

THE AVENGER

Volume 2

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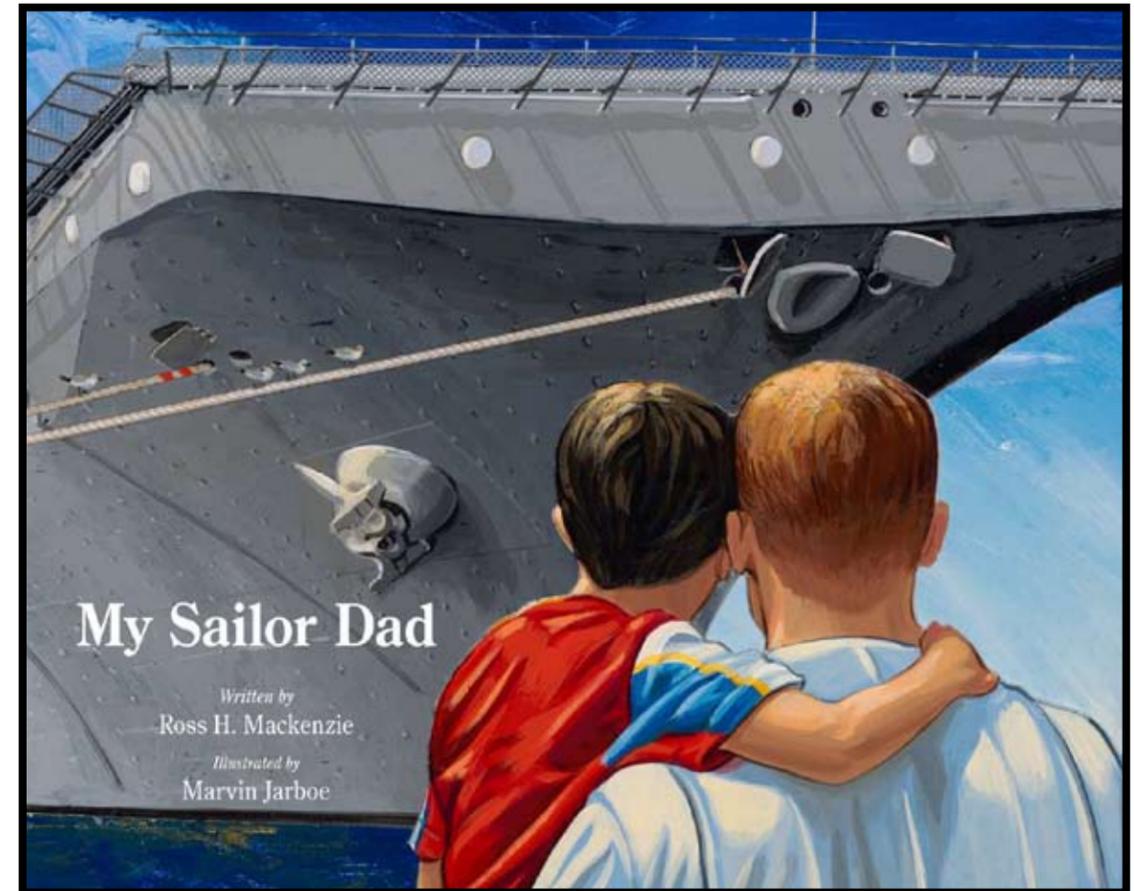
Seaman Alan Fletcher, of USS GEORGE H.W. BUSH Deck Department, stands watch on the fantail. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Leonard Adams)

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FAMILY READINESS GROUP

Welcomes author Ross H. Mackenzie April 11



Local author Ross H. Mackenzie will be speaking at the CVN 77 Family Readiness Group meeting April 11. His book, "My Sailor Dad," explores the life of a Sailor through a child's eye. Children from the ages of 2-10 years will envision their own Sailor parent in the beautiful and detailed illustrations that bring a Sailor's work aboard a U.S. Navy ship come alive on the pages.

Bring your family to our FRG meeting on April 11, at 4 p.m. at Tabernacle Church-7000 Granby Street in Norfolk, Va. We will have some signed books and posters as door prizes. Please RSVP to frg4cvn77@yahoo.com with the number of adults and children. For more information about the book and author, look up the website: www.patriot-kids.com.

ABOUT THE AUTHOR

Ross H. Mackenzie graduated from the U.S. Naval Academy in 1994 with a B.S.

in English. In 2002, he earned an M.A. in Liberal Arts from St. John's College in Annapolis, Md.

