



THE WASHINGTON SURVEYOR

Vol. 21, Issue 11 May 31, 2021



CONTENTS OF THIS ISSUE



Sailors assigned to the security department pose for a photo after SRF Bravo training at Huntington Hall.

6

HOW TO HIT THE BOOKS

Sailors further their education

10

A LIGHT AT THE END OF HPCON-C

George Washington begins administering vaccines

12

TRAIN LIKE WE FIGHT

Operations Department is introduced to SSDS

16

POLICY CHANGES FOR WARFARE PINS

The Navy changes requirements for warfare devices



2 • The Washington Surveyor

18

AROUND THE FLEET

Navy commissions Littoral Combat Ship
USS Mobile

ON THE COVER: Information Systems Technician Seaman Jesse Rodriguez secures a subject while sprayed with OC spray.



THE WASHINGTON SURVEYOR

Vol. 21, Issue 11 May 31, 2021

USS George Washington (CVN 73)

Commanding Officer



Capt. Kenneth Strong

Executive Officer



Capt. Michael Nordeen

Command Master Chief



CMDCM Christopher Zeigler

Media Department

Public Affairs Officer

Lt. Cmdr. Javan Rasnake

Deputy Public Affairs Officer

Lt. Chelsea Cannaday

Departmental LCPO

MCC Christina Shaw

Departmental LPO

MCI Stacy Atkinsricks

Media Department Requests

PRINT REQUESTS

E-MAIL CVN-73 Media Print Requests

mediaprintrequests@cvn73.navy.mil

PHOTO/VIDEO REQUESTS

J-DIAL: 5615

PHOTO STUDIO HOURS

MON. - TUE. WED. - THU.

0900-1100 1230-1430

Located in 01-165-3-Q

Surveyor Magazine

Editor-in-Chief

Lt. Cmdr. Javan Rasnake

Copy Editors

Lt. Chelsea Cannaday

MCC Christina Shaw

MCI Stacy Atkinsricks

MC2 Elizabeth Cohen

Media Team

MC2 Marlan Sawyer

MC2 Anthony Hilkowski

MC3 Tatyana Freeman

MC3 Cory Daut

MC3 Robert Stamer

MC3 Aislynn Heywood

MC3 Leo Katsareas

MCSN Jack Lepien

MCSN Preston Cash

MCSN Dakota Nack

MCSN Joseph Negusse

MCSN Joshua Cabal

MCSN Dyxan Williams

MCSN Nicholas Russell

A special thank you to all those who let us tell your stories to the crew and to the fleet.

The Washington Surveyor is an authorized publication for Sailors serving aboard USS George Washington (CVN 73). Contents herein are not the visions of, or endorsed by the U.S. government, the Department of Defense, the Department of the Navy, or the Commanding Officer of USS George Washington. All news releases, photos, or information for publication in The Washington Surveyor must be submitted to the Public Affairs Officer.



SAILOR IN THE SPOTLIGHT



HM2 Travis Land

HOMETOWN:

Cincinnati, Ohio

WHERE HE WORKS:

Medical Department, Mental Health Clinic

HOBBIES:

HM2's hobbies include hiking to clear his head, and hanging out with his six kids, five of whom are adopted.

WHAT HE ENJOYS ABOUT HIS JOB:

HM2 enjoys working as a behavioral health technician and helping people feel better.

WHAT 'SAILOR IN THE SPOTLIGHT' MEANS TO HIM:

"It means everything to be nominated. Being selected feels special to to be noticed for all the hard work I've put in."

WHY HE WAS NOMINATED:

Cmdr. Blackmer, the senior medical officer, recognized Land for his hard work in the process improvement of Medical Department's Mental Health Care program aboard George Washington. He implemented a schedule that allowed him to support Psych Boss in triaging and treating 269 patients.

GW'S NEWEST WARRIORS



ESWS

HMC CHRISTIAN URLANDA
ASI CHRISTOPHER MARIANO

ESWS

COORDINATORS

OSC ZACHARY MACHNICS
MAC THOMAS BOHANNON

EAWS

COORDINATORS

ACCS MATTHEW CUPPERNOLL
AOC JAMES COOKSEY

EIWS

COORDINATORS

CTMC KATHLEEN CHANDLER
ITI THADDEUS WIEDEMEIER

DECK WATCH

COORDINATORS

CMDR. STEVE YARGOSZ
LT. CMDR. JOHN COUGHLIN

HOW TO HIT THE BOOKS

STORY & GRAPHIC BY: MCSN DYXAN WILLIAMS

As military members, we are entitled to resources to help and elevate our educations while active duty and after we finish our contracts. Whatever each individual Sailor decides to do regarding his or her continuing education, it is important to understand the resources available and how they can be used, such as tuition assistance (TA).

TA is a service available to active duty service members while working at their commands. Ens. Ezell Shorter, the command education services officer aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), is the person who a curious service member should speak with regarding this financial benefit.

