



As the COVID-19 pandemic continues and medical professionals work around the clock to care for those affected, there has been a need for equipment and a call-to-action for those willing to assist. »See **A2**



MC2 Mark Thomas Mahmood
Secretary of the Navy Kenneth Braithwaite speaks with a Fleet Readiness Center Mid-Atlantic employee on board Naval Air Station Oceana, June 11, 2020. The Secretary of the Navy, Chief of Naval Operations and Master Chief Petty Officer of the Navy visited the Fleet together with a focus on maintenance and readiness related efforts.

SECNAV, CNO, MCPON visit Naval Forces in Hampton Roads

From Secretary of the Navy Public Affairs

WASHINGTON

Secretary of the Navy (SECNAV) Kenneth J. Braithwaite, Chief of Naval Operations (CNO) Adm. Mike Gilday and Master Chief Petty Officer of the Navy (MCPON) Russell Smith visited several commands on a trip to Norfolk June 11.

During their visit, SECNAV, CNO and MCPON engaged first-hand with service members and civilians and gained an enhanced understanding of current maintenance efforts supporting Fleet readiness.

“My intent is to learn from our Sailors and Marines on a daily basis, working with them to understand the unique challenges and opportunities they face,” said Braithwaite. “The CNO and I are well aligned in

that, and we value the opportunity to be with our service members wherever they serve.”

The first stop for the Navy’s senior leaders was the Mid-Atlantic Fleet Readiness Center followed by visits to Naval Air Station Oceana Headquarters, U.S. Fleet Forces Command, Mariner Skills Training Center Atlantic and Regional Maintenance

» See | **A7**

"Unity at our C.O.R.E.": Norfolk Naval Shipyard holds ceremony committing to valuing and respecting all employees

From Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

At Norfolk Naval Shipyard’s (NNSY) “Unity at our C.O.R.E.” command event June 9, Shipyard Commander Captain Kai Torkelson said to begin fixing a problem, one must first acknowledge that there is one and commit to understanding it.

This gathering was held to recognize the nationwide demonstrations and outcries in the past two weeks about race relations in our country, and address the pain members of the NNSY workforce have been experiencing. The event also focused on the shipyard’s organizational C.O.R.E. values, which are demonstrating Care, Ownership,

and Respect with one another to achieve Excellence.

In his remarks, Torkelson committed to being empathetic and listening to better understand the Black American experience in today’s society, centering on what he outlined as three A’s—acknowledgement of the issues, authenticity in sharing experiences, and actions in committing to a better tomorrow.

“I need more knowledge because I do not know what it is like to walk in the shoes of a Black American,” Torkelson said. “The discussions I have had with my seven-year-old daughter about this are ones that should have happened before George



Norfolk Naval Shipyard Commander, Capt. Kai Torkelson, held a moment of silence at the Unity at our C.O.R.E. command event June 9, encouraging each person to reflect in their own way. In an expression of solidarity, Torkelson took a knee in remembrance of George Floyd and in honor of all Black Americans.

» See | **A7**



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You are an IRONMAN

For Lt. Cmdr. Natasha Ried, the Meteorology and Oceanography (METOC) Officer on board USS Kearsarge (LHD 3), becoming an IRONMAN athlete was a life changing experience

»See **A4**



USS Albany returns from deployment

The Los Angeles-class attack submarine USS Albany (SSN 753) returned to its homeport at Naval Station Norfolk from a deployment, June 10.

»See **A4**

The new U.S. Navy Master-at-Arms 'A' School

The Center for Security Forces will pilot a major change to the Master-at-Arms Apprenticeship course

»See **A6**

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Nuclear Engineer David Shamblin used his personal 3-D printer to print PPE that was donated to Sentara Obici Hospital in Suffolk, Virginia.

Eye on Innovation: NNSY Personnel help local medical facilities in fight against COVID-19

By Kristi Britt, Public Affairs Specialist
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

As the COVID-19 pandemic continues and medical professionals work around the clock to care for those affected, there has been a need for equipment and a call-to-action for those willing to assist. For many, this meant simply following the guidelines set forth by their state, donating what they could. However, some took a more innovative approach to ensure those working on the frontlines were well equipped for the challenges at hand.

Norfolk Naval Shipyard’s (NNSY) Code 105.7 Radiological Control Technical Qualification School (RCTQS) Instructor Aaron Bass saw an opportunity to help. Being friends with two Infectious Disease Doctors at Sentara Norfolk General Hospital, he heard directly what frontline workers were experiencing.

“As we are all dealing with the impact of COVID-19 in every aspect of our lives, we are seeing and hearing about the struggles it is placing on the health care community,” said Bass. “Like most hospitals and medical facilities around the country, Sentara Norfolk General was facing a significant shortage in the personal protective equipment (PPE) necessary to continue to protect the health care workers that we rely on to take care of those affected by this virus.”

Bass explained that the hospital estimated that there may not be enough supplies to last through the coming weeks with the rate of patients being admitted to the hospital. “This isn’t an isolated problem but one that is being experienced in every community, in every corner of America,” said Bass. “My friend working on the frontline in the

hospital said that he was on the verge of using a bandana as a last resort for PPE and it offered little protection. When I realized that I could possibly do something to help I felt obligated to do whatever I could.”

Bass recently bought a three-dimensional (3-D) printer after losing one of his index fingers at the beginning of 2020 as a way to construct a prosthetic in his time of need. Fairly new to the technology, Bass was able to find several open source files online to help construct a substitute respirator and face shield mount that best fit the needs of the medical team at Norfolk General.

“I was inspired by the outside the box thinking and actions at all the shipyards. I also drew inspiration from all the efforts NNSY had been put in place to ensure our employees had proper PPE and cleaning supplies to minimize the spread,” said Bass. “I worked with my friends to find the best fit for their team and provided them with printed PPE that could be used throughout the hospital. The feedback I’ve received from the medical team has been sheer gratitude for my help.”

Bass continued, “I recognized that the scope of the current crisis affects everyone and it is something that requires effort from everyone to overcome. We rely on medical personnel to be there to help us when we are sick and in need, and if we don’t take care of those people who are on the frontline there won’t be people there to help when we need it. If we have the ability to help, I feel like we have a moral obligation to act.”

Bass, who is currently teleworking, is thankful to those who have risen to the challenge to face COVID-19 head on, whether they be medical professionals, or essential workers like those on the waterfront maximizing the mission of the Navy. “What I have accomplished

on this effort is minimal compared to the folks who are reporting to work at the shipyard every day and getting the job done – working to protect our country. Many of them are working tirelessly to ensure we have the proper equipment and protection to face the challenges safely - they are the ones who deserve the most credit. Thank you for all that you do.”

Nuclear Engineering and Planning Department Director Curt Hart relayed Bass’s success up the chain to Naval Sea Systems Command (NAVSEA) Executive Director James Smerchansky. Impressed with this initiative, NNSY was provided point of contacts to share corporately and expand this capability well beyond Hampton Roads. Bass’s design files were shared around with other NAVSEA sites around the country and the Navy now has shops on both coasts using 3-D printing to create the much-needed PPE supplies.

Another NNSY employee who found a way to help those in need was Code 2330 Nuclear Engineer David Shamblin. He also has a personal 3-D printer, and is working to print PPE utilizing the National Institute of Health (NIH) files available. When he reached out to his shipyard team to share his efforts, Code 2330.5 Training Branch Head Kevin Katula shared that his wife, who worked at Sentara Obici Hospital in Suffolk, Virginia, was experiencing a shortage of PPE.

“I wanted to reduce scarcity for needed PPE and give frontline workers the tools they needed to be successful in helping to treat others. Since I had the equipment and ability to do it, I did it,” said Shamblin. “I used a face shield design from the NIH approved for clinical settings. I secured materials including printer filament, clear plastic shields, and headbands, and got to

work.”

He was able to turn over face shield frames to the hospital, receiving gratitude from the workers for his high-quality prints and the utility of the designs. Shamblin explained that the workers have been so impressed that they have looked to him to continue his printing efforts not only for face shields, but also for ventilator adapters so that one ventilator can be used for up to four people.

Shamblin noted that this effort to assist has grown more than he ever thought possible, all thanks to the power of the internet and communication. “I posted an advertisement on Facebook Marketplace asking if there were further needs among frontline organizations for 3-D printed PPE and together with other individuals we started a group to coordinate efforts within the area to manufacture and deliver PPE to those in need. Individuals were able to assist in any way they could, including donating materials. What started as a simple gesture turned into a wave of assistance. The ventilator adapter has involved a few of us from our group, including an engineer from National Aeronautics and Space Administration (NASA) Langley who made the final design for print. We’re all coming together and facing whatever challenge to help wherever we’re needed – bringing our own skills to the plate to overcome whatever hurdle stands in our way.”

As the country continues to combat COVID-19, Shamblin is hopeful thanks to those who do their part for their community. “You make the world a better place when you help others. Things are hard enough right now as it is, so I’m hoping that all the people doing what they can is making this whole situation a little more bearable,” he said. “My advice is if you want to help, do what you’re good at and leverage your abilities. Join a group that’s making PPE and offer to distribute or organize their spreadsheets if that’s your thing. Do your part to help protect yourself and others – be leaders in ensuring we all have the protection we need to minimize the spread.”

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Norfolk Naval Shipyard Veteran Employee Readiness Group (VET-ERG) President Nicholas Boyle and Member Ricky Burroughs fold a U.S. Flag to be presented to Sturtevant Funeral Home June 12.

Norfolk Naval Shipyard Veteran Employee Readiness Group delivers U.S. flag collection honoring departed veterans to local funeral home

By Kristi Britt, Public Affairs Specialist
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

A tradition four years in the making, the Norfolk Naval Shipyard (NNSY) Veteran Employee Readiness Group (VET-ERG) once again answered the call honoring veterans of the community with a donation of 113 worn United States flags to Sturtevant Funeral Home Jun. 12.

The VET-ERG began this initiative to deliver U.S. flags to Sturtevant as part of its Retire Your Flag Program in 2016. The flags collected are draped over a fallen veteran at the time of cremation, a tribute to their service and a patriotic

way to honor them. Each June, the team invites fellow shipyarders and their families to donate any old or worn flags to the cause, delivering them not only to honor veterans but also commemorate Flag Day – a commemoration of the adoption of the U.S. Flag on June 14, 1777.

“The VET-ERG is always standing ready to help our fellow shipyard team, fellow veterans, and those within the community in any way we can,” said VET-ERG President Nicholas Boyle. “Working with Sturtevant has always been such a unique opportunity for us at NNSY. An opportunity where we can honor our fallen veterans with a piece of ourselves and our own history – flags


that served their duty and will be there to accompany those veterans as they come to rest. Additionally, we ensure that the proper disposal and respect is offered to the flags that are collected. I’m so proud of our team and our community as a whole for once again answering the call to action.”

“It’s a tremendous honor to once again present Sturtevant Funeral Home these U.S. flags, that were donated to join our community’s veterans as they are laid to rest,” said Shipyard Commander Capt. Kai Torkelson in a small ceremony in which he turned over the flags to Robie Gardner who represented Sturtevant. “We’re very blessed to be able to gather these flags and have so many folks

responding to the call to action. Even as we continue to face the current climate of COVID-19, America’s Shipyard continues to deliver on its mission – to serve our country, our fleet, and our veterans.”

He continued, “There is a lot of meaning when someone sends a flag off knowing that it’s going to serve an honorable purpose at its end. Wrapping the remains of a veteran is a patriotic way to retire both parties – a fitting role for Old Glory in service to an individual who served during their life to protect our freedoms. Thank you to everyone who participated in this honored tradition.”

“This program is very special to us at Sturtevant and to our community. Norfolk Naval Shipyard continues to go above and beyond to help us in this endeavor and we are very grateful,” said Gardner. “Your support means a lot to me and my family at Sturtevant and I look forward to our continued relationship.”









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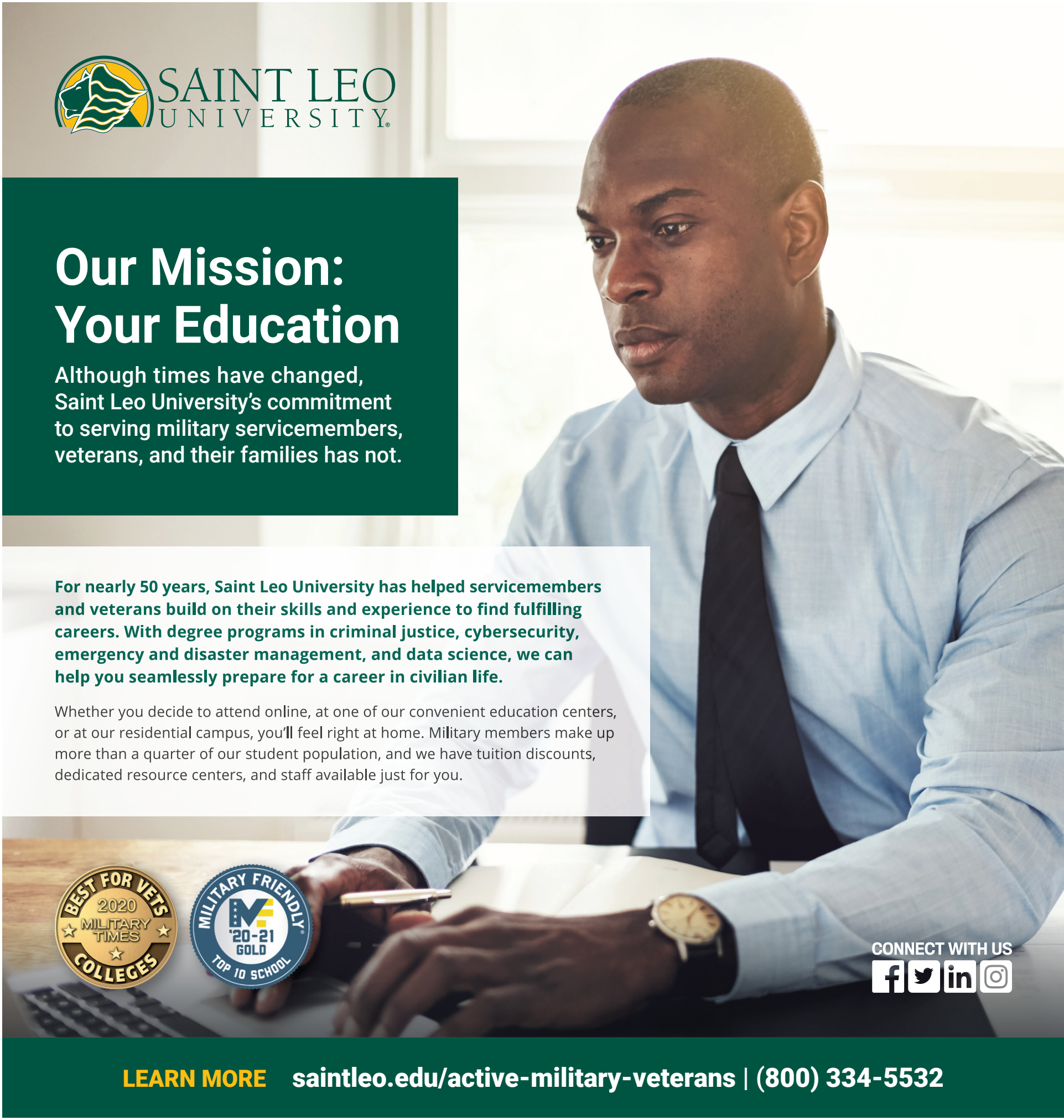
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MC3 Tyler Preston/
The amphibious assault ship USS Kearsarge (LHD 3) transits the Gulf of Oman. Kearsarge is the flagship for the Kearsarge Amphibious Ready Group (ARG) and, with the embarked 26th Marine Expeditionary Unit (MEU), is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of operations. (U.S. Navy photo by Mass Communication Specialist 3rd Class Tyler Preston/Released)

You are an IRONMAN

By MC2 Class Casey Moore
USS Kearsarge (LHD 3) Public Affairs

NORFOLK, VA.

