skimming systems are outfitted oil containment boom as of May 20, to the with the machinery that separates spilled Gulf of Mexico, as part of the combined ef- oil from the water, stores the recovered oil, fort to reduce the environmental impact of and then transfers it to an off-vessel storage facility. Keenan said a single skimming system can be set up in four hours, and if operated constantly, has a daily capacity of SEA) Supervisor of Salvage and Diving 1,200 barrels. Additionally, more than 90 personnel and three contracted offshore supply vessels are supporting the Coast

"A team of NAVSEA professionals are working around the clock to protect the "With a single phone call from the U.S. sensitive coast lined with oil booms and Coast Guard, 66,000 feet of open ocean perform open ocean skimming at the source. NAVSEA's Chief Engineer for Underwater Salvage (Keenan) has been an integral member of BP's Engineering Comresenting the initial shipment). That's your mand Cell that has assembled the best and brightest minds from around the world to

While the magnitude of this spill is unprecedented for this team, Keen-The Navy oil booming equipment is an said SUPSALV personnel regularly designed to divert the oil spill from an operate their equipment at oil spill exeridentified area. According to Capt. Patrick cises around the world. He said in this type of an effort, safety standards are a key part of their operation. His team follows strict personal protection protocols to the western tip of Ship Island, south of and complete OSHA's Hazardous Waste Gulfport, Miss. Keenan said the Oil Con-Operations and Emergency Response tainment Boom System is the primary training as a standard part of their train-

SUPSALV has been the Navy's oil pollusors, and necessary equipment to support tion experts since the 1970s, as required the various types of containment booms. by the Federal Water Pollution Control Act. SUPSALV's Oil Containment Boom Sys- They provide technical, operational, and tems are portable and maintained at emergency support to the Navy, Department of Defense and other federal agencies in the ocean engineering disciplines of ma-Eighty-five 18-wheelers of vital equip- rine salvage, pollution abatement, diving, ment arrived in Gulfport, Miss., within 48 diving system certification, and underwa-

"The Navy is committed to protecting the environment while meeting its national

vided into three phases.

pacts on Navy missions and academic communities. capabilities.

the world."

The roadmap lays out a tecting coastal installations Quadrennial Defense Re-

Photo by MC2 Adrian White

GOING GREEN —

Educating Sailors on the importance of recycling at NAS Oceana

BY MC3 TERAH MOLLISE

blic Affairs

VIRGINIA BEACH - Educating Sailors on the importance of recycling is one of the top priorities of the waste management team at Naval Air Station Oceana.

"Going Green" has become much more important than just a catch phrase, with large companies to small businesses - as well as the Navy - trying to do their part.

Jim Clagett, integrated solid waste manager, and Garrathan Kirby, equipment operator, who together run the recycling facility serving Naval Air Station (NAS) Oceana and Dam Neck Annex, are continually working with Sailors and Marines on recycling. Clagett and Kirby are also responsible for the recycling on Naval Auxiliary Landing Field Fentress, Naval Support Activity Northwest Annex and Navy Exchange Service Command (NEXCOM).

"One important factor is realizing that we need to do a better job of recycling. It not only saves the Navy a lot of money, so it helps out the budgets, but it also gives us more money for repairing and flying airplanes, too," said Clagett. "It all comes back to better, (more) economical ways of doing things."

The base recycling program starts with the small blue bins available for each office. Those bins are emptied into the larger blue bins resembling garbage cans located outside each building. The large bins are picked up every other Friday by the Integrated Solid Waste/Navy Recycling program.

Trash, including food waste, glass products, Styrofoam, candy wrappers and canned foods are not recyclable.

"There are a couple of things we have to do if a com- which could have caused the diversion rate to go down.

mand wants to either start a recycling program or to get command's needs. I go out and see what their needs are, how much paper they are projected to output and then will make a judgment on how many bins will be needed."

are placed. "If the recycling bins are put near coffee messes or by the door, when people walk out, they just throw their trash out."

With just the two of them, "we just don't have the time to go through all of the bins to get the trash out," Clagett explained.

down to the paper processing place, they will deduct a lot is only one small part of it," said Clagett. of money from the Navy if we have a lot trash," he added.

Increased recycling is mandated by Executive Order Economic Performance, which makes it mandatory for a more bins. One of the newest commands participating in 50 percent diversion rate. A diversion rate is calculated by the base recycling program is turning out to be one of what percentage of recyclable materials is being recycled versus being thrown into the dump.

With Oceana's fourth quarter 2009 diversion rate, they are just doing a fabulous job. including the months of October, November and December, only being 16 percent, Clagett was determined to cling program. They have about 500 employees. We walked bring up the numbers. With the diversion rate steadily going up every month, January rose only 3 percent to 19 percent, but February went up to 25 percent and March ended with a 39 percent diversion.

Dam Neck recently held the annual Clean the Base Day there and there was about 95 percent quality recyclables but all of the materials thrown away went to the landfill, in them. We ended up with 18 to 20 bins out there," he ex-

"We need to get the word throughout the base that we more bins," said Clagett. "A part of my job is to assess the need to be doing a better job at recycling. It's the only way that things are going to turn around," said Clagett.

In addition to the items above, the Navy also recycles materials such as stainless steel, paper and wood, where One point Clagett stresses is to watch where the bins, the Navy receives a check for the amount recycled. Other materials, such as copper and high heat steel, are put into a container to be auctioned off to the highest bidder. Within Oceana's recycling facility, broken pallets are recycled

"We just found out that the horse manure at the stable is renewable because they take it and spread it out on the That trash can be expensive. "When we send the paper field to reuse it and that helps our diversion rate, but that

But with the president's mandate, Clagett and Kirby have been spreading the word and have had a "super in-13514, Federal Leadership in Environmental, Energy and crease" of commands wanting to participate or obtain the most successful. According to Clagett, the NEXCOM facility managers take an active interest in recycling and

> "We are currently setting up the NEXCOM with a recythroughout the command and saw little blue bins by their trash cans by almost everybody's desks," said Clagett.

"Based on that we figured six, 90 gallon containers would be fitting, but within a week they had called us and Many things can vary the diversion rate. Oceana and already filled them up. We had to go put more bins out plained.

> "Everything is about saving money," Clagett explained. "All of our operating funds are covered through the money that we make through recycling. When we first started, it was probably subsidized by the government, but all the money from the general recycling goes back into the fund."

> Clagett arrived at Oceana in September 1999, when the base's recycling program changed from a Morale. Welfare, and Recreation (MWR) program to a regional Naval Facility Engineering Command (NAVFAC) program.

> "We always had a budget, but we are very careful and keep a close eye on our budget. We have to work very economically, so we don't put out more money on a program than we are taking in," said Clagett.

> "If someone wants a 40 cubic yard dumpster to put construction material in, I will go out there and look at what they have because it is going to cost the Navy to put out that dumpster. If it is something that we can put on a truck and bring to our recycling center here, then that's what we will do. It's my responsibility to try and save money where we can," said Clagett.

> Because they want to abide by the mandate, Clagett said "they are going out and trying to educate people."

> "The main factor is just getting folks on the base to take an active part in recycling" with the program only as good as the command's designated recycling petty officers, said Clagett.

> He said without a lot of people from each command involved, it is very difficult to do a good job of recycling.

Part of Clagett's job is to monitor the trash dumpsters for the amount of recycling being thrown in the garbage. When he finds serious problems, Clagett informs senior leadership.

Clagett said that another problem in having a successful recycling program is lack of attendance by senior leaders at the annual environmental conferences on the base. "We have been getting less and less attendance over the years ... and I don't think enough information is getting back to the commands."

"The most important thing to me is we need to really impress upon the folks on the bases the importance of recycling and that is from the top all the way down to the bottom. It helps a lot more if you have the chain of command on board with it," said Clagett.

For more news from Naval Air Station Oceana, visit www.navy.mil/local/oceana/.



Family and friends wave goodbye to the Sailors of the Nimitz-class aircraft carrie USS Harry S. Truman (CVN 75) as the ship prepares to . depart from Naval Station Norfolk.

BATTLE E: USS Harry S. Truman (CVN 75) Sailors awarded with the carrier's second consecutive Battle Efficiency Award, May 21

Continued from page A1

as we begin our deployment."

The competitive cycle for the award is from Jan. 1 to Dec. 31. The better each individual department scores with regards to their qualifications, the higher the marks they receive. The higher the departmental score, the better the overall December 2009. "It gives me the moaverage score for the ship.

The ship's score is computed

vessel with the best score wins the crew. prestigious honor of calling them-

selves a Battle "E" recipient. has such a strong reputation," said to the success of the Carrier Strike Seaman Jason S. Kowalski, who Group 10 team and ensured we are joined Truman's Deck department in ready to deploy," said Driscoll. tivation to keep this tradition going." Rear Adm. Patrick Driscoll, com- mil/local/cvn75/.

and compared to other operational mander, Carrier Strike Group 10, carriers on the east coast and the offered congratulations to the

"The skill and determination of every Sailor aboard Harry S. Tru-"It feels great to join a ship that man has made a direct contribution

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

Navy freeing up aviation training pipeline

BY WM. CULLEN JAMES Public Affairs

MILLINGTON, Tenn.

