



### CNO MESSAGE TO SAILORS

Chief of Naval Operations (CNO) Adm. Mike Gilday in a self-recorded video spoke to Sailors about the death of Mr. George Floyd and the subsequent unrest across the country, June 2. »See **A2**



U.S. Navy graphic

## U.S. Navy navigates to 'new normal'

From the Office of the Navy Chief of Information

### WASHINGTON

The Navy has incorporated lessons learned from the initial COVID-19 outbreaks onboard USS Theodore Roosevelt (CVN 71) and USS Kidd (DDG 100) into guidance to sustain underway operations while fighting the virus during future outbreaks at sea.

Fleet Surgeons, supported by a Navy Medicine scientific panel of medical researchers, public health experts and laboratory specialists, were able to confirm that Theodore Roosevelt Sailors whose diagnostic polymerase chain reaction (PCR) tests remained positive ten days or more after the onset of their symptoms were no longer infectious. This, combined with other independent scientific reports of persistent viral shedding, led

to a Fleet-wide shift to a symptoms-based recovery strategy instead of one requiring PCR out-testing. The new strategy will allow ships and units with outbreaks to more quickly return to normal operations and prevent protracted recoveries.

“Protecting the total workforce remains our top priority. At the same time the Navy is still answering the call to »See **A7**

## MARMC's first ever Navy Diver of the Year

By Chris Wyatt  
Mid-Atlantic Regional Maintenance Center Public Affairs

### NORFOLK

Navy Diver 1st Class Bryan L. Myers assigned to Mid-Atlantic Regional

Maintenance Center's Dive Locker, was selected as the annual Navy Diver of the Year for 2019 on May 20.

The Carl M. Brashear Foundation selected Myers for this honor. Philip Brashear is currently the foundation president. He is the son of retired Master Chief Boatswain's Mate Carl Brashear, the first African-American Master Diver whose life is depicted in the movie Men of Honor. Carl Brashear is a pioneer and his impact on the diving community, and the Navy as a whole, is kept alive by the foundation.

The Navy Diver of the Year award was established in 2014 to recognize the Navy diving community's commitment to excellence. The award specifically

honors the Navy diver who overcame a significant personal or professional challenge to demonstrate the unwavering courage and determination embodied by the legendary Brashear.

Throughout his life, Myers has encountered his fair share of obstacles – all of which led him to being a Navy diver.

“I was born in El Paso, Texas, and I'm an Army brat, so we moved around quite a bit,” said Myers. “I graduated from Round Rock High school in 2005. I attended Centenary College after High School where I competed in swimming and graduated with a degree in communications in 2009.”

Myers continued, “I did a little bit of public relations (PR) work in Dallas,

Texas, for a while. Unfortunately, this was right after the economic recession of 2008, so most business were combining offices and downsizing in order to stay afloat. A fellow coworker and I ended up losing our jobs as we were replaced with interns.”

With slim job prospects in the midst of a recession, Myers thought back on how he had always wanted to join the Navy.

“Even though I grew up an Army brat, I've swam my whole life. The Navy seemed like a perfect fit,” said Myers.

Myers had a vision for himself once he joined the Navy, but fate had another curveball lying in wait.

“I enlisted in the Navy in 2010 with the »See **A7**



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### Ford completes largest aircraft embark

With Carrier Air Wing 8 embarked, USS Gerald R. Ford) logged significant milestones this week during Post Delivery Test and Trials operations at sea

»See **A6**



### Truman Carrier Strike Group to return to homeport

Secretary of the Navy Kenneth J. Braithwaite announced Thursday the Harry S. Truman Carrier Strike Group (HSTCSG) will return to homeport by mid-June.

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### Emergency Operations Center vital in response to COVID-19

Norfolk's Emergency Operations Center continues to serve as the hub of response to the Coronavirus »See **A5**

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# CNO message to Sailors

From Chief of Naval Operations Public Affairs

WASHINGTON

Chief of Naval Operations (CNO) Adm. Mike Gilday in a self-recorded video spoke to Sailors about the death of Mr. George Floyd and the subsequent unrest across the country, June 2.

Below is the text of his message: “Good evening, I wanted to take a few moments to talk to our Navy family – our officers, our enlisted Sailors, our Navy civilians, and our families – about the murder of Mr. George Floyd and the events that we have all watched on TV for the last several nights.

It’s been a very sad time for our country – a confusing time. And most of us are trying to figure it out and trying to ask ourselves, “What can we do?” “How can we contribute in a positive way to change things so that these things never happen again?”

I’ve been in the Navy for a long time and I’ve had a lot of experiences. Something I have never experienced and something I will never experience is that I will never walk in the shoes of a black American or any other minority. I will never know what it feels like when you watch that video of Mr. Floyd’s murder. And I can’t imagine the pain and the disappointment and the

anger that many of you felt when you saw that. Because it’s not the first time, it’s happened time and time again in our country.

I don’t have all the answers, and as CNO I can’t write an order and change a policy that’s going to fix things. So, I thought I’d make a couple of points.

First right now, I think we need to listen. We have black Americans in our Navy and in our communities that are in deep pain right now. They are hurting. I’ve received emails, and I know it’s not a good situation. I know that for many of them, they may not have somebody to talk to. I ask you to consider reaching out, have a cup of coffee, have lunch, and just listen.

The second thing I would ask you to consider in the Navy we talk a lot about treating people with dignity and respect – in fact, we demand it. It’s one of the things that makes us a great Navy and one of the things that makes me so proud of all of you every single day. But over the past week, after we’ve watched what is going on, we can’t be under any illusions about the fact that racism is alive and well in our country. And I can’t be under any illusions that we don’t have it in our Navy.

Racism happens a lot and it happens with people that we don’t normally expect. It happens with people who are friendly, generous, and kind as well. It could be a friend, a coworker, it could be a family



U.S. Navy graphic

member or a close acquaintance. And they say something, and it’s not right. And you know it’s not right. But because they’re a friend, and you know them well, and they’re a good person. You say to yourself “they didn’t mean that...they didn’t mean for it to come out that way.” But it did. And they had that thought. And they verbalized it. There was a consequence and somebody was probably hurt by it.

So, when that happens, I want you to think about is approaching that person. Think about dignity and respect. Think about having a private conversation – an honest conversation in educating them.

Make them more self-aware of what they did and what they said. If we don’t do that, racism, injustice, indignity, and disrespect – it’s going to grow and it’s going to continue. And we’ll have more weeks like we’ve had this week. And we’ll be disappointed. We’ll be more disappointed in ourselves because we let it happen. We let it happen.

I’m really proud of the Navy. I’m such an optimist about not only where we’ve been but where we are going. Let’s make it the best Navy possible. Let’s make it the best Navy for everybody. Thanks. Thanks for listening. Have a good night.”

# Virtual Fleet Week New York videos attracted 170,000 unique viewers

From Navy Region Mid-Atlantic Public Affairs

NORFOLK

Videos posted on social media as part of Virtual Fleet Week New York 2020 were viewed by more than 170,000 people from May 20 to May 26, allowing the U.S. Navy, Coast Guard and Marine Corps to show off their capabilities to at least 66,000 more people than they were able to through in-person ship tours and aircraft demonstrations the previous year.

Virtual Fleet Week New York was held on Facebook, Twitter and Instagram to give New York City residents and the tri-state area a way to take part in the city’s annual celebration of sea services despite the ongoing COVID-19 pandemic.

Dozens of pre-recorded and live videos were posted on Fleet Week social media accounts and were viewed more than 210,000 times throughout the week, nearly tripling the 73,000 views achieved last year when videos were posted in addition to in-person events. Content posted across all platforms, including photos, graphics, videos, In-



MC3 Andrew Taylor

U.S. Navy Aviation Machinis Mate 1st Class Michael Helms, from Middletown, N.Y., answers interview questions for a live, social media broadcast for Virtual Fleet Week New York, May 20.

stagram stories and text, reached more than 2 million people and resulted in more than 4.4 million impressions.

“These numbers show Virtual Fleet Week New York was a resounding success,” said Rear Adm. Charles W. Rock, Commander, Navy Region Mid-Atlantic. “This was a new experience for everyone involved. While there’s no substitute for meeting our Sailors, Marines and Coast Guardsmen in person, this was a great way for the public to connect with us during these challenging times.”

Fleet Week New York has been held nearly every year since 1984 and typically involves public ship tours, band performances and school visits. Last

year, about 103,000 people took tours of ships moored throughout the city or saw aircraft displays at various parks and schools.

Inclement weather, capacity aboard ships and the hours tours are available to the public can all affect in-person attendance figures from year to year.

“Virtual Fleet Week showed that when we return to New York, we can provide even more options for the public to interact with us in a manner that’s convenient for them,” Rock said.

Videos posted to social media as part of Virtual Fleet Week New York included tours of the guided-missile destroyer USS Laboon (DDG 58), as well as the U.S. Coast Guard cutters Coho

(WPB-87321), Katherine Walker (WLM-552) and Shrike (WPB-87342).

Viewers were also 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.

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

*The Flagship*

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Kristine Sturkie/

Retired Rear Adm. Robert J. Bianchi, Chief Executive Officer, Navy Exchange Service Command (NEXCOM), presents Chief Aviation Structural Mechanic Carolina Berrio, U.S. Fleet Forces Sea Sailor of the Year, with a personalized Wheaties cereal box at a small ceremony at NEX Oceana, Va. NEXCOM is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office.

# NEXCOM recognizes, honors Sailors of the Year

By Kristine Sturkie  
Navy Exchange Service Command Public Affairs

## VIRGINIA BEACH

As in years past, the Navy Exchange Service Command (NEXCOM) had the honor of fitting all of the 2019 Navy Sailors of the Year with their first khaki uniform. With their selection as Sailor of the Year they are advanced to the rank of Chief Petty Officer, and with that is the distinction of donning the historical khaki uniform.

“NEXCOM has always taken part in recognizing, honoring and fitting these outstanding Sailors with their first set of khakis,” said Command Master Chief Dayna Winn, NEXCOM’s Command Master Chief. “While this year’s event may look different, our gratitude, pride and admiration of the honorees remains the same. We are proud to be able to be a part of this celebration to honor the best Sailors in the Navy.”

Because of social distancing requirements due to the COVID-19 pandemic,

the Sailors were fitted for their new uniforms at their current duty stations. NEX tailors in Lemoore, Calif.; Jacksonville, Fla.; and Oceana, Va.; assisted in measuring, fitting and tailoring the Sailors so that their first uniform as a Chief Petty Officer was ship shape. Both NEX tailors and the Sailors wore face coverings and gloves during the fitting appointment.

Retired Rear Adm. Robert J. Bianchi, Chief Executive Officer, NEXCOM, honored Chief Aviation Structural Mechanic

Carolina Berrio, U.S. Fleet Forces Sea Sailor of the Year, at a small ceremony at NEX Oceana. In addition to outfitting the Sailors of the Year in their first set of khakis, NEXCOM also presented the Sailors with vendor provided items including a NEX gift card and a personalized Wheaties cereal box.

“Putting on khakis for the first time was an absolute surreal feeling,” said Berrio. “This ceremony at NEX Oceana means a lot and makes the day feel extra special, and on top of it to share to it with my mentors who have helped along the way.”

“NEXCOM has been celebrating and honoring our Sailors of the Year since 1993,” said Winn. “This year’s Sailors are truly deserving of the title of Sailor of the Year and the promotion to Chief Petty Officer. The NEXCOM team was thrilled to once again to be part in this milestone moment in their Navy careers.”



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MC3 Samuel Gruss  
Secretary of the Navy, the Honorable Kenneth J. Braithwaite, speaks during an all-hands call in the hangar bay aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) in the Atlantic Ocean June 4, 2020, marking his first visit as Secretary to a ship underway. 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.

## SECNAV announces Truman Carrier Strike Group to return to homeport

By MC2 Alexander C. Kubitz  
USS Harry S. Truman (CVN 75) Public Affairs

### ATLANTIC OCEAN

Secretary of the Navy Kenneth J. Braithwaite announced Thursday the Harry S. Truman Carrier Strike Group (HSTCSG) will return to homeport by mid-June. He made the announcement at sea, while visiting the crew and embarked Carrier Air Wing 1 aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).

This visit marks Braithwaite’s first official trip since taking the oath of office as the secretary of the Navy May 29.

“The [chief of naval operations] and I

are beyond proud of everything you have done, for you to continue to be out here ever vigilant and ever prepared,” said Braithwaite. “I know what it’s like to be deployed away from the ones you love. I want you to all know how much that means to not only people like me in leadership roles, but more importantly, people in America. You are the tip of the spear.

“You’ve done your duty, and now it’s time to come home,” he added.

The HSTCSG, comprising flagship Truman, 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), has been extended multiple times, with some of the ships on month nine of their deployment.



While aboard Truman, Braithwaite toured the ship, observed flight operations, spoke with Sailors of all ranks, and addressed part of the crew in the ship’s hangar bay. During his address, Braithwaite announced his awarding of the Meritorious Unit Commendation Ribbon to all members of the strike group.

“This entire strike group deserves to be recognized,” said Braithwaite. “For the rest of your service and the rest of your lives, you can look down at your service ribbons and remember this deployment for its distinct contribution to our national security.”

In addition to visiting the carrier, Braithwaite met with Sailors aboard Normandy and thanked them for their inherent flexibility, remaining ready to respond to emergent tasking around the globe, and for supporting CSG operations with partners and allies.

The HSTCSG will return home following a successful deployment supporting maritime security and stability in the U.S. 2nd, 4th, 5th, and 6th Fleet areas of operation. The ships had remained at sea in the Western Atlantic, where it served as a certified CSG force ready for any tasking while also protecting it’s crews from the risks posed by COVID-19.


The secretary and his staff adhered to Centers for Disease Control and Prevention (CDC) guidelines during these visits, when feasible. Guests were previously tested for COVID-19 and passed a medical screening prior to this trip to ensure safety for the crews.




