

# NAVY Volunteer!

A Navy Tradition

August 2003



**"To be free - to walk the good American earth as equal citizens, to live without fear, to enjoy the fruits of our toil, to give our children every opportunity in life - that dream which we have held so long in our hearts is today the destiny that we hold in our hands."**

**—Paul Robeson**

*Sgt Clinkscale shows a Cub Scout from Pack 300 how to properly fold a flag. Read the story on page 26.*

## NAVY Volunteer!

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## Volunteerism Gets Nod From Bush During Visit

By Rachel Davis, Florida Times-Union staff writer

As Navy Senior Chief Arden Battle strolled through Lola Culver Elementary yesterday, grade-schoolers with wide eyes and awed faces peeked around classroom corners and hallway water fountains to get a better look.

His starched khaki uniform and shiny black shoes were enough of a rarity to be interesting, yet familiar enough to elicit grins in anticipation of surprises and treats. He's been here before, each time bringing fellow sailors who mentor Jacksonville students and assist their teachers.

Because of his visits to the Northside elementary school and other community volunteer work, Battle is scheduled to be recognized by President Bush during his visit at Mayport Naval Station today. A nod to his Freedom Corps initiative, Bush is recognizing volunteers across the nation who have dedicated themselves to community service.

"I would have never expected the Commander in Chief to recognize me for that," Battle said yesterday. "Something like this happens and it is overwhelming."

The 39-year-old sailor also participates in City Rescue Mission by collecting children's clothing, Special Olympics and The Salvation Army. As the volunteer coordinator for the USS John F. Kennedy, Battle also organizes sailors in volunteer opportunities such as Culver Elementary.

Battle spent the day at the school yesterday visiting classrooms and delivering Valentine's Day cupcakes, party bags and red carnations for each teacher. Maisha Anderson's second-grade class was in the middle of a math lesson when

the senior chief and a group of other sailors barged in for a surprise.

Battle, having the undivided attention of every wiggly 8-year-old in the class, took the opportunity for his own lecture.

"Make sure you listen to Ms. Anderson. She's very smart," he said.

"Tell them again," Anderson answered back.

Three youngsters sat in the upstairs hallway figuring math fractions with wooden pie pieces, took a break to shake

Battle's hand as he moved from room to room.

"Your right hand," Battle said to one of the boys who reached out his left for a shake. In another classroom one child sat separately from the group for misbehaving.

"You know you have to take a test before you

come into the military," Battle told the student, who nodded sheepishly. "You have to stay focused."

Volunteering has been part of Battle's life since he was a youngster growing up in Idabel, Okla., population 6,000. He gets a kick out of working with children most of all, he said. They are today's investment, he told first-time sailor volunteers.

As news of his good fortune hadn't yet traveled to all of Battle's co-workers yesterday, he wasn't able to gauge crew members' reactions. But one officer along for the volunteer opportunity at Culver Elementary had enough to say for the chief.

"Senior Chief Battle is as good as they come," said Lt. j.g. Mike Raymer, who also works on the Kennedy. "Very few people in the world have a heart as big as his."



Photo by PH2 Chuck Hill

Senior Chief Arden Battle welcomes President Bush upon his arrival to Naval Station Mayport.

## HT-18 Recognized by Florida

### Department of Education

By LT Aaron Schwaderer, HT-18 Public Affairs

Helicopter Training Squadron (HT) 18 and the City of Milton received the Florida Department of Education Commissioner's Business Recognition Award for Santa Rosa County during a recent ceremony held in Orlando, Fla.

"This award is especially meaningful, because we were nominated for it by our friends at Pea Ridge Elementary School," said Navy Cmdr. David A. Schnell, commander HT-18. "It is a nice recognition of the efforts of many squadron personnel, particularly Navy Lt. James Gundy and Marine Capt. Al Alvarez, the squadron Partnership in Education coordinators."

Most notable is the squadron's work with the fifth grade students through the "Elite Eagles" program. The program works with and rewards those students who achieve academic excellence and exhibit good citizenship.

The Eagles participate in activities ranging from classroom sessions at the school, where the classroom becomes a carrier flight deck, or a Coast Guard helicopter on a search and rescue mission.

They also take field trips to Naval Air Station (NAS) Whiting Field for helicopter simulator training, classroom lessons and promotion ceremonies, and to NAS Pensacola's Aviation Museum.

"HT-18 has consistently supported us in encouraging our fifth grade students to achieve academic success," said Elaine Brandt, a fifth grade teacher and Elite Eagles Coordinator at Pea Ridge Elementary School.

"Fifth graders making Eagles love wearing their t-shirts with the Eagle and HT-18 logo. HT-18 personnel not only conduct sessions with Eagles each nine weeks, they come to school just to check on all the fifth graders," said Brandt.

"They are positive role models, encouraging our children to be successful in all areas of life. HT-18 personnel have made the Elite Eagles Program the success story that it is," said Brandt.



## Sailors, Marines & Schools Partnering for Kids

Story and photo by JO1 Linda Hunter, Navy Information Bureau, Det. 108, Navy/Marine Corps Reserve Center, Atlanta

Take an elementary school and the U.S. Navy and Marine Corps, put them together and what develops is a partnership in education.

The Navy/Marine Corps Reserve Center, Atlanta and Park Street Elementary School in Marietta, Georgia have such a partnership.

The concept of the program was developed during a hiking trip. Chief Personnelman Mark Sette parked his jeep and went for a hike. Another hiker and school teacher, Mardy Schicker, was drawn to the jeep because of the Navy anchor in its windshield. As Sette was finishing his hike, Schicker, whose grandfather was a retired Navy chief, struck up a conversation with him.

From that conversation came the idea of how the Reserve center could help the students of Park Street Elementary School, where Schicker was a teacher. Sette, who has worked with several other schools during his career in the Navy, wanted to work with other children. He started talking to Schicker about the Reserve Center volunteering and becoming the school's partner in education.

"We didn't have a full-on partnership or any type of community program here," said Sette. "I wanted to create something that tied us to the community and tied us together in both the Navy and Marine Corps so that we have partners, people that go out and help the children."

Twenty-one Sailors and Marines participate in the program. The Reserve Center staff members spend about four hours every Wednesday working with the students.

"We schedule one day a week, but we have some staff members who actually make it to the school at other times," said Sette.

The program works for both the Reserve Center and the school. It provides a

great command presence in the community, and the school children get to see the Sailors and Marines in their uniforms. The Sailors and Marines benefit when their efforts unfold.

A child they helped reads without stumbling over words, or another child they worked with recites multiplication tables.



*A U.S. Marine helps a student with reading comprehension as part of a Partnership in Education program sponsored by Park Street Elementary School and Navy /Marine Corps Reserve Center Atlanta. Partnership in Education is a community out-reach program for sailors and Marines to visit the school and help students with class work.*

The Navy & Marine Corps volunteers fill in at all grade levels by assisting the teachers where needed. Some listen to a child read a book and then ask comprehension questions. They may even monitor the child when he takes the computer based skills test on the same story. Other volunteers work on a student's arithmetic, using flash cards, while another volunteer performs science experiments with the older students.

At times, the volunteer will read a book to the class or work out a lesson plan on the board. This allows the teacher to provide some much needed one-on-one time with a child who may be having problems in other areas.

Phil Hynninen, Assistant Principal for Park Street Elementary School, sees the program as having a positive impact on

the students. "There are a lot of different pluses from a pure instructional point. It gives us another person to work with the students. For most of our students, especially in the lower grades, it's reading they need the most help with. This partnership gives them another person to interact with and help them.

"Having the Navy come into our school provides the students an opportunity to see a positive male role model," said Hynninen. "The students look up to them. It gives the students ideas of what they might want to do some day."

Kindergarten teacher, Jan Ashley, and her volunteer, Hospitalman 3rd Class Alisa Johnson, work really well together. Ashley said, "Some of my students are a little bit low on their achievement level. She's helped them bring their levels up. It has helped me to have a little bit of extra one-on-one with students who really need me."

Schicker, a first grade teacher, said, "Chief Sette comes in and helps the kids with their math activities and reading stories. They have a very positive relationship with him."

The students really enjoy and get very excited about working with the Sailors and Marines. Eight-year-old Terrance Barley said, "Chief Mark plays Chutes and Ladders with us. He helps with math. He taught me how to double (multiplying by two). He's a lot of fun."

Debra Pickett, principal at Park Street School said, "When I was approached by the Navy, 'Would I be interested?' I jumped at the chance."

The Navy & Marine Corps volunteers vary in the amount of time they spend at the school, from a minimum of three to four hours a week to as much as eight or nine hours, at times," Pickett said, "I'll look up and one of the volunteers will be there saying, 'I just stopped by to see my little buddy'. You can't measure that."



## Personal Excellence Partnership one of Base's Efforts to Make Contribution to Community

By JO2 Amy Warren

Naval Submarine Base Kings Bay and St. Marys Middle School recently reaffirmed their Personal Excellence Partnership during a ceremony at the school.

Naval Submarine Base Kings Bay Commanding Officer Capt. John Cohoon and St. Marys Middle School Principal Dr. Jo Beth Bird addressed students, faculty and volunteers about the value of the partnership.

"I don't know how other schools and communities succeed like we do," said Bird. "We are so fortunate to have a partner like the submarine base."

The students asked Cohoon several questions about the base and the Navy before he spoke about the partnership.

"On base we take from the environment every time we build a new building," said Cohoon. "At the same time, we give back to that environment by developing new habitats and protecting them - it's a partnership. It's the same in the community. We are part of the community and take from it. Helping students is just one way we can give back."

This partnership is not just about tutoring students and other projects volunteers take part in. It is about mentoring youth.

"Navy volunteers can teach you a lot of things - not just about school, but about the right path to take," said Cohoon. "Take advantage of them by asking a lot of questions. They have the experience to answer them."

Bird recognized program coordinators ITC(SW) Jim Jarvis and St. Marys Middle School teacher Sandra Deloach for their dedication to the program.

"Our goal is not just to provide tutoring, but to motivate students to stay in school, and expand community and parent involvement and improve the quality, productivity and effectiveness of public education," said Jarvis.

ET2 Daniel Huggins, a Subbase PEP volunteer, said he enjoys working with the kids

"It's great because you can see the difference you're making when you see the student progressing," said Huggins.

There are 25 volunteers working with the program from Subbase. Some former volunteers have transferred and Jarvis wants more Sailors get involved in the program.

"It doesn't take much time and can mean a lot for the kids," said Jarvis. "You don't have to be a genius to tutor students. If math is your strong point then you can help students with math problems and likewise for any other subject."

Volunteers work with students on Tuesdays and Thursdays, tutoring in a variety of subjects. Additionally, volunteers visit the school during normal class hours to assist and aid teachers with advanced math and science subjects.

Volunteers also help with needed small construction projects. The school's Builders Club, supported by the local Kiwanis Club, plans to build a trophy case to display items that represent the partnership with the Navy and community. Working together, community organizations, students and Navy volunteers are building a stronger school.

This partnership supports the Chief of Naval Education and Training's Personal Excellence Partnership Flagship Program. PEP is a collaborative effort among Navy commands, public and private sector organizations, and schools to assist America's youth to become better educated, healthier, and more responsible citizens.

### Cyber-Volunteering

■ Most cyber-volunteers are between the ages of 18 and 50. The median age is 31.

■ People aged 14 to 17 often look for online volunteer opportunities, but were not allowed to volunteer because they were too young or lacked transportation to an on-site volunteer assignment.

■ Convenience and schedule flexibility were the two most common cited reasons for individuals choosing to volunteer online. A few cyber-volunteers reported an interest in online volunteering service just to see what it was like, or because they felt guilty for spending so much time online and wanted to do something more constructive while on the Internet.

■ More than 25% of cyber-volunteers and more than 35% of the agencies involving cyber-volunteers (based on survey and application responses) are in California, predominantly in or near the San Francisco or Los Angeles metropolitan areas.

■ Several online-volunteers said they prefer online volunteering to on-site volunteering because a disability or health issue that made traditional service difficult. One person noted that, when volunteering online, "People see me, not the wheelchair."

(Source: *Journal of Technology and Human Services (JTHS)*)



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## No Snow... Winter Competitives a Go

Story and photo by Norine Rowe, NAS Patuxent River Public Affairs Department

Despite a temporary setback due to snow, Leonard Hall Junior Naval Academy went forward with its Winter Competitives event March 7 in the Air Test and Evaluation Squadron 23 hangar here.

Each winter, midshipmen from this small, private school in Leonardtown descend upon NAS Patuxent River for a competition in which students pit their drill team skills against one another. With a squadron hangar as the setting and jet fighters as the backdrop, students strut their stuff in front of a row of guest inspectors as family members cheer them on.

Hosting the event was the Program Executive Office for Tactical Aircraft Programs, which sponsors a Navy education partnership with Leonard Hall. Guest speaker and senior guest inspector was Rear Adm. James Godwin, program executive officer for PEO(T).

"This event provides a tremendous opportunity to see these young folk do their best," Godwin said. "I look forward to seeing what they have to show us tonight."

In addition to emphasizing the Navy's core values of honor, courage and commitment, Godwin underscored the importance of responsibility, accountability and respect. He also recommended to students and their parents a book titled "Wild at Heart" by John Eldridge.

"This book will be a great benefit to parents who have not fully realized where they are with their young people, especially young men," Godwin said.

Godwin also commented on the students' improved performance since he has been attending the drill competitions.

"I'm amazed at how much better these young people get each year," Godwin said. "It's been a joy to see them reach the point they're at."

Also speaking at the Winter Competitives was Suzanne Youngson, headmaster of Leonard Hall school.

"This is without a doubt our favorite competitives of the year because of the

location, the formality and the overwhelming support from our friends at NAVAIR and especially PEO(T)," Youngson said. "Our midshipmen put a lot of heart and soul into these events."

Preparing for the Winter Competitives was especially grueling this year for



Leonard Hall midshipmen perform drill maneuvers during the Winter Competitives drill competition. Squad 2 led by Midshipman Ericka Campbell won the senior division, and Squad 2 led by Midshipman Mike Payne won the middle school division.

Leonard Hall students due to unusually cold temperatures, snow and sleet.

"I watched the students practice for hours out in the freezing, cold weather with numb hands," said Irv Kempf, a teacher at the school. "I just think it's awesome and unusual to see kids these days put so much effort into something that requires so much time, teamwork and sacrifice."

Among those serving as guest inspectors was Capt. Scott Stewart of NAVAIR's Air-to Air Missiles program office, who helped coordinate the event.

"I think the neatest part of this event is to see the pride and joy in the parents' eyes," Stewart said.

While inspecting students in the middle school division, Stewart said he came across one midshipman shaking like a leaf. When Stewart asked him if he was nervous, the student replied, "Yes, sir!" When Stewart asked why, the student replied, "Because I'm new here, sir!"

Stark terror aside, many students got a thrill out of the competition.

"It was kind of like Christmas morn-

ing, to see the look in the midshipmen's eyes when they came up to get an award," Stewart said.

In addition to the personnel inspection and drill competition, students also received academic and other special awards. One was junior Ashley Oosterink, who earned a community service award after donating her 14-inch pony-tail to a program that provides wigs for children who have lost their hair due to cancer treatments.

"After my hair was gone," she said, "I was in a total state of shock. I cried for an hour-and-a-half."

Her long mane took years to grow, but was just too long and thick to pin up under her midshipman's cap, she said, so, just before entering the school a month ago, she decided to donate her hair to the "Locks of Love" program.

"The good thing is that I look at my little sister and ask myself, 'Would I do it for her if she needed it?' And my answer is, in a split second, 'Yes, I'd go bald for her!'"

As one of the newest students at Leonard Hall, Ashley had never been to a drill competition before.

"This is the coolest thing in the world. It's like watching a dance," Ashley said. "Everything is so precise, but it all flows together at the same time. It's amazing to watch."

In just a month's time at Leonard Hall, Ashley's attitude toward school has also made an amazing turnaround.

"My grades have come up dramatically, and I actually like doing my homework," Ashley said.

And to what does she attribute this change in attitude?

"The people here are really friendly," Ashley said. "They accepted me without needing to know anything about me."

"We couldn't do it without PEO(T)," said midshipman Neale Slater, the school's battalion commander. "They provide us with tutors, guest inspectors, and character development lecturers. It's nice to know that if you need something, PEO(T) is always there."



## SPAWAR Participates in Groundhog Job Shadow Day

Groundhog Job Shadow Day proved to be a great success at the Space and Naval Warfare Systems Center, Charleston (SPAWAR). Thirty students from Hanahan Middle School “shadowed” a SPAWAR employee as he or she went along through their workday.

Groundhog Job Shadow Day is a national initiative established to provide students with an up-close look at what a real job is like. They were able to see how skills learned in school are put to use in the workplace.

The students were welcomed by the Commanding Officer, Captain Nancy L. Deitch. Mr. Bob Veronee, SPAWAR Safety Office, made a presentation on workplace safety and Commander Dennis Pendergist shared valuable information on the importance of security.

The shadows were then paired up with individual mentors. Some of their experiences included touring the Center’s various labs such as the Integrated Products Center, Video TeleConferencing Lab and the Air Traffic Control Facility. One young shadow participated in demonstrations of video-taping. Another student observed the computerized audio-visual set up of a televised brief at the control room of the Briefing Theater. Another learned the ins and outs of the Drug Free Workplace Program.

The mentor’s areas of expertise ranged from technical work such as engineering and scientific, to areas such as administrative, business services, and public affairs.

Hanahan Middle School is SPAWAR’s Education Business Partnership School. The students that participated were exceptional in the areas of math and science.

## Doing What Comes Naturally

Story and photo by Laura McDaniel, NAS Patuxent River Environmental Public Affairs

Bill Cheeseman takes great pleasure in nature.

From the collection of animal skulls and fossils in his office at Propulsion Support Equipment, Verification and Validation Group, to his screen saver of the Worlds End State Park in Sullivan County, Pa., it is easy to see that Cheeseman loves the natural sciences.

An engineer by profession and here since 1987, Cheeseman spends many of his off-work hours volunteering around the county at local schools and with the Conservation Division of the NAS Environmental Department. Many afternoons and evenings Cheeseman takes his traveling road show, commonly known as “Critter Talk,” to the kids. He often may be found in the Natural Resources Building, helping the Conservation Division with educational outreach and hunter safety classes.

“I started out in life sciences and originally wanted to be a park ranger,” Cheeseman says.

Though he realized that wasn’t to be his path, his love of nature and animals developed growing up near the Pine Barrens of central New Jersey.

“I’ve never been afraid of the outdoors,” says Cheeseman. “The Pine Barrens were my playground.”

As a kid, he would take a fishing pole with him to trick his mom into thinking he was going fishing, then just go off and explore the woods.

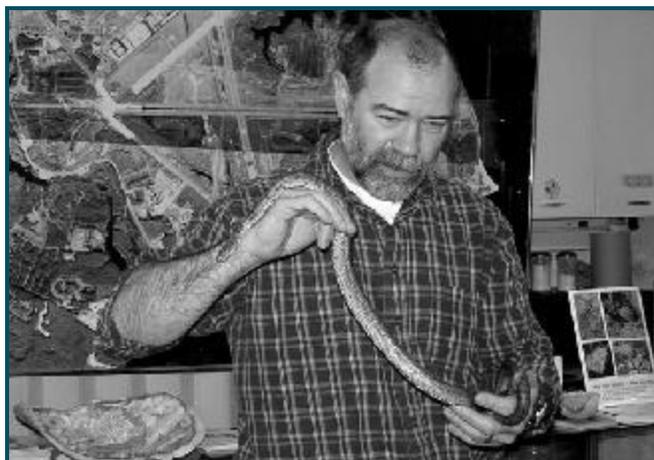
Cheeseman knows how to handle a snake. Also a turtle. Also a curious or a fearful youngster. His desire to share his passion with kids comes readily.

