



DEPARTMENT OF THE NAVY
COMMANDING OFFICER
USS IWO JIMA (LHD 7)
FPO AE 09574-1664

5750
Ser LHD7/CO
4 Mar 10

From: Commanding Officer, USS IWO JIMA (LHD 7)
To: Director, Naval Historical Center,
Attn: Operational Archives, 805 Kidder Breese S.E.,
Washington Navy Yard, Washington, DC 20374-5060

Subj: ANNUAL COMMAND OPERATIONS REPORT - 2009

Ref: (a) OPNAVINST 5750.12J

Encl: (1) Annual Command Operations Report - 2009

1. Per reference (a), enclosure (1) is provided.
2. My point of contact is MCC (SW/AW) [REDACTED],
[REDACTED].


J. C. AMICK

COMMAND OPERATIONS REPORT - 2009

1. Command Data

USS IWO JIMA (LHD 7), UIC: 23024
Amick, Jeffrey, C., Captain, USN
2009-01-06

Mission

IWO JIMA's mission is to embark, deploy, and land elements of a Marine landing force in amphibious assault operations by helicopter, landing craft, amphibious vehicle or a combination of these methods. This calendar year IWO JIMA has proven to be America's 911 force as the first large deck amphib selected to serve in any type of operational commitment, exercise, relief effort, or National Command Authority tasking.

Permanent Location

Norfolk, Virginia

Operational Immediate Superior in Command

Amphibious Squadron FOUR

Administrative Immediate Superior in Command

Amphibious Squadron FOUR

Commanding Officer

Captain Jeffrey C. Amick, USN

Executive Officer

Captain Thomas J. Chassee, USN

Chief Engineer

Lieutenant Commander [REDACTED]

Command Data Continued:

Supply

Commander [REDACTED] USN

Support Services

LT [REDACTED]

Morale, Welfare, Recreation

Ms. [REDACTED]

Command Ombudsman

Mrs. [REDACTED]

Number of Personnel Assigned

Officer - 78
Enlisted - 951
Civilian - 1

Command Point of Contact

Commander Thomas Chassee, USN
Executive Officer,
XO@LHD7.navy.mil
FPO-AE 09574-1664

Command Mailing Address

Commanding Officer
USS IWO JIMA (LHD-7)
FPO-AE 09574-1664

2. Commander's Assessment

The outstanding accomplishments documented in regards to IWO JIMA's performance during Calendar Year 2009 are astonishing. The ship's numerous maintenance successes are even more impressive considering the fact that IWO JIMA was deployed from home port 187 days during Calendar Year 2009. The entire ship's maintenance effort was the catalyst in IWO JIMA meeting and overcoming a variety of unique challenges while flawlessly supporting every operational and training evolution with consistently outstanding results. The dynamic and extensive Intermediate Level maintenance support provided by IWO JIMA's AIMD, Combat Systems, Deck, Engineering, Weapon's and various other departments enabled the embarked Air Combat Element to sustain an unheard of 83% aircraft mission capable rate for contingency tasking and 99% combat mission completion rate while supporting Operation Enduring Freedom, Theater Security Cooperation, and the Global War on Terrorism.

3. Chronology and Narrative

31 DEC-23	JAN 09	MEU Sustainment
24-27	JAN 09	Port Visit
28	JAN-04 FEB 09	Exercise Shamal
05-13	FEB 09	AG Preps
14-15	FEB 09	BACKLOAD
16-18	FEB 09	BACKLOAD
19-24	FEB 09	Transit
25-28	FEB 09	Transit
01-03	MAR 09	Transit
04-07	MAR 09	Transit
05	MAR 09	COMREL Project

08-09 MAR 09	Transit
10-13 MAR 09	Port Visit and COMREL Project
14-22 MAR 09	Transit
23-26 MAR 09	Off Load MEU
27 MAR 09	Return to Port
28 MAR-10 MAY 09	CNOs Maintenance Availability(CMAV) - A9A1
11-15 MAY 09	S-O24:SOCOM
16-17 MAY 09	Inport
18-19 MAY 09	Transit
20-27 MAY 09	Fleet Week, New York City
28-31 MAY 09	Transit
01-05 JUN 09	AMMO Off load
06-07 JUN 09	Transit
07-11 JUN 09	S-203:2D MAW
12-22 JUN 09	Upkeep
23-30 JUN 09	Transit
01-28 JUL 09	Operation Jupiter Sentinel
29 JUL-11 AUG 09	Upkeep
01 AUG- 30 AUG 09	Food Bank Drive
08 AUG 09	COMREL Project at Hoffer Creek Wildlife Foundation
12 AUG-30 SEP 09	CNOs Maintenance (PMA-9C1)
01 DEC 09	COMREL Project at Norfolk Botanical Gardens
23NOV-25NOV 09	LOA
07DEC-09DEC09	Sea Trials

At the beginning of 2009, IWO JIMA was on deployment. IWO JIMA returned to its homeport March 22, 2009. The following day, the MEU and Air Combat Element HMM TWO SIX FOUR off-loaded their personnel and gear from IWO JIMA. From 20 to 27 May, USS IWO JIMA was underway again, to lead the U.S. Navy presence during Fleet Week New York in New York City, hosting over 40,000 visitors and more than 200 dignitaries. Immediately following Fleet Week, IWO Jima transited to Naval Weapons Station, Earle New Jersey for ammunition offload, removing over 1,000 tons of explosives consisting of more than 700 different types of ordnance. IWO returned to Norfolk on 12 June and immediately left Norfolk 11 days later on 23 June for a five week short notice deployment to provide support for the President of the United States' historic visit to Ghana, Africa. IWO's Medical Department was ordered to expeditiously provide liaison and planning expertise for operation JUPITER SENTINEL in direct support of White House Military Office/White House Medical Unit for the President of the United States' visit to Ghana. The Medical Department provided critical medical support for the President's first official visit to a Western African nation, paving the way for continued relations with regional leaders;

receiving noteworthy post-mission comments from White House Military Office/White House Medical Unit leadership. Maintenance availabilities were conducted from return of deployment in March 2009 to May 2009 and during a home port visit August through September 2009. USS IWO JIMA went through a successful CNO Availability at BAE Systems Shipyard from October-December 2009. USS Iwo Jima scored high marks during the Light Off and Assessment November 23-25 2009. IWO left BAE December 7, 2009. After leaving BAE, IWO went through a successful Sea Trials from December 7-9, 2009. For the remainder of 2009, IWO remained in port at Naval Station Norfolk.

IWO JIMA's mission is to embark, deploy, and land elements of a Marine landing force in amphibious assault operations by helicopter, landing craft, amphibious vehicle or a combination of these methods. This calendar year IWO JIMA has proven to be America's 911 force as the first large deck amphib selected to serve in any type of operational commitment, exercise, relief effort, or National Command Authority tasking.

