

RUSSELL EGNOR NAVY MEDIA AWARD WINNING NEWSPAPER

FIVE STAR



APRIL 10, 2019

WWW.EISENHOWER.NAVY.MIL



"WE'RE BACK": IKE CONDUCTS FIRST LAUNCH AND RECOVERY SINCE 2017

BY MC3 DEVIN ALEXONDRA LOWE



An F/A-18F Super Hornet from the "Fighting Swordsman" of Strike Fighter Squadron (VFA) 32 lands on the flight deck of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Kaleb Sarten.

An F/A-18E Super Hornet assigned to the "Gunslingers" of Strike Fighter Squadron (VFA) 105 successfully completed the first trap and launch aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) since completion of a Planned Incremental Availability (PIA) during the ship's flight deck certification, April 9.

For the past several months, Ike Sailors have been preparing for flight deck certification. The recovery of the F/A-18E Super Hornet marked the beginning of flight operations and the continuing preparations for Carrier Strike Group (CSG) 10's planned deployment.

"Watching the Sailors move with a sense of urgency while demonstrating the utmost professionalism is inspiring," said Lt. Cmdr. Wayne Sirjoo, Ike's aircraft handling officer. "The flight deck of an aircraft carrier is the most dangerous place to work on the planet; I am encouraged by the way they handled themselves today that Ike will be ready when cyclic operations begin. Handle this!"

An arrested landing aboard an aircraft carrier is different from most aircraft landings and involves pilots catching a hook on the rear of an aircraft to one of

four 2-inch thick steel cables stretched across the ship's landing area. The "trap" brings the aircraft from full throttle to a complete stop in roughly 325 feet.

During this flight deck certification, pilots must successfully execute 10 "traps," along with four "touch and go's." A "touch and go" is when aircraft land on the flight deck and immediately take off without catching the arresting wire. After assessors from Commander, Naval Air Forces Atlantic observe all flight operations, they will determine if Ike and its embarked air wing, Carrier Air Wing (CVW) 3, has satisfactorily demonstrated their ability to safely and expertly conduct flight operations.

"It was incredible, after riding Ike into the yards to then come out of the maintenance phase, see that first plane come off the deck and to see all of the crew's work come to fruition," said Lt. Cmdr. Brandon West, Air department's V-4 division officer and an aircraft launch and recover officer, or "shooter", aboard Ike.

A crucial part of the recovery of aircraft is the precision approach landing system (PALS), a radar system that provides final approach and landing guidance to aircraft to ensure exact landings on the flight deck. After Ike's maintenance period, Sailors had to ensure the system

was operational and ready for action.

"Degradation is normal after a maintenance period. We worked a lot of long hours, but we brought everything back up to speed, everything's working 100 percent now," said Electronics Technician 2nd Class Jared Wolf, one of Ike's Sailors who worked on the PALS. "There's been a lot of training and learning opportunities during this maintenance period, but it's not just about us. It's about getting Ike ready for the fight."

Between CVW 3 and Ike, approximately 700 traps are scheduled during the certification process.

"We've had to do a lot of maintenance to get ready for flight deck cert," said Electronics Technician 2nd Class Madison Labance, another Ike Sailor who worked on the PALS. "Now, we're getting ready for deployment. I'm excited for Ike's return to the fleet, we are ready."

Flight deck certification is a crucial part of putting Ike back into the nation's arsenal, so each landing is closely monitored by landing signal officers (LSO) and graded based on how well it was performed.

"It's been a long time since we've launched and recovered aircraft," said West. "Today makes the transition for Ike's operational readiness. We're back."

LEADERSHIP THROUGH YOGA

BY MCSN JAIRUS P. BAILEY



Interior Communications Electrician 3rd Class Brian Walter poses during yoga class aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Ashley Estrella.

Working out alone may get boring, but Morale, Welfare, and Recreation (MWR) offers Sailor led yoga classes to help Sailors maintain physical fitness and relieve stress aboard the USS Dwight D. Eisenhower (CVN 69) while at sea.

Interior Communications Electrician 3rd Class Brian Walter, leads these classes.. Yoga class consists of controlled, deep and slow breathing with accompanied body positions and movements. Yoga helps reduce stress, increase flexibility, tone and strengthen muscles, increase energy and increase self-awareness.

"I teach because I think everyone should know a little bit of yoga," said Walter. "It's the benefits of practicing yoga that I want to share with everyone. Your bodyweight might seem like a light workout tool, but controlled movements with it can be tough. Learning to control your body weight through yoga is a great work out."

Like other forms of exercise, trying a class for the first time may not be enough time for a person to determine if yoga is suitable for them. That is why applying effort and being patient is key.

