



# THE WASHINGTON SURVEYOR

FEB. 05, 2018

*By MCSA Steven Young*

## THE GOLDEN THIRTEEN

THE NAVY'S FIRST AFRICAN AMERICAN OFFICERS

*By MC3 Kristen Yarber*

## REACTOR DEPARTMENT

DEPARTMENT IN THE SPOTLIGHT

*By MCSN Trey Hutcheson*

## WHO'S THE BOSS?

GW'S NEW FITBOSS

## The Washington Surveyor

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### Executive Officer

CAPT Colin Day

### Command Master Chief

CMDCM Maurice Coffey

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# SAILOR of the WEEK



**MMN2 Caitlin Fuller**

**DEPARTMENT:** *Operations*

**WHEN I JOINED THE NAVY:** *Oct. 2013*

**HOMETOWN:** *Union Beach, New Jersey*

**FAVORITE PART OF JOB:** *"I really like training different Sailors and helping them learn more. There are many challenges in the job and lots of opportunities as well."*



**On the cover:** The Golden Thirteen, the first African-American U.S. Navy Officers. Photographed 17 March 1944. They are (bottom row, left to right): Ensign James E. Hare, USNR; Ensign Samuel E. Barnes, USNR; Ensign George C. Cooper, USNR; Ensign William S. White, USNR; Ensign Dennis D. Nelson, USNR; (middle row, left to right): Ensign Graham E. Martin, USNR; Warrant Officer Charles B. Lear, USNR; Ensign Phillip G. Barnes, USNR; Ensign Reginald E. Goodwin, USNR; (top row, left to right): Ensign John W. Reagan, USNR; Ensign Jesse W. Arbor, USNR; Ensign Dalton L. Baugh, USNR; Ensign Frank E. Sublett, USNR. Courtesy of Surface Warfare Magazine, 1982. U.S. Naval History and Heritage Command Photograph.



(Jan. 26, 2018) AZ1 Christine Rivera salutes the ensign during her retirement ceremony. (Photo by MCSN Michale Botts)

## QUESTIONS of the WEEK

**DC**

**Q:** *How is Halon 1301 activated?*

**A:** BY A FIVE POUNDS CARBON DIOXIDE BOTTLE;PULL PIN AND SQUEEZE HANDLE.

**3M**

**Q:** *What are the different SPMIG categories?*

**A:** TEST EQUIPMENT, II. MATERIALS, III. PARTS, IV. TOOLS, V. MISCELLANEOUS

**SAFETY**

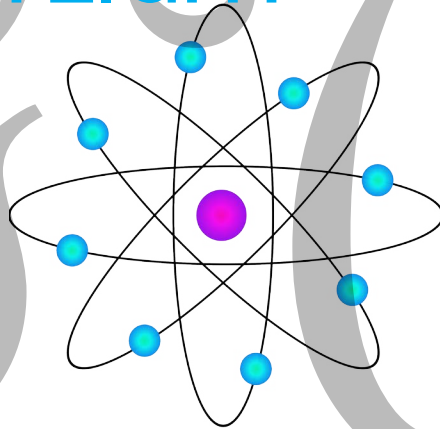
**Q:** *What is a Class "D" Mishap?*

**A:** \$20,000 OR MORE BUT LESS THAN \$50,000. RECORDABLE INJURY OR ILLNESS NOT OTHER CLASSIFIED AS A CLASS A, B, OR C.

# DEPARTMENT

in the

# SPOTLIGHT



## REACTOR

By MC3 Kristen Yarber

**W**hile most aircraft carrier departments' workloads decrease somewhat during a Refueling and Complex Overhaul (RCOH), the reactor department's responsibilities greatly multiply. Every department plays a vital role in RCOH, conducting maintenance on ship's equipment and keeping their spaces clean. However, the main purpose of RCOH is to refuel the ship—a process in which the reactor department is key.

"The primary mission of our department is seeing the overall safe completion of RCOH," said Electrician's Mate (Nuclear) 1st Class Timothy Micke, staff for the reactor training division aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). "This ship has been running on its original fuel source since 1992. It has traveled several million miles over the past 26 years, and this is the only refueling this carrier will ever receive."

Micke said the Sailors from reactor do most of the hands-on work in the refueling process, and shipyard workers oversee their progress.

"They are the technical experts for

RCOH, this is what they do," said Micke. "They aren't allowed to operate on the plant, so they guide us."

