Naval Nuclear Power Training Command





Q+A with

Chaplain Gibson

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SN **Jacob Slous** Hometown:

Wichita, Kansas

Why he joined:

My family has a long history of military service. I joined to get a few stories of my own and to continue the family tradition.

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Favorite part of the Navy:

I enjoy the new challenges that come daily.

What are you looking forward to most in

the fleet? The camaraderie that can only be found in the military, as well as the travel.

Hobbies:

Working on my jeep and playing video games.

Hometown:

Woodruff, South Carolina

Why she joined:

I joined the Navy because I am looking to challenge myself, not only for self-improvement, but to help others in their journey.

Favorite part of the Navy:

Being a part of a group of people that are motivated and determined to do good.

What are you looking forward to

most in the fleet? I am looking forward to seeing new places and being able ot use the knowledge that I have gained at NNPTC.



MMN3 Running and reading. Aurora R. Sandoval





Hometown:

Salem, Wisconsin

Why she joined:

I joined the Navy to be like my childhood heroes. Growing up near Great Lakes, I saw new Sailors around and I had so much respect for them.

Favorite part of the Navy:

Hobbies:

Meeting new people from all over and being a part of something bigger than myself.

What are you looking forward to most in

the fleet? I am looking forward to traveling the world and having new experiences.

Hobbies:

Mountain biking, playing violin, and spending time with friends.



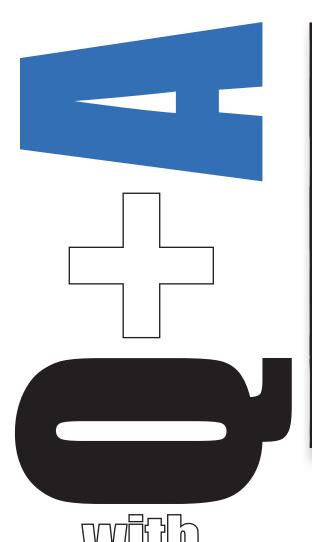


"I do solemnly swear that I will support and defend the constitution of the United States against all enemies foreign and domestic."

As many of you know NNPTC's primary mission is the development of our junior Sailors into nuclear operators with the required basic knowledge of a reactor plant's theory of operations and an in-depth level of knowledge of the nuclear rate to which they have been assigned. In this time of the COVID-19 virus, we need to remember our mission and how vital it is to the fleet and the nation. For over 60 years, the nuclear program has produced highly trained and skilled operators. Through many trials and tribulations, we have consistently, efficiently, and confidently manned our ships and submarines with those highly-trained Sailors. We have endured. The manning of our ships is still required even today as we fight a domestic enemy that threatens our nation's everyday life. We cannot forget that! I understand that many are concerned with the virus outbreak and preventing its introduction into our command, our families, and nuclear community. I have that same concern. However, I also know that if we were to shut down the training pipeline and not accomplish our mission as a nuclear training organization, it will have a ripple effect throughout the entire U.S. Navy. Our fleet Sailors will suffer, our Navy will not be able to carry out its basic mission effectively, and our nation's very safety could be placed in jeopardy. Our adversaries are watching and taking note of how we respond to this crisis. They are waiting to see if the U.S. Navy can continue its mission because of this domestic enemy.

Our families are concerned for us and we are concerned for them. Our concern is equally for our brothers and sisters who are currently underway on nuclear-powered ships and submarines; it also extends to their families who are home without them during this trying time. But they, just like us, have a mission. Our families need to understand our mission and why it is so important to our Navy and nation. We, as the experienced and dedicated Sailors, must remind our families of our mission and its importance. We must remind or explain to them that they have a vital role in our Navy mission. Just as we discuss with them their roles when we are assigned to a seagoing warship in harm's way. They have roles to help keep our mission on track at NNPTC. By following the recommendations of the DOD and CDC, our families can help to reduce the spread of the virus and its introduction to the command. The close living proximity of our Sailors (just like the ship) makes the effort on the part of our families so very important. For all of us to accomplish the mission, we must keep the virus out of the command and contained as best we can while continuing the primary mission of training,

If we as an NNPTC community do not rise to the need of our nation and continue our mission of producing nuclear-trained Sailors, then we weaken the very nation we have sworn to protect.