"I really wish I attended a class earlier on the ship," said Fireman Charley Dimas, a class participant. "It's important to have classes like this underway to keep the mind and body fit. Sometimes the stress of being away from loved ones and the job gets to you."

Different benefits that MWR's yoga class can offer include energy centering, relaxation, and mental and emotional cleaning.

"After practicing for seven years, I really believe yoga allows you to be in the present

moment," said Walter. "It makes me more in tune with my spirituality, I'm more flexible, and less sore as often. I also have more energy in the day."

Walter said working with Daniel Vanegas, Ike's Afloat Fitness Specialist (Fit Boss), is "extraordinary." Walter had experience teaching yoga in college and approached Fit Boss about starting a class on the ship. Fit Boss replied that he was excited for his initiative.

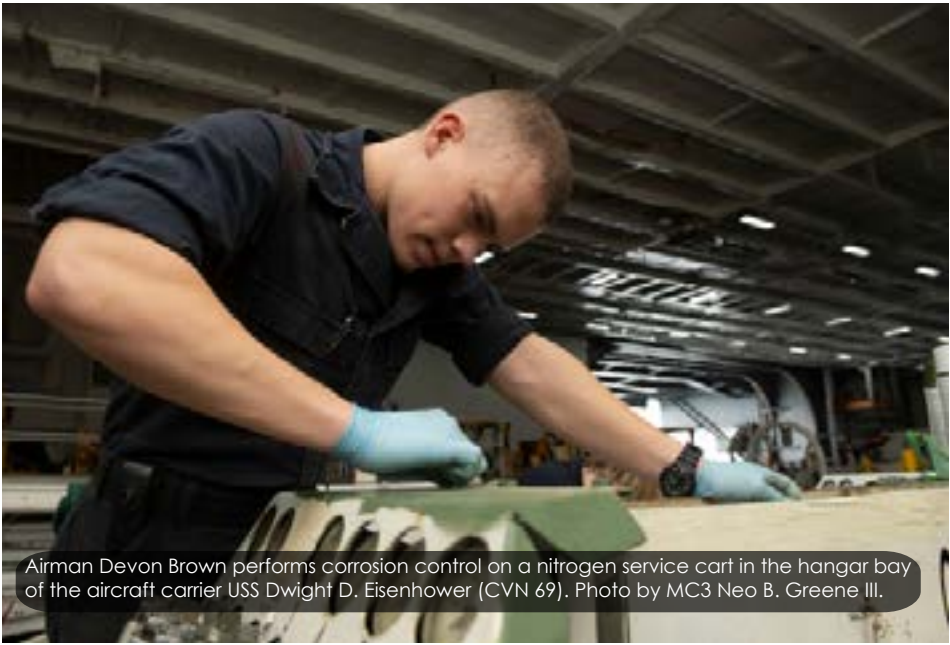
"I appreciate Interior Communications Electrician 3rd Class Walter for approaching me with interest in leading yoga classes here aboard the Ike," said Vanegas. "I want to see more of this initiative in Ike Sailors and invite anyone with new ideas for the command and interest in leading a fitness class to talk with me."

MWR's Sailor-led fitness classes can help Sailors gain leadership skills and experience while pursuing a personal hobby or interest. Qualified Ike Sailors can instruct other crew members in their area of expertise, such as yoga, once approved by Vanegas.

"Whenever you have 20 to 30 people and they are looking to you for guidance, it builds a lot of character development, public speaking, and on the spot thinking," said Walter.

Ike's MWR currently offers nine fitness classes and four clinics to help crewmembers maintain physical fitness aboard Ike. MWR fitness classes are scheduled on a monthly basis with a weekly rotation, unless specified in the monthly fitness schedule.

For more information about the MWR fitness schedule contact Ike's MWR office.



Airman Devon Brown performs corrosion control on a nitrogen service cart in the hangar bay of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Neo B. Greene III.



Machinery Repairman 3rd Class Hunter Kennon dials in a fire pump in the machinery repair shop aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Neo B. Greene III.



An E-2C Hawkeye assigned to the "Screwtops" of Airborne Early Warning Squadron (VAW) 123 prepares to take off on the flight deck of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Kaleb Sarten.



An F/A-18E Super Hornet assigned to the "Gunslingers" of Strike Fighter Squadron (VFA) 105 approaches the flight deck of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC2 Zach Sleeper.



Aviation Support Equipment Technician 3rd class performs maintenance on a spotting dolly aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Andrew Waters.



Hull Maintenance Technician Fireman Ian Caffrey repairs a hinge on a water-tight hatch aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Marques Franklin.

