Lightning brightens an evening sky above USS Iwo Jima’s (LHD 7) flight deck. Iwo Jima is moored pier side at her homeport at Norfolk Naval Station, Norfolk.

Photo by AN Steve Jones
Throughout the year, *All Hands* magazine has brought you photos and stories from around the world. But how do you show the morale of the Sailors and their desire to “Stay Navy.”

We have found that sometimes you have to take a step back and let the fleet show you. The response for our 12th annual edition of “Any Day” was tremendous, and the fleet showed us what Sailors do on a daily basis. After sorting through more than 8,000 photos to find the images that best tell the Navy story, it’s obvious why Sailors stay Navy.

Within the following pages are the photographs you shot; the stories you wanted to tell in this issue. They show our people, ships, equipment, recreation and an overall look at the life a Sailor could expect to see, “Any Day in the Navy.”

Marie G. Johnston, Editor
*All Hands* magazine

On the Cover
A pilot assigned to Strike Fighter Squadron (VFA) 106 watches squadron personnel perform pre-flight checks on his F/A-18F Super Hornet aboard USS *Harry S. Truman* (CVN 75).

Photo by PH3 Kristopher Wilson

On the Back Cover
PH2 Chris Perez, assigned to Fleet Combat Camera, Atlantic’s Underwater Photo Team, works with a digital underwater camera while conducting a Navy scuba dive off the coast of Panama City, Fla. The team provides underwater still and video support to DOD activities worldwide.

Photo by PHC Andy McKaskle
HT2 Carl Harris inspects the remaining high explosive material from a disrupted improvised explosive device during a training exercise in Bahrain. Members of Explosive Ordnance Disposal Mobile Unit (EODMU) 4, Det. 12, are conducting a final evaluation phase of training to simulate operations the team may experience while supporting maritime security operations.

Photo by PH1 Aaron Ansarov

A Navy diver plays tic-tac-toe with children from inside a water tank at a Seabee Days display aboard Naval Base Ventura County, Calif. Seabee Days is an annual event celebrating the Navy Seabees with a military parade, carnival, entertainment, and military displays.

Photo by PHAN John P. Curtis
Plane captains assigned to Fighter Squadron (VF) 32 wash an F-14B Tomcat on the flight deck aboard USS Harry S. Truman (CVN 75).

Photo by PHAN Craig R. Spiering

Navy Band
Northwest performs at a change of command ceremony aboard Naval Air Station Whidbey Island, Wash. CAPT R. Sydney Abernethy II relieved CAPT Stephen P. Black as the naval air station commanding officer.

Photo by PH2 Michael D. Winter
A U.S. Navy Ceremonial Guard stands fast during a full honor welcome ceremony for Adm. Shahid Karimullah, Chief of Naval Staff, Pakistan Navy at Luetze Park, Washington Navy Yard. Karimullah was presented the Legion of Merit from then-Chief of Naval Operations ADM Vern Clark, for his steadfast support of American-Pakistan cooperation in regional maritime and security affairs, and his unwavering dedication to the Global War on Terrorism.

Photo by PHC Johnny Bivera
MM3 Mahmoud Rayan lights off the boiler in the No. 1 Main Machinery Room aboard USS John F. Kennedy (CV 67) as the ship steams through the Persian Gulf in support of Operation Iraqi Freedom.

Photo by PH3 William Hiembuch

A crowd of more than 3,000 Sailors and Marines pack the hangar bay while watching the first Boxing Smoker event held aboard USS Harry S. Truman (CVN 75).

Photo by PHAN Jay C. Pugh
An Indonesian nurse assists Dr. James Pressly as he prepares to perform cataract surgery on an Indonesian woman at the Kalabahi Hospital in Alor, Indonesia. Pressly is part of a group of medical professionals from USNS Mercy (T-AH 19).

Photo by PH3 Rebecca J. Moat

Navy Chaplain LT John Burnette says an opening prayer during Sunday Roman Catholic Mass aboard USS Harry S. Truman (CVN 75).