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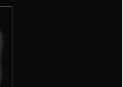
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OS1 Linda De'Andrea/  
Naval Station (NAVSTA) Norfolk's Emergency Operations Center has been manned 24 hours a day, seven days a week since the outbreak of the Coronavirus Disease 19 (COVID-19). The EOC has and continues to serve as the hub of the installations response to the COVID-19 pandemic.

# NAVSTA Norfolk Emergency Operations Center vital in the response to COVID-19

By ABH2 Megan Kintner  
Naval Station Norfolk Public Affairs

## NORFOLK

Naval Station (NAVSTA) Norfolk's Emergency Operations Center (EOC) has and continues to serve as the hub of the installations response to the Coronavirus Disease 19 (COVID-19) pandemic.

Beginning on March 14 when the state of Virginia implemented measures to slow the spread of the COVID virus, the EOC team has been manned 24-hour a day, seven days a week.

"We stood up the EOC because we needed one central location where we push out information, manage reports and answer questions from our tenant commands and installation residents. The EOC is critical to our success in NAVSTA Norfolk's response to the

virus," said Capt. Vince Baker, NAVSTA Norfolk's Commanding Officer. "Our EOC team has worked countless hours over the last several months and I cannot be more proud of how they have responded."

The initial responsibilities of the EOC began with the assigning rooms to Sailors placed in a Restriction of Movement (ROM) status and compiling reports, but quickly evolved into many other responsibilities to include planning for worst-case scenarios while answering calls from concerned commands and service members.

"During the peak part of this COVID-19 outbreak we were answering up to 30 calls a day," said Gene Lambert, NAVSTA Norfolk Emergency Manager.

In addition to Lambert, the EOC team consists of Anthony Adkinson,

Emergency Operations Center Manager and to assist during this busy time is supplemented with additional Sailors to serve as watch standers.

Emergency Management is a multifaceted, sometimes tactical approach to everything that can wrong not only within the boundaries of NAVSTA Norfolk, but in response to world events as well. At any given time, the EOC can be called upon for the planning operations, dispatching forces and resources and even supporting civil authorities in response to chemical, biological, radiological, nuclear or explosive threats. Of late, Lambert, Adkinson and their team of Sailors have been embroiled in a months-long game of "what if" with regards COVID-19.

"Working in three different shifts, with up to five personnel at any given

time, the EOC continues its primary mission of emergency response while still maintaining coverage of the COVID-19 pandemic," said Lambert.

As the EOC teams has gotten into a steady flow in their COVID-19 response, they do want to remind everyone that hurricane season is in full swing and encourages everyone to be prepared.

"While COVID-19 is at the forefront of everyone's mind, it is important we are all making the proper preparations for hurricane season. NOAA has predicted a 60% chance that we will see an above average number of storms this hurricane season. We are only a few days into the season and have already seen our third named storm," said Lambert. "Be informed on what hazards affect your area, prepare a good hurricane kit, and develop a plan on what you and your family will do when a hurricane strikes. Regardless of how many storms they forecast, it only takes one storm in our area to make it a bad year."

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ABH2 Megan Kintner

Electronics Technician Nuclear Third Class Brandon Reed with Naval Station Norfolks Transient Personnel Unit (TPU) loads lunches to be delivered to quarantined and Restriction of Movement (ROM) Sailors, June 5, 2020. Over the last several months, the TPU team has been delivering meals to and caring for more than 500 Sailors in quarantine and Restriction of Movement (ROM) status.

# NAVSTA Norfolk TPU Coronavirus Task Force taking care of fellow Sailors

By RSSN **Kassandra Santa Cruz**  
Naval Station Norfolk Public Affairs

## NORFOLK

Naval Station (NAVSTA) Norfolk’s Transient Personnel Unit (TPU) has been critical in providing support during the Coronavirus Disease 19 (COVID-19) pandemic. Over the last several months, the TPU team has been delivering meals to and caring for more than 500 Sailors in quarantine and Restriction of Movement (ROM) status.

After contacting the NAVSTA Norfolk’s Emergency Operations Center, potentially exposed or positively tested Sailors are directed to a place to isolate or ROM. Navy personnel who are ROM status must remain in temporary housing for 14 days. Personnel in quarantine follow strict protocols to reduce the opportunity for spreading COVID-19, which requires personnel to ensure that the needs of these Sailors are met so that those personnel need not leave their room for any reason.

The quarantined and ROM Sailors are geographically spread across six different bases and ten locations. TPU is responsible for delivering three meals a day to the Sailors and conducting two welfare checks per day. To accomplish this massive undertaking, they established a “TPU Coronavirus

Task Force” which is led by a Senior Chief and six First Class Petty Officers.

“Interacting with these sailors and making sure they are okay, and in a good place, is one small thing we can do to boost their morale,” explained Operations Specialist First Class Antwain Bain. Bain is one of the coordinators for the meal delivery and part of the team that created the system to make this possible.

The task force has been so effective that they were able to expand capacity to assist other commands in delivering food three per day as well.

“All CMC’s love bragging to our peers about how great our Sailors are. I would challenge any CMC in the fleet with finding a crew as professional and dedicated to the command mission as the staff at TPU. TPU Norfolk is manned with a small staff designed to handle leading only 200-300 transient Sailors at any given time. Since the COVID-19 outbreak, our numbers have reached as high as 1,200 with nearly 500 in ROM and our staff performed flawlessly,” said Command Master Chief Angelo Rappa, TPU Command Master Chief. “Our CO empowered and trusted our First and Second Class Petty Officers with a great amount of responsibility, typically expected of a Chief or Division Officer. Once she explained her expectations to the crew, they



ABH2 Megan Kintne

Naval Station (NAVSTA) Norfolk Galley stages meals to be delivered to quarantined and ROM Sailors, June 4, 2020. Over the last several months, NAVSTA Norfolk galley has been preparing meals for more than 500 Sailors in quarantine and Restriction of Movement (ROM) status. After preparation, the TPU team delivers the meals.

started running with the ball and never missed a step. I’m truly inspired and humbled to come to work each morning and watch their amazing plans fall into place.”

In addition to delivering food, the task force has a medical team comprised of five Hospital Corpsmen that provide daily diagnostic checks for the ROM Sailors under TPU’s care. They closely monitor our Sailors and provide on demand medical capabilities in the event of COVID-19 related symptoms.

“What our TPU Sailors are doing each day to care for their fellow shipmates during the COVID pandemic is NOTHING short

of a herculean effort. Our team is supporting the fleet, working with ships and Sailors across the waterfront as well as the incredible teams (Galley/EOC/Housing) on each installation to ensure that all Sailors are supported during this unprecedented time,” said Cmdr. Brandi McGehee, TPU Commanding Officer. “We were tasked with this mission, and our Sailors made it happen. I could not be more proud of how they have and continue to respond.”

While, how long COVID-19 will affect the Hampton Roads area is unknown, until no longer needed, the selfless efforts of the TPU Sailors will continue.

# Ford completes largest aircraft embark

From USS Gerald R. Ford Public Affairs

## ATLANTIC OCEAN

With Carrier Air Wing (CVW) 8 embarked, USS Gerald R. Ford (CVN 78) logged significant milestones this week during Post Delivery Test and Trials (PDT&T) operations at sea.

During Ford’s largest aircraft embark to date, CVW-8 completed critical milestones on the first-in-class ship, testing secure communications and tactical data links, supporting the use of Network Enabled Weapons (NEW), Combined fixed- and rotary-wing Close Air Support integration, and SIMDIS, a multi-dimensional interactive graphical and video display to playback large events for debriefs.

Underway, CVW-8 conducted day and night cyclic flight operations totaling 324 catapult launches and arrested landings, qualifying 50 pilots, including Ford’s Commanding Officer, Capt. J.J. Cummings. To date, Ford has conducted 3,480 catapult launches and arrested landings

with EMALS and AAG. Additionally, during this execution of cyclic flight operations with CVW-8, Ford moved thousands of pounds of inert ordnance via Advanced Weapons Elevators to F/A-18 Super Hornets, employed during Close Air Support and air-to-ground training missions. Executing cyclic operations and arming aircraft with bombs from the ship’s magazines were firsts for the team.

The air wing’s embark provided the first opportunity for Ford’s weapons department to execute a full ordnance movement using a lower stage weapons elevator. Performing as advertised, Ford’s AWEs conducted more than 1,300 cycles during this latest at sea period that enabled the successful transfer of 176 inert bombs in support of air wing operations. Ford’s AWEs have conducted over 10,000 cycles to date.

Commander, Carrier Strike Group (CSG) 12 also embarked Ford during this underway, marking the first time a Strike Group Commander and staff embarked Ford for operations. CSG-12 was able to successfully conduct all intended command and control operations, control and distribute the link picture, and coordinate with Ford and Truman Strike Group assets as well as higher headquarters. Rear Adm. Craig Clapperton, commander, Carrier Strike Group (CSG) 12 assessed that the Strike Group and ship are ahead of schedule in this important command and control domain.

Clapperton emphasized that this PDT&T phase is all about operating Ford systems with Fleet operators and discovering anomalies and working solutions. These solutions will be key to ensuring



MC2 Ruben Reed

The Ford-class aircraft carrier USS Gerald R. Ford (CVN 78) Transits the Atlantic Ocean, June 4, 2020. Gerald R. Ford and the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) are marking the first time a Ford-class and a Nimitz-class aircraft carrier have operated together underway.

that when Ford enters the Fleet after operational testing, the ship is ready to support the war fighter.

For example, on June 2, just prior to a scheduled flight deck operation cycle, the ship’s Electromagnetic Aircraft Launch System (EMALS) went down. Loss of EMALS curtailed flight operations to some extent, but the Strike Group, ship, and air wing team still accomplished significant goals scheduled for the Ford-class aircraft carrier.

After several days of troubleshooting and assessing a fault in the launch system’s power handling elements, embarked EMALS experts and Ford’s crew restored

the system to enable the safe fly-off of the air wing on Sunday morning, June 7.

“The ship’s response to these EMALS challenges underscores our ability to identify and to correct issues impacting flight operations quickly. That’s the purpose of the PDT&T phase,” said Clapperton. “The learning and improvement that results from pushing the systems will make the ship and air wing team better and more effective in future underway events.”

Following the CVW-8’s fly-off on Sunday, Ford will return to port as planned and continue PDT&T scheduled events.





U.S. Navy photo  
Mid-Atlantic Regional Maintenance Navy Diver 1st Class Bryan Myers was reenlisted pier side after finishing up a propeller repair by his diving officer from Bahrain Lt. Robert Lombardo, Jan. 29, 2020.

## MARMC | *First ever Navy Diver of the Year*

*Continued from A1*

plan to become a rescue swimmer,” said Myers. “Unfortunately once I got to boot camp I was disqualified due to my vision. Fortunately, a Navy Diver in boot camp helped me get one of the last two diving contracts and the rest is history. One saying that’s always stuck with me – ‘is to control what you can and everything else will fall into place.’”

Myers has lived by that motto and it has helped him get to where he is today.

“When I thought about the perfect Navy Sailor, NDI Bryan Myers immediately came to mind,” said MARMC Dive Locker Master Diver William Wenzel. “He is a smart Sailor, great communicator, leader and probably one of the best I’ve ever seen in the water! He is a solid overall performer, I cannot think of one area where he has a weakness. No matter the job, scope or location, I can send him and know that the job will be completed.”

Myers was surprised and thankful when he was notified of his selection for the award.

“I think that anytime a diver gets anything associated with Carl Brashear, it’s going to mean a lot,” said Myers. “I accept this award not for myself, but on behalf of the entire dive locker. I’m a reflection of everyone I work with here and the leadership within this dive locker. My wife, one daughter and three sons – I know are very proud. I hope to do the award justice.”

MARMC Commanding Officer Captain Tim Barney congratulated Myers as well.

“The competition was very tough this year and the board of directors com-



U.S Navy photo  
Mid-Atlantic Regional Maintenance Navy Diver 1st Class Bryan Myers has just reached the surface following a dive pressing a patrol craft propeller back on the shaft.

mented that Myers has raised the bar for all future competitions,” said Barney. “I’m confident Master Diver Brashear would be as proud of his selection as I am.”

According to Myers, Sailors can achieve anything as long as they are willing to work hard and embrace change.

“My advice is to be open to every opportunity that becomes available. You will set yourself up for success in the long run,” added Myers.

Myers now has his eyes set on another

important milestone of any enlisted Sailor’s career – becoming a Chief Petty Officer while continuing to move up that ladder within his dive community. The ultimate goal is to make Master Diver and someday Warrant Officer.

“This community has been so good to me over the years,” said Myers. “They have allowed me to advance, be present for every one of my child’s births. I dedicate myself every day to this team and family we have here at MARMC. Hooyah

– go Navy!”

Myers serves as 1st Class Dive Supervisor for MARMC’s Alpha Dive Team and is responsible for the planning, training, execution and supervision of ship maintenance and repair.

MARMC provides surface ship maintenance, management and oversight of private sector maintenance and fleet technical assistance to ships in the Mid-Atlantic region of the United States and provides support to the 5th and 6th Fleet Area of

## The way Forward | *U.S. Navy navigates to ‘new normal’*

*Continued from A1*

defend the nation, protect sea lanes, and assist those in need,” said Vice Admiral Phillip Sawyer, the Navy’s operations chief in charge of coordinating the service’s response to COVID-19. “The Navy will continue to operate in this ‘new normal’ environment with COVID, but won’t be limited in our ability to respond to whatever our Nation needs.”

Another lesson learned from Theodore Roosevelt was the value of strict ship-board protocols which help contain the spread of the virus if found onboard. Refined procedures and a bet-

ter understanding of preventative and mitigation actions has been shown to be effective. Several ships have had a COVID+ case, but the Crew’s actions have enabled the virus to be contained to a relatively small group and the ship continue its planned operations.

Sawyer also spoke about the Fleet commanders’ development of “Safe Haven” ports for ships to safely pull in and get some rest and relaxation for their crews as well as accomplishing logistical resupply and repairs. These ports would be designed to support and maintain the ships’ COVID-free “bubble.”

