



# THE WASHINGTON SURVEYOR

DEC. 10, 2018

By MC3 Trey Hutcheson

## HO! HO! HO! SAVE YOUR DOUGH!

BUDGETING FOR THE HOLIDAYS

By MCC Mary Popejoy

## BACK TO BASICS

GW CHIEFS ATTEND FLEET TRAINING



By MC3 Brian Sipe

## WINTERIZING YOUR VEHICLE

GETTING READY FOR THE ICE AND SNOW

By MCSR Steven Young

## ALL FUN AND GAMES

GW SAILORS HELP OTHERS

# washington surveyor

## Commanding Officer

Capt. Glenn Jamison

## Executive Officer

Capt. Daryle Cardone

## Command Master Chief

CMDCM Maurice Coffey

## Public Affairs Officer

Lt. Cmdr. Stephanie Turo

## Deputy Public Affairs Officer

Lt. Tyler Barker

## Departmental LCPO

MCCS Reginald Buggs

## Divisional LCPO

MCC Mary Popejoy

## Editors

MC3 Julie Vujevich  
MC3 Zack Thomas  
MCSA Jack Lepien

## Content

MC1 Gary Johnson  
MC2 Mandi Washington  
MC3 Michael Botts  
MC3 Carter Denton  
MC3 Jamin Gordon  
MC3 Trey Hutcheson  
MCSN Tatyana Freeman  
MCSA Samuel Pederson  
MCSR Steven Young

THE WASHINGTON SURVEYOR IS AN AUTHORIZED PUBLICATION FOR SAILORS SERVING ABOARD USS GEORGE WASHINGTON (CVN 73). CONTENTS HEREIN ARE NOT THE VISIONS OF, OR ENDORSED BY THE U.S. GOVERNMENT, THE DEPARTMENT OF DEFENSE, THE DEPARTMENT OF THE NAVY OR THE COMMANDING OFFICER OF USS GEORGE WASHINGTON. ALL NEWS RELEASES, PHOTOS OR INFORMATION FOR PUBLICATION IN THE WASHINGTON SURVEYOR MUST BE SUBMITTED TO THE PUBLIC AFFAIRS OFFICER.



FC3 Courtney Ysaquirre

ETN2 Ian Phenix

MM3 Elaine Dizon

MA3 Quienton Reid

SN Brittany Maiden

AZAN Dorian Sims

MMN3 Raymond Mertz

MA3 Michael Turner

MMFN Amy Zaragoza



**On the cover:** Aviation Boatswain's Mate (Handling) 1st Class Rashawn Orr, a Sailor assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73) (left) plays games with students at I.C. Norcom High School during family game night. (U.S. Navy photo by MCSR Steven Young)



## SAILOR in the SPOTLIGHT



## CTRSN Amy Hall

CTRSN Amy Hall, from Phenix City, AZ, joined the Navy July 2017. She joined the Navy to better her life and be a part of something bigger than herself. She loves being a CTR because she enjoys learning about all the machinery and equipment her rate operates.





In 2018 consumers say they will spend an average of **\$1,007.24**

That's **4.1%**

more than the \$967.13 they would spend in 2017



In 2017, consumer's credit card debt balances increased by an average of **\$998.36** due to holiday spending

**10.28**  
The expected average number of months to repay credit card debt

**20.10%**  
of consumers were not expecting to increase credit card debt balance as a result of holiday spending

**56.80%**  
of consumers experienced stress due to credit card debt that resulted from holiday spending

# Ho! Ho! Ho! Save Your Dough!

By MC3 Trey Hutcheson

With the holidays soon approaching, many people are in the gift-giving mood. With those gifts, however, comes a cost that some people may not take into account.

Buying gifts for friends and family is a charitable act, but doing so without a budgeting plan can lead you down a path filled with financial struggles. Luckily for Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), command financial specialists are available to assist with budgeting. Additionally, deployed resiliency

counselors also provide great advice on dealing with spending and stress during the holidays.

"For the holidays, I always tell Sailors 'it's not like you don't know Christmas is coming,' so I suggest three to six months out to start saving," said Senior Chief Ship's Serviceman Lorenzo Lesane, George Washington's command financial specialist. "The more gifts you want to give may dictate how much farther in advance you will need to start saving."

Command financial specialists provide financial education and training, counseling, and information referral at the command level at no cost to Sailors and their families.