Photo by PH3 Kathleen A. Knowles
Family and friends eagerly wait at pier facilities aboard Naval Air Station North Island, Calif., for the arrival of USS Ronald Reagan (CVN 76).

Photo by PH1 Felix Garza

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 40, break down their battalion Command and Control bunker during Exercise Bearing Duel 2004. The exercise allowed the unit to train in realistic field environments while preparing for contingency operations and future deployment.

Photo by PHAN John P. Curtis

With a dhow in the background, Sailors assigned to USS Chinook (PC 9) make their way through the waters surrounding the Iraqi oil terminals in a rigid hull inflatable boat while supporting Maritime Security Operations (MSO).

Photo by PH1(SW) Aaron Ansarov

LT Jeremy Hammel, a naval medical officer assigned to Headquarters and Service Company, 3rd Battalion, 3rd Marine Regiment, checks a local man’s heartbeat during a MEDCAP operation in the vicinity of Khowst, Afghanistan. The 3rd Battalion, 3rd Marine Regiment was conducting security and stabilization operations in support of Operation Enduring Freedom.

Photo by Marine Corps Cpl. James L. Yarboro
The crew of USS Chung-Hoon (DDG 93) prepares for the ship’s commissioning ceremony in Pearl Harbor.

Photo by PH1 William R. Goodwin

SKCS(SS) Albert Holguin (left), USS Portsmouth’s (SSN 707) Diving Officer of the Watch, gives instruction to FN Joel Johnson (under instruction), on proper operating procedures for helmsman duties.

Photo by PH1 David A. Levy
Members of Air Department’s V-3 Division participate in flight deck familiarization by watching experienced flight deck personnel during actual flight operations from “Vultures Row” aboard USS Theodore Roosevelt (CVN 71).

Photo by PHAN Michael Cole

OSSN Janelle E. Nelson uses a divider to plot the exact position of USNS Yukon (T-AO 202) in the western Pacific Ocean. For centuries, seagoing vessels have used such equipment to track their positions and plot courses.

Photo by PH3 Class Jason T. Poplin
Brenda, a military working dog (MWD), reacts to an aggressive suspect during a training exercise held at San Luis Beach, Naval Base Guam. MWD Brenda and her handler, MA1 Zantria White, are assigned to the K-9 Unit of the Naval Security Force, which is tasked with protecting Navy assets based aboard Naval Base Guam.

Photo by PH2 Nathanael Miller

AD3 Joshua Ray, assigned to Fighter Squadron (VF) 31, pulls an engine skid supporting an F110-GE-400 turbo-fan jet engine across the flight deck aboard USS John C. Stennis (CVN 74). The F110-GE-400 engine is used by F-14B and F-14D Tomcats and is capable of producing 27,000 lbs of thrust.

Photo by PH3 Mark J. Rebilas
AZ2 Jesus Lopez, assigned to Intermediate Maintenance Facility (IMF), Naval Station Everett, Wash., gives an OK signal to dive supervisors during diving proficiency training aboard Naval Station Everett. The primary mission of the IMF Det. at NAVSTA Everett is to service USS Abraham Lincoln (CVN 72). Photo by PH3 Douglas G. Morrison

An HH-60H Seahawk assigned to Helicopter Anti-Submarine Squadron (HS) 4 keeps an eye on a nearby vessel while a waterspout takes form off the coast of Malaysia. Photo by PHAN Richard R. Waite
Members of SEAL Delivery Vehicle Team (SDVT) 2 prepare to launch one of the team’s SEAL Delivery Vehicles (SDV) from the back of USS Philadelphia (SSN 690) during a training exercise.

Photo by PHC Andrew McKaskie

A lighter amphibious resupply cargo (LARC) vessel checks the water level prior to disembarking members of the 3rd Battalion, 3rd Marine Regiment, Combat Assault Company from a landing craft utility (LCU) vehicle attached to the amphibious assault ship USS Tarawa (LHA 1) during Exercise Rim of the Pacific (RIMPAC) 2004.