ABRAHAM LINCOLN CARRIER STRIKE GROUP ENTERS EUROPEAN THEATER

BY U.S. NAVAL FORCES EUROPE-AFRICA/U.S. 6TH FLEET PUBLIC AFFAIRS

The Abraham Lincoln Carrier Strike Group (CSG) commenced operations in the U.S. 6th Fleet area of operations April 8, continuing support to coalition theater security cooperation efforts in the region.

The strike group, including the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) as its flagship, Carrier Air Wing (CVW) 7, Ticonderoga-class guided-missile cruiser USS Leyte Gulf (CG 55), and destroyers from Destroyer Squadron (DESRON) 2 departed Norfolk, April 1 as part of a regularly scheduled deployment.

“The Abraham Lincoln Strike Group has worked tremendously hard to prepare for our operations in U.S. 6th Fleet,” said Rear Adm. John Wade, commander, Abraham Lincoln CSG. “We are poised and ready to perform our

mission.”

Abraham Lincoln CSG’s presence in the region, part of an ongoing rotation of forward-deployed forces supporting maritime security operations, is emblematic of the multi-mission capability of the U.S. Navy’s globally deployed force. Carrier strike groups have ready capabilities to respond wherever and whenever required through a variety of mission sets.

While operating in the U.S. 6th Fleet area of operations, the Abraham Lincoln CSG will participate in realistic training to increase the capabilities of the U.S. allies and strengthen partnerships through multi-lateral events honing the skills necessary to achieve maritime superiority through presence.



The Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) approaches the fast combat support ship USNS Arctic (T-AOE 8) for a replenishment-at-sea. Photo by MC3 Amber Smalley.

VIRGINIA BEACH-BASED FIGHTER PILOT CHOSEN TO LEAD BLUE ANGELS

BY BROCK VERGAKIS, THE VIRGINIAN PILOT

A Virginia Beach-based fighter pilot has been chosen as the next commanding officer of the Blue Angels.

Cmdr. Brian Kesselring was selected by a panel of nine admirals and former commanding officers to lead the service’s premier flight demonstration team for the 2020 and 2021 air show season, the Navy said in a statement.

The Blue Angels perform aerial acrobatics at high speeds and in close formations in the F/A-18 Hornet at air shows across the country.

They perform for about 11 million people each year and are scheduled to appear at 56 shows in the 2020 season, including performances at Naval Air Station Oceana in September.

The Oceana show will serve as a homecoming of sorts for Kesselring, who currently serves as the commanding officer of the Oceana-based "Sunliners" of Strike Fighter Squadron 81. Kesselring took over the Sunliners while on deployment aboard the Norfolk-based USS Harry S. Truman in June while it was

in the Mediterranean Sea.

Kesselring will report for initial training with the Blue Angels in September and take command in November after this year’s air show season ends. He will be responsible for leading a squadron of 141 personnel and serve as the demonstration flight leader, flying the number one jet.

“It’s absolutely humbling, and I’m honored to be here to represent the Navy and Marine Corps team,” Kesselring said in a statement. “Throughout my career as an F/A-18 pilot, I’ve always looked to the Blues as a source of inspiration.”

To be eligible to lead the Blue Angels, applicants must have at least 3,000 flight hours and be in command or have had past command of a tactical jet squadron.

Kesselring’s previous assignments include four squadron tours, where he flew the F/A-18 Hornet and deployed in support of Operation Iraqi Freedom, Operation New Dawn, Operation Enduring Freedom and Operation Inherent Resolve, the Navy said.

This day in Naval History...

1941: USS NIBLACK (DD 424) picks up three boatloads of survivors from Deutch Freighter Saleier, which was sunk the previous day by a German U-boat. The destroyer detects a submarine preparing to attack and drives it off with a depth charge attack. It is the first action between American and German forces in World War II.

WEAR YOUR PPE



CAN YOU HEAR ME NOW?

Noise-induced hearing loss is the fleet’s number one occupational health hazard. High intensity noise exposure results from a wide variety of shipboard operations, including gun or missile fire, aircraft noise, and ship’s propulsion systems. Single hearing protection is required for noise hazardous areas that exceed 84dB. Double hearing protection, consisting of insert type (foamies) AND circumaural (ear muffs), is required in all areas where sound levels exceed 104dB to prevent permanent hearing damage.

SAFETY TAKE AWAY: Double hearing protection is required when observing flight operations from Vultures Row where peak sound levels can exceed 140dB.

SPRING 2019 CYCLE 1 PHYSICAL FITNESS ASSESSMENT WEIGH-IN SCHEDULE

DEPARTMENTS		WEDNESDAY, 10TH	THURSDAY, 11TH (STRAGGLER'S)
REACTOR RELMIN TRAINING	MEDICAL	BCA: 0700-1100	BCA: 0700-1100
	DENTAL	BCA: 1300-1600	BCA: 1300-1600
		BCA: 1800-2100	BCA: 1800-2100

The Department of Defense's policy on transgender servicemember changes April 12.