Watching Cheeseman teach kids about snakes, it is evident that he is a natural-born teacher.

**“I really like the little kids. They’re full of energy and enthusiasm and there is so much potential there.” - Bill Cheeseman**

“I really like the little kids. They’re full of energy and enthusiasm and there is so much potential there,” Cheeseman says.

He works to get people to think about snakes as friendly creatures.



Bill Cheeseman shows off one of his livelier work props, the Corn Snake, to a class of kindergartners from Piney Point Elementary School at the Natural Resources building. Bill has been bringing his “Critter Talk” program to kids and adults for more than 18 years.

“Some [of the students] are really afraid, but by the end of a gathering almost all will touch the snake,” he says. “There is a lasting effect there. They won’t think it’s a terrible creature anymore. I’ve learned that a lot of kids don’t have firsthand knowledge of nature or have ever been walking through the woods. I want kids to focus on their own backyard, really want them to appreciate the animals in their own area.”



## Green Eggs and Ham

By CTOCS Victoria Street, USNR, NAS  
Pensacola Community Outreach Director

On March 3, military volunteers from NAS Pensacola celebrated the 99<sup>th</sup> birthday of Theodore Geisel, better known as popular children's author Dr. Seuss, in day care centers around the Pensacola area. Promoted as the biggest one-day celebration of literacy in the United States, *Read Across America* was sponsored by the National Education Association and Pensacola's Children's Services Center.

Volunteers read Dr. Seuss books and made the traditional red-striped Dr. Seuss hats at 42 different day care and after-school care sites in Escambia County. Over 100 volunteers read "Fox in Socks", "Cat in the Hat", and the favorite, "Green Eggs and Ham" to over 1300 children.

"Thanks to the volunteers organized by NAS Pensacola Community Outreach, the *Read Across America* reading party was a huge success, encouraging children to read for fun. The individual attention volunteers gave to children while reading and participating in arts and crafts activities made each child feel the celebration was not only for Dr. Seuss, but for them. Children's Services Center greatly appreciates the support of NAS personnel for this event, and for their dedication to giving back to our community year-round," said Joy Tsubooka, of Children's Services Center.



Photo by Joy Tsubooka, Children's Service Center

A Naval Recruiting Orientation Unit (NORU) volunteer read Dr. Seuss books to children in Pensacola, FL.

## Green Holly Honors Troops in Iraq

Story and photo by Norine Rowe, NAS Patuxent River Public Affairs

Students at Green Holly Elementary School in Lexington Park hung out yellow ribbons at the entrance to their school in honor of Sailors from Southern Maryland serving in Iraq.

"We have a lot of military families in our school, and this is a small act we can do to show our appreciation for all they're doing for us in the war," said Principal Jill Mills.

The school is also conducting a penny drive to purchase care packages for the troops in Iraq, Mills said. These packages, accompanied by letters from the students, will be sent to some of the school's family members serving in Iraq for distribution to their units. Money from the penny drive will also be donated to NAS Patuxent River's Fleet and Family Support Center.

"The war in Iraq is an ongoing issue for our school community," said Elizabeth White, a guidance counselor at Green Holly Elementary. "We want to reassure our students and their families that we're here to support them and that we under-



Members of Air Test and Evaluation Squadron 21 and students at Green Holly Elementary School hang yellow ribbons in honor of service members serving in Iraq. They are, from left: ADCS John Hogg with Darness Dyson, AM1(AW) Phillip Walter with Leeroy Bundalian, AM2 Richard Frakes with Tyler Baker and school counselor Elizabeth White with Joe Soikowski.

stand their sadness at being separated from loved ones."

Helping students hang yellow ribbons April 10 were Cmdr. John Hardison, ADCS John Hogg, AM2 Richard Frakes and AM1(AW) Phillip Walter of the Air Test and Evaluation Squadron 21, which maintains a Personal Excellence Partnership with Green Holly Elementary.

## Who's Volunteering

■ According to the Bureau of Labor Statistics, more than 59 million Americans age 16 and older volunteered through a nonprofit or other community-serving organization between September 2001 and September 2002. This is more than 1 in 4 Americans age 16 and over.

■ The Condition of Education 2001 published by the U.S. Department of Education reports that half of all U.S. students between grades 6 and 12 reported they had volunteered during 1999.



## Navy Supply Corps School Participates In Read Across America

Story and photos LT Andy Gist, NSCS PAO

Monday, March 3rd, 2003 was Read Across America day in many schools and education programs around the country. Officers from the Navy Supply Corps School were invited and volunteered to read to elementary age students at Barnett Shoals Elementary School in Athens, Ga. LCDR Don Jackson, LT Patricia Fontenot, LT Charisse Ward, and Ensign Dave Frazer each volunteered to read stories to kids in the 1st through 5th grade.

Read Across America was started by the National Education Association (NEA) in 1998 to stimulate reading amongst America's youth and honor the birthday of popular children's author Dr. Seuss. The annual reading motivation and awareness program is celebrated every year now on or around Dr. Seuss' birthday.

Also participating in Barnett Shoals' Read Across America program were volunteers from several local organizations.

School librarian Nancy Baumann was dressed up as the Cat in the Hat.

"We are so excited to have the Navy School come out to read to our students" Mrs. Baumann said. "It is great to have such a great mix from the community. We definitely look forward to having you back next year," said Baumann.



LT Patricia Fontenot discusses a story with children from the 2nd grade class she read to.

## Southern University Naval ROTC Unit Gives High School Students an Opportunity to "Show Their Stuff"

Story by CDR William Hawn, Naval ROTC Unit, Southern University and A&M College, Baton Rouge, LA.

On the banks of the Mississippi River in Baton Rouge, Louisiana, 600 high school Naval Junior ROTC students gathered to compete for top honors at the Southern University and A&M College NJROTC Area EIGHT field meet. This full day event included students from 16 NJROTC units and centers on a theme of team building and unit pride emphasizing each student should stay in school and continue their education.

Annually, the Midshipmen of the Naval ROTC Unit at Southern University and A&M College host this event where high school students from Alabama, Arkansas, Florida, Louisiana, Mississippi and Texas demonstrate their academic, athletic and JROTC specialty skills to compete for team trophies and individual medals. Events such as armed drill, unarmed drill, color guard, and tandem (two-man team) drill competitions showcase the dedication and hours of practice given by each of these high school students.

The field meet ends with team physical challenges inside the A. W. Mumford stadium. As one enters the campus, team cheers, school chants, and loud calls of encouragement can be heard from the parents, high school faculty and students, and well-wishers as the tug-of-war, one-mile relay, 1200-yard shuttle race and other events test the physical endurance and training of each of these outstanding students.

The numerous trophies and medals are presented by the Commanding Officer, members of the Southern University faculty and staff, and Southern University System leadership. The excited screams of the individual NJROTC Units

welcome each of their award winners when the schools are announced.



Photo by MIDN 3/C Natasha Smith-Washington.

High school NJROTC cadets celebrating receipt of victory trophies at the Southern University and A&M College, Baton Rouge, LA Area EIGHT field meet.

Captain Jeffrey Kendall Sapp, Commanding Officer and the Professor of Naval Science of the Naval ROTC Unit, Southern University and A&M College, provided the closing remarks. "Each of you here today are winners," remarked Captain Sapp. "Continue your hard work, stay in school, and continue your education and you will continue to be winners."

The Southern University Midshipmen enjoyed helping high school students understand the importance of hard work and determination and are already planning next year's field meet where the top two high school NJROTC Units will move on and compete in the national NJROTC competition.

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**Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. —**

Margaret Mead



## New Starbase Facility to Open on Choctaw Reservation

Story by NETC Public Affairs staff

The Navy's community outreach program, Starbase Atlantis, is expanding. The Naval Education and Training Command (NETC) is entering into a partnership with the Mississippi Band of the Choctaw Indian Nation to open a new Starbase-Atlantis academy near Philadelphia, Mississippi.

Starbase Atlantis is sponsored by the Department of Defense to raise the interest and improve the knowledge and skills of at-risk youth in mathematics, science, and technology. The program focuses on fifth-grade students, and includes courses on astronomy, rocketry, and the physics of flight. Navy volunteers act as positive role models, and assist instructors in demonstrating how math, science, and technology are put to use in every-day life.

According to Honor Bell, NETC director of Community Service and Outreach and the Navy's Starbase-Atlantis program manager, the Choctaw Starbase-Atlantis academy is a pioneering effort. "It will be the first Starbase-Atlantis academy not located on a Naval installation," said Bell. "It also signifies the first Navy affiliation with a Native American Reservation in its youth education endeavors."

Bell stated that there are high expectations from everyone involved with the project. "We want this partnership to be successful and well-received," he said. "The Choctaw Reservation is a perfect location for a Starbase-Atlantis academy. The community is progressive and forward-thinking. It has a huge industrial and technological foundation, as well as leaders who are interested in bringing new programs into their community. We see this as a win/win opportunity for Navy Community Service and one of our under-served populations, Native Americans."

Information about Starbase-Atlantis is available on the NETC Community Service Web site at <https://www.cnet.navy.mil/community/starbase/sa.html>. Please note that the word "community" in the Web address is spelled with one "m." To learn more about Navy community service programs, go to [www.persnet.navy.mil/pers605](http://www.persnet.navy.mil/pers605).

## Naval Reservists Promote Science and Engineering in High School Students

By JO1 (SW/AW) Steven Bansbach, Naval Reserve Readiness Command Northeast Public Affairs

Bernoulli's theory of flight, Newton's Laws, the invention of the steam turbine engine, nuclear propulsion... are all discoveries that have benefited the Navy.

How do these great discoveries happen? There is a long process of trial and error that leads to discovery, a series of experiments to reach the answers to unknown questions. How can you encourage young scientists to pursue careers beyond high school and college?

One way is by hosting the annual Naval Science Awards Program. "This program is designed to encourage our nation's students interest in Science and Engineering," explained Capt. Rick Rigazio, a Naval Reservist supporting the Office of Naval Research and the Naval Science Awards program.

During late February through May, students from all around the Northeast region participate in school science and engineering fairs. Thus far this cycle, eight regional and state fairs have been held in New England. Some regional fairs attract projects from more than 200 student participants. This is why Naval Reserve members are encouraged to come out to judge these fairs. "We have a vested interest in these student's career paths," Rigazio said. "The study of science has big payoffs whether students end up wearing a military uniform or working in a lab."

Judges reviewed each display, grading the projects on pre-determined criteria. At the end of the grading period the judges met and collectively selected award winners. "I saw a lot of smiles," Rigazio remarked. "These fairs give students a chance to present something under pressure. They have the opportunity to interact with other students that have similar interests in science. In a sense they get a chance to show off."

"I was very impressed with the projects," said Personnelman 2nd Class Carlos Coello-Reyes, a judge and a person with a unique background as a medical doctor from Ecuador. "These projects were beyond my expectations. These children had big initiatives to present these projects. The science teachers and parents of these children I'm sure helped a little, but a lot was because of their persistence. They have a bright future if they keep their drive."



## Kids and Military Members Match up Through SUBBUDS

Story and photo by JO1 (SW) Jay Cope

Sailors are consistently praised for their commitment to their job, the Navy and their country, but during the month of January, the President has asked them to be committed to something else as well – America's youth.

January was proclaimed National Mentoring Month by President George W. Bush recently, and he urged Americans to become involved in the lives of children.

"Many Americans can point to individuals who influenced their lives and helped to shape them into who they are today," he said. "These positive role models have been critical to our healthy development. I encourage all Americans to become a mentor and change the life of a child."

Mentoring is nothing new to Naval Submarine Base New London. Senior Sailors have been mentoring junior Sailors forever, but a local mentoring program for military children, called SUBBUDS, may not have the same widespread awareness.

SUBBUDS is a collaborative effort between the SUBASE Youth Center, Fleet and Family Support Center (FFSC), and Big Brothers Big Sisters of Southeastern Conn. aimed at providing stable, mature role models and friends to military youth.

"The hope is that each child participating in SUBBUDS has a chance to grow because of their relationship with the mentor," said Carolyn Geyer. "Everyone had a person in their life who was special. This is a chance to be that person for someone else."

The program, started in April 2002, is always seeking more children to participate as well as volunteers to mentor. Currently there are eight matches in the program with a ninth pairing being finalized.

SUBBUDS has flexible schedules, but a mentor should be ready to spend at least one or two hours per session at least twice per month. All the sessions take place at the SUBASE Youth Cen-

ter, but the choice of what to do is determined by the pair.

According to Henry Lockwood, the Youth Center's volunteer Coordinator, the groups play basketball, chess, watch movies, whatever they like. "The youth center facility is fully open to their use," he said.



*A youngster and volunteer mentor participating in Naval Submarine Base New London's SUBBUD program, spend a fun afternoon together playing games.*

"It's a wonderful program," he added. "There is a misconception that the program replaces a parent, but the kids are just looking for a friend, someone they can talk to."

Geyer emphasizes that the program is open to single parent or two parent homes.

"We just want to give kids a chance to develop in a positive way with an older friend who could act as a good role model," she said.

However, she also stresses that the benefits of the program are not one-sided.

"I have never found a Big Brother or Big Sister who hasn't gotten as much out of the program as the kids,"

Lockwood sees the SUBBUDS participants at the youth center often as he's working in the evenings, and while he thinks the program is a great way to help the military community, he believes the mentors volunteer because it's fun.

"I see the kids and adults faces when they leave, and they are always smiling. It's obvious they had a wonderful time."

RP3 JoAnne LeBlanc, a mentor in the program, agrees that SUBBUDS has been fun, but also signed up to fulfill a role in someone's life that she never had.

"We have a lot of fun together," she said. "Growing up, I didn't have this kind of relationship. I didn't have anyone I looked up to, could talk to, and hang out with."

The program seems to appeal most strongly to children in the 5<sup>th</sup> through 8<sup>th</sup> grades according to Geyer, an age where they are still very excited by the prospect of "hanging out" with an adult.

Kayla, 12, who found out about the program from a flyer and is paired with LeBlanc, not surprisingly echoes LeBlanc's comments.

"We do a lot of fun stuff together," she said. "We can talk about all kinds of stuff that I don't talk about with other people."

That kind of relationship is what the program tries to foster and Big Brothers Big Sisters takes a great deal of care to pair the mentors with the right child. The mentors have to fill out an application to participate in the program, be screened for the program, and are matched with children who would benefit from their strengths, interests and hobbies.

According to Geyer, the kids are paired with a volunteer who complements their weaknesses. For example, if a child is shy, they are paired with someone who is outgoing who might be able to bring them out of their shell.

"It is an opportunity to take the things you do well and give back to the community," said Geyer. "Big Brothers Big Sisters is a simple, easy way to put a little magic in a child's life."

For more information about the SUBBUDS program contact Henry Lockwood at 694-2655 or Carolyn Geyer at 445-2274.



## School Volunteers are Community Service in Action

Story and photo by William Kenny, NAVSUBSCHOOL PAO

ET3 Doug Shaw realizes in his submarine career he could be involved in sensitive, perhaps secret, operations. So it's good to get some experience early.

Shaw keeps careful watch as Stephanie does her part while the conspiratorial silence is broken by one of her classmates in Mrs. Horler's class, whispering, "this is so cool! We're signing Mrs. Horler's birthday card-and I don't know how to write my name!"

Shaw and a dozen Submarine School students are the most recent volunteers at Groton's Pleasant Valley Elementary School, a beehive of 325 buzzing youngsters in Pre-Kindergarten through Grade Five.

"When you help here, you're in for a full ride," as Shaw explains. "We volunteered to come over with our instructor, and we enjoyed it, so we just kept coming. When we set up Night School (for extra study), we split the class in half, and I decided, as class leader, those who didn't want to attend Night School would volunteer to come to Pleasant Valley-except even those who did attend Night School volunteered, too. I like being around children-and I think for some of the guys in my class who didn't have younger brothers or sisters growing up, it gives them a whole new perspective."

Bringing Sailors into the classroom is an ongoing effort of Pleasant Valley Elementary Principal, Dr. Dorothy Hoyt, who sees benefits for all involved.

"Our kids are always excited to see the Sailors. The children identify very closely with Sailors-we all do. I have a dolphin pin on my school ID -and one of the younger students saw it and said to me 'my Dad's in the Navy, too!' — it's just being very proud of their families... I think uniformed school volunteers are a good role model for our students- they talk with the children, they read with them and do other academics as well.

Sailors are child magnets- many of our kids will move so that they can be

closer to the Sailor and be a part of whatever those around the Sailor are doing.

As an educator, there's a long-term value for our students, especially with Submarine School students, that 'learning is life-long and doesn't stop."



*ETSN Clyde Hayes helps Noah sort Berryland Buddies, while volunteering at Groton's Pleasant Valley Elementary School.*

For Submarine School instructor, ET1 (SS) Jonathan Hardin, organizing this community outreach has rewards for both the community and the volunteers.

"I was at sea on 9-11, and transferred to shore duty in Kings Bay shortly afterwards. I went to help out for a field day and was REALLY happy their field day had nothing in common with a Navy Field Day! I picked up on the energy I got from the students. I enjoy the feeling of helping out, even if I don't have children in the school, because if I did, I'd like to think some one would be there for my children. It's important for children to see their parents are helping - it tells the child 'you are important, that's why I'm here.' And I think it's important our children's teachers see us and our families for what we are, members of the local community, not mystical or mythical creatures, but actual citizens. Volunteering really makes that point."

For Karen Kivi, Pleasant Valley's Volunteer Coordinator, volunteers don't just make a difference; they are the difference.

"There are many things that would not get done if there were no volunteers.

So you have to ask yourself, if not me, then who? And if not now, then when?"

As Dr. Hoyt notes, society's expectation for schools has changed and the key to making community outreach work is to bring the community into the classroom.

"Pleasant Valley is very open door when it comes to our local community. We have many partnerships with military units. And we are thrilled to pieces, because it has helped us learn more about what it means to be a 'military family', in terms of lifestyle, sacrifice, deployments and the dynamics of a family relationship. We can see all these elements, not as abstracts but in real world terms-and in times of stress and crisis, better support those in military families. Because so many Moms and Dads can be and often are deployed, we've redoubled our efforts to support the children of those parents. I now appreciate, at a whole new level, how heroic our children's families' are- everyday. For many Sailors, Groton may not be their home, but this is where the help is needed and this is where they are right now."

To hear Shaw tell it, it's hard to say who benefits more, the children in class or the volunteers.

"Coming here is great because you're making a difference and having fun. Especially for Sailors still learning the Navy, this is good because they develop a positive attitude about community service, which will help them wherever they go. We know for some children, their Dads are still deployed- you can see that in their eyes. We're not substitutes, but we can help them cope until their Dads come back. Because we're here, they can talk about their feelings. Nothing profound, sometimes it's 'my Dad's in the Navy, too, y'know.' And that's more than enough."

Besides, Shaw adds with a huge grin, "The snacks are great! The last time we were here it was 'Cookies Around the World'...excellent!!"