To make all of this possible, every Sailor in reactor must complete an extensive list of qualifications that require years of studying and training. These credentials are in addition to the basic qualifications most Sailors have to get, such as Enlisted Surface Warfare Specialist.

"You're in the Navy three to four years before you're a qualified Sailor," said Micke. "We are held to an extremely high standard."

Electrician's Mate (Nuclear) 3rd Class Daron Bates knows this all too well, as he arrived in November 2017, and is working towards all of his in-rate qualifications.

"I'm excited to get more time on the ship once I'm qualified," said Bates. "It will be nice to finally do what I've been training for."

Once Sailors meet these standards, they are authorized to do a job a very small percentage of the world's population can do.

"Only three percent of the country is eligible to join the military," said

Micke. "And of that three percent, only 10 percent is qualified to do our job. At 19, I was operating a nuclear plant. Who else can say that?"

Currently, these Sailors are preparing to remove the old fuel source. After its removal, the new fuel source will arrive, and they will begin the refueling portion of this evolution.

Micke said when the new fuel arrives, it will be heavily guarded by Marines. People working on the ship need to heed the warnings of the security surrounding the compound.

Once RCOH is complete, reactor will resume its normal duties. Comprised of seven divisions, the department will maintain propulsion, steam for catapults, electricity, potable water and hot water heaters.

"The job will definitely change when we are out of the shipyards," said Bates. "It will be way more work intensive."

George Washington's reactor Sailors are able to say they were a part of something only a small portion of the naval nuclear community does: refuel a nuclear-powered carrier for its next 25 years of service.



# GW

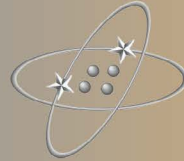
## Reactor Department

### Nuclear Field Ratings:

Perform duties in nuclear propulsion plants operating reactor control, propulsion and power generation systems



**Machinist's Mate  
(Nuclear)**



**Electronics Technician  
(Nuclear)**



**Electrician's Mate  
(Nuclear)**

The nuclear program has a

**75%**  
failure rate

### Reactor Divisions:

**Electrical**-performs maintenance on equipment

**Propulsion**-deals with main engines and ship's generators

**Mechanical**-deals with auxillary equipment

**Controls**-focuses on core safety and watchstanding

**Laboratories**-maintains reactor chemistry

**Auxillaries**-maintains diesel generators

**Training**-provides training and writes casualty scenarios



**25 or younger**

those with 6-10 years of service are eligible for bonuses up to

**hold top secret  
security clearance**



**\$65,000**



**6 year active duty  
obligation**

those eligible for Enlisted Supervisor Retention Pay can get up to

**have a high  
school diploma**



**\$100,000**



**complete 1 year of  
algebra**





# THE NEW BOSS INTOWN

ROSALIO NIETO RELIEVES NATE OWEN AS FITBOSS

By MC3 Trey Hutcheson

Jan. 16, Nate Owen, the Fitness Director of Huntington Hall, passed the baton as the Nimitz-class aircraft carrier USS George Washington (CVN 73) afloat fitness specialist, or Fit Boss, to Rosalio Nieto.

Nieto's primary purpose is to provide fitness activities, workouts and challenges, and keep morale up whether de-

ployed abroad, or here in the shipyard.

"Fit Bosses impact the Navy by helping Sailors maintain physical readiness so they can pass the physical fitness assessment (PFA), while also educating them on what they can achieve and do with their body to best help their health," said Nieto, the afloat fitness specialist for George Washington.

Nieto knows first-hand what it means to be a Fit Boss in the yards. Before coming to the George Washington, Nieto was assigned to the USS Boxer (LHD 4). He worked there for four and a half years. Although he has prior experience in the yards, Nieto recognizes there will be some differences moving from an amphibious ship to an aircraft carrier.

"It does not matter what their issue is, or what they are trying to achieve, I am able to provide services to everyone."

-Rosalio Nieto

“I just left the yard period with the Boxer, and now I am coming to the yard period with the George Washington,” said Nieto. “My first impression was that this is a lot bigger. There are a lot more moving parts with the aircraft carrier than an LHD.”

Since a carrier has a larger crew than an amphibious ship, it gives Nieto a larger platform to do what he loves, and that is helping people.

“My favorite part about my job is that I do not have to charge each individual person,” said Nieto. “Coming from the private sector, I could only help individuals that paid me, but now that I am in the federal sector, I can help every Sailor. It does not matter what their issue is, or what they are trying to achieve, I am able to provide services to everyone.”

