



# IKE Visits Antalya, Turkey

By MC2 (SW/AW) Jesse Dick  
5 Star Staff Writer

Sailors aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) took advantage of fun, relaxation and experiencing a different culture during a port call in

Antalya, Turkey, July 6-8.

During the in port period, IKE's Morale, Welfare and Recreation (MWR) Division offered a variety of tours, including scuba diving, golf, rafting and various city tours.

"The change in culture and scenery was very nice," said

Yeoman Seaman Helena Shuck, a Sailor from IKE's Administration Department who went on the MWR "Troy Tour."

"The tour part was not what I expected, but the actual play part was pretty awesome," said Shuck, "There weren't a whole lot of words. It was mostly music and dancing, but the way they always moved together was absolutely beautiful. It was very well acted out."

IKE Sailors also enjoyed the culture and cuisine Antalya had to offer.

"I absolutely loved it," said Shuck. "It was neat to learn the different things that Turkey has to offer. There really was something for everyone, and the country's food was amazing. It was an awesome experience, and I'm really glad we got to go there."

The mountains and water were gorgeous, said Interior Communications Electrician Fireman Emily Brookens, who took a rafting tour.



The ancient city of Aspendos is one of the world's best-preserved examples of eastern Roman theater construction. (Photo by MC2 (SW/AW) Gina Wollman)

"Rafting was definitely an experience of a lifetime; it was somewhat challenging, but a lot of fun."

Aviation Ordnanceman 1st Class (AW) Natasha Warner, of Strike Fighter Squadron (VFA) 131, took the Aspendos Ancient City tour with a relaxing river boat ride. "Seeing something so old and still nearly intact

makes you really appreciate the knowledge we've acquired from the past. It makes you also appreciate what things you have today, for they nearly had nothing and still enjoyed it."

IKE's visit to Antalya provided some much-needed rest and relaxation for the ship's crew as well as a chance to experience a foreign culture firsthand.



The port city of Antalya, Turkey offered IKE Sailors a chance to relax and enjoy a foreign culture. (Photo by MC2 (SW/AW) Jesse Dick)

## Motorcycle Safety: Ride Smart

By April Phillips  
Naval Safety Center Public Affairs

There's been a disturbing trend in motorcycle mishap reports received by the Naval Safety Center lately: training, or rather a lack of training. One third class petty officer recently lost control of his motorcycle on an interstate highway and hit a pole. He not only failed to complete a Motorcycle Safety Foundation approved course so he could ride on military bases, but he wasn't even licensed by the DMV to be on the roads at all. His lack of training led to multiple injuries that might leave him partly disabled for life. He might not feel like a lucky guy, but the fact is, he could easily have been killed.

Last year during the Critical Days of Summer, 13 Sailors and Marines were killed in motorcycle crashes.

"The biggest problem we're seeing is people who don't ride within their limits," said Dale Wisnieski, a motorcycle safety expert at the Naval Safety Center.

This includes one Sailor who was killed less than seven hours after he purchased his motorcycle.

"It's tragic," said Wisnieski. "But motorcycles aren't the same as cars or trucks. It takes years of experience to be proficient on a bike. The more you ride, the better you will get and it all starts with getting the proper training."

Another disturbing trend is the number of people killed on sport bikes. These are sleek, lightweight

machines built for speed. Through the first half of fiscal year 2008, 100 percent of motorcycle fatalities in the Navy and Marine Corps occurred on sport bikes. The Naval Safety Center unveiled a sport bike training course in the spring to help riders be successful on these machines. They teach the cornering, breaking, and other handling techniques specific to these bikes.

One thing riders of all types of motorcycles need to be aware of is intersections.

Crashes are most likely to occur at intersections and too often, the drivers of four-wheeled vehicles report that they never even saw the motorcycle. The motorcyclist usually isn't at fault, but definitely bears the brunt of the damage.

"Wearing brightly-colored clothing really helps you to be more visible to car and truck drivers," Wisnieski said. "Also, think defensively. Assume that the other guy can't see you and ride accordingly."

A bright colored helmet also helps make motorcycle riders more visible. Whatever the color, all helmets should have a tag stating that they meet Department of Transportation or the Snell Memorial Foundation specifications. Regardless of state laws, helmets are required for all Sailors and Marines, whether they're riding on or off base.

The Naval Safety Center has a new magazine available to help riders be successful. Contact the public affairs officer at SAFE-PAO@navy.mil for your copy.

For more information about motorcycle safety, visit the Naval Safety Center's website at <http://safetycenter.navy.mil/ashore/motorvehicle/motorcycle> or the Motorcycle Safety Foundation at <http://www.msf-usa.org>.



### Tips for a Happy Homecoming

Start planning now. Who do you want to be a part of the celebration? Include the kids in homecoming plans such as decorating and planning activities.

