



THE WASHINGTON SEAYOR

JULY 1, 2019



FUN IN THE SUN

PG. 12

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THE WASHINGTON SURVEYOR

JULY 1, 2019

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A special thank you to all those who let us tell your stories to the crew and to the fleet.

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.



SAILOR IN THE SPOTLIGHT



MC3 Trey Hutcheson

HOMETOWN:

Ashland, Virginia

WHERE HE WORKS:

Media department

WHY HE JOINED:

To serve my country, and be a part of something larger than myself

FAVORITE PART OF HIS JOB:

Aerial photography, and being able to document what is happening in the military

HOBBIES:

Photography, weight lifting, any sport, target shooting

WHY THIS SAILOR WAS NOMINATED:

MC3, media department's photojournalism work center supervisor, is a natural-born trainer, leader, and role model. Leading more than eight Sailors, his efforts enable media to highlight the accomplishments of GW's crew.

GW'S NEWEST WARRIORS



DC3 David Renteria

FC3 Martina Otero

LN3 Cynthia Jackson

MMFN Chevy Crabtree

MMN2 Patrick Zisoff

MMN2 Ronald Creech



ABEAN Austin Hudgens

ABEAN Tristen Grizzell

AN Naquarios English

AS3 Joseph Vergeldedios

EMN2 Elizabeth Greable

ET1 Brittney Velez

IC1 Alicia Cyr

LS3 Luther Butler

LS3 Scott Gadsden

LS3 Sean Wright

MA2 Rashard Ethridge

MC2 Alan Lewis

MC3 Carter Denton

PRAN Brianna McLain

ESWS

COORDINATORS

HMC KNESHA WIMBUSH

CSC JOE MAGRI

EAWS

COORDINATORS

AOC VOLARIO LOTT

CSC JOSE VALENCIA

EIWS

COORDINATORS

ITC XICA JOHNSON

CTT1 NICOLLETTE JEFFERY

The image features a composite background. The top half shows a close-up of the United States Declaration of Independence, with the words "CONGRESS" and " unanimous Declaration" clearly visible. The bottom half shows the upper structure of the USS Freedom (LCS-2), a modern US Navy littoral combat ship, decorated with red, white, and blue bunting. The ship's complex superstructure, including radar masts and gun mounts, is visible. The overall theme is the connection between the nation's founding and its modern military capabilities.

JULY 4, 1776
&
JULY 4, 1992

243 YEARS OF FREEDOM

27 YEARS AS THE SPIRIT OF FREEDOM



GEORGE WASHINGTON HOSTS SAFETY STAND DOWN

Story by MC3 Michael Botts
Photos by MCSN Jack Lepien

Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) hosted a safety stand down at the Hampton Roads Convention Center, June 25 to discuss and learn about the importance of summer safety.

Capt. Glenn Jamison, the commanding officer of George Washington (GW), outlined shocks, voids, fires, and falls as his top four safety priorities for the ship's crew.

"We have to re-sensitize ourselves to

those major items," said Jamison. "We are in a very heavy industrial maintenance environment, and it's not just our team, the GW team – it's the shipyard workers, it's the contractors. A lot of work is going on on the ship."

In an industrial environment, there are many hazards that Sailors need to be aware of that could be the difference between life and death. The ship and the shipyard have policies in place to protect Sailors and

shipyard workers while they are aboard George Washington, but it is up to the individual to follow the rules and policies to keep themselves safe. This includes wearing the right personal protective equipment (PPE).

"The best way for you to protect yourself while in the shipyard environment is to make sure that you are wearing PPE," said Cmdr. Patrick Brown, the safety officer aboard George Washington. "When you

aren't wearing the proper PPE, or you aren't following the safety procedures that have been put into place, you are putting yourself at risk of injury. These policies and procedures are there to make sure everyone on the ship works in a safe environment."

Safety is not just a concern for the shipyard, but also a mindset Sailors must maintain while off-duty. Kristian Hughes, a senior Virginia state trooper, talked about the importance of safe driving and provided Sailors key tips to stay safe on Virginia motorways.

