



STAYING SAFE DURING HEAT

Extreme heat can be very dangerous. Aboard Navy installations, Flag Conditions are used to communicate hazardous heat conditions.

»See **A4**



Katisha Draughn-Fraguada

Approximately 20 volunteers from the Naval Support Activity Hampton Roads Public Works Department, Naval Facilities Engineering Command Atlantic, the Elizabeth River Project, DoD Chesapeake Bay Program, Lafayette River Wetlands Board, and a resident from Lincoln Military Housing participated in the oyster castle installation event at the Lafayette River Annex, July 16 - 17.

Naval Support Activity Hampton Roads Installs Oyster Castles to Help Protect Shoreline

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

NORFOLK

As the waves softly hit the shoreline, multiple volunteers placed oysters on concrete castles with a very important goal in mind, to protect and restore the Lafayette River.

Naval Support Activity (NSA) Hamp-

ton Roads partnered with the Elizabeth River Project on an oyster castle installation project along the shoreline of the Lafayette River Annex, July 16-17.

“The NSA Hampton Roads Environmental Program has focused efforts on protecting the shoreline at Lafayette River Annex through increased natural vegetative buffers and wetland plantings to reduce erosion and increase native habitat,” said Taylor Austin, Natural

Resources Manager for NSA Hampton Roads. “The Chesapeake Bay Program has also established an active oyster reef just off shore of Lafayette River Annex and it is our intent to continue to enhance their oyster restoration efforts while protecting the shoreline.”

Oyster castles are interlocking concrete blocks placed in the water to reduce

» See | **A7**

USS Bataan Returns from Deployment

From USS Bataan Public Affairs

NORFOLK

The Bataan Amphibious Ready Group (ARG) and embarked 26th Marine Expeditionary Unit (MEU) are returning from deployment this month, marking the end of a seven-month deployment to the U.S. 2nd, 5th and 6th Fleet areas of operation.

The ARG's flagship, the Wasp-class amphibious assault ship USS Bataan (LHD 5), returned to Norfolk Naval Station today, following the Harpers Ferry-class amphibious dock landing ship USS Oak Hill (LSD 51), which returned to Joint Expeditionary Base Little Creek in Virginia Beach, July 15.

“Big 5's crew is tough and resilient and I could not be more proud of these Sailors and Marines – the men and women of Bataan,” said Capt. Bryan Carmichael, Bataan's commanding officer. “We've supported commanders in U.S. 5th, 6th, and 2nd Fleets, improved coalition partnerships, and deterred aggression everywhere inbetween. It's good to be home and it is my honor to serve as Bataan's



MCSA Darren Newell

The amphibious assault ship USS Bataan (LHD 5) sails in the Arabian Gulf. Bataan is the flagship for the Bataan Amphibious Ready Group and, with embarked 26th Marine Expeditionary Unit, is deployed to the U.S. 5th Fleet in support of naval operations to help ensure maritime stability and security in the Central Region, connecting the Mediterranean Sea and the Pacific Ocean through the western Indian Ocean and three strategic choke points.

» See | **A7**



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USS Newport News Returns from Deployment

The Los Angeles-class attack submarine USS Newport News (SSN 750) returned to its homeport at Naval Station Norfolk from deployment, July 18.

»See **A5**



Agility Summit Seeks Creative Solutions

New ways of improving how emerging technologies are identified to meet urgent warfighter needs, and accelerating technology transition to the fleet.

»See **A3**

USS Mitscher Assists Distressed Sailing Vessel

After the distressed vessel radioed for help, the USS Mitscher was quick to answer the call.

»See **A2**

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Cmdr. Susan Pinckney speaks during the Helicopter Sea Combat Squadron (HSC-28) change of command ceremony aboard Naval Station Norfolk, July 16. MC3 Andrew Taylor

HSC-28 Changes Command; Welcomes First Female Commanding officer

From Commander, Naval Air Force Atlantic Public Affairs

NORFOLK

Helicopter Sea Combat Squadron (HSC-28) changed leadership during a change of command ceremony aboard Naval Station Norfolk, July 16. Cmdr. Susan Pinckney relieved Cmdr. Trevor Prouty during the ceremony. Prouty, a native of Kingwood, Texas, graduated from the United States Naval Academy in 2001. He took command of HSC-28 in early April 2018 and has accumulated

2,299 total flying hours during his naval career. Prouty led and managed the execution of 4,839 flight hours and various other standards for Helicopter Sea Combat readiness. Under his leadership, HSC-28 received the achievement of Class A mishap-free flight hours, the advancement of 56 Sailors and a successful deployment operating with the commanders for 2nd, 4th, 5th and 6th Fleets. As Prouty closes the chapter of his position as the commanding officer for HSC-28, he reflected on some of the best highlights during his times.

“Some of the highest points during my time as the commanding officer were watching our Sailors of all ranks deploy overseas and mature as leaders, and learn about the amazing acts our Sailors can accomplish when given the latitude to excel,” said Prouty. Pinckney, a native of Bozeman, Montana, praised and highly commended Prouty for his leadership and set the foundation for future success. “Skipper Prouty set the bar high and the squadron exceeded expectations, having won both the 2018 and 2019 Battle Efficiency Award. Prouty has provided a daily

example of how to maintain standards while employing an empathetic leadership style,” she said. Pinckney will be the first female commanding officer to lead and take command of HSC-28. “I am excited and honored to take over as the commanding officer of HSC-28. Regardless of gender, I am extremely lucky that I was chosen to be the Commanding Officer of HSC-28, a squadron in which I have previously served and held in very high regard,” said Pinckney. “This squadron is composed of many of the best men and women I have had the opportunity to work with throughout my naval career.” Pinckney emphasized the goals she has planned for HSC-28. “My goals for the Dragon Whales are threefold. First, to maintain the ability to meet all operational tasking and capably respond to contingency tasking. Second, to develop each Dragon Whale to meet their best potential. Third, to continue to the lay the ground work for success in HSC-28’s future tasking,” added Pinckney.

USS Mitscher Assists Distressed Sailing Vessel

From USS Mitscher Public Affairs

ATLANTIC OCEAN

The Arleigh Burke class guided-missile destroyer USS Mitscher (DDG 57) assisted a sailing vessel drifting about 150 nautical miles east of the Bahamas, July 18. After the distressed vessel radioed for help on the morning of July 17, U.S. Coast Guard District 7 coordinated with Mitscher, the closest ship

able to render aid. Mitscher rendezvoused with the vessel later that evening and towed it overnight to the closest port of San Salvador, Bahamas. The 51-foot sailing vessel had a damaged steering shaft and was unable to maneuver. There were three adults aboard and all remain in good condition. “I am thankful that we were in a position to render assistance to mariners in distress,” Mitscher’s Com-

manding Officer, Cmdr. Matthew Cox, said. “The crew’s ability to quickly prepare and safely tow the vessel to safe harbor shows the versatility, professionalism, and teamwork of our Sailors. I’m very proud of how the team worked together during this event.”

Cmdr. Matthew Cox

manding Officer, Cmdr. Matthew Cox, said. “The crew’s ability to quickly prepare and safely tow the vessel to safe harbor shows the versatility, professionalism, and teamwork of our Sailors. I’m very proud of how the

team worked together during this event.” Mitscher, which is part of Destroyer Squadron 22 and Carrier Strike Group 2, is underway in the Atlantic Ocean conducting unit-level training.

The Flagship

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MC2 Joshua Walters

Assistant Secretary of the Navy for Research, Development and Acquisition James Geurts announced on stage at West 2019 the stand up of Naval Expeditions (NavalX) Agility Office. NavalX will empower the Department of Navyorkforce with Agility tools that enable bold flexibility and drive accelerated outcomes.

Fleet Focus: Agility Summit Seeks Creative Solutions to Naval Challenges

By Warren Duffie Jr.
Office of Naval Research Public Affairs

ARLINGTON

Improving how emerging technologies are identified to meet urgent warfighter needs, and accelerating technology transition to the fleet. Identifying military and civilian personnel in the naval workforce and Naval Research and Development Establishment (NR&DE), who are taking unique and successful approaches to innovation.

These are some of the issues the NavalX Agility Cell, or NavalX, will tackle during its Agility Summit from Sept. 21-25 in Alexandria, Virginia. The event will be hosted by NavalX and supported by multiple partners, including the Office of Naval Research (ONR).

“The purpose of the Agility Summit is to foster meaningful discussions and collaboration that will have a lasting impact on the Navy and Marine Corps,” said the Hon. James Geurts, assistant secretary of

the Navy for Research, Development and Acquisition, who created NavalX. “It will give us a greater understanding of the tools and talent we have to identify performance gaps and opportunities for greater efficiency.”

NavalX enables collaboration; accelerates the pace of discovery, learning and experimentation; and fosters the naval workforce’s capacity for innovation and agility. It gives Sailors, Marines and Department of the Navy (DoN) civilians valuable tools for solving problems and translating ideas into actionable solutions.

This enables naval organizations like ONR to better serve warfighter needs by connecting individuals promoting innovative ideas with experts who can experiment with those ideas, invest in them or help turn them into something tangible for the Navy and Marine Corps.

The upcoming Agility Summit is designed to build partnerships in the DoN on matters of innovation, acquisition and

transition – to share best practices and discuss problems facing the fleet. It will highlight innovation success stories and discuss future efforts through presentations and workshops.

The centerpiece of the Agility Summit will be an educational “agility challenge” involving 10 student teams invited from the Naval Postgraduate School (NPS), Naval War College (NWC) and Marine Corps University (MCU). The teams will work to solve pressing naval problems.

“An event like the Agility Summit enables those in the NR&DE to benefit from the creativity and dynamic thinking of the next generation of Navy and Marine Corps leaders,” said Dr. Rich Carlin, ONR’s director of technology-acceleration programs. “The students participating in the challenge will demonstrate the vision and ideas required to keep our nation ahead of its adversaries in the great power competition we currently face.”

NPS, NWC and MCU student teams can visit a designated website to learn

about fleet issues and challenges, choose one to address and apply to compete at the Agility Summit. The closing date for student submissions and applications is July 31, and the final 10 teams will be chosen during the week of Aug. 7. Selected teams will receive funding to travel to the NavalX facility in Alexandria, Virginia.

For more information, email agility@navy.mil.

People can attend the summit both physically and virtually. In-person attendees will wear masks and practice social distancing.

During the Agility Summit, the student teams will receive detailed briefs about their respective naval problems, brainstorm solutions and pitch their ideas to a panel of judges to include Geurts and Chief of Naval Research Rear Adm. Lorin C. Selby.

The winning teams will receive 10 weeks of follow-on support and access to requirement holders, end users and subject matter experts at warfare centers and naval labs to develop their ideas. Afterward, the teams will present their prototypes or proofs of concept to Geurts, Selby and other naval stakeholders.



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Safety Tips: Staying Safe During Elevated Heat Temperatures

By Ready Nay

Extreme heat can be very dangerous. In extreme heat and high humidity, evaporation is slowed and the human body must work extra hard to maintain a normal temperature. This can push the body beyond its limits. In the United States each year, hundreds of people die from heat-related complications. Aboard Navy installations, Flag Conditions are used to communicate hazardous heat conditions. It is important for Navy personnel and families to understand these flag conditions and what each color means.

Flag Conditions

The Wet Bulb, Globe Temperature (WBGT) Index is the most effective means of assessing the effect of heat stress on the human body. The WBGT Index is used to determine Flag Conditions as a safety standard for how long individuals can safely work out of doors in hot humid conditions. Knowing and understanding these Flag Conditions will help keep you safe from heat-related emergencies like heatcramps, heat exhaustion and heat/sun stroke. Color coded flags are flown in strategic locations on NavalInstallations to communicate hazardous conditions to personnel so that work and outdoor activity canbe adjusted accordingly.

>> White Flag (WBGT Index less than 80° Fahrenheit) — Extremely intense physical exertion may precipitate heat exhaustion and heat stroke, therefore, caution should be taken.

>> Green Flag (WBGT Index 80-84.9° Fahrenheit) — Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.

>> Yellow Flag (WBGT Index 85-87.9° Fahrenheit) — Strenuous exercise and activity (e.g. close order drill) should be curtailed for new and personnel not acclimated to the heat during the first three weeks of heat exposure.

>> Red Flag (WBGT Index 88-89.9° Fahrenheit) — Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.

>> Black Flag (WBGT Index 90° Fahrenheit and above) — Physical training and strenuous exercise suspended for all personnel (excluding operational commitment not for training purposes).

How to Prepare For Extreme Heat

Be informed and know heat terminology:

>> Heat Wave — An extended period of extreme heat, usually combined with excessive humidity.

>> Heat Index — A number of degrees in Fahrenheit (F) added to the air temperature that tells how hot it feels with the relative humidity.

>> Excessive Heat Watch — Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

>> Excessive Heat Warning — Heat Index values are forecast to meet or exceed locally defined warning criteria for at least two days (daytime highs = 105-110° Fahrenheit).

>> Heat Advisory — Heat Index values are forecast to meet locally defined advisory criteria for one to two days (daytime highs = 100-105° Fahrenheit).

Plan Ahead

>> Listen to local weather forecasts and stay aware of upcoming temperature changes.

Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas, due to stagnant and poor air quality, as well as stored heat in asphalt and concrete.

>> Make a plan to keep you and your family safe from the effects of extreme heat.

