

# **NAVY RECRUITER**

*magazine*

*Supporting Navy Recruiters*

**May - June 2013**  
Volume Sixty One Number Three



**Command PT**  
**Good for You, Good For Me**

**T-STEM**  
**Navy Gets Involved**

**NRD Seattle**  
**Future Sailors tour USS Nimitz**

**Mentoring**  
**Key to the Successful DEP Pools**

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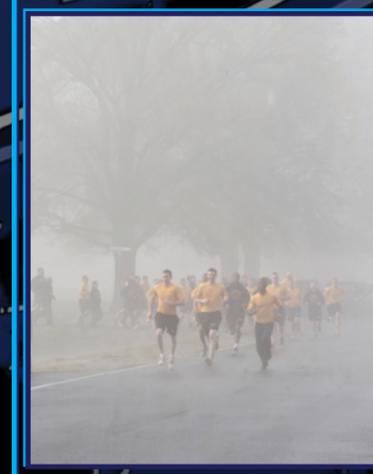
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Front cover: Boatswain's Mate 1st Class Alfonso Guerrero of Navy Recruiting District Los Angeles warms up in preparation to monitor the Physical Standards Test (PST) for potential Special Warfare candidates at the Lakewood, Calif., YMCA. (Photo by MCC(AW/SW) Anthony Briggs, Jr., NRD Los Angeles Public Affairs; illustration by Frank Ashe, NRC Public Affairs)



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Back cover: Navy Recruiting Command (NRC), NRC Region East and NRC Region West personnel participate in a group run in the early morning fog on board Naval Support Activity Mid-South, Millington, Tenn., April 8, 2013, as part of the spring cycle physical readiness test. (Photo by MC2 Ty C. Connors, NRC Creative Division)



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# AMERICA'S NAVY

A GLOBAL FORCE FOR GOOD.™

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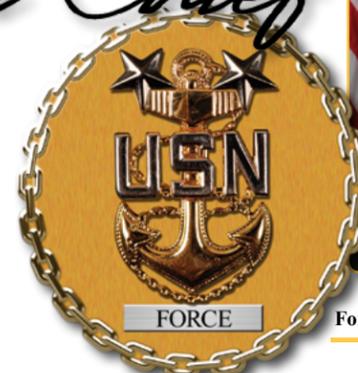
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# From the Force Master Chief



FORCM(SW/AW) Earl S. Gray, Jr.  
Force Master Chief, Navy Recruiting Command

## Shipmates:

Together, we represent the men and women who are drawn to a higher calling ... men and women who answer the call to recruit and prepare our future shipmates for service to our Navy and our nation. In these times of change, we have to maintain not only our personal readiness, but our financial readiness as well.

We share the responsibility to stay in shape mentally, physically and financially, but ultimately it's your responsibility to take full advantage of the resources available.

A lifestyle of fitness is more than a body measurement and physical test. It is a commitment. Although the semiannual physical fitness assessment impacts your career including special-duty assignment screenings, frocking and board selections, it also affects your long-term health and your family's well-being.

We have many online resources to help you stay fit. You can calculate your current Body Composition Assessment (BCA), determine what you need to pass, set your own personal fitness goals and follow official Navy workouts and dietary recommendations to help you succeed. Here are a few links to assist you: <http://www.navyfitness.org/fitness/> and <http://www.public.navy.mil/bupers-npc/support/physical/pages/default2.aspx>.

Along with physical fitness, I also want to stress the importance of staying fit financially. Oftentimes, our younger Sailors just beginning their careers have difficulty realizing how important it is to prepare financially for their futures.

Fortunately, a career in the Navy also includes excellent benefits in health (medical and dental), pay and retirement. The toughest part to visualize for many of our young shipmates is future financial planning. This is where leadership plays a very important role. Through proper training and guidance, our shipmates can familiarize themselves with the importance of being financially fit.

One of the most important tools out there is the Thrift Savings Plan (TSP). TSP not only affords our new shipmates a strong avenue to become financially fit for the future, it is a great service for seasoned Sailors as well. Check it out at <https://www.tsp.gov/index.shtml> and <http://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx> to learn more about how to manage your pay and benefits and how to plan for your financial future.

Take the steps to ready yourself, your family and your loved ones for the challenges ahead.

Thanks for all that you do and keep charging, motivators!



# Command PT - Good for You, Good for Me

By MCC(SW) Maria Yager, NPC Public Affairs

**MILLINGTON, Tenn.** – With more and more Sailors and commands incorporating fitness into the daily routine, Navy Physical Readiness Program officials recently discussed benefits of organized physical training.

“Getting out and exercising as a command is good for Sailors and good for leaders,” said Bill Moore, director, Navy Physical Readiness Program. “In addition to building camaraderie and having fun, Sailors may benefit by learning different exercises and commanders can assess their Sailors’ abilities, identifying those who may need more help preparing for the semiannual physical fitness assessment.”

According to the Navy’s Physical Readiness Program instruction, OPNAVINST 6110.1J, commanding officers are responsible and accountable for the physical fitness of their personnel. The instruction allows commanders flexibility to integrate physical training (PT) into the work week, consistent with mission and operational requirements.

“An effective command PT program is one that has leadership actively engaged,” said Senior Chief Naval Aircrewman Avionics (NAC/AW) Jacob Lyon, policy analyst, Navy Physical Readiness Program. “If the CO, XO, and the CMC are making it to command PT, Sailors will make it to PT every time.”

Rear Adm. Cindy Covell, commander, Navy Personnel Command (NPC), and her department heads meet with NPC Sailors weekly for physical training.



Navy Recruiting Station Spartanburg personnel participate in the PRT (physical readiness test). The PRT is a series of physical events that assess cardio-respiratory fitness, muscular strength, and endurance as part of the physical fitness assessment that is required twice a year. (Photo by Kelly Wright, NRD Raleigh Public Affairs)

The sessions are conducted at the department level to keep the group size manageable. Sessions last 30 to 45 minutes and Sailors train independently the rest of the week as their schedule permits.

"We like to mix it up and keep it fun, incorporating circuit training and aerobics to get Sailors using different muscle groups and learning techniques they may have never tried," said Covell. "It's important that leaders help the Navy move from a culture of testing to a culture of fitness by strengthening physical requirements and providing better nutrition options."

Navy Physical Readiness Program officials agree that incorporating a variety of workouts keep participants interested and can improve fitness.

"Different activities such as aerobics or some sort of step class have benefits that many Sailors are not aware of. It breaks up the routine of just running and you start using different muscles just by trying something new," said Lyon.

Command or unit PT sessions must be led by a command fitness leader (CFL), trained assistant CFL or MWR fitness staff members. Sailors wear the blue and gold Navy physical training uniform during command PT sessions. Every session must begin with the Navy's Pre-Physical Activity Questionnaire and feature an emergency response plan.

"I'm a strong advocate of command PT because we work, and in some cases, live with each other each day and we have duties and responsibilities that keep us busy but we never really get time together as a command to do something that is fun," said Covell.

"PT is a requirement of our job and it's nice when we can make it enjoyable."

According to the Physical Readiness Program instruction, Sailors should complete at least 150 minutes of moderate physical activity each week and perform strength-training exercises at least twice a week. The objective is to work all major muscle groups in order to maintain health and decrease the risk of chronic disease. Exercise may be completed individually, in a group or a combination of the two.

Examples of moderate-intensity, cardio-respiratory activities include brisk walking (three mph or faster), bicycling (slower than 10 mph) and water aerobics. High-intensity activities include jogging or running, lap swimming, jumping rope and circuit training. Strength training includes pushups, lifting weights, and working with resistance bands. Including two sessions per week of 8-10 exercises that work all the different parts of the body (legs, hips, back, chest, abs, shoulders and arms) repeated for 10-12 reps each can improve fitness, decrease muscle loss and help maintain a healthy weight.

CFLs can download sample workouts for use at <http://www.public.navy.mil/bupers-npc/support/physical/Pages/SampleWorkouts.aspx>.

More information on planning and conducting a command fitness program can be found in The Navy Physical Readiness Program's Command Fitness Guide available at <http://www.public.navy.mil/bupers-npc/support/physical/Documents/Command%20PT%20and%20FEP%20Guide%202011.pdf>.



# DEP Olympics

## Promote Physical Fitness

Story and photo by MC1 Larry S. Carlson, NRD Philadelphia Public Affairs

**PHILADELPHIA** – Navy Recruiting District (NRD) Philadelphia held their Division 3 Delayed Entry Program (DEP) Olympics on board Naval Support Activity Philadelphia Feb. 22 to promote physical wellness in their future Sailors.

Eighty three future Sailors took part in the Olympics, with 16 recruiters serving as safety monitors.

This event provides a fun environment to help motivate future Sailors to become, and stay, physically fit.

Spearheaded by Chief Navy Counselor Kenshun Hadley, he used the same idea at his previous command, NRD Miami.

