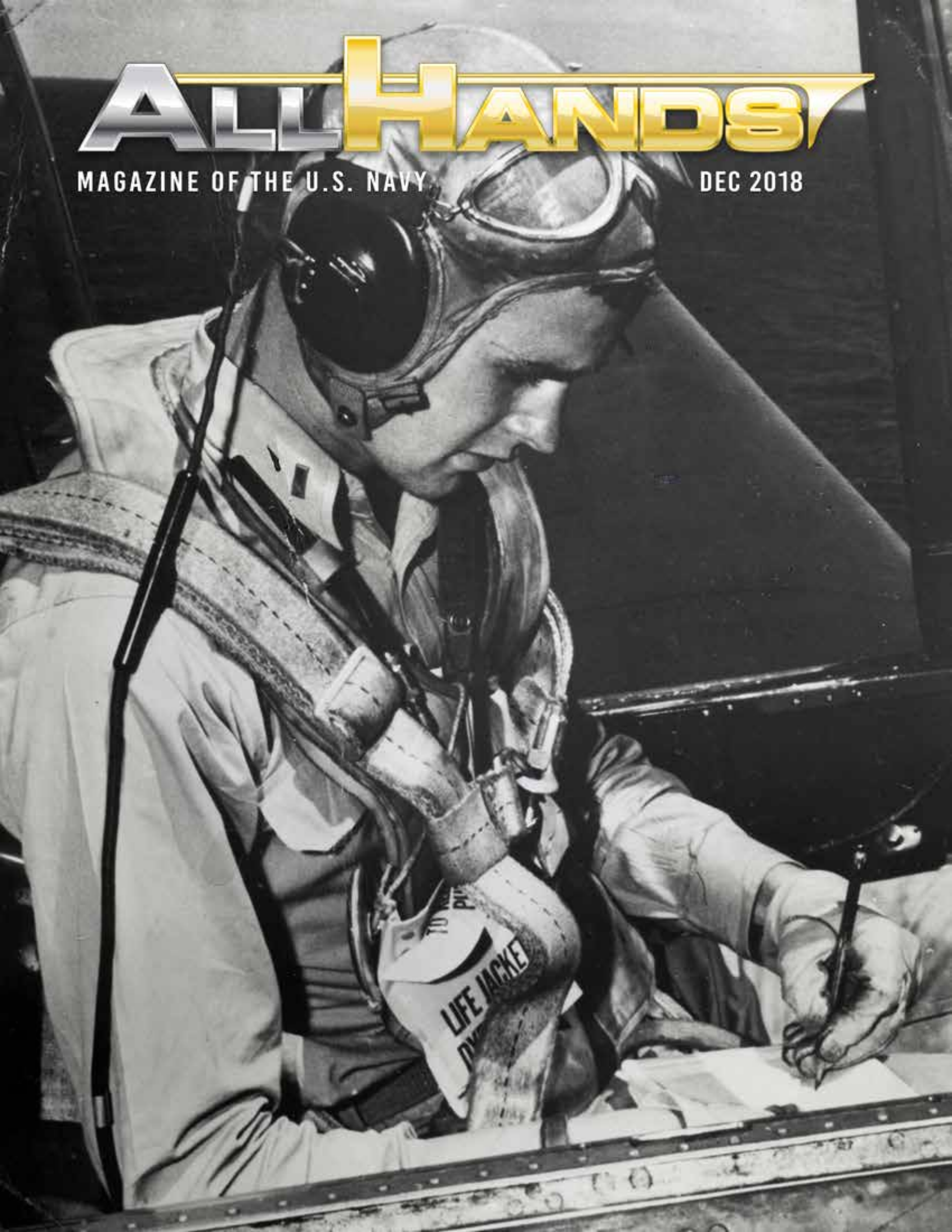


# ALL HANDS

MAGAZINE OF THE U.S. NAVY

DEC 2018



# TOP NEWS

## MCPON LETTER TO THE ENLISTED FORCE: FOCUS ON BUILDING WINNING TEAMS

From MCPON Russell L. Smith

THE WORLD STAGE IS A VERY dynamic and challenging one, with many nations maturing their ability to efficiently operate in the maritime environment. The evolution of technology, and our Navy’s growth in this new “great powers” era demands that our Navy apply resources in a far more refined and complex manner. As our Navy’s storied legacy continues, the Navy the Nation Needs will demand more from us. We must become stronger, run faster and effectively build teams to compete and win in high-end warfare at sea.


Institutional loyalty – “ship, shipmate, self” – as well as organizational transparency and clear messaging will continue to be a priority, as well as dignity and respect between all of our teammates. Understanding the solemn privilege we have as stewards of the public trust will be emphasized. Austerity and humility are necessary attributes to embrace as we carefully manage the resources the American public has entrusted to us.