 In an effort to reduce and stabilize the current wait time for training, the Navy is seeking to decrease the number of officers in the Aviation Preflight Indoctrination (API) student pilot preload.

Reductions to aviation fleet requirements and recent material challenges with training aircraft have caused the student pilot population to exceed the optimal preload by approximately 200 personnel.

"Typically, time from commissioning to API start should be three months. The current delays have increased this time to six months," said Capt. Mike White, director, Aviation Officer Distribution.

To assist in reducing munity managers and Fla. the number of students detailers will be available redesignation to qualified unteers' volunteers.





Guests ask the Naval Aviation: Issues and Answers panel questions at the National Naval Aviation Museum Symposium 2010. The goal of the symposium series is to help preserve the rich history and proud heritage of Naval Aviation by highlighting historical events in which U.S. Naval aviation has played a major role.

June," said White. "Com- to moving to Pensacola, ates may be assigned to

in the pipeline, Navy offi- to answer questions and internship opportunities API start date. cials have planned to offer make assessments of vol- through various agenqualifications cies in the Washington, spent in the IRR will be deand affinities toward al- D.C. area for our U.S. Na- pendent on their API class "Qualified volunteers ternative paths. Following val Academy graduates," start date," said White. from the existing API pool an administrative review said White. "In addition, "Nominally, this period will be solicited through board, those selected will several newly commis- will be about three to six

be removed from training sioned officers will go months.' status and administra- directly to Naval Post- For more information tively redesignated. If an graduate School to pursue about Aviation Officer Disindividual is not accept- a graduate degree while tribution, visit www.npc. ed, for whatever reason, graduates from Reserve navy.mil/Officer/Aviathey will continue aviation Officer Training Corps tion. (ROTC) units around the training." Navy officials are also country will have the opplanning to offer delays portunity to work locally or deferments via intern- with their unit or perhaps ships, graduate education, in recruiting." and other temporary addi- Beginning in December, tional duty options, prior some Navy ROTC gradu-

the Individual Ready Re-"We have been pursuing serve (IRR) until their

"The length of time

PIRATES: Pirated M/V Iceberg I located off the coast of Somalia, May 24

Continued from page A1

on board, it was more es include the use of razor land, Jr., the McFaul's ery one of them."

the presence of coalition ty and prosperity.

practices by the shipping industry. These practic-

prudent to monitor the wire, 24-hour watches, fire ship's movement, rather hoses and high-speed than attempt a rescue," maneuvers by vessels transaid Cmdr. Ronald W. To- siting throughout the area. CTF151 is a multinationcommanding officer. "My al task force established crew executed their in- by CMF in January 2009 structions perfectly and to conduct counter-piracy I'm proud of each and ev- operations. CMF patrols more than 2.5 million Successful pirate at-square miles of interna-

tacks in the Gulf of Aden tional waters to conduct and the Somali Basin de- both integrated and cocreased by 40 percent in ordinated operations to 2009, increased in part to increase regional securi-

warships and also by the For more news, visit use of best management www.navy.mil.



Kelly Ripa greets Sailors and Marines following May 24 taping of the Regis & Kelly Show at the Manhattan studio. Approximately 75 Sailors, Marines and Coast Guardsmen were part of the show's audience in advance of Fleet Week 2010. This year's Fleet Week begins May 26 and concludes June 2, with the participation of 3000 sea service members

seven Navy ships and three Coast Guard vessels. (Top L-R) Kelly Ripa, Gunnery SergeantAlexanderKitsakos, U.S. Marine Corps; Seaman Apprentice Lashanda Scott, Communications /lass Specialist Second Class (AW/SW) Amanda Scott, and Mass Communication Specialist First Class (SW) Erika Carrillo.



(Above) Captain chief of Genung staff. Expeditionary Strike Group Two, presents Regis Philbin and Kelly Ripa with command coins during a May 24 taping of the Regis & Kelly Show at



the Manhattan studio.

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

Including the Society as a beneficiary of your will can be as simple as adding an amendment (or codicil) to your existing document. NMCRS can provide sample bequest wording and a codicil form. PleasecontacttheSociety for further information! Let them know how they can be of assistance. **Contact your local** NMCRS Office today! **NMCRS: Your First** Resource www.nmcrs.ora



Military Appreciation Night at Harbor Park



One service member from each branch lines up to throw the first pitch at the Norfolk Tides Military Appreciation Night game May 22. The game is an annual event held at Harbor Park Stadium.





Senior military representatives stand at attention on the Harbor Park field during a pre-game ceremony.

STORY AND PHOTOS BY MC3 SAMANTHA ROBINETT

NORFOLK — The Norfolk Tides baseball team paid tribute to military members, May 22, by holding their annual Military Appreciation Night at Harbor Park in Norfolk. This marks the 15th year that the Triple-A affiliate of the Baltimore Orioles honored their military neighbors

As fans lined up outside Harbor Park, they were greeted by a number of military service members displaying armored vehicles featuring the latest in sion of the National Anthem. military technology. Inside the park along the concourse there were Seal team dis- their favorite Tides player on the field, plays, recruiters and mascots.

the field, pre-game activities included a special ceremony that honored service members at home and abroad and 32 delayed entry program members who rethe newest members in the United States armed forces.

Eachbranchofservicewasrepresented by a senior officer who was recognized on the field, each stepping forward in honor event, which was followed directly by an of their branch of service or organization, elaborate fireworks display to honor seras the U.S. Fleet Forces Ceremonial Band vice members.

played the Joint Service Medley. The senior service members were: Maj. Gen. David Edgington, U.S. Joint Forces Command; Brig. Gen. Brian R. Layer, Army; Maj. Gen. Cornell Wilson, Marine Corps; Capt. Charles Stuppard, Navy; Maj. Gen. Judith Fedder, Air Force; and Rear Adm. Wayne Justice, Coast Guard.

Prior to the National Anthem, fans were asked to rise and offer a moment of silence for all service men and women who answered the nation's call to arms and made the ultimate sacrifice defending freedom. Musician Third Class Sarah Janiak then sang a moving a capella ver-

As Little League team members joined selected service members honoring the Just prior to the home team taking enlisted corps warmed up their arms for the first pitch. They included: CMC Scott Harris, U.S. Joint Forces Command; Staff Sgt. Douglas Carlile, Army; Lance Cpl. Jonathan Tinoco, Marine Corps; Yeoman cited the Oath of Enlistment, becoming 1st Class Elise Jewett, Navy; Master Sgt. Jason Elftmann, Air Force; and Electronics Technician 2nd Class Earl Johnson, Coast Guard.

Approximately 8,000 fans attended the

Truman Strike Group deploys NECC to host 2010

PRESS RELEASE

man Public Affairs

NORFOLK - The Harry S. Truman Carrier Strike Group (HST CSG) deployed May 21 for a sixmonth deployment, to the 5th and 6th fleet areas of operations, in support of maritime security operations.

The HST CSG includes Commander, Carrier Strike Group (CCSG) 10; the aircraft carrier USS Harry S. Truman (CVN 75; Carrier Air Wing (CVW) 3; Commander, Destroyer Squadron (CDS) 26; the guided-missile cruiser USS Normandy (CG 60), and guidedmissile destroyers USS Winston



The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) departs from Naval missile destroyers USS Winston S. Churchill (DDG 81), USS Oscar (HST CSG) in support of Maritime Security Operations (MSO) and Theater Security Austin (DDG 79), USS Ross (DDG Cooperation (TSC) efforts in the U.S. 5th and 6th Fleet areas of responsibility. HST 71) and German Frigate FGS Hes- CSG includes Commander, Carrier Strike Group (CCSG) 10, Carrier Air Wing (CVW) 3, Commander, Destroyer Squadron (CDS) 26, aircraft carrier USS Harry S. Truman (CVN 75), guided-missile cruiser USS Normandy (CG 60), German Frigate FGS Hessen (F221), and guided-missile destroyers USS Winston S. Churchill (DDG 81), USS Oscar Austin (DDG 79), USS Ross (DDG 71).

Family Readiness Symposium

BY MC2 (SW) MICHAEL R. HINCHCLIFFE Command Public Affairs

VIRGINIA - Navy Expeditionary Com- Family Readiness Director. bat Command (NECC) is hosting the 2010 Family Family Readiness team Readiness Symposium in Vir- will comprise of 13 comginia Beach, June 3 and 4.

signed to bring together The symposium is designed command family readiness to offer an opportunity for team members, service professionals to showcase organizations and other information on practice guidestakeholders within the Navy lines, tools and processes and local communities. Pro-specific to family readiness

team to be better equipped, allowing them to promote a team approach and support to family readiness," said BEACH Capt. Larry Cripps, Force

The participants of the ponent commands in the The symposium is de- expeditionary community.

sen (F221).