"Don't be another statistic, don't be Virginia's next fatality," said Hughes. "It's all about getting where you're going safely. Don't text and drive, don't drive a vehicle after drinking alcohol, know when you are too tired to drive, and please always wear your seatbelts."

Hospital Corpsman 1st Class Chamu Chimhau, a preventative medicine technician assigned to George Washington, spoke about the importance of being knowledgeable about heat stress and ways Sailors can protect themselves from heat-

related illness and injury.

"Heat stress is any combination of air temperature, thermal radiation, humidity, airflow, workload, and health conditions that may stress the body as it attempts to regulate body temperature," said Chimhau. "There are a lot of spaces on the ship that have minimal to no air circulation, and you are going to have a lot of heat in those spaces causing stress on your body."

Although the lack of air circulation and air-conditioning can cause some areas of the ship to be tough to work in, the job still needs to get done in order for George Washington to get out of the shipyard and back to the fleet. Sailors can protect themselves from the dangers of heat-related illness by getting enough sleep, drinking plenty of water, and avoiding alcohol and energy drinks in excess.

"Staying properly hydrated is your best defense against heat-related illnesses," said Chimhau. "When the body tries to cool itself off, you are going to sweat a lot. You can sweat up to a liter of water out of the body every hour, so you want to make sure you are drinking a lot of fluids if you

are working in a hot environment. Another way Sailors can protect themselves from heat-related illnesses is by getting at least six to eight hours of sleep a night and by avoiding drinking alcohol the day before they have to come to work."

Safety should be one of the top concerns for Sailors while at work, at home, or on the road. By staying vigilant and recognizing the situation, Sailors can keep themselves, their shipmates, and families safe.

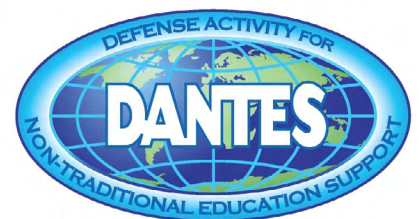
"When we stand up here and talk about safety and talk about how important each one of you guys is, and we talk about the business that you do, it's easy to lose sight of the big picture," said Brown. "Right now, we are in the yards; we are not out in the Persian Gulf, not out in the dangerous waters of the world combating pirates or combating terrorists. We don't have shots being fired at us, so we get a little comfortable in our position here, but I am here to tell you that your job is every bit as dangerous every day you come to work as the other Sailors out at sea."



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CHIEF OF NAVAL PERSONNEL RELEASES UPDATES TO NAVY TA POLICY

Story by MCSN Jack Lepien

Graphic Courtesy of Erin Roberts, Defense Activity for Non-Traditional Education Support

The Navy recently announced changes to its Tuition Assistance (TA) program via NAVADMIN 114/19. This NAVADMIN may have a direct impact on Sailors serving aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73).

"There aren't many changes to the program, but the changes that were made are significant," said Personnel Specialist 3rd Class Vicky Dougherty, a personnel clerk aboard George Washington. "One thing to know is that although eligibility is changing, and funding is running out for the fiscal year, any Sailor who is already receiving TA will not be affected this fiscal year."

Dougherty also said that one of these changes could impact TA eligibility requirements for junior Sailors.

"With the new NAVADMIN, Sailors must have served two years in the Navy in order to be eligible for TA," said Dougherty. "That means that fewer junior Sailors will be able to take college classes with TA in the coming fiscal year."

This new criteria is a change to the old program, which mandated one year of service with the option for the command to issue a waiver for the time served. One such motivation for the change in policy is an understanding of the importance the Navy places on junior Sailors to become qualified

warfighters first.

"We have many very junior Sailors maxing out TA usage at a time in their Navy career when they should be focused on warfighting and warfare qualifications," wrote Chief of Naval Personnel Vice Adm. Richard Burke in NAVADMIN 114/19. "While committed to allowing Sailors to pursue off-duty education, operational readiness is the top priority. The Navy is, first and foremost, a warfighting organization. We need qualified and proficient warfighters."

This push to ensure every Sailor is qualified in damage control, maintenance, watch stations, and warfare devices, consistent with their paygrade, is nothing new. Since as early as 2000, the Office of the Chief of Naval Operations has emphasized readiness as one of the top priorities of individual Sailors, commands, and the Navy as a whole.

