



MCC Brian Morales/

From left, Vice Adm. Yancy B. Lindsey exchanges salutes with Vice Adm. Mary M. Jackson, commander of Navy Installations Command (CNIC), as Adm. Michael Gilday, Chief of Naval Operations, presides over the CNIC change of command ceremony onboard the Washington Navy Yard. Jackson was relieved by Lindsey as the CNIC commander and retires after 32 years of naval service. Under the CNO, CNIC is responsible for providing support services for the fleet, fighter and family with more than 53,000 military and civilian personnel under 10 regions and 71 installations worldwide.

## Navy shore enterprise welcomes new commander

By MCC Brian Morales  
 Commander, Navy Installations Command Public Affairs

### WASHINGTON

Commander, Navy Installations Command held a change of command ceremony at the Forge Building, CNIC Headquarters, on board the Washington Navy Yard, D.C., May 29.

Vice Adm. Yancy Lindsey, a native of Phoenix, Arizona, relieved Vice Adm. Mary M. Jackson, who hails from Wimberley, Texas, as CNIC commander. Prior to taking command at CNIC, Lindsey was the

Commander of Navy Region Europe, Africa, Central.

The ceremony, which was presided over by Chief of Naval Operations Adm. Mike Gilday, exercised physical distancing standards due to COVID-19 concerns.

"Today is a celebration of the incredible career of Vice Adm. Mary Jackson," Gilday said. "She has been a trail-blazer for women, a role model for us all, and our Navy is better for her time on watch. I know Vice Adm. Yancy Lindsey will carry Mary's momentum forward at CNIC to strengthen our naval power from the shore, which has

helped make us into the premier force we are today."

Jackson, who served 32 years in the Navy and was the CNIC commander since March 31, 2017, expressed her gratitude to the Sailors and civilians throughout the shore enterprise for their efforts during her tenure. Her remarks focused on the sanctity of the mission, the sanctity of the people and the sanctity of the team.

"Our Navy installations and shore enterprise are relevant and foundational. Let's never forget that we touch every other enterprise, and by extension, every family

»See **A7**

## USS George Washington reaches homestretch of ship's force work package

From USS George Washington Public Affairs

### NEWPORT NEWS

On May 26, the Nimitz-class aircraft carrier USS George Washington (GW) (CVN 73) achieved another significant milestone in her refueling complex overhaul (RCOH) period, as the Sailors of GW, also known as the

ship's force, reached the 75 percent completion point of the ship's force work package (SFWP).

George Washington entered dry dock 11 at Newport News Shipbuilding (NNS) on Aug. 4, 2017 to start her RCOH, the sixth Nimitz-class carrier to undergo this major mid-life milestone. In the 34 months since, her Sailors have

»See **A7**



MC2 Marlan Sawyer/

The lights on the island are energized before sunrise aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). George Washington is undergoing refueling complex overhaul (RCOH) at Newport News Shipyard. RCOH is a nearly four-year project performed only once during a carrier's 50-year service life that includes refueling the ship's two nuclear reactors, as well as significant repairs, upgrades, and modernization.



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### Newport News native is awarded Civilian Commendation Medal

John Brown, a native of Newport News, Virginia, was recently awarded the Navy Civilian Service Commendation Medal

»See **A8**



### Carrier Air Wing Eight, Gerald R. Ford announce cyclic operations with ordnance

Capt. Josh Sager, announces the largest air wing embark to date.

»See **A5**

### USS Theodore Roosevelt completes carrier qualifications

Carrier qualifications are a time for naval aviators to refine their skills

»See **A8**

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MC3 Samuel Gruss/  
Rear Adm. Ryan Scholl, left, relieves Rear Adm. Andrew Loiselle, commander, Carrier Strike Group 8, during a change of command ceremony aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) in the Atlantic Ocean June 1, 2020. The Harry S. Truman Carrier Strike Group (HSTCSG) remains at sea in the Atlantic as a certified carrier strike group force ready for tasking in order to protect the crew from the risks posed by COVID-19, following their successful deployment to the U.S. 5th and 6th Fleet areas of operation. Keeping HSTCSG at sea in the U.S. 2nd Fleet, in the sustainment phase of OFRP, allows the ship to maintain a high level of readiness during the global COVID-19 pandemic.

# Carrier Strike Group Eight changes command at sea aboard USS Harry S. Truman

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

## ATLANTIC OCEAN

Carrier Strike Group (CSG) 8 held a change of command ceremony aboard Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) June 1.

Rear Adm. Andrew Loiselle was relieved by Rear Adm. Ryan Scholl. The virtual change of command was presided over by Vice Adm. Andrew Lewis, commander, U.S. 2nd Fleet.

The ceremony marks the end of Loiselle’s command of CSG-8. While in command, Loiselle led the Harry S. Truman Carrier Strike Group through a composite training unit exercise certification and a successful seven month deployment to the U.S. 2nd, 5th, and 6th Fleet areas of operation. The HSTCSG remains at sea in the Atlantic.

“Rear Adm. Loiselle has led the strike group as it’s been the “go-to” carrier during his tenure: representing American power around the globe, operating under four Combatant Commanders, working with allies and partners, and dynamically employing his force during their sustainment phase,” said Vice Adm. Andrew Lewis, commander, U.S. 2nd Fleet. “It’s an honor to see him turn over with Rear Adm. Scholl, of whom much will be asked, as well. I have no doubt he is up to the task.”

Loiselle stated he is impressed with all of the accomplishments of the strike

group and how the Sailors have responded to every challenge.

“This organization has proven what can be accomplished by setting a culture of mission command. We let our Major Commanders know what needed to be done and were there to support them all of the way. The alignment towards a common goal was a function of the ability of all of them to work together and adjudicate the give and take necessary in a multi-requirement environment.”

Loiselle, a native of Cranston, Rhode Island, said he considered it an honor and a privilege to command CSG-8. Before command of CSG-8, Loiselle served as commanding officer of the Nimitz-class aircraft carrier USS George H. W. Bush (CVN 77), the Whidbey Island-class dock landing ship USS Gunston Hall (LSD 44), and Strike Fighter Squadron (VFA) 146.

Loiselle will next report as Commander, Carrier Strike Group (CSG) 4. Under Loiselle’s leadership, the Atlantic Fleet Carrier Strike Groups, Amphibious Ready Groups, and independently deploying surface ships will be trained and certified to deploy.

Loiselle left the deployed strike group with some parting words of wisdom.

“You have all heard me say that I want it to be like Christmas when the staff shows up. We are there to help our organizations meet their requirements and achieve their goals. As long as that remains your overarching mission, you will continue to surpass every expectation.”

Scholl, a native of Beltsville, Maryland, completed his previous tour as the deputy director for plans at U.S. Strategic Command. Scholl thanked Loiselle for relieving a proficient command, which continues to train and maintain a high level of readiness.

“I am so grateful for the hard work and leadership of Rear Adm. Andy Loiselle; he is turning over a top-notch team! Through a challenging deployment in dynamic times, Strike Group 8 has answered every call – across four U.S. numbered fleets and executing missions for four combatant commanders,” said Scholl. “I am honored to lead and serve alongside such a professional group of Sailors!”

CSG-8 consists of the flagship USS Harry S. Truman (CVN 75) with embarked staffs of Carrier Strike Group (CSG) 8, Carrier Air Wing (CVW) 1 and Destroyer Squadron (DESRON) 28; embarked squadrons of CVW 1; guided-missile cruiser USS Normandy (CG 60); and DESRON 28 guided-missile destroyers USS Lassen (DDG 82), USS Forrest Sherman (DDG 98), and USS Farragut (DDG 99).

Squadrons of CVW 1 include Strike Fighter Squadron (VFA) 11 “Red Ripers,” VFA-211 “Checkmates,” VFA-81 “Sunliners,” VFA-136 “Knighthawks,” Electronic Attack Squadron (VAQ) 137 “Rooks,” Airborne Command and Control Squadron (VAW) 126 “Seahawks,” Helicopter Maritime Strike Squadron

“I am so grateful for the hard work and leadership of Rear Adm. Andy Loiselle; he is turning over a top-notch team! Through a challenging deployment in dynamic times, Strike Group 8 has answered every call – across four U.S. numbered fleets and executing missions for four combatant commanders,”

Rear Adm. Ryan Scholl

(HSM) 72 “Proud Warriors,” Helicopter Sea Combat Squadron (HSC) 11 “Dragon Slayers” and a detachment from Fleet Logistics Support Squadron (VRC) 40 “Rawhides.”

The Harry S. Truman Carrier Strike Group (HSTCSG) remains at sea in the Atlantic as a certified carrier strike group force ready for tasking in order to protect the crew from the risks posed by COVID-19, following their successful deployment to the U.S. 5th and 6th Fleet areas of operation. Keeping HSTCSG at sea in U.S. 2nd Fleet, in the sustainment phase of OFRP, allows the ship to maintain a high level of readiness during the global COVID-19 pandemic.

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# VADM LINDSEY

# Welcome Aboard

MC3 Marissa Vermuelen/



U.S. Navy photo/

Lt. Claire "Hulk" Calaway

## HSC-5 pilot inspires girls during Virtual Fleet Week New York

**By Brock Vergakis**  
Navy Region Mid-Atlantic Public Affairs

**NORFOLK**

A Navy helicopter pilot who delivered medical supplies to the hospital ship USNS Comfort (T-AH 20) while it responded to the COVID-19 pandemic in New York was recently featured as part of Virtual Fleet Week New York, where she served as a role model to young girls watching at home.

Lt. Claire "Hulk" Calaway was originally scheduled to visit local schools as part of Fleet Week New York before the city's annual celebration of the sea services was canceled due to the coronavirus.

She said she knew students had been looking forward to seeing what an MH-60S helicopter could do in person after she visited New York schools earlier this year for Fleet Week planning sessions.

"I felt kind of a responsibility to them of, 'Hey, we said we were coming.' And now unfortunately we can't," she said. "To all the students that we had seen - to see the excitement in their faces - I just imagine that disappointment. So I wanted to do what I could."

Calaway appeared in two videos that were posted on social media when Fleet Week moved entirely into a virtual environment for the first time.

In those videos, Calaway gave an overview of her job as a pilot with the “Nightdippers” of Helicopter Sea Combat Squadron Five (HSC-5) and answered questions submitted via social media. Her squadron is based at Naval Station Norfolk, Virginia and conducts search-and-rescue missions, delivers supplies, helps defend ships, and delivers special operations forces.

Calaway, a U.S. Naval Academy graduate from Roswell, Georgia, said that flying a helicopter is "the most fun job in the world."

"The best part is just the versatility that the helicopters can provide," Calaway said in one video. "We'll take off for a specific mission on any given day and you never know when you're going to be pulled to either conduct a search and rescue or some other kind of pop-up tasking. So the creativity that you get to use with your entire crew and your team on a daily basis is definitely the best part of being a helicopter pilot."

Those videos have been viewed thousands of times since they were posted in late May.

Thomas Drake said he and his family enjoyed watching from their home in Hastings-on-Hudson, New York.

Drake is a former Navy corpsman who typically takes a ship tour with the Navy League each year. He has three children, ages 3, 6 and 9, and made it a point

to watch videos with them each day as part of Virtual Fleet Week New York.

His six-year-old daughter Gracie was particularly excited to see Calaway, he said.

“My daughter loved seeing the female members of the military being highlighted: You should have seen her smile when you interviewed the female Navy helicopter pilot,” Drake said in a Facebook message to the Fleet Week New York page.

Calaway said she was humbled that someone would take time to write a message and believes it is important for young girls to see women like herself serving in the military. She said that growing up outside of Atlanta she wasn't familiar with the Navy or all the options available to them when she was young.

"I think it's really important just because the role of women has changed even since I've been in the Navy, as to what women are allowed to do now," she said. "They can go into combat and go on to submarines. Originally when I first went to school that wasn't authorized. So I think it's important to show that women can kind of operate outside of the box of maybe what you normally think you could do."

She said even today people are sometimes surprised to learn she's a military helicopter pilot when she meets them. She said she wants young girls to know they can be feminine and still be a fighter.

"You can do both," she said. "Which is pretty cool to kind of show young girls that women can be multifaceted. You don't have to be one way. You can do whatever you set your mind to"





Bruce Howard/

In an historic event from Military Island in front of the Recruiting Station in Times Square as part of Virtual Fleet Week New York, 12 future Sailors from the Bronx, Brooklyn and central/northern New Jersey recited the Oath of Enlistment, May 22. The ceremony was broadcasted live on the Fleet Week New York Facebook page and Cmdr. Penny Glover, Commanding Officer, Navy Recruiting District New York was the official enlistment officer. As safety is the upmost priority during the COVID-19 pandemic, the future Sailors adhered to strict CDC social distance guidelines and wore protective masks during the ceremony.

# Virtual Fleet Week NY concludes; City thanks servicemembers for help in COVID-19 fight

From Navy Region Mid-Atlantic Public Affairs

NORFOLK

New York City thanked the U.S. Navy, Marine Corps and Coast Guard for hosting the first Virtual Fleet Week New York May 26, giving residents a new way to take part in the annual maritime celebration despite the COVID-19 pandemic.

Fleet Week New York, held nearly every year since 1984 to celebrate the sea services, typically involves public ship tours, band performances and school visits. This year’s virtual event was conducted entirely online, through a series of live and pre-recorded videos on Facebook, Twitter and Instagram.

“Fleet Week looked different this year, but our strength and commitment will never waiver,” the city’s official Twitter account said. “Thank you to our service members aiding in the fight against COVID-19.”

New York Mayor Bill de Blasio echoed this sentiment on Twitter, stating “You can’t help but be inspired when the ships sail in to New York Harbor every May. Fleet Week was different this year. We traded crews on shore leave for military personnel in scrubs, fighting alongside us against COVID-19. We won’t ever forget it.”