4. Effective Use of Maintenance Resources.

a. AIMD has processed over 4,226 Maintenance Actions including the fabrication of hydraulic/air lines, wiring cords, and supportive attachment surfaces in support of IWO JIMA Strike Group support/testing equipment, squadron aircraft, and ACU-4 Landing Craft-Air Cushioned (LCACs).

b. AIMD assisted the USS SAN ANTONIO Air Department in the development of a ship board Support Equipment Repair Division, ensuring all aviation support equipment assets was physically and administratively maintained within CNAF directives. AIMD completed an audit of SAN ANTONIO's maintenance programs, assisted in the procurement of aviation particular tools, and trained/licensed over 30 SAN ANTONIO personnel to operate 12 different types of support equipment.

c. During maintenance periods 9A1 and CNO Availability 9C1, Air Department has identified, tracked, and supervised the replacement of 46 flight deck nets, 19 pad-eyes, flight deck non-skid, the complete refurbishment of flight deck lighting, and the cleaning of six JP-5 fuel tanks. USS IWO JIMA had such a successful non-skid quality assurance program that it has been implemented by LHDRON as the fleet standard. Additionally, Air Department consistently scores well over 90% during quarterly 3M evaluations.

(1) The CSI Department's extraordinary repair talent

enabled them to accomplish maintenance repairs that went beyond their normal scope of duties, including:

(a) During the return from an extensive deployment, IWO JIMA's Electronics Technicians restored both of the ship's primary and secondary navigational radars, which had suffered major casualties. Identification and restoration of these radar faults were instrumental to safe navigation, completion of several training exercises, and return of the IWO JIMA from deployment.

(b) IWO JIMA's ET's assisted SPAWAR during the removal and installation of the aft WSC-6 antenna, which ultimately supported shipboard satellite communications prior to the short notice mission, Operation Jupiter Sentinel, and facilitated support during the POTUS visit to Ghana, Africa.

(c) Radar Electronics Technicians were instrumental in the restoration of IWO JIMA's TACAN which suffered a catastrophic loss of both Primary and Secondary Beacons. The ships Electronics Technicians quickly identified the faulty tubes and repaired the Primary beacon, ultimately restoring Safety of flight to the USS IWO JIMA and facilitating the successful completion of operation Jupiter Sentinel.

(d) IWO JIMA's Information Technicians and Electronics Technicians frequently accomplished corrective maintenance well outside the normal scope of their duties. This included repairs normally accomplished at the intermediate or depot level. The refurbishment of 3000 square feet on two SHF platforms, and 1,000 square feet on the SMQ-11 platform, culminated with a savings of \$1,200,000 and \$20,000 dollars respectively.

d. The Ships 3M Division's performance has been exceptional in obtaining the following achievements:

3M Statistics

Recorded Accomplishment Rate	93.59%	Completed 63,330
Accomplished Confidence Factor	94.78%	Completed 8,184
Situational Accomplishment Rate	98.6%	Completed 25,332
MDS Performance Rate	100%	Completed 256
MDS Confidence Factor	100%	Completed 125
Configuration Management Factor	96%	Completed 630
CSMP Validation Factor	97.6%	Completed 180
Reporting and ASI Processing Factor	100%	Completed 26

e. Engineering Department's Repair Division has completed over 1,500 ship's force level repair discrepancies in the crew and troop berthing areas, including 57 Formal Work Packages. Their efforts increased the moral well fare and living conditions of over 1,800 embarked Marines.

5. Innovative Management Accomplishments:

a. Managers fully employed state-of-the-art technology to make significant advancements in ship self-sufficiency during 2009. Innovative management earned IWO JIMA the reputation as a leader in operational efficiency on the waterfront.

(1) AIMD Department accomplished the following:

(a) IM-1 Production Control (PC) managed and processed 2,101 maintenance actions for 16 diverse work centers, screened and tracked 23 engine log books, ensured detailed verification of 275 custody cards, and coordinated 170 work requests. Quality Assurance performed 152 audits on all work centers, programs and DTPL libraries, and screen and routed over 368 technical directives on support equipment and aircraft squadron parts. Efforts of both work centers led to a reduction in department backlog by 40 percent, a 98.2 percent sortie completion rate for embarked commands, and allowed the ship to safely complete all tasking in support of exercises ESGINT and JUPITER SENTINEL.

(b) IM-3 Division developed an aggressive calibration plan that identified 55 defective pressure and temperature gages/ switches in over 43 shipboard systems. IM03 Division calibrated and repaired all defective components, resulting in the Engineering Department obtaining full certification during Light-Off Assessment inspection.

(c) IM-4 Division provided training and licensing to over 2,530 students on 45 assorted pieces of SE/MHE/AMP. Their efforts included over 7,500 hours of classroom and on-the-job training as well as countless hours of one or more instruction. They also developed and initiated an in-depth maintenance plan to overhaul over 200 major support equipment assets. IM04 mechanics exerted over 10,050 man-hours in the disassembly, corrosion treatment, and re-assembly of each asset, resulting in a 97.4 percent ready for issue rate during the training cycle and deployment.

b. Engineering Department developed a fuel conservation plan that detailed ways to conduct single boiler and single

forced draft blower operations, as well as methods to utilize the acceleration/deceleration tables to more effectively save fuel. Their efforts led to an estimated fuel cost savings of over \$3 million dollars.

(1) The C5I Department accomplished the following:

(a) IWO JIMA's 2M program saved the ship over \$125,000 by the organic repair of component parts for the HF, TACAN, EDGs, HYDRA, DAMA, SSTGs, TPX-42, CIWS, SPS-48, SPS-67, and the SPN-43 systems. A significant portion of these savings came from the repair of parts not normally repaired through the 2M program, especially those from the ship's HF suite.

(b) As a more cost-effective measure, than that of repairing each individual part, the WSC-6 antenna was completely overhauled for a cost savings of over \$350,000.

(c) ADP members redesigned the IWO JIMA's internal intranet web pages which improved overall accessibility and developed a more user friendly internet. Additionally, the ADP team dedicated over 1500 man hours towards personnel trouble calls ranging from simple user errors to giving advice and aiding in web designs.

(d) ADP also conducted a network connectivity groom that involved Unclassified and Classified high level switches totaling 238 fiber and 282 Ethernet ports. This groom resulted in increased overall network speed, and the maximum performance of all resources.

6. Resource Management Innovations and Improvements

a. Deck Department implemented a corrosion training program that introduced basic corrosion identification, treatment and preservation throughout the department. With in-depth training on the proper uses of numerous types of pneumatic tools the department was able to drastically decrease the hours and material required in the treatment and preservation of the ship's hull. This training was directly responsible for a savings of more than \$50,000 and over 200 man hours.

b. Engineering Department seamlessly integrated a diverse group of 79 Sailors from 65 work centers into a superior Damage Control organization responsible for the maintenance and upkeep of over 13,000 pieces of portable DC equipment and climate control systems. The development of the ER09 work center assisted each shipboard department in completing operational

commitments without the additional responsibilities of upkeep and maintenance of damage control equipment. This process greatly improved the material condition of all damage control assets, leading to increased levels of DC readiness throughout the ship.

