



IKE DEPLOYS UPON COMPLETION OF COMPTUEX



MC3 James Norket

The aircraft carrier USS Dwight D. Eisenhower (CVN 69) transits the Atlantic Ocean, Feb. 8. Ike is conducting operations in the Atlantic Ocean as part of the Dwight D. Eisenhower Strike Group.

**From Commander, U.S. 2nd Fleet Public Affairs
 NORFOLK**

The Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) and the ships and aircraft of Carrier Strike Group TEN (CSG-10), departed for deployment after successfully completing the Composite Unit Training Exercise (COMPTUEX).

“The Sailors of IKE Strike Group are trained and ready to execute the full spectrum of maritime operations in any theater,” said Rear Adm. Paul Schlise, commander, Carrier Strike Group 10. “Carrier Strike Groups are visible and powerful symbols of U.S. commitment and resolve to our allies and partners, and possess the flexibility and sustainability to fight major wars and ensure freedom of the seas.”

COMPTUEX is designed to fully integrate CSG-10 as a cohesive, multi-mission fighting force, and test the group’s ability to carry out sustained combat operations from the sea. During IKE’s COMPTUEX, several international allies, including ships from the Royal Canadian Navy, the French Navy and the Danish Navy supported and were integrated into the exercise.

“There is simply no substitute for our integration among our Navies,” said Vice Adm. Andrew Lewis, commander, U.S. 2nd Fleet. “It is the bedrock of our ability to assure our allies, respond to threats and enable global operations. Our Allies’ participation in COMPTUEX directly enhances defense relationships and

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Virginia Beach native, Kansas City Chief Football Player visits NAS Oceana

**From Commander, Naval Air Force Atlantic
 Public Affairs**

VIRGINIA BEACH

Kansas City Chief Defense Tackle Derrick Nnadi visited Naval Air Station (NAS) Oceana to meet with Sailors assigned to Strike Fighter Squadron (VFA) 106 and children participating in Morale Welfare and Recreation (MWR) Youth Center, Feb. 19.

Aviation Structural Mechanic Airman Gerald McKinney, VFA-106 Blue Jacket of the Year met with Nnadi.

“It was an amazing experience to meet someone of his profession that is so humble,” said McKinney.

Lt. Brian Fenstemaker, F/A-18 pilot and instructor provided Nnadi a tour of the VFA-106 spaces and explained the squadron’s overall mission.

“It was a pleasure to show him what

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we do here at VFA-106, and as an F/A-18 pilot and instructor,” said Fenstemaker. “It was like talking to a friend, rather than a Super Bowl Champion. Go Chiefs!”

During his tour of VFA-106 spaces, Nnadi also visited with maintenance personnel and watched the VFA-106 Rhino Demonstration Team practice for their 2020 airshow season, which begins in April.

“It was truly special to have Derrick Nnadi meet with VFA-106 Sailors and take in our air show practice as we prepare for our first show in April,” said Lt. Shane Brady, team lead for the VFA-106 Rhino Demonstration Team.

Nnadi, a Virginia Beach native, who played high school football at Ocean



MC2 Mark Thomas Mahmood

Kansas City Chiefs Super Bowl champion Derrick Nnadi poses for a photo with a child at the Child Development Center on board Naval Air Station Oceana. Nnadi visited Naval Air Station Oceana to meet Sailors and see the F/A-18 Super Hornet up close.

Lakes High School, visited with military children at the MWR Youth Center.

“He is a true role model in my eyes. All ages could learn from him and his demeanor. The way he presents himself,

even as a Super Bowl Champion at the age of 23. We were glad to have him here with us, even for a short time,” said Britteney Powers, an employee at VFA-106.

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NMCP nurse receives DAISY award

Jo Adderly, a Naval Medical Center Portsmouth (NMCP) registered nurse assigned to the Operating Room (OR), was surprised with NMCP’s DAISY Award during a ceremony Feb. 18.

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MSC completes cargo operations in Antarctic

Military Sealift Command has completed its resupply mission in Antarctica with the departure of the MSC chartered ship SLNC Magothy.

»See **B1**

Festival celebrates 24th year

Virginia Arts Festival will light up stages throughout Hampton Roads in spring 2020, bringing acclaimed artists from around the world.

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The youngest and oldest Supply Corps officers present, Lt. Lauren Gazaille and Capt. Blake Kent, joined me along with NAVSUP Vice Commander Kurt Wendelken and Command Master Chief Shannon Howe, in cutting our birthday cake in celebration of the Supply Corps’ 225th birthday.

U.S. NAVY SUPPLY CORPS CELEBRATES 225 YEARS

From NAVSUP Office of Corporate Communications Public Affairs

MECHANICSBURG, PA.

U.S. Navy Supply Corps officers, supply enlisted Sailors and Naval Supply Systems Command (NAVSUP) employees celebrated the 225th Supply Corps birthday Feb. 24 at NAVSUP headquarters in Mechanicsburg, Pennsylvania, with a cake cutting and remarks by 48th Chief of Supply Corps Rear Adm. Michelle C. Skubic, who also serves as commander, NAVSUP.

“The Supply Corps has set the standard for excellence and selfless devotion to duty. From replenishments at sea – first conducted by USS Constitution in 1799 and later considered a ‘secret weapon’ in World War II – to today’s globally integrated supply chains, we remain Navy’s premiere readiness enablers,” Skubic said.

One of the oldest staff corps in the Navy, the Supply Corps dates back to Feb. 23, 1795 when President George Washington appointed Tench Francis, a Philadelphia businessman, as the country’s first Purveyor



of Public Supplies. Francis unified a group of independent pursers under a single organization, which eventually became the Navy Supply Corps.

At its inception, the Supply Corps supported the Navy’s six frigates. Since that time, the duties and responsibilities of the Supply Corps have continuously evolved to keep pace with the expanding scope of the Navy’s global mission.

There are more than 3,300 active and Reserve component officers—from warrant to flag officer—who proudly wear the oak leaf insignia of the Supply Corps. These men and women are the Navy’s premier business managers. They serve on nearly every afloat platform and in a full range of expeditionary environments, as well as at hundreds of shore installations worldwide. “As a Supply Corps, we have the trust and

confidence from our customers to provide the support they need—positioning materiel, capabilities and even ourselves in the right place at the right time to maintain readiness. Our ability to support distributed maritime operations will enable us to achieve victory in a time of great power competition and maintain freedom of the seas. NAVSUP and the Supply Corps will aggressively explore opportunities and work with our partners to support the warfighter faster and more efficiently,” said Skubic.

Skubic went on to emphasize, “Now is a time to celebrate 225 years of being ready to serve, ready to sustain the fight and ready for sea.”

Skubic commands a worldwide workforce of more than 25,000 military and civilian personnel, providing logistics support and retail services to U.S. and allied naval forces. She previously served as commander, Defense Logistics Agency Land and Maritime in Columbus, Ohio. Her operational assignments include USS Acadia, and supply officer for Precommissioning Units McFaul and George H. W. Bush. She was also forward deployed as commander, Defense Logistics Agency Support Team in Kuwait during Operations New Dawn and Enduring Freedom.

NAVSUP FLC Norfolk ‘Speed Mentoring’ helps guide Sailors' careers

By Jim Kohler
NAVSUP FLC Norfolk Office of Corporate Communications Public Affairs

NORFOLK

Benjamin Franklin once said, “Tell me and I forget, teach me and I may remember, involve me and I learn.” Having a good mentor immerses those learning into the learning process. That is why for the past year, NAVSUP Fleet Logistics Center (FLC) Norfolk has regularly conducted “speed-mentoring” sessions.

“We try to adapt the same principles of speed dating except with mentors and mentees” said Logistics Specialist First Class Venicia Murphy, one of the facilitators of the program. “Our command is spread out over a wide footprint and has a large number of senior enlisted leadership that junior Sailors do not get a chance to see or interact with.”

With typical military assignments lasting two or three years, there are a lot of moving

parts involved so you never know when you might cross paths with someone who could be the perfect mentor for you. That is why it is important for the program to continue on a regular basis. According to NAVSUP FLC Norfolk Command Master Chief Scott Haas, who oversees the command’s mentorship program, it will. “The facilitators are chosen by me as a collateral duty assignment and the mentors are chosen by the facilitators,” said Haas. “They try get as wide a range of experience as possible from the E6 and above. These mentoring sessions will continue to be scheduled quarterly.”

The speed mentoring events give Sailors the opportunity to talk to leaders and pick who they would like to be their mentor. Each Sailor is allotted five minutes before they move to the next table to speak with another potential mentor. “We generally get asked for more time which is a good thing for us because that tells us the program is working,” said Murphy.

The most recent speed mentoring event on

Feb. 12 in the Robert Jack Room in Building W-143 aboard Naval Station Norfolk had about 20 mentors and 30 Sailors participating, which meant that some Sailors paired up to meet with the various mentors. Whether meeting one on one or two on one, the events are a great way for junior Sailors to find someone who they might not have otherwise met to help guide them through early career decisions and development. “I like the process of speed mentoring because it gives you the opportunity to experience many different leaders’ viewpoints based on their varied experiences that they have had during their career,” said Retail Services Specialist Second Class Victoria Highsmith. “The best part for me was getting to speak to my leadership on an informal level. I was able to ask real questions and get real answers. It helps to realize they are no different than you are. They are just at a different stage of the journey.”

Speed mentoring is at least as fulfilling for mentors and facilitators as it is for the mentees. “To participate in an event like this

is extremely satisfying,” said Logistics Specialist First Class Robert Stanley, one of the facilitators. “Given the opportunity to speak with our junior Sailors on a more individual basis and getting to know one another a little better allows us to better advise them and encourage them better personally and professionally. It also allows us to learn from them as well.”

Five minutes may not seem like enough time to get to know a potential mentor, but in some cases it could be the most important five minutes of a young Sailor’s life. “I feel like first impressions are the most important and vital,” said Logistics Specialist Second Class Mellisa Hankins. “You only remember so much information but you will never forget a vibe. It was a great way to see who just clicks for you and jot down important information. I would love to participate in future speed mentoring and I highly suggest it to other junior Sailors.”

NAVSUP FLC Norfolk is one of eight FLCs under Commander, NAVSUP. Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP’s mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.

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NEWS FROM NAS OCEANA



AM3 Lakeisha Tart
Naval Air Station Oceana executive officer, Capt. Robert Holmes, poses for a photo with the Naval Air Station Oceana Diversity Committee at the Hornet's Nest Galley. The Diversity Committee hosted a celebration event for Black History Month, which is recognized every February in the United States.

NASO Diversity Committee celebrates Black History Month

By AM3 Lakeisha Tart
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH

Naval Air Station Oceana Diversity Committee held a celebration for Black History Month at the Hornet's Nest Galley on Feb. 20.

