

NAVY **RECRUITER** *magazine*



Future of the Fleet

*May - June 2015
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Page 6



FRONT COVER:

Chief of Naval Operations (CNO) Adm. Jonathan Greenert, Rear Adm. Annie Andrews, commander, Navy Recruiting Command (NRC) and Sailors from NRC and Navy Recruiting District Nashville ring the bell during CNO's visit to NRC on April 30. This bell ringing ceremony commemorates 96 consecutive months of success in the big five enlisted mission areas. (US Navy photo by MC2 Scott Bigley)

Contents

NAVY RECRUITING COMMAND MILLINGTON, TENN.



- 6 Commander, Navy Recruiting Command Visits Pittsburgh
- 7 Commander, Navy Recruiting Command Speaks at WISE Conference
- 8 Eye on the Field
- 10 Pride Mod Gets A Reboot
- 12 San Antonio Sailors Represent Navy at Local Salute to Veteran Patients Event
- 13 Sailor Chases Dream Through MECP
- 14 Navy Recruiting Updates RAD Items
- 15 Nevada NJROTC Cadet Presented Scholarship
- 16 Eye on the Fleet
- 18 Recruiters, Teachers Find Diverse Benefits of Navy's Nuclear Outreach Program
- 20 Daniel Green - NRC Junior Civilian of the Year
- 21 America's Navy Introduces STEM Tour 2 at Local Robotics Competition
- 22 Sailors Show School Spirit Through Adopt-A-School Program
- 24 Warriors Recruiting Warriors
- 26 Navy Recruiters Build Playhouses for Low Income Families
- 27 Public Health Center Announces Revitalized ShipShape Program
- 28 Recruiters Get Major Phone Upgrade
- 29 CNO, CNP Talk Personnel in Conversation With a Shipmate
- 30 SeaPerch Wows Students at Atlanta Middle School



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Page 9



BACK COVER:

NC1 Latonya Robinson, assigned as LPO of Navy Recruiting Station Mesa, runs a PT session with Future Sailors at Tumbleweed Park in Chandler, Ariz., April 2, during a divisional DEP meeting. (U.S. Navy photo by MCC N. Ross Taylor, Illustrative embellishment by Kim Hyback)



Recruiter Magazine Archive
www.cnrc.Navy.mil/publications.htm



Page 16

Regular Features

- 4 From the Admiral
- 31 Admiral's Five-Star Recruiters
- 31 The District's Top Stations

FORCM Knight's Roundtable
www.cnrc.navy.mil/Sixty-Seconds.htm



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Page 30



From the Admiral



Rear Admiral Annie B. Andrews
Commander, Navy Recruiting Command

As we head into the final half of FY2015, we are well-above our benchmarks in all enlisted and diversity categories. This speaks volumes for your focus on strategic priorities.

In my travels throughout the Recruiting Nation, I am constantly reminded that America's Navy is a true leader in diversity outreach and recruitment. Our Navy must reflect the face of our great nation. In each of my visits to Recruiting Districts and Stations, I've seen first hand what diversity adds, and fully realize that it's a key ingredient of America's top Recruiting Force, both now, and in the future.

Diversity is a culture of inclusion where the creativity, ethnicity, gender, race, religion, skills and talents of Sailors and Civilians alike enhance the Navy's mission readiness. The different experiences, backgrounds and talents of more than 400,000 active duty and reserve personnel merge to allow the development and execution of new strategy and

ideas, ensuring the Navy advances nationally, as well as globally, in terms of technology, resourcefulness, and leadership.

Enhancing our diversity across all ranks takes time and our strategic imperative is clear: to keep pace with the shifting distribution of workforce talent to attract and retain quality people. By 2020, projections indicate that one third of America's workforce will be made up of minorities, and by 2050 this percentage will grow to one half. To keep America's Navy

Recruiting Nation competitive, in order to recruit and retain a talented, diverse workforce, we must remain Ready to engage! Attracting and retaining talent from cultures across America and around the world is critical to developing 21st century leaders.

As we steadily build our culture of inclusion, such as recruiting women into non-traditional roles, we continue to recognize and capitalize on the strengths that diversity brings. By doing so, we are better able to reach Future Sailors around the world.

According to our Chief of Naval Operations, Jonathan Greenert, "One of our major thrusts in FY 2016 is to increase female accessions of both officer and enlisted in order to provide greater female representation in all operational units by 2025."

And to help you, as recruiters, to do your job even more efficiently to reach mission, we are continually implementing and utilizing our Navy Recruiting Assets and your ideas across the Recruiting Nation. Here's a quick look at three such tools being used as this edition of Navy Recruiter Magazine hits the streets:

STEM II which features a new Suburban Display, 10 X 10 Tent Display and SUV/Trailer to strengthen awareness of STEM-related Navy careers to recruits and influencers in events at high schools, universities, career fairs, science fairs and robotics competitions across America.

Virtual Recruiting (through Optimization) provides recruiters the opportunity to recruit, contract and access applicants from remote locations that do not have the physical presence of a recruiter or Navy Recruiting Station through a less-burdensome, more cost-effective process for both recruiters and applicants. By using state-of-the-art technology to move physical recruiting to virtual recruiting, including making use of smart phone video conference technology, email, phone conferences, and other appropriate communication channels, the virtual recruiting program will mean reduced demands on recruiters with regard to driving long distances to meet requirements that can be managed virtually.

Currently, NRDs Ohio, Nashville, Minneapolis and Seattle are executing optimization pilots to develop and execute the virtual recruiting program.

Other innovative initiatives are happening throughout our Recruiting Nation.

For example, female Future Sailor meetings and mentoring sessions are being implemented across NRC to combat female attrition. NRD San Diego holds female mentoring sessions to help our



2

female Future Sailors understand what to expect at basic training and throughout their Navy career. Many Future Sailors ask them the same questions or often are not quite sure how and what to ask ... with mentoring sessions our female Future Sailors not only become better Sailors, but these sessions also help to alleviate the stress of not knowing what to expect out in the Fleet.

It is indeed an honor and a privilege to help lead this outstanding Navy Recruiting Team! Thanks to each of you for your hard work and dedication. You enable our team to successfully meet mission, by recruiting quality today, and by building for tomorrow.

America's greatest asset is our people and Navy Recruiting's greatest asset is you.



1

1. NC1 Anita Johnson, NRD San Diego recruiter, speaks with future sailors during a female mentoring session at Navy Recruiting Station El Cajon.

2. More than 40 female Future Sailors gathered at Navy Recruiting Station El Cajon from around the San Diego area to attend a female mentoring session to discuss specific issues women face while serving in the Navy.

3. MU1 Downing, NRD San Diego recruiter at Navy Recruiting Station El Cajon, instructs female Future Sailors on Navy regulations for the proper way to wear their hair.



3

Commander, Navy Recruiting Command, Visits Pittsburgh

Story and photos by MC1 Ted Green, NRD Pittsburgh Public Affairs

Rear Adm. Annie B. Andrews, commander, Navy Recruiting Command (NRC), was the honored guest of Navy Recruiting District (NRD) Pittsburgh during her trip here Dec. 10-11.

Andrews was visiting recruiting districts across the nation en-route to the Army-Navy game in Baltimore where she enlisted the next generation of Sailors during a halftime ceremony.

Speaking with the Sailors and staff at NRD Pittsburgh's headquarters, Andrews thanked them for their hard work in getting off to a great start in recruiting for the year.

"I like coming out and seeing where you are and seeing your faces and thanking you so much for what you do in support of our nation every day," she said. "It all starts here in recruiting. You're bringing in to the Navy the highest quality [recruits] that we've ever seen."

NRD Pittsburgh's staff of over 150 Sailors covers a territory that stretches from central West Virginia, across Pennsylvania and to upstate New York.

"We are grateful Admiral Andrews could spend a day with us," said Cmdr. Jay Calvert, commanding officer of NRD Pittsburgh. "Coming here before the holidays sends a strong message of support to both our Sailors and Future Sailors."

During her visit Andrews took the opportunity to speak with the recruiters and Future Sailors of Navy Recruiting Stations (NRS) Robinson Town Center and North Hills.

"It was a great opportunity for her to meet with the best and brightest that Pittsburgh has to offer," said Aviation Electronics Technician 1st Class Joseph Blazick, leading petty officer of NRS North Hills. "There are a few in this group that may be in her shoes some



day."

Blazick, was recently named NRD Pittsburgh's Leading Petty Officer of the Year.

Andrews engaged with 55 Future Sailors for more than 45 minutes, answering questions and offering advice.

"You'll succeed in the Navy as long as you're willing to work hard and stick with it over the long term," said Francis Dubois, who is joining the Navy as a musician and found words of encouragement in Andrews' speech.

"It was good for our female Future Sailors to see that with hard work and dedication women can reach such a high rank in the Navy," said Aviation Boatswain's Mate Handling 1st Class Nicole Banks, NRD Pittsburgh's Recruiter of the Year.