7. Training Program

a. Training Department established training teams as the primary agents for training self-sufficiency and assessing the ship's ability to conduct sustained combat operations. They brief, train, observe, and evaluate Condition I, II, III, and IV watch sections to improve war-fighting proficiency. IWO JIMA training teams are:

TRAINING TEAM	PURPOSE
Integrated Training Team (ITT)	De-conflict and integrate individual training teams providing valuable training scenarios to the entire ship.
Combat Systems Training Team (CSTT-Technical) (9 teams total)	Evaluate operational warfare areas and combat systems casualty control.
Engineering Training Team (ETT)	Evaluate the proficiency of Engineering Department watch standers during main space casualties.
Damage Control Training Team (DCTT)	Evaluate at sea/in port Repair Locker and Flying Squad responses to all manner of Damage Control Scenarios during all conditions of readiness.
Aviation Training Team (ATT)	Evaluate flight deck and hangar bay personnel in the performance of casualty response, flight operations, and logistics.
Seamanship/Navigation Training Team (SNTT)	Evaluate bridge and Combat Information Center navigation watch teams. Evaluates Deck Department in the performance of well deck, anchoring and small boat evolutions.
Force Protection Training Team (FPTT)	Establish, maintain, and evaluate Anti-Terrorist/Force Protection (AT/FP) measures.
Medical Training Team (MTT)	Evaluates the proficiency of medical personnel response to casualties and life saving techniques while integrating with all other training teams.

b. Aggressively scheduled and maintained off-ship and shipboard formal training throughout an intense Unit Level Training Cycle. It is important to note the myriad of knowledge and skills required to operate and maintain shipboard combat systems and operations while in port and underway:

COURSE NAME	COURSE NUMBER	STUDENTS
Amphibious Warfare Indoctrination	K-2G-0037	2
Boat Control/CIC Team Training (5D)	J-221-0043	12
Fire Fighting Team Training (1D)	J-495-0418	360
Information Systems Security Manager (14D)	A-531-0009	2
EKMS Manager (12D)	V-4C-0013	3
GCCS-M Watch Officer	J-2G-2302	14
Repair Party Leader (12D)	K-495-0040	17
General Fire Fighting (1D)	A-495-0416	234
Aircraft Fire Fighting (1D)	J-495-0413	110
Celestial Nav Refresher (5D)	K-2G-0603	6
Nav Send QM Refresher (12D)	K-2G-2207	1
RDR Nav Team Training Refresher (3D)	J-221-0344	12
2 nd Class Swim Test (1D)	K-060-2220	23
Mag Sprinkler Ops/Rep (4D)	K-041-2048	22
Safety Programs Afloat (5D)	A-493-2099	35
PO1 Leadership (12D)	P-500-0020	0
CPO Leadership (12D)	P-500-0021	1
PO2 Leadership (12D)	P-500-0025	0
DAPA (5D)	S-501-0100	25
Landing Signal Enlisted (5D)	D-600-0506	20
Anti-terrorism Training Officer (2D)	J-830-0010	2
Brig Staff Afloat (12D)	A-831-0003	2
ADAMS Manager	S-501-0120	8
Prevent 2000	S-501-0150	4
AMMO Admin (5D)	J-041-0103	1
ATFP Training Supervisor	A-830-0034	2
Force Protection Fundamentals Training	A-830-2214	2

8. Safety Program

a. End of Deployment Safety Stand Down (16MAR09)

- (1) PMV and DUI Safety
- (2) Motorcycle Safety
- (3) Recreation, Athletics, and Home Safety

- (4) Operational Risk Management
- (5) Travel Plan Assessments & Risk Mitigation
- b. Summer Safety Stand Down (10JUN09)**
 - (1) Recreation and Off Duty Safety
 - (2) Boating Safety
 - (3) PMV and DUI Safety
 - (4) Operational Risk Management
- c. Post-Surge Safety Stand Down (27JUL09)**
 - (1) PMV and DUI Safety
 - (2) Depression & Suicide Prevention & Awareness
 - (3) Recreation, Athletics, and Home Safety
 - (4) Travel Plan Assessments & Risk Mitigation
- d. Labor Day Safety Video (31AUG09)**
 - (1) PMV, DUI and Travel Safety
 - (2) Summer Recreation Safety
 - (3) Rip Current Awareness
- e. Columbus Day Safety Stand Down (07OCT09)**
 - (1) PMV and DUI Safety
 - (2) Shipboard Electrical Safety
 - (3) Shipyard Safety
- f. Thanksgiving Safety Video (23NOV09)**
 - (1) Thanksgiving Holiday Safety
 - (2) PMV and DUI Safety
 - (3) Shipboard General Safety

g. Holiday Safety Stand Down (14DEC09)

- (1) Holiday Safety
- (2) DUI Prevention
- (3) Rape Awareness and Prevention
- (4) Depression & Suicide Prevention & Awareness

h. Accidents and Injuries. Safety Department has developed a rigorous a rigorous Safety indoctrination course and strictly adheres to the safety afloat program. Our training assists newly assigned Sailors in identifying specific work place hazards. IWO JIMA has had a significant reduction of personnel accidents due to focused ORM, intrusive leadership, increased command awareness, and closely tracking safety discrepancies to correction.

i. Safety Indoctrination course to train newly reported Sailors and Marines in identifying shipboard hazards and developed strategies to mitigate the risk. The course also includes the introduction to all safety afloat programs. The ship has experienced a 27% reduction of personnel accidents and mishaps since the introduction of this training. The Safety Department has also initiated a "Safety Professional" recognition program which promotes safety awareness throughout the ship.

j. Mishaps. The commands total commitment to safety through the use of ORM, intrusive leadership, and a tracking mechanism to ensure all safety discrepancies are corrected expeditiously resulted in zero Class A or B mishaps for FY 09. The Safety Department also utilizes a Human Factors Council to provide a formal mechanism for human factors inputs to the CO. The CO utilizes this information for risk assessment and subsequent decisions regarding safety issues. Safety Department also developed a leave and liberty risk assessment form, enabling supervisors to better assess hazards associated with holiday travel, driver experience, and personnel stressors while counseling subordinates. They also established a policy of posting crossing guards in crosswalks at the head of the pier during peak pedestrian traffic hours. IWO JIMA's consistent use of this safety measure has resulted in zero pedestrian mishaps.

k. Mishap Reporting. IWO JIMA uses a thorough mishap-reporting program to track mishaps and establish trends. Information from mishap reports proved vital in tailoring safety training to meet ship-specific hazards and enhance awareness. WESS reports are submitted to the Naval Safety Center to assist in mishap abatement Navy-wide.

l. Ammo Offload Earle, NJ. Safely conducted Ammunitions post deployment offload of 1087 pallets (892 tons) of conventional ordnance valued at \$50,000,000 in a five-day period.

m. In addition, the safety department and division safety petty officers attended COMNAVSAFECEN's Afloat Safety Seminar on September 2, 2009.