During the event, members of the Naval

Air Station Oceana Diversity Committee spoke on the achievements of many black Americans, such as Don Cornelius, Malcom X and Doris Miller.

In the United States, Black History Month is celebrated annually in the month of February to recognize and remember African-Americans in their role in U.S. His-

tory.

During the presentation, Retail Services Specialist 2nd Class Zemario Sheppard recited a powerful self-written poem titled, Lineage.

"This event gives me a good feeling," said Sheppard. "Even if just one person can apply this message given here [at the Black

History Month Celebration] to themselves and leave feeling enlightened."

The presentation was finished off by a "Soul Train" line, where members and attendees danced their way down a line of people clapping and cheering them on. Soul Train aired on Chicago television in 1970. The show featured mostly black dancers and musicians due to the lack of representation in television at the time.

After concluding the ceremony, the Hornet's Nest Galley hosted an array of soul food selections for lunch including fried catfish, fried chicken, mac and cheese, BBQ ribs, and candied yams.



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Naval Station (NAVSTA) Norfolk's Commanding Officer, Capt. Brad Rosen stands with the instructors and 120 Child Youth Program (CYP) Staff awarded the CDA/MSA Credential. SN Andrenay Gorham

Child Development Associate commencement ceremony

By Seaman Andrenay Gorham
Naval Station Norfolk Public Affairs

NORFOLK

Naval Station (NAVSTA) Norfolk hosted the commencement ceremony for the Child Development Associate Credential (CDA) for Navy Mid-Atlantic Region Child and Youth Program, Feb. 13.

CDA is the most widely recognized credential in Early Childhood Education (ECE) and is a key stepping-stone on the path of career advancement in ECE. The Child Development Associate Credential is based on a core set of competency standards, which guide early care professionals as they work

toward becoming qualified teachers of young children.

“What we do makes a difference in the lives of children today, and it makes a long term difference in education, social, and economic future of these children.” Dr. Valora Washington, Chief Executive Officer of Council for Professional Recognition stated during her congratulatory speech to the awardees.

During the ceremony, the CDA presented 120 Child and Youth Program (CYP) staff from around the Mid-Atlantic Region with certificates. The CDA Certificate is a personal certification that the caregivers have been

awarded. Some recipients have higher education degrees; however, most of the awardees pursue new education opportunities to further career paths in child development. Over eight hundred thousand CDA Certificates have been issued around the world with the CDA program.

Mrs. Ronnica Edwards, the CYP Regional Director gave a speech about the commitment to the CYP program, which covered the standards of excellence and purpose. “Passion is what each of you candidates have today. Without you, we cannot run a successful Child development program,” she said.

The 120 Child Youth Program staff were presented with their certificates by Capt. Bradley Rosen, Naval Station (NAVSTA) Norfolk Commanding Officer, Dr. Valora Washington, and Christopher Robus, NAVSTA Norfolk Morale, Welfare and Recreation Director. The CDA instructors were

“ What we do makes a difference in the lives of children today, and it makes a long term difference in education, social, and economic future of these children.

Dr. Valora Washington

also acknowledged for their dedication to continue the standard of excellence that the CDA Philosophy Statement expounds on.

Each candidate was joined by their families and instructors to celebrate this rewarding achievement.

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Seaman Imani Daniels

Jo Adderly, a Naval Medical Center Portsmouth (NMCP) registered nurse assigned to the Operating Room (OR), was surprised with NMCP’s DAISY Award during a ceremony, Feb. 18. Capt. Lisa Mulligan, NMCP’s commanding officer, and Capt. Dixie Aune, Directorate for Nursing Services, presented the award. The DAISY Award was established by The DAISY Foundation in 1999 by the family of J. Patrick (Pat) Barnes, a patient who lost his life to the auto-immune disease ITP. Barnes’ family wanted to recognize the incredible care that the nurses provided him before his death and created the award now embraced by healthcare organizations around the world.

NMCP nurse receives DAISY award

By Seaman Imani Daniels
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.
Jo Adderly, a Naval Medical Center Portsmouth (NMCP) registered nurse assigned to the Operating Room (OR), was surprised with NMCP’s DAISY Award during a ceremony Feb. 18. Capt. Lisa Mulligan, NMCP’s commanding officer, and Capt. Dixie Aune, Directorate for Nursing Services, presented the award.
Adderly was nominated for the award by colleague, Lt. j.g. Stephanie Kaiser, for showing kindness and empathy with everything she does. Her passion for patient

advocacy is laudable and aspiring.
The DAISY gifts of appreciation include a certificate, an “Ask Me About the DAISY Award” pin, a daisy flower to put on the name badge, and a serpentine sculpture. The sculpture is hand-carved by the Shona tribe in Zimbabwe. They are especially meaningful, not only because they depict the embracing relationship nurses have with their patients, but also because of the profound respect the Shona people pay their traditional healers. Shona healers are affectionately regarded as treasurers by those they care for and this describes exactly how the DAISY Foundation, and

the organization’s partners, feel about nurses.
The DAISY Award was established by The DAISY Foundation in 1999 by the family of J. Patrick (Pat) Barnes, a patient who lost his life to the auto-immune disease ITP. Barnes’ family wanted to recognize the incredible care that the nurses provided him before his death and created the award now embraced by healthcare organizations around the world.
During Pat’s illness, his family was impressed by the clinical care, compassion and kindness his nurses brought to the bedside day in and day out. Following Pat’s

death, his family created the DAISY (an acronym for disease attacking the immune system) Foundation to say thank you to the nurses for the extraordinary care they provide patients and families every day.
As the U.S. Navy’s oldest, continuously-operating military hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The nationally-acclaimed, state-of-the-art medical center, along with the area’s 10 branch health and TRICARE Prime Clinics, provide care for the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.

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You always made sure your loved ones had the very best and knew that you were there to support them. Now is the time to reassure them that you have prepared for your next step by choosing a senior living community. But how much should this cost?
The cost for senior living depends on the size suite you select as well as the amount of support you require. On average, this works out to be between \$3,500-\$5,000 per month.
Families pay for senior living in a variety of ways. If you have invested in Long Term Care insurance, this is the time to reach out to your insurance provider and ask about qualifying for benefits. You will

likely qualify should you need assistance with two activities of daily living. This would include bathing, dressing, getting in and out of bed, and other personal care assistance.
Many families sell the home and use part of the sale to pay for senior living. Often when comparing taxes, insurance, and upkeep of a home to the cost of living in a community, the financial benefits are equal or greater than what you would expect.
Finally, if you served in the military during wartime or had a spouse who served, you may be eligible for senior living benefits as outlined in the following chart.

★★★	
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Veteran.....	\$1,912/mo*
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Couple.....	\$2,266/mo*
*Depending on the level of care needed.	

★★★
This benefit combined with social security payments and savings often covers the cost of senior living.
Ultimately, the formula of how senior living is paid works out to be different for every family. But just like college planning, it is worth the time and effort to choose the right fit and craft a plan that makes sense for you.



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Lance Cpl. Adaezia Chavez

U.S. Marines and Sailors prepare for a loading exercise (LOADEX) on Camp Elmore, Norfolk, Virginia, July 10, 2019. U.S. Marines with II Marine Expeditionary Force rehearsed a LOADEX with the U.S. Navy to rapidly form, embark and deploy maritime Defense Support for Civil Authorities operations in support of U.S. Northern Command.

Joint working groups collaborate to update DoD guidance on traffic safety

From Rebecca Coleman
Naval Safety Center Safety Promotions Public Affairs

NORFOLK

If you happen to be driving along the road on post and see a Stryker in your rearview mirror, rest easy knowing the vehicle’s operator will be following the guidelines of an updated instruction incorporating traffic safety and joint tactical vehicle safety.

Members of two joint working groups met at the Naval Safety Center Feb. 12 to revise a Department of Defense (DoD) instruction currently focused specifically on traffic safety that will ultimately enhance the “readiness of our organizations across the services.”

The Joint Motor Vehicle and Joint Tactical Vehicle Working Groups met to discuss the changes and gain concurrence on guidance the Office of the Secretary of Defense (OSD) will publish in Department of Defense Instruction (DoDI) 6055.04, “DoD Traffic Safety Program,” which will be renamed “DoD Traffic and Motor Vehicle Safety Program,”

covering traffic safety and joint tactical vehicle safety.

The groups are composed of representatives from the Army, Navy, Air Force, Marine Corps and OSD. “We’re making sure we’ve got common language in the new instruction that ties traffic safety and joint tactical vehicle safety together where it’s applicable, enhancing the readiness of our organizations across all the services,” said Lt. Col. Alex Warthen, Joint Tactical Vehicle Working Group chair.

William McInnis, who chairs the Joint Motor Vehicle group, pointed out there are 18 working groups and task forces that address issues relating to safety in the DoD, such as Joint Lessons Learned, Aviation and Leading Indicators.

“The bottom line for all these working groups is it’s about readiness,” McInnis said. “What everybody [here today] does, and all the other thousands of people out there that are proponents for safety, it’s not about restricting what units do, it’s about ensuring readiness,

reducing risk without becoming risk averse, and knowing our most valuable resource are those young men and women who put on the uniform. So we have to do all we can to protect them.”

The work being done by these safety groups yield positive outcomes. For example, the Joint Motor Vehicle working group was the driver behind implementing improved motorcycle safety training.

“We saw a spike in off-duty motorcycle mishaps back in the 2007-2008 timeframe,” said McInnis. This drove the services, and with this group serving as the coordinator between all the services, to ensure more investment in motorcycle training.

“Motorcycle safety became an emerging issue back in the middle of the last decade and now our motorcycle fatality numbers are down by 40 percent across the services since we started,” said McInnis.

“When you have a force that is taking these best practices, being safe, when everybody

shows up to work and when we safely accomplish getting from point A to point B, we are more ready,” said Warthen. “And that ultimately is what we are trying to accomplish. This all leads back into readiness, lethality and warfighting. Every time we lose a Marine or a Sailor, our ability to be ready for the next fight is lessened exponentially.

“If I’m talking to that 18-year-old who is struggling to understand why safety is important, why they have to wear a helmet in a tactical vehicle on the highway, it’s because ultimately, number one, we want you to survive your enlistment and go off to have a long and happy life. But number two, we need you in a full-up unit for that fight, because if you’re not there, then all the experience, all your training, goes with you, and somebody else now has two jobs.”

And being safe doesn’t apply only on the job. “The same thing applies off duty,” said McInnis. “Every loss of a service member is a tragedy in and of itself, and every time a Soldier, Sailor, Airman or Marine is killed or hurt in their off-duty experiences, that leaves a hole in a formation. The services lost over 100 men and women to off-duty mishaps last year, so there’s holes in 100 formations that are therefore less ready to execute their mission.”