“I had just finished the 112 mile bike ride and was starting the marathon portion of the IRONMAN. That was the first time in my life that I remember thinking ‘I can’t do this, I don’t know if I can keep going.’ Every step was painful and I could feel that my body had used up all my energy stores. That’s when I remember watching the sun set and just telling myself ‘there’s something inside me, I just have to find it.’ I kept repeating that mantra to myself mile after mile for the rest of the race. I still tear up to this day when I think about it.”

For Lt. Cmdr. Natasha Ried, the Meteorology and Oceanography (METOC) Officer on board USS Kearsarge (LHD 3), becoming an IRONMAN athlete was a life changing experience, but it took several years and a lot of training for her to get there.

“I didn’t start out training for IRONMANs,” said Ried. “I ran my first marathon my junior year of college in 2008. Didn’t train for it at all, hated every minute of it, and swore I would never do it again.”

She didn’t run another race until five

years later.

“I was going through a really tough time in my life and I just needed to find something to do just for me,” Ried said. “So I signed up for another marathon, and decided to actually train for this one.”

Ried cut an hour off her marathon time during that race, and slowly began working her way up to facing her next challenge, a short distance triathlon.

“I hated swimming,” said Ried. “But I got in the pool, bought a cheap road bike, did my first short distance triathlon, and I absolutely fell in love with it.”

After completing her first full triathlon, Ried stood on the sidelines cheering on a friend at an IRONMAN race and knew that’s what she had to do next.

“I thought, ‘this is the pinnacle of endurance sports’,” Ried said. “So before I had even done a half IRONMAN, I signed up for my first full one in 2018 and started training.”

A full IRONMAN triathlon consists of a 2.4-mile swim, 112-mile bike ride, and a full 26.2-mile marathon, for a total of 140.6-miles. Participants have 17 hours to complete the race with a competitive time being around 11-12 hours.

“Completing my first full IRONMAN

was empowering,” Ried said. “There’s something inspiring about breaking down your physical body to the point where you have to find something inside yourself that you never knew you had in order to keep going.”

Since then, Ried has completed two more full IRONMANs, five Half Distance IRONMANs, also known as the 70.3, and qualified for the 70.3 World Championship in 2020.

Qualifying for the IRONMAN World Championship this year was an unexpected accomplishment for Ried, but staying focused and training for a race during a pandemic has presented a completely new set of challenges.

“I didn’t expect to qualify for World’s, and right now, due to COVID-19, I’m training for a race that I’m not even sure will happen,” said Ried. “There’s a lot of uncertainty surrounding the sport right now. Even if the race does happen, I’m not sure I’ll be able to attend due to travel restrictions. So staying motivated when it would be so easy to take a break from training has been difficult.”

In spite of some of the changes that have come about due to COVID-19, Ried has managed to stay optimistic and find the positive aspects of the pandemic.

“I’ve seen more people getting outside and being creative with their workouts,” said Ried. “It’s really cool to see other ath-

letes still training and finding their own ways to stay motivated and being able to be a part of that inspiration.”

One person that Ried has helped to keep motivated during this challenging time is Senior Chief Information Systems Technician Lauren Boulay, a fellow triathlon runner on board Kearsarge.

“Lt. Cmdr. Ried has had a lot of great tips, tricks, and motivation to offer me since I’m interested in doing an IRONMAN myself in the future,” Boulay said. “She’s very passionate about being an athlete and responsive as a mentor. The changes in the world which have occurred over the past few months have had a big impact on my training, but talking with Lt. Cmdr. Ried has definitely helped keep me motivated.”

Regardless of the challenges in her environment, Ried still holds on to the inspiration she felt during the completion of her first IRONMAN to continue pushing herself forward.

“Completing my first IRONMAN, was the first time in my life that I felt like I could do anything,” Ried said. “I learned that you can show up for yourself no matter what is happening around you. Everything that you go through and endure during a race is worth it when you finally get to cross that red carpet at the finish line and hear your name announced, ‘Natasha Ried, you are an IRONMAN.’”

USS Albany returns from deployment

by Holly Carey
Commander, Submarine Forces Public Affairs

NORFOLK

The Los Angeles-class attack submarine USS Albany (SSN 753) returned to its homeport at Naval Station Norfolk from a deployment, June 10.

Under the command of Cmdr. Mathias Vorachek, Albany returns from a deployment to the U.S. European Command area of responsibility where it executed the chief of naval operations’ maritime strategy by supporting national security interests and maritime security operations.

“I could not be more impressed with my team of Sailors, chief petty officers and officers for their accomplishments,” said Vorachek. “Going into deployment, we had already achieved success in our tasks, but the ability to deploy on time, safely execute missions vital to national security, and display our Nation’s pride on foreign shores is a memory I will never forget.”

As the Coronavirus disease (COVID-19) pandemic spread across the globe, Albany continued to conduct operations underway.

“Our loved ones at home held the front lines against an unseen threat while we were out performing our mission,” said Command Master Chief (Submarine) Dustin Rushing, Albany’s chief of the boat. “I am happy to be back home with my family, and thankful for all of the Albany families who maintained the homefront during a challenge none of us anticipated or planned for prior to deployment.”

Amy Rushing, the wife of Dustin Rushing, is happy to have her husband home from his sixth six-month deployment.

“No matter the time as a Navy submariner family, no matter the number of deployments and underways, you never get used to this life,” she said. “Every deployment is different, and this one was no exception. Keeping with tradition, our Sailors are returning to a different world than the one they left six months ago. Reintegration is a



MC2 Alfred Coffield/
Sailors aboard the Los Angeles-class fast attack submarine USS Albany (SSN 753) secure a lei to the sail of the boat before returning to Naval Station Norfolk in Norfolk, Va., June 10, 2020. Fast-attack submarines like Albany have multifaceted missions. Using stealth, persistence, agility and firepower, Albany supports special force operations, disrupts and destroys an opponent’s military and economic operations at sea, provide early strike from close proximity and ensure undersea superiority. (U.S. Navy photo by Mass Communication Specialist 2nd Class Alfred Coffield)

melting pot of emotions, but at the end of the day it’s really pretty simple and wonderful to know that your Sailor is home, and your family is together again.”

During the deployment, Albany steamed approximately 36,000 nautical miles with the crew supporting diplomatic relationships by conducting port visits in Rota, Spain; Toulon, France; and Faslane, Scotland.

Twenty-six enlisted Sailors and four officers earned their submarine warfare qualification, known as “dolphins,” while six officers promoted, three enlisted Sailors advanced to the next paygrade and three reenlisted.

Fast-attack submarines are multi-mission platforms enabling five of the six Navy maritime strategy core capabilities - sea control, power projection, forward presence, maritime security and deterrence. They are designed to excel in anti-submarine warfare, anti-ship

warfare, strike warfare, special operations, intelligence, surveillance and reconnaissance, irregular warfare and mine warfare. Fast-attack submarines project power ashore with special operations forces and Tomahawk cruise missiles in the prevention or preparation of regional crises.

Albany, whose motto is “Still Making History,” is the fifth U.S. Navy ship to bear the name of New York’s capital city. Built by Newport News Shipbuilding and General Dynamics Electric Boat Division, Albany was commissioned April 7, 1990, as the 43rd nuclear-powered Los Angeles-class submarine.

The Los Angeles-class submarine is 360 feet long and 33 feet wide, and weighs about 6,900 tons when submerged. Underwater, it can reach speeds in excess of 25 knots.



MC3 Andrew Taylor

Helicopter Sea Combat Squadron (HSC) 11 ragon Slayer returned to Norfolk Naval Station, June 11, marking the end of their deployment after operating in the 2nd, 4th, 5th, and 6th Fleet areas of operation embarked aboard USS Harry S. Truman (CVN 75).

HSC-11 Returns from Deployment

From Commander, U.S. 2nd Fleet

NORFOLK, VA.

Helicopter Sea Combat Squadron (HSC) 11 “Dragon Slayers” returned to Naval Station Norfolk, June 11, marking the end of their deployment after operating in the 2nd, 4th, 5th, and 6th Fleets while embarked aboard USS Harry S. Truman (CVN 75).

“Happy to have 6 of 8 aircraft return,” said HSC-11 Commanding Officer, Cmdr. Patrick Morley. “It is great to have our

guys back from Harry S. Truman to see their families.”

Morley added that two aircraft will remain deployed in support of U.S. 6th Fleet aboard USNS Supply (T-AOE-6) until July.

On June 5, elements of the Carrier Strike Group returned to Norfolk, which included the Ticonderoga-class guided-missile cruiser USS Normandy (CG 60) and the Arleigh Burke-class guided-missile destroyer USS Forrest Sherman (DDG 98) after nine-months underway.

Additionally, eight squadrons from

Carrier Air Wing One (CVW)-1 returned to their home bases, also on June 5, to Naval Air Station (NAS) Oceana in Virginia Beach, Virginia; Norfolk Naval Station, Norfolk, Virginia; Naval Air Station Whidbey Island, Washington; Naval Air Station Lemoore, California; and Naval Air Station Jacksonville, Florida.

CVW-1, commanded by Capt. Robert Gentry, departed Norfolk on November 18, 2019.

“CVW-1 assets supported Central Command (CENTCOM) air superiority missions during Operation Freedom’s

Sentinel. During deployment, CVW-1 completed U.S. 2nd, 4th, 5th, and 6th Fleet operational requirements, resulting in 8,600 fixed wing sorties, 7,200 traps and more than 16,500 mishap-free flight hours,” said Gentry.

Squadrons of CVW-1 include Strike Fighter Squadron (VFA) 11 “Red Rippers;” VFA-81 “Sunliners;” VFA-136 “Knighthawks;” VFA-211 “Fighting Checkmates;” Electronic Attack Squadron (VAQ) 137 “Rooks;” Carrier Airborne Early Warning Squadron (VAW) 126 “Seahawks;” Helicopter Maritime Strike Squadron (HSM) 72 “Proud Warriors;” HSC 11, and a detachment from Fleet Logistics Support Squadron (VRC) 40 “Rawhides.”

NMCP holds remembrance of the Virginia Beach victims

By Seaman Imani N. Daniels,
NMCP Public Affairs Office

PORTSMOUTH, VA.

Naval Medical Center Portsmouth’s (NMCP) Pastoral Care Services hosted a remembrance ceremony Jun. 1 for the victims of last year’s Virginia Beach mass shooting.

During the ceremony, there was a video presentation of images of the lives lost and testimonies of those who mourn and remember. Due to the COVID-19 pandemic, the remembrance was televised and broadcasted around NMCP.

“Today I choose to turn mourning into blessing,” said Lt. Cmdr. James Rutan, NMCP staff Chaplain. “This morning I invite you to examine what we’ve learned through tears as we grieve the loss of our 12 friends and neighbors. As I recall the many responses from the tragedy, from around the country, I’m reminded of the care and concern of world leaders who shifted focus to the small community of Virginia Beach for just a brief moment to express their concern for a traumatized city.”

May 31 marked the one-year anniversary since the tragic mass shooting at Building 2 of the Virginia Beach Municipal Center that killed 12 people and injured four others. The theme of the remembrance is Lighting the Path: Together We Remember.

“When this senseless tragedy shook us, we all felt a little less safe, a little more confused and a lot more heartbroken,” Rutan said. “Things like this turn our world upside down; Evil reached out and hurt our neighbor. Perhaps the most important lesson we can learn from all of this is that we are



MCSN Imani N. Daniels

Naval Medical Center Portsmouth’s (NMCP) Pastoral Care Services hosted a remembrance ceremony for the victims of last year’s Virginia Beach mass shooting Jun. 1. May 31 marked the one-year anniversary since the tragic mass shooting at the Virginia Beach Municipal Center that killed 12 people and injured four others.

all stronger together. It really touched me to see the spontaneous outpouring of prayers and support that was showered upon the Virginia Beach community.”

The ceremony honored the 12 victims who died, the four who were severely wounded and an officer who was shot but saved by his bulletproof vest. A symbol, called the forget-me-not flower, signifies the individuals, with the 12 outer petals representing the lives lost, four inner petals for the injured, and a blue dot in the middle for the officer who was shot, but saved.

“As we remember the pain of those who are bereaved of their loved ones through this tragedy, my hope is that you will choose to honor their memory by answering the call to

be a good neighbor today,” Rutan said. “Surely there is a need to minister to the needs of others, comfort those who mourn and show compassion for all.”

As the U.S. Navy’s oldest, continuously-operating military hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The nationally-acclaimed, state-of-the-art medical center, along with the area’s 10 branch health and TRICARE Prime Clinics, provide care for the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.

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Bianca Wilson/

John Frisch of Norfolk Naval Shipyard’s Engineering and Planning Department is one of the civilian volunteers who perform temperature checks for employees coming onboard the shipyard. “I wear my hardhat so people know I am one of them,” said Frisch. “They respect the job I am doing, many of them say ‘thank you.’ Several have mentioned they feel Norfolk Naval Shipyard really cares about keeping everyone working here safe!”

NNSY military, civilians and USS George H.W. Bush Sailors collaborate in the fight against COVID-19

by Michael D Brayshaw

PORTSMOUTH, VA.