>> Make sure you have a fan, snugly fit window air conditioner, or something to circulate air in extreme heat as many heat-related deaths can be attributed to stagnant atmospheric conditions or poor air quality.

>> Insulate air ducts and weather-strip doors and



Naval Station Norfolk Public Affairs

A black flag is flown at the Naval Station Norfolk gymnasium to signify temperatures had reached elevated temperature, July 21. The black flag is used as a warning that physical training and strenuous exercise is suspended for all personnel (excluding operational commitment not for training purposes). Flag conditions are an added step to keep individuals safe from heat-related emergencies, such as heat cramps, heat exhaustion and heat/sun stroke.

Wet Bulb Globe Temperature Category Work/Rest and Water Intake

Unacclimated and Acclimated Work/Rest and Water Intake Chart

Heat Risk Category		Wet Bulb Globe Temp	Light Work		Moderate Work		Heavy Work	
			Work/Rest	Water Intake (quart/hr)	Work/Rest	Water Intake (quart/hr)	Work/Rest	Water Intake (quart/hr)
No Risk	Unacclimated	78 – 79.9	50/10 min	½	40/20 min	¾	30/30 min	¾
	Acclimated	78 – 79.9	continuous	½	continuous	¾	50/10 min	¾
Low	Unacclimated	80 – 84.9	40/20 min	½	30/30 min	¾	20/40 min	1
	Acclimated	80 – 84.9	continuous	½	50/10 min	¾	40/20 min	1
Moderate	Unacclimated	85 – 87.9	30/30 min	¾	20/40 min	¾	10/50 min	1
	Acclimated	85 – 87.9	continuous	¾	40/20 min	¾	30/30 min	1
High	Unacclimated	88 – 90	20/40 min	¾	10/50 min	¾	avoid	1
	Acclimated	88 – 90	continuous	¾	30/30 min	¾	20/40 min	1
Extreme	Unacclimated	> 90	10/50 min	1	avoid	1	avoid	1
	Acclimated	> 90	50/10 min	1	20/40 min	1	10/50 min	1

“ It is important for all personnel to be aware of the harmful effects of summer weather. Many of our Sailors and civilians have jobs that are outdoors and their health and safety is paramount each and every day. We urge all supervisors to keep an eye on their employees to ensure they do not become a victim of heat stress.”

Captain Vince Baker, NAVSTA Norfolk Commanding Officer.

result from a heat wave.

Heat Emergencies

Keep a lookout for possible heat emergencies:

>> Heat cramps — Muscle spasms and aches from heavy exertion in extreme heat. They are usually the first sign of heat-related complications.

>> Heat exhaustion — A form of mild shock that results from insufficient body fluids due to extreme heat and excessive exercising. The blood flow to the skin increases, decreasing blood flow to vital organs and raising the body temperature, increasing the risk of a heat stroke.

>> Heat stroke/sun stroke — The body’s temperature control system stops working, causing body temperature to rise so high (103° F or more) that there may be brain damage or death.

If you experience or observe any of the above conditions, seek medical attention immediately ... and Be Ready Navy!

Editor’s Note: The content of this article is provided for educational purposes only. The content providedis not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seekthe advice of your physician or other qualified health professional with any questions you may have regarding a medical condition.

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Lt. j.g Jacob Dirr

Machinist's Mate (Nuclear) 2nd Tyler Lott assigned to the Los Angeles-class attack submarine USS Newport News (SSN 750), embraces his wife Cheri Lott, at Naval Station Norfolk upon returning from deployment, July 18, Newport News returned to its homeport at Naval Station Norfolk after a seven-month deployment in support of national security interests and maritime security operations.

USS Newport News Returns from Deployment

By Holly Carey
Commander, Submarine Force Atlantic Public Affairs

NORFOLK

The Los Angeles-class attack submarine USS Newport News (SSN 750) returned to its homeport at Naval Station Norfolk from deployment, July 18.

Under the command of Cmdr. Dave Fassel, Newport News returns from a deployment where it executed the chief of naval operations' maritime strategy by supporting national security interests and maritime security operations.

Newport News reached an incredible milestone of 1,000 dives and spent 137 continuous days underway, both a testament to the quality and dedication of shipbuilders, maintenance professionals and submarine crews.

"The level of dedication, teamwork, resiliency and heart this crew demonstrated during an extended seven-month deployment is just amazing," Fassel said. "The fact that we were able to spend 137 continuous days at sea while managing our equipment status and food inventory is a true testament to the mental toughness and sacrifice every Sailor exhibited to ensure Newport News was on station when the country called upon her."

As the COVID-19 pandemic spread across the globe, Newport News continued to conduct operations.

Machinist's Mate (Nuclear) 2nd Tyler Lott recounts the crew's efforts during an at-sea replenishment, an operation rarely conducted by attack submarines, but necessary due to COVID-19.

"My proudest moment during deployment was our resupply at sea," said Lott. "It was an expertly coordinated and executed effort, and we got the much needed supplies to continue our mission. I was proud to play my small role in this success."

Cheri Lott, the wife of Tyler Lott, is happy to have her husband home from his seven-month deployment.

"Deployments are always hard, but as a nurse during this pandemic it has been the most difficult we have experienced yet," she said. "Tyler and I are newlyweds, and I am so excited to have my husband home and start our lives together."

During the deployment, Newport News steamed approximately 45,000 nautical miles and conducted one port visit to Diego Garcia, with limitations that protected the crew from COVID-19 and offered them an opportunity for rest and relaxation while also providing logistical

support.

"Due to the effects of COVID-19 and the need to remain a battle-ready asset, Newport News was restricted to the pier to ensure there was no risk to the crew to contract the virus," Fassel said. "Naval Support Facility Diego Garcia and Diego Garcia Morale, Welfare and Recreation truly helped the crew get some well-deserved rest and relaxation after an arduous 137 days at sea."

While operating in the U.S. 5th Fleet area of operations, Newport News participated in a bilateral interoperability exercise with the French ship (FS) Languedoc and an anti-submarine warfare exercise with the Dwight D. Eisenhower Carrier Strike Group.

Twenty-eight enlisted Sailors and five officers earned their submarine warfare qualification, known as "dolphins," while four officers promoted, 15 enlisted Sailors advanced to the next paygrade and 30 re-nlisted.

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,

“ The fact that we were able to spend 137 continuous days at sea while managing our equipment status and food inventory is a true testament to the mental toughness and sacrifice every Sailor exhibited to ensure Newport News was on station when the country called upon her.”

Cmdr. Dave Fassel

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.

Newport News, the third ship to bear the name of the Virginia shipbuilding city, is 360 feet long, displaces 6,900 tons of water, and can travel in excess of 25 knots.

Commander, Fleet Readiness Center Mid-Atlantic Changes Leaders

From Commander, Naval Air Force Atlantic Public Affairs

VIRGINIA BEACH

Commander, Fleet Readiness Center Mid-Atlantic (FRCMA) changed leadership during a change of command ceremony held onboard Naval Air Station (NAS) Oceana, July 9.

Capt. Brett Ingle relieved Capt. Christopher J. Couch as the commanding officer of FRCMA. During the farewell ceremony, Couch extended his appreciation and gratitude to all his Sailors, Marines and civilian staff.

From Couch, "It's been a privilege and pleasure to lead Fleet Readiness Center Mid-Atlantic. I thank all

the Sailor, Marine, civilian, and contractor employees for all they've helped Fleet Readiness Center Mid-Atlantic accomplish."

Couch assumed duties as commanding officer FRCMA in June 2018 leading two depot level field activities, five intermediate level field activities, and overseeing more than 2,500 military, civilian, and contracting personnel.

Under Couch's oversight, FRCMA completed 238 Planned Maintenance Interval events on C-2A Greyhound, E-2 Hawkeye, E-2D Advanced Hawkeye, F/A-18A-F Super Hornet, EA-18G Growler, and MH- 60S Sea Hawk aircraft. Couch's leadership provided critical readiness support to 833 fleet aircraft across

“ It's been a privilege and pleasure to lead Fleet Readiness Center Mid-Atlantic. I thank all the Sailor, Marine, civilian and contractor employees for all they've helped Fleet Readiness Center Mid-Atlantic accomplish.”

Capt. Christopher J. Couch

52 fleet, reserve, test squadrons, nine carrier air wings, 11 aircraft carriers, and 43 other activities worldwide executing 3,694 beyond capability of maintenance Interdictions to completion.

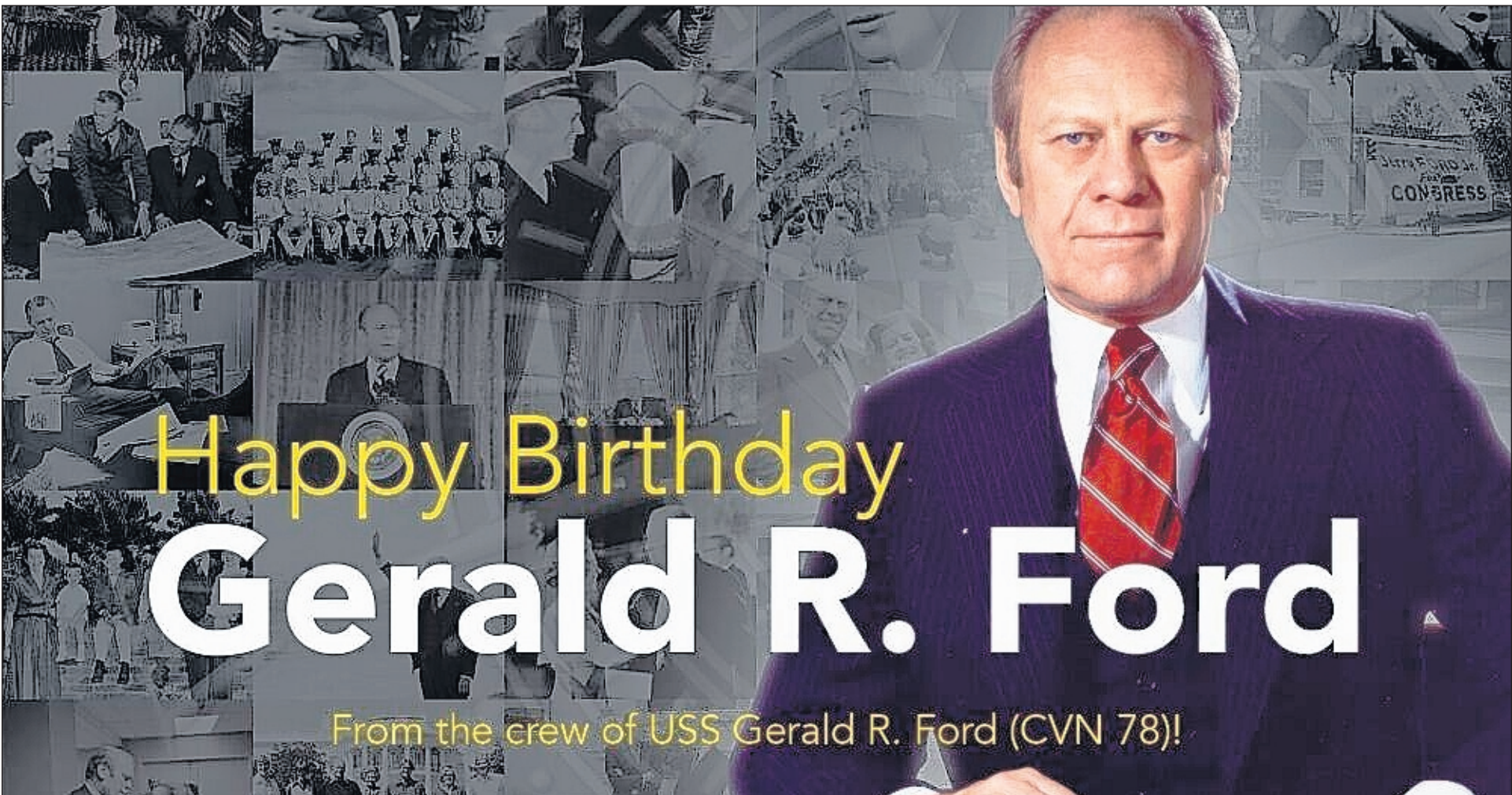
Additionally, Couch supported the effort in the production of attaining the Naval Aviation Enterprise 80 percent goal and implementation of the Naval Sustainment System for the F/A-18E and F aircraft variants planned maintenance interval.

"Continued implementation of Naval Sustainment System principles will help Fleet Readiness Center Mid-Atlantic further improve flight line readiness at an affordable cost," said Couch.

Prior to assuming the role as commanding officer, Ingle served as the executive officer for FRCMA.

"I am extremely proud of the leadership Capt. Couch provided to this organization and I look forward to building upon those accomplishments to increase the capability and agility of Naval Aviation," said Ingle.

The Fleet Readiness Center Mid-Atlantic within Naval Aviation Enterprise is responsible for naval aviation support, repairs, upgrades, and facilitation of exclusive projects in the development and advancement of making the Navy lethal.



USS Gerald R. Ford Public Affairs
Sailors aboard the first-in-class aircraft carrier USS Gerald R. Ford (CVN 78), paused to reflect on the legacy of the ship's namesake, the 38th President of the United States, the honorable Gerald R. Ford Jr., on his birthday, July 14, as the ship got underway for her fourth Independent Steaming Event this year.