## Hundreds of Navy volunteers Help Make Special Olympics Special

Story and photos by Kaylee LaRocque, Staff Writer

It turned out to be a perfect, bright, sunny day as Special Olympians from seven local counties participated in the annual Special Olympics Area Five Summer Games. This year's event was co-sponsored by NAS Jacksonville and Edward H. White High School.

Nearly 1,000 Navy volunteers and their families from NAS Jax, NS Mayport, and NSB Kings Bay, Ga. spent the day helping out as "buddies" to the Special Olympians, registering participants and officiating the games.

"Everyone has been so very supportive. NAS Jax normally sponsors this event each year on the base, but this year due to security concerns, we had to move it. We were fortunate Ed White High School agreed to let us use their facilities," said Dianne Parker, of the NAS Jax Fleet and Family Support Center and volunteer coordinator for the games.

"This year's logistics proved a little more challenging. We had to bring everything here from the base and we also had to obtain special medical insurance for our medical providers. The Florida Special Olympics organization was so thrilled we were providing dental screenings, they footed the bill for the medical insurance to cover our hospital corpsmen who volunteered. We also supplemented our base medical people with medical people in the community including a doctor from St. Vincent's Hospital, nurses from the American Red Cross, Shands Hospital and my sorority the Gamma Rho Omega Chapter or Alpha Kappa Alpha Sorority, Inc.," Parker added.

"We are so thankful for all the people

at NAS Jax for helping out with this event. They've done so much for us for the past six years. They've really been a godsend to this area. We have a lot of small communities here that just don't have the resources to put on an event like this one," said Nancy Sawyer, senior vice-president of programs for Florida Special Olympics.

"This event really means so much to these athletes. The communication and camaraderie they find with the people from the Navy bases provides such a thrill for them," continued Sawyer.

As the opening ceremonies began, hundreds of Special Olympians, their families, buddies and friends waved their flags, cheering, as they were led by members of the NAS Jax Color Guard around the track to the infield.

Following the American Anthem and the Pledge of Allegiance led by Special Olympian Mark Duffy of Duval County, Capt. Scott Albertson of Commander, Navy Region Southeast administered the officials and Special Olympian's pledge.

He then declared the Special Olympics Area Five Summer Games officially open and "let the games begin!"

Special Olympians participated in numerous events throughout the day including track events, softball throwing, soccer, volleyball, cycling, tennis and wheelchair races.

Numerous Navy volunteers acted as timers, scorekeepers and officials during the competitions.

"I've been involved with Special Olympics for about eight years now. I sign up about 150 Navy volunteers to help out with the sporting events. In the morning, I assign each person to a specific event. Each event has a coordinator who explains what the job entails. Once we get things going, everything tends to flow

pretty well," stated Bill Bonser, NAS Jax sports coordinator and volunteer sports coordinator for the games.

When they weren't participating in the events Special Olympians spent their time playing games in the Special Olympic Village sponsored by the NAS Jax Navy Wives Club and lunching on food provided by the NAS Jax Galley and just having fun.

Special Olympians were also provided free dental screenings by members of Naval Dental Center Southeast as part of the "Special Olympics Special Smile Program."

"We're here today to give dental screenings to the athletes, oral hygiene instructions and access to care instructions. We can provide them with some information about their oral conditions and where they can go for help if needed. We have three clinics represented here today from NAS Jax, NS Mayport and NSB Kings Bay, Ga. with about 50 dentists and technicians," explained Lt. Cmdr. Rick Freedman, director of Advanced Education and General Dentistry at Branch Dental Clinic, Jacksonville.

As the games came to a close in the late afternoon, each participant was presented with a trophy for their accomplishments. As they boarded their buses for the trip home, the Special Olympians happily smiled and hugged their "buddies" and new Navy friends, vowing to come back again next year.



"Buddy" Tim Martin of NADEP Jacksonville helps Lorenzo Nash of Nassau County, FL proudly show off his trophy earned for participating in an event at the Special Olympics Village.



Special Olympians Tim Thomas (left) and Steve Ellis of Nassau County, FL get their wheels rolling during the wheelchair races as their Navy "buddies" cheer them on.

**NAVY Volunteer! 2003**

## President's Council on Service and Civic Participation

In January 2003, President George W. Bush created the President's Council on Service and Civic Participation. The mission of the council is to recognize and encourage outstanding volunteer service and civic participation by individuals, schools, and organizations and thereby encourage more such activity, especially on the part of America's youth.

Specifically, the council will recognize the millions of people who serve their communities for their dedicated volunteer service. Beginning in 2003, the President's Council on Service and Civic Participation will launch the

### President's Volunteer Service Awards.

These awards, which will be modeled after the President's Physical Fitness Awards, will be given on an annual basis. The following are guidelines on who can earn the award and how:



### Eligibility and Timing

#### Who can earn a President's Volunteer Service Award?

■ Every individual and family in America will be able to earn the President's Volunteer Service Award by regularly participating in volunteer service over time. Organizations including businesses, schools, and community and faith-based institutions can also be recognized for their outstanding volunteer service activities.

#### When will the awards be given out?

■ The awards program will be up and running in 2003, but you can start keeping track of your hours spent volunteering in 2002 and 2003 right now.

### For Individuals and Families

#### What do I do to earn an award?

■ If you are between the ages of 5 and 14, you can earn a President's Volunteer Service Award if you have completed 50 hours of volunteer service in the prior 12 months.

■ If you are 15 or older, you can earn a President's Volunteer Service Award if you have completed 100 hours of volunteer service in the prior 12 months.

■ If you have completed more than 4,000 hours of volunteer service in your lifetime, you can earn an award to recognize that you have answered President George W. Bush's two year call to service from his 2002 State of the Union address.

#### What does my family do to earn an award?

■ If you are a family or group of 2 or more people, you can earn a President's Volunteer Service Award if you have collectively completed 200 hours of volunteer service within the 12 months.

#### What does an award winner receive?

■ Each individual or family winner will receive:

- A personalized certificate of recognition;
- A letter of congratulations from the President of the United States; and
- Your choice of a specially designed product (such as a notebook, shirt or hat) that is embossed with the President's Volunteer Service Award logo.

#### What volunteer activities count toward the hours requirement?

■ Volunteer service refers to those activities that individuals do to help strengthen the nation by mentoring a child, feeding the hungry, cleaning up parks, participating in service-learning programs, making their communities safer, etc. In general, volunteer service activities should be unpaid, should exclude court-ordered community service, should meet the needs of local communities and should build citizenship skills.

#### How can an individual or family keep track of their hours of volunteer service?

■ To earn an award, individuals and families must keep a record of their activities and hours of volunteer service. They can do that in a journal at home or through an online service, such as the USA Freedom

Corps Record of Service. Individuals and families then submit their record of service to "certifying organizations." "Certifying organizations" are local organizations that are authorized by the council to review and verify the personal record of volunteer service, and then distribute the awards to individuals and family recipients.

For further information, visit the USA Freedom Corps website at [www.usafreedomcorps.org](http://www.usafreedomcorps.org)

## NAVY COMMUNITY SERVICE PROGRAM VIDEO

The Navy Community Service Program's (NCSP) premiere video "Serving America Twice Through Navy Community Service" is now available. This 15-minute video explains the ways in which the NCSP builds on the success of the Navy's Personal Excellence Partnership Program which started it on its community outreach efforts.

The video also describes the program's five Flagship Projects, which constitute the framework of the Community Service Program and how you can get involved by volunteering in your community. The Flagship projects are:

- Personal Excellence Partnerships
- Project Good Neighbor
- Campaign Drug Free
- Health, Safety, and Fitness
- Environmental Stewardship

To obtain a copy of "Serving America Twice Through Navy Community Service" contact your regional volunteer coordinator.

## Cable Sailors Volunteer for Special Olympics

By Journalist 3rd Class (SW) LaNita Diaz, USS Frank Cable Public Affairs

"Let me win. But if I cannot win, let me be brave in the attempt."

This is the Special Olympics Athlete Oath and approximately 100 USS Frank Cable (AS 40) Sailors volunteered to help with events for this year's Guam Special Olympics April 12.

The Special Olympics is a program for mentally and physically challenged children and adults to improve their physical fitness, and motor skills through their activities.

Frank Cable became involved when Storekeeper 2nd Class (SW) Alyssa Patnode, ship's coordinator, decided to call the director.

Cable's Executive Officer (XO), Cmdr. Steve Tibbitts, assisted in the planning process.

"It is my job as the XO of the command to support activities like these," said Tibbitts. "All I had to do was say I would help. Patnode and ET3 (Electronics Technician 3rd Class) Gregory Clark had all of the data."

"I just called the director of the Special Olympics and said we wanted to help," said Patnode. "We always do community relations projects. I figured why not help with this."

Patnode, whose step-brother has Down Syndrome, said she has always been involved with helping her brother and wanted to continue in helping with the Special Olympics on Guam.

Ship's Serviceman Seaman Apprentice Betty Cooper of supply department said she also volunteered, because she had experience with the Special Olympics program.

"My sister participated in the Special Olympics when she was in high school, and I realized how happy it made her when she participated," said Cooper.

This year's Special Olympics started with a parade of the Nights of Columbus and participants, followed by the Law Enforcement Torch Run.

After the torch was lit, participants from all over Guam were ready to start with the games.

With a total of 10 events for the participants to compete in, Cable Sailors were in charge of the softball toss.

As the Sailors waited between softball tosses, they helped out with other events. Some ran with the participants, while others walked participants to their next event.

With the presentation of medals, this year's Special Olympics came to an end.

"We had an awesome turn out, even with the typhoon coming," said Patnode.

Although the next Special Olympics is scheduled for 2004, Patnode said Cable is already planning a meeting for volunteers and fundraisers for the event.

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## MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

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The purpose of the Military Outstanding Volunteer Service Medal (MOVSM) is to recognize members of the United States Armed Forces, including reservists, who distinguish themselves through outstanding community service. The MOVSM is intended to recognize exceptional community service over time, and not a single act or achievement.

Any Navy active duty or reserve member whose service meets the eligibility criteria listed below may apply for the medal. The MOVSM may be awarded posthumously. To be eligible an individual's service must be:

- *Voluntary support the civilian community, including the military family community;*

- *Significant in nature and produce tangible results;*

- *Reflect favorably on the Navy and the Department of Defense; and*

- *Be of a sustained and direct nature. The service member should normally perform a sustained, direct hands-on community service over a three-year period. Members assigned to deploying units may include deployed time in the three-year period.*

The MOVSM is intended to honor direct support of community activities. Programs and activities falling under the auspices of the Navy Community Service Program qualify as appropriate activities for the award of the MOVSM.

For consideration for the MOVSM award, service members must be recommended by anyone senior to them and may be awarded only once during a single tour of duty.

Further detailed information on the MOVSM may be found in SECNAVINST 1650.1G, or contact your local Regional Coordinator.



## Swamp Foxes Ride for Autism

Story by LCDR Rich Davis. Photo by Mrs. Davis

Recently, seven Sailors from Helicopter Anti-Submarine Light FOUR FOUR (HSL-44), homebased at Mayport Naval Station, and also known as the Swamp Foxes, participated in a motorcycle ride to benefit the Autism Association of North East Florida.

Participating in the charity ride throughout Jacksonville, Fla., were LCDR Rich Davis, LCDR Andy Fata, LTJG Jeff Drawe, LTJG Paul Ouellette, AW1 Chris Kasprzyk, AW2 Wayne Cordeau and AW2 Pat Jones. The event is held to raise money and awareness about Autism on the First Coast and consisted of 140 volunteer motorcyclists. Over \$7,500 was raised for the Autism Association, with the Swamp Foxes raising over \$150 to benefit the worthy cause. Besides being a motorcycle enthusiast, LCDR Rich Davis also had a personal reason for

wanting to participate in the ride. His 5-year-old son Nicholas was diagnosed with autism 3 years ago.

Autism is a complex developmental disability that typically appears during the first three years of life. The result of a neurological disorder that affects the functioning of the brain, autism and its associated behaviors have been estimated to occur in as many as 2 to 6 in 1,000 individuals (Centers for Disease Control and Prevention 2001). Autism is four times more prevalent in boys than girls and knows no racial, ethnic, or social boundaries. Family income, lifestyle, and educational levels do not affect the chance of autism's occurrence.

For more information on autism and the Autism Association you can contact them at 904-399-4490 or visit their website at <http://www.autismresource.com/>.



In the photo from left to right is LCDR Rich Davis, LTJG Jeff Drawe, Lauren Drawe, LCDR Andy Fata, and LTJG Paul Ouellette.

## Navy Helping Hands Make Olympics Special



Photo by Fifi Kieschnick

DK1(SW/AW) James Pryor, of PSD Corpus Christi, helps an athlete to the center stage for the awards presentation ceremony.

Over 125 Navy and DoD volunteers were on-hand to "lend a hand" at the local regional Special Olympics games, March 29, at the Flour Bluff High School stadium, in Corpus Christi.

Volunteers were paired up with some of the 364 Special Olympics athletes for the day, while others worked at the Athlete Village or presented athletes' awards. The volunteer workers included personnel from Naval Station Ingleside, Naval Air Station Kingsville, and NAS Corpus Christi.

*"If we join with our country's leaders and mobilize Americans in every town and city across the nation, we can change the future for our children. Our children are our future. We must take the necessary steps and make the personal commitment to help them in whatever way is needed."*

*L. Dennis Kozlowski, International President and CEO, Tyco*

## Oak Hill Takes Plunge for Special Olympics

Story and photos by Journalist 3<sup>rd</sup> Class (SW) Brandon W. Schulze

Abandon ship!

Those may be the only words to prompt Sailors and Marines from USS Oak Hill (LSD 51) to jump into 37-degree water in the middle of winter.

However, 23 crew members of the Nations' Protector voluntarily joined 2,000 others in the Norfolk area to take the plunge into the Atlantic Ocean at the 11th Annual Polar Plunge Winter Festival, Saturday, Feb. 8, at the Virginia Beach Oceanfront.

These 23, dubbed the USS Oak Hill Nations' Frosted Protectors, raised more than \$5,500 for the event to earn the top spot for most plungers and largest donation in the military challenge category. Overall, Special Olympics Virginia raised approximately \$275,000 at this year's plunge.

Senior Chief Hull Technician (SW) Dwayne Bruns, Oak Hill's community service coordinator, says the crew will continue to show their commitment to teamwork and involvement in the community.

"If we can do this as a team out in town, we can take care of business as a team on the ship," said Bruns. He says that building teamwork is an important aspect of Navy life, and an event like this really brings the crew together.

"Everything that we do in the Navy, and as a command, should be as a team effort," he said.

Before the plunge, Bruns was optimistic about the water temperature.

"The water's not that cold. You're not in the water long enough. It's get in there, get out of there, and get warmed up as quick as you can," he said.

Boatswain's Mate 1<sup>st</sup> Class (SW) Howard Austin had a slightly different strategy for going in the water.

"I'm getting wet from head to toe," he said. And later on made good on his promise while making sure one of his fel-

low boatswain's mates went all the way in as well.

After a safety brief, it was time for the plungers to strip down and line up on the beach. Oak Hill gathered together, and shivered as they watched the first



*Boatswain's Mate 1st Class (SW) Howard Austin comes out of the water with his hands in the air as Boatswain's Mate 1st Class (SW) Robert Milam pumps his fist. The two polar plungers are from the USS Oak Hill (LSD 51).*

line of plungers charge toward the bitter-cold waves crashing on the beach.

As they came upon the safety divers, lined up shoulder-deep in the water, the first wave turned around only to see the second wave yelling as they readied themselves to enter the water.

The plungers continued to yell as they came back out of the water, but for a different reason: their bodies were feeling the shock of 37-degree water.

Some people went in waist-deep and turned around, others decided to take the full plunge, and a select few went above and beyond.

It was almost as if Austin couldn't get enough of the frigid water. After jumping in, he decided to go back in for a second time.

He later regretted that decision.

"When I went back in, it was the worst mistake of my life," said Austin. Not saying exactly why it was a mistake, he mentioned the divers were questioning the sanity of a couple of the Oak Hill boatswain's mates as they went back into the water.

Boatswain's Mate 1<sup>st</sup> Class (SW) Robert Milam also went in for a second time and said he thought it was a very rewarding experience, overall.

"I'd do it again," said Milam. "But not for fun," he added.

Boatswain's Mate 3<sup>d</sup> Class Matt Bigelow's initial reaction was not as positive.

"I'm never doing that again," said Bigelow

Afterward, the Oak Hill team ran across the street to a local hotel to warm up and restore feeling to their extremities in a heated pool.

Even though the team could agree that it wouldn't be a good idea to take the plunge on any average winter afternoon, Oak Hill would definitely do it again for a worthy cause.

Since 1992 more than \$1.25 million has been raised for Special Olympics Virginia, with over 9,000 people taking the plunge into the Atlantic Ocean.

Special Olympics Virginia, the state program of Special Olympics Incorporated, provides year-round sports training and athletic competition for more than 14,000 children and adults with mental disabilities at no costs to the athletes or their families.

## Sub School Blood Drive: Giving 'til it Helps

*Submarine School students and instructors donated one hundred and eighty-eight units of blood in support of the Connecticut Red Cross Regional Blood Services during the school's quarterly collection drive Wednesday.*

*Submarine School is the largest one-day collection point for the Connecticut Red Cross Regional Blood Services and the drive has been a mainstay of the school's community outreach for more than ten years.*

*The forty-two hospitals in Connecticut supported by the American Red Cross Blood Services require about six hundred pints of blood daily.*

Photo by William Kenny, NAVSUBSCHOOL PAO



## Volunteer Your Stress Away

*Courtesy of Simcoe County District Health Unit, Barrie, Ontario*

Very few people can honestly say they don't get stressed. Between the day to day pressures of work, school and children and major life events like marriage, deaths and illnesses, we are all faced with stress-provoking situations.

Stress affects people in different ways. Some people react with physical symptoms such as a pounding heart, muscle tension, headaches or stomach discomfort. Others may have a more emotional reaction such as an outburst of crying or anger. But almost everyone who is under long-term or extreme stress will find his or her overall health declines. Chronic long-term stress can contribute to the development of heart disease and mental health problems such as depression.

### Walk and talk it out

But don't let this information add to your stress levels. There is good news. You can learn to cope with some stresses and get rid of others all together. Exercise and relaxation are a

good place to start. Taking time for yourself - a walk to blow off steam or stopping to relax and wind down - really works for some people. Or you may find talking with friends and family helps you work through situations and find ways to avoid or deal with conditions or people who stress you out. Another way you can beat stress is to volunteer in the community. Volunteering helps take attention away from yourself, which can reduce your anxieties. It's amazing how giving time to others can help you to forget about things that worry you. And you may be amazed how much you get back from those you are helping whether it is a child, an older adult, an animal or an organization.

### Reaching out

Boredom and isolation can cause stress. When you reach out to help others you can get active and feel more connected to your community. You'll also be surprised to find there are many people facing the same pressures as you and you can share your concerns and learn from their experiences.

Volunteering offers new opportunities to have fun and enjoy life - one of the best ways to fight stress.

Try not to smile or laugh when you are determined to make someone else happy! It's almost impossible. Smiling and laughter are very contagious. You may also find that the time you give to others helps you build new skills, polish old ones and improve your self-esteem. If lack of employment or money is a worry, the experience you get volunteering may give you the know-how and connections you need to land a new job.

## Going To The Birds: HSL-46 Detachment Rescues Cattle Egret

Story by HSL-46 PAO, NAVSTA Mayport

The port hangar door closed behind Larry as USS Robert G. Bradley manned flight quarters to begin another day of helicopter flight operations.

