

the primary loop

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CMC's Corner



A consistent theme recently in my conversations with young Sailors has been centered around what it takes to be successful in the nuclear power program as well as in life. These conversations sparked a memory from my first command and my first chief who would always regale us with stories of his growing up in east Texas. I suspect most of his stories were completely fabricated but that's okay because the messages and meanings are timeless. During my recent musings I Googled one of his stories and bam! It is an old story but still a good one! The story is so good there is a book written about it by Promod Batra. The story and lesson go as such:

“Cows Don’t Give Milk”

The cow doesn't give milk. You need to milk it. To milk it, you need to wake up very early, walk through a field, usually filled with excrement, tie the cow's tail and its legs, sit down on a low stool, place the bucket in the appropriate spot, and then do the right movements (at first, because you do not know how to do it, it takes longer, much longer).

We live in a world where we look for instant gratification and rewards. We hit a button and we have almost everything. There is no longer a need to look at a map: Waze does it for us. We don't have to develop film: CVS does it for us - and even that is rare because we all have digital cameras in our pockets. We don't have to read the news: Twitter, Snapchat, and Instagram do it for us.

Some people believe that each of these things is automatic, free, effortless. You wish it, you get it. They have been accustomed to get whatever they want the easy way...But No, life is not a matter of wishing, asking and obtaining. The things that one receives are the effort of what one does. Happiness is result of effort. Lack of effort creates frustration.

So remember to share with your friends, the secret of life. So they don't continue with the mentality that government, their parents, or their cute little faces are going to give them everything they need in life.



Lighten the Load

By Lt. Pete Canales

I think backpacks are awesome. For most of my life I carried a backpack around with me wherever I went. I carried what I needed and what I wanted. The usual items consisted of pens, a mechanical pencil, a calculator, a folder with paper and other current/relevant material, and a bottle of water.

The situation often dictated what I needed to carry. For instance when I attended seminary school I would have my computer, my power cord, and a power strip, among other items. A power strip was needed because often the electrical outlets were scarce and very coveted. The one I carried was small - turned one outlet into three. [As a side bar, one thing to remember is to be mindful of others' property; make sure you find the owner of the power cord and inform them of your intention before unplugging it. Otherwise you may start a fight, which is not good, but I digress.]

Often I would have my lunch with me. Snacks were also very important, mainly to keep myself from eating my lunch as a snack. A soda was also a typical staple with my lunch to avoid spending at the vending machine. I tried my best to make room in my backpack for my lunch box and snacks, but many times my backpack was overstuffed, which made for a heavy load. I also had to make room for my textbooks, as well. Unfortunately, we did not have lockers at the colleges and seminary I attended, so many times I would use my car as a locker. If not I would have carried two backpacks; and yes the thought crossed my mind, which also makes for a heavy load.

I would also take my backpack to work, until I came to NNPTC. Here at NNPTC we check all bags incoming and outgoing to ensure safety and security. When I arrived, my sponsor, Chaplain Driskell, made a comment to the Entry Control Point (ECP) personnel that eventually I would stop bringing my bag. I had been toting my backpack around for a large part of my life and thought, "yeah right, I'll be bringing this baby with me every day!" Yet every morning and afternoon for a couple of weeks, there I was opening every single pocket and zipper in my bag to make sure that I was not carrying improper items ... and I was often holding up the line. (By the way, this is not a complaint for those who bring a backpack to work. If anything, maybe I'm jealous, but I digress again.)

Well, Chaplain Driskell was correct. After a couple of weeks, I was no longer carrying my backpack to work and I would have to say that I think I'm okay. I thought I wanted to keep bringing my backpack every day to work because it was so familiar. I had been using a backpack for as long as I could remember. In fact I can remember the first backpack I purchased with my own money back in 1996.

As I reflect, I realized that both my physical/literal load in life has been lightened. No longer do I have to grab my bag and make sure I have everything I need, but nothing that may not be permissible in the building. I no longer lug around a heavy bag for someone to inspect daily. Do I miss my backpack? Yes, I do. But, it was a good change. I let go.

That isn't to say that I don't still have a need for lunch and snacks. I still use books and files. I still like a soda now and again. My laptop still goes with me when we travel (in a backpack, of course). But my daily load is reduced when I set aside time to focus on my task at hand and stop carrying it with me wherever I go.

The same could be said for life. How often do we carry around stress in our "backpacks of life"? Stress, worry, obligations, and promises, all have their place in our daily lives, but shouldn't weigh us down every minute we move about. Give them their time and place. Then give yourself rest from those things while you attend to your current purpose.