Discussions of “COVID-free bubbles” on Navy assets have been increasing in the past several weeks, including USS Harry S Truman (CVN 75), which will be arriving at Norfolk Naval Shipyard (NNSY) next month for maintenance following an extended deployment. Believing such a bubble could be established on land as well as at sea, Shipyard Commander Captain Kai Torkelson directed an unprecedented effort to make all of NNSY a safe bubble within the first month of COVID-19 concerns gripping the Navy and nation.

Supporting its priorities of minimizing the spread of COVID-19 while maximizing the mission serving the U.S. Navy, NNSY was the first of the nation’s four public shipyards and first installation in the Mid-Atlantic Region to implement an enhanced screening process. Torkelson assigned Deputy Shipyard Commander, Captain Dan Rossler, to spearhead this innovative effort in early April, which first began with spot checks and ship screenings in the shipyard with full implementation at the installation gates two weeks later.

Protecting the safety and health of thousands of Norfolk Naval Shipyard

(NNSY) civilians, military and contractors coming on the installation daily takes a lot of dedication and effort. Helping achieve that is a team of approximately 50 personnel from across NNSY’s military and civilian workforce, along with USS George H.W. Bush (CVN 77) Sailors. These members conduct daily temperature screenings, confirm compliance with employee self-screenings for COVID-19 symptoms and risks, and ensure personnel report to work with face masks.

Just as a typical prototype undergoes incremental improvements following study and testing, NNSY’s screening process has implemented a number of enhancements in the past two months thanks to a spirit of teamwork and pursuit of innovation. These include screeners using more accurate thermometers, the shipyard duty office providing real-time gate traffic updates for employees registered on the AtHoc notification system, and a daily self-screening mobile app set up by NNSY’s Nuclear Corporate Training Initiatives Division (Code 2360). With this app, employees can complete online screening at home, then show screeners the green checkmark on their smartphones prior to having their temperature taken to enter the shipyard.

In a demonstration of the ownership

NNSY employees frequently exhibit, civilian volunteers offered to protect their shipyard and fellow teammates on their own time. One of the civilian screeners, John Frisch of the Engineering and Planning Department (Organization and Employee Development), volunteered after experiencing wait times to enter NNSY and feeling he could support. Frisch had previous experience on shipyard gate duty, working security detail when assigned to the NNSY Marine Barracks back in the late 1970s. “The hours make for a long day, but the experience has been very rewarding,” he said. “I wear my hardhat so people know I am one of them. They respect the job I am doing, many of them say ‘thank you.’ Several have mentioned they feel Norfolk Naval Shipyard really cares about keeping everyone working here safe! Also, the Navy personnel I have been working with at Gate 10 really treat me as part of the team.”

Todd Howard, another civilian volunteer from the Engineering and Planning Department (Material Logistics), said it’s an opportunity for him to give back and interact with other members of the NNSY workforce—even from behind a mask. “I’m always looking for an opportunity to help others, and in this case, serve our great shipyard,” he said. “The experience has been rewarding, in

that, what I’m doing is helping get people into the shipyard and to their jobs safely, with respect, and a smile that’s hidden behind a mask. The people have been great, and for some, it is a challenge and extremely rewarding to get a little smile out of them. To be honest, it really isn’t that much of a sacrifice. I’m a morning person anyway, so I come in a little earlier than normal and I’m still able to be productive on my regular job.”

Electronics Technician (Nuclear) Senior Chief Roy Vanterpool, who has been leading the effort of training screeners, said volunteers are encouraged to join the team supporting a healthy workforce in America’s Shipyard. “New screeners are always welcomed!” he said. “I believe it is all hands on deck, both military and civilian, to help ensure the safety of everyone who comes onboard NNSY. Even though the current screeners are doing an outstanding, professional job at the task they were given, any new screeners will be gladly accepted and trained to help with the effort.”

Discussing the importance of undertaking this significant effort, Torkelson said, “Norfolk Naval Shipyard wanted to set the standard for making our installation one of the safest places to work in all of Hampton Roads and across the Navy Mid-Atlantic Region. It’s that important for the crucial mission we execute—taking any less of a measure in ensuring command and personal safety would be not completely executing that mission. I’m proud of everyone’s ongoing efforts in America’s Shipyard as we continue to minimize the spread while maximizing our mission.”

The new U.S. Navy Master-at-Arms ‘A’ School

Darryl Orrell

VIRGINIA BEACH, VA.

The Center for Security Forces will pilot a major change to the Master-at-Arms Apprenticeship course today at the school. The purpose is to firmly align the training to current Fleet Forces Command requirements and the “Ready Relevant Learning” model of the Navy’s Sailor or 2025 vision.

“The revised MA “A” School curriculum content has fundamentally changed in almost every aspect,” said Lt. Cmdr. Kelly Cruz, who serves as the master-at-arms training manager at CENSECFOR.

“The curriculum includes a hybrid of Security Reaction Force - Basic, Security Reaction Force - Advanced, Active Shooter Response, advanced First Aid, and various elements of law enforcement training.”

Cruz further said this pilot is the culmination of 4-years of planning and coordination, and CENSECFOR has made a substantial investment in improved training aids and staff. The improved training aids will enhance the training experience for students and instructors are now required to be genuine subject matter experts of the training and the MA rating.

“We are bringing in experts in the field to hone our instructor skill sets,” said

Steve Kleintank, who works as the curriculum model manager at CENSECFOR. “These include verbal judo, stimulus force-on-force instruction, and self-defense improvement through controlled force.”

According to Cruz, the course redesign incorporates a variety of innovations and new ideas to bring the training in line with the reality of modern-day threats and situations.

“This new course expands the focus on threat determination and response, which aligns with Fleet expectations,” said Cruz. “The course provides its students with current information, practical training aids, and relevant scenarios that better prepare our Sailors for real-life events.”

Cruz also noted that the upgraded course offers a relevant and immediate usable impact to the Sailor and the fleet. The most considerable upgrade is a mock

installation for realistic training; however, it must be built in phases, so upgrades to the course will occur throughout the next 2 years.

“Generally, I would expect that the fleet would see a vastly improved MA that can become an operational asset much sooner than before,” said Cruz. “With the hybrid approach, we added many advanced skills in a shorter timeframe to add desperately needed operator skills and confidence.”

As for the way ahead, Cruz anticipates the school and CENSECFOR will continue to make adjustments to the training to ensure it maintains optimum relevance.

The Center for Security Forces provides specialized training to more than 23,000 students each year. It has 14 training locations across the United States and around the world that carry the motto “Where Training Breeds Confidence.”



U.S. Navy photo
Electrician Mates 1st Class Jacob Brown, from Dayton, Ohio, assigned to USS Gerald R. Ford's (CVN 78) engineering department electrical repair team performs assembly of a ventilation cooling fan motor prior to insulator varnish dip of the stator windings in Ford's Motor Rewind Shop May 13, 2020. Over 1,200 feet of wire is used to restore the 3 phase AC motor to rebuild the motor for certification testing/install.

Ford's motor rewind: A ship's repair capability

From USS Gerald R. Ford (CVN 78) Public Affairs

ATLANTIC OCEAN

In a tiny shop, considered to be ‘out of sight, out of mind,’ electricians assigned to the aircraft carrier USS Gerald R Ford (CVN 78) work tirelessly to establish another first for the ship’s afloat intermediate maintenance activity (IMA) repair capability. Electricians Mate 1st Class Jacob Brown from Dayton, Ohio, assigned to Ford’s engineering department, and his team of electricians corrected final material condition issues on the ship’s motor rewind shop, May 11, to establish the ship’s afloat capability to repair damaged motors.

This unique and rare afloat skillset allows Ford, like a handful of other combatants, to restore ships ventilation and motor driven systems as a standalone work center not reliant on depot-level assistance. Ford’s

motor rewind team and power shop completed their first priority repair to restore O3 level ventilation to critical control spaces and habitability spaces. Brown and his team worked around the clock to restore mission bay ventilation systems critical to Carrier Air Wing (CVW) 8, Carrier Strike Group (CSG) 12, and Ford’s combat direction team’s integrated operations at sea.

“This grow your own, train your relief attitude, is setting up the Ford to elevate its ability to sustain forward deployed operations, while teaching Sailors skills that can be used in promotion exams, shore based repair facility operations and outside marketability for their next career if they so choose,” said Cmdr. Homer Hensy, from Pawhuska, Oklahoma, Ford’s chief engineer.

Like her sister Nimitz-class, Ford’s logistics inventory in ventilation motors is limited, requiring Ford Sailors to find inventive ways to work with depot-level repair facilities

to restore key ventilation systems in ship’s compartments to keep the equipment and Sailors cool during underway operations.

Electrical division leadership found an inventive way with the establishment of the ship’s motor rewind capability, enabling electricians to take a failed motor, strip off the old worn windings using formal work procedures developed onboard, rebuild in a controlled environment, and perform acceptance testing to certify the motor for restored operations. Repair division then assists the work center Maintenance and Material Management craftsmen with restoring the ship’s ventilation for final install back into the systems.

“The motor rewind process is a one week turn around depending on the size of the motor, and provides marked savings to the U.S. Navy,” said Hensy. “I’m really proud of the ingenuity and efforts of the crew to accomplish this milestone for Ford.”

Electricians do not receive this training in their A-school pipeline; this Navy Enlisted Code (NEC) is developed in C-schools for use onboard ships that execute organic repair capabilities when emergent repairs must be made because depot-level resources are unavailable. Electrical motor rewind technician (NEC 762A) rewinds Alternating Current and Direct Current motor and generator stators, rotors, field coils and armatures utilizing round wire or formed coils. Rated electricians take rewinding data, replace brushes, adjust brush rigging, dips, bake, renew bearings, assemble and test runs. This skillset can annually save the Navy millions of dollars and relieve work load at critical depot facilities.

“Within these special NECs in the hull, mechanical and electrical engineering ratings, the Sailors learn how to find and fix shipboard maintenance problems so they can return that journeyman level expertise to the ships and train their shipmates,” said Senior Chief Hull Technician Newk Newcomb, from Hesperia, California.

SECNAV |

Continued from A1

Center Production Facility. The trip also included a visit to USS Gerald R. Ford (CVN 78).

“Today’s visit was an important opportunity for Secretary Braithwaite and I to see the Navy’s readiness efforts across surface and tactical aviation communities firsthand,” said Chief of Naval Operations, Adm. Mike Gilday. “A ready Navy – ready to fight today – with a commitment to training, maintenance, and modernization will ensure a Navy for ready for tomorrow.”

Both leaders also learned how the COVID-19 pandemic had affected personnel at each of the commands and thanked the staffs for their hard work and efforts to enhance safety amongst the workforce.

While aboard USS Gerald R. Ford, SECNAV, CNO and MCPON applauded the crew for their latest efforts, achieving significant milestones in the ship’s most recent underway, which included the largest aircraft embark to date.

“We must continue to build and sustain a lethal force, striking an intelligent balance between readiness and modernization,” said Braithwaite. “To execute our mission, the future Navy must be bigger, more lethal, networked and ready. After touring these commands and having the opportunity to engage with Sailors, I’m confident we’re moving forward in the right direction.”



MC3 Andrew Taylor/
Secretary of the Navy (SECNAV) Kenneth J. Braithwaite listens to a Sailor’s question during a scheduled visit to Naval Air Station Oceana, June 11, 2020. Braithwaite, Chief of Naval Operations (CNO) Adm. Michael Gilday and Master Chief Petty Officer of the Navy Russell L. Smith are visiting the fleet together with a focus on maintenance and readiness-related efforts. (U.S. Navy photo by Mass Communication Specialist 3rd Class Andrew Taylor/Released)

Unity |

Continued from A1

Floyd’s death. I need to step up the level of respect given to Black Americans who have been disrespected for a long time.”

Discussing the importance of ensuring a more inclusive workplace, Torkelson added “as with healing from a great injury, this will be an ongoing process—it may feel slow at times, even painful at times, but entirely necessary to get to where we need to be in modeling how we want our country to look, to act, to be. Just as we need daily commitment and dedication to stopping the spread of COVID-19, we need daily commitment and dedication in America’s Shipyard to stamping out racism, injustice, indignity and disrespect. It will not be tolerated.”

Torkelson held a moment of silence encouraging each person to reflect in their own way. In an expression of solidarity, Torkelson took a knee in remembrance of

George Floyd and in honor of all Black Americans.

Racism has deep roots in United States history and culture, but it was the undeniable videotape of George Floyd’s murder—one of the latest in a long line of Black Americans who have died in a similar fashion—that recently brought the issue to the forefront of national conversation.

Righteous anger and outrage have been felt across the world as protests have been held in all 50 states and several countries. These feelings have also been felt by the NNSY workforce. As a member of Naval Sea Systems Command’s (NAVSEA) Inclusion and Engagement (I&E) Council and Chairman of the NNSY African American Employee Resource Group (AA-ERG) Michael Taylor explained, “Once employees and military members of color step outside of the shipyard and take off that uniform, they are only seen by the color of their skin, rather than who they are professionally. Life should not follow you into the shipyard, but it does. I am not just the

chairman of the AA-ERG, I am a Black American with children dealing with such situations internally. I am thinking of all the African American children I talk to and mentor when it comes to issues like this.”

This pain felt by the workforce led to the planning of the unity event, according to Taylor and NNSY’s D&I Director Tarane Parker. “There was a need to address the anger, hurt, and pain NNSY employees are experiencing now because of George Floyd’s death,” Parker said. “The Unity at our C.O.R.E. command event was set up to bring NNSY together to address the issues, acknowledge that our workforce is experiencing a myriad of emotions, and encourage everyone to come together and unite as one. There is no better time to advocate for change than now.”

At the event, Parker emphasized what is at stake when people die and others choose to ignore racism in their own lives. “George Floyd’s death doesn’t have to go down in vain,” Parker said. “Even his six-year-old daughter said that her daddy had changed

the world. It saddens me that another unarmed black man had to die, on camera, for the world to realize that things have gone too far, and it’s time for some serious change. It’s time to level up. It’s time to stand up and be heard. It’s time to address things that truly matter because it’s better to have a difficult conversation than no conversation at all because silence is deafening.”

He added a crucial point when he discussed the origin of the Black Lives Matter movement and the importance of the movement to all Americans. “The name does not mean that black lives matter above others, but rather that black lives matter as much as others. All lives do matter, but to honestly say that, black lives need to be included.”

Parker said that necessary change starts with the self-evaluation of what one is doing, and asking if he or she is doing everything they can. The process is ongoing and occasionally uncomfortable, but it is an opportunity to do better. All the individual has to do is take the first step.