Among the dozens of posts, audiences experienced a special live enlistment of future Sailors from the Bronx, Brooklyn and central/northern New Jersey in Times

Square, multiple virtual ship tours, and live question-and-answer sessions with service members.

“This was an innovative way for people to connect with our Sailors, Marines and Coast Guardsmen, while also staying safe at home,” said Rear Adm. Charles Rock, Commander, Navy Region Mid-Atlantic. “Our nation’s maritime services always adapt to any challenge we face and Virtual Fleet Week New York is a great example of how we are continuing our mission even in difficult times.”

Virtual Fleet Week New York gave viewers a unique opportunity to participate in photo contests, leave comments, and share content as part of this new interactive experience. Many of the videos demonstrated that measures were in place to ensure the safety of participants, including physical distancing and the use of protective face-masks.

Although ships were not open to the public this year, viewers could still take virtual tours aboard the guided-missile destroyer USS Laboon (DDG 58), as well as go aboard U.S. Coast Guard cutters Coho (WPB-87321), Katherine Walker (WLM-552) and Shrike (WPB-87342). Additionally, viewers got a birds-eye view of the tall ship Barque Eagle (WIX-327) with a drone, which would not be possible as drones are strictly prohibited within the city limits.

Viewers learned about the importance of

physical training at home with Marines, heard shout-outs from New York natives aboard the amphibious assault ship USS Wasp (LHD 1), learned about New York’s naval history from Navy History and Heritage Command, and received messages from Navy and Marine Corps leadership.

The USO Show Troupe, who perform each year during Fleet Week New York, provided an inspiring message of hope for the future by singing “America The Beautiful” to the service members they missed during this year’s event.

Additionally, Navy bands created two virtual concerts for the viewing audiences who generally see them perform live each year from Times Square, and Marine bands provided a tribute to the nation’s first-responders called “One Call Away.”

Viewers were shown the unmanned MQ-8 Fire Scout helicopter, were introduced to a helicopter pilot with Helicopter Sea Combat Squadron FIVE “Nightdippers,” listened to a narrated Coast Guard search and rescue demonstration, and were taken inside a hangar where an E-2D Advanced Hawkeye pilot, naval flight officer and maintainer answered questions live on Facebook.

As the nation paused to honor and remember those who paid the ultimate sacrifice for their country on Memorial Day, Naval Station Norfolk started the day with morning colors. Other tributes included a livestreamed ceremony aboard the World

“ Our nation’s maritime services always adapt to any challenge we face and Virtual Fleet Week New York is a great example of how we are continuing our mission even in difficult times.”

Rear Adm. Charles Rock

War II-era aircraft carrier USS Intrepid in Manhattan, a highlight of previous Memorial Day parades in New York featuring Sailors, Marines and Coast Guardsmen marching to patriotic music, and a moving performance by the Marine Corps of “Taps” filmed from various locations in California.

Additional content included military working dog handlers, Navy divers and explosive ordnance disposal, environmental stewardship from U.S. Fleet Forces, the Navy Leap Frogs parachute demonstration team, Coast Guard Silent Drill Team, and a Marine Corps air show and Marine Air-Ground Task Force (MAGTF) demonstration, among others.

All videos posted to Fleet Week New York social media accounts will remain online and available at [www.fleetweeknewyork.com](http://www.fleetweeknewyork.com).



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MCC RJ Stratchko/  
Aviation ordnancemen assigned to the aircraft carrier USS Gerald R. Ford (CVN 78) weapons department bring inert training bombs up to the flight deck during flight operations, May 30, 2020. Gerald R. Ford is underway in the Atlantic Ocean conducting integrated air wing operations.

## Carrier Air Wing Eight, Gerald R. Ford announce cyclic operations with ordnance

By MCC RJ Stratchko  
USS Gerald R. Ford (CVN 78) Public Affairs

### ATLANTIC OCEAN

The Commanding Officer of USS Gerald R. Ford (CVN 78), Capt. J.J. Cummings and Commander, Carrier Air Wing (CVW) 8, Capt. Josh Sager, announced the largest air wing embark to date, and Ford’s first ordnance movement from a lower deck magazine to F/A-18E Super Hornets using Ford’s state-of-the-art Advanced Weapons Elevators during a teleconference, June 1.

CVW-8 embarked seven squadrons and is operating nearly 30 fixed-wing aircraft and both of their Helicopter Sea Combat squadrons. Cummings said this embark serves as an opportunity to stress and test Ford’s unique design and demonstrate her ability to conduct integrated air wing operations.

“This is a historic underway – we embarked nearly 1,000 Sailors, the largest air

wing embark to date, and we were able to commence cyclic operations and it’s proven successful,” said Cummings. “It’s exciting to have the air wing onboard and get into their spaces and berthings so they can help us tighten things up to where they want them to be.”

In a ‘crawl, walk, run’ approach the air wing has ramped up to 3 day and 2 night integrated events with only a short break between day and night events. Sager said this is first time CVW-8 squadrons have been able to execute all of their missions aboard Ford.

“We’re thrilled to be here dropping light and heavy inert ordnance; but the biggest thing as the air wing commander is to do our primary mission: war at sea, air defense, air superiority and power projection,” said Sager. “We’re taking [Ford] from carrier qualification to a mission that focuses on combat operations and expanding that capa-

bility. It’s been an honor to take [Ford] to a ship that’s able to execute the Navy’s warfighting mission.”

The inert ordnance mission sets were possible due to Ford’s successful transfer of ordnance from a lower level magazine to the flight deck via the ship’s lower stage weapons elevator (LSWE). The air wing’s embark provided the first opportunity for Ford’s weapons department to execute a full ordnance movement using LSWE 5.

“We moved 40,000 pounds of inert, or not live, ordnance,” said Cummings. “We loaded it on our ship a week ago and moved them to our magazines. Our team then built up the bombs and used lower stage five to get them to the hangar bay. From there we transferred them to the weapons handling transfer area via an upper stage elevator where we issued the weapons to squadron ordnance personnel for eventual loading on aircraft, on the flight deck, for training mis-

sions. It was a monumental day, and everything worked as advertised.”

In preparation for this milestone, more than 250 Sailors assigned to Ford’s weapons department executed multiple training packages on buildup, transport, and break down of ordnance to build their proficiency. To date, the ship has conducted more than 9,751 cycles of the upper stage elevators and 109 cycles of LSWE 5.

As far as Ford and CVW-8 leadership are concerned, Ford - now seven months into her Post-Delivery Test and Trials phase of operations - is showcasing her ability to support integrated air wing strike missions with proficiency and is looking forward to their upcoming Carrier Strike Group integration.

“We’re happy to do our job and do what we’re paid to do, and that’s launch and recover aircraft day and night,” said Cummings. “Our Sailors are fired up to perform the job they have been trained to do which brings smiles to their faces. Morale on our ship is up pretty high right now because we’re doing our job every day, and we’re loving it.”

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# Navy completes joint and combined exercise Vigilant Osprey

By MCC Brian Finney  
U.S. 2nd Fleet Public Affairs

## ATLANTIC OCEAN

U.S. Naval Forces Northern Command (NAVNORTH) units completed U.S. Northern Command-led exercise Vigilant Osprey, a major service-integrated homeland defense exercise aimed to strengthen operational partnerships with allied nations, May 31.

The Harry S. Truman Carrier Strike Group (HSTCSG), as well as Atlantic-based Navy submarines and aircraft, alongside forces from Canada, Denmark, and the U.S. Air Force were able to learn from the other services and combatant commanders while advancing tactical and operational proficiency in high-end warfare.

“Exercise Vigilant Osprey provided the framework to operate alongside our partners in the Atlantic. Any opportunity we get to integrate and synchronize capabilities and capacities at-sea in today’s complex, multi-domain, and contested environment is invaluable training,” said Adm. Christopher Grady, NAVNORTH commander. “While any navy can surge forces, none of us can surge trust. This week we were able to further strengthen our strong partner ties knowing that we will not fight alone.”

Elements of the Royal Canadian Navy (RCN) and Royal Canadian Air Force (RCAF) joined with HSTCSG to conduct a bi-national, multi-domain exercise in the Atlantic Ocean. The RCN provided afloat logistics support to the CSG, HMCS Ville de Quebec (VDQ) participated in a bi-lateral anti-submarine warfare (ASW) and air



MCSN Isaac Esposito/

The Royal Canadian Navy Halifax-class frigate HMCS Ville de Quebec (FFH 332), right, the Los Angeles-class fast-attack submarine USS Montpelier (SSN 765), the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) and the Ticonderoga-class guided-missile cruiser USS Normandy (CG 60) transit in formation with a Royal Canadian Air Force CP-140 Aurora during a photographic exercise in the North Atlantic Ocean, May 31, 2020. The Harry S. Truman Carrier Strike Group (HSTCSG) remains at sea in the Atlantic Ocean as a certified carrier strike group force maintaining maritime stability and security, ensuring access, deterring aggression and defending U.S., allied and partner interests in support of USNORTHCOM’s top priority of homeland defense.

defense exercise with HSTCSG, while CP-140 Aurora Long-Range Patrol aircraft conducted multiple overflights and participated in ASW events.

“This was an excellent advanced readiness opportunity for Canadian and American maritime forces,” explained Rear-Admiral Craig Baines, Commander Maritime Forces Atlantic (MARLANT). “The scenarios utilized during these events enable our mutual ability to operate in a multi-threat environment, in which coordination and integration are absolutely critical for our success in responding to any crisis in our waters or internationally.”

Commander, U.S. 2nd Fleet (C2F), as NAVNORTH’s Maritime Command Element-East (MCE-E), and Joint Arctic Command (JACO) HQ in Nuuk, Greenland exercised tactical and operational information sharing in order to improve mutual situational awareness. The exercise between these headquarters ensured both classified and unclassified information could be shared in real time.

“The Atlantic is a contested environment, and our partnerships strengthen our advantage and complicate potential adversary decision making,” said Vice Adm. Andrew Lewis, Commander, U.S. 2nd Fleet and Maritime Command Element- East. “Operating with multiple combatant commands, other services, and learning from

our Canadian and Danish Allies in the North Atlantic enhances our collective capabilities. We are stronger together.”

Exercise participants utilized Link 16, a tactical data link system that enhances tactical capabilities by allowing players to share real-time situational awareness and command and control data.

“Danish Joint Arctic Command is responsible for the defence and security of the Arctic regions of the Danish Kingdom, including Greenland and the Faroe Islands,” said Major General Kim Jesper Jørgensen, commander Danish Joint Arctic Command. “The command values the opportunity to exercise with our friends and allies in U.S. 2nd Fleet and the Truman Carrier Strike Group. Exercises like this improve our ability to maintain peace and stability in the Arctic. I look forward to increasing the operational cooperation between U.S. 2nd Fleet and Danish Joint Arctic Command.”

While operating alongside supporting assets from the Northern American Aerospace Defense Command (NORAD), U.S. Transportation Command (TRANSCOM), U.S. Strategic Command (STRATCOM), and the newly formed U.S. Space Command (SPACECOM), the strike group demonstrated their role in the National Defense Strategy as a flexible and lethal asset ready to defend the homeland.

The naming for exercise Vigilant Osprey

is in homage to the people and geographic location in which it was conducted. Vigilant is typically used in NORTHCOM exercises, and Osprey, Nova Scotia’s provincial bird, is a tribute to the Canadian participants. The naming of the exercise is to honor the victims of the mass shooting which occurred in Nova Scotia several weeks ago, the loss of six aircrew and sailors in a military helicopter crash, and to Capt. Jennifer Casey, the Canadian Forces Snowbird’s Public Affairs Officer who was killed in a jet crash this month.

The HSTCSG is comprised of the flagship aircraft carrier USS Harry S. Truman (CVN 75) and the embarked squadrons of Carrier Air Wing 1, Destroyer Squadron 28, Ticonderoga-class guided-missile cruiser USS Normandy (CG 60), and Arleigh Burke-class guided-missile destroyers USS Lassen (DDG 82), USS Forrest Sherman (DDG 98), and USS Farragut (DDG 99).

The strike group recently operated under the command of U.S. 5th and 6th Fleets, and the deployment serves as another example of how our Naval forces continue to be the most inherently flexible & available assets in times of crisis, providing presence & capabilities when needed. HSTCSG remains at sea in the Atlantic, conducting operations and is ready for tasking, while protecting the crew from the risks posed by the COVID-19 pandemic.



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USS Harry S. Truman (CVN 75) swiftly cuts through the water off the North Carolina coast while conducting Tailored Ship's Training Availability Two (TSTA II) and Cycle Operations (CYCLIC OPS), May 5, 2000. Jeffrey G. Katz/

# USNORTHCOM leads large-scale, multi-combatant command homeland defense exercise with Truman CSG

From U.S. Northern Command Public Affairs

## ATLANTIC OCEAN

U.S. Northern Command is leading a major homeland defense exercise today conducted in partnership with North American Aerospace Defense Command, U.S. Transportation Command, U.S. Strategic Command, and U.S. Space Command, with the Harry S. Truman Carrier Strike Group (HSTCSG) under the operational control of U.S. Northern Command. This large-scale exercise is a first of its kind where four combatant commands and NORAD are conducting homeland defense operations, exercising joint integration, conducting multi-national operations, and strengthening interoperability in command and control.

“Leading complex multi-combatant command operations across multiple domains demonstrates our readiness to defend our homeland regardless of COVID-19,” said General Terrence J. O’Shaughnessy, commander of NORAD

and USNORTHCOM. “The high-end training we are conducting enables integration between strategic-level organizations who all play a significant role in the most important mission for our nation -- defending our homeland.”

