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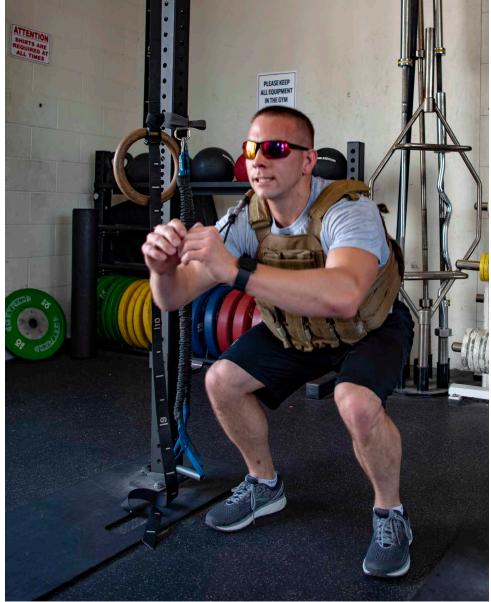
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A special thank you to all those who let us tell your stories to the crew and to the fleet.

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# SAILOR IN THE SPOTLIGHT



### **HM2 Doroteo Chavez**

### **HOMETOWN:**

Rockport, Texas

### WHERE HE WORKS:

Dental Department

### TIME IN THE NAVY:

Five years

### WHY HE JOINED:

"I joined to travel and see the world. My last command was in Yokosuka, Japan, but I would still like to go to other places like Bahrain, Italy, or Spain."

### **FAVORITE PART OF HIS JOB:**

"I'm the only advanced dental lab tech on the GW. I make the crowns, implants, retainers, and bleaching trays for everyone on the ship that needs them. I don't usually work with patients directly but I enjoy the thought that I can make a great change for somebody so they might be more confident about their smile."

#### **INTERESTS:**

Fishing, snowboarding, and hiking

### **GW'S NEWEST WARRIORS**



HM3 Dimesha Pittman SN Jocelyn McCoy CS3 Ashley Redmond MMN3 Elizabeth White EMN2 William Lewis

MMN2 Trevor Williams

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# CORPSMAN CAPABILITIES

### GW SAILORS TAKE PART IN CORPSMAN SKILLS DAY

### Story and photos by MC3 Carter Denton

The fourth annual Corpsman Skills Day was held at the Adm. Joel T. Boone Branch Health Clinic on Joint Expeditionary Base Little Creek-Fort Story, May 31. The annual training event brings together hospital corpsmen (HM) from the Hampton Roads area together in order to practice their professional skills in an interactive training environment.

Sailors assigned to the medical department of the Nimitz-class aircraft carrier USS George Washington (CVN 73) took part in the 2019 event.

The event consisted of 10 teams

rotating through hands-on training stations where instructors monitored participants' response to different medical emergency situations. They were trained to triage and treat patients in both shore and shipboard environments.

"It's just an overall good time to get the corpsmen to go out there and test their skill level," said Hospital Corpsman 1st Class Nichole England, an event facilitator assigned to George Washington. "They work hard and train the ship's crew every day, so this is a chance for them to practice what they're training others to do."



George Washington is undergoing refueling complex overhaul (RCOH) at Newport News Shipyard, which includes refueling of the ship's two nuclear reactors, as well as significant repair, upgrades and modernization. Regardless of where the ship is in its lifecycle, however, hospital corpsmen remain ready to respond and provide care for a wide array of situations.

"We're in the yards right now, so we don't get to use these skills every day, but these things can still happen," said Hospital Corpsman 3rd Class Cristen Glass, the George Washington medical team lead.



"I hope everyone is able to have fun and learn a little bit. Hopefully we can bring these skills so when these situations do arise, we'll have an idea of how it's supposed to be run."

Training of the ship's crew is an important aspect of George Washington's mission while in the shipyards. Effective and extensive training ensures that the crew is prepared when the ship returns to active service.