Missions of the HST CSG focus heavily on maritime security operations and theater security coopconditions for regional stability.

and women of the Truman Carrier ground, execute the nation's Mar-Strike Group," said Rear Adm. Pat- itime Strategy, and protect our

eration efforts, which help establish rick Driscoll, commander, Carrier nation's interests." Strike Group 10. "We are ready to The deployment is part of an on-"I'm extremely proud of the men deploy in support of troops on the going rotation of forward-deployed

grams and assistance are and support.

scheduled to be discussed, as es of the Navy

See TRUMAN, B11

Keynote speakers include well as best practices for indi- Rear Adm. Michael Tillotson, vidual and family readiness commander of NECC: Adm. within the expeditionary forc- John C. Harvey, commander of U.S. Fleet Forces Com-

"What we hope to achieve mand; and Ellen Roughead, during this symposium is the wife of Chief of Naval Operaability for our family readiness tions Adm. Gary Roughead.

Battle of Midway to be remembered aboard USS George H.W. Bush

PRESS RELEASE

ublic Affairs

mand will host the fleet's forms and flight suits. We commemoration of the Bat- will pay tribute to their sactle of Midway aboard USS rifice and their victory by George H.W. Bush at Nor- wearing working uniforms, folk Naval Station on pier 11, flight deck gear and flight June4at10a.m. Thekeynote suits, as appropriate. (Covspeaker will be Command- eralls or utilities are not er. Naval Air Forces. Vice authorized.) Adm. Thomas Kilcline. Ir. and several survivors of the was fought June 4 - 7, 1942, Battle of Midway are expect- and was a turning point in ed to attend.

day. The Battle of Midway was fought by Sailors and U.S. Fleet Forces Com- Airman in working uni-

The Battle of Midway the war in the Pacific dur-All interested military ing World War II. During

members are invited to attend in the uniform of the

U.S. Navy archive photo

USS Yorktown (CV-5) after being hit by Japanese bombs shortly after noon on June 4, 1942. This view was taken shortly after See MIDWAY, B11 the ship lost power and stopped, while F4F-4 fighters were still spotted forward, their location during the attack.

HOMEFRONT NEWS

SPOUSE SPEAK! My grandfather's generation

BY CASEY SPURR

us. After a quick inspection, his lifetime. the older gentleman opened the gate, eagerly gave my hus- loved his family, I think he most band a salute and thanked him identified himself with his serfor his service with the most vice. Even though many years infectious smile beaming from had passed, his days in the milcheek to cheek. My husband itary never seemed far from his simply returned the smile and thoughts. I was so fortunate to wished him a good day, always attend a reunion with him as a rather humble and perhaps a teenager where he was able to bit bashful when greeted with see friends he had met in the this type of gesture.

To me, it was more than just ly 50 years earlier. I can recall a salute and kind expression of how eager he was for that event gratitude though. Behind that and it seemed as though they face, I could see a much young- had picked up right where they er man who likely once served had left off. I believe it was then himself. I could sense a feel- that I first came to realize the ing of pride and perhaps even pride of his generation and the of brotherhood that was hard significance of military service to ignore. There is something in so many of their lives. about his generation, who lived But, he didn't just enjoy talkthrough wars most of us only ing shop with those of his own read about in history books, generation. I can remember that even after a lifetime gone many visits to the Navy Exby, still elicits a deep sense of change (which he, of course, honor and a feeling of triumph still called the PX) when I would over the adversity of their time. find him deep in discussion with I am always touched by that a random Sailor. He was a real and the significance of these character and it wasn't uncommoments rarely escapes me.

served nearly thirty years in itary. the military and besides his

in his life that made him prouder. He enlisted in the Navy as a teenager and served at the A couple of weeks ago while end of World War II, eventualon vacation with my family, I ly joining the Army where he was struck by a fleeting mo- spent the majority of his career. ment that might have escaped During his time in the Army, he someone else. As we pulled into served in both Korea and Vietour resort, my husband showed nam, where he earned a Bronze his military ID to the elder- Star - something he coveted as ly security guard who greeted one of the greatest honors of

Other than as a man who Navy as a very young man near-

mon that he would bring those





Staff Sergeant Frank J. Smith, U.S. Army (Ret.)

Photos courtesy of Casey Spur

he could forget.

So much vate Ryan" after he prized possessions. read that many othwar

Despite country and lived father. each day of his life

with the true pas-

am so moved by this type of in-lightful sense of humor and the own experiences that he was to love my country even as a *about her experiences as a mili*stance is because it reminds manner in which he told stories never quick to discuss. During child and learned to respect its tary family member. She lives me of my own grandfather. He of his younger days in the mil- those years, he had seen many flag. Not a day passed that he in Virginia Beach with her husdevastating events, lost too didn't rise early and immediate- band and their son. To contact Though his service was such many friends and had learned ly display the flag in front of his Casey, send an E-mail to casey. grandchildren, there was little a tremendous part of who he the cold reality of war. He shied home with pride and then make spurr@gmail.com.

away from any dis- certain to properly bring it back cussion about the inside before dusk. And on the more difficult things day he received license plates he had witnessed that stated "Bronze Star Recipand there were ient", he couldn't get them on memories he wished his car fast enough and could hardly contain his pride. Toso day, that Bronze Star is one of

that he refused to the greatest gifts I have ever watch "Saving Pri- been given and one of my most

So when that security guard er veterans from flashed his smile and gave a his generation had salute, it meant a lot to me. I found it too difficult knew there was a young solidto watch for its au- er inside who saw himself in thentic depiction of brotherhood with my husband and all those past and present

those who have served this country. painful memories I saw an incomparable pride in though, his pride his face that it seems his genof service never fal- eration will forever own, and tered. He loved his perhaps I saw a bit of my grand-

Casey Spurr is a Navy spouse sion of a soldier. It who is involved in Blue Star I think part of the reason I Sailors to laughter with his de- was, there were many of his was because of him that I came Families and frequently writes

Money, money, money and deployment



BY BIANCA MARTINEZ

Wow, I should have called this past couple of

itary life think that the only tough part takes off to serve our country. that we forget to get in order.

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!

weeks a deploy- numbers and I don't want to even look at ment series! Can them. I am going to share a pretty emyou tell what barrassing story with you for that sake mode I am in right of illustrating how important it is to get for each and every trip or deployment. now? Folks that have no concept of mil- everything in line before your loved one

about deployments is the separation. Oh Hubby and I were pretty young when ney (POA). It can be so confusing, but spend, spend, spend. Instead, consider no, there are so many different things we got married. We were high school don't think that a general POA will take taking that "extra" income and putting that need to get squared away. It's al- sweethearts, so right out of college I care of it all. I have had to do our taxes it away in savings or some sort of othmost too much to keep track of. Try we was ready to say, "I Do." We did ... at age during deployments, needed a specif- er high interest account. You can never may, but there will always be something 22. We moved out to Hawaii and bought ic taxes POA. I have sold a house and go wrong with saving. It is something to ourselves a brand new VW Jetta. We bought a house while my husband was consider. I am a person that hates money. I am were oh so proud of our purchase. We gone ... real estate POA. I have even There are many resources available not even kidding, I hate dealing with lived in base housing, so honestly, that sold a car to surprise him with a new to us as spouses. Contact Fleet and money. It stresses me out, makes me an- car bill and our cell phone bills were it. truck while he was gone ... automobile Family Support Services to find out if gry and it can even put me in a bad mood. Should have been simple to keep track POA. The general just won't do. Now, if there is anything that can help you out. I would avoid dealing with the budget at of right? Not with me at the helm. Half you are going to be doing straight bank- Also, www.jag.navy.mil has an awesome all costs if I wasn't married to a military way through his six-month deploy- ing and bill paying the general POA is pre-deployment checklist that covers fiman. Obviously, I went to journalism ment, I come home to a hand written, sufficient. However, I am a believer in nancial issues and so much more. The

me out. See, I thought hubby would con-respect. tinue to get on-line and pay the car bill.

Consider allotments and don't forget He thought I would do it. And there we about safe deposit boxes. Know where were. Worse, there was no money to pay to send them. Know where they are. The the bill because I was spending it think- not so fun part, you need to be up front ing he had already paid it. We eventually and honest when looking at the finanworked it out, but from that point on we cial outlook. What are your outstanding swore we would never assume again. It debts? What are your goals during this was time to come up with a definite plan deployment? Will you be saving money, paying off credit cards? I know when The biggest component when it comes my husband deploys, we don't look at to being prepared is the Power of Attor- the tax-free status as an opportunity to

school for a reason. I am not good with hand delivered note saying it was an having joint bank accounts. I was that most important thing here is commuattempt to collect a debt girl, that independent girl, that thought nication. You and your spouse need to on the car! My stomach no way would I share an account with take the time (I know it is hard to find dropped. Repo man? No, someone. I learned my lesson and it has with all the other madness) to get on the but it was enough to freak made military life so much easier in that same financial page.