"I'm so proud of each of you, for what you're about to do for your nation," Andrews told the group. "You have a goal in mind, you want to serve your country, you want to do something even bigger than you ever expected of yourself. The future of the Navy is in good hands."

The mission of NRC is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges. For more news from Commander, Navy Recruiting Command, visit www.navy.mil/local/cnrc/.

Rear Adm. Annie B. Andrews, commander, Navy Recruiting Command (CNRC), was the honored guest at Navy Recruiting District (NRD) Pittsburgh December 10-11.



Commander, Navy Recruiting Command, Speaks at WISE Conference

Story and photo by MC1 Sandi Grimnes, NRD Seattle Public Affairs

Rear Adm. Annie B. Andrews, commander, Navy Recruiting Command, was the keynote speaker at the University of Washington, College of Engineering Women in Science and Engineering (WiSE) conference in Seattle, on Feb. 28.

Andrews addressed a crowd of pre-college, undergraduate and graduate students during the daylong event that was devoted to celebrating women in engineering academics and careers.

The College of Engineering has held the WiSE conference for 24 years to encourage aspiring women engineers and scientists to enhance their leadership skills, engage with professionals in the field and learn about science, technology, engineering and math (STEM) careers.

"If you are looking for a career that taps into your curiosity about science and technology and enables you to apply your skills, such an opportunity exists in industry but also in the United States Navy," Andrews said. "The Navy offers highly technical careers with advanced training in everything from engineering to aviation, health care to information technology, also exciting work in nuclear propulsion engineers, pilots, technicians and many other challenging roles."

"STEM education programs are important for today's student because the majority of the U.S. economy is based on engineering and technology. It's important to encourage women to pursue careers in STEM by creating an environment that welcomes them," said Cathryne Jordan, assistant director for diversity and access.

"As advancement in STEM continues, the man power requirement for our Navy must focus on the type of personnel it needs to run our organization," said Andrews. "The need for people in STEM related fields is reaching a critical level in our country."

Andrews said, "The Navy will soon be using the Office of Naval Research's Human Injury and Treatment (HIT) technology. The HIT technology is used to help predict injuries and improve medical responses to any type of attack on our ships. HIT expands the concept of 'survivability report' by providing a comprehensive capability to forecast casualties potentially encountered during combat operations."

"This leap alone in technology is possible because of the Navy's commitment to investing in STEM," Andrews said. "The Department of the Navy employs over 100,000 uniformed and civilian scientists in the Office of Naval Research. They employ IT specialists, engineers and mathematicians and we recognize we must constantly advance into the 21st century to even keep our edge. These breakthroughs do not happen unless someone is daring. Daring enough to take the risk, daring enough to address the challenge and daring enough to think

outside the box."

It is important that women are contributing in STEM, said Andrews. Diversity of people is a source of strength for the nation and the Navy. As the nation becomes more diverse, the Navy will have increased opportunities to bring new ideas and expanded capabilities to its ever growing mission.

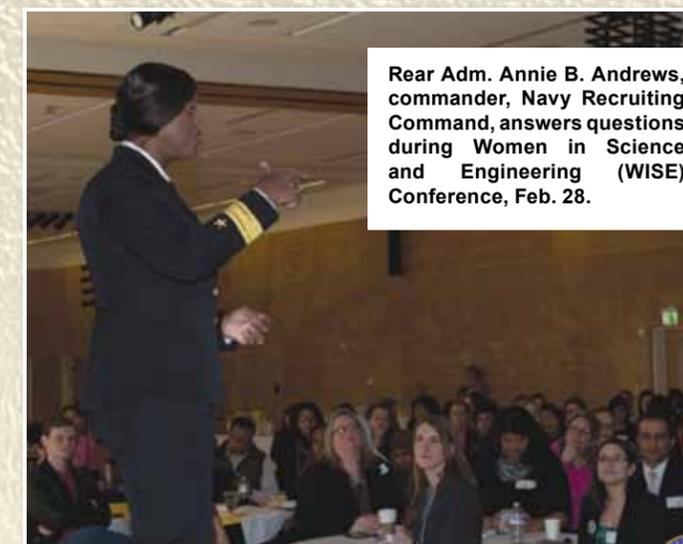
Today more than 65,000 women serve in America's Navy, Andrews continued. They work in all fields including aviation, operations, nuclear engineering, cryptology, intel, fields that we once thought of as only male dominated, said Andrews.

"In the air, on the land, above and under the seas, women serve at every Navy echelon in almost every facet from master-at-arms to Naval Academy Midshipmen, across the ranks from seaman to admiral, and as a significant part of the Navy's civilian workforce," said Andrews.

Some of the most critically sought after STEM majors are cyber, aeronautical and astronautical engineering, aerospace engineering, chemical, electrical and mechanical engineering.

Navy STEM missions include providing exceptional medical care, developing next-generation vaccine technology, developing robotics that keep people out of harm's way, serving as an authority in the fields of oceanography and meteorology.

"Whether you are in uniform or not in uniform, whatever you desire to do in your life, we need you in those STEM programs to produce," Andrews said. "We need you to make a difference and continue to make a difference; we need you for those programs that you are already familiar with to carry on to the next level. When you look at the young men and women who serve today and what they do and what we entrust in them, is absolutely inspiring."



Rear Adm. Annie B. Andrews, commander, Navy Recruiting Command, answers questions during Women in Science and Engineering (WiSE) Conference, Feb. 28.



Eye on the Field

1. Approximately 100 Future Sailors from across Navy Recruiting District (NRD) Houston took the Oath of Enlistment Wed., March 4, during a joint swear in ceremony at the Houston Rodeo. (U.S. Navy photo by MC1 Chris Fahey).

2. Recruiters assigned to Navy Recruiting District (NRD) Dallas volunteer in a community relations project with Mission Arlington. (U.S. Navy photo by MC2 Jonathan Vargas)

3. Recruiters assigned to Navy Recruiting Command speak with attendees during the National Society of Black Engineers career fair at the Anaheim Convention Center. (U.S. Navy photo by MCC Anastasia Puscian)

4. AO2 Joseph Januchowski and AT2 William Baldrey, both SpecWar Scouts from Navy Recruiting District New Orleans, enjoy a Mixed Martial Arts (MMA) contest at Areofest. (U.S. Navy photo by NC1 Jerald Campbell)

5. Caldwell High School Senior Emmalie Griswold stands with her parents, Jim and Evie Griswold, holding an NROTC check that was presented to her during a pre-game ceremony at the Idaho Stampede's (NBA development team) Military Appreciation Night. (U.S. Navy photo by NCC Nicolas Carbajal)

6. Navy recruiters observe an attendee completing a Science, Technology, Engineering and Mathematics robot challenge during the National Society of Black Engineers career fair at the Anaheim Convention Center. (U.S. Navy photo by MCC Anastasia Puscian)

7. OS2 Angel Montoya from Navy Recruiting District (NRD) Houston takes the field during a flag presentation at the opening game for the Houston Astros at Minute Maid Park Mon., April 6. (U.S. Navy photo by MC1 Chris Fahey)

8. Hospital Corpsman Nicole Cline, left, and OS2 Angel Montoya from Navy Recruiting District (NRD) Houston fist bump during a flag presentation at the opening game for the Houston Astros at Minute Maid Park April 6. (U.S. Navy photo by MC1 Chris Fahey)

9. Medal of Honor recipient Donald E. Ballard takes a photo with Sailors from NRD New Orleans at Areofest. (U.S. Navy photo by NC1 Jerald Campbell)

10. OS2 Brandon Boyer, a recruiter assigned to Navy Recruiting District (NRD) Dallas, interacts with students operating the simulated laparoscopic surgery during Science, Technology, Engineering and Mathematics (STEM) day at Skyline High School. (U.S. Navy photo by MC2 Jonathan Vargas)



Pride Mod Gets A Reboot

Story by MCSN Brandon Martin, Navy Recruiting Command Public Affairs

Navy Recruiting Command (NRC) is rolling out the next version of Personalized Recruiting for Immediate and Delayed Enlistment Modernization (Pride Mod), Pride Mod II, in the near future.

Pride Mod II will transition NRC from a current paper dependent officer and enlisted processing, selection, and accession business process into one web-based system. The system will cover both active and reserve components.

The system was updated in order to help NRC more effectively and efficiently carry out its mission to "Recruit Quality Today, Build for Tomorrow!"

"PRIDE Mod-II is central to Recruiting Force 2030 Strategy," said Kevin Sullivan, director of information systems at NRC. "It integrates Officer, Enlisted, Active and Reserve Components processing into a single IT system. Through the system's paperless processing, biometric signature, and workflow capabilities we will realize a reduction of the application processing time, an increase in data accuracy, and a decrease in rework."

NRC hopes the new system will make an impact Navy-wide by providing quality recruits faster at a lower cost

through improved processing time.