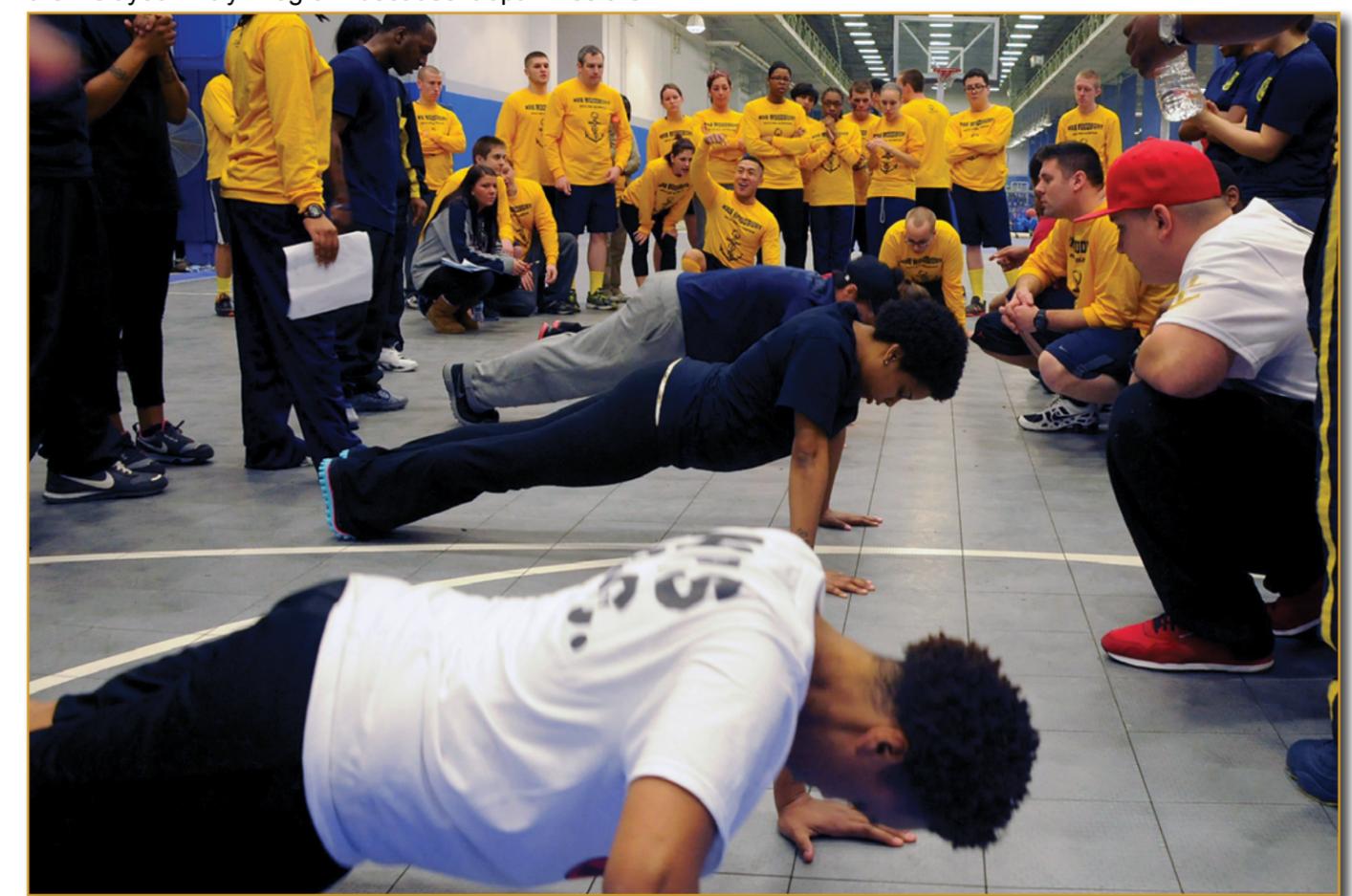
"It's important that we stress physical wellness in the Delayed Entry Program because it optimizes the

future Sailors' potential to succeed and graduate boot camp," said Hadley.

The DEP Olympics consisted of a basketball throw-off, wheelbarrow races, and potato sack races, along with the classic pushup and sit-up contests.

The future Sailors from Navy Recruiting Station Center City, led by Engineman 1st Class Jilmar E. Pena and Aviation Boatswain's Mate (Equipment) 2nd Class Branden L. Brown, beat out four other recruiting stations to win the Olympics.

"If we can get our future Sailors in shape before they get to boot camp, their time [at boot camp] will be that much easier for them," said Pena.

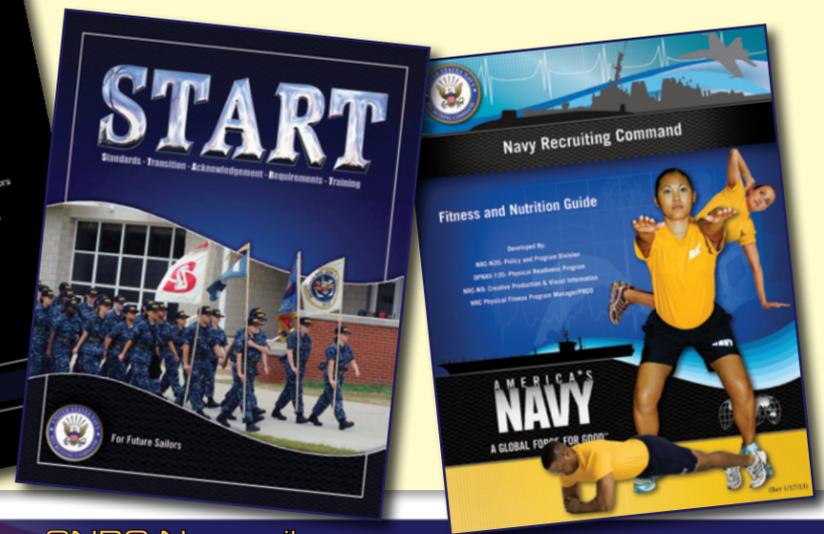


Future Sailors take part in a pushup contest during the NRD Philadelphia Division 3 DEP Olympics held on board Naval Support Activity Philadelphia Feb. 22.



### Did you know..?

On the NRC website, you can find valuable health and fitness resources for your future Sailors. Go to [www.CNRC.Navy.mil](http://www.CNRC.Navy.mil) and click on the 'For Future Sailors' button. Once there, you can find the latest START Guide and the Fitness and Nutrition Guide. And since they're both PDF files, they can be loaded to a smart phone for access anytime!





# High School Students Receive War of 1812 History Lesson

Story and photo by Jim Lumsden, NRD Chicago Public Affairs

## GREAT LAKES

– When Marengo Community High School invited Navy recruiters in to address their students recently, they had no idea that the visit would come with a history lesson.

Talking about the U.S. Navy's technology and ingenuity of 200 years ago was the perfect way to segue to the high-technology jobs and education opportunities that the Navy has today.

"This is the bicentennial of the War of 1812, much of which was fought right here on the Great Lakes," said Machinist's Mate 1st Class Matt Schipper. "Our small Navy's ingenuity enabled us to win the war against the world's most powerful British Navy then. Our commitment to forward thinking and advanced technology, coupled with the most capable people to operate it all, keeps us the most powerful Navy in the world today."

While a small part of time was spent on events during the War of 1812 and a display about the war was erected behind a table in the school's cafeteria, most of the time was devoted to informing students about Navy job opportunities and education support.



Marengo Community High student Melissa Benson, left, discusses high-tech Navy job opportunities with MN1 Scott Rose, right, as future Sailor Nicholas Merrion and MM1 Matt Schipper look on. A bicentennial display of the War of 1812 served as backdrop for the recruiters' booth at the high school.

Schipper and fellow recruiter Mineman 1st Class Scott Rose exposed students to the work the Navy does, ranging from special warfare and counter-piracy measures to humanitarian assistance and sea rescue. Job focus ranged from nuclear-power technology to the kind of foreign language translation required to intercept enemy telecommunications.

"We covered as much as we could in less than an hour," Schipper said. "We want everyone to know that we mean it when we describe America's Navy as a Global Force for Good."



# Navy on Display at the MALL OF AMERICA

Story and photo by MC2(SW) Porter Anderson, NRD Minneapolis Public Affairs

**BLOOMINGTON, Minn.** – Heads turn, children stop and point, eyes are drawn to an unusual sight at the U.S. Navy display at the Government on Display Exposition (GODE) at the Mall of America. The item of interest is a cut-away model of USS *George Washington* (SSBN 589).

"The submarine model drew a lot of attention our way," said Chief Navy Counselor Bernadene Bohemier, Delayed Entry Program coordinator for Navy Recruiting District (NRD) Minneapolis. "It gave our Sailors a chance to answer questions and interact with the patrons at the Government on Display Exposition."

Having NRD Minneapolis Sailors present gave a lot of Minnesotans a chance to speak with them about the Navy, ask questions, and promote general Navy awareness.

"The Government on Display Exposition is a great event," said Roger Harris, NRD Minneapolis advertising coordinator. "In those two days our Sailors were seen by thousands of people, from children to veterans, [and] sparked interest in the Navy. This kind of public engagement is perfect for us to get our [information and stories] out."

While the Navy is always looking for outstanding men and women to join their ranks and begin an adventure of their own, this year's GODE also provided information about the Navy in an area where Army, Air force, and National Guard are more common.



NRD Minneapolis Sailors, Electrician's Mate 1st Class (SW) Daniel Cain, left, and Yeoman 1st Class Scott Bates, speak with Mall of America patrons during the Government on Display Exposition. NRD Minneapolis participates in career fairs, expositions and conferences in order to promote and engage U.S. Navy presences throughout their territory spanning Minnesota, North Dakota, South Dakota, Iowa, Nebraska, Wisconsin, and Illinois.

The Navy is on duty on the oceans of the world. Thanks to the hard work and efforts of America's young men and women, it has proven that through maritime strategies, humanitarian aid missions, and anti-piracy actions that the Navy is A Global force for Good.