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MC3 James Norket
An MH-60S Sea Hawk, assigned to the "Dusty Dogs" of Helicopter Sea Combat Squadron (HSC) 7, conducts a vertical replenishment aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Ike is conducting operations in the Atlantic Ocean as part of the Dwight D. Eisenhower Strike Group.

IKE | Dwight D. Eisenhower Carrier Strike Group is team of ships, aircraft and more than 6,000 Sailors

Continued from A1

improves overall coordination and interoperability among our militaries.”

French anti-submarine frigate FS Normandie (D651), Royal Danish Navy frigate Iver Huitfeldt (F361) and Canadian Halifax-class frigate HMCS Ville de Quebec (FFH 332) participated in several events throughout the exercise. Their participation brought a new layer of depth and increased the training value for all units.

“Exercises such as COMPTUEX demonstrate the importance of interoperability between allied nations,” said Cmdr. Michael Eelhart, commanding officer of the Royal Canadian Navy’s Halifax-class frigate HMCS Ville de Québec (FFH 332). “Specifically, the requirement to integrate allied assets and capabilities in order to achieve a common mission.”

The Dwight D. Eisenhower Carrier Strike Group is a multiplatform team of ships, aircraft and more than 6,000 Sailors, capable of carrying out a wide variety of missions around the globe.

Deploying ships and aircraft of the strike group, commanded by Rear Adm. Paul J. Schlise, include flagship USS Dwight D. Eisenhower (CVN 69), commanded by Capt. Kyle P. Higgins; the nine squadrons of Carrier Air Wing THREE (CVW 3), staffs of Carrier Strike Group TEN (CSG 10) and Destroyer Squadron TWO SIX (DESRON 26), the guided-missile cruisers USS San Jacinto (CG 56) and USS Vella Gulf (CG 72), the guided-missile destroyers of DESRON 26, USS Stout (DDG 55), USS James E. Williams (DDG 95), and USS Truxton (DDG 103) stationed at Naval Station Norfolk, Virginia.

Squadrons of Carrier Air Wing (CVW) 3, commanded by Capt. Trevor Estes, embarked on Eisenhower include the “Fighting Swordsmen” of Strike Fighter Squadron (VFA) 32, the “Gun-slingers” of Strike Fighter Squadron VFA-105, the “Rampagers” of Strike Fighter Squadron VFA-83, “Wildcats” of VFA-131, the “Screwtops” of Carrier Airborne Early Warning Squadron (VAW) 123, the “Zappers” of Electronic Attack Squadron (VAQ) 130, the “Dusty



MC2SA Ace Foster
Sailors guide NATO Sea Sparrow missiles onto the flight deck aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Ike is conducting operations in the Atlantic Ocean as part of the Dwight D. Eisenhower Carrier Strike Group.

Dogs” of Helicopter Sea Combat Squadron (HSC) 7, and the “Swamp Foxes” of Helicopter Maritime Strike Squadron (HSM) 74.

C2F exercises operational authorities over assigned ships, aircraft, and landing forces on the East Coast and the

Atlantic. When directed, C2F conducts exercises and operations within the U.S. European Command area of operations as an expeditionary fleet, providing Naval Forces Europe an additional maneuver arm to operate forces dynamically in theater.

CHIEFS | Nnadi visited with military kids at the MWR Youth Center

Continued from A1



MC2 Mark Thomas Mahmood
Kansas City Chiefs Super Bowl champion Derrick Nnadi, right, tours the Strike Fighter Squadron (VFA) 106 hangar with Lt. Brian Fenstemaker, center, and Aviation Structural Mechanic Airman Gerald McKinney, left. Nnadi visited Naval Air Station Oceana to meet Sailors and see the F/A-18 Super Hornet up close.



MC2 Mark Thomas Mahmood
Kansas City Chiefs Super Bowl champion Derrick Nnadi poses for a photo with a Sailor assigned to Strike Fighter Squadron (VFA) 106. Nnadi visited Naval Air Station Oceana to meet Sailors and see the F/A-18 Super Hornet up close.



MC2 Mark Thomas Mahmood
Kansas City Chiefs Super Bowl champion Derrick Nnadi poses for a photo with a child at the Child Development Center on board Naval Air Station Oceana. Nnadi visited Naval Air Station Oceana to meet Sailors and see the F/A-18 Super Hornet up close.



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Department of Navy builds readiness

The Department of the Navy's (DON) latest land-based range modernization project involves the Fallon Range Training Complex (FRTC) in northern Nevada.

See B4

SECTION B | FLAGSHIPNEWS.COM | 2.27.2020



Sarah Burford

Military Sealift Command has completed its resupply mission in Antarctica with the departure of the MSC chartered ship SLNC Magothy. The mission was in support of Operation Deep Freeze, the Joint Task Force Support for Antarctica mission to the NSF-managed U.S. Antarctic Program.

MSC COMPLETES CARGO OPERATIONS IN ANTARCTIC

By Sarah Burford
Military Sealift Command Pacific Public Affairs

Military Sealift Command has completed its resupply mission in Antarctica with the departure of the MSC chartered ship SLNC Magothy. The mission was in support of Operation Deep Freeze, the Joint Task Force Support for Antarctica mission to the NSF-managed U.S. Antarctic Program.

Magothy delivered nearly five thousand metric tons of construction materials and equipment that will be used to expand the

facilities at McMurdo Station. The cargo was offloaded by Seabees from Navy Cargo Handling Battalion ONE (NCHB -1) homeported in Williamsburg, Va.

Magothy along with two other MSC chartered ships MV Ocean Giant, and MT Maersk Peary, conducted cargo offloads at the Marine Causeway System (MCS) that was put in place to replace the traditional ice-pier that has been used in years past. The MCS was delivered by the first MSC ship to arrive in Antarctica, Ocean Giant. Upon completion of their cargo delivery,

Magothy retrieved the dismantled sections of the MCS, and loaded it onto the ship, where it will be return it to Port Hueneme, Calif., where their mission began in early January.

According to Capt. Eric Swanson, Magothy's civilian master, operation such as Operation Deep Freeze and the challenges of working in a remote area create a unique learning experience for his crew. Here, they hone skills that can be used in operations while supporting future MSC missions.

"Due to the lack of resources available,

and because of the remote location and weather challenges, the ODF mission really challenges us as a team," said Swanson. "I'm sure my team has learned a lot, and will take these lessons learned with them on future missions where they won't be challenged by these extreme weather conditions, or the challenges this environment brings."

Operation Deep Freeze is a joint service, on-going Defense Support to Civilian Authorities activity in support of the National Science Foundation (NSF), lead agency for the United States Antarctic Program. Mission support consists of active duty, Guard and Reserve personnel from the U.S. Air Force, Navy, Army, and Coast Guard as well as Department of Defense civilians and attached non-DOD civilians. ODF operates from two primary locations situated at Christchurch, New Zealand and McMurdo Station, Antarctica.

Navy increases spouse licensure and certification reimbursement policy

WASHINGTON

Jodi Palmer knows frequent moves are just a part of Navy life. Countless hours, she says go into preparing for a military move. It's a drill she knows all too well as the wife of Cmdr. William Palmer.

The family recently moved across country, their sixth permanent change of station (PCS), after a tour in Norfolk.

Her husband was slated to take command of Fleet Readiness Center Northwest. Getting the family moved there in one piece was her job. This included finding a way to continue her own career as a nurse.

"For those spouses that have an established career that requires re-credentialing or re-licensing in a new state, it has previously been an expensive and time consuming task on the PCS 'to do' list," she said.

All that changed this past year when the Navy started reimbursing the cost of re-



Lt. Jamie Moroney

A sailor assigned to the Blue Ridge-class command and control ship USS Mount Whitney (LCC 20) greets his family during a homecoming celebration in Gaeta, Italy, July 30, 2019. Naval Support Activity Naples is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed, when they are needed to ensure security and stability in Europe, Africa and Southwest Asia.



Lisa Smith Molinari

Military spouses have what it takes to beat the odds

By Lisa Smith Molinari

Two months into 2020, statistics dictate that most people have already given up on their New Year’s resolutions. Sadly, only about six or seven percent of people who make resolutions ever attain their goals. I’ve always been a resolution-maker and a yo yo dieter, so I am forever making plans to lose ten pounds, then breaking them.

But one year, I made a resolution that would take me a decade to achieve.

In 2010, our family was stationed in Stuttgart, Germany, where I made a New Year’s resolution to submit essays I had written two years prior to newspaper editors. I had written about parenting, marriage, and military life to relieve my own stress during my husband’s year-long deployment, and my essays had been sitting in a folder on my computer ever since. “I should finally do something with these,” I thought.

I googled how to submit essays to newspaper editors, and flying by the seat of my double-digit-sized pants, I wrote to them and hit send.

In my mind, my goal had been achieved. I had done my research, conquered my fear, and put myself out there. Done.

Problem was, my essay got published.

My uncle called from the states two weeks

after my submission to tell me that he was reading my essay in The Washington Post. I was stunned. “Now what?” I wondered.

Having struggled with self-confidence most of my life, and having left my legal career to manage our military family, I was so focused on getting over my fear of submitting my writing for scrutiny, I never stopped to think about what I would do if someone actually liked it. I didn’t know much about the industry, but I knew that I couldn’t waste the unique opportunity The Washington Post byline had given me. So, I continued researching (which I’m still doing to this day), started a blog, created a column, reached out to other writers, pitched my work to countless editors, read my columns in public, joined writers’s groups, and became intimately familiar with the feeling of rejection.

That 2010 New Year’s resolution followed it’s logical course — my original goal to simply submit my writing became my goal to publish an essay, which became my goal to be a columnist, which became my goal to syndicate, and so on and so on, until my goal morphed into one that 81 percent of all Americans have — to publish a book.

I had no business thinking that, just because I wrote a weekly column, I could publish a book. In fact, 97 percent of people who start writing a book never finish, and of those few

who complete a manuscript, only one fifth manage to get them published. To make matters even more daunting, although electronic self-publishing has made it easier to publish, it’s harder to be successful at it. According to Publisher’s Weekly, the average book sells less than 500 copies.

Facing these horrendous odds, I forged ahead with my plan to publish a book. Really? Insane, I’ll admit. But not only did I finished my manuscript, I signed a book contract, too.