The biggest effect of Pride Mod II will be felt by those involved in applicant/recruit processing, classification and approvals.

"Pride Mod II will add the ability to process officer kits faster," said Rear Adm. Annie B. Andrews, commander, Navy Recruiting Command. "With the completion of Pride Mod II, everything becomes electronic which will cut down on cost with efficiencies and manpower needs. It'll make your life so much easier."

Recruits will also reap the benefits of Pride Mod II by experiencing a reduction in application and processing time.

Recruiters will be able to receive familiarization training courses from NRC's Training and Quality Assurance Department.

NRC's Information Systems Department will set up a temporary Pride Mod II helpdesk to assist with the transition from Pride Mod I.

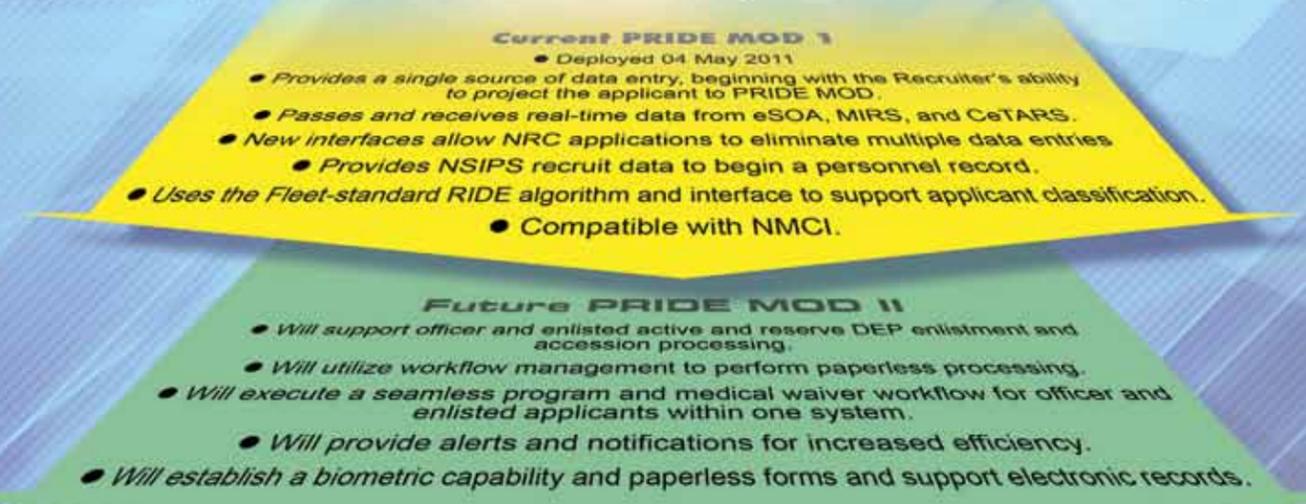
For more information about Navy recruiting, visit www.cnrc.navy.mil.



ET1 Marmaduke Simms, left, nuclear power coordinator, and HM1 Robert Meintrup, Navy recruiter, talk to high school students about Navy scholarships offered through the NROTC program at the FIRST robotics competition, Rebound Rumble. The Navy attended a local high school event to promote both Navy awareness and the NROTC program. (U.S. Navy photo MC1 Jason Winn)



Personalized Recruiting for Immediate and Delayed Enlistment Modernization (PRIDE MOD) II is the second release in the modernization of the existing PRIDE system. As shown in Figure 1.2-1 - PRIDE Modernization Progression, PRIDE Mod II will transition the Navy Recruiting Command (NRC) from a current paper based officer, enlisted, active and reserve prospecting, processing, selection, and accession business process into one web-based system.



- What's In It For Me?**
- Easier processing - Electronic workflow management, on-line forms, digital signatures
 - Better Applicant and DEP Management - System alerts and standardized accounting
 - Web interfaces with other systems - For automatic status updates
 - Automated and repeatable processes - E.g. standard checklists by programs
 - Labor reduction - Reduce need for manual data entry and enforcement of single point data entry

"Why is this change happening?" "What are the benefits to the organization?"

Align processes with RF2030 Strategy - Deliver a leaner, adaptable, and more capable recruiting force

Processing Improvement

- The current officer accession cycle-time often exceeds 9 months for professional officers
- The attrition rate for officer applicants prior to selection exceeds 37%
- Benefit: Reduction of application time by 30%

Reduction in Kit errors

- The error rate for officer applicant forms between Navy Recruiting Districts (NRDs) and NRC Headquarters (HQ) exceeds 35%
- Benefit: Decrease cost of rework

San Antonio Sailors Represent Navy at Local Salute to Veteran Patients Event

Story by MC1 Jacquelyn D. Childs, Navy Medicine Education and Training Public Affairs

A Navy recruiter and a Navy Medicine Training Support Center instructor stationed in San Antonio represented the Navy as 'ambassadors' at a local veteran's hospital during an event Feb. 13, 2015 to kick off the 28th annual nation-wide Salute to Veteran Patients Week.

Aviation Structural Mechanic 2nd Class Daniel Morales, a recruiter at Navy Recruiting District San Antonio, and Hospital Corpsman 2nd Class Shantal Zavala, an instructor from the Navy Medicine Training Support Center, went with representatives from the Army, Marine Corps, Air Force and Coast Guard to the Audie Murphy Veteran's Hospital to speak with veterans and show their support.

"Each of us who are privileged to live in this nation has a special place in our hearts for these defenders of freedom," said Marie Weldon, director of South Texas Veteran's Health Care System, during the welcoming remarks at the event. "That is why the VA takes time during the week of Valentine's Day to encourage our community to express affection and respect for those we admire."

Morales, Zavala and the eight other service members went on a guided tour of a couple sections of the hospital including part of the psychiatric ward and the prosthetics lab. As they walked through and spoke to veteran patients

at the hospital, they passed out hand-made Valentine's cards donated by local elementary schools.

"The main thing was just to show support for the veterans who served before us; talking to them and letting them know that we care, and making the day a little bit special for them," said Morales. "We wanted to let them know we don't take it for granted, that we haven't forgot the things that they've done."

"I think it's really rewarding, especially being a corpsmen," said Zavala. "It was really rewarding to see what we do overseas in theater actually matters for patients here at the hospital."

This was the first of many events the two Sailors and their counterparts from the other services will be attending as ambassadors. Both sailors were nominated by their command and selected by a committee of local command master chiefs to represent the Navy at Fiesta San Antonio 2015. A celebration of San Antonio's history and diverse culture, Fiesta is one of the largest festivals in the nation, lasting approximately two weeks and bringing in millions of visitors.

"I'm honored and privileged to be selected as an ambassador," said Morales. "It could've been someone else, and I'm happy to be a part of it just to show my support and represent the U.S. Navy and the military."

"I'm glad to participate," agreed Zavala. "I'm really excited about it. As I read more about Fiesta, I'm really excited to be a part of that culture they have here."

Fiesta San Antonio is scheduled to take place April 16 - 26. More information about Fiesta San Antonio can be found at <http://www.fiesta-sa.org/>



(left) HM2 Shantal Zavala, from Playas de Rosarito, Mexico, is a urology service lead/instructor at the Navy Medicine Training Support Center at JBSA-Fort Sam Houston.

(right) AM2 Daniel Morales, from Manila, Philippines is assigned as a recruiter with the Navy Recruiting District San Antonio at JBSA-Fort Sam Houston. As a Navy recruiter, he is responsible for providing leadership, motivation and training to 25 Future Sailors and the procurement of qualified officers and enlisted personnel for active service in the regular and reserve components of the U.S. Navy.

Military ambassadors from the Army, Marine Corps, Navy, Air Force and Coast Guard will represent their respective services at San Antonio-area community events, including nearly 150 activities associated with Fiesta San Antonio. They also participate in parades and visit local schools, nursing homes and retirement facilities throughout the year. (U.S. Navy photo by Ed Dixon.)

Sailor Chases Dream Through MECP

Story and photo by MCSN Brandon Martin, Navy Recruiting Command Public Affairs



HMC Melissa Hamilton, program manager for officer NAVET (U.S. Naval Veterans), stands in front of the New Mexico flag at Navy Recruiting Command. Hamilton, a Cloudcroft, N.M., native, was recently accepted into the Medical Enlisted Commissioning Program.

Hamilton said that, after years of hard work, being accepted to the program and allowing her to make a difference in someone's life serves as a dream come true.

"I always wanted to be in the medical community and in the Navy," said Hamilton. "I grew up learning and hearing about my grandfather who served in the Korean War as a corpsman and his brother who was a cardiologist in the Navy. They inspired me early on to follow in their selfless acts of service and I always wanted to follow in their footsteps."

While Hamilton has climbed the chain-of-command as an enlisted corpsman, she feels nursing offers her a chance to get back to caring for patients.