Ford Sailors Celebrate Birthday of Ship's Namesake

By MCSN Riley McDowell
USS Gerald R. Ford Public Affairs

NORFOLK

Sailors aboard the first-in-class aircraft carrier USS Gerald R. Ford (CVN 78) paused to reflect on the legacy of the ship's namesake, the 38th President of the United States, the honorable Gerald R. Ford Jr., on his birthday, July 14, as the ship got underway for her fourth Independent Steaming Event this year.

The ship's motto is "Integrity at the Helm," a testament to how Ford lived his life.

"With his quiet integrity, common sense and kind instincts, President Ford helped heal our land and restore public confidence in the presidency," said President George W. Bush in a statement to the nation on Dec. 27, 2006. Ford, who died the day before at the age of 93, has been remembered for the manner in which he handled the Oval Office while the nation was in crisis.

He was born to Dorothy Ayer and Leslie Lynch King in 1913 in Omaha, Nebraska. Shortly after his birth, he moved to Grand

Rapids, Michigan and assumed the name of his step-father. Ford grew up idolizing his stepfather, who adopted him at the age of two, and was a small-time business man in the Midwest during the depression. Ford went on to become an Eagle Scout, an all-American football player, a law graduate and a war hero.

As the Michigan State football team captain, he set the tone on racial inequality and injustice, when during a 1934 football game an opposing team refused to take the field because of Michigan player Willis Ward, a black man. Ford intended to quit the team to stand up for what is right, until he was convinced by Ward to continue playing, Ford took the field and they defeated their opponents.

During World War II, Ford was assigned as a Navigation Officer on the USS Monterey (CVL26), and as a junior officer, he found himself in the middle of a typhoon as the ship tried to navigate through the Philippine Sea. Ford lead firefighting efforts as aircraft inside the ship's hangar bay collided against one another causing explosions to erupt and setting the ship ablaze.

It was these types of heroic and ethical acts that are constant reminders to the Ford crew that President Ford was a man who exemplified the Navy's core values.

"You couldn't have chosen a better name for a capital warship," said Cmdr. Homer Hensy, from Pawhuska, Oklahoma, Ford's chief engineer. "Having a first-in-class crew, doing hard work every day. It's going to prove honor to the President and his presidency and all he did."

Ford became the 38th president of the United States in 1974 after President Nixon resigned due to pressure around the Watergate scandal. During his three years in office, Ford attempted to heal a broken nation. He pardoned Nixon and draft dodgers of the Vietnam War in an effort to move on from the wounds of the past and to begin a brand-new era in American history, but Ford's most notable achievements involve foreign policy; easing tensions in the Cold War, rebuilding Vietnam and working as a mediator in the Middle East.

"His greatest achievement that I can see

would be the forethought and wherewithal to put the country back on a path towards unity after a lot of division throughout the war and Nixon's impeachment proceedings," said Lt. Kenny Young, from Mount Carmel, Illinois, one of Ford's divisional supply officers. "To make the hard decisions regardless of political repercussions."

USS Gerald R. Ford was christened on November 9, 2013 by one of the president's daughters, Susan Ford Bales. Ford learned, just before his passing, that the U.S. Navy would name a new class of aircraft carriers in his honor. Secretary of Defense at the time, Donald Rumsfeld informed Ford of the decision.

"Being on the Gerald R. Ford has been an honor," said Boatswains Mate 3rd Class Mesigah Bocco, from Omaha, Nebraska. "I've been on the Ford for over five years now. It's been a challenge, but I'm proud to be here. I'm very honored to be here because it has made me who I am today. It's made me a better person. And most importantly I have gotten to meet a lot of people from around the world and those people have shaped me in a way I can never forget."

Happy Birthday Mr. President.

July 27th

Korean War Veterans Armistice Day

THANK YOU

"Katchi kapshida!!!" ("We go together!!!")

A saying on the lips of every service member in Korea representing generations of Koreans & Americans united by shared sacrifice and willingness to uphold the cause of freedom, no matter the cost.

MC3 Marissa Vermeulen/

*Naval Support Activity
Hampton Roads installs
oyster castles to help
protect shoreline*

Continued from A1

erosion, preserve the shoreline, and clean and filter the waters. These blocks mimic oyster reefs by offering a hard surface for the baby oysters, called spat or larvae, to attach.

“These will help the wetlands here because there is some erosion, and it also benefits the oysters because they love three-dimensional structures,” said Pam Boatwright, River Star Business Programs Manager with the Elizabeth River Project.

The two-day event consisted of volunteers installing more than 500 oyster castles equaling approximately 90 feet along the shoreline.

Approximately 20 volunteers from the NSA Hampton Roads Public Works Department, Naval Facilities Engineering Command (NAVFAC) Atlantic, the Elizabeth River Project, DoD Chesapeake Bay Program, Lafayette River Wetlands Board, and a resident from Lincoln Military

Housing participated in the oyster castle installation.

“This event is just superb because it is naturally improving the protection of this vulnerable shoreline and helping to continue to restore the health of the river. And we are doing it all with COVID-19 precautions in place,” said Lt. Cmdr. Elise Chapdelaine, Public Works Officer for NSA Hampton Roads. “This is a great example of the important effort and partnering the NAVFAC and NSA Hampton Roads environmental team does in support of the Navy and our local environment.”

In addition to some environmental benefits, the oysters will attract fish, crabs, shrimp and snails to the reefs.

The success of the oyster castle installation event began with required review and site visits from the Norfolk Wetlands Board, the U.S. Army Corps of Engineers, Virginia Department of Environmental Quality, and the Virginia Marine Resource Commission.

“The Elizabeth River Project was a major partner in assisting with design, the application package, and implementation of the project,” said Austin. “The oyster castles themselves are supplied through Allied Concrete. The Chesapeake Bay Program provided the oyster spat that



Katisha Draughn-Fraguada

Oysters on the oyster castles along the shoreline of the Lafayette River. Oyster castles are interlocking concrete blocks placed in the water to reduce erosion, preserve the shoreline, and clean and filter the waters. These blocks mimic oyster reefs by offering a hard surface for the baby oysters, called spat or larvae, to attach.

were collected from their cages and dispersed along the reef.”

Following the oyster castle installation, the site will be monitored in hopes that the oysters will continue to thrive.

“An event like this is important for many reasons. It helps educate the public on ways the Navy is working to protect

and restore our local rivers,” said Austin. “It also provides an opportunity for tenants and residents of the Hampton Roads area to build relationships and understand how we are all tied together in our effort to protect the environment. It helps people understand the various ways they may be able to help in their own backyards.”

*USS Bataan returns
from Deployment*

Continued from A1

commanding officer as we are ready and excited to execute the next phase of Bataan's legacy.”

The San Antonio-class amphibious transport dock ship USS New York (LPD 21) is expected to return to Naval Station Mayport, Florida in the coming days.

The MEU departed the ARG ships and returned to Camp Lejeune, North Carolina earlier this month.

“As a ‘certain force in an uncertain world’ the 26th MEU was flexible, resilient, and adaptable while forward deployed to the U.S. 5th Fleet and 6th Fleet areas of operation,” said Col. Trevor Hall, commanding officer of the 26th MEU. “This deployment presented unique challenges, but the Navy-Marine Corps team prevailed and incessantly provided our fleet commanders with a responsive, sea-based Marine Air-Ground Task Force – even during the global novel coronavirus pandemic.”

The ARG ships and MEU departed for deployment from their respective home bases in December. Bataan remained at sea for more than 150 consecutive days before returning home.

“I am tremendously proud of what the Sailors and Marines of the Bataan Amphibious Ready Group and 26th Marine Expeditionary Unit accomplished during this deployment. Our team worked tirelessly to remain fully mission ready during the unprecedented challenge of a global pandemic,” said Capt. Lance Leshner, who served as commander of Amphibious Squadron (PHIBRON) 8 through its pre-deployment workup cycle and deployment until conducting a change of command at sea, July 12.

Leshner turned over command of PHIBRON 8 to Capt. Jason Rimmer during a change of command ceremony at sea onboard Bataan in the Atlantic Ocean.

“It has been inspiring to get to know the Sailors and Marines of the ARG-MEU team in recent days and I am incredibly impressed by what this group of hardworking men and women has been able to accomplish on this challenging deployment,” said

Rimmer. “Our families, friends and loved ones at home should be proud not only of the Sailors and Marines who deployed, but of their own service as well,” he continued. “Their love, support and watch over the homefront over the course of the last seven months has given our ARG-MEU team the strength and confidence it has needed to stay focused and ready to carry out any mission our nation has asked of it.”

While in the U.S. 5th Fleet area of operations, the Bataan ARG and 26th MEU remained healthy and fully mission ready while working with regional partners. The Blue-Green team worked with partners from the Kingdom of Saudi Arabia to coordinate multiple complex training evolutions on the uninhabited Karan and Kurayn islands in the Arabian Gulf, as well as with partners from the United Arab Emirates to hold training in an isolated location within that country.

While in the U.S. 6th Fleet area of operations, Bataan increased interoperability with regional allies and partners by conducting maneuvering operations and at-sea exercises with navy ships from France and Italy during their time in the Mediterranean

Sea.


The Sailors and Marines of the ARG-MEU also strengthened international partnerships by hosting the head of the Royal Jordanian Navy and deputy commander of Kuwait Naval Forces aboard Bataan in separate visits that reinforced shared goals and fostered personal relationships.

There are more than 4,000 Sailors and Marines assigned to the units of the ARG-MEU, nearly 2,500 of which were aboard the Bataan.

Also embarked on the ships of the Bataan Amphibious Ready Group were the staff of Amphibious Squadron 8 and personnel from Tactical Air Control Squadron 22, Fleet Surgical Team 4, Helicopter Sea Combat Squadron 28, Naval Beach Group 2, Assault Craft Unit 4, Assault Craft Unit 2 and Beachmaster Unit 2.

ARG-MEUs operate continuously across the globe and provide the geographic combatant commanders with a forward-deployed, flexible and responsive sea-based Marine Air Ground Task Force. The blue-green team is fully capable of conducting operations across a full spectrum of conventional, unconventional and hybrid warfare.

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Top Military Health Care officials

Top ranking military officials were able to observe firsthand the commitment by Navy Medicine to help stop COVID-19..

»See **B5**

SECTION B | FLAGSHIPNEWS.COM | 7.23.2020



MC3 Andrew Taylor

An E/A-18G Growler newly assigned to Electronic Attack (VAQ) Squadron 129 takes off from Naval Station Norfolk after repairs. The restoration and return of the E/A-18G Growler to VAQ-129 is essential to the improvement of the overall Naval Sustainment enterprise.

CNAL Continues to Leverage Aircraft Readiness

By MCC Michael Cole
Commander, Naval Air Force Atlantic

As the Naval Aviation Enterprise continues to press forward with aircraft readiness, Commander, Naval Air Force Atlantic has maintained its readiness sustainment efforts to improve not only the culture of lifecycle acquisition and maintenance best practices, but to improve the overall Naval Sustainment (NSS) enterprise, one aircraft at a time.

One of the examples of those readiness sustainment efforts working is the restoration and return of an E/A-18G Growler to a Whidbey Island-based squadron. In maintaining the overall health of NSS enterprise, the initiative to restore and return previously downed F/A-18 and E/A-18G fleets have continued long after meeting the 80 percent mission capable objective.

Bob Alley, F/A-18 Class Desk Inventory Manager, has been applying his knowledge

from working on the Naval Air Forces Class Desk to manage aircraft restoration and depot repairs to maintain maximum readiness across the Naval Aviation Enterprise.

One of Alley’s recent projects assigned to him, while serving on the Class Desk, was to return a broken E/A-18G Growler back to the fleet.

“Originally this aircraft suffered a hot air leak in its engine bay that resulted in damage to the side of the aircraft,” said Alley, who retired in 2009 as a Master Chief Avionics Technician.

The E/A-18G Growler departed Naval Station Norfolk in July, returning to its home at Naval Air Station Whidbey Island, newly assigned to Electronic Attack Squadron (VAQ) 129. The repaired E/A-18G Growler had 607 hours on its airframe. An E/A-18G has an aircraft lifespan of 7,500 hours.

“While this aircraft was originally assigned to VAQ-140, returning these types of

aircraft to the fleet helps inventory pressures because of deployments and helps to maintain readiness,” said Alley, who has been working with Fleet Readiness Center Mid-Atlantic and the engineers from the Fleet Support Team in North Island, California to restore this aircraft.

Lt. Cmdr. Dave Badman, who currently serves as the Commander, Electronic Attack Wing U.S. Pacific Fleet (CVWP) maintenance officer at Naval Air Station Whidbey Island, Washington emphasized the real team effort involved to return this aircraft to the fleet.

“We are appreciative of the countless number of personnel involved and hours expended to return this aircraft back to the Fleet increasing our overall readiness,” said Badman.

Alley added that repairing this particular aircraft provided a variety of firsts because it simply had never been attempted before.

“To my knowledge, no previous aircraft

damaged in the engine, such as in the case with this particular aircraft, repairs have not been attempted before,” said Alley. “For these types of aircraft the engineers that are charged with repairing them it’s a lot like performing a difficult surgery.”

When asked if the average maintainer or pilot knows the history of maintenance performed on aircraft, Alley added that most people do not realize the amount of man-hours spent to operationalize the aircraft.