While Nieto is eager to hit the ground running, his predecessor left him with a

few words of advice.

“The best thing that I can tell the new Fit Boss is try to get Sailors motivated as much as you want to work out,” said Owen. “I know that being in the yards it is hard. When Sailors get off work, they want to run home, so if you get them to try to stay another hour or so to PT (physical training), or do a class, it can go a long way in keeping the mandatory attendance down at FEP (Fitness Enhancement Program).”

After offering advice, Owen went on to reflect on some of his favorite events aboard George Washington.

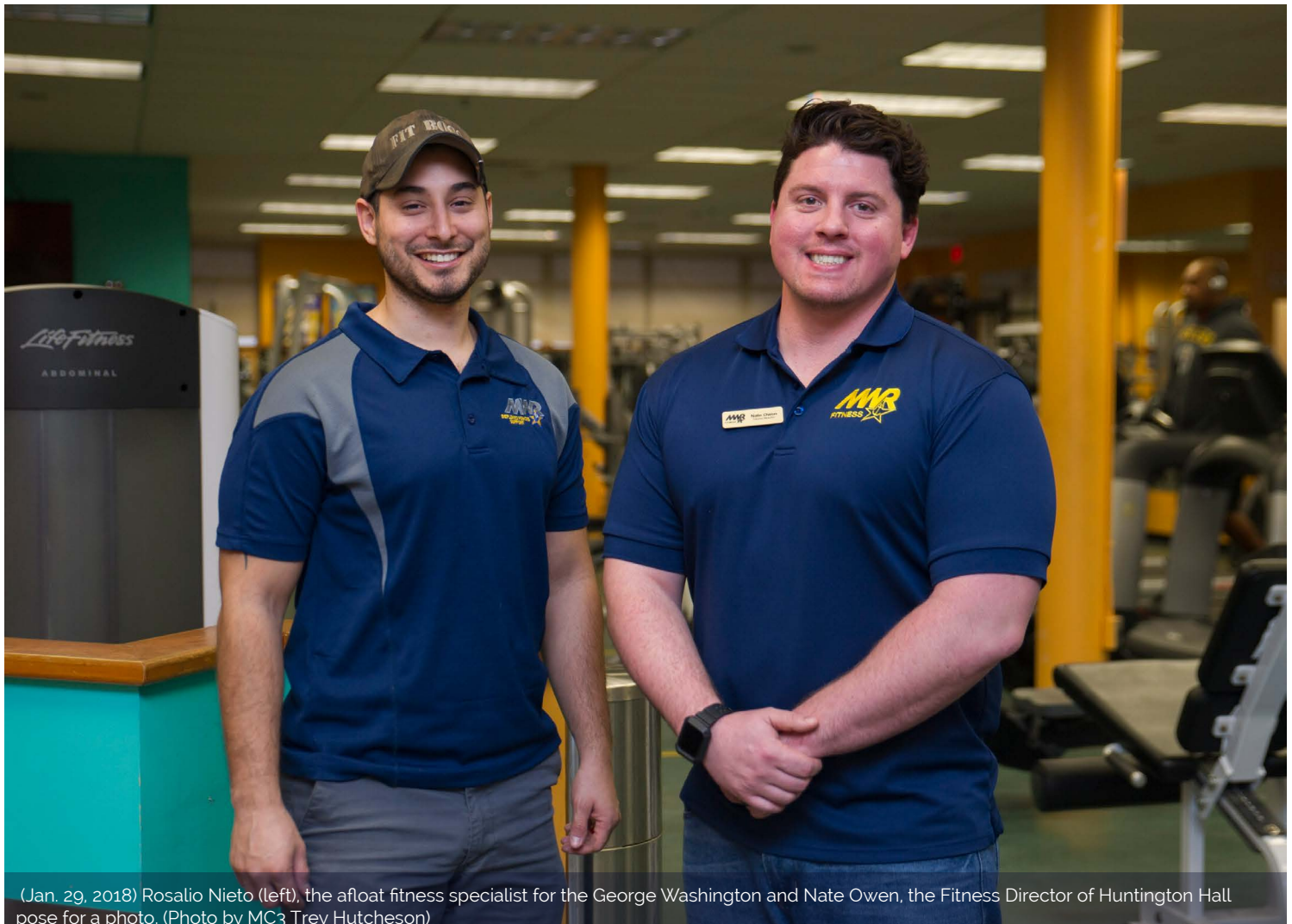
“One of my favorite events we did was near the end of the George Washington’s last underway, we did a tractor pull,” said Owen. “I thought it was a very cool event with the Sailors pulling the tractors, and the fastest time wins.”