# Reserve Officer ROY Seeks Self Interest of Candidates

Story and photo by Jim Lumsden, NRD Chicago Public Affairs

**GREAT LAKES** – Lieutenant (Lt.) Stephen Graff has been recognized two years in a row as Reserve Officer Recruiter of the Year. In an environment where every effort is made to spread recognition and awards around to include as many people as possible, that's saying something and it begs the question, "What's the key to your success?"

Graff is not shy about responding. In two words, he says, it is "Self interest."

"When I say 'self interest' I don't mean my own self interest," Graff hastens to add. "I mean that everyone has an objective of his or her own, and whatever I can do to help make that objective achievable will satisfy that person's self interest...and once that happens, those people will tell others about their experience."

The word does spread, and it spreads widely. As a result, Graff has a continuous pool of highly-qualified candidates. He still prospects hard, but he seldom has to deal with people in the margins.

"What I liked about working with Lt. Graff is that he was straightforward

about my prospects for getting into the reserve officer program," said Mike Miller, a former Marine who is working in a civilian public affairs capacity. "He didn't sugar coat the fact that the number of slots available were tight, and that we would need to work smartly to capture one of those available slots.

"For me, it was either going to happen right away or it wasn't going to happen at all. Steve Graff made sure that we were ahead of the program with qualification paperwork and medical all completed well in advance. I'm convinced that the attention to detail and my particular needs are what made my selection possible," Miller concluded. He is in the program now.



Lt. Steve Graff, right, points out program details to Merchant Marine Lt. j.g. Charles Smith, left, and Chicago police officer and Navy Intelligence Officer Candidate David DeMato. Graff has been recognized as Navy Recruiting Command's Reserve Officer Recruiter of the Year the last two years.

In Miller's case, a few positions were available and Graff worked to fit him into one of them. It is much more difficult when candidates are ready but positions aren't. Graff's solution to that is to work even harder.

"The key component here is the candidate," Graff points out. "While I want credit for putting someone into the Navy Reserve, I always recognize that this entire effort is about them, not me, and sometimes the path that helps my candidate achieve his or her goal will be a circuitous one. For example, I have helped get people into the Navy Reserve Officer Program by first helping them join another branch of service, such as the Coast Guard or Marines," he explained. "Ultimately, everyone wins."

Ensign Olaniyi Allibalogun is just such an example who is a former combat Marine with two tours of combat duty under his belt. After completing his combat duty as an infantry Marine, Allibalogun completed his bachelor's degree in nursing and became a mental health nurse at Mt. Sinai Hospital.

For Allibalogun, there were some things missing in his life, such as the sense of duty, camaraderie, core values and other things he enjoyed about being a serviceman.

"Lt. Graff was my initial introduction to the Navy, and he provided me with professional guidance and worked tirelessly to ensure I was taken care of," said Allibalogun. "Lt. Graff embodies the Navy's core values and is a great asset to the recruiting team."

Graff guided Allibalogun through the process to become selected for the Navy Nurse Corps Officer Program so that he could serve his country once again. "This is what I really like to do," Graff said. "What could be better than taking care of our service men and women to become naval officers in the craft they have selected for their life's work?"

Is it self interest? Sure – but always in the best interest of the candidate.



Culinary Specialist Chief Christian Salas, left, Quartermaster 1st Class Kenneth Temple, Aviation Structural Mechanic Chief Shaun Hura and Master-at-Arms Senior Chief Barbara Vasquez from Navy Recruiting District Houston visit with former Sailor Joseph Timpani at the Armed Forces Appreciation Day Feb. 27 at the Houston Livestock Show and Rodeo. Timpani holds a copy of the Oct. 28, 1940, Life magazine which was dedicated to the U.S. Navy and featured his photo on the cover. (Photo by MC2 Jacob L. Dillon, NRD Houston Public Affairs)



# Navy Participates in T-STEM Conference

Story and photo by Burrell Parmer, NRD San Antonio Public Affairs

**SAN ANTONIO** – As an extension of the Navy City Outreach Program, Sailors from the Navy Office of Community Outreach and Navy Recruiting District (NRD) San Antonio participated in the sixth annual Texas Science, Technology, Engineering and Mathematics (T-STEM) Conference in San Antonio.

The conference, hosted by the Aggie STEM Center at Texas A&M University, was attended by more than 450 participants.

Lieutenant Commander Jaye Jones, one of five Navy City Outreach officers, delivered a briefing during one of the breakout sessions about the Navy City Outreach Program's goals and efforts.

"My job is to officially and personally liaison with educators, corporate, civic, and government

agencies to promote outreach and awareness of the Navy and its programs and activities, specifically STEM," said Jones, who is based out of Houston and whose area covers all of Texas, west to Phoenix, north to Oklahoma City and east to New Orleans.

Machinist Mate Senior Chief Phillip Wygans and Chief Navy Counselor Nicolas Carbajal of NRD San Antonio assisted Jones with a brief on the Sea Perch program and the importance of STEM education to students.

"We want the best, and we have to compete with others to recruit them," said Wygans. "The earlier we can have students engaged and interested in STEM, the better the Navy benefits and Sea Perch is one of those programs that middle schools and high schools can utilize."



Chief Navy Counselor Nicolas Carbajal, left, recruiter; Lt. Cmdr. Jaye Jones, Navy City Outreach officer; Dean Fontenot, Ph.D., president of T-STEM Center Coalition; and Senior Chief Machinist Mate Phillip Wygans, Navy Reserve Officers Training Corps program chief, partnered to provide information to more than 450 participants during the sixth annual T-STEM Conference, hosted by the Aggie STEM Center at Texas A&M University.

Sea Perch is an innovative underwater robotics program sponsored by the Office of Naval Research that equips teachers and students with the resources they need to build an underwater remotely-operated vehicle in an in-school or out-of-school setting.

"It's about engaging children early in STEM," said Jones. "Whether they join the Navy or the workforce, at least we'll know that they will have a strong foundation."

See "T-STEM" continued on page 30



# SAILORS STRONG WITH BALL TEAMS

# FORGE BONDS

Story and photo by Jim Lumsden, NRD Chicago Public Affairs

**GREAT LAKES** – Baseball, it's America's favorite pastime.

It is also a favorite venue for Navy recruiting. And to be showcased in a ballpark is better than a medal for many Sailors.

"We work hard to cultivate baseball relationships in our area of operations, but the reasons for doing so

will be different from team to team," said Commander Lee Donaldson, commanding officer, Navy Recruiting District (NRD) Chicago. "The big leagues offer us exposure to a broad audience and help us build Navy awareness. However, actual lead generation and one-on-one recruiting occurs best at minor league ballparks."

Chicago is home to two major league franchises, the Chicago White Sox and the Chicago Cubs, and Milwaukee is home to the Milwaukee Brewers. All three have welcomed the Navy's on-field presence at least once during the 2012 season and NRD Chicago expects to repeat that in some fashion during 2013.

The Milwaukee Brewers only had one game in town during Navy Week Milwaukee, but that one game involved Navy presence in a big way. The Great Lakes Navy Band performed on the grounds just outside the stadium for an hour before the game, recruiters worked with potential applicants at a Navy Suburban venue at the main entrance from the parking lot, Navy soloist Musician 3rd Class Michelle Werner sang the national anthem as a Navy color guard took the field, and Rear Admiral (RADM) Gregory Nosal threw the ceremonial first pitch.

The ever-popular Chicago Cubs hosted the Navy Parachute Team, the Leap Frogs, to jump into the park with a streaming American flag during the singing of the national anthem in celebration of Navy Week Chicago. Both Vice Admiral Philip Cullom and RADM Nosal were recognized during those games.

"We have a special relationship with the Chicago White Sox going back an incredible 26 years," Donaldson remarked. "Every year they invite 125 Sailors to unfurl a giant American flag on field to kick off the season on opening day, and they also host an entire Navy Recruit Division mid-season. The recruits are sworn in on the field, and the Navy also often provides color guard and band support. It's a great Navy night."



Ensign Courtney Banske from USS *DeWert* (FFG 45) throws out the first pitch at the Chicago Bandits game during the War of 1812 Great Lakes tour. The Bandits are a women's professional softball team that plays as a member of National Pro Fastpitch.

The White Sox welcome Navy flyovers for several home games, stage Navy Band performances before several of their games each season, and often give Sailors in uniform free passes to games.

Each of these major league ball clubs attracts an average spectator crowd of about 40,000 people, and in most cases the Navy dignitaries also are invited to the press box for some TV and radio commentary, so the Navy awareness impact of these appearances is extraordinary. But Donaldson is quick to point out the special value of minor league baseball venues to Navy recruiting.

"We are blessed with a lot of minor league clubs in our area," Donaldson said. "For some of the mid-week games we support, there are fewer than 1,000 in attendance, but some crowds exceed 8,000 spectators. Most often, these are target-rich environments for us. A kid of recruiting age can't afford the \$65 ticket at a major league game, but for one of these minor league games, he or she can take a date and buy a couple of hot dogs and soda pops and still have change from their \$40. These are folks we can have a positive impact with."

Donaldson threw a ceremonial first pitch at a Kane County Cougars (Kansas City Royals affiliate) game, and recruiter Logistics Specialist 2nd Class Anthony Johnson held the honor at a Schaumburg Boomers game (Frontier League).