Lesane also said that having a savings account for holiday gifts, New Year's events, or holiday travel trips, will allow Sailors to know exactly how much they have to spend, and will ensure they don't take any money away from required bills.

Overspending and not being able to pay off bills can lead to Sailors getting in trouble, which can incur potential health

concerns caused by stress.

"When you overspend you tend to get stressed out later when you don't have money to pay your bills," said Beth Williams, a George Washington deployed resiliency counselor. "Creating a budget and keeping within that budget will allow you to manage your expenses so when your bills come in, you can pay them, and not be in trouble with your command."

Having a plan and sticking to it when going shopping for gifts for family and friends is another way to manage finances during the holidays.

"If shopping for specific people, have people give you a wish list of what they want or need," said Williams. "Sometimes people don't know what they want versus what they need."

It is important for Sailors to remember when buying gifts, to identify their priorities and eliminate non-essentials whenever possible.

"At the end of the day, you're always going to want things more than you need," said Lesane. "I suggest to Sailors to always look at sales and use coupons. Always get your needs over your wants."

For more information on confronting overspending, contact a department or command financial specialist, or one of the many counselors at the Fleet and Family Support Centers in the area.

Consumers will likely spend in **3 main categories:**

An average of **\$637.67**

on **GIFTS**



An average of **\$215.04**

on **HOLIDAY ITEMS**  
(Food, decorations, flowers, greeting cards, etc.)



An average of **\$154.53**

on **DEALS**  
(Non-gift purchases taking advantage of holiday promotions)

"Creating a budget and keeping within that budget will allow you manage your expenses so when your bills come in you can pay them and not be in trouble with your command."

Beth Williams, DRC





## Back To Basics: GW Chiefs Mess Attends CPO Fleet Training

By MCC Mary Popejoy

Chief Damage Controlman Alister Ito-Lutz accepts a certificate of excellence on behalf of USS George Washington's (CVN 73) Chiefs Mess from Command Master Chief Ron Glass, U.S. Fleet Forces Command's fleet chief petty officer training team lead, Nov. 16, 2018. (U.S. Navy photo by Senior Chief Mass Communication Specialist Reggie Buggs.)



Leadership is defined as the action of leading a group of people or an organization.

It is forever changing, challenging those in leadership roles to work toward a common goal to support mission accomplishment. It is no easy feat, reminding us that the basics are the foundation of who we are and what leads to our success.

The U.S. Fleet Forces (USFF) fleet chief petty officer training team facilitated training to the Chiefs Mess of the Nimitz-class aircraft carrier USS George Washington (CVN 73) at C-9 on Naval Station Norfolk, Nov. 16.

"Most leadership trainings focus on the individual, whereas we focus on the group dynamic," said Command Master Chief Ron Glass, fleet chief petty officer training team lead. "We bring the mess together and talk about ethics, shaping the tone, enforcing the culture of excellence, and building better warfighters."

The mess was divided into four groups; each one designated a scribe and a presenter to share their responses. Some of the topics discussed were communication,

loyalty, integrity, respect, and understanding.

From strengths to room for improvement, Master Chief Electronics Technician (Nuclear) David Barber, fleet chief petty officer training team member, believes their approach to training helps each group realize they already have it within themselves to make changes within their organization.

"This facilitated training is designed to help the group understand that they already have the recipe; they just need to mix the ingredients," said Barber.

The seminar also focused on the responsibilities of a chief petty officer, key Navy programs, team building, and leader development – the basics of leadership.

"The basics, because they are basic, tend to be overlooked, so

simple things like training and taking care of people tend to get muddled into what you do every day," said Senior Chief Avionics Electronics Technician Dave Tullio, aircraft intermediate maintenance department's leading chief petty officer. "Taking an opportunity to pause and go backward and look at that stuff is important because it reminds us of what we should be doing every day."

Chief Aviation Boatswain's Mate (aircraft handling) Daquann Woodall,

restricted division leading chief petty officer, echoed how the basics are the foundation of successful leadership.

