

the **give 'em hell**

# HERALD

NOVEMBER 16, 2012

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USS HARRY S. TRUMAN (CVN 75)

## Raising Suicide Prevention Awareness

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The Predeployment Brief

Providing Peace to  
Military Families

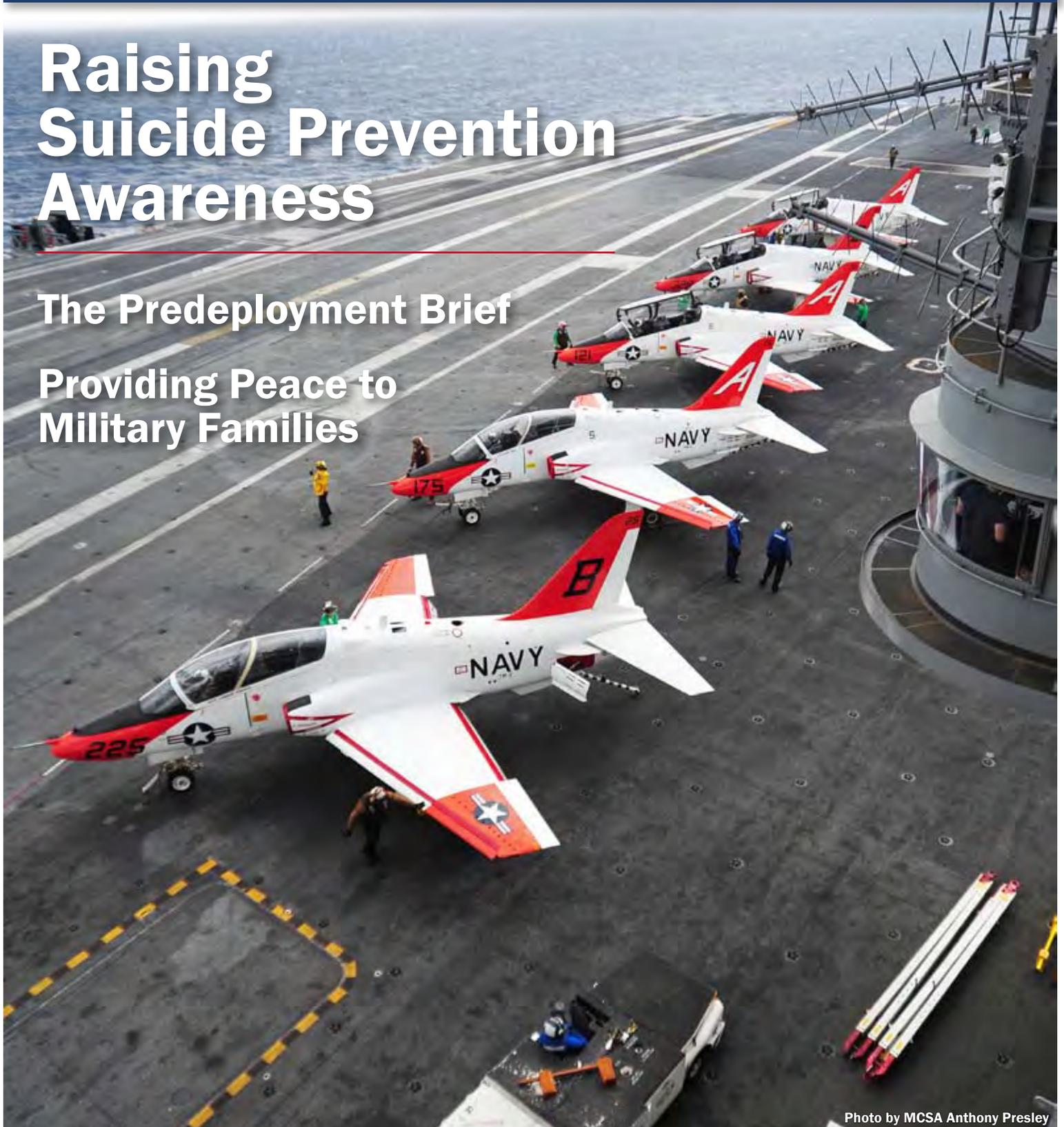


Photo by MCSA Anthony Presley

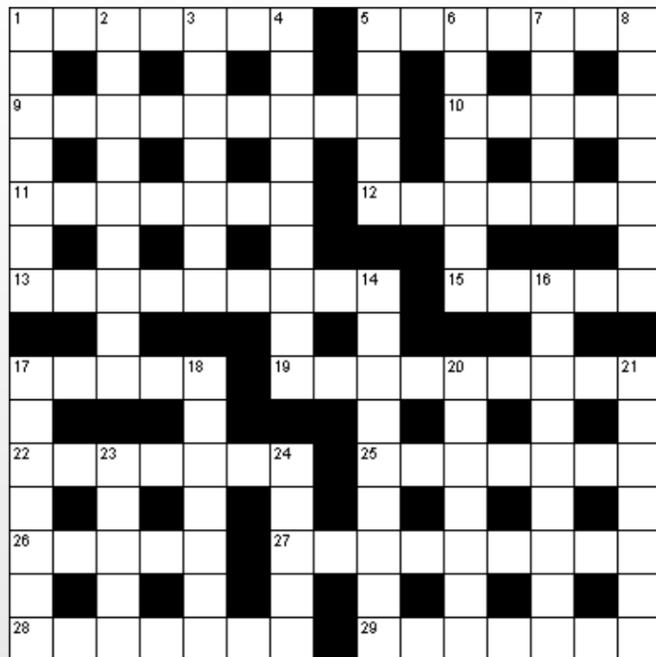
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- » **MEDIA PRODUCTION LEADING CHIEF PETTY OFFICER**  
MCC (AW/SW) Shawn Graham
- » **MANAGING EDITOR**  
MC2 Michael DiMestico
- » **EDITOR**  
MCSN Kathryn Wrobel
- » **STAFF**  
MC3 (SW) Tyler Caswell  
MC3 Jonnie Hobby  
MCSN Lorenzo Burleson  
MCSN Jamie Cosby  
MCSN Taylor DiMartino  
SN Christopher Morrison
- » **CONTRIBUTORS**  
MC1 (SW/AW) Kristina Moore  
MC2 (SW) Louis Batchelor  
MC2 (SW) David Cothran  
MC2 (SW/AW) David R. Finley Jr.  
MC2 (SW) Tom Miller  
MC2 Leona Mynes  
MC2 (SW) Kris Rojas  
MC3 Melvin Gonzalvo  
MC3 Brandon Parker  
MC3 (SW/AW) Donald R. White Jr.  
MC3 Lyle Wilkie  
MC3 (SW/AW) Kristina Young  
MCSA Anthony Presley  
MCSA Ethan Schumacher