Ballgames wouldn't be complete in Chicago if softball wasn't also included. Although the city has an almost cult-like passion for 16-inch softball, probably one of only a few cities in the country that does, Chicago also has a professional women's fast-pitch softball team, the Chicago Bandits.

During Navy Week Chicago and the Navy's War of 1812 Great Lakes tour, Ensign Courtney Banske from the Navy frigate, USS *DeWert* (FFG 45), threw out the first pitch. "People aboard the ship thought it was a joke that I was going to be throwing the ceremonial pitch before the game, but I knew it was a big deal. I grew up in the Chicago area and watched this team's progress as a kid," said Banske.

For NRD Chicago, baseball and softball are a big deal. The Navy seeds that are spread around the ball field today can sprout to become good Sailors in the years to come.



# Navy Chief Sworn in as Firefighter

By MC1 Phillip D. James, Jr., NRD Ohio Public Affairs

**MEDINA, Ohio** – Westfield Fire and Rescue District (WFRD) received some new volunteers, including Chief Aviation Machinist's Mate (ADC) Timothy Miller, an active duty Navy officer recruiter at Navy Officer Recruiting Station Cleveland in Middleburg Heights.

On Jan. 21, 2013, Miller was sworn in as a Firefighter I and his wife, Amy Carter, was sworn in as an emergency medical technician (EMT).

Miller served in the Navy from January 1991 to December 1994 as an engineman. He returned to service in the Navy in June 1996 as an AD.

Miller said, "While I was out in the civilian world I missed the camaraderie which I found at my local fire department."

He went through the firefighting training for his national certification with his son, Kiefer Miller, and they both became firefighters at Seville-Guilford Fire and Emergency Medical Services (EMS) in Seville, Ohio. When he moved out of the Seville-Guilford Fire and EMS jurisdiction, he chose to volunteer at WFRD to serve his new community.

"I have been a firefighter for 15 years," Miller said. "I have been a volunteer in Ohio, Maryland, and in Maine."

Miller has never had to fight a shipboard fire but he said the training can help make you aware of fire safety and familiarize you with some of the equipment. He has fought trailer fires, house fires, chimney fires, and car fires.

He said, "You learn quickly that no two fires are alike and to always be aware of your surroundings when in a fire. It's hot, dark, noisy, and because of that, communication is often times difficult."

Carter said, "My husband was a volunteer firefighter before we met. I am very proud of him and his selfless acts of helping others."

"When my husband and I were stationed here at Navy Recruiting District Ohio it became a whole new world for us both. This is a different type of Navy, and a very lonely one at that with no outreaches and base close by," she said. "So as a strong woman and chief's wife I knew that I was going to do what I could to adapt and overcome these obstacles."

"A month after moving to Ohio, my husband and I came across a major motorcycle accident one afternoon. We were the first on scene and acted quickly in aiding both victims until the ambulance and life flight could arrive to further assist them. I provided basic care to the victims while my husband set up a landing zone for life flight. This was the start of our drive to help our community."

About the same time as her husband and son were working on their Firefighter I national certification, she was working on her EMT national certification while she was a full-time student working on her Bachelor of Science in Health Care Administration/Management.

Richard Fletcher, WFRD fire chief, "I first met Chief Miller when he and his wife came to my office, introduced themselves and stated they were interested in joining the department."

According to Fletcher, there are three levels of a firefighter. The first is a volunteer firefighter, which allows operating on the ground but limits entering a building. The second is Firefighter I, which allows performance of fire suppression while entering a building. Then there is Firefighter II, which involves much more detailed ground fire operations.

Fletcher said, "Tim is certified as a Firefighter I and will perform duties involving fire suppression, motor vehicle accidents and assistance in emergency medical service calls. He will operate as a member of a crew responding in fire apparatus to any emergency call for service in our community."

According to Fletcher, fire service is considered a paramilitary organization and having members with a military background and discipline is a good fit when it comes to understanding the rules, regulations and procedures they need to follow.

"I think the world of any individual that dedicates time, knowledge and skills to serve their community, especially in a volunteer setting," said Fletcher. "The fact that Tim is on active duty military and finds time to serve his community also gives indication of his character and sense of caring for others."



All eyes are on a Navy SEAL as he speaks with National Football League (NFL) hopefuls at a scouting combine in Houston. Navy Recruiting Command entered into a sponsorship with the NFL to assist in recruiting Naval Special Warfare officers and enlisted Sailors. Through this partnership, athletes get an opportunity to meet with SEALs and other Sailors in 11 cities throughout the United States Jan. 24 through April 8 to learn about career opportunities. (Photo by MC2 Jacob L. Dillon, NRD Houston Public Affairs)





# Sailors Build Park, House and Camaraderie

Story and photo by MC2 Jacob L. Dillon, NRD Houston Public Affairs

**HOUSTON –** Navy Recruiting District Houston personnel recently helped restore two communities in Houston by assisting in building a park and a house.

Sailors, future Sailors and other community members laid the foundation for a new park in the 5th Ward by digging holes, cementing poles in the ground and constructing a fence. They assisted in the house construction by putting up walls, raising rafters for the roof and wrapping the house in plastic.

“It is important to be a part of the communities in which we live,” said Navy Counselor 1st Class Linda Evans. “By coming out and helping with these projects, it shows the Navy cares and is part of the community. We not only built a park and a house, but we helped build better lives for those in these communities.”

For others it was to support those who support them.

“I think it is so important to do what you can for others because you never know if you might need help from others one day in the future,” said Electricians Mate 1st Class Thomas Bosarge. “We are here to give back to the communities that support us when we have to deploy.”

The projects were also an opportunity to build camaraderie between the Sailors and future Sailors.



Sonar Technician Submarine 2nd Class Jeffery Manuel of NRD Houston uses a nail gun to secure a board to a wall frame. NRD Houston Sailors and future Sailors gave back to the community by volunteering their time to build a house and a park, and help those less fortunate.

“We brought our future Sailors out here to show them what being in the Navy is about,” said Personnel Specialist 2nd Class Henry Johnson. “It was our chance to build camaraderie with them and share the experience of selfless-community service. In the Navy, we are committed to our service and we extend that service to the community.”

The projects were also an opportunity to have new experiences.

“I have never done construction,” said Evans. “It was awesome coming out to the two events and experiencing new things. I had never used a power saw or a nail gun before. It was great.”

“When the dust settled, the look of accomplishment and pride could be seen on the faces of all of those who participated in the events,” said Bosarge. “It is a great feeling giving back and being a part of our communities.”



# CPO Mess Donates E-readers to Middle School

By MC1 Phillip D. James, Jr., NRD Ohio Public Affairs

**LOUISVILLE, Ky. –** Navy Recruiting District (NRD) Ohio’s Chief Petty Officers (CPO) mess presented six e-readers to Newburg Middle School (NMS) as a donation in a joint venture with the Parent, Teacher, Student Association (PTSA).

NRD Ohio’s area of coverage is Ohio, Kentucky and West Virginia. The donation was handled by the personnel at Navy Officer Recruiting Station Louisville.

Senior Chief Machinist’s Mate Walter Bell and Chief Navy Counselor David Murrell presented the e-readers to NMS principal Dianna Hicks and NMS librarian Shannon Wilson.

According to Bell, the CPO mess is always looking for a way to give back to the community. His wife Chenika Bell, NMS PTSA president, asked the school for a list of things they needed and then asked him if the CPO mess could help.

“I mentioned it to the command master chief and the CPO mess voted to donate the money,” said Bell. “The CPO mess donated \$300 and due to black Friday sales, we were able to get double the amount of [brand name].”

“We have tried each and every year to give to an organization,” said NRD Ohio CPO mess President, Command Master Chief Aaron Shipley. “In the past we have donated to Boy Scouts and being able to donate to a school is as fulfilling as anything. We’re lucky to be in a position to help.”

According to Shipley, the NRD Ohio CPO mess is committed to donating as much as possible to at least one organization per year although they do not advertise it much.



According to Chenika Bell, the PTSA board requested a wish list from the school, NRD Ohio CPO mess donated the money to the PTSA, and the PTSA bought the e-readers.

“The [brand name] were not the only items Newburg Middle asked for but because they offer a Mathematics/Science/Technology (MST) Magnet Program, the decision was made to concentrate on purchasing the [brand name]. They will be used as another way of introducing technology to the students,” Chenika Bell said.

“Students will begin to check them out this month,” said Wilson. “I let several students look at them while they were being cataloged and one girl squealed!”

According to Wilson, the cost of technology makes it difficult with their limited funding to have more of the technological devices that they desire which can be used for

instruction, digital textbooks and special needs population as adaptive devices.

“The donation of the [brand name] to our school library has impacted our library by giving students opportunities they may not have outside of school and provide the latest technology that supports our school’s Math, Science, Technology Magnet Program,” Wilson said. “This donation is a foundation of provide the 21st century skills that are essential in this world of technology.”

“Donations like this rarely happen. I am so grateful for Mr. and Mrs. Bell who think of our school as a part of their family and were willing to make our dream happen.”





# Retired Coast Guardsman Reunited with Shadow Box

Story and photo by MC2 Jacob L. Dillon, NRD Houston Public Affairs

**HOUSTON** – A retired Coast Guardsman was reunited with his shadow box recently at a presentation at Navy Recruiting District (NRD) Houston headquarters.

Robert R. Edwards of Richmond, Texas, is a decorated Coast Guard veteran whose 26-year-career spanned the Vietnam conflict to Grenada and ended with the first Gulf War. He lost the shadow box three years ago and never thought he would see it again.