That 2010 New Year’s resolution I made to “put myself out there” took me ten years to accomplish, but I did it despite every probability against me — a stay-at-home military spouse and mother of three, moving every few years, with no inside contacts and no previous experience in the publishing industry. Other military spouse authors set terrific examples — Corie Weathers, Siobhan Falls, Alison Buckholtz, El Brown, Tara Crooks, Rebecca Yarros, Terri Barnes, Kristine Schellhaas, Jocelyn Green, to name only a few.

My book, The Meat and Potatoes of Life: My True Lit Com, will be released on May 1, 2020, one week before Military Spouse Appreciation Day. So apropos, because I credit my accomplishment as a book author to having been a military spouse. Ours is a unique lifestyle that fosters independence, resourcefulness, determination and guts. I may never lose that ten pounds, but being a military spouse gave me the skills I needed to beat impossible odds and achieve something precious, rare and meaningful. Of that, I am eternally grateful and proud.

www.themeatandpotatoesoflife.com

Dental care tips for kids using TRICARE Dental Program

From TRICARE

From babies to teenagers, practicing good dental hygiene is important for children of all ages. Parents play a critical role in developing these positive, healthy behaviors at a young age. Because February is National Children’s Dental Health Month, here are some tips to help keep your child’s teeth healthy and strong through the years. Also, learn about covered services that active duty family members enrolled in the TRICARE Dental Program (TDP) have.

AGES: 0–11 MONTHS

It’s important to start good dental hygiene even before your baby’s first tooth comes in. Before teeth come in, you should gently wipe your baby’s gums with a soft, clean cloth twice a day. According to the Centers for Disease Control and Prevention (CDC), this helps remove the bacteria that can cause tooth decay. From four months of age and on, your child’s first teeth will start to grow. As soon as this happens, the CDC suggests that you brush teeth twice a day with a soft, small-bristled toothbrush and a smear of toothpaste.

AGES: 1–6

You can begin to take your child for covered dental visits as soon as he or she reaches age 1 and is enrolled in the TDP. The American Dental Association (ADA) recommends when children turn 1 year old, they see a dentist to spot signs of problems early. If you already have a family plan, your child will be automatically enrolled in TDP at no additional



iStock

charge, upon turning age 1. If you don’t have a family plan, the child will be added at age 1 and your single plan will be changed to a family plan.

From ages 1 to 6, help your child brush his or her own teeth with a pea-sized amount of fluoride toothpaste. And make sure your child doesn’t swallow the toothpaste after brushing. If two teeth touch, you can also start helping your child floss daily to get loose food particles that may be stuck between teeth.

TDP covers two routine cleanings and two fluoride treatments during a consecutive 12-month period for children age 1 and older. You can learn more about TDP benefits in the TRICARE Dental Program Handbook. If you need to find a TDP dentist, use the Find a Dentist tool on the TDP website.

AGES: 6–10

As children age, they’ll get more comfortable brushing and flossing alone and will start to lose their baby teeth. In this age range, it’s still important to monitor your child’s dental routine. Watch your child brush his or her teeth and help with those hard-to-reach places, espe-

cially in the back of the mouth.

Ask your dentist if dental sealants would be beneficial to help prevent cavities. According to the CDC, “children aged 6 to 11 years without sealants have almost three times more first molar cavities than children with sealants.” The TDP covers sealants for children through age 18. You can learn more about sealants in the TRICARE Dental Program Handbook.

AGES: 10 AND OLDER

Ideally, when children are older than 10 years old, they’ll be confident handling their own dental routine. Between ages 12 and 13, check with your child’s dentist to make sure all permanent teeth are in place, except for wisdom teeth. The dentist should continue to monitor wisdom teeth growth as your child gets older.

Teaching your children healthy dental habits early on gets them used to a routine to follow. For more ways you can help protect your child’s teeth, check out the ADA and CDC websites. You can also find more dental health tips and information about TDP covered services on the TDP website.



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A: Navy Housing posts all job opportunities on USAJobs.

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U.S. Navy photo

The Navy Exchange Service Command's (NEXCOM) Ships Store Program reached a milestone when it branded its 100th ships store onboard USS PORT ROYAL (CG 73). NEXCOM is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office.

Navy Exchange Command brands 100th ship's store, on USS Port Royal

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

The Navy Exchange Service Command's (NEXCOM) Ship's Store Program recently branded its 100th ship's store onboard USS Port Royal (CG 73),

stationed at Pearl Harbor, Hawaii. "We started renovating ship's stores ashore seven years ago," said Scott Gray, vice president of NEXCOM's Ship's Store Program. "In addition to looking more like the NEX, the stores offer more products for sale and are

now merchandised together to make it easier for the Sailors to find what they're looking for quickly. "Once a ship's store has been renovated, sales increase, on average, by 25%. The increase in sales and profits benefit the Sailors onboard the ship through funding for afloat recreation

needs," Gray said. In 2013, NEXCOM's Ship's Store Program and Store Operations, along with NAVSUP Fleet Logistics Centers, embarked on an ambitious partnership to brand fleet ship's stores. The goal of the branding was to give each ship's store a more vibrant and professional visual presentation as well as provide professional merchandising training to the ship's retail services specialist (RS) personnel onboard. Currently, there are 34 ship's stores in the fleet that remain to be branded.

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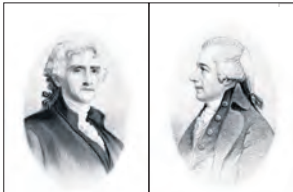
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F-35C Lightning IIs, attached to the Grim Reapers of Strike Fighter Squadron (VFA) 101, and an F/A-18E/F Super Hornets attached to the Naval Aviation Warfighter Development Center (NAWDC) fly over Naval Air Station Fallon's (NASF) Range Training Complex.

Dept of Navy builds readiness while maintaining natural, cultural resources

WASHINGTON

Principal Deputy Assistant Secretary of the Navy for Energy, Installations and Environment Todd Mellon, along with representatives from the Army and the Air Force, on Feb. 12 testified before the House Armed Services Committee Subcommittee on Readiness about building military readiness at land-based ranges while maintaining natural and cultural resources.

The Department of the Navy's (DON) latest land-based range modernization project involves the Fallon Range Training Complex (FRTC) in northern Nevada. The training on the FRTC occurs nowhere else in the world and is critical for defending and securing the United States and its interests abroad. Modernization of the FRTC is needed to safely provide more realistic training using today's faster, more advanced aircraft and weaponry.

"The use of land-based ranges is essential for us to meet critical priorities outlined in the National Defense Strategy which, among other things, requires us to prepare for peer and near-peer competitors," Mellon said in his opening statement. "Congress has placed

public lands in our custody for this purpose. "To ensure we can train on these lands frequently and repeatedly, we protect and manage the natural and cultural resources entrusted to us," he continued. "We believe that military readiness and good stewardship go hand-in-hand, and the Department has an excellent track record of balancing these priorities."

The DON conducts training activities on lands and in designated airspace across the country with the cooperation of states, tribes, and private landowners, and works closely with the Departments of Interior and Agriculture while conducting flight operations over the millions of acres they maintain for public use. The DON has developed partnerships with these agencies at increasingly high levels as it balances national security needs with the nation's goals of managing its national and cultural resources.

"The importance of our ordnance ranges for naval gunfire, aviation and combined arms training cannot be overstated," Mellon said. "Training in a real-world environment that is representative of current and future

weapons capabilities is essential in ensuring our warfighters are fully prepared to survive in combat.

"While virtual and constructive training is an important element in building warfighting skills, it cannot replicate all the skills that must be honed prior to an actual enemy engagement; some of these skills can only be obtained through hands-on realistic training," Mellon said.

As important as this training is, the DON recognizes that frequent, repeated use of live-fire ranges has the potential to affect the environment. Because these ranges provide important habitat for wildlife, including endangered species, and contain significant cultural resources, the DON consults and partners with the U.S. Fish and Wildlife Service and with state natural resources agencies to prepare and implement robust integrated natural resources management plans. These partnerships have been highly effective in improving wildlife populations and habitat.

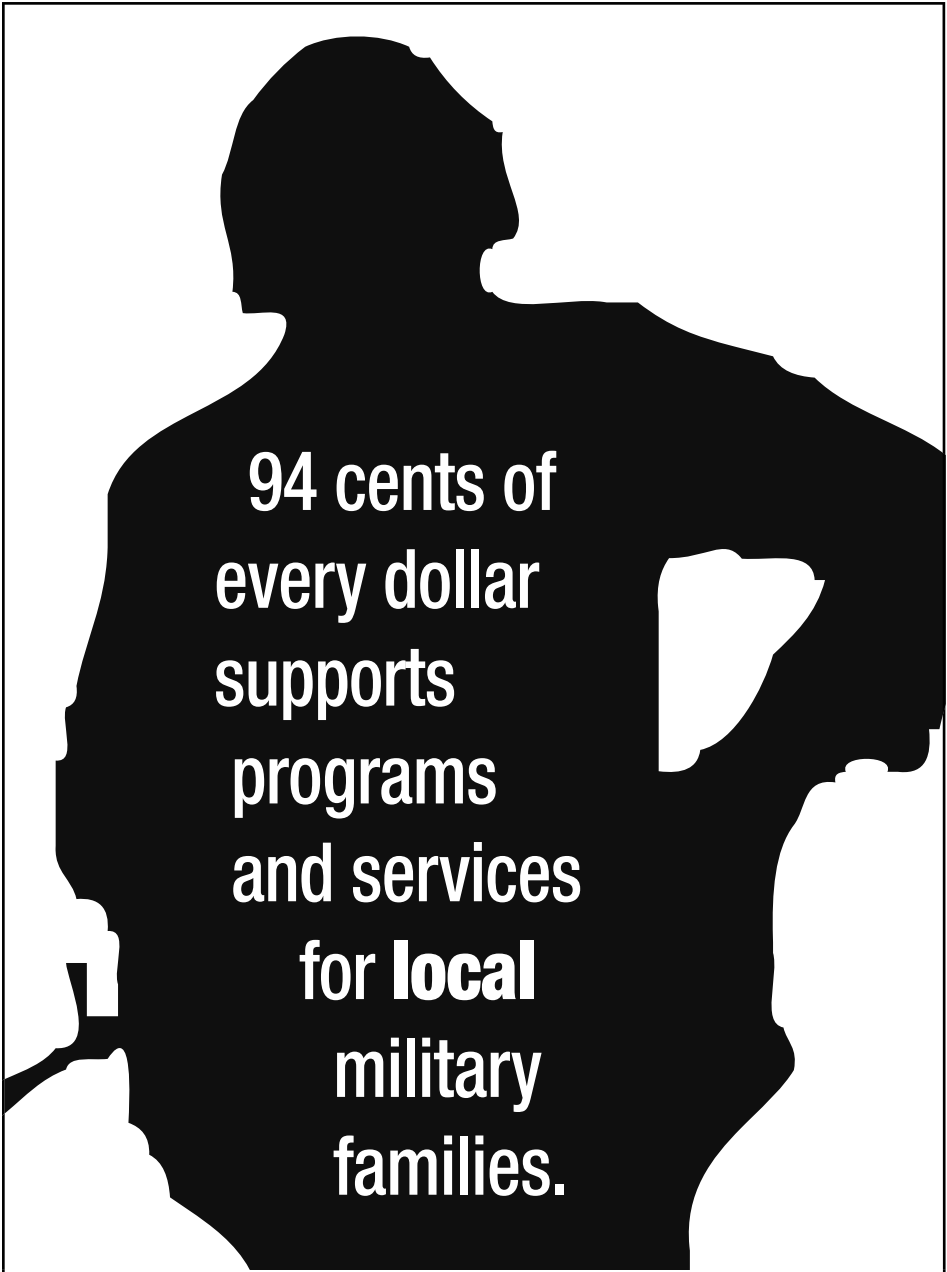
Similarly, the DON protects cultural resources by developing integrated cultural resources management plans in partnership

with state historic preservation officers and tribes. According to Mellon, the DON proudly safeguards the many cultural sites on its installations, which include over 15,000 archaeological sites and over 20,000 historic structures.