Every Navy leader aspires to leave behind a better and more prepared Navy than the one they found when they arrived, and I am no different. The principal concern of the Office of the MCPON remains first and foremost to serve as a determined advocate on behalf of our enlisted force, as well as to find ways to leverage our 3,000 master chiefs in leading 31,000 chief petty officers to build winning teams in preparation for the future fight. Together we must set a blistering pace above, on and below the sea, projecting strength so profoundly that we give pause to anyone who would dare challenge us.

Four great strengths of the Mess are technical competence, innovative thinking, communication and networking. These skills give us the ability to be a force multiplier in both peace and war, enabling us to solve the greatest challenges by connecting our Navy horizontally. Known for using deckplate skills and experience to

innovate and get results, the Mess will be absolutely essential to finding new and better ways to build muscle memory that develops toughness, which will lead to true combat readiness.

We must keep Sailors from getting sidetracked or distracted, keeping them instead laser-focused on combat at sea against a determined enemy. To that end, we are engaged in delivering tools to the fleet, to render greater efficiencies in both personnel management and how we educate and train our Sailors. Those efforts will return time and opportunity to the deckplates, allowing leaders to focus on tactical skills and warfighting readiness.


Throughout our history, our greatest advantage has never been our machinery – rather, it has been the courage of the American Sailor facing adversity around the world. Perseverance, fortitude and spirit of service that each and every one of you brings to the fight will give us the decisive edge in the fight to come. 

# NON-RESIDENT TRAINING COURSES, RATE TRAINING MANUALS MOVE TO NAVY E-LEARNING

From Chief of Naval Personnel

TO PREP FOR ADVANCEMENT EXAMS or just to expand their rating knowledge, Sailors turn to the Navy Non-Resident Training Courses (NRTC) and Rate Training Manuals (RTM). Now you can find 159 NRTC and RTM self-study packages on the CAC-enabled Navy e-Learning (NeL) and MyNavy Portal (MNP) websites. Here’s what you need to know... - [Navy e-Learning - https://learning.nel.navy.mil](https://learning.nel.navy.mil) Formal course enrollment is required for assessments. On NeL, select the

course catalog tab near the top of the page and within the Learning Category, select “What’s New.” NRTC and RTMs are segmented by chapter, and Sailors can choose to either save or launch the chapter. After each chapter is launched and completed, the subsequent assessment is available. All NRTC/RTM individual assessments within each chapter must be accomplished in this manner to record completion. NeL will grade, offer certificates, and record completions automatically,

entering them into a Sailor’s Electronic Training Jacket - [MyNavy Portal - https://www.mnp.navy.mil](https://www.mnp.navy.mil) Look under professional resources, then select Personnel Qualifications Standards. Downloadable PDFs provide assessment questions similar to the course completion assessment format in NeL, and allow Sailors to accomplish all learning/study offline if necessary. However, credit for NRTC/RTM completion can only be accomplished now within NeL. 



12 | 2018

### ALL HANDS MAGAZINE

MAGAZINE OF THE U.S. NAVY

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ON FRONT COVER: A file photo taken in 1944 of Navy pilot Lt. j.g. George H. W. Bush in the cockpit of his Grumman TBF Avenger torpedo bomber. (U.S. Navy photo courtesy of the George Bush Presidential Library and Museum/Released)

**OUR MISSION IS SHARING THE NAVY STORY**



## Vice Admiral James Stockdale PILOT, PRISONER, HERO, SPY

Story by Elizabeth M. Collins, Defense Media Activity

COMMANDER JAMES STOCKDALE HAD had enough. After almost four years in captivity, he was skin and bones. Untreated leg injuries had left him with a limp. He had been savagely beaten and tortured, over and over again. But that day, the communists wanted to

use him for propaganda, to demonstrate to foreign journalists how well he had been treated. He wouldn’t do it. He couldn’t do it. He knew the North Vietnamese would never put a disfigured prisoner on display. So Stockdale picked up a razor

blade in the shower that was supposed to make him presentable and slashed his scalp, letting blood run down his face. Later, he took a stool and rammed it into his face again and again and again, not stopping until he was black and blue.