Exercise participants are using Link 16, a tactical data system that enhances tactical capabilities by allowing players to share real-time situational awareness and command and control data.

NORAD, in conjunction with U.S. Northern Command, will conduct an air defense exercise to demonstrate the capabilities of Canada and the United States. NORAD CF-18s and F-15s, fueled by KC-135 Stratotankers, will conduct an air intercept exercise in conjunction with F/A-18 fighter aircraft from the HSTCSG.

The HSTCSG is comprised of the flagship Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) and the embarked squadrons of Carrier Air Wing (CVW) 1, and Ticonderoga-class guided-missile cruiser USS Normandy (CG 60). HSTCSG remains at sea as a combat ready

element of the global response force to ensure access, deter aggression and defend U.S., allied and partner interests while conducting USNORTHCOM’s top-priority mission of homeland defense, despite COVID-19.

The HSTCSG is under the operational control of USNORTHCOM during the exercise, demonstrating the command’s mission to deter, detect, and defeat threats to the United States as it conducts its primary mission of defending the homeland.

U.S. Transportation Command is providing Operation NOBLE EAGLE alert tankers along the East Coast to support forces during the exercise. USTRANSCOM’s aerial refueling fleet is the backbone of rapid U.S. global operations and the lifeblood of the Joint Force’s ability to deploy an immediate force supporting all National Defense Strategy Mission areas. USTRANSCOM maintains a global deployment posture, ready mobility capacity, and the global command and control at echelon necessary to generate this immediate force and seamlessly tran-

sition to a fully mobilized Joint Deployment and Distribution Enterprise to project a decisive force when required.

U.S. Strategic Command will provide a B-1B Lancer long-range bomber to simulate an adversary role and attempt to penetrate U.S. airspace to provide realistic training to forces during the exercise. The multi-mission, supersonic B-1B can rapidly deliver massive quantities of precision and non-precision munitions against any adversary, anywhere in the world at any time. Strategic bomber operations and exercises enhance the readiness and training necessary to respond to any contingency or challenge across the globe.

“Today, there is not a joint operation that doesn’t integrate space capabilities – the pervasiveness of these capabilities and the information they provide is a key ingredient to how American forces operate with unmatched speed, precision, and lethality,” said Gen. John W. “Jay” Raymond, USSPACECOM commander and USSF Chief of Space Operations.

For the exercise, USSPACECOM through NAVSPACECOM is providing space operations support to the Second Fleet commander through satellite communications and GPS to ensure all units are communicating and executing clear command and control. This enables the HSTCSG to employ their tactics, techniques and procedures to increase lethality throughout DFE operations.

## Continued from A1

member and every veteran, and those communities that surround our installations. Our installations are a critical link to our Navy’s ability to generate power and presence,” said Jackson. “Serving as your commander of the Shore Enterprise has been the highlight of my career, and it is an honor that I will forever treasure.”

Under Jackson’s leadership, the men and women of CNIC earned the Meritorious Unit Commendation, an award issued by the Navy for valorous or meritorious achievement or service in combat or non-combat. Officers, enlisted personnel and civilian employees who served on the CNIC headquarters staff during the award dates of March 1, 2017 to May 30, 2020 are authorized to wear the Navy Meritorious Unit Commendation.

The citation, signed by Gilday, was read during the change of command ceremony. It praised the men and women of CNIC for “their swift and comprehensive response to natural and man-made disasters including hurricanes, wildfires, active shooter events and the Coronavirus 2019 pandemic miti-

gated damage, prevented loss of life, delivered assistance to families and rapidly restored fleet operations and strategic missions.”

Other notable accomplishments highlighted in the MUC were CNICs’ work on Fleet and Family Readiness, the Wounded Warrior Games, Navy Family Framework Governance Board, Privatized housing, merging with Naval Facilities Engineering Command into a single Budget Submitting Office, and the sustained superior performance of our Navy Security Force and first responders.

“I have witnessed you under pressure and through difficult situation, and I’ve seen you work through complex and fast moving issues,” Jackson said to the CNIC team. “I am and will always remain your most loyal advocate!”

Jackson was personally awarded the Distinguished Service Medal for guiding the Navy’s shore infrastructure that enabled marked improvements in Fleet readiness.

“She aligned the shore enterprise with the priorities of the Chief of Naval Operations and incorporated future mission growth into every aspect of decision making in order to

better sustain the fleet, enable the warfighter, and support the family,” stated the citation.

Jackson was also recognized for pioneering the establishment of an independent, first-ever Internal Review Office to guide Enterprise audit efforts and coordinated the Navy’s Real Property inventory for facilities and infrastructure. This initiative is now recognized as a best practice and a model for implementation within other Navy enterprises.

“I am grateful for these past three years and for this amazing career. Missions far above self, surrounded by superstars, and on a winning team,” said Jackson in closing. “Please keep our Service members, our civilians, and their families who are in harm’s way in your hearts, minds, and prayers. Bless the entire shore enterprise, bless our Gold Star families, Wounded Warriors, and anyone experiencing tragedy and loss. May God bless our United States Navy and may God bless America.”

Concluding the ceremony, Lindsey addressed CNIC Headquarters for the first time as the commanding officer, praising Jackson for her time at the CNIC helm.

“I want to thank Vice Adm. Jackson for her superb leadership of the Shore Enterprise and a spectacular Navy career,” Lindsey said. “We all wish her the fairest of winds and the calmest of following seas.”

Next, Lindsey turned his remarks to his new crew. “CNIC,” he said, “it’s an honor and a privilege to command such an amazing group of patriots and to lead an Enterprise that is operating literally around the clock and around the world providing outstanding support to the Fleet, the Fighter and the Family.”

As the Navy’s shore integrator, CNIC is responsible for worldwide U.S. Navy shore installation management, designing and developing integrated solutions for sustainment and development of Navy shore programs and infrastructure. With more than 53,000 military and civilian personnel worldwide across 10 regions, 71 installations, CNIC is responsible for the operations, maintenance and quality of life programs to sustain the fleet, enable the fighter, and support the family.

## Continued from A1

contributed more than 1.3 million work-hours out of the 2,306,996 planned work-hours in the completion of over 196,000 out of 261,340 individual tasks assigned to the ship’s force.

“Reaching the fourth quarter of the ship’s force work package is an important milestone and a testament to the years of hard work by George Washington Sailors and our partners across the shipyard,” said

Capt. Kenneth Strong, George Washington’s commanding officer. “While the team has achieved many great milestones in the last few years, we are excited about finishing the maintenance period and taking our ship back to sea where she belongs.”

The next major milestone on the horizon for George Washington and her crew is crew moveaboard (CMA), scheduled for late summer of this year. CMA is a major step in bringing George Washington’s Sailors back to their home aboard the ship and

is further demonstration of the ship coming back to life and being ready to provide meals, lodging, and quality of life services for George Washington Sailors for decades to come.

Following the completion of CMA, the ship will focus on completing rehabilitation work throughout the ship and implementing a variety of system upgrades, including the installation of an entirely new computer network, with an eye on returning to the fleet as one of the most capable

and advanced capital warships in the world.

George Washington’s RCOH is a multi-year project performed only once during a carrier’s 50-year service life that includes refueling the ship’s two nuclear reactors, as well as significant repairs, upgrades, and modernization. The upgrades and modernization performed during RCOH will take the ship through the second half of her service.





Spencer R. Layne/

John Brown, a native of Newport News, Virginia, was recently awarded the Navy Civilian Service Commendation Medal on Joint Base Little Creek-Fort Story, Virginia. Brown, who serves as the Navy Expeditionary Combat Command (NECC) Boat Type Desk Officer, received the award for crafting a highly effective maintenance program for NECC’s globally distributed fleet of more than 300 combatant craft. NECC is responsible for organizing, manning, training, equipping, and sustaining the Navy Expeditionary Combat Force (NECF) to execute combat, combat support, and combat service support missions across the full spectrum of naval, joint, and combined operations which enable access from the sea and freedom of action throughout the sea-to-shore and inland operating environments.

# Newport News native is awarded Civilian Commendation Medal from NECC

From Navy Expeditionary Combat Command Public Affairs

## VIRGINIA BEACH

John Brown, a native of Newport News, Virginia, was recently awarded the Navy Civilian Service Commendation Medal on Joint Base Little Creek-Fort Story, Virginia.

Brown, who serves as the Navy Expeditionary Combat Command (NECC) Boat Type Desk Officer, received the award for crafting a highly effective maintenance program for NECC’s globally distributed fleet of more than 300 combatant craft.

“I was totally surprised,” said Brown. “I have always thought that the NECC chain of command looks after their Sailors and civilians but this brings it up to another level. After the award ceremony, I returned to my office and immediately showed my co-workers then called my family (wife and son).”

NECC is responsible for organizing, manning, training, equipping, and sustaining the Navy Expeditionary Combat Force (NECF) to execute combat, combat support, and combat service

support missions across the full spectrum of naval, joint, and combined operations which enable access from the sea and freedom of action throughout the sea-to-shore and inland operating environments.

The NECF is comprised of Sailors skilled in a diverse set of specialized capabilities. These expeditionary Sailors support the U.S. Navy while serving as members of Coastal Riverine and Naval Construction Forces, Explosive Ordnance Disposal, and Diving and Salvage Units; and as part of expeditionary units that provide unique intelligence and logistics capabilities.

As a member of NECC Staff, John Brown, manages and assesses all NECC’s combatant boats, the force’s equipment and its programs. He provides fleet guidance on engineering and technical issues throughout the force and day-to-day solutions regarding afloat operations using U.S. Coast Guard and Navy Regulations. Additionally, he provides updates, schedules, and briefs to U.S. Fleet Forces, type commanders, task force commanders, and the Program Office on all of NECC Craft to include a Seven-year Overhaul Plan, MK VI Patrol Boat

Five-year Maintenance Plan, and Annual Intermediate/Depot Level Funding requirement.

Brown, a 1987 Warwick High School graduate, also holds a bachelor’s degree in Psychology from the University of Maryland and a master’s degree in Forensic Psychology from Argosy University. He credits his success as part of the Navy team to many of the lessons learned growing up in Newport News.

“Keep pursuing excellence and concentrate on the small details because the big ones will fall into place,” Brown advised. “Study and work hard, the rest will follow.”

Serving in the Navy is a continuing tradition of military service for Brown, who has military ties with family members who have previously served. Brown is honored to carry on the family tradition.

“I grew up poor in a small village in the Philippines without parents,” said Brown. “I was adopted by an Air Force man in Clark Air Force Base, Angelis City, Philippines. After his tour there, we moved to Lubbock Texas, and ultimately ended up at Langley Air Force Base.”

After completing one semester at

Christopher Newport College, now Christopher Newport University, under a pre-law degree, Brown didn’t have the money to continue his studies so he enlisted in the Navy in 1987. He worked his way up to senior chief before being commissioned under the Limited Duty Officer Program and then retired after 30 years as a lieutenant commander “Mustang.” He began working at NECC directly after his retirement from active duty.

“I enjoy working with Sailors and making their lives better,” said Brown. “So, when NECC gave me the opportunity to be part of their team, I applied quickly. I really enjoy my work, the chain of command I work for, the units I deal with on a daily basis, and I still get to operate our craft and perform a few missions with the squadrons.”

According to Navy officials, maintaining maritime superiority is a vital part of a Navy that is present today and prepared for tomorrow. The impact affects Americans and their interests around the world, as more than 70 percent of the Earth is covered by water and 90 percent of all trade travels by sea.

The foundation of the Navy the nation needs includes a focus on warfighting, warfighters and the future of the fighting force.

“I am confident that we will maximize the Navy we have today while delivering the Navy that our nation will

# USS Theodore Roosevelt completes carrier qualifications

From USS Theodore Roosevelt Public Affairs

## PHILIPPINE SEA

The aircraft carrier USS Theodore Roosevelt (CVN 71) and Carrier Air Wing (CVW) 11 completed carrier qualifications June 2.

Theodore Roosevelt qualified pilots from the “Tomcatters” of Strike Fighter Squadron (VFA) 31, “Golden Warriors” of VFA-87, “Blue Diamonds” of VFA-146, “Black Knights” of VFA-154, “Liberty Bells” of Airborne Command and Control Squadron (VAW) 115, “The Gray Wolves” of Electronic Attack Squadron (VAQ) 142, and the “Providers” of Fleet Logistics Support Squadron (VRC) 30.

The “Eightballers” of Helicopter Sea Combat Squadron (HSC) 8, and the “Wolf Pack” of Helicopter Maritime Strike Squadron (HSM) 75 also worked with the ship in support of carrier qualification operations.

“It is very gratifying to be able to return to our primary mission in the Indo-Pacific,” said Capt. Steve Jaureguizar, commander, Carrier Air Wing (CVW) 11. “The carrier air wing joined together with the carrier is the bedrock of naval aviation and power projection.”



MC3 Julian Davis/

The aircraft carrier USS Theodore Roosevelt (CVN 71) transits the Philippine Sea, June 1, 2020. Following an extended visit to Guam in the midst of the COVID-19 global pandemic, Theodore Roosevelt is underway conducting carrier qualifications during a deployment to the Indo-Pacific.

Carrier qualifications are a time for naval aviators to refine their skills practiced during field carrier landing practice (FCLP) for sustained operations at sea aboard the aircraft carrier. Carrier qualifications fortified the operational relationship between CVW-11 and the Theodore Roosevelt.

“It felt great to get back in the cockpit and launch from the catapult while at sea,” said Lt. William Leagon, a naval aviator assigned to VAQ 142. “As a naval aviator this is what we signed up to do and it’s really exciting to get back to business.”

Theodore Roosevelt and CVW-11 are on a scheduled deployment to the U.S. 7th Fleet area of operations to provide maritime security, maintain freedom of the seas in accordance with international law and customs, and operate with international partners and allies to promote regional stability and prosperity.

