

MARCH 2010

# All HANDS

MAGAZINE OF THE U.S. NAVY

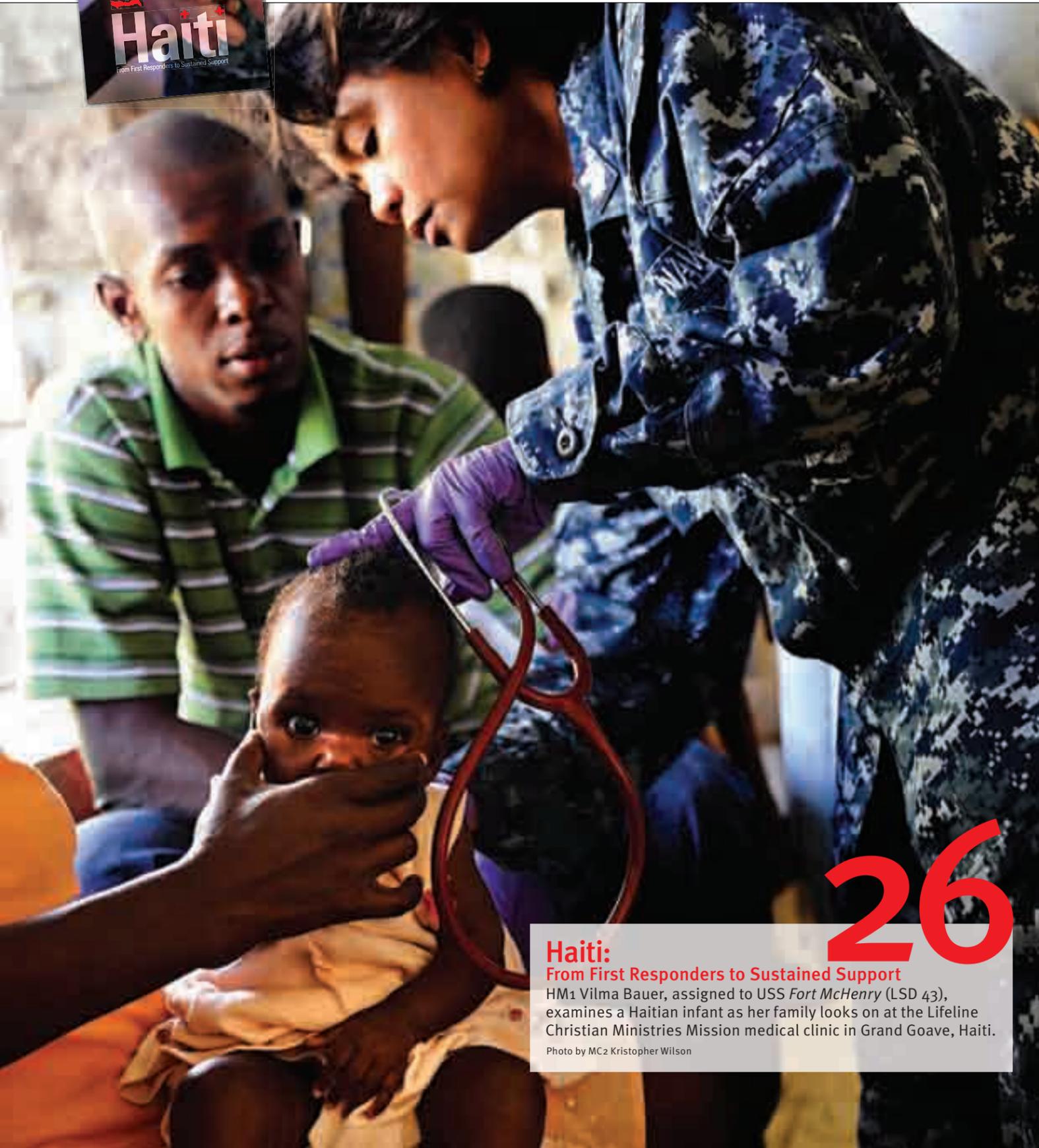


# Haiti

From First Responders to Sustained Support



**[On the Front Cover]**  
 Ensign Adam Cole holds the hand of a Haitian child during an assessment visit by Sailors assigned to USS *Normandy* (CG 60). *Normandy* supported Operation *Unified Response* after a 7.0 magnitude earthquake caused severe damage in Haiti Jan. 12.  
 Photo by MC2 Daniel Barker



**Haiti:**  
**From First Responders to Sustained Support**  
 HM1 Vilma Bauer, assigned to USS *Fort McHenry* (LSD 43), examines a Haitian infant as her family looks on at the Lifeline Christian Ministries Mission medical clinic in Grand Goave, Haiti.  
 Photo by MC2 Kristopher Wilson

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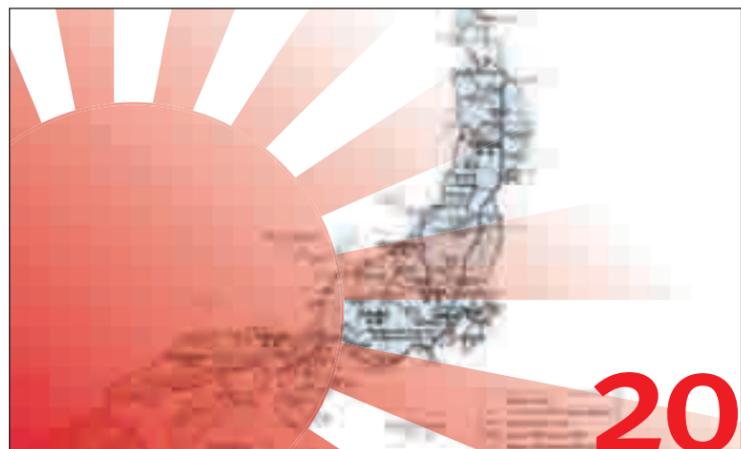


**Operational Stress Control**

3M for the Mind

In this day and age, stress is a part of daily life, and in today's Navy, it's about how you handle it. Stress is a normal and expected response to demanding circumstances, and it can push us to higher levels of performance. But, when stress piles up, it becomes a liability. Left unchecked, it can lead to serious mental health issues. The Navy is committed to ensuring the psychological well-being of its Sailors and has recently launched the Navy's Operational Stress Control (OSC) Program to teach Sailors and their leaders how to manage stress before "stress manages you."

Illustration by Tim Mazurek



**Forward Deployed to the Land of the Rising Sun**

Japan, sometimes referred to informally by the English translation of its *kanji* (one of Japan's three written languages) as "the Land of the Rising Sun," can be a once-in-a-lifetime experience in a Sailor's career, affording opportunities for which others might only wish. But as you become immersed in a culture rich in tradition, another responsibility exists for Sailors heading to Japan for a tour of duty – that of an ambassador for the United States - 365 days a year.

Illustration by Tim Mazurek

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**[Next Month]**

To commemorate the 110th anniversary of the submarine community, *All Hands* travels to the submarine school house in Groton, Conn., to look at the next generation of submariners.



EO1 Bryan Anselmi (left), from Copperopolis, Calif., and EO2 Joel Renfro, from Richwoods, Mo., both deployed with Naval Mobile Construction Battalion 22 in support of Operation *Enduring Freedom*, play chess during a break at Forward Operating Base Shindand in Herat Province, Afghanistan.

Photo by MC3 Ernesto Hernandez Fonte

# Speaking with Sailors

Navy Reserve Force Master Chief  
FORCM Ronney A. Wright

## Hello, Shipmates!

**A**s the Navy Reserve force master chief, I am delighted to celebrate with you the 95th anniversary of the Navy Reserve.

We celebrate this anniversary to honor our unique heritage – but the truth is, we have far more in common than you might imagine.

Today, our components work together every day. As our chief of naval operations has said, “We are one force today. The integration of our active component (AC) and our Reserve component (RC) is as close as it has ever been.”

Besides an extra anniversary to celebrate, we have a few other things that make us unique, like our Navy Reserve Force motto: “Ready Now. Anytime, Anywhere.” This motto is our pledge to our shipmates, our Navy and our nation. And we can’t uphold that pledge unless we can attract and retain the talented and experienced Sailors who are leaving the AC.

Most of you reading this are AC Sailors who will face the choice of whether or not to leave active duty at several points in your career. Note that I didn’t use the phrase “get out of the Navy.” For some of you, a career on active duty of 20 years or more will be an ideal fit for your personal and professional goals. But the majority of Sailors on active duty will not remain for a full active-duty career. But there are bright opportunities for you in the Navy Reserve, and we need your talent and experience!

Not long ago, we spoke of creating active-duty on and off ramps. Today, a better analogy is that we’re all on the same career highway, and during our careers, we may wish to change lanes several times, moving from AC to RC and back again.

We’re making the transition from AC to RC easier and less mysterious, with programs like Perform to Serve with Selected Reserve option, Career Management System/Interactive Detailing and the Career Transition Office. We want you to know your options and if you choose to continue your career in the Navy Reserve, we want to get you off

to the best possible start by identifying a unit that can use your skills and experiences. This is what a continuum of service is all about.

What do we offer? Great benefits, career flexibility, and, most of all, a chance to keep serving. It can be hard to comprehend when you are on active duty, but ask any Reserve Sailor what they enjoy most about the Navy Reserve, and you’ll hear that they love it because they are proud to continue to wear the uniform as a Sailor. We share the same Navy Core Values, the same Navy Ethos and the same Sailor’s Creed. We are the United States Navy, our nation’s sea power – ready guardians of peace. The Navy Reserve is an important part of “America’s Navy, A Global Force for Good.” Doing important work that makes a difference in the world is a benefit that money cannot buy.

I encourage every Sailor to explore all of their career options, and if you are choose to change lanes, consider joining the Navy Reserve. With the benefits of service and the flexibility of life as a civilian, the Navy Reserve truly offers the best of both worlds! 🇺🇸



## All Hands

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Adm. J. C. Harvey Jr., (left) commander of U.S. Fleet Forces Command, and Vice Adm. H. Denby Starling II, commander of Navy Cyber Forces, cut a cake commemorating the CYBERFOR's establishment during a ceremony at Joint Expeditionary Base Little Creek-Fort Story, Va.



Photo by MC3 Nina Hughes

## Navy Cyber Forces Established

Navy Cyber Forces (CYBERFOR) was recently established in a ceremony at Joint Expeditionary Base, Little Creek-Fort Story, Va.

CYBERFOR is the type commander (TYCOM) for cryptology, signals intelligence, cyber, electronic warfare, information operations, intelligence, networks and space disciplines. CYBERFOR will report to Commander, U.S. Fleet Forces.

Vice Adm. H. Denby Starling II, assumed command of CYBERFOR and continues to serve as commander of Naval Network Warfare Command (NETWARCOM).

Commander U.S. Fleet Forces, Adm. J.C. Harvey Jr., presided over the ceremony and described CYBERFOR as a vital addition to the Navy's war-fighting capability.

"I'm very proud to be with you on this journey. You have put your very heart and soul into this command," Harvey said. "I think you will write a glorious chapter in the history of this command as you bring it into the 21st century and bring our Navy along with it."

Starling said that cyber space is more than a path upon which information travels.

"It is war-fighting battle space and supremacy in this battle space will ensure that our ships, aircraft and submarines remain dominant in the age of information warfare," Starling said.

As the TYCOM, CYBERFOR's mission is to organize and prioritize manpower, training, modernization and maintenance requirements; and capabilities of command and control architecture and networks; cryptologic and space-related systems; and intelligence and information operations activities; and to coordinate with TYCOMs to deliver interoperable, relevant and ready forces at the right time, at the best cost, today and in the future.

NETWARCOM will conduct network and space operations in support of naval forces afloat and ashore.

Starling is confident that CYBERFOR and NETWARCOM will take the steps needed for the Navy to succeed in battle and in cyber space.

"We have seen our nation and America's Navy triumph time and again in the face of equally daunting circumstances," Starling said. "We shall do no less." 🇺🇸

Story by MCC(SW/AW) Aaron Strickland, Naval Network Warfare Command, Norfolk.

## New Tool Puts Rating Conversion Data at Your Finger Tips

Navy recently released new guidance for the Career Reenlistment Objectives (CREO) program, providing a more timely and reliable method of distributing data to Sailors interested in rating conversion.

According to NAVADMIN 024/10, CREO and Navy enlisted classifications (NEC) data is now available online via a new tool called the Career Opportunity Matrix (CARMAT). CARMAT is a read-only spread sheet updated monthly that provides career counselors a single source for locating advancement and conversion opportunity information for their Sailors. It is accessible at the Perform to Serve (PTS) Web page [www.npc.navy.mil/CareerInfo/PerformtoServe](http://www.npc.navy.mil/CareerInfo/PerformtoServe).

"The career reenlistment objectives are important because it identifies advancement and conversion opportunities for active duty, full time support (FTS) and selected Reserve Sailors," said Senior Chief Navy Counselor (AW) Jermaine Rawls, PTS Help Desk leading chief petty officer.

CREO reflects the manning levels for all Navy ratings and is a consideration for Sailors requesting PTS approval. CREO categories are identified in one of three levels.

- CREO 1 rates are undermanned
- CREO 2 rates are manned at desired levels
- CREO 3 rates are overmanned

Changes in rating will be considered for Sailors in CREO 2 or CREO 3 ratings seeking entry into CREO 1 ratings. Requests for change in rating to CREO 2 or 3 ratings will be on a case-by-case basis only.