“This aircraft was off of the flight line awaiting repairs, and most people don’t know the hundreds of man-hours it took to restore this aircraft, but it is worth it,” said Alley.

He added that while doctors use scalpels, engineers use science, technology, engineering and math (STEM) modeling to determine the level of repairs needed.

“We are using repair techniques and strategies that we have not used before, different patches that we have not used before, and the engineers had to come up with a repair that will last the aircraft’s lifetime,” he said.

Guidance on Public Display or Depiction of Flags

Released by Secretary of Defense Dr. Mark T. Esper

Secretary of Defense Dr. Mark T. Esper recently provided guidance to defense senior leaders and commanders on the public display or depiction of flags in the Department of Defense. The Secretary noted that flags are powerful symbols, particularly in the military community for whom flags embody common mission, common histories, and the special, timeless bonds of warriors. The Secretary also noted that the flags we fly must accord with the military imperatives of good order and discipline, treating all our people with dignity and respect, and rejecting divisive symbols.

In addition to honoring the American flag, which is the principal flag that DoD is authorized and encouraged to display, the Secretary provided a list of other flags, or representational depictions, that service members and civilian employees are authorized to display that promote unity and esprit de corps.

Secretary Esper remains committed to fielding the most powerful military force the world has known by strengthening the bonds of our most valuable resource – our people.

THE ENSIGN

POW/MIA FLAGS

U.S. ALLY OR PARTNER FLAGS

STATE FLAGS

Senior Executive Service (SES) FLAGS

“Flags are powerful symbols, particularly in the military community for whom flags embody common mission, common histories, and the special, timeless bond of warriors.”
-Secretary of Defense, Dr. Mark T. Esper



A happy mother and daughter spending some quality time together at home

Charday Penn

The Impossible Task of Parenting Young Adults

By Lisa Smith Molinari

I used to have a good grasp on parenting. From the time our three children were infants, all the way through toddlerhood, the primary school years, and even the dreaded teenage years, I used a fairly successful combination of expert-recommended techniques, mother’s intuition and common sense to raise our children.

But now that they are adults, I am dumbfounded.

No one ever told me that my job as a mother would become immensely more difficult once my offspring turned into adults. In the last few years, my husband and I have discovered that, although parenting individuals over the age of majority is absolutely essential to their safety and well-being, it seems frustratingly fruitless.

To complicate matters, the global pandemic brought young adults back to their parents’ homes for the foreseeable future. College students have been forced to take classes remotely, summer

jobs have been canceled, and hiring has been suspended. With two of our three adult children back at home, we can no longer take comfort in “out of site out of mind.” We face the daunting task of trying to enforce rules and standards of conduct for two financially dependent legal adults.

Put a screaming infant having a diaper blow-out on my lap while strapped into coach seating between two grumpy business men on a turbulent nine-hour flight. Challenge me to negotiate the checkout line at the commissary with a premenstrual migraine, a cartload of groceries and a toddler having an epic tantrum over Goldfish crackers. Force me to give a lecture on why one should not wear booty shorts and a crop top to school to a smirking, gum-chewing teenager who won’t stop watching TikTok videos long enough to acknowledge me.

Pardon the pun, but that’s child’s play.

But present me with a resident 22-year-old — who wakes up at

one in the afternoon, eats all the deli meat, takes a 30-minute shower, packs a duffel full of bikinis and spiked seltzers, announces that she is taking Dad’s car to visit sorority friends in Vermont for a few days, and can someone please do the laundry while she’s gone because she’s completely out of bras? — and I’m paralyzed with fear. After two and a half decades of tackling the full spectrum of child-rearing challenges, I find the task of parenting our three grown children about as easy as winning a chess match against Bobby Fischer.

When the clock struck midnight on each of their 18th birthdays, Hayden (25), Anna (22) and Lilly (19) passed that invisible threshold into adulthood and assumed legal control over their persons, actions, and decisions, thus terminating our legal guardianship over them.

In other words, my husband and I no longer have the right to parent our own children.

And here’s the worst part: They

know it.

Since our kids moved back home, we’ve discovered that our interests are not aligned. In fact, the only thing lined up together are our toothbrushes beside the bathroom sink.

What they want: 1. Privacy; 2. Independence; 3. Food; 4. Shelter; 5. Unlimited use of a car full of gas; 6. The latest iPhone; 7. Insurance (auto, home/renters, medical, dental, and phone in case it is dropped in a toilet or left in an Uber on the way home from the clubs); and 8. Bail money.

What we want: 1. Respect; 2. A little help around the house; 3. A reasonable curfew; 4. To reenact prohibition; 5. For someone to close the damned refrigerator door; 6. A pair of scissors to cut that ridiculous beard; 7. To administer an oath of celibacy; 8. To have one, glorious, worry-free night’s sleep.

Despite it all, my husband and I will continue our attempts to parent, guide and advise our three grown children, and hope that someday, they’ll understand why. Their status as legal as adults may keep the king and queen of this castle in check. But our love as parents ensures that we’ll eventually win the game.

Medicaid Waivers for Military Families

From Military OneSource

Many military families with special needs know the ins and outs of applying for state Medicaid waivers and the frustration of reaching or getting closer to the top of the waiting list, only to PCS and start the process over. In fact, families report waiting for years on these lists and never being able to receive Medicaid funding benefits during the service member’s active duty career.

Because of this, the Department of Defense created the TRICARE ECHO program to provide coverage for sponsored family members with condition-specific needs. ECHO offers a full range of services, including rehabilitative or assistive services, equipment, home health care, residential services and respite. Unlike Medicaid waivers, ECHO benefits move with the family. However, military families lose ECHO support when the sponsor separates or retires from the military.

The Department of Defense State Liaison Office (DSLO) has been working hard to improve the availability of Medicaid waivers for military families in preparation for the time when they no longer have Tricare ECHO available due to separation or retirement. DSLO now has 37 states with either no waiting list or with policies that support military members on the waiting list in their state of legal residence while on active duty.

How waivers work

Waivers are state-specific Medicaid programs that provide funding for long-term care services to be provided in the community instead of in nursing homes or hospitals. Each state receives Medicaid funding from the federal government and chooses how to spend it through its state Medicaid program, which set guidelines on who gets assistance and how they qualify. In many states, the community need for a particular waiver outweighs available funding,



Courtesy Photo

and a waiting list is created of approved applicants. It can take several years before an applicant receives federal aid-supported services.

How the military waiver benefit works

States already agree to work with military families on many topics so they can receive the same priorities as other eligible state residents. For many states, that consideration is now extended to include Medicaid waiver waiting list placement. Service members who are legal residents of a state where applicable policy has been enacted may enroll an eligible family member on the state waiver list as early as possible so they can progress towards the top of that list prior to separation/retirement. Families can enroll at any time and service members have the flexibility to change their state of legal residence as long as they meet the state requirements.

State actions.

Families begin the process by notifying the state where they are planning to move upon separation or retirement.

Using state of legal residence.

States may allow active duty service members to use their state of legal residence (where they pay taxes, vote, register their vehicles, hold a driver’s license, etc.) to register their family

member with special needs for a Medicaid Home and Community Based Services waiver (HCBS).

Modifying existing waiver category.

States may consider modifying one of their existing waiver categories (such as individuals with critical need). This would allow military families transferring into a state (or transitioning out of the military) to be placed on the expedited list to receive services through HCBS. The military family member must have been receiving services at the last location to qualify.

The following states either have no waiting list or agree to the policy of allowing active duty military families to enroll in their state of legal residence to get on the wait list:

Alabama, Alaska, Arkansas, Arizona, California, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Kansas, Louisiana, Massachusetts, Maryland, Michigan, Montana, North Carolina, North Dakota, Nebraska, New Jersey, New Mexico, New York, Ohio, Oklahoma, Oregon, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Virginia, Vermont, Washington and Wyoming.

The following state has modified an existing waiver category: Florida.



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



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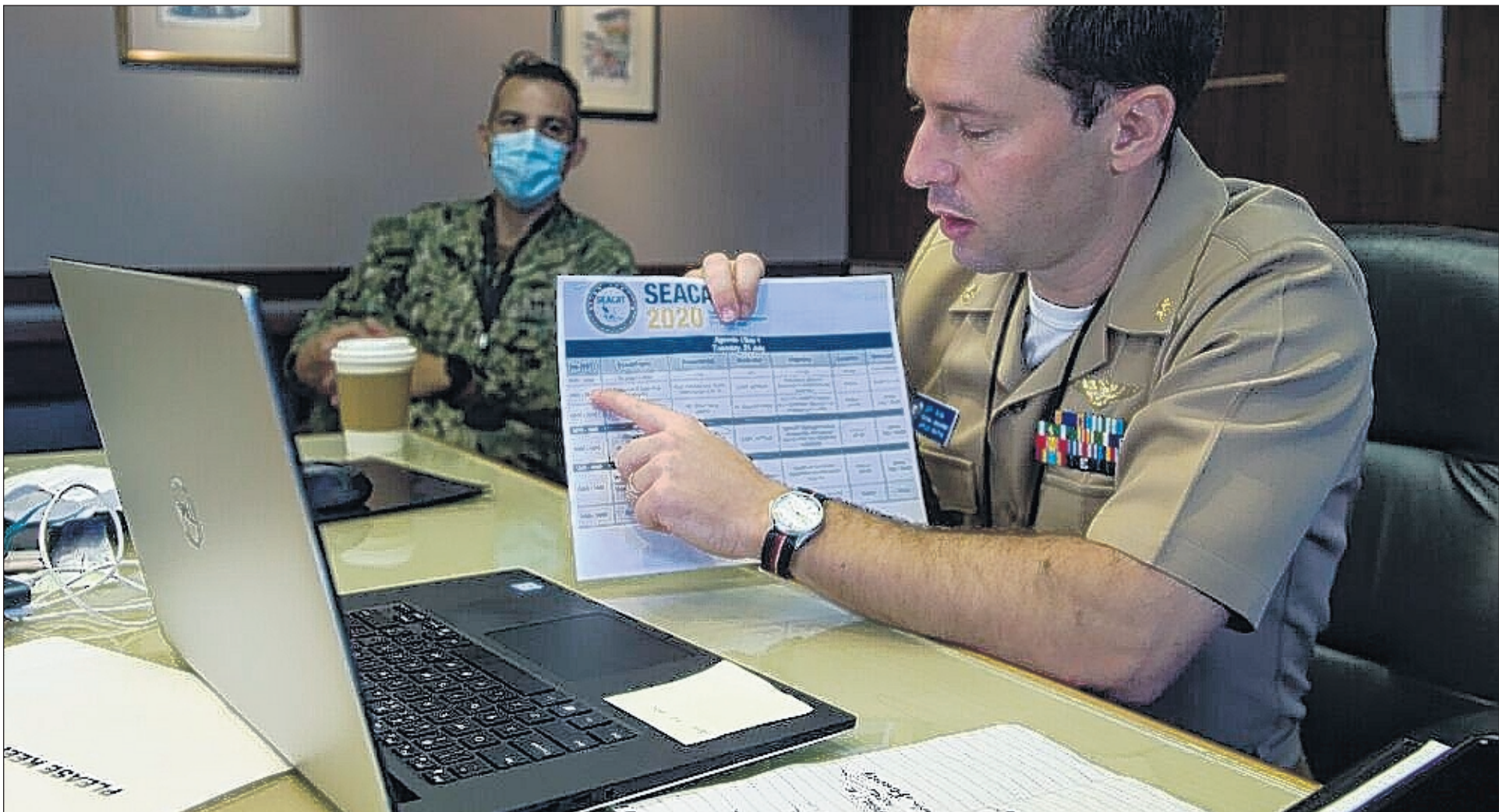
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Courtesy Photo

Lt. Cmdr. Jeff Ryan, exercise planner assigned to Commander, Logistics Group Western Pacific, lays out the schedule of events to virtual participants in support of Southeast Asia Cooperation and Training (SEACAT) 2020. SEACAT promotes shared commitments to maritime partnerships, security and stability in Southeast Asia. This year, SEACAT takes shape as a virtual maritime domain awareness symposium with representatives from 22 participating nations.

22 Nations Participate Virtually in 19th SEACAT

MC2 Christopher Veloicaza
COMLOG WESTPAC/CTF 73 Public Affairs

SINGAPORE

The largest number of nations ever will participate in the 19th iteration of Southeast Asia Cooperation and Training (SEACAT), being held as a virtual symposium, July 21-23.

The goal of SEACAT is to bring together regional partner nations to engage in “real world, real-time” training designed to enhance maritime security by highlighting the value of information sharing and multilateral coordination.

Planners from Logistics Group Western Pacific/Task Force 73 and partner nations have worked together over the past months to adapt SEACAT amidst the challenges and

demands of a global pandemic.

Rear Adm. Joey Tynch, Commander of COMLOG WESTPAC/CTF 73, said he had no doubt the planners and participants would make this year’s SEACAT a success.

“For years we have worked to make SEACAT adaptable and flexible,” said Tynch. “Now, in these challenging circumstances, we are demonstrating these dynamic concepts when they are needed most and with the largest representation ever.”

This year, SEACAT takes shape as a virtual maritime domain symposium, consisting of presentations, live question and answer sessions, panel discussions and interactive small group breakout sessions with representatives from 22 participating nations.

“The challenges in this region are too great for any one nation alone,” said Tynch.

