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USS George Washington (CVN 73)

Commanding Officer



Capt. Kenneth Strong

Executive Officer



Capt. Daryle Cardone

Media Department

Public Affairs Officer Lt. Cmdr. Stephanie Turo

Departmental LCPO MCCM Reginald Buggs Deputy Public Affairs Officer Lt. Tyler Barker

> Divisional LCPO MCC Christina Shaw

Production LPO MC1 Gary Johnson

Media Department Requests

PRINT REQUESTS F-MAIL MEDIA PRINT REQUESTS PHOTO/VIDEO REQUESTS

(757) 534 - 2369

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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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Command Master Chief



CMDCM Maurice Coffey

Surveyor Magazine

Editor-in-Chief Lt. Cmdr. Stephanie Turo

Copy Editors Lt. Tyler Barker MCC Christina Shaw MC1 Gary Johnson

MC2 Trey Hutcheson

Layout Designers

MC3 Tatyana Freeman MCSN Cory Daut

Journalists

MC3 Michael Botts MC3 Tatyana Freeman MCSN Cory Daut MCSA Stephen Sullins



SAILOR IN THE SPOTLIGHT



FC2 Aaron Riffle

HOMETOWN: Woodsfield, Ohio

WHERE HE WORKS:

Combat Systems

WHY HE JOINED: Out of pride for his country and because he felt the need to serve

HOBBIES: Playing the guitar and video games

WHY THIS SAILOR WAS NOMINATED:

"He has definitely developed his skills, and he has taken on more tasks and challenges. Not only that, he takes motivation to his peers and keeps spirits high," said Chief Fire Controlman Cynthia Cruz.

GEORGE WASHINGTON'S NEWEST WARRIORS



MA2 Rachel Deaton ABE3 Zotah Khan ABF3 Isabel Wood ABH3 Cheyenne Carlton AM1 Karol Stawicki AN Tristin Noble AN Erik Snead EMN₂ Anh Nguyen EMN2 Davis Culler EMN₂ Lynyrd Barrion EMN2 Natalie Magpayo EMN2 Nicholan Lafrance EMN₂ Ryan Quitter ET3 Elizabeth Kim ETN3 Branden Thieman GM3 Joseph Hawley ICSN Jonathan Kendall IC3 Victoria Hurlbut MM3 Logan Lozier MMN2 Alexander Dwyer MMN2 Daniel Marlin MMN2 Jonathan Malla MMN2 Ricardo Garcia **OS3** Cria Saunders OS3 Daniel Bautista **OS3** Tamia Brisbon **RSSN** Raven Bolton **RSSN Robert Hall** YN3 Jose Gonzalez



CSC JOE MAGRI MMC FLYOD HOLLIER



ABHAA Caleb Brant ABHAN Cody Thompson ABHAN Shelby Gilliaman AN Alvin House AN Noah Saucedo AOAN Lupino Walton CSSN Kelsi Wallace CS2 Marshall Haley EMN2 Donald Verbeck ETE₃ Nicola Nanco IC2 Samantha Cox ITSA Ashap Hill PRAN Joseph Cantu PS3 Richard Garcia PS3 Andrea Thigpin **RSSN** Joshua Arnold



IT3 Hannah Renftle ITCS Jullian Wimbush

EAWS COORDINATORS

AOC VOLARIO LOTT CSC JOSE VALENCIA

EIWS COORDINATORS

ITC XICA JOHNSON CTT1 NICOLLETTE JEFFERY

SAFETY IS NICE: DON'T SLIDE ON THE ICE

STORY AND PHOTOS BY MC3 TATYANA FREEMAN

Winter can be a fun, enjoyable, and exciting time for many people. However, while the winter wonderland is beautiful, it can also bring safety concerns and hazards along with it. Because of this, Sailors assigned to the safety department aboard the Nimitzclass aircraft carrier USS George Washington (CVN 73) are ready to help their shipmates and their families prepare with these tips and tricks for a safe and fun winter season.

"A big winter threat is snow or ice on the walk into work," said Machinist's Mate 2nd Class Jimmy Garcia, a Sailor assigned to the safety department aboard George Washington. "Less light in the morning equals low visibility. There will be cold to freezing air temperatures and ladderwells on the ship might make it slick as well."

To prepare for such hazards, the safety department recommends Sailors follow a few key practices.