"It's important to get people out of their day jobs sometimes, because, as corpsmen, we can end up assigned to a ship in the shipyard like we are, or a clinic like we're at today, but there's more out there that you're expected to be able to respond to, like emergency response and the tactical aspect of our job," said Chief Hospital Corpsman David Long, an event facilitator assigned to George Washington. "So events like this are

really important to remind people that their current day job isn't everything."

The event was meant to represent real world scenarios that the corpsmen may find themselves in.

"Most of the corpsmen that work here at the clinic will go operational when they complete their tour here, so giving them a training opportunity like this for them to get some realistic training is important to get them in the mindset of what they're all about and what it means to be a corpsman," said Cmdr. Dawn Freeman, the officer in charge of the Adm. Joel T. Boone Branch Health Clinic.

Training events such as this are not only important for George Washington corpsmen, but for the entire ship's crew.

"The corpsmen are the subject matter experts, but most of these skills that we're demonstrating out here today are [Department of Defense]-mandated individual skills for all service members," said Long. "Everybody needs to know how to be a first responder, because it's rare that a corpsman is going to be the first one on the scene."

Training is always available for Sailors that are willing to seek it out.

"If Sailors are interested, come down to medical and get a qualification," said Long. "Join the Medical Training Team or the Damage Control Training Team to be a part of the teams that train the crew how to respond to emergencies."

Training events like the annual
Corpsman Skills Day help ensure the
operational readiness of the George
Washington crew. George Washington's
medical department will now be able to
pass along the knowledge learned from this
realistic training event to their shipmates.



### THE MURPH CHALLENGE:

### HONORING THOSE WHO GAVE THEIR ALL

### Story and photos by MC3 Michael Botts

During a reconnaissance mission on June 28, 2005, east of Asadabad in the Hindu Kush of Afganistan behind enemy



lines, a four-man Navy SEAL team led by Lt. Michael Murphy encountered an enemy milita group more than 50 strong.

Although vastly outnumbered and outpositioned, Murphy and his team fought valiantly for over two hours, killing an estimated 35 enemy fighters. Murphy and two of his SEAL teammates were killed in the intense fighting.

His actions that day led to the rescue of one of his teammates and the recovery of the fallen Navy SEALs. Because of his selfless and heroic act of relaying the position of his unit to friendly support, Lt. Michael Murphy was posthumously awarded with the medal of honor by President Geroge W. Bush on October 27, 2007.

The Medal of Honor is the highest medal that can awarded to members of the military, only given to those who have gone above and beyond the call of duty.

In addition to the Medal of Honor, Murphy has been remembered and revered in a variety of other ways. The guided-missile destroyer USS Michael Murphy (DDG 112) was named after him, in addition to many awards, plaques, and memorial parks.

Every year since 2014, Sailors, supporters, family, and friends have gotten up early on Memorial Day weekend to workout, taking part in "The Murph Challenge" to honor the memory of Murphy.

According to themurphchallenge.com, the workout consists of two one-mile runs, 100 pull-ups, 200 pushups, and 300 squats. The workout can be done in any order and there is no time limit. It is modeled after the workout he frequently completed.

Many participants complete the

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workout weaing a 20-pound weighted vest, just as Murphy did.

The Nimitz-class aircraft carrier USS George Washington (CVN 73) hosted a Murph Challenge on May 23 on the field at Huntington Hall.

"I've been doing the Murph Challenge for the last five years," said Lt. Jeremy Klinkman, the quality assurance officer assigned to George Washington. "I started doing this because I really like the story of the Navy SEALs, and I like to remember the ones we've lost. It's inspiring to me to honor those we have lost by such a simple act as just working out."

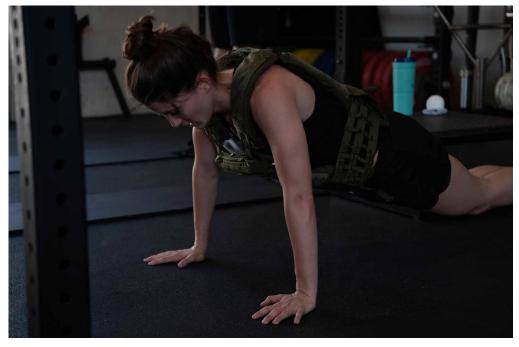
Although the Murph Challenge is seen as a competition, Sailors of all fitness levels were welcome to participate in the event to honor fallen service members.