NSA Hampton Roads’ Navy Lodge Norfolk receives prestigious Edward E. Carlson Award

By Katisha Draughn-Fraguada
Naval Support Activity Hampton Roads Public Affairs

HAMPTON ROADS

Naval Support Activity (NSA) Hampton Roads’ Navy Lodge Norfolk was recently recognized as the 2020 Edward E. Carlson Award winner for being the top-rated Navy Lodge in the world.

Due to COVID-19 restrictions, the team was unable to have an awards ceremony in-person, so

Rear Adm. (Ret) Robert Bianchi, Chief Executive Officer of Navy Exchange Service Command, and Christopher Settelen, Vice President of the Navy Lodge Program, presented the award

virtually on June 1. “The Navy Lodge Program serves as an important quality of life benefit and remains a constant

serving those on PCS, TDY or leisure travel,” said Bianchi. “Our Navy Lodge Program associates have been working around the clock to support our Sailors and military families who

have been placed on Restriction of Movement (ROM). I’m so proud of what our Navy Lodge team has accomplished, and throughout it all, they remain a strategic readiness enabler for our

Navy’s warfighters, while also providing a home away from home when our Sailors and military families need it most!”

This is the team’s second time winning this prestigious award; the first time was in 2017.

The award program is named in honor of Edward E. Carlson, a former member of the



Rear Adm. (Ret) Robert Bianchi (left), Chief Executive Officer of Navy Exchange Service Command, and Christopher Settelen, Vice President of the Navy Lodge Program, present the award during their virtual awards ceremony on June 1.

Secretary of the Navy’s Exchange/Commissary Advisory Committee. Mr. Carlson’s leadership and

guidance provided invaluable counsel to the Navy Lodge Program to assist in the development of a worldwide professional hospitality program.

“We found out we won the award via Facebook Live and it was a very unexpected surprise and

we are so happy for the team,” said Pam Kimball, General Manager of the Navy Lodge. “They work hard day in and day out and it is well deserved, and we are thrilled they are being recognized for their dedication.”

Approximately 75 employees work for the Navy Lodge, which consist of housekeepers, laborers, maintenance, and guest service representatives who serve all military members during their PCS

or TDY travels. During the current COVID-19 pandemic, the Navy Lodge has housed 460

Sailors who were under ROM guidance and were restricted to their room to ensure that others would not be exposed to COVID-19.

“We are supporting/housing ROM Sailors. Although we are unable to service their rooms, we

call three times a week for supplies or anything they may be in need of, then we take it to their

room and leave it at their door,” said Kimball. “We want them to know we are here for them, even during the pandemic. We want them to know that we care.”

The Carlson Award is awarded to the top performing Navy Lodge of the year based on six key

components: quality assurance assessment - measuring cleanliness, building and guest room

condition; brand standards; guest satisfaction - guest rating of staff service and the quality of the

Navy Lodge; operating performance; leadership and Installation support; and financial performance.

“Over the past several months, our team has really been in high gear navigating the impacts from

this worldwide COVID-19 crisis,” said Settelen. “Our Navy Lodge Program associates have

been working tirelessly to support Sailors and military families who were placed on ROM orders

as a precaution before or after deployment or due to a recent PCS move. It was great we could all

pause and take the time to celebrate virtually with our hard-working associates since we couldn’t all be together in person.”

Navy Lodge Norfolk achieved an associate satisfaction index score of 87 with a 96.3 percent

occupancy rate.

“Pam and her Navy Lodge team continue to impress us all with their laser-focused dedication to

serving Sailors and their families. I have stayed in Navy Lodges all over the world, and the

passion, commitment, caring, and attention to detail at the Norfolk Navy Lodge is truly second to

none,” said Capt. Jonathan Kline, Commanding Officer of NSA Hampton Roads. “I am very

proud that NSA Hampton Roads gets to support this Navy Lodge, while they provide amazing

support to the fleet. Their aggressive posture supporting our folks as we entered into this new

environment dominated by COVID-19 just accentuates that they truly are a strategic asset and mission enabler.”

Kimball, who has been with Navy Lodge Norfolk for five years and 20 years with the Navy

Lodge Program, said her team is very deserving of this award.

“I am overjoyed and extremely proud our team has won the Edward E. Carlson award for the

second time,” said Kimball. “It is because of their hard work and dedication to the mission that

we have been rewarded as a team. When we work together, we can accomplish anything!”



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

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education
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The Naval Postgraduate School (NPS) celebrated its 2020 Spring Quarter graduates, June 12

»SeeB4



Derek Fountain, Huntington Ingalls Industries/
The guided-missile destroyer USS Fitzgerald (DDG 62) prepares to depart Huntington Ingalls Industries, Ingalls Shipbuilding division's Pascagoula shipyard June 13 to return to her homeport in San Diego. The sail away reflects more than two years' worth of effort in restoring and modernizing one of the Navy's most capable warships after it was damaged during a collision in 2017 that claimed the lives of seven Sailors.

USS Fitzgerald En Route to San Diego

From Naval Sea Systems Command Public Affairs

PASCAGOULA, MISS.

The guided-missile destroyer USS Fitzgerald (DDG 62) departed Huntington Ingalls Industries, Ingalls Shipbuilding division's Pascagoula shipyard June 13 to return to her homeport in San Diego.
The sail away reflects more than two years' worth of effort in restoring and

modernizing one of the Navy's most capable warships after it was damaged during a collision in 2017 that claimed the lives of seven Sailors.
"Today the 'Fighting Fitz' is returning to the Pacific Fleet as one of our nation's most capable warfighting platforms, marking a significant step in her return to warfighting readiness," said Rear Adm. Eric Ver Hage, director, Surface Ship Maintenance and Modernization and commander, Navy Regional Maintenance Center. "The

Fitzgerald sailors, our Navy project teams and the men and women of Ingalls put forth a tremendous effort to restore the ship to fighting shape and did so on schedule.
To restore the impacted spaces to full operations and functionality, various Hull, Mechanical and Electrical (HM&E), Combat System (CS) and Command, Control, Communications, Computers and Intelligence (C5I) re-
» See | B7

Navy sets rules for lifting COVID-19 travel restrictions

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

WASHINGTON

The Navy announced a phased plan for resuming official travel and transfers as well as allowing local commanders greater leeway in granting personal leave and liberty.
The message, released June 12, follows the Secretary of Defense May 22 memo outlining the transition to a conditions-based, phased approach, to COVID-19 personnel movement and travel restrictions.
NAVADMIN 168/20 does not lift any of the current travel restrictions. Instead, the message details the roadmap for making those decisions, the conditions that must be met beforehand, and the rules for how all types of travel will resume once those benchmarks are met.
This message cancels NAVADMIN 116/20, which has served as travel guidance since April 21. For this reason, it reiterates which types of travel are restricted, what is exempt, as well as how to obtain waivers. All those rules are still in effect Navy-wide. Sailors are strongly encouraged to read through the message carefully and in its entirety.
"This conditions-based, phased approach prioritizes the safety and security of our personnel, their families and our communities while balancing the need to advance Service member career opportu-



MC3 Griffin Kersting
BAB AL-MANDEB STRAIT (June 9, 2020) The amphibious assault ship USS Bataan (LHD 5), front, the dry cargo and ammunition ship USNS William McLean (T-AKE 12), the amphibious transport dock ship USS New York (LPD 21) and the guided-missile destroyer USS James E. Williams (DDG 95) are underway in formation through the Bab Al-Mandeb Strait, June 9, 2020. Bataan, with the Bataan Amphibious Ready Group and with embarked 26th Marine Expeditionary Unit (MEU), is deployed to the 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the western Indian Ocean and three critical choke points to the free flow of global commerce.

unities, unit rotational deployments, and other imperatives," wrote Vice Adm. John B. Nowell, Jr., the Navy's top uniformed personnel official.
"Moving forward, it is incumbent upon COs and OICs to balance risk to mission and risk to force to ensure we, as a Navy, can continue to meet our mission while simultaneously preventing the spread of COVID-19 within the Navy to the greatest extent possible."
When and where unrestricted travel resumes will be a decision made by Navy leaders on a location-by-location basis,

based on current conditions in local areas. Essential to this approach is real-time tracking of the COVID-19 operational picture world-wide, which leadership is already assessing using ADVANA, a new
» See | B7



istock

Family vacation socializing, then and now

By Lisa Smith Molinari

“Mom, how did you meet people your age during your family vacation?” my 22-year-old daughter Anna asked a couple of weeks ago, during the 13-hour car ride to our North Carolina beach cottage. We would be picking up Anna’s college roommate on the way. Clearly, the girls were weighing their vacation social options.

I dug deep into my faded memory bank. There were a few beach stories I would NOT tell her; however, I had had plenty of relatively innocent experiences in my youth that were worth recounting. The beach cottage had been in my extended family since 1979, when it was outfitted with groovy gold shag carpeting, matching plaid This End Up furniture, and a circular red painted fireplace. That house was where I spent all my childhood family vacations, where I met my husband, and where we’ve taken our own family vacations every summer.

Three lots away was the Atlantic Ocean — sea oats, golden sand and green-blue water stretching for miles along the narrow, hurricane-battered barrier reef that runs from the Virginia border south to Duck, Nags Head, Hatteras, Ocracoke, Cape Lookout and Emerald Isle.

When adolescence descended and my social life became paramount, I kept a vigil

from my beach towel or walked the shoreline, scanning the clusters of umbrellas and chairs for boys and girls my age.

Considering the only telephone I had access to was attached to the wood-paneled wall of our beach house or two miles down the road in a phone booth, my only means of communicating was face-to-face interaction. After scanning the beach all day, adolescents, teens, and young lifeguards would eventually approach each other, introduce themselves, and exchange any information about meet ups happening that night.

It was all I could do to get through dinner with my parents at the beach house. The thought of meeting up with other kids my age was so exciting. While I teased my bangs and frosted my lips after dinner, I would wonder, “Would I make new girlfriends to body surf with? Would I make an idiot out of myself at a volleyball game? Would I find summer love?”

One summer night after word of a bonfire had been circulated, I scurried out of the house barefoot after dinner. I was wearing a cropped white Maui and Sons t-shirt and a long pastel pink surfer skirt. Sporting a golden tan, I wished my long sandy blonde hair as I strutted the path to the beach. From the sea oat-dotted walkover, I saw the bonfire down the beach, glowing in the dusky night. I carried on toward the silhou-

ettes of teenagers against the flames, feeling pretty, confident, full of hope for a fun night.

About five strides later, it happened.

Today, bonfires aren’t the only things prohibited on the beach. Dogs are no longer allowed either. But back then, one had to be careful where one stepped. Especially while barefoot.

The foul substance oozed between my toes like Play-Doh through a Fun Factory squeeze machine. My mind raced with the potential humiliation I might suffer. But I just had to get to that fire. Missing this key event would spell certain social disaster, or worse, summer vacation mediocrity.

I plastered a confident frosted grin to my perfect 80s beach ensemble, and continued my stride. But at the last minute, I diverted to the surf, shouting playfully, “I just wanna see if the water’s warm enough for a midnight swim!” In darkness at the ocean’s edge, I plunged my fouled foot into the wet sand, scraping it furiously back and forth to remove the humiliating remnants.

Not only did I attend that bonfire, I also miraculously, I escaped hook worm, and had a most awesome summer vacation.

Recounting these stories to my daughter and her college room mate, we realized that it’s harder for kids today to meet peers on vacation. Smartphones and social media have made spontaneous in-person interactions obsolete. Even creepy.

“It may seem old fashioned, but try meeting other young people face-to-face while we’re at the beach,” I advised. “But whatever you do, I recommend wearing shoes.”

www.themeatandpotatoesoflife.com

See What’s New With the Exceptional Family Member Program

From military Onesource

The Department of Defense Office of Special Needs is committed to helping families with special needs thrive in military life. The Exceptional Family Member Program does this through identification and enrollment (Medical), assignment coordination (Medical and Military Personnel) and family support. The more families understand how EFMP works across these three parts, the better their experience can be.

Each Service has its own mission and history with EFMP. However, there has been a focus over the past several years on creating more standardization across Services to make it easier for families to find what they need, when they need it. We can minimize misperceptions and increase satisfaction by helping families understand how the system works and what to expect.

Recent enhancements led by OSN to improve the family experience through greater understanding of the role of each component within EFMP while expanding EFMP Family Support resources include:

EFMP & Me Tool

EFMP & Me — a new online tool to provide families direct access to information



Courtesy photo

and resources in each of the three components

Offers 24/7 access, at home or on-the-go, through a digital application

Provides family members with a tailored, streamlined and supportive digital experience to locate guidance and information when and where needed

Gives service providers and military leaders an additional information source to recommend to families

Improved Communication With Families

EFMP Family Support focuses on sharing information with families to better support them and help them improve their self-advocacy skills.

EFMP Family Support Feedback Tool – Provides a mechanism for families to give feedback about their recent experience with installation EFMP Family Support. This feedback will help OSN and the military services with program improvement and policy development.

New brand and improved messaging – Communicates clearly and effectively that EFMP is evolving to better meet the needs of service providers and families. Service providers and leaders can get out the message to families with these helpful tools and resources, which can be found in a toolkit:

Fact Sheet

Article

Logo Files

EFMP Style Guide

Posters

Brochure

PowerPoint and Word Templates

Exceptional Advocate Newsletter

The Exceptional Advocate is a newsletter for military families with special needs and those who support them. Published quarterly, The Exceptional Advocate focuses on updates and information from EFMP.

Review EFMP/SPECIAL NEEDS for additional tools and information for military families with special needs.



Can a Landlord change the rent based on a Service member’s rank?

No, there is an established RPP rate that is not based on rank.

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 - Parenting Programs
 - Stress and Anger Management
 - Command Support
 - Crisis Support
 - Suicide Prevention
 - SAPR Support



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Newport News (757) 688-6289
Norfolk/Portsmouth (757) 444-2102
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KITTERY, Maine (Oct. 19, 2008) The Virginia-class attack submarine USS New Hampshire (SSN 778) is turned by tug boats before mooring pierside at Portsmouth Naval Shipyard (PNS). The submarine is at PNS to prepare for her commissioning ceremony on Oct. 25, 2008. New Hampshire is the fifth submarine in the Virginia class, the first major U.S. Navy combatant vessel class designed with the post-Cold War security environment in mind. (U.S. Navy photo by Jeremy Lambert/Released)

Navy mobilizing Reservists under SurgeMain program to support ship maintenance

From Naval Sea Systems Command Office of Corporate Communication Public Affairs

WASHINGTON

The Navy is mobilizing 1,629 Reservists to support aircraft carrier and submarine maintenance at its four public shipyards starting in July. This mobilization will help reduce the maintenance backlog that has developed due to the COVID-19 pandemic.