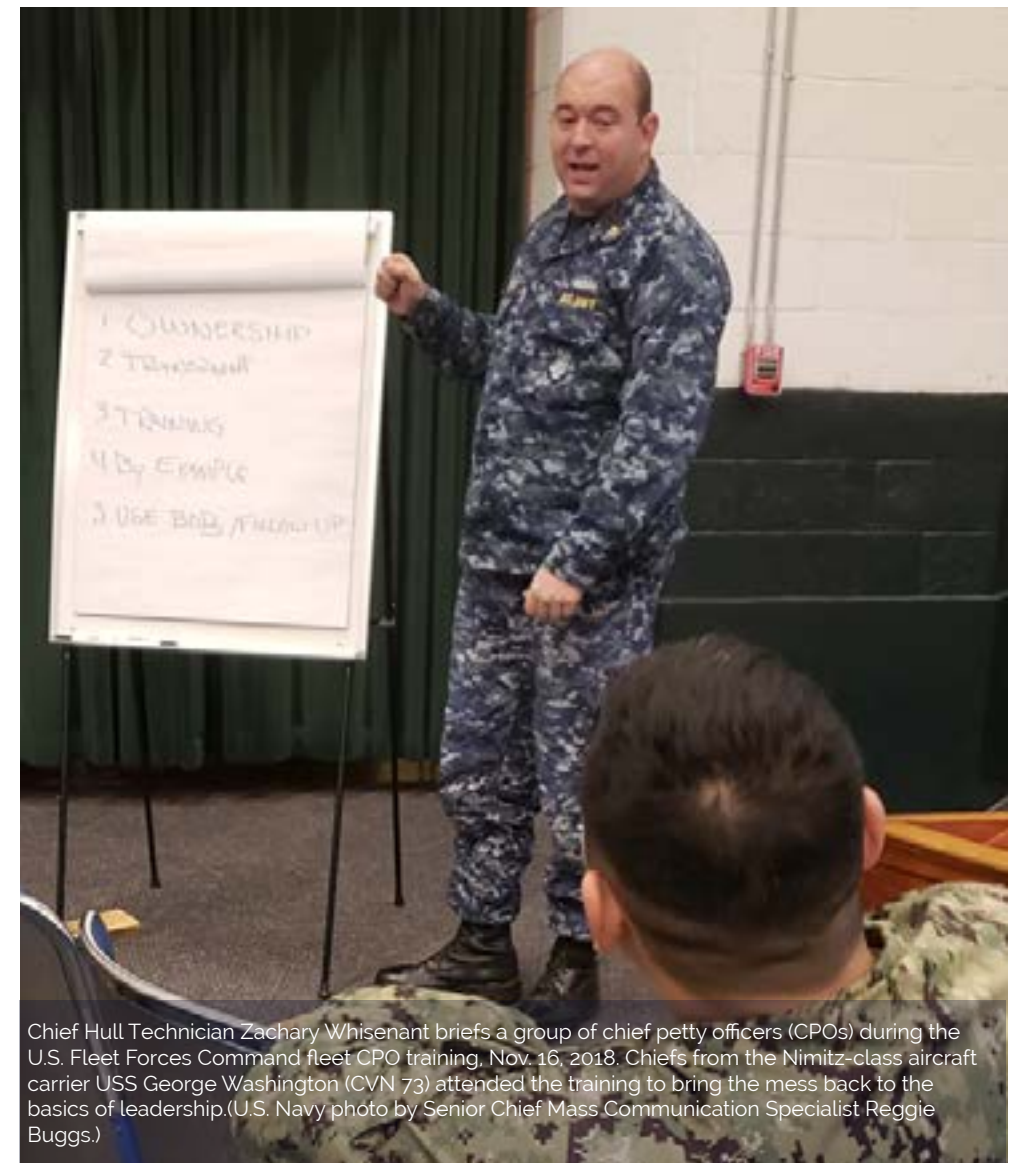
"It refreshes why we're here, our standard and our purpose," said Woodall. "It takes us back to the basics, so we can take care of our Sailors and ourselves more than we did before this training."

For George Washington's Command Master Chief Maurice Coffey, the training was a perfect way to bring leadership full circle.

"Start at the basics, re-sharpen our tools, and remind them what our mission is and continue to press forward," said Coffey. "Re-spark that fire inside our Chiefs Mess, and make sure we're pushing forward in the right way to not only improve our Sailors, but our ship and mess as well."

Ultimately, Barber hopes their training was effective, eye opening, and empowering, because leaders need to be all in.