With Nieto jumping in, the fun and fitness will continue.

Nieto will be bringing new classes and events in the upcoming months that will encourage working out, and help raise morale through exercise.

“I plan to run a TRX (total body resistance exercise), HIT (high-intensity training), strength, core and stability and rehabilitation class,” said Nieto. “As for events I plan on having a weekly Saturday run, walk and stroller club. In a few months, we are going to have a strong Sailor competition and overall team fitness competition, and possibly a mileage and lifting club.”

Nieto will be the Fit Boss for the rest of George Washington’s refueling and complex overhaul (RCOH) period, so he will be here a minimum of three to four years.



(Jan. 29, 2018) Rosalio Nieto (left), the afloat fitness specialist for the George Washington and Nate Owen, the Fitness Director of Huntington Hall pose for a photo. (Photo by MC3 Trey Hutcheson)



# THE GOLDEN 13

## THE FIRST AFRICAN-AMERICAN OFFICERS IN THE NAVY

By MCSA Steven Young

**T**he history of African-American Sailors in the United States Navy is often referred to as one of mutability. From 1893 onward, African-Americans were able to enlist in the Navy's Messman's and Steward's branches, which segregated them from the rest of the Navy community, and prevented them from being commissioned officers. Following World War I, African-Americans were barred from naval service from 1919 until 1932.

On June 25, 1941, President Franklin D. Roosevelt signed executive order 8802, which prohibited racial discrimination by any government agency. This presented new opportunities for not only African-American Sailors, but Sailors of all different races and ethnicities that were currently enlisted in the Navy.

During World War II, military conscription brought tens of thousands of African-American recruits into the Navy. Commanders and government officials realized the absence of African-American officers to lead them, and in 1943, Secretary of the Navy Frank Knox agreed to commission African-American officers to lead the growing number of black Sailors coming into the Navy. 16 candidates were chosen for 12 officer rankings. Historians later learned that the Navy expected a 25 percent attrition rate, or that at least four of the candidates would not be able to pass the course.

In January 1944, the Navy began its two-month officer training course for the 16 enlisted men at Recruit Training Center Great Lakes. Despite Navy officials' expectations, all 16 passed the course.

We decided early in the game that we were going to either sink or swim together, said George Clinton Cooper, one of the officer training course graduates, to Paul Stillwell, a historian for the Naval Institute.

"I can remember being in those barracks, and sitting in the head after lights out just drilling each other back and forth, because we were convinced that if one of us made it, we were all going to make it," said Cooper.

12 of the graduates (John Walter Reagan, Jesse Walter Arbor, Dalton L. Baugh, Frank E. Sublett, Graham Edward Martin, Phillip George Barnes, Reginald Goodwin, James Edward Hare, Samuel Edward Barnes, George Clinton Cooper, William Sylvester White and Dennis Denmark Nelson) were commissioned as Ensigns, and one (Charles Byrd Lear), the only candidate lacking a college degree, was appointed as a Warrant Officer. These men became known as the Golden Thirteen, the first African-American officers in the Navy.

Gen. Colin Powell was quoted in Stillwell's book *The Golden Thirteen: Recollections of the First Black Naval Officers*, saying "From the very be-

ginning, they understood that history had dealt them a stern obligation. They realized that in their hands rested the chance to help open the blind moral eye that America had turned on the question of race."

Even though the Golden Thirteen had broken barriers by becoming the first African-American officers, they were often denied the privileges and respect shown to white officers.

Many white Sailors simply refused to salute, said Cooper.

The Golden Thirteen were frequently given menial assignments that fit the Navy's segregated system. These assignments included training black recruits, overseeing all-black logistics units and commanding small vessels crewed by predominantly African-American Sailors. Although they often felt overqualified for the positions they were given, they did not let that stop them from leading their Sailors, and serving to the best of their abilities.

Only one of the Golden Thirteen made the Navy his career after the war. The rest went on to a number of civilian careers including education, business, social work and law enforcement. In their later years, the Golden Thirteen were frequent guests of honor at gatherings among the growing number of African-American commissioned officers.

