36 Building the Body, Heart and Mind

Martial arts is a discipline that truly takes full concentration and harmony between the body and mind, and it’s not uncommon to find military members who participate in martial arts. But, for one Sailor stationed in northern Japan, the chance to live in the Far East was an opportunity to study in the land of his art’s birth. This is fitting, considering that Aircrew Survival Equipmentman 2nd Class (AW/SW) Jovaun Brown has been participating in some form of martial arts from a young age as an Army soldier’s son.

Photo by PH1 Preston Keres

AUGUST 2003 • ALL HANDS

[Departments]

Speaking with Sailors – 6
Around the Fleet – 8
24/7 – 40
Eye on the Fleet – 42
Eye on History – 46
The Final Word – 48

[Features]

14 Keeping the Home Fires Burning

When Sailors are deployed, as many Sailors currently are, their spouses stay behind, often with children and sometimes alone, adjusting their daily lives while coping with the emotions that result from a deployment. But, a deployment during wartime carries a new meaning. The uncertainty of a loved one’s safety, combined with the intense media coverage of the war only increases the challenges inherent in any deployment.

Photo by PH2 Bob Houlihan

Photo by PH1 Shane T. McCoy

28 Welcome to the Jungle

The slippery red mud threatens to pull you down at every step. Vines reach out, and grab your arms and legs, no matter how careful you are. And the bugs — they bite and bite and bite. Don’t even mention the snakes. But the worst thing of all, there’s nothing you can do about it except suck it up, and keep putting one foot in front of the other. To most people it sounds like hell on earth, but for the handful of Navy Corpsmen and Marines assigned as instructors at the Marine Corps Jungle Warfare Training Center (JWTC) in northern Okinawa, this is home, and they love every minute of it.
AOs Jeff Kuhar looks through the thick protective face shield of the heavy bomb suit he wears during training at Naval Submarine Base Kings Bay, Ga. Kuhar is a member of Explosive Ordnance Disposal Mobile Unit (EODMU) 6, Det. Kings Bay.
An airman performs maintenance on an SH-60 Seahawk helicopter attached to the "Dusty Dogs" of Helicopter Anti-Submarine Squadron (HS) 7 on board USS Harry S. Truman (CVN 75).
Speaking with Sailors
Master Chief Petty Officer of the Navy
MCPON (SS/AW) Terry D. Scott

The Following Question Came from the Recent Exceptional Family Member Conference in New Orleans

**Q:** When calling for orders, will my exceptional family member’s needs affect my career negatively?

**A:** The answer to that is, absolutely not! The Exceptional Family Member Program, or EFMP, is a mandatory enrollment program for all service members who have family members with chronic medical or educational needs. It is an assignment coordination program that works closely with detailers to match duty stations and available works closely with detailers to assign Sailors according to their family’s needs are met, screen and assist all Sailors so that enrollment may result in lack of promotional opportunities, inability to serve overseas, restriction to fleet concentration areas only or denial of reenlistment approval.

As a result of these fears, Sailors can create additional problems, such as cancellation or modification of orders, loss of scheduled schools, early return of family members from overseas locations or under some circumstances, disciplinary action.

The reality is that enrollment allows a proactive approach to assignment planning, and in the vast majority of cases, can allow you to go to an assignment that meets both your career needs and accommodates the needs of your family.

In fact, EFMP-enrolled Sailors have a normal sea/shore rotation, are fully deployable, and other than those in category 5, which is homestead-only status, they are assigned to most CONUS locations.

Additionally, those in category four and five are eligible to receive priority government housing.

Getting accurate information is the most effective way to combat any false or negative perceptions you may have about this program. For more information, contact your local Fleet and Family Service Center. 

---

**Mail Call**

**Letters to the All Hands Editor**

An F/A-18C Hornet assigned to Strike Fighter Squadron (VFA) 25 lands on the flight deck of USS Abraham Lincoln (CVN 72). 

Alton Stephens
United Kingdom

---

**.subscribe**

Subscription prices are: $36 (domestic) / $45 (foreign); $6 (single copy domestic) / $7.50 (single copy foreign).

---

**AUGUST 2003 • ALL HANDS**
CNP Tells Sailors: “Your Opportunities Abound”

The Navy’s newest Sailors “have abounding opportunities ahead of them,” as they prepare to serve in the fleet.

That was the message delivered by Chief of Naval Personnel (CNP) VADM Gerry Hoewing during an address to graduating recruits at Recruit Training Command (RTC) Great Lakes recently.

“Always do the best job you can, in the job you are in,” said Hoewing. “Because the opportunities of the future are based on the performance of the past. The last nine weeks have been difficult and challenging, but you have succeeded in ways you could not imagine when you came to boot camp.”

During his visit, Hoewing observed recruits as they completed the final exams of Battle Stations, and took part in the emotional Battle Stations completion “capping ceremony,” during which recruits trade their “RECRUIT” ball caps for “NAVY” ball caps.

The ceremony marks the symbolic transition from recruit to Sailor. CNP also toured RTC’s new training facilities, including a new training drill hall, which will be dedicated later this year in honor of the veterans of the Battle of Midway.

Following the recruit graduation, CNP spoke of the success of several of the Navy’s new personnel initiatives, such as “Perform to Serve,” and provided insight on efforts to shape the force for the future.

“Your opportunities await you,” Hoewing said. “Your Navy today is as ready as it has ever been. We have nearly half of our ships, more than 120, and 30,000 sailors still forward-deployed right now, doing the nation’s work, and every battle group and amphibious ready group is manned at or above 98 percent.”

Hoewing went on to say, “We have never enjoyed that kind of manpower success before. We have the best Sailors the Navy has ever seen, our skill mix could be better. Some skills are crowded and others are undermanned. We’re working to find ways to keep the talent we have, while we shape the force to provide fleet commanders improved combat capability in terms of the right sailor at the right time with the right skill.”

Hoewing also said the Navy’s new Perform to Serve initiative is working to achieve its goal of enabling crowded ratings and shaping the force.