"Leading Sailors is a tough job, and I hope they take away that their job is tough, but it's important, and they understand the importance," said Barber. "We're in it for the long game. It's not necessarily about winning the battle today; it's about



Chief Hull Technician Zachary Whisenant briefs a group of chief petty officers (CPOs) during the U.S. Fleet Forces Command fleet CPO training, Nov. 16, 2018. Chiefs from the Nimitz-class aircraft carrier USS George Washington (CVN 73) attended the training to bring the mess back to the basics of leadership.(U.S. Navy photo by Senior Chief Mass Communication Specialist Reggie Buggs.)

winning the war tomorrow."

The fleet chief petty officer training team also offers training to first class petty officers and the

wardroom. To schedule training, please email requested primary and secondary dates to [usff\\_fltcpotra@navy.mil](mailto:usff_fltcpotra@navy.mil).



Nimitz-class aircraft carrier USS George Washington (CVN 73) chief petty officers (CPOs) pose for a photo in the auditorium of Building C-9 at Naval Station Norfolk during U.S. Fleet Forces fleet CPO training, Nov.16, 2018. (U.S. Navy photo by Senior Chief Mass Communication Specialist Reggie Buggs.)



# The First Class Petty Officer Ball

U.S. Navy Photos by MCSR Steven Young



Quick Facts  
About

## Domestic Violence

If you are in crisis  
Visit [www.thehotline.org](http://www.thehotline.org)  
Call 1-800-799-SAFE



Every  
**1 min**

20 people are physically abused by their intimate partner



**10+ Million**

People are abused annually in the United States



**1 in 3**  
**1 in 4**

Women and men have been physically abused by their intimate partner



**1 in 2**  
**1 in 5**

Women and men experience sexual violence victimization other than rape



**~20,800**

Calls are made to nationwide domestic violence hotlines a year



**55%**  
Reported

Intimate partner violence is reported to law enforcement



**15%**

Of violent crimes are intimate partner violence



**Only 34%**

Receive medical care for injuries sustained from their intimate partners



**19%**

Intimate partner violence involves a weapon



**500%**

Risk of homicide is increased with the presence of a gun



**~20 women per 1000**

Intimate partner violence is most common among women ages 18-24 and 25-34



**8+ Million**

Days of work are lost by victims of domestic violence each year

Source: NCADV. (2015). Domestic violence national statistics. Retrieved from [www.ncadv.org](http://www.ncadv.org)



# WINTERIZING YOUR VEHICLE

By MC3 Brian Sipe

During the winter months, a car breakdown can turn into an emergency situation very quickly. As such, it is essential that motorists keep supplies on hand and take necessary precautions for any emergency that may arise.

Before driving in winter conditions, The National Highway Traffic Safety Administration advises drivers to plan their route ahead of time. They recommend travelers check the weather, road conditions, and traffic to allow for enough time to safely get to their destination. Additionally, they suggest drivers familiarize themselves with the route they plan to take, even if using GPS, and urge drivers to inform others of the route taken and estimated time of arrival at the destination.

“You should always let someone know of your intentions if you go out driving,” said Aircrew Survival Equipmentman 1st Class Tim Sunderman, USS George Washington (CVN 73) safety department’s assistant leading petty officer. “If you’re travelling somewhere prone to snow and icy roads, it’s best to let someone close or that can help you know. It’s also good to stay in regular contact with that person if you can so you can immediately get

help.”

The Naval Safety Center (NAVSAFECEN) recommends doing a check-up of a car’s systems before adverse weather starts. This includes checking the ignition, brakes, wiring, battery, hoses, fan belts, antifreeze levels, and tires for air, sidewall wear, and tread depth. Along with the check-up, NAVSAFECEN recommends scheduling a tune-up (while checking the owner’s manual for proper tune-up intervals) to ensure quicker starts, better gas mileage, and faster response on pick-up and passing power .

It’s critical for passengers to be prepared for these conditions as well.

“You have to make sure you have water, snacks, and a blanket,” said Intelligence Specialist 3rd Class Nicholas Grabinski , a George Washington Sailor from Portland, Oregon. “If your car were to break down, it could turn bad pretty quick. Stocking your car will help to prevent that and give you more time to get help if you get stuck.”

Additionally, NAVSAFECEN advises having a properly inflated spare tire, shovel, ice scraper, snow brush, jumper cables, tow and tire chains, and a tool kit as necessary equipment for driving in poor

conditions.

“No one really knows how to drive perfectly in the snow,” said Sunderman. “If you encounter icy conditions you should take it slow. It’s better to slow down and be late, then to not arrive at your destination at all.”