As we adjust our operating procedures throughout the Fleet, it’s critical that Sailors follow basic force health protection measures. “Everything that we’ve learned emphasizes that the fundamentals still count,” said

Navy Surgeon General Rear Adm. Bruce Gillingham. “Our Sailors are demonstrating that they understand the importance of using public health preventative measures like hand washing, wearing face coverings, social distancing and reporting any symptoms they experience in order to protect the ship, their shipmates and their mission.”

The Navy’s new Standard Operational Guidance, issued May 27, provides direction for isolation, quarantine and contact tracing upon an initial outbreak, to include ships at sea that cannot medically evacuate personnel because of geographic or operational concerns.

“Our Sailors are resilient and highly trained to fight a number of threats at sea- whatever the adversary,” said Sawyer, “and COVID-19 is just a new adversary we are prepared to combat.”

Across the Navy, rapid adaptation to local conditions and creative risk mitigation plans will remain key to achieving a force hardened against the pandemic.

Navy leadership will keep the Fleet and their families informed on safely navigating forward during this pandemic and will continue to update operational guidance as our understanding of COVID-19 grows.

For more information about NAVADMIN 155/20, go to <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20155.txt>

For more information about NAVADMIN 147/20, go to <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20147.txt>



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**SECNAV visits Naval History and Heritage Command**  
Secretary of the Navy, Kenneth J. Braithwaite, visited Naval History and Heritage Command at the historic Washington Navy Yard,  
»See **B5**



MC3 Trey Fowler

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.

# Exercise BALTOPS 2020 kicks off today

From Naval Striking and Support Forces NATO Public Affairs

## BALTIC SEA

The 49th Baltic Operations (BALTOPS 2020) exercise, the premier maritime-focused exercise in the Baltic Region, kicked off June 7, in the Baltic Sea.

Between June 7-16, air and maritime assets from 19 NATO allies and partner nations will participate in live training events that include air defence, anti-submarine warfare, maritime interdiction, and mine countermeasures operations.

ure operations.

For the first time, the exercise will be commanded ashore by Naval Striking and Support Forces NATO (STRIKFORNATO) at its headquarters in Lisbon, Portugal through its new maritime operations center.

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 pro-

»See **B7**

## First Filipina female submarine officer earns dolphins aboard USS Ohio

By MC1 Ryan Litzenberger  
Commander, Submarine Group Seven Public Affairs

### JAPAN

Last September, Lt. Melanie Martins, a supply officer serving aboard USS Ohio (SSGN 726), became one of the first Filipinas to earn her submarine warfare insignia.

The submarine warfare insignia is worn by all qualified submariners worldwide. It is a universally recognizable symbol of a submariner's experience, competency and in the case of officers, ability to assume command in an emergency. Over the course of many decades, earning one's "dolphins" has evolved into a rite of passage in submarine culture.

Martins, who hails from Angeles City, Pampanga, Philippines, made the challenging transition from the enlisted aviation community to the wardroom of a guided

missile submarine in 2013, becoming one of the first female Filipina officers to earn the Submarine Warfare Specialist pin September 2019.

The U.S. Navy submarine warfare pin features the starboard angle of an O-class submarine emerging from the center of the insignia, slicing through the waves of an oceanic horizon. Two dolphins, the attendants of the Greek god of the sea Poseidon and patron deity to sailors, bring shape to the submariners' badge and are seen surfacing from the sea facing the submarine.

The insignia is an unspoken indication that the wearer has challenged the depths of the seas and has been deemed worthy of donning it by their peers. Those who wear "dolphins" are widely acknowledged as part of an elite community, and as Martins relates, accepted as part of a close-knit

»See **B7**



ITC Johnmark Centeno

Lt. Melanie Martins, supply officer aboard USS Ohio (SSGN 726), from Angeles City, Philippine, poses for a photo.



# Get Trained



# Get The App

U.S. Navy graphic

## New mass communication specialist mobile apps pave way for modern learning

From Center for Service Support Public Affairs Office

NEWPORT, R.I.

The 1,500 active-duty and Reserve mass communication specialists (MC) throughout the fleet now have an easier way to study for Navy-wide advancement exams.

Sailors can now download the new MC Rate Training Manuals (RTM) Apps to study on the go, without the requirements of a CAC card or an internet connection. Additionally, Sailors can use the search feature inside the apps, bookmark favorite content, find contact information for emergency support, and send questions, comments, or other input using the in-app feedback email.

After completing each app’s final exam, Sailors can receive credit for the completed courses directly into their Electronic Training Jacket (ETJ) by entering their DODID number.

The Chief of Information’s (CHINFO) Senior Enlisted Advisor, Master Chief Mass Communication Specialist Michael

Lewis, who led the development, testing, and release of the applications, said they were designed with Sailors of today in mind.

“I believe that this is precisely the type of content and training that our MCs deserve today,” said Lewis. “These apps are indeed the first of their kind in the sense that we’ve taken what was originally a PDF file, converted them to HTML, and now interactive apps. Additionally, once you download the apps, you do not need outside connectivity for them to work – a key for our shipboard Sailors.”

Results of app testing throughout the fleet were unanimously positive, with junior MCs specifically complementing the accessibility and functionality.

“When I first opened the apps during the testing process, it was great to have something compact, easy to navigate and simple to understand,” said Mass Communication Specialist 2nd Class Michael Lieberknecht, a recent graduate of the military photojournalism program at Syracuse University. “Now, instead of printing hundreds of pages or spending time scrolling through a digital document for a

simple reference, the apps streamline study sessions and knowledge refreshment for MCs. The best part about the apps is not only the easy upload to your ETJ, but also that they are valuable sources to study while in the chow line, at home, or in your rack.”

The apps are also the beginning stages of Center for Service Support’s (CSS) efforts to create similar RTM mobile apps for other ratings in their domain, including logistics specialist, yeoman, culinary specialist and personnel specialist.

“With the completion of these apps, we now have our foundation so we can prepare to have this for more Sailors in their respective fields,” said Ray Paradis, CSS program manager for Non-Resident Training Courses, Personnel Qualification Standards, Occupational Standards and Learning and Development Roadmaps. “Our job is ensuring that the Sailors of today and tomorrow have the very best opportunity to learn their craft, and this is a perfect method to reach Sailors through modern technology.”

The apps were designed in coordination with CHINFO, the PMW 240 Sea Warrior Program and Tracen Technology. The apps can be downloaded at the Navy App Locker or Google Play and iOS App stores using the keyword “MC RTM.”

## Big bonuses of joining the Navy

By MC3 Austin Breum  
Navy Recruiting Command Public Affairs

MILLINGTON, TENN.

With the current spike in unemployment and a nation with questions on when will the post-pandemic employment and economy be back on track, the Navy is offering some answers to earning the next paycheck.

For many people on the fence about joining the Navy, there are many benefits to consider. On top of getting 100 percent medical and dental coverage, housing and food assistance, the Navy will also help pay for college education or college debt you may have incurred. In some instances, if you join selected rates (jobs) you may be eligible for enlistment bonuses up to \$40,000.

There are currently over a dozen rates that are offering bonuses from \$10,000-\$40,000. Some bonuses are also given based on your education level or if you pass certain physical fitness tests.

The Navy is offering many benefits to

new recruits and is seeking highly qualified individuals to serve in the Navy. Some of these high value rates are Hospital Corpsman, Navy Diver, Information Systems Technician, and Nuclear and Special Warfare Operators.

“The Navy has been a great experience for me and I love what I do,” said Heather Charara, National Chief Recruiter at Navy Recruiting Command. “It’s a wonderful feeling knowing that I can be a part of someone else’s journey and help them start their career in the Navy.”

Alongside the specific rating bonuses being offered, there are also bonuses that are applicable to all rates. These are based on your education level starting at \$3,000 bonus for being a high school graduate up to a \$7,000 bonus for having 96 or more semester hours of college credit.

“We are looking for highly motivated individuals who are going to be in for the long haul. Not only do we need them now, but we need them 10, 15, 20 years from now,” said Charara. “I am very proud to be a part of the Navy and to be able to look back and see how far I’ve come in such a short amount of time. I hope to inspire a new generation and help bring more people into this amazing career opportunity.”

Additionally, if college debt has already been accrued the Navy can help pay back loans up to \$65,000. This bonus can be applied to Stafford, Perkins, PLUS, and other Title 4 loans college students may have received. These bonuses are awarded to individuals who enlist to become an Air Rescue Swimmer, Cryptologic Technician, Missile Technician, Nuclear and Special Warfare Operator, and select other

rates.

“This is a great opportunity for many people to explore a career path they may have never even thought of,” said Justin Noble, National Chief Recruiter Executive Assistant. “It’s a great feeling knowing that no matter how the economy may look, I will continue to be getting a paycheck and I have job security in the Navy.”

In addition to the educational bonuses above, the Navy also offers physical fitness bonuses. All Active Component recruits, regardless of rate, who pass their week one Physical Fitness Assessment at Recruit Training Command (RTC) with a score of satisfactory-medium or better, will be awarded a \$2,000 bonus. Additionally, all Active Component recruits who complete the Warrior Challenge Program and graduate from RTC are eligible for a \$2,000 bonus.

“The Navy has many great incentives for motivated, physically fit, and highly educated individuals,” said Noble. “We hope to attract many young and powerful recruits to fill our shoes as we look forward to the future of the world’s greatest Navy.”

For more information regarding how you can join the Navy and all applicable bonuses, visit <https://www.navy.com/> bonus.

Navy Recruiting Command consists of a command headquarters, two Navy Recruiting Regions, 15 Navy Recruiting Districts and 11 Navy Talent Acquisition Groups that serve more than 815 recruiting stations across the world. Their combined goal is to attract the highest quality candidates to assure the ongoing success of America’s Navy.



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AW1 Will Bennett/

The aircraft carrier USS Theodore Roosevelt (CVN 71) flies a replica of Capt. Oliver Hazard Perry's "Don't Give Up the Ship" flag, June 3, 2020. Following an extended visit to Guam in the midst of the COVID-19 global pandemic, Theodore Roosevelt completed carrier qualifications June 2 and is in Guam for resupply during a deployment to the Indo-Pacific.

# USS Theodore Roosevelt departs Guam mission ready

From USS Theodore Roosevelt Public Affairs

## APRA HARBOR, GUAM

USS Theodore Roosevelt (CVN 71) departed Apra Harbor to continue its scheduled deployment in the Indo-Pacific, June 4.

The ship left Naval Base Guam and entered the Philippine Sea manned and ready 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.

“Our forward presence and engagement play an essential role in strengthening the capabilities of Indo-Pacific nations and partners,” said Rear Adm. Stu Baker, com-

mander, Carrier Strike Group (CSG) 9.

Theodore Roosevelt is on a scheduled deployment to the U.S. 7th Fleet area of operations. The ship pulled into Apra Harbor, Guam, on March 27 and immediately implemented a phased and methodical approach to address a COVID-19 outbreak among its crew.

After successfully recovering the ship and the crew, then proceeding to requalify the air wing via carrier qualification, the Theodore Roosevelt team recovered the rest of the crew fit for the mission from the shore, flying the iconic words of James Lawrence ‘Don’t Give Up The Ship’ flag from the port yardarm, representative of the ‘fighting spirit’ of the U.S. Navy Sailor.

“Returning to our mission in the Indo-Pacific after completing carrier qualifica-

tions is a significant milestone in Theodore Roosevelt’s conditions-based recovery plan,” said Capt. Carlos Sardiello, Theodore Roosevelt’s commanding officer. “Our mission was to recover the ship and recover the crew. We did not give up the ship and now our focus is on combat readiness, safety, and wellness of the crew.”

Underway, the carrier operates under a newly implemented COVID-19 standard operating procedure which establishes the guidelines, responsibilities, and procedures for the prevention and mitigation of COVID-19. The crew has modified numerous procedures including how they transit through the ship, expanded meal hours, and created new social distancing procedures for almost every at-sea evolution.

“The crew humbly prepared to go back to sea, they had a job to do, and they did it without hesitation,” said Sardiello. “We have returned Theodore Roosevelt to sea as a symbol of hope and inspiration, and an

instrument of national power because we are TR.”

When Theodore Roosevelt departed from Naval Base Guam, they manned the rails as a gesture of gratitude and thanksgiving to honor the people of Guam, the service members, and civilians who supported the recovery of the crew during the COVID-19 pandemic.

“Every recovered Sailor we embark is another victory against COVID,” said Sardiello. “We remain dedicated to the recovery of every TR Sailor. Those ashore will continue to receive the best medical care by military medical representatives. We greatly appreciate the continued support by Naval Base Guam, U.S. Naval Hospital Guam and Expeditionary Medical Facility from Camp Pendleton.”

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.

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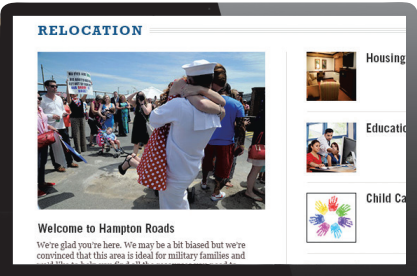
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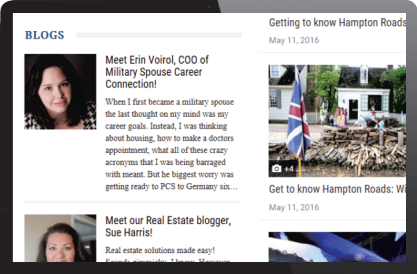
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MC2 Natalie Byers/  
The aircraft carrier USS Nimitz (CVN 68) departs Naval Air Station North Island, June 8, 2020. Nimitz and elements of the Nimitz Carrier Strike Group (CSG) deployed from San Diego in support of global maritime security operations.

# Nimitz Carrier Strike Group deploys, will conduct maritime security operations

From Commander, U.S. Third Fleet Public Affairs

## SAN DIEGO

Aircraft carrier USS Nimitz (CVN 68) and elements of the Nimitz Carrier Strike Group (CSG), deployed from San Diego June 8 in support of global maritime security operations.