The Give 'Em Hell Herald is an authorized publication for military members aboard USS Harry S. Truman (CVN 75). The contents of this publication do not necessarily reflect the views of the U.S. Government, the Department of Defense or the Department of the Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Media Department of USS Harry S. Truman.



**Crossword**



**Across**

- 1. Affirm (7)
- 5. Cargo (7)
- 9. Having two sides or parts (9)
- 10. The Earth (5)
- 11. An artless innocent young girl (7)
- 12. Used for sewing and knitting (7)
- 13. Quickly aroused to anger (9)

- 15. Implied (5)
- 17. Marsh plant (5)
- 19. Citation (9)
- 22. Any 10-limbed crustacean (7)
- 25. Bitterweed (7)
- 26. Andean animal (5)
- 27. One who watches (9)
- 28. Sloping roof beams (7)
- 29. Prattle (7)

**Down**

- 1. Put into print (7)
- 2. Compelled (9)
- 3. Accord (7)
- 4. Give up (9)
- 5. Criminal (5)
- 6. Implore (7)
- 7. Small Asian goat antelope (5)
- 8. Public transport (7)
- 14. Postponement (9)
- 16. Linked (9)
- 17. A repairer of horse equipment (7)
- 18. Make amends for (7)
- 20. Boat races (7)
- 21. Approve of (7)
- 23. Stubble (5)
- 24. Measured amounts of medication (5)

**Quote of the Day**

“The **ultimate** measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of **challenge** and controversy.”