Under the new policy, Sailors will not be separated based on a diagnosis of gender identity alone. An individual diagnosed with gender dysphoria on or after April 12 will be retained if a military medical provider determines gender transition is not medically necessary to protect the health of the individual, and the member is willing and able to adhere to all standards associated with their biological sex and meet all deployability standards.

No otherwise qualified service members shall be involuntarily separated, discharged or denied reenlistment or continuation of service solely on the basis of gender identity.

Appropriate civilian attire, as outlined in the Navy Uniform Regulations, will not be determined based on gender. This means service members are permitted to live socially in their preferred gender while off duty.

Regional commanders can make more policy on this based on local conditions.

Treating all members of the IKE 5-Star Team with dignity and respect is something expected at all times. There is zero tolerance for harassment, hazing or bullying of any service Member in any form.

SAILOR OF THE DAY



LEGAL

SR ZELMA ALI

FROM GREEN VALLEY, ARIZONA

JOINED THE NAVY JUNE 31, 2018

REPORTED TO IKE NOVEMBER 27, 2018

WANTS TO STRIKE LEGALMAN

FAVORITE MOVIE - READY PLAYER ONE



IKE'S MOVIE PLAYLIST

★★★WEDNESDAY, APRIL 10TH, 2019★★★

CHANNEL 5

0815/2015: *SAILOR OF THE DAY'S CHOICE*
 1045/2245: VALERIAN AND THE CITY OF A THOUSAND PLANETS
 1315/0115: THE SECRET LIFE OF PETS
 1545/0345: WONDER WOMAN
 1815/0815: THOR

CHANNEL 6

0815/2015: THE BREAKFAST CLUB
 1045/2245: BATTLE OF THE SEXES
 1315/0115: SUPER TROOPERS 2
 1545/0345: THE HITMAN'S BODYGUARD
 1815/0815: ALICE IN WONDERLAND (2010)

CHANNEL 7

0815/2015: HOOSIERS
 1045/2245: THE NUN
 1315/0115: SLEEPLESS
 1545/0345: LIFE
 1815/0815: THE FOUNDER

IKEMEDIA

COMMANDING OFFICER Capt. Kyle Higgins
 EXECUTIVE OFFICER Capt. Jon Bradford

COMMAND MASTER CHIEF CMDM (SW/AW/EXW) Todd A. Mangin
 PUBLIC AFFAIRS OFFICER Lt. Cmdr. Rick Chernitzer

ASSISTANT PUBLIC AFFAIRS OFFICER Ensign Lewis C. Aldridge

MEDIA DEPARTMENT LCPO MCC (SW/AW) John Smolinski
 MEDIA DEPARTMENT LPO MC1 (SW/AW) Tony D. Curtis

EDITORS

MC3 James Norket
 MCSN Sawyer Haskins

MC1 (SW) Cyrus Roson
 MC2 (SW/AW/EXW) Ridge Leoni
 MC2 (SW/AW) Zach Sleeper
 MC2 (SW) Dean Cates
 MC3 (SW/AW) Trey Fowler
 MC3 (SW/AW) Jake Stanley
 MC3 (SW/AW) Neo Greene III
 MC3 (SW/AW) Ashley Estrella
 MC3 (SW) Sophie Pinkham
 MC3 Devin Lowe
 MC3 Kaleb Sarten

MC3 Ashley Lowe
 MC3 Andrew Waters
 MC3 Gian Prabhudas
 MC3 Marques Franklin
 MCSN Jaius Bailey
 MCSN Conner Houghtaling
 MCSN Tyler Miller
 MCSA Brianna Thompson
 MCSA Dartez Williams
 MCSA Trent Hawkins

ON THE COVER:

(April 9, 2019) An F/A-18E Super Hornet assigned to the "Gunslingers" of Strike Fighter Squadron (VFA) 105 prepares to take off on the flight deck of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Kaleb Sarten.

FOLLOW US



Instagram: @thecvn69

YouTube: CVN 69 IKE

Facebook: TheCVN69

Twitter: @TheCVN69

Proudly serving the crew of USS Dwight D. Eisenhower (CVN 69). Five Star is published by USS Dwight D. Eisenhower's (CVN 69) Media Department for the Ike crew. Contents are not necessarily the views of, nor endorsed by, the U.S. government, the Department of Defense, the Department of the Navy, or the Commanding Officer of USS Dwight D. Eisenhower (CVN 69). Editorial content is prepared and edited by USS Dwight D. Eisenhower's (CVN 69) Media Department. Ike's Five Star is distributed daily underway and on certain days in port on the forward and aft mess decks, Flag Mess, the CPO Mess, and Wardrooms 1, 2 and 3.