The ground-breaking achievements of the Golden Thirteen opened doors for following generations of Afri-



can-American men and women in the Navy, as well as other branches of military service. Sailors such as Samuel Lee Gravely Jr., the first African-American admiral, and first to command a Navy ship, Frances Wills and Harriet Pickens, the first African-American female officers, all benefitted from the accomplishments and contributions of the Golden Thirteen.

According to the U.S. Department of Defense, as of 2001, there were approx-

imately 145 African-American officers in the Navy, ranging from captains to admirals. In 2014, Michelle Howard became the first African-American woman to reach the rank of O-10, as she was appointed as vice chief of naval operations.

According to the Military Leadership Diversity Commission, as of 2009, African-Americans had an average promotion rate of 53 percent to O-6.

As time goes on the African-Amer-

ican presence in leadership continues to evolve. Future generations of young men and women of all races, nationalities and cultures serving in the Navy are afforded opportunities thanks to the fortitude and resolve of pioneers such as the Golden Thirteen. Their hard work and dedication to service still resonates throughout the Navy today, and will continue to do so for generations to come.

On board USS Kidd (DDG-993) in April 1982. They are (seated, left to right): Jesse W. Arbor; Dalton L. Baugh; William S. White; Samuel E. Barnes; (standing, left to right): George C. Cooper; James E. Hare; John W. Reagan; Graham E. Martin; Wesley A. Brown; Frank E. Sublett. Brown was the first African-American graduate of the U.S. Naval Academy. The others were members of the Golden Thirteen, the first African-American Navy officers, who were commissioned in 1944. Courtesy of Surface Warfare Magazine, 1982. U.S. Naval History and Heritage Command Photograph.





By MC3 Shayla Hamilton

## MEET THE CMC

**T**he crew aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) has endured multiple changes and transitions in the past year. From welcoming a new commanding officer, to watching the ship transform before their eyes during refueling and complex overhaul (RCOH), George Washington Sailors embraced each change as it came. With all the changes aboard George Washington, it was only fitting to include a new command master chief.

Command Master Chief Maurice Coffey, whom was previously assigned to George Washington approximately eight years ago, returned for his second tour Oct. 26. With 29 years of service under his belt, Coffey became familiar with many aspects of the Navy, including Navy life in the shipyard.

During Coffey's time aboard

George Washington, he will lean on departmental leading chief petty officers (DLCPOs) to help communicate his expectations for the crew, as well as serve as a liaison for the commanding officer (CO) to the crew.

"I am a direct liaison to the CO for the enlisted side of the house," said Coffey. "I pass their messages to the CO and get the CO's messages to them. I am ultimately a sounding board for the CO. I make sure that with his busy schedule, he's not forgetting the little things as well. The triad, [CO, Executive Officer, CMC] we sit, and we talk and look at everything that's going on with the command. We each go out in different directions to take the pulse of the command to make sure we're making the right decisions."

Coffey also said he holds monthly meetings with George Washington's

chiefs and weekly meetings with the DLCPOs to make sure the messages are being communicated to the more junior Sailors.

"We all get together, we all have an equal voice in there," said Coffey. "I listen to what they need from me, and I tell them what I need from them, as the command master chief. No one person can accomplish this job; you have to work as a team from top to bottom."

Coffey also expressed the importance of having Sailors understand that no matter how small the job they're doing may seem, they're still vital assets to the mission.

"You have to look at the bigger picture," said Coffey. "It's kind of hard for example, if I'm that young deck seaman and I have no clue what they have me doing, except for chipping and grinding paint. 'Why am I chipping and grinding paint?'"



We did this last month. Why am I repainting it?’ Well, we have to protect the ship. This ship is a forward projection of force for the United States of America. It’s also a forward projection of peace for the United States of America. We have the ability to do both. Everybody’s role is just as vital as the next persons’. We have a need for you, no matter what. Whether you’re on the mess decks making omelets, or if you’re down in the bilges or in the reactor plant, everyone’s role is important.”

they still align with the CMC’s expectations. Coffey relies on the DL-CPOs to ensure Sailors are staying on track with training and obtaining qualifications during the ship’s maintenance period.

“My mission as the supply DL-CPO is to ensure my department is providing the best customer service on the waterfront, and boosting morale to support the ship’s mission,” said Master Chief Mary Ames, George Washington’s supply department leading chief petty officer. “I

make it,” said Ames. “Before you know it, four years of your life will have gone by and you’ll want to look back and say, ‘I achieved that. I advanced. I became a chief or LDO [limited duty officer], all while in the yards.’ Leave a legacy; give everything you’ve got and take everything you want with no regrets of the footprint you left for others to follow.”