NAVSAFECEN offers multiple steps drivers can take if they do become stranded. Staying with the car is paramount unless a driver knows exactly where they are and how far away possible help is. Additionally, drivers should keep at least one window slightly open because heavy snow and ice can seal a car shut. Drivers should use woolen items to keep warm and ward off hypothermia. To attract attention to a car, motorists can light flares at each end of a car, and can attach a bright color cloth to the car from an antenna or other easily visible location.

Conditions can quickly change during inclement weather and it is always advised to be prepared for the worst. If possible, during extremely harsh conditions, it is best not to drive unless there is an emergency. For more information, visit [nhtsa.gov](http://nhtsa.gov) and [safetycenter.navy.mil](http://safetycenter.navy.mil).



First Aid Kit



Full Tank of Gas



Phone Charger



Warm Clothes



Music & Games



Tire Chains



Flares

## What To Keep In Your Car

Be prepared when you encounter winter weather and emergency road closures



Flashlight



Jumper Cables



Ice Scraper & Snow Brush



Water & Snacks





# All Fun and Games

By MCSR Steven Young

Students and parents play board games at I.C. Norcom High School during family game night. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Steven Young)

Jenga, Sorry!, Trouble and other popular board games took center stage at I.C. Norcom High School Nov. 28 when Sailors assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73), along with students, staff, and their families, participated in a family game night. The event was coordinated by Communities In Schools Of Hampton Roads, a non-profit organization dedicated to helping students achieve in school, graduate, and go on to bright futures. “The primary purpose of the family game night is to get parents engaged with their children,” said Shakiya Steward, the program director of Communities In Schools Of Hampton Roads. “Today young people are so attached to their cell phones, social media and things of that sort, so we strive to bring families together without all of those outside distractions. Inviting

parents and other family members out to play games and have fun with their children is a great way to unite families.” Sailors participated as part of a community relations (COMREL) event to interact with residents of the local area. Events like these are a vital aspect of creating a culture of unity between the military and the community. “It’s important for us to build a healthy and productive relationship with the community,” said Aviation Boatswain’s Mate (Handling) 1st Class Rashawn Orr, president of George Washington’s first class petty officer association. “We try to take advantage of these opportunities to strengthen that relationship whenever we can, especially when it involves family.” The Hampton Roads area has an undeniably prevalent military presence. The ability of service members to create positive connections promotes cohesion

among the military and the residents of the city. “There were about 17 Sailors from our indoctrination class that came out,” said Orr. “This was a great experience for our new Sailors. It was a chance for them to actually get out and see what our community looks like and get engaged. The time we spend here in the shipyard during refueling complex overhaul (RCOH) is a perfect time to make a positive impact on the Hampton Roads area. We need to let these Sailors know that the work we’re doing in RCOH is important, but it is also important that we make time for the community.” The Communities In Schools of Hampton Roads’ mission statement is “to surround students with a community of support, empowering them to stay in school and achieve in life.” The organization coordinates with the Navy to help with this mission, encouraging



From left: Airman Recruit Kyle Schuch from Covington, Ga., Airman Karen Penteria from Nogales, Az., Airman Recruit Megan Sachse from Louisville, Ky., Fireman Tony Alderman from Baltimore, all Sailors assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73), pose for a photo during family game night at I.C. Norcom High School. (U.S. Navy photo by Mass Communication Specialist Seaman Recruit Steven Young)

students by providing them with a support system to aid them in their education and personal lives. “I think it’s important for us to get out and be actively involved in the community so we can show them that the Navy is here for them,” said Hospital Corpsman 3rd Class Armenouhie Hodoyan, a Sailor assigned to George Washington. “Coming to something like this at a high school allows us to be role models for these younger people and to be a positive influence to them. It also helps build morale for us Sailors. I think it turned out well. I had a lot of fun.” The event brought laughter, fun,

conversation, and an informal way for Sailors, students, and families to strengthen the bond between the military and the community. “I can’t thank the George Washington crew enough for all of their help with our family game night,” said Steward. “I’ve received good reports back that all of the students and families who attended really enjoyed the games, the meals, and spending time with their loved ones. All of the Sailors who volunteered to come donated games, interacted with the students and families, and helped us set everything up and clean up at the end. I really

appreciate them stepping in the way they did because we all benefited from this.” With George Washington undergoing the RCOH process, Sailors are encouraged to seek out opportunities to become actively involved in the local community. For more information about Communities In Schools Of Hampton Roads, and how to get involved, visit <https://CISofHamptonRoads.org>, or their social media pages: @cisofhr (Instagram), @CISHamptonRoads (Twitter), and Communities in Schools of Hampton Roads (Facebook).