Larry, a Cattle Egret bird, joined HSL-46 Detachment Six on the flight deck of Bradley with four days remaining in Operation Group Sail Mar 03-1.

Most of the feathered visitors that land on naval ships usually make a brief stop to rest, but this egret was lost and destined to become a rescue story.

The small bird was found wandering the flight deck two hundred miles east of South Carolina. The egret's peculiar behavior quickly drew the attention of the flight deck personnel and the aviation department, as its size and peculiar behavior were indications that he was lost and was far from his normal environment.

The egret remained on the flight deck during preflight operations and then calmly strutted into the hangar as the door closed before Cutlass 472 engaged its rotors. The egret quickly earned the nickname Larry because of a resemblance to a detachment member with similarly long and thin legs.

After a day aboard Bradley, it was apparent the egret was in need of help as he frequently returned to his shelter in the helicopter hangar.

Larry endured every aspect of shipboard life for four days. He hid in the corners of the hangars through busy deck

landing evolutions while enduring loud ship noises and ship personnel hustling to man required fire stations.

He stood his post during general quarters evolutions and walked between pallets as the air department personnel packed maintenance equipment in preparation for debarking.

The entire ship took an interest in helping Larry. Fresh water was set aside and raw fish was brought from the galley. This egret was protected, watched, and fed during his four-day stay.

Information about Larry finally arrived via email as Bradley prepared to return to Naval Station Mayport.

Bird Emergency Aid and Kare Sanctuary (BEAKS), a local non-profit organization, was willing to rehabilitate Larry and prepare him for release into the wild bird sanctuary on Talbot Island.

Larry was subsequently captured and placed in an aerated cardboard box for transport to Talbot Island the day Bradley entered port. Larry continued his journey to the sanctuary via the Mayport ferry and was then surrendered to the professional care at BEAKS.

After a day of care and feeding, the prognosis for Larry is outstanding. He immediately began eating worms and has shown a steady improvement in strength. It shouldn't be long before Larry is released in to the wild, completing his amazing journey.

## USS Kennedy Sailors Help Keep Base Clean

Story by JO3 Tyce Velde, USS JFK PAO

Along highways throughout the country, signs proclaim the adoption of America's roads. The adopting organization is responsible for the cleanliness and appearance of their road. No such signs exist along the roadside at Naval Station Mayport, FL, but Sailors from USS John F. Kennedy (CV 67) have adopted their own part of the base.

During a base-wide clean-up Thursday, Kennedy Sailors swept their pier and the roads and parking lots around the ship, according to AOCM(AW/SW) Harry Marion, Kennedy command master chief.

"We've contributed a lot to base cleanliness," he said. "In the four years I've been here, we've always done a pretty good job. We police our own areas and beyond."

Kennedy Sailors cleaned the pier adjacent to the ship, the Controlled Industrial Area surrounding the ship during ESRA, and any parking lots and roads nearby. There's less trash than one would expect from 6,000 workers, said ABH3 David Saunders, of Kennedy's air department.

"I don't mind doing this kind of thing to keep the area clean," he added. "You'd expect a lot more trash out here, but we do a pretty good job keeping it clean."

Every department was responsible for a certain part of Kennedy's pier and parking lots. According to Fireman Christopher Saulsberry of Kennedy's engineering department, the Sailors were working together to do an important job.

"It's important to me, because something like a piece of broken glass could hurt someone, or damage someone's car," he said. "It's a good idea to get everyone

**Hospital Corpsman 2nd Class Mark Taylor draws blood from his son, as a group of first graders look on in fascination, during 'Hospital Day' at David Glasgow Farragut Elementary School in Rota. U.S. Naval Hospital staff members treated the first grade to demonstrations that covered respiratory, circulatory and digestive systems.**



# Environmental Stewardship

## Earth Day 2003: Celebrating our Planet Through Awareness and Education

Story and photos by Kaylee LaRocque, Staff Writer

Each year in April, numerous events are held to celebrate Earth Day in an effort to educate and bring awareness to our habitat. It's a chance to teach young and old alike the environmental responsibilities of taking care of our planet and its natural resources.



Bob Nelson, Environmental public affairs officer for Commander, Navy Region Southeast explains some of the Navy's ongoing environmental issues to Angela and Zachary Vigil during the Earth Day Celebration.

This year, thousands of people explored The Jacksonville Landing visiting numerous booths and exhibits set up to celebrate the 33<sup>rd</sup> anniversary of Earth Day. While the children anxiously collected free goodies and participated in arts and crafts, adults stopped to chat with educators and gathered information.

The entertainment stage stayed busy throughout the day with dance performances, several local bands and an awards ceremony. Children's activities included craft projects with recycled and reused materials and a special children's stage featuring guests from Critter Encounters and the Jacksonville Zoo.

Several commands and departments from NAS Jacksonville and NS Mayport participated in the event. Representatives from Commander, Navy Region Southeast (CNRSE), NAS Jax's Environmental Division and the Navy Environmental Leadership Program (NELP) at Mayport spent the day handling out brochures,

posters and an assortment of other giveaways as they explained some of the programs the Navy has created to help the environment.

"We are here today to share all the good things we do at NAS Jax from an environmental stance because we are part of this community. We've been participating in this event for many, many years now because we want people to know about the Navy's environmental stewardship," said Kevin Gartland, Environmental director.

As Navy environmental representatives passed out posters, plastic bird whistles, koozies, rubber balls, wooden airplanes, pens and many other items, they stressed the importance the Navy puts on environmental issues.

"We're here to show the citizens who support the Navy, the great job we are doing in protecting the natural environment and to educate them on what we do," added Bob Nelson, Environmental public affairs officer, CNRSE.

NELP representatives handed out coloring books and environmentally safe bubbles. Visitors to the booth also had the opportunity to learn more about NELP initiatives and new technologies being introduced at NS Mayport.

The first Earth Day celebration began in 1970 as part of a nationwide



NAS Jacksonville Environmental Division's AM1 Billie Brownfield walks along the base shoreline collecting trash and debris that washed up from the St. Johns River.

grassroots demonstration. The following year, United Nations Gen. U. Thant rang the United Nation's Peace Bell on March 21, 1971. This started the annual celebration of Earth Day at the United Nations. Each year, this bell is rung at the moment spring begins, signifying the world's commitment to protecting and caring for our planet.

Another event held brought out numerous volunteers to participate in a base shoreline clean up. Nearly 6,000-pounds of trash was removed from the five miles of shoreline area bordering the base.

"One hundred and six people showed up Thursday morning and worked to mid-afternoon cleaning up the NAS Jax shoreline," said Kori Morrow NAS Jax Environmental Division assistant resource manager. "Even though we collected a lot of trash and debris, the job is still not finished. Everyone needs to do their part to keep our shorelines clean each and everyday."



Six-year-old Rebecca Crosby creates some sea life art at one of the booths set up for the annual Earth Day Celebration.

# Environmental Stewardship

## Ronald Reagan Crew Members Recognized for Environmental Excellence

By Aviation Boatswain's Mate (Equipment) 3rd Class Gavin Ashworth, PCU Ronald Reagan Public Affairs

Precommissioning Unit (PCU) Ronald Reagan (CVN 76) crewmembers recently earned the 2002 Environmental Stewardship Community Service Award for large sea vessels.

This award is given annually by the Deputy Chief of Naval Operations for Fleet Readiness and Logistics, Vice Adm. Charles W. Moore Jr. The award is a salute to commands with outstanding volunteer programs benefiting the environment.

"I commend each of the participants in this year's competition," said Moore, in a message to the awardees. "All the nominations were worthy of recognition, which made judging very difficult. Please pass on my personal thanks to the dedicated and caring Sailors, civilians, and their families who volunteered their time and effort to protect and preserve our environment."

The crew also earned the Northrop Grumman Newport News Environmental Excellence Health and Safety Award.

"I was very proud of the crew," said Cmdr. David Falk, Reagan's safety officer. "I was stunned we received the Navy-wide

Environmental Stewardship Award, as I had no idea it had gotten up to that level. I knew that we had received the regional recognition for our [environmental] program, but the fact that it stood out amongst all Navy programs was outstanding."

Volunteer programs are nothing new to Sailors aboard Ronald Reagan, and projects geared toward environmental improvement are definitely no exception. Since July 2002, Reagan Sailors recycled

PCU to do so," said Terry Arnold, the Naval Air Station Oceana Navy recycling manager. "Most commands wait until they're already pier side in Norfolk before even contacting us."

In addition, what was once an empty lot on the corner of 32nd St. and Washington Ave. in Newport News, Va., is now a landscaped park with a gazebo, commemorating victims of the Sept. 11, 2001 terrorist attacks. Crewmembers, in cooperation with the city of Newport News and the ship's Officers' Spouses' Association, dedicated more than 1,800 hours to the project.

Ronald Reagan Sailors supported Earth Day and provided a theme for the support - "Defending Freedom, Protecting the Environment." With approximately 344 hours invested by eight departments, Sailors from Ronald Reagan, in partnership with Supervisor of Shipbuilding Newport News Environmental Department, cleaned the beachfront, parking lots and playgrounds of Huntington Park.

In addition, 90 other Sailors volunteered to beautify the Peace Garden located in nearby Newport News Park.

"This was a tribute to all the people in the departments who have worked on this," said Lt. Cmdr. Jane Lanham, the ship's industrial hygienist. "They established a good, working relationship with Northrop Grumman Newport News, not only for us, but hopefully for the next [aircraft] carrier PCU."

Through actions sustained in their volunteer efforts, Ronald Reagan crewmembers exemplify true service to their community, nation and the planet.



U.S. Navy photo by PH1 David Tabor.

Crewmembers from Precommissioning Unit (PCU) Ronald Reagan (CVN 76) clean up the boat landing and beaches around Huntington Park in Newport News. Reagan Sailors were supporting events in observance of Earth Day 2002.

nearly 11 tons of cardboard and paper, and two tons of aluminum cans. The money the program generated, approximately \$2,500, was donated to Naval Station Norfolk's Morale, Welfare and Recreation fund.

"The recycling program was an idea we thought of that would encourage the crew to start being responsible neighbors," said Falk. "We were able to get the whole crew on board segregating trash, aluminum cans and cardboard. It was a modest start, but it was the right thing to do."

"We here were surprised when Cmdr. Falk called us about starting this recycling program, because they're the first



## USS Warrior Sailors Clean up Ingleside

Story and photo by LTJG Chris Hart, USS Warrior (MCM 10)

The dark clouds and low temperatures were no match for the smiling faces and high spirits of USS Warrior's (MCM 10) crew members as they tidied up their adopted section of Ingleside's Main Street and Highway 361 on the morning of Jan. 16.

The day began for the Sailors from the Naval Station Ingleside-based minesweeper at 8:15 a.m., with a continental breakfast hosted by their sponsor, Ingleside First Baptist Church. At 8:45, the group split up into four teams and hit the pavement. Two of the groups began near Our Lady of the Assumption Catholic Church and the other two started near the Fleet and Family Support Center.

Much to the chagrin of the would-be garbage men, there just wasn't that much garbage to be found. There was a soda can here, a Big Gulp cup there, an old door frame, one or two areas of high HEB-bag concentration—

but overall the highway wasn't that dirty. If there was one thing that continued to



USS Warrior (MCM 10) Sailors take a break from picking up trash along Main Street, Ingleside. Pictured are from left ENFN Agapito Shearer, FN Lyndon Banks, SN Eugene Triplet, EN2 Johnny Ortiz-Cedeno, EM3 Damon Maxile, IT2 Michael Ramirez, and DC3 Eric Kroteya.

pop up, it was Lottery Tickets. These faded glimmers of hope must have been tossed to the winds in momentary bursts of disappointment.

In just an hour's time, the four groups had rejoined, all of the trash was collected and disposed of in dumpsters and the men of Warrior were on their way back to First Baptist to warm up a little. While indoors, conversation turned to the town that played host to the "Mine Countermeasures Center of Excellence."

Few of the Sailors that took part in the morning's activities had taken the time to look closely at the town of Ingleside. They were often in a hurry to get to work or home to their families, and the sign at the local beer barn that proclaimed, "WE SUPPORT OUR TROOPS", or the myriad flags whipping in the stiff breeze, had gone largely unnoticed. When the Warriors left the church that morning, they felt like they had done more than just picked up trash. They had gotten to know their town better and paid it back, in a small way, for the support they had felt so strongly throughout the years.

## WASP Sailors Help Prepare New School



Photo by JO1(SW/AW) Crystal M. Raner, USS Wasp (LHD 1)

MS3 Sheree Dogan of Euless, Texas, and AN Kieuthu Pham of Cuu Long, Vietnam, weed out a flower bed at Brighton Elementary School in Portsmouth, Va. Several WASP Sailors spent a bright sunny morning preparing the school grounds for a groundbreaking ceremony, which will mark the construction of a new school. WASP Chaplain services have taken the lead in organizing several community relations activities. Home ported in Norfolk, Va., USS WASP (LHD 1) is currently undergoing a six-month maintenance availability.

# Environmental Stewardship

## More Than 3,000 Pounds of Trash Removed

By Forrest Penny, NS Mayport Natural Resources

Despite threatening weather forecasts calling for another Saturday of heavy rains and flash flood watches throughout Northeast Florida, about two dozen Naval Station Mayport personnel and family members came out to Helen Cooper Floyd Memorial Park, also known as Little Jetties, Saturday to help clean up the St. Johns River.

The weather cooperated nicely and we teamed with other local citizens to remove more than 3,000 pounds of trash from the shores of the St. Johns River, just at this site.

This effort was part of the annual St. Johns River Celebration that begins the Florida Great American Cleanup.

The City of Jacksonville organizes the event with dozens of selected sites along the St. Johns River. Each site has a site coordinator who organizes activities at each location. Gary Kirkland, a Marine Science teacher from Fletcher High School, has served as a site coordinator for the Little Jetties for many years and did another outstanding job with this year's event.

Reports during the morning indicated that we had one of the better turnouts in the city at Helen Floyd Cooper Memorial Park, with more than half of these volunteers coming from NS Mayport. The St. Johns River and its shores are noticeably healthier because of the efforts of these and all participants throughout the city.

## NAS Jax Environmental Participates in Annual Clean-Up

Story and photo by Kori Morrow - Base Environmental

Last Saturday, several members from the NAS Jacksonville Environmental Division with the support of the Northeast Environmental Compliance Partnering Team and the Holy Family Catholic Church participated in the annual City of Jacksonville's St. Johns River Celebration and Clean-up.

"Our division was extremely active in getting this site cleaned up and provided boats for the clean-up effort. We had a total of 22 people, working nearly 22 hours to accomplish this task," said Kori Morrow, an intern with the division and the site captain for the Hood Landing area.

During the morning, the division collected approximately 1,025 pounds of garbage, comprised of mostly beer bottles and cans. "Among the trash, we recovered a few unique objects such as a tire, old television set, a lounge chair, two tarps and lots of paper products," added Morrow.

Following the clean-up, a special celebration was held for all participants in both Duval and Clay counties at Metropolitan Park and the Clay County Fairgrounds. All participants received free T-shirts and refreshments.



Members of the NAS Jacksonville Environmental Office help clean-up the St. John's River. From left, Intern Jared Bond, Jim Taylor and Intern Kori Morrow.



# Project Good Neighbor

## Navy Band Gives Homeowners a Reason for Thanks

Story by Sherri L. Albertson, COMNAVREG SE NCSP Manager



Photo by MU2 Luslaida Barbosa

Navy Band Southeast provides manpower during a recent Habitat for Humanity project in Clay County, Florida.

Recently, about 20 members of the Navy Band Southeast set out to help with the construction of two Habitat for Humanity homes in FL's Clay County.

This was the first time that these volunteers signed-up to help out in Clay County and they had a great time. The first group worked on the interior framing of one home, while others installed vinyl siding on a second home. "I thought that part of the day was really interesting," said MU2 Barbosa, Navy Band Southeast PAO. "Because I've always wondered how that was done."

"Everyone learned a little about home construction," said MU1 Rinne, Navy Band Southeast volunteer coordinator. "And some of us learned a great deal." Habitat volunteers work closely with the construction site leader and get hands on training for a variety of home construction techniques.

The Band members helped out with the build for the entire day and according to MU2 Barbosa, "that was the one day of the whole year that we (the Band) actually did some hard work - you know besides playing!"



Photo by MU2 Luslaida Barbosa

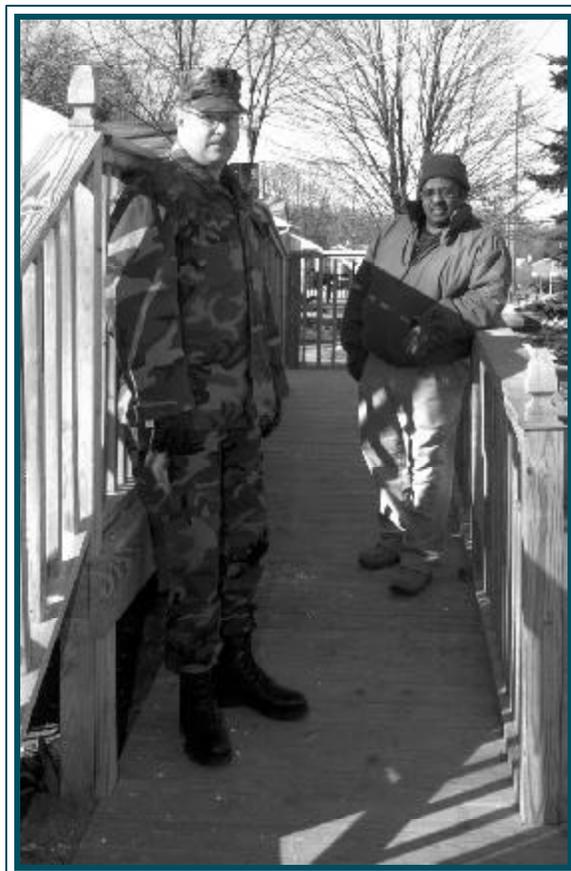
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**CE1 (SCW) Harry Knight, from SUBASE Public Works Department, (left) helped John Ruley, a Norwich resident, build a handicap ramp for Ruley's brother at their home during the month of December. Knight, representing the SUBASE First Class petty Officers' Association, helped to dig the holes in the dirt, pouring the concrete posts and building the deck and the ramp.**

**"I enjoy doing community service work and helping people out," Knight said. Ruley and his brother, Kenneth, were also grateful for Knight's assistance.**

**"It's amazing to find someone like Knight who comes out and gives his personal time and help for someone he doesn't know," Ruley said. "Without Knight's help, this ramp would not have been built. He's a great guy and I'm glad I met someone like him."**



# Project Good Neighbor

## ALTIS Marines Teach Cub Scouts

Story and photos by LT Andy Gist, NSCS PAO

Marine instructors SSgt Lawrence Jones and Sgt Chavali McIntosh recently held a clinic for Boy Scouts from Pack 300 based in Oconee County. Both are students attending the Automated Logistics Tactical Information Systems (ALTIS) course at The Navy Supply Corps School in Athens, GA.

"I enjoy volunteering whenever I can," said McIntosh. "It's hard to commit to a long term obligation when you're a student, so this was a wonderful opportunity to help out."

They volunteered their time on a weekday evening to go over the basics of flag etiquette and marching with the youngsters age 6-9. Over a dozen boys came out and received a thorough indoctrination in what it means to respect the flag and properly care for it.