– Martin Luther King

**Today in Naval History** [November 16]

- 1776** - First salute to an American flag (Grand Union flag) flying from Continental Navy ship Andrew Doria, by Dutch fort at St. Eustatius, West Indies.
- 1942** - U.S. Navy's first Night Fighter squadron (VMF(N)-531) established at Cherry Point, N.C.
- 1968** - Operation Tran Hung Dao began in Mekong Delta.
- 1973** - Launch of Skylab 4 under command of Lt. Col. Gerald P. Carr, U.S. Marine Corps. The missions lasted 84 days and included 1,214 Earth orbits.

Cover: Sailors perform pre-flight checks on T-45C Goshawk training aircraft, attached to the “Eagles” of Training Squadron (VT) 7, the “Tigers” of VT-9, the “Redhawks” of VT-21 and the “Golden Eagles” of VT-22, on the flight deck of the aircraft carrier USS Harry S. Truman (CVN 75).

**Navy's First Mobile Landing Platform Launched**



Photo courtesy of NASSCO

An artist concept of a mobile landing platform (MLP) ship under construction at the General Dynamics National Steel and Shipbuilding Company (NASSCO) shipyard in San Diego, Calif. MLP-1 will be the first-of-class ship, delivering a flexible platform to support Maritime Prepositioning Ship squadrons.

from Naval Sea Systems Command Public Affairs

The first ship of the Navy's new Mobile Landing Platform (MLP) class launched Nov. 13, less than two years since the start of fabrication at the General Dynamics NASSCO shipyard in San Diego.

Designed to provide logistics movement from sea to shore, the new class of ships will provide the Navy with a dedicated seabasing capability.

The future USNS Montford Point (MLP 1) will be the lead ship of the class. The name honors the African American Marines who trained at the Montford Point, N.C., facility during World War II and prompted President Harry Truman to sign an executive order ending segregation in the U.S. military.

Thought of as a “pier in the ocean,” the capabilities provided by the MLP class will serve as the centerpiece of the Navy's seabasing strategy. The ships will operate within Maritime Prepositioning Ship Squadrons to provide the Navy with the capability to transfer vehicles and equipment at sea and to interface with surface connectors to deliver the vehicles and equipment ashore.

The ability to establish support facilities at sea assures U.S. military forces access to areas previously denied.

Using the commercially designed Alaska-class crude oil carrier as its base, the Navy's Strategic and Theater Sealift Program Office (PMS 385) worked in conjunction with NASSCO to develop a design that supported the Navy's core capabilities while maintaining low costs.

“Working in partnership with NASSCO early in the design phase allowed us to execute an aggressive construction schedule that has stayed under budget,” said Capt. Henry Stevens, PMS 385 program manager. Even working from a preexisting design, the low rework rates have been remarkable for a first-in-class ship.”

The ship will leverage float-on/float-off technology, which will allow the ship to be partially submerged, facilitating easy movement of cargo and craft. Additionally, the ship's size allows for 25,000 square feet of vehicle and equipment storage space and 380,000 gallons of JP-5 fuel storage.

With this set of capabilities, the ship will be able to easily transfer personnel and

vehicles from other vessels such as the large, medium-speed, roll-on/roll-off ships (LMSRs) onto landing craft air cushioned (LCAC) vehicles and transport them ashore. The MLP capability will serve as an important flexible and transformational asset to the Navy as it can be reconfigured to support a wide variety of future operations.

MLPs will have a maximum speed of 15 knots and range of 9,500 nautical miles. At 785 feet long, MLPs displace over 80,000 tons when fully loaded. MLPs will operate with a crew of 34 Military Sealift Command personnel.