Mr. Mackenzie is a Navy pilot who has deployed multiple times on eight ships to many parts of the world. His missions have included the enforcement of U.N. sanctions against Iraq, counter-narcotics flights, and global presence with the multi-nation Standing Naval Maritime Group. Mr. Mackenzie has also taught English literature and writing at the U.S. Naval Academy for four years.

Mr. Mackenzie finds his passions in wide open spaces as an avid outdoorsman, boater, backpacker and mountaineer. He is extremely involved in his church and committed to the *Anglican Mission in the Americas*. He is a devoted father and husband.

Mackenzie's other books include *Brief Points: An Almanac for Parents and Friends of U.S. Naval Academy Midshipmen, Third Edition* (Naval Institute Press, 2004).



COMMANDING OFFICER
Capt. DeWolfe H. Miller III

PUBLIC AFFAIRS OFFICER
Lt. Cmdr. John Schofield

EDITOR
MC2 Nathan Bailey

AVENGER STAFF
MC3 (SW) Dominique Moore, MC3 Kasey Krall,
MC3 Joshua Sheppard
and MCSN J. Scott St. Clair

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COMMAND CORNER

From the Executive Officer



Greetings shipmates! As 2010 continues to unfold, we are experiencing what it's like to be a fully operational fleet-warship. Over the next few months, our ship will routinely go out to sea, taking on different challenges that will steadily improve our readiness. We will also contribute to fleet readiness by providing

training for the next generation of naval aviators.

As we approach these upcoming underway periods, I urge you to take advantage of the opportunities for



Photo by MC3 Brent Thacker
Damage Controlman 2nd Class (SW) Troy J. Ward (left) and Damage Controlman 1st Class (SW) Jason Ayers perform annual maintenance on an electrical submersible pump.

advanced training that will be available while out at sea. Whether it is a warfare qualification or an advanced level of Damage Control or Maintenance and Material Management, there will be more than enough opportunities to get qualified on these critical facets of shipboard life.

An important matter that should be addressed during our next underway is operational security (OPSEC). You should always try to stay connected to your loved ones back home. However, discussing sensitive information like ship's movement over e-mail is something that must be avoided. Even though family may inquire about this information, it is your responsibility to remind them



Photo by MCSA Michael Smevog
Aviation Boatswain's Mate (equipment) Airman Carissa M. Smith (left) and Aviation Boatswain's Mate (equipment) Airman Santiago Garcia take measurements of the arresting wires on the flight deck.

that certain things simply cannot be addressed in an unsecure medium such as ship's e-mail.

These next few months will have us see very little time in port as we start working up toward our maiden deployment next year. We also have the biggest challenge on our immediate horizon, the Board of Inspection and Survey (INSURV). We have already been hard at work preparing for what will be the most thorough inspection of our ship and its material condition. I assure you though, that more work needs to be done before we face INSURV. Success requires a sustained, all-hands effort. My goal is to set the record for a new construction CVN, and I know we can do it.

Our ship won't be the only one under the microscope during INSURV, our Sailors will be as well. The inspectors will be looking at how we train as a ship's force to accomplish our mission. Passing INSURV will be the result of many, many months of hard work.

Finally, it has been an incredible couple of years for me serving as your XO, but now my time here aboard our nation's newest and most-powerful aircraft carrier is drawing to a close. I am deeply honored that I have been able bring this awesome warship to life with each of you, and I couldn't be more proud of what we have collectively accomplished. I know that you will make your newest XO just as proud. Thank you all for making my tour here as enjoyable and satisfying as it was. I will miss this ship and crew and watch with pride as you excel during deployment.

Good Luck,
Capt. Bob Roth
Executive Officer

Suicide prevention remains a top focus for 2010

From Navy Personnel Command Public Affairs

Suicide prevention continues to be one of the highest priorities for Navy leadership according to the most recent suicide prevention update released Feb. 18.

"Every single suicide loss is a tragedy with far reaching impact to the health and readiness of our entire Navy community," said Chief of Navy Personnel, Vice Adm. Mark Ferguson in NAVADMIN 054/10.

Suicide can be prevented, however, and the Navy's suicide prevention efforts have begun to make a difference, according to Lt. Cmdr. Bonnie Chavez, director of the Navy's Behavioral Health Program.

"Our most effective suicide prevention ultimately occurs at the local level -- person to person. Awareness, skills and resources at the deckplates save lives," said Chavez. "Any one of us can have an opportunity to save a life."

According to Chavez suicide is the result of a complex combination of factors that lead an individual to experience pain and suffering.

"They feel ineffective and start to think they don't belong or that they have become a burden to others. One-on-one communication and support is critical if we are to recognize a problem. We know that early intervention works," said Chavez.