The new TA instruction also decreases the number of credit hours a Sailor can take from the previous 16 hours to the new maximum of 12 hours.

"Although it seems like cutting back on the number of credit hours someone can take is a new idea, it's actually not," said Yeoman 2nd Class Gabriella Kingery, the leading petty officer of George Washington's education services office. "The new credit

hour limit is actually just a rollback to a previous policy, where the number of hours a Sailor can take was capped at 12 credit hours."

Regardless of limitations on eligibility and the number of hours a Sailor can take, Kingery said it is important for those eligible Sailors to remember the benefits of pursuing higher learning during George Washington's refueling complex overhaul period.

"Our command isn't going underway, isn't going on deployments, so our Sailors have more free time," said Kingery. "They can use this free time to pursue higher education, and by doing so increase their own prospects for their careers both in the Navy and as civilians."

Sailors who desire to continue pursuing courses for the remainder of fiscal year 2019 are advised to contact the Navy College Virtual Education Center (NCVEC) at (877) 838-1659 or via MyNavy Portal (MNP) at <https://my.navy.mil/quick-links.html> for other options such as the Post 9/11 GI Bill or academic scholarships.



TUG OF WAR



George Washington held its first Captain's Cup event, a Tug-of-War competition, on June 21 at the Command Picnic. The "small, but mighty" departments team, consisting of dental, medical, media and the command religious ministries departments, won the event, taking the early lead in this year's Captain's Cup.



FUN IN THE



Story and Photos by MC3 Adam Ferrero

THE SUN





GW Sailors Relax and Recharge During 2019 Command Picnic

Working hard to defend the nation and the liberties of its citizens, Navy Sailors build camaraderie each day in their mutual effort to complete the mission and protect American democracy. The day-to-day life of a Sailor can be busy and stressful, and sometimes it's nice to step back and bond over recreation.

Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) and their families did just that during the 2019 George Washington Command Picnic at Paradise Ocean Club, on Friday, June 21.

"I think events like these are very important due to the positive impact they have for the morale of the crew," said Matthew Pennell, George Washington's afloat recreation specialist (FUNBOSS). "It allows everyone on the ship who wouldn't

normally socialize to do so with each other outside of work. It allows them to build camaraderie and create new friendships, which can ultimately ease tensions and boost morale at the workplace."

This marks the second year in a row that George Washington has held its command picnic at Paradise Ocean Club, and Pennell stated that the event was a hit again this year.

"So far I've heard a lot of good feedback about the picnic from Sailors," said Pennell. "That's not to say there aren't aspects that needed to be improved and adjusted, but throughout the picnic, I feel the Sailors had a great time."

One George Washington Sailor's reaction certainly confirmed Pennell's feedback concerning the picnic.

"I had an absolute blast," said Religious Programs Specialist 3rd Class Ismael Cazarez, a Sailor assigned to George Washington's command religious ministries department (CRMD). "The weather was amazing and the food was great."

Lunch was provided for those in attendance, and numerous activities took place throughout the picnic, including volleyball, cornhole, swimming, and children's games. The event also kicked off George Washington's 2019 Captain's Cup with the first event, a tug-of-war competition.

"My favorite part had to be the atmosphere," said Cazarez. "Everyone was enjoying themselves, having a good time. Winning the first event in this year's Captain's Cup is also tied for my favorite."

George Washington's dental, medical, media, and CRMD departmental team came out on top in the tug-of-war, giving them an early lead in the Captain's Cup competition.

With other events still on the way, the Captain's Cup is far from over, but one thing is for sure: it was another way for Sailors to let loose and have fun while bonding as a unit.

"Being a volleyball person myself, I'm always looking forward to the volleyball competition," said Pennell. "I also think the ultimate Frisbee event is a fun one to see every team engage in a competitive, yet friendly activity that many can participate in."

In the aftermath of the picnic, the general crew response has helped to show just how instrumental gatherings like these can be to maintaining high morale during a stressful and tiring refueling complex overhaul period.

"I think events like the picnic are important because being in the yards is no easy task," said Cazarez. "It's essential to take some time off from all the production work, maintenance, and upkeep to relax, unwind, and enjoy the company of our fellow shipmates."