9. Supply Operations

a. Supply Department efficiently maintained and controlled the following budgets:

SHIP ACCOUNT	PURPOSE	FY08 GRANT
Supply & Equipage	Surface Consumables and Depot Level Repairable.	\$5,362,365
Aviation Operations & Maintenance	Aviation Consumables and Aviation Depot Level Repairable.	\$9,933,062
Temporary Additional Duty/Travel	Training, Meetings, Conferences, etc.	\$314,203
Total Funds Managed		\$15,609,630

b. Supply Department has coordinated and tracked the safe and expeditious loading of more than 1000 pallets of provisions valued at \$5.4M for the deployment and successfully tracked over 16,300 requisitions valued over \$43.9M.

10. Morale, Welfare and Recreation

a. January 2009 Underway programs:

(1) GUITAR HERO XBOX TOURNEY

(a) HOW IT WENT: Single Elimination tourney for those who signed-up to participate. Took place in the LMRC. This is the most popular video game tourney here on the IWO.

(2) DARTS TOURNEY

(a) HOW IT WENT: Single elimination tourney to those who signed-up to participate. Was held in the ship's classroom.

(3) MWR COMMITTEE MEETINGS

(a) HOW IT WENT: Discussed upcoming programs, events, & port visit activities. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

(4) IWO TALENT NIGHT

(a) HOW IT WENT: It was an open stage talent night event. People signed-up at the show to participate. We welcomed singers, dancers, comedians, musicians, & poets. The highlight of the night was a "Beat Bopper-Techno Dancing Seaman Recruit"

(5) SPADES TOURNEY

(a) HOW IT WENT: Spades is on the top of the list for card games.

(6) BASKETBALL FREE-THROW CONTEST

(a) HOW IT WENT: All of IWO JIMA's best basketball players showed up to participate.

(7) CHESS TOURNEY

(a) HOW IT WENT: Chess players were very competitive. This tourney usually lasts 2-3 hours.

(8) MADDEN NFL XBOX TOURNEY

(a) HOW IT WENT: Reserved the LMRC to bring out all the XBOX 360s & Madden NFL video games for our sailors and marines to play.

(9) DOMINOES TOURNEY

(b) HOW IT WENT: Single elimination tourney to those who signed-up to participate. Was able to finally use the mess decks for this event.

b. Trips & Tours: MANAMA, BAHRAIN Port Visit: NSA BAHRAIN:
23 JAN 09 - 27 JAN 09.

(1) HOW IT WENT: MWR trips & tours offered.

(a) Guided Cultural Tour. Tour Guide for tour, visited Bahrain Fort, Saudi Causeway, Camel Farm, A'ali Pottery Workshop, & Tree of Life. Lunch at Saudi Causeway Restaurant.

(b) Seef Mall Trip. Bahrain's largest indoor shopping center. Find over 100 stores including many American brand items.

(c) MWR Golden tour. Souq & Gold City: Bahrain's largest outdoor market place. Find over 100 vendors carrying a variety of goods and/or services.

1. Setup sporting events for Sailors and Marines while in port.

2. Acquired recreational and fitness supplies for MWR.

3. Setup maintenance for our gym equipment through Deployed Forces.

c. ARMED FORCES ENTERTAINMENT & MWR PRESENTS, "THE MIAMI DOLPHIN CHEERLEADERS."

(1) VIP GUESTS: The "Real Miami Heat." One of the premiere cheerleading teams in the NFL, the Miami Dolphin Cheerleaders came onboard the USS IWO JIMA for a special performance as part of a spectacular Armed Forces Entertainment show. The Miami Dolphin Cheerleaders have been featured on ESPN, Fox Sports Net., MTV, Cosmopolitan magazine, & Maxim magazine.

(2) HOW IT WENT: There was a cheerleading show on the Flight Deck while in-port Bahrain. Followed by a meet & greet - autograph session in the Hangar Bay. Plenty of photo ops with the crew. We took the cheerleaders on a guided tour of the ship and afterwards they ate dinner on the mess decks with the crew. Miami Dolphin Cheerleader Autographed Calendars.

d. February 2009 UNDERWAY PROGRAMS:

(1) MWR COMMITTEE MEETINGS

(a) HOW IT WENT: Discussed upcoming programs, events, & port visit activities. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

(2) GAMING NIGHT

(a) HOW IT WENT: Took place in the LMRC. Video gaming systems & board games made available for sailors and marines to use.

(3) SPADES TOURNEY

(a) HOW IT WENT: Spades is on the top of the list for card games.

(4) GUITAR HERO XBOX TOURNEY

(a) HOW IT WENT: Single Elimination tourney for those who signed-up to participate. Took place in the LMRC. This is the most popular video game tourney here on the IWO.

(5) IWO BINGO

(a) HOW IT WENT: 10% of the pot went to the MWR Fund and 90% went to BINGO cash prizes. BINGO was broadcasted on Site TV so that the entire ship could play. Winner's had to call Site TV office to claim BINGO prizes. Total BINGO Pot \$1800!!

(6) MOVIE NIGHT

(a) HOW IT WENT: WATCHED "Body of Lies" on the big projector screen in our Hangar Bay. Everyone loves free popcorn on movie night!

(7) DOMINOES TOURNEY

(a) HOW IT WENT: Single elimination tourney to those who signed-up to participate. Was able to use the mess decks for this event.

e. Trips & Tours: MANAMA, BAHRAIN Port Visit: NSA BAHRAIN; 5 FEB 09 - 11 FEB 09.

(1) HOW IT WENT: MWR trips & tours offered.

(a) Guided Cultural Tour. Tour Guide for tour, visited Bahrain Fort, Saudi Causeway, Camel Farm, A'ali Pottery Workshop, & Tree of Life. Lunch at Saudi Causeway Restaurant.

(b) Seef Mall Trip. Bahrain's largest indoor shopping center. Find over 100 stores including many American brand items.

(c) MWR Golden tour. Souq & Gold City: Bahrain's largest outdoor market place. Find over 100 vendors carrying a variety of goods and/or services.

(d) Al Bander Beach BBQ. Al Bander Beach Resort - Beach lagoon, swimming pool, volleyball, tennis, bowling alley. spa, & buffet style BBQ.

(e) Go Cart Racing. Bahrain International Circuit - go carting race track - 20 minute package.

(2) Setup sporting events for Sailors and Marines while in port.

(3) Acquired recreational and fitness supplies for MWR.

