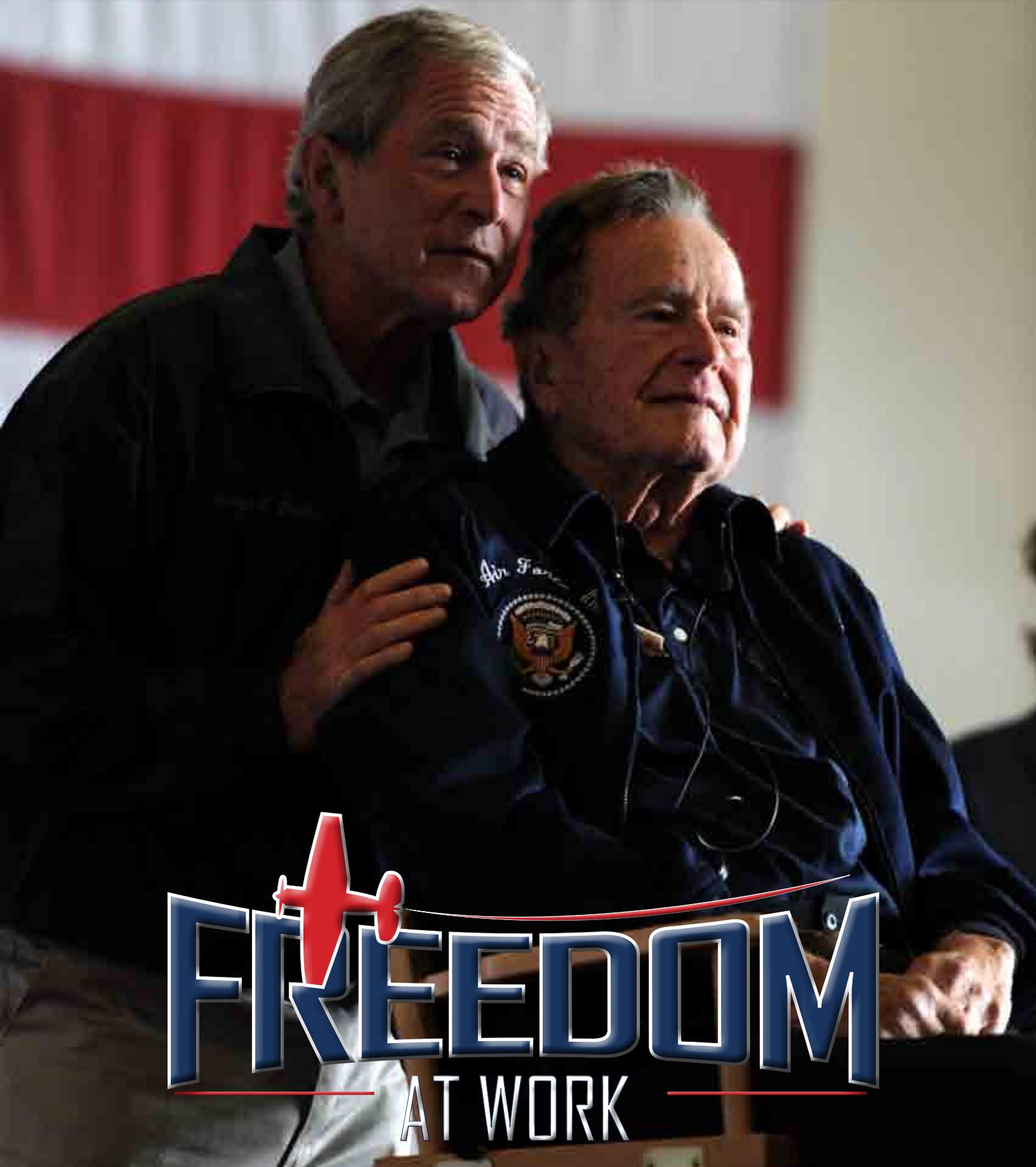


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**FREEDOM**  
AT WORK

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# FREEDOM AT WORK

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■ TRICARE DENTAL



■ DRIVEN FROM CVN 77 TO ANNAPOLIS



■ BATTLE OF MIDWAY COMMEMERATION



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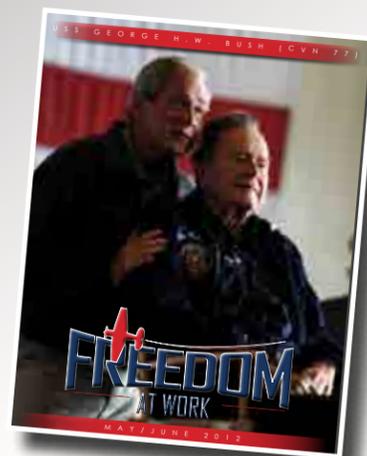


