



The Waterline

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NEWS AND INFORMATION FOR THE NATIONAL CAPITAL REGION

Navy's Voting Assistance Office: *We're prepared for the election, are you?*

by Aaron J. Heiner,
NDW Public Affairs

As Americans, voting is one of our most sacred rights and U.S. military members, to this date, continue to tirelessly protect our freedoms to exercise our right to vote. With the 2012 Presidential elections drawing near, uniformed service members and their families, who are living outside their home state or on deployment, can continue to exercise their right to vote with the assistance of the Navy Voting Assistance Office (VAO).

"The office is now open with extended hours from 7 a.m. until 4 p.m., Monday through Friday, throughout the voting season. The 2012 voting season runs from the start of the year until the general election in November," said Michael Murray, the voting assistance manager at Naval Support Activity Washington (NSAW).

Each installation within Naval District Washington (NDW) has a VAO, staffed by a voting assistance officer to assist personnel in the voting process. Since majority of Sailors assigned to NDW are not residing in their home state, VAO offers assistance to those to avoid missing the deadline to submit absentee ballots.

According to Murray, the VAO provides one-on-one support for voter registration and absentee ballot submission. Serving as a liaison between a Sailor and their home state's election office, the VAO provides a direct link for Sailors to utilize while voting away from home.

"The VAO can offer to help first time absentee voters," Murray said. "We are able to assist Sailors with registering to vote



U.S. Navy photo by Aaron Heiner
Master-at-Arms Seaman Ezra Payton from Las Angeles, CA is registering to vote with the assistance of Michael Murray, the voting assistance manager at Naval Support Activity Washington.

or filing absentee ballots both electronically and through the mail."

Requests for absentee ballots and voter registration can be made simultaneously when submitted with a Federal Post Card Application (FPCA). The card must be completed and signed prior to being mailed directly to the state's election office.

"Some states do allow the FPCA to be faxed or mailed," said Lt. Michael Pyne, the assistant voting assistance officer for NDW. "We can assist in determining the best method for a Sailor to submit the FPCA."

The Federal Voting Assistance Program (FVAP) also assists Sailors, their families and civilians with voting outside of their home state or the United States. Those needing assistance registering to vote, requesting a ballot online or verifying that a ballot has been received can visit the FVAP website at www.fvap.gov.

"FVAP is an easy process. Once you log in to the system, the website uses an online wizard that requests basic information, name, state, then voting district," said Pyne. "Voting while out of state is really simple for Sailors who use the FVAP."

The Federal Write-in Absentee Ballot is also available for

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NAVSEA announces *Sailors of the Year*

From Naval Sea Systems Command
Office of Corporate Communications

Naval Sea Systems Command (NAVSEA) 2011 Sailors of the Year (SOY) were announced at a Washington Navy Yard luncheon Jan. 13.

Navy Machinist's Mate 1st Class (SS) Cody W. Davis and Logistics Support 1st Class Scott Melvin, Navy Reserve, were selected.

Selection as NAVSEA Sailor of the Year reflects demonstrated ability to lead and inspire a group of people and to improve and expand the capabilities of

See **Sailors**, Page 8

FFSC: Providing Navy families assistance to overcome any challenge

Aaron J. Heiner, NDW Public Affairs

Serving in the military has its pros and cons. Military service carries great rewards but it also presents some unique challenges and opportunities for service members and their families. To help service members face these challenges, the Fleet and Family Support Center (FFSC) is always nearby to lend a hand. Whether its deployment support, relocation assistance, or financial challenges, service members and their families can always count on the FFSC.

"Our duty is to support the active duty military and their families," said Rena Hardin, the relocation and deployment manager of the FFSC located within Naval Support Activity Annapolis (NSA Annapolis). "We offer a many different services that can address the challenges our military families face."

The FFSC offers a variety of services, many of which can be



U.S. Navy photo by MC2 Class Kiona Miller
Education Services Coordinator Sarah Strecker, sits at the front desk of the Military and Family Support Center located at Joint Base Anacostia-Bolling.

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Link directly to the
NDW Facebook
page on your
smart phone

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Pax River Clinic to provide nutrition support services

By David Koch Director for Public Health
Naval Health Clinic Patuxent River

Nutritional support services are available again at the Naval Health Clinic. Siming Jiang, a new arrival to the clinic, is a registered dietitian, licensed nutritionist and certified diabetes educator who will provide group classes and one-on-one nutrition therapy.

Using the latest research, she will help you understand and change eating habits and lifestyle; discuss individualized, realistic approaches to address your nutrition, health and wellness concerns; and promote a healthier relationship with food and body.

One-on-One Nutrition Therapy Sessions can include discussion on the following topics: Weight Management, Diabetes Management, Impaired Glucose Tolerance/Prediabetes, Gestational Diabetes, Metabolic Syndrome, High Cholesterol/ Triglycerides, High Blood Pressure, Pre- & Post-Weight Loss Surgery, Food Allergies, Osteoporosis, Digestive Problems, Kidney Disease, Celiac Disease, Vegetarian Eating Plans, Healthy Pregnancy, and Healthy Eating for All Ages

Nutrition Groups Classes will focus on Diabetes Management, Healthy Heart, and Weight Management.

Please contact the Appointment Desk at 301-342-1506 to schedule a group class or a one-on-one appointment.

Transition Benefits: Outplacement services for ERB Sailors

From Chief of Naval Personnel Public Affairs

The Navy will provide personalized career coaching and job search assistance to support Sailors selected for separation by the Enlisted Retention Board (ERB) beginning Jan. 3, 2012 as previously announced in NAVADMIN 332/11.

The ERB outplacement services provided by Challenger, Gray & Christmas, Inc. (CGC) will start on Jan. 3, 2012. ERB separating Sailors will be contacted via an introductory email starting Dec. 23, 2011, regarding the many services available to them.

"In order to ensure these talented Sailors succeed in the civilian job market, we are providing transition services to help build on their skills, success, and training acquired during their Navy careers," said Chief of Naval Operations (CNO) Adm. Jonathan Greenert.

ERB separating Sailors will be eligible for outplacement services which will provide coaching, resume writing and job interview preparation as an enhancement and building upon existing transition assistance programs offered by Department of Defense, Department of Labor, Veterans' Affairs and Commander, Navy Installations Command.

Transition coaching will include an initial interview

with member, skills inventory analysis, development of a personal business/marketing plan, a dedicated career coach tailored to desired work city, peer networking support, and support in starting a business.