Photo by PH3 Paula J Sato
CDR Paul Foster, the executive officer of Sea Control Squadron (VS) 21 reaches for his daughter upon his arrival home aboard U.S. Naval Air Facility Atsugi, Japan. VS-21 led the aircraft assigned to Carrier Air Wing (CVW) 5 back home after a scheduled deployment in support of Summer Pulse '04.

Photo by JOSN Matthew Schwarz

Aviation ordnancemen assigned to Strike Fighter Squadron (VFA) 137 load a 500 lb. MK-82 general purpose bomb on an F/A-18E Super Hornet aboard USS Abraham Lincoln (CVN 72).

Photo by PHAN Jacob J. Kirk
A member of the U.S. Navy Parachute Team, the “Leap Frogs,” floats down with the American flag at the start of the 2004 “In Pursuit of Liberty” air show at Naval Air Station Oceana, Norfolk.

Photo by PH2 Daniel J. McLain

DT3 Ryan Antonio sculpts a mouth guard for a crew member aboard USS Nimitz (CVN 68).

Photo by PHAN Roland Franklin

BUCN Daniel Trammel mans a defensive firing position while assigned to Naval Mobile Construction Battalion (NMCB) 40, during a “Bailey” bridge project. NMCB-40 is participating in Exercise Bearing Duel 2004, designed to provide the unit an opportunity to train in realistic field environments while preparing for contingency operations and future deployment.

Photo by PHAN John P. Curtis
**Crew members aboard USS Asheville** (SSN 758) man the bridge while preparing to enter the channel of San Diego Bay.

Photo by PH2 Prince A. Hughes III

**MM3 Javier Rodriguez searches the** A-division shelves for a replacement globe valve for the ship's chill water system aboard USS Peleliu (LHA 5).

Photo by PH2 Prince A. Hughes III

**YN1 Latricia Perkins (left) assigned to** the Administration Department aboard Naval Air Facility Atsugi, Japan, sorts through a pile of the new Navy Working Uniforms. The Navy introduced a set of concept working uniforms for Sailors E-1 through O-10, Oct. 18, 2004, in response to the fleet's feedback on current uniforms. Feedback from the fleet will be used to determine the final Navy Working Uniform.

Photo by PH3 John E. Woods
Seabees from Naval Mobile
Construction Battalion (NMCB) 40 and other personnel from Combined Support Group Indonesia Afloat, wait at White Beach Naval Facility, Okinawa, Japan, to board USS Fort McHenry (LSD 43). Both groups are aiding in Operation Unified Assistance, the humanitarian operation effort in the wake of the Dec. 26, 2004, tsunami that struck Southeast Asia.

Photo by PH3 John P. Curtis

CSC Gepp Brucelas sings “The Star Spangled Banner” at a change of command ceremony for Carrier Airborne Early Warning Squadron (VAW) 115 aboard Naval Air Facility Atsugi, Japan.

Photo by PH3 John E. Woods

OSC Slade Scott, assigned to Explosive
Ordnance Disposal Mobile Unit (EODMU) 2, Det. 2, prepares a demolition site for the controlled detonation of unexploded ordnance collected by EODMU-2 technicians in the team’s area of responsibility near Baghdad, Iraq.

Photo by PH1 Richard J. Brunson
Canine Handler MA1 Mark A. Taylor and “Nero,” an explosive detection dog search the many shelves of NAS Whidbey Island’s Supply Warehouse for explosive aids planted previously by another handler.

Photo by PH2 Casey R. Hutchens

FC3 Amanda Morissette, assigned to the Visit, Board, Search and Seizure (VBSS) team, stands point position as the team forms up on the deck of USS Curtis Wilbur (DDG 54) during an early morning drill.

Photo by PH3 John L. Beeman

Commander, Naval Forces Japan, RADM Frederic Ruehe; Commander, Fleet Activities Yokosuka, CAPT Gregory Cornish; Commanding Officer, USS Fitzgerald (DDG 62), CDR Brad Smith and Navy Chaplain LT Robert Jones, salute as Mayor of Shimoda, Mr. Naoki Ishii, bows during the playing of taps. The ceremony memorialized the Sailors who died on Commodore Matthew Perry’s journey to Japan, as a part of the 66th annual Black Ship Festival in Shimoda, Japan.

