



## Thomas Hudner wraps up Operation NANOOK 2020

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

### NORFOLK

The Arleigh Burke-class guided-missile destroyer USS Thomas Hudner (DDG 116) concluded its participation Operation Nanook on Aug. 23, a joint exercise conducted in the northern Atlantic Ocean.

“Thomas Hudner performed very well during Operation Nanook,” said Cmdr. Brett Litchfield, the ship’s commanding officer. “The crew was very motivated and forward-leaning throughout the exercise. We have gathered many lessons learned that can be used for future Arctic operations.”

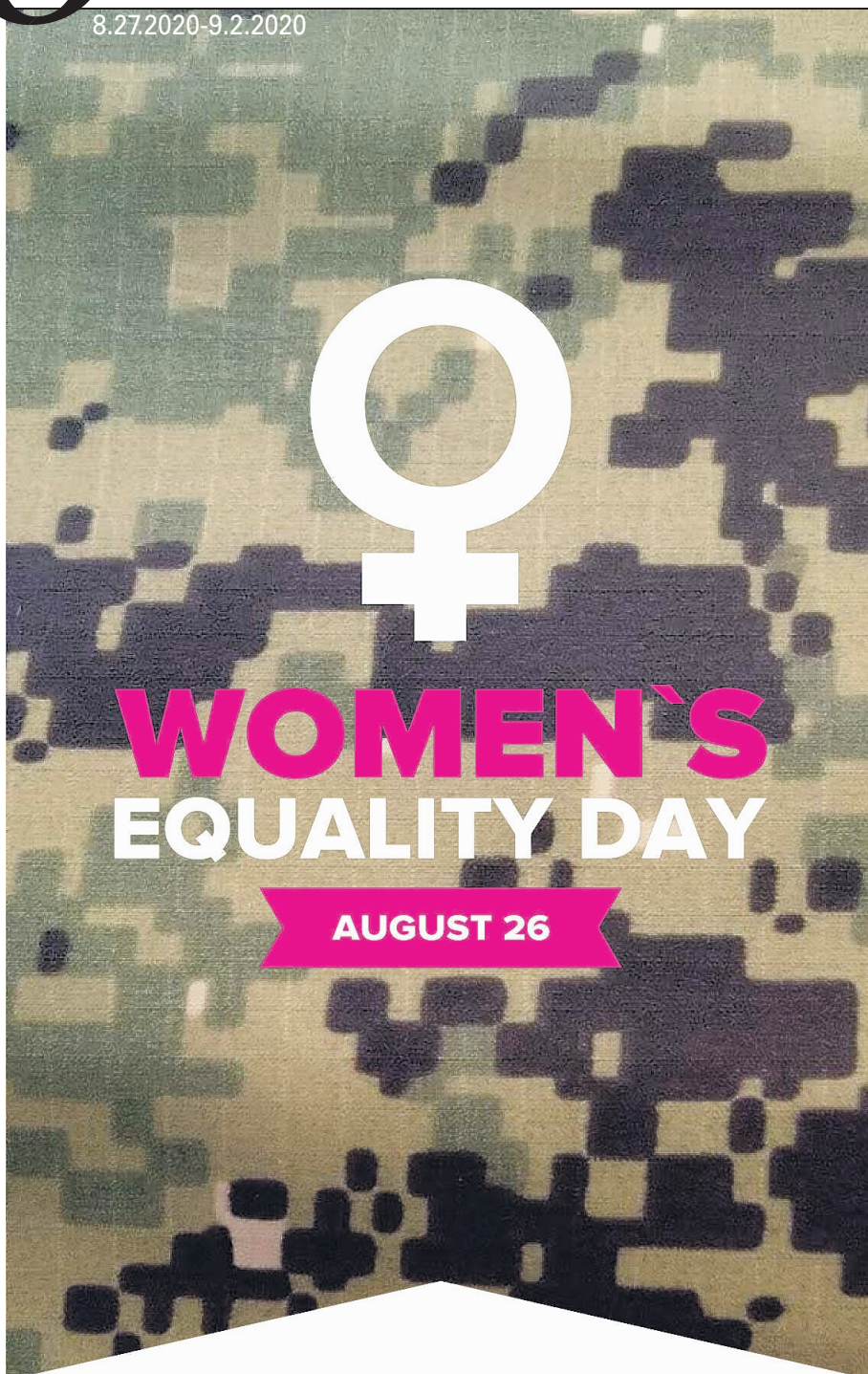
Operation Nanook 2020 is a northern operation conducted by the Royal Canadian Navy with Allied nations to ensure a stable, conflict-free Arctic region. In participating, the U.S. Navy strove to increase interoperability between allies, gain understanding on operational hazards in the Arctic Ocean and gain new insight from allies operating in the Arctic region.

Working with Allies in the Arctic region allows the U.S. Navy and allies to increase military presence in the region in the future. Fostering interoperability between nations will increase information sharing and situational awareness in the region, helping to ensure a safe Arctic Ocean.

“Operating in the Arctic is no small task,” said Lt. j.g. Madina Petashvili, Thomas Hudner’s navigational officer. “Having received the news of the operation, I had to educate myself with Canadian, Greenland and Arctic waters through various publications to include sailing directions. I wanted to ensure the information I learned was also shared with the bridge junior officer watchstanders who not only have never been a part of such a mission, but were also young in their experiences on the bridge.”

During the operation, Thomas Hudner achieved new milestones such as conducting replenishments-at-sea (RAS) with Royal Canadian Navy ship MV Asterix, the first RAS with a foreign ship for Thomas Hudner. In addition to

» See **HUDNER | A7**



**Navy women reflect on advancement in women equality on the 100th anniversary of gaining the right to vote**

By **MCSN Ashley Croom**  
 Navy Region Mid-Atlantic Public Affairs

### NORFOLK

Less than 100 years ago, if you were a woman living in the United States, you didn’t have the right to vote. Women’s Equality Day celebrates the passage of the 19th Amendment, granting women the right to vote on August 26, 1920. The right to vote isn’t the only thing women have fought for over the past century; women in the military have fought for a place as well.

» See **WOMEN | A7**

## Carrier Air Wing 8 joins Carrier Strike Group 12

by **Lt. j. g Ayifa Brooks**  
 Carrier Strike Group 12 Public Affairs

### NORFOLK

Carrier Air Wing (CVW) 8 officially joined Carrier Strike Group (CSG) 12 aboard the aircraft carrier USS Gerald R. Ford (CVN 78), the flag ship for CSG-12, Aug. 21.

CVW-8, known as “Factory,” joins the Ford, nicknamed “Wolverine,” Destroyer Squadron Two, USS Leyte Gulf (CG 55), and USS Gettysburg (CG 64) to complete CSG-12.

During Independent Steaming Event 9A

in February 2020, the Factory-Wolverine team completed initial flight deck and carrier air traffic control center certifications on the first-in-class Ford carrier. In May, Ford hosted CVW-8 on the first-ever air wing embark, which for the first time, utilized the advanced weapons elevators to deliver heavy inert ordnance from the aft magazine to the flight deck. Those weapons were then loaded by CVW-8 Sailors in coordination with the Ford’s weapons department and expended

» See **JOINS | A7**



MC1 Class Gary Prill

Sailors assigned to USS Gerald R. Ford’s (CVN 78) air department observe flight operations on the ship’s flight deck, July 31. Ford is underway in the Atlantic Ocean conducting carrier qualifications.



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**Navy reservist spent most of career in aviation**  
 Electronics Technician 1st Class Christopher Staggs, spent the majority of his naval and civilian career in the aviation community working on planes.

»See **A4**



**Female commander makes history**

Capt. Phillipa Hay of the Royal Australian Navy (RAN) will lead Task Force One during Exercise Rim of the Pacific (RIMPAC) 2020.

»See **B1**

**1000 paper cranes**

To commemorate the 75th anniversary of the use of the atomic bombs in August 1945 and the end of World War II the MacArthur Memorial will host a special exhibit.

»See **ABA**

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MC1 Brian Morales

Five F/A-18F Super Hornets assigned to the Red Rippers of Strike Fighter Squadron (VFA) 11 prepare to launch from Boca Chica Field for the Strike Fighter Advanced Readiness Program, June 30, 2014. Naval Air Station Key West is a state-of-the-art facility for air-to-air combat fighter aircraft of all military services and provides world-class pierside support to U.S. and foreign naval vessels.

# Strike Fighter Squadron Eleven receives safety award

By MCC Michael Cole  
Commander, Naval Air Force Atlantic Public Affairs

**NORFOLK**

The “Red Rippers” of Strike Fighter Squadron (VFA) 11 were presented the 2019 Chief of Naval Operations (CNO) Aviation Safety Award by Rear Adm. John F. Meier, Commander, Naval Air Force Atlantic in a ceremony at Naval Air Station (NAS) Oceana in Virginia Beach, Aug. 19.

The prestigious award is presented annually to U.S. Navy aircraft squadrons who amass the best safety records for their respective type/model/series aircraft. This is VFA-11’s third consecutive Safety “S” Award.

The squadron recently returned home following an unprecedented and inaugural Dy-

namic Force Employment (DFE) deployment with Carrier Air Wing (CVW) 1 while embarked aboard USS Harry S. Truman (CVN 75). While successfully supporting combat sorties in Operation Inherent Resolve and security operations with allies in the U.S. Sixth Fleet, VFA-11 completed 440 sorties accumulating nearly 900 flight hours during the demanding deployment with an impeccable safety record.

“We are honored to receive a third consecutive Safety S,” said Cmdr. John McGee, Commanding officer of VFA-11. “We don’t spend a lot of time talking about safety, but we put a great deal of emphasis on professionalism and accountability, and we hold our people to a high standard. Over time, that has developed into the culture that we

have in the squadron today.”

Overall, the squadron has completed more than 3,700 flight hours, of which almost 800 were at night, in Fiscal Year 2019. They logged over 1,600 embarked flight hours, 459 of which were flown at night. During the entire deployment, they successfully accomplished over 2,500 carrier arrested landings, or “traps”, of which 637 were night hours.

Additionally, the squadron provided support to our NATO allies in the Arctic Circle for the first time in more than 30 years during Exercise Trident Juncture.

VFA-11 has a record of 26 years, or 96,727 hour of Class A mishap-free flight hours. The last Class A mishap was in February, 1994.

“I was honored to award VFA-11 with their third Safety S award today,” said Meier during the award presentation. “I’m proud of VFA-11 and their laser-focus on safety excellence.”

Following completion of the DFE de-

ployment, Harry S. Truman returned to its homeport in Norfolk, Virginia midway through its non-standard deployment period. After a two month delay, the “Red Rippers” resumed their 2019 deployment with CVW-1 following an accelerated training cycle and refocused their efforts on the their follow-on deployment.

“Receiving the Chief of Naval Operations Annual Aviation Safety Award three years in a row is a true testament to the culture of safety the VFA-11 Red Rippers embrace,” said Lt. Cmdr. Kris Weible, the Safety Officer from VFA-11. “I couldn’t be any prouder or amazed at the level of professionalism, teamwork, and camaraderie that every member of the Ripper team brings to the fight every day.”

VFA-11 has 250 Officer and Enlisted personnel who fly and maintain 11 F/A-18F “Super Hornets”, a two-seat strike fighter, carrier-based aircraft built by Boeing. It is manned by a pilot and a Weapon Systems Operator.

# I’ll take that to go: Naval Weapons Station Yorktown galley serves up meals during COVID-19

By Susanne Greene  
Naval Weapons Station Yorktown Public Affairs

**YORKTOWN**

Scudder Hall Galley has continued to provide meals to Sailors and Marines onboard Naval Weapons Station (NWS) Yorktown despite COVID-19 mitigation efforts.

The five-star galley serves up approximately 400 meals a day and that number has remained steady since “takeout only” service began mid-March.

“We put signs up at all the entrances, tape on deck to indicate social distancing, patrons temperatures are taken as they enter the galley, cloth face coverings are required by staff and guests, and hand sanitizer is placed throughout the facility,” stated Dahlia Black, Chief Warrant Officer, Second Class; Naval Weapons Station Yorktown. “In addition, our staff undergo three temperature checks daily and adhere to strict U.S. Navy and Centers for Disease Control and Prevention (CDC) guidance to prevent the spread of COVID-19.”



Courtesy photo

For the most part everything has been smooth sailing but just like the rest of us, when it comes to ordering groceries, some items are not always available. Despite minor challenges, the galley serves up some very popular dishes.

Taco Tuesday is the busiest day of the week and Scudder Hall Galley’s highest rated meals are oxtails with beans and rice, pizza, and wings. The Sailors and Marines also have favorites when it comes to dessert: ice cream bars, chocolate chip cookies, and

cheesecake.

Despite COVID-19 mitigation efforts, Scudder Hall Galley’s award winning staff ensure the Sailors and Marines onboard NWS Yorktown are well fed and ready for duty.

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MC2 Mark Mahmod

Naval Air Station Oceana's base barbershop reopened their doors on Thursday, July 30, after five months of being closed due to COVID-19. Since reopening, barbershops have implemented new measures to ensure the safety of their customers in the midst of navigating COVID-19.

## Naval Air Station Oceana's barbershop is open for business

By MC3 Marissa Bacon  
Navy Region Mid-Atlantic Public Affairs

### VIRGINIA BEACH

Naval Air Station Oceana's base barbershop reopened their doors after nearly five months of being closed due to COVID-19.

"Ensuring we provide the necessary services and resources for a ready and able Fleet is our top priority," said Mary Mar-

garet Caragan, services program manager, Navy Exchange (NEX) Command. "Our barber and beauty shop associates received ample education and training in sanitation measures and cleaning procedures to maintain a safe and effective environment for all."

Since reopening, barbershops have implemented new measures to ensure the safety of their customers in the midst of

navigating COVID-19.

"All workers were wearing gloves which they changed after every client," Operations Specialist 2nd Class Christopher J. Lord explained. "Masks were worn by every person in the shop and all things worn during the haircut were changed after every client, such as the workers gloves and the bib that I wore during my haircut."

The decision to open back up has been beneficial to many Sailors who rely on the base barbers for their grooming needs. Lord even said he resorted to letting his friend shave his head before the grooming standards were relaxed.

"I felt relieved when I first heard they were opening, because the NEX barbershop has always been my go to for a haircut," said Lord. "I did have a bit of concern at first, but knew they'd take proper measures since they were finally opening up."

Though convenience is a factor, the well-being of Sailor's and barbershop staff was the main priority.

"My overall experience was good," said Lord. "I felt the proper measures were taken for the workers and my own safety."

For more information regarding the base barbershop, please visit [mynavyexchange.com](http://mynavyexchange.com) or call (757) 425-4255.

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Electronics Technician 1st Class Christopher Staggs

MC2 Alfred Coffield

# Navy Reservist spent the majority of naval and civilian career in the aviation

By MC2 Alfred Coffield  
Commander, Submarine Forces Public Affairs

NORFOLK

Electronics Technician 1st Class Christopher Staggs, a Navy Reservist assigned to Commander, Submarine Group (CSG) 2 in Norfolk spent the majority of his naval and civilian career in the aviation community working on planes. Staggs started his career in 2002 by working on F-14 and F/A-18C/E aircraft before separating from the Navy in 2007.