“Shaping the force means developing personnel programs and policies that strengthen combat readiness, while still fostering the growth and development of our Sailors,” Hoewing said. “Shaping the force includes several closely linked initiatives, including:

- Perform to Serve.
- Perform to Serve is an essential vehicle to ease crowding in many of the Navy’s skills and move these talented Sailors to undermanned skills. In a word, Perform to Serve is working,” Hoewing said.
- We have approved more than 500 Sailors to reassess in rate and another 600 to convert to undermanned ratings.
- Selective Reenlistment Bonuses (SRBs): SRBs continue to be a valuable resource encouraging Sailors to work and stay in certain critical skills and ratings. “The program is fully funded through the fiscal year,” Hoewing said. “We will update award levels soon to make sure we are offering SRBs for the skills the fleet most needs.

Top Six. Top Six is a plan seeking to increase the number of Sailors in the petty officer and ratings. “The program is working,” Hoewing said. “Always do the best job you can, in the job you can, in the job you can.”

Hoewing also remarked, “We have nearly half of our ships, more than 120, and 30,000 Sailors still forward-deployed right now, doing the nation’s work, and every battle group and amphibious ready group is manned at or above 98 percent.”

Hoewing went on to say, “We have never enjoyed that kind of manpower success before. We have the best Sailors the Navy has ever seen, our skill mix could be better. Some skills are crowded and others are undermanned. We’re working to find ways to keep the talent we have, while we shape the force to provide fleet commanders improved combat capability in terms of the right sailor at the right time with the right skill.”

Hoewing also said the Navy’s new Perform to Serve initiative is working to achieve its goal of enabling crowded ratings and shaping the force. 

“Shaping the force means developing personnel programs and policies that strengthen combat readiness, while still fostering the growth and development of our Sailors,” Hoewing said. “Shaping the force includes several closely linked initiatives, including:

- Perform to Serve.
- Perform to Serve is an essential vehicle to ease crowding in many of the Navy’s skills and move these talented Sailors to undermanned skills. In a word, Perform to Serve is working,” Hoewing said.
- We have approved more than 500 Sailors to reassess in rate and another 600 to convert to undermanned ratings.
- Selective Reenlistment Bonuses (SRBs): SRBs continue to be a valuable resource encouraging Sailors to work and stay in certain critical skills and ratings. “The program is fully funded through the fiscal year,” Hoewing said. “We will update award levels soon to make sure we are offering SRBs for the skills the fleet most needs.

Top Six. Top Six is a plan seeking to increase the number of Sailors in the petty officer and ratings. “The program is working,” Hoewing said. “Always do the best job you can, in the job you can, in the job you can.”

Hoewing also remarked, “We have nearly half of our ships, more than 120, and 30,000 Sailors still forward-deployed right now, doing the nation’s work, and every battle group and amphibious ready group is manned at or above 98 percent.”
The V-22 Osprey program. In the coming weeks, the TIT will be conducting developmental testing in that regime. In addition to executing the test plan, the team will also be busy training a new cadre of developmental and operational test pilots for both the MV (U.S. Marine Corps) and CV (Special Operations Command) variants of the Osprey.

“I’ve got a busy summer ahead of us,” said Gross. “As this year has shown, that’s the sort of environment the V-22 team thrives in.” NAVAIR provides advanced warfare technologies through the efforts of a seamless, integrated, worldwide network of aviation technology experts.

An E-6B Mercury is being moved into a Hanger at the Boeing Aerospace Support Center, Cecil Field, Fla., to be retrofitted with a new cockpit and an advanced communications package. The E-6B is a dual-mission aircraft capable of fulfilling either the E-6A mission of the airborne strategic command post mission and is equipped with an airborne launch control system (ALCS). The ALCS is capable of launching U.S. land-based intercontinental ballistic missiles.

Time Capsule
This month we look back in the All Hands archive to see what was going on in the month of August. To view these issues in more detail on the Web, go to www.news.navy.mil/allhands.asp?
x=search

22 Years Ago – 1991
Three articles highlighted the International Naval Review (INR) held in New York City. During the INR, Sailors were given liberty to go explore the Big Apple. One Sailor from USS Forrestal (CVA 69) told the staff of All Hands “I don’t know if it’s because of the Bicentennial or because of the INR, but, I’ve never been treated so well on liberty before in the 13 years I’ve been in the Navy. We also told readers about the Hush House where pilots can take their jets for a variety of tests. Regardless of the noise created inside, anyone outside a 250-foot radius won’t be disturbed.

23 Years Ago – 1992
This year, All Hands showed USS Ohio (SSBN 726) as she came out of dry dock at Delta Pier, Bangor, Wash. Another story covered in this year’s issue, was on HM2 Sheila D. Sundbye, who had been driving along California’s Highway 58 when she saw Olton Pierce, 72, who suffered an apparent heart attack. Sundbye began cardiopulmonary resuscitation and by the time the fire department paramedics arrived, the victim’s vital signs had been restored.

16 Years Ago – 1997
The Capital dome graces the cover of this edition of All Hands. We showed Sailors what it would be like to serve in Washington, D.C. From the National Zoo to the Washington Monument, there are a wide variety of things to see and do in our nation’s capital. In this issue of All Hands, we also reminded Sailors of their responsibility to vote.

17 Years Ago – 1996
This month’s cover highlights the Naval Aviation History (INR) which was held in New York City. During the INR, Sailors were given liberty to go explore the Big Apple. One Sailor from USS Forrestal (CVA 69) told the staff of All Hands “I don’t know if it’s because of the Bicentennial or because of the INR, but, I’ve never been treated so well on liberty before in the 13 years I’ve been in the Navy. We also told readers about the Hush House where pilots can take their jets for a variety of tests. Regardless of the noise created inside, anyone outside a 250-foot radius won’t be disturbed.

18 Years Ago – 1995
This year, All Hands showed USS Ohio (SSBN 726) as she came out of dry dock at Delta Pier, Bangor, Wash. Another story covered in this year’s issue, was on HM2 Sheila D. Sundbye, who had been driving along California’s Highway 58 when she saw Olton Pierce, 72, who suffered an apparent heart attack. Sundbye began cardiopulmonary resuscitation and by the time the fire department paramedics arrived, the victim’s vital signs had been restored.