Lt. John Gibson Command Chaplain

By MC2 Laura R. Elmore

Lt. John Gibson was ordained and licensed by the First Baptist Church of Crestview, Florida, on July 22, 2006. He holds a Bachelor of Arts in Communications from the University of West Florida in Pensacola, Florida, and a Master of Divinity in Theology from the Southern Baptist Theological Seminary, in Louisville, Kentucky.

After graduation from Seminary in 2009, he was selected for active duty in the United States Navy Chaplain Corps. Shortly thereafter, he was issued orders to First Marine Division, Camp Pendleton, California where he served as battalion chaplain for two units: 1st Reconnaissance Battalion (with whom he deployed to Afghanistan in support of Operation Enduring Freedom in 2011-12) and 5th Battalion, 11th Marine Regiment.

In 2013, he was assigned to Carrier Air Wing One aboard Naval Air Station Oceana, Virginia. As wing chaplain, he deployed aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) in 2015 in support of Operation Inherent Resolve. In 2016, he was transferred to Naval Support Activity Panama City, Florida, where he served as base chaplain from 2016 until 2019. In June 2019, he transferred to Naval Nuclear Power Training Command in Goose Creek, South Carolina, where he is currently serving.

Outside of Gibson's Navy duties, he is also a published author. Gibson is the author of three novels: "Patriot Victory", "Painkiller", and "Soul Sprints" – the latter of which won the grand prize in the 2018 Words Matter Publishing Holiday Book Contest – and one work of poetry, titled "Arduous Vales." Gibson's most recent book is "Soul Sprints".

What inspried you to become an author?

I've always had a gift for writing. The passion has always been there. I am also an avid reader so I think reading different books helped push me to write my own stories.

What is the title of your newest book, and can you give a brief summary of what it is about?

The title of my book is "Soul Sprints." It is the story of Jayce Leonard, a local football hero from the small (fictional) town of Lake Barrow, Florida. Jayce moves back home in 2003 to coach his high school alma mater, and brings with him his former college teammate, Soul Rasheed, who is a Muslim. While Soul's gregarious personality and passion for football and life quickly endear him to the hearts of many in the town, his faith causes controversy in Lake Barrow, which has a checkered past of its own. As the story unfolds, Jayce (and the hometown he loves) will be forced to reconcile their beliefs and history with a future in post-9/11 America. "Soul Sprints" is a tale of love, friendship, loyalty, and tolerance.

What was your inspiration for this book? How long did it take you to write it?

I was inspired to write it after witnessing a controversial religious liberty case in my own hometown in northwest Florida. The principal characters involved were all Christians, and so I began to wonder how things might look if someone of a different faith had come under fire in a similar case. From there, my story – as most stories will do – began to take on a shape of its own. It took me about two years to write.

What was the most challenging part about writing the book?

There are many challenging aspects to writing any book. Writers, by nature, struggle with self-doubt, as well as writer's block, time constraints (i.e. finding time to actually write) and figuring out when "enough is enough" when it comes to proofreading, editing, and revising.

Does your Navy Chaplain experience influence or assist your writing in any way?

My experience as a Navy chaplain is a tremendous inspiration to my writing, in that I continually meet people whom I think would make great characters in a story. The diversity of the Navy in general, meeting people from all walks of life definitely helps me come up with interesting characters.

What feedback have your received about your book?

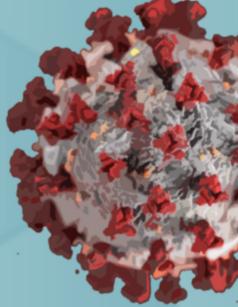
"Soul Sprints" has gotten several great reviews, and was actually the grand prize winner (out of 200 entries) in the 2018 Holiday Book Contest, hosted by Words Matter Publishing (which ended up publishing my book).