Job search assistance is also available including daily refreshed job leads, tailored market research tools, access to industry unique job boards, connections to temporary staffing, technical and professional services companies, and access to career information, webinars, and e-learning courses. Job placement assistance includes online profile management, resume and cover letter preparation, interview preparation, salary negotiation counseling, role-playing with a coach, and "on-call" consulting with one-on-one live counseling.

The Navy is providing additional transition services no cost for Sailors identified for separation by the ERB to continue to build on their job skills, experience and training acquired during their Navy careers.

Sailors separated by the ERB can contact CGC starting Jan. 3, 2012 via toll free number (800-971-4288) or email (CGCUSNavy@challengergray.com).

For more information about the ERB transition support, check out the NPC ERB transition support page at www.npc.navy.mil/boards/ERB/, contact the NPC customer service center at 1-866-U-ASK-NPC (1-866-827-5672), or email cscmailbox@navy.mil.

Around the Yard

What brings you to the Information, Travel and Ticketing (ITT) Office?



Since I work here it's much easier to come here than to go off the installation to purchase sports tickets.

-Lt. Cmdr. Baha Eken,
Liaison Officer, Navy IPO

U. S. Navy photos by Aaron J. Heiner



I came to the ITT for ski lift tickets for this weekend. This location is very convenient for me to come to.

-Cmdr. Fred Chang,
U.S. Navy Reserves, Navy Forces Korea



Primarily, I come to ITT to buy movie tickets as I already work at the Washington Navy Yard. I don't have to wait in line off base to spend more money for the same thing.

- Amos Akuoko,
Personnel Management Specialist, NAVSEA

The Waterline

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All stories must be submitted by 4 p.m. the Thursday prior to publication. E-mail stories to: waterline.ndw.fcm@navy.mil or bring/mail to: *The*

Waterline, 1411 Parsons Ave. SE, Suite 205, Washington Navy Yard, 20374.

Submissions should be free of military times and should contain the first and last names with ranks/rates, warfare qualifications, job titles and duty station/command of all persons quoted or referred to.

All submissions must also include the author's name and office or telephone number where they can be reached. If you have further questions, call or contact the editor at (202) 433-9714, fax (202) 433-2158.

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The editorial content of *The Waterline* is edited and approved by the public affairs office of Naval District Washington.

This Week in Naval History

January 20

1783 - Hostilities cease between Great Britain and the United States

1903 - Theodore Roosevelt issues Executive Order placing Midway Islands under jurisdiction of the Navy Department.

1914 - School for naval air training opens in Pensacola, FL.

1948 - Establishment of U.S. Persian Gulf Area Command (later changed to Middle East Force in August 1948).

January 21

1954 - Launching of Nautilus, first nuclear submarine, at Groton, CT

1961 - USS George Washington completes first operational voyage of fleet ballistic missile submarine staying submerged 66 days

January 22

1800 - CAPT Thomas Tingey ordered to duty as first Superintendent of the Washington Navy Yard

1944 - Operation Shingle, Allied landing at Anzio, Italy

January 23

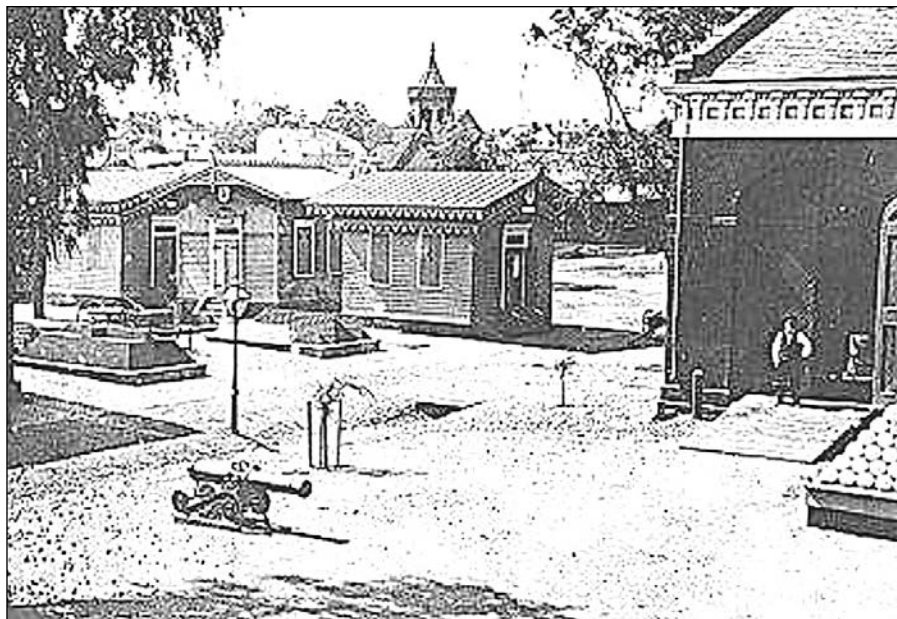


Photo courtesy of Naval History and Heritage Command

Capt. Thomas Tingey was ordered to duty on Jan. 22 in the year 1800 as first Superintendent of the Washington Navy Yard. This photo shows a view of the northwestern part of the Navy Yard, taken by Brady & Company in June 1866.

1960 - Bathyscaph Trieste descends to deepest part of the ocean, Marianas Trench

1968 - USS Pueblo seized by North Korean forces in Sea of Japan

January 24

1942 - Battle of Makassar Strait, destroyer attack on Japanese convoy in first surface action in the Pacific during World War II

1991 - Helos from USS Leftwich and USS Nicholas recapture first Kuwaiti territory from Iraqis

January 25

1963 - 1st Seabee Technical Assistance Team arrives in Vietnam

1968 - Operation Windsong I in Mekong Delta, Vietnam

January 26

1911 - 1st hydroaeroplane flight is witnessed by naval aviator

1913 - The body of John Paul Jones is laid in its final resting place in the Chapel of Naval Academy, Annapolis, MD

1949 - USS Norton Sound, first guided-missile ship, launches first guided missile, Loon.

1960 - USS John S. McCain rescues the entire 41-man crew of the sinking Japanese freighter, Shinwa Maru, in the East China Sea.

NSWC Dahlgren employees win NAVSEA Excellence Awards

By John Joyce
NSWCDD Corporate Communications

NSWCDD employees specializing in chemical, biological and radiological (CBR) defense, human systems integration (HSI) and acquisition were among individuals and teams from across the NAVSEA organization who received awards for their excellent contributions to the United States Navy and the employees' commands at the Dec. 7 presentation.