Ultimately, both Ames and Coffey have one priority at the forefront, and that is looking out for the best

“We have a need for you, no matter what. Whether you’re on the mess decks making omelets, or if you’re down in the bilges or in the reactor plant, everyone’s role is important.”

-CMC Maurice Coffey

Coffey says that the most challenging part is keeping Sailors engaged in their jobs. One of his main focuses is to put plans in place to allow Sailors to go out to active commands to get training and experience they may not receive during the ship’s yard period. In addition to gaining experience and training, Coffey holds his Sailors to five basic expectations.

“I have five expectations of every Sailor,” said Coffey. “Be at work on time, have your uniform squared away, be ready to work, be ready to learn, be respectful.”

While George Washington’s DL-CPOs play their own separate roles,

tell my Sailors that the time and effort we are putting in now will show when the ship is coming out of the yards in 2020. I think the CMC’s expectations are to ensure the chiefs are policing our Sailors, as well as ourselves, and enforcing standards. I think he is big on making sure everyone is doing an honest day’s work, and that we are achieving milestones as well, so when it’s time to bring her [the ship] back to the fleet, she will be ready.”

During the RCOH period, Ames says she encourages her Sailors to set goals for themselves now, to reap the benefits in the future.

“The RCOH period is what you

interest of their Sailors.

“I want everyone to understand their role,” said Coffey. “Get out, learn. We all should have mentors. Our mentors should push us just as much as we push them. You want to find the better you. Learn more about your rate and continue to advance. Don’t close those doors.”

Coffey continues to build relationships with the crew, and carryout the Navy’s mission. With Coffey leading the way as CMC, the Navy is sure to have a mission-ready crew once George Washington returns to the fleet.

(Jan. 29, 2018) Capt. Glenn Jamison, commanding officer USS George Washington, speaks to Sailors during an indoctrination class at Huntington Hall. (U.S. Navy photo by MCSN Julie Vujevich)



By MCSN Julie Vujevich

## WELCOME TO GW: COMMAND INDOC

Every duty station has a command indoctrination program, or “indoc” that is designed for Sailors checking into a command, whether the Sailor is new to the Navy, or the Sailor has been in for a while. For the Nimitz-class aircraft carrier USS George Washington (CVN 73), indoc is run a little bit differently than on other carriers.

While indoc on most ships is conducted aboard the ship, George Washington had to break from that practice due to the beginning of refueling and complex overhaul (RCOH) and the move to Newport News. George Washington indoc is now held at Huntington Hall.

“At first, when we came to New-

port News from Norfolk, we were having a lot of technical issues that reflected in our end-of-course critiques,” said Fire Controlman Petty Officer 1st Class Matthew Walsh. “But, the facilitators and the students were able to overcome those difficulties, and things have been running smoothly ever since. I think we are running a really good program over here and it’s showing in the critiques we get.”

Indoc is a two week course that is designed to inform new Sailors of programs available for them and getting Sailors qualified and requalified in basic damage control (DC), Maintenance Material Management (3M), and first aid and cardiopulmonary resuscitation (CPR).

“In the past, it sometimes took longer for Sailors to get these qualifications, or to requalify because they could get sent to a TAD (temporary assigned duty) or be otherwise too busy to get it done,” said Walsh. “Now, we can qualify them more expeditiously here in indoc while covering all bases. When Sailors reach the ship after indoc, they will only have a few steps to take to fully qualify in those areas.”

While in indoc, Sailors are taught the rules of the command, informed of programs that are available to them and what the ship has to offer from each department.

“We have a lot of things that we have tried to incorporate in getting Sailors adjusted to ship life in