Prior to deploying, the strike group completed a composite training unit exercise (COMPTUEX), de-signed to fully integrate units of a carrier strike group, while testing a strike group’s ability as a whole to carry out sustained combat operations from the sea. Ships, squadrons and staffs were tested across every core warfare area within their mission sets through a variety of simulated and live events, including air warfare, strait transits, and responses to surface and subsurface contacts and electronic attacks.

“The carrier strike group team is trained and ready,” Rear Adm. Jim Kirk, commander, CSG 11. “The men and women of Carrier Strike Group 11 have demonstrated exceptional tactical and technical expertise, teamwork, and toughness. We are honored to answer the call and operate forward.”

A CSG is capable of deploying anywhere in the world at a moment’s notice to meet the needs of the country and its allies. In addition to conducting maritime security operations whenever and wherever called upon, NIM CSG units will participate in cooperative engagements, multi-lateral exercises and unit-level training, designed to improve capability and capacity among Navy units and partner nations in the regions they may operate in.

All personnel assigned to NIM CSG completed a minimum, 14-day quarantine ashore and were tested for COVID-19 prior to getting underway with their respective units. Sailors assigned to Nimitz completed

a 27-day fast cruise aboard the ship which also included their COVID-19 testing period.

Leading up to and throughout COMPTUEX, NIM CSG units conducted aggressive mitigation measures to minimize potential exposure to COVID-19, including the wearing of face coverings, social distancing, minimizing meetings and gatherings, and thorough cleaning of spaces multiple times each day. They will continue those mitigation measures to ensure the safety of their Sailors and Marines.

“Learning to operate in this COVID environment has not been easy, but the Nimitz crew has demonstrated their adaptability and resiliency in overcoming the challenges and have remained focused on maintaining readiness,” said Capt. Max Clark, commanding officer. “I couldn’t be more proud of the team in being ready to deploy on time and mission ready to answer any call.”

In addition to Nimitz, Nimitz CSG deploying units include Carrier Air Wing (CVW) 17, Ticonderoga-class guided-missile cruiser USS Princeton (CG 59) and Destroyer Squadron (DESRON) 9, which includes Arleigh Burke-class guided-missile destroyers USS Sterett (DDG 104), and USS Ralph Johnson (DDG 114). CVW-17 consists of the Lemoore, California-based “Kestrels” of Strike Fighter Squadron (VFA) 137, “Mighty Shrikes” of VFA 94, “Fighting Redcocks” of VFA 22; the San Diego-based “Death Rattlers” of Marine Fighter Attack Squadron (VMFA) 323, the Whidbey Island, Washington-based “Cougars” of Electronic Attack Squadron (VAQ) 139, the Point Mugu, California-based “Sun Kings” of Carrier Airborne Early Warning Squadron (VAW) 116, and the San Diego-based “Indians” of Helicopter Sea Combat Squadron (HSC) 6, “Battlecats” of Helicopter Maritime Strike Squadron (HSM) 73 and “Providers” of Fleet Logistics Support Squadron (VRC) 30.

Sterett departed Naval Base San Diego June 4, Princeton departed Naval Base San Diego June 6, and Ralph Johnson is scheduled to depart San Diego tomorrow.

# Navy emergency liaisons deploy in record numbers for pandemic

By Cmdr. Elliott Wright  
Navy Emergency Preparedness Officer Program Public Affairs

## WASHINGTON

In less than two weeks after the president’s March 13 executive order declaring a national emergency, an initial contingency of 32 specially trained Navy Reservists rapidly deployed nationwide to support civil authorities in the COVID-19 pandemic response.

The Navy Emergency Preparedness Liaison Officers (NEPLO) program consists of 138 Navy Reserve personnel trained in Defense Support of Civil Authorities (DSCA). Most NEPLOs are Navy captains with a high degree of DSCA experience and training. During natural and man-made disasters, NEPLOs assist in providing Navy resources where they are needed most.

According to NEPLO Capt. Steve Urwiller, assigned to Navy Region Southwest, the ability to quickly deploy was in large part, thanks to the flexibility of several Navy commands.

“The ability to get our members on active-duty orders and through the virtual mobilization process in a matter of days was a result of the outstanding support provided by Fleet Forces Command, Personnel Command, Navy Reserve Forces Command, Reserve Component Commands and several Navy Operational Support Centers,” Urwiller said.

Working as part of a joint military and interagency government team, NE-

PLOs embed in the Federal Emergency Management Agency (FEMA) National Response Coordination Center (NRCC) at FEMA headquarters, FEMA regional headquarters, and State Emergency Operations Centers ensuring effective communications between their civil and military counterparts. NEPLOs are also assigned to major Department of Defense command and control nodes including U.S. Northern Command (NORTHCOM), Navy and Army component commands and Commander, Navy Installations Command.

NEPLOs play a key role in providing a “whole of government” approach to their civilian counterparts. In the past, NEPLOs have deployed to assist federal, state, and local government officials with hurricanes, earthquakes and wildfires.

“When disasters exceed a state’s ability to respond, the Department of Defense is often asked to support, and that is where NEPLOs jump-in,” said Capt. Steven Stacy, NEPLO Deputy Commander. “Our team has a unique set of skills not replicated by the active duty Navy. We possess the know-how to get Navy resources and capabilities into the fight.”

Stacy added that the COVID-19 relief efforts and providing help to fellow Americans has been one of the most rewarding experiences of his career.

Capt. Andrew Shank, a FEMA NRCC NEPLO facilitating information flow between senior leadership at

FEMA and other federal agencies, provide situational awareness of COVID-19 response efforts to the Joint Staff, Office of the Secretary of Defense and NORTHCOM Liaisons officers.

“I think this pandemic is a new and different ballgame from anything we’ve encountered before,” Shank said. “It’s really been a big learning experience in terms of how to operate in this environment. We’re learning a lot about how to respond to large scale events, and we will be able to apply those lessons in the future.”

One of the most important jobs NEPLOs have taken on during the pandemic is coordinating the use of Navy medical assets. These Navy resources do not belong to the NEPLO program, but NEPLOs have been instrumental in positioning them to save lives. NEPLOs supported the arrival of hospital ships USNS Mercy (T-AH 19) in Los Angeles and USNS Comfort (T-AH 20) in New York City by working alongside city with governments. When Dallas, Baton Rouge and New Orleans requested help, NEPLOs arranged for the transportation of Emergency Medical Facilities-Mike (EMF-M) from Naval Hospital Jacksonville, Florida to Texas and Louisiana on a C-40A jet from Fleet Logistics Support Squadron Fifty Eight (VR-58).

Weeks later, when the decision was made to redeploy some EMF-M personnel to Stamford, Connecticut, NEPLOs demonstrated their flexibility by

orchestrating ground transportation and a flight aboard a C-130 transport from the Air Force 317th Airlift Wing from Dyess Air Force Base, Texas.

Cmdr. Simon Hwang, a NEPLO coordinating troop movement in Dallas, said, “Coordination among four NEPLOs was critical since EMF movement took place from Texas to Louisiana to New Jersey to Connecticut. We had to act almost like an area commander to track and make sure that each place they landed was carefully monitored and coordinated as if we are doing a choreographed dance movement – without proper coordination, we can risk negatively impacting our force.”

Sailors with the Defense Coordinating Element West (DCE West) in Guam helped manage the construction of facilities for EMF personnel and the off-loading of their equipment from the USNS Dahl (T-AKR-312), one of Military Sealift Command’s roll-on/roll-off ships.

Capt. Melinda Michael, commanding officer of DCE West and the NEPLO for Joint Region Marianas and Guam says being a NEPLO allowed her to use her civilian experience along with her Navy DSCA training to aid FEMA and her Sailors in response to emergencies within U.S. Indo-Pacific Command.

NEPLO deployments typically last no more than 30 days as DSCA is a temporary measure to provide available military assets to civil authorities. However, the current NEPLO pandemic response efforts are expected to continue for much longer. With 77 Reserve Sailors currently activated, the NEPLO team anticipates a continued demand and further requests for more deployment in support of the COVID-19 national emergency.





MC1 Chris Henry  
Secretary of the Navy (SECNAV) Kenneth J. Braithwaite, left, tours the current National Museum of the United States Navy at the historic Washington Navy Yard with retired Rear Adm. Samuel J. Cox, center, director of Naval History and Heritage Command (NHHC), and deputy director Patrick Burns, June 5, 2020. Braithwaite met with top leadership within the command to discuss the value of its location and historical significance of the area as well as the museums current public access limitations. Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and heritage.

# SECNAV visits Naval History and Heritage Command

By MC1 Christopher Henry  
Naval History and Heritage Command Public Affairs

## WASHINGTON

Secretary of the Navy (SECNAV) Kenneth J. Braithwaite, visited Naval History and Heritage Command (NHHC) at the historic Washington Navy Yard, June 5, to view the work of the historians, curators, archeologists, archivists and professionals and discuss the future of the National Museum of the U.S. Navy.

During the tour, SECNAV viewed the different aspects of NHHC such as the Underwater Archaeology Lab where he saw

firsthand the curation of historic artifacts. He also discussed the significance the items hold to Navy culture, the stories those artifacts evoke, and the role history plays in connecting Sailors to their service.

“I want to help Sailors understand what it is to be a part of something as unique as the United States Navy,” said Braithwaite. “Access to stories from our heritage and from those who served before us cement in our current Sailors that Navy service is a calling; it’s not just a job.”

Hosting the visit to the National Museum of the U.S. Navy, NHHC Director, retired Rear Adm. Samuel J. Cox, showed SEC-

NAV the museum’s exhibit of Navy’s role in World War II and other historic displays. The tour of the museum was an opportunity to discuss its value and location, currently within the historic walls of the Washington Navy Yard.

“While important to be in the Navy Yard and its historic location, the current location within the confines of the installation limit the public’s exposure to the U.S. Navy. The stories of our Sailors are important. The National Museum of the U.S. Navy not only tells our history and heritage, but through our artifacts and our people, those stories come to life,” Cox said. “The future of this

museum and the history it holds depends on the ability for the American public to immerse themselves in that heritage. To truly understand Navy service, you need to experience it; see it.”

Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy’s unique and enduring contributions through our nation’s history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services. NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, ten museums, USS Constitution repair facility and the historic ship Nautilus.



MC2 Kaila V. Peters  
The U.S. Navy forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) cruises during Talisman Sabre 2019, July 22, 2019. Talisman Sabre 2019 illustrates the closeness of the Australian and U.S. alliance and the strength of the military-to-military relationship. This is the eighth iteration of this exercise.

# USS Ronald Reagan Carrier Strike Group departs for 2020 deployment

From Commander, Task Force 70 Public Affairs

## PACIFIC OCEAN

The Ronald Reagan Carrier Strike Group is underway, serving as America’s strongest symbol of resolve and navigating the global pandemic as its mission endures, in support of a free and open Indo-Pacific.

This deployment marks USS Ronald Reagan’s (CVN 76) fifth year of service as part of U.S. forward-deployed naval forces. Reagan, Carrier Air Wing (CVW) 5, and Destroyer Squadron (DESRON) 15 represent the cornerstone of the strike group’s

capability to sustain presence, project power, fight and win decisively from the sea.

Following sea trials, Reagan commenced deployment by on-loading more than 1,000 tons of ordnance – enough combat power to cause the ship to sit five-inches lower on the waterline – in addition to personnel and aircraft from aviation squadrons within CVW-5. With more than 5,000 crew embarked, and 60-plus aircraft, Reagan is capable of sustaining around-the-clock maritime operations.

While underway, the Ronald Reagan Carrier Strike Group will work alongside allies and partners to strengthen regional capabilities, further develop warfighting concepts, and improve distributed mar-

itime operations that provide layered defense options to protect shared interests. Together, the U.S. and its allies promote peace and prosperity by supporting international norms.

The United States remains committed to protecting the rights, freedoms, and lawful uses of the sea, and the ability of all countries to exercise those rights.

The crew and support staff of the Ronald Reagan Carrier Strike Group continue to demonstrate that no challenge is beyond reach and that together, we can achieve Peace Through Strength.

The Ronald Reagan Carrier Strike Group is forward-deployed to the U.S. 7th Fleet area of operations in support of a free and open Indo-Pacific region. U.S. 7th Fleet is the largest numbered fleet in the world, and with the help of 35 other maritime-nation allies and partners, the U.S. Navy has operated in the Indo-Pacific region for more than 70 years, providing credible, ready forces to help preserve peace and prevent conflict.





Jacob Sippel/

Cmdr. Michael Leader, a physician at Naval Branch Health Clinic Jacksonville, conducts a virtual health visit with a patient using Navy Care. The Navy Care virtual health app recently won a 2020 FedHealthIT Innovation Award. Nominated and chosen by their peers, winning programs took on achievable risks and delivered results in support of their mission. Navy Care enables patients to have a live virtual visit with a clinician from the patient’s smartphone, tablet, or computer. It’s private, secure, and free. Since its launch as a Navy Medicine pilot at Naval Hospital Jacksonville in January 2018, Navy Care has enrolled more than 17,600 patients and hosted nearly 11,500 virtual visits.

# Navy Care virtual health app wins innovation award

By Yan Kennon  
Naval Hospital Jacksonville Public Affairs

## JACKSONVILLE, FLA.

Navy Care, the virtual health app at Naval Hospital Jacksonville, was recently announced as a 2020 FedHealthIT Innovation Award winner.

Navy Care offers a live, virtual visit with a clinician — from the patient’s smartphone, laptop, or computer. Patients can use it from home, work, or wherever they want to receive care. It’s private, secure, and free.

“Navy Care is a win-win,” said Capt. Matthew Case, Naval Hospital Jacksonville commander. “It improves readi-

ness for our military service members at the deckplate, and helps family members by reducing their in-person visits to our facility.”

Since its launch as a Navy Medicine pilot at NH Jacksonville in January 2018, Navy Care has enrolled more than 17,600 patients and hosted nearly 11,500 virtual visits.

Patients with a primary care manager at Naval Hospital Jacksonville (or its branch health clinics in Albany, Jacksonville, Key West, Kings Bay, or Mayport) can enroll by visiting <https://Navy.Care> or by downloading the Navy Care app for iOS or Android operating system.