"Nursing has always been a passion and the higher the rank you get as a hospital corpsman, the less hands-on patient care you get to do," said Hamilton. "Being bedside and taking care of patients is what I really enjoy."

After some time on the administrative side, Hamilton looks to regain that face-to-face contact through nursing.

Though nursing is a new frontier, Hamilton sees her background as a corpsman as an asset for her future endeavors.

"Having the background as a Chief Hospital Corpsman can bring experience, pride and professionalism to the plate," said Hamilton. "As an 'HMC,' I have a lot of experience with the molding of Sailors. Some of the nurses that come directly from the outside aren't going to have that same experience leading."

Following 16 and a half years of leading Sailors, Hamilton says she is finally ready to open the next chapter of her life.

Even as she moves one step closer to reaching her own dream, Hamilton has advice for those who look to follow in her footsteps.

"It's not about accomplishing just anything, it's about being able to accomplish something that inspires somebody else and makes a difference in someone's life," said Hamilton. "If they have that passion, it's about helping them get there too. Be strong and be true to who you are. If you have something you are passionate about then work hard at it and don't give up. It takes a lot of time and effort but in the end the work is worth the reward."

For more information about the Medical Enlisted Commissioning Program in the Navy visit <http://www.navyofficers.com/medical-enlisted-commissioning-program-mecp/>

For more information about Navy recruiting, visit www.cnrc.navy.mil.

The path to joining the Navy's Medical Service Corps is a long but rewarding journey. Having a four-year medical degree, maintaining physical fitness standards and exhibiting high moral character are all requirements to become a medical professional in the United States Navy.

While merging onto the health professional highway is hard, the Navy has many routes an individual can take to realize their career goals.

One road the Navy offers is the Medical Enlisted Commissioning Program (MECP). MECP allows qualified enlisted Sailors with the opportunity to earn an entry level degree in nursing and to be appointed as an officer in the Nurse Corps of the Navy. All enlisted ranks and rates are eligible to apply for the program as long as they are commissioned before their 42nd birthday. In addition, applicants must have completed at least 30 semester hours of undergraduate courses with a cumulative GPA of at least 2.5 on a 4.0 scale.

MECP recently gained a qualified applicant from Navy Recruiting Command after Chief Hospital Corpsman Melissa Hamilton, program manager for officer NAVET (U.S. Naval Veterans), was accepted into the program.

Navy Recruiting Updates RAD Items

Story by MC3 Brandon Martin, Navy Recruiting Command Public Affairs

Navy Recruiting Command (NRC) has announced plans to distribute new Recruiting Aid Devices (RAD) scheduled to roll out by the end of June.

RADs are used to help recruiters start conversations with applicants to inform them about career options in the Navy.

The new RADs are more current products that reflect the interests of today's recruiting market of 17-24 year olds.

The new items include knit caps, headphones, license plate covers, a wireless mouse, a power bank to charge cell phones, and mechanical pencils.

"The new items will provide confidence and pride to recruiters as they present and discuss Navy career choices with potential applicants," said James Blum,

director for the Logistics/Supply (N4) department at NRC.

Yearly review boards are held to decide which new items to introduce and which old items should be phased out.

"Each year at our March Promotional Review Board, the N4 team presents 10-12 new product ideas that are selected from an annual vendor's tradeshow," said Blum.

"From these 10-12 new products, field recruiters vote in six new items, which represents 15% of the overall products carried. As an offset, we also ask recruiters to help us identify older items to remove from our inventory."

Items voted out in the yearly survey from the field will be phased out as any remaining stock is depleted.



1. License plate frame
2. Head phones
3. Power cell for charging electronic devices
4. Mechanical pencil
5. Wireless mouse
6. Knit caps

Nevada NJROTC Cadet Presented Scholarship

Story by Robin Sanz, NRD Portland Public Affairs

Navy Recruiting District Portland proudly recognized one of the top Navy Reserve Officer Training Corps (NROTC) scholarship recipients in the nation during a ceremony Nov. 7, 2014 at Churchill County High School in Fallon, Nev.

Lt. K.C. Dalton, officer in charge of Naval Recruiting in Reno, presented Jonathan Grimes with a check during an assembly at the high school. The NROTC scholarship is valued at \$180,000.

Jonathan Grimes participated in the Navy Junior Reserve Officer Training Corps all four years of high school and currently serves as the operations officer. He has maintained a 3.92 GPA throughout high schools

and is ranked 4th overall in his class. Grimes is among approximately 4,000 students who receive NROTC scholarships each year out of more than 16,000 who apply. Being selected early in the scholarship cycle distinguishes him as one of the top candidates in the country.

Grimes' recruiter, Hospital Corpsman 2nd Class Nathan Palanivelu, says Grimes is a dedicated student who is not only motivated to make himself better, but to help better those around him. Palanivelu says most of the students who attended the assembly had no idea that the Navy scholarships were available and were surprised by the amount Grimes received.



Lt. K.C. Dalton (right) presented Jonathan Grimes (center) with an NROTC check valued at \$180,000 during an assembly Nov. 7, 2014 at Churchill County High School in Fallon, Nev. Grimes' recruiter, HM2 Nathan Palanivelu, also attended the ceremony. Grimes served in the Navy Junior Reserve Officer Training Corps all four years of high school and is currently the operations officer. (Photo courtesy of Churchill County High School Naval Junior ROTC)

Eye on the Fleet



2



6



7

1. SAN DIEGO (Feb. 3, 2015) SW1 Honer Villanueva, assigned to Naval Mobile Construction Battalion (NMCB) 3, cuts rebar beams with an oxygen acetylene torch during a seaplane ramp construction project. (U.S. Navy photo by MC2 Mark El-Rayes)

2. SEAL BEACH (March 2, 2015) MA1 Virgil Ignacio, assigned to Naval Weapons Station Seal Beach, reads to students at J. H. McGaugh Elementary School during the 18th annual Read Across America Day. (U.S. Navy photo by MC1 Michael O'Day)

3. ARABIAN GULF (Feb. 18, 2015) BM2 Timothy Annoni signals fuel probe seats on a sponson aboard the aircraft carrier USS Carl Vinson (CVN 70) during a replenishment-at-sea with the Military Sealift Command fleet replenishment oiler USNS Walter S. Diehl (T-AO 193). (U.S. Navy photo by MC2 Scott Fenaroli)

4. Guam (Feb. 13, 2015) BU2 Remie Acosta, assigned to Naval Mobile Construction Battalion (NMCB) 11, helps a Guamanian student paint a handprint on the new "Buddy Bench" at Chief Brodie Elementary School in Tamuning, Guam. (U.S. Navy photo by Ensign Frances R. Hunter)

5. MEDITERRANEAN SEA (Feb. 27, 2015) BM3 Class Francisco, Jimenez-Gonzalez, from San Antonio, serves as the petty officer in charge of a connected replenishment aboard the guided-missile destroyer USS Donald Cook (DDG 75) during a replenishment-at-sea with the Military Sealift Command fleet replenishment oiler USNS John Lenthall (T-AO-189). (U.S. Navy photo by MC2 Karolina A. Oseguera)

6. DIEGO GARCIA (Jan. 19, 2015) BU1 Donald Wedekind, Seabee diver from Underwater Construction Team Two, Port Hueneme, Ca., checks the density of piles during a survey on a deep draft wharf at U.S. Navy Support Facility Diego Garcia. (U.S. Navy photo by MC1 Gary Keen)

7. PACIFIC OCEAN (March 4, 2015) AO2 Jason Placide and AO3 Timothy Sicignano oversee the firing of a 25 mm Mk 38 Mod 2 machine gun system during a live-fire exercise aboard the Wasp-class amphibious assault ship USS Essex (LHD 2). (U.S. Navy photo by MC2 Class Sean P. Gallagher)

8. ARABIAN GULF (March 2, 2015) AM3 Jacob Adams polishes the canopy of an F/A-18C Hornet from the Mighty Shrikes of Strike Fighter Squadron (VFA) 94 on the flight deck of aircraft carrier USS Carl Vinson (CVN 70). (U.S. Navy photo by MC3 Eric Coffey)

9. ATLANTIC OCEAN (Feb. 10, 2015) IT2 Joshua Lesperance, from Spring Valley, Ill., launches an RQ-20A Aqua Puma small unmanned aircraft system off the flight deck of the Military Sealift Command joint high-speed vessel USNS Spearhead (JHSV 1). (U.S. Navy photo by MC1 Joshua Davies)

10. ATLANTIC OCEAN (Feb. 3, 2015) The Arleigh Burke-class guided-missile destroyer USS Farragut (DDG 99) is underway conducting a composite training unit exercise with the Theodore Roosevelt Carrier Strike Group in preparation for an upcoming deployment. (U.S. Navy photo by MC3 Jackie Hart)