Do you have any words of advice for others who may want to become an author?

NEVER GIVE UP (no matter how discouraged you may feel). And write your passion; don't simply "stick to what you know," as many will tell you. You can always research what you don't know, but if the passion is missing, your writing will suffer.

CORONAVIRUS DISEASE 2019 (COVID-19)

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. Image: CDC/Alissa Eckert, MS; Dan Higgins, MAMS



What can I do to prevent it?



Wash your hands often

Cover your coughs & sneezes



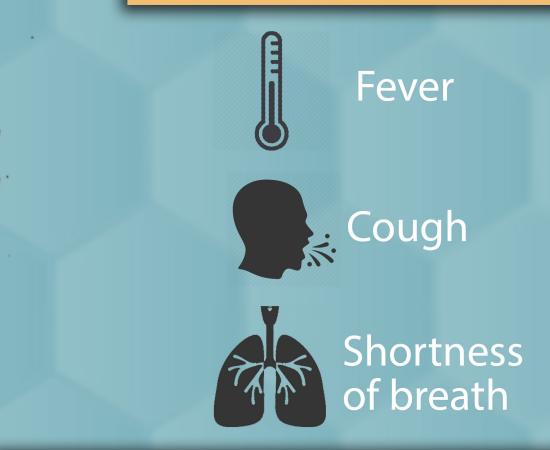


Clean & disinfect frequently touched surfaces

Stay home when you are sick



Main Symptoms:



What do I do if I feel sick or think I've been exposed?

Do not come to work

Communicate with your chain of command.



Call 843.794.6222 to speak with medical, and they will assess your symptoms and direct you from there.

cdc.gov/COVID19

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CLASS 1907 GRADUATES NUCLEAR POWER SCHOOL



Following NPS graduation, Sailors will attend prototype training at Nuclear Power Training Unit in Goose Creek, South Carolina















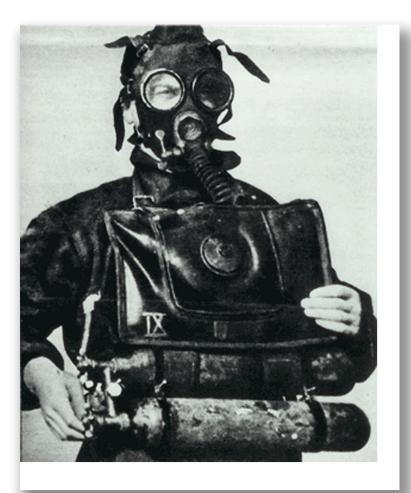








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A World War II Italian Navy frogman in his diving gear.

The Submarines and the Frogmen By Ensign Josh Warnick

Naval forces around the world experimented in submarine warfare for centuries prior to their earliest large-scale adoption at the beginning of the twentieth century. But while naval thinkers recognized the military potential of a vessel capable of submerged attack, it would take extensive advancement in chemistry, metallurgy, weapons design, propulsion technology, and sensors before the submarine would take on its modern form.

Similar technological developments would take place before the world saw the first modern combat divers, though skilled divers and swimmers had been used to sabotage enemy naval forces and shore positions. During the Peloponnesian War, Spartan divers carried supplies to a garrison besieged on an island by the Athenian fleet, and the Athenians made use of divers armed with saws to cut through stakes driven into the harbor bottom at Syracuse in order to gain access to the city.