"Wear boots with good tread if you have them," said Garcia. "Slow down and watch your step, only cross the street when crosswalk signs indicate to cross, and wear jackets and gloves."

Even before driving to work, the safety department advises taking special precautions in the winter months to prepare for icy hazards.

"Prepare your vehicle for winter," said Garcia. "Make sure the tire pressure is at the right level and that the tires have good tread." In addition to proper tire pressure and tread, drivers can take other steps to ensure they remain safe on the road.

"Ice and snow create slick surfaces," said Aviation Ordnanceman 2nd Class George Frede, a Sailor assigned to the safety department aboard George Washington. "Slow down, drive safely, pay attention to road conditions, and give extra time for driving to your destination. Also beware of other drivers. Keep a roadside emergency kit in your vehicle."

This is also the time of the year that homeowners need to take a moment to winterize their residences and prepare for colder temperatures.

"Clean any radiators or heaters that haven't been used for a while and make sure they are free of dust," said Garcia.

In addition to ensuring these pieces of equipment are clean and ready for use, homeowners should also ensure other areas of their home are prepared for the season.

"Always have a home emergency kit in case of a severe snow storm, and in the event of a power outage, never make a makeshift fireplace," said Aviation Boatswain's Mate (Equipment) 1st Class Timothy Tolar, a Sailor assigned to the safety department aboard George Washington. "Use only proper heating techniques for your home. Also, if applicable, use your fireplace properly. Never leave it unattended and extinguish [the fire] when finished."

The safety department also recommends that Sailors keep an eye on the weather forecast to see how conditions are going to be prior to leaving their residence for work, regardless of whether they are walking or driving to the command.

"Pay attention to the weather forecast," said Tolar. "Bring the proper attire for whatever activity you plan to do, and bring extra clothes just in case. For road trips, plan ahead and check the weather for the route you're driving, and make sure your vehicle is winter ready. Have your chain of command's contact information, as well as emergency contacts readily available. Planning ahead could prevent potential hazards. To check weather conditions, watch local news station's weather reports, or use a weather app."

While winter can bring its own unique sets of hazards and impacts to Sailors in Hampton Roads, with the tips and advice from the George Washington safety department, it can still be a fun, enjoyable, and safe experience for all Sailors and their families.

BATTENING DOWN THE HATCHES

WINTER STORM PREPARATION TIPS

AS A HOMEOWNER, THE ARRIVAL OF WINTER MEANS PREPARING FOR SNOWSTORMS. THERE ARE MANY RESPONSABILITIES TO TEND TO, FROM PROTECTING THE PROPERTY TO ENSURING THE FAMILY'S SAFETY



PROTECT



EARTHQUAKES

From where two plates shear past each other. The resulting earthquakes are less powerful than those in subduction zones but can be more destructive to mankind because their focus is nearer the surface

LEARN THE VALVES

Familiarize yourself with your home's piping system and learn how to shut off valves in case a pipe bursts



TRIM SURROUNDING TREES

Snow-covered trees may be beautiful, but they're also hazardous - cut off branches that may fall and damage property during a storm



HAVE THE ROOF INSPECTED

Ensure that your home will hold up against the weight of snow by hiring a contractor to assess the roof



CHECK HEATING EQUIPMENT

Inspect heating sources and make sure everything is functioning properly

EQUIP



FOOD AND WATER

Have at least 3 days' supply for each person in the household food should be non-perishable and easy- to- prepare

FIRST-AID KIT

Look for a full kit and supplement it as necessary with items such as emergency blankets and flashlights

ROCK SALT OR SAND

This is essential for improving traction on walkways and the driveway, in case someone needs to step out

EXTRA MEDICAL ITEMS

Have at least a week's supply of medications, contact lenses, hearing aids, and other essential health items

A PORTABLE GENERATOR

Keep essential electrical equipment up and running during power outages with a durable and reliable Generator









WREATHS ACROSS AMERICA

STORY AND PHOTOS BY MC3 TATYANA FREEMAN

In 1992, Morrill Worcester, owner of Worcester Wreath Company in Harrington, Maine, had a surplus of wreaths during the holiday season. Instead of throwing them out, he contacted Arlington National Cemetery and asked if he could place the excess wreaths in some of the older parts of the cemetery that were not visited as often.