"Being able to show the Scouts how to properly fold the flag really meant a lot to me, especially now at this difficult time," remarked McIntosh. "Children watch the news and associate Marines with the war. Working with them in a hands-on situation, showed them there is more to being a Marine than just fighting. They learned what it means to respect and honor the flag."



SSgt Lawrence Jones and Sgt Chavali McIntosh show the Boy Scouts how to properly fold a flag using a paper demonstration.



SSgt Jones and Sgt McIntosh with the ALTIS program at NSCS, recently spent time with Cub Scout Pack 300 from Oconee County.

The two Marines used a unique method to show the boys how to fold a flag before they started. In order to show the kids the proper folds, they demonstrated by folding a piece of paper in the same manner as they would a flag.

"We've incorporated the flag folding techniques they learned into our monthly meetings," said Pack leader Patricia Kardon.

Marching fundamentals were also covered as well as calisthenics.

"The boys were thrilled and excited. It was just the right amount for their age group," noted Kardon.

The Scout pack used this visit as one of their monthly learning events. The Navy Supply Corps School has supported and hosted several other Boy Scout and Cub Scout events throughout the Northeast Georgia area in the past.

## VP-30 Members Help Build Homes

By Lt. Chris Rush, VP-30 PAO

Demonstrating outstanding dedication to the local community, 12 motivated Sailors from VP-30 donated their personal time to construct homes for families in need as part of the Clay County Habitat for Humanity (CCHH).

AM1 Sean Swart, VP-30's command volunteer coordinator, organized the construction efforts on houses in both Green Cove Springs and Doctor's Inlet.

Enjoying perfect weather conditions, the group led by ATC Ken Winschel, Jr., used a variety of tools to install siding, lay roofing paper and shingles and assemble walls for two wheelchair accessible homes.

After a productive day of work, they were rewarded not only with the joy of helping out those in need but also pizza and drinks. The VP-30 volunteer group included Winschel, AE3 Teresa Murray, AW3 Mike Dazey, AW3 Tynesha Hayes, AW3 Kristina Koontz, AW3 Nicole Rodden, AW3 Charles Seacrist, HM3 Ken Browning, AWAN Crystal Thomas, AWAN Scott Grettum, AWAA April Reyna and AWAA Mark Hill.

"The group definitely felt a great sense of accomplishment for helping out their community," said Winschel.

Clay County Habitat for Humanity (CCHH) was created in 1977 by members of the Penny Retirement Community, a group dedicated to helping disadvantaged neighbors repair their homes. CCHH has since incorporated and continues to help "Partner Families" build decent, affordable homes.

**In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.**

**Marianne Williamson**

# Project Good Neighbor

## Wasp Sailors Volunteer for Catholic Charities Project



Wasp chaplain services organized a volunteer event for Wasp sailors in support of the Catholic charities in the Hampton Roads area. Sailors raked and bagged 60 bags of leaves, clean out gutters and made some minor repairs on the home of an elderly woman.



It is by spending one's self that one becomes rich.

Sarah Bernhardt

## USS Florida Sailors Lends Hand in Namesake State

By ETC(SS) James Andrews, USS Florida (SSBN 728)

Recently, seventeen Sailors from USS Florida (SSGN 728) donned toolbelts and assisted deserving Jacksonville families build their homes while volunteering with Habitat for Humanity of Jacksonville (HabiJax).

Having recently arrived from the Pacific Northwest, Florida is soon to be refueled and overhauled to become the Navy's newest tool, the guided missile submarine, or "SSGN."

During a recent visit to Kings Bay, Sailors took time out from shipyard preparations to work with two families in Jacksonville. The first USS Florida team, headed by Lt.j.g. Zachary Herzberger, turned a dirt lot into a landscaped yard. The group prepared the soil, laid sod and applied mulch.



Photo courtesy of USS Florida (SSGN 728)

ET1(SS) Michael Major and STS1(SS) Terry Giles (left) move sod while refurbishing a Habitat yard.

MM1(SS) Jeff Baxter led the other team, which performed interior painting in another house across town.

"There is a tremendous sense of satisfaction in doing the physical work of building," said. Zachary when asked about his reasons for volunteering. "I also like the idea of making a lasting difference in someone else's life."

Habitat is a non-profit, ecumenical Christian organization dedicated to eradicating poverty. Habitat families work side by side with volunteers in constructing their own homes. Not only are people helped who might not otherwise be able to afford a house, volunteers gain valuable construction experience. Many have gone on to remodel or even build houses for themselves.

USS Florida's crew intends to do a lot more work with Habitat for Humanity during their overhaul period in Norfolk Naval Shipyard. This was a very positive experience for the Sailors who participated.

# Project Good Neighbor

## Warrior 'Good Sam' Helps Local Home

Story and photos by Mike Antoine, NAVSTA Ingleside Public Affairs

EM2 Chris Kohley, of USS Warrior (MCM 10), is known in some circles as a "Good Samaritan."

The Joplin, Mo., native, has been donating his off-duty time recently to tearing out old decks, installing new ones, building a wheelchair ramp; replacing a garage door, and installing electrical fans at Connections, an emergency youth shelter in Aransas Pass. Youth staying at the home are referred there by various placement agencies.

According to Aneita Ortiz, a residential specialist with the facility and spouse of EN2 Johnny Ortiz-Cedeno, one of Kohley's shipmates, the facility, which provides temporary room and board for abused and neglected children, was in desperate need of repairs.



EM2 Chris Kohley, of USS Warrior (MCM 10), works on the wheelchair-accessible ramp at "Connections."

As a matter of fact, says Ortiz, the shelter staff had been told it would have to close in 30 days, unless certain improvements were made.

Desperate for help, Ortiz' husband told her about Kohley's talents, and she called him right away. Kohley responded without a moment's hesitation.

"He's been wonderful," says Erin Shanbrom, residential coordinator for the facility. "On his days' off he's here at 8 in the morning and stays till late at night – and he's doing all this with his own tools."

Shanbrom adds that the youth at the shelter couldn't have a better adult role model. "The kids really look up to him – he's a true life saver."

Kohley would probably rather be fishing, but he's dedicated to helping out the local community – and finishing the job he started. "Whenever I can get the time off, I'll be here," he says.

Some of the materials for the project were donated by an area business; the rest were purchased by the facility.

Warrior Sailor, EM3 Brian Damico, also helped Kohley.

## Sailors Prepare Food Stuffs for Needy Americans

From Commander, Amphibious Squadron 5 Public Affairs

Sailors of Commander, Amphibious Squadron (COMPHIBRON) 5 recently had the opportunity to give back to their local San Diego community in a very unique way. They spent a day at the San Diego Food Bank (SDFB) helping other volunteers from across the county feed the homeless.

"Volunteers are crucial to the San Diego Food Bank. They provide approximately 40,000 hours annually to the food bank and handle around 1 million pounds of food per month," said SDFB volunteer coordinator Jennifer Gilmore.

This particular day was especially unique. The Sailors of COMPHIBRON 5 had the opportunity to sort and organize an overwhelming amount of food, patriotic cards, games and hygiene products donated since the beginning of Operation Iraqi Freedom (OIF). These items were donated in conjunction with Operation Homefront for needy military families in the San Diego area, who are separated from a loved one during OIF.

The SDFB has a mission and history that focuses well beyond the needy military families of San Diego. The Neighborhood House Association established the SDFB, an America's Second Harvest affiliate, in 1977. Its mission is to provide relief for the impoverished in San Diego County each year by soliciting, collecting and distributing donated and purchased food to those in need.

SDFB provides food to more than 300 San Diego County charitable, non-profit agencies, as well as operating programs such as the annual Holiday Food Drive, Prepared & Perishable Food Recovery, Supplemental Food for Women, Children and Seniors, Brown Bag Program and the Emergency Food Assistance Program.

With OIF coming to a close, the Sailors of COMPHIBRON 5 understand that supporting their brethren abroad is as important as supporting their local community. The desire to combat hunger in San Diego County is a truly worthwhile goal, and the Sailors of COMPHIBRON 5 are proud to have had the opportunity to pitch-in.

"All volunteers that come to the San Diego Food Bank are important," said Gilmore. "When we get military volunteers, however, it brings a different feeling to the food bank. Military commands immediately embrace the tasks at hand, are well organized and work extremely well as a team."

# Project Good Neighbor

## Texas Sailor Recalls 'Service' Aboard Lexington Museum

Story and photos by Mike Antoine, NAVSTA Ingleside Public Affairs

Throughout Navy communities in the United States and overseas, it's not uncommon to see men and women serving on active duty participating in countless volunteer activities from house painting to mentoring young children. In a recent one-year period, more than 736 Navy and DoD personnel from Navy Ingleside volunteered over 4,338 hours in various community endeavors.

This is the story of just one of those military volunteers — Allen, Texas, native MS2 Matthew Myers

Reporting to NAVSTA in 2000, after duty with the pre-commissioning crew of USS Oak Hill (LSD 51), Myers settled comfortably into his mess management specialist duties: maintaining records and serving as storeroom custodian. Additionally, the seven-year veteran has served as command career counselor, helping NAVSTA earn six out of eight possible honor roll pennants.

As excellent as Myers was performing his assigned regular and collateral duties, he shone even brighter after hours, working with programs like Drug Education For Youth (DEFY) and serving as a volunteer aboard the USS Lexington Museum on the Bay in Corpus Christi.

Myers is an integral part of the USS Lexington Museum's "Live Aboard" program, where organized church and school youth groups, scouts and YMCA members and JROTC units re-live history, spending a night aboard the "Blue Ghost."

In the short eight months he worked with the program, Myers amassed more than 500 volunteer hours.

Live Aboard participants' overnight stay includes a show at the Joe Jessel Mega Theater, an evening tour of the ship, three meals served "Navy-style," and a stay in actual berthing compartments.

Part of the Live Aboard experience for participants is a session in the wardroom with Myers, during which he shares his experiences with Navy life. "I love tell them about Navy life," he said. "The session gives them a chance to ask questions about what Navy life is like today."

Myers also helps out the paid Live Aboard staff by helping coordinate fire watches

and assisting with the evening flag ceremony, teaching participants how to properly present the various flags used in the program.

Myers participation with Live Aboard was actually a happy accident of fate.

"My dad's Boy Scout troop from home had signed up for an overnight stay, and I went along," he began. "I enjoyed it so much I told the program coordinators that I'd like to help out whenever I could."

Kenny Adams, Live Aboard coordinator at the museum, recalls his first meeting with Myers.

"I asked him why he wanted to work with the program," Adams began, "and the first words out of his mouth were, 'I want to make a difference in the life of a child.' That impressed me," Adams said. Myers started the next weekend, and hardly missed a beat after that.

Myers, who deploys to Bahrain with USS Bataan (LHD 5) next month, worked his last Live Aboard program March 15. The Live Aboard staff members surprised him during the flag ceremony by presenting him with a national ensign that had flown over the Lexington.

Adams summed up his staff's feelings about losing Myers. "His departure leaves a big gap for someone to fill. He was just terrific."



MS2 Myers makes sure the ceremony flags are ready for the evening's flag show.



MS2 Myers escorts Live Aboard participants to their berthing compartments aboard USS Lexington Museum.



MS2 Myers discusses Navy life with Live Aboard participants.

# Project Good Neighbor

## Sub School Sailors take on a Mother's Day Mission

Story and photo by Andrew Ryan, The Day Staff Writer

Armed with carnation corsages, Dixie Cups of pink punch and plates of cookies, the U.S. Navy invaded the Fairview Odd Fellows Home of Connecticut in Groton Saturday afternoon.

The mission: Mother's Day.

"The Navy has landed. The Navy has landed," bellowed Joan Jordan, one of the home's recreation directors. Dressed in white pants, stiffly pressed white shirts and black shoes - their "summer whites" - six sailors smiled near the entrance of the home.

For the past five Mays, students from the nearby Naval Submarine School have treated the residents of the home to a visit close to Mother's Day. The tradition is an annual highlight, something that keeps the home's mostly elderly residents connected to the community. Each year, women wear their finest blouses, eager to catch the eye of young sailor in a neatly pressed uniform.

"Last year, one woman couldn't sleep the night before - they were so excited," Jordan quipped.

On Saturday, about 90 residents packed Fairview's auditorium. Six sailors took turns escorting the women from their rooms to the festivities.

In a hallway, Manual Delgado, a seaman apprentice from Fresno, Calif., pushed Thelma Butson, 94, in a wheelchair toward the auditorium. Butson, who lived most of her life in Noank, has been quieted by age.

"If I'm going too fast, let me know," Delgado said.

Butson didn't reply but seemed to enjoy the ride. At the entrance to the auditorium, another sailor pinned a corsage to her blouse.

At a table, Maureen Wesche, 78, sat. Pinned to her blouse was a crimson carnation; a few inches lower an Ameri-

can Flag pin anchored a yellow ribbon, a symbol of support for overseas troops.

That yellow ribbon is close to Wesche's heart. Her son, Drew Wesche, has been in Iraq for three months with the National Guard's 1109th Aviation Classification Repair Activity Depot, or AVCRAD. He is expected to return home in October.

"Mother's Day will be when my son gets home," she said. Still, for a woman whose father served in World War I and who married a man who flew B-17 bombers during World War II, seeing men in uniform is a comfort. "It's something I grew up with," Wesche said, watching the sailors mingle. "It's nice of the young men."



*Carol Pratt of Mystic holds the hand of her mother, Charlotte Whitte, also of Mystic, while Fireman Apprentice Mark Cygnarowicz of Basic Enlisted Submarine School (BESS), and a resident of Pittsburgh, PA, attaches a carnation to Whitte's blouse as more BESS Sailors escorted residents of the Fairview Fellowship Manor to a Mother's Day Tea at the Fairview in Groton.*

Near the back of the room, Jordan smiled, watching as another recreation director stood on a stage crooning songs about love. With smiles, the sailors kept serving cookies.

"Most of the people's memories aren't that good," Jordan said. "But they'll remember this tomorrow. It has an emotional impact on people."



**Corporate America is placing a greater value on employee volunteer programs as a resource for achieving strategic business goals.**

■ **Eighty-one percent of companies surveyed by the Points of Light Foundation in 1999 connect volunteering to their overall business strategies, compared to only 31 percent who did so in 1992.**

■ **Respondents to the survey unanimously agreed that corporate volunteering helps create healthier communities and improves a company's public image; ninety-seven percent say these programs improve employee teamwork.**

*(Source: Corporate Volunteer programs — A Strategic Resource: The Link Grows Stronger, Points of Light Foundation in partnership with the Allstate Foundation, 1999.)*

# Project Good Neighbor

## The Navy Hits the Ice for Charity

By NAVSTA Mayport Mirror Staff

Recently members of the United States' Navy stationed at NAS Jacksonville and NS Mayport traded in their blue uniforms for ice skates and hockey jerseys.

Navy Sailors and their families were the real winners of a charity game featuring the Jacksonville Barracudas against Navy Blue and Gold. More than \$3,000 was raised to benefit the local Navy/Marine Corps Relief Society (NMCRS) through the game in which the Sailors played against the local Atlantic Coast League hockey team.

'Hockey 4 Kids', a non-profit organization, established by Barracudas majority owner David Waronker, will also benefit from the game. 'Hockey 4 Kids' allows less privileged or disadvantaged children to experience the thrills of hockey.

"We had 11 different commands represented on the ice," coach Cmdr. Mike Walley said. Navy Blue and Gold included members from HSL-40, HSL-42, HSL-44, HSL-46, HSL-60, DESRON 14, VP-30, VP-16, ATG, JAG, USS John F. Kennedy, USS The Sullivans and Jacksonville REDICON.

"Our goalie was an airman, our oldest player was a captain. To bring that team together in three weeks with the comradery shown on ice was just pure magic."

That night, when the Navy Blue and Gold team arrived at the Veterans Memorial Coliseum, they were greeted by approximately 2,000 fans ready to cheer them on. Rear Adm. D.C. Curtis, Commander, Carrier Group Six and honorary NMCRS Auxiliary Advisory Board chairman, did the puck drop.

As the game began, Walley said it took the Navy Blue team a while to loosen up and play, but when they did, the team honored the service it represented.

At the end, the Navy Blue and Gold just lost to the Barracudas, by one goal. But in this game, no one really lost, there

were only winners with the two charities coming out on top.

"We knew it would be a high scoring game, but we expected the score to be more lopsided from the Barracudas' standpoint," Walley said.

"I got a lot of questions that night as to whether we thought about canceling the game, [because of the start of the war against Iraq Wednesday]," Walley said.

"All of us that were on the ice, would much rather be overseas with our shipmates doing what the nation's trained us to do. The Sailors and Marines playing on the ice were either on shore duty or just returned from the JFK battlegroup so we tried to do the next best thing, support Navy/Marine Corps Relief Society, which directly benefits our Sailors and Marines," Walley said.

*The shortest answer  
is doing.  
English Proverb*

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## PCU Reagan Sailors Give Gift of Time from the Heart

By JOSN Megan Moline, PCU Ronald Reagan  
Public Affairs

Sailors from precommissioning Unit (PCU) Ronald Reagan (CVN 76) had a precious gift to give the residents and staff of the Coliseum Park Nursing home — the gift of time. It's not something that's easy to wrap, but that didn't stop the Sailors from hauling out bows and ribbons.

Nearly two-dozen Sailors put up Christmas decorations at the nursing home in Hampton, Virginia. Storekeeper 2nd Class David Whynot, coordinator of

the volunteer effort, said the Sailors assisted the nursing home staff. "They can't stop regular activities just to put up decorations. What takes them two weeks, we're able to do in two hours," he added.

"I think the service the Sailors provide is just tremendous," said Judy Glenn, activities coordinator for the home. "It has been a real boost for our facility."

This is the second year Ronald Reagan Sailors helped decorate the home inside and out.

Outside, Sailors erected an honor guard of six, three-foot candy canes to flank a Christmas light encrusted reindeer pulling Santa's sleigh. Inside, volunteers assembled six trees in different rooms. Each tree had its own theme, including a patriotic design for the tree in the home's Ronald Reagan room.

"The residents really love seeing the Sailors come in," said Whynot. "I feel good knowing that we can do something that makes other people smile."

Smiles covered the faces of the volunteers as well, while they pinned up wreaths and talked with the residents watching the festivities.

"I enjoy being around elderly people. They have interesting stories, and it's interesting to hear about the past," said Seaman Apprentice Nichole Leverette on why she volunteered.

"The interaction between the Sailors and the residents is wonderful," said Marlene Dunn, administrator of the home. "I think it's a win-win relationship."

With their home being a floating city, Ronald Reagan Sailors have to get used to celebrating the holidays in a non-traditional way. These volunteers, however, brought a touch of the holiday season to the nursing home, and to themselves, in a way that had nothing to do with bows, or trees or tinsel.

"I think the best aspect is that the young single Sailors who are far from home have something like this that they can be a part of," said Whynot. "Even though I'm 700 miles away from home, I have family."

# Project Good Neighbor

## Christmas Comes Early in St. Mary's County

By Brian Seraile and Rebecca March, NAS Patuxent River Public Affairs

Nancy Wagener was near tears as she thanked the dozens of volunteers who showed up at her Great Mills, Md., home early one morning.

Just the sight of so many volunteers gave her a lump in her throat, she said. And that was before the painting, mulching, cleaning and repairing had even begun. When she returned from her daughter's home that evening, she said she was amazed.