"Sailors who want to advance in rank, take advantage of training, and stay Navy will have more of these opportunities in undermanned ratings," said Rawls.

Commands may request to be added to the CARMAT distribution list for monthly updates. Send requests to [pts\\_help\\_desk.fct@navy.mil](mailto:pts_help_desk.fct@navy.mil).

For more information read the NAVADMIN, [www.npc.navy.mil/NR/rdonlyres/E55DDF31-6539-4A39-9C71-1B6D3FC28694/0/NAV10024.txt](http://www.npc.navy.mil/NR/rdonlyres/E55DDF31-6539-4A39-9C71-1B6D3FC28694/0/NAV10024.txt). 🇺🇸

Story courtesy of Navy Personnel Command, Millington, Tenn.

## Navy eLearning Tracking Toward Another Record Year

In spite of a major reduction in the course catalog at the beginning of FY10, Navy eLearning (NeL) is moving toward a record year for course completions, while also expanding services to consolidate Learning Management System (LMS) functionality previously outside NeL.

The latest addition to the NeL course catalog will include support for instructor-led courses from the Naval Personnel Command (NPC), as their Learning Management System migrates over to NeL.

"There are significant benefits for NPC instructors and site administrators as well as DoN civilians and Sailors to use NeL as the single site for learning management within the Navy," said Janet Hamilton, executive task lead for NeL. "Course completions will be available for automated feed to Sailors' Electronic Training Jackets, certificates are easily accessible, and NPC administrative functions will be automated to increase efficiency."

Despite the removal of more than 4,000 commercial off the shelf courses at the end of FY09, course completions continue at a record pace as NeL provides distance learning offerings to support schoolhouses and the fleet.

"Our completion numbers for this fiscal year are tracking above last year's figures for the same timeframe,"



## Shipmates

### Sailor Named Military Citizen of the Year

Machinist Mate 1st Class (SS) Rodney Buse, assigned to Commander, Submarine Force (COMSUBFOR) Atlantic, Norfolk, was the recipient of the 2008 58th Annual Samuel T. Northern Military Citizen of the Year (MCOY) Award. The award is sponsored by the Hampton Roads Chamber of Commerce, Norfolk Division, Armed Forces Committee.

MCOY recognizes outstanding enlisted military members for demonstrating active participation in off-duty community events in the Hampton Roads area for a period of at least one, but not more than two, years.

"You can't talk about the people of Hampton Roads without taking about the military," said guest speaker Gary T. McCollum, senior vice-president and general manager for Cox Communications.

Buse founded the Bicycle Motocross for Christ Ministries, volunteering 234 hours to the organization. He also participated in the American Diabetes Association's "Tour de Cure" and "Clean the Bay Day." Buse also volunteered for Bethany Christian Services, where he assisted in educating people who were planning to adopt special needs children.

"I never saw it coming," said Buse. "I am extremely overwhelmed and very humbled." 🇺🇸

Story and photo by MC2(SW/AW) John Stratton, Navy Public Affairs Support Element East, Norfolk.



The snow-covered National Mall is reflected in the granite wall of the Vietnam Veterans Memorial after a near-record snowfall in the Washington, D.C. metropolitan area. The snow forced the closing of the federal government, including all national monuments and area schools and airports.

ABAA Lauren Burleigh studies for an upcoming advancement exam in the hangar bay aboard USS *Dwight D. Eisenhower* (CVN 69) while underway in the Atlantic Ocean.

DCC Gregory Hightower teaches how to perform damage control procedures while inside a flooded compartment at The Center of Naval Engineering Learning Site, Pearl Harbor. The recently constructed Surface Damage Control Trainer simulates the conditions aboard USS *Samuel B. Roberts* (FFG 58) when the ship struck a mine in the Persian Gulf in April 1988.



Photo by MC3 Bradley Evans



Photo by MC2 Mark Logico

said Capt. Hank Reeves, NeL project director. "This is a little surprising, because we are currently not hosting any of the SkillSoft content that primarily provided personal enrichment."

"The numbers show the Navy schools and the fleet are the primary audiences for NeL content," added Reeves. "We reached the 5 million course completion milestone in the fourth quarter of the last fiscal year, and I am optimistic that we will smash that record in FY10."

NeL is made up of a comprehensive catalog of distance learning course offerings available internationally to active-duty and Reserve military, DoN civilians, contractors, dependents and retirees. The catalog currently contains more than 5,000 courses, and supports Navy "A" and "C" schools with content and learning management services.

NeL also allows individual learners to continue their training and professional development with General Military Training and Professional Military Education modules.

To visit the NeL catalog, visit the Navy Knowledge Online Web site [www.nko.navy.mil](http://www.nko.navy.mil) and after logging in, click on 'Navy e-learning online courses' under the 'learning' tab on the top right of the page. 📌

*Story by Ed Barker, Naval Education and Training, PENSACOLA, Fla.*

## Sailors Aiming for Anchors Should Review Their Record

More than 35,000 first class petty officers participated in the Navywide Chief Petty Officer Advancement Exam, Jan. 21, hoping for a shot at chief.

With the exam complete, Sailors can be proactive in preparing their record for the selection board by reviewing their Official Military Personal File (OMPF).

"A Sailor's OMPF is the electronic repository for documents that have been received, reviewed, and accepted as an official documentation by Navy Personnel Command (NPC)," said B.J. Price, NPC Personnel Information Management Department, Records Support Division. "The OMPF is used in selection board deliberations and as a historical legal record of a Sailor's time in the Navy."

There are two options for reviewing an OMPF. Sailors can log on to BUPERS Online (BOL) and order an OMPF CD-ROM or gain real-time access using the Web Enabled Record Review (WERR) link at [www.npc.navy.mil](http://www.npc.navy.mil). WERR is an online, common access card-enabled application that allows Sailors to view their OMPF.

"The WERR is a secure and efficient way for Sailor's to access their OMPF 24/7," said Price. "An OMPF CD-ROM captures one point in time and is soon outdated as additional information is accepted into the Sailor's OMPF. It's no longer the preferred method for review."

Navy performance evaluation continuity, awards, training and qualifications are the significant areas for Sailors to focus on when checking their OMPF for accuracy. BUPERSINST 1070.27B outlines all items that should or should not be submitted by officer and enlisted personnel.

For corrections of any documents in the OMPF, review the frequently asked questions section on BOL at [www.npc.navy.mil/CareerInfo/RecordsManagement/AboutYourRecord/FAQ.htm](http://www.npc.navy.mil/CareerInfo/RecordsManagement/AboutYourRecord/FAQ.htm). For additional assistance, contact NPC Customer Service Center at 1-866-U-ASK-NPC.

"The recurring issues with submissions, includes to be missing social security numbers or

names on each document," said Price. "Each OMPF document is identified by a full name and full social. It's required to conclusively identify a particular document to a particular Sailor."

Recently submitted correction documents may not yet appear in a record. If a document was sent to NPC within the past 60 days, they may still be in processing, so do not resend. After 60 days, if the document still has not appeared in the OMPF, contact NPC (PERS-313) by e-mail to the organizational mail box at [mill\\_ompf-chg@navy.mil](mailto:mill_ompf-chg@navy.mil) prior to resubmitting the documents. 📌

*Story by MC1(AW) LaTunya Howard, Navy Personnel Command, Millington, Tenn.*

## Postal Service Honors Four Sailors on Stamps

The U.S. Postal Service recently issued the "Distinguished Sailors" stamps to honor four Sailors who served with bravery and distinction during the 20th century.

William S. Sims, Arleigh A. Burke, John McCloy and Doris Miller were selected for the honor.

The stamps were unveiled in a First-Day-of-Issue Ceremony at the Navy Memorial, Washington, D.C.

Vice Adm. William S. Sims served as commander of U.S. Naval Forces in European waters during World War I. He was an outspoken reformer and innovator who helped shape the Navy into a modern fighting force. After his service, Sims continued to write and lecture about naval reform until his death in 1936, at which time the New York Herald Tribune declared that he had "influenced our naval course more than any man who ever wore the uniform." The Navy has named three destroyers after Sims.

# Around the Fleet



Photo by MC2 Joshua J. Ward



Photo by MC2 Adrian White

UTCN Kaytln Dobnick, assigned to Naval Mobile Construction Battalion 1, Sasebo Detachment, uses a circular saw to cut lumber for a construction project at Fleet Activities Sasebo, Japan.

Sailors from USS *Carl Vinson* (CVN 70) medically evacuate an injured Haitian girl to the carrier for medical assistance.

Lt. Cmdr. Bill Schalck, assigned to 3rd Battalion, 4th Marine Regiment, examines a local Afghan's knee during a combined medical engagement in Now Zad, Afghanistan.

MR2 Zachary Bunz, a detention facility guard deployed to Joint Task Force (JTF) Guantanamo, throws a disc toward a basket goal while playing disc golf at Naval Station Guantanamo Bay, Cuba. Indoor and outdoor sports are morale boosters for many service members deployed to JTF Guantanamo.



Photo by Marine Corps Cpl. Albert E. Hunt



Photo by MC1 Marcos T. Hernandez

According to the Postal Service, the Sims stamp features a detail from a 1919 photograph of Sims. Beside the photograph is the crest of USS *W.S. Sims* (DE-1059), that was commissioned in 1970.

Adm. Arleigh A. Burke was one of the top destroyer squadron commanders of World War II. He had an equally distinguished post war career in which he played a major role in modernizing the Navy and guiding its response to the Cold War. When Burke died in 1996, he was hailed as a "Sailor's Sailor" who defined what it meant to be a naval officer: "relentless in combat, resourceful in command, and revered by his crews."

The Burke stamp features a detail from a 1951 photograph of Burke and the crest of USS *Arleigh Burke* (DDG 51), commissioned in 1991 as the first of a new class of destroyers.

Lt. Cmdr. John McCloy was described by a shipmate as "like a bull" that couldn't be stopped. He has the distinction of being one of the few men in the nation's history to earn two Medals of Honor for separate acts of heroism. McCloy retired from active duty in 1928 after a 30-year career in the Navy and "a lifetime of service on all the seven seas." He died in 1945.

The McCloy stamp features a detail from a 1920 photograph of McCloy and the crest of USS *McCloy* (DE 1038) that was commissioned in 1963.

Petty Officer Doris Miller has been given the title of "the first African American hero of World War II." Miller became an inspiration to generations of Americans for his actions at Pearl Harbor, Dec. 7, 1941.

Although he was the first of a number of African-Americans to be recognized for their heroism in World War II, Miller is singularly remembered for providing inspiration to a campaign for equal recognition and opportunity for

blacks in the military, a campaign that bore fruit in 1948 when then-President Truman ordered "that there shall be equality and opportunity for all persons in the Armed Forces."

The Miller stamp features a detail from a 1942 photograph of Miller and the crest USS *Miller* (DE 1091), that was commissioned in 1973. 🇺🇸

*Story courtesy of Naval History and Heritage Command, Washington, D.C.*

## Special Pay Defined for Haiti Operations

The Navy has clarified eligibility for Imminent Danger Pay (IDP) and Hardship Duty Pay-Location (HDP-L) for Sailors serving in support of Operation Unified Response providing humanitarian operations for Haitians following a 7.0 magnitude earthquake in Port au Prince, Haiti, on Jan. 12.

"Navy staffs have been collaborating on providing this guidance to ensure we are getting it right for our Sailors who are performing this vital lifesaving mission," said Jeri Busch, head of the military pay and compensation policy branch for the Chief of Naval Personnel. "The goal is to ensure all command-

ing officers are using the same legal interpretation to determine the eligibility of their crews."

The land area of Haiti has been designated for payment of IDP at \$225 per month, and will not be pro-rated for a partial month. The land area includes internal waters and waters landward of the baseline, in accordance with international law. The guidance memorandum provided by Busch's office further clarifies that for purposes of IDP entitlements involving operations in Haiti, the term 'internal waters' is defined as any waters landward of the low-water line. Waters landward of the outermost harbor works are also considered internal waters.

Only those Sailors on temporary duty to the land area of Haiti for 30 or more consecutive days will be eligible for HDP-L. Those who work intermittently on land would not be eligible. For example, flight crews or corpsmen who are frequently on land, but routinely return to the ship are not eligible. Those who are eligible will receive \$100 per month. 🇺🇸

*Story courtesy of Chief of Naval Personnel, Washington, D.C.*

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# Operational

# Stress

# Control

**3M for the Mind**

**In this day and age, stress is an unavoidable part of daily life, and in today's Navy, it's all about how you handle it.**

Story by MC2(SW) Elizabeth Vlahos

Technically speaking, stress is the way we respond to challenges to the body and mind. Stress is not necessarily a bad thing; in fact, it's necessary for health. Stress often leads to quick, clear thinking and heightened energy. It's a normal and expected response to demanding circumstances, and it can push us to higher levels of performance when used to our advantage.

When stress piles up or reaches extreme levels, though, it becomes a liability rather than an asset. It can chip away at our job performance, threaten our relationships at home and at work and put our mental and physical health in jeopardy. Left unchecked, it can lead to stress injuries, post-traumatic stress disorder (PTSD) or other serious mental health issues.

The Navy is committed to reducing stress injuries and ensuring the psychological well-being of its Sailors by focusing on building their ability to bounce back from stressful times. To this end, the Navy's Operational Stress Control (OSC) program was launched.