19 Years Ago – 1994
The Capital dome graces the cover of this edition of All Hands. We showed Sailors what it would be like to serve in Washington, D.C. From the National Zoo to the Washington Monument, there are a wide variety of things to see and do in our nation’s capital. In this issue of All Hands, we also reminded Sailors of their responsibility to vote.

20 Years Ago – 1993
The Capital dome graces the cover of this edition of All Hands. We showed Sailors what it would be like to serve in Washington, D.C. From the National Zoo to the Washington Monument, there are a wide variety of things to see and do in our nation’s capital. In this issue of All Hands, we also reminded Sailors of their responsibility to vote.

21 Years Ago – 1992
This year, All Hands showed USS Ohio (SSBN 726) as she came out of dry dock at Delta Pier, Bangor, Wash. Another story covered in this year’s issue, was on HM2 Sheila D. Sundbye, who had been driving along California’s Highway 58 when she saw Olton Pierce, 72, who suffered an apparent heart attack. Sundbye began cardiopulmonary resuscitation and by the time the fire department paramedics arrived, the victim’s vital signs had been restored.

22 Years Ago – 1991
Three articles highlighted the International Naval Review (INR) held in New York City. During the INR, Sailors were given liberty to go explore the Big Apple. One Sailor from USS Forrestal (CVA 69) told the staff of All Hands “I don’t know if it’s because of the Bicentennial or because of the INR, but, I’ve never been treated so well on liberty before in the 13 years I’ve been in the Navy. We also told readers about the Hush House where pilots can take their jets for a variety of tests. Regardless of the noise created inside, anyone outside a 250-foot radius won’t be disturbed.

23 Years Ago – 1992
This year, All Hands showed USS Ohio (SSBN 726) as she came out of dry dock at Delta Pier, Bangor, Wash. Another story covered in this year’s issue, was on HM2 Sheila D. Sundbye, who had been driving along California’s Highway 58 when she saw Olton Pierce, 72, who suffered an apparent heart attack. Sundbye began cardiopulmonary resuscitation and by the time the fire department paramedics arrived, the victim’s vital signs had been restored.

16 Years Ago – 1997
The Capital dome graces the cover of this edition of All Hands. We showed Sailors what it would be like to serve in Washington, D.C. From the National Zoo to the Washington Monument, there are a wide variety of things to see and do in our nation’s capital. In this issue of All Hands, we also reminded Sailors of their responsibility to vote.
**Navy Tackles Combat Stress**

I n the case of more than 144,000 former milli-
ion troops who are now receiving disability, by any other name, the uttermost of diagnosed “combat stress” is an acid smell that may linger long after the physical repercussions of war.

In the months and closing days of Operation Iraq

yesterday, the U.S. military has aggressively planned for and implemented counseling and psychological inter-
ventions for a wide array of deployed per-
sonnel. LCDR Jeffrey Jones, a naval psychiatrists who was attached to Fleet Hospital (FH) 3, indicated recently during a telephone interview, that he personally saw few cases of combat stress.

“Some service mem-
bers, throughout this gen-
ter, have been very well,” he said, as the command was pre-
paring to end its operations as a combat field hospital in southern Iraq.

Upon arriving at FH-3 with a preliminary diag-
osis of combat stress, a condition describing war-
related emotional symp-
toms that may lead to post-traumatic stress dis-
order (PTSD), there are generally two options for the psychiatrist on board. It’s either return the service member back to duty or send them home.

The majority of the service members returned to their unit, but some went home, Jones said. “Any time will tell,” he said. After a month, family, friends or medical professionals may need to keep a vigil on those galles and Marines who were pre-
liminarily diagnosed with combat stress. The psychiatrist also said he diagnosed no service members with PTSD.

Symptoms to watch for include intrusive memory loss, relive takeoffs, flashbacks and becoming hyper-vigilant or “flashy.” PTSD, or combat stress, is not new. In virtually every wartime scenario in which American forces have been involved – in various decades and centuries – a term was developed for what we call combat stress.

During the “War Between the States” in the early 1860s, physicians referred to it as a “soldier’s heart.” The term “to end all wars” in the early 20th century, the repercussions of an epidemic of trench warfare become known as “shell shock.”

Some service mem-
bers have done very well,” he continued. The morale-enhancing activi-
ties for deployed veterans are varied and lit-
eral: “good food” – have been cited. The critical counterweight necessary to reverse the rotation and rest the aircraft to fall back on its skills. In this case, Combes likely saved this aircraft and flight crew.

At the awards cere-
money, Laingen commented, “I’ve understood that this action prevented a serious mishap in this incident. It would have been easy for the patient to make a full recovery. The patient made a full recovery. He gave the man chest compressions and mouth-to-mouth

**Preventive Medical Team Protecting Marines From Disease**

A navy preventive medical team that is currently working in central Iraq, support-
ing Marines and Navy medical personnel during Operation Iraqi Freedom.

The 12 members of the Preventive Medicine Mobile Medical Augmentation Readiness Team (PM-MMART) are involved monthly preparing for the current situation, and are currently focusing on preventive medicine challenges that are critical to maintaining a robust force health prote-
tion (FHP) posture.

The team is made up of physicians and enlisted personnel who have expertise in medical entomology, preventive medicine/environmental health, microbiology and industrial hygiene. The team is also capable of analyzing a wide range of environmental and industrial hygiene and biological and radiological warfare agents.

Medical staff and Marine operational staffs worked together to deploy three of these public health surveillance teams into theaters, one in Ad Diwaniyah in cen-
tral Iraq, one in southern Iraq, and one in Kuwait, to advance providing diagnostic and specialty consultation to medical officers and operational commanders. Their pres-
ence has been essential, according to CDR Chip Laingen, 1st Marine Expeditionary Force surgeon.

“Team 5 has been a great asset to us!” says Laingen. “They’ve been able to rapidly tackle some potentially important public health issues for us, and get good advice out to the commanders and their medical staffs in time to help keep the problems minimal.”