“The box was inside a storage container where a bunch of his stuff was,” said Rachel Edwards, his daughter. “Our family was in a really bad place when we lost that container.”

“I was in a really dark period of my life,” Edwards said. “I personally lost a lot.”

Fast forward three years. Cory Coker, vehicle coordinator for NRD Houston, was browsing around a local pawn shop as he occasionally likes to do.

“I was in a pawn shop looking around when I saw an item that shouldn’t have been there,” Coker said. “I saw the shadow box and knew that this piece was not in the appropriate place.”

As a result, Coker purchased the box with the intent of returning it to the rightful owner.

“I began to investigate, to see if I could track down Edwards,” said Coker. “I worked through the Coast Guard retirement pay department and explained the



Corey Coker, right, vehicle coordinator for NRD Houston presents retired Coast Guardsman Robert R. Edwards a shadow box. Edwards lost the box three years ago. Coker found it at a pawn shop and refurbished it.

situation, and they forwarded my contact information to Edwards.”

“When I purchased the box, it was in pretty poor condition,” said Coker. “I knew if I was going to present this box to Edwards it needed to be in better condition.”

Subsequently, Coker recruited the help of Neail Tyson, NRD Houston financial management analyst. Together they refurbished the box for presentation to Edwards.

“I was so grateful Cory found the box,” said Edwards. “It really means the world to me. It brings back the memories of my 26-year Coast Guard career. I reflected on all of the memories I spent at sea, from the North Pole to the South Pole.”

See “Shadowbox” continued on page 30



# FUTURE SAILORS GET A GLIMPSE OF THEIR FUTURE

Story and photo by MC2 Kyle W. Steckler, NRD Seattle Public Affairs

**EVERETT, Wash.** – There are thousands of Sailors in today’s Navy stationed aboard ships, but how many had the opportunity to visit a ship before they left for boot camp?

Eight future Sailors were recently given the opportunity to tour the *Nimitz*-class aircraft carrier USS *Nimitz* (CVN 68) and the verdicts are in: They’re eager to join the fleet.

The future Sailors, escorted by Aviation Electronics Technician 1st Class Phillip Kemple, a Navy recruiter at Navy Recruiting Station Everett, were met at the inner-most security gate near *Nimitz* by Master Chief Aviation Ordnanceman Kenneth Hecker, who led them on a 90-minute tour of one of the world’s most powerful ships in existence.

“I think it was great that we were able to make this happen,” said Hecker. “How awesome would it be to go and see what you’re going to do before you actually do it?”

Kemple agreed. He said that’s exactly why he set up the tour.

“You might think that because we recruit next to a naval station we can get future Sailors on ships all the time,” he said. “That’s not the case. We have several schedules that need to be just right for it to work, most importantly the ships. I was lucky that I had served with Master Chief Hecker before. He made sure to take the time to give these guys an incredible tour.”

During the tour, Hecker took the future Sailors through the ship’s hangar bay, mess decks, exercise rooms, various offices, and a berthing before taking them up on the flight deck, answering various questions as they traversed through the ship’s interior.

“I really thought the mess decks were the most impressive thing I saw,” said Paul Afualo, who is



Future Sailors listen as AOCM Kenneth Hecker, back to camera, answers questions about Navy life while on the mess decks aboard USS *Nimitz* (CVN 68). Recruiter AT1 Phillip Kemple, left, arranged the tour and escorted the group.

joining the Navy to be a hospital corpsman. “It wasn’t what I expected at all. I really wouldn’t mind being stationed on an aircraft carrier someday.”

For some of the future Sailors that visited *Nimitz*, the tour was an honest glimpse of what the next several years of their lives in the Navy could be like, and Hecker didn’t sugar coat the answers to the future Sailors’ questions.

When asked if he enjoyed every moment in his career, he said that not every day is going to be fun, and many days aren’t easy. “But I’ve spent the last 21 years of my career doing and seeing things that most people only see on TV,” said Hecker. “And no, every day wasn’t easy, but I’ve been around the world three times, and met some of the best people I’ve ever known. I don’t regret it at all.”

The visit only served to cement the resolve of Taylor Pittard, who was scheduled to leave for boot camp in Great Lakes, Ill., 16 days later.

“This only makes me want to get to boot camp more,” said Pittard. “I honestly can’t wait.”



# AWARD OF EXCELLENCE PRESENTED TO SOY

Story and photo by MC1 Joseph Seavey, NRD St. Louis Public Affairs

**ST. LOUIS** – It has been a big year for Navy Counselor First Class (SW/AW) Shaunell Hyatt. First, he was selected as the Navy Recruiting District (NRD) St. Louis Sailor of the Year. Then he was presented a Navy League's Annual Award of Excellence.

Hyatt, leading petty officer of NRD St. Louis' West County office, was presented the award during a dinner and award banquet held by the St. Louis chapter of the Navy League.

The award is intended to encourage retention, community and intra-service involvement, and improved job performance for junior naval service

personnel through recognition and is open to Sailors, Marines, and Coast Guardsmen in the St. Louis area.

"It was a great feeling. It was really unexpected, but it gave me a lot of pride to be representing the district as the Sailor of the Year," said Hyatt. "Then being one [of six] guy[s] selected from all the candidates that were just as qualified for the award as I was – it's a great feeling."

There were six awardees total from the three services in the St. Louis area that were honored with the award. Hyatt believes he was chosen to be among them because of the hard work and dedication of his Sailors and himself.

"When it comes to getting an award, it all starts with my recruiters because without them I couldn't get to where I am, and the community service and

getting involved with the community," said Hyatt. "That allowed me to be involved with the local Girl Scouts, flag football teams, mentoring my Sailors and future Sailors, and maintain the overall aspect of what a Sailor is supposed to be."

The Navy League St. Louis Council's annual meeting was originally held for the installation and confirmation of officers and officials. Over time, the main focus of the night has shifted more to recognition of awardees.

"I believe it is important for everyone to receive evaluation and recognition from their supervisors and, in the case of military service members, the

community in which they live and serve," said Navy League Chairman of Awards Richard Kallemeier. "Recognition is even more important for junior-level service members because it is easy for their performance to be overshadowed by their seniors. Self-esteem and acceptance is a very important retention tool."

Hyatt was presented a plaque during a ceremony on the NRD St. Louis quarterdeck the week before the dinner, surrounded by his friends and coworkers. He was recognized again at the Navy League dinner. The awards may be simple but the meaning holds significance for Hyatt.

"Personally it's a sense of accomplishment. I work hard...." said Hyatt. "Professionally it's going to help get me to my ultimate goal of chief petty officer."



Navy League St. Louis Chairman of Awards Richard Kallemeier, left, presents NC1(SW/AW) Shaunell Hyatt one of six Navy League's Annual Awards of Excellence. Hyatt was also recently recognized as NRD St. Louis' SOY.



# Music Program Promoted at Texas Music Conference

Story and photo by Burrell Parmer, NRD San Antonio Public Affairs

**SAN ANTONIO** – Navy bands are recognized for their incredible talent and versatility. With many members holding bachelor's and master's degrees, the Navy Music Program seeks out the best qualified musicians to join and perform in Navy bands dispersed across the nation and overseas.

"We attended the conference to provide a presence for the Navy Music Program, as well as to identify candidates for our program," said Chief Musician Gregory M. Bonistalli, the Navy Music Program materiel manager, Navy Personnel Command. "Many people approach us and [say] that they never knew

the Navy had a band and [ask] what we do for the Navy."

According to Bonistalli, the Navy Music Program's presence at the event provided people who have an interest in achieving a musical career the opportunity to do so in the Navy.

"The Navy Music Program includes 11 active duty fleet bands and two preferentially-staffed bands, all featuring professional musicians from around our nation," said Bonistalli.

"Each band operates within its



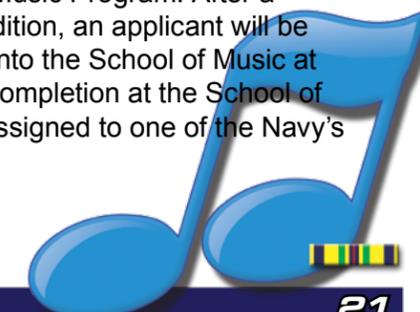
MUC Gregory M. Bonistalli, right, the Navy Music Program materiel manager, Navy Personnel Command, speaks with attendees at the 2013 Texas Music Educators Association Clinic/Conference in San Antonio. Looking on is STS2 Jeremy Gonzales of Navy Recruiting Station Ingram, San Antonio. Navy Music Program personnel and NRD San Antonio recruiters attended the event to provide Navy awareness and recruit talented individuals.

To seek talented individuals, the Navy Music Program management and recruiters from Navy Recruiting District (NRD) San Antonio attended the 2013 Texas Music Educators Association Clinic/Conference held at the Henry B. Gonzales Convention Center.

The event offered an array of workshops to include band, orchestra, vocal, elementary, and college. Additionally, numerous performances were conducted and participants had access to hundreds of music vendors in the exhibit hall, including the Navy Music Program booth.

own geographic area of responsibility, representing the Navy around the world."

The Navy is seeking qualified musicians for placement in the Navy Music Program. After a successful entrance audition, an applicant will be guaranteed placement into the School of Music at Little Creek, Va. Upon completion at the School of Music, an applicant is assigned to one of the Navy's 11 fleet bands.