Photo by PH2 John L. Beeman

Photo by JO3 David P. Coleman
SK1(SW) George Moran, assigned to USS Hopper (DDG 70), holds his newborn baby girl after returning from a six-month deployment in support of the Global War on Terrorism. The ship left Pearl Harbor as part of USS Belleau Wood's (LHA 3) Expeditionary Strike Group (ESG) and spent most of her time in the 5th Fleet area of responsibility.

Photo by JO3 Ryan C. McGinley
In recognition of the tremendous support U.S. Navy Sailors and Marines are providing the victims of Hurricane Katrina.

▲ A U.S. Navy Sailor helps a Hurricane Katrina victim fill out paperwork after she was transported to the dock landing ship USS Tortuga (LSD 46). Currently docked in New Orleans, Tortuga is providing hot meals, showers and beds for the victims.

Photo by PH2 Michael B. Watkins

▲ U.S. Navy search and rescue swimmer, AW1 Tim Hawkins, retrieves a victim of Hurricane Katrina from a rooftop in New Orleans and evacuates him in an SH-60B Seahawk helicopter.

Photo by PH3 Jay C. Pugh

▲ While they fly to safety aboard a U.S. Navy SH-60B Seahawk helicopter, U.S. Navy search and rescue swimmer AW1 Scott Chun comforts a victim of Hurricane Katrina who was pulled from a rooftop in New Orleans.

Photo by PH3 Jay C. Pugh
A Search and Rescue (SAR) swimmer assigned to Helicopter Sea Combat Squadron (HSC) 28, aboard USS Bataan (LHD 5) prepares to assist in a rescue of a Hurricane Katrina survivor in Louisiana.

Photo by PHAN Jeremy L. Grisham

U.S. Navy Sailors, assigned to USS Shreveport (LPD 12), perform a search and rescue mission following Hurricane Katrina in Biloxi, Miss.

Photo by U.S. Navy
ET1 Michael J. Hanna, assigned to the CS-4 Division aboard USS Crommelin (FFG 37), tests a sound-powered phone line before the ship leaves Naval Station Pearl Harbor.

BUCN Sean Liverpool, assigned to Naval Mobile Construction Battalion (NMCB) 7, works alongside a local Sri Lankan man as they salvage tiles from the roof of a schoolhouse destroyed by the tsunami of Dec. 26, 2004, in the village of Koggala, Sri Lanka.

Sailors assigned to Carrier Air Wing (CVW) 2 and USS Abraham Lincoln (CVN 72), carry an injured Indonesian from an SH-60B Seahawk helicopter to the triage area set up at Sultan Iskandar Muda Air Force Base.

Photo by PH2 Ken Horne

Photo by JOSN S.C. Irwin

Photo by PH1 Alan D. Monyelle
AM1 John Kimble, assigned to Helicopter Combat Support Squadron (HC) 6, carries LTJG Jeremy Farmer while participating in a combat search and rescue training mission around Fort Knox, Ky.

Photo by PH1 Steven Harbour

BM3 Tony Layton watches as a Landing Craft Air Cushion (LCAC), assigned to Assault Craft Unit (ACU) 4, prepares to enter the well deck of the amphibious assault ship USS Bataan (LHD 5).

Photo by PHAN Jeremy L. Grisham
Freshmen, known as “Plebes,” participate in an 11.5 hour rigorous physical and mental challenge at the U.S. Naval Academy known as “Sea Trials.” This day-long, action-oriented event, modeled after the U.S. Marine Corps’ 54-hour “Crucible” and the Navy’s “Battle Stations” training tests, requires plebes to use skills they have learned during their first year at the Academy.

Photo by Gin Kai
TM1 Sabrina Anderson participates in a small arms qualification aboard USS Harry S. Truman (CVN 75).