> 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.

CHAPLAIN'S CORNER ——



LDS PROGRAMS

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

NAVAL STATION NORFOLK PROTESTANT

ROMAN CATHOLIC Our Lady of Victory Chapel Mass Schedule: 5 p.m. — Sat. (fulfills Sunday obligation) 10 a.m.— Sun. 11:45 a.m.— Mon.- Fri. (except holidays) Confessions: 4:15 p.m. Sat.

David Adams Memorial Chapel Worship Services: 10:30 a.m.— Sun. Worship Wednesday Services: 8:30 - 10:15 a.m.— Bible Study Noon "Lunch with the Lord"

For more information call Naval Station Norfolk Chapel 444-7361

JEWISH PROGRAMS

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

MUSLIM PROGRAMS

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

JEB LITTLE CREEK CHAPEL

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

Confessions. 3:30 - 4:30 p m — Sat PROTESTANT 9 a.m. — Sun, School (4 years-Adult) 10:30 a.m. — Sun. Divine Worship, Children's Church (Ages 4-10)

PWOC: Bible Study at the Chapel Annex Every Wed. Fellowship: 9:30 a.m. Bible Study: 10 a.m. - noon PWOC: Evening Bible Study Every Mon.: 7 p.m. Latter Day Saints Coffeehouse 11:30 a.m. — Sun. 6 p.m. — Sun.

> For more information call JEB Little Creek Chapel 462-7427

National Day of Prayer on USS Nassau

STORY AND PHOTO BY MC3 DESIREE GREEN

(CPR-8) Public Affairs Office

USS NASSAU - Sailors and Marines aboard USS Nassau (LHA 4) came together recently to celebrate the National Day of Prayer on the Mess Decks.

The National Day of Prayer is an annual day of observance held the first Thursday of May. This day is designated by United States Congress, so participants may turn to God in prayer and meditation. The law formalizing its annual observance was enacted in 1952.

"We have the liberty and er in prayer and gratitude," said ship's Command Chaplain Lt. Cmdr. William D. together as one nation." Stallard, from Danville, "The free exercise Kv. cherish."

with Operations Special- Master Chief (AW/SW) port. ist Seaman (SW) Joseph Marlo C. Guilas, from Las history of the day.

While more than 50 crew President Barack Obama's together," said Kopiczak. official National Day of Prayer proclamation.

ings God has bestowed one's many blessings. upon our nation," said Castro. "Let us rejoice for the thing to be thankful for," blessing of freedom both said Kopiczak. to believe and to live our portunities that bring us at just the right time.



freedom to come togeth- Chaplain Lt. Cmdr. William D. Stallard opens the National Day of Prayer service held aboard the ship's Mess Deck with the history of the nationally celebrated holiday.

Stan Kopiczak. military.

members listened quietly, lessons that I have learned forget that after all the sponsibility. Information Systems Tech- from my father to my career hours of watch and physnician 1st Class (SW/AW) and successfully use them ical training, you need to of ships from Amphibious Jessica G. Castro, from in my family as well. A fami-Elizabeth, N.J., recited ly that prays together, stays think of all you have ac- 8) including the Tara-Kopiczak also discussed ahead."

turning to prayer during "On this day, let us give hard times, such as deploy- al Day of Prayer a morale San Antonio-class amphibthanks for the many bless- ment while also recognizing booster, but also education- ious transport dock USS

"There is always some-Sailors and Marines

After the reading of the ly at the half way mark all about and for the peoproclamation, ship's chap- of a seven-month deploy- ple that came out and of religion is a right that I lain Lt. Victoria Chappell ment in which they have participated, it proved introduced the programs spent more than 100 days that we all share the same The program began guest speaker, Command out to sea without a liberty values."

al Anthem followed by an his father, faith and prayer 2nd Class (SW) Raynetta supporting Maritime Se-

complished and what lies wa-class

al.

beliefs and for the many agreed that the service was Presswood. "I really en- Marine Expeditionary Unit other freedoms and op- a morale booster and came joyed it. The program gave (24 MEU) complete the me a look into what the group.

The crew is current- National Day of Prayer is

The Nassau Amphibious "I think that it was Ready Group (NAS ARG)/ Kopiczak expressed to needed," said Crytolog- 24th Marine Expeditionary Vegas, singing the Nation- the crew the influence that ic Technician Technical Unit (MEU) is currently invocation. Stallard then has had in his life and how L. Presswood from East curity Operations (MSO) educated the crew on the it shaped his success in the Point, Ga. "After being un- and Theater Security Coopderway for over 100 days, eration (TSC) Operations "I have applied all of the it is easy for someone to in the 5th Fleet area of re-

NAS ARG is comprised stop and take a break to Squadron Eight (PHIBRON multipurpose amphibious assault ship Not only was the Nation- USS Nassau (LHA 4), the Mesa Verde (LPD 19) and "It's nice to know that the the Whidbey Island-class command cares enough amphibious dock landing about the crew to give us ship USS Ashland (LSD a program like this," said 48). Marines from the 24th

2010 MOAA Military Spouse Symposium in Va. Beach

BY MICHELLE GALVEZ

About 100 military spouses gathered at the Virginia Beach Convention Center, May 13, for the 4th Annual Military Officers Association of America (MOAA) Military Spouse Symposium and 130 more spouses attended online. The symposium was open to spouses of all ranks and service branches.

This year's theme was "Spouse Solutions Summit: Making the Connection" and included a legislative and benefits update, a luncheon honoring this year's Heroes at Home Military Spouse of the Year and two panel discussions - one on social networking and another from SpouseBUZZ bloggers.

Phil Dyer, MOAA's Deputy Director of Financial Education discussed the nuts and bolts of transferability of the Post 9/11 GI Bill, the Yellow Ribbon program, the Gunny Fry Scholarship for children of service members killed in the line of duty, the latest on the MyCAA program and how the Military Spouse Hiring Authority can help those looking for a job.

appointment of qualified military spouses to clicking MOAA Spouse Symposium. federal civil service positions for temporary, term and permanent positions.



(L-R) Stephanie Himmel-Nelson, Monique Rizer and Vivian Greentree at the 2010 MOAA Military Spouse Symposium, in Virginia Beach

For military spouses in the job market, the download Dyer's entire presentation by vis- ternational as part of the Joint Warfighting Hiring Authority authorizes non-competitive iting www.moaa.org/welcomespouse and Conference going on next door.

wife and the 2010 Heroes at Home Military participants' souvenir tote bags were of-"This really has opened up a broader Spouse of the Year, was recognized and pre-fered by more than a dozen organizations at range of opportunities for spouses to get gov- sented with awards by representatives from the symposium. They included event spon- Beach with her husband and children. Contact ernment jobs," Dyer explained. Readers can MOAA, the Naval Institute and AFCEA In- sors "Flagship" and Military Newspapers of her at michellegalvez@hotmail.com.

The symposium's premier sponsor was

During lunch, Deanne Polanin, a Navy Ceridian, Freebies and resources to fill up

Virginia, plus Fleet and Family Support Centers, Blue Star Families, Military OneSource, Marine Corps Family Team Building, USO, Navy Safe Harbor, SOAR and many others. Most of the resource tables were staffed by military spouses.

At the SOAR (Student Online Achievement Resources) table, Navy spouse Angela Lees was kept busy explaining how the free program can help military children in grades three through 11 in all 50 states and DoD schools. The online program is accessible 24/7 from anywhere in the world, so deployed parents can even stay involved in their child's progress.

"I'm here today because it's important to ensure that every military spouse knows about this free educational resource for their children," said Lees. "I'm passionate about SOAR and getting the word out so every military child is able to take advantage of this benefit."

Blue Star Families (BSF), a non-partisan organization committed to support, connect and empower military families, was also part of the resource fair and volunteers encouraged symposium attendees to participate in the 2010 Military Family Lifestyle Survey.

Michelle Galvez is a Navy spouse, journalist. ombudsman and mother who lives in Virginia

Project Hope Recognizes Navy contribution

BY MC2 (SW) **KYLE P. MALLOY**

Public Affairs

Chief of Naval Operations (CNO), Adm. Gary Roughead, Howe. was the honorary representaton. D.C., May 20.

Navy's continued partnership Haiti. during humanitarian and relief efforts.

"(The

trust and improve and safe the there would come people lives of millions of children who care about them, who and adults in nations through- care about their families, out the world through these who care about their future. WASHINGTON - The humanitarian assistance and and care about what we can disaster relief missions," said do if we could join together," said Roughead.