# In-depth Mentoring, the Key to DEP Success

Story and photo by Kelly Wright, NRD Raleigh Public Affairs

**RALEIGH, N.C.** – Forty future Sailors. That's how many a single recruiting station can be responsible for at any given time.

Future Sailors are students well before they go to Recruit Training Command (RTC), Great Lakes, Ill., for boot camp. With around 60 recruiting stations in Navy Recruiting District Raleigh alone, a great number of future Sailors are better prepared to enter America's Navy.

Future Sailors attend monthly Delayed Entry Program (DEP) meetings before they are shipped off to boot camp. Some are in the DEP pool as little as a month and some up to a year, but the average wait time is around four months.

Some future Sailors are high school students, some are in their twenties, and a rare few are in their thirties. This particular DEP pool of 40 belongs to Division One's Navy Recruiting Station (NRS), Spartanburg, S.C.

I attended one of NRS Spartanburg's monthly DEP meetings to learn what it's like for our future Sailors. First, they "form up" in front of their recruiters. While standing in ranks, they're evaluated on their military bearing, how well they can answer basic military questions on rank structure and general orders, and finally, how they sound off when falling out of ranks.

Chief Navy Counselor Armond Flood, Division One's lead chief petty officer, explains to the future Sailors what can hinder them from shipping on time and proceeds to ask questions of everyone, "Has anyone had any injuries? Is anyone having trouble at school? Has anyone gained or lost weight? Has anyone



Chief Navy Counselor Armond Flood, NRD Raleigh's lead chief petty officer for Division One, addresses future Sailors at a monthly DEP meeting. These future Sailors are within the 30-60-90-day time period before they ship off to boot camp at Recruit Training Command in Great Lakes. Flood meticulously goes over each and every question on the DEP recertification form to make sure they are prepared.

received any speeding, DUI or other tickets?" At this meeting, only one person raises their hand to answer that they had a sprained ankle.

After falling out of ranks, the future Sailors sit quietly inside the station, preparing for the training of the day. When Navy applicants become part of the DEP pool, they are given a Personal Qualification Standards (PQS) book, which contains multiple lessons on basic military knowledge. Throughout their time in DEP, the future Sailors are responsible for studying each lesson and displaying this knowledge to a recruiter. During the DEP meetings, recruiters will go over the lesson with the group, and afterwards future Sailors will approach a recruiter to get them to sign off that lesson. The future Sailor's goal is to have their PQS completely signed off before shipping to boot camp.

See "Mentoring" continued on page 30



# Navy on Display at NFL Game

By Jim Lumsden, NRD Chicago Public Affairs

**CHICAGO** – It begins quietly. Amid the mumbles of the 60,000 spectators waiting patiently for the action to start in the oldest rivalry in professional football, four Sailors take the field. Their spats rise and fall with precision as they carry our nation's flag to its position in full view of all in the stands.

The relative silence is broken by the public address announcer identifying the four Sailors as the Navy's Training Support Center color guard from Great Lakes and people start paying attention.

Then caps are removed and respectfully placed over hearts as a soloist sings the national anthem. Suddenly, there is a distant screaming sound competing with the words "and the home of the brave," and finally the WHOOSH of two Navy jets in a flyover that momentarily makes every heart in the crowd a Navy heart – proud of our men and women in uniform.

"For just a moment, every head turns, everyone smiles and all are struck with the wonder and amazement that the U.S. Navy brings to an event like the Chicago Bears versus the Green Bay Packers," said Commander Lee Donaldson, commander of Navy Recruiting District Chicago. "And while this century-old rivalry between two NFL [National Football League] teams in our recruiting district probably won't produce any immediate leads for us, it elevates everyone's awareness of the Navy's presence and initiates the interest of young people to join our ranks one day."

Donaldson is quick to point out how unlikely it is that a recruiting-age individual will be in the spectator crowd to begin with, let alone have an interest in talking with a recruiter during the game. "Not many kids in the 17-24 age group can afford tickets at \$75 each," he said. "Nevertheless, Navy Recruiting District Chicago's participation in setting up color guards, rifle drill teams and flyovers for such events delivers terrific benefits.

"Our relationship with professional sports teams such as the Chicago Bears runs a lot deeper than a once-a-year flyover/recruiting event," Donaldson continued. "An open dialog with the team leads to

opportunities at other times of the year, both for Navy recruiting and for other aspects of the Navy."

Unlike major league baseball teams that play during the season in northern cities but have training in Florida or Arizona, the Bears' training camp is in Bourbonnais, Ill., 60 miles south of Chicago but still within the boundaries of the recruiting district. Because of the connection between the Navy and the Bears, recruiting divisions in that part of the district often can get an invitation to see a practice scrimmage and perhaps meet some players. That doesn't sound like much, but it can make it a lot easier for recruiters to keep future Sailors interested and involved in the Delayed Entry Program.

On a bigger scale, Navy Recruiting Command has initiated a relationship with the NFL to maintain a presence during the league's National Combine – an open tryout forum where players in poorly-scouted college teams and anyone else can demonstrate his basic athletic skills and hopefully gain a closer look from scouts with NFL teams. NRD Chicago recruiters, along with SEAL mentors, are on hand to let player prospects know that another team – the United States Navy – is also interested in their skills, discipline, and initiative.

Navy medical also benefits from these kinds of relationships by sharing research about traumatic head and neck injuries, knee and ankle injuries, etc., and the kinds of treatment options that follow. High level visits took place during last year's Chicago Navy Week, and will be pursued in future engagements as well.

"We work hard to build these relationships and work even harder to maintain them. The door won't always be wide open, but because of our persistence in this effort, most of the time they are very receptive to working with us. As a result, it often streamlines introductions to other key decision makers within their organization, and everyone wins," Donaldson concluded.

(Photo property of the Chicago Bears, 2012 Season, reprinted with permission)





# Navy Band Rising Star Returns to Colorado

Story by Dan Puleio, NRD Denver Public Affairs

**DENVER** – When the Washington, D.C.-based Navy Concert Band announced their national tour schedule, Navy Recruiting District Denver was quick to realize the event's value to positive Navy awareness in their region: Six performances would be conducted in Utah and Colorado. Add to this a local appeal, the newest member of the band, Musician 1st Class Adele Mayne, who hails from Colorado Springs and joined the Navy via the Navy Recruiting Station Greeley, Colo.

Mayne had recently received her Master of Music Performance degree from the University of Northern Colorado (UNC), a highly-respected national music program. She had been a serious student of clarinet

since the fifth grade, performing throughout Colorado as principal clarinetist with the Boulder Chamber Orchestra and playing regularly with the Colorado Symphony Orchestra, Colorado Springs, Boulder and Greeley Philharmonic Orchestras, and Cheyenne Symphony.

"I always knew that I wanted to perform with a military band. While teaching clarinet at UNC I met a fellow instructor who had just completed a four-year tour with the U.S. Marine Band in Washington. She encouraged me to set aside any fears and to pursue an audition. I was invited to travel to Washington, D.C., to compete with approximately 50 other clarinetists, and was ultimately asked to join the Navy Band."

Then came an additional hurdle: Mayne had her acceptance letter in hand, however she needed to join the Navy and attend boot camp before being spot

advanced to E-6, which is a benefit of being selected for the U.S. Navy Band.

She stated, "My local recruiters, NC1 Robb Eyestone and MM2 Travis Scruggs, were of immense assistance and support. They worked with me and my



Recruiters NC1 Robb Eyestone, left, and MM2 Travis Scruggs visit with MU1 Adele Mayne in Greeley, Colo., during the Washington, D.C.-based Navy Concert Band's national tour consisting of 18 performances in 20 days. The newest member of the band, this was Mayne's first return visit to her home state in nine months. (Photo courtesy of Gary Mayne)

husband, ensuring all questions were answered and any fears set aside."

Scruggs stated, "I considered it an honor and privilege to work with her. Ms. Mayne was totally professional as were the Washington, D.C., Navy Band staff and the Denver MEPS [Military Entrance Processing Station] classifiers."

Eyestone stated, "Ms. Mayne was the model future Sailor. Even though she knew she would soon be advanced

to E-6, she set the example among her more junior shipmates and was 100 percent invested in her career. I view this as a tribute to her moral fiber and work ethic."

When asked what words of encouragement she might provide America's young people, unsettled with what the future may hold, Mayne stated, "You've got to choose something that you are passionate about and give it a 'laser beam' focus. There is no substitute for hard work. I practiced three-five hours a day for years. Make no mistake, success is 10 percent inspiration and 90 percent preparation."

In the short time that she has been a part of the Navy Music Program, several high points have been the opportunity to perform with the Ceremonial Band at Arlington Cemetery and march in President Barack Obama's inaugural parade in January.



# African-American History Celebrated

Story and photo by MC1(SW) Michael J. Scott I, NRD Atlanta Public Affairs

**ATLANTA** – Navy Recruiting District (NRD) Atlanta observed African-American History Month at their headquarters in Smyrna, Ga., Feb. 28.

This year's national theme, "At The Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington,"

recognized both the 150th anniversary of President Abraham Lincoln's Emancipation Proclamation and the 50th anniversary of the March on Washington where Dr. Martin Luther King, Jr., delivered his "I Have a Dream" speech.

NRD Atlanta's Executive Officer, Commander Axel Spens, started the program by welcoming guests and highlighting the importance of honoring our nation's African-Americans and their contributions.