In March, Naval Sea Systems Command (NAVSEA) authorized weather and safety leave for shipyard personnel who fell under the U.S. Centers for Disease Control and Prevention’s (CDC) “high risk” category for extreme complications tied to the COVID-19 virus. With up to 25 percent of the production workforce unable to report to their duty location, the shipyards have not been able to execute all their work and have built a backlog of work that, if left unchecked, would result in delays in returning ships to the fleet.

The Reservists are all part of the Navy’s Surge Maintenance, or SurgeMain, program. Established in 2005, SurgeMain has 2,200 enlisted Reserve Sailors and 240 Reserve officers across 75 units and was created to augment the Navy’s organic civilian shipyard workforce in times of need.

SurgeMain Sailors have technical and trade backgrounds that allow them to have an immediate impact at the shipyards.

“Our Sailors are electricians, pipe fitters, sheet metal workers, plumbers, hydraulic technicians, mechanics, machinists, carpenters, welders and more,” said Capt. Michael P. MacLellan, SurgeMain’s national director. “Many of our people have prior experience at the shipyard where they’re being sent, down to the specific shop where they will be working alongside the shipyard’s organic civilian workforce.”

This is the first time SurgeMain has activated this many Reservists at one

time.

“We’re excited to mobilize and execute the mission for which we’ve been training,” said MacLellan. “This deployment presents a valuable opportunity for our Sailors to hone their skills, contribute to our national defense and allow us to gain valuable lessons you can only learn during mass mobilization.”

SurgeMain Reservists will start arriving at their respective shipyards in phases starting in early July, with all 1,629 Sailors on-site by September 2020. They will be on one-year mobilization orders which may be extended or curtailed should circumstances change. Portsmouth Naval Shipyard in Kittery, Maine, will receive 267 Reservists; Norfolk Naval Shipyard in Portsmouth, Virginia, will receive 486; Puget Sound Naval Shipyard & Intermediate Maintenance Facility in Bremerton, Washington, will receive 676; and Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility at Joint Base Pearl Harbor-

Hickam, Hawaii, will receive 200.

“We have been methodical in how we planned this mobilization,” said Vice Adm. Tom Moore, NAVSEA’s commander. “We did not mobilize anyone who already works in the ship maintenance or construction field, and we worked to place people into shipyards where they have previously drilled so there was a built-in comfort factor for both the Reservist and the shipyard personnel.”

Once mobilized, the Reservists will abide by all Department of Defense travel restrictions and protocols tied to minimizing the spread of COVID-19. Sailors are being assigned to their designated Reserve duty location, which is usually the shipyard closest to where they live.

Once at their designated shipyard, Sailors will abide by all COVID-19 specific policies. These include conducting a daily self-screening and undergoing a temperature check prior to accessing the shipyard, wearing all required personal protective equipment (PPE) and following the same social distancing measures as the rest of the shipyard workforce.

“We are laser-focused minimizing the spread while maximizing the mission,” said MacLellan. “This mobilization will strengthen the partnership between the shipyard workforce and Reserve community and help deliver combat-ready ships back to the fleet.”



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MCSN Matt Hall/

U.S. 7th Fleet flagship USS Blue Ridge (LCC 19), her crew and embarked 7th Fleet staff, prepare to enter port in Naval Base, Guam, for Blue Ridge's second Safe Haven Liberty June 11, 2020. Blue Ridge is the oldest operational ship in the Navy and, as 7th Fleet command ship, actively works to foster relationships with allies and partners in the Indo-Pacific region.

Blue Ridge pulls Into Guam for second safe haven liberty

From USS Blue Ridge (LCC 19) Public Affairs

APRA HARBOR, GUAM

U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) and embarked 7th Fleet staff pulled into Guam for a Safe Haven Liberty port visit June 11. The visit is the second of its kind since the ship pulled into Okinawa in May, enhancing liberty options for 7th Fleet ships conducting COVID mitigations. During Blue Ridge's liberty, Sailors have access to specific designated areas on the pier and a secured beach on base. This type of port visit is designed to provide the necessary mental and physical relaxation that the crew needs in order to better perform their jobs and feel rejuvenated allowing for

quality of life liberty, boosting crew morale, readiness, and effectiveness while mitigating the risk of contracting COVID-19. Blue Ridge's Morale, Welfare, and Recreation committee has worked diligently to ensure that while in port, Sailors will have access to areas of the base and have entertainment available all while inside the safe zone. "Just like in Okinawa, our goal is to maintain a COVID-free bubble while providing the crew with a much needed opportunity to relax," said Blue Ridge's senior MWR representative, Chief Navy Counselor Min Jun. This allows Sailors the opportunity to unwind while pier side in Guam and enjoy the amenities provided. Food and beverages will be offered along with Wi-Fi installed

on the pier so that our Sailors can use their phones and laptops and a section of the beach will be designated as a safe zone and open for Sailors. With the exception of a few mandatory personnel to ensure the ship's safe arrival, there will be no interaction with any personnel outside the designated liberty areas. For the docking process, all COVID mitigations will be in place to include social distancing, masks, gloves, and minimal interactions. "Without the crew's cooperation liberty wouldn't be possible," said Lt. Cmdr. John Saenz, Blue Ridge's Doctor. "Our Sailors are motivated to stay clean and hygienic, keeping alert and following all procedures set out by our medical team. With the Blue Ridge and 7th Fleet teams' combined efforts we can maintain readiness and continue to

“ Just like in Okinawa, our goal is to maintain a COVID-free bubble while providing the crew with a much needed opportunity to relax

Chief Navy Counselor Min Jun

conduct operations without interruption.” These port visits are paving the way for future U.S. Navy vessels to implement Safe Haven Liberty in a manner which Sailors' morale and quality of life is taken into consideration while mitigating the risk of COVID-19. Blue Ridge is the oldest operational ship in the Navy, and as 7th Fleet command ship, actively works to fostering relationships within the Indo-Pacific region.

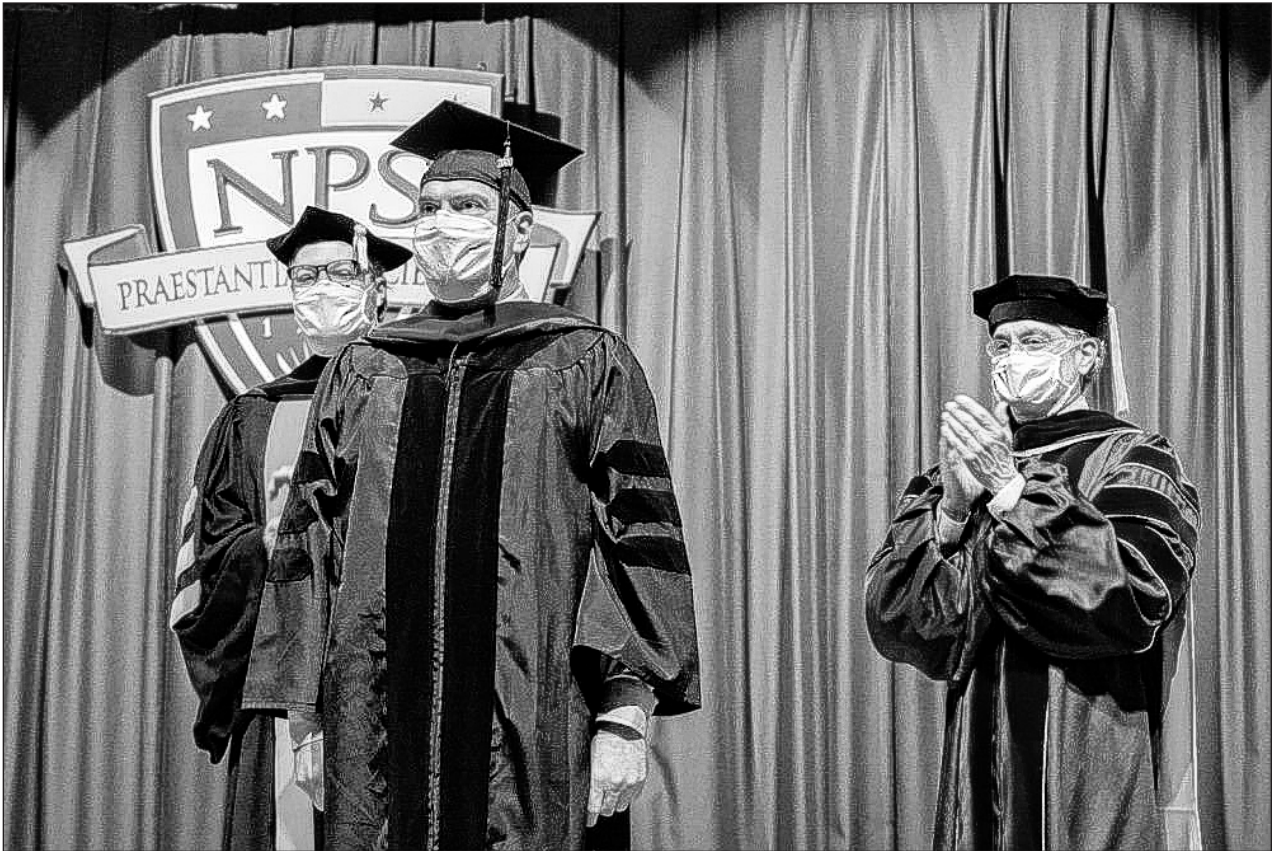
CNO, Naval education leaders celebrate spring quarter grads

By MC2 Tom Tonthat,
Naval Postgraduate School Public Affairs

MONTEREY, CALIF.

The Naval Postgraduate School (NPS) celebrated its 2020 Spring Quarter graduates, June 12, celebrating the class' remarkable achievements as they adapted to the COVID-19 environment. Shelter-in-place orders required a wholesale adjustment to remote learning, but it didn't change the graduates' requirements to complete NPS' rigorous academic and research programs. In remarks recorded prior to the ceremony, Chief of Naval Operations (CNO) Adm. Michael Gilday congratulated the 323 graduates, including 22 international students from 16 countries, conveying the importance of expertise, creativity and character in Navy leaders as they face warfighting challenges. "We are proud of all you have accomplished – a master's degree with a purpose," said Gilday. "And you did it while adapting to a global pandemic and adjusted to remote work and virtual learning seamlessly. We need you to take all you've learned at NPS and translate that into a warfighting advantage for our Navy, our Joint Forces, and our allies and partners."

"We need leaders who can think globally across all domains while still being an expert in their own warfighting discipline," continued Gilday. "We need leaders who can adapt and provide creative solutions during times of disruption, like with COVID-19. We need leaders of character, leaders who can speak the truth and always choose the harder right over the more convenient or expedient wrong." Gilday emphasized how education, and specifically how an NPS education, propels graduates to pioneer new operating concepts and capabilities. "We face a determined set of adversaries that have spent decades studying our methods to offset our traditional strengths," said Gilday. "We depend on research and studies like those being undertaken at NPS right now to make investments that will be decisive in the future."



Javier Chagoya

Air Force Lt. Col. Robert Grant, center, is honored during a small, informal hooding ceremony in recognition of his award of a Doctor of Philosophy in Security Studies. The university officially graduates its Spring Quarter class today, June 12, and is joined by Chief of Naval Operations Adm. Michael M. Gilday and several senior leaders in a video celebrating the graduates' accomplishments produced by the university.

As Gilday now expects these graduates to strengthen the fleet, NPS President retired Vice Adm. Ann E. Rondeau also believes these leaders represent the unfolding of the Sea Service's "Education for Seapower" initiative, which aims to increase the intellectual capital and warfighting competence of the force – in other words – they are "Education for Seapower in action." "As graduates of our university, you are now empowered to be the agents of change who champion the next challenges and the solutions to those challenges," said Rondeau in video to the spring class. "Through your thoughts, leadership, strength and collective will, you will be the determinate force behind the solutions that will always be required in our uncertain world." With the uncertainty and dynamic change of the COVID environment, NPS faculty, students and staff rapidly acclimated to online collaboration tools for distance learning and remote delivery of instruction and services. Faculty with experience teaching in NPS' existing distance learning programs provided

lessons and feedback to help other faculty make the transition. "Graduates, you have completed your degree requirements under challenging circumstances," said Acting Provost and Academic Dean Dr. Robert F. Dell. "Finishing your theses and capstone projects... is hard enough without transitioning to a full distance learning environment in just a few weeks. But you did it, and you not only endured, you excelled, honoring your services and your nations with exemplary scholarship." As students accepted and adapted to the changes needed to achieve their educational goals, they each learned something beyond the coursework they will be able to draw upon as they face challenges ahead as leaders. "NPS has given you powerful tools and we're relying on you to use them to make us stronger," said Gilday. "I have high hopes that due to the manner in which you graduated, you'll be uniquely suited to face tomorrow's challenges better than those who have gone before you."

Navy Reserve Force authorizing On-site Drill Weekends, starting in July

From Commander, Navy Reserve Force Public Affairs

NORFOLK

Commander, Navy Reserve Force (CNRF) issued new guidance June 11 for resuming regular on-site drills at Navy Operational Support Centers (NOSC).

The new guidance, ALNAVRESFOR 013/20, provides a methodical approach for resuming weekend drills across the force while mitigating the risk for COVID-19. The process is dependent upon local conditions, guidance from the Centers of Disease Control and Prevention, guidance from Commander, Navy Installations Command, and approval from the CNRF chain of command.

“As some of our NOSCs begin to see the risk of the COVID-19 pandemic decline in their states and local communities, we need to begin a phased and methodical approach to bringing our Reservists back to regular, on-site drills starting in July” said Rear Adm. John Schommer, commander, Navy Reserve Forces Command (CNRFC). “We want to enable our NOSCs to start bringing their Sailors back to the drill, to support missions and individual readiness, based on local conditions. This will not be a ‘one size fits all’ return to one-site drills.”

An important part of the process is considering the Health Protection Condition (HPCON) of a NOSC’s installation, or in the case of an off-installation NOSC, the NOSC’s Navy Region, such as Navy Region Southwest or Region Mid-Atlantic.

“Once a NOSC commanding officer determines that all of the criteria is met for on-site drills, he or she will submit a request to their Navy Region Reserve Component Command (RCC) for approval,” said Errin Armstrong, chief of staff, CNRFC. “Over the past several weeks, roughly two dozen Full Time Support (FTS) and Selected Reserve (SELRES) Sailors from across the CNRF claimancy addressed some of the biggest issues with returning to drills, such as medical supplies and physical-spacing requirements. They have developed resources for NOSC commanding officers to reference as they go through this process.”

If local conditions are not right, however, Reservists can continue to perform liberal telework to earn their drill points and pay. The earliest a NOSC could theoretically resume on-site drills is July 11.