Montford Point will be christened in the spring by Jackie Bolden, the wife of current NASA Administrator, Charles Bolden. The ship is expected to be fully operational by fiscal year 2015. NASSCO is also under contract for the construction of the future USNS John Glenn (MLP 2) and the future USNS Lewis B. Puller (MLP 3). Both ships recognize decorated U.S. Marine Corps veterans.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy). ■

**Life can be lost to suicide in an instant. It takes just as little time to **save** a life by asking someone if they are okay.**



## Raising Suicide Prevention Awareness

by MCSN Taylor DiMartino // Staff Writer

The aircraft carrier USS Harry S. Truman (CVN 75) has a number of resources dedicated to helping Sailors overcome depression and thoughts of suicide.

To help prevent tragedy from occurring aboard Truman, Sailors at all levels are encouraged to offer aid to any crew member in distress. Through support from Truman's medical and command religious ministries departments and from programs such as Applied Suicide Intervention Skills Training (ASIST), Sailors are given tools to facilitate lasting recoveries.

"Preventing suicide on the ship starts with each new Sailor as they arrive on board," said Cmdr. Stephen Lee, Truman's command chaplain. "During the initial indoctrination phase, our Sailors are trained to recognize the signs of someone dealing with thoughts of suicide and to seek help through the right resources. There are layers of trained personnel in every division that

provide easy access to help for anybody who needs it. In addition, every member of our senior leadership has had operational stress management training."

Truman's Command Master Chief (AW/SW/IDW) R. D. Kemp Sr. said Sailors battling depression can rely upon their chiefs' experiences and leadership for guidance and support.

"While there may not always be a direct link between junior Sailors and their senior leadership, a chief can make sure a Sailor's chain of command is equipped to provide available resources," said Kemp. "When junior crew members look to chiefs for help, they are looking to leaders who can give sound advice based on their many years of experience."

In an effort to increase suicide prevention awareness, Truman's ASIST program has trained Sailors to recognize and report those displaying signs of suicidal tendencies.

Senior Chief Aviation Boatswain's Mate (Handling) (AW/SW) Eric Tomczak, Truman's ASIST coordinator, said the program is not

meant to replace the counseling or medical assistance a suicidal person would require, rather it seeks to train first responders as suicide interceders.

"We have a core group of ASIST first responders who really care about helping Sailors in need," said Tomczak. "A Sailor doesn't have to be suicidal to receive help from our first responders. We will help in whatever way we can even if an individual simply needs to get something off of his or her chest. In the event that we do encounter someone contemplating suicide, we will keep that person safe until they receive further care."

Tomczak also said ASIST is seeking to train more volunteers to serve as first responders, and needs Sailors with a genuine willingness to help others.

"In addition to understanding the purpose of ASIST, every Sailor on board Truman should know the acronym 'ACT' or 'ask, care, treat,'" said Lee. "In a sense, every Truman Sailor utilizing ACT should be a first

responder. When in doubt about a shipmate's condition, ask in a direct way. Ask: 'do you want to kill yourself?' Any response other than 'no' requires that Sailor be referred to a program where he or she can receive help. Whether or not the threat of suicide is genuine doesn't matter. If it turns out to be real, we need to catch the attempt early enough to stop it."

Truman's psychologist, Lt. Christofer Ecklund, said he understands suicide is a difficult and often uncomfortable topic to discuss. Yet, he has counseled many Sailors struggling with suicidal thoughts and has come to understand the factors leading Sailors to take their own lives.

"Many people have a hard time asking others if they mean to commit suicide," said Ecklund. "It is a tough question to ask, but any Sailor aboard Truman should be able to identify someone suffering before it comes to the leadership's attention."

Ecklund attributes large amounts of stress and a sense of hopelessness as leading factors contributing to depression, one of the most common warning signs of suicide.

"In our line of work, we deal with stress on a daily basis," said Ecklund. "Whether it's studying for exams or being reprimanded, everyone will experience stress aboard a ship. Also, it becomes obvious that someone is having trouble when they lose all hope and can no longer see the light at the end of the tunnel."

While many individual stressors can be dealt with on a personal level, Ecklund said many Sailors find larger issues become harder to deal with as time goes on which, in turn, leads to dangerous swings in mood and deeper depression.

