



# THE WASHINGTON SURVEYOR

MAY 6, 2017

*By MC2 Bryan Mai*

## ALL DONE!

GW COMPLETES SCOOP

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MEMBERS HOLD MEETING TO DISCUSS UPCOMING PLANS

# PHOTO of the DAY

(May 4, 2017) Sailors wait for further orders during an anti-terrorism training team evolution involving an active shooter drill. (Photo by MC3 Anna Van Nuys)

## The Washington Surveyor

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# ALL DONE!

## GW COMPLETES SCOOP

By MC2 Bryan Mai

Sailors aboard the aircraft carrier USS George Washington (CVN 73) have just finished the Shipboard Consolidated Offload and Outfitting Plan (SCOOP) phase, which requires offloading all equipment, gear and furniture not hard-wired, plumbed-in or welded to frames to be moved off the ship in order to prepare the ship for refueling and complex overhaul (RCOH) maintenance scheduled for Aug. 4, 2017.

George Washington offloaded 60,000 line items of repair parts from storerooms, emptied approximately 2,300 spaces, and used 45,000 triwalls of items from work centers around the ship during SCOOP.

“We finished SCOOP 25 percent ear-

lier than scheduled,” said Lt. Cmdr. Michael Kidd, George Washington’s SCOOP coordinator. “We were scheduled to complete SCOOP May 22, 2017 and this is the fastest SCOOP on record for a Nimitz-class aircraft carrier.”

SCOOP, which is similar to a household goods move, but on a larger scale, required a lot of people, moving parts and planning, but with the fast and efficient work of the George Washington crew, the ship was able to finish ahead of schedule.

“We started preparing for SCOOP early on,” said Boatswain’s Mate 2nd Class Jason Wyatt, George Washington’s Deck departmental SCOOP coordinator. “As soon as we heard about what needed to be done, we started

staging our spaces to ensure the actual offload would go smoothly. We moved everything to a centralized location so we just had to offload the items from there instead of from all our spaces all over the ship.”

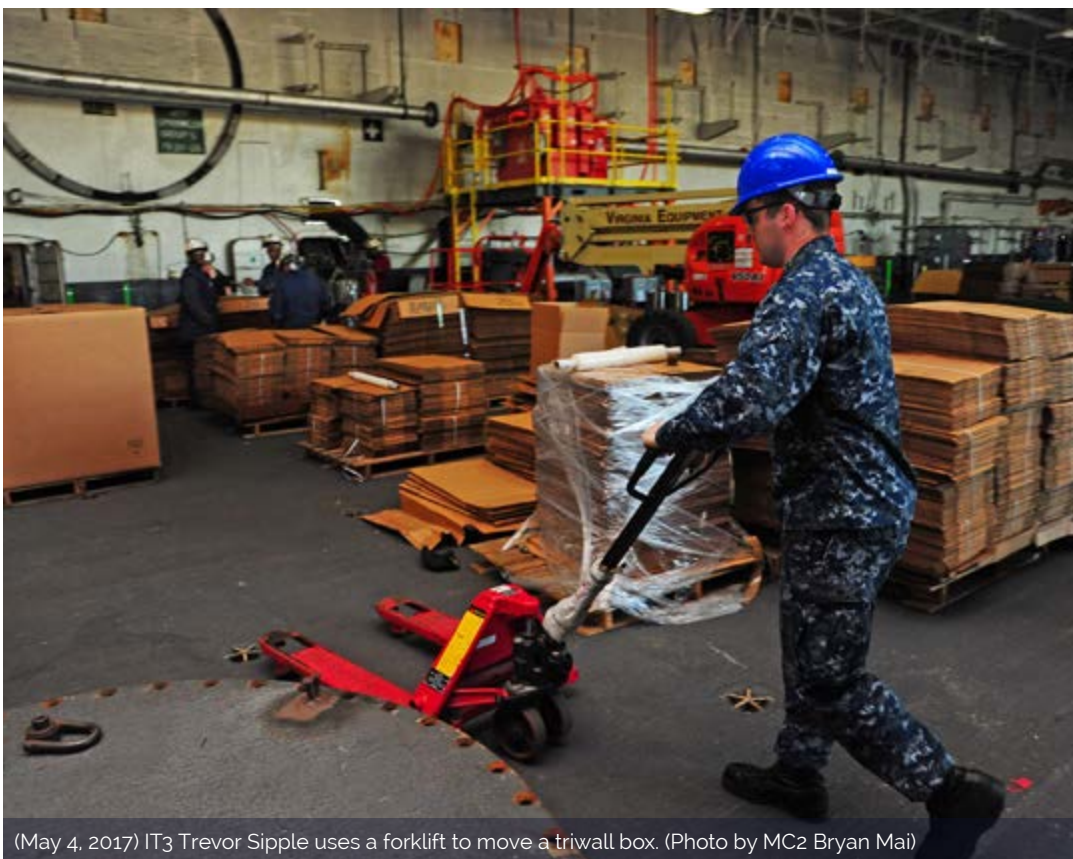
According to Wyatt, one of the most difficult parts was ensuring all the divisions within Deck department all matched the pace of the SCOOP process. George Washington’s Deck department was the first department to complete SCOOP and took about 25 days to complete.