Completing carrier qualification was the last milestone in returning Theodore Roosevelt to sea as a ready, credible naval asset capable of projecting power over the horizon.

“You can see and feel the excitement around the ship as we have returned to flight operations,” said Capt. Carlos Sardiello, Theodore Roosevelt’s commanding officer. “It is very rewarding for

all Sailors involved to exercise their skill set and see the TR back in action.”

Prior to completion of carrier qualifications CVW-11 completed FCLP at Andersen Air Force Base (AFB) to prepare pilots for underway operations. Completion of FCLP ensures that pilots have the requisite day and night practice for operations at sea aboard the carrier.

Theodore Roosevelt is the nation’s fourth Nimitz-class aircraft carrier with a crew of nearly 5,000 Sailors who support and conduct air operations at sea. Theodore Roosevelt departed San Diego for a scheduled Indo-Pacific deployment January 17.






## Navy call for FY21 Seaman to Admiral applications

If you think you've got what it takes to be an officer, the annual call for applications to the 2021 Seaman to Admiral program

»See B5

SECTION B | FLAGSHIPNEWS.COM | 6.4.2020



MESSAGE TO  
THE DEPARTMENT OF THE NAVY  
FROM  
KENNETH J. BRAITHWAITE  
SECRETARY OF THE NAVY

MC2 Alexander C. Kubitza

Graphic illustration created to support the Office of the Secretary of the Navy.

## Message from 77th Secretary of the Navy

By Secretary of the Navy Kenneth J. Braithwaite

WASHINGTON

To Sailors, Marines, and all men and women of the Department of the Navy

serving across this great world: Today marks the honor of my life, taking the oath of office to become the 77th but more importantly...Your Secretary of the Navy.

I am incredibly humbled to stand before You, the greatest Navy and Mar-

ine Corps in the world to accept this responsibility. For nearly 35 years, I like you have served Our country; first as a US Naval Officer deploying around the world to include sailing into "Harms Way" and most recently as our US Ambassador to Norway, a nation

important to our national security. Never have I ever doubted why we serve...to protect and defend the greatest nation on earth...the United States of America!

For more than two centuries the Department has exemplified the strength and resilience of the nation we represent. Through tragedy and triumph, in both peace and in war, the source of our strength has been three simple but extremely powerful words: Honor, Courage, and Commitment.

As each of you know, they must be our guide stars as we navigate challenges around the globe. We can never

»See B7

## Vice Chief of Naval Operations changes office

From the Office of the Navy Chief of Information

WASHINGTON

Adm. William Lescher became the 41st Vice Chief of Naval Operations (VCNO) when he assumed duties from Adm. Robert Burke on Friday, May 29.

"I am grateful for all that Adm. Bob Burke has done for our Navy while serving as Vice Chief and have no doubt he'll excel in his next assignment as a fleet commander in Europe," said Chief of Naval Operations Adm. Mike Gilday. "Adm. Bill Lescher brings a wealth of knowledge and experience to the job, and I know he'll do an excellent job as the Navy's 41st VCNO."

Burke, who served as VCNO from June 2019 to May 2020, is scheduled to relieve Adm. James Foggo as the Commander, U.S. Naval Forces Europe-Africa.

"It has been a privilege to serve as Vice Chief for the last year, working with some amazing people, all



MC1 Raymond D. Diaz III

Chief of Naval Operations (CNO) Adm. Mike Gilday, left, administers the Oath of Office to Vice Chief of Naval Operations (VCNO) Adm. Bill Lescher during a promotion ceremony at the Pentagon. Lescher was promoted to admiral before assuming the duties as VCNO.

focused on the same goals - keeping America's Navy ready, now and for the future, and taking care of our Sailors." Said Burke. "The work has been rewarding, but the world keeps making our job harder. That's why I'm glad Admiral Bill Lescher is coming in behind me. He's smart, he's analytical, and he's hard working. Exactly the person the Navy needs as Vice Chief."

Lescher was promoted to the rank of admiral by Gilday prior to the change of office.

"I am honored to assume this responsibility," Lescher said. "I look forward to continuing to serve

Sailors and working with Navy leaders to maximize the readiness and lethality of the Fleet."

In his previous position, Lescher served as the Deputy Chief of Naval Operations, Integration of Capabilities and Resources (OPNAV N8). He was responsible for the Navy's centralized capability analysis and assessments, allocation and integration of Navy resources in the Planning, Programming, Budgeting, and Execution System, and determining the resources needed to achieve required readiness levels of Navy operating forces.





Maridav

# Clean freaks now comfortable in spotlight

By Lisa Smith Molinari

At the outset of the coronavirus pandemic, people everywhere ran frantically to the stores, clearing the shelves of disinfectant, bleach and cleaning supplies. Other than a smidge of toilet-paper-panic, I never felt an urgency to stockpile to prepare for the crisis. Why? Because I’ve been a clean freak all my life.

From a very young age, I’ve felt the need to clean and organize my surroundings. As a child, I categorized my toys and trinkets, sorting and storing them in boxes and bins. Everything had its place, and if anything was out of place, I didn’t feel right until it was returned to its place. By the time I had my own kids and a house to take care of, I had developed a routine that kept everything and everyone ship shape. To me, cleanliness represented control.

Which is why, every morning at eight-o’clock, a little ray of sunshine comes through the window in my front door and threatens to ruin my life. It taunts me, mocks me, and points a gleaming spotlight directly on my flaws, exposing them to the world. It shines right on what I thought was my clean floor, magnifying remnants of dog hair, dirt, and dust, making me feel like I’m losing control.

Each time this truth is revealed, I grimace and run to the laundry room to grab my

cleaning supplies. On the way, I poke the button on my Roomba, grateful for its faithful assistance in managing the ever-present dog hair that drops from our yellow lab’s follicles year-round. As the shaft of sun light moves around the house, I follow it, frantically spraying, wiping, and sweeping up any newly discovered filth.

Sometimes, the urge to clean strikes randomly. After brushing my teeth, I have been known to suddenly spend time scrubbing my husband’s stubble from the sink, which will often inspire me to Swiffer the tumbleweeds on the bathroom floor, wipe up unmentionable substances behind toilet seats, extract gloppy hairballs from shower drains, and wipe down the mirrors.

Before I know it, I find myself on my hands and knees with the Shop Vac crevice tool, sucking up dehydrated peas and carrots under the fridge, candy wrappers under my kids’ beds, and peanuts between the couch cushions.

In the past, I thought my cleaning habits were something to be ashamed of. I hid my tendencies from my friends, afraid of being judged for being fastidious. “Do a few crumbs really matter in the whole scheme of things?” I wondered. “Is there something wrong with me because I want my house to be neat, tidy, and clean?”

Over the years, philosophies on hygiene and orderliness have changed. “Cleanliness is next to godliness” was a long-running standard that has fallen out of favor in modern times, when society began to attach negative stigmas to people who are extraordinarily clean and organized. Refrigerator magnets proclaimed, “Immaculate homes are run by dull women.” Paperweights and coffee cups suggested, “An untidy desk is a sign of genius.” Psychological terms such as “anal retentive” and “OCD” became pop-culture insults used against people like me, who thrive on order and control.

Prior to the current global coronavirus pandemic, I worried that dusting the knick knacks might brand me as dull and boring. Reorganizing the junk drawer could be a clear sign that I was “anal-retentive.” Washing my hands too much might mean I had “OCD.”

But now, the trendsetters who once rolled their eyes at “clean freaks” like me for vacuuming out utensil drawers are the same ones elbowing each other at Walmart to grab the last canister of bleach wipes.

Welcome to my world, neophytes. You may have only recently realized that transferring microscopic germs between surfaces can be dangerous, but this is the eternal truth that is illuminated every day by that pesky little ray of sunlight that comes through my window. Now that the world knows what I have known for years, I no longer need to be ashamed of being a good housekeeper.

Call it godliness or OCD, but as long as the sun continues to shine, so will I.

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# Navy approves interim retirement ceremony rules

By MC1 Mark D. Faram  
Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy has cleared the way for Sailors to plan command-sponsored retirement ceremonies though none will be held until social distancing restrictions are relaxed.

“COVID-19 has limited group gatherings and congregate events, such as command-sponsored retirement ceremonies designed to express the Navy’s appreciation for the many years of faithful and honorable service members have devoted to their country,” wrote Vice Adm. John B. Nowell, the Navy’s top uniformed personnel officer, in NAVADMIN 160/20 released May 29.

“Commands using the authority in this NAVADMIN may approve requests by members on a case-by-case basis after fully considering existing Navy mitigation measures in response to the coronavirus outbreak.”

Once conditions permit, Nowell wrote that commands, “will make every reasonable ef-



MC3 Anna Van Nuy/

Senior Chief Machinery Repairman James Slay wipes away tears during his retirement ceremony in the fo’c’sle aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt is deployed in the U.S. 5th Fleet area of operations supporting Operation Inherent Resolve, strike operations in Iraq and Syria as directed, maritime security operations and theater security cooperation efforts in the region.

fort within regulations, budgetary constraints, and practicality to provide the items requested.”

Here’s how the policy, which remains in effect for one year, will work.

Commands can now approve requests from Sailors for officially sponsored retirement ceremonies.

Only requests for command-sponsored retirements, held either preceding retirement, or for Sailors willing to return for their ceremony once social distancing restrictions are lifted, will be approved. Though any retirement can be delayed, all must be held within three months of local base social distancing restrictions being lifted.

No ceremonies will occur, however, until after the local installation commander deems gatherings of 10 or more people can safely happen.

The policy, the message states, not only applies to Sailors who retire on schedule during current COVID-19 restrictions, but also those who receive voluntary extension approvals to delay their retirement as part of the COVID-19 mitigation efforts.

Sailors who retire, but who plan to return to return hold their ceremony, need to be aware that travel funding to return for their ceremony might not be possible. There are DoD restrictions on funded travel for retired service members, the message said. As a result, Nowell urged commands, “scrutinize requests from members for invitational travel orders on a case-by-case basis.”

Once commands give an official approval, the message states, the retirement ceremony becomes an official command function. Sponsoring commands will only use operating funds in the fiscal year the retirement ceremony is held.

Sailors and commands should consult NAVADMIN 160/20 and DoD financial rules before using official funding. For example, the message says that appropriated funds can’t pay for, “food, receptions, or unofficial functions.”

When planning and requesting an official retirement ceremony, Sailors should read MILPERSMAN Article 1800-010, which lays out the rules for retirement ceremonies, and they should review the other references noted in the message as well.



Where can I find an application and other documents required for housing?

The documents, including the Housing Application, can be found on [www.cnic.navy.mil/housingpolicyandforms](http://www.cnic.navy.mil/housingpolicyandforms). These include the Housing Application, Sexual Offender Form, dependent certification, custody or divorce papers and a copy of your orders.

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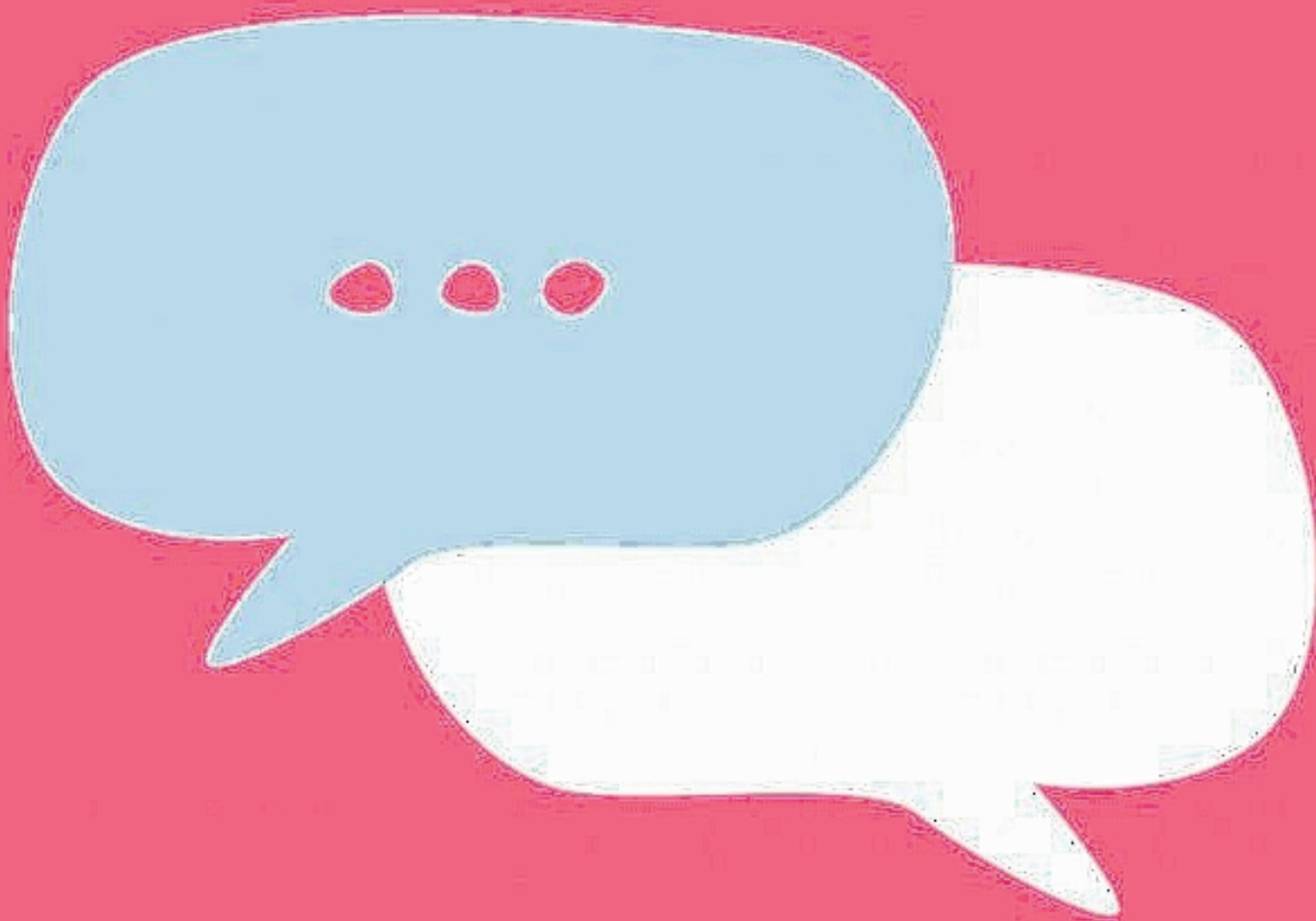
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# IT'S OKAY TO ASK FOR HELP



TO LEARN MORE ABOUT MENTAL HEALTH AND WHERE TO GET HELP, VISIT [MILITARYONESOURCE.MIL](https://militaryonesource.mil) OR CALL THE MILITARY CRISIS LINE: 1-800-273-TALK

MC1 Sarah Villegas/

May is Mental Health Awareness Month. The intent of the observance is to raise awareness about mental health, while teaching strategies for achieving and maintaining mental health wellness.