Chavez reminds Sailors and families to remember the acronym and ACT if they suspect a person may be feeling suicidal.

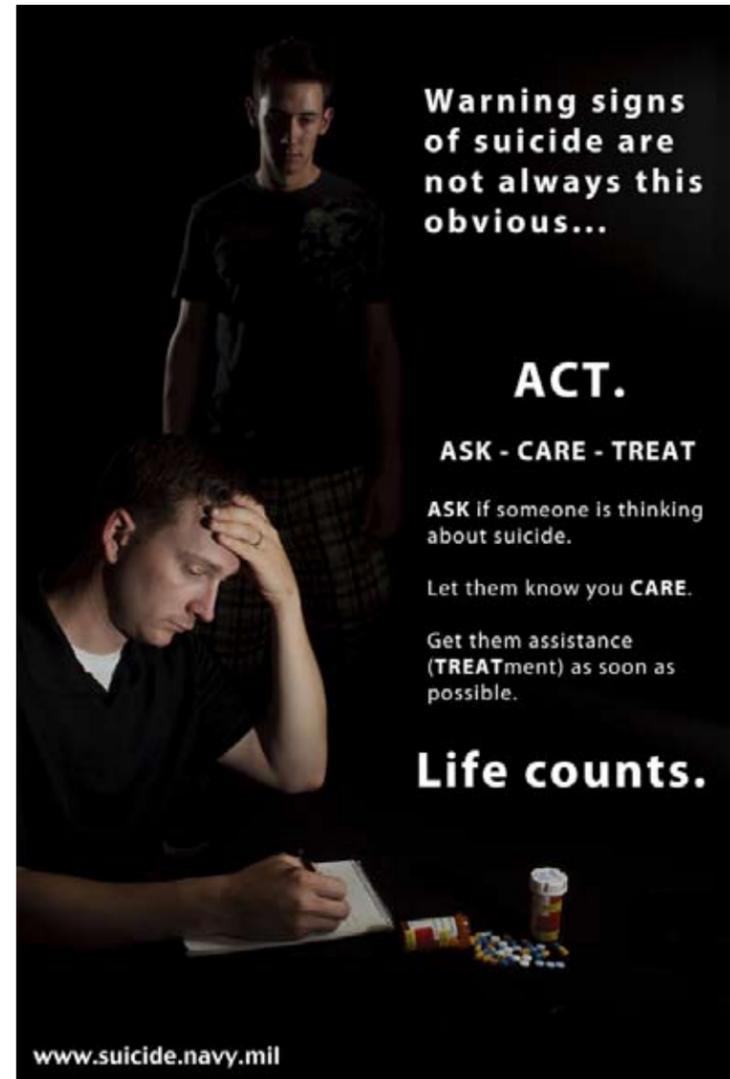
"Ask if the person is suicidal. Care by listening and offering hope. Treat -- stay with the person and get them to professional help," said Chavez.

According to the 2009 Behavioral Health Quick Poll many Sailors expect negative career consequences for getting help for stress reactions or suicidal ideas and expect to lose a security clearance, but Chavez points out that family, and deployment-related counseling does not need to be mentioned on security clearance forms.

"Self referral for mental health is widely seen by professionals conducting clearance evaluations as demonstrating good judgment and reliability. Most often, only when failure to get assistance leads to substance abuse, disciplinary infractions or substantial debt are clearances in jeopardy," said Chavez.

Navy officials are examining ways to eliminate other potential barriers to using needed psychological services and removing obstacles that hinder successful reintegration of Sailors in to the command, according to the NAVADMIN.

Education and training of Sailors, leaders and family members is a focus for 2010. According to the message, the Navy's Operational Stress Control program is becoming the cornerstone for all Behavior Health and Readiness efforts, including suicide prevention. Efforts this year will focus on improving family outreach, optimizing the interface between command leadership and medical treatment



providers, and continue to build a network of trained suicide prevention coordinators. The training will highlight the tools and techniques needed to build psychologically resilient Sailors, which can help them, their families, and commands successfully navigate through stressful times.

"Reaching out to families is important, said Chavez, because family members are often the first to notice a concern. We must educate our families on warning signs, risk factors for suicide and how to access helpful resources. We also need to develop the relationships and a connection between commands and families before a crisis occurs," said Chavez.