Photo by PHAN Kristopher Wilson
DT1 Francis Andaye, assigned to USNS Mercy (T-AH 19), demonstrates proper dental hygiene after distributing preventive dentistry kits to Indonesian patients at a clinic in the village of Apui, Indonesia. Mercy deployed to the region to provide humanitarian assistance and medical care to thousands of people displaced by a magnitude 7.3 earthquake that struck the area Nov. 11, 2004.

Photo by PH2 Jeffery D. Russell

A Naval Diving and Salvage Training Center instructor stands ready to offer assistance to a dive student if he is not able to regain his own air supply during a problem solving exercise at the pool confidence-training portion of the student's course.

Photo by PHC Andy McKaskle
Carrier Air Wing (CVW) 9 and Air Department personnel work as a team during a simulated fire drill on the flight deck aboard USS Carl Vinson (CVN 70).

Photo by PH3 Elisia V. Gonzales

Sailors assigned to USS Mustin (DDG 89) say goodbye to their families on the pier at 32nd Street Naval Station, San Diego, before the ship departs on a regularly scheduled deployment to the Western Pacific.

Photo by PH2 Class Michael Arteaga

Line handlers aboard the High Speed Vessel (HSV) 2 Swift, prepare to throw mooring lines as Swift prepares to moor in Augusta Bay, Sicily.

Photo by PH2 Class Brain P. Smarr
Personnel assigned to the bridge crew aboard USS Kitty Hawk (CV 63) navigate out of Yokosuka, Japan, while other crew members clean the windows during final preparations for sea.

Photo by PHC Todd Cichonowicz

CDR Marilyn Bradock prepares to fit the mold of a patient’s mouth for fixed bridgework in the Dental Department aboard USS George Washington (CVN 73).

Photo by PH3 Joan E. Kretschner
CDR Ron Hicks from the Operational Support Hospital Unit, Great Lakes, Ill., examines a baby for any illnesses in Santa Lucia, El Salvador. The Medical Readiness Training Exercise provided humanitarian assistance to the El Salvadoran people in conjunction with the Joint Task Force New Horizons Exercise project *Para los Ninos* contribution of two new schools and three clinics in areas of San Vicente that were hit by earthquakes.

Photo by Air Force Staff Sgt. Reynaldo Ramos

Explosive Ordnance Disposal (EOD) team member
AO1 Brandon Smith wears a bomb suit while testing each of a bomb’s components for proper functioning during a training session. Smith is assigned to EOD Mobile Unit (EODMU) 5 aboard Commander Fleet Activities Yokosuka, Japan.

Photo by PH2 John L. Beeman

CDR Guy Lee, command chaplain aboard USS Kearsarge (LHD 3) transmits a prayer over the ship’s 1MC and asks for a moment of silence on Memorial Day in remembrance of those who gave their lives for our country.

Photo by PHAN Sarah E. Ard
An amphibious assault vehicle (AAV) assigned to the 3rd Amphibious Assault Battalion at Camp Pendleton, Calif., makes its way into the well deck aboard USS Peleliu (LHA 5) while the ship was underway off the coast of Southern California.

Photo by PH2(AW) Kerryl Cacho

HM2 Neville Parris, assigned to Weapons Company, 3rd Battalion, 3rd Marine Regiment, searches an Afghan man at a vehicle check point near Khost Province, Afghanistan.

Photo by Army Staff Sgt. Bradley Rhen
Once a day, Sailors gather to conduct a “Power Hour” workout on the flight deck of USS O’Kane (DDG 77) to ensure crew members are within standards for the semi-annual Physical Fitness Assessment (PFA).

Photo by PH1 Aaron Ansarov

Sailors depart USS Halyburton (FFG 40) after returning to Naval Station Mayport, Fla. While deployed in the U.S. Southern Command area of responsibility, Halyburton and USS Boone (FFG 28) seized nearly eight metric tons of cocaine with a street value of $249 million.

Photo by PH2 Charles E. Hill

USS Virginia (SSN 774)
Sailors man the rails during the boat’s commissioning. This is the first nuclear-powered, fast-attack Virginia-class submarine and the ninth U.S. ship to be named for the “Old Dominion” state.