“Since SCOOP is finished and out of the way, we can start on the maintenance we need to do before we actually get to the yards,” said Kidd. “We’re now doing what is called Smart Start.

We’re going to try to knock out as much of that work as we can to ensure we exit out of the yards on time. It is much cheaper for the Navy to do maintenance here than when we get to the yards.”

Smart Start is an RCOH preparation phase before the ship moves to the shipyard in Newport News, Virginia. It involves setting up wiring and cableways and ventilation needed for RCOH and ensuring the contractors have the necessary work centers ready for work.

George Washington will be dry-docked at Newport News Shipbuilding (NNS), a division of Huntington Ingalls Industries for a slated 48-month RCOH maintenance period early August 2017.



(May 4, 2017) IT3 Trevor Sipple uses a forklift to move a triwall box. (Photo by MC2 Bryan Mai)

# GREEN BELTS

GW SAILORS ATTEND LEAN SIX SIGMA TRAINING

By MCSN Alan Lewis

Inside the General Electric warehouse in Suffolk, Virginia, a group of junior enlisted Sailors and senior officers attached to the aircraft carrier USS George Washington (CVN 73) attended Lean Six Sigma Green Belt training to learn ways to improve naval practices.

The training is a week-long, and the students simulate how to run a small corporation. Throughout the class, students learn business tools and conduct simulations to see how those practices work. By the end of the class, students get to see what they have learned and how those lessons can be used to improve dai-

ly operations.