(4) Setup maintenance for our gym equipment through Deployed Forces.

f. MARCH 2009 UNDERWAY PROGRAMS CHESS TOURNEY

(1) HOW IT WENT: Took place on the Mess Decks. Single Elimination Chess Tourney.

g. MWR SALES: CRUISEBOOK & CRUISE CERTIFICATES CRUISEBOOKS:

(1) Location: Mess Decks

(2) Price: \$10 per book (Optional)

(3) Cover Imprinting: \$4.50 per line

(3) Individual Book Mailing: \$7.00 per book

h. CRUISE CERTIFICATES:

(1) Location: Mess Decks

(2) Price: \$3 per certificate

(a) Operation Enduring Freedom

(b) Operation Iraqi Freedom

(c) Straits of Gibraltar

(d) Suez Canal Transit

(e) Persian Excursion

i. MWR COMMITTEE MEETINGS

(1) HOW IT WENT: Discussed upcoming programs, events, & port visit activities. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

j. SPADES TOURNEY

(1) HOW IT WENT: Took place on the mess decks. Spades is on the top of the list for card games.

k. IWO BINGOPRIZES AWARDED: Cash profits raised from the BINGO ticket sales

(1) HOW IT WENT: 10% of the pot went to the MWR Fund and 90% went to BINGO cash prizes. BINGO was broadcasted on Site TV so that the entire ship could play. Winner's had to call Site TV office to claim BINGO prizes. Total BINGO Pot \$1900!!

l. TIGERS' GAMING NIGHT

(1) WHATS WAS PLANNED: Took place on the mess decks. Video gaming systems & board games was made available for sailors and their visiting Tigers.

m. TIGERS' MOVIE NIGHT

(1) WHAT'S PLANNED: "Marley & Me" was shown on the big projector screen in our Hangar Bay. Everyone loves the free popcorn & soda on movie night!

n. Trips & Tours: AUGUSTA BAY, SICILY & ROTA, SPAIN Port Visit: AUGUSTA BAY, SICILY

(1) HOW IT WENT: MWR trips & tours offered.

(a) Historic Siracusa by Day. Explore the archeological areas of Siracusa, located on the southeastern coast of Sicily. We will visit the ancient sights such as: The Ear of Dionysius, Cordari Cave, the Greek and Roman Amphitheatre and Eurialo Castle. Your tour guide will relate the rich history of this strategic location, conquered by many in Sicily's past.

(b) Historic Siracusa by Night. Enjoy a guided tour through Ortigia; the small island, loved by Archimedes and linked to Siracusa by three bridges. Don't forget your camera to capture pictures of the cities rich history at the Greek ruins of the Temple of Apollo, the Arethusa Fountain and more.

(c) Catania History by Night & Wine Tasting. Spend the evening admiring magnificent monuments from the Greek to medieval periods before sampling superb Sicilian wines in a historic Byzantine Chapel buried beneath the city.

(d) Godfather Tour: Taormina, Savoca & Limoncello Factory. Discover the charming town of Savoca, which was used as a backdrop for The Godfather. Visit the Godfather Museum, the areas where important scenes from the movie were filmed. After Savoca, we'll visit the ancient and majestic town of Taormina, with views over to the active Mt. Etna Volcano and then we'll stop in Santa Venerina at the Limoncello factory for a sampling. Limoncello, a "degestivo" (thought to help with digestion) is an after dinner liquor, specific to Italy, which comes in many different delicious flavors.

(e) Agrigento: Valley of the Temples. Visit the ancient Greek city of Akragas (Agrigento), founded on a plateau overlooking the Mediterranean Sea. The archeological area, an awe-inspiring display of living history from 5th Century BC, has been granted a World Heritage Site, where seven monumental Greek temples in the Doric Style have been excavated and partially restored.

(f) Mt. Etna South, Lunch w/Wine Tasting at Gambino Winery. Travel to the south side ski resort of Mt. Etna where you'll have time to explore the magnificent Silvestre's crater, created in 1892 when it erupted to life for 6 months. We will spend four hours on the volcano, so you'll have time to stroll through the souvenir shops or there will be the possibility to go ski, snow-board or sled for approx. 2 hours, after getting

your rental equipment on the hill. If you are going to play in the snow, bring a change of clothes. After our Etna visit we will stop at the famous Gambino Winery for a wine tasting and typical Sicilian lunch. You will dine on the balcony with breath taking views of the Ionian Coast, Taormina and on a clear day, the Mainland of Italy.

o. PORT VISIT: ROTA, SPAIN

(1) HOW IT WENT: MWR trips & tours offered.

(a) Sevilla Guided Tour. Our day tour to the capital of Andalucia samples much of what this beautiful city is known for. This historical excursion includes a guided panoramic tour and walking tour of the city, with visits to the famous Alcazar and the Cathedral of Sevilla. The Alcazar is a 14th century Moorish-style palace, and the Cathedral is the third largest in the world.

(b) Gibraltar Rock Tour. Venture to Gibraltar and experience a taste of Britain. You will have free time for shopping or lunch followed by a guided two-hour tour of the rock. The tour includes visits to the siege tunnels, St. Michael's cave, the Barbary apes, and the Moorish tower.

(c) Paintball. Guadaxtreme Paintball Club is an expansive forest, within a natural park.

(d) Mountain Biking. The Via Verde (Greenways) of Spain are stretches of unused railway track, now a pathways for walkers and cyclists, providing a platform for educational, environmental, and tourist activities. Along its 36 km course the Via Verde de la Sierra boasts 30 tunnels, 4 viaducts, and 5 railway stations.

11. APRIL 2009

a. INPORT: POST DEPLOYMENT PERIOD; POM LEAVE 28 MARCH 09 - 28 APRIL 09.

b. Advertised and distributed NAVSTA Norfolk Port Brief for new sailors; the brief includes:

(1) Background of the base

(2) Mission and Vision

- (3) Base Map
- (4) Installation Directory
- (5) Base MWR Directory
- (6) Navy Family Information
- (7) (MWR) Morale, Welfare, & Recreation facilities and programs.
- (8) Advertised and distributed information on local/naval base recreation, sports, & special events (Discover Magazine)

12. MAY 2009

a. INPORT: Homeport Norfolk, VA. Homeport Tasks.

(1) Finalize Sports Teams for Fisher Cup Tournament

b. MWR Committee Meeting.

(1) HOW IT WENT: Discussed upcoming underway programs & Fleet Week NY. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

UNDERWAY TASKS

- Fleet Week Fisher Cup Sports Tournament Team Sign-ups
- 2008-2009 Cruise Certificate Distributions

UNDERWAY PROGRAMS

MOVIE NIGHT

• HOW IT WENT: "Transformers" was shown on the big projector screen in our Hangar Bay, for our Fleet Week Civilian Riders, Sailors, & Marines. Special guests from "Operation Goody Bag" handed-out little gift bags to attendees of movie night.

SPECIAL EVENT: USO PRESENTS "THE LIBERTY BELLS"

• HOW IT WENT: Music, singing, dancing, & surprise giveaways. Took place on the Hangar Bay

INPORT: MANHATTAN, NY; FLEET WEEK 2009

Port Visit: Manhattan, NY

MANDATORY FISHER CUP SPORTS TOURNEY MEETING

- **PARTICIPANTS:** Mandatory for all supporting Commands. All Sports Coordinators/MWR Reps/Coaches
- **HOW IT WENT:** Meeting to discuss the details of the Fleet Week Sports Tournament.