# A Sailor On The Brink: The Importance of Seeking Help

**How the chain of command acts** can mean the difference between life and death for a Sailor in distress. While the Navy releases official statements and drafts policies about the importance of ensuring Sailors' psychological well-being, nothing speaks louder than the actions of the leaders on the deckplates or at the scene. Whether it is the leading chief petty officer or the department head, front-line leaders have the power and responsibility to make a difference. I know, because I've been to the brink – and had it not been for them - I'm not sure I would have made it back.

My story is not to invoke pity or sympathy, but to give you some personal insight as to how important it is to seek help before you're at the breaking point. This is one of those lessons that I would not wish even my worst enemy to learn the hard way.

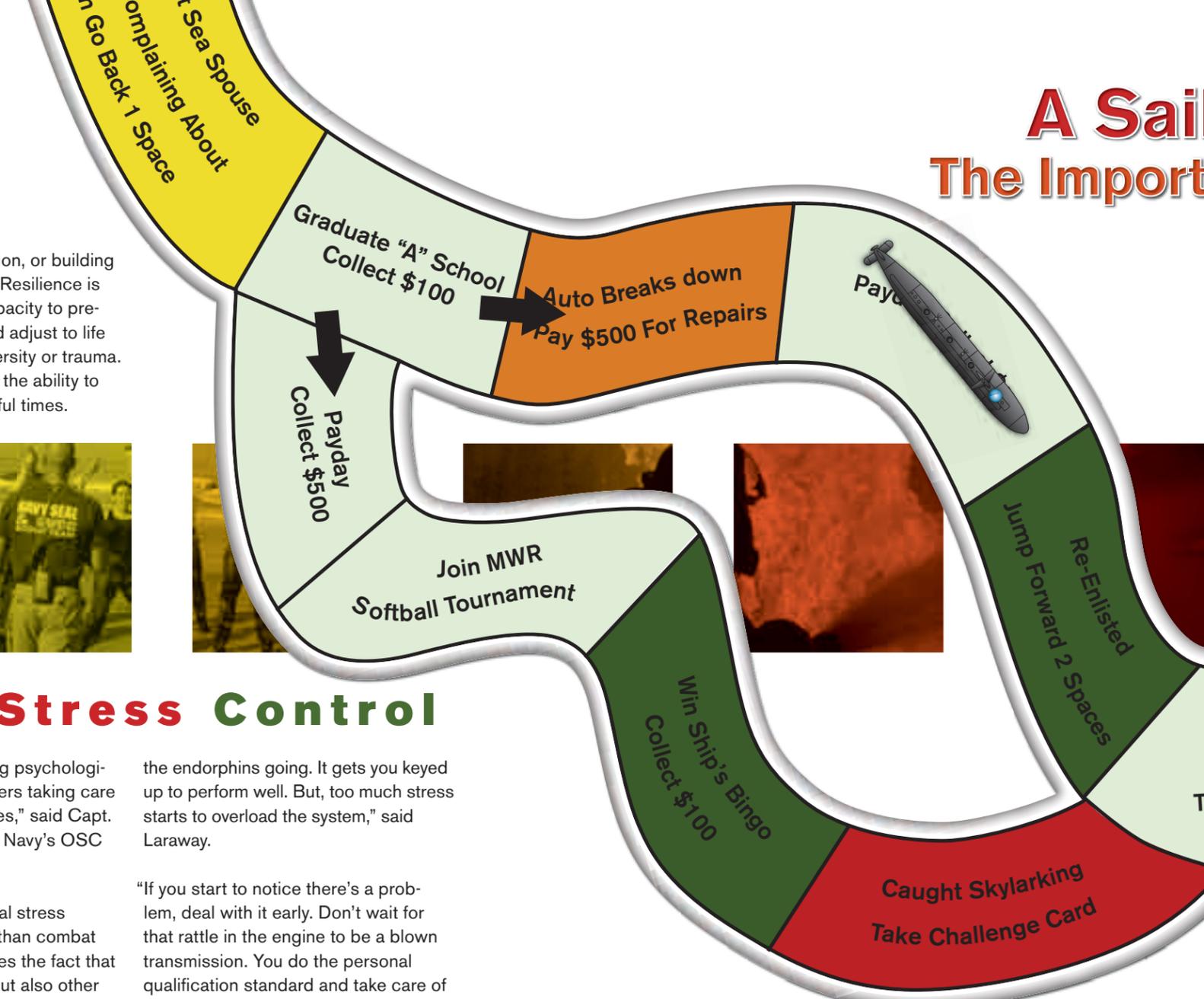
It was January of 2006. My ship had been unexpectedly deployed to support a potentially volatile political event in Africa. I had already been under significant personal stress at the time of the deployment. I was doing reasonably well in my rating, but I was not really well suited for it. As a result, my frustration with my job began to affect my performance. I had been unable to travel home for Christmas that year, which greatly bothered me because my dad's sister had been diagnosed with breast cancer almost three months prior.

I was having issues with the other Sailors in my shop – our interactions with one another were antagonistic at best, and hostile at worst, causing a great deal of stress in the shop. Long story short, by the time my ship received her 24 hour notice to deploy, the fire was already under the pressure cooker.

Add the pressures of an open-ended deployment to the sick stew that was brewing in Weapons Division, and life seemed to grow increasingly unbearable with each passing day. I remember isolating myself from my friends because I'd talked about the same problems time and time again, and I was tired of boring them to death with the same story, as I saw it.

No matter how much sleep I got the previous night, I was exhausted each day, physically and emotionally. The minute the workday was done, I'd head straight for my rack, desperate for the safety of sleep, only to be paralyzed at reveille the next morning, dreading the day before me. Some days were so bad that after chow, I was in the head forcing myself to throw up to cope with my stress.

I felt trapped, with no way out. Even before the mission, I had given some thought to converting from my current rating to a job better suited to my skills, but I felt that if I were to change ratings, I was giving up. As one of the few females in a male-dominated rating, I felt tremendous pressure from within to stick it out for at least my first tour.



OSC focuses on prevention, or building psychological resilience. Resilience is defined as the human capacity to prepare for, recover from and adjust to life in the face of stress, adversity or trauma. In a nutshell, resilience is the ability to bounce back from stressful times.



## Operational Stress Control

"[OSC is] about promoting psychological health. It's about leaders taking care of Sailors and their families," said Capt. Lori Laraway, head of the Navy's OSC program.

The concept of operational stress control is a little broader than combat stress control. It addresses the fact that not only combat action, but also other day-to-day stressors might permanently harm an individual. Many sailors operate in an inherently hazardous environment.

Shore-based Sailors may not be involved in hazardous duty, but are often juggling the demands of work, family, school and other stressors. Operational stress is a fact of life throughout the Navy.

Laraway is quick to point out that stress is often a good thing – to a point.

"Stress challenges us to do our best. That little bit of anxiety before the physical readiness test or advancement exams helps to get the adrenaline and

the endorphins going. It gets you keyed up to perform well. But, too much stress starts to overload the system," said Laraway.

"If you start to notice there's a problem, deal with it early. Don't wait for that rattle in the engine to be a blown transmission. You do the personal qualification standard and take care of preventive maintenance up front so that you don't have problems down the road," she said. "We have it figured out for our ships and our planes. Now it's time to figure it out for our people, and that's what our program's really about."

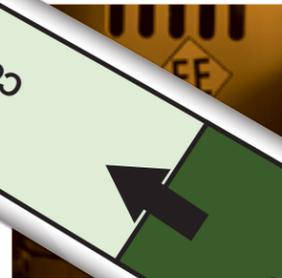
Think of OSC is a preventive maintenance system - 3M - for the mind.

"Sailors know what 3M is," Laraway continued. "They know how to do the quals to keep things up to standards. It's almost inbred by the time you get out to the fleet, but we aren't as quick to know we have to take care of our people the same way.

"Good leaders know this. We're building upon what has been working in the Navy for 200-plus years, which is good leadership. We're trying to provide more awareness, more tools to help leaders know what to look for so that they can identify potential stress related problems early. If it's an engine, we've got the checklists so we know what to do; we go through and we figure it out. We've got to provide the same checklists and skills for leaders so they know how to intervene with their people."

OSC has adopted a model that recognizes that stress reactions occur across a continuum, or stress zones. The

model uses four colors - green, yellow, orange and red - to help people understand the different zones. The Green Zone signifies readiness – the Sailor, while not free from stress, has built up a good foundation of resilience and is coping well. The Yellow Zone signifies a stress reaction – the Sailor is experiencing a normal response to a stressful situation, but one that can cause some distress such as trouble sleeping or increased irritability.



## OSC is 3M for the mind

The Orange Zone signifies a stress injury – the Sailor needs to admit that his or her stress may be more than what they can handle alone and that they need to seek help. The Red Zone signifies a stress illness – the Sailor can no longer function well and needs medical attention to heal and return to full duty.

By making tools and training available, OSC aims to help leaders, Sailors and their families identify their own and others' stress indicators, and most importantly, know what to do to return to the Green Zone.

OSC is for all Sailors and their families; anyone can be affected by stressors. Separation from loved ones during a deployment is extremely hard, but communication can help - especially letting each other know about issues of concern - and working together is the best solution. But, if that doesn't work, seek help before stress becomes a problem.

The Navy's OSC program, a line-led and owned program that is supported

by the Navy Bureau of Medicine and Surgery, integrates various policies and initiatives under an all-encompassing canopy. OSC awareness training, which includes signs, symptoms and mitigation strategies for stress injuries and illnesses, has been presented to more than 84,000 Sailors as of Dec. 31, 2009.

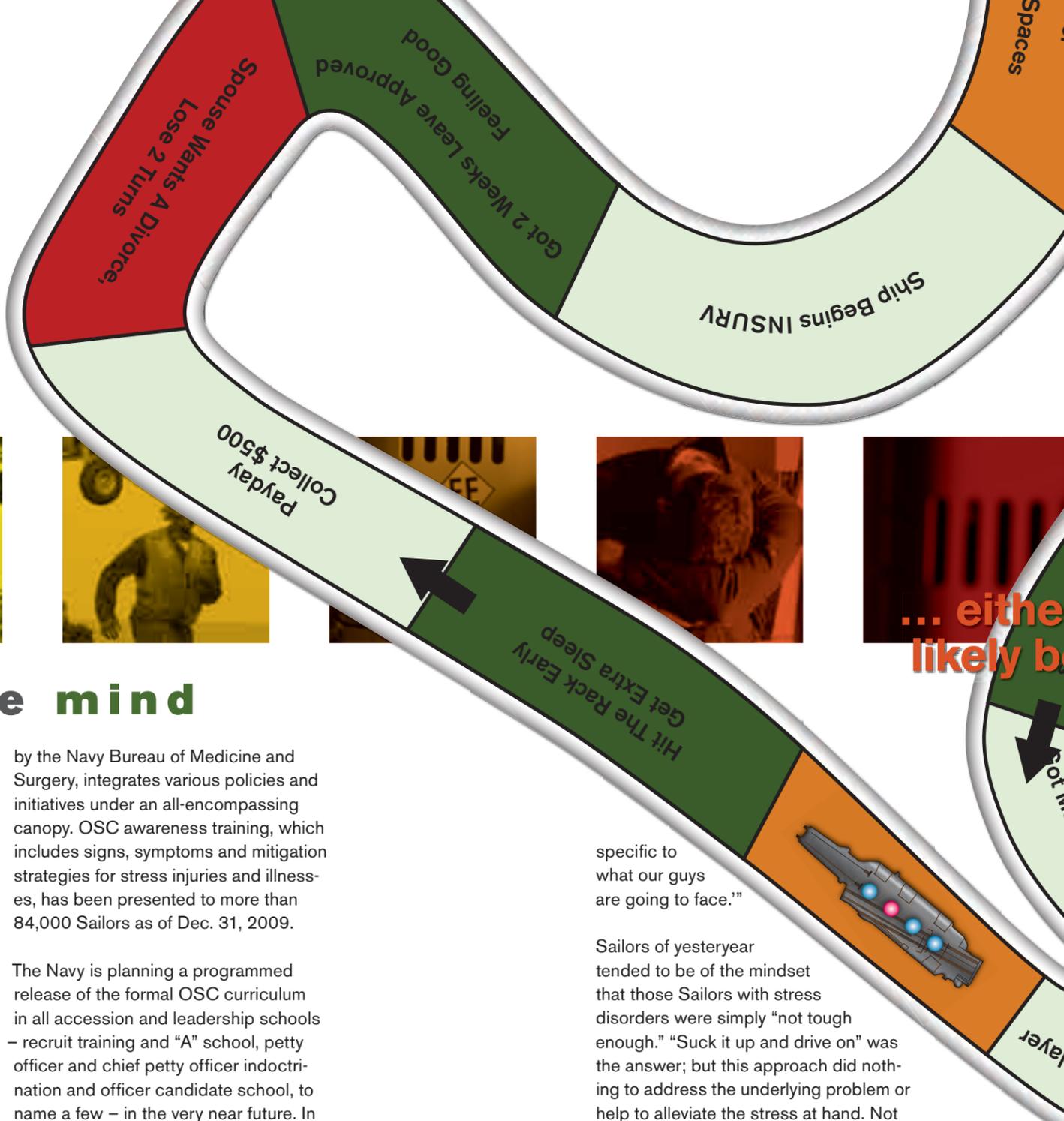
The Navy is planning a programmed release of the formal OSC curriculum in all accession and leadership schools – recruit training and "A" school, petty officer and chief petty officer indoctrination and officer candidate school, to name a few – in the very near future. In addition, specific pre- and post-deployment OSC training is being delivered at all Navy Mobilization Processing sites and Returning Warrior Weekends.