"I couldn't believe my eyes," she said. "It was just fabulous."

Wagener's sentiments were felt around the county as 1,600 volunteers converged on 30 homes, an environmental center and a church community center to make whatever repairs and sprucing up that they could.

Christmas in April T-shirts were the uniform of the day as volunteers from Pax River and throughout the region joined with the community in rehabilitating the homes of low-income, elderly or disabled homeowners. One couple left their Culpeper, Va., home at 4:30 a.m. to make sure they arrived in time to start repairing one home.

Christmas in April-St. Mary's County, the local chapter of Christmas in April-USA, brings together the local community each year on Rebuilding Day, so homeowners can live in warmth, safety and independence.

Approximately 275 volunteers from station organizations volunteered around the county Saturday, said Mary Ann Chasen, Christmas in April-St. Mary's County executive director.

"The volunteers from Patuxent River – both military and civilian – were awesome this year," she said. "They were willing to tackle any type of repairs – roofing, wheelchair ramps, electrical or otherwise."

House captain Ken Ritter, a program analyst with Industrial Operations, and other volunteers got a head start on

Wagener's house April 25, removing the roof and shingles. Saturday, more than 110 volunteers from Industrial Operations, NAS Patuxent River First Class Association, NAS Patuxent River Air Operations, MUG Club, Good Samaritan Lutheran Church, Hollywood Worship Center, Hollywood Optimists, Cornerstone Church, PMA-276, Air Test and Evaluation Squadron 21, ManTech, and family members and friends of the homeowner painted the house inside and outside, did yard work and finished most of the roof. Sunday, the group was at it again, finishing the roof and planting flowers.

Ritter has been a house captain for the last seven years, and said this year's event was the most rewarding.

"Between Mrs. Wagener and her family, I really enjoyed this year, and I think the house really came out nice. Everyone, even with the rain, did a great job."

Ritter said he continues to volunteer with the program because it offers a way to help people who can't help themselves.

"I think Christmas in April is a great program for the community," he said

Veteran house captains like Ritter were joined by new volunteers like BU2 Jeffrey Sapp, a builder with NAS Patuxent River's Self-Help unit. Sapp, captain of work on a trailer in Dameron, Md., came on board two weeks before Rebuilding Day after the previous house captain took a temporary duty assignment overseas.

Sapp worked with some 30 volunteers from Public Works, Self-Help, the Aircraft Support Competency's social committee and the homeowners' family members. The team replaced some of the trailer's windows, painted the interior and did yard work. Work on the roof had to be postponed because of the morning rain.

Not far from the Public Works house, volunteers from Air Test and Evaluation Squadron 20 joined with Booz-Allen employees to paint the interior and exterior of the house, install a new carpet and

kitchen floor, and perform yard work. The volunteers also raised the house two inches so they could install new floor joists. First-time Christmas in April volunteer AMC(AW/SW) Christopher Carlson of VX-20 said he was amazed at how the house was transformed in just one day.

"It was incredible how the team pulled together and worked as one," he said. "I would encourage anyone and everyone to volunteer their time to help out the program."

Wagener said she was just as grateful to the people and businesses who donated materials as she was for the volunteers.

"It is so wonderful that people give of their time and themselves," she said.



Photo by Rebecca March

Ken Ritter, captain of a house in Lexington Park, discusses the condition of a roof with volunteers from Air Test and Evaluation Squadron 21.

# Project Good Neighbor

## SubScol Silver Dolphins—Naval ambassadors to the Northeast

Story and photos by JOSN Woody Paschall

The Naval Submarine School Silver Dolphins represent the Navy in events ranging from Fourth of July parades to the parading of Colors at professional sporting events. They practice long hours out of their pride in the Navy, and they serve as ambassadors to the community.

Comprised entirely of students from the Naval Submarine School (SubScol) in Groton, Conn., the Silver Dolphins consist of an Honor Guard and Rifle Team with hopes of increasing in size to accommodate a Color Guard of the Fifty State Flags, according to ET1 (SS) Joseph Thomas, coordinator of the Silver Dolphins.

The preparation for performances and the travel can be very demanding. And the Silver Dolphin members are held to a very strict standard

“We average twenty performances a month, every month, and add to that the hours of rehearsals and the travel to and from all sorts of places across New England all while maintaining an 80.0 grade point average. Then that part-time volunteer position as a community ambassador can sometimes feel like a full-time job - on top of your full-time job,” said

Thomas.

According to ET3 Terry Woods, Silver Dolphins company commander, the Silver Dolphins practice the basic manual of arms, exhibition drill and must also display strong military bearing.

“The basic manual of arms, that’s basic rifle and drill movements,” said Woods. “When we practice exhibition drill we practice spinning and exchanging rifles. We get in formation and we’ll call commands and walk around trying to antagonize (the Silver Dolphins) to see if they’ll keep their composure and maintain their bearing even when they mess up.”

Every month new Sailors have to learn these basics because the Silver Dolphins are in a state of constant turnover. Thomas figures that about ten Sailors each month graduate and head to the fleet and must be replaced.



When Thomas sees the results of the long hours and hard work, the reason he volunteered for this becomes very apparent to him.

“It’s rewarding to have a hand in shaping a junior Sailor and reinforcing Navy Core Values while maintaining a high public profile in the community beyond the main gates of the base.”

Being invited to some of the places the Silver Dolphins perform impresses Woods who has been a member of the Silver Dolphins since

“We’ve been able to participate in some big events,” said Woods. “On September 11, 2002 we presented color guard at the Yankees Game as the representatives of the Navy. We’ve interacted with a lot of different communities while representing the Navy.”

Performances have included retirements, local and regional parades, the Navy Birthday Ball and the Submarine Birthday, and in earlier this month as the Navy representatives in the five services’ performance in the Orange Bowl.

What the future holds after that, says Thomas, is still being finalized, but he strongly encourages his charges to “keep a packed duffel bag ready, just in case.”

“In a way,” he points out, “it’s like a submarine, where you have Sailors rotating throughout the boat...The abilities a Sailor must possess to properly manage time, carry himself as a professional and behave in an exemplary manner are keys to success not only as a Silver Dolphin, but also aboard a sub and in life.”



# Project Good Neighbor

## Groves' Sailors Help Less Fortunate During Fleet Week

JO2 Leif R. HerrGesell, USS Groves PAO

Despite the drizzle and cool temperatures Officers and Sailors of the USS Stephen W. Groves (FFG 29) headed to midtown Manhattan Thursday morning to begin their liberty by serving others. The church of the Holy Apostle located at 28th Street and 9th Avenue serves a hot lunch to twelve hundred hungry, disadvantaged, New Yorkers, and the Sailors assisted in the church's efforts.

At approximately eleven-o'clock the ship's volunteers were assigned duties in both the serving area and the dining



*The Command Master Chief of the USS Stephen W. Groves serves up hot lunches to the disadvantaged at Holy Apostle soup kitchen in Mid-town Manhattan.*

room, which is also the main chapel. Holy Apostle church is over two hundred years old and was a former Underground Railroad stop for runaway slaves in the years before the Civil War. The historic church is now the home of a small congregation and an important mid-town soup kitchen and outreach center. Like the Sailors and Marines the people of Holy Apostle have long believed in freedom and service to others.

Manning their stations alongside the civilian volunteers the eager crewmembers of the Groves spooned up mashed potatoes, vegetables, salads and a variety of other healthy dishes. Like every day, the soup kitchen was extremely busy, and the church's volunteers valued the assistance of the Navy personnel.

Officers and senior enlisted personnel rolled up their sleeves, scraped trays, and performed duties usually reserved for Seaman performing their first tour in the mess decks. It's not common to see a Master-At-Arms slinging mixed vegetables but MA1 (SW) Johnny Cahoon seemed right at home. He was, however, surprised at the pace.

"I can't believe they feed this many people," he said, but quickly added he was having fun.

## Vinson Sailors Lend a Helping Hand

By JO3(SW/AW) Mat Sohl, USS Carl Vinson Public Affairs

When USS Carl Vinson (CVN 70) moored at the island of Guam, America's western-most territory, Feb. 25 for a few days of rest and relaxation, most of the aircraft carrier's crew were eager to take a break from their underway routine to enjoy the island's sunny beaches and local hospitality.

However, for almost 100 Vinson crew members, the call of civic duty overshadowed the call of the surf during their stay at Guam, as they participated in an assortment of community-service projects throughout the island.

Three months prior to the ship's arrival, the island of Guam was ravaged by Super Typhoon Pongsona. In its wake, the typhoon left an estimated \$37 million in damage to the island and stranded thousands of inhabitants without power and running water for months. The effect of this natural disaster can still be felt in every aspect of life on the island.

Vinson Sailors, in coordination with the ship's chaplain's office, assisted various charitable organizations throughout the territory to help their fellow countrymen rebuild Guam.

"We're still not cleaned up, but we're doing it a little bit at a time as we get help," said Mayor Nonito Blas of Mangilao Village, where Vinson Sailors assisted with the cleanup and refurbishing of the local playground and baseball field. "We're very lucky to have the crew from the Carl Vinson come out and volunteer. They've been a big help."

Mangilao Village was only one of several sites to receive aid from Vinson Sailors. At Guam's Carmelite Sisters Monastery, Carl Vinson volunteers performed repairs and cleaned up the weather-beaten monastery.

"I'm very glad for the help the Navy has come out here to do," said Sister Johanna, of the Carmelite Sisters Monastery. "There have been other branches of the military that have helped us. The Marines have helped us, and the Air Force has helped us,

but the most help has come from the Navy."

Following the project at the Carmelite Monastery, Vinson volunteers were invited to a feast consisting of many of the island's traditional foods; similar receptions were hosted for the ship's volunteers at many of the other service projects, as well.

Aside from displaying gratitude for the Sailors' efforts, these meals allowed Vinson crew members to experience a rare taste of Guam's culture.

"Community-relation projects kind of go two ways," said Lt. Robin Heckathorne, Carl Vinson chaplain and organizer of most of the ship's community-relations programs.

"What I've discovered is that a lot of people sign up for them (service projects), thinking that it'll be something fun for them to do and something that they can give back to the community, and that's wonderful," he said. "Usually, it's after the work, they come back to the ship feeling like they got a whole lot more out of it than the people that they served."

Despite the labor required by many of the service projects, Vinson crew members remained enthused about volunteering even at the end of the day.

"It's rewarding and satisfying to help out a community that is not as lucky as we are," said Aviation Support Equipment Technician 2nd Class Lenny Hazelett. "I figured I'd give back what the Carl Vinson has given to me by volunteering and helping out people who are in need. I would do this again in a heartbeat. I would do it again tomorrow."

"I think that's the whole idea of community relations," said Heckathorne. "It helps break down the barriers and starts building bridges between the United States Navy and the people of the community."

# Project Good Neighbor

## Wasp Sailors Give Back to Community

Story and photos by FN(SW/AW) Vernishia Vaughn

Since returning from their six-month deployment, USS Wasp sailors have rekindled their ties within the Hampton Roads community. Wasp chaplain services and ship's volunteer coordinator have organized several volunteer opportunities for Wasp sailors who want to give back to their community and fellow shipmates.

Whether it is tutoring at St. Helena's Elementary School or as a buddy for a Special Olympics event, Wasp sailors have donated many hours. Most recently, Wasp's chaplain services and sailors visited the Union Mission ministries. They stocked shelves with canned goods and stuffed food baskets for the hungry.

RP1 Enya George was thankful for the opportunity to volunteer at the mission. Mainly sticking to the food baskets, she enjoyed helping for the day.

"I prepared food baskets at Union Mission," said George of Pensacola, Fla. "It felt good to help someone other than myself. Even if I helped one person, it made a difference."

Although sailors know they have made a difference in a lot of Hampton Roads natives' lives, they are still looking to help others. One Wasp sailor made a food basket delivery to a family who didn't have transportation to the Union Mission.

"I enjoyed being able to fulfill a request from the Union Mission's director," said HM2(SW/AW) Timothy Sefa, a native of Baltimore, Md. "For me, helping the community means lending a hand to those who are less fortunate. It is amazing what a little cheer will bring to a person who

simply needs a smile and a little food."

IC2(SW/AW) Louis Forti enjoyed providing happiness to families who rely on the mission. Forti believes something is always better than nothing.

"With Wasp's help, I am sure these families know people care about them," said Forti of LeRoy, N.Y. "Hopefully we have shown them there are people in the world who want to help them to see a better day."

A lot of sailors on board feel volunteering to help at the Union Mission has paid off. Not in it for a reward, MA2(SW/AW) Larry Moreno knows he will be rewarded later for his services.

"It has been a while since I have done volunteer service," said Moreno, a native of San Antonio, Texas. "On my deployment, I got a chance to paint at an orphanage in Rota, Spain. It was great to see how our hard work paid off. It has made me feel good and I am looking forward to doing it again."

Wasp is striving to make sure those who need help receive it. As part of the Partners in Leadership program, Wasp sailors are mentoring and tutoring St. Helena's Elementary School students. Sailors are also volunteering their time assisting elderly residents of Ports-



MA2(SW/AW) Larry Moreno of San Antonio, Texas, stocks vegetables for Union Mission ministries. Recently, USS Wasp(LHD 1) sailors volunteered at the mission to help stock shelves and prepare food baskets for Hampton Roads families who are in need. Docked in the Norfolk Naval Shipyard, Wasp is undergoing a six-month maintenance availability.

mouth, Va., by making minor home repairs and cleaning their yards.

"We are trying to organize a number of projects that will help Wasp sailors and the Hampton Roads community," said Wasp's chaplain Lt. j.g. Olin Mayfield, a native of Newhall, Calif.

Even though Wasp sailors are still adjusting to shipyard life and preparing future for deployments, they have proven there is always time to help a neighbor or a shipmate.

### America's Youth have the Volunteer Spirit.

- Thirteen million teens, more than half of America's teen population (59%) volunteered in 1995 (latest available statistics). They gave an estimated 3.5 hours per week, totaling 2.4 billion hours of volunteer time.
- Approximately one-third of young people in grades 7-12 identified "working for the good of my community and country" and "helping others or volunteering" as very important future goals.

(Source: Primedia/Roper National Youth Opinion Survey, 1998)

# Project Good Neighbor

## HSO Sailors Roll Up Sleeves for HABIAX

Story and photos by JOC Bill Austin, Naval Healthcare Support Office

Sailors from the Naval Healthcare Support Office (HSO), based aboard NAS Jacksonville, recently rallied together to lend helping hands for Clay Habitat for Humanity.

The Navy group conducted "finishing work" on several houses, guided by the expert eyes and hands of the Habitat staff.

Clay Habitat is an affiliate of Habitat for Humanity International, a nonprofit worldwide Christian housing organization that invites people of all backgrounds, races and religions to build houses together in partnership with families in need.

The organization was founded in 1976, and has built more than 100,000 houses around the world, providing more than 500,000 people with affordable shelter.

Clay Habitat, according to the group's Executive Director, Ron Gentry, has built around 15 to 20 houses a year since it's beginning in 1987.

"The support we receive from our military volunteers is truly tremendous," said Gentry with a smile. "They come out here just about every Wednesday, and many of them have skills we really need like electricians for example. They all make a difference out here," added Gentry.

Habitat is not a "free ride" though. Certain criteria must be met before the first nail is driven. Habitat houses are sold, not given to perspective homeowners. To qualify, they must live in substandard or overcrowded

housing. They also have to be able to make the mortgage payment. 'Sweat equity,' or several hours of work has to be given as well to either their perspective new home, or another sponsor organization to build another house.

The new Habitat houses stuck out brightly in a neighborhood dulled by neglect. Many of the lots here are covered with tall grass and weeds, and more than a few houses are simply boarded up and abandoned altogether.

"That's exactly what Habitat is all about," said a burly Marvin Taylor, who serves as one of Clay Habitat's construction supervisors. "We go into a neighborhood and give them a cleaner look with new houses," he added.

At the work site, the Navy volunteers displayed great enthusiasm for the day ahead.

"I'm extremely happy to be here helping out in my community," said Orange Park resident, Hospital Corpsman Third Class Misty Racquer, as she prepared to cut a piece of vinyl siding. "There is no way to explain the feeling I get knowing that I'm helping someone in need," she added with sincerity.

At one of the houses, the first person you couldn't help but notice was a barrel-chested Wayne "Scottie" Scott.

Scott, a construction site supervisor, wore a red bandanna around his silver hair, and has a white bushy beard that gives him a kind and worldly look. When you shake his hand, his grip is firm with calloused hands reflecting years of hard work.

He kept the HSO volunteers every bit of attention as he explained to them how to operate a circular saw, and the safety procedures that go with it. As several of them took their turn at the saw, Scott's watchful eye was right there making sure every cut was done safely.

Scott has been involved in Clay Habitat from the start of it. The skills he brings to the organization are many. The retired Marine Corps Aircraft Officer



Clay Habitat construction site supervisor, "Scottie" Scott goes over the proper use of a circular saw to HSP volunteers.

has over 45 years of experience between his military and civil service time. Experience he is more than happy to share with the volunteers.

"Habitat is a special mission," Scott later said during a lunch break of fried chicken and potato salad. "So many people would never be able to own their own home if it wasn't for Clay Habitat," added Scott.

Many of the HSO Sailors have been involved in Habitat projects before. Hospital Corpsman Second Class Tara Strickland is on her third construction site.

"This has been another great opportunity to make a difference in my community," said Strickland, who resides in Orange Park. "Each time I volunteer I learn a new skill that I can use one day when I own my own home," she added.

At the end of the day, spirits remained high as the Sailors said their goodbyes and headed home.

Appropriate last words that summed up the days events came from "Scottie" Scott.

"Every Habitat house that is completed will have a stamp of Psalms 127 verse one placed in the cement walkway in front of it," said Scott with a gleam in his eye.

When asked to define the scripture, Scott quickly said, "Unless the Lord builds the house, its builders' labor are in vain."



HN Lashee King and HM2 Ornella Buccino-Jones team up at a Clay Habitat House.

# Campaign Drug Free

## Campaign Drug Free

Story by FFSC PAO with input from COMNAVRESFOR PAO

Campaign Drug Free (CDF) is one of five Navy Community Service "Flagships" established by the Secretary of the Navy in 1989, and formalized into the Navy Community Service Program (NCSP) in 1992. The Flagships employ the commitment of commands and individual Sailors to promote a positive change in our country. The Campaign Drug Free Flagship is a voluntary community service, role model program designed to encourage positive choices and discourage drug abuse among our nation's youth. CDF encourages Navy commands and personnel to take an active role in their communities by providing public service anti-drug presentations to students or other youth groups.

The Naval Service with its policy of zero tolerance of drug abuse, is a model for our country and local communities. Sailors, from both Active and Reserve commands are ideally suited to make presentations within their communities emphasizing the dangers of drug abuse and the need for a drug

free society. The purpose of CDF is to give local school systems and community youth groups an additional resource in the war against drug abuse by providing structured programs that emphasize the drug free nature of the Navy and Marine Corps, and encourage students to remain drug free. In addition, the uniformed volunteers are positive role models for students and have proven to be an effective tool for positive change.

CDF is organized into different presentations directed at elementary school (grades 1 through 5), middle school (grades 6 through 8), and high school (grades 9 through 12) students. Each presentation consists of an introduction to the Department of the Navy's role in drug awareness, a relevant videotape targeted at the particular age group emphasizing the dangers of drug abuse, and standardized answers to popularly asked questions. The presentations are concluded with an oral pledge by the students to remain drug free. After the

presentations are completed, each class or group is provided a CDF certificate suitable for display.