## Mental Health During the Pandemic: Understanding how your mind responds to disasters

By Capt. Jamie Reeves, MD, Mental Health Director

Navy Bureau of Medicine and Surgery Public Affairs

FALLS CHURCH, VA.

The COVID-19 pandemic has presented challenges on many levels, from how we work, to how we socialize or exercise, to how we educate our children. The pandemic has also created a lot of fear and uncertainty regarding the extent of its impact on our economy, our health and the health of our loved ones, and how life will look going forward.

These major changes can obviously have an impact on our mental health. If you are not sleeping as well you were prior to the pandemic, if you find yourself more irritable or frustrated, if you are more worried in general and don't feel your normal self, you are not alone.

In fact, such reactions are quite common when you experience a major stress or change. This is happening to us all in some fashion as we adapt to our "new normal." The important point to remember is that we are resilient, and just as we adapted to previous major societal changes (9/11, major wars, economic depression), we will adapt to the pandemic's impact and hopefully emerge stronger than before.

Adapting to new and stressful changes in life may not be easy, but there are things you can do to help make the process easier. For example, one difficult part of the current situation has been the loss of control we have over what is happening. Decisions that impact almost every part of our daily life are being made by leaders in consultation with public health experts, not by us.

It can be helpful therefore to regain some control of your life by developing new routines involving things you enjoy,

maybe exploring things you have wanted to do but never had the time to. It's a great time to catch up with friends or families (physically distanced of course), learn a new hobby like cooking or watch a series or movie you have always wanted to see.

Ideally, part of your new routine should include some daily exercise, to include getting outside for some sun. You should try eating well balanced meals, and get enough sleep at night, preferably 7-8 hours if you can. The more you develop your own daily personal routine that is healthy and filled with things you enjoy, the more you will feel a sense of control and ability to adjust to our new reality even with its limitations.

Talking with others can be another important way to adjust to the current situation. Even though we may be social distancing, we are all going through this together. Conversations with your friends, family or colleagues can help you realize you are not alone in how you feel. Chances are they are just as frustrated, confused or anxious as you are. Knowing that can be validating and empowering.

Human beings are social by nature, and establishing these connections can be comforting and healing. By reaching out to others you are helping them just as much as you are helping yourself. In fact, helping others has been shown to increase self-esteem and improve your mood. So, pick up the phone, use your favorite face to face app (Skype, etc.) or talk to a neighbor (6 feet apart). You will be glad you did.

President Franklin Delano Roosevelt said, "We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the

horizon." We can remember this as we all experience this difficult period. It's important to remind yourself "this too shall pass" and know that things will get better. Each day that goes by we are one day closer to a vaccine, one day closer to more effective treatment and the additional medical supplies needed for patients impacted by COVID-19, one day closer to businesses and schools opening up, one day closer to a better economy and one day closer to returning to our pre-COVID lives.

Consider trying an app for mindfulness. Mindfulness teaches concepts such as the transience of all things so you do not become too overwhelmed by what is happening at the moment. You learn to ride life's ups and downs allowing you to remain even-keel in accepting the current state without fear or judgment.

One caution is in how much media, especially social media, you consume. Technology can help you connect to loved ones, friends and colleagues, but there are risks. Because social media is largely unregulated, it is difficult to discern well vetted (i.e., evidence based) information from opinion, and may therefore contribute to misinformation. Although research indicates that accurate and clear information can relieve distress during a crisis, too much media exposure can have the opposite effect and amplify distress.

If you have tried these methods of adapting and still find yourself impacted by symptoms such as anxiety, irritability, depression, loss of sleep or appetite, you may consider asking for help to aid you through this transition. If you feel these symptoms are impacting your work, family or other important aspects of life, it is even more important to get help. Asking for help is a sign of strength. It

shows that you are working to make yourself better.

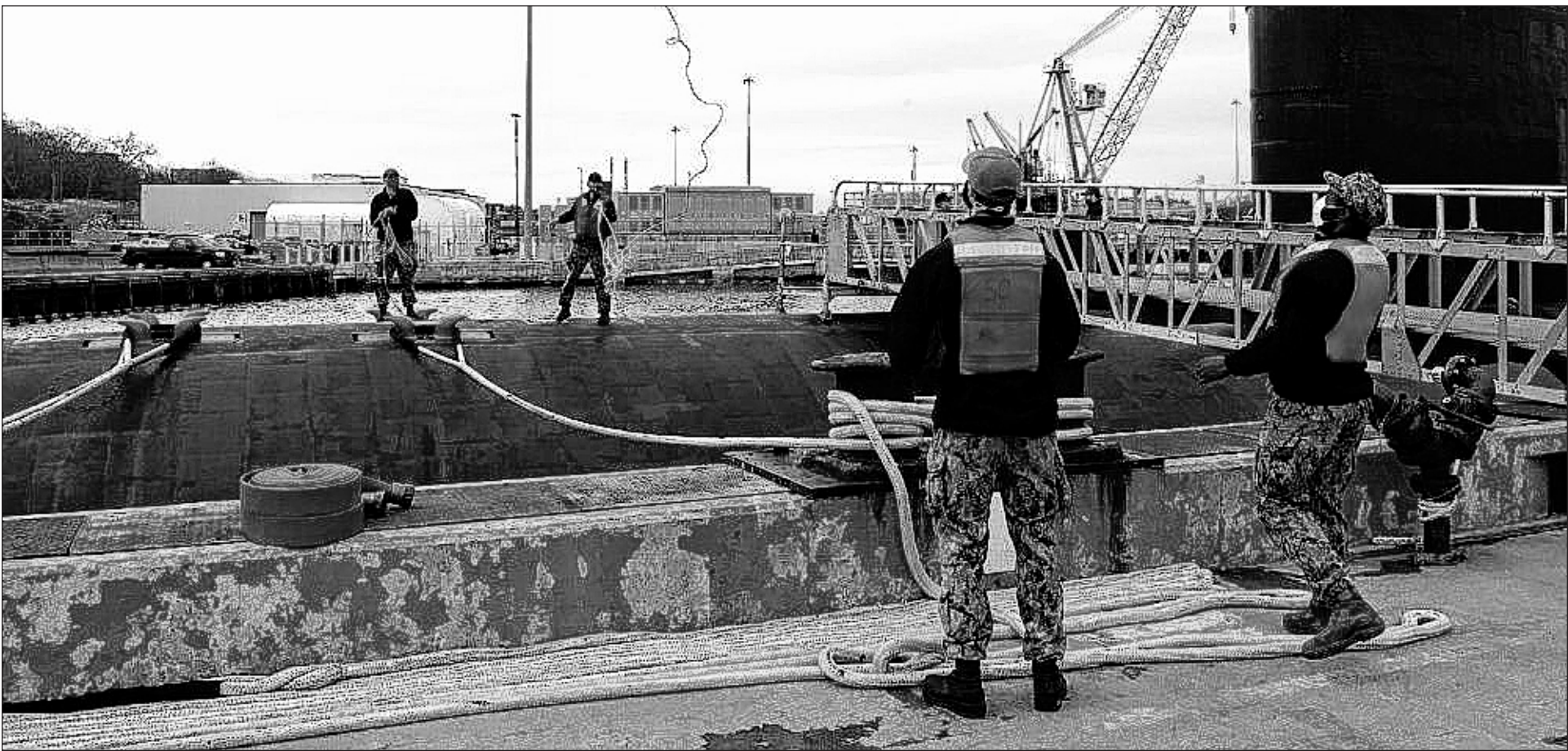
The Navy has adopted the "No Wrong Door" approach to counseling. We have many ways to get help, and all are equally good. You can talk to a friend, shipmate or family member, a chaplain, someone at the Fleet and Family Support Center, your primary care provider, a mental health provider embedded in your command, a provider at a mental health clinic, or you can speak to a counselor over the phone via Military One Source. In order to protect you and your loved ones from the virus, these "doors" for help may involve telephone or virtual appointments right now, but the doors are all open waiting for you to enter.

If things develop into a crisis, and you find yourself thinking about hurting yourself or someone else, please get immediate care via 911 or by going to the nearest emergency room. Hospitals have systems in place to screen all patients for COVID-19 and to separate COVID-19 patients from other patients.

As with all situations, the mental health impact of a crisis is varied. A crisis is a stress on the status quo and a rapid increase in uncertainty about the future state. Although this environment is ripe for feelings of anxiety, depression and generalized distress, it is also an opportunity for people to come together and do incredible things toward a common purpose. We have seen that in our shipmates who have experienced the largest deployment of medical forces since Operation Desert Storm nearly 30 years ago. We see that in the many doctors and nurses taking great risks and working relentless hours to provide care to tens of thousands impacted by COVID-19. We will no doubt get through this pandemic as we have gotten through many other crises and emerge stronger as individuals, as a Navy, and as a country.

Information about stress and how to cope can be found at <https://navstress.wordpress.com/>. If you or someone you know is in need of immediate assistance, the Military Crisis Line is available 24/7. Call 1-800-273-8255 (Option 1), text 838255 or visit <https://www.militarycrisisline.net> for free and confidential support.





MC2 Tristan B. Lotz/

Sailors man the lines as USS Hartford (SSN 768) moors at the submarine's homeport of Naval Submarine Base (SUBASE) New London. Hartford returned to SUBASE New London after regularly scheduled operations.

# Base Port Operations: 'Commitment and ability to protect America has not changed'

By Coleen R. San Nicolas-Perez  
Commander, Navy Installations Command Public Affairs

## WASHINGTON

People first and mission always. For the port operations teams across the Navy's shore enterprise, their strong commitment to mission accomplishment is unwavering – even during a pandemic.

As many communities face the challenges brought upon by COVID-19, the more than 1,800 port operations personnel at Navy installations worldwide continue to support vessels as they pull into port or get underway.

"Their quick reactions to mitigate the threat has allowed them to continue seamless support to the fleet," said James Risley, director of port operations for Commander, Navy Installations Command (CNIC). "As long as the Navy has ships and submarines, the port operations teams at our bases will always be ready to support no matter what challenges we may face."

According to Risley, the port operations teams across the enterprise quickly adapted to the new environment by implementing requirements to minimize the spread of the disease, such as completing self-questioners, donning face coverings, sanitizing workspaces and equipment, and practicing physical distancing.

CNIC provides a range of port operations services for visiting Navy vessels as well as those homeported at the many installations. Support provided include harbor pilot services, fleet mooring services, ship movement planning for both surface vessels and submarines, utilities and fuel hookup,

tug services, oil spill response, and ship waste removal to name a few.

"All of these services are necessary to keep our ships and boats sailing and ready to surge at a moment's notice," Risley said. "Our teams – made up of military, civilians and contractors – are all committed to ensuring the fleet is provided the services needed for the Navy to maintain maritime dominance."

'Hard Work and Non-stop Dedication'

Although both military and civilian personnel at the waterfronts have had to adjust to a new normal way of executing operations, they have remained diligent, which according to Risley, is not surprising.

"We have always been proud of the high level of dedication and commitment that our region and installation teams display," he said. "Our teams continue to provide phenomenal logistical services to our waterfront customers with the same high level of professionalism and expertise previously provided. Their hard work and non-stop dedication is an inspiration to everyone."

Naval Base Guam is one example of a team stepping up to support the fleet amidst a COVID-19 environment. USS Theodore Roosevelt (CVN 71) arrived at the island's Navy base on March 27 and recently went underway on May 20. The carrier moored in Guam after several Sailors displayed COVID-19 symptoms and later tested positive.

"Our port operations team has demonstrated U.S. Naval Base Guam's warfighting mettle by effectively flexing every capability to meet the ever-

changing demands and challenges that the COVID-19 pandemic has presented us," said Capt. Jeffrey Grimes, the installation's commanding officer. "The port operations team's enduring support of Theodore Roosevelt demonstrated the pride, dedication and professionalism of this elite group of individuals."

While supporting the aircraft carrier, the installation also brought in USNS Dahl (T-AKR 312), which was critical to the Navy's response to the pandemic. The cargo ship carried the necessary equipment to stand up the Expeditionary Medical Facility in support of Theodore Roosevelt and Guam. The base's port operations team developed a solution to moor the ship in a never before utilized configuration that permitted the safe and efficient offload of the equipment, according to Grimes.

"That's just one more example of the port ops team's innovation and ingenuity that has allowed them to accomplish so much given the circumstances," Grimes said. "As this pandemic unfolds, the port ops team continues to recognize the importance of maintaining this essential fleet capability. It's been truly amazing."