The team has been extensively utilized by elements of the 1st Marine Expeditionary Force for mos-
que control operations, water testing, blood/stool testing for infectious agents, ep-
emiological consultation, environmental sampling, safety consultations, traditional field surveil-
ance and hygiene issues, and analysis of unusual chemicals or vapors in camp areas and at one of the liberated palace com-
plexes in Baghdad.

“Constantly,” CDR Scott Sherman, medical team leader and assistant team leader. “We are able to converse with the commanders and give them the nature of the exposure and give them good,
Keeping the Home Fires Burning

When Sailors are deployed, as many Sailors currently are, their spouses stay behind, often with children and sometimes alone, adjusting their daily lives while coping with the emotions that result from a deployment. While many families have endured numerous deployments in the past, there is no denying that a deployment during wartime carries a new meaning. The uncertainty of a loved one's safety, combined with the intense media coverage of the war, only increases the challenges inherent in any deployment.

David Klemisch is there to see his oldest son, Collin, cross home plate at his baseball game. It's been a long day, but David still cheers at the ballgame for his son Collin as his daughter Sara and youngest son Nathan take a nap.
The danger level is higher, but my husband is still doing the same job he did during his last deployment.

Tammy sits between her daughters, Brandy and Hollie, on the steps of her front porch. Her husband, AWC (AW) Chad Barrett, is deployed with Helicopter Squadron (HS) 11 out of Jacksonville, Fla., in support of Operation Iraqi Freedom.

I try to look at this deployment like any other deployment,” said Tammy Barrett, a Navy spouse whose husband, Chief Aviation Warfare Systems Operator (AW) Chad Barrett, is currently deployed with Helicopter Squadron (HS) 11.

“We have a lot more responsibility when my dad is gone. There’s a lot of yard work and things around the house that have to be taken care of. If my mom is working late, I know I have to cook dinner, and if my sister needs help with her homework, then I help her,” Brandy added.

Stepping up and taking on new roles when their father deploys is only one example of the high level of maturity that the Barrett daughters possess. They know and understand what their father is doing is important to many people.

“My dad is gone a lot, but I understand that it’s his job, and it’s what he has to do,” said Hollie. “I know that this is part of the Navy life.”

Tammy is well aware of the important role that her children play.

“My children are my saviors when my husband is deployed. I don’t know what I would do without them.” It is so much easier now that my children are older. It allows me to take care of things without having to worry about a baby-sitter. They are a great help to me.”

This was not always the case for the Barrett family. Married to a Sailor for 18 years, Tammy understands what a deployment can be like for a spouse with small children. She understands that the stress can be overwhelming when a spouse has to take on such a huge responsibility.

“The military spouse is the one taking care of the house, cars, bills and the family,” Tammy said. “Families with young children have the most difficult time with deployments. This is where the military family should step in. I believe that we should help one another. If someone needs help with their children, then we should help them. When you are Navy, you are family.”

No one understands how important community can be during a deployment more than David Klemisch. Klemisch is the husband of LCDR Kristin Klemisch, a Navy nurse deployed aboard USS Tarawa (LHA 1) in support of Operation Iraqi Freedom.

“This is the fifth deployment for the Barrett family. Tammy, along with her two daughters Brandy, 17, and Hollie, 16, admit that watching media coverage of the war can make the deployment more stressful. “We try not to watch a lot of news, because you never know when you’re going to see,” said Tammy. “But we do watch the news, we do try to stay informed, and if we see something that affects one of the kids, we talk about it. It is hard that we just can’t stop moving. But we keep moving to keep our lives as normal as possible.”

The Barretts keep their lives normal by pulling together. When a deployment begins, they transform into what they call “deployment mode.”

“We know what has to be done, and we try to help out my mom as much as we can,” said Brandy. “We have a lot more responsibility when my dad is gone. There’s a lot of yard work and things around the house that have to be taken care of. If my mom is working late, I know I have to cook dinner, and if my sister needs help with her homework, then I help her,” Brandy added.

“Families with young children like for a spouse with small children. She understands that the stress can be overwhelming when a spouse has to take on such a huge responsibility.”

When we do watch the news, we do it around the kids. They are a huge help to me.”

When my community found out that my wife was deploying, they brought over dinner, and they let me know that they were willing to help me in any way that they could, it has been a tremendous help to me.”
His community has reached out to him a great deal while he takes care of his three children: Collin, 7, Sara, 5 and Nathan 1.

“When my community found out that my wife was deploying, they brought over dinner, and they let me know that they were willing to help me in any way that they could,” said Klemisch. “It has been a tremendous help to me. With so many other things to take care of, not having to worry about making dinner makes all the difference.”

“And when the war started, I was really scared,” Maria explained. “When we were in Japan, he would deploy all of the time, but this is different. It is really scary. He tells me not to worry but feel vulnerable in these times.”

Mother and daughter organize invitations for Brandy’s high school graduation. Brandy is very excited that her dad is going to see her graduate. “He’s been deployed during a lot of my first day of school, my first day of high school and birthdays, but he will finally be home for this one. I’m keeping my fingers crossed.”

Boggs is a journalist and Themistocleous is a photojournalist assigned to All Hands

“Keeping the Home Fires Burning

If everything goes according to plan, AVC Barrett will be home for his daughter’s high school graduation.

“He’s been deployed during a lot of my firsts,” Brandy said. “He missed my first day of school, my first day of high school and birthdays, but he will finally be home for this one. I’m keeping my fingers crossed.”

Boggs is a journalist and Themistocleous is a photojournalist assigned to All Hands

“Our friends say we are always on our honeymoon. Before we left, we would go to the beach or go dancing. We were always together, and that’s what makes the situation so hard.”

Maria Hannaman is a journalist and Themistocleous is a photojournalist assigned to All Hands

“All Hands • www.news.navy.mil

AUGUST 2003 • ALL HANDS

Maria Hannaman holds a picture of her husband, AM1 (AW) Richard Hannaman, who was deployed with USS Harry S. Truman (CVN 75) in support of Operation Iraqi Freedom. In the background is one of the places where Maria and her husband took a vacation.