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■ TRUE CULINARY SPECIALISTS



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### ON THE COVER:

FORMER PRESIDENTS GEORGE H. W. BUSH AND GEORGE W. BUSH DELIVER REMARKS TO THE CREW DURING A MASS REENLISTMENT, ENLISTED ADVANCEMENT, AND OFFICER PROMOTION CEREMONY ON JUNE 10. PHOTO BY MASS COMMUNICATION SPECIALIST 3RD CLASS JOSHUA D. SHEPPARD.

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## Important Information

[The United States Navy Official Website](#)

[USS George H.W. Bush \(CVN 77\) Official Website](#)

[USS George H.W. Bush \(CVN 77\) Official Facebook Page](#)

[Contact the CVN 77 Family Readiness Group](#)

[Contact a CVN 77 Ombudsman](#)

[Fleet and Family Support Centers Hampton Roads Website](#)

## A MESSAGE FROM THE STAFF

Welcome to the completely re-designed monthly magazine for the family and friends of USS George H.W. Bush (CVN 77). We have completely re-vamped what used to be "The Avenger" into a new interactive publication called "Freedom at Work".

As you explore, pay attention to your mouse cursor as there are numerous links to additional media and resources throughout this publication. The table of contents is now interactive, allowing you to jump to the story of your choice. The links to the left will take you to important sites or allow you to directly contact the Family Readiness Group or an Ombudsman. Further in, there are links to multimedia presentations that give an expanded, and sometimes behind the scenes view of what happens onboard CVN 77.

Every effort has been made to not only give our publication a facelift, but to better communicate what we as a command are doing. It is also our intention to make this publication a means to pass information that will directly benefit you.

We hope that you enjoy our new monthly magazine. It is only fitting that we finish this letter in the manner that Capt. Luther, CVN 77's commanding officer, ends all "Captain's Calls"; taken directly from our namesake's inaugural address, the motto of USS George H.W. Bush.

We are "Freedom at Work"



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# New MetLife Dental Coverage for Dependents

Story by MCSN Benjamin Kelly

Facts and information courtesy of  
www.tricare.mil and www.metlife.com

Effective May 1, 2012, MetLife will take over for United Concordia as the dental carrier for the TRICARE Dental Program (TDP). This coverage will be provided for the family members of uniformed service active duty personnel, members of the Selected Reserve and Individual Ready Reserve, their family members, and their survivors.

Changes to the TDP will include enhanced dental coverage at a lower cost than before. The plan covers more than 245 procedures at a set co-payment when performed by a selected participating general dentist. The coverage focuses on preventative care, but specialty care is also provided at a reduced fee. All current TDP enrollees will be notified about the transition to MetLife and will receive a welcome packet with a new TRICARE Dental Program Benefits Booklet.

"These changes will be very beneficial to many Sailors and their Families," said Hospital Corpsman (FMF) 2nd Class Letron Glover, Dental Lab Technician.

The Change to MetLife is for the TDP only. The Active Duty Dental Program (ADDP) will still be administered by United Concordia.

Active duty service members (ADSMs) living or working within 50 miles of a military dental treatment facility (DTF) must receive all care at a DTF, even when traveling for short periods of time. However, ADSMs on extended leave more than 50 miles from their DTF may receive dental care from any participating dentist, but you must coordinate with United Concordia your private sector dental care prior to your visit.

The following are the highlights of MetLife's changes for dependants:

- Increase of the lifetime orthodontic maximum to \$1,750
- \$1,200 per year for services related to dental treatment due to an accident
- No cost shares for scaling and root planing (deep cleaning) for diabetics
- Expansion of the survivor benefits to surviving spouse and child(ren)
- Coverage of an additional (3rd) cleaning for women during pregnancy
- Increase in the annual maximum from \$1,200 to \$1,300 per enrollee
- Coverage of posterior resin (tooth colored/white) fillings

For more information please visit



# DRIVEN

From the deckplates to the Naval Academy

STORY BY MC3 DERRIK NOACK



Photo by MC3 Derrik Noack

Instructed by her chain of command, Machinist's Mate 3rd Class (SW/AW) Tiffany Brown stood in the front row in preparation for a Captain's Call with Commanding Officer Capt. Brian E. Luther aboard USS George H.W. Bush (CVN 77). All day, her department hinted that Brown was going to be openly scolded by the Commanding Officer.