The NSWCDD CBR Defense Division's Operation Tomodachi Support Team was honored for mitigating initial fleet concerns and ensuring military personnel could operate safely in a radiological contaminated environment in the wake of an earthquake and tsunami that disabled the Fukushima nuclear power plant's reactor cooling systems, leading to massive leaks of nuclear radiation.

"The team quickly developed various specialized procedures for dealing with this specific type of contamination, then worked with NAVSEA and Pacific Fleet to deliver the procedures via naval message for the ships to use," said Michael Pompeii, NSWCDD CBR Defense chief engineer.

"Some of our CBR team members deployed to Yokosuka to implement and perform these procedures on a contaminated ship. This was another real-world confirmation that our CBR procedures and equipment worked when the ships really needed them."

This high-performing team - John Garmon, Tracy Delascasas, David Morad, Jeanne Fravel-Meyers, Jeff Smith, Richard "Chip" Warder, William Clark, Brian Liska, Charles Lansing, Ronald Roller, Jeffrey Renner, Paul Swayze and Pompeii - demonstrated NAVSEA's commitment to providing rapid, fully coordinated, technically sound support to the Fleet.

"This was a great real-world showing by our CBR defense systems on our ships," said Pompeii. "The counter-measure wash down system quickly removed the bulk of the contamination, just as it was designed to do."

Our CBR Collective Protection System (CPS) performed flawlessly, as there was not one instance of any radiological contamination reported at any time in any CPS zone for the 13 ships equipped with CPS. But the ships without CPS or areas outside the CPS zones did not fare nearly as well.

Originally designed by NSWCDD CBR defense engineers to protect personnel and equipment inside ships from CBR attacks, CPS works by using special filters to re-

move any contaminants from intake ventilation air and then providing a slight overpressure inside the CPS zone to prevent entry of contaminants through any leak paths.

Efficiency through human systems engineering

NSWCDD HSI engineers Robyn Ryan, Alex Salunga, Isabel Anderson, Ajoy Muralidhar, Robert Hamburger, Jon Dachos, Dawn Chandler, Karen Holness and Christi Adams were honored for their superior support to the CVN 78 (Gerald R. Ford next generation carrier) program as key players in the warfare system engineering technical team.

"We initially focused on determining manpower requirements for the new Ford-class warfare system configuration," said Robyn Ryan, NSWCDD HSI program director. "Our team established a rigorous process to identify candidate manpower changes based on the anticipated warfare system elements and worked with the technical and active Fleet subject matter experts to identify tasking and workload changes. This included documenting analysis and assumptions and reconciling proposed changes through all program and Fleet stakeholders."

The team transitioned from focusing only on manpower requirements to include process improvements, according to the nomination letter.

"The process and resulting artifacts allow for changes in the Ford-class warfare system definition to be assessed for manpower impacts," said Ryan. "This analysis on the new class was also leveraged to realize savings where these changes were applied to in-service carriers."

Capitalizing on the investment made while assessing the Ford-class of nuclear aircraft carriers, the team applied findings to the USS Nimitz (CVN 68) class of nuclear aircraft carriers, achieving manpower reductions of 25 percent and resulting in a savings of \$17.7 million.

"Since all human systems integration domains are interrelated, the manpower requirements analysis work demonstrated the need for other domain analysis, said Ryan. "The team's HSI and human factors engineering efforts impacted both engineering integrated product teams' activities as well as warfare system related ship space designs."

"For example, we defined the concept of operations for a new centralized combat systems management center," continued Ryan. "The team also impacted ship space and equipment layout based on human factors analysis and fleet cognitive walkthroughs for the Command Decision Center and Surface Undersea Support Center spaces."

The team constructed three inexpensive full-scale mock-ups replicating the USS Abraham Lincoln (CVN 72) Combat Direction Center (CDC), CVN 78 CDC, and CVN 78 Surface and Undersea Coordination Center. The mock-ups achieved efficiencies through identification of common practices and configurations for the CVN 72 and 78 CDC spaces.

Through the combination of Fleet feedback and human factors engineering analysis, the mock-ups identified several improvements including remote location of common display system (CDS) common electronics modules, a modified space design achieving all three-display CDS consoles, the location of critical equipment in closer proximity to the appropriate watch standers, the validation of existing manpower requirements, and identification of new manpower and equipment requirements. The team submitted their findings in coordination with shipyard and stakeholder milestones to achieve greatest savings.

Individual award recipients were recognized for their personal contributions and outstanding accomplishments, displaying a "do it right the first time" attitude, with outstanding customer satisfaction and in support of the NAVSEA mission, vision and goals.

Acquisition best practices

Robert Ashley, NSWCDD Contracting Office acquisition policy lead, was honored for his accomplishments to include the establishment of several best practices which have been implemented across the contracting competency.

Ashley used knowledge management tools to vastly improve acquisition service by disseminating a variety of searchable, user friendly products to the contracting and program management communities, according to the nomination letter. He ensures policies are openly shared with NSWCDD customers through the web-based contract homepage.

In addition to his impact on acquisition training, process improvement, and the command's Product Data Reporting and Evaluation Program instruction, Ashley established the Dahlgren Policy Cliff Notes, a monthly acquisition product that supplements policy directives from NAVSEA headquarters. These notes supplement policy implementation with easy to read disposition instructions permitting the quick identification of relevant areas of new policies and directives applicable to the work accomplished by the NSWCDD contracting office.



CAREER SUPPORT AND RETENTION

The Transition Assistance Management Program (TAMP) - offers an array of services and benefits to transitioning service members, including computers setup for individuals to go online to different job banks, college and scholarship resources and career assessment tools. Resume Writing Workshops are offered which includes Federal Resume Writing Interview Skills, information on veterans' benefits and a professional resource library; Two TAP Seminars and one Executive TAP Seminar - five-day programs - are offered monthly sponsored by the departments of Labor and Veteran Affairs, and include information that will benefit the transitioning military member.

Family Employment Readiness Program (FERP) - offers seven basic services, which include job search strategies, job readiness, resource information, job referral service, individual counseling assistance, career planning and links to education and volunteer opportunities.

Personal Financial Management (PFM) - program offers individual and family financial counseling, financial classes, and is responsible for the Command Financial specialist training in the Region (NDW).

Volunteer Program - opportunities are available as an administrative assistant, counseling mediator, transition assistant, Information & Referral assistant, data entry/word processor and a retired activities volunteer.