A U G U S T  2 0 0 3 •  A L L  H A N D S

Maria walks down the beach remembering all the good walks she has shared on that same beach with her husband AM1(AW) Richard Hannaman, who was deployed with USS Harry S. Truman (CVN 75).

“Our friends say we are always on our honeymoon.”

“We were always together, and that’s what makes the situation so hard.”

All Hands
How many people in the Navy have heard about a Marine excited to go to a ship, or even eager to get there? To meet the Marines of the 15th Marine Expeditionary Unit (MEU), you might think they were about to go on a luxury liner to the Bahamas, not an amphibious ship due to remain in the Gulf for another few months.
“We had one night during the entire time we were ashore that we spent under a roof. That was in Asir Bajan four days into the attack,” said Marine Corps Capt. Pete McAleer, company commander of Echo Company 21.

“To come in, have a mattress, take a shower, have warm food and no bugs is great. For me, it was the first night that I slept completely through the night with no worries of gunfire or patrols going out. It was just a great weight lifted off all our shoulders.”

The backload of Marines from the 15th MEU began March 28, with the infantry flying out of Kuwait and onto USS Rushmore (LSD 47).

“I couldn’t believe how skinny they were,” said Operations Specialist 2nd Class Shelby Feather, referring to the Marines now back aboard. Most of the 300 Marines aboard had lost some weight while in Iraq. Many claimed they just got tired of eating Meals Ready to Eat (MRE), and would just eat less even though activity continued almost 24 hours a day.

The 15th MEU was one of the first mechanized units to enter Iraq. They were able to advance as far as An Naseryiah after securing many cities on the way in. When
the day came and the active-duty Marines were relieved by a unit of Reservists, it was welcomed but unexpected. Many of the Marines were amazed that the backload of equipment and personnel would only take two weeks to complete.

"To bring everything back on board, particularly from this area, requires a lot of effort," said McAleer. "We were spread several hundred miles inland, and we have about 2,500 Marines and Sailors of the 15th MEU. Plus, we have untold numbers of vehicles, and tons and tons of equipment to be transported back. Some Marines were flown back to the ship; others came down in convoys with their own vehicles. Still others, like our track vehicles, had to be carried back on heavy equipment transporters," McAleer added.

The logistics of moving the troops and equipment is not what takes the most time in this process. Each vehicle needs to be washed thoroughly to pass the grueling agricultural inspection. Some of the Marines have claimed to wash one truck for eight hours.

"We worked all through the night getting the sand out and washing the vehicles. Now I’m ready to get back on the ship and go back home," said Marine Corps Cpl. Samuel Heidecke.

Cleaning the vehicles will keep any parasites from infesting our Navy ships and the United States. Marines were also in sore need of cleaning. Every piece of clothing and equipment that they brought with them had to be cleaned, and most importantly, themselves. The crew of Rushmore claimed it took a couple of days for the smell to clear out of the lower decks of the ship where Marine Corps berthing is located.

"As a corpsman working with Marines in Iraq, we were not just dealing with field conditions and injuries," said Hospital Corpsman 3rd Class Marvin Vinbelanio. "We had to worry about sanitation for all our Marines. We had to be sure they washed their hands. Many of them became sick with what
we were calling "Nasiarrhea," because it was nausea, vomiting and diarrhea at the same time. At times, they were too ill to climb out of their holes. Now that we are back on the ship, we don’t have to worry, since everyone is able to shower and have good water to drink.”

It seems the opinion of most young Sailors toward Marines stationed aboard an amphibious vessel has changed in the past couple of months. Before, Marines on a ship just got in the way. They ate the food, monopolized the gyms and made the line to the ship’s store half the length of the ship. Now, shipboard Sailors don’t seem to mind so much having to wait a little longer for things. There is a definite sense of teamwork, of pride and of relief that they returned safely.

“Marines and the Navy, for this one, were well-trained and well-prepared. When we did something, we operated as a team, and that was the most important part for us. We knew ashore that the Navy was supporting us. We even got gift baskets coming out from the ship to us,” said McAfee. “ Coming home to the ship really did feel like we were coming to someplace. It’s not just a ride for us to go back to the United States or deploy again, but all the Marines and Sailors understand that this has been a team effort, and the feeling is strong out here on Rushmore.”

McCoy is a photojournalist assigned to All Hands
“Welcome to the jungle,
It gets worse here everyday,
You learn to live like an animal,
In the jungle where we play.”

— Guns N’ Roses, “Welcome to the Jungle”

Treading forward with wet, aching feet, slippery red mud threatens to pull you down at every step. Vegetation reaches out, and grabs your arms and legs, no matter how careful you are. And the bugs. Oh, man the bugs — they bite and bite and bite. Don’t even mention the snakes. But the worst thing of all, there’s nothing you can do about it except suck it up, and keep putting one foot in front of another.

▲ Two Marine students stop to make a plan as they get closer to the enemy stronghold in the jungle shooting portion of the course.
said Russo. “We actually teach the survival courses. But, when there’s an emergency, we’re back in action. A lot of bad things can happen in the jungle.”

And although the majority of the JWTC students are from the Marine Corps, a small number of Sailors, usually FMF Corpsmen and Seabees, go through the course each year.

The six-day jungle skills course teaches the specific skills required for personnel to survive in the jungle. Instruction is conducted in an expeditionary environment and emphasizes small unit skills. It’s designed to increase a unit’s ability to attack, defend, patrol, resupply and survive in a jungle environment.

“They really learn a lot while they’re here,” said HM3 Jason Beard, one of JWTC’s three Navy instructors. “Patrolling, land navigation, first aid and how to find food in the jungle, all the things needed for survival.”

OK. So you have to get from point A to point B on the map. Five kilometers, no problem. Sound easy? Well, guess again. Remember the vegetation and the mud? Throw in the fact that most of the path is going up or down steep grades that appear out of nowhere in the thick brush, and you’ve got Jungle Land Navigation.

“For most students, this part is the hardest,” said Marine Corps Staff Sergeant Johnson, a JWTC instructor. “There’s just so many ways to get turned around out there.”