“SEACAT shows the depth and breadth of the network of partners committed to maritime security and stability. We’re stronger together.”

Participating nations include Australia, Bangladesh, Brunei, Cambodia, Canada, France, Germany, India, Indonesia, Japan, Malaysia, New Zealand, Philippines, Portugal, Republic of Korea, Singapore, Sri Lanka, Thailand, Timor-Leste, the United Kingdom, Vietnam and the United States.

This year exemplifies SEACAT’s reputation for adaptability and flexibility through the implementation of a virtual symposium to facilitate a larger audience, optimize participation and protect the health of all participants. The MDA Symposium will include presentations, live question and answer sessions, panel discussions and interactive

small group breakout sessions with maritime force representatives from participating nations, as well as academics, think tanks and non-government organization

SEACAT promotes shared commitments to maritime partnerships, security and stability in Southeast Asia. SEACAT contributes to regional maritime enhancing capabilities in areas, such as maritime interdiction, information sharing, anti-piracy and anti-smuggling. Participation is inclusive of those with a mutual interest in regional maritime security.

Started in 2002 under the name Southeast Asia Cooperation Against Terrorism, the SEACAT exercise was renamed after 2011, to reflect the growing desire for increased coordinated training between the U.S. Navy and its partners, and among regional partner navies.

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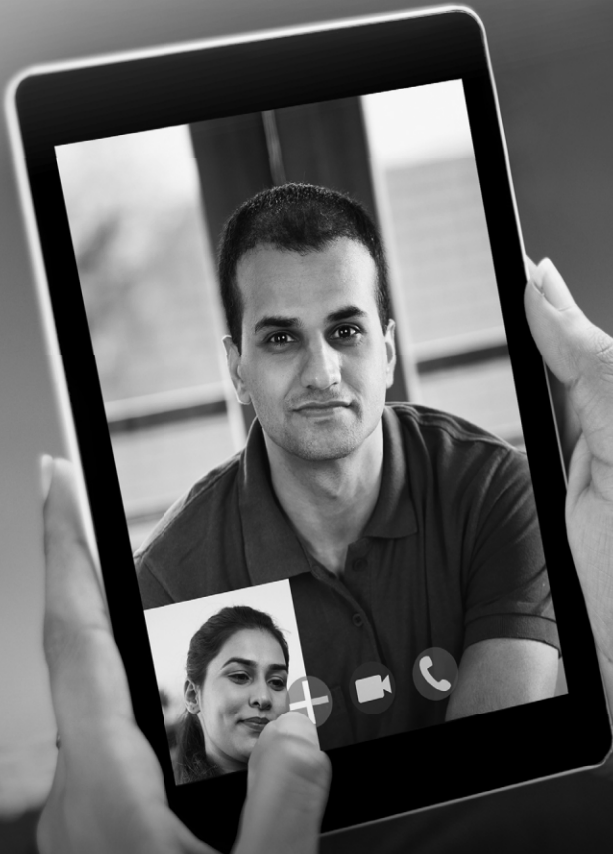
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MC3 Jason Tarleton
The aircraft carrier USS Ronald Reagan (CVN 76) transits the San Bernardino Strait, crossing from the Philippine Sea into the South China Sea. Ronald Reagan is the flagship of Carrier Strike Group (CSG) 5.

Forward Deployed Duty: Why You Want It

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

WASHINGTON

Those who know say it’s the best-kept secret in the Navy. But duty in the forward deployed naval forces (FDNF) is not something the Navy wants to keep under wraps.

The bottom line is that serving on the tip of the spear is a proven way to super-charge your career. There’s better advancement, unique deployment schedules and good family life in exotic places – with plenty to see and do.

But most importantly, it’s critical duty and essential to national security. It’s where the Navy needs you.

“We cannot complete this mission without our officers and enlisted stepping up to take on these critical and rewarding overseas opportunities,” said Vice Adm. John B. Nowell, Jr., the Navy’s top uniformed personnel officer.

“That’s exactly what orders to Japan, Guam, Italy and Spain are – opportunities to see the world, earn more money, advance more quickly – and most importantly, serve your Navy in accomplishing this global mission.”

It’s become a forward deployed cliché that getting Sailors to initially sign up for the duty is the hardest part. That’s because once they’ve experienced it, they don’t want to leave.

“I’ve seen it a lot with my Sailors that once they get here, so many of them want to stay,” said Master Chief Machinist’s Mate (SW/AW) Damian Kelly, who just wrapped up a tour aboard the Yokosuka, Japan-based command ship USS Blue Ridge – his fifth FDNF tour overall and his fourth in Japan.

In fact, the Navy’s own recent survey

data backs up Kelly’s observations. Those polls show nearly 70 percent of those currently on forward deployed tours in Japan are considering follow-on tours in the region. Thirty-eight percent of those say that level of interest is very high.

Kelly joined the Navy in 1991. He didn’t discover life in the FDNF until nine years later. Now, in the 20 years since, he’s spent 14 forward deployed. Two of those years were spent in Gaeta, Italy and the rest has been duty in Japan.

Twice, he’s peppered those overseas tours with shore tours at Great Lakes, teaching the Navy’s next generation – something he also encourages his Sailors to do.

“It’s a recipe for success in the Navy as both kinds of duty are proven to enhance your career,” he said. “So many Sailors just get comfortable with duty in CONUS fleet concentration areas and don’t want to venture out of that comfort zone. That was me until I discovered there’s something better.”

Better Advancement

The fact that Kelly has managed to advance to E9 and forge a 30-year career in the Navy is due in large part to his taking hard to fill billets in the FDNF.

His picture, however, wasn’t always rosy. Making first class petty officer in 2001 while forward deployed to Gaeta, Italy, Kelly’s timing seemed totally off. The Navy was in the middle of a draw-down and his rating – MM – was losing billets as the Navy reduced its steam-powered ships.

“I was a first class for eight years and failed to select to chief five times before I made it in 2009,” Kelly said. “I truly thought I would be retiring a first class and had even bought a home in Wisconsin to prepare.”

Though he put on his anchors in Great Lakes, his days of struggle were over. Advancement to both senior and master chief came on his first time in front of each board. His edge was serving in the FDNF.

Navy statistics show that over the last seven years, Sailors serving in FDNF’s Japan-based units advance at higher rates than the rest of the Navy to every rank from E4 to E9. It’s a theme that is starting to also emerge aboard the four Rota, Spain-based destroyers, too.

For those based in Japan, over the past seven years, with only two exceptions advancement opportunity has been consistently higher than in the rest of the Navy.

Here’s a look at the FDNF-J’s seven-year averages:

- E4 – an average of 10.7 percentage points higher than the rest of the Navy.
- E5 – an average of 6.2 percentage points higher.
- E6 – an average of 2.3 percentage points higher.
- E7 – an average of 4.4 percentage points higher.
- E8 – an average of 5.3 percentage points higher.
- E9 – an average of 3.2 percentage points higher.

Long-term data doesn’t exist, yet, for the forward deployed forces in Europe. That said, a similar trend seemed to be emerging, starting with last fall’s petty officer advancement cycles.

Aboard those Rota-based destroyers, FDNF Europe Sailors advanced to E-4 at a rate of 86 percent, compared to 22 percent, Navy-wide. At E-5 and E-6, these forward deployed Sailors advanced at rates of 30 percent and 21.7 percent, respectively, compared to 16 and seven percent, Navy-wide.

Extra Money

Beyond promotions, there are also financial benefits to FDNF assignments as many billets in the FDNF also qualify sailors for extra pays, such as Special Duty Assignment Pay, Sea Duty Incentive Pay, as well as Assignment Incentive Pay.

Also, there’s Overseas Cost of Living Allowance (COLA), which is a tax-free allowance offered at all FDNF locations. It is designed to offset the higher overseas prices of goods and services, providing Sailors with the same purchasing power they would enjoy with their regular salaries in the United States.

Family Friendly

Another plus for the duty in Kelly’s book is the tight-knit forward deployed community combined with the culture of the host country that he’s experienced in Japan.

“I can’t think of anywhere else that is as safe as this place to the point where I’m a little nervous when I go back to the States,” he said. “It’s kind of like a bubble to raise your kids in over here.”

With the Department of Defense Schools, his kids, he said, have gotten a good education, and there’s less of the social stress on them that he’s seen in schools back home.

“I think it’s because they all have grown up in the military and have at least one military parent – they are all used to moving, and those common experiences bring them together,” Kelly said.

Besides, he said, their kids have been able to see a lot of the world that their stateside peers can only dream of.

“We all learned to snowboard together over here,” he said. “There’s so much to go and see while you are here – and the mass transit system is incredible, so it’s pretty easy to get there – my kids are better-rounded because of the different culture they’ve got to experience over here.”

Navy's Newest Littoral Combat Ship Arrives in Mayport

From Naval Station Mayport Public Affairs
JACKSONVILLE, FLORIDA

The newest littoral combat ship, the Freedom-variant the future USS St. Louis (LCS 19) arrived in Mayport, Florida, July 17.

After leaving from the shipyard in Marinette, Wisconsin, St. Louis will officially join the fleet in August when it is commissioned in Mayport.

“After a long journey from Marinette, we are excited to bring St. Louis home to Mayport. The crew’s skill, hard work and perseverance saw her safely through one of the most difficult navigational challenges any ship can experience,” said Cmdr. Kevin Hagan, commanding officer, St. Louis. “To say I am proud of this crew would be an understatement!”

Homeported in Mayport as the Navy’s 22nd littoral combat ship and

the 10th Freedom-variant, St. Louis was designed for operation in near-shore environments yet capable of open-ocean operation, to defeat asymmetric “anti-access” threats, such as mines, quiet diesel submarines and fast surface craft.

The St. Louis, designated LCS-19, honors Missouri’s largest city. It is the seventh ship to bear the name.

The first St. Louis was a sloop of war commissioned in 1828. It spent the majority of its service patrolling the coasts of the Americas to secure interests and trade. In addition, it served as the flagship for the West Indies Squadron working to suppress piracy in the Caribbean Sea, the Antilles and the Gulf of Mexico region.

As part of the surface fleet, LCSs have the ability to counter and outpace evolving threats independently or within a network of surface combatants. Paired with advanced sonar and mine-

hunting capabilities, LCSs provide a major contribution, as well as a more diverse set of options to commanders across the spectrum of operations.

As an LCS Mine Countermeasures (MCM) Mission Package (MP) ship, St. Louis will have MCM operations through the employment of aviation assets and unmanned surface, semi-submersible and submersible vehicles that are equipped with an array of sensors and systems to detect, localize and neutralize surface, near surface, in-volume and bottom mines. These systems are designed to be employed while the LCS remains outside the mine threat area. The MCM MP also provides the capability to sweep mines, detect beach zone and buried mines.

“The St. Louis crew has been working diligently with our LCS shipbuilding team and industry partners to deliver LCS-19 to the Navy, and sail her from Wisconsin to Florida,” said Capt.

“ After a long journey from Marinette, we are excited to bring St. Louis home to Mayport. The crew’s skill, hard work and perseverance saw her safely through one of the most difficult navigational challenges any ship can experience.”

Cmdr. Kevin Hagan,

David Miller, Commodore of Littoral Combat Ship Squadron Two. “We are excited to add the 9th LCS to the Mayport waterfront, and look forward to formally placing her in commission next month.”



U.S. Army Lt. Gen. Ronald J. Place, Defense Health Agency (DHA) director, receives insight on Naval Hospital Bremerton's (NHB) COVID-19 Asymptomatic Testing (CAT) Clinic from Lt. Cmdr. Meagan Christoph and Lt. Cmdr. Mia Jin, CAT Clinic coordinator and Public Health Emergency Officer.

Top Military Health Care Officials Visit Naval Hospital Bremerton

By Douglas H. Stutz
Naval Hospital Bremerton Public Affairs

The Honorable Thomas McCaffery, Assistant Secretary of Defense for Health Affairs and U.S. Army Lt. Gen. Ronald J. Place, Defense Health Agency (DHA) director were hosted by Naval Hospital Bremerton, July 16.

Both top ranking military health officials were able to firsthand observe the commitment by Navy Medicine in helping stop the spread of COVID-19, protect the health of warfighters – past and present – and their families, and provide a ready medical force ensuring operational readiness with a medically ready force in the third largest fleet concentration area.

“We’re here to hear your questions, concerns and comments on our military health system. Before COVID-19, we were in the biggest change of our health system in 30 years. Due to COVID, we put on that on pause,” McCaffery shared to NHB leadership, noting that trying to affect change on existing military health systems – actually four separate – is not a new proposal.

“There’s been at least 12 times since World War II to change our system. All focused on the best way to organize and manage for the mission, have a ready medical force and a medically ready force. The mission is still the same and having a more integrated system is the way to do it,” stated McCaffery.

Place pointedly added what’s most important to military health is not headquarters, but where that military health

is delivered.

“What we learn from visiting military treatment facilities helps give a sense of where the focus needs to be. How do we continue to improve our systems, in the clinic, suite and ward. That’s what’s important. Optimization is our goal. From your position here at the deckplates, if it doesn’t make sense, we need to know,” stressed Place.