“We know that while some Reservists might be able to get back to regular drills, some may not have that opportunity,” said Armstrong. “Therefore, we want to be as flexible as possible.”

Reservists with health or overall



MC3 Magan Strickland/

“ We want to enable our NOSCs to start bringing their Sailors back to the drill, to support missions and individual readiness, based on local conditions. This will not be a ‘one size fits all’ return to one-site drills.”

Rear Adm. John Schommer

concerns about the plan moving forward should speak with their chain of command as soon as possible.

“There will be a normal tension between resuming drills, but also protecting our Reservists from unnecessary risk to the enduring pandemic,” said

Schommer. “Our NOSC COs are expected to take a measured risk-informed approach, and our Reservists are expected to follow public health measures to facilitate the balance of risk to mission and risk to force.”



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Cpl. Gary Jayne III/
The guided-missile destroyer USS Stout (DDG 55) travels alongside the amphibious assault ship USS Bataan (LHD 5) during a transit through the Strait of Hormuz, May 31, 2020. Bataan, with embarked 26th Marine Expeditionary Unit, is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean Sea and Pacific Ocean through the western Indian Ocean and three critical chokepoints to the free flow of global commerce. (U.S. Marine Corps photo by Cpl. Gary Jayne III/Released)

Navy prioritizes PCS moves

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Permanent Change of Station (PCS) moves will soon be restarting using a conditions-based, phased approach and Navy Personnel Command (NPC) is poised to ensure that high priority sea duty units remain manned and ready to preserve maritime superiority.

“The current stop movement policies have impacted 42,000 sets of officer and enlisted orders,” said Capt. Derek Trinque, director of the Career Management Department at NPC.

“We will use every option available to maintain fleet readiness and will prioritize all PCS moves based on the impacts to readiness rather than solely on a Sailor’s Projected Rotation Date (PRD) for those transferring.” These options include prioritization of move timing based on the priority of billets, incentivizing sea duty and adjustment of estimated dates of detachment (EDDs).

To account for local restrictions that will persist after the initial relaxations, the flow of orders will begin in stages as areas open. Local Health Protection Condition (HPCON), international, state and local government policies will be considered when scheduling PCS transfers. Eliminating the backlog of orders could extend beyond the end of calendar year 2020.

The emphasis on operational readiness and unit prioritization reflects the Navy’s identity as a sea service and focusing on filling billets at sea is critical to preserving the readiness of the

fleet. High priority sea duty commands include those designated as operational sea duty.

These commands include strategic and Special Operations Forces, Forward Deployed Naval Forces (FDNF) and Optimized Fleet Response Plan (OFRP) units with a published manning date that is normally 12-months prior to the deployment date.

Priority will also be given to specific accession pipeline billets such as to ensure new officers and enlisted continue to report to their fleet units. Additionally, consideration will be given to key milestone and special program billets. NAVADMIN 169/20, released June 12, lists the full ordered priority list for billets.

The list of priorities was guided by the Commander, U.S. Fleet Forces Command/Commander, U.S. Pacific Fleet Notice 1000 of August 16, 2019, which explains sea manning unit target levels and stakeholder responsibilities. Officers and enlisted personnel with retirement or fleet reserve orders and enlisted personnel with End of Active Obligated Service (EAOS) dates before their PRD who do not intend to re-enlist will be exempt from this direction.

“It is critically important that leaders talk with Sailors approaching their EAOS to determine if there is an intent to separate or retire, and forward that information immediately to NPC so a backfill for sea duty billets can be prioritized,” said Trinque. “We really need commands to tell my team at PERS-4013 immediately so we can ensure a face-to-face turnover at high priority sea duty commands. I also encour-

age leaders in every command to talk to their Sailors about the incentives we already offer for voluntary extensions at sea.”

To maintain unit readiness, detailers will prioritize face-to-face reliefs for billets at high priority commands. Service members transferring to a high priority command will move first and may have their shore duty shortened by up to six months. In contrast, Sailors transferring from high priority commands, regardless of their original estimated departure date, will move last and could be extended at their current duty location for up to six months. This will happen on a case-by-case basis in order to ensure a face-to-face relief.

Involuntary extensions beyond six months will only occur under the most unusual circumstances. All Sailors are encouraged to consider the incentives for voluntary extensions. A list of eligible skills can be found at <https://www.mnp.navy.mil/group/pay-and-benefits>.

In each case NPC will work with each gaining and losing command to evaluate potential impact to readiness if the billet gaps. Detailers at NPC are currently in the process of contacting all officers and enlisted Sailors with orders between March-September 2020 to evaluate potential hardships. To add flexibility, service members with dependents are authorized to delay dependent travel (DDT) up to 180 days from their transfer date. Service members with dependents in school (K-12) will be authorized DDT until the end of the school year or 30 June 2021, whichever occurs first.

For Sailors conducting a PCS to or

from areas remaining under stop movement conditions, the exemption and waiver processes put in place will continue to apply. PCS orders will continue to include Restriction of Movement (ROM) periods for Sailors traveling to or from these areas, to include intermediate stops. Travel may be restricted even between areas which are open for PCS if the travel includes an intermediate stop (I-stop), layover, or airline connection in an area which remains under stop-movement.

Service members, DoD civilians, and dependents on PCS orders to OCONUS locations requiring a no-fee passport must submit passport applications to their local passport acceptance facility no earlier than 60 days and no later than 45 days from the departure date. If a visa is also required, the passport application must be submitted no earlier than 80 days and no later than 65 days before departure date. Failure to adhere to these timeframes increases the chance that command-sponsored dependents will not receive their passport and/or visa in time to travel concurrently with their DoD sponsors.

To ensure it is easier for Sailors to execute a PCS move through this trying time, multiple new programs created as part of the Navy’s ongoing pay and personnel transformation efforts are available. Initiatives like the MyNavy Career Center with 24/7 contact agents on standby for support, MyPCS Mobile app and the newly added ability for service members to use their Government Travel Charge Card during a PCS dramatically decreases the stress of a PCS. To find out more visit npc.navy.mil or call MNCC at (833) 330-MNCC (6622).

For more information, read NAVADMIN 169/20 at www.npc.navy.mil.

Goats & Glory Esports team update

MILLINGTON, TENN.

As the coronavirus pandemic continues to affect the country, and leaders are figuring out the best ways to reopen safely and get things back up and running, it is more important than ever for the Navy to find new ways to connect with potential Sailors.

The pandemic forced a fast shift from face to face interactions, to mostly virtual prospecting. Thankfully, the Navy’s esports team, Goats and Glory, has given recruiters access to new recruits, while still

maintaining safety measures during the pandemic.

“It’s not a lot different than it was before the pandemic,” said Lt. Robert Dyer. “The esports efforts were already mostly digital, so I think if anything, it has driven more traffic to us while everybody is stuck at home.”

With many different venues postponing or canceling events and sports leagues pushing back their schedules, there has been a lot of attention shifted to online entertainment. Competitive gaming has

been one of the least affected sports leagues.

“Especially with traditional sports like basketball and baseball not on TV, what else do people have to watch? So they consume more digital media,” said Dyer. “We accelerated the launch of our Twitch channel a little earlier than we liked. We were hoping to hold off until we had our facility in Memphis ready to go, but we’re very happy we got out ahead.”

In the last eight weeks, the Goats & Glory Twitch channel has gained over

1,200 followers and more than 760,000 visitors with 90 percent of the visitors having not previously engaged with Navy.com. Additionally, more than 70 people have clicked online to request to chat with a recruiter for more information about the Navy.

“People are definitely out there watching, engaging and interacting with our Sailors on the team,” said Dyer. “First and foremost, we’re just out there engaging on a near daily basis with the community. We’ve reached out doing several squad streams and trying to fit into the community just trying to get exposure in those authentic ways.”

The Goats & Glory team currently streams on the America’s Navy Twitch channel Monday through Saturday with a rotation of different games and players. You can follow the Goats & Glory team and watch their streams at <https://www.twitch.tv/americasnavy>.



MC3 Sawyer Haskins/
(March 3, 2020) The aircraft carrier USS Dwight D. Eisenhower (CVN 69), left, and the French aircraft carrier FS Charles de Gaulle (R91) sail in formation. Ike is conducting operations in the Mediterranean Sea as part of the Dwight D. Eisenhower Carrier Strike Group. (U.S. Navy photo by Mass Communication Specialist 3rd Class Sawyer Haskins/Released)

U.S., U.K., France strengthen partnership during virtual trilateral maritime talks

From Chief of Naval Operations Public Affairs

WASHINGTON

Chief of Naval Operations (CNO) Adm. Mike Gilday, First Sea Lord, United Kingdom Royal Navy Adm. Tony Radakin, and Chief of Naval Staff, Adm. Christophe Prazuck, French Navy, conducted a trilateral maritime discussion, June 12. Despite travel limitation caused by the COVID-19 pandemic, the three heads of

navy conducted their previously planned engagement via video teleconference. The discussion was aimed at advancing warfighting interoperability and deepening cooperation between the three NATO allies. “Together, with my British and French counterparts, we reaffirm our commitment to our global partnership and responsibility to a free and open maritime commons,” said Gilday. “Through continued dialogue and shared lessons learned, we are strengthening our forces’ interop-

erability and collective ability in upholding a rules-based international order at sea.” This virtual engagement included a discussion of shared maritime security issues and areas to expand multilateral cooperation at sea, which remains a foundation for security, stability, and prosperity. “I am delighted to have had the opportunity to take part in these discussions. The long-standing friendship between our three countries is extremely important, and our relationship continues to deepen

as we work ever more closely together,” said Radakin. “These talks allow us to learn from one another, improve our interoperability and strengthen our collaboration, both as navies and as nations.” Together, the three leaders reaffirmed the close relationship between the allied navies based on mutual respect, shared values, and a commitment to upholding a rules-based international order.

“Our trilateral cooperation has been the decisive factor that has enabled us to fight and win, together, in all major world conflicts for more than a century,” said Prazuck. “It remains the cornerstone of our high-end defensive capabilities.” As part of the trilateral maritime initiative, the three navies are conducting a trilateral wargaming series, with the first event led by the U.S. Navy in 2019. The Royal Navy will host the upcoming wargame in 2020 and France will host the subsequent event in 2021.

Fitzgerald |

Continued from B1

pairs were completed. These repairs ranged from partial to complete refurbishment of impacted spaces, to replacement of equipment such as the radar and electronic warfare suite; the ship also received HM&E, Combat System and C5I modernization upgrades. Due to the extent and complexity of the restoration, both repair and new construction procedures were used to

accomplish the restoration and modernization efforts. Throughout this restoration period, the U.S. Navy made it a priority to ensure Fitzgerald returned to a peak state of warfighting readiness to contribute to an agile and dynamic fleet. The Fitzgerald crew completed multiple training and certification events, such as Navigation Assessment and Light Off Assessment (LOA), to ensure the crew was at peak readiness to operate the ship as it returns to homeport. “Completing repairs and upgrades to Fitzgerald was only possible because

of the outstanding teamwork between the government and industry teams over the last 2 1/2 years. My thanks go out to everyone involved in making sure the ship is ready, and I’m especially proud of my crew’s hard work ensuring we are trained and prepared to take our ship back to sea,” said Cmdr. Scott Wilbur, commanding officer of Fitzgerald. Prior to departing Pascagoula for San Diego, Fitzgerald’s crew began a pre-movement sequester on May 23 in accordance with U.S. Navy pre-deployment guidelines—compliance with

Navy and CDC guidance is critical to minimize the spread of COVID-19. DDG 62 is assigned to Destroyer Squadron (DESRON) 1 and upon return to her homeport in San Diego, crew training and certifications will commence in support of Basic Phase Training. Naval Sea Systems Command is the largest of the Navy’s five systems commands. NAVSEA engineers build, buy and maintain the Navy’s ships, submarines and combat systems to meet the fleet’s current and future operational requirements.

Travel |

Continued from B1

database developed and maintained by the Department of Defense. This database provides the current infection and associated data for most city, state or territories and even for overseas host nations. The database also includes military installations and facilities. ADVANA is a very new and emerging capability and access is limited at the moment. For now, Navy officials will post extracts of information required to implement the NAVADMIN on MyNavy Portal at <https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>. In this tracking system, once conditions have been met, individual areas will be given a color code of green and permission to resume unrestricted travel. In general terms, travel will usually be permitted between areas having green ratings. All

other areas will still be subject to the existing stop movement restrictions. When given approval for movement, commanders are also being asked to understand how Sailors will be traveling. For example, stopping at locations with increased risk of COVID-19 exposure needs to be taken into account to determine the requirement to ROM. “Commands and individual Service members should remain vigilant and implement reasonable measures to reduce risk of exposure and infection where appropriate,” Nowell wrote. Approval for unrestricted travel starts when local areas meet the White House’s guidelines for opening up, which include a 14-day downward trajectory of new COVID-19 cases and positive tests as well as a concurrent drop in flu-like and COVID-19-like symptoms being reported before lifting local travel restrictions. Installation-level factors are also tracked in the ADVANA database and

factor into decisions. This includes any local area local travel restrictions, the availability of essential services such as schools, childcare and moving services, the capability for household goods packing and moving and a Health Protection Condition (HPCON) Level of C or below. Once Navy installations meet this baseline, they will be considered for resumption of unrestricted travel to and from their location. The lifting of restrictions may not be permanent and will be constantly reassessed through local condition database updates. “Any subsequent significant change in factors due to temporary localized breakouts will be assessed for travel restrictions being reinstated at the installation level,” Nowell said. For complete details, Sailors and their commands should consult NAVADMIN 168/20 available on the Navy Personnel Command Website. Questions which can’t be answered by the NAVADMIN should be

directed to MyNavy Career Center’s contact center at 833-330-6622 or by emails to askmnce@navy.mil. Nowell called for “continued leadership at every level,” and, “personal responsibility.” He encourages everyone to stay the course with protective measures in the continued battle against the spread of the virus, including “social distancing, frequent hand-washing, and use of face coverings.” “Avoiding complacency using these simple, low-tech, solutions will ensure continued success on Mission One -- the operational readiness of today’s Navy so that we maintain what our nation expects -- a ready Navy -- ready to fight today -- and our commitment to the training, maintenance, and modernization that will also ensure a Navy ready for tomorrow,” he wrote. The latest DoD policies can be found at <https://www.defense.gov/explore/spotlight/coronavirus>.

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Pasta Primavera

We think any recipe worthy of being called Pasta Primavera should contain tons of veggies that sing of springtime, and ours fits the bill: not just tender-crisp snap peas and asparagus, but gorgeous carrots (we love the multicolored ones), savory sweet shallots and fragrant tarragon.