Pennell would like to remind George Washington Sailors to continue attending command events, and to provide feedback to improve on future events.

"Thank you to everyone who attended," said Pennell. "I hope you had a fantastic time at the picnic. I look forward to continuing to grow and learn how to better provide the best experience and parties for everyone."

Regardless of department, the Sailors of George Washington are one crew working together to achieve one mission. Fun events outside of work such as command picnics help reinforce that, in addition to being coworkers, we are all part of the George Washington family.

**"Everyone
was
enjoying
themselves
and having
a good
time."**



DRINK RESPONSIBLY

SAGE ADVICE FROM GEN. GEORGE WASHINGTON

Story by MCSN Cory Daut

Graphic courtesy Navy and Marine Corps Public Health Center

"An aching head and trembling limbs which are the inevitable effects of drinking, disincubate the hands from work; hence begins sloth and listlessness which ends in idleness." These are the words George Washington spoke to Thomas Green on March 31, 1789.

Since the country's founding, community and national leaders have grappled with the dangers of alcohol abuse in society, and Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) are reminded to drink responsibly and safely.

"Alcohol affects the mission of the Navy when it is abused and mishandled," said Chief Hospital Corpsman John Watkins, the command drug and alcohol program advisor (DAPA) aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). "With binge drinking, and just the misuse of it in general, causes the readiness of the crew member, the ship, and the mission overall to be impacted. If you aren't competent, how are you going to get the job done?"

According to the Navy and Marine Corps Public Health Center, 81 percent of active duty Sailors in the Navy admit to heavy drinking more than two times a year. Heavy drinking or binge drinking is defined as having five or more drinks in one sitting (or more than 15 drinks in a week) for males, and four or more per sitting, or more than eight drinks in a week for females.

George Washington Sailors should be aware that irresponsible drinking comes with legal and medical consequences.

"Underage drinking is against the [Uniform Code of Military Justice], local, and state laws, as well as federal laws," said



Sailors and Marines are often faced with situations that can increase the risk to engage in unhealthy behaviors that impair driving, especially drinking and driving.

In the U.S., approx.
30 people
die per day in crashes that
involve alcohol-impaired drivers!

When it comes to booze,



Watkins. "Also, it is medically not sound with the development of the human mind all the way up until your late 20s. Drinking at that earlier age prevents the synapse, the development of the mind as well as cognitive skills, and impedes upon the

formation of memories, especially short term."

One of the common dangers of alcohol abuse involves putting lives at risk on American highways.

"The more serious complications of



GEORGE WASHINGTON



Plan BEFORE you head out:

- Have a non-drinking designated driver or have a family member or friend to pick you up.
- Call a taxi. Have the number already programmed into your phone so you have it readily available when needed.
- Plan to stay overnight.

Icons: keys, taxi, bed

#DrinkResponsibly

Count and measure your drinks accurately and set limit's for how often you drink.

Alternate alcoholic beverages with non-alcoholic beverages, like water.

Eat food while drinking to help slow down the absorption of alcohol.

Talk to friends, family, or a professional if you need help cutting back.

Icons: water bottle, burger and drink

If you or someone you know is at risk, take action before someone gets hurt:

- Talk to your Drug and Alcohol Program Advisor (DAPA) or Navy Drug and Alcohol Counselor
- Speak to your Commanding Officer, XO, OIC, CMDM/COB, or Chaplain
- Reach out to DoD Medical Personnel
- Contact your Fleet and Family Support Center Counselor
- For more information, visit the [NMCPHC HPW Preventing Drug Abuse and Excessive Alcohol Use Web page](#)



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Everyone, for the most part, has someone to come home to; it is not worth it to risk it by drinking and driving."

Atkins said the consequences of drinking and driving vary from state to state, but regardless of the civilian penalties, a Sailor may also face additional military punishment, which could compound the cost.

"I've seen DUIs at \$4,000 or \$5,000 before you even get to court," said Atkinson. "That's just on the civilian side. It's not even counting what you are going to lose from the military. It's the half months pay times two, and the 45 days of restriction, especially if you have a family to attend for. It adds up quickly."