So how heavy is your "backpack" right now? What stress do you carry with you today? Is it time to let some go and lighten your load? If you need help lightening your load, please come talk to your chaplains because there is something about coming to NNPTC that almost necessitates reducing the load of stress in our lives to excel at the day-in and day-out grind. Remember, we're here for you.

Taking Care of Those We Care About Most



By MC3 Keyly Santizo

In the Navy, moving from one place to another is a constant matter, but it can be tedious, especially for service members whose family members require exceptional attention. With help from the Navy's Exceptional Family Member Program (EFMP) and Naval Nuclear Power Training Command's (NNPTC) exceptional family member program representative, military families with special needs can feel at ease when transferring or moving into a new area.

The EFMP is a program the Navy utilizes when there are service members who have dependents with some sort of medical, physical or developmental special needs. The EFMP is a mandatory enrollment program for sponsors with qualifying family members. Enrollment in the EFMP ensures maximum provision of services to the family throughout the sponsor's career.

"I have two children with special needs that require therapies wherever we go; I have to get new therapies for them or new providers," said Machinist's Mate (Nuclear) 1st Class Michael Mascarenas, NNPTC's exceptional family member program representative, who has

two children with autism. "I'm very aware of autism and I talk about it, relatively frequently. In fact, I have a giant 'Autism Awareness' tattooed on the back of my leg so as I walk around

program at NNPTC as a point to help other people who are new to it.

The EFMP ensures Sailors are located in areas where they can rely on access to care facilities for their family members. It also tries to minimize moves whenever possible to allow families to stay in the same areas and not have to break the cycle of care.

At NNPTC, it is a built-in, forefront responsibility for a new check-in or check-out to interview with the EFMP representative to ensure they get their family member(s) the attention they require. If a service member does not currently require the program but eventually may need it, they are always welcome to return and speak with the EFMP representative.

Once registered in the EFMP, Sailors are given a score value ranging from one to six depending on the severity of their family member's needs: one being the least severe and six being the most severe. After a Sailor is given a category, the personnel assignment managers or detailers are able to accommodate assignments or locations for them.

Queen-ella Pringle, EFMP family support coordinator for Joint Base Charleston, said that



Queen-ella Pringle at an EFMP event.

town everyone knows."

Mascarenas, from Bullhead City, Arizona, said he has been working with the exceptional family member program since 2011 to help take care of his family. He decided to become the representative of the

the program enhances the quality of life for service members and their families. She wants to help them meet the needs of their family in whatever concern they are having or challenges they are facing, and help them create action plans to overcome them and thrive in their life every day.

“I have a background in family counseling, and I’m also a certified family life educator, so I love working with families being that I’m a U.S. Air Force veteran myself,” said Pringle, from New York. “I love working with our military families and helping them overcome a lot of challenges that sometimes we as a military family can hold, and with the

addition of having a medical or educational need for a spouse or child. When this position became available, it was almost like a perfect alignment where I was able to merge my passion of working with families and support my military community.”

Like Mascarenas, Pringle has also taken advantage of the help that the EFMP has to offer. While her husband was on active duty he was assigned a category that ensured Pringle had a good quality of life. Pringle said she wants to help families see that this program is an amazing program; while military members are working on the mission, things are being taken care of.

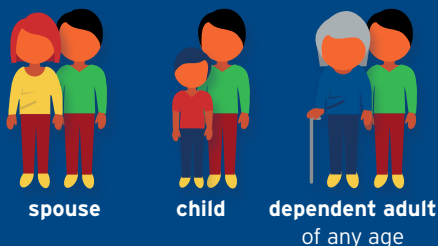
Not only does the EFMP support service members with medical and educational support, they also hold events where families can come together to connect. Painting classes for kids, indoor rock climbing, and activities where they can learn about resiliency, working together as a team, decompressing and learning stress relief techniques are held throughout the year.

The U.S. Army started the EFMP in 1979, with the other services following. The EFMP forms a community where it can create a space for families to engage with each other, and to find support amongst each other there.