Roughead spoke about the Roughead thanked Projtive for the Navy at the Project impact of the Navy, its Sailors, ect Hope for the partnership Hope Spring Gala in Washing- Project Hope and partner- and friendship that has ening navies during disaster abled the two organizations President and CEO of relief efforts during the Indi- to have such a positive global Project Hope, John P. Howe, an Ocean tsunami and more impact and reinforce the Nathanked Roughead for the recently, the earthquake in vy's motto of 'Global Force for Good.'

efforts) have "We are (a 'Global Force paid off in what we have for Good') because of organi-"Project Hope recognizes been able to give to people zations like Project Hope that morrow," said Roughead. the United States Navy and around the world who, in showthe true side of our counegy with its emphasis to build er thought that from the sea want to see in the world of to- health care available to com- grams. Since 2005, more than health education missions.

Chief of Naval Operations (CNO) Adm. Gary Roughead gives his command coin to Haiti earthquake survivor 8-yearold Dave Louizard during the Project Hope Spring Gala in Washington, D.C.

Photo by MC1 Tiffini Jones Vanderwys

sy of MOAA

munities around the world 1,000 Project Hope volun-Project Hope has partnered through a variety of medical teers have participated in 17 its exceptional maritime strat- their wildest dreams, nev- try, of our people and what we with the Navy to help make initiatives and educational pro- humanitarian assistance and

Health agencies focus on STI prevention PRESS RELEASE

USS Wasp (LHD 1) The daunting problem of Sailors contracting sexually transmitted infections (STIs) has become a major focus of health care providers around the Fleet and onboard the Multipurpose Amphibious Assault Ship USS Wasp (LHD 1).

An estimated 19 million new cases of STIs are reported in the U.S. every year, almost half of which are among people under age 25, according to the Centers for Disease Control and Prevention (CDC). Onboard Wasp, Hospital Corpsman 1st Class (SW/AW) Joseph Nicholls noted the rise in cases and attributes the increase to a combination of behavior and location.

"The prevalence of STIs is increasing. People engaging in risky sex practices - including having multiple partners and not using condoms - have increased the number of STI cases we are seeing. Hampton Roads leads the nation in per capita STI cases and we work extensively with local health agencies and the CDC to keep on top of the problem," said Nicholls.

Nicholls and fellow preventive medicine technician (PMT), Hospital Corpsman 3rd Class Rafael Collins, work to ensure the ship's crew get's the education and treatment they need.

"We provide guidance and screening and all information regarding the patient is considered confidential and will not be disclosed to the chain of command," said Nicholls. "We are not here to judge, we're here to help our shipmates."

Health practitioners see patients with various types of STIs, but there are a few that seem to be more prevalent, including chlamydia, gonorrhea, and syphilis.

Unlike gonorrhea and syphilis, which are associated with symptoms that are painful and discomforting, symptoms of Chlamydia are usually mild or absent. Thus, many individuals who have the disease may not know they have it and are likely to continue spreading it.

According to the CDC, Chlamydia is one of the most common STIs in the country, especially among young women. It can potentially cause damage to their reproductive organs,



Lt. Cmdr. John Laney, Explosive Ordinance Disposal Liaison Officer with Carrier Strike Group 2 embarked on the multipurpose amphibious assault ship USS Wasp (LHD 1), stretches after running on the flight deck while underway on a training operation in the Atlantic Ocean area of responsibility

Wasp holds fast to high fitness standards

STORY AND PHOTO BY MCSN SCOTT PITTMAN

USS Wasp (LHD 1) - The multi-purpose Amphibious Assault Ship USS Wasp (LHD 1) opened its flight deck to crew members for physical fitness training while on a training exercise in the Atlantic Ocean. May 2.

The flight deck is normally off limits for such activities due to flight operations being conducted or for safety concerns, but with no clouds in the sky, the sun shining and the spring Physical Readiness Test (PRT) scheduled soon - maintaining the Navy's fitness standards is paramount.

"People asking for help is my motivation," said Chief Aviation Boatswain's Mate (AW/SW) Hector Respeto, the Command Fitness Leader (CFL). "If I see Sailors out there who ask. Chief, can you come help us out - I'm in PT gear in no time and I'm up there helping them."

Sailors are administered a PRT every six months to ensure they are physically fit. These tests consist of push-ups, curl-ups and a 1.5 mile run, although the cardio portion can be administered on an elliptical machine, exercise bicycle, treadmill or as a swim test as alternatives for the test.

"I'm actually going to start doing the swim," said Quartermaster 3rd Class Daniel Cupp, with Morale, Welfare and Recreation. "I've been swimming since I was a little kid. I love swimming and I think it is the easiest thing."

Sailors who fail to meet minimum requirements are put into a fitness enhancement program, also known as FEP. FEP Sailors aboard Wasp muster three times a week for 45 to 60 minute PT sessions.

"A lot of people think it's a disciplinary tool or a punishment, but it's not. It's a program to target Sailors in the areas they are having problems with," said Respeto. 'If they are having problems with weight management, then we target losing inches and burning calories. If they are having a problem with their run time, then we target their cardio."

OPNAVINST 6111.1H states that Sailors who fall out of standards and fail to pass both the Body Composition Assessment (BCA) or the weigh-in and taping, or the Physical Fitness Assessment portions of the semiannual PRT, are ineligible for advancement. Sailors who fail three PRTs within a four-year period will be administratively separated from the Navy, ultimately ending their careers.

"You get out of it what you put in," said Operations Department's Air Traffic Controller 2nd Class (AW) Manuel Villa, a Wasp Sailor who said he's benefited from FEP. "When I have something to motivate me I push myself harder. I've improved in all aspects with the PRT ... and it has brought my weight down."

Regular physical activity improves your mood, combats disease, assists weight management, boosts energy and promotes better sleep according to the Mayo Clinic website.

USS WASP------

EMRT: Training to save lives

BY MC1 (SW/AW) ANDREW MCCORD Public Affair

USS Wasp (LHD 1) - It's one of the few calls over the 1 Main Circuit that every person on the ship stops and listens to: Medical emergency, medical emergency ...

Afterward people will go about their business, hoping that it's not someone they know who's been hurt. Occasionally, if they're in the right place at the right time, they'll see a flurry of Sailors running with backpacks and a stretcher to wherever the scene might be.

The Wasp Emergency Medical Response Team (EMRT) is comprised of four corpsmen and the General Medical Officer. The EMRT is designed to get to the scene of any medical emergency in less than four minutes to begin providing on-scene care with the ultimate goal of stabilization.

as quickly as we can, be- spot and then to be able to gency medicine and even cause in the case of a major transfer them as quickly as if you don't see the other casualty, you have three- possible to medical. and-a-half minutes to four minutes before irrevers- we usually don't know the Main Battle Dressing ible damage could occur," what's happened or what Station and preparing to said EMRT member Hos- we're going to find," said receive the patient. When pital Corpsman 3rd Class EMRT member Hospital (SW) Michael Azoy. "We Corpsman 3rd Class (SW/ want to initiate treatment AW/FMF) Lloyd Smith. give them the preliminary before there's a serious in- "But, we've all worked to- vitals and any information jury.

vears aboard USS Wasp, other." two tours in Iraq that in-

from heat stress to head casualty. Despite the small during medical emergenlacerations to dislocated size of their team, they are cies. and fractured ankles to a quick to note that their dupatient that required im- ties could be fulfilled by we don't need them," said mediate Cardiopulmonary any member of the Medi- Azoy. "Security does a re-Resuscitation.

The training and experi-



Photo by MCSN Richard J. Steven Hospital Corpsman 3rd Class (SW) Michael Azoy carries a stretcher as USS Wasp's (LHD 1) Emergency Medical Response Team (EMRT) rushes out of the ship's medical center during a training exercise May 2.

"Our goal is to get there medical casualty on the "We're all trained in emer-

bers, they have nearly 10 what to expect from each

Along with their regusector as Emergency Med- regular drilling - approxical Department.

corpsmen on the scene, "When we get to a scene, they're all busy mobilizing we get there with the patient, we'll do a turnover, gether long enough that we may have gotten from Between the four mem- we know each other and other people on the scene and then the patient is theirs."

Another aspect that the volved combat action and lar training as corpsmen, team is greatly appreciative experience in the civilian EMRT members receive of is the security personnel who they work in tandem ical Technicians. In the last mately every other day - to with and who act as crowd year, they have had to deal keep them on their toes control for the understandwith casualties ranging and ready to treat the next ably curious bystanders

"In terms of spectators, ally good job of keeping "All corpsmen can be those people out of our ence that goes along with on the team," said EMRT way so that we can do our being an EMRT member team member Hospi- jobs and get the patient requires them to be able tal Corpsman 2nd Class stabilized and up to med-

to deal with any potential (SW/AW) Travis Winston. ical."

infertility and pregnancy complications. "It's better to come in as soon as possible if someone believes they may have an STI," said Collins. "Most are treatable and many curable, so it makes sense to come in sooner rather than later to get the treatment they need. In some cases, if left untreated, certain STIs can cause problems for future reproduction." According to Nicholls. practicing safe sex - including abstinence - is the best way to avoid the problem. In the Navy, Sailors are required to be tested for HIV every two years, but are not limited to that requirement - they can be tested more often if they so choose. Wasp Sailors are encouraged to seek guidance from their PMT's and to keep abreast of current trends in STIs and to understand the potential impact on their health.