As plans came together to lay the wreaths at Arlington, other companies and organizations came forward and volunteered their services in order to help execute Worcester's idea.

Blue Bird Ranch, Inc., a trucking company, provided transportation of the wreaths from Maine to Virginia. Volunteers from the American Legion, Veterans of Foreign Wars, and other volunteers from the community to place red bows on each wreath. Washington D.C.based representatives from Maine organized the wreath-laying at Arlington and a special ceremony at the Tomb of the Unknown Soldier.

The group of volunteers did this yearly, and in 2005, after one of

their annual wreath-laying visits to Arlington, someone snapped a photograph of the wreaths on the headstones in the snow. The photograph made its way to the internet, where it went viral. People began to ask how they could help Worcester or emulate him in other places around the United States.

As interest and demand for wreaths and wreath-laying events grew, Worcester realized that he could not donate wreaths to everyone that wanted them. Instead, he sent seven wreaths to each state: one for every branch of the military and for POWs and MIAs. Soon it became clear that a much bigger operation was desired.

In 2007, the Worcester family, veterans, and volunteers from the original wreath-laying in Arlington founded the non-profit organization "Wreaths Across America" to continue their annual wreath-laying ceremony and support others around the country that wanted to do the same.

Their mission statement simply reads, "Remember. Honor. Teach." With every wreath-laying ceremony, Wreaths Across America strives to remember the veterans that lost their lives, honor the service members that currently serve, and teach citizens the value of freedom.

In 2014, 700,000 wreaths were placed in 1,000 locations throughout the United States and abroad. That same year, the organization was able to lay a wreath on every headstone at Arlington National Cemetery was met and has been doing so every subsequent year after.

The date for the Wreaths Across America event varies and usually occurs on the second or third Saturday of December. On the Wreaths Across America website, interested citizens can sponsor a wreath, a cemetery, or look for locations to volunteer.

What started as a simple gesture to remember and honor fallen servicemembers has grown into an annual worldwide event. As long as volunteers line up across the world to place wreaths at the tombs of servicemembers and their families, their sacrifice will not be forgotten.

Sailors assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73) wishing to take part in this tradition are encouraged to volunteer for Wreaths Across America at Hampton National Cemetery at 9:00 a.m. on Dec. 14. Sailors can help unload the wreaths from trucks, place the wreaths in front of headstones, and participate in a ceremony.

> Hampton National Cemetery Dec. 14 at 9:00 a.m.

Across

Wreaths

America

GW Gives Thanks to the Crew







George Washington Sailors enjoyed a Thanksgiving meal on the Floating Accommodation Facility, Nov. 28. Sailors on duty had the opportunity to eat a Thanksgiving meal with their families, fellow shipmates, and the triad.

Photos by MC3 Samuel Pederson









STORY, PHOTOS, AND GRAPHIC BY MCSN CORY DAUT AND MCSN ROBERT STAMER

R

ELFARE, RECREATION HERETHE FUN HAPPENS

ALE



For Sailors new to the Hampton Roads area and the Nimitzclass aircraft carrier USS George Washington (CVN 73), or those that are looking for activities to do locally, Morale, Welfare, and opportunity for rest, relaxation, and recreation by checking out Huntington Hall's MWR facility.

"At this [Huntington Hall] facility we have the liberty center, laptops to work on [qualifications], liberty summer, and host outdoor events like kayaking and paintball."

In addition to the activities like video game tournaments, trips to cities on the East Coast, kayaking, and paintball, Huntington Hall

"Helping the morale of Sailors makes me feel good. In June I'll be an MWR representative for 10 years, and I think keeping [the Sailors] motivated is important. The main thing I believe for the morale is to keep the Sailors busy as best we can, and give them an opportunity to meet other sailors from other commands."

Recreation (MWR) programs provide a wide variety of events in which to participate.

George Washington Sailors are afforded a separate and unique

events, video game tournaments, and trips and tours around the area," said Nate Owen, fitness director for Huntington Hall. "We even go up to [Washington] D.C. over the MWR also provides various fitness programs for Sailors to attend.

"On the fitness side we do personal training, group exercise classes four days a week, Monday through Thursday, new fitness events, and we even do sports events like basketball, soccer and flag football," said Owen.

Aviation Boatswain's Mate Airman Apprentice (Equipment) Bryan Brambrila agrees with Owen, saying that MWR of Hampton Roads has a vast amount of opportunities for Sailors to explore in Virginia.