Retired Activities Office (RAO) - Helps surviving family members of retiree with benefit information and paperwork, conducts briefing and counseling, assists in resolve pay problems with Defense Finance Accounting Services (DFAS); provides National Naval Medical Center preretirement briefing of active duty personnel.

DEPLOYMENT READINESS/ FAMILY SERVICES

Life Skills Education - provides a variety of presentations to help commands meet requirements, as well as enhance operational and personal readiness including parenting skills training, couples communication, anger and stress management, conflict resolution, Child Abuse Awareness, Spouse Abuse Awareness and suicide prevention. Trainings can be customized to fit needs of the command.

New Parent Support Program (NPS) - Assists new parents in coping with the demands of parenting and military life through parenting education and training and home visits to new parents prior

to delivery and after delivery; information and referral for military and community resources; child development screenings and monitoring. All active duty members and their families who are pregnant and or have children in the home from infancy to three years old are eligible for these home visitation services.

Deployment/mobilization/readiness - assisting Sailors and family members prepare for deployment, manage separations and reunite and reintegrate with families and community through services including the Family Accountability and Assessment System, Individual augmentee (IA) Indoc Course and Deployed Family Fun Days

Exceptional Family Member Program (EFMP) - provides assistance to service members with special needs children and family members with medical needs including resource referral to medical, counseling and educational services, support groups and care providers. Assists in finding duty stations where needs are met. Mandatory enrollment per OPNAVINST 1754.2D.

Relocation Assistance Program (RAP) - assists military personnel and their families in identifying relocation needs and accessing the resource information necessary to meet these needs including attending available workshops such as, Overseas Planning, Sponsorship Training and Smooth Move. Other services include I&R, Worldwide Welcome Aboard packets, Hospitality Kits (Loan Locker) and Pre-Move Planning Assistance (militaryhome front.com).

Child and Youth Programs - Navy Child and Youth Programs (CYP) provide developmental child care and youth recreational programs and services for eligible children and youth 4 weeks old to 18. Programs and services are specifically designed and operated to meet the unique needs of the military mission and service members and their families, like Child Development Centers (CDCs) which provide full and part day child care for babies 6 weeks old to children 5 years of age and Child Development Homes (CDH) which provide full and part day and night and weekend child care for 4-week-old to 12 years old.

MWR Happenings

Travel & Marketing Office

Don't forget to stop by the MWR Travel & Marketing Office between 7:30 a.m. and 4 p.m.! We are here for all of your vacation planning needs! Please visit us at Bldg. 184 at the Washington Navy Yard, next door to the NEX and check out all we have to offer. For more information please call (202) 685-8299 or send us an email at navyyardtravel@gmail.com!

Ski tickets on sale at ITT office

It's that time of the year again! Stop

FFR/MWR Phone numbers

Child Development Programs

Child Development Center 1(202) 767-2890
Child Development Center 2(202) 404-8071
Child Development Center 3(202) 433-0771
Child Development Homes(202) 433-3223 or (202) 404-1454
Regional Child Placement Office(202) 433-3055 or (877) 269-9322
Regional Child & Youth School Liaison Office(202) 433-0942

Family Housing

JBAB Housing Office 1, Bldg 414(202) 433-0346
JBAB Housing Office 2, Bldg 21(202) 404-6828

Fitness Centers & Information, Tickets, and Tours (ITT)

JBAB Fitness Center 1, Bldg 15(202) 767-5895
JBAB Fitness Center 2, Bldg 419(202) 433-2962
Washington Navy Yard, bldg. 22(202) 433-2484/2829

Military and Family Support Center

JBAB MFSC Bldg 72(202) 433-6151
JBAB MFSC Bldg 13(202) 767-0450

Liberty Program (E1-E6 Single/Unaccompanied Service Members)

Liberty Center, bldg. 72(202) 685-1802
JBAB Liberty Program Office, Bldg. 72(202) 433-2636
JBAB Liberty Center, Bldg. 72(202) 685-1802

Food & Beverage

Catering and Conference Center, WNY Bldg. 211(202) 433-3041
Mordecai Booth's Public House, WNY Bldg. 101(202) 678-0514 or (202) 433-3041
Furnari Restaurant, JBAB Bldg. 418(202) 433-2574

Other Important Numbers

WFR Administrative Office, JBAB Bldg. 12(202) 767-7707
WFR Marketing and Special Events Office, JBAB Bldg. 12(202) 767-1371
Gateway Inns and Suites, JBAB Bldg. 602(202) 404-7050
MWR Sports Program/Sports Complex Rental, JBAB Bldg. 419(202) 685-0483
Outdoor Recreation, JBAB Bldg. 928(202) 767-9136
Vehicle Storage(202) 767-9136/8562

by the ITT office to pick up your discounted ski and snowboarding tickets. Ski tickets are good for Whitetail, Roundtop Mountain Resort and Liberty Mountain Resort. Tickets include: Midweek & Weekend 8-Hour Lift Ticket, Night Lift Tickets (after 5 p.m.) Learn to Ski Packages, Midweek & Weekend 8-Hour Lift Tickets, plus rental and Weekend & Midweek 2-Hour Snowtubing. For more information call, (202) 404-6576 or by visiting <http://cnic.navy.mil/WFRJBAB>

The Biggest Loser

The Washington Navy Yard Fitness Center presents The Biggest Loser. The program runs from Jan. 11 through March 13. All participants must weigh in on Jan. 10-11 and weigh out on March 13-14. Participants compete to lose the greatest amount of weight with three winners for each male and female category for a cash prize. Contractors who participate in the program will be allowed access to the fitness center and its services for FREE throughout the program.

Cost is \$10 and is open to active duty military, reservists, DoD, civilians and contractors.

For more information contact Desmond Jones at (202) 433-6666 or de-

mond.jones@navy.mil.

It's Mardi Gras!

Bring the beads and the fun times during the Fat Tuesday celebration on Feb. 21 from 4-9 p.m. at Mordecai Booth's Public House in Bldg. 101 on the Washington Navy Yard. The free event is hosted by NSAW's MWR and includes a live DJ. This event is open to all authorized ID card holders and guests. For more information, contact the Marketing Department at (202) 685- 8298 or by email at nsaw.marketing1@gmail.com.

CERT Members Wanted

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness and trains them in basic disaster response skills. Using the training learned, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

For those who are interested in this program, please contact Paul Grossman at (202) 433-3562 or paul.grossman@navy.mil. You may also contact Robert Klebahn at (202) 685-0476 or robert.klebahn@navy.mil.