11. NAVAL STATION ROTA (March 5, 2015) A Spanish marine casts out of a U.S. Navy SH-60S Sea Hawk helicopter assigned to the Dragon Whales of Helicopter Sea Combat Squadron (HSC) 28 during helicopter rope suspension training in Rota, Spain. (U.S. Navy photo by MC1 Brian Dietrick)



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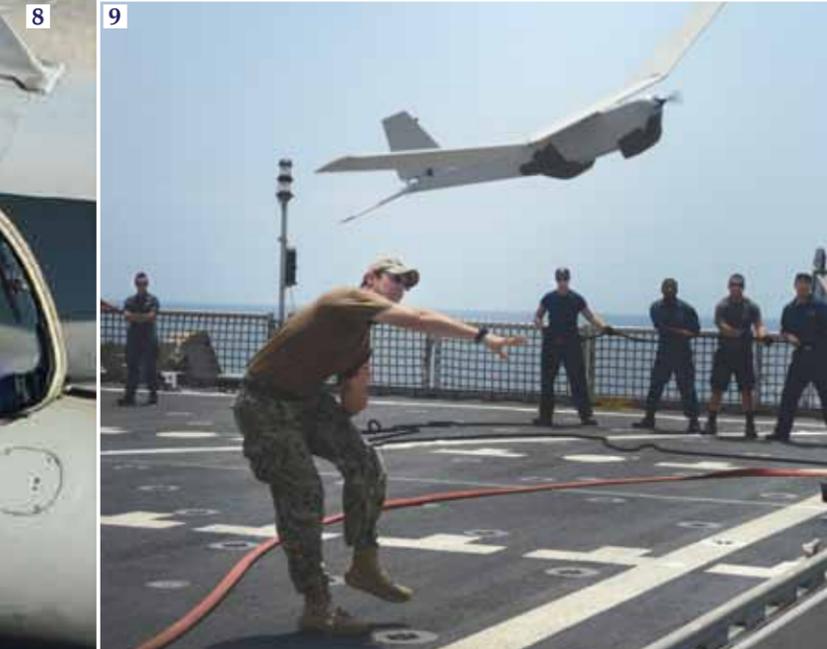
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Recruiters, Teachers Find Diverse Benefits of Navy's Nuclear Outreach Program

Story and photos by Robin Sanz, NRD Portland Public Affairs

Electrician's Mate 1st Class James Iler looks forward to teaching kids about nuclear power. In fact, he'd eventually like to teach high school physics. But before he became the nuclear coordinator for Navy Recruiting District (NRD) Portland in October of 2013, teaching, let alone speaking to large groups of people, was not something he ever considered as a possible career path.

As the advanced programs coordinator for the district, Iler is expected to give presentations to high school students about nuclear power and how the Navy uses it. After spending five years maintaining and operating the nuclear reactors aboard USS Ronald Reagan (CVN 76), he's definitely an expert on the subject. But as a self-admitted introvert, he was not looking forward to giving class presentations. He quickly overcame that fear and after just over a year on the job, classroom presentations have become the part he enjoys most about the position.

Iler taught three science classes January 27, 2015 at Taft High School in Lincoln City, Ore. His interest in the topic and eagerness to engage students in the



subject matter comes through in his presentations. He begins by asking students if they'd be OK with a nuclear power plant in their town. Then he shows them a picture of one alongside a photo of a coal-fueled power plant and explains the differences. "There's a lot of fear out there surrounding nuclear power but there's also a lot of misinformation," Iler told the class. "I just want to get you interested in the topic because our nation's energy policy is going to be a very big deal in the near future and you'll be the ones making the decisions for us as a country. I want you to be able to make your own informed decision." Iler goes on to talk about the making and controlling of nuclear reactors, our nation's growing consumption of electrical power and different types of radiation exposure. He also has fun with the presentation, sharing a story of a chemistry experiment gone wrong in his bedroom when he was a teenager. He discusses the downsides of nuclear power and ends with how the Navy has safely relied on it to power its submarines and aircraft carriers for more than a half century.

Recruiters for the district set up the presentations with teachers in the schools at which they are assigned. Mechanical Gas Turbine System Technician 1st Class Christopher Vertner, a recruiter at Navy Recruiting Station Newport and Coos Bay who arranged the presentation at Taft High School, says they are a great way to make positive connections with a school and its staff. He also says the nuclear power presentation helps target the higher quality students the Navy is looking



to attract for their advanced programs. "Every time we do it at school, teachers want us coming back the next year," said Vertner. "They like how it shows students the different aspects of nuclear programs in the Navy and how we use nuclear power." Vertner utilizes the nuclear outreach program often and, in fact, was NRD Portland's 2014 Nuclear Field Recruiter of the Year.

Teachers are definitely impressed with Iler's presentation. "I have a better understanding (of nuclear power) now than I did an hour ago," said substitute teacher Walt Ricks when introducing Iler to the second class at Taft. "He did a wonderful job. He really knows his subject."

You could say Iler is following somewhat in the footsteps of his father, a chemistry professor at a college in Illinois. He loves the science field and says after doing these school presentations for just over a year now thinks he would really enjoy teaching high school physics following his Navy career. Although he says the transition from his job on the carrier to recruiting wasn't easy, he is getting more comfortable interacting with people and believes the skills he has gained in the nuclear coordinator position will benefit him throughout life.



1, 3 and 4 EM1 James Iler, NRD Portland's nuclear coordinator, talks to students during a science class at Taft High School in Lincoln City, Ore. on January 27, 2015. Iler works with recruiters to set up school presentations to talk about nuclear power and how the Navy uses it.

2. GSM1 Christopher Vertner, a recruiter at NRS Newport and Coos Bay, talks to a science class at Taft High School in Lincoln City, Ore. on January 27. He set up presentations for NRD Portland's nuclear coordinator, EM1 James Iler, who taught three classes that day about nuclear power and the use the Navy makes of it.



Daniel Green

NRC Junior Civilian of the Year

Story and photo by MCSN Brandon Martin, Navy Recruiting Command Public Affairs



now having someone else take care of you after you have taken care of so many Sailors and an organization for so many years. I'm truly grateful that I have a boss and command that recognize and consider my talents important. To me, I'm just doing my job. However; I am extremely humbled for the recognition.

What steps did you take to reach your success at NRC? *Nothing special; I believe in doing my job to the best of my ability and treating everyone like I would want to be treated; and that's with respect and giving them the right answer, whether it be good...bad...or indifferent.*

What's your favorite part about working for NRC? *Putting in an honest day's work and helping everyone I come in contact with.*

What plans do you have for the future at NRC? *Learning different systems within my department and others departments. To become a well versed NRC employee who knows the business inside and out.*

Is there anyone you look to at NRC for help and guidance? *Mrs. Anzie Green and Mr. Kevin Sullivan helped me to not settle for less.*

Do you have any hobbies for when you aren't at work? *Spending quality time with my family, my church and anything sports related.*

What advice would you give to new arrivals at NRC to succeed? *Always put your best effort in everything you do, be nice and courteous to all, (regardless of rank or title) and remember saying please and thank you goes a long way.*

When did you start working for NRC? *February 13, 2012.*

Do you have any prior experience in the military? *Yes, I served in the U.S. Navy for over 20 years as a Chief Yeoman.*

What's different between working as a civilian compared to working in the military? *Despite not wearing the uniform, there's no difference to me. I still play an integral part in recruiting the best and brightest in today's Navy.*

What does your job at NRC consist of? *I currently serve as an Executive Assistant, Administrative and Human Resource Specialist for Navy Recruiting Command in the Information Technology & Communications Department.*

How do you feel about receiving the Junior Civilian of the Year? *Ecstatic !!! I am honored! It's kind of funny*

America's Navy Introduces STEM Tour 2 at Local Robotics Competition

Story and photos by Burrell Palmer, NRD San Antonio Public Affairs

To strengthen the interest of high school students in the areas of Science, Technology, Engineering, and Mathematics (STEM), recruiters with Navy Recruiting District San Antonio attended the For Inspiration and Recognition of Science and Technology (FIRST) Tech Challenge Regional Championships held at Rackspace, Feb. 20 - 21.

In addition to recruiters serving as judges and referees of the competition, the Navy's STEM Tour 2 was on hand for students to engage and learn more about STEM opportunities within America's Navy.

According to FIRST, the competitions are a unique varsity "Sport for the Mind" designed to help high-school-aged young people discover how interesting and rewarding the lives of engineers and scientists can be.

As referees, the recruiters oversaw the competition, judged, and evaluated teams, then presented awards for design, technology, sportsmanship, and commitment to FIRST.

According to Gregory Hine of Lowe-Campbell Ewald and STEM 2 Tour manager, the tour helps Navy Recruiting across the nation entice students who are interested in technology to seek a STEM career in the Navy.

"STEM 2 Tour is a smaller, more nimble version of the popular Navy STEM 1 Tour and is a great way to engage students at robotics competitions and other events that offer less space," said Hine.



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High School Senior Abel Solomon of Vista Ridge High School in Cedar Park, Texas attended the robotics competition to help promote STEM across the high school community.