“Patrolling, land navigation, first aid and how to find food in the jungle, all the things needed for survival.”

Barbara Larson
opportunities to get lost or hurt, so we’re always ready to do search and rescue if something goes wrong,” said Beard.

For most JWTC students, the favorite part of the course is the Jungle Shooting exercise. Students are broken into separate patrol squads and participate in a variety of ambush situations.

Each student receives several hundred rounds of Special Effects Small Arms Marking System (SESAMS) rounds. The SESAMS rounds are paint rounds that are fired through their M-16A2 weapons.

Though the rounds won’t kill you, they are sure to leave a nice pink stain and a welt you won’t forget. Few come out unscathed, but everyone leaves with a better understanding of what it’s like to be under fire in a jungle environment.

As the end of the week approached, students still faced the squad endurance course, which combines the majority of the skills learned throughout the six-day course. It also includes 3.5 miles of winding paths through the mountainous jungle terrain, hasty rappelling, mud and water crossings, rope bridges and a “slide for life."

The final mile was made more difficult, as participants constructed a field litter out of battle dress uniform tops and tree branches to carry the heaviest person in their squad to the end of the course.

This culmination of the skills pushes all the students to their limits and stresses the concept of teamwork. No one gets left behind.

“It was very tiring and a lot of hard work, but I really enjoyed it,” said HM3 Emily Fain. “It was exciting to get a chance at some difficult jungle training to broaden my skills in the field.”

Houlihan is a photojournalist assigned to All Hands.
BUILDING THE BODY, HEART & MIND

Sailor Grows Stronger While Stationed in Japan

When the average American thinks of martial arts, the first thought that pops into mind is the art of karate. After all, actors like Ralph Macchio punched this Japanese art to the front of American culture when he portrayed Daniel in the movie “Karate Kid.” Later, it was actors like Steven Segal and Jean-Claude Van Damme who began to show the action junkies in the West just how brutal martial arts could be when acted out on the sets of Hollywood.

PR2 (AW/SW) Jovaun Brown is taking full advantage of living in the Far East. Learning martial arts from a young age has given him the opportunity to learn and grow in the homeland of martial arts while being stationed at the Naval Air Facility Misawa, Japan.
For those who are serious about this way of life, martial arts is far from a fictional world played out on movie screens around the country. Rather, it’s a discipline that truly takes full concentration and harmony between the body and mind.

It’s not uncommon to find military members who participate in martial arts, but for one Sailor stationed in northern Japan, the chance to live in the Far East was an opportunity to study in the land of his art’s birth. This is fitting, considering that Aircrew Survival Equipmentman 2nd Class (AW/SW) Jovaun Brown has been participating in some form of martial arts from a young age as an Army soldier’s son.

“Dad was big on discipline and being focused,” said Brown. “He thought to raise me as a responsible and humble person, a little discipline and pain was needed.”

Brown’s father, who was a 2nd degree black belt in Tang Soo Do, felt would be the best way both qualities to his young in informal training learning to defend part of a way of life in our Brown.

At the age of 14, Brown’s father put his son into a traditional karate class for his first formal training. The training has continued ever since.

Now, at age 27, Brown finds himself in a unique situation. By day, he ensures the aircrews stationed at Naval Air Facility Misawa, Japan, are safe during their missions. But, at night, Brown

“At my dojo, I emphasize the ‘spirit of martial arts,’” said Igarashi. “We also work on building the strength and studying of skills. As you know, martial arts require ‘mind, technique, and phy-

Martial arts requires body strength, but that is not the overall goal. “If you only wish to be physically strong, there are many other types of training focused on boxing and free-fighting, and of course, those who wish to be strong will be no matter what type of fighting skills they acquire,” said Igarashi. “I started with martial arts for the reason that I wanted to be good at fighting and catch everyone’s attention. But once you get to where you want to be, there will be further goals such as to seek for the meanings of practicing martial arts and how it would affect your personality.”
Budo, the Japanese term for martial art, tells us that the art of swordsmanship is a way of life. Karate shows us how to be dynamic and humble, his Shinto Ryu Iaido training teaches him to be dutiful with all things. “Each one is hard in its own way,” said Brown. “They are very challenging, just like the Navy, but I persevere in striving to be one of the best with my fellow men — in the past and my present.”

Brown takes advantage of being stationed in Japan by learning his art in the local dojos. Often he finds he is the only American in many of his classes.

Brown’s Daiado Juku Instructor Yugi Igarashi keeps a keen eye on the training of his students. “I think people from some other countries are more masculine and physically built strong,” said Igarashi. “If I tell my Japanese students about it, they would not believe me unless they actually see them with their own eyes, hence having foreigners as students at my dojo allows them to do that, which is a very good incentive.”

The attention to detail while folding his training outfit is just as important as the training itself. “In swordsmanship, first of all, I expect my students to learn to put on the Aikamak (Japanese traditional clothes, nowadays used in formal ceremonies and martial arts’ training) properly and to know all the manner,” said Koike. “Second, we go on our training by understanding the basics and logic of sword skills, so the beginner would feel more confident about it and eventually enjoy the practice.”

The movement of training is slow and deliberate, and focus is the name of the game in the martial art that teaches the art of swordsmanship.

BUILDING THE BODY, THE HEART & MIND

Ninpo Taijutsu for All Hands.

Keres is a photojournalist for All Hands.

Brown takes advantage of being stationed in Japan by learning his art in the local dojos. Often he finds he is the only American in many of his classes.

The attention to detail while folding his training outfit is just as important as the training itself. "In swordsmanship, first of all, I expect my students to learn to put on the Aikamak (Japanese traditional clothes, nowadays used in formal ceremonies and martial arts’ training) properly and to know all the manner," said Koike. "Second, we go on our training by understanding the basics and logic of sword skills, so the beginner would feel more confident about it and eventually enjoy the practice."

The movement of training is slow and deliberate, and focus is the name of the game in the martial art that teaches the art of swordsmanship.
Caring for the Injured

Seven
On Duty On-the-Hour Every Hour

For some Sailors, the hospital corpsman (HM) rating conjures up thoughts of shipmates at sea and on shore recording patients’ vital signs, conducting audiograms and eye exams or administering any one of a seemingly endless list of immunizations. To the outside observer, an HM’s daily routine never seems to change — first comes morning sick call, followed by cleaning something, routine appointments, lunch, more general duty — and then the cycle begins all over again.