"This was my first time participating in a Murph Challenge and it was a lot fun," said Operations Specialist 2nd Class Nicolas Garcia, the morale, welfare, and recreation leading petty officer assigned to George Washington. "The workout might seem like a lot, but there is really no pressure on anyone trying to complete the workout. It isn't about how fast you do it or how good you do it. It's just about doing it, and honoring our fellow Sailors who gave their life for our country."

As they joined other like-minded Murph

Challenge participants from around the world, George Washington's Sailors ensured that the spirit and memory of Lt. Michael Murphy will continue to live on.

If you would like to learn more about the life of Murphy and the heroic actions taken that day visit https://www.navy.mil/ ah\_online/moh/murphy.html.



### **CHIEF AVIATION BOATSWAIN'S MAT** MICHAEL SCOTT RETIREMENT Photos by







### E (EQUIPMENT)

MC3 Trey Hutcheson

Friends, family and shipmates gathered ogether Thursday, May oth, to witness and honor the retirement of ABEC ichael Scott, who served ith dedication from June 1999 to June 2019.

"Fair Winds and Following Seas"















The ship hosted distinguished visitors from the Mount Vernon Ladies' Association and the Life Guard Society at a Key to Bastille ceremony held on the flight deck Tuesday, June 4.

"For our Sailors who might not be familiar, Mount Vernon was the home of our ship's namesake," said Capt. Glenn Jamison, George Washington's commanding officer. "Since we had the opportunity to bring George Washington off the pointy end of the spear from way in the Pacific to back here, we've had the opportunity to rekindle our relationships with Mount Vernon and the Life Guard Society. I look forward to continuing that relationship. We've worked hard on it, we've had a lot of our Sailors go up to Mount Vernon, and now we have a lot of those folks down here today. I truly appreciate that."

Dr. Douglas Bradburn, the president and chief executive officer of the Mount Vernon

Ladies' Association, presented a replica of the Key to Bastille to George Washington and her crew as part of the ceremony.

"The original key hangs now at Mount Vernon in the central passageway, and it's been there for over 220 years," said Bradburn. "The replica key presented today is fashioned from steel from this great ship, the USS George Washington, and it represents the role that this ship and crew has played in the defense of liberty around the world for the past 27 years."

The Ladies' Association also presented the ship's crew with a replica of the Commander in Chief standard at the ceremony.

"The flag has 13 six-pointed stars on it on a blue field, and was designed by George Washington himself," said Bradburn. "The flag flew after independence in 1776, at a time when Americans were first building their union; their nation. In many ways, the only thing that was national at all about that early cause was the continental army that served under George Washington, so that flag was a representation of the nation itself. This particular one flew at the tomb of George Washington."

Bradburn closed his speech with an invitation to the Sailors of George Washington.

"May you always share the just pride of connection to the father of our country," said Bradburn. "You are always welcome at Mount Vernon. I encourage you to come up as often as you can while you are still able and around. God bless you all, God bless USS George Washington, and God bless the United States of America."

Near the end of the ceremony, Command Master Chief Maurice Coffey unveiled a new design for a command patch authorized for wear on the left shoulder of the Navy Working Uniform Type III. The design was based on the



Commander in Chief standard, with the added words "First in war, First in peace", taken from George Washington's eulogy written by Henry Lee.

"May you always share the just pride of connection to the father of our country. You are always welcome at Mount Vernon. I encourage you to come up as often as you can while you are still able and around. God bless you all, God bless USS George Washington, and God bless the United States of America."

- Dr. Douglas Bradburn

"I hope you all will join me in wearing the patch proudly as a symbol of the George Washington's leadership and legacy, and share the story behind the Commander in Chief standard with everyone who asks," said Coffey.