In addition to seeking medical attention aboard Truman, Lt. David Daigle, one of Truman's chaplains, said Sailors can always find support within the ship's command religious ministries department.

"Sailors should see us as a safe harbor," said Daigle. "As chaplains, we are a resource Sailors

can trust. They know that our conversations will remain private. If a Sailor feels as if he or she can't go to his or her chain of command for any reason, that Sailor can always seek support at the ship's chapel."

Ecklund agreed that Truman's chaplains offer some of the best support to Sailors seeking confidentiality, which differs from medical's need to report serious suicide cases that become life-threatening.

With the holidays approaching and Truman's deployment scheduled to follow soon after, Lt. Aaron Kleinman, another chaplain aboard Truman, said Sailors must prepare to cope with additional stressors.

"We have been underway for much of the time leading up to this holiday season, and it is only natural that anything unresolved between family members will come to the forefront while Sailors are home on leave," said Kleinman. "By utilizing resources like Fleet and Family Services to better prepare their families, Sailors need not worry about the state of their loved ones while they're away."

According to Kemp, promotion of available resources will be the most effective way to build individual readiness.

"When I first joined the Navy, suicide prevention awareness had nowhere near the level of attention it has today," said Kemp. "I am fully supportive of the programs dedicated to helping our shipmates. I want our Sailors to know that there are resources available and that no one has to go through the healing process alone. Aboard Truman, we are a family and whether underway for a few days, in port or on deployment, we are here to support each other."

Sailors seeking counseling should make a n appointment through medical department or by scheduling a meeting with one of Truman's chaplains. Emergency cases can be taken immediately and walk-ins are often welcome. ASIST first responder training will be conducted in the training classrooms on Nov. 26 and 27. ■

### Suicide Warning Signs

**IDEATION:**

Thoughts of suicide expressed, threatened, written or otherwise hinted at by efforts to find means to suicide, say goodbye or prepare for death.

**SUBSTANCE USE:**

Increased or excessive alcohol or drug use.

**PURPOSELESSNESS:**

Seeing no reason for living or having no sense of meaning or purpose in life.

**ANXIETY:**

Feeling anxious, agitated, frequent nightmares, or unable to sleep (orsleeping all the time).

**TRAPPED:**

Feeling trapped, like there is no way out.

**HOPELESSNESS:**

Feeling hopeless about self, others, the future.

**WITHDRAWAL:**

Withdrawing from family, friends, usual activities, society.

**ANGER:**

Feeling rage or uncontrolled anger, seeking revenge for perceived wrongs.

**RECKLESSNESS:**

Acting without regard for consequences, excessively risky behavior.

**MOOD CHANGES:**

Experiencing dramatic

Navy Suicide Awareness  
www.suicide.navy.mil

Military OneSource  
800-273-8255  
www.militaryonesource.com

National Hopeline Network  
800-442-4673  
www.hopeline.com



< **ASK** >  
Don't be afraid to ask

< **CARE** >  
Listen, offer hope, don't judge

< **TREAT** >  
Take action, get assistance, follow up!



## Providing Peace for Military Families

by MCSN Jamle V. Cosby // Staff Writer

**S**tresses imposed on military families by long deployments, frequent changes in residence and demanding in-port schedules may lead to problems, especially within the home.

Sailors and Marines aboard the aircraft carrier USS Harry S. Truman (CVN 75) are encouraged to utilize the family advocacy program (FAP), which provides clinical assessment, treatment and services for military members and their families who are implicated in domestic abuse and child abuse. The purpose of FAP is not only reactionary, but also preventative in that it pushes all Department of the Navy (DoN) personnel to join the Navy-wide effort to focus on preventing domestic violence and emphasizing bystander intervention.

"Domestic violence includes physical, verbal and emotional attacks, but it can also include sexual assault," said Senior Chief Aviation Electronics Technician

(AW/SW) Tinesha Cowart, one of Truman's FAP points of contact. "Such attacks can result in serious bodily harm, severe psychological damage and even death. Overall, they just don't coincide with the type of moral character we should strive for as United States Sailors and Marines."