Her mind raced as she slowly eased her way into the middle of the crowd. But hiding in the crowd did not work, and she was forced to stand front and center to wait. She held back tears as Capt. Brian E. Luther took to the stage with liberty news and schedules for the crew. Before he finished his remarks, he announced Brown's name, but not with bad news. She had been accepted to go on to the U.S. Naval Academy. Brown took the stage with a dropped jaw and eyes filled with tears.

Luther remembers his initial encounter with Brown.

"I'd always see her carrying a book bag," said Luther. "When I asked her what she had it for, she told me she was studying to get into the Naval Academy."

Brown has been prepping herself for that goal, challenging herself throughout her life, before and after joining the Navy.

Born in southern Georgia, Brown was raised by her mother. Brown helped take care of her younger sister, and in her spare time competed in pageants and dance competitions. The competitive spirit she learned would later be channeled and redirected toward ensuring her application stood out amongst the competition.

Continued on page 5...



Photo by MC3(SW/AW) Brian Read-Castillo

Brown knew in high school that she wanted to be a naval officer, but wanted a short break from school before going to college. She decided to serve as an enlisted Sailor until she was ready, and left for boot camp shortly after high school graduation.

The new environment left Brown alienated throughout boot camp. Communication barriers were hard to overcome; her accent was so profound that she found herself repeating everything she said.

"When I got to 'A' school, one of my instructors offered to give me speech lessons," said Brown. "Every day for three months, I would stay after school to work on my accent. Eventually, I was able to hold a normal conversation with the people around me."

After completing 'A' school, Brown was ready to get to work on George H.W. Bush. Within her first year aboard, she became surface and air warfare qualified. She even took duties as the Drill Team Instructor for the ship's color guard. In July 2011, she decided it was time to go back to school and start the process of becoming a U.S. Navy officer.

"I knew it would take a lot of time and I did get discouraged," said Brown. "I lost a lot of sleep staying up to ensure everything in my package was perfect."

To complete her package, Brown had to use her chain of command to gather recommendations from officers onboard and interview with the commanding officer, and convince him she was prepared for the journey ahead of her.

"A lot of people are talented but never make anything of it," said Luther. "Brown has talent and skills and she is determined to use them."

Along with her officer recommendations, a standard medical screening, a fitness test and a background check were needed for her package. But what Brown says she worked hardest on were her American College Testing (ACT) scores and personal statements.

"I retok the ACT twice," said Brown. "Not because I had bad scores, but because I wanted an advantage on the competition."

While working on her personal statement, Brown kept a notebook and pen in hand for weeks, even in her sleep.

"I would wake up in the middle of the night with an idea and rewrite the whole thing," said Brown. "I wanted to make it one of the best statements the judges would ever read."

Also, in an effort to set herself apart from other candidates, she decided to give herself more leadership experience. Brown said she took over as the gauge calibration petty officer as well as the repair parts petty officer for her division. She also helped the ship's Aircraft Intermediate Maintenance Department write their Meteorological Calibration instruction during deployment, a task uncommon for a 3rd class petty officer.

"Her leadership trusted her," said Lt. j.g. Aquichia Brown, the ship's secretary and Petty Officer Brown's shipboard mentor. "She is very focused on her work, and knows what she needs to get done."

It's that trust that Brown hopes to carry on with her to a 10-month preparatory school in Rhode Island that trains candidates before they enroll in the Naval Academy.

"I do think I'll get singled out for being prior enlisted, but I'm not nervous," said Brown. "Hopefully they'll lean on me to help teach the others the ins and outs of the Navy."

Brown plans to be commissioned by the time she turns 26, and hopes to return to sea duty.

"I hope to be stationed on smaller ships," said Brown. "I think that would be really exciting and a chance to see something new."

Now that she has been accepted, Brown still has a lot of work to do before she can put on the title of Ensign. A demanding schedule of academic courses, military inspections, drills, and fast-paced physical and aquatic training are all part of reaching her goal of becoming an officer.