He returned in 2011 as a Navy Reservist and is attached to Commander, Task Force (CTF) 84 on active duty orders. Prior to serving at CTF-84, Staggs worked as a Coast Guard contractor working on their patrol and surveillance aircraft. “I followed my aviation career out of the Navy and into the Coast Guard,” Staggs said. “The civilian side involved more of a level of project management, while with CTF-84 it is more information technology

and system administrative tasking. My heart is in aviation, but I think I enjoy them both equality.” CTF-84 became a component of CSG-2 when it was reestablished Sept. 30, 2019. Staggs was part of that initial component that helped with the reestablishment. “I think it’s amazing. I’ve never personally been part of a reestablishment or establishment of any kind,” Staggs said. “After seeing where we were and where we are now, I believe moving forward we’ll

continue to have a great team for Group 2.” As an Electronics Technician, Staggs is specially trained in electrical engineering, computers and aerospace. He helps operate and manage the electronics systems and subsystems of the world’s most advanced ships and aircraft, as well as on bases ashore. “I enjoy working with CSG-2, and because we get to coordinate with a lot of communities in the fleet; surface, air, submarine, intelligence,” Staggs said. “I find it very satisfying. We get to see the big picture by talking to all these different communities.” CSG-2 is assigned for theater undersea warfare operations in order to help maintain America’s maritime superiority.

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# Navy breaks ground on new archival complex

By MC3 Randy Adams  
Naval History and Heritage Command, Public Affairs

**WASHINGTON, D.C.**

Naval History and Heritage Command (NHHC) held a groundbreaking ceremony Aug. 5, at the Washington Navy Yard to mark the start of the construction of a new Operational Archives and Repository Complex.

Chief of Naval Operations (CNO) Adm. Mike Gilday spoke at the ceremony and delivered the initial blow to the ceremonial drywall to commemorate the start of construction.

“This new project underscores the vital role the Naval History and Heritage Command serves in preserving our Navy’s institutional memory,” said Gilday. “With this archival complex we will continue to remember and present an accurate history of our Navy and tell the stories of those who have gone before us for generations to come.”

The Navy is renovating the buildings into a modern complex that will meet Navy standards for the protection and care of the Navy’s intellectual property and some of the Navy’s most at-risk collections. The current facilities were built in 1851 and were not constructed to house artifacts and many of them lack appropriate environmental controls.

“For several years, the Library and Archives have fought to protect Navy’s intellectual property and heritage from the ravages of heat, humidity, water leaks, and cold. Records and photographs stored in these areas were subject to mold and damage, requiring Navy to pay for mold remediation for records and photos, said Dr. Kristina Giannotta, assistant director of NHHC Histories and Archives Division.

“Because the new facility provides optimal environmental controls for preservation of archival materials-our Archival and Library staff can make sharing Navy’s intellectual property and supporting the fleet their primary focus, rather than protecting the materials from mold and environmental damage,” she added



MC3 Randy Adams

The new complex, once completed, will house the Navy’s Operational Archives, Department of the Navy Library, Rare Book Room, Navy Art Collection, and the Underwater Archeology Conservation Laboratory. NHHC’s library preserves books, manuscripts and other priceless artifacts related to general maritime history and specific U.S. Navy events. Some items include the U.S. Navy’s first signal book, John Paul Jones’ calling card, and unpublished World War II administrative histories.

Additionally, the archives serve as the temporary repository for many of Navy’s records-to include CNO’s official records and all Navy Deck Logs and Command Operation Reports. NHHC permanently retains donated items, among which are several collections of CNO personal papers, and unofficial Navy photos (held in our photo archives).

The new facility also expands Under-

water Archaeology Branch’s (UA) ability to advise the Department of the Navy on all matters related to historic preservation as it pertains to military ship and aircraft wreck sites. “As the organization responsible for the management, research, preservation, and interpretation of the U.S. Navy’s sunken military craft, this facility will only further enable our staff to accomplish our mission.” said UA Branch Head, Robert Neyland.

“This is the biggest infrastructure project that we’ve done to preserve Navy History, in the history of the Navy,” said NHHC Director, retired Rear Adm. Samuel Cox. “The fact the Navy is making this investment to preserve its history is a testament to the work of the staff and personnel at NHHC as we continue to provide value to overall Navy readiness and fulfill our moral obligation to remember the sacrifice of Sailors who have defended our nation.”

Construction of the facility is expected to

be complete by 2022

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

For more news from Naval History and Heritage Command, visit [www.history.navy.mil](http://www.history.navy.mil).

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MC3 Justin R. DiNiro  
Boatswain's Mate 3rd Class Seth Stewart, from Cleveland, and Boatswain's Mate 2nd Class James Nunn, from Ellerbe, N.C., operate a winch control aboard the guided-missile cruiser USS Normandy (CG 60) during a replenishment at sea with the Military Sealift Command dry cargo ammunition ship USNS Robert E. Peary (T-AKE 5), Nov. 8, 2015. Normandy is deployed to the U.S. 7th Fleet area of operations as part of a worldwide deployment.

# Normandy receives CNO safety award for fifth consecutive time

By Lt. Brian Weinhardt  
USS Normandy (CG 60) Public Affairs

**NORFOLK**  
For the 5th consecutive year, the guided-missile cruiser USS Normandy has been awarded the Chief of Naval Operations safety award.

This award for the 2019 calendar year is

given to one ship of each ship-class on each coast, in turn making Normandy the only east coast cruiser to receive the 2019 award.  
The award is for units which demonstrate outstanding contributions to fleet readiness, increased morale, efficiency, and economical use of resources through

safety. Normandy received special recognition in the announcement message for continued superior performance.  
“This is an extremely important accomplishment for Normandy, five years of un-paralleled safety not only increases mission readiness but lethality.” Said Capt. Charles Hampton

Hampton continued by saying, “at the current point in Normandy’s life cycle; a yearlong maintenance availability, there could not be a more appropriate time to reflect on safety. It is imperative that we continue these habits in order to ensure a safe and on-time exit from the ship yards.”  
Normandy, homeported in Norfolk, Virginia, is the air and missile defense commander for carrier strike group eight.  
If you would like to learn more about USS Normandy visit, [public.navy.mil/surflant/cg60/pages/default.aspx](https://public.navy.mil/surflant/cg60/pages/default.aspx) or <https://m.facebook.com/ussnormandy>.

# Navy Reserve announces detailing marketplace for Enlisted Reserve Force billets and assignments

By Lt. Adam Demeter  
Navy Reserve Forces Command Public Affairs

**NORFOLK**  
Commander, Navy Reserve Forces Command (CNRFC) announces MyNavy Assignment, a “detailing marketplace” for all enlisted Sailors, is now available to the Navy Reserve Force.  
MyNavy Assignment replaces the Career Management System – Interactive Detailing (CMS-ID) and delivers a modern interface and user-friendly experience for Reserve Sailors to manage their career.  
“We’ve listened to what Sailors are asking for an integrated those capabilities into MyNavy Assignment,” said Capt. Claudia Maccon, team lead for the MyNavy HR Reserve Transformation initiative at CNRFC. “Sailors can now expect more options, greater career flexibility, and increased transparency when navigating through the detailing process.”  
The capabilities featured in MyNavy Assignment strengthens the relationship between the Sailor and their Command Career Counselor. Sailors can view eligible jobs, bookmark, apply, communicate with their Command Career Counselor and track the

entire process in one location.  
MyNavy Assignment features a ‘MyResume’ tab and by keeping it updated with previous assignments, skills, qualifications, and education, Sailors can better position themselves for a billet they are interested in filling.  
The Sailor Application Lifecycle Tracker (SALT) notifies Sailors who need to apply for billets, provides confirmation after a Sailor applies for a billet, displays the release phases of pending orders, and notifies a Sailor when they are selected for orders. If Sailors are not in the window to apply for orders, the SALT tracker will not be available.  
“The entire process is at your fingertips,” said Master Chief Michelle Lang, Senior Enlisted Leader for Enlisted Assignments at CNRFC. “Sailors are able to market themselves for any billet they’re eligible to fill, and if they aren’t selected, the decision-making process is now accessible for all to see.”  
During the Command Ranking Phase, Operational Support Officers and unit command leadership make comments and rank the Sailor’s applications for their billets. Sailors are now able to see these comments and if not selected, can use the tools in the ‘MyResume’ tab to fill any gaps in their record for the next



U.S. Navy

application cycle. Additionally, Projected Rotation Date (PRD) modifications are now routed through Unit Command Leadership for their review prior to CNRFC action.  
MyNavy Assignment also expands the detailing window and provides greater visibility by generating jobs that are closed during an application cycle. This allows Sailors to chart their career path, determine what skill sets are required for desired jobs, and become competitive for those jobs in the future.  
“This new tool has everything a Sailor needs to ensure they’re hitting their career milestone requirements, but also opens the aperture for new and exciting possibilities,”

said Master Chief Eric Dusenbery, Senior Enlisted Leader for the MyNavy HR Reserve Transformation initiative at CNRFC. “I encourage every Sailor to take advantage of this application, build their resume and apply for jobs that will take them to the next level.”  
MyNavy Assignment is accessible via the ‘Assignment’ link on MyNavy Portal (<https://my.navy.mil>). Find the link on either the ‘Quick Links’ tab or the Assignment, Leave & Travel (ALT) Career & Life Event (CLE) section. A “What’s New For You” is also available through your Command Career Counselor to help familiarize yourself with the new features and capabilities.



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WOMEN | *Today there are more than 52,000 women serving on active duty*

Continued from A1

On May 13, 1908, Congress established the Navy Nurse Corps. With its creation and under the leadership of Superintendent Esther Hasson, chief nurse Lenah Higbee, and 18 other women, the first women allowed to serve in the United States Navy were coined the “Sacred Twenty.” Today, there are more than 52,000 women serving on active duty in a wide array of ratings throughout the Navy. From the Women’s Reserves, better known as WAVES, to the most recent implementation of women serving on submarines, women’s equality has taken big steps during the past 100 years.

“When I first joined, women couldn’t go on submarines,” said Susan Carey, executive director of Navy Region Mid-Atlantic who began her Navy career in 1982 as a Navy storekeeper. During her years of active duty and reserve duty she served on the USS Dixon (AS 37), USS Holland (AS 32), USS Detroit (AOE 4) and USS Sacramento (AOE 1) until she departed the service in March of 2000.

“We have come a long way,” said Carey. “I think if people can do the work, can carry the loads, can do what needs to be done... [all ratings] should be open to whoever has the desire to do the work.”

The same push was present when Carey was a standout during her Navy career. “I was so fortunate that I had very supportive chains of command,” said Carey. She was able to realize that her willingness to go the extra mile was not ignored by her higher ups.

Carey’s 13 years in the Navy culminated at the level of chief petty officer at which point she chose to leave the service, however her hard work and dedication didn’t end there. Following her naval career she brought her skills to the civil service where she now leads the Mid-Atlantic Region as the Executive Director and oversees 13 installations.


“Be confident. Be very sure of what you’re doing and when you’re on a path that you feel is right, continue. Don’t let others take away from what you feel is yours,” said Carey. She understood that to make a way for herself, she would have to put in the effort and not get swayed by others.

Her story shows that along with sheer drive, it’s important to not underestimate the power a good support system can have on a person’s career. That sentiment rings true for women across the service. Carey’s dedicated service holds strong to the fight for women’s equality and helps other women that followed behind her in the naval service.

Women like Lt. Morgan Sellers, a judge advocate general for Naval Station Norfolk said it is important to pay tribute to those you came before her.

“I appreciate what they did because I know that I had a little bit of an easier time,” said Sellers. Sellers knew she wanted to become an attorney in high school. She ended up going to law school after graduating and then joined the Navy.








“I joined the Navy because I was looking for an avenue where I could use my skills to help other people,” said Sellers. “For as long as the Navy will have me, that’s where I want to be. I find it very rewarding to come to work every day, to be a part of a team that’s doing something bigger and



# Women's Equality Day

## Wednesday, 26 August 2020

Commemorates the 1920 passing of the 19th Amendment to the U. S. Constitution, which prohibits the government from denying the right to vote to women.



1869 - Wyoming's territorial legislature declared that "every woman of the age of twenty-one years, residing in this territory, may at every election...cast her vote." In 1924, the state's voters elected the nation's first female governor, Nellie Tayloe Ross.

1942 - Anna Leah Fox was the first woman to receive the Purple Heart, which she received for her "outstanding performance of duty and meritorious acts of extraordinary fidelity..." during the attack on Pearl Harbor.  
\*It was later replaced with the Bronze Star Medal since she was not injured during the battle.

1945 - Mildred H. McAfee was the first woman commissioned in the U.S. Naval Reserve and the first woman to receive the Navy Distinguished Service Medal.

1951 - Anna Der-Vartanian became the U.S. Navy's first female master chief petty officer, as well as the first female E-9 in the entire U.S. Armed Services.

1960 - Master Gunnery Sergeant Geraldine M. Moran became the first female Marine promoted to E-9.

1993 - Patricia Stolle became the first enlisted woman since the SPARs to be advanced to E-9 in the U.S. Coast Guard.

"Being the first, it is historic, but the most important thing is just to make sure I'm not the last." -Katie Sowers, First female coach in Super Bowl history.

MCSN Croom



Aviation Ordnanceman 3rd class Tori Stanley stands outside of her home in Portsmouth, Va., August 23. Stanley won Navy Region Mid Atlantic's Blue Jacket of the Year.

better than themselves ... and that’s what the Navy means to me.”

Another Sailor blazing the way for women’s achievements in the Navy is Aviation Ordnanceman 3rd Class Tori Stanley who said it was “big” to win Blue Jacket of the Year (BJOY) for Navy Region Mid-Atlantic. The Blue Jacket of the Year award is a yearly award to recognize sailors for their outstanding and professional performance during the fiscal year. It was a goal that she was reaching for and winning it validated her efforts.

“Earning BJOY was the momentum I needed to realize I am moving forward and I am getting closer to my overall goal in the service,” said Stanley. “As a female in the

service, you just have to push harder, show your true worth and take negative comments with a grain of salt.”

All three women said that people must capitalize on the opportunities that are presented because others fought for you. The same opportunity that the Sacred Twenty took on by being the first women to apply and take part in the seagoing service.

“We have to take advantage of every opportunity,” said Carey. “Know that everything you touch along that path is something that goes into being you ... reach for the stars.”

During the past 100 years, strides have been taken toward women’s equality from the right to vote to service in the United



Susan W. Carey is currently serving as the Executive Director, Navy Region Mid-Atlantic. This is her fourth CNIC enterprise Executive Director position since 2009. She is the Senior Civilian and Advisor for Shore Installation Management to the Regional Commander.

States Navy. From Anna Leah Fox, the first woman to receive the Purple Heart for her efforts during the attack on Pearl Harbor, to Anna Der-Vartanian, who became the U.S. Navy’s first female master chief petty officer, these women’s unwavering commitment to equality has shaped our country.