# "THE ONLY REASON TO FLY IS TO FIGHT."

### Pilot

BORN IN IOWA IN 1923, STOCKDALE graduated from the Naval Academy in 1946. He went on to flight school and, eventually, test pilot school. He eventually logged almost 200 combat missions and earned some 26 combat decorations, including two Distinguished Flying Crosses, four Silver Stars and the Medal of Honor. “It never crossed our mind that anybody would think there was anything you could do but what we were doing,” Stockdale said in an Achievement

Academy interview.\* “I just thought that was the best thing that could happen to me, that I would be a hero in Vietnam. That was the only war in town. ... The only reason to fly is to fight.” He got his chance Aug. 2, 1964, when USS Maddox (DD 731) came under attack from North Vietnamese PT boats. “We were descending, and we saw three PT boats with a torpedo under each wing,” he said. “So, six torpedoes hit the water less than half a block behind this destroyer, but they all went

bananas. ... I learned how to damage a PT boat. You don’t want big rockets. ... You want to get way down, right on the water’s edge, go right up next to them and just give them 40-millimeter machine gun bullets and cut the whole thing up the side.” Stockdale continued patrolling the Gulf of Tonkin over the next couple of days. Then, two nights later, he received word that Maddox was once again under attack, as was USS Turner Joy (DD 951). Stockdale couldn’t see anything from the air, however – no splashes, no

tracers, no luminescence on the water. “These two destroyers started reporting things like they had sunk an enemy ship,” he said. “That would have illuminated a stadium. ... I had no evidence that here were any PT boats there.” Hours later, Stockdale was stunned to be woken from a deep sleep and ordered to lead the most important strike of the first hours of the Vietnam War, one on petroleum and oil tanks. “I said, ‘Here we go. I’m starting a war under false pretenses,’” Stockdale remembered.

### Capture

THE FOLLOWING YEAR, STOCKDALE was promoted to carrier air group commander (CAG – also his call sign and nickname) aboard USS Oriskany (CV 34), in charge of some 80 airplanes, 1,000 men and 100 pilots. On a fateful mission to bomb a bridge in September 1965, his A-4 Skyhawk was hit by

anti-aircraft fire: “I could hear boom, boom, boom, boom. ... I saw that damn plane and I thought, ‘There’s my Armageddon.’ And it was fireballs coming at me, one after the other. ... The engine is shot up, the hydraulics are gone, and I’ve just got to get out.” Stockdale ejected. He landed in a small town, his back broken, his knee dislocated.

A mob descended. “They racked me up. ... They pounded me, twisted me. ... My face was in the dirt, but everything was happening to me. And then, finally, a police whistle blew.” Stockdale was soon sent to Hanoi, where he was interned at the infamous Hoa Lo Prison, better known as the “Hanoi Hilton.”

There, his captors left him laying on a ping pong table for days. Someone would occasionally drain blood and puss out of his swollen knee. The botched treatment left him with a fused kneecap and life-long limp that would be exacerbated by the torture he would face over the next seven – almost eight – years.



## Prisoner

STOCKDALE'S RANK PUT HIM IN COMMAND OF THE OTHER AMERICAN PRISONERS OF war for much of his captivity. He set about keeping the POWs cohesive, no easy task given that the men were mostly held in isolation for the first half of the war.

As part of that, he instituted a new code of conduct. Prisoners of war were already governed by the 1955 Military Code of Conduct, but CAG's additional rules, known as BACK US, were more specific to imprisonment in Vietnam:

- Don't BOW in public unless forced.
- Stay off the AIR, so no propaganda tapes.
- Admit no CRIMES, especially war crimes.
- Never KISS up to the communists and never kiss captors goodbye.
- UNITY over SELF, indicating that the POWs' greatest strength lay in presenting a united front, a unified resistance.

The rules allowed POWs to cooperate if they were under extreme duress. However, they were still expected to make every effort to give nonsense information during interrogations and to write forced confessions in such a way that no American

would believe them, Congressman and retired Air Force Col. Sam Johnson explained in a memoir. If someone did break under torture - and almost everyone broke eventually - the next day was a new day.

Stockdale communicated these orders via note drops and by a tap code that relied on a five-by-five matrix of letters. (C and K were the same.) Prisoners would spell the letter C, for example, by tapping four times to indicate its position in row one, column three. They tapped on the walls, under doors, and even coughed in code. In this way, they could keep track of each other, relay messages and intelligence, tell life stories and offer encouragement.

During one particularly lengthy torture session, for example, CAG was kept in a bath stall in leg irons for days, only released from the chains for beatings. Another prisoner snapped his towel, snapped it again and again, until he spelled out: "GBUJS." This translated to "God bless you, Jim Stockdale."

"I was more moved by that than many other things, almost more than anything else," Stockdale remembered.



ADMIT NO  
CRIMES,  
ESPECIALLY WAR  
CRIMES.



## Alcatraz

STOCKDALE BECAME KNOWN AS SUCH A TROUBLEMAKER AMONG HIS CAPTORS that in the fall of 1967, they moved him and 10 other resistance leaders, including Johnson, to a separate prison the Americans nicknamed Alcatraz. They went down in history as the Alcatraz 11. Most would remain there for over two years. One died in captivity.