"We've developed operational stress control training for some community-specific organizations," Laraway added. "EOD came to the Naval Center for Combat and Operational Stress Control in San Diego and said, 'You know, we really want to get training that is

specific to what our guys are going to face."

Sailors of yesteryear tended to be of the mindset that those Sailors with stress disorders were simply "not tough enough." "Suck it up and drive on" was the answer; but this approach did nothing to address the underlying problem or help to alleviate the stress at hand. Not only did the problem refuse to go away, it festered and usually became worse. The results were often catastrophic for the Sailor's friends and family.

Today's leadership has become better educated about stress and recognizes that Sailors can only tolerate extraordinary stress for so long before they either let off some pressure or shut down. In fact, OSC is dedicated to



... either I sought help or I would likely be dead by my own hand ...

This, unfortunately, was a fight that I was losing with each passing second. Every day seemed to bring another harsh reproof over yet another deficiency. My shipmates in Weapons were ruthless, or so I felt.

The days seemed to morph into one another, creating an interminably waking nightmare, and it wasn't long before I had lost all hope that my situation would improve. Pretty soon, the only thought going through my mind was, "It's not going to get better ... I'm not going to get better." I remember sitting against a ready-service locker topside, wondering what was keeping me from walking into the gun shop, pulling out a 9mm and a magazine and ending it all right there. I didn't want anyone thinking that I was psycho, of course, so I kept quiet about it.

Things finally came to a head in January 2006 – my shipmates and I verbally came to blows with one another while a distinguished foreign official was visiting the ship, fortunately, not near enough to overhear any of the discord. Afterwards, our leading petty officer handed us each a counseling chit and read us the riot act, threatening to put us all on report if there were any further infractions. I could not imagine feeling less like a Sailor than I did that afternoon.

After evening chow, our chief called us individually into his office and made us read our personal remarks from our counseling chits, beginning a discussion as to what to do about the atmosphere in the division. When it came time for me to say my piece, my chief looked at me and asked, "What are we going to do with you?"

My initial thought was to tell him that something needed to be done about my shipmates' insubordinate attitudes, but at that moment it clicked in my head that my problems ran deeper than I was previously willing to admit. There was no way that I could keep on the way I was any longer. For the first time, I had a clear look at how precariously I was teetering on the brink. For me, the immediate threat was simpler, and much more serious, than that of NJP; either I sought help or I would likely be dead by my own hand within the next 24 hours.

It took a few tries, but I finally blurted it out. "I think I need to see a mental health professional."

His immediate response was expected, but understandable considering I worked with weapons, "Are you thinking about harming yourself?"

I couldn't bring myself to make such an admission, even though the seed had planted itself in my head, so I said that I didn't want my situation to get to the point where I would consider harming myself. In retrospect, though, I think my chief realized before I had said anything that it had already gotten to that point.

I told him about how I'd been going to bed right after we knocked off for the night, how I dreaded getting up in the morning, how no matter how much sleep I'd gotten the previous night, it was never

helping Sailors navigate the minefield of stress so that, should the steam under the collar reach the critical point, Sailors know where to turn to bleed the excess pressure.

The goal of the entire OSC program is to move Sailors, families, and commands toward the ready Green zone.

for the fifth day in a row. You address stress up front. Our focus is psychological health, wellness and resilience, and we can prevent a lot of these other issues. Oh, and by the way, if they do creep up, address them early!"

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick West



## Going – And Staying – Green

Moving toward Green is a shared responsibility of Sailors, family members and command leaders, as well as medical personnel, chaplains and other caregivers.

Laraway compares the importance of monitoring one's psychological health and operational stress control to one's cardiac health.

"The time to think about your heart health isn't when you're in the back of the ambulance and somebody's pumping on your chest," she said. "It's about adjusting how you live every day.

"It's taken the American Heart Association 50-some years of a concentrated ad effort to get the general american public to this point in time.

"That's where we need to be with psychological health. We need to get people to realize that you don't address stress when you're in a crisis, having flashbacks or you haven't slept

issued a challenge to the fleet to take care of those in distress, and to seek help if they themselves are feeling the pressure.

"I want each and every one of you to knock down the barriers that discourage our people from seeking help early, before the stressors end up in injuries, illness, or in the worst case scenario, death. Shipmates, there's a stigma out there, and it is preventing a lot of our people from seeking help."

According to Capt. (Dr.) Paul Hammer, NCCOSC director, part of eradicating the barriers that often prevent Sailors from seeking psychological health care, is approaching stress injuries as one would physical injuries.

"Let's say two Sailors are down at the naval station," said Hammer. "They meet each other and they're walking along, and one says, 'Where are you going?' 'I'm going to my therapy appointment.' 'Occupational therapy?'



## That day, my life turned around for the better!

'No, no, my psychotherapy.'  
'Oh, okay. See you at 1500 when you get back.' No big deal.

"I want people to think, 'I need to go talk to somebody about this. I need to work this out.' That's what I want."

Hammer's goals are echoed by West who summed up his expectations to the fleet.

"We need to get rid of that barrier," said West. "The bottom line is, we are not alone, and we are here to help each other. Lives depend on it, and I am depending on you." 🌱

*Vlahos is assigned to Defense Media Activity – Anacostia, Washington.*

enough. He told me that he recognized what I had told him as the classic signs of depression, and then said he would meet with our division officer and department head the following day.

The next morning, I felt how I imagined a surgical patient in a morphine haze would feel. I was dazed, but in no real pain. Early that afternoon, I was called into combat information center. When I got there, my department head pulled me into a side room, where my chief, our division officer, the ship's independent duty corpsman, and our CMC were waiting.

The CMC informed me that they were pulling me from Weapons until further notice, but he made it clear that I was not being punished – they were just looking out for my well-being. He then informed me that I was being reassigned to Medical to help our independent duty corpsman with records, patients' vital signs, PMS and other duties. I understood that they weren't concerned about whether or not I ever fired another weapon; they just wanted me to get better and thrive again.

That day, my life turned around for the better! Naturally, I hit a bump every once in a while, but for the most part I was saner, happier, and healthier than I was in Weapons. Even working out of my rating, I still made second class off that exam cycle. I finally came to the same realization that my chain of command did – I had potential to thrive in the Navy, but not in my current rating.

Once I acknowledged this, and made peace with my limitations, I started pushing for a conversion to a different rating, one that I originally wanted when I joined the Navy.

Our command career counselor helped me put together a conversion package. It took me three tries during the course of that year, but one year and four months after I was transferred from Weapons, my hard work paid off when I was approved for a direct conversion to my new rating. You couldn't manufacture a drug, legally or illegally, that could get you as high as I felt when I got the news – I felt like the weight of the world had been lifted off my shoulders. Also, once I converted, I was able to qualify on the ship's small arms and stand watch again, so my removal from Weapons did not mean the permanent end to my qualification to operate a firearm.

My story has a happy ending because my chain of command cared enough about me to throw me that lifeline when they saw I was drowning. That said, I didn't ask for help until it was almost too late, and I likely suffered needlessly in the process. I tried to "suck it up" and "tough it out" to where it almost cost me my life. I was clearly in the Orange Zone but didn't have the capacity to see it. Today, the Navy's Operational Stress Control program is working hard to educate all Sailors about the affects of operational stress and about the resources available to them to find help.

**DO NOT BE AFRAID TO REACH OUT FOR HELP.** Getting help will not kill your career. I know, because the help I received saved my career – and my life. 🌱

*The author's name has been withheld for privacy reasons.*

# Forward Deployed to the Land of the Rising Sun

Story by MC2(AW) Jonathan W. Hutto, Sr.  
Photos by MC2 Shannon Renfroe

**F**or more than 60 years, a partnership - birthed from one of the most storied conflicts of the 20th century - has endured, both prospering and nurturing a bilateral tie from which has stemmed an unprecedented economic, cultural and military affiliation. Through these close ties, generations of Sailors, family members and DoD civilian employees have had the opportunity to experience a country they might have initially seen as foreign, but now call home.

Japan, sometimes referred to informally by the English translation of its *kanji* (one of Japan's three written languages) as 'the Land of the Rising Sun,' can be a once-in-a-lifetime experience in a Sailor's career, affording opportunities for which others might only wish.

But, according to Command Master Chief Miguel Juan V. Reyes, CMC of USS *Blue Ridge* (LCC 19), along with the chance to visit the Imperial Palace in Japan's cultural center of Kyoto, walk the length of Tokyo's shopping mecca, the *ginza*, view three-story ice-sculptures at the Sapporo Ice Festival and become immersed in a culture rich in tradition, another responsibility exists for Sailors heading to Japan for a tour of duty.

"Once you get orders to Japan, you have another job," he said. "That's being an ambassador for the United States. Each and every one here is an ambassador – 365 days a year."

Reyes and other Sailors aboard Commander, Fleet Activities Yokosuka (CFAY)-based *Blue Ridge* are some of the more than 35,000 U.S. service members stationed in Japan. The initial shock of traveling thousands of miles, of being unable to successfully navigate a language barrier and of being a representative of the United States is lessened through a course that has significantly enhanced Sailors' experiences on the island nation.



New 7th Fleet Sailors depart on a cultural tour of the historic city of Kamakura, the first capital of Japan and home to the Amida Buddha. Upon arrival in country, Sailors attend the week-long Area of Orientation Brief for Inter-Cultural Relations (AOBICR) class sponsored by the Yokosuka Fleet and Family Service Center.

## Arrival

The Fleet and Family Service Center (FFSC), a mainstay at U.S. Navy installations around the world, plays an integral role for newly-arriving personnel and their families. While stateside centers are involved in workshops, services and classes designed to enhance the quality of life for military members and their families, single Sailors, Reservists and retirees, FFSCs in Japan offer all of these services as well as insight into a world individuals might view as completely foreign.

"Our mission in Japan is larger due to language and cultural barriers," said Cathy Adams-Bomar, director of the CFAY FFSC. "Two thirds of the Sailors we first meet have never been to Japan, and a huge part of our work is helping people settle in."

Adams-Bomar said the FFSC mission in Japan has evolved from an information and referral service into the more significant role of providing assistance to Sailors and families about their tenure in Japan, effectively easing the concerns new arrivals may have. According to Adams-Bomar, alleviating any initial hesitation about duty in Japan can be done through an orientation course offered by the FFSCs in Japan. She feels the class adequately prepares new personnel for this significant and exciting change in their lives.

"Family readiness is mission readiness," she said. "Sailors and their families spend their first week in Japan attending the Area of Orientation Brief for Inter-Cultural Relations [AOBICR] class. This class will expose them to some of the history, language, culture and traditions of the country."

CFAY AOBICR Instructor Karou Sakongo agreed, noting the mandatory course provides attendees useful information.

"Most Sailors will say they feel more relaxed in Japan after taking the course," Sakongo said. "The course helps to remove the uncomfortable feeling some have when they first arrive."

The week-long CFAY FFSC course examines some of the differences Sailors and their families might encounter, illustrating how simple day-to-day functions – from shopping in a local supermarket to eating in a restaurant – can all present a unique experience. FFSCs at Navy installations throughout Japan offer a similar orientation brief.

Yokosuka's FFSC's AOBICR, while similar to other offerings at U.S. naval facilities like Sasebo, Atsugi and Misawa, extends outside the classroom, Yokosuka provides a guided tour designed to demonstrate the ease with

which individuals might travel throughout Japan. Sailors attending the course ride a *densha* (train) to the historic city of Kamakura, nearly an hour south of Tokyo.

Aoki also said the tour is often the first time new arrivals get out on the economy in a foreign country.

Kamakura is very well-known for its history," Aoki said. "We want them to see the traditional part of Japan, and this only takes 60 minutes by train, so this gives [them] the opportunity to use public transportation. We take class participants there as a group, and by doing so, we hope we can make them feel at home."

"It's important we understand the history and culture [of Japan] and how to conduct ourselves to prevent embarrassing the United States and the Japanese," said Command Master Chief Chris Addington, CMC of Submarine Group 7. "The train ride into Kamakura puts you into the culture – to see what's important to the citizens so that you're not doing anything wrong or embarrassing to them."

While western influence in Japan has significantly increased during the past century, the nation remains steeped in tradition, with some customs dating back thousands of years.

Like other FFSC courses in the Japan theater, the AOBICR tour can serve as a starting point to understanding many of the differences Americans might encounter while in Japan, but according to Chief Machinist's Mate Isidoro Madrigal, venturing beyond the confines of the U.S. military installation is one of the most rewarding aspects of a tour in Japan.

"First-time Sailors to Japan can read and check facts online before coming over and it's important to have a sponsor," he said. "But the key is to get outside the gate."

## Beyond the Gate

While gates leading to U.S. Navy installations in Japan might not be nearly as ornate, passing through a *torii* gate represents a step into



Sailors listen to Kaoru Sakonjo, an instructor for the Area of Orientation Brief for Inter-Cultural Relations class during a visit to the historical city of Kamakura.

something new, something different. Inside the confines of U.S. military bases in Japan, a town exists, and many of the amenities associated with America are readily available. Stepping through each base's main gate, however, is a step toward an experience many individuals see as the chance of a lifetime.