As Americans around the world celebrate the centennial of the 19th Amendment, the Navy reflects on the commitment and sacrifices made by these trailblazers who paved the way over the past century.

HUDNER | *Ship achieved new milestones such as conducting replenishments-at-sea (RAS) with Royal Canadian Navy ship MV Asterix*

Continued from A1

search-and-rescue live-hoist helicopter operations with the Royal Danish Navy, Hudner also made a landmark transit with Royal Danish Navy Thetis-class frigate HDMS Triton (F358) through Godthab’s Fjord in Greenland.

“I feel honored to be one of the few navigators who got to tame the waters of Greenland and on the only Arleigh Burke-class to sail within the fjords of Greenland,” said Petashvili. “I am thankful that the U.S. Navy gave me such an opportunity and responsibility of safety of the navigation of USS Thomas Hudner and her crew.”

Litchfield expanded on the accomplishments Thomas Hudner made during Nanook.

“The most memorable milestones for the crew were the transit of the Godthab’s Fjord in Greenland, seeing the Northern Lights and joining the Order of the Blue Nose,” said Litchfield. The Blue Nose ceremony is a traditional line-crossing ceremony conducted when Sailors cross

into the Arctic Circle for the first time, thereby earning their “Blue Noses”.

Litchfield continued, “One of the more significant accomplishments of Operation Nanook was the multi-national Search and Rescue Exercise. Thomas Hudner, HMCS Ville de Quebec, and HMCS Glace Bay coordinated efforts to assist NRU Asterix as they simulated being a vessel in distress with structural damage and medical casualties after hitting an iceberg.”

Operating in the Arctic Ocean requires new skillsets and specialized training and gear. Operation Nanook provides USS Thomas Hudner the opportunity to learn from Canada and other partner nations and to refine the skillsets involved in operating in Arctic climates and severe cold.

“Environmental conditions turned out to be the biggest challenge in completing some of the planned events during Operation Nanook,” said Litchfield. “Sea state and fog often impacted gunnery exercises, air operations, and small boat operations.”

In the navigational department, Petashvili and Quartermaster Chief Petty

Officer Marc Rowe were heavily involved in every aspect of the mission, from start to finish of each evolution. Rowe echoes his commanding officers’ sentiments regarding the environmental challenges and adds that communication idiosyncrasies were another factor that all involved parties had to work together to resolve.

“Other challenges were getting used to operating with Navies that might have different protocols and procedures than we do,” said Rowe. “Our requirements for ‘how we get there’ and ‘when we’re supposed to be there’; are slightly different from our Allied counterparts. I think success was based on the ability to communicate and adjust accordingly. I think overall the communication piece between the ships worked out, and most importantly, we learned from our Allies.”

“Participating in cooperative exercises allows the US Navy to combine the strengths of many nations into one force and allows us to learn from each other, thus improving our tactics and techniques for future operations,” said Litchfield.

Thomas Hudner participated in Canadian Operation NANOOK alongside US Coast Guard, Canadian, French, and Danish Allies to enhance their Arctic capabilities, and meet the requirements outlined in each nation’s respective defense policies.

JOINS

Continued from A1

from F/A-18E/F Super Hornets over the Navy Dare Bombing Range.

“The Ford and Carrier Air Wing Eight teams made incredible strides forward for the Naval Aviation Enterprise demonstrating a level of professional competence that rival her peers,” said Capt. Josh Sager, Commander, CVW-8. “I truly look forward to working with CSG-12 to make Ford deployment-ready.”

As the only aircraft carrier regularly available on the East Coast this year, CVW-8 squadrons continue to support carrier qualifications for training commands. CVW-8 is focused on operationalizing Ford and fixing any barriers for over the horizon deployed operations.

“We’re excited to have Carrier Air Wing Eight complete the Carrier Strike Group 12 team,” said Rear Adm. Craig Clapperton, commander, CSG 12. “The air wing brings unmatched experience with this new carrier class, and is poised to take the fight to the enemy when the ship is ready.”

CVW-8 consists of seven aircraft squadrons flying F/A-18E/F Super Hornets, E-2C Hawkeyes, and MH-60R/S Sea Hawks. More than 1,500 personnel are assigned to CVW-8.





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**Ships decommission after distinguished service**  
USS Champion (MCM 4), USS Scout (MCM 8) and USS Ardent (MCM 12) recognized nearly 30 years of naval service during decommissioning ceremonies on board Naval Base San Diego.  
See **B4**

SECTION B | FLAGSHIPNEWS.COM | 8.27.2020



Capt. Phillipa Hay, on the bridge of Royal Australian Ship HMAS Hobart (DDG 39) as the Exercise Rim of the Pacific 2020 gets underway. Royal Australian Navy

# Female commander of Australian Maritime Task Force at RIMPAC makes history

**By Shaun Donnelly**  
Commander, U.S. 3rd Fleet, Public Affairs

**PACIFIC OCEAN**

Capt. Phillipa Hay of the Royal Australian Navy (RAN) will lead Task Force One during Exercise Rim of the Pacific (RIMPAC) 2020. In a historic position, Hay is the first non-U.S. military woman to lead a RIMPAC task force, following only retired U.S. States Navy Vice Adm. Nora Tyson, former Commander, U.S. Third Fleet. Tyson held the position of Commander, Combined Task Force during RIMPAC 2016.

From August 17 to 31, Hay will command more than 2,500 Sailors and officers across 11 warships from Australia, Canada, France, Japan, the Republic of the Philippines, and the United States.

She will lead them into uniquely complex and challenging multinational environment for forces to hone their skills.

Hay acknowledged the honour of the historic position, but preferred to focus on representing the men and women of the RAN and leading her task force.

“RIMPAC is a test of Australia’s maritime military capability, from warfighting exercises to the missile firings,” she said. “It provides complex and challenging training in a multinational environment, perfect for strengthening interoperability with our regional partners and allies.”

“I am proud to be part of an Australia force which, with our partners and allies, can continue to train and operate in these challenging times. It demonstrates our collective true grit and resilience.”

Hay has always been a trailblazer. At age 10, she sailed around the world with her family.

In 1993, she joined the RAN and was

“ I am proud to be part of an Australia force which, with our partners and allies, can continue to train and operate in these challenging times. It demonstrates our collective true grit and resilience.”

Capt. Phillipa Hay

See **HISTORY** | **B7**

# Navy Medicine paralegal specialist receives top professional achievement award

**by Douglas Stutz**  
Naval Hospital Bremerton, Public Affairs

**BREMERTON, WASH.**

When nominations were being accepted for the Outstanding Navy Legal Professional Award for the Pacific Northwest, there was no hesitation from Naval Hospital Bremerton.

The submission was prescient.

Ms. Marquita Hooks, paralegal specialist in the command’s Judge Advocate office was selected as the award recipient for her outstanding achievement, performance of duty, leadership, special accomplishment and significant public or community service.

“I have been in a daze ever since my supervisor, Cmdr. Tracy Clark, informed me that she was going to nominate me for such a prestigious award. This award is the epitome of my chain of command’s recognition and appreciation of my inherent value and my worth as a colleague and a human being. This award improves my self-confidence and means that I am on the right path. That following my heart absolutely works, that doing what I love, what I am passionate



Flanking the outstanding, Ms. Marquita Hooks (center), paralegal specialist in Naval Hospital Bremerton’s Judge Advocate office was selected for the Outstanding Navy Legal Professional Award for the Pacific Northwest for her outstanding achievement, performance of duty, leadership, special accomplishment, and significant public or community service. Surrounding Hooks, from left to right are Capt. Shannon Johnson, NHB commanding officer, Master-at-Arms 1st Class Ashley Cody, Cmdr. Tracy Clark, staff judge advocate, and Lt. Mark Fisher, command legal officer.

about... works. Lastly, this award represents to me that I’m well respected in my craft and the acceptance of a greater responsibility that is my legacy and could potentially set the bar when it comes to investigating allegations of medical malpractice. I wish to display competence, character and

compassion in every endeavor that I am challenged to complete,” said Hooks.

“Congratulations to her for being selected as 2020 Outstanding Navy Legal Professional! Not only is she an expert and leader in the legal field, but she is also a highly respected leader on our Bremerton

team. I am grateful to have Ms. Hooks as a valued member of my command, and her efforts are richly deserving of the award,” added Capt. Shannon Johnson, NHB/NM-RTC Bremerton Commanding Officer.

See **AWARD** | **B7**



Sound Off: What milspouses are saying about COVID-19

By Lisa Smith Molinari

Recently, I decided to change my "lurker" status, and post something in a popular military spouse Facebook group to which I belong. In my first post to the group, I asked how military families had been affected by COVID-19 restrictions. Most of the 50+ comments described what I'd expected — delays, disappointments, and uncertainty. Marine wife Christine said, "My husband was in Korea for a year. He missed our oldest's high school graduation due to the travel ban, among other things. I lost my job. Had to do virtual school with my 3 kids. No academic/school support. Solo parenting through it all." And Air Force spouse Julie, whose family got orders to Belgium: "I quit my job on February 28th, at 30 weeks pregnant. We shipped out stuff, we moved out of our house, and sold one of our two cars. We had our luggage packed and were staying with my parents for a week. March 13th came around and the travel ban went into effect. I am currently in therapy for PPD/anxiety and we have no real answer on when we are leaving or if they are shipping our stuff back." Brittany and her Navy family moved into a house 40 minutes from base in Italy, two days before the lockdown. "I was terrified for my

husband to drive to work ...Police checkpoints and fines if you didn't have a valid reason to be outside. My one saving grace is that we rented a house with about two acres so we could go on walks. People were only allowed on their balconies and some were stuck in the lodge for six months." Air Force spouse Tanya lamented not being able to travel outside of Japan. "I feel sad that my daughter will almost be two by the time she gets to meet her grandparents, Aunts, Uncle and cousins, extended family members. They will be strangers to her and that breaks my heart." There were other predictable themes — mothers giving birth without husbands, couples losing childcare, military spouses facing unemployment, spouses handling remote learning alone, etc. But some comments took me by surprise. I hadn't realized how travel bans affected divorced military parents stationed overseas. Spouses told sad stories of being unable to see children with whom they share custody. Also, the affect of COVID-19 restrictions on new trainees was an eye-opener. New Army wife Kelsey said, "My husband joined the Army and shipped to basic in February, right before COVID-19 made its way to America. We had no idea what we were in for. My husband's basic was ex-

tended... By the time he is done, we will have been unable to see my husband for eight months when it was supposed to be just two...I expect the army will have a huge retention problem for these unfortunate COVID-19 new soldiers." I also had no idea that families were paying thousands to transport pets due to cancellations. During a recent PCS, Marine wife Courtney couldn't fly her pet from Hawaii to Georgia as planned. Instead, she paid a pet carrier \$2400 to fly the dog to California, then had to drive him across the US. Air force spouse Alexis who is PCSing to Japan said, "We have two very large dogs and most airlines aren't shipping pets... just think about taking out a small loan just to bring your fur babies with you to your next home." But the real surprise was the light that some spouses found among the darkness. Jessica, Navy spouse and reservist was grateful that virtual drills have allowed her to spend more time with her new baby. Coast Guard wife Myst stated, "We've taken more opportunities to go outdoors for hikes, picnics and other activities instead of spending time and money in shops and restaurants. We've been able to make better connections with friends, family, strangers, shipmates and coworkers. This is a challenge that can bring people together." Extended separation gave Army wife Laura new appreciation: "I think this whole experience with COVID-19 should really put people in perspective with how blessed we truly are, to have homes, jobs, our health, and each other." www.themeatandpotatoesoflife.com



Q: What is the Family Housing wait list based upon? The master wait list for Family Housing is based on Service member rank and bedroom requirement. Where local housing areas are designated for separation of officers and enlisted personnel, separate wait lists are maintained. Dependent upon the location, Housing may have additional wait lists to encompass specific housing areas, style of units, pet restricted areas, pay-grades, etc. NAVY HOUSING Norfolk (757) 445-2832 JEBLCFS (757) 462-2792 Oceana/Dam Neck (757) 433-3268 Yorktown (757) 847-7806

Mid-Atlantic Fleet and Family Support Centers (FFSC) programs and services are designed to help you make the most of your military experience, and they're all available to you at no cost.

- Functions and/or services FFSC provides:
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  - Personal Financial Management
  - Information & Referral
  - Family Employment Assistance
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  - Deployment and Mobilization Support
  - Ombudsman Support
  - Relocation Assistance
  - Parenting Programs
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Military offers marriage enrichment programs

By Military OneSource

With deployments and frequent relocations, military relationships can be put to the test. You've aced military life. Now can you bring that same strength and sense of adventure to your marriage? You can access free, confidential, relationship consultation services like Building Healthy Relationships as well as non-medical counseling through Military OneSource. Call 800-342-9647 or chat online with our trained professional consultants. Also, each military service branch offers programs designed to enrich marriage and maintain a healthy relationship by helping couples develop better communication skills and rekindle the romance. These programs are generally: Run by chaplains and supported by commanders, Military and Family Support Centers, and installation family readiness programs are: ■ Non-faith-specific ■ Either low-cost or free to service members and spouses To find out about programs available through your service branch and installation, check with your chaplain or local Military and Family Support Center. Through the center, Military and Family Life Counselors are available on installations and embedded in units. Here are some service-specific programs.

ARMY

Installation chaplains offer the Strong

- Bonds Program. The program features:
- Weekend retreats that help couples build relationship resiliency
  - Specific retreats for couples, families, single soldiers and for those facing deployment
  - Activities for unit members who are on the same duty cycle

MARINE CORPS

The Marine Corps offers the Prevention and Relationship Enhancement Program. This program: ■ Benefits newlyweds and seasoned couples alike ■ Helps couples improve their communication skills and build strong relationships ■ Offers workshops through chaplains and Marine Corps Family Team Building

NAVY

Chaplains Religious Enrichment Development Operations offer marriage enrichment retreats. More information is available on the Navy's ChaplainCare website. These get-aways include: ■ Weekend retreats that help couples focus on their relationships while enjoying food, fun and romance ■ The opportunity for couples to learn about handling conflict, growing their marriage, building intimacy, communication and understanding each other

AIR FORCE

The Air Force Chaplain Corps offers the

MarriageCare program. Check with your installation's chaplain to see what's available in your area. The MarriageCare program offers: ■ Weekend retreats to help couples to revitalize their marriage while taking a break from military duty ■ A chance to work on communication, forgiveness and other skills ■ Other programs offered by chaplains on Air Force installations

ONLINE TOOLS: LOVE EVERY DAY

Does daily communication with your partner mostly involve texts? It might be time for a new way to communicate. Take a few minutes to connect in a fun and meaningful way using Love Every Day. This free interactive tool for your mobile phone prompts you and your partner, via text, to connect in new ways. Both partners answer one question each day for 21 days. Check out the video (streaming YouTube is currently blocked from DOD networks.) Questions can focus on what you love about one another, provide you with new ways to get to know each other, share thoughts and memories, and show you care in fun ways. Log in, live in the moment and spark some fun with Love Every Day.