CDF Flagship program management responsibility belongs to Commander, Naval Reserve Force (COMNAVRESFOR). Information on CDF and official materials for presentation are available from the COMNAVRESFOR CDF Program Assistant, and may be requested via e-mail, letter, or phone. Send address inquiries to: Commander, Naval Reserve Force (N12), 4400 Dauphine Street, New Orleans, LA 70146-5046; Telephone: Commercial (504) 678-6134 or DSN 678-6134; fax (504) 678-6137 or DSN 678-6137 or email: navycdf@hotmail.com.

For further information on CDF or the other Navy community service Flagships, visit the Navy Community Service Program website at <http://www.persnet.navy.mil/pers605>.



Drug Education For Youth (DEFY) is a self-esteem building program that provides kids with the tools they need to resist drugs, gangs, and alcohol.

Initially developed by the Drug Demand Reduction Task Force (DDRTF), DEFY is sponsored by the local command and restricted to youth ages 9-12 from military families. A 2-phase program, DEFY begins in the summer with either a five-day residential or an eight-day non-residential camp program. This challenging, fun-filled week in the summer is followed by a year of mentoring.

Most participants gain a great deal from the DEFY experience. They make lasting friendships and learn a lot about themselves. Upon graduation, kids are placed in youth organizations that help them to meet their goals.

DEFY focuses on building youngsters' self-image and setting goals. It stresses interpersonal relations, and emphasizes leadership and teamwork. Along the way it raises awareness of the harmful effects of alcohol and other drugs, as well as the dangerous effects of peer pressure to join gangs. The structured

curriculum offers education, skill development and physical fitness. DEFY is all about creating positive experiences so that kids will choose healthy alternatives instead of substance abuse and gang involvement.

In essence, the DEFY program provides leadership to kids and thereby strengthens our military communities. Our motto is: Strong children.... Strong families.... for a Ready Future....

Visit the DEFY webpage for additional information at <http://www.hq.navy.mil/defy/default.htm>

# Campaign Drug Free

## Red Ribbon Week

### The Story Behind the Symbol

Source: Texas Commission on Alcohol and Drug Abuse



Enrique "Kiki" Camarena grew up in a dirt-floored house with hopes and dreams of making a difference. Camarena worked his way through college, served in the Marines and became a police officer.

When he decided to join the U.S. Drug Enforcement Administration, his mother tried to talk him out of it. "I can't not do this," he told her. "I'm only one person, but I want to make a difference."

The DEA sent Camarena to work undercover in Mexico investigating a major drug cartel believed to include officers in the Mexican army, police and government. On Feb. 7, 1985, the 37-year-old Camarena left his office to meet his wife for lunch. Five men appeared at the agent's side and shoved him in a car. One month later, Camarena's body was found in a shallow grave. He had been tortured to death.

In honor of Camarena's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin. Parents, sick of the destruction of alcohol and other drugs, had begun forming coalitions. Some of these new coalitions took Camarena as their model and embraced his belief that one person can make a difference. These coalitions also adopted the symbol of Camarena's memory the red ribbon.

The National Family Partnership organized the first Red Ribbon Campaign in 1988. Since that time, the campaign has reached millions of U.S. children

### What Can We Do?

- Wear a red ribbon during this week of celebration to show your support. Provide red ribbons to friends, family members, co-workers, and other concerned adults in your community.
- Hold a forum for parents and their children in your school about the effects of drugs and encourage parents and children to talk about their concerns and thoughts.
- Make calls into morning radio shows and tell others about Red Ribbon Week and how important it is for adults to be vocal about drugs. Remember that it's not about you-it's about young people and their involvement with illegal substances.
- Partner with local video stores and place red ribbons on the boxes of movies that realistically portray the impact alcohol and other drug use can have on your life.
- Write letters to the editor of your local newspaper and urge them to present balanced information when it comes to drug use.
- Ask clergy and members of your religious community to talk about the importance of leading by example during their sermons and services.
- Get involved in positive activities with young people during Red Ribbon Week.
- Volunteer at Red Ribbon events at local schools.
- Encourage your workplace to adopt a school or a classroom.
- Host lunchtime prevention seminars at your workplace or at community centers.
- Place prevention materials in schools or community centers.
- Provide T-shirts/hats for students who participate in Red Ribbon activities.

## Carl Vinson Crew Bonds with Korean Orphans

Story by USS Carl Vinson Public Affairs

While recently making a three-day visit to the port of Pusan, Republic of Korea, several USS Carl Vinson (CVN 70) crew members took time from touring famous Texas Street and the International Marketplace to spend a day with Korean orphans at the Sae Dol Children's Home.

The visit, organized by the aircraft carrier's chaplain department, was a community relations project that connected Sae Dol's children with nearly 50 Vinson Sailors and Marines.

Sae Dol, meaning "new life beginnings," was founded Nov. 1, 1945, by Ahn Um Jun to help orphaned children of World War II. Today, the Christian home has approximately 100 children who range in age from 3 to 18.

During the day, half of the volunteer group spent time indoors, interacting with the children through music and games, while the rest of the team assisted in yard work efforts at the establishment. Together, the Sailors gave a combined 420 man-hours of their liberty time to the orphanage.

"I like interacting with the community," said Personnelman 3rd Class (SW/AW) James Callea. "It makes me feel like I'm doing something important and making a difference. I always stop by the chaplain's office a week before we pull in [to port] to see what they are offering."

Though Sailors and the children of the orphanage spoke different languages, neither let verbal communication hinder the day's events.

"Language with the children wasn't an issue. It was a reminder that the heart can be a better communicator than the voice," said Chaplain (Lt.) Robin Heckathorne, who coordinated the visit. "I knew many of the songs we performed they would know the melody to. We used international hand symbols with the songs, so even if they couldn't understand the words, they could easily understand the symbols."

Before leaving the orphanage, Sailors and Marines autographed photos of the ship for the children and smiled for a few last pictures with their new Korean friends.

Many of the volunteers expressed a feeling of satisfaction with the event, and appreciated the opportunity to attend.

"It's good for my soul. It lifts my spirits and helps me feel accomplished," said Airman Claire Garry.

The staff of the orphanage was also very pleased with Carl Vinson's visit. The orphanage's manager commented, "Your Sailors were the best we ever had. Come back, please."

## Chapel of Hope Answers the Call

Story and photo by RP1 Steward, Chapel of Hope PAO

Recently, vans loaded with 22 personnel from U.S. Fleet Activities, Yokosuka, responded to an urgent appeal for volunteer assistance by the Chapel of Hope to help Food Bank Japan (FBJ), a non-profit organization in Tokyo, deliver food to the homeless throughout Yoyogi and Miyashita Parks.

The call came to the chapel for volunteer assistance by Charles McJilton, the president of FBJ, who had just received a large charitable contribution of assorted dried fruits and vegetable chips and power bars. McJilton's lofty goal was to get the food distributed before Christmas.

"When I learned of all the Yokosuka volunteers who had showed up, I breathed a sigh of relief because my prayers had been answered," McJilton said. "I can't thank the Yokosuka volunteers and the Chapel of Hope enough for their precious time and dedicated support."

At Yoyogi Park, volunteers filled three hundred large plastic bags with chips and power bars and walked through the park going to each makeshift dwelling to extend their gifts to the surprised and delighted homeless residents. "The culture and language barriers were easily overcome by the volunteers' generous acts of kindness," said RP2 Ron Harris, "the Japanese bowed and thanked us repeatedly for the gifts and waved goodbye as we moved from tent to tent. By days end, five thousand packages of chips and two thousand power bars had been handed out at Yoyogi and Miyashita Parks."

"This was a great experience for my niece and kids," said DCCS Raul Sanchez, "they learned a valuable lesson about the importance of reaching out to those in need." The Fleet and Family Service Center Director, Cathy Adams-Bomar, who took leave for this special occasion said, "my daughter Megan and I had a chance to spend a wonderful and touching day together as we shared the unique experience of helping the homeless." Chaplain Peter St. Martin and his daughter both agreed, "It was a blessed day."

Katsuo Sakakihara, a Miura-Fujisawa Shinkin bank manager and long-time advocate between the Yokosuka City Welfare Center and the volunteer groups who went along said, "The volunteer opportunities that exist between our two countries are endless. The Chapel of Hope plays a vital role in providing key coordination and support to bridge the gap to bring us all closer together. They can't be thanked enough."



Chapel of Hope volunteers sort through donations of food for FoodBank Japan (FBJ), a non-profit organization in Tokyo. The food was given to homeless people throughout Yoyogi and Miyashita Parks.

# Overseas Diplomacy

## Chapel of Hope Food Drive Goes Door to Door

Story by RP1(SW/AW) Glen Steward, Chapel of Hope

Braving the cold, rainy elements recently, Lt. Cmdr. Beth Hankins, Officer In Charge of Ikego and Negishi housing complexes, and Chaplain Young Song from Negishi's Chapel of the Rising Sun, and their merry band of volunteers from the chapel youth program, went door-to-door picking up bags of canned foods and rice that supportive residents had left out on their front porches.

Hankins and Song spent hours canvassing the whole Negishi housing complex as their energetic helpers shuttled bags of canned foods and rice to the idling vans – all in support of U.S. Fleet Activities, Yokosuka's Chapel of Hope sponsored Sharing and Thanksgiving Food Drive that supports four benevolent organizations in Yokosuka, Yokohama and Tokyo that minister to the homeless.

Hankins spent her entire Saturday in Ikego collecting canned foods and rice for the food drive. "You should see my office in Ikego," Hankins said. "It is packed full with canned foods and rice that the Boy Scouts, Girl Scouts and AWANA kids helped collect."

Hankins had set the stage for the door-to-door collection days prior by placing community newsletters and plastic bags with decorated flyers on every door in the Ikego and Negishi housing complexes to remind residents about the pick-up date and time

No small feat, since there are 934 occupied housing units in Ikego and 350 in Negishi. By days end, the collection in Negishi had yielded an enormous assortment of canned foods and rice, which filled Hankin's entire van. With smiles of accomplishment on their faces, the cold and tired volunteers were treated to hot chocolate back at the Negishi chapel.

"This was a good experience to teach the kids the importance of volunteering to help others," Song said as they loaded the van.



U.S. Navy photo by JO2 Todd Macdonald

**Information Systems Technician First Class Frank Agcaoili shows residents of the Jamiyah Children's Home a model of USS Bunker Hill (CG 52). The Pinole, Calif. native, assigned to the staff of Commander, Logistics Group Western Pacific, constructed and then donated the model to the home after learning that the children were interested in having one. Jamiyah is home to 68 Muslim children between the ages of three and 18 who are without parents or whose parents are unable to care for them.**



**HN Christopher Arredondo, a Duarte, Calif.-native gets some help for his painting project while volunteering at Ciceron's Children's Home in Castries, St. Lucia. Arredondo and other 25 O'Bannon Sailors volunteered for two community outreach projects during their port visit to St. Lucia scheduled as part of UNITAS 44-03 Caribbean Phase.**

Cutline and photo by LTJG Ligia Cohen,  
COMUSNAVSO Deputy Public Affairs  
Officer

## GW Sailors Help Build Hope for Refugee Children Near Lisbon.

By JO1(SW) Rick Collins

Imagine you are a 6-year-old child thrust into a new environment, but instead new friends and places to play just around the corner, you find drunks, drugs and crime.

Pastor Larry Davis, a retired Navy chief disbursing clerk who has spent the last five years preaching the Word in Portugal, said this is reality for thousands of refugee children living in run-down camps, known locally as shantytowns in Portugal.

"They have these camps for people who come here from former Portuguese colonies like Angola and Mozambique," Davis said.

"When their [home] countries became independent from Portugal, the economies were devastated, so some families came here in search of work because they had Portuguese passports."

Davis described the terrible living conditions in the shantytowns as unsuitable for adults, let alone their children. "There is no electricity, running water and usually they become crime and drug-infested areas."

But Davis' face lit up as he talked about a man known simply as Pastor Jose who is trying to make a difference for these children. This compassionate man, enlisting help from friends, donors and volunteers, is building a small retreat called The Mount of Olives Children's Camp in Alenquer, Portugal.

Recently, 26 USS George Washington (CVN-73) Sailors gave up part of their liberty, to help the pastor get a little further toward completing the camp.

"I have four children of my own," said AIMD's AT2(AW) Scott Pires. "I know how important it is for children to have a family and solid foundations, so this means more to me, to come out here."

Pastor Jose is the major force behind construction of the children's camp started two years ago. With nothing but a plot of land on a rocky hillside 45 minutes from downtown Lisbon, the Pastor's dream was to build a place where these

refugee children would be able to get a break from their shantytown environment during the summer and periodically during the year.

"He wanted to show them there was something better out there; give them some hope," Davis said.



Photo by DM1 AW/SW Marshall Gillispie

Sailors took time off from their liberty call in Portugal to do some work at The Mount of Olives Children's Camp in Alenquer, Portugal.

With help from donors in Brazil who sent him a prefabricated house, local Portuguese businesses supplying additional building materials and countless volunteers including GW and other U.S. Navy Sailors, Pastor Jose's camp is now helping those in need — the children.

"I wanted to do something different," said Fighter Squadron ONE ZERO THREE's AE2(AW) Nicole Farley, a night-check supervisor for the Jolly Rogers' Aviation Electricians shop. "This is my third deployment and I wanted to do something that actually meant something special. Instead of just doing everything for myself, I wanted to do something for somebody else."

This was Farley's first community relations' project. She helped build a stone retaining wall around the perimeter of what will be a huge playground. She said the hard work moving stones and pouring concrete to keep the stones in place was more than offset by the satisfaction she derived from helping children who spend a week at a time at the camp studying,

making bread or just playing.

"It makes me feel better that I'm able to be a part of this," Farley said.

GW volunteers also painted, sanded and taped interior walls inside the newly built house and did minor welding and painting on metal ceiling braces.

While Pires's main interest is to help build a brighter future for the children attending the camp, he also wanted to explore his roots.

"I wanted to see what the people were like," said Pires, whose grandfather lived in the same region. "I've met some of the people from this area and it's good to talk to them. They think it's nice to meet someone from the United States who is of Portuguese descent."

But Pires never lost sight of his goal. "Adults have the opportunity to straighten themselves out, but these children don't really have anybody to help them. They need help to show them how, so it means a lot to come out here and do that for them."

Davis managed to acquire six tractor-trailers and set them in a U-shape with two trailers making up each section.

Next, he enclosed the U-area with a dome, making a large multipurpose room in the center with three, four-person bedrooms in each trailer.

Davis said when finished, the camp would accommodate between 100 and 125 children. Currently, it can accommodate up to about 80 children per week. Pastor Jose also wants to add a third building, build more playgrounds and eventually add a pool.

Davis said there's no set date for completion, but he knows that with help from more Navy visitors, it will be completed one day soon. "It's one of those things where Pastor Jose does what he can with what the Lord provides him," Davis said. "Whenever the materials, funds and help come in from people like those on the George Washington, it will get done."

## TR Sailors Lend a Helping Hand in Cartagena, Spain

By JO2(SW) Kathryn Whittenberger, USS Theodore Roosevelt Public Affairs

The U.S. Navy spirit and tradition of helping those in need was again realized during USS Theodore Roosevelt's (CVN 71) May 15 visit to Cartagena, Spain.

Hogar de la Infancia (Hearth of the Children), the object of Roosevelt's volunteerism, is a house that takes in children who need a place to stay, either because their parents can't take care of them, are in jail or are going through drug treatment programs. The 60 children range in age from one month to seven years.

Inside the slightly worn building, with faded paint and a lawn that needed a good trim, children pressed their faces up against windows, wondering what's going on outside the morning. They already had a chance to say hello to their visitors, 47 Sailors on liberty from Roosevelt, and now they stared at the Sailors forming into groups before getting down to the business of helping fix up the children's home.

The home itself has a unique history. It was created by the bullfighter Mondeno. His real name was Juan Garcia Jimenz, and he used the money he raised traveling around Spain to begin the home in 1860.

Since then, the home was expanded to help more children. In his memory, the home has a room reserved for bullfighters, where they can stay and prepare for their fights in full regalia.

The older children rushed the Sailors when they first walked in the building, talking and giggling up a storm. Most wanted piggyback rides, or to have their pictures taken. Their smiles were contagious, and spread from the shyest child to the Sailors, and reaching out to be shared with the volunteers, state employees and nuns who run the home. The sounds of children playing carried throughout the home, along with the names of fruits, vegetables and colors, of which the children loved to show off their knowledge.

"When you stop and think about everything going on in the world, seeing kids

playing like that puts everything back into perspective," said Chief Aviation Electronics Technician Riley Swinney, as children wanting him to play with them swarmed him.

Some of the Sailors began to climb the stairs leading up to the roof, laden with a bucket of paint, rollers and a few paint brushes to begin refreshing the trim of the building. Others with a bent toward engineering went straight out to the two swimming pools to install a new pump and fix the drainage system between the pools. That project led to cleaning out the pool. After a lot of bleach and Sailors doing atop scrubbing pads, the pool was its original baby blue.

"I'm putting my talents to good use, and helping people," said Machinist's Mate 1st Class Billy Ring, from deep within the pump room as he finished installing the new pump.

Other Sailors began repainting the terrace on the second floor, raking and mowing the lawn. Some walked around picking up litter and pine cones, and later a group attacked a mound of dirt, which they smoothed out so the children would have more room to play. The same group who was covered with sweat and dirt took another break to play with the same children right after lunch. Walking around the small school, many Sailors were thinking about their own children, their siblings, or nieces and nephews who they miss while being sent on such an abrupt deployment from home.

The spirit of helping children is still in full bloom at Hogar de la Infancia. As the children were let out for recess, and the Sailors finished packing up their tools, spontaneous games of soccer and catch broke out, along with more piggyback rides and a chance for the children to have someone to play with as they went down the slides and giggled on the tire swings.

"I've done other projects like this too, but I like this one better. I want to take one of the children home with me," said Dental Technician 3rd Class Wanda McKie.

TR had created a strong, positive impact on the city of Cartagena, and the Sailors had memories they would never forget.

"I'm beat but it's worth it," said Senior Chief Aviation Boatswain's Mate (Electronics) Alfred Rogers. I accomplished something today."

### How to Spend Your Summer

During the summer months, when schools are closed and work may slow down, many individuals, families, and groups find the time to visit the places and to do the things that they have been meaning to all year long. This summer, you can find the time to make a difference by volunteering in your community. Your time is particularly important right now, because needs like hunger, literacy, senior companionship, environmental protection and conservation, housing, and public safety don't take a summer vacation. In fact, during the summer, many community groups face additional challenges meeting the needs of the people they serve because of increased demands for help.

Find time this summer to answer President Bush's call to service by finding a volunteer activity to enjoy – at home or during a holiday away from home. You can volunteer on your own, as a family activity, or with a group of schoolmates or colleagues. People need help in every community across America and around the world as well. And every one of us can do something to make a difference. The USA Freedom Corps offers you a way to search for activities everywhere, and to meet some of the needs that are particularly hard to fulfill in the summertime.