»See C 4

FURTHER REVIEW

JUNETEENTH

By Charles Apple | THE SPOKESMAN-REVIEW

While America celebrates its birthday on July 4, African-Americans celebrate another Independence Day on June 19 — the day in 1865 that slavery ended forever in the United States.

The end of the Civil War

Confederate Gen. Robert E. Lee surrendered his Army of Northern Virginia to Union Gen. Ulysses S. Grant on April 9, 1865. Various other Confederate armies surrendered shortly after — the final one was the Army of the Trans-Mississippi, which surrendered to Union forces on June 2. That ended the fighting. But it didn't end slavery just yet. President Abraham Lincoln had issued the Emancipation Proclamation much earlier in the war, on Sept. 22, 1862, and it had taken effect the next Jan. 1. But the proclamation declared all slaves in states that were in rebellion — meaning slaves in Confederate hands at the time — were freed. But border states such as Kentucky, Maryland, Delaware and Missouri were not covered by the proclamation. Nor were the western counties of Virginia, which would later secede from the state and be admitted to the United States as the state of West Virginia. Nor were states that were already occupied by Union forces. That included Tennessee and parts of Louisiana and Virginia. Texas had seceded on February 2, 1861, but was far to the west of where most of the war had taken place. Slaveowners from all over Dixie, in fact, had moved to Galveston Island — 40 miles or so southeast of what would become Houston — and had taken their slaves with them to work rice plantations there. So while slaves found themselves freed by Union armies passing through the South, there were pockets where nothing had changed for them. And Galveston — with a slave population of about a quarter-million — was the largest remaining pocket, even two months after the war had ended for the rest of the South. Enter Union Gen. Gordon Granger. He and an occupying force of about 2,000 men arrived on Galveston Island on June 18, 1865. The next day, Granger stood on the balcony of Ashton Villa, the home where he set up his headquarters, and read General Order No. 3. While some slave populations in those border states wouldn't be freed until December 1865, when the 16th Amendment became law, African-Americans in Texas began celebrating June 19 each year as a day to celebrate their independence.

"The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired laborer."

— GENERAL ORDER NO. 3



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A day to celebrate freedom

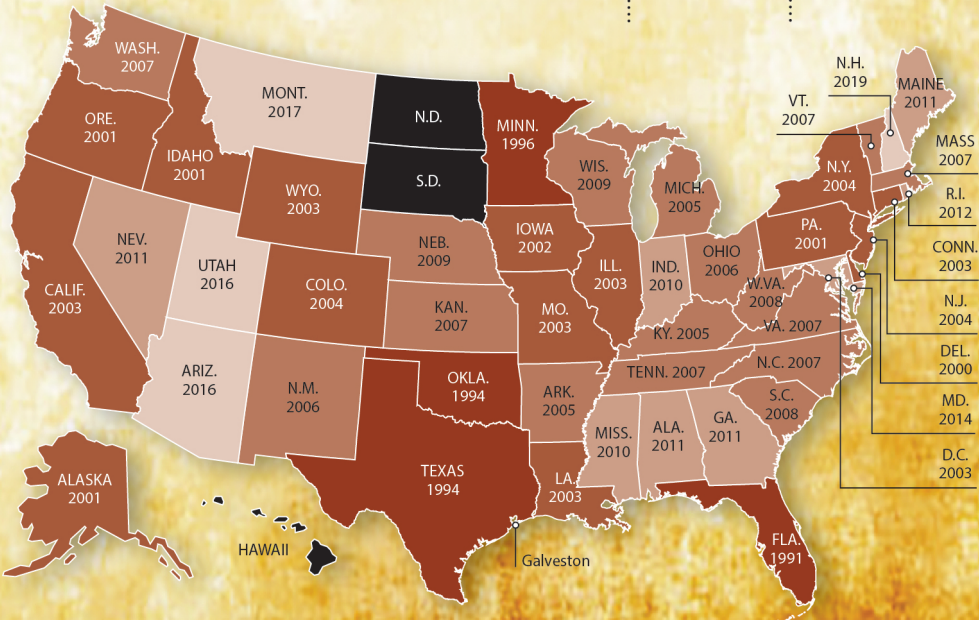
Historian, educator, documentary filmmaker and commentator Henry Louis Gates Jr. writes there were a number of dates that modern African-American leaders could have chosen to celebrate the end of slavery in the United States:

JAN. 1, 1863 The day Lincoln's Emancipation Proclamation took effect.	JAN. 31, 1865 The day the 13th Amendment abolishing slavery passed Congress.	APRIL 3, 1865 The day Richmond fell to Union forces.	APRIL 9, 1865 The day Lee surrendered to Grant at Appomattox Court House.	APRIL 16, 1865 The day slavery was abolished in the District of Columbia.	MAY 1, 1865 Decoration Day, the day former slaves of Charleston, S.C., gave the Union dead a proper burial on a former plantation.	JUNE 19, 1865 The day slaves were freed by Gen. Gordon Granger in Galveston, Texas.	JULY 4, 1776 America's original independence day, "four score and seven years" before Lincoln issued the Emancipation Proclamation.	SEPT. 22, 1862 The day Lincoln issued the Emancipation Proclamation.	DEC. 6, 1865 The day the 13th Amendment abolishing slavery was ratified by the states and became law.
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Where Juneteenth is observed

Not surprisingly, Texas was the first state to declare Juneteenth a state holiday. That happened in 1980. Florida, Oklahoma and Minnesota followed in the 1990s and most of the rest of the country did the same in the 2000s. Montana observed the Juneteenth holiday in 2017 and New Hampshire made Juneteenth official in 2019. Since then, only three states do not observe a state holiday on June 19.

Sources: Smithsonian magazine, PBS, the History Channel, CNN, Juneteenth.com National Juneteenth Observance Foundation, Congressional Research Service, MyFreeTextures.com



Community

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courtesy photo

Virtual GreenHill’s Summer Camps Now Live from the Studios

From GREENHILL CENTER FOR NORTH CAROLINA ART

GREENSBORO, NC.

GreenHill Center for North Carolina Art unveiled summer camps that bring weekly theme-based activities into children’s homes. Beginning June 22nd, daily live experiences are offered for pre-k through 6th-grade levels, with camps such as “Dinos and Dragons”, “Cafe Monet” or “Picasso’s Paint Party” to choose from.

“After 10 weeks of rich online programming through Virtual GreenHill, we’re thrilled to transition to daily, live art-making from our vibrant studios,” explained Barbara Richter, Executive Director of GreenHill. “We’re excited to bring camps to our families,

wherever they may be! The option to ship artboxes with all the materials needed, eliminates geographic boundaries, which is a game-changer.”

Jaymie Meyer, GreenHill’s Director of Education added: “When you sign up for our virtual art experiences, you’ll receive an entire theme-based curriculum and the magic of art-making at home. Customized artboxes make the experience easily accessible. The daily live format enables kids to interact with their fellow campers as they engage in fun and enriching activities.”

GreenHill shared that 1st - 6th grade campers can expect:

- Live, online instruction, Monday-Friday, from 9-10:30am and an additional 30 minutes of art games and

- other creative experiences
- Recorded sessions available immediately after each class for campers who miss or prefer to create at their own pace
- An email with a full set of detailed instructions and materials for every project in pdf format
- Password-protected camp website access with fresh updates daily, additional resources, and content to work on outside of class

Preschool-kindergarten campers can expect:

- Live, online experience from 10:00-10:45am including story time, movement and song, and an art project all based on the story time book
- Recorded sessions available immediately after each class so that each

child can create art at his or her own pace

- An email with a full set of detailed instructions and materials for every project in pdf format
- Password-protected camp website access with fresh content daily, additional resources, and exercises and activities to work on outside of class

The Virtual Camp weekly fee is \$50 per camp for GreenHill members and \$65 for non-members. Artboxes containing all of the supplies, instructions and hand-outs ready to go for each day of camp may be purchased for an additional fee of \$35 per camp.

Artboxes will be available for pickup 12 - 4 pm on the Friday before camp begins. GreenHill is also offering the convenience of shipping artboxes to homes anywhere in the continental US for an additional \$22. Artbox orders must be placed 10 business days prior to the respective camp’s start date.

Details on all the weekly camps and registration are at greenhillnc.org.



courtesy photo

Hope House Foundation Thrift Shop to Reopen July 6

By Cindy Mackey

NORFOLK, VA.

June 2020 – Hope House Foundation’s Thrift Shop, at 1800 Monticello Avenue in Norfolk, will reopen to the public on July 6. Hours of operation will be Monday through Saturday from 10 am to 6 pm.

Masks and face coverings will be re-

quired to enter the store. Customers will enter through the back door adjacent to the parking lot, and everyone will be asked to practice social distancing while shopping. The fitting room will be closed.

Donations will be accepted Tuesdays, Thursdays and Saturdays between 11 am and 4 pm. There are no donation pickups or deliveries during this phase of the

reopening. Hope House Foundation Thrift Shop staff will clean and sanitize donations and store them for 48 hours before placing merchandise on the floor to sell. The store will also be sanitized daily for the protection of staff and customers.

All proceeds from thrift shop sales benefit Hope House Foundation. Since 1964, the nonprofit has worked on the

frontlines of the battle for independence, community inclusion and true citizenship for people with developmental disabilities. The organization provides individualized supported-living services for adults exclusively in their own homes or apartments. Currently, serving more than 125 people in Norfolk, Chesapeake and Virginia Beach. Hope House is known as an innovator and leader in the field, and in 2008, it received the American Association for Intellectual and Developmental Disabilities national award for full community inclusion. In 2012, it was named ANCOR Foundation’s Service Provider of the Year. For more information, visit www.hope-house.org.

Health



John Fadoju

Winners in the Research and Innovation Month medical research competition receive their awards.

WRNMMC Recognizes Medical Researchers

By Bernard S. Little, WRNMMC Public Affairs

Face masks were the common uniform as 15 winners of Research & Innovation Month honors met in the atrium of Building 17 on June 4 to receive recognitions and awards from Army Col. Andrew Barr, director of Walter Reed National Military Medical Center.

First to receive their awards were winners of the first virtual Poster Week. Conducted via electronic posters this

year, the event featured competitions for case reports, quality improvement, evidence-based practice, and patient- and family-centered care.

The second set of victors had emerged from an online Research Symposium held May 12 at Walter Reed Bethesda and from the Navy-wide Academic Research Competition, hosted virtually two days later by Naval Medical Center Portsmouth.

“What you’re doing is building the future best practices and future solu-

tions for the operational space, the things that have an effect on our warriors,” Barr told the competition winners.

Barr presented each winner with an award certificate and a commemorative coin, enclosed in a plastic sheath open at one end, so the recipient could accept without human contact.

A pair of lucky honorees took home two certificates. Navy Lt. Cmdr. (Dr.) Eric Pasman, a pediatric gastroenterology fellow, earned the Bailey K. Ashford Award and the Robert A. Phillips

Award, both for clinical research. Pasman later went on to clinch the Navy-wide award for clinical research by staff. All three of his wins honored a project that aimed to measure the “tug sign,” a physical resistance to endoscopy in cases of eosinophilic esophagitis. Army Maj. (Dr.) Lauren Vasta, a pediatric oncology fellow, also collected two awards. She shared the Paul Florentino Patient- and Family-Centered Care Award with coauthor Air Force Maj. (Dr.) Rich Zanetti. Their project documented an effort to better inform cancer survivors about their future medical needs. Vasta also earned second place for a case report by staff or fellows for her account of hypoglycemia linked to carnitine deficiency in a child who received chemotherapy for cancer.

DHA welcomes new top enlisted leader

By: Military Health System Communications Office

Navy Command Master Chief Charles “Chip” Collins has transferred his duties as senior enlisted leader for the Defense Health Agency to Army Command Sgt. Maj. Michael L. Gragg. The change of responsibility ceremony took place Friday at the Defense Health Headquarters in Falls Church, Virginia. COVID-19 pandemic restrictions on large gatherings required the audience to attend virtually.

The ceremony signaled “an important moment for these two leaders, and an even more important moment for all of us in the DHA and those we serve,” said Army Lt. Gen. (Dr.) Ronald Place, the DHA director.

“Throughout my career, my successes in uniform would not have happened without the wisdom, the courage, and the skills of the men and women in our enlisted ranks,” Place said.

Gragg began his military career almost 31 years ago when he enlisted in the Army. His most recent assignment was as the top enlisted soldier of the U.S. Army Medical Command.

“We’re exceptionally fortunate that a leader of his talent and his experience is coming aboard,” Place said, adding that Gragg has “come close” to having seen and done everything. His experi-



Courtesy Photo

From left, the Defense Health Agency’s new senior enlisted leader, Army Command Sgt. Maj. Michael Gragg, accepts the organizational colors from the DHA director, Army Lt. Gen. (Dr.) Ronald Place, after they were relinquished by Navy Command Master Chief Charles “Chip” Collins.

ence “represents the spectrum of the DHA mission,” Place said, including helping families, assisting men and women in combat, and managing the recovery of wounded warriors.

Gragg’s experience includes assignments in Iraq, Afghanistan, Italy, Korea, and Germany. He’s held numerous leadership positions including medical evacuation NCO, flight medic, and command sergeant major of Warrior Transition Battalion Europe.

“I’m honored to have you join the DHA at such an important time,” Place said.

Gragg said it was difficult finding the words to express “my excitement ...almost giddiness ... to represent and serve for and alongside” those in the Defense Health Agency. “It is truly an honor and a privilege.”

Gragg said Collins left him “very big shoes to fill” because Collins provided “sage advice to two directors, and a calming presence to a transitioning organization in a turbulent environment.”

Collins is retiring after a 35-year military career that he began as a Navy corpsman and then served as a pharmacy technician.

Place said he was “incredibly grateful” for Collins’ “exceptional service and leadership on our headquarters team.”

“He’s exactly the type of senior enlisted leader that we needed in the Defense Health Agency,” Place said. “He immediately knew how to recognize the strategic issues facing military medicine and the agency specifically, and then how to engage our enlisted

personnel in a way that crystallizes what we’re trying to accomplish.”

In particular, Place noted Collins’ role in the Department of Defense-wide initiative to collect donated units of plasma from patients who have recovered from COVID-19 to support development of an effective treatment against the disease.

“It’s a huge global effort,” Place said, adding that military members are a recruitment target for the plasma, and a significant majority of those who were infected are enlisted members.

Collins recognized that outreach through his network would be “just as effective as the formal chain,” Place said. “We’re still early in the process, but that communication chain carries weight, carries authority, carries trust.”