Sailors assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73) pose for a photo during family game night at I.C. Norcom High School where they volunteered for a community relations event. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Steven Young)



# Navy Joins the Nation in Mourning Loss of Former President, Sailor George H.W. Bush

From Yonca Poyraz-Dogan, Navy Office of Information Public Affairs

Among America’s few seafaring presidents, former President George H.W. Bush passed away Nov. 30 at his Houston, Texas home at the age of 94.

“Today, I join the Navy-Marine Corps team, our Nation, and the world in mourning the loss of President George H. W. Bush. Navy Pilot. Congressman. Ambassador to the United Nations. CIA Director. Vice President. President. Father. Husband,” Secretary of the Navy Richard Spencer said in a statement from Washington. “To paraphrase his own words, President Bush’s life is a shining example of service ‘like a thousand points of light in a broad and peaceful sky.’ I offer my deepest condolences to the Bush family, their friends, loved ones, and all who had the privilege of knowing President H. W. Bush.”

Bush enlisted in the US Naval Reserve June 13, 1942 on his 18th birthday after the attack on Pearl Harbor in December 1941. He had preflight training at the University of North Carolina at Chapel Hill and became one of the youngest naval aviators. He was commissioned as an ensign in the US Naval Reserve June 9, 1943, days before his 19th birthday.

Bush was assigned to Torpedo Squadron (VT-51) as photographic officer in September 1943. As part of Air Group 51, his squadron was based on USS San Jacinto, part of Task Force 58 which participated in operations against Marcus and Wake Islands in May, and then in the Marianas during June 1944. The task force triumphed in one of the largest air battles of the war. Returning from the mission, his aircraft had to make a forced water landing, and then rescued by the destroyer, USS Clarence K. Bronson. On July 25, Ensign Bush and another pilot received credit for sinking a small cargo ship.

Chief of Naval Operations Adm. John Richardson said in a statement that the country lost “a great leader” and the Navy “a true shipmate.”

“A Statesmen. A Public Servant. A Sailor. The country has lost a great leader and we have lost a true shipmate. He epitomized integrity, accountability, initiative, and toughness in the service



ATLANTIC OCEAN (Nov. 6, 2018) The aircraft carrier USS George H.W. Bush (CVN 77) transits the Atlantic Ocean, Nov. 6, 2018. George H.W. Bush is underway in the Atlantic Ocean conducting routine training exercises to maintain carrier readiness. (U.S. Navy photo by Mass Communication Specialist Seaman Kaleb Sarten/Released)

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.”

During his service as a Navy pilot, Bush had a hit on his aircraft and was rescued by a submarine. According to Naval History and Heritage Command archives, after Bush was promoted to Lieutenant Junior Grade Aug. 1, San Jacinto commenced operations against the Japanese in the Bonin Islands, 600 miles south of Japan. Bush piloted one of four aircraft from VT-51 that attacked the Japanese installations on Chi Chi Jima in Sept. 1944. Although Bush’s aircraft was hit and his engine caught fire during the attack, he was able to complete the mission and bail out successfully. He was rescued by a Navy submarine, the USS Finback. Tragically,

his two crew members were killed.