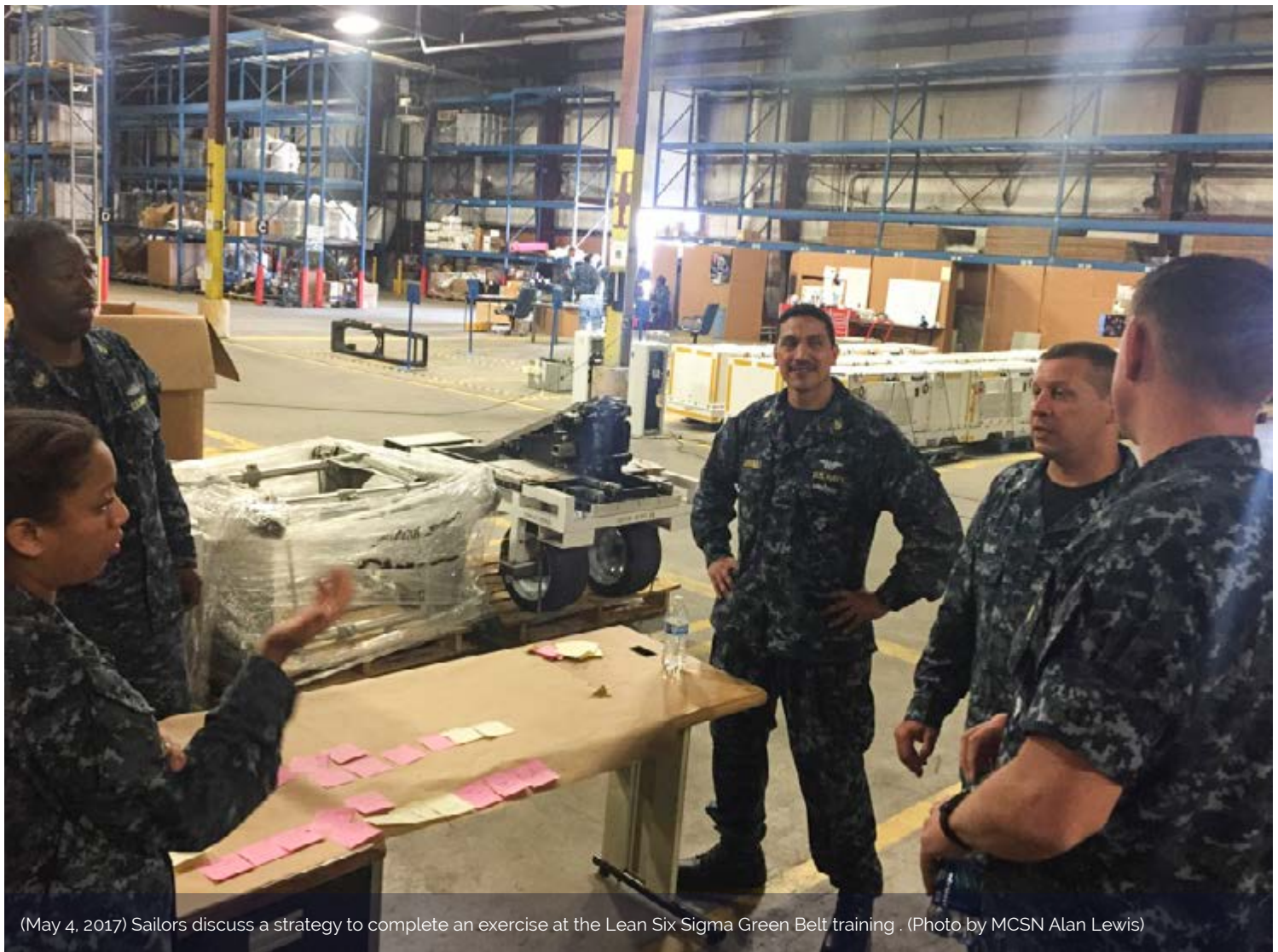
“Lean Six Sigma are tools used in the civilian sector that the Navy has adopted to go through and evaluate how processes work throughout the Navy, and systematically make them better,” said Aviation Electronics Technician 1st Class Robert Rubano, leading petty officer of Lean Six Sigma Green Belt. “Processes are made better by removing waste, removing extra time and people, and making the entire system flow better so we get a better and safer product by possibly using less people and resources.”

The Navy decided to use this training to improve workflow due to changes that have occurred over the years.

“Ultimately, about 10 years ago, the Navy started cutting back on manpower and budget,” said Rubano. “Now we’ve felt that in our manpower requirements and having less people, but we still have the same job to do. So what we have to do is create more readiness out of the allotted



(May 4, 2017) Sailors discuss a strategy to complete an exercise at the Lean Six Sigma Green Belt training. (Photo by MCSN Alan Lewis)



(May 4, 2017) Sailors discuss a strategy to complete an exercise at the Lean Six Sigma Green Belt training . (Photo by MCSN Alan Lewis)

people that we have, and make the jobs easier and faster to complete.”

Now that George Washington is going through the Refueling and Complex Overhaul (RCOH) process, this new training can improve procedures.

“We’ve looked into a few processes and analyzed the data from prior ships that went into the shipyards on how they were doing it,” said Rubano. “We took a lot of their lessons learned and implemented new processes on our ship to prevent us from going down some of those paths. We want to be a little more efficient going into the Shipboard Consolidated Offload and Outfitting Plan (SCOOP) phase, and more efficient off-loading equipment and inventorying it. Where other ships

may have lost inventory or lost control of things, we want to head that off using Lean Six Sigma.”

The class is set up to give Sailors of all ranks new skills to improve how they work. Junior Sailors work side-by-side with senior Sailors to learn skills needed to run a successful corporation.

“The junior Sailors are able to come in with a fresh mind and bring a new perspective to tasks,” said Rubano. “Whereas senior Sailors have more of a black-and-white view and say ‘If that’s how we have to do it, then that’s how we will do it.’ Having both together allows both parties to learn how to think outside the box and get the process completed.”