Nearly 126 million people live in the mountainous country, a nation comprised primarily of four main islands (Kyushu in the south, Honshu in the center, Shikoku in the east and Hokkaido in the north) and 75 percent of these individuals live in densely populated urban areas where cities tend to join together. Service members at CFAY, in close proximity to both Tokyo and Yokohama, live in the largest urban concentration area in the world.

"When you think of the size of Japan – almost the same size as California – there is easy access to everywhere in the country," Aoki said. "People can do a one-day trip to many places around here."

A short drive or train ride outside the city limits of Tokyo, Osaka or Kyoto showcases a different Japan, sparsely populated, vast mountainous regions and a way of life markedly different from what might be expected.

According to Aoki, although the attraction of the urban lifestyle of the Tokyo area can be appealing to many, quieter areas of Japan, exist, with U.S. military facilities in both Sasebo and Misawa as prime examples.

"People are quite friendly all across Japan, but the environment is totally different in more rural areas," she said. "In [these] areas, people are able to see and appreciate nature."

While national holidays are celebrated throughout Japan with observances in metropolitan and rural areas alike, enjoying *sakura matsuri* (cherry blossom festival) near Aomori's Towada-ko (Lake Towada) or observing *obon* (a festival honoring the dead) near the Sasebo River can provide service members and their families the opportunity to participate in local cultural events.



There are many different shrines to visit while in Japan, and each reflects the different aspects of the people and the areas of the country in which they live.

“We, [at the FFSC] urge them to take advantage and enjoy their experience in Japan, especially the young Sailors,” Aoki said. “Japan is different, and some Japanese people are not accustomed to talking with foreigners, but learning some of the basic sentences can help. Japanese appreciate those efforts.”

There is both a friendly and curious nature surrounding the Japanese people - a willingness to accept that which is different. The polite nature of the Japanese people can be attributed to the close proximity in which many in Japan live.

### Sightseeing

The Morale, Welfare and Recreation’s (MWR) Information, Tickets & Travel (ITT) at U.S. Navy facilities in Japan affords service members the opportunity to travel through the country, by providing guided group trips or by assisting individuals with travel plans.

Areas to which MWR’s ITT trips venture vary by region. Service members at Commander, Fleet Activities Sasebo (CFAS) might have the opportunity to travel to Nagasaki Peace Park or attend a Fukuoka Daiei Hawks baseball game, while Sailors and their families in the Yokosuka area might purchase tickets to Tokyo’s Disneyland or take a trip to historic *Fujiyama* (Mt. Fuji).

Sailors also snowboard in Japan’s northern Aomori Prefecture where Misawa Air Force Base is located, an area known for its heavy snowfall. Surfing in the southern prefecture of Miyazaki, an area east of Sasebo, is also a favorite activity for Sailors.

One of Japan’s heralded attractions, a more than 12,000-foot tall monument visible from either an aerial or maritime approach, attracts an estimated 200,000 visitors annually. Mt. Fuji is Japan’s highest mountain and an unparalleled tourist attraction. Five different routes, along which shrines and teahouses are located, ascend the mountain, and Sailors and their families can hike this path during their tour of duty in Japan.

According to Aviation Support Technician 2nd Class Lamont Russell Sewell, stationed at Naval Air Facility (NAF) Atsugi with the Aircraft Intermediate Maintenance Department (AIMD), climbing Mt. Fuji is a significant event, one he says those who have the opportunity should take.

“The most challenging task I’ve completed since being stationed here is climbing Mt. Fuji,” he said. “The climb is both physical and mental. The duration [of the climb] helps one re-think life. ‘Can I conquer a challenge that huge and make it all the way through?’ It was the experience of a lifetime.”

Along with Mt. Fuji, Sailors have the opportunity to visit tourist attractions such as *Kokyo* (Tokyo’s Imperial Palace), the main residence of the Emperor of Japan; the Sapporo Ice Festival, featuring several 20-foot high ice sculptures; and Nara, where the nearly 190-foot high Great Buddha in the Todaiji is located. Other areas to which Sailors and their families venture can include trips to Universal Studios Japan (in Osaka), as well as Tokyo’s Disney Resort.

### Food

*Nihon riyori* (Japanese cuisine) is more varied than what many Sailors and their families new to Japan might expect. Contrary to what is widely believed, sushi, vinegar flavored rice topped with raw fish, is generally eaten on holidays and at ceremonies. Although fish remains a staple of the Japanese diet, beef and pork are also standard fare. Both rice and noodles are eaten, often with a soup and meat, fish or poultry dish.

With restaurants in close proximity to all U.S. Navy installations in Japan, sampling the local cuisine can broaden a Sailor’s horizons. While the Defense Commissary Agency operates grocery facilities at all main Navy facilities in Japan, stocking American products with which Sailors and their families are familiar, shopping in the local economy can provide a unique experience.

### Family Life

Given the nature of the Forward Deployed Naval Forces (FDNF) in Japan, Sailors stationed aboard the several afloat commands in Japan often engage in a rigorous underway schedule. Adams-Bomar said educating Navy spouses and ensuring they are aware of the support networks in place is yet another mission of the FFSC in Japan.

“We do deployment support and work with family readiness groups,” Adams-Bomar said.

Families on Navy installations in Japan quickly discover the bases have a neighborhood ‘feel’ to them, with support networks in place and other families eager to share their experiences and knowledge. Carmen Johnson, wife of Chief Aviation Electrician’s Mate (AW) Martin Johnson, stationed at NAF Atsugi, said being stationed thousands of miles from the United States forges closer bonds between families in similar situations.

“It’s challenging being so far from home,” she said. “The people here become your family away from home, and the distance from home brings your immediate family closer together because you have to depend on each other more in comparison to the United States. We have awesome support systems here with both an enlisted and officer spouse association on base.”

Johnson also said the experience of living in Japan has been positive for her two children. “It’s been good for us and our kids to experience a different culture,” she said.

The support network extends further still, with Child Development Centers (CDC) a mainstay at most naval facilities in Japan. CDC employees are Japanese and spouses of forward-deployed Sailors, something CFAY CDC Director Violeta Delarosa says enhances the child care experience.

“All of our activities are based on a multicultural approach,” she said. “We have children here from the Philippines, Latin America and Japan. The more diverse our staff, the more we’re able to care for the children.”

Despite the significant emphasis naval facilities in Japan place on the family member, Sailors reporting for duty aboard one of the afloat commands here need ensure their families are still prepared for what can be

a significant change. Gas Turbine Service Technician 2nd Class James Burton, assigned to USS *Curtis Wilbur*, said it’s critical to discuss the move with family before accepting duty in 7th Fleet.

“If you’re married, it’s important to sit down with your spouse and explain the potential of you being deployed quite a bit,” he said. “It’s constant, and our schedule changes often. Communication and rolling with the punches is critical for your family.”

The challenge of being forward deployed notwithstanding, the opportunities for Sailors and their families in 7th Fleet are immense, something Aviation Ordnanceman 1st Class (AW/SW) Daniel Delgado, assigned to Helicopter Squadron (Light) 51 aboard NAF Atsugi, said can prove a great experience for families.

“This is a good place to travel and take your family,” he said. “The train system is amazing - you can get anywhere on the train, and many of the people understand and are open to the English language. Places like Tokyo have plenty of English signs up, but it’s still to your advantage to learn some Japanese.”

### Sailor Ambassadors

For Sailors and their family members stationed in Japan, the opportunity to experience a new country, the chance to be

immersed in a new culture, can be one of the most personally rewarding aspects of their tour of duty. But, despite the outstanding relationship the United States and Japan share, Sailors must always maintain themselves in a professional manner.

“I place special responsibility on my Sailors when they step outside the gates,” said Reyes. “We can’t afford a liberty incident out in town. It can become a big issue within the country.”

In an effort to both afford junior Sailors the opportunity to relax away from their afloat commands, as well as ensure a method of minimizing the already occasional liberty incident, 7th Fleet established the Homeport Ashore Program. The program was created for single Sailors residing on ships. Through this innovative quality-of-life measure, Sailors E-4 and below not receiving a base housing allowance (BAH) can be recommended by their chain of command to live on base in residential housing.

“The Homeport Ashore Program allows two-thirds of our Sailors to have a home off the ship when we pull in,” Reyes said. “Our Sailors would rather stay in the barracks than go out and potentially cause a liberty incident. The program helps out a lot. Single Sailors are less prone to go outside the gate to blow off steam.”

Sailors considering accepting orders to U.S. facilities in Japan can expect a personally and professionally challenging tour of duty, according to Cmdr. Paul Hogue, *Curtis Wilbur*’s commanding officer.

“Look forward to it and be ready to go,” said Hogue. “Read up on the command you’re going to, and you’ll find it very rewarding and challenging.”

Hogue also said a tour with Japan’s FDNF can serve as an eye-opener for most Sailors and their families. Choosing duty in Japan can be one of the most exciting experiences in their careers.

“No matter where you’re from in the United States, you’ll understand a little more than the average person,” he said. “Whether you do four or 30 years, coming to FDNF is a rewarding experience you’ll cherish for the rest of your life.”

*Hutto and Renfroe are assigned to Defense Media Activity – Anacostia (DMA-A), Washington, D.C. MC1 Bruce Cummins of DMA-A also contributed to this article.*



Sailors and their families enjoy sushi during a visit to the historical city of Kamakura.



Sailors stationed in 7th Fleet have access child development centers (CDC) for their dependents. CDCs are staffed by Navy spouses and Japanese civilians.



Photo by MC2 Kristopher Wilson



Photo by MC2 Kristopher Wilson



## From First Responders to Sustained Support

Story by MC2(SW) Elizabeth Vlahos



Photo by MC2 Kristopher Wilson



Photo by MC2 Chelsea Kennedy



Photo by MC2 Kristopher Wilson



Photo by MC2 Joshua Lee Kelsey

**Jan. 12, 2010** a magnitude 7.0 quake struck Haiti shortly before 5 p.m. EST - the most powerful to hit Haiti in a century. According to the U.S. Geological Survey, it was centered about 10 miles southwest of Port-au-Prince and could be felt strongly in eastern Cuba, more than 200 miles away.

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USNS *Comfort* (T-AH 20) maneuvers off the coast of Haiti.

A Haitian boy watches as rigid-hull inflatable boats from USS *Fort McHenry* (LSD 43) and USS *Carter Hall* (LSD 50) arrive ashore at the New Hope Mission at Bonel, Haiti.

A landing craft air cushion assigned to Assault Craft Unit 4, makes its way toward the well deck entrance of USS *Bataan* (LHD 5) after delivering humanitarian aid and supplies ashore near Grand Goave, Haiti.

Medical professionals aboard *Comfort* (T-AH 20) treat a six-year-old Haitian boy in the casualty receiving room aboard the 1,000-bed hospital ship.

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A neighborhood is in ruins in the Haitian capital of Port-au-Prince following the January earthquake.

A Red Cross worker picks up a humanitarian box to give to an earthquake survivor in Port-au-Prince.

An air crewman secures patients to the floor of an MH-60S *Sea Hawk* helicopter for transportation from USS *Carl Vinson* (CVN 70) to *Comfort* (T-AH 20).

Sailors assigned to USS *Bataan* (LHD 5) clear the rubble of a collapsed church from a street in Grand Goave, Haiti.



Photo by MC3 Ryan Steinhour



This tragedy set in motion an unprecedented humanitarian relief response led by the State Department but also involving the U.S. military, non-governmental organizations (NGOs) and civil society.

"The entire world stands with the government and people of Haiti, for in Haiti's devastation, we all see the common humanity that we share," President Barack Obama said.

But, America has a particular responsibility to render aid because the nation, "has a unique capacity to reach out broadly and to deliver assistance that can save lives," Obama said.

The Navy quickly became a pivotal part of the nation's response. As the naval component commander for U.S. Southern Command, U.S. Naval Forces Southern Command coordinated the Navy efforts from air to sea, from medical care to humanitarian supplies.

Naval Station Guantanamo Bay, Cuba, and Joint Task Force Guantanamo mobilized as a logistic hub to support the movement of personnel and supplies into the Joint Task Force Haiti area of operation. Commander, Task Force 48 was established at Guantanamo, serving as a Joint Sea Base and Joint Logistic Hub for Operation *Unified Response*. The Navy worked as swiftly as possible in a difficult environment, having to deal with immense needs, devastated infrastructure and a massive logistics challenge.

On Jan. 14, USNS *Comfort* (T-AH 20) was in scheduled maintenance availability in Baltimore. Within 77 hours, she transitioned from an industrial shipboard site into a fully-staffed mobile naval hospital, equipped with the most up-to-date medical technology, ready to provide medical care to our neighbors in desperate need in Haiti.

*Comfort* deployed Jan. 16 with an overall crew of 850 that included a medical team comprised of 550 medical and non-medical support staff. She embarked additional team members, to include ship's servicemen to run the laundry and store, food service attendants, mental health professionals, pediatric specialists, nurses, and additional administrative support personnel, bringing her total crew to approximately 1,200 people.

The additional personnel augmented her capabilities to nearly 1,000 beds, including 880 ward beds, 80 intensive care unit beds and 20 post-anesthesia care unit beds. The additional staff allowed *Comfort* to expand her operating room capability to 11, with a twelfth operating room specifically designed to support advanced interventional radiology procedures. *Comfort's* self-sustaining nature enables her to provide long-term support. The day *Comfort* steamed out of Baltimore, USS *Underwood* (FFG 36) arrived in Haiti and also provided critical medical assistance.