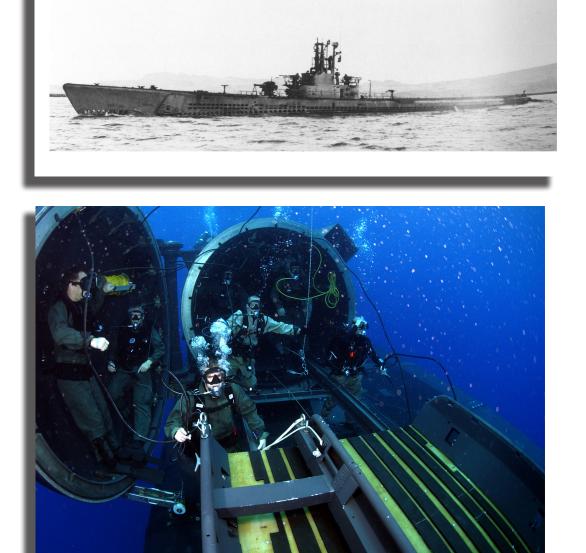
As technology advanced, divers gained fins, environment suits, improved weapons, and rebreathers, developing into the predecessors to the commando forces maintained by naval services around the world.

Almost from their inception, these naval commando forces had a symbiotic relationship with submarines. The first modern frogman raid took place on the Dec. 19, 1941, with Italian frogmen deploying from the Italian submarine Scirè (S 527) aboard "manned torpedoes", which were an early version of the U.S. Navy's modern SEAL Delivery Vehicles. They drove their manned torpedoes into the harbor in Alexandria, Egypt, where they planted limpet mines on the hulls of the HMS Queen Elizabeth, HMS Valiant, and the Norwegian tanker Sagona.

The British swiftly developed their own "Experimental Submarine Flotilla" in response to these attacks, while the United States would enter the world of combat diving when then-Lt. Draper Kauffman returned from volunteer service in the British Royal Navy Reserve as an explosive ordnance disposal officer during the Blitz on London to help organize and train the first Underwater Demolition Teams (UDT).

Doubtlessly influenced by their experiences in the vast spaces and coral-protected harbors of the Pacific Theater, where early diesel-electric motors and manned torpedoes would not suffice to gain access to enemy positions, the UDTs would not adopt submarines for deployment until after 1948, when UDTs equipped with SCUBA gear and rebreathers carried out the first successful submarine lock-out and re-entry from the USS Grouper (SS 219). Following this development, the Navy recognized the potential of fully-equipped, lifeline-free combat divers deployable and recoverable from submarines underway. Lt. Cmdr. Francis "Doug" Fane, who had overseen the Grouper operation, would stand up a "submersible operations" UDT platoon.

Today's submarines are designed with the ability to support Naval Special Warfare operations as one of their core capabilities, providing a flexible and indispensable tool to the United States Navy and to the nation's strategic posture as a whole.



USS Grouper (SS 214)

Navy divers and special operators attached to SEAL Delivery Team (SDV) 2, perform SDV operations with the Ohio-Class nuclear-powered guidedmissile submarine USS Florida (SSGN 728) for material certification. (U.S. Navy photo by MCCS Andrew McKaskle)



Navy Consolidates COVID-19 Prevention Policies in NAVADMIN 080/20

From Chief of Naval Personnel Public Affairs

On March 21, the Chief of Naval Personnel issued NAVADMIN 080/20 which supersedes the previous stop-movement NAVADMINs, adds implementing guidance for the "authorized departure" and consolidates all the guidance into a single NAVADMIN for ease of reference and to serve as a "one-stop" information source.

The NÂVADMIN guidance applies to all Navy service members, Navy civilians, and their families assigned to DoD installations world-wide.

NAVADMIN 080/20 supersedes the following recent policy releases:

-NAVADMIN 064/20 Navy Mitigation Measures in Response to Coronavirus Outbreak

-NAVADMIN 065/20 Navy Mitigation Measures in Response to Coronavirus Outbreak Update 1

-NAVADMIN 074/20 Navy Mitigation Measures in Response to Coronavirus Outbreak Update 2

Domestic Travel

Per the NAVADMIN, a "stop movement" order was put in place until May 11, that applies to all service members, Navy civilian personnel and family members whose transportation is government funded. For Sailors this also includes personal leave and other unofficial travel.