The visit itinerary included several of the “new normal” efforts implemented at NHB, such as the COVID-19 expanded drive-through screening, triage and testing started in early April, based on Centers for Disease Control and Prevention criteria, that everyone – staff, patient, visitors arriving on-base goes through. They viewed the COVID-19 Asymptomatic Testing (CAT) Clinic, which opened July 6, to test asymptomatic service members sent from their respective command, pre-operative surgical patients and those deemed necessary for administrative purposes. The Laboratory Department was also presented, with emphasis on how the COVID-19 tests and other lab tests are managed, prepared and controlled.

With the continual overlapping emphasis on the pandemic outbreak, NHB’s efforts – along with response plans, lessons sustained and lessons learned – was explained by Cmdr. Robert Uniszkievicz, the command’s COVID-19 czar and COVID-19 working group head.

“We knew first off that we needed to work directly with our partners. We

established multidisciplinary collaborative efforts across civilian health officers, tri-service public health experts and emergency managers with Navy Region Northwest, Joint Base Lewis-McChord and Madigan Army Medical Center, Kitsap Public Health District and Naval Medical Forces Pacific,” said Uniszkievicz. “We shared lessons learned, policies, procedures and products. We combined various guidelines and policies into a clear public health strategy for the Pacific Northwest and were able to bridge communication and unified messages between medical community and operational commanders. Those lines of communication were extremely important.”

Uniszkievicz also described that NHB’s COVID-19 response was a total team collaborative effort, including a virtual health transition for primary care and mental health patients, adding changes to the Main Pharmacy, such as curbside medication delivery for high risk patients; and applying sustained health protection measures such as single points of entry for staff and patients, mandatory cloth face covering and maximizing tele-health and services.

“Quoting Terry Lerma, our emergency preparedness manager, ‘don’t let a good crisis go to waste,’ we were flexible to leverage a number of changes, many which are just not taught,” said Uniszkievicz. “Our working group is made up of multi-disciplinary, cross-functional, collaborative subject matter experts. Our public health emergency officers were constantly engaged in fleet

“What we learn from visiting military treatment facilities helps give a sense of where the focus needs to be. How do we continue to improve our systems, in the clinic, suite and ward. That’s what’s important. Optimization is our goal. From your position here at the deckplates, if it doesn’t make sense, we need to know.”

Gen. Ronald J. Place

communications. Command Navy Region Northwest, Naval Base Kitsap and Puget Sound Naval Shipyard provided outstanding operational support. We had consistent communication with civilian counterparts with Kitsap County Public Health and Washington State Hospital Association. Our SharePoint site for fleet and commanding officer access has been a ‘best practice.’ Utilizing public affairs in a variety of ways to communicate internal and externally has also been very effective.”

USS Carney Returns Home to Mayport

From U.S. 2nd Fleet Pubic Affairs

NORFOLK

The Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) arrived at its new homeport, Naval Station Mayport, July 19. The ship has completed its five-year forward deployment to Rota, Spain as part of Destroyer Squadron 60.

This marks a return for Carney as Naval Station Mayport served as the ship’s original homeport before the ship departed to Rota, Sept. 25, 2015. While in U.S. 6th Fleet area of operations, the ship played a vital role in strengthening U.S. relationships with NATO allies and regional partners through NATO missile defense, full spectrum maritime security operations, bi-lateral and multi-lateral training exercises, and

other operations and deployments.

On the ship’s seventh and final patrol in U.S. 6th Fleet in spring of 2020, Carney conducted a Tactical Control (TACON) shift from 6th to U.S. 5th Fleet in support of national tasking alongside the Bataan Amphibious Ready Group (ARG). While transiting back to Rota, Spain, Carney became the most recent ship in naval history to circumnavigate Africa instead of transiting north through the Suez Canal.

The ship began its transit back to Mayport last month, after it was replaced by the Mayport-based Arleigh Burke guided-missile destroyer, USS Roosevelt (DDG 80).

“I could not be more proud of the crew as we make our return to Mayport after five years forward deployed to Spain,” said Carney’s commanding officer, Cmdr. Chris Carroll. “The deter-

“The determination and professionalism of the crew during large-scale multinational exercises and maritime security operations with real world strategic implications in the 6th and 5th Fleet areas of responsibilities is a clear demonstration of what it means to be a part of ‘505 Feet of American Fighting Steel.’”

Cmdr. Chris Carroll

mination and professionalism of the crew during large-scale multinational exercises and maritime security operations with real world strategic implications in the 6th and 5th Fleet areas of responsibilities is a clear demonstration of what it means to be a part of “505 Feet of American Fighting Steel.”

Carney arrived in the U.S. 2nd Fleet area of operations after joining the Bataan Amphibious Ready Group (ARG) on its return transit from deployment. U.S. 2nd Fleet exercises op-

erational authorities over assigned ships, aircraft, and landing forces on the East Coast and the Atlantic.

“We are extremely happy to welcome Carney back to the Mayport Basin,” said Capt. Jason Canfield, Naval Station Mayport’s Commanding Officer. “The men and women onboard and their families have come back to the best base in the Navy and I know Jacksonville and the surrounding beaches communities are happy to have them back as well.”



MC3 Griffin Kersting

The Arleigh Burke-class guided missile destroyer USS Porter (DDG 78), left, transits the Black Sea alongside the Georgian Coast Guard vessel GCG Ochamchire (P-23), June 22. Oak Hill, is conducting operations in U.S. 6th Fleet in support of regional allies and partners, and U.S national security interests in Europe and Africa.

USS Porter Participates in Exercise Sea Breeze 2020

By Ensign Andrew Walker
USS Porter Public Affairs

BLACK SEA

The Arleigh Burke-class destroyer USS Porter (DDG 78) entered the Black Sea July 19, to participate in exercise Sea Breeze 2020.

This is Porter’s third trip to the Black Sea since the beginning of 2020. During its previous trips to the region, Porter participated in multiple tactical maneuvering, communications and air defense exercises with regional partners.

Sea Breeze, now in its 20th iteration, is an annual exercise held in the Black Sea co-hosted by Ukraine and the United States. The exercise will focus on multiple warfare areas, including air defense, anti-submarine warfare, damage control, and search and rescue.

U.S. participating units include the Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78), one P-8A Poseidon from Patrol Squadron

(VP) 47. In total, approximately 400 U.S. Sailors are expected to participate.

“These exercises will allow us to learn and grow from our partner nations, increasing our interoperability and overall effectiveness as a fighting force,” said Cmdr. Craig Trent, commanding officer of USS Porter.

Sea Breeze 2020 is scheduled through July 26 and involves more than 2,000 personnel from nations, such as Bulgaria, Georgia, Norway, Romania, Spain, Turkey, Ukraine, and the United States. NATO Standing Maritime Group 2 under the authority of NATO Maritime Command will operate alongside all participating nations in the Black Sea.

The exercise will focus on multiple warfare areas including maritime interdiction operations, air defense, anti-submarine warfare, damage control, and search and rescue operations.

“By participating in Sea Breeze, we demonstrate our shared commitment to our NATO allies and regional partners,”

said Trent.

This year’s exercise builds on the foundation of previous iterations to provide unique training opportunities designed to enhance readiness, improve collaboration and interoperability.

“It’s always exciting being a part of such large-scale operations,” said Quarter Master 3rd Class Hunter Hazlett. “It makes you feel as if you’re involved in something bigger than yourself.”

This is an annual exercise designed to enhance interoperability among participating nations and strengthen regional security. The exercise began in 1997, bringing Black Sea nations together to train and operate with NATO members to build interoperability and increase capability.

Porter recently conducted operations with partner nations throughout various European Seas including: at-sea training with the Romanian Navy in the Black Sea; joint interoperability exercises with the Italian and French navies

in the Mediterranean Sea; operating as part of a Surface Action Group with the Royal Navy in the High North and Barents Sea; conducting passing exercises with the Tunisian Navy; operational exercises with Romanian, Turkish and Bulgarian Navies.

Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

Sea Breeze 2020 will take place exclusively at sea. This precaution allows units to enhance multinational operational cooperation, while ensuring that crews remain healthy and ready to provide continuous regional security.

All participating nations have carefully considered participation in the exercise and have taken appropriate measures to ensure the safety and health of participating military personnel.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and inter-agency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



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U.S. Navy graphic

Secretary of the Navy Travels to Italy

From Secretary of the Navy Public Affairs

WASHINGTON

Secretary of the Navy Kenneth J. Braithwaite traveled to Italy to engage with senior military and government officials, July 15-17.

The Secretary first traveled to Rome, where he visited the U.S. Embassy and met with Ambassador Lewis Eisenberg, U.S. Ambassador to Italy, and engaged with the Marine Security De-

tachment.

“I know firsthand the importance of the Marines who support U.S. diplomatic missions, protecting both personnel and property in foreign countries,” said Braithwaite. “No matter what era, what generation or what time we serve, our Sailors and Marines are the most professional of any service and I continue to be so proud of them.”

He also met with the Italian Minister of Defense, Chief of Defense and Head of the Italian Navy. Discussions cen-

tered on the importance of U.S.-Italian maritime security cooperation and the United States’ commitment to European allies.

“Our allies and partners in Europe respond to crisis situations each and every day,” said Braithwaite. “They go into harm’s way with us, as our sisters and brothers in arms, and it’s important to recognize that.”

Secretary Braithwaite also traveled to Naples, where he served as the principal speaker at the U.S. Naval

Forces Europe – Africa (CNE-CNA) and Allied Joint Forces Command (JFC) Naples Change of Command ceremony at JFC Headquarters where Adm. Robert P. Burke relieved Adm. James G. Foggo III.

Secretary Braithwaite recently spoke with Foggo, prior to his change of command, where he discussed the importance of a naval presence in Europe during a podcast interview. During the ceremony, Braithwaite praised Foggo’s visionary leadership through 21st century challenges.

The Secretary is traveling with minimal staff, and all travelers adhered to Centers for Disease Control and Prevention (CDC) guidelines. All have been tested for COVID-19 and passed a medical screening prior to this trip to ensure safety.

Teamwork in the South China Sea: Nimitz, Ronald Reagan Carrier Strike Groups Continue Exercises

From Nimitz Carrier Strike Group Public Affairs

SOUTH CHINA SEA

The Nimitz Carrier Strike Group and Ronald Reagan Carrier Strike Group continued high-end dual-carrier exercises in the South China Sea, July 17.

The CSGs continue to demonstrate operational commitment to allies and partners in the region, providing combatant commanders with significant op-

erational flexibility if needed in response to regional situations.

“Nimitz and Reagan Carrier Strike Groups are operating in the South China Sea, wherever international law allows, to re-inforce our commitment to a Free and Open Indo-Pacific, a rules based international order, and to our allies and partners in the region,” said Rear Adm. Jim Kirk, Commander, Nimitz Carrier Strike Group. “Security and stability is essential to peace and

prosperity for all nations, and it is for that reason the U.S. Navy has been present and ready in the Pacific for over 75 years.”

Nimitz and Ronald Reagan CSGs continue to leverage the teamwork of more than 12,000 Sailors and Marines to conduct tactical air defense exercises, in order to maintain warfighting readiness and proficiency. The two-carrier strike force trains to the highest levels of readiness to ensure respon-

siveness to any contingency through power projection.

The presence of two carriers in the South China Sea is not in response to any specific political or world events, but is part of regular integration to exercise and develop tactical interoperability. For more than 75 years, the U.S. Navy has been operating multiple carrier strike force operations in the region.

The Nimitz Carrier Strike Group consists of the aircraft carrier USS Nimitz (CVN 68), Carrier Air Wing (CVW) 17, the guided-missile cruiser USS Princeton (CG 53), and guided-missile destroyers USS Sterett (DDG 104) and USS Ralph Johnson (DDG 114), and is currently deployed conducting maritime security operations and theater security cooperation efforts.

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DING! DING!

THE TRADITION OF A SHIP'S BELL



From the first recored mention of a shipboard bell in 1485 on the British ship Grace Dieu, to modern-day baptismal ceremonies aboard U.S naval vesses, the ship's bell has long been a part of U.S Navy tradition.

TIMEKEEPING



Before the chronometer came along, time was kept on the ship with a half-hour glass and a bell. One of the ship's boys would strike a bell every time he turned the half-hour glass over. This practice evolved into the tradition of striking the bell at every half-hour during watch. Refer to the chart to see how bell ringing corresponds with timekeeping in the U.S. Navy.

TIME	NUMBER OF BELLS
0030, 0430, 0830, 1230, 1630, 2030	1 bell
0100, 0500, 0900, 1300, 1700, 2100	2 bells
0130, 0530, 0930, 1330, 1730, 2130	3 bells
0200, 0600, 1000, 1400, 1800, 2200	4 bells
0230, 0630, 1030, 1430, 1830, 2230	5 bells
0300, 0700, 1100, 1500, 1900, 2300	6 bells
0330, 0730, 1130, 1530, 1930, 2330	7 bells
0400, 0800, 1200, 1600, 2000, 2400	8 bells

'EIGHT BELLS
AND ALL IS WELL.'

A standard four hour watch ends at eight bells, hence the phrase "Eight bells and all is well," when referring to completing a watch with no incident.

EMERGENCIES

Bells are sounded in emergency situations. In the event of a fire, the bell is rung rapidly for at least five seconds followed by one (forward), two (amidship), or three (aft) rings to indicate whrer the fire is located.

SIGNALING

A ship sounds her bell in poor visibility as a signal to other vessels. In 1858, British naval regulations made it mandatory to ring a ship's bell in foggy conditions.