NDWNews

Follow NDW on Facebook and Twitter

NDW has a Facebook fan page in order to provide updated information to all NDW residents, tenants, employees (military, civilian, and contractors), and the American public. Show your support, "Like Us," and become a fan to see exciting news relating to the Naval District Washington. www.facebook.com/NavDistWash

Follow us on Twitter @navaldistwash

<http://twitter.com/NavalDistWash>

NSAW has a Twitter page for the Washington Navy Yard to provide the public with up-to-date operating hours of the Navy Yard portion of DC's Riverwalk.

Follow us on Twitter @WNYRiverwalk.

<http://twitter.com/WNYRiverwalk>



Toastmasters

Want to improve your speaking and leadership skills? Come to Helmsmen Toastmasters! Join us Thursdays, from, 7:30-8:45a.m., Pentagon Library and Conference Center (PLCC).

The Toastmasters are an international organization that helps everyone speak, think, lead and listen better.

For more info, contact Carl Sabath by email at: carl.sabath@osd.mil or (703) 695-2804 or Elizabeth Femrite by email at: elizabeth.m.femrite.civ@mail.mil or (571) 256-8674.

Volunteers Needed for Tax Assistance Center

The Washington Navy Yard and Joint Base Anacostia-Bolling Tax Centers are actively seeking volunteer tax preparers from the National Capital Region. All active duty service members, family members, retirees and civilians are eligible to volunteer. NDW will provide volunteers with free training on tax preparation and electronic filing. NDW's Tax Center seeks volunteers who can offer a few hours of their time every week from Feb.1 through Apr.16. If you are interested in becoming a volunteer tax preparer with the NDW Tax Center, contact Lt. j.g. Chao Pan at (202) 685-5525 or chao.pan@navy.mil for further information.

Women of the Word Bible Study

"Women of the Word" is a theological group study focusing on women in the Bible, and the contemporary social issues that women face in today's society. The women's group meets from 11:30 a.m. to 12:30 p.m. every Wednesday in Bldg. 101, conference room 132 or 121 at the Washington Navy Yard (WNY); please bring a bag lunch. Our upcoming group study will be on Faith (Hebrews 11).

This Bible study is open to all women military and civilian personnel. The Bible study is sponsored by the Naval Support Activity Washington (NSAW) Chaplain's office. Contact Paula Jackson at Paula.V.Jackson@navy.mil or (202) 433-9689 for more information.

Make Your Vote Count, NSAW Voting Assistance Office available to assist

With general election fast approaching, the Naval Support Activity Washington Voting Assistance Office is available to assist military and civilian employees with their voting needs during the election season. Please visit the Voting Assistance Office in Bldg. 101, 3rd floor suite 340. Hours are Monday-Friday from 11 a.m. to 1 p.m. Call us at (202) 433-2008, or contact NSAW Voting Assistance Officer Cmdr. Dennis Keck at dennis.keck@navy.mil or Voting Assistance Managers Michael R. Murray at michael.r.murray@navy.mil and Willema S. Hardy willema.hardy@navy.mil. For more general questions, you may contact the DoD Voting Information Center (VIC) toll-free, using the numbers listed on the FVAP website, <http://www.fvap.gov>. The VIC provides recorded messages from candidates, as well as other information concerning elections, 24 hours a day.

Men's Discipleship Group

A Men's Discipleship Group, sponsored by the NDW Chaplain's Office, meets every Wednesday from 12-1 p.m. in Bldg. 101, room 242. All men are cordially invited. Bible study, discipleship and prayer is the focus. For more information, please contact Lt. Cmdr. Chris Dickerson, at (202) 781-0602 or email at Stanley.dickerson1@navy.mil.

Recruiting volunteer baseball, basketball, cheerleading coaches

The Joint Base Anacostia-Bolling Youth Center is recruiting coaches for the upcoming season. Coaches receive free certification in first aid and CPR. Coaching certificates are provided through the National Alliance of Youth Sports and Coaching Association. Potential coaches must complete a volunteer package provided by the Youth Center staff to be eligible to coach. For more information, please visit the JBAB Youth Center at Bldg. 4485, or call the center at (202) 767-4003.

Veteran's Helper: Wounded Warrior's weekly source for federal employment assistance



"Kindness" or discrimination?

Q: I am a disabled vet in the federal workplace and I don't really have a question so much as a comment. It always stinks when someone finds out that I am missing a limb. You might think that it would be obvious, but I am male and wear long pants, so it's not often known that I have had an amputation below the knee. People treat me differently when they figure it out. They become more "helpful" or try really hard not to say things about standing or feet (which is weird). In short, it changes

the relationship. And while not everyone feels compelled to make fools of themselves, I wonder if you might just address this issue.

A: You bring up some really important points. Not everyone understands that discrimination need not be passing someone over for a job or making a really hurtful slur about something for which the individual has no control: it can look positive on the surface. The people who you work with may think that they are making up for an embarrassing lack of knowledge, (that you are missing your leg) but what they are really doing is treating you differently. Suddenly you aren't that capable guy in the next office, but someone to be pitied, assisted or avoided.

These reactions, though common aren't okay. They say more about your co-worker's attitudes toward disability than they do about you. Humans have a tendency to approach with caution things with which they are unfamiliar. And that may be okay. Cautious and polite questions about how YOU would like to be treated (if there is a situation in which your missing limb would be affected) are absolutely fine. Assumption and avoidance, or over-solicitousness are condescending and isolating. If you work in an office where you sit all day, you could have zero legs or seventeen and it would not affect your productivity. You are a person there to do a job. As long as you are doing it acceptably, it's frankly no one's concern what you look like in shorts.

I might, if I were in your place, seek training for your group. I'd be willing to bet that you aren't the only one who has suffered the "kindness" of your co-workers. There are some great resources out there that address interacting with people with disabilities. Feel free to drop me a line if you want some suggestions.

Laura Stanek, Human Resource Advisor and Wounded Warrior Program Manager, is dedicated in assisting wounded warriors and disabled veterans from all branches of service with transition to federal civilian employment. Need employment Advice? Have a success story to share? Email at laura.stanek@med.navy.mil.