The domestic travel stop movement applies to PCS and TAD/TDY, and Sailors are only authorized local leave. Until the domestic travel restrictions are lifted, Navy commands may only gain/onboard civilian employees within the local commuting area.

The types of authorized domestic travel include:

(1) Travel by patients and medical providers for the purpose of medical treatment for Navy personnel and their family members is authorized.

(2) Individuals who have already initiated PCS or TDY travel (including intermediate stops) are authorized to continue to their final destination.

(3) Individuals whose TDY and/ or leave ends while this NAVADMIN is in effect are authorized to return to their home



U.S. Navy Photo by MC2 Ryan M. Breeden

PACIFIC OCEAN (March 24, 2020) Hospitalman Katelynn Kavanagh, from Temecula, California, sanitizes medical equipment aboard the Military Sealift Command hospital ship USNS Mercy (T-AH 19).

station at the end of their TDY and/or leave.

Individuals pending retirement or separation up to the date of May 11 are exempt from this policy.

PCS Orders to CDC COVID-19 Warning Level 3 Locations

Service Members and their dependents under PCS orders to or from a CDC COVID-19 Warning Level 3 location will stop movement. Service Members who detached from their parent command prior to March 16, and are in transit are directed to contact Navy Personnel Command (NPC) for follow-on guidance. Each specific case will be reviewed and NPC will authorize entitlements based on current location and situation.

All Navy civilians and their dependents under PCS orders to or from a CDC COVID-19 Warning Level 3 location will also stop movement. Contact your supervisory chain of command for further guidance.

This policy applies to currently designated CDC COVID-19 Warning Level 3 locations, or those designated Level 3 at a later date.

PCS Orders to CDC COVID-19 Alert Level 2 Locations

Sailors under PCS orders to a

CDC COVID-19 Alert Level 2 location will execute orders. Dependents of service members executing accompanied PCS orders to a CDC COVID-19 Alert Level 2 location will delay their travel until May 11. Waiver requests for exceptions to policy for dependents to travel with Service members can be submitted to PERS-451 for adjudication by PERS-4.

Sailors who have already detached from their parent command, prior to the date of NAVADMIN release, must contact NPC for followon guidance.

Navy civilians under PCS orders to a CDC COVID- 19 Alert Level 2 location will execute orders. Dependents of Navy civilians executing accompanied PCS orders to a CDC COVID-19 Alert Level 2 location will delay travel to the CDC COVID-19 Alert Level 2 location until May 11.

Additionally, until the travel restrictions are lifted, Navy civilian hiring actions for positions in Level 2 and Level 3 countries are postponed for non-essential civilian personnel who have not yet begun travel. Contact your supervisory chain of command for further guidance.

This policy applies to

currently designated CDC Alert Level 2 locations and to those designated at a later date.

PCS in the U.S. and Territories

All Department of the Navy civilian employees whose transportation is government funded will stop movement. Navy commands may continue civilian hiring actions, but may only onboard civilian employees in the local commuting area.

Service members who have not yet initiated PCS travel as of the effective date of this NAVADMIN are directed to contact NPC for follow-on guidance.

A local PCS move may be executed without an exception since it does not involve travel outside of the local area. To be clear, same geographic location PCS moves will only be executed with due regard to the operational readiness of the commands involved.

Other Travel Guidance

Exceptions to the stop movement may be granted where travel is (1) determined to be mission essential, (2) necessary for humanitarian reasons, or (3) warranted due to extreme hardship.

NPC (PERS-4) is authorized to approve or deny stop movement exceptions for service member PCS travel. The Echelon 2 Commander or their designee is authorized to approve or deny stop movement exceptions for service member official travel and training not associated with a PCS and leave requests outside of the local area.

For Navy civilian employees, authority to approve or deny exceptions of PCS from outside the local commuting area, official travel and training is delegated to the Echelon 2 Commander or their designee.

Navy Reserve personnel will follow guidance promulgated by the Chief of Navy Reserves.