For more information read NAVADMIN 054/10 or visit www.suicide.navy.mil.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

WITH NEW ELECTRONIC SERVICE RECORD, PERSONNEL FILES ARE A MOUSE CLICK AWAY

Story by MCI Michael Tackitt
Graphics by MC2 Nathan A. Bailey

In response to a recent Naval Administrative Message (NAVADMIN 04/10) announcing the Navy-wide elimination of Enlisted Field Service Records (FSRs) by the end of September, the Sailors of USS GEORGE H.W. BUSH (CVN 77) Administration Department's Personnel Division have been proactively getting ready for the transition.

Aside from making sure each BUSH Sailor's Page Two and Servicemember's Group Life Insurance information are up to date, Personnel Specialists (PS) have been reaching out to departmental yeomen and Personnel Liaison Representatives (PLR), ensuring their Sailors are ready and properly trained for the ship's transition to Electronic Service Records (ESRs).

"Our Admin team will administer training on creating ESR accounts to departmental yeomen, who will in turn give instruction to their departments and enable USS GEORGE H.W. BUSH to reach 100 percent enrollment in ESR Afloat," said Ensign Aquichia W. Brown, the ship's Personnel officer.

NAVADMIN 040/10 outlines the closeout of the Enlisted FSRs, a process that began in 2006. Instead of Personnel Support Detachments or ship's Personnel offices maintaining copies of each Sailor's personnel file, the files will now be stored electronically and updated directly through Naval Personnel Command (NPC). Service record maintenance will now be generated through a secure Intranet connection to the Navy Standard Integrated Personnel System (NSIPS).

The new system gives Sailors greater access to view their personnel files to ensure they are as up to date and accurate as possible. Sailors will be able to log on to the NSIPS Web site, <https://www.nsips.nmci.navy.mil>, and tell if documents are missing.

A shipboard version of NSIPS, NSIPS Afloat, is available for fleet Personnel offices. NSIPS Afloat, which works through a ship's Intranet instead of the Internet, provides a more stable point of access for Sailors who routinely have to contend with limited bandwidth.

A unique advantage that BUSH will have with ESR Afloat is that it works much faster than the web-based ESR at shore commands.

"The record will be updated a lot faster," Brown said. "Normal turnaround is approximately 72 hours for shore

Schmuckatelli Joe A. 123-45-6789 USN
NAME LAST FIRST MIDDLE SSN

U.S. Navy

ELECTRONIC SERVICE RECORD

BM

commands. However, it is taking only eight to 10 hours for carriers."

The ESR presents a big improvement on how often NPC receives updates for each individual Sailor. Under the old paper-bound system, NPC would not receive updates unless the Sailor renewed his enlistment.

"But now, since we're creating service records updates via NSIPS, it will be almost real-time," said Senior Chief Personnel Specialist (SW/AW) Alfredo P. Grafil.

Brown explained that the new automated system helps her division. Previously, Personnel Specialists had to manually type updates and physically file them into a member's record. Now, the updates are transmitted directly to NPC, reducing the number of man-hours required to maintain individual service records.

When Sailors transfer from BUSH and their FSR has been closed out, the Personnel Specialists will attach a memorandum to the Sailor's Permanent Change of Station (PCS) orders stating that the FSR has been closed out. Documents previously maintained in the paper FSR will be provided to Sailors. Grafil recommends each Sailor keeps copies of everything they receive, including evaluations, qualifications and awards.

Sailors are ultimately responsible for ensuring their records are accurate and should review their electronic records at least semi-annually.

For more information on ESRs, Sailors can log on to the NPC Web site at [HTTP://WWW.NPC.NAVY.MIL/CAREERINFO/RECORDSMANAGEMENT](http://www.npc.navy.mil/careerinfo/recordsmanagement) and select the Enlisted Field Service Record closeout link. †

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NAVPERS 1070/600 (REV. 01-07)
S/N 0106-LF-983-2900



Photo by MCSA Michael Smevog



Photo by MC3 Brent Thacker



Photo by MC3 Brent Thacker



Photo by MCSA Michael Smevog



Photo by MC3 Brent Thacker



Photo by MC3 Brian Brooks



Photo by MC3 Brent Thacker

Clockwise from far left: Aviation Boatswain's Mate (Handling) Airman Eric C. Diaz repairs a sprinkler on the ship's flight deck during a test of the ship's countermeasure washdown system Feb. 27; Aviation Boatswain's Mate (Handling) 2nd Class (AW) Eli Granado paints a Firefighting Ensemble Locker in Hangar Bay 3 Feb. 7; Seaman Apprentice Shaquon C. Abrams from Deck Department's 2nd Division stands watch on the ship's fantail Feb 4; Hull Technician Fireman Stephanie E. Veselka, Hull Technician 1st Class (SW/AW) Robert H. Anderson, Hull Technician Fireman Brian J. Palermo and Hull Technician 2nd Class Julio C. Zamarripa display their handiwork from the wood shop Feb. 6; Air Department's V-3 Division cleans up after an AFFF test while underway Jan. 28; Deck Department Sailors assigned to USS George H.W. Bush (CVN 77) take in mooring line on the forecastle as the ship prepares to get underway Feb. 26; Personnel Specialist 2nd Class (SW/AW) Krystal Stillman (bottom) and Personnel Specialist 2nd Class (SW/AW) Sarah K. Enciso of Executive Officer's Admin Division processes paperwork while underway Feb. 2.