CEREMONIES & EVENTS



During naval ceremonies and events, the bell is used to signal the arrival and departure of a ship's captain, a flag officer, and other dignitaries.

BAPTISMS



The British Royal Navy began the custom of baptizing children under the ship's bell. In some ceremonies, the bell is filled with water and used as the christening bowl. The child's name is sometimes inscribed inside the bell.

Sources: Naval History and Heritage Command; Navy Department Library. Photos: Naval History and Heritage Command photo archives; Official U.S. Navy file photos www.navy.mil. Graphics: Annalisa Underwood, Naval History and Heritage Command Communication and Outreach Division.

U.S. Navy graphic by Annalisa Underwood/Released)

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Matt Hildreth

The century-old Apprentice School was certified to operate as a postsecondary, degree-granting institution by the State Council of Higher Education for Virginia (SCHEV).

The Apprentice School at Newport News Shipbuilding Approved as an Institution of Higher Education

From **Huntington Ingalls Industries**

NEWPORT NEWS

Huntington Ingalls Industries (NYSE:HII) announced today that The Apprentice School at its Newport News Shipbuilding division has been approved by the State Council of Higher Education for Virginia to operate as a postsecondary institution. The certification gives the school the authority to grant academic degrees, further enhancing its national reputation as the model apprenticeship program.

The school plans to grant associates of applied science degrees in maritime technology in 26 disciplines, including maintenance electrician, marine designer, nuclear test technician and modeling and simulation program analyst. Final approval of the degree programs by the Council of Occupational Education is expected to be made later this year.

“This is an historic milestone for The Apprentice School,” said Xavier Beale, Newport News Shipbuilding’s vice president of trades. “Our ability to offer academic degrees deepens our commit-

ment to workforce development and will open new opportunities for our company to help to meet the ever-growing demand for skilled workers in our region.”

The Apprentice School affords apprentices the opportunity to earn academic degrees through its existing partnerships with institutions of higher education. The new certification now gives the school the ability to grant and confer degrees on its own.

The approval to operate as a degree-granting institution comes after an extensive yearlong process that took into

consideration the program’s impact on state and regional economies, as well as students’ success. It also comes after The Apprentice School established its first certificate program in 2019, awarding maritime studies certificates to apprentices who successfully complete the World Class Shipbuilding Curriculum.

The Apprentice School offers four- to eight-year, tuition-free apprenticeships in 19 trades and nine optional advanced programs. Apprentices work a 40-hour week and are paid for all work, including time spent in academic classes. Through partnerships with Thomas Nelson Community College, Tidewater Community College and Old Dominion University, The Apprentice School’s academic program provides the opportunity to earn associate degrees in business administration, engineering and engineering technology and bachelor’s degrees in mechanical or electrical engineering.

Nauticus Awarded Highly Competitive Grant to Support STEM Engagement During COVID-19 Pandemic

From **Nauticus**

NORFOLK

Nauticus is one of only 20 science centers and museums around the country selected to receive a grant in support of STEM engagement during the COVID-19 pandemic from the Association of Science and Technology Centers (ASTC) and made possible by the Voya Foundation.

The grant is designed to allow museums to continue supporting their communities by developing Science, Technology, Engineering and Math (STEM) programs as children, families, and educators adapt to a new normal. Twenty institutions were selected to receive funding, from among 96 science centers and museums that submitted applications.

Through grant funding, families will be able to join Nauticus educators in real-time to solve fun and informal STEM-based problems in a new program called Curious Kids STEM-ulating Activities. These interactive programs are free and offered bi-monthly to all who register. The activities are geared for families with children aged 5-12, but younger and older siblings may participate as well.



Courtesy Photo

Nauticus Visitor Services Manager, Elizabeth Clemens and Education Specialist, Molly Graham

“We’re delighted to have recently opened to the public, but our goal remains to continue positioning ourselves as a leader in virtual learning,” said Nauticus’ executive director, Stephen E. Kirkland. “This type of accessible education will still be invaluable for our community, even in a post-pandemic world.”

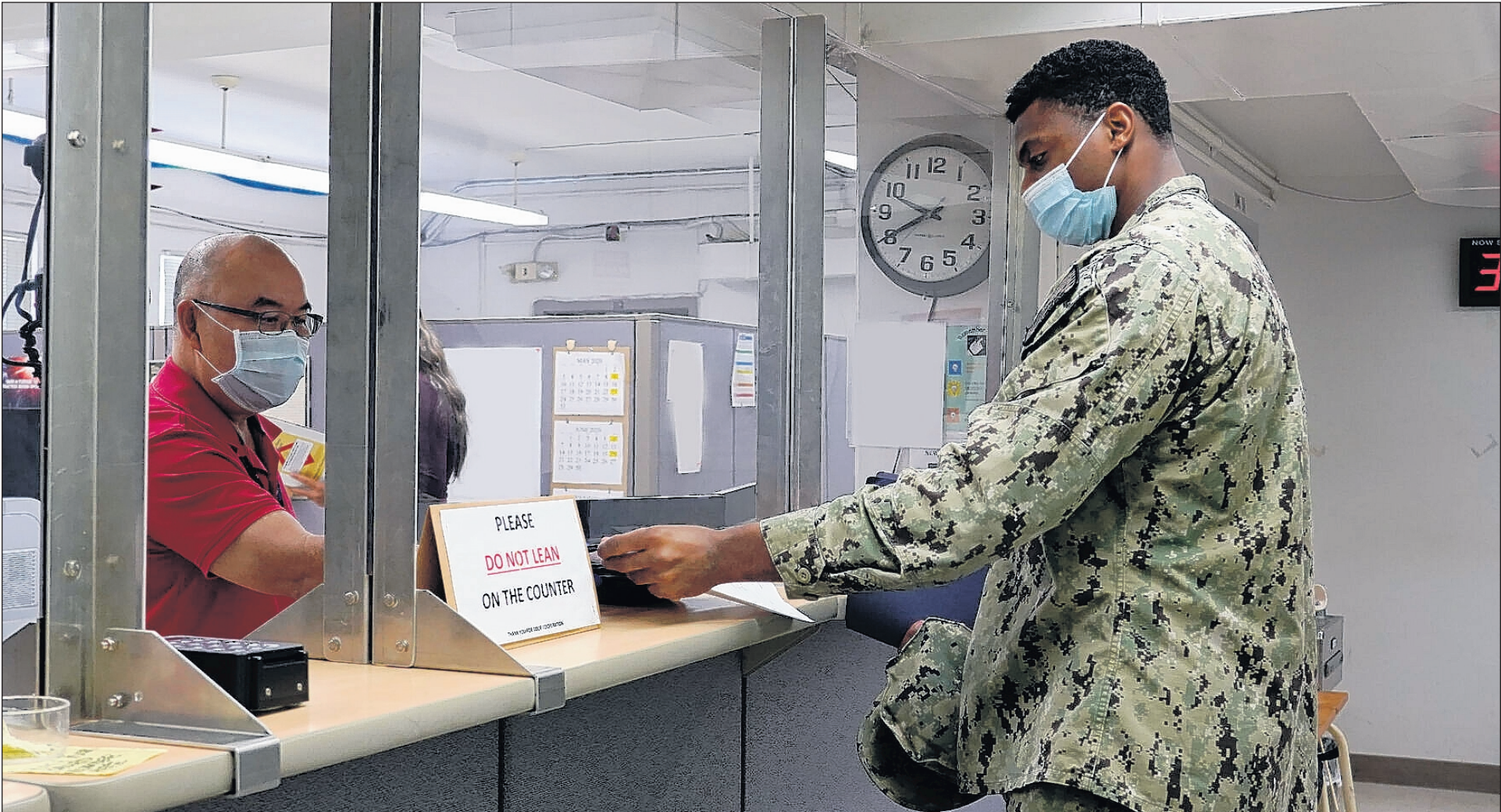
Curious Kids sessions are 30-45 minutes in duration and will be hosted via Zoom. Registration is required at least 24 hours in advance, and each session is limited to the first 100 participants. Upcoming programs are set for July 28, August 11 and August 25.

To register or for more information, visit <https://nauticus.org/curious-kids-stem-ulating-activities/>

“ This type of accessible education will still be invaluable for our community, even in a post-pandemic world.”

Stephen E. Kirkland

Health



Walter Fung (Right), Code 1123 Security Assistant, issues a pass to a visitor. The facility dedicated to providing quality professional service, while ensuring the safety and security of personnel and critical assets.

Service with a Smile

By Amanda Urena
Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility

Pearl Habor, HI.

With the ability of the coronavirus to spread rapidly, a tiger team from Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility worked with skilled employees there and at Naval Facilities Hawa to quickly fabricate protective barriers to keep the facility open for business.

Several codes — offices with specific responsibility, such as Pass and ID and Document Control — conduct daily interactions with shipyard workers, contractors, military personnel and visitors. This creates a higher risk for potential spread of the virus. To mitigate this risk, the codes requested support from the tiger team.

Working with safety experts and fabrication em-

ployees, the tiger team determined that plexiglass would provide the best protection while maintaining customer experience, both critical for safety throughout the shipyard.

Specific measurements of the areas where plexiglass would be installed were taken from each customer service location to develop a custom installation specific to each code’s needs. The measurements were then taken to Naval Facilities Hawaii for assistance in manufacturing the custom designs.

The customization was initially expected to take more than a week to complete, but expedited manufacturing and installation resulted in a custom installed solution for each code in just one to three days.

Shipyard personnel working in the Pass and ID office were thrilled with the solution developed. Walter Fung, a security assistant, commented on the

impressive work done by the team.

“I feel more comfortable with the plexiglass installed,” he said. “It’s a relief of stress.”

This protective measure not only improved safety from airborne droplets that can carry the coronavirus, but also prevented customers from leaning over the counter and potentially seeing personal identifiable information, officials said.

The Document Control Center team also was excited about the new custom barriers.

“They were quick,” said Talalelei Toomata, a file and mail clerk. “The customers like it. It’s fantastic — I love it!”

The new protective barriers made shipyard customer service personnel feel safer and also protect customers from potential exposure, making interactions between both parties safer, shipyard officials said, allowing everyone to practice the shipyard’s COVID-19 priorities of protecting people, minimizing the spread of the virus, and maximizing the mission, even during face-to-face interactions.



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Food



Getty Images

Pumpkin Soup is a Fall Favorite

By Erin Phraner

This comforting and easy pumpkin soup recipe is a lifesaver when you're short on time (or tuckered out from a day at the pumpkin patch). There's nothing like a warm fall soup to satisfy cold-weather cravings that start to hit as the days get shorter and cute fall sweaters take over your wardrobe. While there are plenty of pumpkin soup ideas with fancy ingredients, our savory pumpkin soup with canned pumpkin keeps things simple using just a few pantry staples. Canned pumpkin purée and heavy cream make this soup ultra creamy, while sautéed onion and a hint of pumpkin pie spice

lend just the right amount of sweetness. A few glugs of chicken broth bring it all together, so make sure you're using your favorite (low sodium!) store-bought brand or good homemade chicken broth.

How do you make pumpkin soup from scratch?

Not counting olive oil or salt, this recipe uses just five ingredients that easily come together in under 10 minutes, so you can have a satisfying meal in less time than it takes to come up with the perfect fall Instagram caption (for all your pumpkin patch pics, of course). Even better, it uses just one pot and absolutely zero blending, and yields ace leftovers that last for days.

Plus, the ingredient substitution options are endless, so you can customize your cup of soup just the way you like it. Try full-fat coconut milk instead of heavy cream for a dairy-free option, or switch up the spices and try it with cumin, black pepper, ginger, or a pinch of cayenne. Dress it up with fresh herbs, croutons, chopped roasted nuts, or salted pumpkin seeds.

What goes well with pumpkin soup? Serve your five-ingredient, one-pot, blender-free soup with an easy fall salad, as a make-ahead appetizer, or on the side of an epic turkey sandwich recipe. It's the best way to start off a tasty fall dinner. We love it simply with a hunk of bread, to sop up every

last bite.
Ingredients:
1 medium onion, grated
2 tbsp. olive oil
1 29-oz. can pure pumpkin
2 14.5-oz. cans chicken broth (4 cups)
1/2 c. heavy cream
2 tsp. pumpkin pie spice
3/4 tsp. salt
Directions:
Heat olive oil in a saucepan over medium-high heat. Add the onion and cook, stirring, 3 minutes or until soft. Stir in the pure pumpkin, chicken broth, cream, pumpkin pie spice, and salt, and cook, stirring occasionally for 3 minutes or until soup simmers. Ladle into bowls and top as desired. Store leftover soup in an airtight container in the refrigerator for up to 3 days.