"Having the Navy here at the championships opens the perspective of many of the students, especially in reference to technical opportunities within the Navy."

Solomon was recently announced as a recipient of a Naval Reserve Officers Training Corps Scholarship in the amount of \$180,000. He will be attending Virginia Tech University in the fall majoring in Bio-Chemistry.

STEM Tour 2 has been featured in numerous events to include the Army-Navy Game, 2015 Poinsettia Bowl Game, ESPN Winter X-Games and other STEM related events. It features a BrainSTEM Challenge Application (touch screen), a virtual-reality Deep Sea Challenge, a Robotics Challenge Course, a laparoscopic surgery demo and more.



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1. NC1 Steven Camacho, a recruiter with Navy Officer Recruiting Station Bandera, NRD San Antonio, explains the workings of one of the robots used in the Navy STEM 2 Tour's Robotics Challenge Course during the For Inspiration and Recognition of Science and Technology (FIRST) Tech Challenge Regional Championships.

2. ET1 Allyson Robertson, a recruiter with Navy Recruiting Station Mercado, Navy Recruiting District San Antonio, served as one of the referees during the Championships.

3. GM2 Cecil Ford, a recruiter with Navy Recruiting Station Hollywood Park, Navy Recruiting District San Antonio, judges one of numerous presentations.



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Sailors Show School Spirit Through Adopt-A-School Program

Story by MCSN Brandon Martin, Navy Recruiting Command Public Affairs

Navy Recruiting Command (NRC) Sailors participated in a community relations project at Millington Elementary School and Rivercrest Elementary School March 25 as part of the command's Adopt-A-School Program.

The Sailors read books and answered questions about the Navy from students who ranged from pre-kindergarten to fourth grade.

The Adopt-A-School Program has given Sailors the opportunity to volunteer with local elementary schools on a monthly basis for the past two years. Millington and Rivercrest students and faculty greatly appreciated the presence of the NRC Sailors.

"I love to see the Navy readers coming into our schools," said Wilma Shaw, fourth grade teacher at Rivercrest Elementary School. "I think that letting

them [children] know the different occupations of the Navy is an excellent way to reach out to students and give them other options."

The primary objective of the visit was to promote reading in children at a young age.

"I think that the pre-k students get to see a real life application for the effects of reading and to see why it's important to become a good reader," said Rhonda Childress, pre-kindergarten teacher at Millington Elementary School. "When they see someone coming, especially people in uniform, that gives them something to look up to and aspire to be."

The Adopt-A-School program allows ten NRC volunteers the privilege of serving the local community.

Some Sailors feel that spending time with the local children provides its own type of reward.

"My favorite part of this is being able to connect with the kids on their level and understand their life and views on life," said Yeoman 3rd Class Breana Smith, admin awards clerk for NRC.

NRC Sailors will continue to make similar school visits throughout the school year.

For more stories on recruiting please visit www.cnrc.navy.mil



1. PS3 Joanna Banda, assigned to Navy Recruiting Command, reads to a class of kindergarten students at Millington Elementary School as part of the Adopt-A-School Program. (U.S. Navy photo by MC3 Preston Paglinawan)
2. Sailors from Navy Recruiting Command (NRC) join students and faculty at Rivercrest Elementary School for a group photo as part of NRC's Adopt-A-School program March 25. (U.S. Navy photo by MCSN Brandon Martin)
3. PSSN Isaiah Tapia, personnel clerk for Navy Recruiting Command (NRC), reads a book to children at Rivercrest Elementary School as part of NRC's Adopt-A-School program March 25. (U.S. Navy photo by MCSN Brandon Martin)
4. YN3 Breana Smith, assigned to Navy Recruiting Command, reads to a class of kindergarten students at Millington Elementary School as part of the Adopt-A-School Program. (U.S. Navy photo by MC3 Preston Paglinawan)

Warriors Recruiting Warriors

Story by MC2 Abe McNatt, Naval Special Warfare Group 2 Public Affairs

There is perhaps no other specialized fighting force in the world that is talked about more, but truly known about less, than the U.S. Navy SEALs.

The preparation, training, and capabilities of the SEALs are near legendary, but like most legends people do not really know where they came from. Then there is the much less talked about and even less known about, but just as effective, special warfare combatant-craft crewmen (SWCC, pronounced swick). Where do these guys come from? How does someone leave an ordinary life behind to make it legendary? And most importantly for the true warrior at heart - where do I sign up?

For the past eight years, the Navy has been operating The Navy SEAL & SWCC Scout Teams to help find these men and answer their questions and prepare them for the most challenging tests of their lives. Its priority is to maintain Naval Special Warfare's (NSW) level of excellence, and to seek a diverse culture that fully leverages and values a workforce and environment in which everybody serving in the NSW community is able to achieve their full potential.

The East Coast team is led by retired Master Chief Special Warfare Operator (SEAL) Mark Courier. With the enthusiasm of a kid showing off his new treehouse, every recruit gets treated to the same experience. He springs to his feet and meets them halfway into the room with a handshake and a grin that says, "You gotta see this!" It's maybe not what most people would expect, but the reputation of 'crusty old salt' that is commonly

endeared upon a 30-year enlisted U.S. Navy SEAL veteran doesn't apply here. For Courier, the goal he has for everyone is to leave his club house with the same feeling: "Wow, that's something I want to be a part of."

"First impressions are lasting impressions," said Courier. "For most visitors this is their first impression of NSW. It's important to get up, move around your desk, and to shake that person's hand."

Courier has been leading the charge of the East Coast team, which is responsible for multiple programs, since its inception in 2007. The Fleet Transition Program (FTP) for Sailors already in the fleet is intended to help Sailors apply to, and/or transition to, Basic Underwater Demolition /SEALs (BUD/S). It also operates an aquatics outreach program that is open to anyone, in or out of the military, who wants to become a SEAL or SWCC team member. Additionally, it does community outreach by sending SEAL and SWCC team members into communities to educate, motivate and inspire youth to follow their dreams.

After 30 years of active duty service and another eight, and counting, of civilian service, working with young men who are looking to do something important keeps the 56-year-old feeling young. During a four-mile group run on the beach, at sunrise in 35 degree weather, Courier said, "Do you see why I love my job?"

Trainees will learn basic and advanced skill on swimming, running, calisthenics, strength training and other basic SEAL and SWCC skills. Trainees are

closely monitored by qualified SEAL and SWCC team members, who will mentor them on core requirements required for prospective candidates.

"I didn't get picked up by the SEALs when I first tried," said Lt. j.g. Ethan Strauser, who is now slated to start BUD/S. "I started coming to the swim program six years ago trying to get with FTP. If you show you are motivated to be SEAL/SWCC they will do everything they can to help you. Commitment is huge. You have to be able to push through road blocks, if this is your dream don't let anybody tell you no."

Trainees will be expected to maintain a positive mental attitude, good military bearing, professionalism and Navy pride.

"Being able to work with people like Mark Courier is a huge asset," said Strauser. "He has a very high reputation within the community. He is very consistent with everyone, and very passionate and sincere, and will work with anyone on an individual basis."

When Courier says the swim program is open to anyone, he means it. Courier regards one of his biggest successes when he met a 14-year-old, who did not know how to swim, and his mother. Courier invited him to come to the swim program and started working with him. The young man swam nearly every day. When he was 17 he joined the Navy and did accomplish his dream of becoming a SEAL.

"To become a SEAL/SWCC, it's 95 percent from the neck up, maybe a percent or two is physical and the rest is heart and soul," said Courier. "Nobody really comes to us who are not physically fit enough for the job, but that is not enough on its own."

Helping trainees to be comfortable and confident in the water is a very large aspect to FTP and the swim program.

"The success of the SEAL & SWCC Scout Team is about the team," said Courier. "I do my best to instill into these young men to have dreams, have discipline, and most importantly, have fun. We are not instructors here, we are not in a school house. When you put an instructor in front of someone that changes things. We are mentors and coaches, not drill sergeants. I can't do this job without the volunteers within the East Coast NSW community. This is not a Mark Courier Success: this is a team success."

The programs offered are 100 percent volunteer and extremely challenging. Only highly motivated individuals seeking a career in NSW are encouraged to participate. The courses are continuously run and have no start or stop dates.

For more information visit www.sealswcc.com or contact Mark Courier at 757-763-3005.

For more news from Naval Special Warfare Group 2, visit www.navy.mil/local/nswg2/.



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1. Sailors in the Fleet Transition Program (FTP) participate in a weekly beach run. FTP is designed to screen and prepare SEAL and SWCC candidates for entering Basic Underwater Demolition School (BUD/s). (U.S. Navy photo by MC2 Abe McNatt)

2. and 3. High school students run the Naval Special Warfare Group 2 obstacle course at Joint Expeditionary Base Little Creek-Fort Story. (U.S. Navy photo by MC2 Rob Rupp)

Navy Recruiters Build Playhouses for Low Income Families

Story and photos by MC2 Travis Nickell, NRD San Diego Public Affairs

Fifteen Sailors from Navy Recruiting District (NRD) San Diego participated in a community relations project with San Diego Habitat for Humanity (SDHFH).