"We have video game tournaments, Christmas decoration door competition, gingerbread decorating contest, field trips to Busch Gardens, and a holiday meal," said Brambrila, who stands watch with MWR.

With the holidays in full swing, MWR is working overtime to provide opportunities for Sailors, who can't make it home for the holidays, to get together and celebrate. MWR wants to make sure these Sailors have a sense of family at their home away from home.

"Helping the morale of Sailors makes me feel good," said Owen. "In June I'll be an MWR representative for 10 years, and I think keeping [the Sailors] motivated is important. The main thing, I believe, for the morale is to keep the Sailors busy as best we can, and give them an opportunity to meet other Sailors from other commands."

Sailors can also purchase discounted tickets for movies at local theaters, shows and concerts at local venues, and surrounding-area amusement parks. These tickets give Sailors the ability to experience all that Hampton Roads has to offer at a low cost.

"I really enjoyed the MWRsponsored Barbarian Run up in Yorktown," said Information Systems Technician 3rd Class Jacob Boudreaux, a Sailor assigned to George Washington's combat systems department. "It was cool to get up there and enjoy some off time with other Sailors. The facilities they have here are really nice, and they try to get us out there for a lot of activities."

For more information about MWR, the events they are hosting, and the discounted ticket prices available, Sailors can visit the MWR office on the Floating Accommodation Facility or check out the Huntington Hall MWR's website at https://www. navymwryorktown.com/

MWR HUNTINGTON HALL UPCOMING EVENTS:

Dec. 21, 2019 - 1700 TRIP TO BUSCH GARDENS CHRISTMAS TOWN **Huntington Hall**

Dec. 24, 2019 - 1100 HUNTINGTON HALL HOLIDAY MEAL **Huntington Hall**

<u>Dec. 31, 2019 - 2300</u> **BEAT THE BALL 5K** • NSAHR - Riverview Fitness Center

Jan. 18, 2020 - 1100 SNOWMAN OPEN GOLF TOURNAMENT Sewells Point Golf Course





REMEMBERING PEARL HARBOR: A DAY WHICH WILL LIVE IN INFAMY

STORY BY MCSA STEPHEN SULLINS AND PHOTOS COURTESY OF ASSOCIATED PRESS

The place: Pearl Harbor, Hawaii. The day: Dec. 7, 1941, forever to be remembered by the United States of America as the day when the Empire of Japan launched a surprise attack without a declaration of war.

What began as a quiet and routine Sunday morning for the Sailors stationed in the Hawaiian Islands quickly became ominous and tragic as the skies above Hawaii were swarmed with Japanese Imperial fighter planes. The skies filled with black smoke.

According to the Pearl Harbor Visitors Bureau and History Channel, more than 350 Japanese Imperial fighter planes dropped bombs on over 15 ships, 150 planes, and killed or wounded 3,478 American service members. Addressing a shocked and grief-stricken nation the next day, President Franklin Delano Roosevelt labeled Dec. 7, 1941 "a day which will live in infamy," a phrase remembered by Americans 78 years later.

"We were just firing away at all those planes," said Donald Stratton, a Pearl Harbor attack survivor aboard USS Arizona, as he recalls the attack. "They were coming in so close I could see the pilots when they went by. Some were waving and some were grinning."

USS Arizona sunk in the attack and still leaks fuel to this day. Among the crew, there were 77 Sailors that were related to each other, either as brothers or some other familial connection. There were 23 sets of brothers that died, and 62 of the 77 were killed aboard Arizona. Only one full set of brothers survived due to luck of one being in San Diego at the time and the other recovered from his wounds.

At the north end of Oahu, Hawaii, John William Finn, at the time a chief aviation ordnanceman, manned an exposed machine gun from a vulnerable position at Naval Air Station Kaneohe, risking his life to deter Japanese fighters from continuing their assault on the island. Due to his actions he was the first service member to receive the Medal of Honor during World War II. The heroic actions of Chief Finn that day and many others who risked their own lives to save others will long be remembered through naval history.

The crippling or destruction of 20 American ships left the Navy with a big dent in its fire power. However, their aircraft carriers had been away from Pearl Harbor during the attack. This led the Navy to shift gears in fleet power from gun boats to an unknowingly more directed, more sophisticated aerialmethod, and a lot of that was due to what they had to work with for the moment.