The men, who called themselves "Alkies," lived in solitary confinement in bug-and rodent-infested, four-by-nine-foot cells, chained in leg irons at night. They froze in the winter and baked in the summer. They subsisted on small dishes of rice and thin soups. They didn't have access to latrines, only buckets. They were tortured, sometimes for weeks on end, and, worse, they were lonely, cut off from the outside world.

Stockdale was isolated even by Alcatraz standards, and he eventually seemed to disappear, Johnson said. In fact, CAG had been returned to the Hanoi Hilton to face

new depths of privation and torture.

At one point, he was held in "a special cramped and hot privy-like structure ... reserved for whichever American was causing the Vietnamese the most trouble. I was the first in the camp to be locked up in it, and I gave it the name Calcutta," he explained in a statement supporting the late Senator and retired Capt. John McCain, Calcutta's next resident.

The North Vietnamese also favored a meat hook, Johnson wrote. First, they tied a prisoner's hands and feet, then bound his hands to his ankles. They tightened the ropes until prisoners couldn't breathe, then hoisted their victims onto the hook to hang by the ropes. Guards tightened them "until all feeling was gone, and the prisoner's limbs turned purple and swelled to twice their normal size. There he would hang for hours, even days until, crazy with pain, he would agree to write something, anything."



## Hero

ONE DAY IN 1969, STOCKDALE HAD HAD ENOUGH. AFTER WEEKS OF TORTURE, HE couldn't take any more. He was reaching his breaking point. He didn't want to become a stooge for the communists. So he disfigured himself with the razor and the chair in a powerful statement: He was still a naval officer. He would set an example for his men, no matter what the cost. He would not be used as propaganda. This resulted in "cruel and agonizing punishment," according to the Medal of Honor citation he was awarded after the war.

Later, CAG was "detected in a covert communications attempt," and was "singled

out for interrogation and attendant torture." Once again terrified he would be forced into betraying his men and his country, Stockdale "resolved to make himself a symbol of resistance" and slashed his wrists with broken glass. His captors, "convinced of his indomitable spirit, abated in their employment of excessive harassment and torture toward all of the Prisoners of War," according to his award.

"I thought I owed it to them," Stockdale later said, explaining he was most proud of never betraying a friend in prison. "I was the senior guy there. ... I gave [the communists] a problem like they'd never had before and they solved it by backing off."

## Spy

IF THE NORTH VIETNAMESE HAD KNOWN WHAT STOCKDALE WAS TRULY UP TO, however, they probably would have killed him.

In his first letter home, Stockdale told his wife, Sybil, "One thinks of Vietnam as a tropical country, but in January the rains came, and there was cold and darkness, even at noon," according to a Smithsonian Channel documentary. Sybil, who helped found the National League of Families of American Prisoners and Missing in Southeast Asia, thought the comment was odd. It referenced an Arthur Koestler novel, "Darkness at Noon," which described torture in communist gulag. A second letter had confusing references to friends and nicknames used out of context. CAG had sent a coded list of prisoner names.

With Sybil's cooperation, military intelligence and CIA experts smuggled invisible carbon paper to Stockdale so he could relay intelligence. When that

became too risky, CAG learned how to encrypt messages from a fellow Alkie. He eventually coordinated an espionage ring and had dozens of prisoners sending coded letters home.

Thanks in large part to Stockdale's efforts, the United States government was able to put together detailed prisoner lists - some of the pilots had been presumed dead - and offer compelling evidence of torture on the world stage. CAG even suggested possible targets for American bombs. The CIA called it one of the most important operations in agency history.

"It was risky business, playing spy," wrote Johnson. "If the communists caught on, he could be charged with espionage and placed in front of a firing squad. He decided it was worth the risk. Anything to try to beat the enemy. Our spirits were high with this new challenge."



## Legend

STOCKDALE WAS FINALLY RELEASED WITH ALMOST 600 OTHER POWS AS PART OF Operation Homecoming in early 1973. He became the president of the Naval War College and retired as a vice admiral in 1979.

That year, the secretary of the Navy established the Vice Admiral Stockdale Award for Inspirational Leadership, presented in both the Atlantic and Pacific fleets.