FISHER CUP BASKETBALL TOURNAMENT

- **PARTICIPANTS:** IWO Men's and Women's Basketball Team
- **LOCATION:** RIVERBANK STATE PARK
- **HOW IT WENT:** 2 Fifteen minute running clock halves, open substitution, and double elimination. Locker-room and showers. Team supplied scorekeepers. Transportation, refreshments, and professional officiating were provided.
- **TEAM PLACEMENT:** 1st Place

FISHER CUP BOWLING TOURNAMENT

- **PARTICIPANTS:** IWO'S Bowling Teams
- **LOCATION:** RAB'S COUNTRY LANES; STATEN ISLAND, NY
- **HOW IT WENT:** Lanes were reserved for 3 strings, no handicap, & best total. Cash bar, computerized scoring, and shoes provided. Transportation, refreshments, and professional officiating were provided.
- **TEAM PLACEMENT:** 1st Place

FISHER CUP SOFTBALL TOURNAMENT

- **PARTICIPANTS:** IWO'S Softball Team
- **LOCATION:** CUNNINGHAM PARK; QUEENS, NY
- **HOW IT WENT:** 7 Inning games, slow pitch, & double elimination. Team brought own softball equipment.

Transportation, refreshments, and professional officiating were provided.

- TEAM PLACEMENT: 1st Place

FISHER CUP SOCCER TOURNAMENT

- PARTICIPANTS: IWO'S Soccer Team
- LOCATION: CORONA PARK; QUEENS, NY
- HOW IT WENT: 20 minute halves, single elimination tournament. Wore team colors. Fields both grass and Astro turf. Transportation, refreshments, and professional officiating were provided.

- TEAM PLACEMENT: 1st Place

FISHER CUP TUG 'O WAR TOURNAMENT

- PARTICIPANTS: IWO'S Tug 'O War Team
- LOCATION: INTREPID SEA AIR AND SPACE MUSEUM; MANHATTAN, NY
- HOW IT WENT: 1st Pull 1300 & double elimination. Tug 'O War rope, refreshments, and professional officiating were provided.

FISHER CUP MYSTERY RELAY TOURNAMENT

- PARTICIPANTS: IWO'S Relay Team
- LOCATION: INTREPID SEA AIR AND SPACE MUSEUM; MANHATTAN, NY
- HOW IT WENT: Mystery Relay Race

BROADWAY SHOW "SOUTH PACIFIC"

- LOCATION: Lincoln Theatre
- HOW IT WENT: Free Tickets distributed to command on first come first served basis. The Broadway Show was amazing!

BASEBALL GAME: YANKEES VS ORIOLES

- HOW IT WENT: Free Tickets distributed to command on first-

come first served basis. \$2000 SEATS! Free food and drinks included, behind home plate. Meet and Greet with Yankees Players. Appearances on ESPN. All in appreciation for our service men and women.

BASEBALL GAME: YANKEES VS PHILLIES

- HOW IT WENT: Free Tickets distributed to command on first-come first served basis. \$2000 SEATS! Free food and drinks included, behind home plate. Meet and Greet with Yankees Players. Appearances on ESPN! All in appreciation for our service men and women.

SOCCER GAME: NY RED BULLS VS CHICAGO FIRE

- HOW IT WENT: Free Tickets distributed to command on first-come first served basis. All in appreciation for our service men and women.

JUNE 2009

INPORT: Homeport Norfolk, VA

Homeport Tasks

- Acquire recreational & sporting supplies from Fleet Recreation.

UNDERWAY PROGRAMS

MWR COMMITTEE MEETING

- HOW IT WENT: Discuss upcoming underway programs during month-long underway. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

SPADES TOURNEY

- HOW IT WENT: Single Elimination Tourney on the Mess Decks.

3 ON 3 BASKETBALL TOURNEY

- HOW IT WENT: Single Elimination Tourney.

MOVIE NIGHT

- HOW IT WENT: "Watchmen" new release movie in the Hangar Bay. Free popcorn is a must.

JULY 2009

UNDERWAY PROGRAMS

BINGO TICKET/BINGO DOBBER SALES

▪ HOW IT WENT: \$5 for 5 Bingo game sheets = total of 5 games (L, H, D, 7, & Blackout) each game sheet has 4 Bingo cards. Bingo Dobbers sold for \$1 each, various colors - pink, green, & orange.

MWR COMMITTEE MEETING

▪ HOW IT WENT: Discuss upcoming 4th of July Steel Beach Picnic & upcoming programs. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

4th OF JULY - ALL DAY STEEL BEACH PICNIC

▪ HOW IT WENT: MWR was tasked with the activities: 5K Run for Freedom, Karaoke, Basketball Contest, Tug-o-war contest, jousting, trikes, bowling, bean bag toss, & horseshoe toss. First Class Mess was tasked with the cooking, serving, & cleaning. Karaoke in the Hangar Bay for 6 hours was a blast! FOOD/DRINKS: Soda, water, T-bone steak, BBQ chicken, hamburgers, hotdogs, assorted cookies & cakes, pasta salad, cole slaw, & chips.

IWO BINGO

• HOW IT WENT: 10% of the pot went to the MWR Fund and 90% went to BINGO cash prizes. BINGO took place LIVE on the mess decks. BINGO Pot was \$1530 & 10% was donated to MWR fund (\$153)

BOWLING TOURNEY

▪ HOW IT WENT: Team with the highest bowling score wins. 4 person teams. Used plastic bowling sets. It became a challenge when the ship would roll because it caused pins to fall over, other than that everyone enjoyed themselves.

KARAOKE NIGHT

▪ HOW IT WENT: Arranged due to popular demand. All singers & non-singers are always welcome.

PLAYSTATION 3 MADDEN '09 (FOOTBALL) TOURNEY

▪ HOW IT WENT: Single-Elimination Tournament, took place in the ship's LMRC. Changed the game settings to 3 minute quarters to make the games go by faster within a limited amount of time.

FISH CALL

▪ HOW IT WENT: MWR setup all the fishing equipment in the upper V for people to sign-out. Fishing took place in the well deck; the stern gate was placed in the down position for 3 hours to allow fishermen/women to try chances at catching a fish. Time-limits were set at 30 min and only 8 people fishing at a time. Not everyone stayed their entire 30 minutes; many did stay hoping for a catch. No one caught any fish. There were many bites and nibbles. Two fishing lines were broke-off. A lot of people got wet due to the waves, but everyone who participated had a blast.

DOMINOES TOURNEY

▪ HOW IT WENT: Single Elimination Tournament, limited sign-ups. Took place on the mess decks. Every man/women for themselves. Dominoes always bring out the competitive side of people.

BEAN BAG TOSS TOURNEY

▪ HOW IT WENT: Single Elimination Tournament, limited sign-ups. Took place in the Hangar Bay. Corn-hole is really popular on the IWO.

"Wog" Talent Night (Crossing the Line Activity - SHELLBACKS CEREMONY)

▪ HOW IT WENT: "Wogs" participate a talent show as part of our "Crossing the line activities"

IWO'S BEST DANCE CREW CONTEST

• HOW IT WENT: Dance Contest, we had break dancers, old school dancers, latin dancers, hip-hop, step, line & "crunk" dancing. We had an MC, hosts, & judges for the event. 3 rounds; 1st round all acts, 2nd round - semi finals & 3rd round finals. Dancers were scored (1-10 points) on

- o Technicality (difficulty of the dance moves)
- o Creativity (uniqueness & originality)
- o Musicality (coordination with the beats of the music)
- o Entertainment Factor (the "wow", stage presence)

XBOX 360 FIFA SOCCER '08 TOURNAMENT

▪ HOW IT WENT: Single-Elimination Tournament, took place in the ship's LMRC. Playing soccer on video games is just as popular as the actual sport among the crew.