"Dr. Martin Luther King, Jr., didn't allow adversity and opposition to stop him in his fight for equality

and justice. That's a great lesson for all of us. Don't be afraid to do what's right to help others," said Spens.

What originated in 1926 as Negro History Week observed during the second week of February is now a month-long celebration of African-American achievements, contributions and culture.

African-American Sailors have fought for freedom and equality, serving the United States honorably through every major armed conflict since the Revolutionary War, including Operation Odyssey Dawn and Operation Enduring Freedom.

Today, African-American Sailors comprise over 17 percent of the Navy's active-duty force, participating

in every facet of naval operations. The nearly 56,900 active-duty Sailors, 8,300 reserve Sailors and 26,700 Navy civilians contribute to our Navy's efforts and represent the diversity that makes our Navy and nation strong.

Guest speaker, Drewnell Thomas, the first African-



NRD Atlanta Commanding Officer, Cmdr. David D. Neal, presents Drewnell Thomas a certificate of appreciation and command coin for speaking at NRD Atlanta's recent African-American History Program.

American female to attend Valdosta State College in Valdosta, Ga., said history is a journey and our lives are created to enhance others. "History encompasses all of mankind. We need to share our experiences with each other so we can be all we can be."

Thomas originally accepted a scholarship from Howard University in Washington, D.C. The Negro Voting League approached her mother about her attending Valdosta State College. Her mother said they would have to ask her.

They did and she accepted their proposal, which was to pay her entire tuition, plus books and new clothes.

"I realized I was making a sacrifice to attend Valdosta State College. But I was doing it for the greater good and not for selfish reasons," said Thomas.

Thomas endured many racial incidents, but remained steadfast and received her degree in sociology. She later attended Atlanta University and received her master's in sociology. She worked for Ambassador Andrew Young as an intern, and formally ran but lost the 39th District of Congress.

See "History" continued on page 30



# Sailors Board Blimp and Fly High

By MCC(AW/SW) Anthony Briggs, Jr., NRD Los Angeles Public Affairs

**LOS ANGELES** – Sailors from Navy Recruiting District and Military Entrance Processing Station (MEPS) Los Angeles were treated to a one-hour flight aboard the Goodyear blimp, the Spirit of America.

Based in Carson, Calif., the Spirit of America is one of Goodyear's three U.S.-based blimps that have been seen by millions at sporting events around the country.

"We wanted to give local military members from each of the services a chance to fly as our way of saying thanks," said Ric Stanford of Goodyear. "We love our military and this is our way of saying thanks."

Before the flight, volunteers from the Point Vicente Chapter of the Daughters of the American Revolution provided snacks and a hand-knitted beanie for each participant.

During the flight, Sailors cruised over familiar landmarks in Long Beach, San Pedro and along the coastline 1,200 feet at 25 knots. Sailors were allowed



Sailors with NRD Los Angeles, shown here, as well as from MEPS Los Angeles were treated to a one-hour flight aboard the blimp the Spirit of America. (U.S. Navy photo)

to move about the cabin during the flight, giving them the opportunity to sit next to the pilot throughout the flight.

See "Blimp" continued on page 30



Naval Aircrewman (Helicopter) 2nd Class Hector Reyes of Navy Recruiting District (NRD) Houston breathes air into the mouth of a CPR mannequin at the NRD headquarters in Houston. CPR training is conducted annually to keep recruiters up to date on the lifesaving technique. (Photo by MC2 Jacob L. Dillon, NRD Houston Public Affairs)



# Drowsy Driving as Dangerous as Drunk Driving

By MC2 Amanda Sullivan, NRC Public Affairs

**MILLINGTON, Tenn.** – It's 2 a.m. on a deserted highway six hours into a road trip to your hometown for a holiday weekend. The headlights piercing into the darkness serve to literally give you tunnel vision. You have the radio blasting and the windows rolled down, but still your eyelids feel heavy. You give in only for a second and awake suddenly to the sensation of your car leaving the road heading for a tree.

Perhaps you have been lucky enough to avoid the last part of that scene, but it's likely that you have experienced drowsiness during a long, nighttime road trip.

Much has been reported on the dangers of drinking and driving. In a new report from the National Highway Traffic Safety Administration (NHTSA), the organization claims the effects of fatigue on driving are as severe as having blood alcohol content over the legal limit of most states. The report states that impairments from being fatigued effect performance behind the wheel. Slower reaction time, reduced vigilance, and deficits in information processing, characteristics similar to drunk driving, occur when you drive fatigued.

"It doesn't really matter if you are drunk or fatigued," said Religious Programs Chief Petty Officer Calvin Leake, Navy Recruiting Command (NRC) safety officer. "The effects on driving and reaction time are the same."

Leake said that Sailors are more likely to participate in fatigued driving for a variety of reasons. According to the report from NHTSA, males between the ages of 16-29 are the highest risk category. A large segment of Sailors fall within the category. But Leake says that the unique nature of Navy life also contributes to the problem.

"I think the fact that most Sailors are stationed away from their hometowns makes them more likely to engage in long road trips, especially on three or four-day liberty weekends," said Leake. "Add to that

alternative schedules including shift work and you can easily see how someone could fall victim to fatigued driving."

But unlike drunk driving, which can be easy to gauge by drinks per hour and measured accurately with blood or breath tests, fatigue is harder to spot and much harder to cite as the cause of an accident behind the wheel.

Command Master Chief Susan Whitman of the Naval Safety Center explains fatigue is simply not recognized as easily as other impairments.

"Fatigue masquerades as complacency, inattention, distraction, task-fixation or boredom. Fatigued people have a hard time recognizing their own fatigue and addressing its impact on performance," said Whitman.

The NHTSA reports other elements in lifestyle can mask fatigue.

"Often people use physical activity and dietary supplements to cope with sleep loss, masking their level of fatigue," the report states.

The best way to avoid fatigued driving is to plan ahead.

"Normally you are already driving fatigued before you even realize it," said Leake.

Sailors should aim for eight hours of sleep per night, especially before a long trip. Sailors should also plan and prioritize their trip using tools like the Navy's Travel Risk Planning System, or TRIPS (<https://trips.safety.army.mil/navy/login.aspx>), to map their route and plan stops along the way.

Supervisors can also help their Sailors appropriately plan their road trip by requiring them to complete the TRIPS assessment before any long drive. Additionally, leaders should look for formal and informal opportunities to educate their Sailors and raise awareness about fatigued driving.

"Remember this," said NRC Force Master Chief Earl Gray, "getting back safely is what's most important, because not getting back is not an option!"





# Simone Addresses FRA Semiannual Meeting

Story and photo by MCC Grant Probst, NRD San Francisco Public Affairs

**VALLEJO, Calif.** – The commanding officer of Navy Recruiting District San Francisco spoke to the Fleet Reserve Association (FRA) with 80 members present at the Vallejo Veterans Memorial Building on March 16.

Commander Rob Simone took the opportunity to speak to the FRA at the request of retired Hospital Corpsman 1st Class Gary Blackburn.

Comprised entirely of Navy, Coast Guard, Marine Corps veterans, and auxiliary (spouses), the FRA is a national, congressionally chartered, non-profit organization representing the interests of the sea service community before the U.S. Congress.

“The FRA maintains an ability to reach the hearts and minds outside of an active-duty uniform in a relaxed environment through the auxiliary and association. They are performing a critical role within the community on a local and national level,” said Simone. “The past, present and future Navy is a stronger one due to the determination and legacy of the Fleet Reserve Association.”

Simone’s address encompassed a brief biography, current events impacting recruiting, and the struggles and benefits of recruiting throughout Northern and Central California. The half-hour speech led into a question-and-answer session concerning such topics

as women in the Navy, funding, sequestration, and how the FRA can assist in the recruiting mission.

“As is stated in our preamble, ‘Our desire to assist in obtaining the best type of personnel for our sea services’ is one of the mainstays of our association,” said Blackburn. “The presentation by Cmdr. Simone



Cmdr. Rob Simone, commanding officer, NRD San Francisco, addresses the Fleet Reserve Association in Vallejo, Calif. His topics covered current events impacting recruiting. The FRA is comprised of Navy, Coast Guard, Marine Corps veterans and an auxiliary of spouses.

highlighted the efforts of the recruiters and reinforced our convictions in our Navy.”

Following Simone’s remarks, the FRA National President Mark Kilgore presented Ray Clark from Branch 101 with a certificate and pin for his 60th year of membership. A Two Bells Ceremony was then conducted for all regional FRA members that had passed since the previous meeting in which each name was read followed by two bells. The event closed with a luncheon, and local chapter FRA meetings and work groups.



# Burma Native Joins Navy Reserve Civil Engineer Corps

Story and photo by Robin Sanz, NRD Portland Public Affairs

**PORTLAND, Ore.** – A native of Southeast Asia said it was his desire to help people and do something more than stare at a computer that motivated him to join the Navy Reserve.

Aung Myo Hein was recently commissioned by Navy Recruiting District Portland as a Navy Reserve Civil Engineer Corps officer.

Born in Burma, also known as Myanmar, Hein came to the United States in 1998 at the age of 21 to escape the political oppression. He attended

Southern Oregon University (SOU) in Ashland, Ore., and graduated in 2003 with a Bachelor of Science in physics.

He went back to school in 2005, attending Oregon State University in Corvallis, Ore., where he graduated in 2008 with a Bachelor of Science in electrical engineering.