*\*Editor's Note: Unless otherwise noted, all Stockdale quotes are from the Academy of Achievement interview. Additional sources are the Naval Academy's Stockdale Center for Ethical Leadership; "In Love & War: The story of a family's ordeal and sacrifice during the Vietnam Years" by Jim*

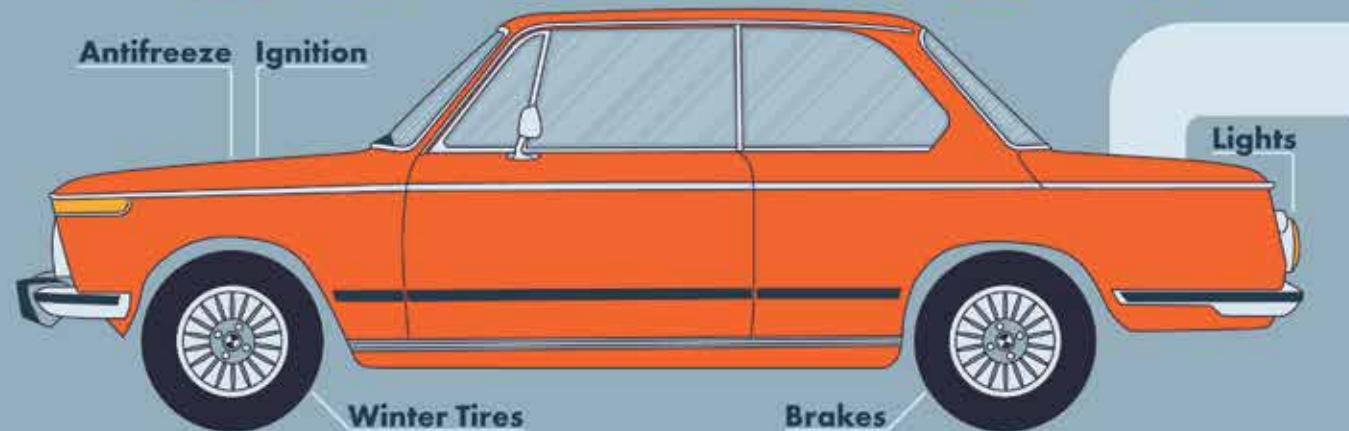
"Admiral Stockdale is one of my all-time heroes, a great American patriot and friend and mentor," said fellow POW, retired Capt. Jack Enschede. "He epitomized, to me, what a naval officer and naval leader should be, and, rightly so, this award is named after him."

Stockdale then embarked on an academic career and published several books. He passed away from Alzheimer's in 2005.

*and Sybil Stockdale; "Defiant: The POWs who Endured Vietnam's Most Infamous Prison, the Women who Fought for them, and the One who Never Returned," by Alvin Townley; and "Captive Warriors: A Vietnam POW's Story" by Sam Johnson.*



# WINTER ROAD SAFETY



**CHECK YOUR CAR BEFORE WINTER**



**Slow Down!**



**Avoid Cruise Control**



**Check the Weather**

**WINTER DRIVING PRO TIPS**

An oversteer slide occurs when your car loses traction while turning and the back wheels slide in the direction of the curve. Here is how to correct this common hazard.



**Don't brake**  
Braking will make you lose traction.



**Turn into the slide**  
Align tires with the car's movement to gain grip.



**Correct direction**  
Turn away to recover. Don't over correct!

**HOW TO CORRECT AN OVERSTEER SLIDE**



**PACK FOR SAFETY**

**WATCH FOR ICE**



**Bridges**



**Tunnels**



**Hills**



**Curves**



**Brick Roads**



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## FINDING A BALANCE

PRACTICING SELF-CARE USING BOUNDARIES



A boundary is the deliberate space you establish between yourself and someone else. Boundaries define the behaviors, actions and characteristics that are not tolerable within a relationship.



If you or a shipmate are dealing with psychological health concerns or issues with a spouse, family member or children, Fleet and Family Support Program provides support through counseling services. Find your local Fleet and Family Support Center at [https://www.cnmc.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program.html](https://www.cnmc.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html).



Trying to keep people happy and avoid rocking the boat can be demanding and exhausting to one's physical, emotional and psychological health.



People pleasing can come in the form of agreeing to every favor, task or assignment. It could be allowing people to be present in personal space even when preferring to be alone. Or it may be putting up with behaviors that cause frequent feelings of anger, frustration or sadness and never acknowledging it to the offender. If you're experiencing any of this may indicate a need to explore the process of setting boundaries.

Setting healthy boundaries can be difficult, but it is a necessary self-care act, crucial for psychological well-being, and for maintaining integrity in your relationships with others.

Setting boundaries limits unwanted behaviors and poor treatments from the people in your life. It indicates that while your relationships with others are important to you, you still prioritize your own feelings and emotions.

"No" is a complete sentence and is essential in the process of setting boundaries. Comfortably saying "no" to unwanted requests or inconsiderate actions tells your family members, friends, romantic partners and fellow Sailors that you are not afraid to advocate for yourself.