SUPPORTING MILITARY FAMILIES WITH SPECIAL MEDICAL AND EDUCATIONAL NEEDS

SPECIAL MEDICAL NEEDS

You should enroll in EFMP if you have a:



- Who requires special medical services for a chronic condition
- Who receives ongoing services from a medical specialist
- Who has significant behavioral health concerns

SPECIAL EDUCATION NEEDS

You should enroll if you have a:



from birth to age 21

- Who receives special education services through an Individualized Education Program
- Who receives special medical services
- Who receives early intervention through an Individualized Family Service Plan
- Or is eligible for these services

Specific criteria can be found in DoD Instruction 1315.19

Connect with EFMP & Me

EFMP & Me is a tailored-to-you online tool that offers:

- Step-by-step support for EFMP enrollment, PCS preparation, deployment and more
- Customized help navigating anything from a new diagnosis to education options
- Convenient 24-hour access to EFMP resources from a range of programs

Find out more at

<https://efmpandme.militaryonesource.mil/>

Have questions?

You can visit your nearest installation EFMP Family Support office at your local Military and Family Support Center or call Military OneSource anytime to schedule an appointment with a special needs consultant. **800-342-9647**



Get to know YOUR NNPTC SAPR Victim Advocates

This April marked the 20th anniversary of Sexual Assault Awareness and Prevention Month (SAAPM). Officially established in 2001, the month's purpose is to raise awareness and facilitate the prevention of sexual assault, harassment, and abuse.



LTJG Danielle Jacobs, SAPR VA/POC

Jacobs is from Stonington, Connecticut. Her favorite part about being in the Navy is working with young Sailors, having an active role in SAPR, and suicide prevention at NNPTC. As a Direct Input Officer (DIO), Jacobs has not been to sea, but she has traveled a lot. Her favorite place is Capri, a small island off the coast of Italy. Some of her hobbies are cooking, taking care of her two puppies and gardening.



MMNC (SS) Britany Acker, SAPR VA/POC

Acker is from Wardsville, Missouri. Her favorite part about being in the Navy is being on submarines and the people she has met and interacted with. Acker's favorite port she has visited is South Korea; specifically the fish marts of South Korea. Some of her hobbies include reading, music, volleyball, and off-roading in her jeep!



EMN1 (SS) Adu Flores

Flores is from Los Angeles. His favorite part about being in the Navy is being part of something bigger than himself. His most memorable port call was Ketchikan, Alaska. He spends his off time woodworking.



EMN1 (SW) Kaelie Kontilis

Kontilis is from Bozeman, Montana. Her favorite part about being in the Navy is traveling the world and meeting new people. Her most memorable port call was Thailand. Some of her hobbies include hiking, reading, taking her dogs to the park, and exploring Charleston.



EMN1 (SS) Christopher Perkins

Perkins, is from Sanford, North Carolina. His favorite part about being in the Navy is being able to help Sailors maximize their potential. He has never had a port call! He was assigned to a SSBN or “boomer” that did not make any port calls besides their homeport, Kings Bay, Georgia. He spends his off time with his family, reading, cooking, and watching hockey.



BM2 (SW) Tiara Walker

Walker is from St. Louis. Her favorite part about being in the Navy is traveling all around the world and seeing all types of diversities in cultures. On her 20th birthday, she had the pleasure of going on a sunset safari tour in Dubai. Her hobbies include spending time in the gym to stay in the best shape, reading to keep her mind stimulated, listening to all genres of music and taking her puppy to the park at the beach.



MC2 (SW/AW/IW) Jessica Gomez

Gomez is from Fort Worth, Texas. Her favorite part about being in the Navy is meeting new people from all over. Her most memorable port call was Chile where she had the opportunity to scuba dive for the first time! Her hobbies are collecting records, going to concerts, hiking, and landscape photography.

SAPR RESOURCES

Local Numbers:

SAPR VA HOTLINE (24/7)
843.478.8615

SAPR CIVILIAN VA HOTLINE (24/7)
843.834.4527

Installation SARC (24/7)
843.276.9855

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CLASS 2101 GRADUATES NUCLEAR POWER SCHOOL



Following NPS graduation, Sailors will attend prototype training at Nuclear Power Training Unit in Goose Creek, South Carolina.







PHOTOS AROUND NNPTC







Staff members from NNPTC receive COVID-19 vaccine during a vaccine clinic in NNPTC's multi-purpose





PTC receive doses of the
a shot exercise (SHOTEX)
e room.



Navy Decommissions USS Bonhomme Richard

From Navy.mil



SAN DIEGO (April 14, 2021) Rear Adm. Philip Sobeck, commander of Expeditionary Strike Group Three, and Capt. G. S. Thoroman, commanding officer of the amphibious assault ship USS Bonhomme Richard (LHD 6), salute the ensign for colors during a decommissioning ceremony for Bonhomme Richard at Naval Base San Diego, April 14, 2021. The ceremony highlighted the history of the ship, its crew, and their legacy. Due to health and safety concerns related to COVID-19, the event was closed to the public. (U.S. Navy photo by Mass Communication Specialist 2nd Class Alex Millar)

The ceremony highlighted the history of the ship, its crew, and their legacy. Bonhomme Richard was the third ship to bear the name. It was named in honor of John Paul Jones' famous frigate, named the French equivalent for "Good man Richard." This was in honor of Benjamin Franklin, the U.S. Ambassador to France at the time. The name Bonhomme Richard is derived from Franklin's pen name.