MILSPOUSE TOOLKIT

From education on military culture to navigating resources, this track is beneficial for new spouses who may be experiencing a disconnect from their family and needing to identify a support system in their new community. This track focuses resources to assist new and current military spouses with adjustment to the military lifestyle, developing coping skills and resources for resiliency.

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# Air Station inducts simulator flight instructors into its Hall of Heroes

By Naval Air Station Kingsville Public Affairs

KINGSVILLE, TX.

Naval Air Station Kingsville recently honored two current simulator flight instructors by inducting them into its “Hall of Heroes.”

Retired Navy Captains Billie Gunter and Philip Waddingham are the hall’s newest members, recognized for their many years of service and their contributions to naval aviation.

Capt. Gunter earned his wings and was designated a naval aviator on Nov. 9, 1959. He would subsequently serve with a number of attack squadrons and was Air Operations Officer for 7th Fleet DET “C” at Tan Son Nhut Air Base in Saigon.

He came to Kingsville in 1976 and, after a short stint with Training Air Wing (TW) 2, was assigned as executive officer of Training Squadron (VT) 21 before becoming the squadron’s commanding officer in 1978.

Following two tours of duty with Navy Recruiting Command, he retired in December 1982 and returned to Kingsville to serve as a Simulator Flight Instructor. He also was very involved in local politics and served as Mayor of the City of Kingsville from 1984-88.

“After serving 25 years as a naval aviator, and another 37 years closely involved with naval aviation and the training of student aviators, it is indeed an honor to be selected to NAS Kingsville’s Hall of Heroes,” Gunter said.

Capt. Waddingham completed his undergraduate jet pilot training with VT-22 at NAS Kingsville and was designated a naval aviator on Feb. 5, 1988. After initial fleet replacement training in the EA-6B, he deployed with Tactical Electronic Warfare Squadron (VAQ) 132 embarked aboard USS Saratoga (CV 60).

He would go on to serve numerous sea tours including executive officer and later commanding officer of VAQ-134. He supported Operations Desert Shield and Desert Storm, Operation Northern Watch, Operation Iraqi Freedom, Operation Enduring Freedom, and Coalition Operation, Partnership of the Americas.

Waddingham was selected for major command and served as commanding officer of Naval Air Station Kingsville from Aug. 2007 until his retirement in June 2010.

“Having my picture hung in the Hall of Heroes is truly an honor,” Waddingham said. “To be part of the history represented in the Hall, alongside fellow naval aviators who earned their Wings of Gold here, leaves me at a loss for words.”

Since the air station was established on July 4, 1942, thousands of Navy and Marine Corps student pilots have



by Kevin P Clarke  
Former Mayor of Kingsville and current Simulator Flight Instructor Capt. Billie Gunter was inducted into NAS Kingsville’s Hall of Heroes, Aug. 7.

earned their wings of gold in Kingsville before heading to the fleet as strike/fighter pilots. Many went on to have illustrious careers or gained significant notoriety as a result of their service.

The concept of the hall stemmed from a booklet created for the June 28, 1986, dedication of the airfield in honor of Adm. Alva D. Bernhard. The publication contained a section called the “Hall of Heroes” with photos and short biographies of 100 naval aviators who began their careers in Kingsville. But the “hall” never made it from paper to brick and mortar.

That changed in January 2020 when, after months of research and preparation, the hall was unveiled in the air station’s Ground Training Facility.

“It is truly fitting that the hall to honor NAS Kingsville’s esteemed alumni was established in a location that is very visible to our student pilots,” said Commanding Officer Thomas “Tigger” Korsmo. “The Ground Training Facility is where our young student pilots hone the skills necessary to become “winged” aviators.”

For Gunter and Waddingham, their induction into the hall



by Kevin P Clarke  
Hall of Heroes inductee retired Navy Capt. Philip Waddingham is a former air station commanding officer and is currently a Simulator Flight Instructor at the Ground Training facility.

is the culmination of their lifelong commitment to the Navy and to naval aviation.

Commander, Naval Air Forces Vice Adm. DeWolfe Miller often says today’s aviators stand on the shoulders of giants. The student pilots at NAS Kingsville now walk among them.

NAS Kingsville is soliciting recommendations and nominations for inclusion in its Hall of Heroes.

The criteria for consideration is that the nominee earned their wings at NAS Kingsville or served as an instructor pilot with one of the training squadrons, or made other substantive contributions to naval aviation while assigned in Kingsville.

To submit recommendations, email KNGV-PAO@navy.mil and include the nominee’s name, contact information, and a brief justification of why they should be considered.

Nominations should include a formal portrait-type photo and career biography and may be sent via email to KNGV-PAO@navy.mil, or by regular mail to Public Affairs Officer, 554 McCain St., Suite 217, Kingsville, TX 78363.

# IWTC Corry Station Sailors display toughness, resiliency fighting COVID-19

By MCSN Neo B. Greene III  
Center for Information Warfare Training Public Affairs

PENSACOLA, FLA.

Training future information warfare warfighters is absolutely mission essential, and in the face of the current COVID-19 pandemic, our nation still requires and deserves the finest and best-trained Sailors to ensure we’re ready for any and all threats.

As the pandemic mitigation measures remain a top priority, new-accession Sailors attached to Information Warfare Training Command (IWTC) Corry Station are leveraging their inner toughness to stay strong and are resilient in remaining agile while also keeping their spirits up.

“Our first and utmost priority is always the health, safety and well-being of our students, staff and families,” shared Cmdr. Zach McKeenan, commanding officer of IWTC Corry Station. “While we have established a new normal to continue operating at full training mission capacity in a COVID-19 environment and we are fighting through the pandemic to defend our nation, I can’t be more proud of how our students, staff and families have and continue to work together to adhere to the established prevention protocols. Resilient and tough, our team adapted rapidly and prevailed during the initial COVID-19 surge, and our team will continue to provide mission assurance to our nation and to our combatant commanders.”

For students like Information Systems Technician Seaman Micah Davidson, establishing a connection between themselves and other Sailors is essential.

“It isn’t always the easiest being stuck on base and having to feel like we’re isolated sometimes,” said Davidson. “I think having other Sailors on base to share the struggle with has been an essential part of keeping morale up though. We kind of push each other through everything and we make the



MCSN Neo B. Greene III  
Sailors attending information warfare courses at Information Warfare Training Command (IWTC) Corry Station stand in formation onboard Naval Aviation Station Pensacola Corry Station, Pensacola, Fla. These Sailors are just some of the many thousands training and preparing to defend America around the world as information warfare warfighters.

best of everything together.”

The Corry Station Sailors have been doing more than just socializing to keep spirits up.

“Setting goals, having their own individual events like video game tournaments, social-distancing barbecues, and personal workout routines help,” said Information Systems Technician Seaman Amadou Jallow.

While new-accession Sailors are going through their own struggles, IWTC Corry Station staff Sailors have done a phenomenal job to help their junior Sailors along the way. They have worked together to plan and organize various socially-distanced events, and also provided additional coping techniques via counseling and religious services.

“I believe it is very important to maintain our resiliency” said Cryptologic Technician (Collection) 1st Class Kiso Faletufuga. “We’ve all been pushed to our limits and found very innovative ways to get the job done. Looking on the bright side, I think adjusting to every change brought the best out of us and challenged us to adapt on the fly. I think the main thing our instructors try

to do the most is be as transparent as possible to our students. We all understand it’s going to be rough and the instructors try their best to throw events on base for students and communicate up the chain about different ways to boost the morale on base.”

Together, the Corry Station Sailors are making sure that as long as this pandemic lasts, and after, that they have the resources to make the most of their personal and their professional lives.

“The tools and connections the new-accession Sailors are discovering makes sure they know how to survive any struggle in the fleet,” added Jallow. “It really is good we are learning some of the things we are now. Some of the things we would have learned about anyways, because of the life skills course. But seeing and having to use some of those coping methods and seeing how if we just reach out to our other Sailors, we can help each other is a huge experience we can keep with us while we go through this and for after we leave here.”

The Sailors onboard Corry Station, and those in the fleet, are all having to deal with the extra challenges that come with COVID-19.

“As long as the Sailors are working together, they will continue to persevere until COVID-19 is no longer a pandemic,” added Faletufuga. “This year has definitely been a trying time for everyone, and I’m really proud of the way my shipmates and fellow instructors here at IWTC Corry Station are adapting and exceeding. We are definitely being thrown a lot of curve balls and dealing with a lot of obstacles. However, through it all, the Sailors here are showing a lot of grit and resiliency, and I’m very proud to be serving alongside each and every one of them.”

IWTC Corry Station is a part of the Center for Information Warfare Training (CIWT). With four schoolhouse commands, a detachment, and training sites throughout the United States and Japan, CIWT trains over 22,000 students every year, delivering trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.





MC3 Dan Willey

Sailors assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 1 operate a rigid-hull inflatable boat while conducting boat operations in the Arabian Gulf. EODMU 1 is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three strategic choke points.

# Wishing the Navy EOD community a happy 79th birthday

By Lt. Mary Smith  
Explosive Ordnance Disposal group Two Public Affairs

**EOD Warriors and Family,**  
The Navy’s first Mine Disposal class graduated 79 years ago today in 1941, signifying the birth of what is now the Navy Explosive Ordnance Disposal (EOD) community. These World War II Mine and Bomb Disposal personnel were among the first to land on European and Pacific beaches, quickly clearing channels and harbors to provide critical access to Allied landing forces.  
As the Mine and Bomb Disposal units evolved into today’s Navy EOD community, the force has maintained its courage and innovation in facing new emerging threats – from

sea mines blocking Wonsan Harbor during the Korean War, to land and sea mines hindering American maneuverability during the Vietnam War, to today combating limpet and sea mines targeting naval and commercial ships in the Arabian Gulf.  
Today’s operators continue to honor the legacy of our predecessors by advancing Navy EOD’s capabilities to build the toughest force for the future. This drive maintains our ability to support theater commanders in conducting Littoral Operations in Contested Environments, Distributed Maritime Operations and Expeditionary Advanced Basing Operations to meet the challenges of Great Power Competition in a changing world.

Navy EOD — comprised of elite, professional warfighters — remains a lethal and resilient force that can be applied in contingency and crisis operations across the globe. We are Navy EOD! And we eliminate explosive threats so our Fleet and Nation can fight and win - whenever, wherever, and however we choose.  
To the nearly 2,000 active duty Navy EOD operators and our countless veterans, happy 79th birthday!  
Sincerely,  
**Capt. Rick Hayes, Commanding Officer, EOD Group Two and Capt. Oscar Rojas, Commanding Officer, EOD Group One**

# Champion, Scout, Ardent ships decommission after distinguished service

By Commander, Naval Surface Force, U.S. Pacific Fleet Public Affairs  
  
SAN DIEGO, CA.

Avenger-class mine countermeasure ships USS Champion (MCM 4), USS Scout (MCM 8) and USS Ardent (MCM 12) recognized nearly 30 years of naval service during decommissioning ceremonies on board Naval Base San Diego this week.  
Due to public health safety and restrictions of large public events related to the novel coronavirus (COVID-19) pandemic, the ceremonies were virtually celebrated with ship plankowners and former crew members.  
As Scout’s guest speaker, Vice Adm. Roy Kitchener, Commander, Naval Surface Force, U.S. Pacific Fleet, wished the crews of the San Diego-based MCMs fair winds and following seas as they bid farewell to their ships.  
“Champion, Scout and Ardent Sailors, past and present, are a special breed. These Sailors served with distinct pride and dedicated tremendous energy in representing the U.S. Navy’s mine sweeping community over the lifespan of these unique ships,” said Kitchener. “As this chapter comes to a close, we look back proudly on the efforts of these Iron Sailors, their families and these tested and proven wooden ships as they all played an important role in the defense of our Nation and maritime freedom around the globe.”  
Commander, Naval Surface and Mine Warfighting Development Center, Rear Adm. Scott Robertson was the guest speaker for Champion’s ceremony, with Capt. Hank Kim, Commander, Mine Warfare Division Twelve, presiding.  
“With more than 90 percent of the world’s trade carried by sea, Mine Countermeasures capabilities underwrite freedom of navigation and global commerce that are essential to the world’s economy,” said Robertson. “The Avenger class ships and specifically the USS Champion, have provided robust MCM capability over the past three decades to ensure that freedom of navigation is maintained and enabled the U.S. Navy to conduct maritime operations globally. The Champion has served her crews, Navy and nation well, but now we are approaching the sundown for these MCM ships and the dawn of Littoral Combat Ship Mine Countermeasures systems. While the platforms and capabilities are changing, the one constant is that they have been and will continue to be, operated by intelligent, creative, dedicated, hardworking



MC3 Kevin C. Leitner

Special Warfare Boat Operator 1st Class Nick Fajardo, a member of the U.S. Navy Parachute Team, the Leap Frogs, comes in for a landing during the decommissioning ceremony of the Mine Countermeasure ship USS Champion (MCM 4). Champion was decommissioned after nearly 30 years of distinguished service. Commissioned Feb. 8, 1991, Champion served in the U.S. Atlantic Fleet, U.S. Seventh Fleet and U.S. Pacific Fleet supporting international operations including assisting in the evacuation of ethnic Albanians from war-torn Kosovo in 1999.

crews that have always ridden these unique types of ships. You, your shipmates, and your predecessors who have operated and maintained these incredibly important assets have done a tremendous job and have been instrumental to our nation’s naval arsenal of capabilities.”  
Commander, Expeditionary Strike Group Three, Rear Adm. Philip E. Sobek, Ardent’s guest speaker, thanked the crews for their work.  
“It was an honor to be with you today as we close this chapter in naval history,” said Sobek. It was a distinct privilege to work alongside some of the finest mine-countermeasure Sailors in our Navy.”  
Sobek, who had previously command the Ardent remarked, “Those Sailors, and all who have manned these rails, truly lived up to the ship’s motto – “Igneus et Fervens” (fiery and fervent), which represents the irrepressible character and fighting spirit of the crew.”  
“It has been more than an honor to command this ship and this crew over the past two years. It has been a distinct privilege – a privilege to work alongside some of the finest Sailors our Navy and our nation have to offer. Their persistence through one adversity after the next is commendable and truly represents the spirit of the Champion motto ‘We Accept the Challenge,’” Lt. Cmdr. Matt Yokeley, Champion’s commanding officer remarked. “It is now my solemn responsibility as the ships final captain to order the final hauling down of the colors and disembarkment of this fine ship.”  
Scout’s commanding officer, Lt. Cmdr. Shawn R. Callihan, USS Scout (MCM 8) reflected on the service of all Pathfinders, past

and present. “As we bid farewell to this incredible warship, the Pathfinders of USS Scout proudly recall her legacy of service, treasuring the shared triumphs and challenges experienced together,” Callihan said. “These bonds, forged through common service and sacrifice, ensure that Scout’s legacy will live on through former crew members who forever embrace the ship’s motto,” Pathfinders - We lead the way!"

Commanded by Lt. Cmdr. Samuel Moffett, Ardent maintained a crew of eight officers and 76 enlisted Sailors. “Today is an end of an era, but also a happy day, for those Iron Men and Women that brought this Wooden Ship to life and proudly represented what it means to be a U.S. Navy Sailor,” said Moffett.