Patient can make a Navy Care appoint-

ment by calling their clinic’s appointment line, or by virtually walking-in to Navy Care On Demand (weekdays during business hours), selecting a waiting room, and selecting a provider.

The Innovation Awards were presented at a virtual ceremony on June 3. Nominated and chosen by their peers, winning programs took on achievable risks and delivered results in support of their mission.

Naval Hospital Jacksonville and Navy Medicine Readiness and Training Command Jacksonville deliver quality health care, in an integrated system of readiness and health. NH Jacksonville includes five branch health clinics across Florida and

“It improves readiness for our military service members at the deckplate, and helps family members by reducing their in-person visits to our facility.”

Capt. Matthew Case

Georgia. It serves 163,000 active-duty, family members, and retired service members, including 75,000 patients who are enrolled with a primary care manager. NMRTC Jacksonville ensures warfighters’ medical readiness to deploy and clinicians’ readiness to save lives. NM-RTC Jacksonville includes five units across Florida and Georgia.



**“SOMETIMES MY HUMAN DOESN'T WEAR PANTS AT HOME. IT'S A RIOT.”**

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MC1 Anthony W. Walker

Basic Underwater Demolition/SEAL (BUD/S) candidates attempt to pass the surf zone in an Inflatable Boat, Small (IBS) during training at Naval Special Warfare (NSW) Center in Coronado, Calif., May 20, 2020. To ensure the safety, health and well-being of its students, instructors and staff, NSW Center implemented COVID-19 mitigation efforts based on CDC recommendations and Department of Defense medical guidance.

# Safety, standards uncompromised as Naval Special Warfare Center restarts paused training phases

By Lt. John J. Mike  
Naval Special Warfare Center Public Affairs

## CORONADO, CALIF.

“Hooyahs” and other screams of motivation pierced the crisp Coronado, Calif., air in the early hours of May 4 at Naval Special Warfare (NSW) Center. The compound’s normally serene night was now a raucous scene as nearly 180 SEAL candidates rushed to their set of Frogman flippers checkered in white paint across a field of blacktop that is the dreaded BUD/S 1st Phase Grinder.

Instructors amplified by megaphones, a light rain falling from hoses, and good, old-fashioned adrenaline fueled prospective special operators through the traditional predawn PT session that signifies the start of Basic Underwater Demolition/SEAL training.

For NSW Center, Class 342’s induction marked the resumption of training for three classes put on pause March 16 out of an abundance of caution due to COVID-19.

“We took a conservative approach to properly assess our student population and establish protocols in order to minimize risk to them during training,” said Capt. Bart Randall, commodore, NSW Center, which had nine classes continue training during the pause and delivered SEAL Qualification Training Class 336 to the Force, April 15.

The decision to restart BUD/S 1st and 2nd Phase, and Special Warfare Combatant-craft Crewman (SWCC) Basic Crewman Selection was based on mitigation ef-

forts put in place that follow CDC recommendations and DOD medical professional guidance, Randall said.

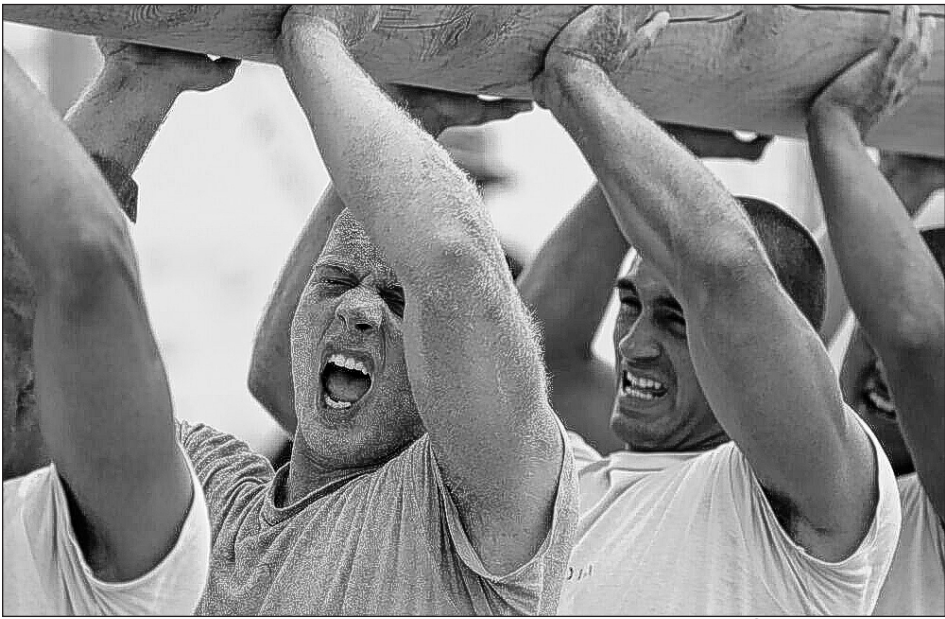
Instructors now wear facemasks, gloves, when necessary, and classes are seeing an increased emphasis on practicing social distancing to the greatest extent possible. This includes limiting the amount of students in a classroom and putting methods in place during group training events, like class runs and swims, to ensure adequate physical separation.

Also critical to mitigating the spread of COVID-19 is keeping SEAL and SWCC students in a “closed ecosystem,” said Randall.

This starts for most students when candidates enter the Navy at Recruit Training Command, where they are quarantined for two weeks prior to starting boot camp. The protective bubble carries over to NSW Prep, where students transit to another part of Naval Station Great Lakes, Ill., for the two-month training phase. Those who qualify for the NSW Orientation phase in Coronado are then flown on military aircraft to a military base to protect students from outside exposure.

“I want our students, instructors and staff to have the safest environment possible,” said Randall.

As students continue through their respective pipelines at NSW Center, so do the mitigation policies. Classes perform daily COVID-19 screenings; get to-go meals from the base galley, eating only with their classmates; and sanitize their water bottles daily.



MC1 Anthony W. Walker

Basic Underwater Demolition/SEAL (BUD/S) candidates participate in strength and conditioning training with logs at Naval Special Warfare (NSW) Center in Coronado, Calif., May 18, 2020. To ensure the safety, health and well-being of its students, instructors and staff, NSW Center implemented COVID-19 mitigation efforts based on CDC recommendations and Department of Defense medical guidance.

And how do these mitigation efforts impact NSW’s exceptionally high standards?

“We are not going to change the training we have established throughout history of NSW,” said Randall.

There is “total buy-in” on the importance of COVID-19 mitigation efforts from leadership down to the instructors standing on the berm, he said. “The instructors are a few steps back now, they can stand off 10 feet, and, trust me, the students have no problem hearing them.”

Training cadre members also understands the importance of maintaining standards.

“They know they are here to create their future teammates. Our instructors will rotate from here right back to a SEAL platoon, and these young operators will be next to them in formation, downrange, defending our way of life,” said Randall.

Not compromising NSW Center’s high-

caliber of training requires balancing risk to mission with risk to the Force.

The nature of many SEAL and SWCC training evolutions means students are going to be close to each other, Randall said. Physical proximity is not only needed for students to complete events. It is essential in developing tight bonds between classmates.

“The relationships developed is like that of a family member,” he said of SEAL and SWCC training. “They help you get to graduation and are later critical to the success of a SEAL or Special Boat Team.”

Still paramount is the health, safety and welfare of everyone involved in the training process, Randall emphasized.

“If any student shows signs of illness, we will pull them from training to be evaluated by medical professionals. We will take care of them and make sure they are healthy before getting them back in the fight,” Randall said.

## BALTOP | 2020 exercise kick off today

Continued from B1

vide continuous regional security.

“BALTOPS provides the opportunity for NATO and partner nations to operate together, sharing best practices to improve real-world operations,” said U.S. Vice Adm. Lisa Franchetti, commander, Naval Striking and Support

Forces NATO and commander, U.S. 6th Fleet. “Although we’ll conduct this year’s event entirely at sea, BALTOPS 2020 will demonstrate our continuous commitment to regional security and reinforce the inherent flexibility of our combined naval force to operate together under any circumstances.”

BALTOPS 2020 is divided into two at sea training phases: the combat enhancement training (CET) and force integration training (FIT) portion and the final tactical phase of the exercise (TACEX).

During the first six days (the CET/FIT phase) ships and aircraft will rehearse common tactics, techniques, and procedures under a scripted program of events, enabling them to safely operate together as a force.

The exercise will culminate with the TACEX phase where forces will shift into a “free-play” portion, and commanders are given more freedom to run their own tactical programs. The TACEX phase is designed to better represent operating in real-world situations.

Participating nations include 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., with 28 maritime units, 28 aircraft, and 3,000 personnel.

BALTOPS, held in the Baltic region since 1972, is a joint, maritime-focused exercise that brings together NATO Allies and Partners in order to increase interoperability and enhance flexibility among the participants.

## Uss Ohio | First filipina submarine officer earns dolphins

Continued from B1

team.

“I felt like I knew my wardroom for a very long time when I first got there! There was no awkward moment with anyone, even in the enlisted ranks,” said Martins. “My first experience was scary, especially when I found out how to get in and out of the boat. I was so scared to climb up and down the escape trunk. The passageways are so tight, and the compartments are confusing, but everyone is willing to show and teach you where everything is, so I got familiar with the boat quickly.”

Martins said the challenges of being a submariner exceeded her expectations.

“I thought it was hard. I was wrong. It is really, really hard,” said Martins. “There are times when I am too busy, and I ask myself ‘why did I do this at all.’ But then I realize that not all people are offered this opportunity. I have to grab it and be the best that I can be.”

Martins recounted some of the challenges of submarine life and the path to earning her “dolphins.” No one gets cut any slack, she learned. Qualifications take time, perseverance and at times, a thick skin.

“I was qualifying for Diving Officer of the Watch. I was going to take the boat to Periscope Depth, and I was so nervous and stressed because for me, it is probably the most difficult evolution of the watch,” said Martins. “You have to be able to do it in

minutes. It took me forever to take it up. The commanding officer was really frustrated. But I practiced more and got better at doing it.”

She also acknowledges that the path to earning one’s “dolphins” as difficult as it is, will never be a solo endeavor. Everyone, from the most junior submariner to senior officers, is deeply invested in a new crewmember’s success.

“In the submarine fleet, we are closer to each other not only physically, but it is a brotherhood. No matter the rank, if you are doing something wrong that can potentially kill everyone on the ship, you will be corrected,” said Martins. “We rely heavily on each other, especially under the sea because the possibility of losing all hands in one mistake is highly likely. Trust is huge and very important.”

Martins returns the favor, of course, by bringing a bit of her own culture below the depths of the sea aboard the guided-missile submarine and to her fellow submariners.

“I cook Filipino dishes underway sometimes,” said Martins. “I am the only Pinoy aboard my submarine, so I show everyone our dishes. We never run out of rice of course! But I miss [the Filipino soup] Sinigang. It is my all-time favorite!”

At the end of the day however, she reminds herself of the things, or the people, that motivate her to do her best and push forward.

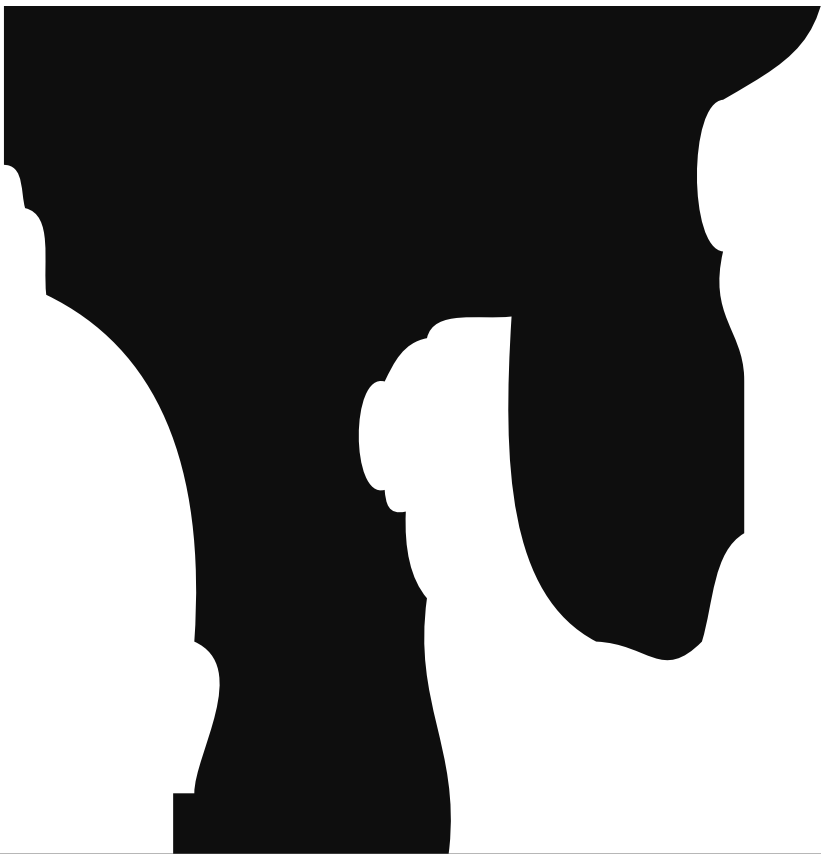
“My family motivates me to be the best I can be, especially my daughter. I want her to be proud of me one day and say to everyone that her mommy is a submariner!”



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programs  
and services  
for **local**  
military  
families.



Hampton Roads and  
Central Virginia







Sesame Cucumber Salad

This quick and easy cucumber salad recipe, loaded with tongue-tingling sesame, ginger, and soy sauce, holds a permanent spot in our healthy summer side dish rotation.

» See C4

SECTION C | FLAGSHIPNEWS.COM | 6.11.2020



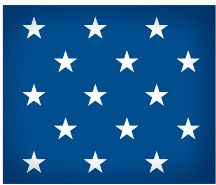
GLORY DAY

By Charles Apple | THE SPOKESMAN-REVIEW

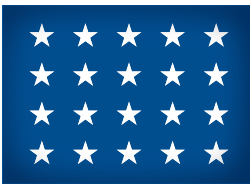
In honor of Flag Day, here are eight facts you might not have known about Old Glory:

1

When Congress established a national flag of the United States in 1777, it specified 13 stars on a blue field and 13 alternating red and white stripes.