Following the ceremony, the visitors were invited on a tour of several spaces aboard the ship. Many of these spaces will be modeled after rooms at the Mount Vernon estate, further connecting the ship

to its namesake.

While George Washington undergoes refueling complex overhaul (RCOH), her Sailors have a unique opportunity to share in the relationship forged between the ship and the dedicated people of George Washington's Mount Vernon. Her close proximity to the home of her namesake provides George Washington Sailors with a unique opportunity to experience this historical connection for themselves.





### FLAG DAY: CELEBRATION OF STARS AND STRIPES

### Story by MC2 Marlan Sawyer

On June 14, the Sailors of the Nimitz-class aircraft carrier USS George Washington (CVN 73) join other Americans to commemorate the adoption of the flag of the United States. The story of the flag and Flag Day itself is a long and storied history intertwined with the nation's development.

Although July 4 is famously known as Independence Day for the United States of America, June 14 is also a very important day in our nation's history, and has been an integral part of our national culture for hundreds of years.

On June 14, 1777, the Second Continental Congress adopted an official design for its first national flag. President Woodrow Wilson announced, during a presidential proclamation in March 30, 1916, that the day would be a national holiday to celebrate the importance of the United States flag.

"The things the flag stands for were created by the experiences of a great people," said Wilson. "Everything that it stands for was written by their lives. The flag is the embodiment, not of sentiment, but of history."

Several people throughout history contributed to the creation of the holiday. Bernard John CiGrand, however, is recognized as the "Father of Flag Day" by the National Flag Day Foundation.

CiGrand was a school teacher in 1885 and he instructed his students to write an essay on what they felt the American flag meant to them. From that point forward he focused on teaching Americans about the true meaning of the flag and ensured that a holiday would be reserved to pay respect to the American flag.

President Harry S. Truman signed Flag Day into law in 1949. The law also declared that the stripes of the flag be alternating red and white, and that the union have 48 stars in a blue field representing a constellation.

The American flag has also been modified over the years by various presidents, which is why it looks different today.

When Alaska and Hawaii were admitted as the 49th and 50th states, respectively, the number of stars grew to 50 in the blue

field, signifying that our national ensign had grown to accommodate the new states. This change took place on Aug. 21, 1959, during Dwight D. Eisenhower's presidency. The stripes, starting and ending with red, represent the original 13 colonies. The red symbolizes valor, the white symbolizes purity, and the blue symbolizes vigilance.

The American flag holds high sentimental value for many, so it is respected as such.

It has been presented as a gift for embarking visitors and during retirement ceremonies. It is even given to a Sailor's spouse or family member, if the service member was killed in the line of duty. Because the American flag represents so much for many, it is used throughout the fleet as a thank you because saying thank you just isn't enough.

Flag Day is celebrated in different ways across the country. One of the oldest annual Flag Day celebrations has occurred since 1909 in Fairfield, Washington. There are also other parades in cities scattered throughout the United States. The crew of the Nimitz-class aircraft carrier USS George Washington (CVN 73) celebrates Flag Day by hoisting the national ensign above the ship, representing valor, purity, and vigilance.

The American flag often serves as a source of hope and perseverance. Flag Day is a day for Americans to pay respect to "Old Glory," as it has made an impact on the lives of many people around the world, in the past, present, and will continue to do so in the future.















### NDW Commemorates 77th Anniversary of the Battle of Midway

### from Naval District Washington Public Affairs



190604-N-JT705-0070 WASHINGTON (June 4, 2019) Sailors create a "Sea of White" at the U.S. Navy Memorial in Washington, D.C., during the 77th commemoration of the Battle of Midway, June 4, 2019. The Battle of Midway is considered by many to be the turning point of World War II in the Pacific and is celebrated as one of the most decisive victories in U.S. naval forces' history. (U.S. Navy photo by Daemon Pellegran/Released)

Naval District Washington (NDW) celebrated the 77th anniversary of the Battle of Midway with a wreath laying ceremony at the U.S. Navy Memorial in Washington, D.C., June 4.