The DON has a proven record of environmental stewardship and working with its partners. It remains committed to collaborating with federal, state, and local government agencies and tribes to deliver the range capabilities the DON requires to meet the present and future challenges in a manner that protects natural and cultural resources.

Since 2016, the DON has conducted over 300 outreach briefings to key stakeholders on the FRTC modernization proposal alone. The DON's FRTC proposal evolved directly from stakeholder contributions during the National Environmental Policy Act process to reduce and avoid significant impacts.

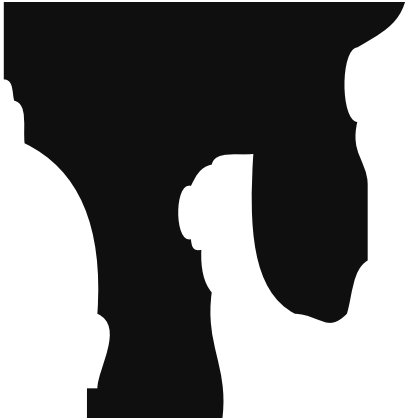
The Office of the Assistant Secretary of the Navy for Energy, Installations and Environment is responsible for overseeing and formulating policy for Navy and Marine Corps facilities sustainment, restoration, and modernization; military construction; acquisition, use and disposal of real property and facilities; environmental protection, planning, restoration and natural resources conservation; and safety and occupational health.

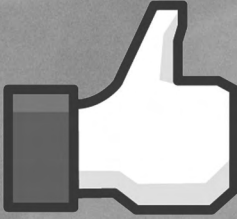


94 cents of every dollar supports programs and services for local military families.



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Fleet familiarization seminar educates fleet operators, increases fleet readiness

By Gerard Sekerak
Naval Information Warfare Systems Command (NAVWAR) Public Affairs

NORFOLK
Naval Information Warfare Center (NIWC) Atlantic hosted the quarterly fleet Command, Control, Communications, Computers, Intelligence, Surveillance, and Reconnaissance (C4ISR) familiarization seminar to increase fleet readiness February 11-14, in Norfolk, Virginia.

Sponsored by Naval Information Warfare Systems Command (NAVWAR) and Program Executive Office (PEO) C4I and Space Systems, the event is geared towards Carrier Strike Group and Amphibious Ready Group personnel who require familiarity with current afloat C4ISR systems and associated installation and logistics support processes and points of contact. This is the first of these seminars to take place outside of San Diego.

“In today’s great power competition, we must take every opportunity to improve fleet readiness,” said NAVWAR Commander Rear Adm. Christian Becker. “These seminars help us connect with fleet operators that use our systems, especially given the unprecedented pace of technological advancements that we are seeing today and will continue to see in the future. It is imperative that we stay tightly coupled with the fleet.”

NAVWAR and PEO C4I program managers, engineers, and associated commands directly involved with afloat C4ISR system planning, installation, integration, logistics, and fleet support presented briefs to attendees covering a host of topics including overviews of NAVWAR and the Fleet Readiness Directorate, as well as available C4ISR training; platform integration for aircraft carriers, ships, and submarines; shore and expeditionary systems infrastructure; system lifecycle readiness resources; the C4ISR system program; cyber readiness and security; fleet C5I modernization; casualty resolution support, and more.

“The course is dynamic in that it is constantly being updated by the program offices, the NIWC’s, and all the other entities that brief during the seminar,” said Capt. George Clark, NAVWAR 4.1/4.2 Department Head. “You can sense the energy from

the presenters that they’re glad to be talking to a new group of folks who haven’t had this material before.”

The quarterly seminars, open to afloat, deploying C4ISR staff and ships company personnel (E7 or above), are intended to improve fleet understanding of C4ISR capabilities, installation processes and deployment preparations for NAVWAR and PEO C4I systems.

“It’s a good opportunity to meet your counterparts on other ships too,” said Clark. “It provides a forum where people who perform the same function in the Navy come together and not only learn, but talk with each other, and maybe learn something from their buddy down the pier who they hadn’t met before.”

Clark and long-time seminar coordinator Maria DeSandre, have the continuous task of ensuring the quarterly seminars go off without a hitch. It is the responsibility of Clark, DeSandre, and rest of their department to collect and consolidate briefs and keep attendees informed on the logistics, despite the challenges associated with this event being the first to happen on the east coast.

“I think it’s safe to say this has been a big success. We’ve got 111 people here and normally in San Diego we usually get around 70 [people],” said Clark. “NIWC Atlantic has been really instrumental in helping us put this together, both with logistics and helping us find subject matter experts (SMEs) that live in Norfolk that can brief, because we weren’t able to bring all of the briefers from San Diego.”

According to Clark, after the next seminar toward the end of the spring/early summer in San Diego, the team is expected to take the show on the road again to its first overseas location in Yokosuka, Japan.

“So, when we go back [to San Diego] and the admiral decides to expand our east and/or west coast offerings, now we’ve got the opportunity to tap into the SME’s in Norfolk and Charleston,” said Clark. “We’ll use SMEs in Hawaii and Japan to do the majority of the presenting so we don’t have to fly people over or rely on video teleconferencing because, as you can imagine, with the



Gerard Sekerak
Participants attend the Naval Information Warfare Center (NIWC) Atlantic-hosted quarterly fleet Command, Control, Communications, Computers, Intelligence, Surveillance, and Reconnaissance (C4ISR) familiarization seminar to increase fleet readiness Feb. 11-14. Sponsored by Naval Information Warfare Systems Command (NAVWAR) and Program Executive Office (PEO) C4I and Space Systems, the event is geared towards Carrier Strike Group and Amphibious Ready Group personnel who require familiarity with current afloat C4ISR systems and associated installation and logistics support processes and points of contact. This is the first of these seminars to take place outside of San Diego.

time difference [13 hours] that would be challenging. Then hopefully we’ll hit the Pacific Northwest and possibly Mayport [Florida] sometime in the next fiscal year.”

Clark added it’s important for commands to invest the time and money in sending their people to this course, whether in Norfolk or San Diego.

“In the Navy, we have schools for all of our systems, but there aren’t many opportu-

nities where you can gather folks from the program office and headquarters, the NIWC’s and the In-Service Engineering Activity who provide the waterfront support, into one place to hear all of them, and be able to paint the picture of how this place works. For me, it’s a unique opportunity, and one that commands should support if they can, because it provides a great return on investment.”

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Hendrick L. Dickson
Chief Operations Specialist Jason Sherman, assigned to the Mid-Atlantic Regional Maintenance Center (MARMC), talks with a student during a safeTalk Workshop. The workshop teaches participants how to prevent suicide by recognizing the signs, engaging someone and connecting them to an intervention resource. MARMC employs more than 3,000 Sailors and civilians to provide surface ship maintenance, management and oversight of private sector maintenance and fleet technical support to ships in the Mid-Atlantic region.

MARMC talks suicide prevention

By **Hendrick L. Dickson**
Mid-Atlantic Regional Maintenance Center Public Affairs

NORFOLK

According to a recent report from the Center for Disease Control and Prevention, the suicide rate in the U.S. has increased by 40 percent over the past two decades. The Navy is not immune to this trend as last year Navy Personnel Command reported 58 active duty deaths by suicide. That number is concerning to the Fleet and something with which all commands are grappling with.

The Mid-Atlantic Regional Maintenance Center (MARMC) in Norfolk, Virginia, held its first suicide prevention workshop, LivingWorks SafeTalk, Jan. 30,

in an effort to drive the conversation about suicide to the deck plates and educate shipmates of warning signs.

“The curriculum is to create an alertness to suicide,” said Chief Fire Controlman, Joseph Rollins of Bradenton, Fla. “This allows Sailors in day-to-day discussions with each other to hear what we call invitations, when somebody who might have suicidal ideations is inviting you to ask them without actually saying ‘I feel like committing suicide.’ The point is to create awareness and recognition to then talk with them and connect them to somebody who can help.”

Twenty-eight MARMC Sailors and civilians attended the workshop organized by the command’s suicide prevention co-

ordination team. It included face-to-face interaction, audiovisual presentations and skills practices. The team will have several more workshops over the next few months.

“This workshop is for anybody and everybody,” said Rollins. “It is not limited to your paygrade, your ethics or your morals. Its 100 percent for everybody – civilian, military – it doesn’t matter. What matters is as many people as possible are able to walk away knowing what to look for and are comfortable having those conversations that could eventually save a life.”

Chief Operations Specialist Jason Sherman of Virginia Beach said this is the first step of a plan to develop a self-sustaining, far-reaching team of SafeTalk warriors

with the training and confidence to intervene when their shipmate or coworker is in trouble.

“Our vision is to take our initial trainers and start building and growing throughout MARMC so that inside every division and every work center, no matter where you turn, there will be a teammate alert to the possibility of suicide within this command,” he said.

MARMC is home to more than 3,000 Sailors and civilian employees located in multiple facilities throughout Hampton Roads. This dynamic makes it important that even junior Sailors are able to address this issue among each other.

MARMC provides surface ship maintenance, management and oversight of private sector maintenance and fleet technical assistance to ships in the Mid-Atlantic region, as well as provides support to the 5th and 6th Fleet Areas of Responsibility.