On the other side of the world, Naval Station Norfolk, which is the Navy's largest installation, has continued port services for all ships under naval control in coordination with Atlantic Fleet commanders despite a pandemic. Recently, the base successfully supported the departure and return of the Norfolk-based USNS Comfort (T-AH 20). The Navy hospital ship was at New York City for approximately a month providing relief to a healthcare system

stressed by the surge of COVID-19 patients.

"I could not be more proud of our port operations team, our NAVFAC ship to shore personnel and all others involved in supporting the USNS Comfort's return following their latest mission to New York City," said Capt. Vince Baker, Naval Station Norfolk's commanding officer. "There are lots of moving parts involved with these evolutions from tug operations to hooking up shore power and much more. The daily work that our waterfront personnel conduct often goes unnoticed, but without this group of professionals, we could not meet our mission. They are the backbone of the waterfront."

Further south, Naval Station Mayport also lived up to its commitment of supporting the fleet. Since the pandemic hit the East Coast, the base's port operations team has supported more than 130 ship movements. The base's recent accomplishment in a COVID-19 environment was the USS Roosevelt's (DDG 80) change of homeport. On March 21, the destroyer departed Mayport for its new homeport Naval Station Rota in Spain.

"COVID-19 has presented an unprecedented challenge, causing our Navy to alter our methods of doing business, however, our commitment and ability to protect America has not changed. Here at Naval Station Mayport, there is no better example of this than the outstanding response from port operations," said Capt. Jason Canfield, the installation's commanding officer. "Our port operations department continues to provide 'The Finest Service to the Finest Fleet' despite the new norm of working in a COVID-19 environment ... We've adjusted to a new way of doing business and we are doing it safely in all aspects of our operations."

Commander, Navy Installations Command's area of operations encompasses the globe, across 10 regions and 71 bases with more than 53,000 employees that sustains the fleet, enables the fighter, and supports the family.

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Darwin Lam/  
Naval Science Institute Seaman-to-Admiral (NSI/STA-21) class 20010 students, at Officer Training Command Newport (OTCN) in Newport, Rhode Island, practice marching, Feb. 21. NSI/STA-21 is an eight-week course of intense officer preparation and indoctrination for petty officers and chief petty officers, with course enrollment timed to allow college entrance during summer or fall semesters after selection.

# Navy announces call for FY21 Seaman to Admiral applications

By MC1 Mark D. Faram  
Chief of Naval Personnel Public Affairs

## WASHINGTON

If you think you’ve got what it takes to be an officer, the annual call for applications to the 2021 Seaman to Admiral program, known as STA-21, is on the streets.

This year’s board will meet in mid-September. Applications must be postmarked on or before July 1 to be considered by the board. Some leeway is being granted for additional documents to be being added later, though the July 1 deadline for initial applications is hard and fast.

“The program’s goal is to provide our highly-motivated, active-duty personnel an opportunity to obtain their undergraduate degree and earn a commission as a naval officer,” said Cathy Kempf, a retired Navy commander who heads selection and placement for STA-21 as well as Naval Reserve Officer Training Corps (NROTC).

“The program is very competitive as the selection boards look for the top-notch Sail-

ors who go above and beyond their normal duties while already having an academic background that positions them to complete their degree in 36 months or less.”

This year’s STA-21 details are in NAVADMIN 152/20, released on May 26.

STA-21 is one of several routes the Navy offers to go from the deckplates to the wardroom. Other options include the U.S. Naval Academy, NROTC, and Officer Candidate School. More senior Sailors can apply for direct commissions through the Limited Duty Officer and Chief Warrant Officer Programs. There are also routes to a commission in the medical community through in-service procurement programs.

For Sailors with significant college credits, STA-21 can be the fastest route to a commission, which is why competition for quotas is keen. Of 323 applications received for the fiscal-year 2020 board, only 305 were deemed eligible. Of those, just 55 were selected. This year’s board is expected to offer the same opportunity.

Once selected, Sailors attend college full-

time and collect their full paycheck for their current paygrade while in school. Tuition is paid for by the Navy through an annual \$10,000 stipend. Any costs over that must be covered by the Sailor, though they can use their GI Bill to cover any difference.

Qualifying college entrance exams scores are required and cannot be waived. Sailors can use either the Scholastic Aptitude Test or the American College Testing exams, provided they were taken within the last three years, specifically between July 1, 2017 and July 1, 2020.

Because the recent COVID-19 pandemic caused the cancellation of many scheduled exams, the Navy will allow applications to be accepted after the July 1 deadline as long as test scores are received before the board meets, currently slated for the second week in September.

Fitness counts, too, as applicants can’t have below an overall “good” score on any Physical Fitness Assessment over their past three cycles. Here, also, there are COVID-19 considerations allowing Sailors

to use scores from the latest full test taken within the past year because this spring’s tests were suspended.

The following community options are open for application this year -- Surface Warfare (SWO), Surface Warfare Engineering (SWO/ED), Nuclear (Surface/Sub), Special Warfare, Explosive Ordnance Disposal (EOD), Naval Flight Officer, Pilot, Civil Engineering Corps, Nurse Corps and Information Professional.

No applications will be accepted this year for Human Resources, Intelligence, Information Warfare, Medical Corps, Supply Corps, Surface Warfare Officer Information Professional (SWO/IP), Oceanography (OCEANO) and SWO/OCEANO.

Sailors flexible on community preference can apply under the “core option.” Here, Sailors are not assigned a community up front but compete for spots in the unrestricted line designators of pilot, naval flight officer, submarine or surface warfare, as well as EOD and SEAL.

More information on this year’s board specifics are available in NAVADMIN 152/20. Overall program requirements and application details - as well as program contacts -- can be found at <http://www.sta-21.navy.mil>.



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MC3 Trey Fowler/

# U.S. Navy to join 18 allied, partner nations in annual Baltic exercise

From U.S. Naval Forces Europe-Africa / U.S. 6th Fleet Public Affairs

LISBON, PORTUGAL

The 49th Baltic Operations (BALTOPS) exercise, the premier maritime-focused exercise in the Baltic Region, takes place in the Baltic Sea from June 7-16. Air and

maritime assets from NATO allies and partner nations are involved in the live training events.

Training focus areas include air defense, anti-submarine warfare, maritime interdiction, and mine countermeasures operations.

The exercise enhances flexibility and interoperability among allied and partner nations to strengthen combined response capabilities, as well as demonstrate international

resolve to ensure stability in, and if necessary defend, the Baltic Sea region.

BALTOPS 2020 involves participation from 19 nations. The 17 NATO and 2 partner nations will provide 29 maritime units, 29 aircraft, and 3,000 personnel.

The participating nations are: Canada, Denmark, Estonia, Finland, France, Germany, Greece, Italy, Latvia, Lithuania, the Netherlands, Norway, Poland, Portugal, Spain, Sweden, Turkey, the U.K., and the U.S.

To ensure the safety and health of participating military personnel, BALTOPS 2020 will take place exclusively at sea. This precaution allows units to enhance multinational operational cooperation, while ensuring that crews remain healthy, and ready to provide continuous regional security.

Initiated in the 1972, BALTOPS is an annual exercise that is a visible demonstration of NATO’s commitment to promote peace and security in the region by exercising the forces that can rapidly respond in a time of crisis.

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Capt. James Geddes/

USS Colorado (SSN 788) battle flag created by the crew through sewing patches together that highlight group accomplishments during deployment aboard the boat in Groton, Conn, May 14, 2020. The tradition of submarine battle flags began largely during World War II as U.S. submarines became heavily involved in combat in the Pacific Ocean against Japanese forces. The flags were used to keep an unofficial record of the number of ships sank during the war, but today they serve as onboard records of success to motivate the crew while deployed.

# USS Colorado continues the tradition of the submarine battle flag

By MC2 Alfred Coffield  
Commander, Submarine Force Atlantic Public Affairs

## GROTON, CONN.

The Virginia-class fast-attack submarine USS Colorado (SSN 788), homeported at Naval Submarine Base New London in Groton, Connecticut, participated in a unique submarine tradition during its maiden deployment in 2019.

The crew of Colorado created a submarine battle flag by sewing together patches that highlighted group accomplishments during the deployment.

Capt. Jason Geddes, then commanding officer of Colorado, was given a submarine battle flag before the maiden deployment by Commander, Submarine Force Atlantic.

“I was given the Colorado battle flag in August of 2019 in Norfolk,” Geddes said. “It was bare, with the exception of a number ‘1’ in the center, which signifies Colorado’s first deployment. I took the flag back with me to Groton and showed the crew during an all hands on the pier and challenged them to fill it up.”

The tradition of submarine battle flags began largely during World War II as U.S. submarines became heavily involved in combat in the Pacific Ocean against Japanese forces. The flags were used to keep an unofficial record of the number of ships sank. Today, they serve as onboard records of success to motivate the crew while deployed.

“Like many naval traditions, battle flags started as a way to record accomplishments and other noteworthy actions,” Geddes said. “The flag is also significant

because it shows future crews of the Colorado what can be accomplished with hard work, and serves as a historical reminder of Colorado’s maiden deployment.”

Fire Control Technician 1st Class (SS) Shaun Kwasniewski, assigned to Colorado, was tasked with creating a concept for the battle flag.

“We, as a crew, were asked to fill the flag with the next six months of success,” Kwasniewski said. “I was asked to come up with patches and ways to use resources on the boat to make this happen. We don’t have shops on the boat to buy sewing kits, so it took some ingenuity.”

On February 20, 2020, Colorado returned home from its maiden deployment and the crew did not let their commanding officer down. Upon her return, Colorado’s battle flag consisted of:

- patches that represent three port visits,
- 20 silver dolphin and five gold dolphin patches to represent the Sailors who earned their Submarine Warfare insignia during deployment,
- a crew designed deployment patch with three watch section mascots,
- the number “1” for the first deployment for the ship,
- a patch from USS Harry S. Truman (CVN 75) that represents Colorado’s support to her,
- 18 Colorado insignia patches that signifies significant mission accomplishments, and
- rank insignia patches for Sailors who advanced during deployment.

Kwasniewski is also a plankowner, serving as a member of the crew when the boat was placed in commission.

“The flag is also significant because it shows future crews of the Colorado what can be accomplished with hard work, and serves as a historical reminder of Colorado’s maiden deployment.”

Capt. Jason Geddes

“I’m honored to be a part of the boat’s history and crew,” Kwasniewski said. “I’ve been here since the sub was in boxes; I helped build the boat, went on its maiden deployment and created the battle flag. These pieces of history will be remembered long after I’ve left the boat.”

Colorado was commissioned in March 2018 as the 15th Virginia-class fast-attack submarine to join the fleet. It is the fifth Virginia-class Block III submarine and the fourth U.S. Navy ship to be commissioned with a name honoring the state of Colorado.

Virginia-class submarines are multi-mission platforms enabling five of the six Navy maritime strategy core capabilities them to support five of the six maritime strategy core capabilities-sea control, power projection, forward presence, maritime security and deterrence.

They are built to operate in the world’s littoral and deep waters while conducting anti-submarine warfare, anti-surface ship warfare; strike warfare; special operation forces support; intelligence, surveillance and reconnaissance; irregular warfare; and mine warfare missions.

## Continued from B1

forget that they are written in the blood of those who sailed before us: from John Paul Jones to Doris Miller...from

Grace Hopper to Jason

Dunham, all part of a formidable anchor chain of service through which each of You is an important part.

Make no mistake, we face significant challenges today. Our Nation is up against perhaps the greatest test of our commitment to the ideals we hold dear than at any time in our history...surely

since the end of World War II. We must recognize this challenge for all it is and all it presents, lurking in the shadows of deceit or the depths of dishonesty. However, our Navy and Marine Corps have faced tough times before. Each time we have prevailed and we will persevere again. It is our sacred duty and we shall do so by relying on Our core values, the bedrock of Our service and the key to Our success: Honor, Courage, and Commitment.

The object of success for our service is simple: American Seapower. America always has been and always will be a

maritime nation. America and our principles of freedom rely on seapower delivered by a strong and capable Navy and Marine Corps. Each of You provides that power through Your actions each day -- actions that demonstrate our resolve to place service above self.

I look forward to the days ahead to do all I can on your behalf, ensuring that you have the opportunity to thrive and succeed in your service to Our Nation. American Seapower will continue to defend Our Nation, and American Seapower will continue to preserve peace while deterring any and all that

would challenge our way of life. And when or if we find it necessary, American Seapower WILL decisively win in battle which is our solemn duty because there can be no alternative.

Please accept my personal appreciation which I sincerely send to every one of you for your selfless service, your devotion to duty and for your Honor, Courage, and Commitment. I am privileged to stand with you, the greatest Navy and Marine Corps the world has ever known in your service to the People of America. Godspeed to You and us all in this Great Endeavor!





U.S. Navy graphic/

The guidance lays out minimum actions required for Navy units to deploy safely during the COVID-19 pandemic environment.

# Navy issues COVID-19 standardized operational guidance

From the Office of the Navy Chief of Information

WASHINGTON

The U.S. Navy issued new standardized operational guidance to the Fleet to combat the coronavirus pandemic this week. The guidance lays out minimum actions required for Navy units to deploy safely in this environment. Deploying units across the fleet have already developed effective procedures for restriction of movement, isolation or quarantine periods. These procedures build continuously on lessons learned and are coordinated with the Navy Bureau of Medicine for the latest scientific efficacy and to ensure standardization across the force. “Our forces continue to operate forward every day; the impact of COVID-19 on the global community only heightens the criti-

cal role our Navy plays in maintaining security and stability at sea,” said Vice Adm. Phillip Sawyer, the Navy’s operations chief in charge of coordinating the service’s response to COVID-19. “As we learn more about this virus, the Navy will continue to take steps necessary to preserve our operational readiness while protecting the health of our forces.” While testing is the only way to uncover asymptomatic individuals, it does not guarantee a deploying unit is COVID-free. Public health mitigation measures, like social distancing, deep cleaning and face coverings, will still be followed to reduce the likelihood of a COVID-19 outbreak once the unit is deployed. “Personal responsibility and disciplined organizational public health protection measures are the bedrock of risk reduction and risk mitigation,” said Navy Surgeon General Rear Adm. Bruce Gillingham.