Here are some tips:

- Understand and acknowledge your values and your feelings. Centering your own emotions is necessary for establishing boundaries.
- Make your boundaries and consequences clear. Unless you clearly communicate to the people in your life what your boundaries are, they will never know what they are or how to avoid overstepping them. Be assertive.
- Don't feel bad about setting boundaries. Setting boundaries is a necessary part of a comprehensive self-care routine. Maintaining boundaries allows you to focus on your own physical, emotional and psychological health.
- Know when your boundaries are not being respected and respond accordingly. Prioritize your own boundaries and don't feel pressured to give multiple chances to someone who understands your boundaries, but refuses to acknowledge them.



# BOOSTING YOUR ENERGY Without Misusing PRESCRIPTION STIMULANTS

From NavyNavStress

THERE NEVER SEEMS TO BE ENOUGH HOURS IN THE DAY TO GET EVERYTHING done and get enough sleep. We strive for alertness and productivity, but they often seem easier to dream of than to truly achieve. While strong coffee or energy drinks (which carry their own risks) are popular quick-fixes among Sailors, there may also be tempted to use prescription stimulants to strengthen performance on the job. This can put Sailors’ health and careers at risk, especially if they’re taking someone else’s medication. There are safe and natural alternatives to prescription stimulants that you can incorporate into your day-to-day routine to boost your energy when you may not always be able to get the sleep you need.

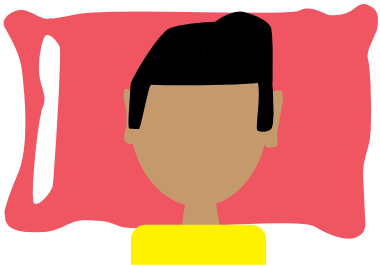
## Understanding Prescription Stimulants and Their Effects

Prescription medications such as Adderall (Dextroamphetamine-Amphetamine) and Ritalin (Methylphenidate) are used to treat attention deficit hyperactivity disorder (ADHD), a condition causing chronic inattention, hyperactivity and impulsive behaviors. In some cases, they are also used to treat narcolepsy, a condition marked by intense daytime drowsiness. These medications are central nervous system stimulants that affect certain chemicals in the brain. For people who have ADHD or narcolepsy, these medications are very effective in the treatment of their symptoms, and can help them gain the attentiveness and alertness that they need to function in their daily lives.

Because of stimulants’ ability to alleviate inattentiveness and sleepiness in hese patients, some people who do not have diagnosed conditions feel that these medications may create positive results for them. However, a small study of college students co-conducted by the University of Rhode Island and Brown University found that these medications are not helpful to people who do not have ADHD. While they may provide temporary improvement of mood and focus, they do not appear to improve performance or reading comprehension, and they can impair short-term memory. Additionally, individuals taking prescription stimulants that they have not been prescribed could be at risk of potentially harmful side effects such as heart problems, increased blood pressure or stroke.

## Increasing Alertness and Attention Safely

When your watchstanding duty makes you feel like taping your eyelids open, getting these sorts of medications from a friend, family member or shipmate may seem like a good option. But sharing prescription medications can potentially threaten your Navy career. Try these tips to safely work towards becoming more attentive, alert and productive.



### OPTIMIZE YOUR SLEEP

SQUEEZING IN 30- MINUTE OR TWO-HOUR NAPS CAN ALLEVIATE FATIGUE AND GET YOU ON TRACK.



### ESTABLISH A MINDFUL MORNING ROUTINE

FIND TIME FOR ACTIVITIES THAT PROMOTE BALANCED ENERGY AND FOCUS, LIKE MEDITATION, WORKING OUT AND EATING A BALANCED BREAKFAST.



### EAT FOR ENERGY AND RESILIENCE

CHOOSING WHOLE FOODS OVER PROCESSED FOODS CAN POSITIVELY IMPACT MOOD AND GIVE YOU THE ENERGY YOU NEED TO GET THROUGH THE DAY.

## Optimize Your Sleep

Being tired and fatigued is a huge factor in preventing alertness. Seven to eight hours of uninterrupted sleep per night is ideal for Sailors, but it isn’t always possible. Sufficient sleep contributes to better memory, mood and performance. If that sort of sleep schedule is out of reach for you, squeezing in 30-minute or two-hour naps can alleviate fatigue and get you on track. Caffeine may also be a helpful energy booster, but remember to avoid it during the latter half of the day, as it can prevent restful sleep. Large meals, tobacco products, alcohol and exercise before bed can also be disruptive to sleep, so avoid those a few hours before you plan to lie down. A helpful tip for watch standing is following a 3/9 watchbill. This includes three-hour watches with nine hours off between watches. Ask your supervisor about following this schedule that maximizes performance and allows for adequate rest.

## Establish a Mindful Morning Routine

Waking up and putting yourself into the right mindset for productivity is essential. Try to find time for activities that promote balanced energy and focus, like meditation, working out and eating a balanced breakfast. Avoid checking your email as that can overload your brain with all the tasks you have to do. The same goes for checking social media and feeling bombarded with all the things that your connections have going on in their lives.