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POP



MC2 Alfred Coffield

Vice Adm. Daryl Caudle, Commander, U.S. Submarine Forces, welcomed Rear Adm. Nils Andreas Stensønes, Chief of the Royal Norwegian Navy, Feb. 21, 2020, in Norfolk, Va. The visit was part of a key leadership engagement between the two naval forces. “The partnership between our naval forces is more critical today for the security and prosperity of the region than ever before,” said Stensønes. “I’m pleased to report that our partnership is strong, and strengthening every day.”

Chief of the Royal Norwegian Navy visits U.S. Submarine Forces

From Commander, Submarine Force Atlantic Public Affairs

NORFOLK

Vice Adm. Daryl Caudle, Commander, U.S. Submarine Forces, welcomed Rear Adm. Nils Andreas Stensønes, Chief of the Royal Norwegian Navy, Feb. 21, 2020, in Norfolk, Va. as part of a key leadership engagement between the two naval forces.

“As an indispensable part of Integrated American Naval Power, the importance of the Submarine Force to building maritime intelligence and logistics partnerships with allies to ensure prosperity in the Atlantic cannot be overstated,” Vice Adm. Caudle said. “Our enduring partnership with Norway is underpinned by common values, mutual interests, and a shared outlook that will serve both navies well into the future.”

In addition to his role within the U.S. Navy, Caudle serves as Commander, Allied Submarine Command, providing advice to the North Atlantic Treaty Organization Strategic Commanders on submarine related issues.

“The partnership between our naval forces is more critical today for the security and prosperity of the region than ever before,” Rear Adm. Stensønes said. “I’m pleased to report that our partnership is strong, and strengthening every day.”



MC2 Alfred Coffield

Vice Adm. Daryl Caudle, Commander, U.S. Submarine Forces, exchanged gifts with Rear Adm. Nils Andreas Stensønes, Chief of the Royal Norwegian Navy, Feb. 21, 2020, in Norfolk, Va. The visit was part of a key leadership engagement between the two naval forces. “The partnership between our naval forces is more critical today for the security and prosperity of the region than ever before,” said Stensønes. “I’m pleased to report that our partnership is strong, and strengthening every day.”

REIMBURSEMENT | Navy is upping the ante by raising the maximum reimbursement to \$1,000

Continued from B1

credentialing after a permanent change of station move to a new state.

“As a registered nurse, I am so thankful for a career that has portability but it does come with a cost,” she said. “The military spouse reimbursement program has taken away the added expense and worry that is associated with each move and the realignment of my career.”

The Navy is now upping the ante by raising the maximum reimbursement to \$1,000. In addition, the program has been extended by Congress another two years – now allowing reimbursements to be paid through December 2024. Additionally, the Navy has also widened the eligibility options. Spouses who held a professional license at a previous duty station but chose not to renew their license at succeeding duty station are also eligible now for reimbursement.

Current estimates show that a third of military spouses have jobs that require state-issued credentials to work. Since the program kicked off last June, the Navy has reimbursed nearly 200 Sailors for the cost of their spouse’s credentialing costs, which also includes any required testing.

According to Navy statistics, the majority of reimbursements are for healthcare licenses. Education credentials are a dis-

tant second place.

“This is an incredible benefit for families and spouses – it’s one less expense they don’t have to absorb – they can get reimbursed with it,” said Ron Ates, a branch head within the pay and personnel department at Navy Personnel Command.

“The more the word gets out about this, the more Sailors can be reimbursed – we want to see more Sailors take advantage of this benefit,” Ates said.

It’s the military member who actually submits their spouse’s expenses to the Navy, Ates said. That’s a legal thing. Payment directly to the Sailor’s bank account takes, on average, just four days.

The maximum reimbursement level depends on when the service member’s orders were issued.

Orders issued from Dec. 12, 2017, through Dec. 19, 2019, qualify for the original reimbursement policy of up to \$500. The new \$1,000 cap will be in effect for those with orders issued on or after Dec. 20, 2019.

The fine print says these payments can be made provided the Sailor is on permanent change of station orders that take their family from one state to another.

The move must also authorize dependents to relocate with the service member – and they must physically make the move, too.

The spouse must also have worked in the profession requiring certification at their previous duty location and be able to prove it.

Filing a claim is simple. Sailors must fill out a claim form OF1164 and send it through encrypted email to MyNavy Career Center at askmnc@navy.mil. Also included must be receipts for license or certification indicating state to state member and spouse relocation along with proof of the old certification as well as the recertification.

For Elizabeth Neuendorff, wife of Hospital Corpsman 2nd Class Ryan Neuendorff, getting reimbursed for her educator license transfers eliminates the frustration of having to pay for the recertification process.

“Each new move until my husband retires will continue to cost us,” she said. “With each transfer, I spend a few hundred dollars transferring my teaching and principal’s license – I hope to see this reimbursement program continue for years to come. It’s been a huge benefit for us.”

For complete eligibility information and application procedures, read MILPERSMAN Article 1754-040: <https://www.public.navy.mil/bupers-npc/reference/milpersman/1000/1700Morale/Pages/default.aspx>.

The Spouse Licensure Reimbursement policy supports the Navy Family Framework objective to expand and improve the experience for Navy spouses and families. Other efforts include improving family programs and websites, developing an offi-

“ Each new move until my husband retires will continue to cost us. With each transfer, I spend a few hundred dollars transferring my teaching and principal’s license – I hope to see this reimbursement program continue for years to come. It’s been a huge benefit for us.

Elizabeth Neuendorff

cial MyNavy Family website, providing ombudsman registry access to command leadership spouses and increasing the availability of live webinars and self-directed learning activities.

Navy family members and spouses can also download the MyNavy Family App can for free from the Navy App Locker, <https://www.applocker.navy.mil>. The app combines the resources of more than 22 websites to connect Navy spouses and families to information and resources when and where they need it.

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Linda Eder makes rare Virginia appearance

This spectacular Leap Year concert on February 29, is as rare as Linda Eder’s exquisite vocal prowess! From pop and standards to jazz and country, Eder has been enchanting audiences since she first burst onto the scene on the tele-vised talent competition “Star Search.

See C2



VIRGINIA ARTS FESTIVAL ANNOUNCES 24TH SEASON

From Virginia Arts Festival

Dozens of spring performances of music, dance, theater and more, in venues throughout Coastal Virginia

Virginia Arts Festival will light up stages throughout Hampton Roads in spring 2020, bringing acclaimed artists from around the world. “It’s a season of joy,” said the Festival’s Perry Artistic Director Rob Cross. “From our season-long celebration of the masterworks of Beethoven to brilliant new ballet to virtuosic performances by masters of jazz, folk and world music, you’ll find experiences that quicken your pulse, soothe your soul, and spark passionate discussion.”

See FESTIVAL | C4

Performance calendar and tickets

A full calendar of the 2020 Virginia Arts Festival season is available at www.vafest.org. Tickets for all events can be purchased online at www.vafest.org, by phone at 757-282-2822 or by visiting the Virginia Arts Festival box office located at 440 Bank Street in Norfolk between 10 a.m. and 5 p.m., Monday-Friday.

None



WICKED tickets go on sale March 13

From Seven Venues NORFOLK

WICKED, Norfolk’s most popular musical, will return to Chrysler Hall on May 20 – 31. Tickets for the return engagement go on sale March 13 at 10 a.m.

The Broadway sensation WICKED looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin, who is smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikelyst of friendships...until the world decides to call one “good,” and the other one “wicked.”

With a thrilling score that includes the hits “Defying Gravity,” “Popular” and “For Good,” WICKED has been hailed by The New York Times as “the defining musical of the decade,” and by Time Magazine as “a magical Broadway musical with brains, heart, and courage.”

Having recently celebrated its 16th anniversary on Broadway, WICKED is the winner of over 100 international awards including the Grammy Award and three Tony Awards. WICKED has been performed in over 100 cities in 16 countries around the world (U.S., Canada, United Kingdom, Ireland, Japan, Germany, Holland, Australia, New Zealand, Singapore, South Korea, The Philippines, Mexico, Brazil, Switzerland and China) and has thus far been translated into six languages: Japanese, German, Dutch, Spanish, Korean and Portuguese. WICKED has amassed nearly \$5 billion in global sales and has been seen by over 60 million people worldwide.

Based on the novel by Gregory Maguire, WICKED has music and lyrics by Stephen Schwartz, and a book by Winnie Holzman. The production is directed by Tony Award winner Joe Mantello with musical staging by Tony Award winner Wayne Cilento. WICKED is produced by Marc Platt, Universal Stage Productions, The Araca Group, Jon B. Platt and David Stone.

Tickets to Wicked go on sale March 13 at 10 a.m. and can be purchased at the Scope Arena Box Office and Ticketmaster.com. For more information, visit www.BroadwayNorfolk.com or www.SevenVenues.com.

Talia Suskauer as Elphaba in the North American Tour of WICKED.

Joan Marcus

Calendar

For a complete list of events in Hampton Roads or to submit your own, visit www.flagshipnews.com/calendar

DIVERSITY IN DANCE

FEBRUARY 28 + 29



Ballet Virginia

Diversity In Dance

- Feb. 28 and 29
- Ballet Virginia
- <https://www.eventbrite.com/e/diversity-in-dance-tickets-92274009045?aff=ebdssbdestsearch>

Diversity in Dance will showcase works by Ballet Virginia Resident Choreographer, Lydia Roberts Coco. Ms. Coco, a former Alvin Ailey Dance Theater principal dancer will be tapping into the diverse cultural roots of the Hampton Roads community. This transcendent program offers original works of historical significance along with soulful music telling unique and moving stories.



Courtesy photo

Norfolk Theatre Festival

- March 3, 7:30 to March 8, 9:30 p.m.
- Check show listings
- <https://www.nfktheatre.com/>

Whatever your taste in theatre, you'll find shows and events to engage, intrigue and entertain at the second annual Norfolk Theatre Festival! Norfolk hums with great theatre! This March, see shows that reflect our diverse community and spirited audiences in venues large and small, showcasing Norfolk's rich cultural heritage and the performing arts organizations who enliven the scene here. Plan your perfect Norfolk Theatre Festival experience to include unforgettable shows and featuring home-grown talent as well as new and established artists in some of the most beautiful and historic venues in the city. You'll find great deals on Norfolk's many restaurants and breweries and hotel choices that make an immersive theatre weekend elegantly comfortable.



Courtesy photo

UFC Fight Night

- Feb. 29, 5-11 p.m.
- Chartway Arena
- Info

UFC returns to Norfolk Saturday, February 29! Don't miss this chance to see the world's best athletes compete inside the hallowed Octagon! It will be a night of fights that you won't soon forget.