"Responses such as our work in Haiti require an unprecedented level of integration among our military forces and enhanced cooperation with the other instruments of national power, as well as the capabilities of non-governmental agencies and others," said Vice Adm. Adam Robinson, the Navy's surgeon general. "Our sister services and NGOs are valued partners in providing medical care to those in need during this critical mission and will be for many years to come."



Photo by MCz Daniel Barker



Photo by MCz Kevin Edwards



Photo by MCz Montique Hillery



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Sailors load bottles of fresh water into an MH-53E from Helicopter Mine Countermeasures Squadron 14 to delivered to earthquake survivors.

LS1 Michauli Martin, from Brooklyn, N.Y., assigned to USS *Gunston Hall* (LSD 44), and Nigerian navy Capt. Adejimi Osinowo, assigned to the Africa Partnership Station West international staff, pass out bags of rice to Haitian civilians.

Sailors assigned to USS *Carter Hall* (LSD 50) remove rubble from a home during a community relations project.

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Lt. Aaron Boney (left), assigned to USS *Carl Vinson* (CVN 70), checks a Haitian boy for additional injuries at the Killick Haitian Coast Guard Clinic in Carrefour, Haiti.

The Navy is actively working with several NGOs to augment the longer-term plan for medical assistance aboard *Comfort* and anticipates the number of NGO medical personnel working aboard to grow in the immediate future.

USS *Carl Vinson* (CVN 70) diverted from her scheduled transit and arrived on station Jan. 15, less than 72 hours after the quake. *Carl Vinson* immediately rendered assistance. During a two week period, *Vinson* and her 19 embarked helicopters flew more than 2,200 sorties, delivering more than 166 tons of food, 89,000 gallons of water and 38,700 lbs. of medical supplies to earthquake victims. Additionally, *Vinson's* helicopters conducted 476 medical evacuations and the ship's doctors and corpsmen treated 60 patients in the medical ward.

"I ran out on the runway to deliver a box of insulin to a C-2 aircraft before it left for Haiti," said Cryptologic Technician (Technical) 1st Class (SW/AW) Nicholas Nowlin, a staff member of Carrier Strike Group 2. "That is not something I do in my every day job. I love that I can do these things – whatever it takes – to help save lives."

Three days after *Carl Vinson* arrived in Haiti, the USS *Bataan* Amphibious Ready Group (ARG) with the embarked Marines from the 22nd Marine Expeditionary Unit (MEU) reported on station. In addition to USS *Bataan* (LHD 5), the ARG included USS *Carter Hall* (LSD 50), USS *Gunston Hall* (LSD 44) and USS *Fort McHenry* (LSD 43).

"The fact that we are flexible and are well-versed in these types of operations makes us the platform of choice for these missions," said Cmdr. Fred Wilhelm, commanding officer of *Gunston Hall*. "We bring the capability of making 72,000 gallons of water a day, we have medical facilities on board and we bring landing craft, along with Marines, to help with any tasks that might come our way."

By Jan. 23, the *Bataan* ARG received reinforcements with 4,000 Sailors and Marines from the USS *Nassau* (LHA 4) ARG and 24th MEU. *Nassau* ARG was originally scheduled to deploy to the 5<sup>th</sup> and 6<sup>th</sup> Fleet

Areas of Responsibility in support of maritime security operations.

"We've had a lot of training for humanitarian assistance," said Hospital Corpsman 2nd Class (SW) Steve Banner, a native of Bristol, Tenn. "I was aboard for Galveston, so I've had this experience before."

Another big part of the maritime relief effort was to start the rebuilding of port facilities near the Haitian capital. USNS *Grasp* (T-ARS 51), a rescue and salvage ship with embarked FBI dive team arrived Jan. 17 to conduct surveys and assessments necessary to repair the port. This effort was also supported by USNS *Henson* (T-AGS-63), an oceanographic survey ship, and USS *Bunker Hill* (CG 52). Additionally, USNS *Sacagawea* (T-AKE 2) and USNS *1st LT Jack Lummus* (T-AK 3011), both dry cargo ships, and USNS *Summer* (T-AGS-61), an oceanographic survey ship joined the effort, fulfilling a variety of roles.

As the situation progressed from emergency relief to sustainment operations, U.S. Southern Command redeployed *Carl Vinson*, *Bunker Hill* and *Henson*, as their capabilities are now being provided by other units, nations, institutions and services. Helicopter airlift capabilities have transferred ashore in Haiti and to other ships in the area.

Adm. J.C. Harvey Jr., commander, U.S. Fleet Forces Command, summed up the Navy's response to the devastation in Haiti.

"We've had a tremendous first response from our ships and our aircraft across the fleet," said Harvey. "We're going to sustain that response as long as it takes to get the mission done."

"A lot of these Sailors left on extremely short notice. We had pilots who had 30 minutes to pack a bag, get down to their squadron, brief the flight and get that helo aboard *Vinson*. That is pretty typical of the kind of response we've seen."

"It is the hard core reality of our Navy that we truly are that 'global force for good,'" Harvey said. "You're seeing it play out in real time, right now." 🇺🇸

*Vlahos is assigned to Defense Media Activity – Anacostia, Washington, D.C.*



Photo by MC2 Daniel Barker



Photo by MC2 Kristopher Wilson



left and below

CSSN Gregory Reiland returns to Haiti, "the place where it all started," aboard USS *Fort McHenry* as part of the Amphibious Relief Force conducting humanitarian assistance in Haiti.

## Sailor Returns to Birth-country Aboard USS *Fort McHenry*

Story by MC1(SW) Rachael L. Leslie | Photos by MC2(SW/AW) Justan Williams and MC3 Samantha Robinett

**N**early 20 years ago, the "Sally Jesse Raphael Show" ran a special featuring three Haitian orphans suffering from starvation and malnutrition to raise the public's awareness of the problems in underdeveloped countries. For one of the children featured, that fateful show meant the difference between an abundant, happy life and certain death.

In early 1990, Culinary Specialist Seaman Gregory Reiland was born in St. Anna's Hospital, Port-au-Prince, Haiti. At the time of his birth, the country was under the dictatorship of Jean-Bertrand Aristide, a man who Reiland said wasn't very good to his people.

"My biological parents didn't have any money or food, and they couldn't take care of the children they had," said Reiland. "Being the loving parents they were, they put me in an orphanage hoping for a better life for me. They were hoping that somehow I'd make it, because I was so close to death. I only had about two months to live due to starvation and malnutrition."

The Rainbow of Love Orphanage in Port-au-Prince, is where Reiland believes divine intervention changed the course of his life. The day the show aired, a couple in Wisconsin, Steve and Marcy Reiland, currently of Silverdale, Wash., were already looking into adopting a baby boy. They hadn't yet decided from where or how they wanted to go about doing it when they came across the show.

"They got caught up in the moment," said Reiland. "At that moment Sally was holding me up and telling my story. My adoptive mother told me that God touched her at that time and told her, 'This is your son. This is a kid you need to go see.'"

Despite political unrest and restrictions on Americans entering the country, the Reilands took a trip to Port-au-Prince, to visit the orphanage just a few short months after the show aired.

"My mother said she remembers the moment she first held me - she knew it was a miracle beyond all miracles, and she knew I was the kid she wanted to bring to America," said Reiland. "I was so close to death at the time, with my stomach bloated from malnutrition."

The Reilands returned home, and after a few months of pushing through paperwork, Marcy was able to fly back to Haiti and bring her baby boy home.

Reiland said he grew up comfortably in a close, loving family. In addition to Gregory, his parents also had three daughters, Sarah, Kate and Kim.

"They've been the best sisters to me, and [my parents] raised me to be the man I am today," said Reiland.

Now, almost 20 years after being brought to America for the first time, Reiland serves aboard USS *Fort McHenry* (LSD 43) which he said brought his life full circle when the ship deployed recently to provide humanitarian assistance and disaster response in the aftermath of Haiti's devastating earthquake Jan. 12.

*Fort McHenry* is currently participating in Operation Unified Response as part of the USS *Bataan* (LHD 5) Amphibious Relief Mission, providing military support capabilities to civil authorities to help stabilize and improve the situation in Haiti.

Reiland's return to Haiti - his first since his adoption - is bittersweet in light of the current devastation there. Reiland said he joined the Navy as a stepping stone to figure out what he wanted to do with his life and as a way to make a difference and see the world.



Photo by MC2 Daniel Barker



Photo by MC1 Hendrick Dickson



Photo by MC2 Daniel Barker



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ASC William Cross, assigned to USS *Carl Vinson* (CVN 70), carries a Haitian child in need of medical assistance at Toussaint Louverture International Airport in Port-au-Prince, Haiti.

Medical personnel aboard USS *Bataan* (LHD 5) swaddle a newborn baby after the child was born in the ship's operating. The baby boy was the first baby ever born aboard *Bataan*.

Sailors assigned to USS *Normandy* (CG 60) transport a Haitian girl for a medical evacuation.

Sailors from USS *Carter Hall* (LSD 50) and USS *Fort McHenry*, Assault Craft Unit (ACU) 2, and Marines from the 22nd Marine Expeditionary Unit (22nd MEU) off-load food rations and water from a landing craft utility vehicle.

A Haitian boy plays in the bay while Sailors from USS *Normandy* (CG 60) perform an assessment of the area.



"My whole life growing up, I've always asked myself 'Why me? Why was I chosen to live?'" said Reiland. "I've asked [God] in prayers so many times because there were hundreds of babies in that orphanage. . . . I know a lot of them died in there. But, he picked me to be saved."

While home on leave in Washington State, Jan. 13, Reiland said those prayers were answered when a shipmate sent him a text message alerting him he had to get back to the ship as soon as possible because *Fort McHenry* was going to Haiti.

all worked out and I'm so thankful for everything that's happened so far."

A few days after receiving the text message, Reiland and the rest of his shipmates aboard *McHenry* departed Joint Expeditionary Base Little Creek-Fort Story, Virginia Beach, Va., and joined the team of U.S. Navy ships already en route to provide relief.

Reiland was excited and nervous as the ship neared his home country. The last few days before he was able to get ashore for the first time in his adult life, he spent his free time pacing on the mess decks where he works.

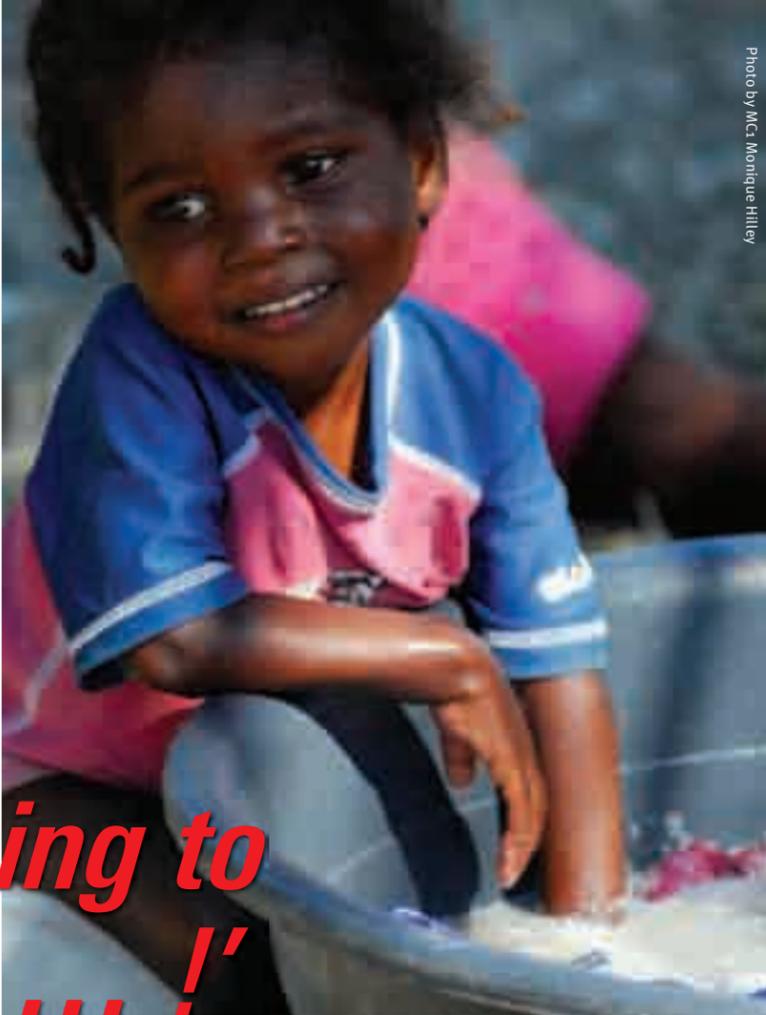


Photo by MCI Monique Hilley



Photo by MCI Rachael L. Leslie



Photo by MCI Christopher Wilson

chaplain. He mingled with the village residents within minutes of stepping ashore. The children seemed drawn to him, as he was to them, and he said the interaction was powerful.

"It definitely feels like they see something familiar when they look at me, like they know I'm Haitian," said Reiland. "It's amazing to be here, with these children, who are so much like I was when I left here so long ago."