Sailors and Marines receive information about FAP in command indoctrination, but they are also encouraged to address any questions to the command's FAP points of contact at any time.

"It is important to educate our Sailors and Marines so they are aware of the resources available to them," said Cowart. "It's vital for them to be familiar with these resources in order to help prevent domestic violence. Any one of them could be a person who directly saves a life by getting help for somebody who is at risk of domestic violence."

Domestic violence is defined as a pattern of violent or abusive behavior, which is intended to exert control over significant others or family members, and it is punishable under federal and state laws as well as the Uniform

Code of Military Justice.

"We take each individual case seriously to ensure the counseling, training and court proceedings are conducted efficiently," said Naval Criminal Investigative Service (NCIS) Special Agent Anthony Ruta. "Domestic violence has no place in the Navy and affects mission readiness."

According to Cowart, getting the word out is vital to the effectiveness of FAP. Victims must know help is available.

"The chain of command, victim advocates, local law enforcement, DoN law enforcement personnel and NCIS are all viable reporting options to help get victims necessary care," said Cowart. "Doing so allows criminal justice professionals to start the investigative process, which ensures suspects are held accountable."

For Sailors, Marines, Soldiers and Airmen who are unsure about reporting incidents of domestic violence for any reason, tips can be provided anonymously through the NCIS text and web tip line at <http://www.ncis.navy.mil>. ■

## Pre-Deployment Seminar Benefits Truman Sailors, Families



Lt. Pamela Gregory, a Naval Medical Center Portsmouth nutritionist, and Fit Boss Marley Oldham offer healthy-living advice to Operations Specialist Seaman Kira Howard and Operations Specialist Seaman Apprentice Jamie Reed during a pre-deployment seminar in the hangar bay of the aircraft carrier USS Harry S. Truman (CVN 75).

by MCSN Taylor DiMartino // Staff Writer

**T**he aircraft carrier USS Harry S. Truman (CVN 75) hosted pre-deployment seminars Nov. 13 and 14 in its hangar bay to prepare Sailors and their families for Truman's approaching deployment.

After an introduction by Truman's commanding officer, Capt. S. Robert Roth, Truman's Family Readiness Group (FRG) and ombudsmen spoke about what to expect during deployment and where family members can seek help while their spouses and loved ones are away.

Senior Chief Aviation Ordnanceman (AW/SW) Paul De Iulio's wife, Suzanne, has been a Truman ombudsman for two years. He said her job as a communicator between Sailors' families and Truman's chain of command will be a valuable resource when the carrier is on deployment.

"It is an ombudsman's job to pass along correct information directly to and from the chain of command," said De Iulio. "This will help to quell any rumors or misinformation, especially when Truman is on deployment. They will

provide a trusted line of communication between families and the ship."

In addition, De Iulio said ombudsmen are prepared to offer assistance in a variety of ways and can connect family members to helpful resources if the need arises.

Following the FRG and ombudsmen's

presentations, Sailors and their loved ones received information about such services including counseling, financial and legal assistance, and child care from agencies and resources such as Tricare, Military One Source, Navy-Marine Corps Relief Society, Fleet and Family Service Center and Red Cross.

"An important part of our overall mission readiness is to have our family members and friends equally informed

and prepared at a personal level," said Cmdr. Stephen Lee, Truman's command chaplain, whose department coordinated the seminars. "Our pre-deployment seminars were designed to meet this need by allowing access to a multitude of services designed to meet any future need whether planned or unforeseen."

Lee said being connected is the best way a family can be prepared for when their Sailor deploys.

"Team Truman isn't made up of only the Sailors serving on board the ship," said Lee. "Our families are our support systems at home. We made sure they are supported. Families connecting with other families increases our support network and our overall resiliency to the challenges of deployment."

De Iulio agreed that the seminar was of great value to Truman Sailors and their families.