"Leaders are not born, they are molded and shaped," said Brown. "I believe my time onboard this ship will benefit me in the long run, and add to my leadership skills. It all started right here."

# BATTLE OF MIDWAY

## 70TH ANNIVERSARY COMMEMORATION

STORY BY MC3 TIMOTHY DAUGHTON

USS George H.W. Bush (CVN 77) commemorated the 70th anniversary of the Battle of Midway with a ceremony in the ship's hangar bay, June 4.

The ceremony was hosted by Commander, Naval Air Forces, Atlantic Adm. Ted N. Branch; and was attended by more than 300 service members and civilians, to include retired Adm. Joseph Prueher, a World War II (WWII) veteran and Virginia Beach, Va., business owner.

USS George H.W. Bush Commanding Officer Capt. Brian E. Luther also laid a wreath to pay homage to the men who lost their lives during the battle.

"It is especially fitting that we hold this ceremony here on board this warship that bears the name of a living namesake who participated in many of the combat operations that followed this event," Luther said. "George H.W. Bush experienced first hand the result of this great battle as he flew combat missions in the carrier-based torpedo bomber, the TBM Avenger in 1944."

The Battle of Midway, considered the turning point of WWII, took place June 4-7, 1942, when the Japanese sent the majority of their naval force to capture Midway Island, which was being used by U.S. forces as an airfield. The battle was unique in history as neither side saw the opponent; it was fought primarily by aircraft launched from aircraft carriers.

By the battle's end, the Japanese had to retreat after losing air superiority. The U.S. lost the aircraft carrier USS Yorktown (CV 10) while four Japanese fleet carriers were lost along with their crews. This marked the dawn of the U.S. Navy's global prominence and the coming of age of carrier aviation.

"Each year across the fleet and around the world, we remind ourselves what the Battle of Midway means to our Navy and our nation," said Branch. "I think what is most noteworthy is what Midway represents for the legacy of the U.S. Navy and to all of us. At its heart, it was about spirit, innovation, courage, and sacrifice. Seventy years later, these same qualities still define these American Sailors."

After speaking on the Battle of Midway and the impact it has had on the military today, Branch introduced Prueher to speak about the Battle of Midway.

"This battle did not take place anywhere close to the mainland, but the death and destruction that occurred during this battle was staggering," said Prueher. "There is individual heroism, but the great victories are only achieved through teamwork and that is what happened at Midway."



Photo by MC2(SW/AW) Tony Curtis

1

1. USS George H.W. Bush Command Master Chief David R. Colton, left, and Commanding Officer Brian E. Luther commend the ceremonial wreath to the sea; 2. Chief Musician Gordon Pantalone directs the U.S. Navy Fleet Forces Band in a performance for crew members and guests; 3. Members of the USS George H.W. Bush color guard stand in formation; 4. Rear Adm. Ted Branch, Commander, Naval Air Forces Atlantic, salutes as a commemorative wreath is laid.



3 Photo by MC3 K. Ashley Lawrence



Photo by MC3(SW) Joshua D. Sheppard

2



Photo by MC3(SW) Joshua D. Sheppard

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CLICK TO VIEW THE VIDEO  
BATTLE OF MIDWAY COMMEMORATION

# Former Presidents Visit USS George H.W. Bush

STORY BY  
MCSN B A M J A M I N K E L L Y

USS George H.W. Bush (CVN 77) hosted the ship's namesake, former President George H.W. Bush, and his son, former President George W. Bush, for a promotion and reenlistment ceremony off the coast of Kennebunkport, Maine, June 10.

"It's a great honor to be out here," said George H.W. Bush. "I'm thrilled to be on this vessel that bears my name, and I'm very proud of all of those that re-up'd for the service to our great country."

The ship's sponsor, Doro Bush Koch, former Florida Gov. Jeb Bush, and other members of the Bush family accompanied the Navy's newest aircraft carrier during a regularly scheduled training evolution to encourage the crew and heighten their morale.

While onboard CVN 77, the former presidents presided over a mass reenlistment, enlisted advancements, and officer promotions. This ceremony was the highlight of the visit and the crew expressed their gratitude towards the ship's namesake.