"[The original Bonhomme Richard] Sailors gave their all to prevail against seemingly impossible odds, and they won," said Rear Adm. Philip Sobeck, commander, Expeditionary Strike Group 3. "They taught us that you don't always save the ship, but you never stop fighting. The reputation of that fighting spirit began to proceed our Navy wherever we sailed and that same spirit persists today."

Like the previous five Wasp-class ships, Bonhomme Richard was designed to embark, deploy, and land elements of a Marine landing force in amphibious assault operations by helicopter, landing craft, or amphibious vehicles.

Throughout its history, Bonhomme Richard projected power and maintained presence by serving as the cornerstone of Amphibious Ready Groups (ARG) or Expeditionary Strike Groups (ESG). It transported and landed elements of the Marine Expeditionary Unit (MEU) or Marine Expeditionary Brigade (MEB) with a combination of aircraft and landing craft.

Not long after commissioning, the ship was called to action for Operation Stabilize in February 2000, providing peacekeeping and humanitarian operations of the coast of East Timor. This made Bonhomme Richard the first U.S. Navy ship to make a Western Pacific deployment in the 2000s.

Bonhomme Richard's following deployment put it in the spotlight of Operation Iraqi Freedom. The ship offloaded more than a thousand Marines and their equipment from the 3rd Battalion, 1st Marines into Kuwait. After delivering attack and transport helicopters, as well as troops and vehicles, Bonhomme Richard took position just miles off the coast of Kuwait to launch AV-8B Harrier aircraft into Iraq. From the deck of Bonhomme Richard, Marine Attack Squadrons (VMA) 211 and 311 flew missions into Iraq and expended more than 175,000 pounds of ordnance and provided close air support to Marines on the ground. In total, the ship launched more than 800 sorties in support of Operation Iraqi Freedom. More than 500 of those were combat launches.

On April 23, 2012, Bonhomme Richard replaced USS Essex (LHD 2) as the ESG Strike Group 7 command ship and switched homeports from San Diego to Sasebo, Japan. After six years as the centerpiece of the U.S. Navy amphibious operations in the forward-deployed naval forces, Bonhomme Richard returned to San

Diego in May 2018 in a homeport change.

As the crew prepared the ship for decommissioning, members of the team slowly began transferring to new commands across the fleet, leaving a minimal-sized crew aboard for the decommissioning ceremony.

"As BHR [Bonhomme Richard] Sailors disperse throughout the fleet, take the teamwork, spirit, and unity to your next command," said Capt. Gregory S. Thoroman, Bonhomme Richard's commanding officer. "For this crew and what we experienced together is the embodiment of our core values of honor, courage, and commitment. The resiliency I saw—man or woman, seaman and up to our highest ranks, united in our common cause and strength to depend on each other—lived up to my motto of train to fight and fight to win. It has been my honor and absolute privilege to serve as your commanding officer."

In parting words to his crew, Thoroman left them with some counsel for their futures in the Navy. "If I can leave you with any advice moving forward it is to be true to yourselves, own it, and earn it every single day," Thoroman said. "There is always something you can do to make your command better. Seek it out. Find it and do it."

Following its decommissioning, Bonhomme Richard will be towed to International Shipbreaking Limited, LLC's facility in Brownsville, Texas for dismantlement.

NAVY PHOTOS



GROTON, Conn. (April 6, 2021) The Virginia-class attack submarine USS Colorado (SSN 788) makes its way up the Thames River and past the City of New London returning to Submarine Base New London. (U.S. Navy photo by John Narewski)



PACIFIC OCEAN (April 14, 2021) Sailors aboard the Military Sealift Command hospital ship USNS Mercy (T-AH 19) prepare to fuel an MV-22B Osprey assigned to Air Test and Evaluation (HX) Squadron 21 of Naval Air Station (NAS) Patuxent River, Md., on the ship's flight deck for the first time. (U.S. Navy photo by MC1 Jeremy Graham)