The Lean Six Sigma Green Belt

program can be used to help Sailors with more than just improving Navy procedures.

“This class is important to help Sailors learn how to organize their office and give a new perspective on how to improve day-to-day operations,” said Chief Aviation Boatswain’s Mate (Handling) Terrell Jones. “This is something Sailors can use in their personal life and their Navy life. The tools you learn can stay with you forever. Its more than just a class, you learn life skills.”

For more information on Lean Six Sigma Green Belt program, contact AT1 Robert Rubano in the Aircraft Intermediate Maintenance department (AIMD).

# CSADD UNITES FOR RCOH

MEMBERS HOLD MEETING TO DISCUSS UPCOMING OPERATIONS

By MC3 Joshua DuFrane



(May 4, 2017) Sailors gather discuss new CSADD leadership. (Photo by MC3 Joshua DuFrane)

Members of Coalition of Sailors Against Destructive Decisions (CSADD) aboard the aircraft carrier USS George Washington (CVN 73) held a meeting to prepare for the upcoming move from Norfolk Naval Station to Newport News Shipyard for Refueling and Complex Overhaul (RCOH).

The brand new group got together to discuss ways to prevent fellow Sailors from making choices that could

negatively impact their naval careers.

“CSADD is one of the top programs that the command has in terms of visibility,” said Chief Navy Counselor Nickole Palmore-Seay, chief petty officer mentor for CSADD. “We’re trying to bring positivity to the command by informing our shipmates that there are other things to do off the ship and off the base that are safe but entertaining.”

The meeting focused on giving cur-

rent CSADD members the opportunity to discuss new leadership roles in CSADD, from president to secretary, as well as how CSADD could recruit to gain more actively engaged members into the program.

“Today’s meeting was to start fresh,” said Legalman 2nd Class Nicole Lopez, current president of CSADD. “This was our first meeting to revamp CSADD and to discuss ways we can prepare ourselves and



(May 4, 2017) Sailors gather discuss new CSADD leadership. (Photo by MC3 Joshua DuFrane)

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“I am a firm believer that it only takes one person to make a positive change, and that change can happen simply by you joining the group.”

- LNC Angela Houston

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shipmates as we get ready to enter the yards.”

When the ship enters the yard period, many Sailors will have more free time than they are used to, which could lead to bad decisions.

“We know that CSADD is going to be a positive influence on our Sailors to try and deter them from making bad decisions,” said Lopez. “Be that leader. I am a firm believer that it only takes one person to make a positive

change, and that change can happen simply by you joining the group.”

In the spirit of shipmates helping shipmates, the Sailors discussed strategies to promote community relations and recreational events to encourage fellow shipmates to make positive choices.

“We want to make the Sailors understand who we are,” said Palmore-Seay. “We want everyone to know what roles CSADD plays for

the command and how what we do is a really positive thing for everyone who is involved; it really is a great program.”

For more information on the command’s CSADD program, what activities they are involved in or how to join, contact Chief Palmore-Seay or Legalman 2nd Class Lopez, or visit <http://www.public.navy.mil/bupers-npc/support/CSADD/Pages/default2.aspx>.

# HIDDEN RISKS

## OPSEC AND SOCIAL MEDIA

By MCSN Kristen Yarber

“Loose lips sink ships.” It’s a phrase every Sailor hears at some point in their career. Operational Security (OPSEC) training is frequently given to Sailors. Posters depicting the dangers of violating OPSEC hang on ship’s bulkheads. The issue is stressed time and time again. Constant repetition of this message can cause the crew to forget its importance, especially a crew on a ship that will be in port for a long time, such as the aircraft carrier USS George Washington (CVN 73). How-

ever, OPSEC still holds as much importance in port as it does out to sea.

enough. What some do not know is that these photos have something embedded into them called metadata. “One thing that most people don’t know about, in regards to posting photos online, is metadata,” said Mass Communication Specialist 2nd Class Kris R. Lindstrom, the social media manager for GW’s Facebook and Twitter pages. “When you post a photo on Facebook, regardless of a status or a location tag associated with it, that photo could have information encrypted in it called metadata. Modern cam-

eras log certain metadata like dates, times and even preprogrammed information, but on advanced cameras and some smartphones, it will auto-log locations and other information that is considered OPSEC.”