The minimum actions to deploy a unit will consist of pre-deployment medical screening, a minimum of 14 days in a pre-deployment restriction of movement sequestered status, and adherence to preventative measures like handwashing and face coverings while underway. Pre-deployment screening will consist of an assessment of COVID-19 exposure history, a temperature check, a check for COVID-19 signs and symptoms, a review of any past COVID-19 testing, and a thorough evaluation of the member’s high risk factors. The daily screening will consist of a questionnaire and temperature checks. This guidance will also apply to any ship riders, direct support personnel, and all others penetrating an established clean bubble. These personnel will also be required to complete a 14-day restriction of movement sequestration period prior to embarking. In the event of a short-notice

visit aboard a ship, commanders will need to apply case-by-case mitigations to safeguard, to the maximum extent possible, their command’s bubble. Ships throughout the Optimized Fleet Response Plan must also comply with this guidance. Commands are required to adhere to local Force Health Protection (HP-CON) requirements and will be emphasizing the personal responsibility of all hands for wearing face coverings, properly social distancing, self-monitoring and reporting. Daily screenings, health updates, and deep cleaning are also key parts of the policy. It is imperative that all hands understand the importance of minimizing spread of COVID-19 within our ranks. We will continue to update our guidance as our understanding of COVID-19 evolves. We can expect these COVID mitigation measures to be in place for a lengthy period, and this will pose challenges for our people and their families. Navy leadership will continue to keep the fleet and families informed on the best way forward during this pandemic. For more information, read NAVADMIN 155/20.

# Naval officer rescues driver from overturned car

By Jeffrey C. Doepp  
Naval Facilities Engineering Command Mid-Atlantic Public Affairs

NEW LONDON, CONN.

A Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic naval officer assigned to Public Works Department New London, Connecticut, rescued a driver from an overturned car May 15. Lt. j.g. John Amos, a Boise, Idaho, native, and his wife Rachel, a native of Clifton Park, New York, were inside their home that evening when they heard a loud explosion outside. They rushed to the window and saw debris all over the ground and an overturned sedan, resting on its hood in front of their driveway. “Rachel immediately grabbed the phone and called 911 while I ran outside to investigate,” Amos said. “When I saw children’s

clothing and shoes scattered across the street, my heart sank and my thoughts went straight to the worst case scenario. I noticed that no one was around at the time and realized very quickly that I had to respond.” Amos safely maneuvered around the downed, live power lines, yelled at the driver to see if he was responsive, and asked whether there was anyone else in the car. After the driver said “no,” Amos immediately told him not to move while he pulled the car door open. “I asked if anyone had a knife from the group of bystanders who had just started to gather,” Amos said. “Thankfully someone had one, and I was able to cut off the driver’s seatbelt.” As he was dragging the driver to the side of the road, he saw that the car was on fire and spreading within the engine. Fearing

the vehicle may explode, Amos directed the bystanders to drag the driver further away and take care of him while he double checked that no one else was in the car. With smoke billowing out from the overturned car’s engine area, Amos pulled a garden hose from the back of the house and started spraying everything down. His wife Rachel and a neighbor used fire extinguishers to help suppress the flames. As the flames and smoke began to slow, paramedics and police arrived on the scene to take statements and tend to the driver. “Remarkably, the driver was able to walk away from the scene and did not need medical attention,” he said. “Rachel, and I are very grateful that no one was out walking along the street at the time. This definitely could have been a lot worse and we’re glad there were no serious injuries.” Cmdr. Matthew Williams, the public works officer for Public Works Department New London, said Amos is always willing to jump in to help someone out, even in his day-to-day duties. “It’s a reflection of who he is and what he stands for,” Williams said. “I think undoubtedly most of us would not hesitate to call 911, but I don’t know that everyone would have jumped right into the situation like John did. “His actions were not only brave, but

upheld the values of a model citizen and naval officer.” Amos graduated from Boise State University in May 2016 with a Bachelor of Science in Mechanical Engineering and received his commission through Officer Candidate School in Newport, Rhode Island. He was commissioned as a submarine warfare officer and stationed as a student at the Nuclear Power School, Charleston, South Carolina and as a student at Nuclear Power Training Unit, Ballston Spa, New York. He re-designated to the Civil Engineer Corps in March 2018 and attended Civil Engineer Officer School in July of 2018. Amos is currently serving as construction manager at the Public Works Department onboard Submarine Base New London, Connecticut. NAVFAC Mid-Atlantic provides facilities engineering, public works and environmental products and services across an area of responsibility that spans from Georgia to Maine and as far west as Indiana. As an integral member of the Commander Navy Region Mid-Atlantic team, NAVFAC Mid-Atlantic provides leadership through the Regional Engineer organization to ensure the region’s facilities and infrastructure are managed efficiently and effectively.





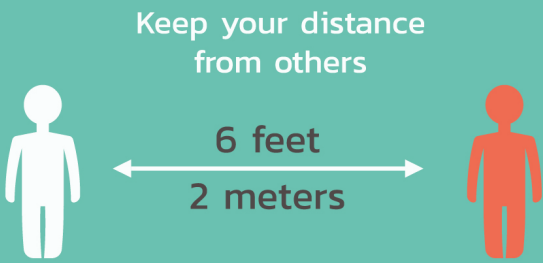
How to Make the Best French Toast Ever

We all know breakfast is the most important meal of the day, but finding something the whole family can agree on? Our classic and fluffy french toast recipe is simple enough to serve on a weekday but can be gussied up to add to your brunch menu.

» See C4

SOCIAL DISTANCING

Avoid close contact with others to prevent the spread of COVID-19



HOW TO PRACTICE



Avoid crowded places and non-essential gatherings



Limit events and activities in public



Stay home, avoid contact with others



Do not take public transportation



Eat your own dishes instead of group eating



Greet with wave instead of handshake



Conduct virtual meetings



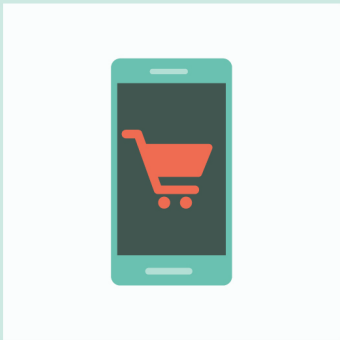
Work from home



Use technology to keep in touch with friends and family



Use food delivery services

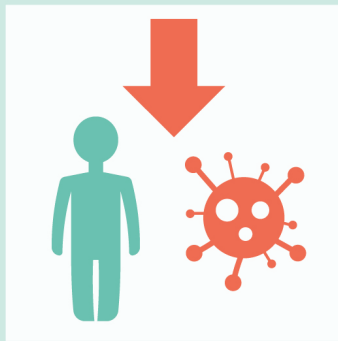


Online shopping

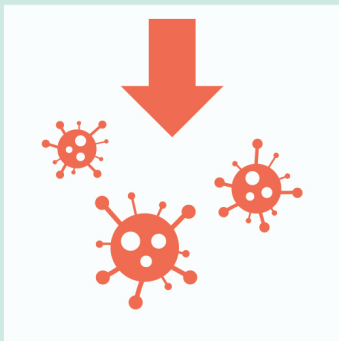


Go for a walk or exercise at home

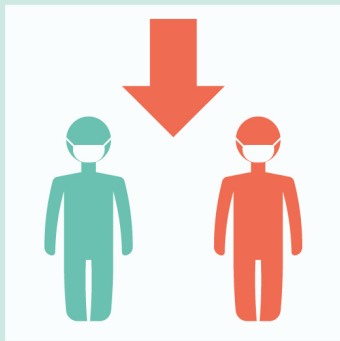
BENEFITS



Reducing the risk of infection



Slow down the spread of virus



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Courtesy photo

## Hampton Arts Education Announces Online Lessons

From Hampton Arts

### HAMPTON, VA

In an effort to continue its mission of bringing enriching educational arts programs to the community, Hampton Arts Education is excited to now offer three online educational programs. “We’re very excited to be able to offer these fun, dynamic classes to our community through a platform that allows our students to learn from the comfort and safety of their homes,” said Hampton Arts Education Manager Hugo Morrison. Beginning June 15, the programs will offer lessons in acting, auditioning, monologue writing and recitation, and improvisation. For more information or to register for classes, please visit [www.theamericantheatre.org](http://www.theamericantheatre.org).

#### Monologue Masters

Monday, June 15—August 3 2pm-3pm

Learn to write, act and audition with monologues. This 8-week course is designed to prepare students with audition materials that will help you shine as an actor. The course instructor will coach students in finding ways to focus, relax and perform while building a repertoire of monologues.

Cost: \$60

Duration: 1 hour

Frequency: Once a week for eight weeks

#### Improv Anywhere...Improv Everywhere

Tuesday, June 16—August 4, 2pm-3pm

Through dynamic play and interaction, participants will develop a response to stimuli with creativity and spontaneity.

Cost: \$9 per session

Duration: 1 hour

Frequency: Once a week for eight weeks

#### Acting/Audition

Wednesday, June 17—August 5, 2pm-3pm

This 8-week beginning acting course will offer a step-by-step progression of acting exercises to assist students in working organically and finding a unique voice for expression. Students will discover the three tools any actor needs by practicing and preparing audition techniques to assist with readiness for major productions.

Cost: \$60

Duration: 1 hour

Frequency: Once a week for eight weeks

Social Media

Facebook:

[www.facebook.com/TheAmericanTheatre](https://www.facebook.com/TheAmericanTheatre)

[www.facebook.com/CharlesTaylorVisualArtsCenter](https://www.facebook.com/CharlesTaylorVisualArtsCenter)

Twitter: @AmericanThtre, @CTVisualArts

About Hampton Arts

Thirty-two years ago this season, the Hampton City Council established the City department known as the Hampton Arts Commission. Since its creation, The Hampton Arts Commission (now popularly known as Hampton Arts) has been a much respected and praised institution responsible for a remarkable renaissance of the arts not only within the City of Hampton but also within the entire Hampton Roads region. Hampton Arts oversees both the venues and the programming at The American Theatre and The Charles H. Taylor Visual Arts Center.

Hampton Arts’ continuing mission and vision for those three decades has been to advance the performing and visual arts and enhance the quality of life for all Hampton Roads residents and visitors by educating and inspiring teachers, students, and life-long learners to embrace the arts; provide opportunities for Hampton Roads artists to showcase and develop their arts; and present unique, world-class caliber performing artists that appeal to a diverse citizenry and promote a deeper cultural awareness.

The American Theatre

125 East Mellen Street

Hampton, VA 23669

[theamericantheatre.org](http://theamericantheatre.org)

The Charles H. Taylor Visual Arts Center

4205 Victoria Boulevard

Hampton, VA 23663

[charlestaylorvisualarts.org](http://charlestaylorvisualarts.org)

## Norfolk Festevents Announces 2020 Virtual Harborfest

From Norfolk Festevents

### NORFOLK, VA

Norfolk Festevents, Ltd. is excited to announce the 2020 Virtual Norfolk Harborfest, a weekend-long celebration of America’s largest, longest-running, free maritime festival Friday-Sunday, June 5-7, 2020.

Although the 44th Annual Norfolk Harborfest: Music, Food & Maritime Festival has been cancelled due to the coronavirus, the iconic festival will live in spirit this year through a series of digital content throughout the June 5-7 weekend.

Encompassing all of the elements that make Harborfest one of the region’s greatest traditions, the 2020 Virtual Harborfest will include historic photos, videos, and behind-the-scenes footage from the festival’s 43-year history.

All digital content will be shared on the Norfolk Festevents social media channels, including Facebook, Instagram, Twitter, and YouTube.

The Virtual Harborfest weekend will begin with the unveiling of the winner of the 2020 Official Norfolk Harborfest Poster Contest, currently taking place on social media.

The content will continue with a look back at some of Harborfest’s famous traditions, including the Parade of Sail, fireworks, musical performances, military tributes, and much more.

In addition to the 2020 Virtual Harborfest, WAVY TV 10 will also be producing and sharing a variety of Harborfest content on Friday, June 5th, 2020 on the Hampton Roads



Courtesy photo

Show at 11am, the 12 Noon News Show, and on WAVY.com.

A complete schedule of events for the 2020 Virtual Harborfest weekend can be found below.

2020 Virtual Norfolk Harborfest Schedule of Events

Friday, June 5, 2020

10:00 AM –Poster Contest Winner Announcement

12:00 PM – 2016 Parade of Sail Video

3:00 PM – Specialty Entertainment Spotlight

6:00 PM – Local Entertainment Spotlight

8:00 PM – Harborfest Pirates Spotlight

Saturday, June 6, 2020

12:00 PM – International Tall Ships Spotlight

2:00 PM – Military Tribute Spotlight

4:30 PM – Tug Muster Spotlight

7:30 PM – Tastes of Harborfest Spotlight

9:30 PM – 2016 Fireworks Video

Sunday, June 7, 2020

12:00 PM – Harborfest Mermaids Spotlight

2:00 PM – National Entertainment Spotlight

3:30 PM – Build-A-Boat Video

5:00 PM – Local Tall Ship Spotlight

6:00 PM – Thank You Video

For additional updates on the 2020 Virtual Harborfest and for more information on Norfolk Festevents, please visit [Festevents.org](http://Festevents.org).