Navy joins Nation in celebrating Martin Luther King, Jr. Day

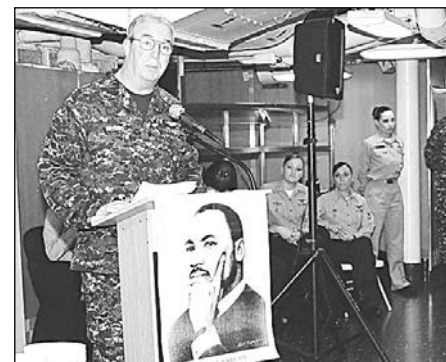
By Ensign Amber Lynn Daniel,
Diversity and Inclusion Public Affairs

As announced by NAVADMIN 009/12, the Navy will join the nation to observe Dr. Martin Luther King, Jr. Day Jan. 16.

Navy commands are encouraged to reflect on the recurring theme, "Remember! Celebrate! Act! A Day On, Not A Day Off!" and increase their knowledge and awareness of Dr. King's contributions to American history and civil rights through participation in military and community events.

King was the chief spokesman for non-violent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. In 1968, amidst a country embattled in a civil rights struggle, King was assassinated.

In honor of King's unfinished efforts, Dr. Martin Luther King, Jr. Day was established by then-President Ronald Reagan in 1983. In 1992, then-President George H.W. Bush proclaimed the Dr. Martin Luther King, Jr. federal holiday would be observed every year on the third Monday of January. Congress passed the Martin Luther King, Jr. Holiday and Service Act, Aug. 23, 1994 designating the King Holiday as a day of volunteer service. The first observance was held Jan. 15, 1986, the anniversary of King's birthday.



U.S. Navy photo by MC3 Nichelle Noelle Whitfield

John W. Miller, commander of Carrier Strike Group (CSG) 11, addresses sailors during a celebration honoring the Rev. Dr. Martin Luther King Jr. aboard the aircraft carrier USS Nimitz (CVN 68). The Nimitz Carrier Strike Group is on a routine deployment to the U.S. 5th Fleet area of responsibility.

Last year, Aviation Ordnanceman 2nd Class Tiffany Jaros and Aviation Structural Mechanic 2nd Class Jacqueline Bucci celebrated Martin Luther King, Jr. Day volunteering with a group of Sailors from Naval Station Everett. Their local United Way was in need of adult volunteers to supervise

MWR Travel and Marketing Office Grand Opening



Photos by MC2 Kiona Miller, NDW Public Affairs

Cmdr. David Varner, commanding officer of NSAW, right, Lori Riccio marketing manager for NSAW's MWR, middle, and Richard McCloud program director for NSAW's Fleet and Family Readiness, left, commemorates the grand opening of the MWR Travel and Marketing Office with a ribbon cutting ceremony at the Washington Navy Yard, Jan. 12.



Photo courtesy of MWR Travel and Marketing Office

Ali Malone, marketing assistant and travel specialist for MWR Information Ticket and Travel office helps Sailors and Washington Navy Yard employees plan their next vacation during the MWR Travel and Marketing Office open house, Jan. 12.



Cmdr. David Varner, commanding officer of Naval Support Activity Washington receives travel information from Ali Malone, marketing assistant and travel specialist for NSAW's Morale Welfare and Recreation Information Tickets and Travel office.

AFPAK Hands: On the Ground



U.S. Navy Photo by Chief Justin Gavin, CFSOCC-A

U.S. Navy Chief Justin M. Gavin with the District Chief of Police during a meeting to discuss the construction of a new police checkpoint in the village of Zhuri.

The New Zhuri checkpoint

Chief Gavin is currently assigned to the Combined Forces Special Operations Component Command Afghanistan (CFSOCC-A) at Village Stability Coordination Center North (VSCC-N) as the District Assessment Team Chief in the Qaisar District in Faryab. His job is to advise the District Governor (DGOV) and District Chief of Police (DCOP) on governance and development.

The Afghan National Police's checkpoint is located in the village of Zhuri with about 1500 people. The importance of this checkpoint is significant, because the village was repeatedly attacked and harassed by the Taliban. The village elders complained through the Afghan Social Outreach Program (ASOP) Shura process. The DCOP listened to the Shura and was advised on the importance and relevance of this checkpoint. He acted promptly, and in only three weeks the facility was constructed.

The checkpoint location was picked by the DCOP and constructed with labor and supplies from the village with only the Hesco barriers provided by combined forces.

Although at times challenging, this has been a success in advising the DCOP and DGOV on a daily basis. The advantages AFPAK Hands provided with understanding the culture and the ability to communicate allowed an immediate rapport. The comprehension of the culture helps especially when combined forces participate in the meetings between the armed forces, village elders and local governments.

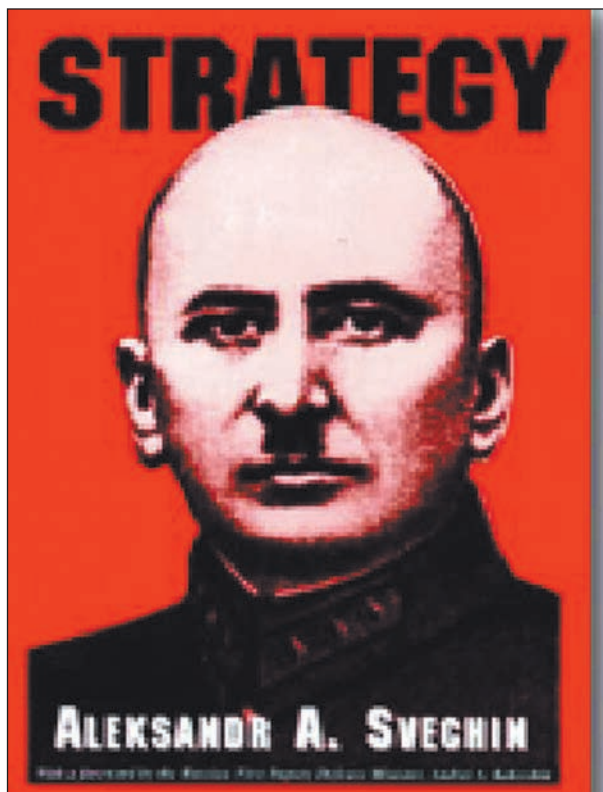
Village stability is a key initiative for any AFPAK Hands. CFSOCC-A visits the villages daily, communicating with locals and building a foundation of knowledge and experience.

Editors note: AFPAK Hands is a language and cultural immersion initiative which consists of three phases: language and cultural training, in and out of theater deployment.

During an out of theater deployment a service member can be assigned to a government agency, DoD command or other organization where their work in country can be applied and then add to their perspective when they redeploy.