Sailors and Marines watch the U.S. Navy flight demonstration team, the Blue Angels, perform an air-power demonstration over the aircraft carrier USS Enterprise (CVN 65).

Blue Angels perform at-sea air show for USS Enterprise

BY MCSN NATHAN CARPENTER

At Sea — The U.S. Navy flight demonstration team, the Blue Angels, have never seen the Blue Angels and ron, but earning a duty assignment conducted an at-sea air-power demonstration show above USS Enterprise (CVN 65), May 21, for a crowd of thousands of Sailors on the flight deck.

The Blue Angels were practicing cer and former Blue Angels pilot. for a scheduled air show at Marine Corps Air Station Cherry Point, N.C. They amazed the crowd on the flight deck below by performing aerial ma- The event further enhanced their exneuvers and close-formation flybys.

The six blue-and-gold F/A-18 fighter jets approached in a perfect V formation and then peeled off one Credit Union who was part of the em- ing sorties from her flight deck. by one as a greeting to the watching barked group. "A big goal of mine is Sailors.

The show was a highly anticipated event on the ship and it provided derstanding of where they're coming 21st deployment. a few minutes of fun for the crew, from and what they do. This sort of which have been conducting virtually around-the-clock flight operations Sailors do every day.'

Carrier Air Wing (CVW) 1.

ABOARD USS ENTERPRISE, for our Sailors who have been real- The squadron composition is much ly working hard day and night. Many like any other military aircraft squadyou can't ask for a better vantage comes only after a highly selective point than on the flight deck of an air- process that includes an application, craft carrier at sea," said Capt. Ryan interviews and a record full of superi-B. Scholl, the ship's Executive Offi- or service evaluations. The squadron

> The ship had 10 civilian distinguished visitors aboard who also had wowing the crowds that gather wherthe opportunity to watch the show. ever they fly. perience.

> "This is amazing!" said Peter Rich- the Blue Angels disappearing over ardson, an executive at Navy Federal the horizon, Enterprise was launchto really serve the Sailors who are carrier qualifications in preparation our customers and get a better un- for her work-up phase leading to its thing just makes me appreciate what

> in support of carrier qualifications for I The Blue Angels squadron is made up of more than 130 Navy and Marine "This was an awesome opportunity Corps officers and enlisted personnel. spends most of the year traveling the globe conducting precision air shows,

The air show over Enterprise lasted for an hour and within an hour of

Enterprise is underway conducting For more news from USS Enterprise

(CVN 65), visit www.navy.mil/local/ cvn65/.

Eisenhower nominated for Phoenix Award

BY MC1 AMY KIRK (CVN 69) Public Affairs

USS DWIGHT D. the ship." EISENHOWER, At Eisenhower (CVN 69) ments such as Reactor. is competing against Combat Systems, Enall the other branches Intermediate Phoenix Award.

commands maintenance.

According to DoD In- good working order. struction 1348.30, the award recognizes main- crew's ability to conduct accomplishments at the in a self-sufficient manunit and program lev- ner without relying on include small, medium another reason for the and large commands nomination. with two commands in each category able to fixing our ship, everywin the award.

Eisenhower, inated in the large and command tenance sonal accomplishment.

ry says a lot about the their own repairs." crew's capability to ef-

our successes to an all Eisenhower crew has hands effort and it is no developed into a highly different with the main- efficient maintenance tenance of the ship," team.

said Markle. "Every department plays a role in maintaining the overall material condition of

Markle explained Sea — USS Dwight D. that while departtop commands from gineering and Aircraft Mainof the military for the tenance Department Secretary of Defense's are more maintenance oriented, every Sail-Every year the Navy, or aboard ship has to Marine Corps, Army take ownership of their and the Air Force com- spaces, equipment and pete for the award the maintenance they based on how well their perform within their perform department in order to keep the carrier in

Markle stated that the tenance operations and shipboard maintenance els. Award categories outside contractors is

"We do a great job thing from making nom- sure the ship is clean properly precategory, served to maintaining will be judged on sev- overall equipment operal criteria, including erability," said Markle. effective use of main- "Our ability to fix our resources, own equipment withinnovative management out asking for outside accomplishment, per- assistance is the true quality-of-life measure of our mainprograms and mission tenance capability. We have also demonstrat-ChiefEngineerCmdr. ed our capability to Howard Markle said help other ships withbeing the only afloat in the strike group with command nominated in repairs and technical large command catego- assistance to conduct

With effective use of fectively and efficiently maintenance, personnel maintain the material and financial resourccondition of the ship. es, combined with an "We always attribute all-hands approach, the

ASIAN-PACIFIC AMERICAN HERITAGE MONTH -

(L-R) Capt. Babette Bolivar, the **Commanding Officer** of Naval Weapons Station Yorktown assists Rear Adm. Mark S. Boensel, Commander, Navy Region Mid-Atlantic by ceremoniously cutting a cake to commemorate the achievements of Asian-Pacific Americans.



Sailors honor Asian-Pacific American Heritage Month

STORY AND PHOTOS BY MC3 SAMANTHA ROBINETT

The Commander Navy Region Mid-Atlantic staff participated in a ceremony to honor Asian-Pacific American (APA) Heritage Month, May 24.

A rather broad term, Asian-Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia.

APA history along with how communities of America with the Asian-Pacific heritage.

The guest speaker of the Station Yorktown.

an officer in the Navy since Heritage Week. graduating from the United States Naval Academy in 1985 and was inducted into the Women Divers Hall of Fame in 2005.

Bolivar spoke extensively of APA heritage before assisting Rear Adm. Mark S. Boensel, Commander, Navy Region Mid-Atlantic with the ceremonious cutting of a cake to commemorate the achievements of Asian-Pacific Americans.

APA Heritage Month was enacted by public law on October 28, 1992. The purpose of the law was to honor the achievements of the APAs



Capt. Babette Bolivar speaks during a of the transconceremony to honor Asian-Pacific American tinental railroad Heritage Month, May 24.

The ceremony included butions to the United States.

May came to be a month culmination of Jeanie Jew's dedicated to enriching the efforts in the 1970s to estab- ident Jimmy Carter signed lish APA Heritage Week.

support of Reps. Frank Horceremony was Capt. Babette ton of New York and Norman - 10, 1979. Bolivar, the Commanding Y. Mineta of California who in-

on May 10, 1869. and to recognize their contri- The majority of the workers who laid the tracks were Chi-The recognition was the nese immigrants.

On October 5, 1978, Presa Joint Resolution declaring In 1977, Jew enlisted the the first Asian Pacific American Heritage Week as May 4

In 1992, the week was ex-Officer of Naval Weapons troduced a House resolution panded to a month-long that called upon the presi- recognition by President Bolivar was born in Ho- dent to proclaim the first ten George Bush. The law was nolulu, Hawaii and has been days of May as Asian-Pacific unanimously supported by both the House of Represen-The month of May was tatives and the Senate.

Asian-Pacific Heritage Month, aboard Naval Weapons Station Yorktown



hotos by Mark Piggott

(At Left) Faitala Tualauleilei (front) and At Aoelua (back) of the Aiga O Toa O Samoa family dance group performs a Fijian war chant as part of a special performance commemorating Asian-Pacific Heritage Month, May 13, aboard Naval Weapons Station Yorktown. Aiga O Toa O Samoa family dance group is composed of military personnel and their dependents who are all from the South Pacific islands.

(Top) Members of the Aiga O Toa O Samoa family dance group performs the Samoan 'Aginaia" as part of a special performance.

(Bottom) Musu Ifopo of the Aiga O Toa O Samoa family dance group performs the Samoan 'Pate Pate" as part of a special performance



Part 1: Understanding how it all works and how to make the most of your Post 9 - 11 GI Bill

BY MC1 (AW) TIM COMERFORD

If you want to make the most of your Post 9-11 GI Bill, then the Military Officers Association of America (MOAA) has some valuable information to share. There are secrets that will help you maximize what you get out of your benefit. This first in a two part series discusses an overview of the program, its benefits and what the benefit can do if you have already taken advantage of the Montgomery GI Bill (MGIB) and steps service.

This isn't your father's GI Bill

"This is the new benefit for service members post Sept. 11. The basic benefit itself is tied directly to your Title 10 active duty from September 11 coming forward," said Phillip A. Dyer, deputy director, financial education at MOAA. The title that Dyer refers to is the U.S. Code: Title 10, Subtitle E, Part II, Chapter 1209, Section 12304 pertaining to "Selected Reserve and certain Individual Ready Reserve members: order to active duty other than during war or national emergency."

According to the new set of rules, the amount of the schooling the Post 9-11 GI Bill will pay is based on the amount of active duty service that was completed after Sept. 11.