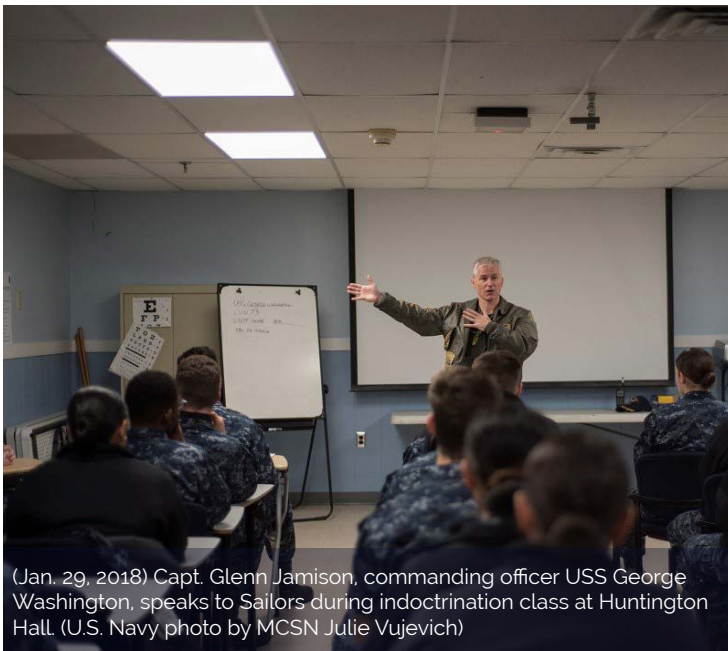


(Jan. 29, 2018) Sailors sit in indoctrination class at Huntington Hall. (U.S. Navy photo by MCSN Julie Vujevich)



RCOH before they get here,” said Chief Hamilton Bryant, the indoc program coordinator. “I always leave my name and my phone number at the end of each class and tell them that no matter what, I’m always going to be available if they need assistance with anything. I care a lot about each and every Sailor on the ship and that comes through this class.”

George Washington’s indoc class gives new Sailors a face to the names they will commonly hear, connects them to other Sailors and provides interactive training. These classes can be beneficial to Sailors whether it’s their first command or their fifth command.



(Jan. 29, 2018) Capt. Glenn Jamison, commanding officer USS George Washington, speaks to Sailors during indoctrination class at Huntington Hall. (U.S. Navy photo by MCSN Julie Vujevich)



(Jan. 29, 2018) LSSR Anthony Papa, from Grand Rapids, Michigan, sits in indoctrination class at Huntington Hall. (U.S. Navy photo by MCSN Julie Vujevich)

## CNO, MCPON Hold Mayport All-Hands Call Aboard USS Iwo Jima

*From USS Iwo Jima (LHD 7) Public Affairs Office*

**C**hief of Naval Operations (CNO) Adm. John M. Richardson and Master Chief Petty Officer of the Navy (MCPON) (SG/SW/IW) Steven S. Giordano held an all-hands call onboard the amphibious assault ship USS Iwo Jima (LHD 7) Jan. 24.

While speaking with more than 1,100 Sailors and Marines assigned to commands homeported onboard Naval Station Mayport, Richardson and Giordano answered questions on topics such as paternity leave, training and the Sailor 2025 program.

They also sent their best wishes to the crews of Iwo Jima and USS New York (LPD 21) well on their upcoming deployment.

“Over the past few months with your outstanding hurricane relief efforts, you have shown how the Navy can be the best partner and friend you can choose, but now you are going to get the fighting part of the ships going so people understand we are the worst possible enemy you can ever choose,” said Richardson. “I know that you will go out there and do a tremendous amount of good and show what the terms ‘Navy Power’ and ‘Uncommon Valor’ really mean. Be safe every day and make sure that every one of you who leave come back home as well.”

Richardson and Giordano also spoke about how they begin their jobs each day.

“As MCPON and I meet every day, we try to figure out the right decisions to help make you a better Sailor and help you perform to the

maximum of your potential,” said Richardson.

Many questions from Sailors regarded future advancements in the fleet.

“If you look at the numbers, you can see that quotas are continuing to go up,” said Giordano. “It’s critical that we help afford you every opportunity to continue your upward mobility.”

“One of the major themes of today is that our Navy is growing,” said Richardson. “We are building more ships, we are recruiting at record rates, we don’t want people to depart the Navy. We want to help build a stronger Navy for the future and that means more opportunity for each of you.”

The highlight of the call was the discussion of replacing Navy Working Uniform (NWU) Type I blue undershirts with the NWU Type III undershirts.

“This is the third time I’ve gotten this question,” said Richardson. “I think we can do away with the blue undershirts. Anybody have any use for the blue undershirt once we go to NWU Type IIIs? Anyone want to keep it? Okay, done, we’ll kill it. We’ll go to brown in the near future.”

Following the all-hands call Richardson and Giordano took time to shake hands and take personal photos with Sailors before departing the ship.