Authorized Departure

Navy civilians and their dependents as well as the dependents of Sailors (referred to as eligible family members or EFMs) who are stationed OCONUS and who would be at a higher risk if exposed to COVID-19, are authorized to return to the United States.

The safe haven for EFMs is CONUS and the safe haven for DoN civilian employees is Arlington, Virginia. Members should work with their commands and local travel office to arrange for transportation to their safe haven. Authorized departures are only permitted when appropriate transportation and reception procedures are in place.

In line with Joint Travel Regulations (JTR), chapter 6, dependents must designate their specific safe haven location in the United States upon, or prior to, entry to the United States. Once designated, the specific safe- haven cannot be changed.

Dependents of uniformed personnel will be processed for safehaven allowances in line with the JTR, Chapter 6, paragraph 0602. Navy civilian employees and their eligible family members will be processed for allowances IAW with the JTR, Chapter 6, paragraph 0604.

Alltravelers should be aware that preventative health measures to include restricted movement and business closures have been implemented in the U.S. to various degrees by federal, state and local governments. Travelers shall be advised to check the restrictions applicable to their situation, based on their departure location, any en route locations (foreign and in the United States) and their ultimate safe-haven, as well as availability of lodging, prior to beginning their return.

Finally, civilians who wish to depart their duty station must consult with their chain of command.

Allowances for Sailors' Eligible Family Members

Many Sailors have questions about allowance eligibility for their dependents who are returning to CONUS.

Per diem: Transportation expenses and travel per diem are authorized from the time the family departs the evacuation site, through the time they reach their selected safe haven location in CONUS, including processing time at both the evacuation and receiving site. A non-command sponsored dependent is only authorized transportation and per diem. Other allowances will not be paid.

Escort allowances: Travel and transportation allowances are also payable to a member, a U.S. government civilian employee, or a person who travels under an official travel authorization/order as an escort for an evacuated dependent who is incapable of traveling alone to the safe haven due to age, physical or mental incapacity, or other extraordinary circumstances.

Household goods (HHG)/ shipping allowance: Upon a dependent departing for a safe haven, unaccompanied baggage (for the dependent), and HHG items as needed for dependent comfort and well-being, may be transported at government expense.

Privately owned vehicles: Transportation of a POV at government expense to a safe haven is not authorized. Pets: Members can receive an allowance for transportation to the safe haven for up to two household pets (defined by JTR 060204 as a cat or dog), which the member owned at the evacuated foreign permanent duty station (to include quarantine fees).

Housing allowance: A member, whose command sponsored dependents are evacuated and who was authorized a with dependent housing allowance on the evacuation date, continues to be paid such allowance while the members PDS remains unchanged and the member continues to maintain private sector housing, as long as the commandsponsored dependents are receiving evacuation allowances.

Family separation allowance (FSA): A member is entitled to FSA if a member has a dependent depart an overseas duty station at government expense because of an evacuation and begins on the 31st day of dependent departure from the permanent duty station.

Of course, the impact of this authorized departure on each specific allowance is highly dependent on individual circumstances. For questions regarding specific allowances, members should contact their nearest Personnel Support Detachment or MyNavy Career Center (MNCC), or consult the JTR, chapter 6.

Receipts/records pertaining to evacuation should be retained. All members are reminded to do their part by adhering to CDC guidelines as they relate to basic hygiene and human interaction.

"The entire team must understand their role in minimizing the spread of COVID-19 among our ranks,' said Chief of Naval Personnel Vice Adm. John Nowell in the NAVADMIN. "All efforts should be taken to combat the spread of COVID-19 and to minimize impact on our force. The Navy will remain focused on meeting our global commitments while also ensuring the health and well-being of our service members, Navy civilians and our families."

Service members with questions regarding this stop movement or entitlements for PCS travel should contact the MyNavy Career Center (1-833-330-6622) or email ASKMNCC(AT)NAVY.MIL.