CVN 77 UNDERWAY



USS GEORGE H.W. BUSH (CVN 77), the Navy's newest aircraft carrier, conducted its first underway replenishment (UNREP), Feb. 8.

BUSH took on board more than 860,000 gallons of fuel from the Military Sealift Command oiler, USNS Leroy Grumman (T-AO 195).

For many Sailors on board the ship this was their first time taking part in an UNREP.

Replenishing at sea requires teamwork from every department in order to safely conduct the evolution. The ship's Air Department V-4 Division, Navigation Department and Deck Department had key roles in the UNREP.

"I feel every department that took part in today's event was fundamental in assisting the ship with completing Flight Deck Certification," said Aviation Boatswain's Mate (Fuels) 2nd Class (AW/SW) Gregory J. Glenn. "Without those fuels the aircraft wouldn't be able to fly and the flight deck equipment would be

inoperable."

Deck Department Sailors manned several different stations during UNREP. Their most important job was ensuring that the lines between the two ships were operating properly.

"My entire department was pumped up, fired up and ready to rock," said Chief Boatswain's Mate (SW) Verlin E. Phillips. "This event was very exciting because it gave our junior Sailors an opportunity to be a part of history."

The Navigation Department was responsible for maintaining course and speed in order to pull alongside another ship. Once alongside, the two ships maintained a steady distance, between 180 to 200 feet.

The ship's Flight Deck Certification comes on the heels of a successful Sea Trials, Jan. 26-29. BUSH recently completed an intensive seven-month Post-Shakedown Availability/Selective Restrictive Availability. †

USS GEORGE H.W. BUSH (CVN 77) COMPLETES FIRST Underway Replenishment

Story by MC3 (SW) Dominique J. Moore
Photo by MC3 Nicholas Hall

PHOTO: Seaman Jon Blankenship stands the starboard lookout watch as the Military Sealift Command oiler USNS LEROY GRUMMAN (T-AO 195) performs the first Underway Replenishment aboard USS GEORGE H.W. BUSH (CVN 77) Feb. 8.

March 2010 Navy Events Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

1 Building Healthy Relationships FFSC Yorktown 4-6:30 p.m.	2 Building Healthy Relationships FFSC Oceana 5-7:30 p.m.	3 Children and Divorce FFSC Oceana 12:30-4:30 p.m.	4 Effective Resume Writing FFSC Oceana 9 a.m.-Noon	5
8 Overseas Transfer Workshop FFSC Northwest 9 a.m.- 4 p.m.	9 Operation Prepare FFSC Oceana 2-4 p.m.	10 Stress Management FFSC Yorktown 8 a.m.-Noon	11 Savings and Investments FFSC Yorktown 9 a.m.-11 a.m.	12 New Parent Resource Awareness Workshop FFSC Norfolk 8 a.m.-Noon
15 Parenting in the Military FFSC Oceana 9-11:30 a.m. (M&Tu)	16 Enhancing Step Families FFSC Norfolk 2:30-5 p.m.	17 Stress Management FFSC Yorktown 8 a.m.-Noon	18 Single Parenting in the Military FFSC Oceana 2-4:30 p.m.	19 New Parent Resource Awareness Workshop FFSC Oceana 8 a.m.-Noon
22 Parenting in the Military FFSC Northwest 9-11:30 a.m. (M&Tu)	23 Children and Divorce FFSC Northwest 1-5 p.m.	24 Parenting Teens FFSC Norfolk 2:30-5 p.m.	25 Federal Employee System FFSC Oceana 9 a.m.-Noon	26 Foreign-Born Spouses Support Group FFSC Oceana 10 a.m.-Noon
29 Art of Money Management FFSC Oceana 8 a.m.-4 p.m.	30 Dads and Discipline FFSC Norfolk 2:30-5 p.m.	31 Operation Prepare FFSC Oceana 8:30-10 a.m.		

To Register, contact: FFSC Oceana: 443-2923, FFSC Norfolk: 444-2102, FFSC Yorktown: 887-4606, FFSC Northwest: 421-8770