Answer Key

March Solution

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

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Executive Officer

Cmdr. Phil Jones

Command Master Chief

EMNCM(SS) Derek G. Gruell

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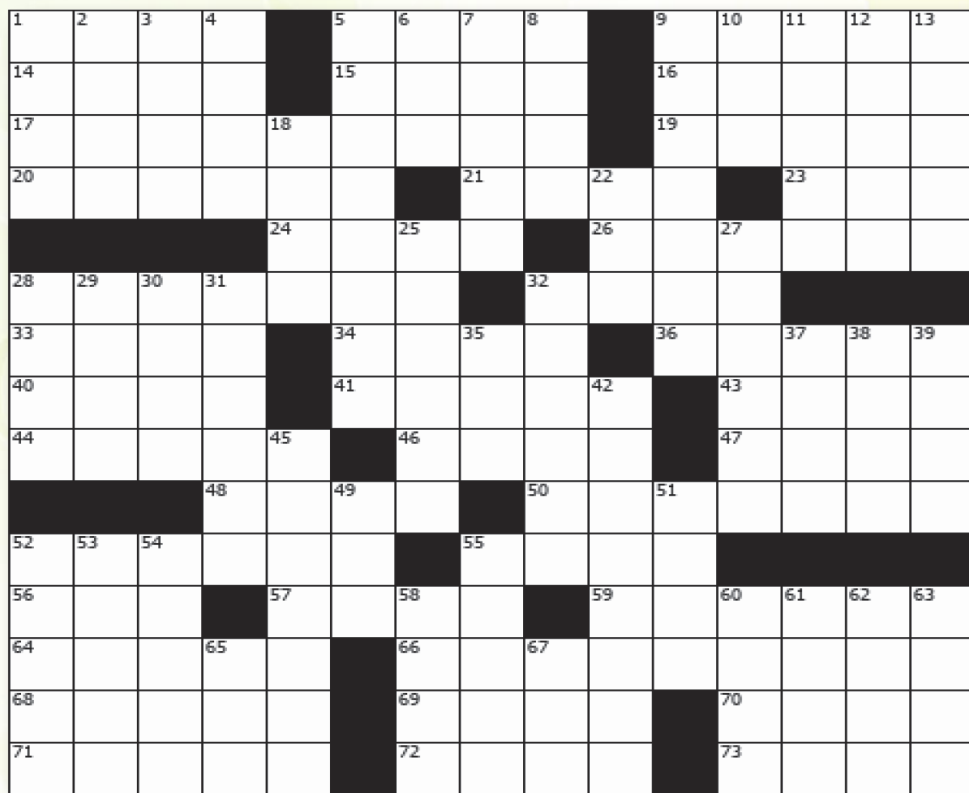
MC3 Keyly Santizo

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Cover photo: Staff members at NNPTC receive their doses of the COVID-19 vaccine during a shot exercise (SHOTEX). (U.S. Navy photo by MC1 Darren Moore)

Game Corner



Across

1. Pigs
5. Look
9. Pagan gods
14. Actor ____ Guinness
15. Gambling game
16. Smooth
17. Designed again
19. Depart
20. U.S. ____ Service
21. Malicious
23. Went first
24. Exceedingly
26. Untidy conditions
28. Sports figure
32. Pedro's house
33. Without cost
34. Between continents
36. Slumbered
40. Ventilates
41. Green fruits
43. Pavarotti solo
44. Hen's perch
46. Polish furniture
47. Flour factory
48. Soften
50. Newspaper story
52. Picturesque
55. French cheese
56. Pres. Coolidge
57. Peru's capital
59. Serious plays
64. ____ acid
66. Parking lot employee
68. Parking timer
69. Better late ____ never
70. Locality
71. Verse makers
72. Camping need
73. Kitty sounds

Down

1. Angelic instrument
2. Bogus butter
3. Valuable stones
4. Kilt wearer
5. Of one's bones
6. Snaky swimmer
7. Adversary
8. Method
9. Sickness
10. Billy ____ Williams
11. Track shapes
12. Embankment
13. Winter toys
18. Writer ____ Barry
22. Physicians' gp.
25. Dwell
27. Spicy sausage
28. Remote
29. Group of three
30. Submarine sandwich
31. Decrease
32. ____ Salad
35. Ostrich's kin
37. Rocker ____ Clapton
38. Capsule
39. Fable
42. Harsh-sounding
45. Clothing workers
49. Biology, e.g. (abbr.)
51. Gull's kin
52. Rascal
53. Carved brooch
54. Select group
55. Wash
58. Actor ____ Damon
60. Genesis man
61. Stable female
62. Afresh

63. Amtrak depots (abbr.)

65. Butterfly catcher

67. Summer shade