"Today we are honored to have our namesake available to reenlist 77 George H.W. Bush Sailors, promote seven officers to the next rank, and advance Sailors through our Command Advancement Program (CAP)," said Capt. Brian E. Luther, the ship's commanding officer. "They are the true spirit of this great ship, and as with their namesake, represent the past, the present and the future of our Navy."

Following the ceremony, both former presidents took time for photographs with the crew before George W. Bush and family members toured the ship. Throughout the tour, the 43rd president took time to meet Sailors and thank them for their service.

For many crewmembers, this was not only their first opportunity to meet the ship's namesake, but also two former U.S. presidents.

"I have been in the Navy for five years and this is something that will go down as one of the top moments of my life," said Gunner's Mate 2nd Class Zachery McKenzie. "It's an honor to be reenlisted by our ship's namesake. Not many people can say they've been reenlisted by a president. It's rare."



Photo by MC3 Carrel Regis



Photo by MCSA Lorelei Vander Griend



Photo by MC3(SW) Joshua D. Sheppard



Photo by MC3(SW) Joshua D. Sheppard



Photo by MC3 Kevin J. Steinberg

1. Former President George H. W. Bush, family and friends including former President George W. Bush, along with the crew attend a promotion and reenlistment ceremony in the ship's hangar bay; 2. Sailors recite the oath of enlistment in the hangar bay; 3. Capt. Brian E. Luther, USS George H.W. Bush (CVN 77) commanding officer, delivers opening remarks; Former Presidents George H. W. Bush and George W. Bush deliver remarks to the crew; Former president George H.W. Bush greets Sailors.

F O R M O R E C O V E R A G E  
V I S I T T H E C V N 7 7 F A C E B O O K P A G E

# True Culinary Specialists



STORY AND PHOTOS BY  
M C 3 ( S W ) KEVIN STEINBERG

On USS George H.W. Bush, Culinary Specialists (CS) have long hours, often get dirty, and go to bed smelling like cooking grease. However, some take a little time out of their day to make their work special. Bush has set the standard when it comes to events and receptions, thanks in part to the creative specialties of some of our CSs whose work includes various fruit carvings, special event cakes and also the baked goods many enjoy during our meals.

These skills are not taught at "A" school, but are the result of dedicated training that CSs do on their own.

While at "A" school, CSs learn basic skills, like knife-



handling techniques, sanitation requirements and the Navy's recipes, said Culinary Specialist 1st Class Joel Battung.

He has been in the Navy for almost 20 years. When he joined as a CS, much of the cooking was done from scratch. For today's Navy, he said much of the food is already prepared. Therefore, many new comers do not know how to cook something from simple ingredients let alone experiment. For big organizations, like the Navy, pre-made food allows a large amount of people to be fed in a limited amount of time. They have to make enough food in two hours to feed more than 3,000 people. Therefore, the skills they learn to prepare more artful concoctions are sometimes learned during their free time.

Battung started carving fruit and garnishes when he became a CS and saw another Sailor carving roses out of potatoes. He thought it was impossible. But he learned how to make a rose, add dye for color, use cabbage and onions to make stems, and add a squash for a vase.

He then started expanding his creativity to things like watermelons. When he arrived on the ship he met Culinary Specialist 2nd Class Rudy L. Tabayoyong, who was also skilled at making garnishes and fruit carvings. Battung and Tabayoyong would have friendly competitions to see who could make the best creations, further sharpening their skills while also learning new tricks.

Other CSs and Food Service Assistants (FSAs) started noticing and wanted to learn.

"You want to learn, you know where to find me. I'll drop everything I've got to do and teach you right there and then I'll stay with you until you get it," he says to fellow CSs. "I only teach people that are actually willing to learn."

When it comes to being creative, he tells people a simple rule: "Garnishing is about whatever is in your mind. You just go wild."

Outside of garnishes and fruit carvings, CSs also pass on their knowledge and flex their creativity in the Bake Shop. For Christmas, they made a cake that had a gingerbread house on it. For Thanksgiving, they drew a turkey on another.

The creativity and skills Sailors learn in the Bake Shop also helps them to take on bigger tasks as well.

While in the Bake Shop, Culinary Specialist 2nd Class Johan Bertulano asked Battung to teach him how to prepare some of the creative things they were making.

"When he came on board he said, 'CS1, show me some stuff,'" said Battung. "He was willing to take on anything, and he caught on quick. And he's good, he's great now."