Even posting pictures that were taken in a workplace can reveal equipment, which someone could use to gather information about the Navy.

These misuses of OPSEC can lead to punitive action and possible loss of security clearances. “Exercise common sense,” said Seaman Timothy Parrott, a legal clerk aboard the aircraft carrier USS George Washington (CVN 73). “Certain things that we see on a day to day basis are pretty interesting and pretty cool, but at the same time you don’t want to put

“When you post a photo on Facebook, regardless of a status or a location tag associated with it, that photo could have information encrypted in it called metadata.”

-MC2 Kris Lindstrom

“OPSEC is vital to the George Washington because information doesn’t have an ‘operational’ or ‘maintenance’ phase; it is always valuable to our adversaries,” said Cmdr. Jason Davis, the Intelligence Officer for GW. “In today’s day and age with the advent of social media, information is always plentiful and available. Therefore, the only way for us to protect ourselves from our adversaries and competitors is to continually rely on a systematic method of how, what and when we present that information.”

For instance, sharing a photo on a social media platform such as Facebook, Twitter, or Instagram seems harmless

your command or your ship at risk by putting it out for the whole world or the whole internet to see.”

Sailors aboard George Washington need to be well-informed about these OPSEC violations due to the current state of the ship. The ship will soon begin RCOH and Sailors will experience a completely different environment. Their mission will not only be to rebuild the ship, but to avoid sharing sensitive information about refuel and complex overhaul (RCOH). The crew must remain vigilant and think twice about the details they post on social media or any other public platform.

Therefore, posting a photo with metadata attached to it can be equated to posting a specific location on social media.

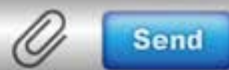
Even posting selfies or photos of coworkers can violate OPSEC, depending on where the photo is taken and what equipment is in the background. A particular job description can give away sensitive information about how the Navy operates. Posting details about training can disclose specific skills needed for a certain job.

For more information about OPSEC, visit [www.navy.mil/ah\\_online/OPSEC/](http://www.navy.mil/ah_online/OPSEC/).

4G

7:24

Bluetooth, Wi-Fi, 100% battery



To: USNavysailor@mail.mil

From: Operations Security

Subject: Smart Emailing



# SMART EMAILING

Follow these tips to reduce risks to Operations Security:

- Encrypt and digitally sign emails as necessary
- Do not email command critical information
- Never open emails from unknown senders (verify digital signatures)
- Verify links and attachments before opening, and do not open executable (.exe) files
- Do not forward Spam or "unofficial" emails, especially with attachments
- Be aware of Phishing emails and notify your command

#OPSEC



## Chaplain Corps Unveils New Sexual Assault Recovery Program

*By Gloria Colon-Buzatu, Navy Chaplain Corps Public Affairs*

ARLINGTON, Va (NNS) -- In a unique approach to assist sexual assault victims, the Navy Chief of Chaplains initiated a pilot for a personal resiliency retreat modeled after those offered by the Chaplains Religious Enrichment Development Operation (CREDO).

"In the last year, the Chaplain Corps designed a new retreat program for survivors of sexual assault. It's called 'Hope to Healing' (H2H)," said Rear Adm. Margaret Kibben, Chief of Chaplains.

CREDO, led by chaplains in 11 regions around the world, offers workshops, seminars and retreats to inspire hope and improve spiritual well-being among Sailors, Marines, Coast Guardsmen and their families as well as DOD civilians.

"The H2H retreat differs from a personal resilience retreat... we have a target of instilling hope and healing, where the emphasis is placed on hope," said Cmdr. Jennifer Bowden, Navy chaplain and CREDO director for Navy Region Mid-Atlantic.

The goal is to help sexual assault victims heal," said Capt. William Stallard who has a doctorate in psychology and helped design the H2H when he was a CREDO director. He is currently the Force Chaplain for Navy Region Southeast. "CREDO was the vehicle, and with collaboration from a team of chaplains, Fleet and Family Service Center, mental health care providers, and partnership with the Department of

Navy Sexual Assault Prevention Office, the product evolved."

After facilitating three successful pilots, Bowden explained the difference that a 72-hour weekend retreat can make.

"Hope takes us out of our experience and on the path to healing," she said.