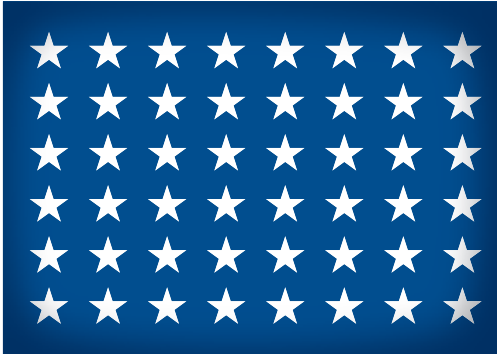
In 1795, Congress added two stripes and two stars to represent new states Kentucky and Vermont.



In 1818, Congress decreed stars should be added for each state but that the number of stripes should be capped at 13.

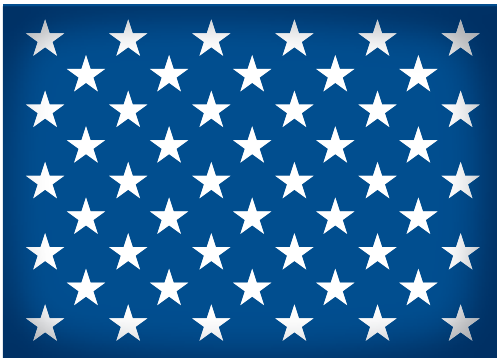
However, Congress never specified how the stars were to be arranged. Over the next 94 years, flagmakers were left to their own devices to come up with creative designs.

President William Howard Taft issued an executive order in 1912 that established a precise arrangement of the then-48 stars.



As Alaska and Hawaii neared statehood, President Dwight Eisenhower solicited opinions from Americans on how to arrange the stars for the 50-star flag. Thousands of designs were proposed, many of which are still on file at the Eisenhower Presidential Library.

Students across the country were challenged by their teachers to come up with a format for the stars. One such student was 16-year-old Robert G. Heft of Lancaster, Ohio.



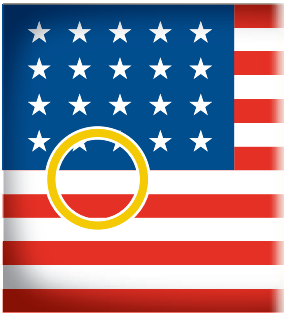
Heft's teacher, Stanley Pratt, complained that Robert's work was "unoriginal" and based too strongly on the existing 48-star flag. He gave Robert a B-minus on the assignment. But Robert passed his design along to his congressman, and his design was eventually selected by Eisenhower.

Pratt changed Robert's grade to an A.

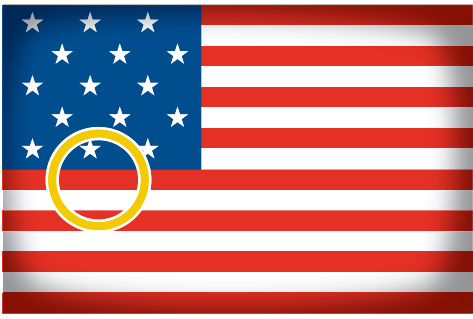
Sources: National Flag Day Foundation, RareFlags.com, USFlag.org, Halfstaff.org, USHistory.org, Maps of the World, Dwight D. Eisenhower Presidential Library, Columbus Dispatch, Snopes.com

MAIN IMAGE: WIKIMEDIA COMMONS

2



Note how the blue field, or canton, rests on a white stripe. This had been a custom among flagmakers long before laws regulated it.



But during times of war, some flagmakers rested the canton on a red stripe.

This was called the "war" or "blood" stripe.

3

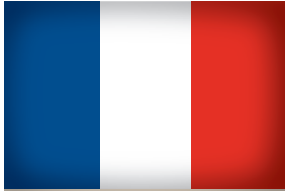
The U.S. flag is the third oldest flag design still in use.



The oldest: Denmark, which was adopted in 1219.



The second-oldest: The Netherlands. It's been in use since 1572.



The fourth-oldest: France, adopted in 1790, 13 years after the United States.

4

By law, only the president or governor may order a U.S. flag to be flown at half-staff. Also, the proper term is "half-staff," not "half-mast," unless the flag is flying on a ship or naval station onshore.

5

It's not just military, political or public safety veterans who may be honored with a flag draped across their coffin. In fact, the flag code does not prohibit the use of a flag for the funeral of any person.

6

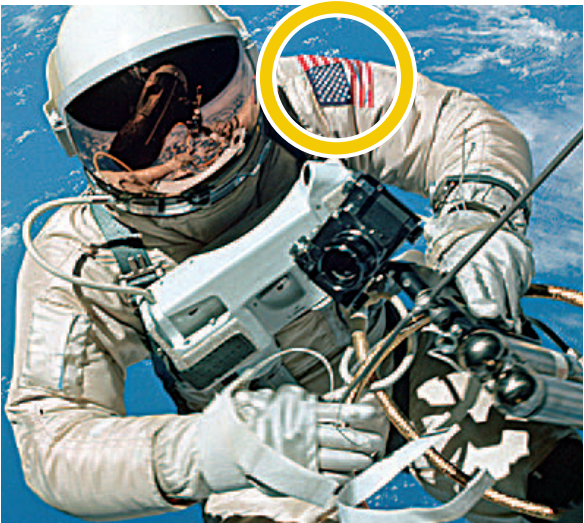
Myth: If a U.S. flag touches the ground, it must be burned. Fact: The U.S. code specifies that the flag should not touch the ground. But as long as a flag is not dirty, it may be flown. And there's nothing in the code against washing a flag. When the time comes to dispose of a flag, however, burning is the only option allowed by law.

7

Flag Day was the idea of Bernard Cigrand, a 19-year-old teacher in Waubeka, Wis., who began giving this date special notice in 1885. For years, he lobbied for a national Flag Day. President Woodrow Wilson proclaimed the first Flag Day in 1916. It became permanent in 1949.

8

Those U.S. flags on the shoulder of astronaut uniforms? They weren't there until the Gemini IV mission in 1965 — America's eighth space flight.



Astronaut Ed White was scheduled to make America's first spacewalk on that mission. Realizing the historic nature of the photos that would be taken, he and mission commander Jim McDivitt paid out of their own pockets for flag patches for their own uniforms. Recognizing a good idea, NASA then made them standard issue.

NASA



# Community

■ Submit **YOUR** events, news and photos

The Flagship welcomes submissions from our readers online.

Please submit **events** here: [www.militarynews.com/users/admin/calendar/event/](http://www.militarynews.com/users/admin/calendar/event/)

Please submit **news** and **photos** here: [www.militarynews.com/norfolk-navy-flagship/submit\\_news/](http://www.militarynews.com/norfolk-navy-flagship/submit_news/)



Courtesy Photo

## City Council Passes Resolution Proclaiming June is “Month of the VBCPS Graduate”

From The City of Virginia Beach

VIRGINIA BEACH, VA.

At its June 2 meeting, the Virginia Beach City Council passed a resolution recognizing June as “Month of the VBCPS Graduate.” This follows a corresponding resolution presented to the School Board of the City of Virginia Beach at its May 26 meeting, which was also unanimously approved. Month of the VBCPS Graduate honors and celebrates the city’s almost 5,000 graduating high school seniors during the global health pandemic.

Following the governor’s statewide mandate in March, which ordered all Virginia schools to remain closed for the remainder of the 2019-2020 school year to reduce the spread of the coronavirus, traditional senior graduation ceremonies and events were re-designed to accommodate health regulations and safety standards.

“The Virginia Beach City Council is excited about this resolution honoring

the class of 2020’s graduates,” said Mayor Bobby Dyer. “In this unique situation, the resolve, commitment, flexibility and strength shown by these young adults is unwavering. As a city, we must show these students their hard work will not go unnoticed. The Month of the VBCPS Graduate allows the City, business owners and residents to help create meaningful graduation experiences for these students.”

Between June 17 and June 20, every Virginia Beach high school will host an individual graduation ceremony for each student, allowing the graduate to hear their name called, walk across a stage in their cap and gown, receive their diploma and have their picture taken.

VBCPS Superintendent Dr. Aaron Spence said, “We’re so excited to be able to give our students what they have worked so very hard for — a citywide, meaningful experience that honors every single one of our seniors with the celebration they deserve. We want our graduates to know just how proud all of

Virginia Beach is of their accomplishments.”

Additional events and features designed to highlight the division’s 2020 graduates include:

The Virginia Beach Fire Department, Emergency Management Services and Virginia Beach Police Department will pull their vehicles out into the front of their stations and precincts and illuminate their light bars every evening at 8:20 for 20 minutes and 20 seconds to celebrate graduates during the week of their originally scheduled ceremonies.

A special VBCPS Graduation 2020 website, where each school will post a virtual ceremony video tribute, featuring a welcome from the principal, superintendent and School Board Chair as well as speeches from the valedictorian and salutatorian. All candidates for graduation will be featured with their own personal slide as part of the virtual ceremony.

A special Class of 2020 “Pass the Diploma” video, featuring students from each of the high schools.

From June 9 to June 13, VBCPS will “Light Up the Night,” as each high school stadium illuminates their field lights at 8:20 p.m. for exactly 20 minutes and 20 seconds, while “2020” is displayed on the scoreboard.

Businesses and residents are encouraged to join in the “Light Up the Night” celebration by lighting up their buildings and homes from June 9-June 13.

VBCPS is working with community groups and businesses to display special tributes to graduates on prominent marquees in the city.

Each of VBCPS’ 87 schools and centers will display special graduation tributes to the Class of 2020 on their marquees.

A celebratory yard sign will be given to every graduate.

The VB Grad Wall, once again, allows families and friends to post inspirational messages for the Class of 2020 on the division website by using the hashtag #VBGrad2020 on social media.

The City encourages businesses and residents to join in the celebration and recognition of graduates during the month of June by displaying signs, banners and congratulatory marquee messages, or posting on their personal and business social media accounts using #VBGrad2020. More information can be found by visiting [www.vb-schools.com](http://www.vb-schools.com).

## Museums Taking Steps to Welcome Visitors Safely this Summer

from the Jamestown-Yorktown Foundation

WILLIAMSBURG, VA.

The Jamestown-Yorktown Foundation remains closed in response to COVID-19, but anticipates Jamestown Settlement and American Revolution Museums at Yorktown to reopen on Wednesday, June 24, as Virginia moves into phase two of its Forward Virginia plan.

“We look forward to welcoming everyone back to our museums,” said Christy S. Coleman, executive director of the Jamestown-Yorktown Foundation. “The past few months have allowed us to think deeply about our work, listen intently and affirm our commitment to serve our communities in a safe and healthy environment with impactful and meaningful experiences about our shared history.”

As the museums reopen, several adjustments are being made to operations and access to outdoor living-history areas and gallery exhibits to allow visitors to enjoy the

museums while following social-distancing protocols.

In addition to enhanced cleaning protocols, adjustments to museum operations include:

- Masks will be required indoors and encouraged in outdoor public spaces for visitors and staff.
- Social distancing, of at least 6 feet, is encouraged between guests, individual family groups and staff. Informational videos and signage throughout the museums will reinforce protective protocols and help inform visitor decisions.
- In the outdoor living-history areas, capacity in the re-created buildings and structures, including access to one of the three ships, will be limited to a certain number of visitors at a time. Signage will indicate the number of visitors allowed at one time.
- In the indoor exhibition galleries, use of interactive touch screens will be prohibited, following guidelines outlined in phase two of reopening Virginia.
- Capacity in the museum theater and gallery films will be limited to a certain number of guests at a time.
- Plexiglass shields will be in place in front of registers and public-facing counters and cash registers in the visitor services areas, gift shops and museum cafes.
- Additional hand-sanitizing stations will be available throughout museums to supplement handwashing.
- Maintain increased efforts to disinfect high-touch areas including surfaces, doorknobs and stairwells, in both the exhibition galleries and outdoor living-history areas.
- The museums’ indoor galleries and films will be open with limited capacities from 9 a.m. to 6 p.m.

through August 15. Outdoor living-history areas are accessible for visitors from 10 a.m. to 4:30 p.m.

The Jamestown-Yorktown Foundation will announce additional reopening details soon, including plans for summer programming and special events.

In addition, all employees will receive advance training on safety protocols and social-distancing procedures developed to protect themselves and museum visitors, based on guidance from government and public health officials.

The Jamestown-Yorktown Foundation and its museums have been closed to the public since March 14 to support public health mandates to minimize the spread of COVID-19, with staff teleworking during the closure. The agency implemented cost-saving measures in April to mitigate expected losses in earned revenues in the current FY2020 budget, as well as to address unknowns in the FY2021 budget. Among the measures were the temporary furlough of 221 part-time staff beginning April 26 and a temporary workforce reduction, of 4 to 30 working days, for 152 full-time staff beginning June 1.

The Jamestown-Yorktown Foundation continues to closely monitor public-health guidance and work closely with government agencies, healthcare and tourism organizations. It has aligned its plans and safety protocols with those recommended by Virginia Governor’s Office, the U.S. Centers for Disease Control and Prevention, the Virginia Department of Health and other agencies. For more information, visit [historyisfun.org/](http://historyisfun.org/) update.

## Independence Day Celebrations Cancelled

By Lori Crouch

NORFOLK, VA

The City of Norfolk’s annual Independence Day celebrations at Town Point Park on Saturday, July 4 and Ocean View Beach Park on Friday, July 3 are cancelled this year. The decision was made following Governor Northam’s announcement on May 28 to extend Phase 1 another week which delays the

subsequent start of Phases 2 and 3.

Festevents is working closely with City staff to bring events back to Town Point Park and Ocean View Beach Park when it is safe to do so.