The skills Bertulano learned helped him to become the Commanding Officers personal chef, allowing him to further flex his creativity.

"It's a learning experience. You get to experiment with different things," said Bertulano. "So we go to the book stores and buy cook books. We have pretty much all the supplies we need here on the ship, so we can pretty much do anything."

Working in the CO's galley, Sailors are not limited by a menu or the luxury of pre-made food. It is up to them



1. Culinary Specialist 2nd Class Johan Bertulano makes a tuna sandwich in the commanding officer's galley; 2. Culinary Specialist 2nd Class Rudy L. Tabayoyong creates a fruit garnish out of a watermelon.

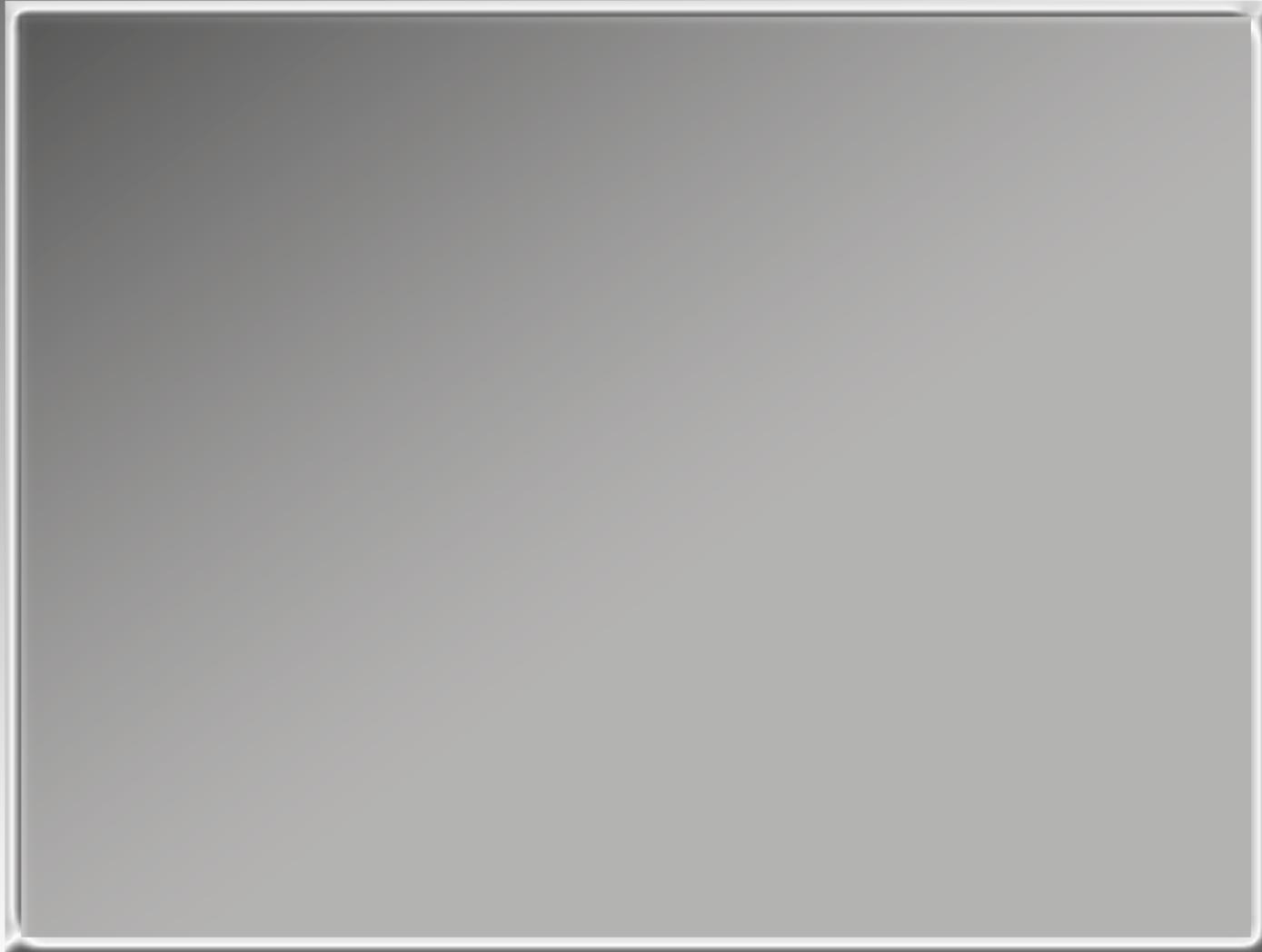
to create, prepare and garnish meals for the CO and his guests.