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Strategy by Svechin

Book review

Reviewed by CDR Youssef Aboul-Enein, MSC, USN Strategy by Aleksandr A. Svechin.

First published in the Soviet Union in 1927, and available in English first in 1992 with a reprinted version in 1999. Published in the west by East View Publications, Minneapolis, Minnesota. 367 pages.

The Soviet Union under the heinous regime of Joseph Stalin had within it a cadre of officers considered to be important thinkers in military tactics and strategy. Many would be liquidated by Stalin in a purge of military officers he considered a threat to his regime and on the eve of World War II. They include men such as General Mikhail Tukachevsky, who dream of an implemented the concept of deep operations, in which a combined infantry, armor, and air assault would strike the rear of a front line and envelope an adversary.

He reduced his ideas into writing in 1929 and it was implemented in the Battle of Khalkin Gol in 1939, a war that pitted Soviet against Japanese forces in Mongolia, and resulted in victory for the Soviets. Then there is the subject of this book, General Aleksandr Svechin, a prolific writer on military strategy whose masterwork is *Strategiia* was so influential it was kept secret in Soviet military archives and was not translated into English until 1991.

What makes Svechin's book *Strategy* important is the combination of political, social and economic factors in warfare, combined with a careful analysis of western military classics from a communist perspective. It discusses the means by which a nation must economically be prepared to sustain long-term warfare. This sustainability is what we call the military-industrial complex today, yet he wrote this in 1927.

Readers will be treated to a critique of American Civil War leaders with President Lincoln respected for his flexibility in changing strategy but referred to as a petit-bourgeois a derisive term to refer to middle-class obsession with consumption and materialism. Svechin understands the indivisibility of politics and military strategy, and has written copious commentary on Prussian theorist Carl von Clausewitz (1780-1831) and his classic text "On War," and his dictum that "war is politics continued with other means."

Other ideas are the geographic dispersion of military industries, and the argument that the Soviets should not invest highly in a navy, with Russia being a land-mass with little access to ports. He also has a healthy respect for Russia's adversaries such as Napoleon, the Japanese, and much more.

Studying Svechin is not easy and requires re-reading the text more than once, but for those with an absolute passion for alternative military thinking, strategic thought, and tying together many strands of western classical thought such as Jomini, Clausewitz, Delbruck, even philosophers such as Rousseau, into Soviet strategic thought. It is likely these classic Soviet military theorists from Stalin's purges are getting a revival in Russia's higher military schools.

Editor's Note: CDR Aboul-Enein writes a regular book column for Military District Washington newspapers. He wishes to thank Dr. Paul Severance for introducing CDR Aboul-Enein to Svechin's work and providing him the guidance needed to study this complex work of Soviet strategy.

KING

Continued from 5

teens during their county-wide Martin Luther King, Jr. Day volunteer project, and the call was put out to the Navy base to see if some of the local Sailors, despite having the day off, would volunteer.

"I decided to volunteer because I love to help people, whether it is to help someone clean and move their house, or just make them smile. If it helps them have a better day, then I will do whatever I can to help," said Jaros.

Serving as adult mentors for the day, the Sailors guided local teens to clean the homes of elderly persons in the community. Many of the elderly were unable to do even the most basic

home care tasks without assistance.

"I love volunteering and making a difference in others lives," said Jaros. "I had so much fun with the kids just hanging out and bonding. It's great to see kids so young have such an interest in helping others."

Despite having the day off from work, both Bucci and Jaros felt it was important as Sailors to volunteer their time during the Dr. Martin Luther King Jr. holiday.

"It helps build relations, but more importantly all people should help others out," said Bucci.

After the group finished the initial cleaning projects, they assisted the teens with a second volunteer project that hit close to home - writing letters of encouragement to Sailors, soldiers, and airmen serving in the wars

of Afghanistan and Iraq.

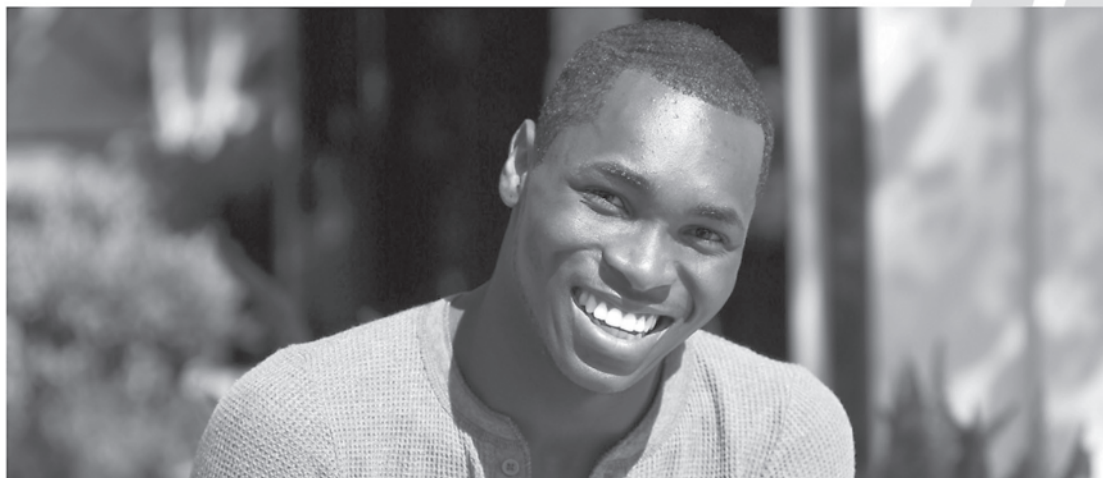
"That to me was pretty cool not only to do myself, but to see what the kids had to say, and to answer all of their questions about the military," said Jaros. "They really were interested and so eager to learn about it all."

Jaros and Bucci both plan to volunteer on Martin Luther King, Jr. Day again this year.

"Martin Luther King, Jr. Day means a lot to me. It's a day of freedom, a day of happiness and joy that someone was finally able to stand out and stand up for what they believe, just as I and every other military member do for our country every single day," said Jaros.

For more news from Chief of Naval Personnel - Diversity Directorate, visit www.navy.mil/local/cnp-diversity/.

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VOTING

Continued from 1

Sailors who may not have received their state or local absentee ballot, or for those who decide to register closer to the election, Pyne stated. The Federal Write-in Absentee Ballot allows a Sailor to register and cast their absentee ballot at the same time.