Food



MIKE GARTEN/

Pasta Primavera

BY THE GOOD HOUSEKEEPING TEST KITCHEN

We think any recipe worthy of being called Pasta Primavera should contain tons of veggies that sing of springtime, and ours fits the bill: not just tender-crisp snap peas and asparagus, but gorgeous carrots (we love the multicolored ones), savory sweet shallots and fragrant tarragon. This vegetarian main dish is easy enough to be a weeknight meal, but elegant enough to celebrate something special or just making it to the weekend.

This dish is also pretty forgiving: don't have a particular veg? Leave it out or sub in what you do have. What's key is to make sure to partially cook any harder ingredients, either in the pasta water like we do the snap peas or in the sauce at the end, like the carrots. No crème fraîche? Try sour cream or even a little yogurt (though you'll probably want to use less wine).

- Ingredients
- 2 tbsp. olive oil, divided
 - 1 lb. asparagus, trimmed and cut into 11/2-in. pieces

- 2 medium shallots, finely chopped
 - Kosher salt and pepper
 - 1 lb. tagliatelle or pappardelle
 - 8 oz. sugar snap peas, cut into 11/2-inch pieces
 - 1/2 c. dry white wine
 - 1 c. crème fraîche
 - 2 large carrots, shaved with peeler
 - 1 tbsp. grated lemon zest
 - 1 tbsp. fresh tarragon
- Directions

Bring large pot of water to a boil. Heat 1 tablespoon oil in large skillet on medium-high. Add asparagus and cook until barely tender. Transfer to bowl.

Add remaining tablespoon oil to skillet and return to medium-low. Add shallots and 1/2 teaspoon each salt and pepper.

Cook, stirring occasionally, until translucent, 2 to 3 minutes.

While shallots are cooking, cook pasta per package directions. Using strainer, dunk snap peas in boiling pasta water 30 seconds, then remove and set aside.

Add wine to shallots and simmer until reduced to 2 tablespoons, about 5 minutes. Turn heat to lowest setting.

Add crème fraîche to skillet and stir until combined. Add carrots and lemon zest and simmer 3 minutes. Using tongs, transfer pasta from water to pan. Fold in asparagus, snap peas, tarragon, and 1/4 teaspoon salt, adding 1/4 to 1/3 cup pasta water if pasta seems dry.

Lemon Cupcakes With Strawberry Frosting

BY THE GOOD HOUSEKEEPING TEST KITCHEN

Cupcakes are a no-brainer for springtime parties, holidays and celebration dinners, especially when they're as gorgeous as these lemon cupcakes with strawberry frosting.

Light, moist, citrus-infused cake is topped with a creamy pink buttercream that tastes of distilled strawberries. The secret? We use fresh lemon zest and juice to flavor the cakes, and freeze-dried berries to give the sweet frosting a deep strawberry flavor and naturally rosy color.

Our tender lemon cupcakes would satisfy any citrus lover, but if you wanted to mix it up, they'd be great with lime or orange zest, too. You could also try Meyer lemon instead of a regular lemon, but you might want to serve them with a simple sprinkling of demerara sugar, as the slightly more delicate, floral notes could get overwhelmed by the strawberry.

We make our fluffy strawberry buttercream with freeze-dried strawberries, which you can find in most supermarkets, often near the nuts. We love the idea of adding real berry flavor while also naturally dyeing the frosting.

- Ingredients
- For Lemon Cupcakes
- 1 1/4 c. all-purpose flour
 - 1 1/2 tsp. baking powder
 - 1/2 tsp. kosher salt
 - 3/4 c. granulated sugar
 - 6 tbsp. unsalted butter, at room temp
 - 1 tbsp. finely grated lemon zest plus 2 Tbsp lemon juice
 - 1 tsp. pure vanilla extract
 - 2 large eggs
 - 1/2 c. whole milk
- For Strawberry Buttercream
- 1/2 c. (1 stick) unsalted butter, at room temp
 - 6 oz. confectioners' sugar
 - 2 tbsp. heavy cream, at room temp
 - 1 tsp. pure vanilla extract
 - 1/8 tsp. kosher salt
 - 3/4 c. freeze dried strawberries, finely crushed, plus more for sprinkling
- Directions

Make the cupcakes

Heat oven to 350°F. Line a 12-cup muffin pan with paper liners.

In medium bowl, whisk together flour, baking powder and salt. Using an electric mixer, beat sugar, butter, lemon zest and juice, and vanilla in a large bowl until light and fluffy, about 3 minutes. Beat in eggs one at a time.

Reduce mixer speed to low and alternately add flour mixture and milk, mix-



MIKE GARTEN/

ing just until incorporated. Divide batter among muffin-pan cups (filling about 2/3 full). Bake until wooden pick inserted into center comes out clean, 18 to 22 minutes. Transfer to a wire rack to cool completely.

Make the buttercream

Using an electric mixer, beat butter and sugar in a large bowl 2 minutes. Add cream, vanilla, and salt and con-

tinue beating for 1 minute. Fold in crushed strawberries.

Frost cupcakes

Transfer Strawberry Buttercream to a resealable plastic bag and snip off one corner.

Pipe mounds of frosting on top of fully cooled cupcakes, then sprinkle with additional crushed strawberries, if desired.



Courtesy Photo

Security Clearances and COVID-19 Adjustments, Cautions and Advice

From Military Onesource

Current as of June 10, 2020

These have been challenging times in many ways for individuals and families. Many are facing financial hardship because of lost wages or changes in their living situation. If you're having trouble paying your bills, you may have the added stress of worrying about your security status.

A history of financial problems is a common reason to deny or revoke a person's security clearance. But financial difficulty due to the coronavirus disease 2019 pandemic should not affect your security status. The U.S. government has deemed COVID-19 to be beyond anyone's control. Any financial fallout from the pandemic is considered a mitigating factor in determining security status. Still, it's important to be upfront about any financial problems you are having, take steps to resolve them and know the resources available to assist you.

How financial stability affects security clearance

The Department of Defense Consolidation Adjudications Facility weighs a number of factors when evaluating a person's eligibility to access classified information. Among these is a person's financial history. Without background information, CAF may regard financial problems as an indication of poor

self-control, a lack of judgement or a disregard for rules and regulations. All of these raise a person's security risk.

Financial red flags include unexplained wealth, excessive gambling, and illegal activity, such as embezzling or expense account fraud. CAF will also look for:

- Unpaid debts resulting in collections
- Liens
- Failure to file state or federal taxes
- Living beyond one's own means

CAF will look at the circumstances surrounding these issues to determine whether they are true indicators of security risk. And while it will consider COVID-19 a mitigating factor, it will not automatically excuse bad debt or other financial issues that predate the pandemic.

Steps to Improve Financial Health and Protect Clearances

It's important to be upfront about any financial difficulties you're facing, even if they are a direct result of the pandemic. CAF will look for evidence that you have acted responsibly and taken steps to resolve the problem.

If you have fallen behind on your bills, do the following as soon as possible:

- Inform your security management office of your financial hardships.
- Contact your creditors and come up with a plan to repay your debts.
- Document all information.

Maintain open and honest communication with your supervisors.

In reviewing your situation, CAF will look at whether you:

- Reported the information voluntarily
- Responded truthfully and completely to questions
- Sought assistance and followed professional guidance, where appropriate
- Resolved or are likely to resolve the security concern
- Demonstrated positive changes in behavior

CAF may request more information while reviewing your status. It will grant 30-day extensions for your response during the pandemic. Responses must be received within 30 days after the pandemic ends.

Finding help for financial problems

Taking control of your finances doesn't mean going it alone. Help is available through the following resources:

- Military relief societies. Each branch of the armed forces has its own emergency financial relief organization. These may provide interest-free loans, grants or a combination of loans and grants.
- HEROES Care. This program works with mental health providers, employment assistance programs and national organizations that provide emergency financial aid to get military families the help they need directly in the

communities where they live.

Operation Homefront. This organization helps military families during difficult financial times. It provides food assistance, auto and home repair and more.

American Red Cross. The Red Cross provides confidential referrals to local, state and national resources through their network of chapters across the United States.

Personal financial managers. You have access to personal financial counseling services on your installation. Set up a no-cost appointment at your nearest Family Center.

Military OneSource financial counseling. A financial counselor can refer you to services and programs that meet your specific needs. Your financial counselor can also coach you on setting up a payment plan with creditors and more. This service is free for service members and their families.

These are challenging times and CAF wants to work with you. Be sure to let your security management office know about financial difficulty you may be experiencing and take the proper steps to resolve your issues. Remember, help is available to regain control of your finances and protect your security status.

To learn more about COVID-19, Military OneSource maintains a special website section with information for service members and military families. Military OneSource is committed to providing up-to-date information and answers regarding the impacts of the coronavirus outbreak on our military community.



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announcements

Announcements

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NOTICE OF COMPLETION The project property located at 5616 Willow Lake Road in Chesapeake, VA 23321, has been completed; and any entity wishing to assert lien rights against property must do so within 45 days from the recordation date, or lose the right to do so.



pulse

Fridays in The Pilot



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announcements

Announcements

COMMUNITY YARD SALE 304 Crown Arch, Jun 13, 8am-noon Shop safe for a variety of great deals!

NOTICE OF COMPLETION The project property located at 5616 Willow Lake Road in Chesapeake, VA 23321, has been completed; and any entity wishing to assert lien rights against property must do so within 45 days from the recordation date, or lose the right to do so.



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We Observe Wearing Masks & Social Distancing
3824 Bruce Rd., Chesapeake
Thurs., Fri. & Sat., June 18, 19, 20
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Super Crossword

ACROSS

- 1 Painter of limp watches
- 5 By the day, as payment
- 12 "It doesn't matter"
- 20 Moran of "Happy Days"
- 21 The tiniest bit
- 22 Hot pepper
- 23 Group of wolves decide which hockey disk to use?
- 25 Brought upon oneself
- 26 USNA frosh
- 27 "— Miz"
- 28 Bring in
- 30 Moniker, in Marseilles
- 31 Mervyn of film
- 33 Misplaced the most recent catalog?
- 38 Sun circlers
- 41 Braga of film
- 42 Nervous —
- 43 Notice folks quarreling about a skewer?
- 45 Kind of latte
- 47 Sportswriter Pasquarrelli
- 48 Name of 12 popes

DOWN

- 1 Johnny of "Ed Wood"
- 2 Central Asia's — Sea
- 3 Pooch pests
- 4 Rorschach test features
- 5 Luau chow
- 6 Hemming in
- 7 Type in anew
- 8 See 95-Down
- 9 Bettor's note
- 10 Series-ending abbr.
- 11 Succeeds
- 12 Spin around
- 13 — Barbera
- 14 "The Middle" network
- 15 Poked fun at
- 16 Register
- 17 Indiana county whose name is a red color
- 18 Afore
- 19 Gun, in slang
- 24 Parts of hammers
- 29 — good clip
- 32 Ice-T's style
- 34 — roll (lucky)
- 35 Deriding look
- 36 — Nevada
- 37 Partner of a mortise
- 38 Hearing airer
- 39 Share a view
- 40 Artery
- 41 Minneapolis-to-Dallas dir.
- 44 Hit with a zapping gun
- 45 The Beatles' "Let —"
- 46 Collision
- 50 Register for
- 51 Hoops cable channel
- 53 Pole carving the Kremlin
- 54 Advice giver
- 55 Yankee Yogi
- 56 Bob — restaurants
- 57 Per-unit costs
- 58 "Bye Bye Bye" boy band
- 60 Rumba's kin
- 62 Garden soils
- 65 Johnny who cried "Come on down!"
- 68 OPEC fuel
- 69 Idolize
- 70 Keystroke or mouse click
- 72 Canadian gas brand
- 73 Detached, in mus.
- 75 Old game console
- 76 Lanai and Skye, say
- 77 Product label wds.
- 78 Ruminated
- 79 County in New Mexico
- 81 Tree once associated with bow wielders
- 85 Pained cries
- 86 "Dirty Sexy Money" actress Zoe
- 88 Symbol atop the Kremlin
- 89 Pair of poetic lines
- 90 Mythical bird
- 91 Mork's planet
- 92 Pitching whiz
- 93 Sausage, in Stuttgart
- 95 With 8-Down, swims without a suit
- 96 They made LPs passé
- 99 Kid
- 100 West with 21 Grammys
- 101 — lie (fibbed)
- 104 Funny Laurel
- 106 Gossamer
- 107 Degs. for playwrights
- 108 Eye malady
- 109 GPS drawing
- 110 From — B
- 111 Ring legend
- 113 Prefix with law or tourist
- 114 Cat coat
- 115 Swing to and —

Sudoku

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

CryptoQuip

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

Clue: **D** equals **O**

KGT HNWFT DS CGWMQYTC GLC

TCFLYLKTP NLHWPYI. IDE FDEYP CLI

WK'C QDWMQ KGNDEQG KGT NDDS.

Last week's CryptoQuip answer

Saint Patrick was a gentleman, who through strategy and stealth, drove all the snakes from Ireland, here's a toast to his health.

last week's answers

A	M	A	N	A		P	O	P	P	I	N	G		E	S	C	A	P	E
S	O	L	E	L		S	C	H	U	M	E	R		S	P	A	T	E	S
P	R	O	T	E	I	N	S	K	I	M	M	E	R		C	O	R	T	E
S	E	E	P		D	E	T		P	O	D		M	A	R	T	I	N	A
				R	O	D	E		B	U	S	B	Y	B	E	R	K	E	L
O	C	T	O	P	I		C	O	R	G	I		O	O		A	D	S	
P	R	O	F	E	S	S	I	O	N	A	L		B	O	W	L	E	R	
T	A	X	I		H	I	V	E		S	E	E	K		E	V	I	T	E
E	V	I	T	A		L	I	V	E		R	I	T		E	N	A	C	T
D	E	N		S	T	E	T	S	O	N		U	N	I	V	E	R	S	I
			C	H	I	N		L	I	L		T	A	L	E				
P	A	N	A	M	A	C	A	N	A	L		T	R	E	A	T	E		
T	H	O	R	O		E	D		A	L	B		S	K	U	L	L		
L	A	M	A	R		A	D	O	T		I	C	L	E		I	L	S	A
T	E	E	N	I	E	B	E	A	N	I		E	B	A	B	I	E	S	
S	S	A			A	U	S		O	A	R	E	D		W	R	I	E	S
K	E	N	T	U	C	K	Y	D	E	R	B	Y		W	H	E	T		
A	U	G	U	S	T	E		O	R	O		M	A	I		Z	A	P	S
G	R	O	T	T	O		G	O	E	S	O	V	E	R	T	H	E	T	O
G	A	R	T	E	R		O	N	E	E	Y	E	D		E	E	R	I	L
S	T	A	I	N	S		B	E	D	S	E	T	S		E	S	T	E	S

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