180124-N-QJ850-0098 MAYPORT, Fla. (Jan. 24, 2018) Chief of Naval Operations Adm. John M. Richardson listens to a Sailor's question during an all-hands call aboard the amphibious assault ship USS Iwo Jima (LHD 7). (U.S. Navy photo by MC2 Andrew Murray/Released)



# MEN'S HEALTH

When it comes to preventing disease, eating right and a healthy lifestyle are your strongest line of defense against heart disease, diabetes, cancer, stroke, Alzheimer's and other diseases. Consult a registered dietitian or visit [www.EatRight.org](http://www.EatRight.org) for more information.

## BRAIN

Men need folic acid, too! Scientists are finding more and more evidence that high blood pressure, high cholesterol and low levels of the vitamin folate may increase the risk of developing Alzheimer's disease. Eat folate-rich foods: fortified cereals and pastas, dark leafy greens, asparagus, broccoli and citrus fruits.

## HEART AND BLOOD

Did you know you can keep your heart healthy right in your own kitchen? Cooking at home allows you to control the amount of salt and calories from solid fats and added sugars in your food. Stock up on heart-healthy oils like canola, olive or soybean or use non-stick cooking spray to prepare foods.

## LUNGS

Smoking dramatically raises your risk for diseases and health complications, but quitting can be difficult and leave you with strong cravings to eat. Choose nutrient-dense foods like whole grains and legumes to curb cravings and keep you feeling fuller, longer. Become a "mindful" eater to truly experience the flavor and aroma of food you may have been missing out on.

## KIDNEYS

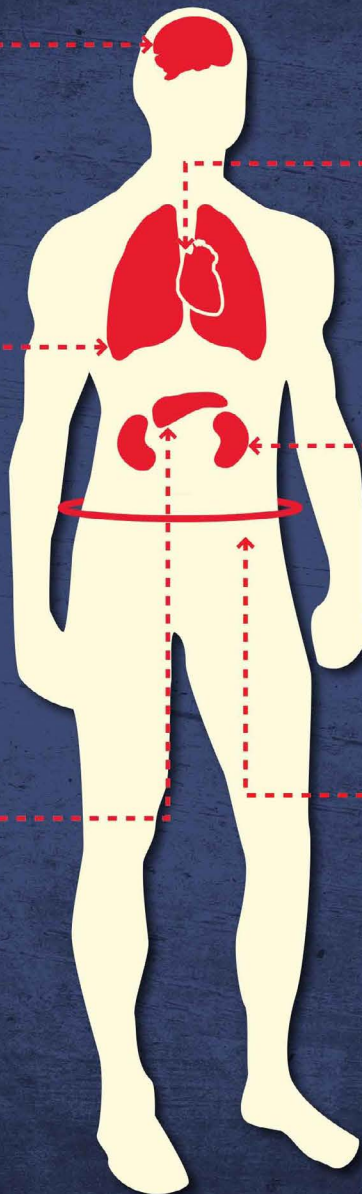
The kidneys serve many essential regulatory roles in the human body, but did you know they have perfected a balance of salt and water to regulate blood pressure? Keep the balance intact by replacing lost fluids. Adults lose 10 or more cups of water daily.

## PANCREAS

Your pancreas is busy working two jobs to keep you healthy: producing hormones like insulin and aiding in the digestion process. Lend your pancreas a hand by making healthier food choices. Enjoy smaller portions of foods containing solid fats, such as regular cheese, sausage, bacon, pizza and grain-based desserts.

## BODY MASS INDEX (WAIST)

Men gain weight around the middle, placing "extra baggage" around their waist and putting them at risk for serious diseases. Get out the tape measure! If your waist measures more than 40 inches around, it's time to shed some pounds.



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# UNIFORM TRANSITION GUIDELINE

Starting October 1st, 2019, the type III Navy Working Uniform (NWU) will be a mandatory sea bag item.

Until 28 February, 2018, Sailors are authorized to wear either the blue or tan ball cap with type III NWUs. As of March 1st, only the tan ball cap or type III 8-point cover shall be worn with the type III NWU.



All hands shall wear black leather safety boots with Type III NWU.

The following prescribed and optional items are authorized for wear to, from, and aboard George Washington.

1. Parka with a matching pattern to the uniform you are wearing.
2. Foul weather trousers.
3. Black fleece liner.
4. Black, non-leather gloves
5. "Don't tread on me" and reverse U.S. flag patches (Type III NWU only).
6. Black umbrella.
7. Black earmuffs (with parka only).
8. Black handbag