"Fifty-five-percent of Truman's Sailors have never been on deployment which means their families wouldn't know what to expect or where to seek help without the seminar," said De Iulio. "Even if Sailors know what's going on, often their families do not receive the same information. That's why this seminar was so valuable."

Two additional seminars are scheduled for Nov. 27 and 28. ■



Lt. Pamela Gregory, a Naval Medical Center Portsmouth nutritionist, offers healthy-living advice to Interior Communications Electrician Fireman Krystal Jones during a pre-deployment seminar in the hangar bay of the aircraft carrier USS Harry S. Truman (CVN 75).

# » PHOTOS of the week



Photo by MCSA Anthony Presley

Aviation Ordnanceman Airman Seth Wartak, right, instructs Aviation Ordnanceman 3rd Class William Parsons where to stack empty ordnance crates during an ammunition onload in the hangar bay aboard the aircraft carrier USS Harry S. Truman (CVN 75).



Photo by MC2 Mike DiMestico

Jessie Hodges of the aircraft carrier USS Harry S. Truman's (CVN 75) Family Readiness Group directs Operations Specialist Seaman Kira Howard to some of the many resources available to the families of deployed Sailors during a pre-deployment seminar in Truman's hangar bay.



Photo by MCSN Lorenzo J. Burluson

Aviation Ordnanceman Airman Richard Torres tightens straps to crates of ordnance during an ammunition onload in the hangar bay aboard the aircraft carrier USS Harry S. Truman (CVN 75).

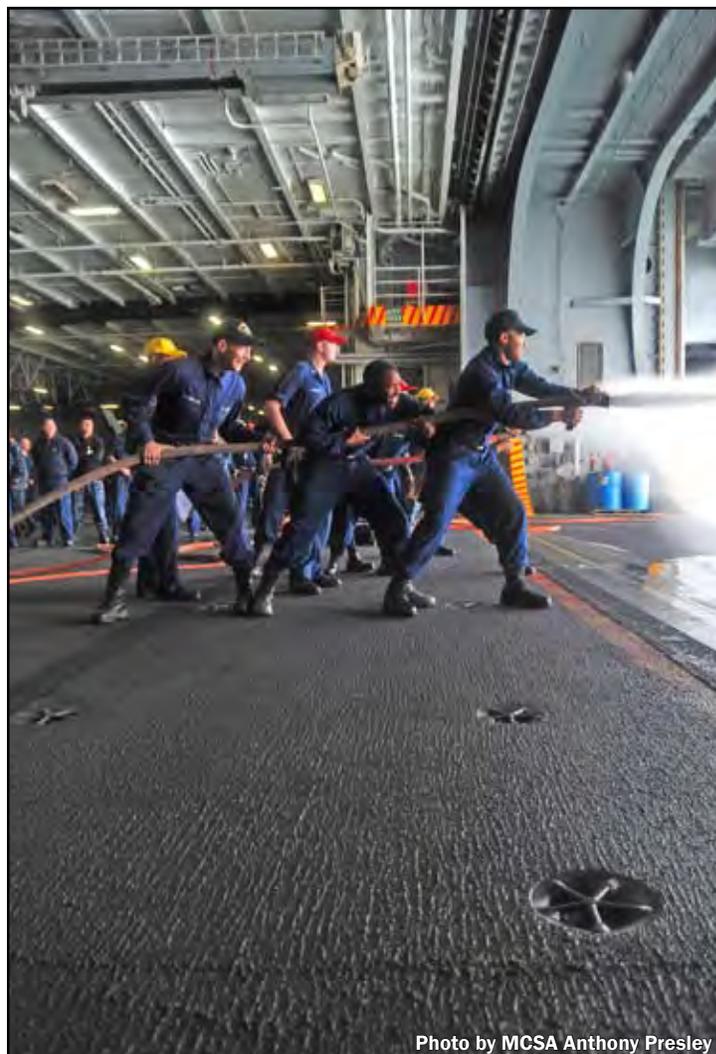


Photo by MCSA Anthony Presley

Sailors participate in the damage control olympics in the hangar bay aboard the aircraft carrier USS Harry S. Truman (CVN 75).