The program uses techniques such as counseling, prayer, and meditation as well as technology to help sexual assault survivors reduce the feeling of hopelessness.

"I highly encourage any survivor to consider attending simply because it gives you a sense that you're not alone," said Bowden.

Chaplains who facilitate the H2H observe the group dynamics, log direct feedback from the participants, and survey all survivors to assess the successes of the program and how to improve it.

"Each element of the retreat is evaluated... using a hope scale at the beginning and at the end. The result of

the third retreat survey was 100 percent satisfaction, based on the Interactive Customer Evaluation (ICE)," said Bowden.

On the last day of the third pilot retreat, a new exercise was added that validated the impact of H2H.

"I asked that all take a photo of the sunset from a different place, and later that evening I received a text and photo of a sunset from several participants saying, 'we were thinking about how powerful the retreat was to us and how much you helped us,'" said Bowden.

Sexual harassment and/or assault injure the humanity of both victim and offending perpetrator. As such, both victim and offender are offered the care of chaplains in the privacy of a confidential conversation.

For more information about the CREDO Hope to Healing retreat, call your unit chaplain or your region CREDO office.

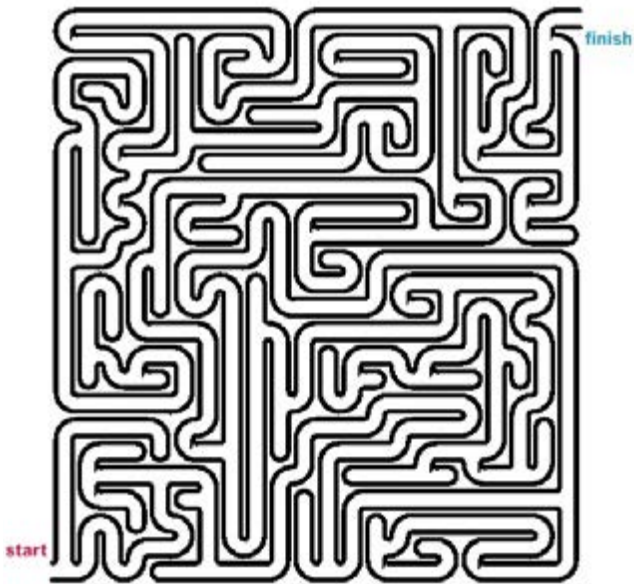
For more news about CREDO retreats, visit the CREDO.



(April 26, 2017) Service members and civilians gathered to observe Denim Day at Naval Support Activity Bethesda, Maryland. (Photo by MC3 William Phillips)



## MAZE



## CROSSWORD

### Across

- 1. Tibia
- 5. Respond by changing
- 10. Mold
- 14. Yield
- 15. The original "10"
- 16. Beach banquet
- 17. Result of a rice theft?
- 20. Pickle portion
- 21. Treacherous curve
- 22. Gives the boot to
- 23. Hardy heroine
- 25. Give a single star, perhaps
- 26. Miss Manners' métier
- 29. Twitdly
- 33. Water quality evaluation?
- 35. Fidef's friend
- 37. Type of tennis or bowling
- 38. She played Gis on Full House
- 39. James of Rollerball
- 40. Suffix with less- or morph-
- 41. Suezinet Sahara summary?
- 43. Former senator D'Amato
- 45. Edmonton skaters
- 46. Gore and Sharpion
- 47. Eao Beso-balladeer
- 48. When Macbeth kills Duncan
- 51. American Uncle
- 53. Mutual of \_\_\_\_
- 57. Midmorning fruit dish?
- 60. Rapids rider
- 61. Like some verbs, abbrev.
- 62. Kind of garden

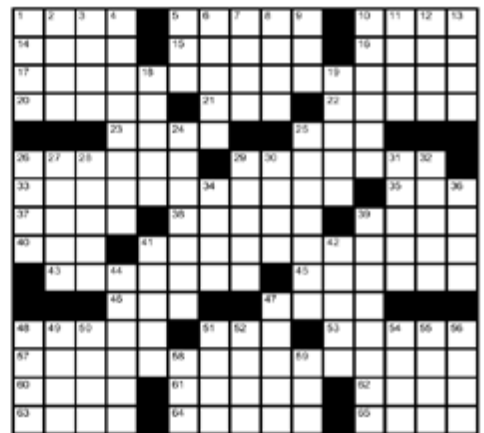
- 63. T-men, generally
- 64. Mercantile establishment
- 65. Squid sprays