While in school, Hein was a member of Sigma Pi Sigma physics honor society and participated in the International Student Association and Aikido club. He



Aung Hein was recently commissioned as a Navy Reserve Engineer Civil Engineer Corps officer at NRD Portland. His wife, May Phoo Pwint Khine, and three-year-old son, Henry, accompanied him at the ceremony.

received numerous awards, including outstanding achievement as a peer math tutor, outstanding achievements in physics and outstanding engineer junior. In 2001, his SOU team took second place in a global mathematical contest in modeling.

Hein currently works as an engineer at a water and wastewater consulting company in Portland, and is a member of the Institute of Electrical and Electronics Engineers.

He speaks three languages: Burmese, English and French.

He takes pride in joining the Navy Reserve. “Being in the Reserves gives me the opportunity to pursue my engineering career while serving the country I call home. It is a win-win situation,” Hein said.



**T-STEM - continued from page 12**

“STEM enhances not only the Navy’s ability to find qualified personnel but also raises the bar for college entrance requirements and workforce competitiveness. The bottom line is that we all benefit when our youth are engaged and take interest in STEM early,” said Jones.

According to Dean Fontenot, Ph.D., president of the T-STEM Center Coalition from Texas Tech T-STEM Center, participants had the opportunity to interact with STEM teachers and administrators, network with others from the STEM community, and see some of the current STEM resources available to schools.

She also informed participants of the partnership formed between the T-STEM Center Coalition and the Navy.

“Having the Navy as a partner is a real eye opener. The Navy probably hires more scientists, technicians and engineers. You can’t operate a Navy without STEM,” said Fontenot.

The pillars of Navy City Outreach Program are to inspire the next generation of scientists and engineers, as well as their parents and teachers; engage students and build STEM confidence and skills through hands-on learning activities that incorporate naval-relevant content; educate students to be well prepared for employment in STEM careers that support the Navy; and employ, retain and develop Naval STEM professionals and collaborate on STEM efforts across the Navy, federal agencies and other organizations.



**Shadowbox - continued from page 18**

Reuniting Edwards with his shadow box has positively affected Coker as well. “This feels so good,” he said. “He worked hard to serve his country; he deserves to have this. It is meant to be his.”

The camaraderie and unity of this occasion was highlighted by Edwards. He said, “Once you’re in the

military, you are always in the military, no matter what. I am so grateful that dark period of my life is over with. Now my shadow box can proudly be displayed on the wall in my front room, next to my other Coast Guard memories, for everybody to see.”



**Mentoring - continued from page 22**

After training, they report to different rooms depending on which date they ship out. If they’re within a 30-60-90-day ship date, they’re led to a different classroom for a more in-depth question-and-answer session.

Once their height and weight are taken, Flood asks them to take out their DEP recertification form. He meticulously goes over each and every question to make sure they are prepared for their trip to RTC.

After recertification forms are completed, they’re led outside for physical training. Future Sailors break up into groups and perform various exercises at the direction of their recruiters. Much of their physical training mimics their training at RTC.

Flood and his recruiters know they are preparing the future Sailors to do their absolute best at boot camp.



**History - continued from page 25**

Thomas believes in one philosophy: “Not for ourselves, but for others. I hope people understand what has happened in our history. My prayer is people take the time to understand the many things others have endured so they can enjoy the privileges we all have available today.”

“Today, history literally spoke to us,” said NRD Atlanta Commanding Officer, Cmdr. David D. Neal.

“Her perspective and insight were immeasurable. It’s truly an honor to have you share your experiences with us.”

The celebration concluded with a potluck meal featuring many African-American favorites.



**Blimp - continued from page 26**

“The display [panels] looks like something you would see on a commercial jumbo jet,” said Aviation Structural Mechanic 1st Class Duane Moore from Navy Recruiting Station San Fernando. “It’s pretty cool.”

For Personnel Specialist 2nd Class Magaly Moore, who reenlisted earlier that day, the flight was the capstone to a memorable day.

“I see the blimp every day as it flies over my house and I’ve wondered what it would be like to be up there,” said Moore who serves as a MEPS waivers clerk. “There aren’t too many people that can say they’ve had this opportunity. This was a great reenlistment bonus!”



# ADMIRAL’S FIVE-STAR RECRUITERS

**February 2013**

- NRD Atlanta - OS1 Rochelle Salter
- NRD Chicago - MM2 Steven Moore
- NRD Dallas - BM2 Harry Crawford
- NRD Denver - STS2 Daniel Peterson
- NRD Houston - AM2 Dustin Hughes
- NRD Jacksonville - DC1 Kenya Wilson
- NRD Los Angeles - CE1 German LiraCarrillo
- NRD Miami - SH2 Tyron Brooks
- NRD Michigan - HM2 Mark Wolfe
- NRD Minneapolis - GM1 London Hubbard
- NRD Nashville - AO2 Joshua Collins
- NRD New England - AME2 Darlene Bates
- NRD New Orleans - STG2 James Lee
- NRD New York - FM1 Nicholas Ferrara
- NRD Ohio - LS2 Jarman Kilgore
- NRD Philadelphia - ABE2 Branden Brown
- NRD Phoenix - ABH2 Nafiyas Owens
- NRD Pittsburgh - AT2 Joseph Blazick
- NRD Portland - OS2 Adam Charter
- NRD Raleigh - IT2 Teshandra Sellers
- NRD Richmond - BM2 Lewis Hicks
- NRD San Antonio - AM1 Andres Barrera
- NRD San Diego - GSM2 Jered Surber
- NRD San Francisco - STG2 Kevon Fansler
- NRD Seattle - ET1 Ty Coyne
- NRD St. Louis - FC1 William Pigg

**March 2013**

- NRD Atlanta - OS2 Twalla Thornton
- NRD Chicago - AO1 Brent Woodward
- NRD Dallas - AM1 David Williams
- NRD Denver - AT1 Stephen Ellis
- NRD Houston - LS2 Alberta Lawson
- NRD Jacksonville - EO1 Jeramy Storer
- NRD Los Angeles - MM1 Kyle Lillard
- NRD Miami - ABH1 Marlon Daley
- NRD Michigan - MM2 Jeramiah Andrew
- NRD Minneapolis - BU2 Victoria Hughes
- NRD Nashville - LS2 Brian Green
- NRD New England - MN2 Patrick Clark
- NRD New Orleans - FC2 Shane Burch
- NRD New York - AT2 Adam Zahra
- NRD Ohio - ABE2 Brian Luce
- NRD Philadelphia - CS1 Robert Wilder
- NRD Phoenix - HT1 Nathan Adams
- NRD Pittsburgh - AT2 Joseph Blazick
- NRD Portland - HT1 Dustin Grover
- NRD Raleigh - IT2 Teshandra Sellers
- NRD Richmond - BM2 Lewis Hicks
- NRD San Antonio - SW2 Rogelio Garcia
- NRD San Diego - ABH2 Anita Johnson
- NRD San Francisco - BM1 Ryan Myers
- NRD Seattle - STS1 Christopher Sauerwein
- NRD St. Louis - MC1 Jason Winn

# THE DISTRICT’S TOP STATIONS

**February 2013**

- NRD Atlanta - NRS Macon
- NRD Chicago - NRS Round Lake
- NRD Dallas - NRS Garland
- NRD Denver - NRS Montrose
- NRD Houston - NRS Deer Park
- NRD Jacksonville - NRS Hinesville
- NRD Los Angeles - NRS Santa Maria
- NRD Miami - NRS Plantation
- NRD Michigan - NRS Jackson
- NRD Minneapolis - NRS Waterloo
- NRD Nashville - NRS Clarksville
- NRD New England - NRS Bridgeport
- NRD New Orleans - NRS City Park
- NRD New York - NRS Hempstead
- NRD Ohio - NRS Columbus East
- NRD Philadelphia - NRS Center City
- NRD Phoenix - NRS Arrowhead
- NRD Pittsburgh - NRS Lockport
- NRD Portland - NRS Meridian
- NRD Raleigh - NRS Wilmington
- NRD Richmond - NRS Silver Spring
- NRD San Antonio - NRS Copperas Cove
- NRD San Diego - NRS Santa Ana
- NRD San Francisco - NRS Daly City
- NRD Seattle - NRS Tri-Cities
- NRD St. Louis - NRS Carbondale

**March 2013**

- NRD Atlanta - NRS Jonesboro
- NRD Chicago - NRS Rockford
- NRD Dallas - NRS Muskogee
- NRD Denver - NRS St. George
- NRD Houston - NRS Tyler
- NRD Jacksonville - NRS Brunswick
- NRD Los Angeles - NRS Far East
- NRD Miami - NRS Caguas
- NRD Michigan - NRS Muncie
- NRD Minneapolis - NRS Sioux Falls
- NRD Nashville - NRS Millington
- NRD New England - NRS New London
- NRD New Orleans - NRS Natchitoches
- NRD New York - NRS Tribeca
- NRD Ohio - NRS Miracle Mile
- NRD Philadelphia - NRS Center City
- NRD Phoenix - NRS Flagstaff
- NRD Pittsburgh - NRS Monroeville
- NRD Portland - NRS Bend
- NRD Raleigh - NRS Wilmington
- NRD Richmond - NRS Chesapeake
- NRD San Antonio - NRS Hollywood Park
- NRD San Diego - NRS Garden Grove
- NRD San Francisco - NRS Placerville
- NRD Seattle - NRS Tri-Cities
- NRD St. Louis - NRS Cape Girardeau



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