Sailors and Marines gathered alongside surviving veterans of the battle to commemorate the events in the Pacific Theatre during World War II.

Chief of Naval Operations, Adm. John Richardson, served as the guest speaker during the ceremony after laying a wreath in memory of the lives lost during the battle.

"Rather than go through the intricacies of the battle, I'd like to really

focus on the true power that won that great contest 77 years ago, which was of course, the people," said Richardson.

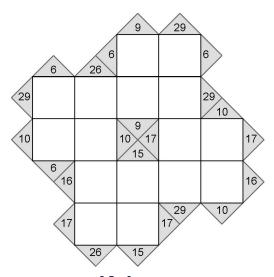
"You can talk about Midway forever. You can fill rooms with the volumes of books that have been written about Midway and you'll never be short of inspiration. But I don't think there's anything more inspiring than to see the fight that's still in our veterans today."

The Battle of Midway was a naval battle in the Pacific Theater of World War II from June 4-7, 1942. It was six months after Japan's attack on Pearl Harbor and one month after the Battle of the Coral Sea. The Navy defeated the

Imperial Japanese. U.S. forces inflicted devastating damage on the Japanese fleet that proved irreparable, and military historian John Keegan called it "the most stunning and decisive blow in the history of naval warfare."

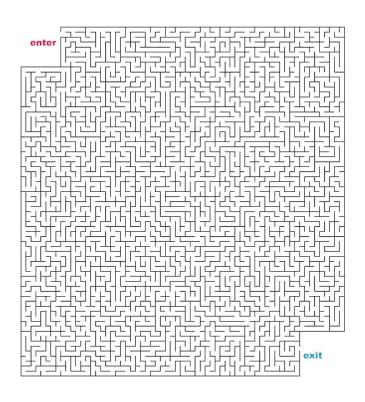
"Today, across the fleet ships are celebrating the Battle of Midway. Every Sailor takes a moment to pause and think about what happened on this glorious day. It might be tempting to attribute success at Midway to a stroke of luck. But I'll tell you, this is luck that we made. This was luck that was formed by the tenacity and fighting spirit of everybody involved," said Richardson.

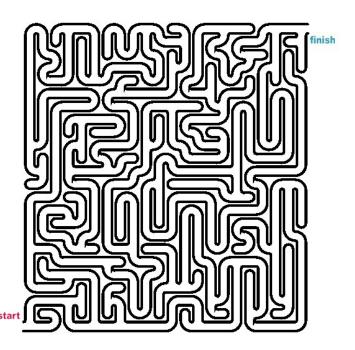
# **GAMES CORNER**



### **Kakuro**

Fill all the empty squares with numbers 1-9. The numbers in each row must add up to the clue on the left and right, while the numbers in each column add up to the clue on the top and bottom. No number may be used more than once in a line.





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

### Sudoku

Fill all the empty squares with numbers 1-9. Each of the nine blocks must contain every number, and each number can only appear once in a row, column or box.

# **HAMPTON ROADS EVENTS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
		Virginia Peninsula Foodbank COMREL 9 a m	Peninsula Rescue Mission COMREL 7 a m	Newport News Farmers Market 703 Mariners Row	3	

16 18 17 19 20 21 22 Father's Day Eve 6 at Neptune's Little Creek National Marina Day Cookout Park Dive-In Movies Naval Sailing Sewells Point Neptune's Park Little Creek Gator Center & Marina **Golf Course** 5 p.m. Water Park 12 p.m. 2 p.m. 7 p.m.

### **EVERY WEEK - FITNESS CLASSES**

| Yoga Class<br>Huntington Hall<br>5:30 a.m. |
|--|--|--|--|--|
|  |  | =  |  |  |
| Mixxed Fit Class                           | Zumba Class                                | Mixxed Fit Class                           | Zumba Class                                | Mixxed Fit Class                           |
| Huntington Hall                            |
| 12 p.m.                                    |