"In the event a Sailor's state or local absentee ballot arrives after a vote has been submitted, personnel should still cast their vote on the state or local absentee ballot," said Pyne. "Make a note on the state or local absentee ballot that you have already voted using the Federal Write-in Absentee Ballot. This will reduce the risk of the original absentee ballot of being invalidated."

Deployment can mean a Sailor is away from home and feel they may not be able to register, or possibly are unaware that there are tools such as the VAO at their disposal.

"Regrettably, I have not voted since I joined the Navy because I did not know how to vote while serving," said Master-at-Arms 2nd Class Capricia Williams from Jamaica, New York. "Now, that I know these services are available, I am able to submit an absentee ballot."

When Sailors join the military, often times, it may not occur to service members that there are resources available for them. As a result, many Sailors may not vote.

"I was unaware that the Navy offered this service, but voting is important to my future as an American," said Master-at-Arms Seaman Ezra Payton from Los Angeles, CA. "When I discovered that we had the VAO at the Washington Navy Yard, I decided to register."

While deployments can keep Sailors in a



U.S. Navy photo by Aaron J. Heiner

Michael Murray, voting assistance manager at Naval Support Activity Washington assists, Master-at-Arms 2nd Class Capricia Williams from Jamaica, New York to register to vote for the first time since enlisting in the Navy.

constant state of being mobile, Navy personnel are reminded that their rights to cast votes in elections remain in effect. Using the VAO, Sailors may continue to exercise their right to vote.

Questions regarding the absentee voting, or registering to vote may be addressed to NDW's Assistant Voting Assistance Manager, Lt. Michael Pyne at (202) 433-2349 or by email at michael.pyne@navy.mil. To speak with the NSAW's Voting Assistance Office you may contact, Michael R. Murray

at (202) 433-2008 or by email at michael.r.murry@navy.mil

For more information on NDW's Navy Voting Assistance Program and to find a VAO at your installation please visit: <http://auth.cnic.navy.mil/NDW/About/NavyVotingAssistanceProgram/index.htm>

For more information on states general election, state primary and presidential election, visit the Federal Voting Assistance Program website at www.fvap.gov

SAILORS

Continued from 1

their respective field activities while supporting the command's mission of developing, delivering, and maintaining ships systems on time, on cost for the U.S. Navy.

"As NAVSEA continues to build, deliver, and maintain the world's most cutting-edge and highly-capable ships, we look to dedicated individuals like you to get things done," said NAVSEA Command Master Chief (AW/SW) Evelyn Banks. "All of NAVSEA's Sailor of the year candidates exemplify the Navy core values and embody the institutional and technical expertise, professionalism, and character that make this command successful."

Davis, NAVSEA's active duty SOY, is currently stationed at Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility. Davis enlisted in the Navy in December 2003.

Melvin has served the Navy for 16 years, and is currently assigned as the career counselor and budget estimator for NAVSEA's Albuquerque SurgeMain unit. SurgeMain, short for surge maintenance, is made up of a part-time, flexible, fully qualified maintenance work force. These teams of Reserve component Sailors become a mobilization force when the Navy needs to "surge" its maintenance infrastructure to support fleet readiness and the Fleet Response Plan.

Davis will represent NAVSEA at the Vice Chief of Naval Operations' Shore Sailor of the Year competition. Melvin will continue on to represent NAVSEA Reserve Component at the Office of the Chief of Navy Reserve SOY competition.

For more from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.



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FFSC

Continued from 1

tailored to suit the individual's needs.

"One of the unique aspects of our deployment services is how very dynamic we are. The FFSC can meet the needs of Navy families by utilizing multiple resources at the same time," said Hardin. "A good example is how we work with other programs outside of the center includes interacting with the school liaison officer."

While the Child and Youth Program is separate from the FFSC, the two offices often work side-by-side to assist families. This joint effort ensures that when a family has to relocate, the stress and concerns over their child's education can be put at ease, according to Carol Mohsberg, school liaison officer from NSA Annapolis.

"Our departments can work hand-to-glove with each other. This allows us to assist families together. This way we can both provide support at the same time," said Mohsberg. "Ms. Hardin was working with the family on the relocation aspect of the case, while I was working with the school to assist in ensuring that the child would be prepared to transfer in to the new school."

Along with childcare concerns, managing personal finances can often pose a challenge for military families. According to Hardin, even young enlisted Sailors who are just starting their military career also need assistance in managing their finances.

"Navy Federal Credit Union often assists in providing training to Sailors and their families at the FFSC," said Hardin. "They provide instruction on the topics on the importance of credit scores, planning a budget or buying a home."

Many families may require a second income due to the cost of living and raising children. The Family Employment Programs are available to assist spouses and other family members find work. These programs can help families offset the high costs of living by providing tools and training needed to find additional income according to Hardin.

"Family Employment Programs provides assistance with families members looking to

work by teaching spouses how to search for a job, create a resume or improve their interviewing techniques," said Hardin. "We can also assist military spouses with information on acquiring additional education and training. There are often scholarships and grants available for those wishing to go back to school."

With the challenges that come from the military lifestyle, some Sailors and their spouses may require additional assistance to help cope with situation that could potentially impact the wellbeing of families severely. When these struggles occur, the FFSC can offer the Family Advocacy Program (FAP). These programs help families regain normality according to Hardin.

"FAP promotes prevention. Anytime, we receive an allegation of child or spousal abuse or assault, we open a case and investigate," said Katharine Schaible, a social worker for NSA Annapolis. "If the claim is substantiated, we provide clinical treatment for those involved so the family may resume a healthy life."

In the event abuse occurs outside of the family unit, Sexual Assault Prevention and Response (SAPR) programs can step in. According to Liz Russo-Blanc, sexual assault response coordinator for the region, not all abuse may be inflicted upon a child or spouse. Co-workers and even persons unknown to the perpetrator may be abused, or assaulted.

SAPR offers assistance to victims of sexual assault. Sexual assault occurs if a spouse or stranger threatens, physically assaults, attempts to or actually forces unwanted sexual contact. If victims are unsure of what they should do after an assault, SAPR can offer advice and advocacy assistance.

"SAPR can offer confidentiality when reporting cases of assault," according to Russo-Blanc. "There are options for victims to follow, and we can assist them in making the best choice for their situation."

For additional information on the services available at the Fleet and Family Support Center and a location nearest to your installation, please visit: www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/FamilyEmployment/FamilyEmploymentReadinessProgram/CNICD_A065190



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