## Focus on the Tasks that Matter and Give Yourself Breaks

Instead of creating your to-do list with every single one of your tasks in mind, identify he ones especially pressing for the day and focus on completing those. Remember that getting things done doesn’t have to be a marathon, so take breaks. Overworking the brain can make productivity even more challenging, frustrating and tiring.

## Complete Your Most Challenging Work Before Lunch

Find yourself feeling sluggish after eating lunch? Try working on your more difficult tasks before your break when the mind is still fresh and you’re able to put forth your best energy. Save the “busy work” that doesn’t require as much creativity or brain power for later.

## Eat for Energy and Resilience

A balanced diet not only promotes physical health, it also affects emotional and psychological health. Eating can be an emotional response, causing us to snack when bored or tired. Those feelings may cause us to crave processed foods like chips or high-sugar snacks such as cookies. Choosing whole foods over processed foods can positively impact mood and give you the energy you need to get through the day. Complex carbohydrates such as whole grains or fruit can provide an energy boost, and lean proteins and vegetables can improve your mood as well. Caffeine can give you a jolt of energy, but in excess can increase anxiety and cause apprehension, agitation and uneasiness, as well as dehydration. Most caffeinated energy drinks also contain high amounts of sugar, which can create fatigue if blood sugar levels increase too rapidly.

Prescription stimulants are safe and helpful for individuals with diagnosed conditions that require their use, but are harmful when used as a quick fix for your energy or productivity deficit. Implementing these tips into your daily routine can help you boost your energy naturally, strengthening your performance without threatening your health or Navy career.

## Knowing the Signs and Reaching Out for Help

Seeking help promptly is the best thing you can do for health and safety if you think you or someone you know may have a problem with prescription drug misuse. If you recognize these signs within yourself or others, speak with your command Drug and Alcohol Program Advisor (DAPA) or doctor, or call 1-866-U-ASK-NPC.



### SHORT-TERM MEMORY LOSS

WHILE THEY MAY PROVIDE TEMPORARY IMPROVEMENT OF MOOD AND FOCUS, THEY DO NOT APPEAR TO IMPROVE PERFORMANCE OR READING COMPREHENSION, AND THEY CAN IMPAIR SHORT-TERM MEMORY.



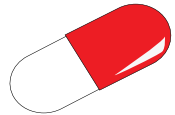
### INCREASED BLOOD PRESSURE OR STROKE

TAKING PRESCRIPTION STIMULANTS THAT HAVE NOT BEEN PRESCRIBED COULD PUT YOU AT RISK OF POTENTIALLY HARMFUL SIDE EFFECTS SUCH AS HEART PROBLEMS, INCREASED BLOOD PRESSURE OR STROKE.



### LEGAL AND CAREER TROUBLE

TEMPTATION TO USE SOMEONE ELSE’S MEDICATION TO STRENGTHEN PERFORMANCE ON THE JOB WILL PLACE YOUR CAREER AT RISK.



## UNDERSTANDING PRESCRIPTION STIMULANTS AND THEIR EFFECTS

THESE MEDICATIONS ARE CENTRAL NERVOUS SYSTEM STIMULANTS THAT AFFECT CERTAIN CHEMICALS IN THE BRAIN, FOR PEOPLE WHO HAVE ADHD OR NARCOLEPSY.





# FAIR WINDS AND FOLLOWING SEAS

## GEORGE H.W. BUSH

Elizabeth M. Collins, Defense Media Activity

FORMER PRESIDENT - AND DECORATED World War II Navy pilot - George H. W. Bush died Nov. 30 at the age of 94.

"A Statesmen. A Public Servant. A Sailor. The country has lost a great leader and we have lost a true shipmate," Chief of Naval Operations Adm. John Richardson said in a statement. "He epitomized integrity, accountability, initiative, and toughness in the service of our Nation. A Naval Aviator during WWII, a Congressman, Ambassador to the United Nations, CIA Director, Vice President, President, husband and father. His memory will continue to inspire us through the service of the aircraft carrier bearing his name. USS George H. W. Bush (CVN 77) will continue to deploy around the world, protecting America from attack and securing the freedoms President Bush fought so hard to safeguard. Fair winds and following seas, Mr. President."

Born in Massachusetts, June 12, 1924, Bush enlisted in the Navy as a seaman second class on his 18th birthday. When he received his commission and his wings almost a year later, Bush became one of the youngest pilots in the Navy, according to Naval History and Heritage Command.

By 1944, he was flying bombing missions on TBM Avenger aircraft with Torpedo Squadron VT-51 in the Pacific off USS San Jacinto (CVL 30). On one occasion, he made a daring, tail-first water landing after his engine failed. His crew made it safely out of the plane before it exploded.