For HMs Sylvia Wasden, along with the other corpsmen assigned to Seabee units throughout the world, that cycle is far from routine. As an independent duty corpsman (IDC) with Naval Mobile Construction Battalion (NMCB) 74, Wasden is known as “Doc.” She is always working to prevent and treat any illnesses and injuries that can occur in the field, from influenza to broken bones, or worse.

And if the pressure of aiding the sick and injured wasn’t enough, an IDC does all of that without the benefit of hospital staff and resources commonly used in the medical arena. It’s a job requiring many skills — skills that Wasden and fellow IDCs spend years training and honing.

All that training was put to the test in October 2002, when Wasden and her battalion were deployed to the Middle East in support of Operations Enduring Freedom and Iraqi Freedom.

“That was actually both an exciting and tough time for everyone involved,” Wasden said. “It’s never fun to potentially be in harm’s way, but you have a job to do. It’s what we’re trained to do.”

But treating the sick and wounded in a shore-based hospital, and doing it in the middle of war-torn Iraq are two different things. In the 10 months she was deployed, Wasden was responsible for treating injuries ranging from your basic sick call symptoms to joint and muscle problems, all while anxiously looking over her shoulder, dealing with inclement weather and the occasional sandstorm.

Even that’s mild compared to another very dangerous aspect of Wasden’s work. At any point in time, her battalion could come under fire, opening up a dreadful set of possibilities.

“It was very different working on shore,” she said. “In Iraq, you always expected the worst. You never knew if you were going to end up taking fire somewhere. You had to be prepared for anything.”

Luckily, the battalion never did come under fire in Iraq, and they made it back to Gulfport, Miss., in June.

For Wasden, the homecoming was a bittersweet experience. “We did a lot of good for the Iraqi people while we were there. We helped them get their liberty,” she said. “But, it’s kind of sad to leave, because you don’t know what’s going to happen to them. They didn’t want us to leave, so we must have done some good.”

Ludwig is a journalist assigned to Navy NewsStand, Ansarov is a photojournalist assigned to Fleet Combat Camera Group, Pacific.
Eye on the Fleet is a monthly photo feature sponsored by the Chief of Information Navy Visual News Service. We are looking for high impact, quality photography from Sailors in the fleet to showcase the American Sailor in action.

To be considered, forward your high resolution (5”x7” at 300 dpi) images with full credit and cutline information, including full name, rank and duty station. Name all identifiable people within the photo and include important information about what is happening, where the photo was taken and the date. Commands with digital photo capability can send attached .jpg files to: navynewsphoto@hq.navy.mil

Mail your submissions to:
Navy Visual News Service • Naval Media Center
2713 Mitscher Rd., S.W., Anacostia Annex, D.C. 20373-5819

Navy Squall
Flight deck personnel work to secure Carrier Air Wing (CVW) 9 aircraft during a rain squall aboard USS Carl Vinson (CVN 70). Carl Vinson’s Carrier Strike Force is participating in the military training exercise Tandem Thrust ’03 while operating in the Marianas Island training area. The exercise will focus on crisis action planning and execution of contingency response operations.

Photo by PHN Dustin Howell

Seeing Sound
An F-14B Tomcat assigned to Fighter Squadron (VF) 32 reaches the sound barrier on a low altitude, supersonic fly by, during an air power demonstration for the crew aboard USS Harry S. Truman (CVN 75).

Photo by PMS John Ostrawa

Turbo Charged
AMs Isaac Sampson of Baltimore, inspects the Turbo Fan (TF) 34 jet engine of an S-3B Viking, attached to Sea Control Fixed Wing Squadron (VS) 29 before installation aboard USS Nimitz (CVN 68).

Photo by PHN John Ostrawa

Camp Patriot
The residents of Camp Patriot have been key in the forward movement of nearly all the equipment and personnel the U.S. Marine Corps brought to the fight. The camp was constructed and later maintained by U.S. Navy Seabees of Amphibious Construction Battalion (ACB) 1.

Photo by PHT Joseph Krypel

Ready... Aim....
MA1 John Mendonca from Honolulu, takes some target practice with a 9 mm pistol at the Japanese Maritime Self Defense Force (JMSDF) indoor rifle range near Yokosuka, Japan.

Photo by PHN Joseph Krypel
**Eye on History** is a monthly photo feature sponsored by the Naval Historical Center. For more photos pertaining to naval history, go to www.history.navy.mil.

### 1967

USS Forrestal (CVA 59) crew members work their way through dense, oily smoke to combat the flight deck fire.

### 1963

PR3 Al Burton and PR3 Kevin McCoy check SMC Bob Mozingo’s standard Navy chest pack. Mozingo, the second most decorated Sailor to serve in Vietnam, is taking a one-week course in basic parachute training. He serves as an instructor in the survival training department at Pacific Fleet Specialized Operational Training Group, Naval Air Station North Island, Calif.

### 1952

Four naval airmen ice fish during their “Arctic Area” survival training under actual conditions. The men must learn to live by their ingenuity until located by rescue searchers.

### 1955

The face of Santiago Lifoifoi reveals his torturing 40 hours in Pacific waters as crewmen take him below to sick bay. Kept afloat by three life jackets, he was spotted by AEAN Harley Witte from a search aircraft. Lifoifoi’s two missing companions tried to swim 30 miles to Guam. Carrying Lifoifoi are SN Delbert Blair and SN Silas Carpenter.

### 1943

This is a field “cooler.” Its burlap sides help to preserve food. It is suspended from a tree to provide ventilation and to keep insects away. Here, SN O.M. McKeith checks on the food drawn by SN J.E. Hicks.

### 1955

PR3 Al Burton and PR3 Kevin McCoy check SMC Bob Mozingo’s standard Navy chest pack. Mozingo, the second most decorated Sailor to serve in Vietnam, is taking a one-week course in basic parachute training. He serves as an instructor in the survival training department at Pacific Fleet Specialized Operational Training Group, Naval Air Station North Island, Calif.