Champion was built in Marinette, Wisconsin by Marinette Marine Corporation and commissioned Feb. 8, 1991. Originally assigned to Active Naval Reserve, Mine Countermeasures Squadron Two, she spent most of her years homeported in Ingleside, Texas and San Diego, California. Since 2000, Champion has operated exclusively in the Gulf of Mexico and Pacific Coast. Her state-side presence allowed for continuous improvement of Mine Warfare technologies and crew training for forward deployed naval forces in Bahrain and Japan.

The fourth ship to bear the name, USS Scout (MCM 8) was laid down on June 8, 1987 at Peterson Builders in Sturgeon Bay, Wisconsin. She was launched on May 20, 1989 and commissioned on Dec. 15, 1990. Since then, this Avenger-class MCM has, along with her Sailors, helped spread freedom and democracy around the world. Among her achievements are helping to evac-

uate refugees from Kosovo in 1999, supporting Operation Iraqi Freedom in 2003, and Hurricane Katrina relief operations in 2005.

Ardent was commissioned Feb. 8, 1994. In 1998, while underway in the North Arabian Gulf, she received emergent tasking to assist USNS Catawba (T-ATF 168) in locating and recovering a downed F/A-18C. Later that year she conducted operations inside Iraqi territorial waters in Mine Danger Area (MDA) 10 in support of Operation Desert Fox. Ardent departed on an emergency sortie from Mina Salman Port, with all other ships, in the wake of USS Cole (DDG 67) bombing in Port of Aden, Yemen in October 2000.

In the early 1980s, the U.S. Navy began development of a new mine countermeasures (MCM) force, which included two new classes of ships and minesweeping helicopters. The vital importance of a state-of-the-art mine countermeasures force was strongly underscored in the Persian Gulf during the eight years of the Iran-Iraq war and in Operations Desert Shield and Desert Storm in 1990 and 1991.

Avenger class ships are designed as mine sweepers/hunter-killers capable of finding, classifying, and destroying moored and bottom mines. Avenger (MCM 1) was decommissioned on Sept. 30, 2014. Defender (MCM 2) was decommissioned Oct. 1, 2014. Guardian (MCM 5) was stricken from service in 2013.

Eight MCM remain in service to the fleet and are forward deployed to Sasebo, Japan and Manama, Bahrain.

Champion will officially decommission on Aug. 25, Scout on Aug. 26, and Ardent on Aug. 27.





Bruce Howard  
Senior Chief Boatswain's Mate Kevin Nolan, a Navy reservist attached to Navy Expeditionary Combat Command in Virginia Beach, Virginia and New York police officer with the Suffolk County Police Department, was inducted into the 2020 Class of the New York State Veterans' Hall of Fame, Aug. 18. The event was held at the Patchogue Fire Department, where Stephanie Nolan (front, right) accepted a proclamation on behalf of her husband from New York State Senator Monica R. Martinez (D-3rd District) (front, center). Kevin Nolan attended the event virtually.

# Navy Senior Chief inducted into the 2020 Class of the New York State Veterans' Hall of Fame

From Navy Region Mid-Atlantic Public Affairs

NEW YORK

Navy Senior Chief Boatswain's Mate Kevin Nolan, an East Islip, New York native, was inducted into the 2020 Class of the New York State Veterans' Hall of Fame by New York State Senator Monica R. Martinez (D-3rd District) today.

The ceremony was conducted virtually from the Patchogue Fire Department in Patchogue, New York with Nolan's wife, Stephanie, in attendance to accept the award on his behalf.

Nolan, a Navy reservist who is attached to Navy Expeditionary Combat Command

in Virginia Beach, Virginia, also devotes his time as a police officer with the Suffolk County Police Department in the Long Island, New York area. As a police officer, he was selected for the 1st Precinct's Gang Unit due to both his military experience and his proactive police work in the North Amityville area.

"This is a wonderful honor for me and my family. It's also an opportunity to inspire future leaders of this great nation," Nolan said about being selected as one of this year's honorees. "Sailors should not follow you because they have to ... they should follow you because they were inspired to. I believe a true leader inspires and is inspired by the Sailors he or she

leads."

Nolan's Navy rating of boatswain's mate, often addressed simply as "Boats," is one of the oldest ratings in the U.S. Navy and its origins can be traced back to the 1775 Continental Navy and the Revolutionary War. In addition to his recent nomination, his military service awards have included: the Navy and Marine Corps Achievement Medal (two times), the Armed Forces Reserve Medals "M" - two devices (three times), Navy Battle "E" Ribbons (five times), Global War on Terrorism Medal, Global War on Terrorism Expeditionary Medal, and Navy and Marine Corps Overseas Service Ribbons (three times), among others.

"The sacrifices that Kevin and his family have made for us, while he is serving our country, are greatly appreciated," Martinez said. "I was honored to be able to make today a special moment for Kevin and his wife, even though they could not be together, giving them the chance to see each other and celebrate this award together."

For more than a decade, the New York State Senate has proudly honored remarkable veterans from around the state who have distinguished themselves in both their

military and civilian life. Service members recognized by the Hall of Fame dedicate their lives to the highest cause. Their bravery and the courage of their convictions has helped to shape and sustain our country, one of diverse beauty and unwavering strength.

"Kevin's career as a decorated police officer and as a senior chief boatswain's mate in the U.S. Navy Reserve epitomizes what service to our nation is all about," Steven A. Castleton, Civilian Aide to the Secretary of the Army, New York (South) said in support of Nolan's achievements. "I am honored to stand here with his family."

Many of the honorees contribute extensively to their local New York communities. They are not only veterans, but also community organizers, teachers, small business owners, police officers, firefighters, emergency personnel and other first-responders. Collectively, public service is said to be their life calling.

In addition to the honorees, family members, friends and supporters are often recognized for their dedicated support, noting their lives intertwine with the lives of our veterans in many ways and their support is equally deserving.

# NSWCPD summer interns wrap up program with final presentations

By Henry Finch  
Naval Surface Warfare Center Philadelphia Division Public Affairs  
PHILADELPHIA, PA.

As everyone gets ready to transition from the long dog days of summer to the brisk autumn days, summer programs and camps all across the country are coming to an end. This is no different at Naval Surface Warfare Center, Philadelphia Division (NSWCPD).

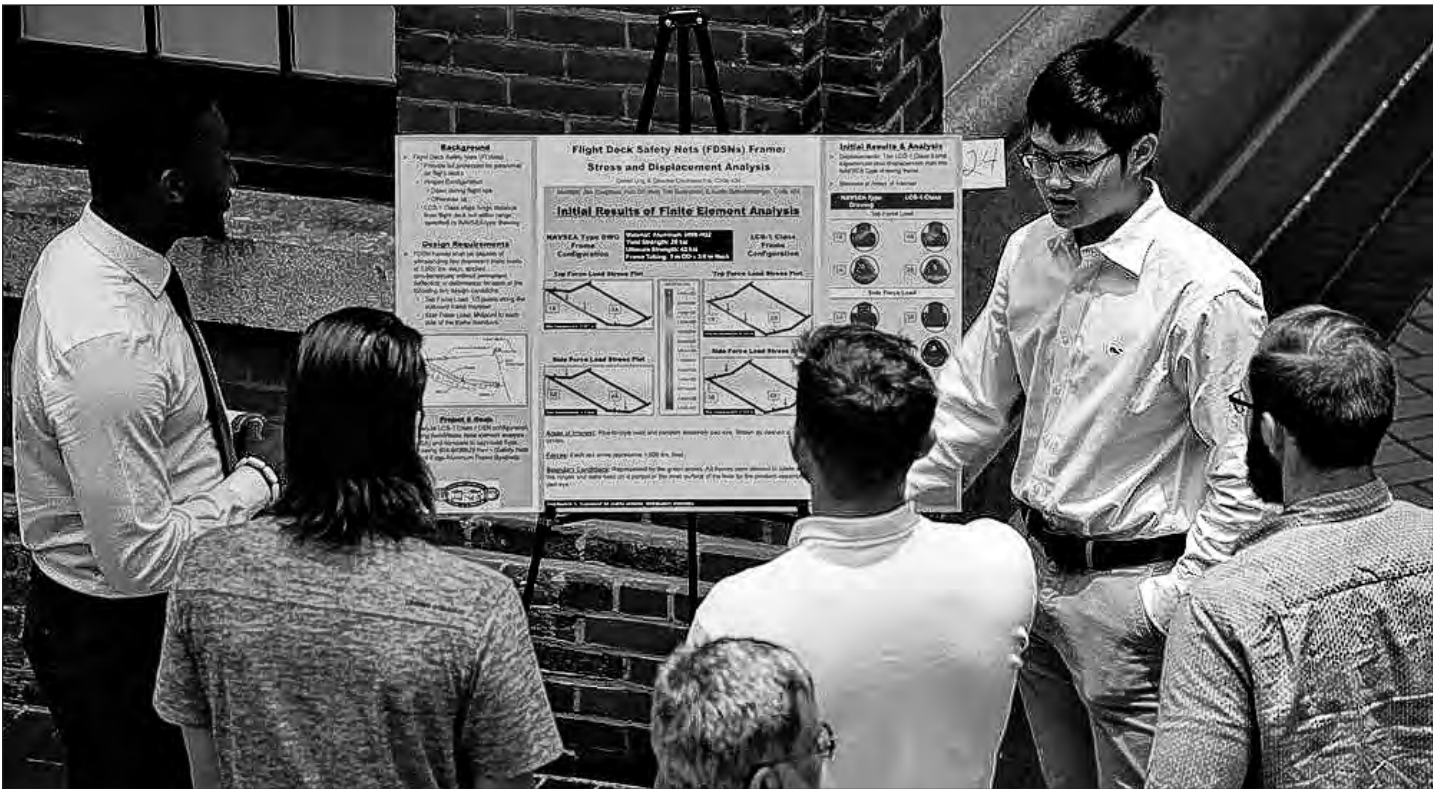
Among the various camps and programs hosted by NSWCPD this summer there was the Naval Research Enterprise Internship Program (NREIP), Science and Engineering Apprenticeship Program (SEAP), and Virtual Summer Naval Apprenticeship Program (VSNAP). These three internship programs were designed to give college and high school students experience in laboratory research and technology.

In other years, NREIP and SEAP participants would spend the majority of their internship at NSWCPD to get hands-on experience, but due to stay-at-home restrictions this summer, the programs were run entirely virtually with VSNAP added to give more students an opportunity to participate.

While no one expected to have these programs run virtually this summer, both the interns and NSWCPD organizers were able to make the best of it. Tristan Wolfe, NSWCPD's STEM Outreach Program Manager, was one of the organizers in making the transition to virtual and was able to enjoy many of the final presentations this summer.

"I was blown away by the quality of not only the presentations, but the projects themselves. Even though the projects were Distribution A and students didn't have access to the type of information they would normally be privy to, they rose to the occasion and developed meaningful work that is planned to be shared with members of not only the NSWC Philadelphia Division workforce, but also NSWC Carderock Division and NAVSEA 05," said Wolfe.

This year the students were broken up into 13 different groups, each led by two or



Kirsten St. Peter  
Naval Surface Warfare Center, Philadelphia Division (NSWCPD) employees serve as judges during the 2019 Naval Research Enterprise Internship Program (NREIP) and Science and Engineering Apprenticeship Program (SEAP) poster session.

three mentors from NSWCPD. Each group was then assigned one of six different projects, which they worked on over the course of the summer, culminating in the virtual presentations at the beginning of August.

The six different topics were Lithium Ion Battery Conflagration Mitigation, Pulsed Power Multiphysics Design & Simulation for an Unmanned Remote System, Design & Implementation of a Hydroculture System for Naval STEM Outreach & Food Insecurity, Design of a Humanitarian Ship for Relief Mission, Low-Power Long-Range Wireless Data Communication Implementation and Security Analysis for Naval Platforms, and COVID-19 Transmission Risk Mitigation for NSWCPD Office Environment.

Within these six topics were problems or challenges that the groups had to work to fix. Their final solutions were then presented to a group of NSWCPD employees who volunteered to serve as judges and panelists, as well as any other employee who wanted to watch the virtual briefs.

Usually, the final presentations would take place as a set of poster presentations at the end of the internship, but this year they had to get creative. The final presentations ended up being given via a video conferencing platform over the course of two days

with each group getting a half-hour time window to present and answer any questions from the viewers.

At the end of the two days the judges evaluated all the presentations, declaring first, second, and third place winners. Judges provided scores based on nine categories: Overall Appearance/Organization, Presentation Skills, Stated Objective, Background & Research, Design Methodology, Technical Excellency/Execution, Conclusions & Future Work, Q&A and Teamwork. Presentations were rated in each of those categories individually by the judges, with a consolidated average score deciding the winners.

In third place was group 6B whose topic was "Lithium Ion Battery Conflagration Mitigation" and had the task of creating a container to house whole lithium ion batteries without risk of propagation due to thermal runaway, a chain reaction of exploding batteries.

In second place was group 4A whose topic was "Design of a Humanitarian Ship for Relief Missions." Their goal was to retrofit a fictional destroyer ship for humanitarian aid to sustain between 10,000 and 15,000 people over the course of 30 days.

The winning team was group 1A whose topic was "Low-Power Long-Range Wire-

less Data Communication Implementation and Security Analysis for Naval Platforms." The members of this group were Abubakarr Bah, Victor Chen, Nick Kutufaris, John Stranahan, and Kevin Magill. Their objective was to find a way to implement the long range technologies on a naval platform without compromising the security of wire-less data.

Their winning project was a combination of great research, hard work, and an ability to adapt to the virtual setting.

"I did not find the final presentation difficult due to my team practicing a lot, but I was slightly nervous because I wanted to do well on it. The virtual setting eased the pressure because I could work in a comfortable setting and have notes to read during my presentation," said Bah.

The group was also sure to note that their mentors, Adam Tucker, Erin Lahann, and Maria Legato, were instrumental in the process. They were readily available for any questions and made sure to give plenty of insightful advice along the way.

"The best piece of advice from our mentors was to really focus on and emphasize how our research can help the Navy. At the end of the day, that was the real goal of this project. Hopefully our project will assist the Navy in the future!" said Kutufaris.





John Sheppard  
Capt. Ray Leung, Naval Station Great Lakes commanding officer, presented a Letter of Commendation from the Ogle County Sheriff's Office to Lt. Matt Honabarger, Naval Station Great Lakes security officer, Aug. 21

# Great Lakes team helps local community during emergency

By John Sheppard  
Naval Station Great Lakes Public Affairs

## GREAT LAKES, ILL.

Lt. Matt Honabarger, Naval Station Great Lakes (NSGL) security officer, Master-At-Arms 1st Class Brian Shep-

herd, NSGL Navy Security Forces, and Mike Belmonte, Great Lakes Fire Department, were on their way to western Illinois to participate in a joint training exercise with the Northern Illinois Support Team (NIST) in Carroll County, as

part of a mutual aid agreement between the Navy and local agencies.