**Be realistic.** Perfect reunion fantasies are just that -- fantasies. Fatigue is a common homecoming reaction for everyone after all of the preparations for the reunion. Stay flexible. Keep planned activities to a minimum to avoid unnecessary stress. Take time to get to know one another again.

**As a Couple:** Take it easy. Enjoy getting reacquainted with your spouse. Remember you have both changed during your months apart. Your spouse has had total responsibility for many months and may be a bit rusty at cooperation. Be patient. Negotiate your areas of responsibility. Things may never be exactly the same as they were before the deployment. Your spouse's independence has grown during your time away. Keep in mind that you are still needed, but more importantly, you are wanted at home.

**As a Parent -** Enjoy being an honored guest at home for awhile. Find out what's changed and how it's working before jumping in. Take time getting reacquainted with each of your children individually. Expect and accept your children have changed. Express an interest in your children's activities and in what is important to them. Relax and enjoy yourself! Have a wonderful homecoming.



# PROFILE/SPORTS



**Department/Division:**  
ENG/E-Division

**Hometown:**  
St. Louis

**Years in the Navy:**  
2 years

**Goals:**  
Make 3rd Class in  
September

**Interior Communications Electrician  
ICFN Brandon Wrecker**

// My job is to maintain shipboard alarms, electrical steering components and sound-powered circuits. My favorite part of my job is that being an Engineering IC allows me to learn both my job and the job of an Electrician's Mate. My job can get really busy, but it is really cool. //

## UpWords

From Cmdr. Jon Brzek, Command Chaplain

### USS Friend Ship

I was watching T.V. the other day (somebody has to do it) and there was a segment on the Today Show® about an up and coming business. Along with WalMart® greeter, I think I've discovered a new occupation to aspire to: Friend.

It seems that some enterprising individuals are renting themselves out, escort or gigolo style as friends. For \$50 an hour, you can rent someone to be your buddy. It seems to the people on the television, this is an ingenious use of entrepreneurship, but to me this is a ride on that long black train to Loserville. Don't get me wrong, we all have our price.

You are sitting in a beer joint, these are the types of adult beverage dispensaries that my mother's son frequents, and someone says, "Can I buy you a drink?" "Certainly, Friend" is the response. So technically, I have sold out my friendship for the price of a draft, and so, portions of this article might be slightly ingenuous.

Has the new world dealt us a hand that makes it so difficult for people to make friends that people have to rent them? Perhaps. It seems that, like IKE, every moment of peoples' lives is scheduled these days: school, sports, lessons, seminars, practices are squeezed into the life of a 5-year-old and a 50-year-old. The proverbial 10 pounds of excrement into a five pound bag is not just for the Navy, it becomes the thing that everyone is doing these days. And thus the concept of trying to "squeeze in" a friend or a play date was born.

**NO ONE LOAFERS ANYMORE.** Some of you might even be unaware that such a word exists: to loaf. For the uninformed, to loaf comes from the Latin word, loafare, which translated means to act like a loaf of bread... thus, to sit or stand around and do nothing. I guess in our multi-tasking world, to actually do nothing is about as archaic as 8-tracks and record needles. In that same era, there actually

used to be signs- they are probably in Cracker Barrel now- that used to read "No Loafing." They were once posted outside the stores and street corners that were the hang out spots for teenage boys. Thankfully, there were other stores and street corners where these signs did not exist, and so thankfully, places existed where life-long friendships were established, and where some of the conundrums of the ancient world could be solved: Ginger or Maryanne, were the words to Louie Louie really dirty, and who would win the chick fight between Samantha and Jeannie. I realize that we have 19 days to go, and that we cannot afford to let complacency (loafing) creep in just yet, but do your best to schedule some loafing into your POM leave, even if you have to write it into your daytimer-blackberry-i-phone thingy.

**TECHNOLOGY.** It seems whenever us curmudgeons decide to criticize the ills of the world, one of the usual suspects is technology. Chatting, video games, texting, tweeting, and all of these new technologies are making it difficult for people to establish true, deep, lasting relationships. Even our Commander in Chief, a known Blackberry-aholic referred to technology prohibiting people from learning some of life's most basic lessons: conversation, relationships and back to our point: friendship. It's hard to have a true friend, if you limit yourself to 254 characters, all from the comfort of your car, weaving down I-64... you know who you are.