### 1943

This is a field “cooler.” Its burlap sides help to preserve food. It is suspended from a tree to provide ventilation and to keep insects away. Here, SN O.M. McKeith checks on the food drawn by SN J.E. Hicks.

### 1955

The face of Santiago Lifoifoi reveals his torturing 40 hours in Pacific waters as crewmen take him below to sick bay. Kept afloat by three life jackets, he was spotted by AEAN Harley Witte from a search aircraft. Lifoifoi’s two missing companions tried to swim 30 miles to Guam. Carrying Lifoifoi are SN Delbert Blair and SN Silas Carpenter.

### 1952

Four naval airmen ice fish during their “Arctic Area” survival training under actual conditions. The men must learn to live by their ingenuity until located by rescue searchers.

### 1955

The face of Santiago Lifoifoi reveals his torturing 40 hours in Pacific waters as crewmen take him below to sick bay. Kept afloat by three life jackets, he was spotted by AEAN Harley Witte from a search aircraft. Lifoifoi’s two missing companions tried to swim 30 miles to Guam. Carrying Lifoifoi are SN Delbert Blair and SN Silas Carpenter.

### 1943

This is a field “cooler.” Its burlap sides help to preserve food. It is suspended from a tree to provide ventilation and to keep insects away. Here, SN O.M. McKeith checks on the food drawn by SN J.E. Hicks.
Giant Cheeto Helps Feed Small Town

Story by JO2 Phil Hasenkamp

Random acts of kindness come in many shapes and sizes. One might help a child whose kitten is stuck in a tree. Or someone could spontaneously jump out of his or her car in heavy traffic and help someone else push their stalled car to the side of the road.

But Storekeeper 1st Class Michael Evans of Fleet Industrial Supply Center Pearl Harbor, chose another, more peculiar way to show his benevolence. He mailed a deformed Cheeto back to the manufacturer, Frito-Lay, in hopes of feeding a small town. His decision to give up his lemon-sized “snack-a-saurous” to charity may have lost him a small fortune, but has made a huge impact for the needy of Algona, Iowa.

“I poured a bowl full of Cheetos for my kid, and out came this absolutely huge Cheeto,” Evans said. “It was just beyond imagination, and I was really repulsed by it. So I picked it out with a paper towel, and I was going to throw it away. “But I just stopped and looked at it and said, ‘There’s enormous humor potential here.’ And being the humorous person I am, I asked myself, ‘What’s the absolute, funniest thing I can do with this Cheeto?’ So I listed it on E-bay.”

Evans had absolutely no idea of what would come next for his lemon-sized Cheeto. “It’s funny, you got to think to yourself, ‘Who’s the crazier one?’ Is it the person who put the Cheeto on E-bay, or is it the person who actually bid on it?”

And bid they did. Sincere bids for the deformed hunk of cheesy cornmeal rose to around $5,000.

Bryce Wilson, a disc jockey for KLGA, Hometown Radio of Algona, saw reports of the Cheeto on CNN. “I was doing show preparation and I saw something about the huge Cheeto on the news,” Wilson said. “As kind of a joke, I asked listeners to pool together money for [the Cheeto]. I had no idea that this would happen.”

But hackers and pranksters stole the show by bidding in the millions of dollars, causing E-bay to close the auction. After the auction was stopped on E-bay, Wilson e-mailed Evans, offering $180 for the wayward Cheeto.

So Evans executed “Plan B.” “It’s one of those things that you have to take a look at and say, ‘Where are my values?’ And my values are, ‘Hey, I’m going to do the right thing,’ he said. “I could’ve had money for [the huge Cheeto], and I could’ve enriched myself with it, but that wasn’t the intent of what I was trying to do. So I donated it to charity.”

Evans told Wilson to take the $180 and donate it to the nearest food bank.

After finding out Evans had donated his “Cheeto money” to the Iowa’s Kossuth County Food Bank, Frito-Lay, the makers of Cheetos brand snacks, donated $1,000 to the food bank and gave a large amount of Frito Lay merchandise to Wilson to auction on his radio shows.

An anonymous man from Indianapolis donated $2,500 in the name of the Cheeto to the March of Dimes.

And the recognition didn’t stop there. Algona Mayor Lynn Kueck proclaimed a “Cheetos Day” in the city. Jimmy Kimmel, host of ABC’s “Jimmy Kimmel Live,” sent a crew to Algona to broadcast the unveiling of the Cheeto in its display case in Sister Sarah’s restaurant in Algona.

“There was absolutely no hesitation for me to have the Cheeto displayed here,” said Sister Sarah’s owner Tom Straub. “This is 15 minutes of fame. It just goes to show you that there is no such thing as an insignificant conversation.”

Straub said the Cheeto now sits on a gold-tasseled, purple velvet pillow, inside a glass case. “I have a security camera on it, but I don’t anticipate there being any security problems,” he said, pointing out that he’s made an addition to his restaurant’s menu in honor of the Cheeto. “It’s called Cheeto Soup.”

According to Frito Lay officials, Evans’ Quasimodo-like Cheeto is the largest ever produced since the company began making the snack in 1948.

“I never intended for any of this to happen,” Evans added. “It started off as a little bit of fun I wanted to share with my family. But the world grabbed it and took off with it. It’s really amazing that something as silly as a Cheeto can do so much good for people.”
We'reAllStaying!

IS3 Leona DeMoss
MA2(SW) Bruce Simmons
PC2 Kenneth Norman
AE1(AW) Kevin Shahan
MM2(SS) Michael Lloyd
STS1(SS/DV) Terry Giles
ET2(SS) Justine Payne
and CTR1 Michael Stout
ree enlisted at the White House
July 1, 2003 commemorating
the 30th Anniversary of the
All-Volunteer Military Force.

“The Sailors of our All-Volunteer Navy are making a difference in the World. You can be a part of the solution.” — MCPON Terry D. Scott

“We’reAll Staying!”

www.staynavy.navy.mil