By the time the three members of the NSGL All Hazards Type III Incident Management Team (IMT) arrived, a storm called a “derecho,” featuring 100 mile-per-hour winds, had blown through the area, leaving behind devastation. High winds destroyed mobile homes and people were unaccounted for.

The three NSGL IMT members became volunteers, working for the Ogle County (Ill.) Sheriff and Ogle County Emergency Operations Center.

Upon arriving at the Unified Command Post (UCP), Honabarger, Shepherd and

Belmonte made contact with the incident commander and went straight to work.

In the days that followed, the three of them completed situation reports, damage assessments, incident action plans, debris removal plans, transition plans and more.

“This team’s knowledge, professionalism and expertise was evident throughout the disaster,” said Ogle County Sheriff Brian VanVickle.

“While the storm itself was very unfortunate, you can’t buy training like that,” said Cmdr. Ken Williams, NSGL executive officer. “Exercising in a real world environment is invaluable.”

# Navy announces new ombudsmen-at-large

By Commander, Navy Installations Command Public Affairs

## WASHINGTON, D.C.

The Navy announced the appointment of Mrs. Stacey Lindsey and Mrs. Amy Smith to serve as the Chief of Naval Operations’ ombudsmen-at-large.

In their new roles, Lindsey and Smith are volunteer advisors to Adm. Mike Gilday and other senior Navy leaders on issues affecting Sailors and their families.

“Our Navy ombudsmen are absolutely critical to facilitating communication between Sailors, commands and family members. Simply put, they’re the glue that holds it all together,” said Gilday. “I’m grateful for Stacey and Amy serving the Navy in this way, and know they will be excellent advocates for our Sailors and their families.”

As a Navy spouse of more than 28 years, Lindsey said she understands the important role families play in the Navy’s continued readiness, and that she has a deep-rooted passion for supporting others on their journey through Navy life.

“The ombudsman program is a vital connection between commands and families,” said Lindsey. “Ombudsmen provide support along many channels and through many partnerships. I believe in this support and connection, and the power it creates. I feel honored and grateful to advocate for our families and Sailors alongside Mrs. Smith and ombudsmen around the world.”

Lindsey, an entrepreneur who started her own non-profit organization and has over 30 years of experience in business and sales, advises Navy families to be a team.

“Your service together will make more lasting impact and you will reap rewards you

would never expect,” Lindsey said.

Smith said she agreed that working as a team is beneficial and reminds families that no two experiences are identical.

“You have to pursue your best life and the reality you want to achieve; that is determined by you and your spouse,” she said. “Any external pressures are not important when compared to you and your family.”

Smith, who has been in the role of a Navy spouse for 10 years and is currently a corporate executive for a top 500 company, said she is looking forward to meeting with families and ombudsmen across the Navy.

“I am so honored to serve as ombudsman-at-large, and hope that Mrs. Lindsey and I can continue to grow this incredible program and enact change to strengthen the support provided to our Navy families,” she said. “I would also like to take this opportunity as I accept this new role to thank those serving as ombudsman for their selfless dedication and support.”

For the past 50 years, Navy ombudsmen have been a crucial link between Sailors, families and Navy leaders.

More than 1,835 ombudsmen serve as ombudsmen throughout the fleet and shore enterprise on a volunteer basis. They share information from the command to families and vice versa, provide resource referrals and help resolve concerns brought up by families and Sailors.

Amidst the COVID-19 pandemic, the role of command ombudsman is more critical than ever before, according to Brandy Littler, ombudsman program analyst for Commander, Navy Installations Command (CNIC). Ombudsmen throughout the Navy have gone above and beyond to support their families – from making and donating masks and sharing homeschooling resources to holding virtual



Chief Petty Officer Brian Morales

town halls with families and providing updates on COVID-19 health protection measures.

“Solutions on how to support Navy families world-wide have come from every level of the ombudsman program, and it is deeply satisfying to see and feel the continual progress made in family readiness through the efforts of our ombudsmen,” Littler said.

CNIC, which oversees and manages the ombudsman program, provides ombudsmen across the globe with resources and continuous training to increase their knowledge and skills as they fulfill their roles.

Since the pandemic started, CNIC has taken full advantage of the virtual platform to continue delivery of services to ombudsmen and command families. CNIC has trained a record number of 337 ombudsmen in eOBT, the online version of ombudsman basic training, since March 2020. In addition, many installations are now offering virtual ombuds-

men assembly meetings to ensure ombudsmen have continued support and networking opportunities while they are unable to meet in person.

On Sept. 14, 1970, then-CNO Adm. Elmo Zumwalt launched the Navy Family Ombudsman Program to assist commands in maintaining the morale, health and welfare of Navy families. For five decades, Navy ombudsmen have promoted self-reliance and resiliency to strengthen the military and its family members as well as support mission readiness.

This year, as the Navy celebrates the 50th anniversary of the ombudsman program, we are all reminded to thank our ombudsman for a job well done.

To locate your local ombudsman, visit the ombudsman registry page at <https://ombudsmanregistry.cnic.navy.mil> and use the “Contact Your Ombudsman” feature. For more information about the ombudsman program, visit <https://www.ffsp.navy.mil>.



# Dental Corps celebrates 108th birthday

By Douglas Stutz  
Naval Hospital Bremerton

**BREMERTON, WASH.**

As was the case 108 years ago, the Navy Dental Corps continues to ensure mission readiness, provide fleet support, and deliver care to those in need.

Amidst also helping to stop the spread of COVID-19, Navy Medicine Readiness and Training Command (NMRTC) Bremerton Dental Clinic staff took the time to acknowledge their Dental Corps birthday officially established August 22, 1912.

There were sentiments shared, other Navy corps’ chief well-wishes displayed, and the traditional cake-cutting held. Before returning back to their patients, there was time for a reflective moment.

“As a young officer at my first Dental Corps ball in Bethesda, Md., where I actually commissioned to attend the 100th anniversary, Vice Adm. Matthew Nathan, who was the Navy Surgeon General then, took the time to talk to me, which I found amazing,” said Lt. Cmdr. Jerry Cheng, Branch Health Clinic Bangor Dental department head. “Our current chief of the Dental Corps, Rear Adm. Rick Freedman, I met on Okinawa. This is the greatest experience of my life. My wife, currently assigned to USS Nimitz, joined before I did, and I actually joined to practice dentistry with her on Okinawa. Our Dental Corps sees all different parts of the world. We have a world-wide reach. No other branch of Navy Medicine has so many different duty stations as us.”

The BHC Bangor’s Dental Clinic has a crucial role in operational readiness for active duty personal. They handle the oral care of military service members to prevent or remedy diseases, disabilities and injuries of the teeth, jaw and related structures that may interfere with performance of military duty.

“We still remain in high operational readiness despite being shorthanded due to transfers. We prioritize deploying units first, which doesn’t mean ignoring any others. We will get to them,” said Cheng.

Emergency treatments to relieve pain, control infection, and/or repair trauma for any person are top priorities for the Dental Clinic. The staff also strives to ensure every military member has an annual dental exam and twice-a-year cleaning to reduce the risk of oral disease.

“Since March, it’s business as usual,” said Cheng, noting that before arriving at his current duty station, when assigned to Captain James A. Lovell Federal Health Care



Cmdr. Robert Holmes, prosthodontist assigned to NHB/NMRTC Bremerton’s Branch Health Clinic Bangor, is assisted by Lt. Dayoung Pierce in the traditional cake-cutting portion of the Dental Corps’ birthday celebration held to commemorate the official date 108 years ago, August 22, 1912.

Douglas H Stutz

Center, North Chicago, there was a need for constant dental support for the thousands of recruits entering the Navy. There is also a similar, ongoing need to provide unceasing care in the nation’s third largest fleet concentration for thousands of active duty Sailors.

How busy are they? A brief snapshot from BHC Bangor’s Dental Clinic calendar year 2019 shows that there were 108,544 dental procedures performed, 23,173 dental patient encounters, and 18,001 dental lab procedures.

The procedures and encounters continue for 2020, even during the ongoing pandemic outbreak.

“In regards to dealing with our patients during this time of COVID-19, by the time they get to us, they’ve already been through the screening process. The challenge for us in dental is realizing that we have to balance our needs with Medical. We all share supplies, and we are all in this together. This time has also allowed us as add profound modifications We are now more thorough. We’ve been creative to accommodate our patients and following proper protocol with more safety precautions in place like wear-

ing proper personal protective equipment,” remarked Cheng. “We have to meet the mission. We have implemented structural changes in the clinic that have been profound, leading to better protection of staff and patient and improved patient privacy.”

“The challenge is for all of us to maintain that high level of awareness and attention to precautions as we go about our daily routines,” added Capt. Mary Neill, staff periodontist. “We have to take time to care for ourselves. The new normal requires extra thought and effort in making sure we can remain a healthy and resilient medical force ready to respond to our patients’ needs. The operational forces, as well as their family members, are counting on us during this challenging time.

The dental services provided are noted by the high Operational Dental Readiness (ODR) of over 96 percent for approximately 11,000 fleet and shore based personnel stationed in the Pacific Northwest. ODR provides a measure of a command’s dental health and readiness. Military doctrine requires rapid response and periods of prolonged sustainment of deployed forces. Untreated oral disease may result in pain and

infection that impairs individual performance and unit operational effectiveness.

ODR has been, and continues to be, an integral component of combat readiness, and NHB’s dental clinic, even during a state of flux with transfers and deployment, handles the responsibility for ensuring that all Sailors and Marines assigned to their respective commands in Navy Region Northwest are fit for current and future readiness.

“We provide comprehensive dental care to operational forces in the submarine services. These warfighters have an extremely challenging operational tempo with little down time so we need to optimize the time we have with them and stress prevention strategies. The last thing a submarine independent duty corpsman wants to treat while undersea and on patrol is a dental infection! We keep a very tight recall schedule with this population,” remarked Neill.

Along with what’s considered the main dental clinic at BHC Bangor, there is also an Oral Surgery clinic at NHB/NMRTC Bremerton, and another dental clinic at BHC Everett, totaling approximately 75 staff members assigned overall.

## HISTORY | Capt. Hay will lead Task Force One during Exercise Rim of the Pacific 2020

*Continued from B1*

selected for an exchange with the United States Navy on board Spruance-class destroyer USS John Young (DD-973) as part of the Middle East Force. She was the first female to qualify as an Australian ship’s diver, and the first female to serve in the Australian Minor War Vessel Sea Training Group.

Last year, Hay also became the inaugu-

ral task group commander of Australia’s regional engagement mission in the South West Pacific.

She said she has found her niche in the RAN, which affords its people the room to succeed regardless of gender, sexuality or religion.

“In the Royal Australian Navy, there are no limitations,” Hay said. “We pride ourselves on richness of diversity and being a reflection of the Australian community. I look around and see only proud Sailors and officers serving the RAN and Australia. I hope my journey serves as an inspiration to all who wish to serve.”

Hay said her success in the Navy is driven by a desire to contribute to the harmony and stability of the region, and

know that her children will benefit and enjoy a peaceful life.

For that reason, she is proud to be a participant in RIMPAC alongside like-minded nations.

“International naval cooperation ensures maritime security and stability,” Hay said. “The global maritime environment is too large and complex for any one nation to safeguard. RIMPAC helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of our seas security on the world’s oceans.”

Hosted by Commander, U.S. Pacific Fleet, RIMPAC is a biennial maritime exercise that will be an at-sea-only event this year in light of COVID-19 concerns.

## AWARD | Hooks, was selected for her outstanding achievement, performance of duty, leadership, special accomplishment and significant public or community service

*Continued from B1*

Much of her work is behind the scenes, but not behind the times. Hooks is responsible for all health care litigation report investigations into incidents arising out of the delivery of care at NHB in which a medical malpractice claim has been filed under the Federal Tort Claims Act.

With the entire legal framework for military medicine altered following the 2020 National Defense Authorization Act (NDAA) which included provisions allowing active duty and next of kin to file medical malpractice claims, Hooks took charge at her command as well as throughout Naval Medical Forces Pacific (NMFP).

“Even though the new NDAA is in its infancy stage, my workload has picked up tremendously,” Hooks said.

The passing of the NDAA brought sweeping changes regarding medical malpractice within the armed forces. Yet there was limited guidance available to direct investigations supporting this new claims

mechanism. During this time, NMFP received their initial high-profile claim, and immediately reached out to Hooks, the resident subject matter expert (SME). Relying on her vast experience, along with medical and legal background(s), and can-do spirit, she set about to craft the necessary litigation report to set the precedent for other hospitals and clinics for future reference.

“I was sought out by NMFP to independently investigate three administrative claims under the new NDAA, one of them being a high visibility claim and first administrative claim under the new SFC Richard Stayskal Military Medical Accountability Act of 2019,” related Hooks. “I serve as the SME as it pertained to my knowledge of investigation techniques and sound understanding of medico-legal principles of health law, administrative law, tort law and privacy laws.”

Hooks’ forte is being well-informed and adept to recognize and analyze problems when exercising considerable, unfettered discretion in conducting the investigation.

“I examine all claims to determine the nature, scope and requirements of the investigation. I review thousands of pages of all medical records to determine what information is specifically within the scope of the investigation. I gather all evidentiary material, research and analyze medical literature and treatises, contact specialty leaders to request outside specialty reviews for each claim and interview involved health care providers. In the end, I provide a high quality litigation report investigation, thereby contributing to the missions of both Navy Medicine and Navy Legal Services,” explained Hooks, noting that the time it takes to complete an investigation is really a case-by-case determination.

“Completion can take anywhere from three months to one year, depending on the complexity of the claim. The litigation report investigation is a long and glacial process because such a huge part of my job is spent awaiting the actions of others as the process evolves,” said Hooks.

The Mobile, Ala. native has shown notable flexibility and capability to multi-task. Hooks has also responded to a host of other requirements due to a staffing shortage. A recent busy quarter had her handling 35 preliminary inquiries and command investigations along with her normal workload. During that same time, she managed to

complete a voluminous medical malpractice investigation totaling several hundred pages of patient records, expert opinions and investigation. She also monitored another medical malpractice investigation, and provided significant assistance to Naval Health Clinic Oak Harbor for pending litigation.

“My leadership has given me the autonomy to perform my duties as I deem necessary as we prepare to defend the U.S. Navy against allegations of medical malpractice and potentially save the U.S. tax payers millions of dollars each year,” Hooks stated.

When staff members were called upon for a surge deployment on hospital ship USNS Mercy (T-AH 19) to help stop the spread of COVID-19, Hooks was there to ensure all essential legal paperwork such as notarial acts was prepared.

Hooks has over 35 years of combined service to her country, 20 years of active duty in the U.S. Army followed by 15 years – and counting – on federal service. Since beginning employment with NHB in 2008, Hooks is the personification of the command’s legal services. The organizational and administrative requirements notwithstanding, she also dispenses customer legal requests, provides paralegal recommendations and coordinates judicial needs with the staff judge advocate when necessary.