Bush's plane was next hit by antiaircraft fire while bombing the island of Chichi Jima, about 600 miles south of Japan, Sept. 2, 1944. His plane on fire, Bush continued his mission and completed his strafing run before bailing out over the sea. Although Bush was rescued by a Navy submarine, USS Finback (SS 230), a few hours later, his two crew members, Lt. j.g. William White and Radioman Second Class John Delaney, died in the attack.

"We knew it was going to be a fairly dangerous mission, but this is what our duty was," Bush later told the U.S. Naval Institute. "I felt the whole plane jolt forward. It's when I saw the flame along the wing that I thought, 'I better get out of here. I told the crewmen to get out. I dove out onto the wing. I hit my head on the tail. I dropped into the ocean and I swam over and got into this life raft. I was sick to my stomach. I was scared. If someone didn't pick me up, I would have been captured and killed. Suddenly, I saw this periscope and it was USS Finback.

"People talk about you're a hero, but there's nothing heroic about getting shot down, and I wondered, why was I spared when the two friends who were in the plane with me were killed? I don't know the answer."

Bush, who remained on the Finback for a month and then saw action in the Philippines, received the Distinguished Flying Cross for his bravery under fire, and ultimately earned three Air Medals for flying 58 missions during World War II.



# A STATESMEN. A PUBLIC SERVANT. A SAILOR.

## THE COUNTRY HAS LOST A GREAT LEADER

## AND WE HAVE LOST A TRUE SHIPMATE.

"Naval Aviation mourns the passing of our 41st President, George H.W. Bush, a Naval Aviator, statesman, and humble public servant," U.S. Naval Air Forces said on Twitter. "His legacy lives on in those who don the cloth of our great nation and in the mighty warship which bears his name."

After the war, Bush married Barbara Pierce. He graduated Phi Beta Kappa from Yale and went to work in the oil industry before turning his attention to politics.

Bush served two terms in the House of Representatives during the 1960s, according to his library. Following a failed Senate bid, he became the U.S. ambassador to the United Nations in 1971. In 1973, he chaired the Republican National Committee, and the following year he travelled to China as chief of the U.S. Liaison Office as America renewed ties with the communist country.

President Gerald Ford appointed Bush director of Central Intelligence in 1976. According to CIA.gov, he was beloved. He's credited with strengthening the intelligence community and helping restore morale at the CIA, following numerous leaks, scandals and Congressional investigations in the early 70s.

"The CIA became part of my heartbeat back then, and it's never gone away," Bush said at the dedication of the George Bush Center for Intelligence in 1999. "I got some things right and I'm sure I could have done many things better. But I hope it will be said in my time here, and in the White House, I kept the trust and treated my office with respect."

Bush next served as vice president under President Ronald Reagan, coordinating administration efforts to combat international terrorism and wage the war on drugs.

After he was sworn in as the 41st president in 1989, Bush presided over the end of the Cold War, calling it a "victory for all humanity." Indeed, both the fall of the Berlin Wall and the breakup of the Soviet Union occurred during his time in office,

and he saw the map of Europe redrawn.

"So now, for the first time in 35 years, our strategic bombers stand down," Bush said in a State of the Union address. "No longer are they on 'round-the-clock alert. Tomorrow our children will go to school and study history and how plants grow. And they won't have, as my children did, air raid drills in which they crawl under their desks and cover their heads in case of nuclear war."

Bush also served as commander in chief during Operation Just Cause, the overthrow of Gen. Manuel Noriega's corrupt regime in Panama in December 1990 to January 1991. He then famously stood up to Saddam Hussein after the Iraqi dictator invaded Kuwait and threatened Saudi Arabia. As part of Operations Desert Shield and Storm, American and allied troops bombed Iraq for weeks, then routed the country's army in a 100-hour land battle in January 1991, according to State.gov.

"I am convinced," Bush said at the time, "not only that we will prevail but that out of the horror of combat will come the recognition that no nation can stand against a world united, no nation will be permitted to brutally assault its neighbor."

He left office in 1993, and dedicated much of his retired life to charity. Together with former President Bill Clinton, he spearheaded fundraising efforts following both the Indian Ocean tsunami in 2004 and Hurricane Katrina in 2005, for example.

Bush is survived by five children - including the 43rd president of the United States - 17 grandchildren and eight great-grandchildren. His wife of more than 70 years, Barbara, recently passed away, Apr. 17, 2018.

"To paraphrase his own words," said Secretary of the Navy Richard Spencer, "President Bush's life is a shining example of service 'like a thousand points of light in a broad and peaceful sky.'"

**Editor's note:** To learn more about Bush and his naval career, visit Naval History and Heritage Command website.