FLIGHT DECK 5K FUN RUN

• HOW IT WENT: Quick, easy, & fun for a holiday routine Sunday. Air Dept stage the course on the flight deck and runners/walkers could do 10 laps for an almost 5K. This was a fun run.

END OF JULY - STEEL BEACH PICNIC

▪ HOW IT WENT: Sponsored by the Wardroom & Cheif's Mess. MWR organized a "No Limit" Texas Hold'em Tourney, 3-on-3 Basketball Tourney, & Open "Stage" Talent Showcase (Variety of performances & talents) as the main events of the picnic.

▪ FOOD/DRINKS: Soda, water, T-bone steak, ribs, lobster tail, BBQ chicken, hamburgers, hotdogs, assorted cookies & cakes, pasta salad, cole slaw, & chips.

XBOX 360 NBA 2K8 TOURNAMENT

▪ HOW IT WENT: Single-Elimination Tournament, took place in the ship's LMRC. Playing B-Ball on video games is just as popular as the actual sport among the crew.

AUGUST 2009

INPORT: Homeport Norfolk, VA
Homeport Tasks

- August Recreation Report
- August Monthly Newsletter
- Daily/Weekly updates on base & other local special events
- MWR Info Bulletin Boards- MWR announcements, fliers, magazines, & brochures.

MWR Ongoing Sales

- 2009 Regional Liberty Trips - Washington DC Trip, Sky Diving in West Point VA, & Whitewater Rafting on the Upper Gauley River in West VA.
 - Take sign-ups & collected money
 - All trips departed from Wind & Sea Recreation Center.
- Norfolk Tides Baseball Coupons
 - Sell for \$7.50/person
 - Any regular season game
 - Coupons must be exchanged at the Harbor Park Box Office.

MWR COMMITTEE MEETING

- How it went: Discuss upcoming Command functions & other local recreational opportunities. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

SEPTEMBER 2009

INPORT: Homeport Norfolk, VA

Homeport Tasks

- September Recreation Report
- September Monthly Newsletter
- Ongoing daily/weekly announcements sent out to all-hands regarding local (on-base & off-base) special events.
- MWR Info Bulletin Boards- MWR announcements, fliers, magazines, & brochures.

INPORT PROGRAM

IWO JIMA Command Picnic

HOW IT WENT:

Fleet Recreation Park

- Catered - Hamburgers, Cheeseburgers, Veggie Burgers, Hot Dogs, BBQ Chicken, Potato Salad, Potato Chips, Cookies, Cotton Candy, Roasted Pig w/all the fixings, Unlimited Soda & Water, & Beer.
- DJ, Moonwalks, Rock Wall, Dunk Tank, Velcro Wall, Bouncy Boxing, Face Painting, Carnival Games w/ Wanda the Clown, Balloons, Softball, Soccer, Volleyball, Dodgeball, Kickball, 5K, & Corn-hole.

MWR COMMITTEE MEETINGS

- How it went: Discuss upcoming Command functions & other local recreational opportunities. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

OCTOBER 2009

*INPORT: Homeport Norfolk, VA
Homeport Tasks*

- October Recreation Report
- October Monthly Newsletter Package
- Ongoing daily/weekly announcements sent out to all-hands regarding local (on-base & off-base) special events.
- MWR Info Bulletin Boards- MWR announcements, fliers, magazines, & brochures.

MWR COMMITTEE MEETINGS

- How it went: Discuss upcoming Command Holiday Party & other local recreational opportunities. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

NOVEMBER 2009

*INPORT: Homeport Norfolk, VA
Homeport Tasks*

- November Recreation Report
- November Monthly Newsletter Package
- Ongoing daily/weekly announcements sent out to all-hands regarding local (on-base & off-base) special events.
- MWR Info Bulletin Boards- MWR announcements, fliers, magazines, & brochures.

MWR COMMITTEE MEETING

- **HOW IT WENT:** Discuss upcoming Command Holiday Party & other local recreational opportunities. Weekly MWR Meetings are great for gaining ideas for programs & recruiting volunteers to help support the programs.

DECEMBER 2009

INPORT: Homeport Norfolk, VA

Homeport Tasks

- December Recreation Report
- December Monthly Newsletter Package
- Ongoing daily/weekly announcements sent out to all-hands regarding local (on-base & off-base) special events.
- MWR Info Bulletin Boards- MWR announcements, fliers, magazines, & brochures.

MWR Committee Meeting

- **How it went:** Discuss Command Holiday Party & other local recreational opportunities during the holiday period. Great opportunity for final touches on the holiday party execution.

INPORT PROGRAM

USS IWO JIMA Holiday Celebration 2009

Where: Norfolk Waterside Marriott Hotel

Dress Code: Semi-Formal

Event Details:

- Party Favors: Holiday Ornaments & Champagne Flutes
- Special Discounted Room Rate for Over-Night Stays, \$69
- IWO JIMA Safe Ride Card for taxi services

- On-Site Licensed Childcare Services
- Photography Services: Stephen Jay Photography
- DJ services provided by Southern Entertainment of VA
- Cocktail Hour provide by Hotel
- Catering provided by Hotel

- Buffet Style Dinner - Menu:

- Classic Caesar Salad
 - Chicken Piccata with light wine Lemon caper Sauce
 - Manicotti with Tomato and Spinach Fonduta
 - Grilled Sirloin Steak with Caramelized Onions and Cabernet Reduction
 - Variety of Desserts
 - Complimentary Tea, Coffee, and Sodas
- Prize drawings worth thousands of dollars
 - Coach Bags
 - IPOD Nanos
 - Nintendo DS handhelds
 - Digital Cameras
 - Portable Sony DvD players
 - GPS systems - TOM TOM's
 - WII gaming consoles
 - PS3 gaming consoles
 - HP Laptops
 - 46" Sony Bravia LCD flat screen
 - 52" Samsung LCD flat screen

Command Support

Navy Officers Wives meetings
 Command Picnic
 Submarine Birthday Ball

Community Support

During Fleet Week in Manhattan, NY, IWO JIMA was the host platform for a ceremony and reception for more than 600 guests for the Manhattan SUNSET parade. IWO JIMA was also the host for the United Nations reception for more than 330 distinguished visitors.

Volunteer Activities

Ria Centra

26 Jan 2009, in Bahrain, Sailors and Marines provided their time and energy interacting with handicapped children and also performed landscaping services at Ria Centra for Special Needs Children in Bahrain.

Casa Della Beneficenza Orphanage School.

05 Mar 2009, in Sicily, Italy a Community Relations Project was performed at Casa Della Beneficenza Orphanage School. Sailors and Marines provided work that included landscaping and gardening.