### Down

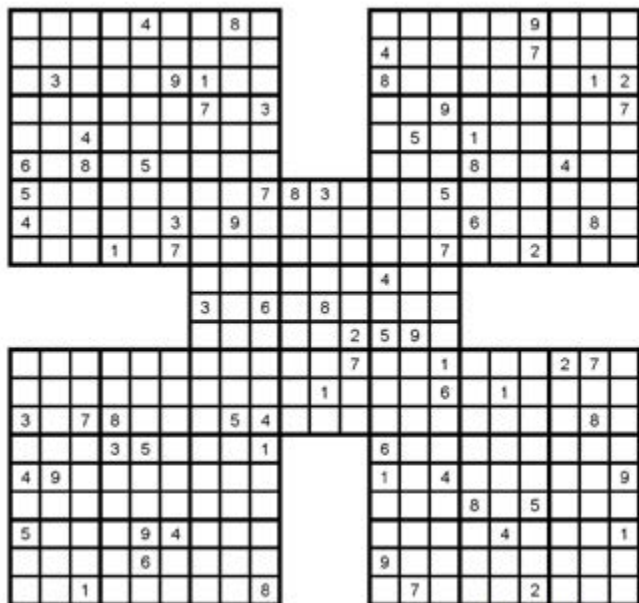
- 1. See 30 down
- 2. Give a hand
- 3. Like some hands
- 4. Denial
- 5. Member of the colonial army?
- 6. Saharan fruits
- 7. Fruity refreshments
- 8. Bowlers' targets
- 9. Children's chase game
- 10. Show off and show often

- 11. Avignon ayes
- 12. Rave's partner
- 13. Rumpole
- 18. Last name in vacuums
- 19. Treatment for a cow or a celeb
- 24. Sunday speeches
- 25. Meal example
- 26. Fit
- 27. Golden Globe category
- 28. Wheel of Fortune buy
- 29. Buying binge
- 30. With 1 down, govt. students
- 31. "See if \_\_\_\_\_!"
- 32. Meeting maestro
- 34. Eyeglass holders?

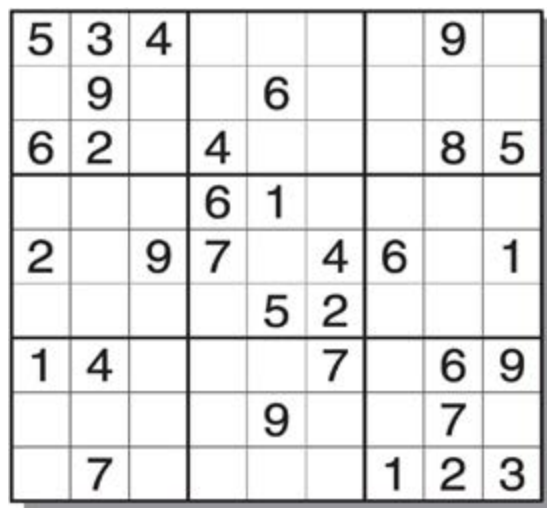
- 36. You'd like to make them meet
- 39. Squid snack
- 41. Kind of acid
- 42. Big name in cameras
- 44. Swoons
- 47. Decorative resin
- 48. Incantation initiation
- 49. Alpine porch
- 50. Clump of curls
- 51. Reorder
- 52. Retro do
- 54. Veey prolific auth.?
- 55. Wield a machete
- 56. Says "who?"
- 58. Towel label
- 59. Iron or Bronze, e.g.



## HARD SUDOKU



## SUDOKU



# ARE YOU DRUNK?

YES

NO



DRINK RESPONSIBLY.

**KEEP WHAT  
YOU'VE EARNED**

FOR MORE INFORMATION SPEAK WITH YOUR COMMAND  
DRUG AND ALCOHOL PROGRAM ADVISOR (DAPA), VISIT  
[WWW.NADAP.NAVY.MIL](http://WWW.NADAP.NAVY.MIL) OR CALL 1-866-U-ASK-NPC