"You've got to use your brain and keep your head in the cookbooks to see what you can make," said Bertulano. "You can't make the same thing everyday over and over again. You have to keep your mind on what you're working on at all times."

Bertulano now teaches Culinary Specialist 3rd Class Vincent D. Hatch, who will be taking over as the CO's new chef.

Through mentoring, CSs like Battung and Bertulano, keep passing the torch to those who want to better themselves and go above and beyond.

"My accomplishment is knowing that my young Sailors can carry on what I'm doing," he said.



## THIS MONTH IN PHOTOGRAPHS



Aviation Boatswain's Mate (Handling) 2nd Class Gregory Nelson signals to an SA-330J Puma helicopter as it approaches the flight deck. Photo by MC3(SW/AW) Brian Read Castillo.



Operations Specialist 2nd Class Thelma Webley strikes a punching bag during a security training exercise. Photo by MC3(SW/AW) Brian Read Castillo.



Culinary Specialist 1st Class Joel J. Battung serves food during a birthday dinner on the mess decks. Photo by MC3(SW/AW) Brian Read Castillo.



Aviation Boatswain's Mate (Handling) 3rd Class Jesse K. Hicks maneuvers a mechanical lift on the flight deck. Photo by MC3(SW/AW) Brian Read Castillo.



Musician 3rd Class Steve Freeman performs with the U.S. Navy Fleet Forces Band during the Battle of Midway commemoration. Photo by MC3(SW/AW) Brian Read Castillo.



Lt. Nancy Nkemijika Okeke performs a dental exam on a Sailor. Photo by MC2 Maria Rachel D. Melchor.



An MV-22 Osprey refuels on the flight deck. Photo by MC3 K. Ashley Lawrence.



Sailors man a fire hose during a flight deck training exercise. Photo by MC3(SW/AW) Brian Read Castillo.



Aviation Boatswain's Mate (Handling) 3rd Class Jesse K. Hicks laughs off stress following a general quarters drill. Photo by MC2(SW/AW) Timothy Walter.



Culinary Specialist 2nd Class Johan V. Bertulano prepares a meal in the commanding officer's galley. Photo by MC3(SW) Kevin J. Steinberg.



Lt. Kyle Corry runs on the flight deck of the aircraft carrier USS George H.W. Bush (CVN 77). Photo by MC3(SW/AW) Brian Read Castillo.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4 Free Summer Concert Sandler Center Virginia Beach	5 Fee Concert Music by the Bay Fort Monroe	6 Free Concert Portsmouth Art & Cultural Center	7 Chalk the Walk Artspllosion. 17th Street Virginia Beach	8 Free Concert Big Bands on the Bay Ocean View
9	10	11 Flicks at the Fountain Town Point Park Norfolk	12 Fee Concert Music by the Bay Fort Monroe	13	14	15 Free Concert Big Bands on the Bay Ocean View
16	17	18 Free Summer Concert Sandler Center Virginia Beach	19 Fee Concert Music by the Bay Fort Monroe	20 Jazz Music Festival Town Point Park. Norfolk	21 Jazz Music Festival Town Point Park, Norfolk	22 Free Concert Big Bands on the Bay Ocean View
23	24	25 Flicks at the Fountain Town Point Park Norfolk	26 Fee Concert Music by the Bay Fort Monroe	27	28 Theater in the Park Town Point Park, Norfolk	29 Free Concert Big Bands on the Bay Ocean View
30	31	1 Free Summer Concert Sandler Center Virginia Beach	2 Fee Concert Music by the Bay Fort Monroe	3	4	5 Free Concert Big Bands on the Bay Ocean View

## 4th of July Fireworks Displays

**Mount Trashmore**  
6pm-10pm

**Sandbridge Beach**  
6:30pm-9:30pm

**20th Street at the Oceanfront**  
Events all day

**Downtown Norfolk**  
Town Point Park  
5pm-10pm

**Fort Story**  
(First Landing State Park)  
Events from 10am-9pm

**Newport News**  
Victory Landing Park



  
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