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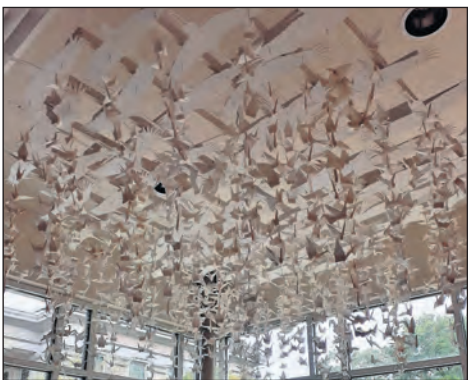
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MacArthur Memorial hosts 1,000 paper crane exhibit

To commemorate the 75th anniversary of the use of the atomic bombs in August 1945 and the end of World War II on September 2, 1945, the MacArthur Memorial will host a special exhibit of 1,000 paper cranes entitled A Better World.

See C2

SECTION C | FLAGSHIPNEWS.COM | 8.27.2020

DOGS OF THE WHITE HOUSE

While not all occupants of the White House have been dog lovers — two examples: Harry Truman and our current president — many have been. Here’s a look at some of the notable pooches who have lived at 1600 Pennsylvania Avenue.



LADDIE BOY Warren G. Harding

Smithsonian magazine would call Laddie Boy “the White House’s first celebrity dog.” The Hardings loved their Airedale terrier and gave him free run of the house and grounds. Laddie Boy reportedly even brought Harding his morning newspaper every day. Upon Harding’s death in 1923, the grieving dog was given to a Secret Service agent.



ROB ROY Calvin Coolidge

“Any man who does not like dogs and want them about does not deserve to be in the White House,” said President Coolidge. He and his wife, Grace, owned several dogs. The white collie here was originally named Oshkosh, but Grace changed it to Rob Roy, the name of a popular cocktail. The joke being: This was during Prohibition.



KING TUT Herbert Hoover

The picture above — “one of the happiest pictures ever made” of Hoover, said the New York Times — was distributed by the Hoover campaign in 1929 in hopes of making the oh-so-serious business expert look more appealing to voters. White House life proved too much for King Tut, however, so the poor dog was sent to de-stress away from city life.



FALA Franklin D. Roosevelt

Roosevelt owned nine dogs — including one named “President,” which probably caused issues for the Secret Service — but the most famous was a Scottish Terrier named Fala. FDR took Fala with him on several of his official trips. When the FDR Memorial was opened in Washington, D.C., in 1997, the statue of Roosevelt has a statue of Fala nearby.



PUSHINKA John F. Kennedy

In 1960, the Soviet Union sent two dogs into orbit and brought them home safely. A year later, one of the dogs had puppies. Premier Nikita Khrushchev gifted one of those puppies — a mixed-breed dog named “Pushinka,” which is Russian for “fluffy” — to First Lady Jacqueline Kennedy. Pushinka and Caroline Kennedy’s Welsh terrier, Charlie, had four puppies together.



HIM and HER Lyndon B. Johnson

President Johnson got into a world of trouble in 1964 when Life magazine published a picture of him picking up Him, one of his twin beagles, by the ears. LBJ apologized but pointed out: “I’ve been pulling Him’s ears since he was a pup. He seemed to like it.” Her died that year after swallowing a rock. Him was hit and killed by a car at the White House in 1966.



CHECKERS Richard Nixon

In 1952, Vice President Richard Nixon was accused of misusing campaign contributions. He bought time on national TV to defend himself. What most people remember most about that speech: Nixon told the nation his daughters were keeping one gift in particular, Checkers, a cocker spaniel. Sadly, Checkers died in 1964 and never made it to the White House.



LIBERTY Gerald Ford

Gerald and Betty Ford lost their beloved golden retriever not long before Ford took office. Their daughter, Susan — above, at right — enlisted the help of the official White House photographer to find them another, from a breeder in Minneapolis. One of Susan’s first tasks was to find a new name for the 4-month-old puppy. His original name: Streaker.



REX Ronald Reagan

Rex, a Cavalier King Charles Spaniel who was a gift from National Review columnist William F. Buckley, lived in the White House while four other dogs lived on the Reagan ranch in California. Rex was famous for refusing to enter the Lincoln Bedroom — which has long been rumored to be haunted. Rex would stand outside the door and bark.



MILLIE George H.W. Bush

During his reelection campaign, President Bush put down opponents Bill Clinton and Al Gore by saying: “My dog Millie knows more about foreign affairs than these two bozos.” While in the White House, Millie — an English Springer Spaniel — “wrote” an autobiographical children’s book that topped the New York Times bestseller list in 1992.



BUDDY Bill Clinton

When the Clintons moved into the White House, all they had for four-legged companionship was their cat, Socks. Early in his second term, Clinton took in a 3-month-old Labrador Retriever, Buddy. A spokesperson told reporters: “It’s the president’s desire to have one loyal friend in Washington.” Socks, however, made it clear: He hated the dog.



BO Barack Obama

President Obama had promised his daughters if he won the election, he’d get them a puppy. Two months after he took office, Bo came to visit. The president took a special shine to Bo — that’s them, above, racing down the East Colonnade during that visit. The Obamas would adopt Bo and another Portuguese Water Dog, Sunny.

Sources: By Charles Apple, The Presidential Pet Museum, American Kennel Club, WhiteHouseHistory.org, Smithsonian magazine, Business Insider, Southern Living magazine, National Geographic Kids, Huffington Post, Politico, CBS News, the New York Times

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## MacArthur Memorial hosts 1,000 paper crane exhibit

From City of Norfolk

**NORFOLK**

To commemorate the 75th anniversary of the use of the atomic bombs in August 1945 and the end of World War II on September 2, 1945, the MacArthur Memorial will host a special exhibit of 1,000 paper cranes entitled A Better World. The display opened August 19 and will remain onsite through 2021. Admission is free.

According to Japanese legend, anyone who folds 1,000 paper cranes is granted a wish. At the age of 12, a Japanese girl named Sadako Sasaki began making origami cranes. Sadako had been exposed to radiation from the atomic bombing of Hiroshima and suffered from leukemia. She was determined to make 1,000 paper cranes and then make a wish for a long healthy life. She eventually completed more than 1,000 paper cranes but died on October 25, 1955. Every year, people around the world fold paper cranes to remember Sadako and as a wish for peace.

Speaking from the deck of the USS Missouri at the end of World War II, General of the Army Douglas MacArthur pressed for a lasting peace. He hoped “a better world” would come out of the “blood and carnage of the past – a world dedicated to the dignity of man and the fulfillment of his most cherished wish for freedom, tolerance and justice.”

Students from River Road Middle School in Elizabeth City, NC and the 6th Grade U.S. History students at the Academy of Discovery at Lakewood in Norfolk contributed many of the paper cranes on display. Cranes were also folded by dozens of families across Hampton Roads who were participating in distance learning during the Spring 2020 semester.



Courtesy photo

## Virginia Beach Art Center to open 'Sea of Change' exhibit

From Virginia Beach Art Center

**VIRGINIA BEACH**

On September 4, The Virginia Beach Art Center, home of The Artists Gallery, opens “Sea Of Change,” a Mid-Atlantic regional exhibition featuring some of the best artists from South Carolina to Pennsylvania. They have created art celebrating the beauty of our ocean or warning of its challenges. You can view all artwork on your phone or laptop at [www.artcentervb.org](http://www.artcentervb.org), or see it in the gallery, beginning Friday with a special opening day.

In addition, VBAC will offer a live video award ceremony at 7 p.m., September 4, on Facebook Live. During the broadcast, you can tour the submitted entries individually, and view the Judge’s Remarks. The exhibition was juried and judged by Gary Ryan, Executive Director of the Virginia Museum of Contemporary Art (MOCA). Find the Facebook page under “The Artists Gallery - at the Virginia Beach Art Center.”

The exhibition will be featured until September 27.

On our website, our previous shows, “Waterways”, “Garden of Life” and “Following The Light”, “Heroes Among Us” and “Less is More” remain available for viewing and purchase.

The Virginia Beach Art Center is a non-profit organization offering art exhibitions, art classes and pottery classes in a fully equipped center located at 532 Virginia Beach Boulevard. Hours are 10 a.m. to 5 p.m., Tuesdays-Friday, 10 a.m. to 4 p.m. Saturdays and 12 p.m. to 4 p.m. Sundays.

The Artists Gallery is an artists’ co-operative providing space for working, exhibiting and showcasing original fine art by local and regional artists.



“River Mourning” by Laurie Hoen

Laurie Hoen





# Caramel apple pie: Yep, we just made a good thing better

By The Good Housekeeping Test Kitchen

Meet your new go-to dessert: Once you (and the fam!) try this salted caramel apple pie recipe, you won’t be able to go back to basics. It may look complicated, but really this pie consists of three simple parts: spiced apple filling, buttery flaky crust and of course, the ooey gooey caramel that steals the show, every time. It’ll be the irresistible sweet that everyone saves room for!

Mike Garten

## Caramel Apple Pie

**Yields:** 8 servings  
**Total time:** 2 hours 35 mins

### INGREDIENTS

#### For crust

2 basic flaky pie crusts  
1 large egg, beaten  
1 tbsp. sugar  
Kosher salt

#### For apples

2 1/2 lb. Golden Delicious apples (about 5 large)  
1 1/2 lb. Granny Smith apples (about 3 large)  
2 tbsp. fresh lemon juice  
4 tbsp. sugar, divided  
3 tbsp. cornstarch  
1/4 tsp. ground cinnamon  
1/8 tsp. freshly grated nutmeg

#### For caramel

1 c. sugar  
1/4 c. water  
1/2 c. (1 stick) unsalted butter  
1/2 c. heavy cream  
1 tsp. pure vanilla extract  
1/2 tsp. flaked sea salt

### DIRECTIONS

Prepare dough for basic flaky pie crusts. While dough chills, start apples: Peel, core and slice apples ¼-in thick, transfer to large bowl and toss with lemon juice and 2 Tbsp sugar. Let sit, tossing occasionally for at least 30 min and up to 2 hrs. Meanwhile, prepare caramel: In small saucepan, cook sugar and water on low until dissolved, stirring occasionally, about 6 min. Add butter and slowly bring to a boil then simmer until deep golden brown, stirring occasionally, 15 to 25 min. Remove from heat and add cream (be careful, it will bubble up). Whisk in vanilla and sea salt. Set aside. On lightly floured surface, with floured rolling pin, roll one disk of dough into 13-in. circle and fit into bottom and up side of 9-inch pie plate; refrigerate until ready to use. Roll remaining disk dough to 14-in circle, transferring to piece of parchment halfway through for ease of handling, then slide parchment (and dough) onto baking sheet and refrigerate until ready to use. Heat oven to 400°F. Finish apples: Combine cornstarch, cinnamon, nutmeg and remaining 2 Tbsp sugar. Add to apples and toss to combine. Mound apples in prepared crust, packing them in tightly, along with any juices in bottom of bowl. Spoon 1/2 cup caramel over top. Transfer remaining caramel to small bowl and set aside, for serving. Remove top crust from fridge and let sit at room temp until just pliable to shape without cracking, about 5 min. Lay top pie crust over filling. Trim edge of dough, leaving 1-in. overhang. Fold top crust under bottom crust to create thicker crust to seal; crimp as desired. Refrigerate 10 min. Place pie on rimmed baking sheet, brush with beaten egg and sprinkle with sugar and pinch salt. Cut slits in top and bake until beginning to brown, 20 to 25 min. Reduce oven temp to 350°F and bake until fruit is just tender and crust is golden brown, 40 to 55 min. more, covering with foil if crust becomes too dark. Transfer to wire rack and let cool at least 2 1/2 hours. Serve warm or at room temp with remaining caramel.

## Flaky pie crust: It's all about that (cold!) butter

The Good Housekeeping Test Kitchen

Our basic flaky pie crust recipe is the best way to achieve ultra-light, crisp and of course, ethereally flaky pie dough. Using just 4 ingredients and a simple food processor method, it’s easy to make pie crust from scratch for all your summery fruit dessert recipes, spicy fall favorites, or sweet filled Thanksgiving desserts. A basic pie crust recipe — especially one with (lots of!) butter — never goes out of season.

Homemade pie crust is a cinch to make once you get the hang of it, but we have a few tips to turn even a novice baker into a pie dough pro:

We use all butter instead of shortening in this crust because the flavor just can’t be beat. Shortening creates good texture but contributes little to no taste.

Make sure your butter stays cold as you work it into the flour and roll out the crust. As the pie bakes, the butter will steam and create air pockets in the crust, which contribute to that dreamy flakiness. Melty butter just won’t do the trick.

In the interest of keeping things cold, it’s important to use the ice water that the recipe calls for and not just cold tap water. Ice water will help keep everything chilled — even in the midst of hectic holiday baking.

### Pie crust

**Yields:**1  
**Prep time:** 0 hours 30 mins  
**Total time:** 1 hour 30 mins

#### INGREDIENTS

1 1/4 c. all-purpose flour  
1 tbsp. sugar  
1/2 tsp. kosher salt  
1/2 c. (1 stick) cold unsalted butter, cut into small pieces  
2 to 3 tbsp. ice water

#### DIRECTIONS

To food processor, add flour, sugar and salt and pulse once or twice to combine. Add cold butter and pulse until mixture forms pea-size crumbs. Add 2 Tbsp ice water, pulsing until dough forms large clumps and holds together when squeezed (if necessary, add remaining water 1 tsp at a time). Do not overmix. Transfer dough to piece of plastic wrap and shape into a ball, then flatten to form 1-in.-thick disk. Wrap tightly and refrigerate until firm, at least 1 hr and up to 2 days.



Iain Bagwell



# Health



Mallory Haag/Crane Army Ammunition Activity  
Crane Army Ammunition Activity employees examine bottled hand sanitizer prior to a 10-hour isolation before shipment. Crane Army was able to quickly and effectively meet the U.S. Army's need and assembled a hand sanitizer production line in just a few weeks. Crane Army's mission is to provide conventional munitions support for U.S. Army and Joint Force readiness.

## DoD reiterates FDA warning on using some hand sanitizers

By Fort Jackson Public Affairs Office

With the increased use of hand sanitizers, the Safety Office at Fort Jackson, South Carolina is urging the community to be safe when using hand sanitizers. Gel hand sanitizers are flammable and consumers must be aware of their surroundings when using them.

According to a Federal Drug Administration bulletin distributed by the safety office, "an employee at Department of Energy Federal Contractors Group used an alcohol-based hand sanitizer as advised by hygiene recommendations. Shortly after the application to his hands, but before the liquid disinfectant had evaporated and completely dried, the employee touched a metal surface which

accumulated a static electrical charge, resulting in an ignition source. The ethyl-alcohol based disinfectant flashed, resulting in an almost invisible blue flame on both hands." Ron Ross, safety manager with Fort Jackson's Installation Safety Office urged the community to take extra care because "any incident is one too many." "We can never be too cautious, please exercise vigilance when using these gel sanitizers to ensure it is completely evaporated before touching any metal object and other items that often harbor static electricity," he said. The FDA also reiterated in a July 23 news release its warning against using certain hand sanitizers that contain methanol. The release states the FDA "continues to warn consumers and health care profession-

als not to use certain alcohol-based hand sanitizers due to the dangerous presence of methanol, or wood alcohol – a substance often used to create fuel and antifreeze that can be toxic when absorbed through the skin as well as life-threatening when ingested." Methanol exposure can result in nausea, vomiting, headache, blurred vision, permanent blindness, seizures, coma, and permanent damage to the nervous system or death. The full FDA release can be found at: <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-reiterates-warning-about-dangerous-alcohol-based-hand-sanitizers>. The latest FDA hand sanitizer update can be found at: <https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-consumers-should-not-use>.