Sailors that struggle with alcohol-related issues have the opportunity to talk with medical personnel, the chaplain, DAPA, deployed resiliency counselors (DRC), and Fleet and Family Services.

"The Navy programs are mostly geared for ensuring that members are getting the help they want," said Watkins. "Also [so] that it is reported accurately and we keep holding each member accountable."

Sailors should know that they are never alone and help is always available. Having a plan and being smart will ensure you can enjoy off-duty time in a responsible way.

A quote from an article published on the Mount Vernon site was used in this story. <https://www.mountvernon.org/george-washington/facts/washington-stories/distilling-the-truth-george-washington-and-alcohol/>

drinking and driving is death, as well as the chance of severe disabilities," said Watkins.

Naval leaders and DAPAs recommend that Sailors who are thinking about consuming alcohol to have a plan to get home safely, whether a taxi, a rideshare

program, or a designated driver. The worst decision a Sailor can make is to get behind the wheel of the vehicle while intoxicated.

"It's a horrible thing to do," said Master-at-Arms 3rd Class Charles Atkinson. "You are putting yourself at risk, and others at risk.

Fitzgerald Crew Unveils Commemorative Flag

From USS Fitzgerald (DDG 62) Public Affairs



PASCAGOULA, Miss. (June 17, 2019)- Cmdr. Garrett Miller, commanding officer of the Arleigh Burke-class guided missile destroyer USS Fitzgerald (DDG 62) delivers remarks during a remembrance ceremony in which they unveiled a commemorative flag, June 17, 2019, honoring the Sailors who died in a collision in the Sea of Japan on June 17, 2017. The flag, designed by current crew members, is blue with "DON'T GIVE UP THE SHIP" emblazoned above the names of the seven Sailors. (U.S. Navy photo by Samantha Crane/Released)

PASCAGOULA, Mississippi (NNS) -- On June 17, the crew of the guided missile destroyer USS Fitzgerald (DDG 62) unveiled a commemorative flag honoring the Sailors who died in a collision in the Sea of Japan two years ago.

Designed by current crewmembers, the flag memorializes their seven fallen shipmates. The flag is blue with "DON'T GIVE UP THE SHIP" emblazoned above the names of the seven Sailors. The motto is a common Navy phrase, but all Fitzgerald Sailors embodied that spirit on June 17, 2017 when they fought significant flooding and structural damage following the collision.

The Fitzgerald crew held a solemn remembrance ceremony and raised the flag

immediately after morning colors.

"I am proud of this flag and proud of our shipmates who helped design it, as it is a product of respect and professionalism that symbolizes their great service and sacrifice," said Cmdr. Garrett Miller, Fitzgerald commanding officer, who unfurled the commemorative flag for the first time.

In addition, the National Ensign and Union Jack were raised on the ship for the first time since November 2017.

"Fitzgerald's crew designed this flag from scratch as a way to embody those shipmates we lost," said Cmdr. Scott Wilbur, Fitzgerald's executive officer. "It will be flown every year on 17 June to honor

them and to never forget their sacrifice.