Chaps' Corner Corner Covercoming Anxiety By Lt. j.g. Pete Canales

The other day I was listening to the radio and a song that I had not heard before really caught my attention. The song was about being anxious, titled "Anxious" by Sarah ReevesThe word anxious is an adjective and defined as "experiencing worry, unease, or nervousness, typically about an imminent event or something with an uncertain outcome". I told someone recently that most of us have anxiety, which is the noun version of anxious with the same definition.

The chorus of the song goes like this:

"Pressure building, body shaking, I can't take it, I can't take it. Feel the tension, pushing pulling, I can't fight it, I can't fight it.

I don't wanna live my life like this, Anxious,

I gotta lot of good in me to give, but I'm anxious.

So many things I know I miss, cause I'm anxious

I wish I could shake this, I don't wanna be anxious."

Maybe this is a song in which many of us can relate, because eventually all of us has had or will have something that brings us worry, unease, or nervousness, especially that which has an uncertain outcome. For our students, there will be a worry about an upcoming exam or even the worry of what life will be like in the fleet. For staff, the worry and/ or uncertainty about the next duty station or moving on into civilian life. In today's circumstance maybe it is about what comes next in regards to COVID-19?

Either way, giving in to our anxiety flies in the face of Warrior Toughness, which is a trained war fighter who stands at the intersection of a strong body, mind, and soul. We each need to be a warrior who is tough enough to stand strong in the long haul, who performs under pressure, takes a hit and keeps on going and excels at the day-in and day-out grind.

To succeed at this we MUST tap into all sources of strength and resilience. This includes the strength we receive from the fighting spirit of our family and friends. We must tap into our faith, our values, our beliefs, and our commitments to give us the strength to carry us through the day and through the fight.

We combat all the negative

self-talk that goes in our head that tells us, "maybe I should give up, will I ever measure up, I don't think I'm good enough," (lyrics from the song "Anxious"). We replace these negative thoughts with, "we won't give up the ship, I will never give up on my shipmates, and I will never give up on myself. I will never be out of the fight! Because we do this together!" We do this for the love of our country and out of love for our families, friends, and even ourselves.

If you are feeling anxious right now, please know that you are not alone. Combat your anxiety with things that bring you assurance, hope, comfort, and confidence. Know that you have a team of resources here at this command (your chaplains, section leading petty officers, embedded mental health) who are here to help. There is no reason to battle your anxiety or your struggles alone.

I will leave you with this: "be on your guard; stand firm in [your] faith, [values, beliefs, and commitments]; be men and women [warriors] of courage; be strong. Do everything in love," (1 Corinthians 16:13-14).



SAN DIEGO (March 23, 2020) The Military Sealift Command hospital ship USNS Mercy (T-AH 19) navigates the San Diego channel, March 23, 2020. Mercy deployed in support of the nations COVID-19 response efforts, and will serve as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals. This allows shore base hospitals to focus their efforts on COVID-19 cases. (U.S. Navy photo by MC3 Lasheba James)



10:30 p.m. local time, March 19, 2020, during a Department of Defense flight experiment. (U.S. Navy photo)



WIND AND WEATHER

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Cover photo: Sailors in Nuclear Field "A" School Class 2019-A simulate maintenance in the duplex oil stainer lab at NNPTC. (Photo by MC2 Laura Elmore)

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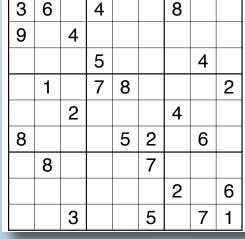
DOWN

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- 4 Herb with spring flowers
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- 10 Penman
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- 12 Trapped
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- 39 Afresh
- 40 Drug
- 42 Driving hazard
- 44 Attack violently
- 45 Frigid
- 48 Ruler
- 51 Attribute
- 53 Double-reed instrument
- 55 American sign language
- 58 Legume
- 61 Tree
- 62 Change color
- 60 Downwind



Game Corner 4 8



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- 46 Team spirit 47 Bound
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