"You must have served in an active duty component or be in the Guard or Reserve that has been activated under Title 10," Dver explained. "To receive the lowest level of benefit, you must have 90 days of aggregate Title 10 time from Sept. 11, 2001 forward or have served 30 continuous days and have been discharged due to service connected disability."

Dyer expressed that annual training time for National Guard and Reserve does not count towards time that can be used to receive the benefit. He also said the thinks that might change.

For officers to qualify it takes a bit more work.

"It is a five year obligation coming out then you can get 12 months of post 9-11." of the academy," said Dyer. "In order to qualify at the 100 percent rate, the officer Money, money, money has to serve an additional three years. To transfer it to a spouse they have to be at 11 years and to transfer it to kids, they have to be at 15 years.

The bill's benefits last longer than the MGIB.

from the service. For kids it is up until their 26th birthday.

The Post 9-11 Bill benefit is not always better than MGIB.

ing, vocational training, flight training and must be an Associates degree, Bachethings of that nature.

Whether you had or used the MGIB, you can still qualify

"If you are going to use the benefits personally and you are 50 percent or more done with your MGIB, you are better off finishing it up," said Dyer. "Then once you are finished, you can pick up 12 months of post 9-11 GI Bill benefits. 1 This is because if you have used 18

Post 9-11 GI Bill basic Information

receive from the Post 9-11 GI Bill is 36 The amount of the schooling the Post 9-11 GI Bill will pay is based on the amount of active duty service that was completed after Sept. 11, 2001. For officers to receive

the GI Bill they have to serve an additional 3 years to their initial obligation. Benefits from the Post 9-

11 GI Bill last until 15 years after separation from the service or if transferred to children until they

reach their 26th birthday. •The Post 9-11 GI Bill, unlike the Montgomerv GI Bill will not cover certification Programs, Vocational Schools or Flight training unless they are tied to a degree.

 The maximum benefit a service member can

months of educational benefits. · If a service member chooses to transfer benefits to a spouse while still on active duty the spouse receives no Basic Allowance for Housing (BAH) benefit.

· It may be more beneficial for a service member to finish using his Montgomery GI Bill rather than switching to the Post 9-11 GI Bill right

away • If a Post 9-11 GI Bill beneficiary chooses to take a completely online course of study they will receive no BAH. Some private

universities work with the Veterans Administration to offer a course of study for free or at a greatly discounted rate.

For spouses of active duty service members, the Post 9-11 Bill works differently and can be a huge advantage.

"Spouses of folks on active duty do not get the BAH payment and for some strange reason they don't get the books and supplies stipend. However, there is no tuition gap for active duty service members and spouses of active duty service members' spouses," Dyer explained. "If a spouse is interested in getting a significant career enhancing degree, like medical school or going to law school with a whole lot of potential to earn a lot of money. These are expensive degrees; they may want to consider using that benefit for their spouse. If they are going to \$120,000 a year medical school, right now there is no tuition gap, it would be covered completely."

Some private universities work with the Veteran's Administration (VA) also to get service members enrolled.

"Also available is the yellow ribbon program for service members that receive 100 percent benefit. Schools can voluntarily pay up to 50 percent of the difference between the cost of the school and what the VA will pay under the basic program and the VA matches that expense for the service member," said Dyer. "Lets say the state benefit is \$10,000 and it costs \$20,000 tops go to the school. The school can kick in \$5,000 and the VA will match that dollar for dollar. In this case it would cost that student nothing to attend that school."

A completely online course of study could be detrimental.

"If the service member's entire course of study is online at a university that does not have a physical location, you will get no BAH," said Dyer. "The schools are not stupid, they are aggressively partnering with local bricks and mortar locations to offer one course out of the semester course of study at that physical location. As long as they take one course per term at a physical location it activates the

There is also a BAH rule that could benefit the service member.

"As long as you, your spouse or your child is attending school at half time plus one, you get the BAH benefit. For an un-"The big change from the MGIB is the dergraduate degree, full time is 12 credit "The maximum benefit is for 36 months payment of a housing stipend that is the hours and half time is six credit hours, equivalent of the E-5 Basic Allowance for so 7 credit hours. But, if you are on half Housing (BAH) rate with dependant for time plus one you are burning your benthe zip code of the school that is being at- efit slower. Instead of 36 months worth of tended," Dyer explained. "The BAH is also benefit, it would actually stretch it out to 60 months.'

National Guard does not qualify, but he months or more of the MGIB and you gram is \$1,000 a year in books and supplies. transfer over to the post 9-11 GI bill, you Thatispaid directly to the student and the edu-BAH." will only have 18 month left on it. But, if cationalbenefitispaidtotheschools, unlike the vou finish up all 36 month of vour MGIB. MGIB.'

of full time educational benefits," Dyer explained. "You are not required to go full time - you can go on a part time basis - it can be transferred to your spouse or kids and there "Once you have it, the benefit lasts for is no enrollment fee. If you look at the av-15 years after separation or retirement erage cost to attend a four-year university across the country, it's about \$6,600 or a private school for around \$25,000 in tuition."

"At the base level, the benefit covers the account so they know highest tuition fee for undergraduate ed-"Certificate programs, vocational train- ucation at a public university of the state ing with that ing or flight training - unless it is tied to a where the beneficiary is attending school," degree program - are not covered," Dyer said Dyer. "With the Post 9-11 GI Bill, this explained. "MGIB covers certificate train- must be a degree granting university. It lors degree, Masters degree or PHD program through an accredited university."

"The second thing to be paid out at the base pro

The difference between the bills paid directly to the student. So, if you transfer the benefit to your kids and they are 18, it goes to them. A parent might want to set up a joint bank what is happen-

account.3



Knowl

Remembering Navy-Marine Corps Relief Society in your will (or living trust) is one of the easiest and best ways to ensure that the Society's crucial work will continue for generations to come? Including the Society as a beneficiary of your will can be as simple as adding an amendment (or codicil) to your existing document. NMCRS can provide

sample bequest wording and a codicil form. PleasecontacttheSociety for further information! Let them know how they can be of assistance. **Contact your local**

NMCRS Office today! **NMCRS: Your First** Resource www.nmcrs.ora

NAVAL HISTORY ------

Part I: Reflections from the Naval Mine Depot, Kirkpatrick Park



U.S. Navy Photos Capt. Robert Kirkpatrick Had a long and illustrious Naval career that took him to what is now known as Naval Weapon Station Yorktown.

BY LEO C. FORREST, JR. Yorktown

At 9 a.m. on Nov. 2, 1942, a remarkable individual took command of Naval Mine Depot Yorktown. As a Naval Aviator, he may have been considered a pioneer, but events of WWII would bring him to an ordnance production facility located in ian workers that helped to win prosecution of the war." WWII. Perhaps, the achieve-Weapons Station Yorktown.

the parade ground, located in described by Kirkpatrick. the southwest corner of the intersection of Main Road and you I extend sincere greetings Depot Yorktown, Va. There was of the loyal and enthusiastic the first person to fly to Mid- town. an atmosphere of pride and pa- part you have played at the Na- way Island. He then produced triotism as the buses arrived val Mine Depot during WWII," from the worksites and unload- concluded Kirkpatrick. ed their passengers.

tion Building toward a wooden Executive Officer. platform that Kirkpatrick had In the spring of 1916, Kirkpat- ché to Europe. For the next few Officer who had approached Naval Aviator no. 48. the podium and prepared to address the civilian workers.

"The mission of the Naval Mine Depot is to store high explosives, to fill, service and store mines, depth charges, war heads, torpedoes, anti-submarine devices, aircraft rockets, bombs and their component parts in order to maintain a supply and provide a reserve for the U.S. Fleet," said Kirkpatrick during his speech.

He continued, "We have executed our mission that has been fully confirmed by letters, telegrams and cables setting forth the damaging blows inflicted on our enemies by munitions which were loaded and assem-



A crowd of thousands of civilians gathered to hear what Capt. Robert Kirkpatrick, then Commanding Officer of Naval Mine Depot Yorktown, had to say on the day of the German surrender, May 8, 1945.

southeast Virginia where he are playing an important and presented a plan to the civil- essential part in the successful patrick was chosen to establish Spain and North Africa.

place to store underwater mine made in the skies over Europe. Commanding Officer, Capt. materials left over from WWI.

"To each and every one of as Commanding Officer.

After graduating from the U.S.

The area went silent as a Naval Academy in June of 1913, Island.

and organize all Naval Avia-Over the next few years, Kirk-

Naval Aviation as a Naval atta- hallways.