Pumpkin Spice Cupcakes with Cream Cheese Frosting

By The Good Houekeeping Test Kitchen

This pumpkin spice cupcake recipe makes the perfect easy fall dessert you've certainly been craving. Pumpkin spice cupcakes hold a permanent spot on our fall baking bucket list, and with so many baking recipes you will be making this season, we needed a ridiculously delicious and easy pumpkin cupcake recipe worthy of our fall cupcake escapades. This recipe delivers, with plenty of pumpkin pie spice (usually made with cinnamon, nutmeg, ginger, cloves and allspice), pure pumpkin, and a few spoonfuls of spicy molasses for a complex sweetness that takes these treats to the next level ... and we haven't even gotten to the luscious cream cheese frosting. The simple 4-ingredient icing is the perfect rich and creamy topping to the spicy-sweet cakes, and makes these quite possibly the best pumpkin cupcakes we've ever had.
Why, you ask? Besides the flavor-packed ingredients list, the recipe is also straightforward and easy to understand. Just combine the wet and dry ingredients in separate bowls, whip the butter and sugar until light and fluffy (this makes the cupcakes extra tender and airy!), mix it all together, transfer to a muffin tin, and bake while you sip on a cup of coffee (or a PSL, please), and wait for your entire house to smell like pure fall.
And because there is no such thing as *too many* pumpkin recipes, why not try out warm and fluffy pumpkin pancakes or elegant and impressive pumpkin spice cake, too?

Ingredients:
Pumpkin Spice Cupcakes
1 1/2 c. all-purpose flour

1 1/2 tsp. pumpkin pie spice
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. kosher salt
1 c. pure pumpkin
2 tbsp. molasses (not blackstrap)
1 tsp. pure vanilla extract
1/2 c. (1 stick) unsalted butter, at room temperature
3/4 c. granulated sugar
2 large eggs
Cream Cheese Frosting
4 oz. cream cheese, at room temperature
2 tbsp. butter, at room temperature
2 c. confectioners' sugar
1 tsp. vanilla extract
Directions:
Heat oven to 350°F. Line 12-cup muffin pan with paper liners.
In medium bowl, whisk flour, pumpkin pie spice, baking powder, baking soda, and salt. In another bowl, combine pumpkin, molasses and vanilla.
In large bowl, with electric mixer on medium speed, beat butter and sugar until light and fluffy, about 3 minutes. Reduce speed to low and beat in eggs, one at a time. Then alternately add flour and pumpkin mixture, beating until just combined.
Divide batter among muffin-pan cups (heaping 1/4 cup each) and bake until toothpick inserted into center comes out clean, 25 to 30 minutes. Transfer to wire rack; let cool 5 minutes before removing cupcakes from pan to cool completely.
Make Cream Cheese Frosting: Using electric mixer, beat cream cheese, and butter until light and fluffy. Gradually beat in confectioners' sugar and vanilla extract until light and fluffy. To serve, frost cupcakes with Cream Cheese Frosting.



Mike Garten



MC2 Daniel Young/U.S. Department of Defense

Helping Family Members with Special Needs Meet Their Fitness Goals

From Military OneSource

Getting in shape, eating better and exercising regularly helps us lower stress, improve self-esteem and our general well-being. Individuals with special needs share these same goals and can achieve their health and fitness goals with the help of an adaptive fitness and nutrition plan. Here are some tips to help family members with a disability meet their fitness goals:

Meet with a doctor or health care

professional to develop a program that combines safety considerations with realistic goals. Fitness comes in all forms, and a doctor can recommend modifications for physical activities and traditional exercises to make activities more inclusive. Always follow up on a regular basis with any suggestions or concerns or to adjust the program if necessary.

Eat a healthy diet. The U.S. Department of Agriculture has useful information and motivational messages to

keep the whole family on the path to healthy eating. If your family member has special dietary restrictions, coordinate with the doctor or nutritionist to develop a plan. The Food and Drug Administration's "Food Allergies: What You Need to Know" can help you identify common food allergies, learn the symptoms of an allergic reaction and understand food labels to avoid potential allergens.

Take advantage of the tools and resources to track progress to achieve

fitness goals.

Use the MyPlate mobile app to build healthy eating habits one goal at a time. Pick your daily food goals, track your progress in real time and earn fun badges as you go.

The Morale, Welfare and Recreation Program offers inclusive recreation opportunities. In the last few years, there has been a push to further extend services to members of the military community with various disabilities. Check out the MWR fitness, aquatics, sports programs and more.

The Exceptional Family Member Program offers tips and support available to you on and off military installations.

Look! *4 corners!*

Everyday moments can be learning moments with your kids. For more tips, visit bornlearning.org



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announcements

Announcements

CYPRESS PT NEIGHBORHOOD GARAGE SALE
Annual Cypress Point neighborhood garage sale Saturday, July 25, 8:00am to 12:00pm.

NOTICE OF INTENT Notice is hereby given that RB Family Enterprises LLC DBA RBF Medical Transportation Services, located at 780 Lynnhaven Pkwy, Ste. 400, Virginia Beach, VA 23452, has filed an application for a Certificate of Public Convenience and Necessity that would authorize the transportation of passengers for compensation as a Common Carrier Over Irregular Routes throughout the following Virginia cities and counties: Cities – Chesapeake, Hampton, Newport News, Norfolk, Portsmouth, Richmond, Suffolk, Virginia Beach. The carrier will also be authorized to transport Medicaid recipients statewide as a Non-Emergency Medical Transportation carrier as defined in Code of Virginia section 46.2-2000.

Any person who desires to protest the application and be a party to the matter must submit a signed and dated written request setting forth (1) a precise statement of the party's interest and how the party could be aggrieved if the application was granted; (2) a full and clear statement of the facts that the person is prepared to provide by competent evidence; (3) a statement of the specific relief sought; (4) the name of the applicant and case number assigned to the application; and (5) a certification that a copy of the protest was sent to the applicant. The case number assigned to this application is MC2000241DD.

Written protests must be mailed to DMV Motor Carrier Services, Attn: Operating Authority, P.O. Box 27412, Richmond, VA 23269-0001 and must be postmarked on or before August 3, 2020.

Any protest filed with competent evidence will be carefully considered by DMV. However, DMV will have full discretion as to whether a hearing is warranted based on the merits of the protest filed.

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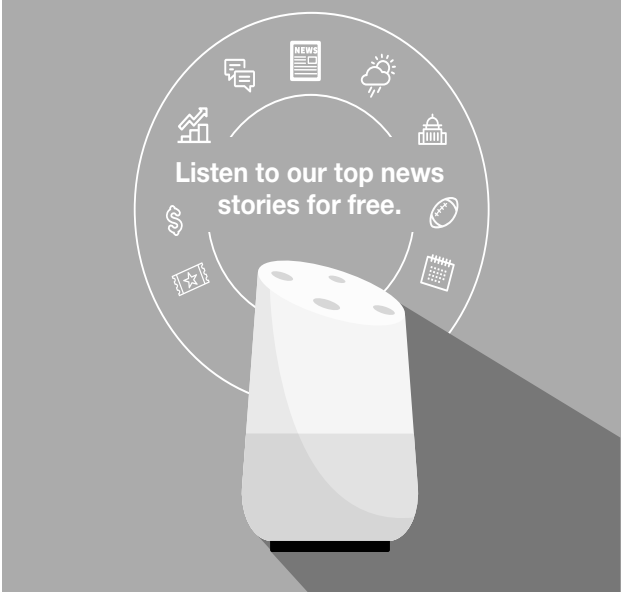
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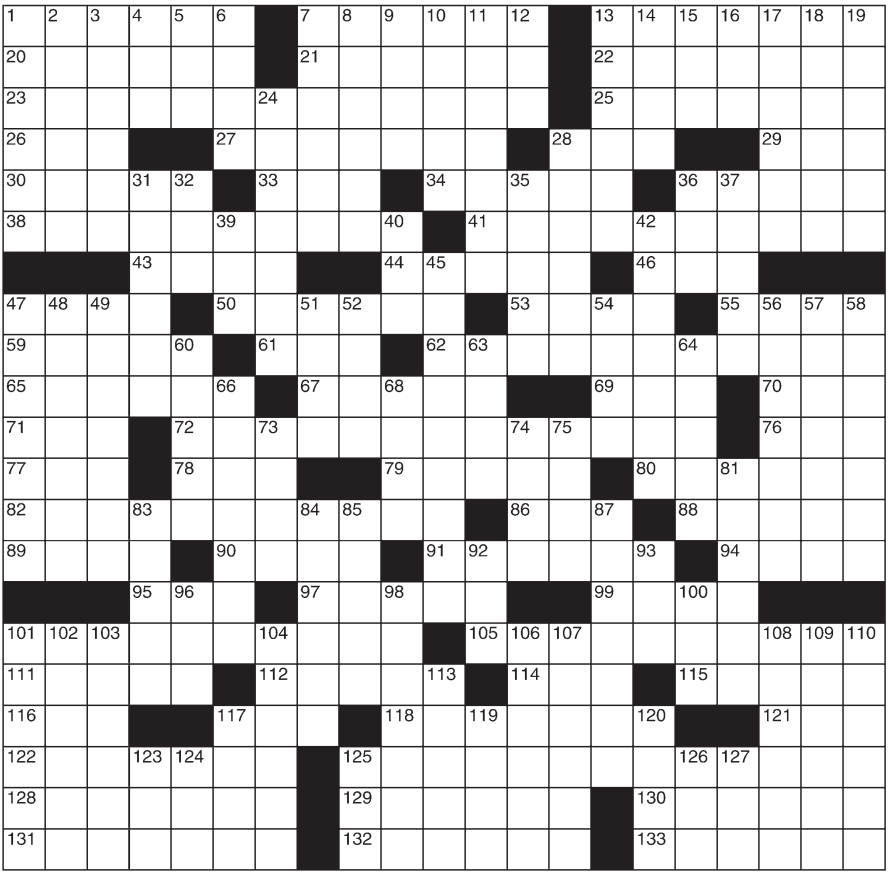
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CEREAL

- ACROSS**
- 1 Had mercy on
7 Good-sized combos
13 Dilettante
20 Fictional detective
21 Tiger cat
22 Model oneself after
23 Cereal invented by actor William?
25 Reference showing an urban area
26 Downed food
27 Lathering up
28 Electrojet bit
29 Hoppy drink
30 Vocalist Della
33 Utter a fib
34 Airheaded
36 "Mack the Knife" singer Bobby
38 Cereal that's more than enough?
41 Cereal that turns kids intoimps?
43 Cassini of fashion
44 Baby hooter
46 "Nope"
47 Judo room
- 50 Attended, as an event
53 Nut's partner
55 Large burden
59 Very skilled
61 Vintage auto
62 Cereal endorsed by first-year athletes?
65 Even chance
67 Willy with a chocolate factory
69 Turkish commander
70 Sushi fish
71 "— gratia artis"
72 Cereal flavored with really hot peppers?
76 95-Across' rank: Abbr.
77 Young male, in many rap songs
78 — -tac-toe
79 Big name in tables
80 Look upon
82 Cereal that makes people want to create graphs and tables?
86 "— -di-dah!"
88 Challenger
- 89 Actor Morales
90 Maui, e.g.
91 Guy who "was here"
94 "My Fair —"
95 Foe of Grant
97 Cow catcher
99 "Hud" co-star Patricia
101 Cereal that helps to heal broken legs?
105 Cereal that looks like it's been polished?
111 "Tin Cup" co-star Rene
112 "The Chosen" novelist Chaim —
114 Neither here — there
115 Buying binge
116 Parseghian of football
117 "— y plata" (Montana motto)
118 Sprinkler of plants
121 Rescue crew
122 Lava emitter
125 Cereal with hidden crib sheets?
128 Stoats with white coats
129 Public tribute
- 130 Actor Danny
131 Ilie of tennis
132 Stopped slumbering
133 Give the OK
- DOWN**
- 1 Vast desert
2 For now
3 Slumbering
4 Chili's color
5 Propyl ender
6 Lions' lairs
7 Finnish, e.g.
8 Rocker Ric
9 Old soda brand
10 Big African antelope
11 Kid who challenges gender stereotypes
12 Rds.
13 Hunting lures
14 Despot Idi
15 Except
16 Muckraking Nellie
17 Hedy of old Hollywood
18 Latin "and others"
19 Be contrite
24 Clu of "McQ"
28 "Any problem with that?"
31 Some sailboats
32 Sushi fish
- 35 1990s exercise fad
36 Cell stuff
37 Hate
39 Shul attendee
40 Sousing sort
42 Positive number, e.g.
45 Office furniture
47 Like potential sweethearts
48 Aromatic
49 Actress Alba
51 Latest info
52 Sound a horn
54 Actor Hemsworth
56 River from Lake Erie
57 Saw to a seat
58 Remove moisture in by whirling
60 Having many bunches of feathers
63 Klutzes
64 Examined in order to rob
66 Less cheap
68 Uncluttered
73 Singer Phil
74 Lie languidly
75 On — with
81 Big name in polling
- 83 Brick ovens
84 So very
85 Not be inert
87 Award winner, e.g.
92 Winter Games gp.
93 Positive vote
96 Prefix with resort
98 Demonstrate sculpt them
101 "Scream" director Wes
102 — borealis
103 Holy songs
104 Got to one's feet
106 Anxious
107 Ribbed, as fabric
108 Liberally
109 Doe or cow
110 Brief brawls
113 Merited fate
117 Individuals
119 Deck wood
120 Nutritional amts.
123 Op. —
124 Tennis' Ivanovic
125 Old TV's "— Na Na"
126 Spy gp.
127 "You there!"



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Sudoku

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

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: T equals L

LYFX LHBTW GHSQ SQFI NBUG AFTT
F XQAYIHTHNJAFTTU AYFTTQINQW
OQEGHI? F IJIAHSOBXQE.

Last week's CryptoQuip answer

Did you know Mickey Mouse periodically got very
lightheaded and would have Disney spells?

last week's answers

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

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

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