Photo by PHC Johnny Rivera.
Sailors assigned to the deck department apply gold paint to one of the 30-ton anchors aboard the conventionally powered aircraft carrier USS Kitty Hawk (CV 63). Kitty Hawk has sailed with golden anchors since April 8, 2002, when it won the U.S. Pacific Fleet Retention Excellence Award.

Photo by PHAA Adam York

EA-6B Prowlers assigned to Electronic Attack Squadron (VAQ) 130 prepare for flight operations aboard USS Harry S. Truman (CVN 75).

Photo by PHAA Ricardo J. Reyes

AWC Richard McCurdy demonstrates how to create a PowerPoint presentation to fourth-graders at Shirley Lanham Elementary School, Atsugi, Japan. Twenty-two students from the fourth-grade class received the PowerPoint training from Fleet Aviation Specialized Operational Training Group Pacific Detachment as part of “Job Shadow Day 2005,” a nationwide effort to match students with career mentors in real-world work centers.

Photo by Jeff Kraftchak
FC3 Kenneth Breeden (left) is assisted by ATAN Tonee Barachina in folding the national ensign aboard USS Ronald Reagan (CVN 76) after the call to shift colors.

Photo by PH3 Aaron Burden

CM3 Daniel Hanning, a Seabee attached to Naval Mobile Construction Battalion (NMCB) 40, low-crawls through a pond during the Endurance Course at the Jungle Warfare Training Center on Camp Gonsalves, Okinawa. The course is a 3.4-mile obstacle course, which is part of a week-long jungle skills training class.

Photo by PH3 John P. Curtis

Plane Captain, AN
Sarah Mages, assigned to Sea Control Squadron (VS) 22, waits for her S-3B Viking aircraft to land on the flight deck aboard USS Harry S. Truman (CVN 75).

Photo by PH2 Class Danny Ewing Jr.
A Sailor assigned to the air department runs across the flight deck after an F/A-18C Hornet, assigned to Marine Fighter Attack Squadron (VMFA) 251, is launched from USS Dwight D. Eisenhower (CVN 69).

Photo by PHAN Christopher Molinari

AN James Boyd from Air Department V-3, takes a short break in the hangar bay aboard USS Theodore Roosevelt (CVN 71).

Photo by PHAN Stephen Early
CDR Vanessa Wyndham, commanding officer, Navy Recruiting District Atlanta, recites the Oath of Enlistment to MM1 Richard Kinard, NC1 Neal Hansen, MM2(AW/SW) Keith Norwood and EM2(AW/SW) Frederick Tuiel during a reenlistment ceremony held at Turner Field during Navy Week in Atlanta.

Photo by JO1 Amy Kirk

Search and Rescue Swimmer, HM3 Amber Bouge lifts “Oscar” out of the water during a man overboard drill aboard USS *Salvor* (ARS 52). *Salvor* and her crew conducted maritime drills on their way home from Kahului, Maui, Hawaii.

Photo by JO3 Ryan C. McGinley

Students at Fleet Training Center San Diego work as a team to extinguish a fire on a simulated crashed aircraft. The basic flight deck firefighting training syllabus provides the students a realistic approach on how to effectively fight different kinds of flight deck fires.

Photo by PH2 Johansen Laurel
AM2 Michael Shelby performs maintenance on a jet engine from an F-14B Tomcat, assigned to Fighter Squadron (VF) 32, in the Jet Shop aboard USS Harry S. Truman (CVN 75).

Photo by PHAN Greg Pierot

Five Sailors assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 3, are carried beneath an MH-60S Knighthawk helicopter. The EOD Team was flown over San Diego harbor during a Fleet Week demonstration of the technique, known as “SPIE-rigging,” used by the Navy and Marine Corps for hasty placement and extraction in hostile areas.

Photo by PH1 Michael Moriatis

Website Exclusive

Thanks to everyone who submitted photos. Because there were so many photographs submitted, we regret that we couldn’t possibly show them all in this issue.

Find more photos online at www.news.navy.mil/media/allhands/flash/ah200610/