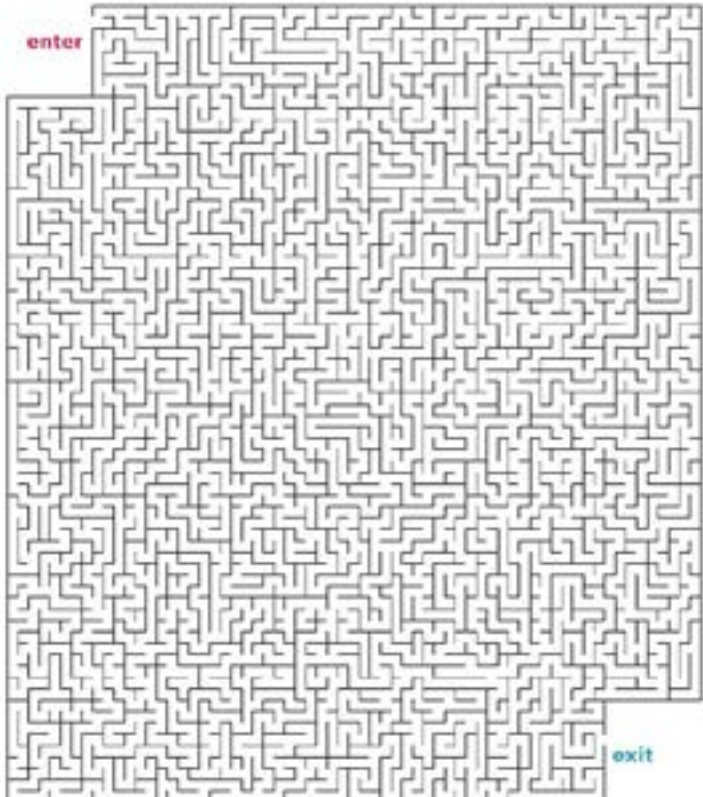
Naval History and Heritage Command archives also state that Bush returned to San Jacinto in November 1944 and participated in operations in the Philippines. When San Jacinto returned to Guam, the squadron, which had suffered 50 percent casualties of its pilots, was replaced and sent to the United States. Throughout 1944, Bush had flown 58 combat missions for which he received the Distinguished Flying Cross, three Air Medals, and the Presidential Unit Citation awarded San Jacinto.

George H.W. Bush had expressed the meaning of the Navy for him in an address aboard USS George H.W. Bush (CVN 77):

“My Navy days taught me the true meaning of friendship and of freedom. And looking back, I love my time serving in the Navy, the three years, aboard the San Jacinto, CVL 30, flying in Torpedo Squadron 51. And they made a man out of a scared kid.”

CAVU Mr. President, C-A-V-U, ceiling and visibility unlimited.

## GEORGE'S CORNER



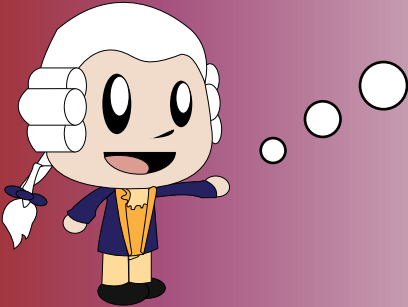
### Riddle #1

What do Snowmen call their kids?

		3		8	9		
			9		6		
		8	5	4		3	
8		2					
	1		3	7		8	
					4		6
	6		4	5	1		
		4		3			
		9	1		3		

### Riddle #2

How does Jack Frost get to work?



“We cannot make events. Our business is to wisely improve them.”

- Samuel Adams

### Riddle Answers

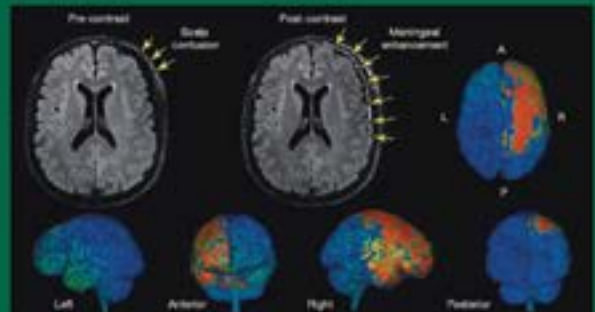
Chill-dren/By Iclde



# How Can You Tell If You Have a CONCUSSION?

## 1 WHAT IS IT?

A concussion is a traumatic brain injury resulting from hitting your head causing the brain to swell. If left untreated, concussions can affect academics, relationships, job performance, physical ability and mental health.



MRI of a patient's brain, 19 hours after a fall, shows bleeding and damage to the lining between the skull and brain. Photo from the National Institute of Neurological Disorders and Stroke.

## 3 TREATMENT

If you or someone you know is experiencing any of these symptoms, **GO TO MEDICAL IMMEDIATELY**. There may be more serious damage that won't be identified unless you are examined. If something happens **at home** go to the **ER**.

## 2 SYMPTOMS

Headache and Nausea  
Difficulties remembering, thinking, reading or concentrating  
Getting lost or easily confused  
Lethargy  
Mood Swings  
Dizziness or loss of balance

## 4 PREVENTION

Wear hardhats and eye protection while transiting the ship. The only time a hardhat isn't required is when departing the ship for the day or arriving for work.