**BELONGING.** It seems that no one belongs to groups or organizations anymore; Facebook does not count. I'm a life member of the VFW, the American Legion and Amvets. I belong because these are 1) Beer Joints, 2) Places to Loaf, 3) Places that get me out of the house, and thus away from wicked technology, except for karaoke, which is a good and noble technology, and 4) there are people who offer to buy

me a beer, and thus, a friendship begins. One of the main reasons I frequent such places is that they make me feel good. Oftentimes I am one of the youngest people in these establishments, and to have someone ask: "What can I get you, young fellow?" establishes another lifelong friend. It is in these places that I get to be the young guy. About the only other place where I can be the young guy is at the Piney Green Assisted Care Facility. But over the years, hanging out (another term for loafing) with like-minded people, and telling some tall tales that may occasionally exceed the truth has resulted in some genuine life-long friendships. If this type of place is not for you, believe it or not, churches, synagogues, mosques and other places serve a similar purpose. They bring together like-minded people for a common goal and life-long friendships are formed. You might be saying to yourself, "but there's no beer there." St. Patrick's, St. Brendon's and St. Kevin's would tend to disagree.

Even though the Navy truly does stuff ten pounds of excrement into a five pound bag, and even though the Navy is one of the most technologically advanced cultures the world has yet to see, it is an organization to which we belong, and lifelong friendships are formed.

The Marine Corps boot camp's final exam, if you will, is called the Crucible. A crucible is an instrument into which raw materials are placed, and then heat and pressure are added to produce steel. Heat and pressure not only produce steel, they also produce life-long friendships. My buddies at the VFW have experienced tons of heat, tons of pressure, and they made tons of friends. We have endured tons of heat and tons of pressure as well. It is in our own little Navy crucible that the true bonds of friendship have been forged. Something that all the beer in the world, or even \$50 an hour can never buy. One more of your Navy benefits: Lasting Friendships--- priceless.



# ANNOUNCEMENTS/MOVIES



## RACK OF THE DAY

**SAILOR**  
**ADAN JOHN PARRA**

**SQUADRON**  
**HS-5**



## SPACE OF THE DAY

**SAILORS**  
**EMEN JOSE GARZA**  
**EM3 CHRIS MINER**  
**EM3 AARON EKBLAD**  
**EMFN MIKE STEEBY**  
**EMFN BRUCE GALARZA**

**SPACE**  
**2-180-0-L**

**DEPT/DIVISION**  
**ENGINEERING/E**

### MONEY FOR NAPLES

The Disbursing Office (2-125-2) will cash out the crew from July 11-13 for the upcoming port visit. The maximum limit will be \$200. Disbursing Office hours are 9-11 a.m., 1-5 p.m. and 8 p.m. to midnight. The cash window will close at 11 a.m. on July 14.

Those who do not show up to obtain cash during this time will have to use the ATM or bank services in Naples.

Euro will be available at the pier through a currency exchange vendor.

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## SUNDAY'S IKE MOVIE SCHEDULE

Channel 5	Channel 6	Channel 7	Channel 8
8:30 a.m. <i>Idiocracy</i>	8:30 a.m. <i>Animal House</i>	8:30 a.m. <i>Cool Runnings</i>	8:30 a.m. <i>NCIS Brief</i>
10:30 a.m. <i>Journey to the Center of the Earth</i>	10:30 a.m. <i>The Grudge 2</i>	10:30 a.m. <i>The Box</i>	10:30 a.m. <i>XO, DCAG, CMC Port Brief</i>
12:30 p.m. <i>Inglorious Basterds</i>	12:30 p.m. <i>Analyze This</i>	12:30 p.m. <i>Charlie's Angels</i>	12:30 p.m. <i>Italy Cultural Brief</i>
3 p.m. <i>Max Payne</i>	3 p.m. <i>Goodfellas</i>	3 p.m. <i>The Break Up</i>	3 p.m. <i>NCIS Brief</i>
5:30 p.m. <i>The Marine 2</i>	5:30 p.m. <i>G.I. Joe: Rise of Cobra</i>	5:30 p.m. <i>Baby Mama</i>	5:30 p.m. <i>XO, DCAG, CMC Port Brief</i>
7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>
8 p.m. <i>Idiocracy</i>	8 p.m. <i>Animal House</i>	8 p.m. <i>Rack of the Day Pick</i>	8 p.m. <i>NCIS Brief</i>
10 p.m. <i>Journey to the Center of the Earth</i>	10 p.m. <i>The Grudge 2</i>	10 p.m. <i>The Box</i>	10 p.m. <i>XO, DCAG, CMC Port Brief</i>
12 a.m. <i>Inglorious Basterds</i>	12 a.m. <i>Analyze This</i>	12 a.m. <i>Charlie's Angels</i>	12 a.m. <i>Italy Cultural Brief</i>
2 a.m. <i>Max Payne</i>	2 a.m. <i>Goodfellas</i>	2 a.m. <i>The Break Up</i>	2 a.m. <i>NCIS Brief</i>
4 a.m. <i>The Marine 2</i>	4 a.m. <i>G.I. Joe: Rise of Cobra</i>	4 a.m. <i>Baby Mama</i>	4 a.m. <i>XO, DCAG, CMC Port Brief</i>