Norfolk Festevents, Ltd., based in Norfolk, Virginia, is a private, not-for-profit organization dedicated to creating the most dynamic urban waterfront community in America through innovative programming and imaginative uses of its historic waterfront spaces. Norfolk Festevents has garnered international acclaim for its advocacy for public access to waterfronts, outstanding quality programming and development of public spaces, transforming Norfolk into one of the most progressive, fun and livable waterfront communities in the country. Residents, workers, and visitors to Norfolk and The 757 are invited to experience all the fun and excitement of the 2020 season!







# Food



MIKE GARTEN

## How to Make the Best French Toast Ever

BY THE GOOD HOUSEKEEPING TEST KITCHEN

We all know breakfast is the most important meal of the day, but finding something the whole family can agree on? That’s another story. However, once you know how to make french toast, even your pickiest eaters will become fanatics. Our classic and fluffy french toast recipe is simple enough to serve on a weekday but can be gussied up to add to your brunch menu.

Our super easy (we promise!) recipe for making French toast from scratch takes just

minutes, and it means you can get a decadent and sweet breakfast on the table even on the busiest of days (though it’s certainly not a healthy breakfast — but you already knew that). Our dish starts with milk, eggs, cinnamon, and vanilla, which get whisked together. We use challah, a sweet and eggy loaf, as the base for our classic french toast recipe, but you can use any bread you have on hand. The best french toast recipe relies on thick slices of bread that can soak up all of the spiced custard for the ultimate fluffy breakfast treat.

Once the slices are pan-fried to the

perfect golden brown, you can top this easy and impressive breakfast with anything you like. We love a dollop of Greek yogurt, a sprinkle of fresh berries, and a drizzle of maple syrup which makes a breakfast perfect for weekdays and special occasions alike. Or drizzle on warmed Nutella, pile on the sliced bananas, and add a scoop of the best ice cream, and this easy french toast recipe becomes dessert. Pass the fork!

### Ingredients

- 6 large eggs
- 1 1/2 c. whole milk
- 1 1/2 tsp. ground cinnamon

- 1 1/2 tsp. pure vanilla extract
- 8 1-inch-thick slices challah bread
- 4 tbsp. unsalted butter
- Yogurt, berries, and pure maple syrup or honey, for serving

### Directions

In large, shallow bowl, whisk together eggs, milk, cinnamon, and vanilla.

Working in batches, place 2 bread slices in egg mixture and let soak 2 minutes. Flip and soak 1 minute more (both sides of bread should be totally coated in mixture).

Meanwhile, heat 1 tablespoon butter in large nonstick skillet on medium-low. Once melted, add soaked bread and cook until golden brown, 1 to 3 minutes per side; transfer to wire rack. While toast is cooking, soak next batch of challah slices.

Repeat with remaining butter and bread. Serve topped with yogurt, berries, and syrup or honey if desired.

## Cranberry Hand Pies

BY THE GOOD HOUSEKEEPING TEST KITCHEN

### Ingredients

- 1 recipe Flaky Butter Pie Crust
- 3 oz. raspberries, halved if large
- 1/4 c. leftover cranberry sauce
- 1/2 tsp. cornstarch
- 1 large egg, beaten
- Granulated sugar, for sprinkling
- 1/4 c. confectioners’ sugar, for glaze if desired
- Flaky Butter Pie Crust
- 1 1/4 c. all-purpose flour
- 1 tbsp. sugar
- 1/2 tsp. kosher salt
- 1/2 c. (1 stick) cold unsalted butter, cut into small pieces

### Directions

1. Prepare pie crust recipe, shape into 2 rectangles instead of 1 disk and refrigerate as directed.

2. Heat oven to 400°F. Line a baking sheet with parchment paper. Working on lightly floured surface, roll 1 rectangle pie dough to 11- by 14-inch rectangle

(about 1/16 inch thick). Cut out twelve 2 1/2- by 4-inch rectangles, rerolling and cutting scraps as necessary and using second rectangle dough as needed. Arrange 6 rectangles on prepared baking sheet. Using a fork, prick holes in remaining 6 rectangles.

3. In bowl, toss raspberries with cranberry sauce and cornstarch. Spoon 1 heaping tablespoon cranberry mixture in center of each rectangle on sheet, leaving 1/2-inch border around edges. Lightly brush border with some egg. Top with pricked rectangles and press edges with a fork to seal. Refrigerate 10 minutes.

4. Brush tops of tarts with remaining egg and sprinkle with granulated sugar. Bake until golden brown, 12 to 15 minutes. Transfer to wire rack to cool. If desired, whisk confectioners’ sugar with a little cold water until drizzling consistency and drizzle over tops.

### Flaky Butter Pie Crust

1. In food processor, combine flour, sugar, and salt. Add butter and pulse until mixture resembles pea-size crumbs.

2. Add 3 tablespoons ice water, pulsing until dough forms small clumps and holds together when squeezed (if necessary, add up to another tablespoon water, 1 teaspoon at a time). Do not overmix.

3. Transfer dough to piece of plastic wrap and shape into 1-inch-thick disk. Wrap tightly and refrigerate until firm, at least 1 hour and up to 2 days.



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## Fun and Games

### Super Crossword

FALL  
NICKNAME

**ACROSS**

- 1 "Alto Rhapsody" composer  
7 Amount of medication  
11 Very close pals, briefly  
15 Lay away  
19 Handbook  
20 Among other things, in Latin  
22 A, in Austria  
23 Start of a riddle  
25 With the stroke of —  
26 Busily engaged  
27 Actress  
28 Actor Baio  
29 Riddle, part 2  
37 Brain part  
38 Vends again  
39 New York port on Lake Ontario  
40 Some weather lines  
44 Untold millennia  
45 Gallery  
46 Frat.'s counterpart  
47 Riddle, part 3  
53 Epitomize

**DOWN**

- 54 Volcano  
55 Waikiki  
58 Coll. e-mail ending  
61 Coyote kin  
62 Stopped sleeping  
64 Actress  
66 Truckload  
67 Riddle, part 4  
70 Kid's "it" game  
71 Four-time Indy 500 winner  
73 Supreme Court justice  
74 Get-out-of-jail fee  
75 Metal-bearing rock  
76 Tarnish  
77 — vu  
78 Mortar and —  
80 Riddle, part 5  
88 Mo. no. 10  
90 I-10, e.g.  
91 — mater (brain cover)  
92 Smears with holy oil  
93 Engender  
95 In dire —  
99 Songstress  
Eartha

**100**

- End of the riddle  
105 Wise words  
106 Mr. Spock's pointy pair  
107 Flood figure  
108 Feeling, informally  
109 Riddle's answer  
117 "— do in a pinch"  
118 Desirous of equaling someone else  
119 Advanced to the starting point, as a tape  
120 Floor votes  
121 "Fat chance"  
122 Deleted, with "out"  
123 Salsa brand  
DOWN  
1 German car  
2 Yell of cheer  
3 California's Santa —  
4 Castaway's shelter  
5 Irked with  
6 Sluggish mammal  
7 One trying to lose weight  
8 Yoko of music

**9**

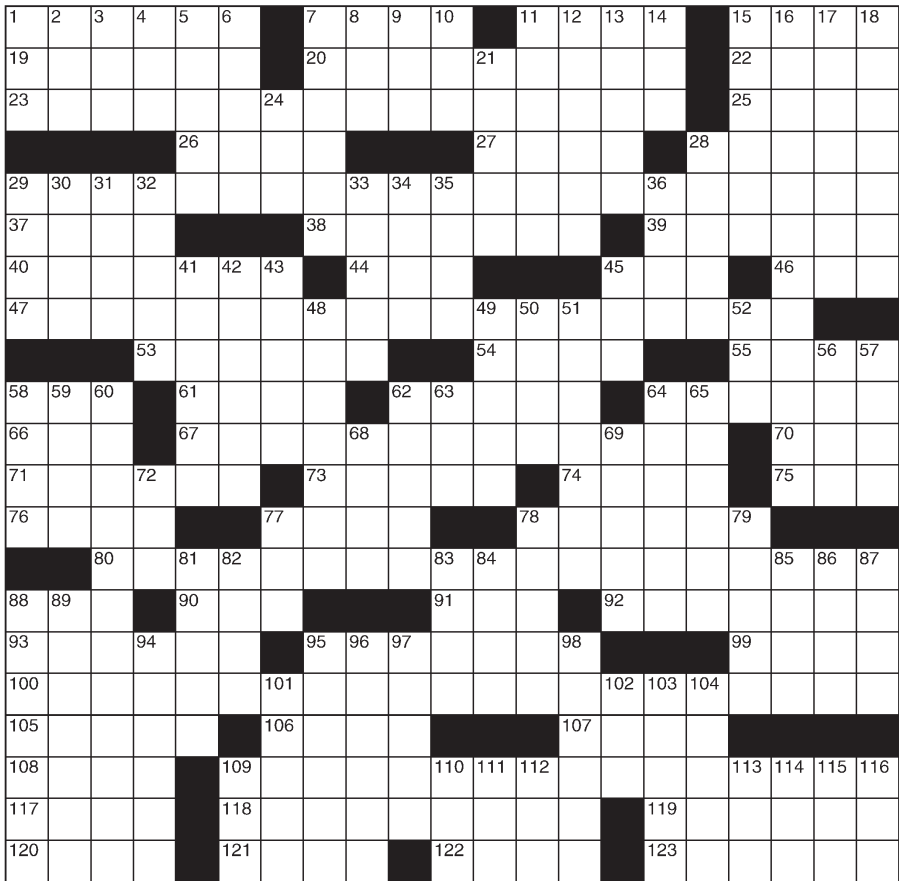
- Big inits. in fuel additives  
10 Elver, e.g.  
11 Lauren of "Key Largo"  
12 Natural talents  
13 Daughter, in Dijon  
14 Paradise of "On the Road"  
15 Manatee or dugong  
16 Praise with a cap motion  
17 "Just the last item is left"  
18 Tried to get  
21 Kingly  
24 Snapshot, for short  
28 Blues singer — Monica Parker  
29 Stepped off  
30 Little snack  
31 Wind instrument  
32 Prove false  
33 Indigent  
34 General — chicken  
35 Monopoly card statistic  
36 Spear  
41 Nonetheless  
42 Detach, as a book page

**43**

- Clown prop  
45 Flat — board  
48 Radiates  
49 Hawaii "hi"  
50 Tolerate  
51 50-50 gamble  
52 Cheat  
56 Use one's 106-Across  
57 Impulse  
58 Guesses at JFK  
59 Judo hall  
60 Too large to be strained, maybe  
62 Former UN leader Kofi  
63 Doughboys' conflict:  
64 Bleach  
65 Shout at  
68 Magic hex  
69 Actress  
Smith of Tyler Perry films  
72 Bullfight holler  
77 Passing grade, barely  
78 Greek philosopher  
79 Slezak or Eleniak  
81 Shaw playing a clarinet

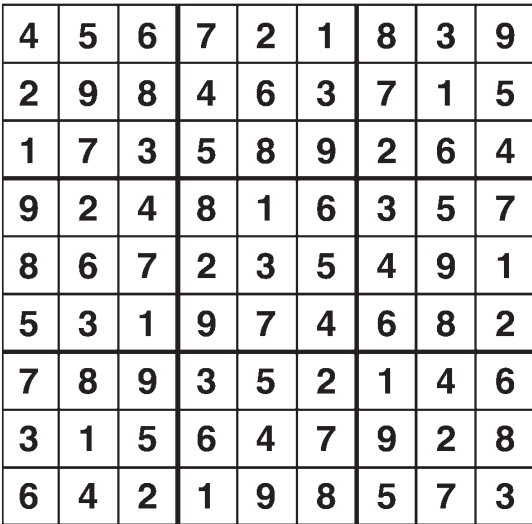
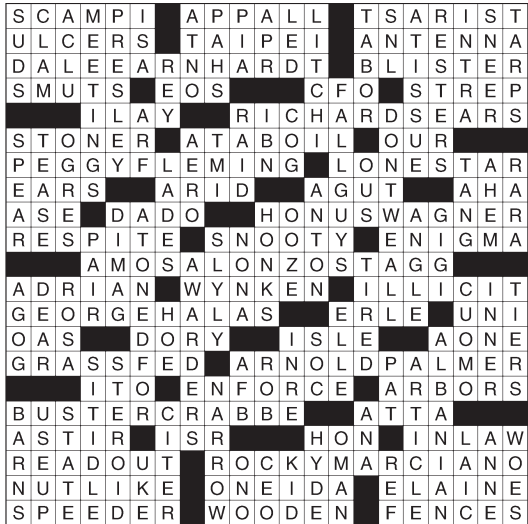
**82**

- Powerful car engine  
83 On — (of equal value)  
84 Nero's 53  
85 Faithful wife of Geraint  
86 Suffix with bachelor  
87 Booming jets of old  
88 Nero's wife  
89 Crassness  
94 Winged ones in heaven  
95 Absorb  
96 Part on a drama series, say  
97 Dreadlocks wearer, often  
98 Basked  
101 "I love you," in Spain  
102 Sushi sauce  
103 Vanzetti's partner in anarchy  
104 D-day time specification  
109 Forest lair  
110 Ingested  
111 Mingle  
112 Rd.'s cousin  
113 Authorize to  
114 Lofty work  
115 Floor cover  
116 Relaxing site



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### last week's answers



## Sudoku

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

## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **Z** equals **P**

VFSMUE ZRSZUR NR ZRAGOIIRE IS

WOQR WAOLLUORV WMCV?

O NRUORQR OC IFR AOWFI IS DAG

NRDAV.

### Last week's CryptoQuip answer

We need to start work with the idea that we're going to Irea  
everyday. I learn even at my position, evert single day.

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