Along with Reiland, his more than 300 shipmates, including Marines from the 22<sup>nd</sup> Marine Expeditionary Unit, Assault Craft Unit 2, Beach Masters Unit 2 and the Maritime Expeditionary Security Squadrons 4 and 6, all board *Fort McHenry* have been working non-stop since the ship arrived in Haiti Jan. 19.

Reiland spent the rest of that first day getting to know the locals and helping to identify needs. While many of the homes were destroyed and hundreds of people were living in makeshift tents, Reiland's presence seemed to bring joy to those with whom he spoke.

"I speak French, and it's similar to Creole in a lot of ways, so I can communicate with the people who don't speak English, especially the children," said Reiland, during a rest break.

*Fort McHenry* Sailors have spent countless hours to clear roads, remove rubble from fallen homes and other buildings, and sort and distribute aid to those in need, to include hygiene and medical donations from the Navy's *Project Handclasp*.

The ship's medical team has been working non-stop providing emergency medical care to Haitians in need including treating five severely injured emergency medical evacuees flown from Baie de Grand Goave, Haiti, Jan. 23.

Maintaining around-the-clock care, *Fort McHenry's* medical department personnel stabilized all five critical-care patients who were injured during

the earthquake, one with life-threatening injuries, said Cmdr. Nate Moyer, *Fort McHenry's* commanding officer.

"What *Fort McHenry* medical team executed last night was nothing short of exceptional," said Moyer. "When we take in patients from outside the lifelines, we become increasingly stressed to meet the needs of our critically wounded patients as well as still be able to meet the medical needs of the crew. Our medical team last night was able to accomplish it all."

But, instead of being of overwhelmed, *Fort McHenry* Sailors volunteer at every opportunity they have to come to shore and help.

"This type of mission is especially close to someone working in the medical field, or as a chaplain," said Lt. Stephen Warne, the ship's chaplain. "This is sort of a calling, and it's important to me to get these Sailors out here to help, because they want to help and it helps morale, too."

As part of the overall mission, Reiland is glad he can contribute in his own unique way.

Throughout the duration of *Fort McHenry's* time in Haiti, Reiland plans to continue to get out and lend a helping hand wherever he can. He said he hopes he'll be able to walk away from this voyage knowing he made a difference for people suffering in his homeland.

Marcy and Steve said they have high hopes for their son's return trip to Haiti.

"I hope that he gains a greater connection with his origins and a feel for the land and people of Haiti," said Marcy. Steve added that he hopes his son develops "a sense of coming full circle . . . a fresh realization of life's mystery and the opportunities we each are provided for making a unique difference for good." 🙏

*Leslie, Williams and Robinette are assigned to NPASE-East, Norfolk.*

# 'Ma, Dad, I'm going to Haiti tomorrow ... !'

"I didn't believe him at first. I was so shocked I dropped my cell phone," said Reiland. "I ran up to my parents' room and shook them awake and said, 'Ma, Dad, I'm going to Haiti tomorrow, the place where it all started for me!'"

Reiland said his mother immediately cried tears of joy, and both of his parents were very excited for him.

"I thought it was a very providential happening that his ship was going to be one of the help ships in the country of his birth - in fact, the very city of his birth," said Marcy. "My second thought was that it could be a very hard experience for him to see so many Haitians suffering and dying."

Reiland said he also believed it was just something that was meant to be.

"I think this is the reason why God chose me to stay alive," said Reiland.

"He wanted me to grow up in America, join the Navy and go down and help my own people out at this time. He had it all planned out . . . even me getting stationed aboard *Fort McHenry*. It

"My senior chief actually ordered me to get a cup of water and go sit down for a few minutes," laughed Reiland. "I just couldn't seem to sit still I was so excited!"

When Reiland heard the ship was finally within sight of Haiti, he ran to the highest point on the ship where he could set eyes on the country in which his life began.

"It's so surreal," he said with damp eyes and a huge smile. "I never thought I'd see the day when I'd get to come back here. I'm so blessed to have a chance to go back almost 20 years later. I want to do anything I can to help - feed a mouth, help an injured person, talk to people, care for people, hold somebody - I don't care. I just want to do something to show my gratitude," said Reiland.

It wasn't long before Reiland got his chance to do just that. His first chance to go ashore was Jan. 19, for a site visit to two small villages on the coast, Birey and Neply, with the ship's



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A young Haitian girl takes a pause from washing laundry to watch U.S. military members as they survey the area for the best access point.

CSSN Gregory Reiland and Sailors from USS *Fort McHenry* (LSD 43) work together to remove broken bricks and steel sheets from collapsed buildings in Haiti.

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Sailors aboard USS *Fort McHenry* (LSD 43) carry injured Haitian medical evacuees to an MH-60S *Sea Hawk* helicopter from Helicopter Sea Combat Squadron 26 to be transported off the ship for further medical care.

ET2 Adam Soper, (left), and OS2 Danny Gladstein, both members of the VBSS team from USS *Fort McHenry* (LSD 43), walk a Haitian girl to the medical clinic at the Lifeline Christian Ministries Mission in Grand Goave, Haiti.

## CNO Approves Service Dress Khaki Uniform Design, Initial Wear Policy

**S**ervice Dress Khaki (SDK), featuring a contemporary design, was approved by the chief of naval operations for development as an optional uniform for E-7 and above, as announced in NAVADMIN 020/10.

It is anticipated the uniform will be available for purchase in approximately 18 months, after issues identified in the wear test are resolved.

NAVADMIN 020/10 includes initial details of occasion for wear policy.

Costs for the uniform will be determined following the final development phase, including a second wear test to evaluate final uniform components, manufacturer selection and final manner of wear decisions. It is anticipated this process will be complete by FY12.

Two SDK uniform designs were developed and tested by 125 Sailors from April 2008 to October 2009. The testing included a traditional design, based on the original SDK uniform disestablished in 1975, and a contemporary uniform design, which incorporated more updated design features, such as an unbelted waist and peaked lapels.

Once available, SDK will be approved for optional wear in lieu of summer white and service khaki when wearing a tie in civilian attire is appropriate, such as in an office environment. It will be available by special order from Navy Exchange uniform centers for purchase.

For more information on uniforms and uniform policy, visit the Navy Uniform Matters Web site at [www.npc.navy.mil/command-support/usnavyuniforms/](http://www.npc.navy.mil/command-support/usnavyuniforms/).

*Story Courtesy of the Chief of Naval Personnel, Washington, D.C.*

### Ribbon Cutting Held at Bahrain Child Development Center

A grand re-opening, ribbon-cutting ceremony was recently held at the Child Development Center (CDC) and the Youth Teen Center (YTC) aboard Naval Support Activity (NSA) Manama, Bahrain.

The ceremony marked the opening of the CDC and YTC, which have been closed since U.S. military family members stationed in Bahrain left the country due to a change in Department of Defense policy that went into effect July 2004.

All family members were authorized to return to Bahrain June 29, 2009.

Beatrice Broadnax, director of the CDC, commented on the end result of finally re-opening the CDC.

“Having our doors open for the first time after being closed for five years is just so rewarding,” said Broadnax.

The CDC provides full-time and hourly programming based on space and availability. Groups focused on relative ages and abilities will be created to ensure proper supervision and care of young children.

The School Age Care program is designed to enhance the school day by providing before and after-school care, summer camp and hourly care.

A teen welcome event was also held at the YTC to allow teens to become familiar with their new facilities and play games. Pizza and drinks were provided by Morale, Welfare and Recreation.

“This is a major milestone in our on-going efforts to support families arriving here in Bahrain,” said Capt. Rick Sadsad, commanding officer, NSA Bahrain.

*Story by MC1 Felix Garza Jr., Naval Support Activity Bahrain.*

### Makin Island Sets New Medical Readiness Standard

USS *Makin Island's* (LHD 8) Medical Department earned the highest score ever achieved by a newly commissioned ship during her recent baseline Medical Readiness Inspection (MRI).

The MRI is a critical inspection that occurs every 18 months or 90 days prior to a deployment and encompasses all aspects of medical operations, from emergency and preventive care to administration and laboratory reports.

Chief Hospital Corpsman (SW/FMF/AW) Sean Snook, the senior medical inspector for the *Makin Island* Amphibious Readiness Group, said the Medical Department received a near-perfect grade on its inspection.



Lt. Patrick Sweet, general medical officer aboard USS *Makin Island* (LHD 8), examines red blood cells with HM2 Manuel Castro. The medical department recently completed a two-day baseline Medical Readiness Inspection and earned the highest score ever achieved by a newly-commissioned ship.

Snook said the inspection team was very impressed with *Makin Island's* 98.3 percent score, one of the highest scores ever achieved by any ship.

HMI(SW) Nelson Lasage, Medical Department's assistant leading petty officer, said the entire department has been preparing for the baseline MRI since LHD 8's crew moved aboard in April 2009.

“This [inspection] was our pinnacle,” he said. “Everybody's put in a lot of hours and hard work, but we didn't do it just to pass; we did it for the crew so that we're better prepared to care for them.”

Lt. Cmdr. David Proum, *Makin Island's* senior medical officer, said there was a lot at stake with the baseline MRI because it is part of the necessary qualifications the ship needs to be a fully-ready fleet unit.

“This score is a reflection of our corpsmen and really highlights how amazing this team is,” Proum added. “Our department is now certified to deploy and take care of troops, so we are in some ways a year ahead of our timeline because we passed this inspection.”

*Story by MC2 Kellie Arakawa, USS Makin Island (LHD 8).*



MA2 Vincent Ingellis treks through the Pouhala Marsh during a restoration project. Sailors from the Junior Sailor Association at Naval Station Pearl Harbor volunteered at the marsh, a wildlife sanctuary in Waipahu, Hawaii.

### Pearl Harbor Sailors Support Wildlife Sanctuary

Naval Station Pearl Harbor (NSPH) Junior Sailor Association (JSA) members recently met with volunteers at the Pouhala Marsh to help eliminate invasive weeds such as pickleweed and mangrove from the area.

Puohala Marsh is the largest of the wetland habitats in the Pearl Harbor area and is also home to two rare species of birds, the Hawaiian black-necked stilt and the Hawaiian coot.

“What we're trying to do is remove the invasive vegetation and replace it with native plants to produce a better habitat for the birds,” said Ati Jeffers-Fabro, wetlands coordinator for Hawaii Department of Land and Natural Resources/Division of Forestry and Wildlife.

The 10 Sailors who volunteered their off-duty time didn't hesitate to get their hands dirty as they walked through knee-deep mud and water in their efforts to remove the foreign plants.

“This sort of volunteer work is good because it shows that the Navy cares about the community and the area it inhabits,” said Culinary Specialist 2nd Class (SW) Timothy Niitani, assigned to NSPH.

The 70-acre marsh was once a dumping ground until recent years when a land-lease agreement between the city and county of Honolulu and the state of Hawaii allowed the state to manage the entire area as a wildlife sanctuary.

“It's a great chance for us to see what's on the shore, see the nature and be able to help out the local wildlife,” said Master-at-Arms 2nd Class (SCW) Vincent Ingellis, assigned to NSPH.

The Sailors' volunteer efforts, along with their civilian counterparts, were part of the Pouhala Marsh Ecosystem Restoration Project in coordination with the Hawaii Nature Center, a non-profit organization which provides hands-on education for families and adults.

*Story by MC2(AW) Eric J. Cutright, Navy Public Affairs Support Element West, Det. Hawaii.*



A Sailor shows off the prototype uniform for service dress khaki, a throwback to the traditional World War II style uniform. It allows chiefs and officers to shift from service khaki to service dress khaki by adding a black tie and jacket.

WELCOME  
B NORFOLK



# Law Allows Spouses to Keep Residency While Under Orders

Story by Samantha L. Quigley | Graphic by MC2(SW) William Blake

**A** new law protects military spouses from being taxed for work performed in states where they're living outside their home states as a result of military orders.

The Military Spouses Residency Relief Act, an amendment to the 2003 Service members Civil Relief Act, was signed into law, late last year.

"This act provides that when a service member leaves his or her home state with military orders, the service member's spouse may retain residency in his or her home state for voting and tax purposes, after relocating from that state to accompany the service member," said President Barack Obama in a recent White House statement.

The new law means a change in fundamental tax law for military spouses, according to Army Col. Shawn Shumake, director of legal policy in the Office of the Undersecretary of Defense for Personnel and Readiness.

"If a spouse accompanies a military member to a state that is not the spouse's [state of legal residence] and does so solely to be with the service member under military orders, then the income the spouse earns from services performed in that non-domiciliary state cannot be taxed," said Shumake during a Pentagon Channel interview.

But, he warned, some states interpret the act to apply only if the military service member and the spouse live under the same roof.

"A number of states believe that to get this tax break, or tax exemption, the spouse and the service member must have the same domicile," said Shumake. "Different states interpret this possible requirement differently."

The law does not necessarily mean that someone who makes their permanent home in one state will never be taxed in the state they're living in because of a service member's military orders, Shumake said. He explained that the act states only that income earned from work performed in the non-domiciliary state is not taxable. That doesn't mean the spouse wouldn't have to pay income tax on such income to the state of legal residency.

"Of course, there are those states that don't have any income tax at all," Shumake said. "If the spouse were a legal resident of those states, then they would likely not pay income tax from [work] performed in any state."

Understanding the meaning of "domicile" and knowing how to prove it are keys to understanding the law, Shumake said.

First, said Shumake, the terms domicile, and legal residence, are synonymous. A person can have only one domicile at a time. It is one's primary home or permanent residence, and it's formed by being physically present in a state and simultaneously forming the intent to remain there for the indefinite future.