Kirkpatrick then experienced Perhaps a round of applause tion training schools. He held a heart attack that forced him ments that he shared with the echoed across the military in- this responsibility throughout to retire from the Navy. He had civilian workers would have stallation that sat just inside the WWI, until he received orders just completed a series of Navy had come to realize that their been forgotten by now, except mouth of the York River. When to report to Naval Headquar- sea-duty service requirements job is just as important as any for a reflection that is still cast it was established in 1918, the ters, London. While there he as the Commanding Officer of other. at a place now known as Naval Mine Depot was envisioned as a observed the advances being the destroyers: USS Hatfield, USS Hopkins and USS Dobbin. Kirkpatrick's retirement, Robert D. Kirkpatrick, direct- Though, over the years, the role patrick found himself at the however, was immediately foled over two-thousand civilians of the Mine Depot had grown to forefront of Naval Aviation. In lowed by a recall to active duty backyard vegetable gardens to assemble, May 8, 1945, at include the list of war supplies Dec. 1919, Kirkpatrick was or- that would limit him to shore dered to report to Pearl Harbor base assignments. And on the and an important source of food morning of Nov. 2, 1942. Kirk-He then received orders to patrick, age 51, took command Spring Road at the Naval Mine and grateful acknowledgment report to Hawaii, where he was of the Naval Mine Depot york-

At the Mine Depot, Kirkpata composite aerial topography rick became well known for find the plants well-watered and chart that would be used to es- conducting unannounced work- the soil free of weeds. He was tablish Naval Air Station Ford site inspections. Whenever his said to have spent much of his green Buick pulled up in front free time, including weekends delegation of officers made Kirkpatrick reported onboard In the fall of 1926, Kirkpat- of a building, "attention on teaching farmers how to best their way from the Administra- USS Hull, where he served as rick continued his work in deck" echoed throughout the improve their crops.

Kirkpatrick's constructed just shortly be- rick began training in fixed-wing years, Kirkpatrick was attached started as soon as he walked in for the civilian workers and fore the ceremony. Executive and lighter-than-air craft at Na- to the embassies of London, a building. He would approach for Kirkpatrick. Overnight, the Officer, Capt. Herbert Rice, in- val Air Station, Pensacola. In Paris, Berlin and the Hague. Of- a worker and started a series of Mine Depot had turned into a troduced the Commanding June 1917, he was designated ten, his work was interrupted in questions about the work that state-of-the-art ordnance proorder to inspect Naval Air Sta- he or she was doing. Then he duction, testing and storage

After earning his wings, Kirk- tion facilities, including those in would walk across the room to question someone else about the work they were doing.

After just a few days of arriving at the Mine Depot. everyone

Kirkpatrick encouraged everyone, especially those who lived on the Mine Depot, to plant a victory garden. These were both a sign of patriotism during this time of war.

The victory gardens were also subject to Kirkpatrick's inspections and with food supplies being rationed, he expected to

A feeling of pride and appreinspections ciation had developed - both facility.

> Next week, in Part II of this twopart series, the civilian workers will again assemble at the corner of Main Road and Spring Road. This time, however, it will be the civilian workers who will request Kirkpatrick's presence at the parade ground. Following the presentation, a lasting tribute will be unveiled to an individual whose bold vision, leadership and accomplishments are still reflected at a place known today as Naval Weapons Station Yorktown.

> Leo C. Forrest, Jr. is a mechanical engineer at Naval Weapons Station Yorktown, and can be contacted at 887-4780



bled here. We, of this command, Capt. Robert Kirkpatrick praises the audience at Naval Mine Depot Yorktown, thanking them for the excellent job that helped strike a blow against America's enemies during WWII.



Capt. Joe Clarkson, commanding officer of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75), responds to questions by media before the ship's departure from Naval Station Norfolk



Photo by MC2 Rafael Martie Chief Logistics Specialist (SW) Jose Rodriguez from the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) savs goodbye to his daughter prior to the ship departing.



Commander. Harry S. Truman Strike Group (HST CSG) Rea Adm. Patrick Driscoll responds to questions by media before the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) departs from Naval Station Norfolk.

TRUMAN: The Harry S. Truman Carrier Strike Group deployed for a six-month deployment in support of maritime security operations

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operations and operating in international waters around the globe, safely together. working with other coalition maritime forces.

approximately 6,000 Sailors who, prepared to answer the call. There mil/local/cvn75/.

forces to support maritime security training and certifications to en- derway and that they will excel at

"The USS Harry S. Truman has man's commanding officer. The HST CSG, which consists of erational excellence and we are Truman (CVN 75), visit www.navy.

over the last four months, have is no doubt in my mind that these successfully completed refresher Sailors are prepared to get unsure they operate effectively and whatever task we are assigned," said Capt. Joseph Clarkson, Tru-

worked hard to maintain our op- For more news from USS Harry S.

Navy property transferred to the City of Virginia Beach

be welcomed by the sur-

BY KELLEY STIRLING Public Affairs

to the city.

"This is a win-win for the ing Field Fentress. Navy and the city of Virgin- At the time, the Navy the purchase of restricia Beach," said Capt. Mark was purchasing restrictive tive easements on 46.71 Rich, commanding officer easements on property acres for encroachment of NAS Oceana. "The Navy as part of the AICUZ ac- buffering within the interis eliminating a significant quisitions, however, the facility traffic area between amount of excess prop- easement purchase alone Oceana and Fentress. erty, while ensuring the for the Marshview propof that parcel while gaining costly; instead, the Navy substantial additional de- bought the property in a but the city's park develpriority area, and the City \$4.29 million. Part of the those restrictions. of Virginia Beach gains a property lies within the sizeable parcel which it greater than 75 average val Air Station Oceana, intends to develop into a decibel level and the Acci- visit www.navy.mil/local/ low-density park which will dent Potential Zone Two. oceana/.

rounding communities." The property, which is in property from the Navy VIRGINIA BEACH — Virginia Beach near Bird- to turn into a low-densi-Naval Air Station Oceana neck Road, was purchased ty park area, which would and the city of Virginia by the Navy in the late 80s be a compatible use under Beach closed May 18 on as part of the Navy's Air the AICUZ program. After the transfer of 98 acres, Installations Compatible deliberations, this transfer called the Marshview Use Zones (AICUZ) ac- has taken place and rathproperty, from the Navy quisitions around Oceana er than a cash purchase, and Naval Auxiliary Land- the Navy has asked the

City of Virginia Beach Marshview has sought to acquire this proceeds to be used for

For many years, the

The Navy will still own a continued compatible use erty proved to be very Restrictive Easement over the Marshview property, velopment rights in a high fee simple purchase for opment plans fall within

For more news from Na-

MIDWAY: U.S. Fleet Forces Command will commemorate Battle of Midway, June 4 at Norfolk Naval Station

Hundreds of museums offer free admission to military families

tion to the nation."

BY ELAINE WILSON

Blue Star Families.

in 50 states and the District in Philadelphia, Museum of of Columbia have signed up Modern Art and the Met- sands of military families so far to participate in Op- ropolitan Museum of Art will participate in the proeration Appreciation: Blue in New York City and all of gram and visit museums Star Museums.

tive duty service members uments. including activated Guard bor Day

their families," said Barbara ums. Thompson, director of the their sacrifice and contribu- directly for specifics.

Visit national/bluestarmu- of partnerships between WASHINGTON - Ac- seums/index.php for a museums and military intive duty service members complete list of participat- stallations, but the scale of and their families will gain ing museums, which run this gift from the museum free access to hundreds of the gamut from children's community to military fammuseums throughout the and fine arts to history and ilies is thrilling," said Kathy nation in the summer of science museums. Partic- Roth-Douquet, chairman of 2010, thanks to a partner- ipating museums include Blue Star Families. "Miliship between the National the Art Institute of Chicago, tary families work hard for Endowment for the Arts and Dallas Museum of Art, Los this country and it is gratify-Angeles County Museum of ing for us to be recognized More than 600 museums Art, Please Touch Museum for that.

and Reserve - and up to five tunity for service members our military families make of their immediate family and their families to enjoy the most of these opportumembers free admission to the cultural experiences nities." participating museums from that might have otherwise Memorial Day through La- been inaccessible because spouses formed Blue Star "The Blue Star Muse- "We truly appreciate the to raise awareness of the ums initiative is a tangible generosity of the Nation- challenges of military famexpression of appreciation al Endowment for the Arts ily life in partnership with to service members and and the participating muse- civilian communities and

Pentagon's office of family charge, some special or lim- nonprofit group has grown policy, children and youth. ited-time exhibits may not to include spouses and fam-'It warms our hearts to see be included in the program, ilies from all services and how other federal agencies according to a Blue Star Mu- walks of life, including Naand local communities can seums news release. People tional Guard and Reserve, think creatively to recognize should contact the museum as well as veterans and ci-

"There have always www.arts.gov/ been wonderful examples

"We anticipate that thou-New Mexico's 14 state-run this summer - many of The program offers ac- museums and historic mon- them for the first time," she continued. "Blue Star Fam-"This is a fantastic oppor- ilies will work hard to help

> A group of military of cost," said Thompson. Families in December 2008 leaders, according to the While admission is free of organization's website. The vilians.

Continued from page B1

the battle, U.S. Navy carrier strike forces, augmented by shore-based bombers and torpedo planes, decisively defeated an Imperial Japanese navy carrier task force. Each year, the Navy commemorates the battle by remembering the Sailors who fought so valiantly.