Visit [festevents.org](http://festevents.org) for virtual events and information. Visit [Norfolk.gov/covid19](http://Norfolk.gov/covid19) for information on city operations.



# Health



Research associate Lindsay Glang and senior bioinformatics analyst Gregory Rice sequencing SARS-CoV-2 genomes on Oxford Nanopore MinION platform at NMRC BDRD. (Photo Courtesy of Naval Medical Research Center, Genomics & Bioinformatics Department.)

## DoD Establishes Collaborative Virus Genetic Sequencing Capability for COVID-19

By  
Armed Forces Health Surveillance Branch

As the pandemic continues to unfold, genetic sequence data for severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the virus that causes Coronavirus Disease 2019 (COVID-19), has played a critical role in the public health response, including in the design of diagnostics and vaccines. Within the Department of Defense, SARS-CoV-2 genetic sequence data plays a vital role in force health protection efforts.

To jumpstart the DoD’s SARS-CoV-2 sequencing efforts, Armed Forces Health Surveillance Branch’s Global Emerging Infections Surveillance (GEIS) section used its existing partnerships with Army, Navy, and Air Force public health and medical research laboratories. This connection helped to establish a collaborative approach to the sequencing capabilities. Sequence data from this collaboration will provide critical information about transmission patterns, track diagnostic effectiveness, and guide the development and evaluation of medical countermeasures for the 1.4 million active duty and 331,000 reserve personnel.

“GEIS-funded surveillance provides near-real time understanding of how the SARS-CoV-2 virus is evolving. This information is critical for the development of a vaccine and treatment,” stated Navy Capt. Guillermo Pimentel, GEIS chief. “Previous investments by GEIS in this technology have given our partners the

capability to respond and sequence SARS-CoV-2 genomes isolated from DoD Service members around the world.”

In 2017, GEIS established a Next Generation Sequencing and Bioinformatics Consortium to work with GEIS partner DoD laboratories to coordinate and improve pathogen sequencing and analysis efforts around the world. Consortium partners can rapidly detect and characterize known, emerging, and novel infectious disease agents using data from pathogen sequencing. This helps to inform force health protection decision making. The core Consortium partners include: the Naval Medical Research Center (NMRC), U.S. Army Medical Research Institute of Infectious Diseases, Walter Reed Army Institute of Research, U.S. Air Force School of Aerospace Medicine, and the Naval Health Research Center.

“We have used virus sequence data in numerous studies to track virus transmission [such as dengue and influenza],” said Irina Maljkovic Berry, chief of Viral Genetics and Emerging Diseases for the WRAIR Viral Diseases Branch in Silver Spring, Maryland. “We estimate outbreak origins to detect and track vaccine escape and other important mutations throughout the world to aid in vaccine design.”

Consortium partners played a key role in analyzing previous viral outbreaks, such as Ebola in West Africa and Zika in South America. They also consolidate sequence data from DoD laboratories that is provided to the Vaccine and Related

Biological Products Advisory Committee within the FDA to help select components of the seasonal influenza vaccine used in the U.S., including for Service members, every year.

This open partnership and investment proved extremely helpful in response to the COVID-19 pandemic. DoD laboratories quickly established the ability to isolate the virus, share samples, and compare laboratory methods to improve their sequencing capabilities. “We have been evaluating a few different laboratory sequencing protocols to determine which one works best for samples with certain attributes, in order help increase the efficiency of SARS-CoV-2 sequencing from swabs,” according to Kimberly Bishop-Lilly, head of Genomics & Bioinformatics Department at NMRC in Fort Detrick, Maryland.

The sequence data that’s being collected is a valuable source of information to better understand virus transmission patterns among DoD personnel, particularly when combined with other clinical and epidemiological data. These data are also compared to global virus sequence data.

“The goal is to have data and information that could help answer how local outbreaks may have started, how SARS-CoV-2 may have spread in a community or geographic area, and how we can better contain spread or improve interventions,” said Lindsay Morton, GEIS’s senior molecular epidemiologist. Thus far,

SARS-CoV-2 sequence data has been gathered from infected personnel at more than 25 locations across the globe.

Additionally, GEIS partners are leveraging this technology to improve understanding of global circulation of SARS-CoV-2 through surveillance programs at DoD overseas labs, such as in Thailand, Peru, Kenya, and Cambodia.

“The OCONUS (Outside Continental United States) labs are starting to stand up SARS-CoV-2 sequencing capabilities and the core labs of the Consortium are providing them reach-back support for sequencing protocols and for bioinformatics analyses,” said Bishop-Lilly. “Consensus viral genomes are being produced at some of the OCONUS labs and we are comparing to viral genomes obtained from samples in other regions such as the U.S., to identify what lineage is predominant in a given geographic region and what key genetic variations may be predominant in a certain area.”

These data will provide a better understanding of transmission in these locations and result in a better understanding of risk to U.S. forces deployed around the world as the COVID-19 pandemic continues. GEIS leaders hope that increased collaboration across the agencies will propel the research and production of an effective vaccine.

“The key to fully utilizing SARS-CoV-2 sequence data is collaboration,” said Morton, “Consortium partners are ready and willing to engage with organizations involved with clinical studies and outbreak investigations across the DoD to better guide the Department’s response to COVID-19 and reduce the impact to readiness and operations around the world.”

## NBHC Kingsville recognized as ‘Best of the Best’ for patient satisfaction

By Dale Davis, Naval Health Clinic Corpus Christi, TX

KINGSVILLE, TX

Naval Branch Health Clinic Kingsville was recently recognized for its outstanding patient care in the Military Health System’s Best of the Best Report.

NBHC Kingsville earned distinction, ranking #1 in Primary Care Clinic customer satisfaction and fourth in Primary Care Clerks and Receptionist patient satisfaction across the Military Health System.

The Best of the Best Report is updated quarterly, and contains the top performing clinics, providers, and clerks & receptionists. The most recent report covers the second quarter of the fiscal year, running from January through March 2020, and is based on patient feedback received through the Joint Outpatient Experience Survey (JOES) system.

In both categories, NBHC Kingsville

scored a 100% satisfaction rating, and is one of just three, across the entire Military Health System, to achieve a 100% rating in the Primary Care Clinic category and one of 20 in the Primary Care Clerks and Receptionist category.

In a message to the command today, Naval Health Clinic Corpus Christi Commanding Officer, Capt. Eric Evans announced the tremendous accomplishment and praised NBHC Kingsville for their success.

“This recognition is a testament to the hard work, dedication to duty and commitment to patient care that NBHC Kingsville exhibits day in and day out,” Evans said. “Thank you to the entire NBHC Kingsville team and congratulations on a job well done.”

JOES is the standardized customer service questionnaire used by all branches in the Military Health System and receives patient feedback through surveys sent to patients approximately 72 hours after an outpatient visit.

The survey asks patients about care they received from a specific appointment, how the appointment was made, the provider’s thoroughness, whether the patient experienced any difficulties with making an appointment and the patient’s general experience at the appointment.

Naval Health Clinic Corpus Christi and its Naval Branch Health Clinics located in Kingsville and Fort Worth provide ambulatory care services to more than 13,000



HN Phong Truong, a Hospital Corpsman at Navy Medicine Readiness and Training Command Corpus Christi, screens personnel for symptoms of respiratory illness prior to entry into Naval Health Clinic Corpus Christi.

enrolled patients comprised of military active duty, their family members, retirees and their family members in South Texas and Dallas/Fort Worth. In addition, the command’s San Antonio Detachment provides primary care services to our Navy students

at the Medical Education and Training Campus, Fort Sam Houston, and case management services and medical board management to our Navy and Marine Corps Wounded, Ill and Injured Warriors at San Antonio Military Medical Center.



# Food



MIKE GARTEN

## Sesame Cucumber Salad

BY THE GOOD HOUSEKEEPING TEST KITCHEN

This quick and easy cucumber salad recipe, loaded with tongue-tingling sesame, ginger, and soy sauce, holds a permanent spot in our healthy summer side dish rotation. A squeeze of lemon juice and a drizzle of honey balance out the assertive flavors of the dressing, while chunky pieces of cool, crunchy cucumber keep it light and refreshing. Plus, there’s not a green leaf in sight — making this the perfect recipe to break out of a lettuce-laden salad rut.

Choosing the right type of cucumber is important — it is the star ingredient, after all — as is learning a key technique for salting the cucumbers. You won’t want to skip that step; it contributes to the overall flavor and texture of the salad. The cucumbers are also smashed, which helps trap extra dressing in all of the misshapen pieces. It’s easy to do,

just bash the whole cucumber with the side of your knife (like you would smash a garlic clove to remove the skins) before cutting it crosswise into irregular pieces — the wonkier the better. Sounds fun, right?

The finished result is a cold, snappy side dish that’s like the appetizer equivalent of cracking open a bottle of something fizzy and taking a swig: one bite makes us all want to say ahh.

What is the best type of cucumber to use?

We love Persian cucumbers for this recipe — and not just because they’re adorably small. These cute, compact cukes hold more concentrated flavor than bigger, waterlogged varieties, and they’re practically seedless. Despite their name, Persian cucumbers are widely cultivated and are available in most supermarkets. This recipe is also great with kirby cucumbers, you’ll just need to peel them first. Can’t find either variety? English cucumbers make a great

substitute.

How can I prevent cucumber salad from getting watery?

Although our favorite cukes are less watery than most varieties, they still need some extra care to achieve the mega-crunch this salad deserves. After chopping them up, we toss the cucumbers with salt to draw out moisture, then drain all of that excess water before combining them with the dressing. Just make sure you don’t leave those cukes for too long or they’ll be far too salty.

What goes with cucumber salad?

Cucumber salad is the perfect crisp, cooling accompaniment to hot-off-the-grill chicken, skewers of juicy shrimp, or fall-apart short rib. It makes an excellent rice bowl topping or easy healthy dinner side. Bold and bracing with a spicy kick from fresh ginger, it’s also great on its own. Not-so-sad desk lunch, anyone?

### Ingredients

- 1 lb. Persian cucumbers
- Kosher salt
- 2 tbsp. sesame oil
- 1 tbsp. sesame seeds
- 1 tbsp. low-sodium soy sauce
- 1/2 tbsp. lemon juice
- 1 tsp. grated peeled fresh ginger
- honey
- 1/3 c. cilantro, roughly chopped
- Chili oil, for serving

### Directions

Halve each cucumber lengthwise and, with side of chef’s knife, bash it slightly to crush, then cut each half into 4 to 6 chunks. Transfer cucumbers to bowl and toss with 2 tsp salt. Let sit 10 minutes.

Meanwhile, in large bowl, whisk together sesame oil, sesame seeds, soy sauce, lemon juice, ginger, and honey.

Transfer cucumbers to colander and rinse, then shake off as much water as possible. Add to bowl with dressing and toss to combine, then toss with cilantro. Serve drizzled with chili oil if desired.

## Strawberry-Rhubarb Crumbles

BY THE GOOD HOUSEKEEPING TEST KITCHEN

We never get tired of this classic springtime combo, and this recipe for strawberry-rhubarb crumbles shows why: tart rhubarb and sweet, juicy berries get the perfect counterpoint in a crunchy, buttery topping.

This rustic spring dessert is as delicious as any pie, but it comes together much more easily since you don’t have to worry about making a crust. If you don’t have three small cast-iron skillets, you can try baking them in 3 shallow casseroles instead, but your timing might be different so watch them carefully.

Love rhubarb as much as we do? If you’re lucky enough to have some outdoor space, try growing some and you’ll have enough for years to come!

### Ingredients

- 6 tbsp. cold unsalted butter, cut into small pieces, plus more for skillets
- 1 lb. strawberries, halved (quartered if large)
- 1 lb. rhubarb, trimmed and cut into

- 1/2-inch pieces
- 1 tbsp. cornstarch
- 1/4 c. plus 3 Tbsp sugar
- 3/4 c. all-purpose flour
- 1/4 tsp. kosher salt
- 1/4 c. unsalted almonds, roughly chopped
- Vanilla ice cream, for serving

### Directions

Heat oven to 425°F. Line baking

sheet with parchment. Lightly butter three 6-inch cast-iron skillets and place on prepared sheet.

In large bowl, toss together strawberries, rhubarb, cornstarch, and 1/4 cup sugar.