Recruiters assigned from seven different San Diego area recruiting stations work together to construct 10 wooden playhouses for low income families in the area.

The investment company TD Ameritrade sponsored the building materials, and will later host a playhouse painting competition to fund raise additional money for SDHFH. SDHFH hopes to raise \$20,000 from the playhouses.

James Cyr, construction crew leader for SDHFH, noted that the drive military volunteers bring to projects like these provide safe play areas for children.

"They [military volunteers] come with a lot of drive to do the work and get the job done quickly," said Cyr. "This project will better serve the less fortunate and get these houses to kids who may never have anything like this."

After each house is built and painted, SDHFH will load and deliver each playhouse to a low income family.

"I get a sense of satisfaction from projects like these," said Petty Officer 1st Class Khoi Do, recruiter assigned to Navy Recruiting Station College Grove. "I've done something with a purpose. We volunteer for projects like this not just for families of San Diego but more importantly for children."

Established 27 years ago, SDHFH has built and

renovated hundreds of homes and changed the lives of even more families through the work of over 200,000 volunteers and supporters.



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1. Recruiters assigned to Navy Recruiting District San Diego help build playhouses for San Diego's Habitat for Humanity.
2. Navy Recruiting District San Diego Division One recruiters pose for a group photo after building playhouses for San Diego's Habitat for Humanity.

Public Health Center Announces Revitalized ShipShape Program

From Navy and Marine Corps Public Health Center, Public Affairs

The Navy and Marine Corps Public Health Center (NMCPHC) announced the launch of the revitalized ShipShape Program, March 9.

The ShipShape Program helps participants achieve healthy weight loss and maintain a healthy weight by facilitating changes in eating and exercise habits. The program aligns to the missions of the 21st Century Sailor and Marine Initiative and Navy Medicine to maintain a healthy, fit, and ready force.

"We spearheaded an intensive ShipShape Program improvement initiative to enhance curriculum content, facilitator training, and participant involvement which we feel increases the value and impact of the program," said Cmdr. Connie Scott, Health Promotion and Wellness (HPW) Department Head at NMCPHC. "We led an in-depth review to assess service member success rates after completing the program, surveyed current ShipShape Program facilitators on best practices and recommendations, reviewed ShipShape Program Participant evaluations, and conducted a contemporary literature review on management of overweight and obesity in our efforts to improve the program."

"Additionally, we would like to recognize our ShipShape Program facilitators who are essential in providing the needed program outreach assisting service members in meeting readiness requirements, and also providing a resource to improve the health of our beneficiaries and civilian staff," said Scott.

NMCPHC modernized the ShipShape Program curriculum and reporting forms, unveiled a new logo, adopted "Get Ready. Get Fit. Get Healthy" as its tagline, and redesigned the ShipShape Program website, which has garnered more than 6,000 unique visits since October 2014.

"Over the last two years, approximately 43 percent of active duty fitness enhancement program (FEP) participants that successfully completed the ShipShape Program have met Navy body composition assessment

(BCA) standards within six months of completing the program," said Sally Vickers, ShipShape Program manager at NMCPHC. "Through the updated ShipShape Program, we look forward to helping more active duty and reserve service members, beneficiaries, and government civilians meet their weight management goals."

The updated ShipShape Program curriculum ensures that each of the program's eight sessions cover three essential components for weight management: mindset, nutrition, and physical activity. It also integrates engaging activities that promote both participant interaction and individual accomplishments.

Reporting form revisions include a consolidated attendance roster and reporting form, auto-population features for follow-up reporting, and other updated features that provide an easy-to-use tool for participant tracking.

"In addition to the overall redesign of the program, we also focused on increasing interaction between ShipShape Program facilitators and NMCPHC, as the program manager," said Vickers. "We established a forum via milSuite for facilitators to ask questions, share their experiences, and provide program feedback."

Since November 2014, NMCPHC has trained and/or recertified approximately 130 ShipShape Program facilitators from across the Navy.

The ShipShape Program is the official Navy weight management program that assists active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes to reach their weight management goals. The program is administered at local medical treatment facilities (MTFs) and clinics, shipboard commands, and other ashore facilities.

Learn more about the ShipShape Program at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx>

For more news from Navy and Marine Corps Public Health Center, visit www.navy.mil/local/nmcphc/.



Lt. Alyse Dason, left, from Knightdale, N.C., teaches a yoga class on the flight deck of the aircraft carrier USS George H.W. Bush (CVN 77). (U.S. Navy photo by MC3 Margaret Keith)

Recruiters Get Major Phone Upgrade

Story and illustration by MCSN Brandon Martin, Navy Recruiting Command Public Affairs

Navy Recruiting Command (NRC) began distribution of more than 4,000 smartphone devices to all production recruiters and various other NRC positions beginning May 1.

The previous models of phones used by recruiters are being replaced in order to better conduct real-time business with prospective recruits.

"The tech savvy image the device projects to young men and women is a complementary asset that supports the technical persona our Navy conveys through marketing and advertising campaigns," said Lt. Felicia Godfrey, deputy for the information systems department at NRC. "Keeping our production recruiters connected with the target market is essential to the Navy's talent acquisition initiatives."

Previously recruiters struggled with maintaining contact with recruits due to the limited technological capabilities of the traditional cell phone. By upgrading to smartphone technology the Navy hopes to minimize such roadblocks for recruiters.

"This tool empowers our recruiters with anytime, anywhere access to business resources and it facilitates real-time collaborations with prospects, applicants, and Future Sailors," said Godfrey.

The switch to smartphones is expected to build stronger relationships between recruits as well as boost morale for recruiters.

"The ability to reach and process applicants and Future Sailors anytime and anywhere can reduce a lot of pressure off the recruiter and greatly impact their ability to meet deadlines by working smarter and not harder," said Godfrey.

With future updates to the smartphones, recruiters will be able to access their Navy Marine Corps Intranet emails while on the move.

Godfrey recommends that users set up their smartphone account using their work email.

The introduction to new technology greatly assists recruiters; however, it is also accompanied by new risks.

"In the ever changing IT environment, the Navy is constantly monitoring for security threats and vulnerabilities and will adjust accordingly," said Godfrey.

While rollout for the new smartphones began May 1, distribution will continue throughout the fiscal year.

For more information about Navy recruiting, visit www.cnrc.navy.mil.

New smartphone upgrades will support in the recruiting effort to improve connectivity between the recruiters and Future Sailors. (U.S. Navy illustration by MCSN Brandon Martin)



CNO, CNP Talk Personnel in Conversation With a Shipmate

Story by MCC Julian Metzger, Chief of Naval Operations Public Affairs

The Navy's top admiral and personnel chief released another installment March 2 of the Internet video series, "Conversation with a Shipmate."

Lt. Caroline Hutcheson and Mass Communication Specialist 1st Class Elliott Fabrizio interviewed Chief of Naval Operations (CNO) Adm. Jonathan Greenert and Chief of Naval Personnel (CNP) Vice Adm. Bill Moran last week.

Deep in the belly of the Pentagon, CNO and CNP answered questions regarding Navy personnel. Together they tackled salient manning issues: modernizing Navy's outdated personnel system, maximizing career-long technical training, moving away from year-group management, and reassessing the Body Composition Assessment (BCA) standards for the biannual Physical Fitness Assessment (PFA).

Greenert began the conversation by saying that taking care of Sailors is both a short and long term issue. Today, the Navy is focused on improving manning and manpower by filling gapped billets at sea, stabilizing promotion opportunities, and working to make deployment lengths shorter and more predictable. In the future, CNO said the focus will be on recruiting, training and retaining the right force to meet tomorrow's challenges.

"People are our asymmetric advantage," Greenert said. "We ask them to do so much and we need to take care of them in the here and now."

Meanwhile Moran addressed opportunities he views now to update and invest in how the Navy manages its people. He noted that the current personnel system requires a major overhaul, having not been appreciably changed since the 1940's.

"We want motivated, smart people to stay in our Navy,"

said Moran.

Moran went on to say specifically that the year-group system for officers and enlisted is a "fundamental flaw" in the Navy's system for managing its people.

"We've upgraded our ships, our computers and our weapons systems," said Greenert. "It's time to upgrade our personnel system. We're going to pull together and make this right."

Despite both leaders' desire to modernize the systems in place, both enthusiastically praised those Sailors working in and around the Navy that diligently manage the Navy's human resources.

"We've got phenomenal people working in Millington; community managers, and detailers," said Moran. I look forward to the coming months where we can create tools they can use to make the Navy even better, Moran said also.

Greenert too had a message of gratitude to Sailors who enable the Navy to sail smoothly on a daily basis.