# Overseas Diplomacy

## Americans and Japanese Come Together in COMREL

Story and photo by JOSN Nick Flabi, CFAY Public Affairs

Over 80 volunteers from various commands around the base came together recently to participate in a community relations (COMREL) project in Kamakura. The volunteers worked side by side with Japanese volunteer groups to cut down tall grass and bamboo trees and pull weeds at the site of Yofukuji Temple in an effort to refurbish it. Yofukuji Temple was burnt to the ground almost 600 years ago, and the site has since become a registered national historical property. Commander, Fleet Activities, Yokosuka's (CFAY) Chapel of Hope sponsored the project in an effort to enhance relations with our Japanese hosts and to give service members a chance to get off base and meet new people.

"It was really an exciting opportunity," said RP1(SW/AW) Glen Steward, Chapel of Hope Leading Petty Officer and COMREL Project Coordinator. "We joined Japanese volunteer groups, and we all came together to cut grass and pull weeds. They [the Japanese volunteers] prepared sandwiches and drinks and also miso soup, which is a really delicious Japanese soup. This was a real exciting and good opportunity for people to come and experience the culture, meet the Japanese and have fun."

"There are a lot of benefits to doing this," said RP3(SW/AW) Delmar Ramirez, Chapel of Hope. "The main benefit is coming together and helping out our host country. I always like participating in COMRELS. It's good to interact with the host country."

As the volunteers were working, a few of the Japanese participants sang songs and read stories with the children. They also prepared and provided food and drinks for everyone. These hospitable gestures helped to make the experience even more fulfilling and memorable.

"This is something I'd like to do every weekend if it was available," said SK2(SW/AW) Gregory Kumenda, CFAY Supply. "Whenever you get a chance, go ahead and sign up and participate."

"It was interesting and different," said CTR2(SW) Joshua Dadee, volunteer. "It was a lot of fun to actually come out here and do something for the community. It shows the Japanese people that we care about them."

"I enjoyed this COMREL a lot," said CTT1(SW/AW) Piolito Deveza, Naval Security Group Activity, Yokosuka. "This was my first COMREL since I came to Japan in 2000, and I never expected it to be this enjoyable and fruitful. We're helping the environment and fostering good relations with our host country and host people, the Japanese."



Volunteers from various Yokosuka sea and shore commands work with Japanese volunteer groups in a Chapel of Hope sponsored community relations project at Yofukuji Temple in Kamakura Nov. 23.

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## Chapel of Hope's Humanitarian Aid

By RP1(SW/AW) Glen Steward, Chapel of Hope Public Affairs

Recently, U.S. Fleet Activities, Yokosuka, Chapel of Hope and three Negishi Det volunteers made a special delivery of infant and children's clothes to the Kotobuki-cho child care center, a facility that cares for 80 children from low-income families in Yokohama. The contributions came from the Yokosuka Navy Exchange (NEX).

This unique opportunity manifested when David Ensor, the NEX District Manager, gave the clothes to the Chapel of Hope to give away as a charitable donation. Jim McShane, the NEX Security Manager said, "We had a lot of perfectly good items that were earmarked for disposal after our last inventory. Unless we have a benevolent organization to donate to, we have to destroy them. I was very happy when Ensor authorized us to donate the stock to the Chapel of Hope."

Kyoko Sugita, Negishi Det, Community Relations Specialist who coordinated this special delivery said, "By working together with the Chapel of Hope we can collaborate our efforts to reach out more to the Kotobuki-cho child care center. The children really appreciate all we [Negishi Det] have done for them in past community relation events and always look forward to our visits. For me, volunteering gives a richer meaning to life and is something I really love to do. The children's hugs, smiles and laughter deepen the experience, which fills my heart with endless joy. When volunteers have a chance, I encourage them to come join in these wonderful events."

CDR Beth Hankins, Ikego OIC and SK1(SW/AW) Amor Elacio, Negishi Det LPO, who also donated used clothes and toys they had collected during a used clothes drive both agreed, "It's a lot of fun for all of us to be able to help the child care center. It's something we 'love' to do. Volunteers are always encouraged to come join us."

Fuyui Iwashige, the Kotobuki-cho centers' vice principal graciously received the gifts and thanked the volunteers for their continued support. She said, "The kids always look forward to your visits and really appreciate all the wonderful things you continue to do for them. You can't be thanked enough."

## WHAT FREEDOM MEANS TO ME.....

Airman 1<sup>st</sup> Class Zachary Emmott, United States Air Force; Specialist Juan Galan, United States Army; Sergeant Amber Jenkins, United States Marine Corps; Seaman Jayna Sampson, United States Navy; and Seaman Apprentice Mark Nicholas, United States Navy were honored recently at a ceremony conducted by Mrs. Felix's fourth grade class at Redeemer Lutheran Elementary School.

The ceremony consisted of the fourth grade class reading, out loud, letters that each individual student wrote about "What Freedom Means To Me....." Following this, the students read a poem, which they created without the help of Mrs. Felix, saluted the service members present, and participated in a heart-felt rendition of "God Bless The U.S.A." The class and service members proceeded to eat cookies and cake, decorated in accordance with the theme, and answered any questions that the students had.

The representatives gladly accepted these citations of thanks on behalf of all of our brothers and sisters in arms. This is the poem that the fourth grade class wrote:

Y – You are appreciated because you protect our freedom.

O – Our Country thanks and honors you.

U – Under water, on land, in the air and on the sea, we feel safe because of you.

A – At school we are able to learn because of you.

R – Remembering you daily in our prayers for God to keep you safe.

E – Everyday throughout the world you are always on the job.

O – Our class thanks you for what you do.

U – U are amazing people of courage.

R – Racing throughout the world to protect our freedom is your goal.

H – Here I live, learn and enjoy my life because of you.

E – Enabling others to have freedom from dictators.

R – Role Models are what you are to us.

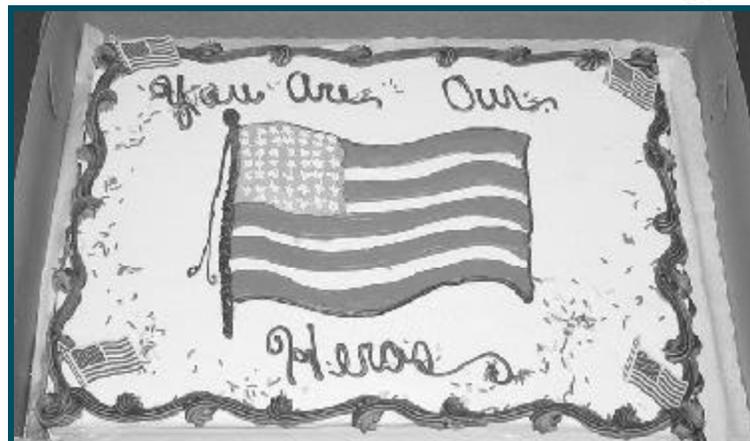


Sergeant Amber Jenkins, Seaman Jayna Sampson, Airman 1<sup>st</sup> Class Zachary Emmott, Specialist Juan Galan and Seaman Apprentice Mark Nicholas listen as a poem honoring their service to the country is read by Mrs. Felix's fourth grade class.

O – Our hearts belong to you.

E – Everyday and everywhere you go we are thinking of you.

S – So remember... You are our heroes.



## NAS Jacksonville Sailor Receives “Heart of Gold”

By JOC Bill Austin, Naval Healthcare Support Public Affairs

Good deeds come to good people, someone once said.

That statement certainly holds true for Navy volunteer, Aviation Ordnanceman 2nd Class Joshua Kinney.

The NAS Jacksonville weapons department Sailor recently received Jacksonville’s prestigious “Heart Of Gold” award, during a black tie affair held at the Times-Union Center for the Performing Arts April 10.

The event was part of an annual nationwide celebration to honor volunteers who are “making a difference” throughout Jacksonville.

This year’s theme, “Celebrate Volunteers – The Sprit of America,” reflects the

resolve of the American tradition of neighbor helping neighbor.

Kinney received the Heart of Gold Award in the service in uniform category for his volunteer efforts in local programs such as HABIJAX of Humanity, Shipmates With Hearts and Paint the Town.

Last year, he received top honors for his selection as NAS Jacksonville’s Junior Sailor of the Year.

Kinney has been in the Navy for the past six years and has plans to become an officer through the Navy’s Seaman to Admiral program. His wife of just over a year is in the Navy also, and the couple will soon celebrate the birth of their first child in June.

“Petty Officer Kinney is a role model Sailor for everyone to emulate, and a great asset to this team,” said Kinney’s Department Head, Lt. Cmdr Chris Lathem.

When asked why he volunteers so much of his off duty time, Kinney didn’t hesitate to answer.

“You always get back what you put into life,” he said with a sincere look to his eyes. “We receive so much community support for the military here, I just wanted to give some of that support back.”

In 2002, NAS Jacksonville Navy Community Service Program volunteers contributed more than 414,549 hours in volunteer service to Jacksonville and its surrounding communities.

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## Pax Volunteers Receive Recognition

Story by Norine Rowe, NAS Patuxent River Public Affairs

St. Mary’s County Public Schools could not succeed without the help of volunteers.

That’s the message that Superintendent of Schools Pat Richardson delivered during a volunteer recognition ceremony in Leonardtown April 10.

Among those recognized at the Board of Education meeting were NAS Patuxent River volunteers who serve in the county’s public schools through the station’s Personal Excellence Partnership program.

“When it comes to volunteer support, we’re the richest county in Maryland,” said Richardson, explaining that St. Mary’s County Public Schools received more than 80,000 hours of volunteer support during the past school year.

In addition to praising school volunteers throughout the community, Richardson specifically cited the contributions of station employees.

“One of the most highly valued resources in this community is the Navy,” Richardson said. “Year after year, the Navy takes on the challenge of being part of this community, not just talking about being part of it, but really getting out there in the schools.”

Providing one-on-one tutoring is one way that station employees help local students improve academic performance and increase self-esteem. That kind of attention, Richardson said, can really make a difference in a child’s life.

“Helping a child believe in themselves, that’s where the real power is,” Richardson said. “I hope you know how much we treasure, value and appreciate what you’re doing for our children and our schools.”

Also speaking at the event was Dr. Janice Walthour, academic intervention and volunteer coordinator for St. Mary’s County Public Schools, who talked about the

wide range of support services volunteers provide, from helping with tutoring, incentive and literacy programs to serving on school committees and assisting teachers with administrative work.

“You are the circle of friends that encourages our children,” Walthour said. “Thank you for giving your time and talent. We are so, so thankful for all that you do.”

One honoree, Capt. Stu Paul, executive director of NAVAIR’s Aviation Division, offered a few comments about the Personal Excellence Partnership between his division and Lexington Park Elementary School.

“The staff at Lexington Park Elementary creates a very positive environment so that our people like to volunteer there,” Paul said. “I pass on a salute to them and to the other schools.”

## Governor Presents NASP with Points of Light Award

Story by NASP PAO

During a scheduled Pensacola City Hall visit Tuesday, Florida Governor Jeb Bush presented Naval Air Station Pensacola (NASP) Commanding Officer, Capt. John M. Pruitt, with the Governor's Points of Light Award at City Hall. The award is presented weekly to a Florida resident or organization that's demonstrated exemplary volunteer service to the community.

"Today, we wanted to pay tribute to the largest number of mentors that exists in Pensacola, which is Naval Air Station Pensacola," said Jeb Bush. "One third of the mentors in Escambia County are volunteers from NAS Pensacola."

In the last 12 months, Bush said, 750 volunteers have invested more than 2,200 hours mentoring students in 22 local schools. He said, as these young Sailors and Marines mentor children, they demonstrate pride in themselves and in their country, discipline in their work, and service to others.

"They are true heroes, willing to serve their country in battle, and by putting their arms around a child and saying you're on the right course...I care about you," said Bush. "Those are values that can be transferred to the next generation."

On behalf of the people of the state, Bush said he's honored to present the Points of Light Award to NAS Pensacola, and thankful for the continued community support.

In his remarks made at City Hall, NASP Commanding Officer Capt. John M. Pruitt, thanked Bush for recognizing NAS Pensacola through the Governor's Points of Light Award.



Photo by Sheri Crowe, NASP PAO  
Florida Governor Jeb Bush speaks at an award ceremony honoring Naval Air Station Pensacola with the Governor's Points of Light Award.

"I'd like to speak for the 45,000 Sailors and Marines that pass through NAS Pensacola each year...and say what wonderful people they are," said Pruitt. "In the last year, these men and women have given 30,000 hours in community service to Pensacola. The connection between the military and the people here is beyond belief. I've never seen it better anywhere in all my 25 years in the Navy, governor. It truly makes Pensacola a great place to be stationed."

On May 2nd, Pruitt will be going to Washington D.C. to accept the 2003 Commander in Chief's Installation Excellence Award that recognizes NAS Pensacola as the leading installation in the United States Navy. "And the message I'll take, governor, is it's that way because of the people of Pensacola and the wonderful relationship we have with them."

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## Naval Sub School Receives Community Service Flagship Award

Story by Naval Submarine School Public Affairs

The Naval Submarine School has been named the recipient of the Navy's 2002 Project Good Neighbor Community Service Flagship (Large Shore) Award.

Annually, the Navy recognizes outstanding community service projects with five Flagship-sponsored awards: Personal Excellence Partnership; Health, Safety, and Fitness; Project Good Neighbor; Campaign Drug Free; and Environmental Stewardship. Awards are presented to shore, sea and overseas commands.

The submarine school, honored last year for its Personal Excellence Program, was recognized this year for 17 ongoing volunteer programs spanning three Flagships to include Personal Excellence; Health, Safety and Fitness; and Project Good Neighbor.

The award recognition fulfills the purpose of the school's program, according to Naval Submarine School Commanding Officer, Capt. Bill Hanson.

"The goal of our community service program," Hanson said, "is to strengthen the academic and personal growth of

our Sailors and to improve the quality of life of our neighbors in communities across Southeastern Connecticut."

Their Project Good Neighbor programs allow staff and student Sailors to share time and talents with many different facets of local communities, explained program coordinator Chief Sonar Technician Leander Lonzo.

"We are fortunate that so many of our volunteers have an opportunity to utilize skills they have developed while in the Navy to benefit our neighbors. Over 50 percent of our staff and students participate in some type of volunteer activity, and 25 percent or so are committed to one of the 17 programs we have."

Submarine School volunteers are active in Navy League's Toys for Children, which this past holiday season had over 350 participants, along with Habitat for Humanity, with 150 volunteers donating over 3,000 hours of construction help. Volunteers also collected over 1,400 pints of blood and registered 1,100 new donors for the American Red Cross and the National Marrow Donor Program Registry.

## At Your Service

### Training Support Center, Great Lakes is Recognized for Community Service

By Elizabeth Martinez, TSC Asst PAO

Witnessing a child achieve their academic potential, supplying a homeless man with warm food and seeing a hospitalized child's face light up when you walk into the room are some of the reasons why the men and women of Training Support Center, Great Lakes (TSC) volunteer their time.

In light of their good will, for the first time, TSC is the recipient of the 2002 USS Bainbridge Award. This Navy award is presented annually to the command that exhibits outstanding community services.

"It's a great honor for the staff and students of TSC to be recognized for their devotion to community services," said Capt. John Reichl, commanding officer. "The values these men and women possess are the symbols of a true Sailor; honor, courage and commitment and I would be proud to serve beside them anytime, anywhere."

TSC was chosen by a seven-member board and prevailed over 37 other commands.

"We were looking for a command with innovative and creative ways to volunteer and that is what stood out for TSC," said JOC (SW/AW) Sherri Onorati, Navy Community Service Program Manager and coordinator of the USS Bainbridge Award.

To qualify for this award, the command submitted a package that included three Flag Ship Awards, Health, Safety and Fitness; Personal Excellence Partnership; and Project Good Neighbor. Other available categories were Campaign Drug Free and Environmental Stewardship.

Onorati said an example of the creativity the board was looking for was found in the Chemical, Biological and Radiological Training Program designed by Damage Control "A" School staff members. This program was designed to assist local civilian law enforcement personnel in the event of a major disaster.

"They [volunteers] went out into the community following 9/11 and because

of the possible threat, prepared civilian response teams," said Onorati. "Not only does TSC help the community itself, but it helps the community help themselves. It's threefold."

DCC (SW/AW) Bobette Foote, a DC "A" School instructor who participated in the training, said she was pleased to hear of the recent recognition.

"I'm glad that we had the opportunity to assist the community," said Foote. "We felt privileged to help and it's what we teach our students every day."

This program was included in the Health, Safety and Fitness Award along with the partnership between TSC and LifeSource Blood Services. According to Lt. David Hart, TSC blood drive coordinator, in 2002, the command hosted more than 60 blood drives and donated approximately 6,000 pints of blood to area hospitals.

"We had a lot of support after 9/11," said Lt. Hart. "There was a heightened interest in donating blood because people definitely wanted to support their fellow Sailors and shipmates as well as the local community."

The Personal Excellence Partnership Award highlighted the efforts of Saturday Scholars and Adopt-A-School volunteers

who have made a commitment to provide leadership and academic guidance to local school children. These volunteers serve as mentors to students from John Milton Gregory School and the recently closed, Charles Lindbergh Elementary School.

Project Good Neighbor recognized Project White Hat, Public Assistance to Deliver Shelter (PADS) and Habitat for Humanity. Project White Hat is a year round collaborative project with Children's Memorial Hospital in Chicago, Illinois. Approximately 800 Sailors volunteered for this program in 2002 and completed 4,848 hours of volunteer work. The Sailors spend every other Saturday talking and playing with the children. Before they leave, each child is given a white hat to remember the experience.

With the help of local churches, PADS volunteers are dedicated to assisting the homeless. In 2002, PADS volunteers provided over 18,000 homeless with food, shelter, blankets and clothes.

"We are very fortunate to have the caliber of personnel we have," said Capt. Reichl. "They are the type that take time out of their busy schedules to help people who are less fortunate."



*Meeting Your Needs. At Home. At Sea.*

# At Your Service

... and the Star-Spangled Banner in Triumph Shall Wave



U.S. Navy photo by Photographer's Mate 3rd Class Gregory E. Badger

Students and faculty of Akers Elementary School aboard NAS Lemoore show their appreciation for the military forces by constructing a human U.S. flag.

## September

**SEPT 11** - Deadline to register **Unity in the Spirit of America** projects, authorized under the USA Act as a tribute to victims of the Sept. 11 attack last year, sponsored by the Points of Light Foundation in partnership with the Volunteer Center National Network. Information can be found at [www.pointsoflight.org](http://www.pointsoflight.org)

**SEPT 30** - Deadline to submit packages for the **2002 Community Service Awards** and the **2002 Bainbridge Award**. For further info contact your regional coordinator or PERS 662G at (901) 874-4270 / DSN 882-4270.

## October

**OCT 23-31** - **Red Ribbon Week**. Each year, Red Ribbon Week provides us with an opportunity to renew our commitment to a healthy and drug-free lifestyle and show our dedication to education and prevention efforts in our schools and communities. For more information contact PERS-603 at (901) 874-4240 or visit <http://navdweb.spawar.navy.mil/>

**OCT 26** - **Make a Difference Day**, sponsored by USA Weekend and the Points of Light Foundation. For information visit [www.makeadifferencedat.com](http://www.makeadifferencedat.com) or call 1-800-416-3824

## November

**NOV. 20** - **Great American Smokeout** sponsored by the American Cancer Society. For more info visit [www.cancer.org](http://www.cancer.org)

**Nov. 23** - **National Family Volunteer Day** sponsored by the Points of Light Foundation and the Alliance for children and Families. For more information: [www.pointsoflight.org](http://www.pointsoflight.org)