La Cartuja Monastery

12 Mar 2009, A Community Relations Project was performed in Rota Spain at La Cartuja Monastery. 12 Sailors and 27 Marines volunteered their time to perform labor such as chipping 500 year old plaster, painting, digging trenches, planting trees, relocating furniture or tiles, and varnishing furniture.

Project Hope

On 23 May 2009, 125 Sailors/Marines volunteer their time and services at the New York Cathedral school for Handicapped Children. Sailors mentored and interacted with inner city kids by reading books, painting and doing art work. This event was capped off with a performance by the United States Marine Corps Honor Guard.

Glendale Memorial Parade

25 May 2009, 50 Sailors and Marines participated in the Glendale Memorial Parade during Fleet Week in New York City.

Foodbank Drive

01 Aug 2009 until 30 August 2009 The Chaplain's Department conducted a fall food drive for the less fortunate families of Hampton Roads Area. The donations were taken to the Foodbank Association of Southeastern Virginia. Sailors/Marines dropped off canned goods and other non-perishable items to help low-income seniors and families with children.

Hoffer Creek Wild Life Foundation On 08 Aug 2009 at the Hoffer Creek Wild Life Foundation, 13 Sailors participated in this COMREL project. The project entailed Sailors filling trenches, clearing trails, pulling up dead bushes, and other odd maintenance jobs. The Hoffer Creek Wild Life Foundation is a non-profit organization whose mission is to conserve the last parcel of wilderness in the Hoffer Creek watershed for

environmental education, research and recreation consistent with good stewardship

Out of the Darkness Community Walk:

Sept 12th at 0830 the Hampton Roads Survivors of Suicide Support Group sponsored the Out of Darkness Community Walk during the National Suicide Prevention Week. The purpose of the walk is to raise awareness of depression, suicide awareness, and as a remembrance of loved ones lost to suicide. 13 Sailors participated in this event.

Polar Express

1 Dec 2009. 8 Sailors performed a COMREL project at the Norfolk Botanical Garden. Sailors served hot chocolate, read books to kids, and made Christmas ornaments with kids.

Personnel Recognition Programs

IWO JIMA Sailors and Marines received the following personal awards during CY09:

AWARD	NUMBER
Legion of Merit	1
Meritorious Service Medal	6
Navy & Marine Corps Commendation Medal	152
Navy & Marine Corps Achievement Medal	506
Flag Letter of Commendation	15
Commanding Officer Letter of Commendation	31

Command Personnel Data

Discharges: 14

Non-Judicial Punishment: 121

Retirements: 18

Reenlistments: **Zone A: 63.5%**

Zone B: 81.5%

Zone C: 88.9%

Zone D: 100%

Command Welcome Aboard Package

Maps for: Hampton Roads area.

Information about: schools, colleges, shopping, local restaurants, theme parks and other interesting local establishments.

COMMAND DISTINGUISHED VISITORS LIST

January 2009 - December 2009

Major General Robert Nelson (Ret.)
VADM Mel Williams

Published Documents

- Commanding Officer Biography and Photo
- Command Brochure

Photographs

- Commanding Officer

Captain Jeff "Amtrack" Amick is a native of Rushville, Ind., and a graduate of Pike Township High School near Indianapolis. He received his commission and a Bachelor of Science in Electrical Engineering from the U.S. Naval Academy in May 1982. After initial flight training at Whiting Field, Fla., and intermediate and advanced jet training at Naval Air Station Pensacola, Fla., he was designated a Naval Aviator in March 1985. He was selected to fly the EA-6B Prowler and completed training at VAQ-129 on Whidbey Island, Wash.

Captain Amick's initial sea-duty assignment was with the VAQ-131 "Lancers" aboard USS Ranger (CV 61), participating in Operation Earnest Will. He then volunteered to cross-deck to USS Midway (CV 41), joining the "Gauntlets" of VAQ-136, completing another six-month Indian Ocean/Western Pacific deployment in 1988.

Upon returning from more than one year at sea, Capt. Amick transferred to Medium Attack Weapons School Pacific, where he cross-trained in the A-6 Intruder and taught tactics to Intruder and Prowler aircrew. He was named "1988 Prowler Junior Officer of the Year." In 1990, he joined the VAQ-134 "Garudas" aboard USS Carl Vinson (CVN 70) for a six-month Western Pacific/Indian Ocean deployment.

In November 1990, Captain Amick joined the VAQ-130 "Zappers" aboard USS John F. Kennedy (CV 67), participating in Operations Desert Shield and Desert Storm, flying more than 20 combat strike missions into Iraq. He served as Operations Officer and Maintenance Officer, completing a second

Mediterranean/Arabian Gulf deployment and flying missions in support of Operations Provide Comfort and Provide Promise.

From June 1994 to June 1997, Captain Amick served at the Joint Warfighting Center, Fort Monroe, Va., where he trained joint regional command staffs in crisis action planning while supporting joint and combined exercises throughout the world. He then attended the Naval War College, earning a Master of Arts degree in national security and strategic studies. He was designated a joint specialty officer in 1998.

Captain Amick served as Executive Officer and Commanding Officer of the VAQ-139 "Cougars" from March 1999 to September 2001. Under his command, the Cougars completed a highly successful Western Pacific/Arabian Gulf deployment, flying in Operation Southern Watch and earning the 2000 Battle Efficiency Award from Naval Air Force Pacific Fleet.

Joining USS George Washington as Operations Officer in September 2001, he participated in Operation Noble Eagle and also a highly successful Mediterranean/Arabian Gulf deployment supporting Operations Enduring Freedom and Southern Watch. During his tenure, the ship's crew earned the Naval Air Force Atlantic Fleet Battle Efficiency Award, the Battenburg Cup, the Flatley Award, and the inaugural Rear Admiral J. D. Ramage Award as the outstanding ship-air wing team in the Navy.

After a short tour on the staff of U.S. 2nd Fleet in January 2004, where he served as the Air Operations officer for both 2nd Fleet and Striking Fleet Atlantic, Captain Amick reported as Executive Officer of USS Kitty Hawk (CV 63) in January 2005. During his two years as Executive Officer, KITTY HAWK excelled during two Western Pacific deployments, supporting Joint and Multi-national operations.

Captain Amick then served as Carrier Requirements Officer for Commander, Naval Air Forces from February 2007 until October 2008, where he provided Fleet inputs for the design of the FORD Class Carriers.

Captain Amick reported to his current assignment as Commanding Officer, USS IWO JIMA (LHD 7) in January 2009.

Captain Amick's decorations include the Defense Meritorious Service Medal, Meritorious Service Medal (three awards), Air Medal with Combat "V" (three individual and three strike flight awards), Navy Commendation Medal with Combat "V" (two awards),

Navy Commendation Medal, Navy Achievement Medal (3 awards), Army Achievement Medal, and numerous unit awards and campaign medals. He also wears the Chairman Joint Chiefs of Staff badge. He has accumulated more than 3,500 Prowler flight hours and more than 850 arrested landings on 13 different aircraft carriers.