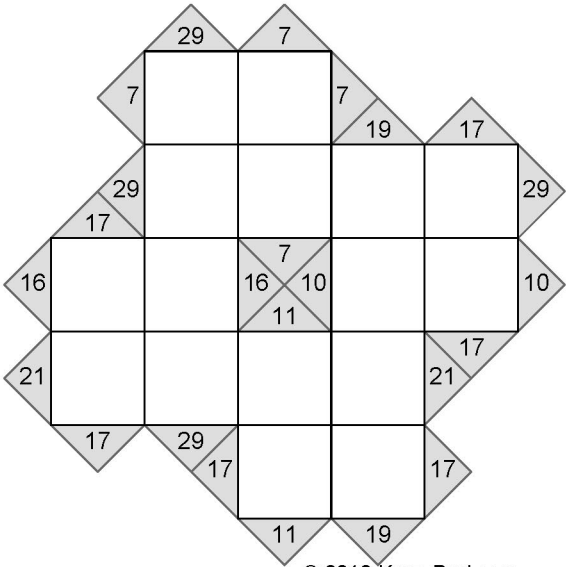
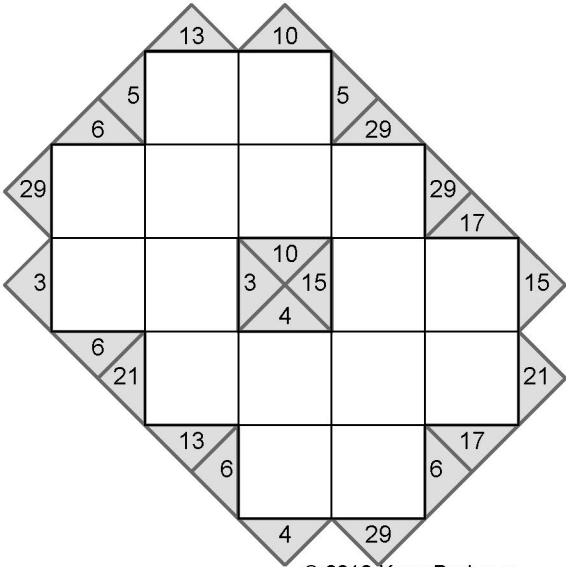
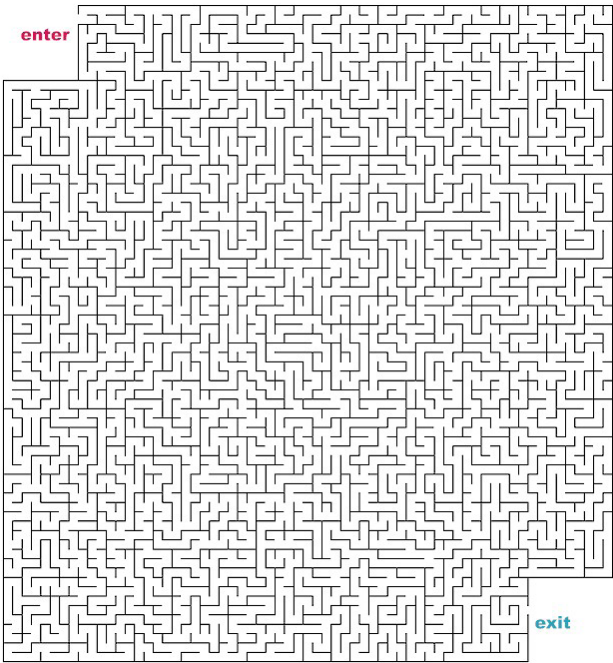
The current crew continues to live out that motto while bringing the ship back to the Fleet."

On April 16, Fitzgerald took another step toward returning to the fleet. The ship launched and moored pierside at Huntington-Ingalls Industries – Ingalls Shipbuilding shipyard.

Throughout this restoration period, the U.S. Navy has made it a priority to ensure Fitzgerald returns to a peak state of warfighting readiness to contribute to an agile and dynamic fleet.

GAMES CORNER

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



HAMPTON ROADS EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 Norfolk Tides vs. Gwinnett Stripers Harbor Park 7 p.m.	2 Norfolk Tides vs. Gwinnett Stripers Harbor Park 7 p.m.	3 Sail Nauticus 12:30 p.m. Weekly on Wednesdays and Saturdays	4 Independence Day BINGO MWR 1 p.m.	5 First Friday's Downtown Street Party 5 p.m.-8:30 p.m. Every 1st Friday of the month	6 Mr. Eazi Concert 8 p.m. The Norva
7	8	9	10	11 Norfolk Liberty Pool Party NAVSTA Norfolk 5 p.m.	12 Dive-In Movies JEB Little Creek 7 p.m.	13 Cheatham Annex Luau Kings Pointe Pool 12 p.m.

EVERY WEEK - FITNESS CLASSES

	Yoga Class Huntington Hall 12 p.m.		Yoga Class Huntington Hall 12 p.m.	
Mixed Fit Class Huntington Hall 12 p.m.	Zumba Class Huntington Hall 12 p.m.	Mixed Fit Class Huntington Hall 12 p.m.	Zumba Class Huntington Hall 12 p.m.	Mixed Fit Class Huntington Hall 12 p.m.