NASA

Sigma Series Lecture - Adventures in Self Driving Car Safety

- Date
- Location
- Info

Self-driving cars might soon be coming to a road near you. But will they be safe? Setting aside the hype/disillusionment cycle, we take a step back and look at the big picture. We'll start by talking about how machine learning-based perception works and why it is the long pole in the tent for self-driving car deployment. We'll end by talking about just how big a job getting a robo-taxi safe really is. Along the way we'll discuss why the oft-quoted "94% of accidents are due to human error" is propaganda, why "safer than a human driver" might be the wrong goal, what really went wrong to cause the fatality in Tempe AZ, the unexpected way in which autonomy will dramatically change automotive safety, why your favorite clothing might make you invisible to self-driving cars, and what it's like to write a safety standard for an ambivalent industry. Several core lessons apply to other types of impending autonomous systems, including aviation applications.

Community

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Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/



Courtesy photo

Powerhouse vocalist Linda Eder makes rare Virginia appearance

From The American Theatre

HAMPTON

This spectacular Leap Year concert on February 29, is as rare as Linda Eder's exquisite vocal prowess! From pop and standards to jazz and country, Eder has been enchanting audiences since she first burst onto the scene on the televised talent competition "Star Search." Eighteen solo recordings later, she's become a worldwide phenomenon.

Eder's latest album, "If You See Me," pays tribute to Broadway and beyond, delivering her unique song interpretation of Rodgers and Hammerstein, Stephen Sondheim, Frank Wildhorn, and more—chosen from a wish list submitted by her fans after

requesting suggestions on her social media sites.

"It is her voice — a rangy, flexible throb driven by a seemingly inexhaustible stamina and topped with high notes that grow larger and fuller as she moves up the scale — that leaves you open-mouthed," wrote Stephen Holdren for The New York Times. "With her impeccable intonation, she is an Olympic archer who always hits bull's-eye dead center."

Eder's American Theatre debut marks the acclaimed singer's first performance in Hampton Roads and an exciting opportunity to hear one of the most versatile and purest voices of our generation live onstage.

"Whether you're a fan of The American Songbook, Broadway classics or pop hits, Linda Eder will

“It is her voice — a rangy, flexible throb driven by a seemingly inexhaustible stamina and topped with high notes that grow larger and fuller as she moves up the scale — that leaves you open-mouthed

Stephen Holdren

captivate you with her stratospheric vocals," commented Hampton Arts Artistic Director Richard M. Parison, Jr. "The historic American Theatre is the perfect venue to celebrate her repertoire and share this immense talent to Coastal Virginia."

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From Naval Station Norfolk MWR

Come out to SP-123 for Naval Station Norfolk’s auto auction March 4 where food and beverages will be sold from our very own MWR Food Truck.

Vehicles can be viewed at SP-123 from 10 a.m.-1 p.m. on the Monday and Tuesday prior to the day of the auction. Everyone must have a valid CAC/Military ID card. On the day of, the gate will open at 10am, and you will then be able to register.

All sales are final, so please be sure of the vehicle you are bidding on. CREDIT CARD ONLY will be accepted. For more information, feel free to call the Impound Lot office at 757-444-2631

RULES AND REGULATIONS OF THE AUCTION

THE VEHICLES:

All vehicles have been abandoned on the Naval Station and are sold as is. There is no guarantee that the vehicles will run. Vehicles are not guaranteed as to year or state inspection. *SPECIAL ODOMETER NOTE: DO NOT rely on the odometer reading, as it could be incorrect. Odometer reading could be more or less. Bidders are explicitly advised to closely examine the vehicle they are bidding on. There are no guarantees expressed or implied.

VIEWING OF VEHICLES:

Vehicles may be viewed at SP-123 from 1000 to 1300 on the Monday and Tuesday prior to the day of the auction. There will be

a list of vehicles available prior to viewing; however, any vehicle may be pulled from the auction up until the close of business Tuesday. Everyone entering the lot must have valid CAC/Military ID card. This auction is only open to our military/CAC card holders. (Active Duty, Retirees, Dependents, Civil Service)

BIDDER REGISTRATION:

All bidders must be registered and have a bidder number. Receipt of a bidder number implies an understanding of the legal obligations to these stated rules and regulations. Registration will start at 1000 on the day of the auction at the auction site. Bidders must register their name and address as they wish them to appear on the Certificate to Obtain Title. The MWR Department reserves the right to refuse to register bidders who have previously failed to follow the rules of their auctions. Registered bidders are responsible for all bids under their number. You, the registered bidder, are responsible for bids tendered, irrespective of the designated purchaser of the vehicle. i.e. DO NOT BUY A CAR FOR A FRIEND OR RELATIVE UNLESS YOU ARE PREPARED TO ASSUME RESPONSIBILITY FOR THE PURCHASE. The Certificate to Obtain Title must be made out in the name of the winning bidder. Do not bid on a car and then request that the Certificate to Obtain Title be prepared in someone else’s name.

BIDDING ON VEHICLES:

The auction will normally start at noon on Wednesday at the direction of the auction-

eer. The auctioneer will proceed down the row of vehicles taking verbal bids on each vehicle in turn. Bidders who are interested in a particular vehicle should stand near the vehicle so that the auctioneer will hear their bid. All sales are final. Please be sure of the vehicle you are bidding on. Bidders may not participate in the auction while on their phones or electronic devices. The MWR Department reserves the right to refuse any and all bids and to settle any and all disputes involving bids. This is an absolute auction. There are no extra fees or charges that must be paid. The bid price is the sale price. Once the auctioneer declares a vehicle “sold”, the high bidder must sign a Form 1348-I (transfer of government property) acknowledging the bid price.

PAYMENT FOR VEHICLES:

IF PAYMENT IS MADE IN FULL ON THE DAY OF THE AUCTION: The highest bidder on each vehicle may pay in full on the day of the auction at SP-314. Such payment MUST BE MADE in the form credit or debit card (NO CASH/CHECKS). If payment is made in full on the day of the auction, the Certificate to Obtain Title (Form 97) will be prepared immediately and presented to the buyer. Payments are taken until 1530 auction day.

IF PAYMENT IS NOT MADE IN FULL ON THE DAY OF THE AUCTION: The highest bidder must pay a minimum of \$20 or 10% deposit, whichever is greater, on the day of the auction. This non-refundable payment may be made by credit/debit card. The remaining balance must be paid by

credit/debit card within five working days. Payment must be made at the Naval Station Impound Lot office, Bldg SP-314 located at the end of 10th Ave., between the hours of 0900 and 1630. When the complete payment is made within five working days of the auction, the Certificate to Obtain Title will be issued to the buyer. The signed Form 1348-I will act as a bill of sale for removal of the vehicle from the auction site.

FAILURE TO MAKE FULL PAYMENT WITHIN FIVE WORKING DAYS: The failure on the part of the bidder to make full payment within five working days of the auction will make the sale null and void, and result in the forfeiture of any deposits. The vehicle will then be re-offered for public sale at the next abandoned vehicle auction.

REMOVAL OF VEHICLES:

Vehicles must be paid for in full before they are removed from the auction site. All vehicles must be towed off of the lot. Buyers have five working days from the day of the auction to remove their vehicle and may do so from 0900-1545 Monday-Friday. Vehicles may not be worked on in the lot of the new location. You must show a signed Form 1348-I, Form 97, or registration for the vehicle to be released. Buyers who have paid in full for their vehicle and have not removed it within five working days will be assessed a \$20 per day/vehicle storage charge. Vehicles left for two weeks from the auction date will be declared abandoned and will be towed. Buyers will then be assessed a towing charge in addition to the \$20 per day storage charge.

FURTHER INFORMATION:

Call the Impound Lot office at 444-2631, Monday-Friday, 9:00 a.m.-5:00 p.m.

Chesapeake Native earns Ship Handler of the Year

By Navy Office Of Community Outreach

The USS Little Rock Gold Crew Ship Handler of the Year is Lt.j.g. Ashley Kiple.

The Ship handler of the year award is given to Surface Warfare Officers who demonstrate superior performance while standing Officer of The Deck Underway onboard the Navy’s newest platform, the Freedom-class Littoral Combat Ship.

Kiple is from Virginia and received her commission from Tulane University. Her

qualifications include Surface Warfare, Officer of the Deck, and Anti-terrorism Tactical Watch Officer. She was previously stationed onboard the USS Chafee (DDG 90).

Surface Warfare Officers are Naval officers whose training and primary duties focus on the operation of Navy ships at sea, leading Sailors and managing the various shipboard systems and programs. The SWO community offers a wide variety of assignments and duty stations across the world.

Kiple is currently the Assistant Opera-

tions Officer onboard the USS Little Rock and is the responsible for the planning and execution of the ship schedule. Additionally she ensures that all sailors in her department are trained and qualified in their respective roles onboard the LCS Platform. Her responsibilities require her to verify that overall condition of the ship is preserved and maintained.

When asked what her favorite thing is about her ship she eagerly answers, “the tight knit crew.” All of the personnel stationed onboard the Little Rock are required to train and demonstrate proficiency in areas outside their assigned billet. This inter-departmental experience allows everyone aboard the LCS Platform to gain critical knowledge and be able to depend on each other.



Navy Office of Community Outreach

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Zoran Jelenic

FESTIVAL | *Hong Kong Ballet performs production of ALICE with Virginia Symphony Orchestra*

Continued from C1

DANCE SERIES

One of the most brilliant ballet companies in the world, the Hong Kong Ballet makes its Virginia Arts Festival debut April 17-19, performing its exuberantly creative production of *ALICE* (in wonderland) with Virginia Symphony Orchestra. Ingeniously staged and choreographed by the company’s artistic director Septime Webre, with eye-popping costumes by Liz Vandal of Cirque du Soleil, this vibrant spectacle is a treat for all ages. A destination for dance lovers each spring, the Virginia Arts Festival will also present the electrifying, Memphis-based Collage Dance Collective April 21 and the hilarious parodies of the tutu-clad, all-male Les Ballets Trockadero de Monte Carlo April 29.

BEETHOVEN CELEBRATION

The Festival joins the worldwide celebration of the 250th birthday of Ludwig van Beethoven this spring, presenting performances throughout the region that feature some of classical music’s most acclaimed artists. A highlight of the celebration will be a Virginia Symphony Orchestra performance of Beethoven’s towering Ninth Symphony, with its soaring “Ode to Joy,” and Beethoven’s Emperor Piano Concerto, performed by Van Cliburn Gold Medalist Olga Kern. Marking her final appearance as Music Director of the VSO, JoAnn Falletta conducts the Orchestra, Chorus and soloists in an unforgettable celebration. Patrons can choose to hear this program in Newport News May 15, Norfolk May 16 or Virginia Beach May 17. With live video projected from on-stage screens, you’ll see every bit of the action as you listen to this magnificent music.