"You have to prove your intent by establishing certain contacts with the state, such as voting there, buying property there, getting your professional license there, claiming in-state tuition rates there, registering a vehicle or obtaining a driver's license there," Shumake said. "Of all of those, voting may turn out to be the most important for proving your domicile for the purposes of the [Military Spouse's Residency Relief Act]."

The act also affects personal property taxes.

"The [act] now says that a non-domiciliary state cannot tax personal property such as automobiles and boats if that property is in the state only because the spouse is with the service member in that state in compliance with military orders," he said.

For all the positive benefits the law offers military spouses, it can be confusing, Shumake acknowledged.

The Military Spouses Residency Relief Act addresses only tax law concerning income earned in non-domiciliary states, the colonel said, and doesn't change the rules for establishing and proving legal residency.

"One common misperception is that the new law allows a spouse simply to 'choose' his or her spouse's domicile. This is not true," he said. "Domicile must still be demonstrated or proven under the rules that have always been in place. Likewise, a spouse does not 'inherit' the domicile of the military member through marriage."

Spouses also should be aware that the law doesn't allow them to recapture or regain a previously abandoned domicile, he added.

"For example, if the spouse established a Texas domiciliary status and then moved to Virginia under orders with the [service member], and while in Virginia the spouse registered to vote and bought property in Virginia and got a real estate license from Virginia, then it looks like the spouse has established Virginia as the new domicile," Shumake said. "The [law] is not likely to allow the spouse to abandon Virginia and resume or recapture Texas domiciliary status while still in Virginia."

It seems the matter of how the law affects driver's licenses has left some in a bit of a quandary, as well. Whether a spouse needs to obtain a new driver's license in each new state the spouse lives in is a matter of state law and completely unaffected by the Military Spouses Residency Relief Act, Shumake said.

While the new law can be confusing, help is only as far away as the nearest legal assistance attorney, Shumake said. He also suggested checking with appropriate state tax authorities for any rules they may have put out, especially with respect to refunds for tax year 2009. 📍

Samantha L. Quigley, American Forces Press Service, Alexandria, Va.

## What's New For This Tax Season

- **Earned income credit.** The credit has increased for people with three or more children and for some married couples filing jointly. Also, the maximum amount of income you can earn and still claim the earned income credit has increased. You may be able to take the credit if you earned less than \$43,279 (\$48,279 for married filing jointly) if you have three or more qualifying children; \$40,295 (\$45,295 for married filing jointly) if you have two qualifying children; \$35,463 (\$40,463 for married filing jointly) if you have one qualifying child; and \$13,440 (\$18,440 for married filing jointly) if you do not have any qualifying children. See 'Earned Income Credit' under "Credits" in Publication 3 (2009), Armed Forces Tax Guide.
- **Standard mileage rate.** The standard mileage rate for the cost of operating your car for business use in 2009 is 55 cents a mile. The standard mileage rate for operating your car during 2009 to get medical care or to move is 24 cents a mile.
- **Making work pay credit.** If you have earned income from work, you may be able to take this credit. It is 6.2 percent of your earned income but cannot be more than \$400 (\$800 if married filing jointly). See 'Making Work Pay Credit' under "Credits."
- **First-time homebuyer credit.** In general, you can claim this credit if:
  - You bought your main home in the United States after 2008 and before May 1, 2010 (before July 1, 2010, if you entered into a written binding contract before May 1, 2010), and
  - You (and your spouse if married) did not own any other main home during the three-year period ending on the date of purchase.
  - No credit is allowed for a home bought after April 30, 2010 (after June 30, 2010, if you entered into a written binding contract before May 1, 2010). However, if you (or your spouse) are on qualified official extended duty outside the United States for at least 90 days after 2008 and before May 1, 2010, you have an extra year to buy a home and claim the credit. In other words, you must buy the home before May 1, 2011 (before July 1, 2011, if you entered into a written binding contract before May 1, 2011).

For more information, visit [www.irs.gov/publications/p3/index.html](http://www.irs.gov/publications/p3/index.html). 📍

# Forward-Deployed Ambassador

Story by MC2 (AW) Jonathan W. Hutto Sr.  
Photo by MC2 Shannon Renfroe

**A**fter a recent concert at Commander, Fleet Activities Yokosuka, Japan, Musician 2nd Class Shin Takao was seen talking and laughing with Japanese locals in their native language. Takao plays clarinet for the 7th Fleet Band, which operates with the U.S. 7th Fleet flagship, USS *Blue Ridge* (LCC 19). Created in 1943 with the establishment of the 7th Fleet, the band has performed for millions of people throughout the Western Pacific, bringing a special brand of American music to enthusiastic fans in Japan and many other areas of the Far East.

Takao is not your traditional naval musician based in Japan. Takao was born and raised in Tokyo and is often the master-of-ceremony for 7th Fleet events in his native country.

“Often times the Japanese audience does not know the tune or music we’re playing,” said Takao. “They’re very interested in the music we play and the United States’ thoughts on Japanese culture, our likes and dislikes. I work to be a bridge for Japanese and American culture, while music is an international language.”

Takao first came to the United States to study music at Temple University in Philadelphia. Following graduation, he worked as a civilian musician in the Philadelphia Orchestra and the Knoxville Symphony in Knoxville, Tenn.

“The Philadelphia Orchestra and Knoxville Symphony were both very small and difficult to get into,” said Takao. “I took immense pride in being chosen for the orchestra and symphony. I had a great time traveling in the United States and meeting many people. My English improved tremendously due to my concerts and interactions.”

Eighteen years of intense travel and performances began to take its toll on Takao and his wife, an Air Force musician. Takao yearned to spend more time with his family while continuing his career in music.

At the age of 34, with almost 20 years of civilian music experience, Takao enlisted in the U.S. Navy as a musician.

“I was thinking of becoming an Air Force musician in hopes of being stationed near my wife,” said Takao. “I did more investigating and found out the Navy was accepting green card holders at that time.”

Unlike traditional Navy rates, Takao had to audition and compete with other musicians for acceptance to apprentice school. Takao is grateful to the Navy for being kind to him and allowing him to serve in the country of his birth.

“The Navy has opened many doors for me. I was able to expedite my American citizenship in the Navy and build good friendships. I’m looking forward to duty beyond Japan maybe in Norfolk or San Diego. The sky is the limit,” said Takao. 🇺🇸

Hutto is assigned to Defense Media Activity – Anacostia, Washington, D.C.

Focus on  
Service



## Capt. Joy Bright Hancock: Distaff Deckplate Trailblazer

Story by MC2(SW) Elizabeth Vlahos

**J**oy Bright was born the third of six children in Wildwood, N.J., May 4, 1898. Her family firmly believed and supported women's rights, took part in the women's suffrage movement and hosted activists Carrie Chapman Catt and Jane Addams. Bright and her two sisters were thus inspired to seek uncommon goals, having been instilled with a strong belief that there was no limit to a woman's capabilities.

During World War I, after attending business school in Philadelphia, Bright enlisted in the Navy as a yeoman, serving in Camden, N.J., and later at Naval Air Station, Cape May, N.J. Following the war, she married Lt. Charles Gray Little, who was killed in the crash of the airship ZR-2 in 1921.

A year later, she obtained employment with the Bureau of Aeronautics, where her duties included editing the Bureau's "News Letter," that later evolved into the magazine "Naval Aviation News." In 1924, she left the bureau to marry Lt. Cmdr. Lewis Hancock Jr., who lost his life in September 1925, when USS *Shenandoah* (ZR-1) crashed.

Keeping her deceased husband's surname, Hancock returned to the Bureau of Aeronautics in 1930 after attending Foreign Service School and obtaining a private pilot's license. After having lost two husbands and many friends in flight accidents, she was afraid of aircraft and earning her license helped her conquer her fear. For more than a decade before World War II and into the first year of that conflict, she was responsible for the bureau's public affairs activities.

When World War II began, American military leaders considered what steps they might take to augment manpower. Despite the success of women in the military during World War I, new calls to place women in noncombatant roles to free men for field service, met considerable opposition.

The Bureau of Aeronautics, though, foresaw a massive need for women if naval aviation was to function effectively. Hancock, with her knowledge of naval aviation needs and her writing skills, willingly undertook the task of presenting the case for recruiting women.

At war since 1939, the Royal Canadian Air Force (RCAF), like the Royal Air Force of Great Britain, had effectively employed female personnel. After touring Canadian air facilities, Hancock returned to write a report lauding the accomplishments of women in the RCAF and showing how the bureau could provide jobs, housing, discipline and administration for 20,000 American women. Her efforts paid off in June 1942 when the Bureau pushed Congress into authorizing the Women's Reserve of the U.S. Naval Reserve Women Accepted for Volunteer Emergency Service (WAVES).

In October 1942, she was commissioned a lieutenant in the WAVES. She initially served as a WAVES representative in the Bureau of Aeronautics and later in a similar position for the deputy chief of naval operations (Air), rising to the rank of commander by the end of the war.

Hancock led the way for coeducational training in the Navy. "If men and women are to work together," she argued, "they must train together, compete against each other in the classroom and know that they are receiving identical training."

She wanted no preferential treatment for WAVES. In fact, she told commanding officers to treat and discipline them as though they were men. She believed that women needed to feel like a part of the service, and that receiving equal treatment would foster mutual respect between naval personnel of both sexes.

In February 1946, Hancock became the assistant director (plans) of the Women's Reserve and was promoted to WAVES' director, with the rank of captain in July, 1946. She guided the WAVES through the difficult years of naval downsizing in the late 1940s, a period that also saw Navy women achieve status as part of the regular Navy. During congressional hearings in July 1947, Hancock testified before the Senate Armed Services Committee.

Congress passed the Women's Armed Services Integration Act, and President Harry S. Truman signed it into law July 30, 1948, allowing Women to be a permanent part of the regular or Reserve service. Two months later, Hancock became one of the first female officers sworn into the regular Navy and guided the WAVES through a time of expansion in the early 1950s.

Hancock retired from active duty in June 1953. The next year, she married Vice Adm. Ralph A. Ofstie and accompanied him on his 1955 to 1956 tour as commander, 6th Fleet. Following Ofstie's death in late 1956, she led a busy retirement and maintained an active interest in the Navy until her death Aug. 20, 1986.

Although Hancock gave herself little credit for women's vast strides in the U.S. Navy, she never regarded herself as a reformer. But, had it not been for her tireless efforts in establishing a permanent place for women in the Navy, women probably would have waited a much longer time before enjoying such an opportunity. ♣

*Vlahos is assigned to Defense Media Activity – Anacostia, Washington, D.C.*

## Navy Lieutenant Jed Juachon

Story by MC2(SCW) Brian Coverley

**W**hile many Sailors are willing to answer the call to serve as an individual augmentee (IA) in Afghanistan – a land far from home – their transition is made easier with support and leadership from service members like Lt. Jed Juachon, Medical Service Corps, who are already down range.

Juachon, the primary medical officer and battalion surgeon at Camp Wright in Kunar Province, welcomes many Sailors upon their arrival in theater.

"I supervise sick-call operations. ... We are the medical providers for the whole camp with a population of more than 500 U.S. service members, civilian, DoD and State Department contractors and local nationals," said the native of Valley Center, Calif. "I work with the [U.S. Army's] 759th Forward Surgical Team. We're assigned one of three trauma beds, and work closely with general and orthopedic surgeons, as well their staff that includes medics and both trauma and anesthetist nurses. I'm also the designated medic for ground-assault and, convoy missions and [we] provide support for adjacent Army units."

A medical service corps officer's role at Camp Wright and with Provincial Reconstruction Team (PRT) Kunar is also to "... provide liaison for issues [directly tied to the province's] health development and work with the provincial health director on the most critical healthcare needs," Said Juachon.

"Not a minor task or duty especially when the area of responsibility Juachon describes is roughly the size of Rhode Island.

His billet is a Global War on Terror Support Assignment (GSA) that supports the missions of dispatched U.S. forces, international security forces and U.S. Agency International Development (USAID) in the region.

Juachon belongs to a proud breed of commissioned officers – "the Mustangs" – a group of naval officers who started their careers as enlisted Sailors.

Joining the Navy in 1984, Juachon has contributed more than 20 years of his life to the service.



"I joined the Navy for the professional challenges and to [feel] a sense of camaraderie and the pride in doing public service," he said.

"I have a degree in health administration. As [the camp's] medical department head, this helped with admin tasks. I have clinical training from Stanford University, along with civilian training and experience as an emergency room nurse. This provided necessary preparation for assignment," he said.

When asked what he had learned thus far from his GSA assignment, Juachon said, "I acquired a greater appreciation for our [country's] liberties and opportunities – many [of Afghanistan's] local nationals wish for a chance to be in our position."

The medical services corps officer felt he was the witness to and recipient of opportunities specific to his assignment and the operational theater.

"I experienced a unique hybrid role – medical provider, health [services] administrator, civil affairs representative... Sailor and Soldier packaged into one," said Juachon

When asked if whether he would recommend an IA or GSA assignment to shipmates Navywide, Juachon said, "Yes. This assignment is a [special] opportunity for junior personnel to challenge themselves... and put their rating and leadership skills to the test. Sailors will leave this assignment having raised [their own] bar of professionalism to a higher level. ♣

*Coverley is assigned to Defense Media Activity- Anacostia, Washington, D.C.*

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