In second bowl, with hands, rub butter and flour together to resemble breadcrumbs. Add salt, almonds, and remaining 3 Tbsp sugar and squeeze

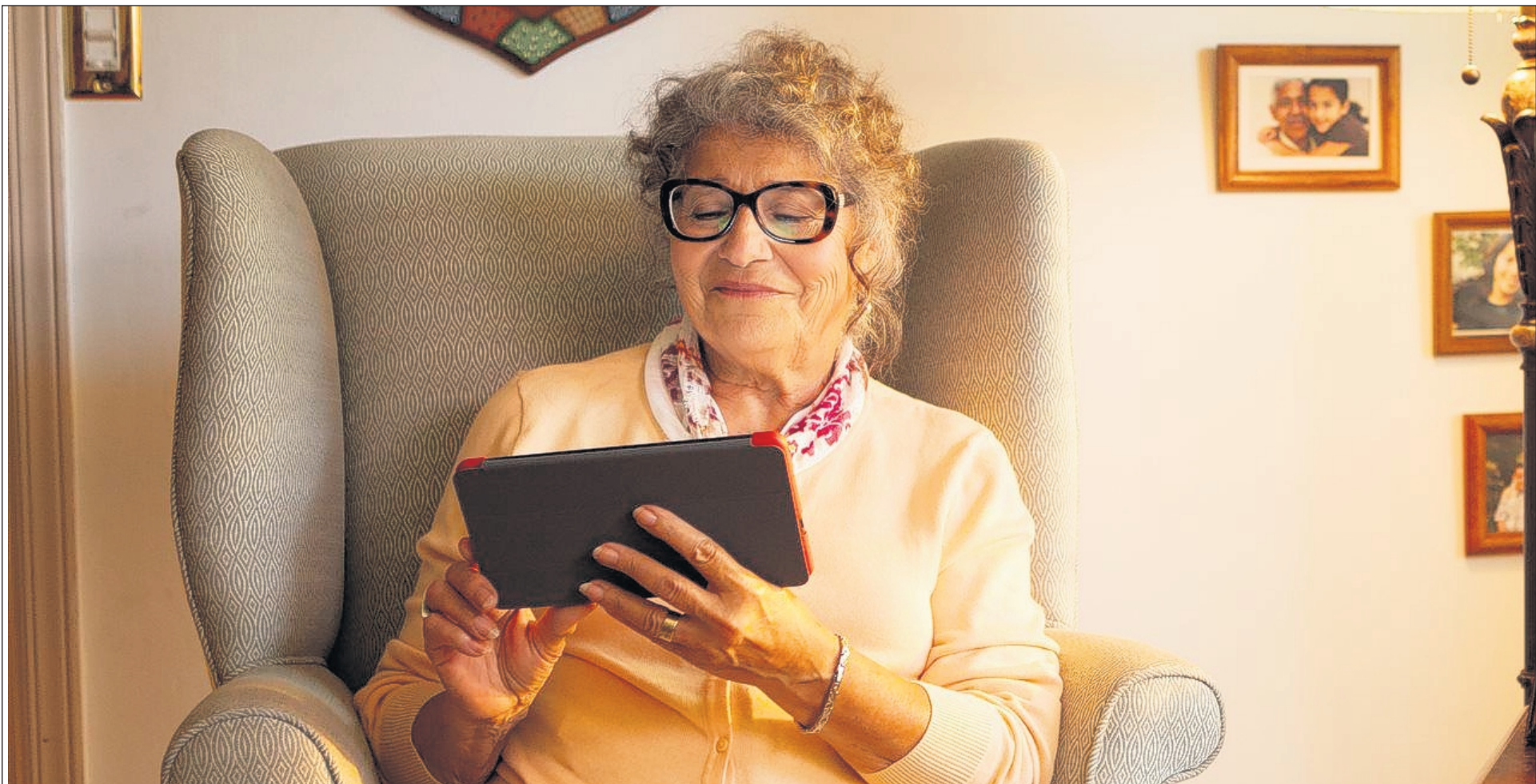
mixture together with fingertips to form small clumps.

Divide fruit mixture among prepared pans and top with crumble mixture (they will appear overfilled). Bake until filling is bubbling and tops are golden brown, 30 to 35 minutes. Serve with vanilla ice cream if desired.



MIKE GARTEN





Courtesy Photo/

# Find ways to stay connected while social distancing

From Brandpoint Content

The COVID-19 pandemic presents daunting challenges for many seniors and other vulnerable populations. Social distancing and shelter-in-place requirements are necessary for their continued health and safety. But with it comes the risk of social isolation, and the mental and physical tolls this can take.

How can older people balance the requirements for social distancing with the inherent need for social engagement? Here are a few recommendations.

Explore new technology

Apps like FaceTime, Zoom and Skype offer fun and interesting ways to connect face-to-face with family and friends, even if it's a screen version. And most don't require a terrific amount of tech-savvy: a neighbor, niece or nephew can help with a quick tutorial.

Even popular board games have gone virtual. Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. A game night is a great way to bring people closer, and take your mind off your worries.

If you need help getting started with a smartphone or tablet to use this technology, check the offerings from a carrier like Consumer Cellular. They've been an approved AARP provider for more than 10 years, and in addition to low prices and a wide variety of phones, offer top-rated customer support, which makes setting up and using your service easy.

Stay active in the community, from home

It may sound counterintuitive. How can you remain a part of the community

if you need to stay separated from it?

Many organizations, like political parties, faith-based groups or nonprofits, offer remote options, relying on volunteers to make phone calls. Explore your options for doing community-based activity right at home.

Go on a news diet

While it's important to stay informed, don't get locked into endlessly watching "breaking news" on the 24-hour news channels. Typically, not much changes hour to hour, and enduring the repetitious pummeling from TV all day long can bring needless anxiety.

Instead, try watching a news update in the morning, then check in again at night. And don't stay with it all evening: 30 minutes or an hour is usually plenty to stay well informed.

Find a buddy system

The Centers for Disease Control and

Prevention is recommending that communities create "buddy systems" to make sure vulnerable and hard-to-reach people stay connected, particularly to news about COVID-19. This can be done through a church group, social group or daily neighborhood email blasts.

Reach out to people in your communities to locate these groups, or start one of your own. Something as simple as a message with a kind word can go a long way during uncertain times.

Make a phone call

All the digital options available today may make a simple phone call seem old fashioned. But sometimes, the old ways are the best ways. Just hearing someone's voice can be enough to lift both your spirits. Even if you only reach voicemail, you've let someone know you were thinking about them, which is always good medicine.

Social distancing doesn't have to mean social isolation, and even a threat like coronavirus should not force us to be alone. Now, more than ever, people need to find smart ways to stay connected.

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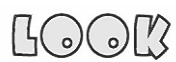
Limited V8, perfect condition, low miles, leather, sunroof, loaded, inspected, \$6990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

**NISSAN 2006 PATHFINDER**



seats 8, DVD, Sunroof, 129K, runs& drives like new \$6350 757-237-5757

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**TOYOTA 2019 TACOMA**

Crew Cab. 27K original mis., 4X4, loaded, warranty. \$29,900. Va. Dir. Call 620-7570.

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## Fun and Games

### Super Crossword

"HOW ABOUT HAT!"

**ACROSS**

- 1 Big appliance brand  
6 Bursting, as a balloon  
13 Houdini feat  
19 Only  
21 New York senator  
22 Sudden floods  
23 Device used in saltwater aquariums  
25 Spanish conquistador  
26 Filter slowly  
27 Cagney or Lacey: Abbr.  
28 Seed case  
29 Tennis'  
30 Took a 46-  
32 "For Me and My Gal"  
35 Marine ink squirts  
38 Welsh dog  
39 Tic-tac-toe row  
40 Some Web site banners  
41 Person paid for getting strikes  
46 Airport idler  
47 Apian abode

**DOWN**

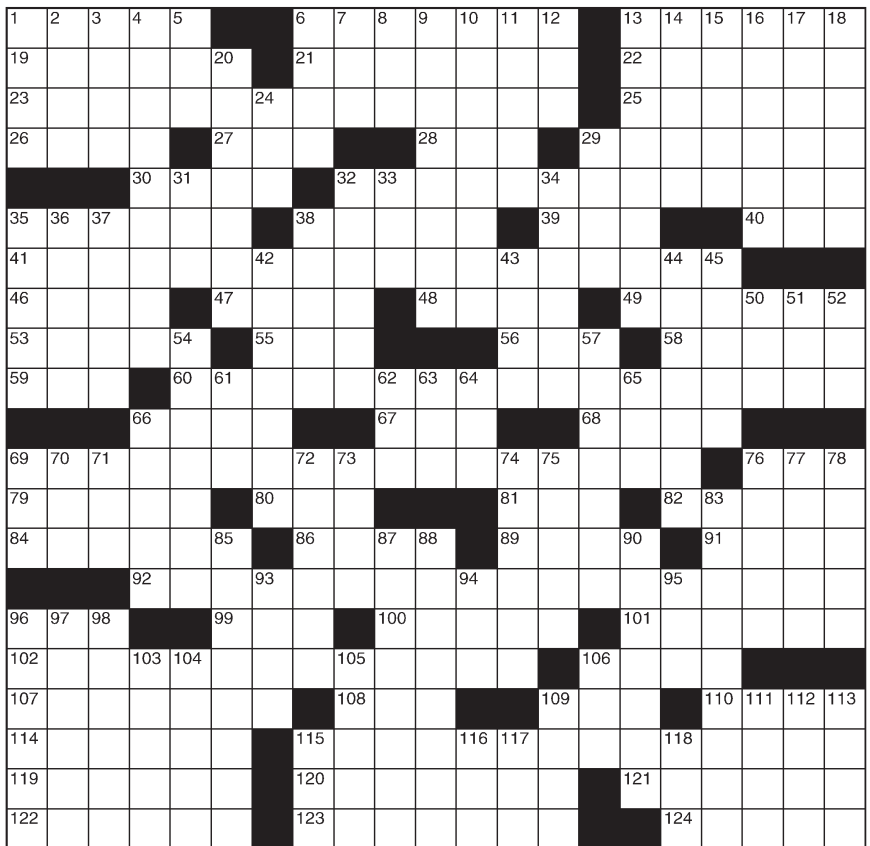
- 1 Some snakes  
2 Further  
3 Healing plant  
4 Bottom line  
5 Bristol brew  
6 Furtive  
7 "Looky here"  
8 Suffix with bull or hill  
9 Frat letter  
10 Not budging  
11 In poverty  
12 Fido's threat  
13 Endive type  
14 Hybrid utensil  
15 A la —  
16 Hun name  
17 Flattened by  
18 Thoreau writings  
20 Like "kvetch" or "schmear"  
24 Once called  
29 Fluffy's cry  
31 Not closed, in verse  
32 Many miffed fans, vocally  
33 Catering hall vessel  
34 "Oh, God! —" (1980 film sequel)

**ACROSS**

- 12 Rob of "90210"  
35 Made a pick  
36 Want badly  
37 Venom, e.g.  
38 Spotted, musky cat  
42 Hush  
43 Swiss capital  
44 Brothers Phil and Don of pop/rock  
45 Wash cycle  
50 See 109-  
51 Outer: Prefix  
52 Hogs' place  
54 Actor Shawn of "X-Men"  
57 Stand for an idiot box  
61 Hollywood's Carrere  
62 Ending for pay or Motor  
63 Not any  
64 Last: Abbr.  
65 Have brunch  
66 Gem weight  
69 Jim Bakker's old ministry, familiarly  
70 Finder's cry  
71 — de plume  
72 Fresh as —  
73 Naked  
74 Early blues singer Ma —  
75 Spanish national hero  
76 Singer Andrews

**DOWN**

- 1 Mrs. Victor Laszlo, in film  
92 Collectible Happy Meal miniatures  
96 Nine-digit ID issuer  
99 Vienna's land: Abbr.  
100 Made a boat move  
101 Most twisted, as humor  
102 Annual May race  
106 Stimulate  
107 Artist Renoir  
108 Gold, in Italy  
109 With 50-  
110 Hits with high voltage  
114 Small cavern  
115 Exceeds limits (or what each of this puzzle's theme items does?)  
119 Word before snake or belt  
120 Like the jack of hearts  
121 In a creepy way  
122 Wood dyes  
123 Sheets and pillowcases sold as units



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### last week's answers

BRAHMS DOSE BFFS STOW  
MANUAL INTERALLA EINE  
WHAT DO PEOPLE CALL APEN  
AT IT GAIL SCOTT  
NORTH CENTRAL REGION OF  
LOBE RESELLS OSWEGO  
ISOBARS EON ART SOR  
THE UNITED STATES EACH  
TYPIFY LAVA OAHU  
EDU WOLF AWOKE WYNTER  
TON AUTUMN WENTHETAG  
AJFOYT SONIA BAIL ORE  
SOIL DEJA PESTLE  
LEAVES ON ALL THE TREES  
OCT RTE PIA ANOINTS  
CREATE STRAITTS KITT  
TURN INTO VARIOUS SHADES  
ADAGE EARS NOAH  
VIBE DAKOTA MANY COLORS  
ITLL EMULATIVE CUEDUP  
AYES NOPE EXED ORTEGA

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

## Sudoku

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

## CryptoQuote

**AXYDLBAAXR**  
is **LONGFELLOW**

One letter stands for another. In this sample, **A** is used for the three L's, **X** for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

JU. VXUAKQY DXJ X TWMUPWOXM,

DNR UNARFTN JUAXUWTE XMH

JUWXPUN, HARBW XPP UNW

### Last week's CryptoQuip answer

Without friends no one would choose to live,  
though he had all other goods.

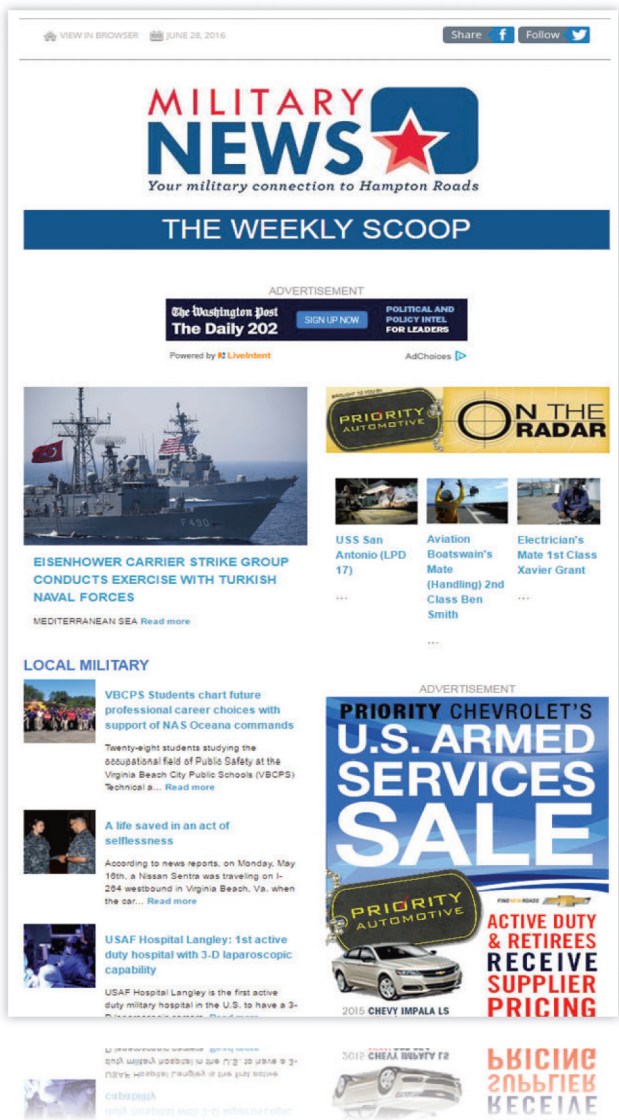
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