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Military OneSource/

# What service members need to know about employment

By Military OneSource

Maybe you're closing the chapter on your military life and opening a new one, or you're in the process of making long-term plans. This means transitioning from being a service member to a civilian employee in a company, nonprofit organization or maybe the government. As a service member, you have many resources available to help you with this significant change. Here's an overview of what you need to know as you seek employment.

## EXPLORE YOUR CAREER PATH

There's a difference between a job and a career. One pays the bills — the other gives you a sense of meaning and accomplishment.

Finding a career that matches your skills and interests is the key to job satisfaction. Invest some time in a little soul-searching before you begin your search to make sure you're going down the right path.

Whether you plan to continue in your current field after leaving military service or you wish to pursue a new opportunity, you should ask yourself two questions:

- What are my career goals?
- What steps do I need to take to position myself for success?

To help you answer those questions, a self-assessment can help you set goals and plan your way forward. Here are a few options:

- CareerScope® is a career planning and assessment tool through the Department of Veterans Affairs that recommends career choices based on your interests and abilities.
- My Next Move for Veterans is an assessment tool to enable you to explore careers, including those related to your military occupational specialty.
- Career OneStop also offers a self-assessment that includes an interest assessment and skills profiler. The service, which is sponsored by the Department of Labor, Employment and Training Administration, also offers tools for to help search for jobs, identify training and learn about careers.

## CREDENTIAL AND LEVERAGE YOUR MILITARY EXPERIENCE

Your military experience has given you training that converts to skills in the civilian world. The COOL program helps you translate your training into civilian credentials and speak better to what employers are looking for.

- The United Services Military Apprenticeship Program

provides active-duty Army, Marine Corps, Navy and Coast Guard service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while they are serving.

- DoD SkillBridge connects transitioning service members to career job training opportunities. Participate in training and development with industry and employers who are seeking the high-quality skills that you bring to the table.
- The Hiring Our Heroes Corporate Fellowship Program provides transitioning service members with professional training and hands-on experience in the civilian workforce.

## BUILD YOUR RESUME

The goal of a resume is to effectively summarize and highlight your qualifications in a way that will make the employer want to reach out and schedule an interview with you. These tips will help you build a resume that will stand out.

- Collect your assets. Get a copy of your Verification of Military Experience and Training through the Department of Defense. The VMET document helps you prepare resumes and job applications quickly when you separate from service.
- Include essential components like contact information, job objective, summary of qualifications, employment history, education and training and special skills.
- Tailor your resume for the job. Translate everything into civilian terms and include volunteer experience.
- Write a cover letter. Get the name of the person in charge of hiring, keep it to one page and always follow up.
- Tap into resume-building tools. Check out Veterans.gov and VA.gov.

## FIND THE RIGHT CIVILIAN JOB

Your military experience is valuable to many employers, but it's up to you to get out there and sell it. Start with these tips:

- **Network.** Get in touch with friends and fellow veterans. Organize your contacts and connections.
- **Tap into the services of your transition assistance offices.** Get referrals for employment agencies and recruiters, job leads and career counseling.
- **Hit job fairs.** Look for upcoming events to meet potential employers including:
  - Hiring Our Heroes career events for transitioning service members, veterans and military spouses.
  - DAV Job Fairs

- American Legion Job Fairs
- Recruit Military Job Fairs

Look for veteran-friendly companies. Many organizations are committed to helping veterans find a good job. Look for programs such as the U.S. Chamber of Commerce Foundation's Hiring Our Heroes initiative. Check out organizations like Soldier for Life, Marine for Life, the Military Officers Association of American, Non-Commissioned Officers Association or Enlisted Association, and United Service Organizations. Also, see the HIRE Vets Medallion Award for a list of organizations committed to veteran hiring, retention and professional development.

## OTHER EMPLOYMENT BENEFITS AND ASSISTANCE PROGRAMS

Review some of the top services and programs offered by the military and the government, focused on jobs for veterans and helping you find your new career. Also, check out these employment benefits and assistance programs available before and after you leave the military:

- **Department of Labor Employment Fundamentals of Career Transition:** This one-day workshop provides an introduction to the essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process.
- **Department of Labor Employment Workshop:** This two-day workshop covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.
- **Vocational Training Track:** Participants complete a career development assessment and are guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications and licensure requirements.
- **Soldier for Life** engages and connects Army, government and non-governmental organizations to support soldiers, veterans and families.
- **Marine for Life** connects transitioning Marines and their family members to education resources, employment opportunities, and other veterans services that aid in their career and life goals outside of military service.
- **National Guard Employment Support Program** supports National Guard Service members in finding meaningful careers and job opportunities as they face the challenges of military life, whether mobilized or in a steady-state posture.
- **American Corporate Partners:** Free mentoring program connects Post-9/11 veterans with corporate professionals for customized mentorships.

Match your military skills to civilian jobs, find transition resources, and start your military-to-civilian job search with the resources and information provided above. Check out all the resources for employment on Military OneSource.

# How to save time and money preparing for back-to-school season

By Statepoint

As the summer draws to a close, many families are prepping for the new back-to-school season. While this academic year might look a little different from previous years, there are still many ways to save on the essentials your family needs.

To get ready, check out the savings and organizational tips below from the discount experts at Dollar General.

## SCHOOL SUPPLIES

Don't let the school supply list overwhelm you! Whether you're picking up binders, folders, pens, pencils, paper, crayons or scissors, you can find everything you need to kick off the year affordably at Dollar General, which is offering more than 200 back-to-school items for \$1 or less, as well as a digital coupon for \$5 off of a \$15 purchase through Sept. 12.



Statepoint

## EASY MEALS

Back-to-school season often feels hectic for those who find themselves balancing a new schedule. However, when it comes to feeding your family, you can take some of the pressure off with DG Easy Meals. The site features weekday recipes that will help you save on kitchen staples. Each recipe offers simple steps using affordable ingredients to make breakfast, lunch and dinner a breeze. For families looking for easy ways

to stay on top of their nutrition goals, browse the site's "better for you recipes" section at [dollargeneral.com](https://dollargeneral.com).

## DISTANCE-LEARNING ESSENTIALS

Make sure your family is ready to take on the challenge of distance learning with a variety of supplies, including a great set of headphones to help your student focus if they need to attend class virtually. You can also help students stay on track with a new planner or calendar that they can keep in

their backpack or learning space. Organization will help your family navigate the challenges this back-to-school season might bring, so make sure you're prepared with the extra supplies you need for a successful school year.

Preparing your family for a new routine can be both exciting and stressful. With a few tips and tricks, your family can save time and money on essentials and be ready to take on the new challenges this back-to-school season brings.



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**ACROSS**

1 Most minuscule  
8 "The lady — protest ..."  
12 Subjective newspaper section  
20 Slightly  
21 Opera part  
22 Scrams  
23 Spicy stew that's so thick it takes more than two people to stir it?  
25 Commits in confidence  
26 Mon. follower  
27 With 75-Down, light-colored pub drinks  
28 Sticky sealer  
30 Very mad  
31 Create the wax figure of the Police's frontman?  
38 "— be an honor"  
39 Dinero dispenser  
40 Glass plate  
41 Cause of a stuffy nose  
46 Speed at which a Roman emperor walks?

53 Diner dispenser  
54 Bucolic  
57 Many '90s music sales  
58 Auditoriums  
59 Mailed item containing a bill from a nail salon?  
63 Replies to irritably  
65 Imprint  
66 On the safe side, at sea  
67 — B'rith  
69 Skywalker's mentor  
70 Attach a certain package covering to a corkboard?  
75 Chorus voice  
78 A.J. of auto racing  
79 "Pss!" cousin  
80 Navigate  
84 In a lax way  
86 Taking a long time to grow, just like some velvety plants do?  
89 Born earlier  
90 Sci-fi craft  
92 Daisy's kin  
93 — Palmas

94 Wound protector that causes sorrow?  
98 Hot pepper variety  
101 Folk tales  
102 MPG org.  
105 Suffix with salt  
106 Hairless inmates in an old English prison?  
116 Related to the kidneys  
117 GI tour gp.  
118 Tyke, in Baja  
119 Sis, e.g.  
121 Restricted-access computer linkup  
124 Product for scrubbing your noggin?  
129 Wash lightly in advance  
130 Beige-like  
131 Painter Watteau  
132 Mountains between France and Spain  
133 River of myth  
134 Most orderly

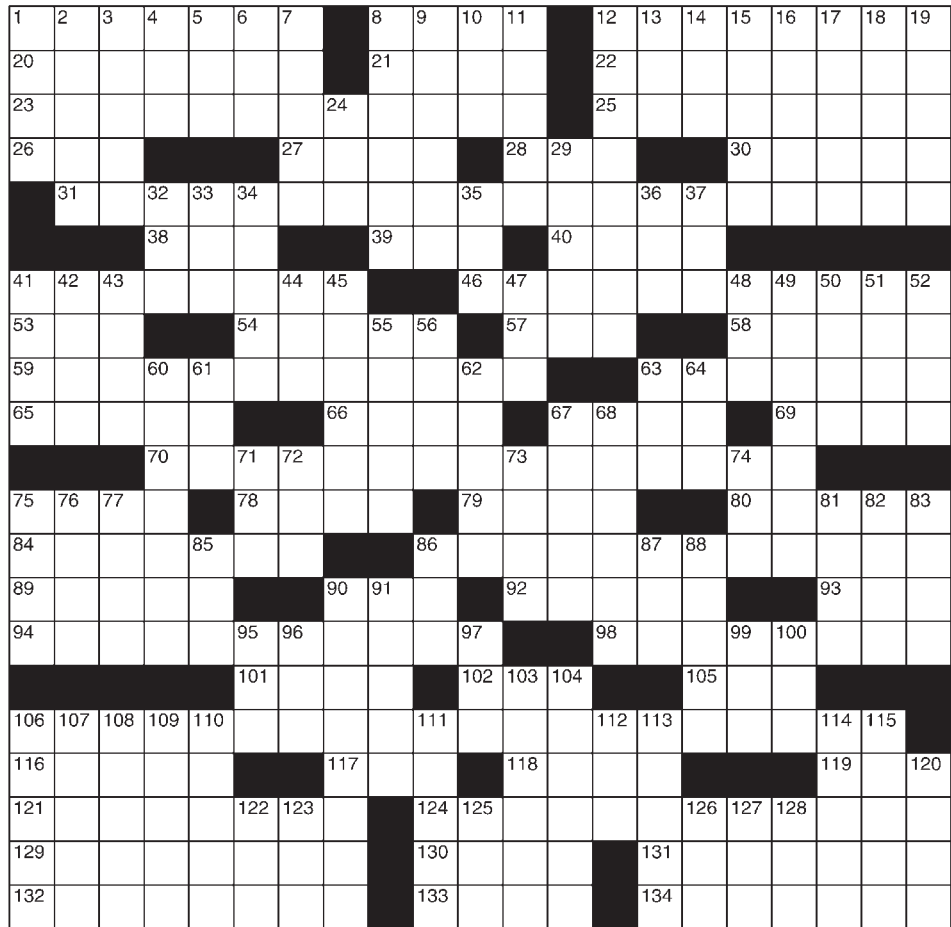
**DOWN**

1 William Howard —

2 Pelvic bone  
3 Big name in skin care  
4 Suffix with Tokyo  
5 SFO guess  
6 Camera type, in brief  
7 Work fill-ins  
8 Mexican flower  
9 Get aligned  
10 Up to, in brief  
11 Port-au-Prince's land  
12 Highway bridge  
13 Skillet, say  
14 Trauma-trained pro  
15 Singer Day  
16 Rains heavily  
17 Verdi's "very"  
18 Reach  
19 Ruhr city  
24 Bill the — (comics character)  
29 All fired up  
32 Billy the — (outlaw)  
33 & so forth  
34 Gussy up  
35 SUV biggie  
36 Gene stuff  
37 Alway  
41 Motor noises  
42 QED part  
43 Paquin of "True Blood"  
44 Sweetums

45 Dismal  
47 Hotshot  
48 "— -La-La" (Al Green hit)  
49 Old writing scroll  
50 And  
51 Dressed (in)  
52 Juan's "this"  
55 Dole out  
56 Theater mogul Marcus  
60 Interloped  
61 Center or Pen lead-in  
62 Like prisons  
63 Weaken  
64 Bit of a chill  
67 Beer and tea  
68 Quarterback great Joe  
71 Org. for 68-Down  
72 Lad  
73 "Easy there!"  
74 Big head  
75 See 27-Across  
76 1970 hit by the Kinks  
77 Chuck of NBC News  
81 Tahiti, e.g.  
82 Sweetums  
83 Fuel brand up north  
85 Be incorrect  
86 Many an heir

87 Salty waters  
88 Hotshot  
90 American hwys.  
91 Feudal lords' estates  
95 Kay-em link  
96 Lawn turf  
97 "Golly!"  
99 "Life of Pi" director Lee  
100 Teachers' gp.  
103 Larder  
104 Farewells, in French  
106 Linda in 1998 news  
107 Actor Fonda  
108 Step into  
109 Dancer's handrail  
110 Actor Delon  
111 Rialtas, e.g.  
112 Kin of Ltd.  
113 Film director Christopher  
114 Actor Davis  
115 Claims on homes, say  
120 Writer Harte  
122 Ark.-to-Ill. dir.  
123 Suffix with Nepal  
125 Opera part ending  
126 Hydrocarbon  
127 — glance  
128 NSFW part



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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: **C** equals **T**

PL RWA OPTYZ CW IYJB DWOZ

CPJBJK, P DAYKK HYWHYOY IWA0Z

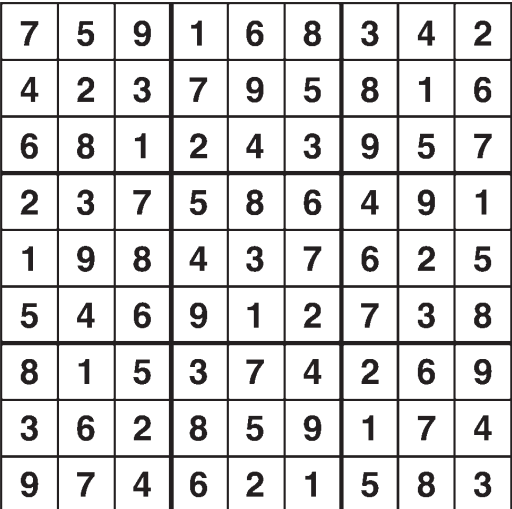
BYLYB CW RWA JK "TJBJC CWH."

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Last week's CryptoQuip answer

I feel awful for circus elephants. We all know the poor creatures work for peanuts.

last week's answers



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