On Dec. 8, 1941, the U.S. declared war on the Empire of Japan and three days later, Nazi Germany declared war on the U.S., leading to an eventual alliance with the United Kingdom and France, formed out of necessity to fight a greater threat.

"With confidence in our armed forces, with the unbounding determination of our people, we will gain the inevitable triumph -- so help us God," said Roosevelt during his speech to the American people.

The attack by the Empire of Japan led to massive change, with the Navy placing aircraft carriers at the head of each major fleet. The Navy came a long way in a short amount of time because it had to. Necessity is the mother of invention, and without the Japanese Imperial's decision to attack Pearl Harbor, the Navy became what it is today.







Navy Announces Updates to Sea Shore Flow

From Chief of Naval Personnel Public Affairs



WASHINGTON (NNS) -- The Navy announced updates to the sea and shore tour lengths affecting Sailors in 47 ratings in NAVADMIN 274/19.

The adjustment to the long-standing enlisted career management policy, known as Sea Shore Flow (SSF), impacts more than 50,000 Sailors. While 20 ratings will see longer sea tours, 22 ratings will see shortened sea tours and seven ratings will be assigned longer shore tours.

Master-at-arms and religious program specialists will convert from an INside US / OUTside the US (INUS/OUTUS) rotation to Sea/Shore rotation and cryptologic technician (interpretive) ratings will follow SSF for the first time. Information about specific rates can be found on the MyNAVY Portal (MNP) website.

The Navy is transitioning from the long-standing assignment rotation-centric view of SSF to a more agile career-centric approach. This transparency gives our Sailors the flexibility they need for effective career management, as #MyNAVYHR continues delivering Sailor 2025 and transforming our personnel system.

"This was a necessary adjustment to ensure that we have the right people in the right billets to maintain our operational readiness across the Fleet," said Chief of Naval Personnel Vice Adm. John B. Nowell, Jr.

SSF not only helps the Navy prepare for today and tomorrow's fight, but also outlines the number of months a Sailor can expect on their first sea tour, first shore tour, and every other tour in their 30-year career.

Sailors within 12 months of their planned rotation date (PRD) will not be affected by this updated policy. Those outside of their 12 month window will have their PRDs adjusted in their electronic record and their detailing window will also shift based on the new PRD requirement.

This policy update is in line with the #MyNAVYHR goals of manning the fleet and developing a 21st century fighting force that is focused on Sailor readiness and their Families' welfare. The #MyNAVYHR team strives to modernize policies while challenging traditional processes to ensure an effective system of personnel management.

Reach out to your command career counselor to learn more.

For more news from Chief of Naval Personnel, follow us on Facebook at https:// www.facebook.com/usnpeople, Twitter at https://twitter.com/usnpeople or visit https://www.navy.mil/cnp.

Get more information about the Navy from US Navy facebook or twitter.

GAMES CORNER

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HAMPTON ROADS EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	9	10	11	12	13	14
	Holiday Door Decoration Challenge	Liberty Backyard Winter Olympics	Free Movie Night	DIY Holiday Mugs	Winter Wonderland	Santa Bowl
	12:00 p.m. Huntington Hall	5:00 p.m. Yorktown	7:00 p.m. NAVSTA Norfolk	5:00 p.m. Yorktown	6:00 p.m. Yorktown	4:30 p.m. Yorktown

15	16	17 18		19	21		
	Kris Kringle Jingle Ball	Gingerbread Decorating Contest		Pool Tournamen	Pool Tournament		
	5:00 p.m. Yorktown	5:00 p.m. Huntington Hall		5:00 p.m. Huntington Hall		5:00 p.m. Yorktown	

EVERY WEEK - FITNESS CLASSES

Μ	т	W	т	F
Strength Training Huntington Hall 5, 6, 7:30 a.m.	Core Training Huntington Hall 5, 6, 7:30 a.m.	Strength Training Huntington Hall 5, 6, 7:30 a.m.	Cardio Kickboxing Huntington Hall 5, 6, 7:30 a.m.	HIIT/Core Huntington Hall 5, 6, 7:30 a.m.
Functional Fitness Huntington Hall 3:00 p.m.	Functional Fitness Huntington Hall 3:00 p.m.	Functional Fitness Huntington Hall 3:00 p.m.		