"Our people are getting it done," said Greenert. "We're going to bring our personnel system to the 21st century."

For the full-length interview, tune into Conversation with a Shipmate on your Direct-to-Sailor network or go to this link: <http://www.navy.mil/viewLdrVideo.asp?id=130&v=20251>.

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.

Chief of Naval Operations (CNO) Adm. Jonathan Greenert, right center, and Chief of Naval Personnel Vice Adm. Bill Moran, right, talk about personnel challenges with Lt. Caroline Hutcheson, center left, and MC1 Elliott Fabrizio during the latest edition of "Conversation With A Shipmate." (U.S. Navy photo by MC1 Nathan Laird)



SeaPerch Wows Students at Atlanta Middle School

Story by MC2 Amanda Moreno, Navy Recruiting Command Public Affairs

Members of the Navy Recruiting Command (NRC) Diversity Division and City Outreach Officers in Atlanta, Ga., hosted the SeaPerch Regionals Robotics Competitions National Qualifier on March 28.

The competition took place at Chamblee Charter High School in Chamblee, Ga., a suburb of Atlanta.

"The SeaPerch Program provides students with the opportunity to learn about robotics, engineering, science, and mathematics (STEM) while building an underwater [remotely operated vehicle] as part of a science and engineering technology curriculum," said Lt. Joel Pena, NRC diversity program manager. "Throughout the project, students learn engineering concepts, problem solving, teamwork, and technical applications."

The SeaPerch program travels around the nation to STEM events to provide an opportunity for Navy recruiters to interact with individuals who have an interest in science, technology, engineering and mathematics.

"The program is aligned with the Navy's vision to harnesses the teamwork and imagination of a technically proficient workforce that is diverse in experience, background, and ideas," said Pena.

Lt.Cmdr. Nikki Peoples, NRC Navy city outreach officer for the Southeast Region said the SeaPerch events get youths excited about highly technical ideas and concepts.

"This was a great event," Peoples said. "It inspires and encourages younger children to achieve a goal. It was great seeing the fourth and fifth graders keep with the high school students during the competitions."

The school administrators were also very excited to have an opportunity for their students to get hands on with advanced equipment while talking with Sailors about real-world application.

Burian Kitchen, Midvale Elementary STEM teacher and team coach said the event "gave the students the opportunity to go above and beyond the classroom; the experience gain was priceless. The one thing the students were looking forward to was meeting the Navy Sailors."

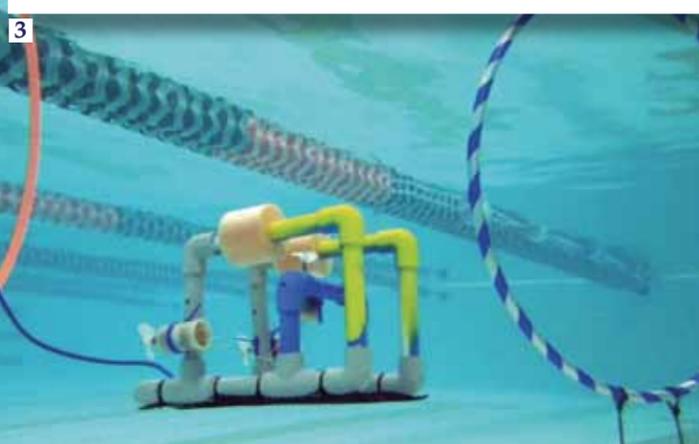
For more information on SeaPerch events and their schedule visit www.seaperch.org.



1. A participant of the 2015 Hawaii Regional SeaPerch Underwater Robotics for Youth competition navigates an underwater remotely operated vehicle through obstacles at U.S. Coast Guard Base Honolulu. (U.S. Navy photo by ND2 Joe Finemore)

2. A Naval Sea Cadet pilots her SeaPerch remotely operated vehicle (ROV) through an obstacle course during the San Diego Regional SeaPerch Competition at Grossmont College. (U.S. Navy photo by Rick Naystatt)

3. An Everett (Wash.) High School Navy Junior ROTC SeaPerch remotely operated vehicle submersible maneuvers through obstacles in the Everett YMCA of Snohomish County pool. (U.S. Navy photo by Cadet Petty Officer 1st Class Angelina Cons)



Admiral's Five-Star Recruiters

February 2015

- | | | |
|--|---|---|
| NRD Atlanta - ABH1 Brian Dennis | NRD New England - GM1 Anthony Sickler | NRD Portland - GSM2(SW) Eric Escobar |
| NRD Chicago - FC1(SW) Heath Haskell | NRD New Orleans - BU2 Chadwick Fleming | NRD Raleigh - YN2 Jeffrey Bauer |
| NRD Jacksonville - HT2 Katie Freeman-Allen | NRD New York - AT2(AW) Adam Zahra | NRD San Antonio - AM1 Jackson Kariuki |
| NRD Los Angeles - CS2 Villanueva | NRD Ohio - EM2 Kevin Demay | NRD San Diego - MM2 Nancy Rivera |
| NRD Miami - BM2(SW) Christopher Brown | NRD Philadelphia - ABE2 Daniel Munoz, Jr. | NRD San Francisco - MM2(SW/AW) Jean Souffrant |
| NRD Michigan - ET2(SW) Justin Miller | NRD Phoenix - EN2 Arce | NRD Seattle - HT2(SW) McLead |
| NRD Minneapolis - NC1(SW/AW) Shawn Lynch | NRD Pittsburgh - QM2 Aaron Dement | |
| NRD Nashville - ET1(SS) Dustin Tinsley | | |

March 2015

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|--|--|---|
| NRD Atlanta - CS1 Robert Keeffe | NRD New England - ET1(SS) Steven Deavilla, MA2 Stephen Barrett | NRD Portland - AO1(AW/SW) Jose Morris |
| NRD Chicago - AT2 Jimmie Carter | NRD New Orleans - MA2 Shatrica Robinson | NRD Raleigh - AO2 Charles Auman |
| NRD Denver - ABH2(AW) Joseph Beltrami | NRD New York - BU2(SCW/EXW/IDW) Kelmore Batt | NRD Region West - MM2(SW/AW) Jean Souffrant |
| NRD Jacksonville - EM1 Clarence Long | NRD Ohio - GM1(SW) Elmer Smith | NRD Richmond - CS1(SW) Rodney McDaniel |
| NRD Los Angeles - HT2 Jarrett Zubiata | NRD Philadelphia - GSM2 Moussa Camera | NRD San Antonio - MN1 Joseph Cooper |
| NRD Miami - AT1(AW) Terry Formont | NRD Pittsburgh - GSM1 Gil Ryerson | NRD St. Louis - FC1 Justin Tolle |
| NRD Michigan - FC1(SW) Alexander Kellogg | | |
| NRD Nashville - MM1(SS) Travis Altena | | |



The District's Top Stations

February 2015

- | | | |
|--|------------------------------------|---------------------------------|
| NRD Atlanta - NRS South Dekalb | NRD New England - NRS Brockton | NRD Portland - NRS Albany |
| NRD Chicago - NRS Pulaski | NRD New Orleans - NRS Spanish Fort | NRD Raleigh - NRS Fayetteville |
| NRD Jacksonville - NRS West Jacksonville | NRD New York - NRS Hackensack | NRD San Antonio - NRS Mercado |
| NRD Los Angeles - NRS Norwalk | NRD Ohio - NRS Canton | NRD San Diego - NRS Henderson |
| NRD Miami - NRS Hollywood | NRD Philadelphia - NRS Upper Darby | NRD San Francisco - NRS Salinas |
| NRD Michigan - NRS Holland | NRD Phoenix - NRS Durango | NRD Seattle - NRS Tacoma Mall |
| NRD Minneapolis - NRS North St. Paul | NRD Pittsburgh - NRS Tonawanda | NRD St. Louis - NRS St. Peters |
| NRD Nashville - NRS Murfreesboro | | |

March 2015

- | | | |
|--|------------------------------------|-----------------------------------|
| NRD Atlanta - NRS Warner Robins | NRD Nashville - NRS Tupelo | NRD Portland - NRS McMinnville |
| NRD Chicago - NRS Milwaukee | NRD New England - Brookfield | NRD Raleigh - NRS Smithfield |
| NRD Denver - NRS Lakewood | NRD New Orleans - NRS Gulfport | NRD Region West - NRS Antioch |
| NRD Jacksonville - NRS East Jacksonville | NRD New York - NRS East Orange | NRD Richmond - NRS Denbigh |
| NRD Los Angeles - NRS Glendale | NRD Ohio - NRS North College Hill | NRD San Antonio - NRS Brownsville |
| NRD Miami - NW Tampa | NRD Philadelphia - NRS Center City | NRD St. Louis - NRS Springfield |
| NRD Michigan - NRS Fort Wayne | NRD Pittsburgh - NRS Harrisburg | |