CHAMBER MUSIC

More Beethoven masterworks await music lovers throughout the spring, curated by the Festival’s Connie & Marc Jacobson Director of Chamber Music, Olga Kern. In intimate concerts featuring virtuoso musicians from around the world, the Festival’s Chamber Music series offers opportunities to hear the legendary Brentano Quartet, Italy’s Quartetto Adorno, violinist Alexandre da Costa and Olga Kern herself.

FILM, THEATER AND VISUAL ART

An array of truly “beyond category” performances mark the Virginia Arts Festival’s foray into these uniquely visual art forms in 2020. In a rare treat for music and history lovers, the Festival and Sandler Center Foundation present a bravura performance of music from *Victory at Sea*, the landmark 1950s television series recounting the United States World War II naval victories. Featuring music from the stirring score written for the series by the legendary Broadway composer Richard Rodgers, curated and conducted by one of the most sought-after music directors on Broadway today, Rob Fisher, and performed by the Virginia Symphony Orchestra, this spectacular evening of music May 27 will also feature beloved show tunes of the 1940s and ‘50s, performed by award-winning Broadway star Laura Osnes.



None/

Audience involvement is key in the Sing-A-Long-A Sound of Music April 25, when fans can sing along with Julie Andrews and the von Trapp kids in a screening of the beloved film—and costumes (nuns, goat herders, baronesses, anyone?) are encouraged! You’ll not only see this beloved movie in magnificent Technicolor and glorious Cinemascope, it’s a major audience participation event with subtitles on screen showing the lyrics for all the songs. A host leads the audience in this interactive, inclusive, celebratory, uplifting and irresistible evening.

Virginia Arts Festival has a history of inspired collaboration and unique performances that offer revelatory rediscovery of rarely heard works. This season, music and poetry lovers can experience William Walton’s *Faade*, a groundbreaking 1923 composition that incorporated the poems of Edith Sitwell. Conducted by JoAnn Falletta and featuring a company of gifted musicians and “reciters,” *Faade* will be performed April 9 in the new Joan and Macon Brock Theatre, Susan S. Goode Fine and Performing Arts Center at Virginia Wesleyan University.

A new work, *The Black Mozart* which premiered at Tanglewood in 2019, tells “a slice of the wild historical story of composer and activist Chevalier de Saint-Georges, an 18th-century black aristocratic composer who...became a pioneer in nearly every field he touched” (Bay State Banner). Born in Guadalupe, he immigrated to France and became Marie Antoinette’s personal music teacher and Wolfgang Amadeus Mozart’s roommate, a darling of French society, a sought-after violinist, master fencer, soldier, and composer

of some of the most beautiful and popular music of the era. Lost to history after the French Revolution, this amazing historical figure is brought to life in this unique performance that combines actors and musicians May 7 at the Attucks Theatre.

From the award-winning, nationally recognized Norfolk State University Theatre Department comes the riveting new production of Charles Fuller’s Pulitzer Prize-winning *A Soldier’s Play*, a murder mystery set in a Louisiana Army base that lays bare the raw emotions of racism. The original New York production by the Negro Ensemble Company launched the careers of Denzel Washington and Samuel L. Jackson and got rave reviews. Acclaimed NSU Theatre Director Anthony Stockard has assembled a cast of NSU alumni and guest artists for an unforgettable four performances, May 28 – 31.

One of the most unique presentations of the 2020 Virginia Arts Festival will be Michelangelo’s *Sistine Chapel: The Exhibition*, which uses state of the art technology to reproduce Michelangelo’s frescoes in their original sizes for visitors to explore up close; the exhibit will be displayed in Norfolk’s MacArthur Center May 7-31.

2020 VIRGINIA INTERNATIONAL TATTOO

A centerpiece of the Festival each season, the Virginia International Tattoo presents more than 1,000 performers from around the world in a magnificent spectacle of music, patriotism, and international friendship, drawing more than 25,000 fans who travel to Norfolk to see this great show every year. Inspired by the traditions of the

world’s great “Tattoos” in Europe, the Virginia International Tattoo is an awe-inspiring celebration of inspirational military music, majestic pipes and drums, show-stopping drill team maneuvers, colorful dancers, and much more. This season’s Tattoo is April 30 – May 3 and promises to be one of the most moving ever, marking the 75th anniversary of the end of World War II and honoring the courage and sacrifice of the Greatest Generation. With stirring music, historic photos and video, tributes from U.S. military bands, and special appearances by veterans, the 2020 Tattoo will remember and celebrate the men and women who changed the course of history, not only for the United States but for the world.

VOCAL MUSIC

There is no more marvelous instrument than the human voice, and opportunities to celebrate the gift of vocal music abound this season. The Kingdom Choir, the ensemble that stole the show at Prince Harry and Meghan Markle’s wedding, makes its Festival debut in a roof-raising performance May 4. Rounding out the Festival’s vocal music series will be the elegant stylings of South African cabaret star Vuyo Sotashe April 28, the wry and heart-rendering songs of Grammy-winning singer-songwriter Shawn Colvin May 6, and the sublime harmonies of the female Americana trio Red Molly May 29.

MUSIC FOR ALL TASTES

Each year, Virginia Arts Festival brings a spectacular mix of musical styles to stages throughout the region. On April 23, audiences will hear the astonishing virtuosity of the Zakir Hussain Trio, in a spellbinding evening of Indian music from three master artists: Hussain on tabla, Jayanthi Kumaresh, the “Jimi Hendrix of the veena,” and violinist Kala Ramnath. May 9, the popular public radio show *Live From Here*, hosted by master multi-instrumentalist Chris Thile, will visit Chrysler Hall for a live airing of the show. Jazz at Lincoln Center Orchestra and Grammy Award- and Pulitzer Prize-winning jazz legend Wynton Marsalis swing into Virginia Beach on May 20. May 21, the Americana duo Mandolin Orange returns to the Festival after participating in the Festival’s 2019 Williamsburg Live lineup. One of the most Grammy Awarded musicians in history, B la Fleck reunites with the Flecktones May 30 as part of their 30th anniversary tour. And the Festival’s signature summer event, Williamsburg Live, will return to the heart of Colonial Williamsburg, June 26-27; the slate of artists will be announced soon.

ABOUT THE VIRGINIA ARTS FESTIVAL

Since 1997, the Virginia Arts Festival has transformed the cultural scene in southeastern Virginia, presenting great performers from around the world to local audiences and making this historic, recreation-rich region a cultural destination for visitors from across the United States and around the world. The Festival has presented numerous U.S. and regional premieres, and regularly commissions new works of music, dance, and theater from some of today’s most influential composers, choreographers and playwrights. The Festival’s arts education programs reach tens of thousands of area schoolchildren each year through student matinees, in-school performances, artists’ residencies, master classes and demonstrations.



Fandango

coming to theaters

FIRST COW [NR]

Kelly Reichardt once again trains her perceptive and patient eye on the Pacific Northwest, this time evoking an authentically hardscrabble early nineteenth century way of life. A taciturn loner and skilled cook (John Magaro) has traveled west and joined a group of fur trappers in Oregon Territory, though he only finds true connection with a Chinese immigrant (Orion Lee) also seeking his fortune; soon the two collaborate on a successful business, although its longevity is reliant upon the clandestine participation of a nearby wealthy landowner's prized milking cow. From this simple premise Reichardt constructs an interrogation of foundational Americana that recalls her earlier triumph Old Joy in its sensitive depiction of male friendship, yet is driven by a mounting suspense all its own. Reichardt again shows her distinct talent for depicting the peculiar rhythms of daily living and ability to capture the immense, unsettling quietude of rural America.

THE WAY BACK [R]

Jack Cunningham (Ben Affleck) once had a life filled with promise. In high school, he was a basketball phenom with a full university scholarship, when suddenly, for reasons unknown, he walked away from the game, forfeiting his future. Now years later, Jack is spiraling down, triggered by an unspeakable loss, and drowning in the alcoholism that

cost him his marriage and any hope for a better life. When he is asked to coach the basketball team at his alma mater, which has fallen far since his glory days, he reluctantly accepts, surprising no one more than himself. As the boys start to come together as a team and win, Jack may have finally found a reason to confront the demons that have derailed him. But will it be enough to fill the void, heal the deep wounds of his past, and set him on the road to redemption?

ONWARD [PG]

Set in a suburban fantasy world, Disney-Pixar's "Onward" introduces two teenage elf brothers who embark on an extraordinary quest to discover if there is still a little magic left out there.

EXTRA ORDINARY [R]

Rose, a mostly sweet & mostly lonely Irish small-town driving instructor, must use her supernatural talents to save the daughter of Martin (also mostly sweet & lonely) from a washed-up rock star who is using her in a Satanic pact to reignite his fame.

RUN THIS TOWN [R]

A young journalist and a young political aide become entangled in a larger-than-life political scandal as they struggle to navigate adult life. Like all their friends, Bram and Kamal are struggling to climb the ladders at their respective workplaces: Bram at a newspaper, Kamal at City Hall. When Bram learns of a scandal involving Kamal's larger-than-life boss, he seizes the moment to advance his career. Meanwhile, Kamal grapples with containing the story while maintaining his integrity.

base theaters

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Friday | Feb. 28
7 p.m. Gretel & Hansel [PG-13]

Saturday | Feb. 29
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4 p.m. They Rhythm Section [R]
7 p.m. The Gentleman [R]

Sunday | March 1
1 p.m. Dolittle [PG]
4 p.m. 1917 [R]
7 p.m. The Last Full Measure [R]

NAS Oceana, Aero Theater – 433-2495

Friday | Feb. 28
7 p.m. The Rhythm Section [PG-13]

Saturday | Feb. 29
12 p.m. Gretel & Hansel [PG-13]
3 p.m. The Last Full Measure [R]
6 p.m. They Rhythm Section [R]

Sunday | March 1
12 p.m. Just Mercy [PG-13]
3 p.m. Dolittle [PG]
6 p.m. The Gentlemen [R]

Schedule is subject to change. For your weekly movie showtimes and more, check out the navy Mid-Atlantic Region MWR website at discovermwr.com.

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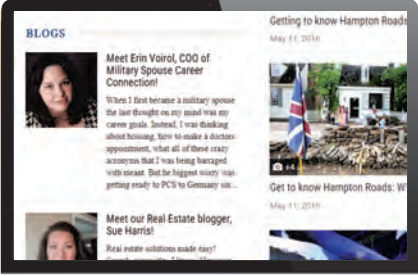
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announcements

Announcements

PUBLIC AUCTION
Rte 58 Self Storage unit E6 to be sold to satisfy lien. Auction to be held on-line at Storageauctions.com. Auction to end on March 3 at approx. 1:00 p.m. Cash payments only.

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