"TA is something a lot of Sailors use, which they should. The Navy affords it [to] you," said Shorter. "It's for Sailors who are trying to further their careers and finish their degrees."

TA is available for active duty Sailors who have been enlisted a minimum of two years and have been at their command for a minimum of one year. Sailors must also be active duty throughout the entirety of the course term. The school that the Sailor chooses to attend must be either regionally or nationally accredited by the U.S. Department of Education.

TA will cover costs depending on the program, but has certain limits in place. TA will not cover more than

\$250.00 per credit hour. If a Sailor is attending a school with a different price layout for the courses such as quarter hours or clock hours, TA will have different price caps on those, as well.

Sailors who want to use their TA will need to prepare themselves before applying to the program.

"The biggest consideration for Sailors on the George Washington who want to use their TA is time management," said Shorter. "We all have busy lives right now getting the ship back to life. You have to dedicate so many hours to your class, but you have to remember your job first."

"I'm using TA now to get my master's [degree] two years ahead of schedule."

-PS3 Ronlet Thomas

Once a Sailor determines that they meet the requirements for TA, they should route a special request chit through their chain of command. Once it's approved, the Sailor should reach out to the Navy

College office and work with virtual career counselors about their desired program. Navy College will then assist in creating a course plan to work toward achieving their goal. Once the plan has been drafted, it gets routed through the chain of command and the Sailor will be allowed to apply to the program.

"The biggest challenge for me was finding the motivation for it after a full day of work on the ship," said Personnel Specialist 3rd Class Ronlet Thomas, a Sailor aboard George Washington currently working on her master's in public administration and criminal justice. "[I am] sitting at a computer screen all day, and staring at one after work."

"I'm using TA now to get my master's [degree] two years ahead of schedule, instead of waiting for when I get out of the Navy," said Thomas. "Now, when I get out, I can get a higher paying job and be better set up to go into my next career field."

"If any Sailor has any questions regarding the use of tuition assistance, please stop by the [education services] office; we are here to provide knowledge to Sailors," said Shorter.

Tuition Assistance is a program that all eligible Sailors can utilize to further their education, as long as they are willing to manage their time properly.

TUITION ASSISTANCE

THE ORDER OF OPERATIONS

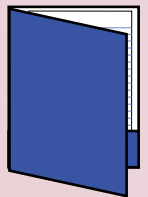
SERVE YOUR TIME



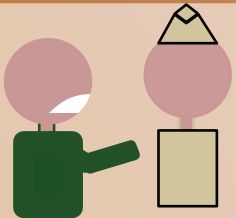
To qualify you have to serve a minimum of two years active duty.

ROUTE YOUR REQUEST

Fill out a special request chit and route it through your chain of command.



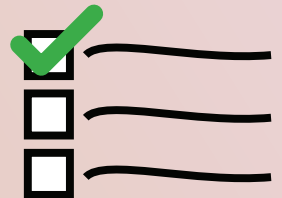
SEEK COUNSEL



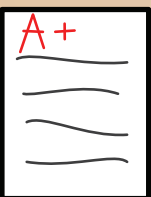
Speak with the ESO and virtual counselors about options, colleges and courses.

PLAN IT OUT

Route up a course plan for the classes you plan to attend.



GET THOSE GRADES



Score with a minimum 2.0 GPA or pay out of pocket for the courses.



FOR MORE INFORMATION VISIT
NAVYCOLLEGE.NAVY.MIL



**"I HAVE A STRONG FEELING
THAT IF MORE PEOPLE GET
VACCINATED, WE CAN FINALLY
GET THINGS BACK TO NORMAL"**
-IT2 HANNAH RENTFLE

Machinist Mate (Nuclear) 3rd Class Evan Howard receives the COVID-19 vaccine from Hospitalman Mason Henry during the ship's SHOTEX.



A LIGHT AT THE END OF HPCON C

STORY BY MCSN JUSTIN LAWSON, PHOTOS BY MC3 ROBERT STAMER AND MCSN PRSETON CASH

The past year has been a rollercoaster of change. The pandemic has challenged Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), and the world alike. We've made do while faced with adversity. COVID-19 has limited social interactions, travel, and productivity at work, but now

there seems to be a light at the end of the tunnel. COVID vaccines have been made available to us; the Pfizer, Moderna, and Johnson & Johnson vaccines are beginning to lead us out of mask-wearing, social-distancing, and mandatory quarantine.

The pandemic has affected some Sailors in additional ways.

"I didn't get to have my [recruit training command] graduation like everybody else," said Information Systems Technician Seaman Mauricio Bautista-Mendoza. "It pretty much took away that moment of celebration with my family."

Bautista isn't the only one feeling the effects of change. Information System

Technician 2nd Class Hannah Rentfle and her family had to make some major adjustments because of COVID-19.

Regarding the difficulties, she cited, "not being able to take leave, or take my kids to daycare. My husband ended up quitting his job to help take care of the kids."

Lt. Aaron Abreu, the ship's medical administration officer, explained how the Navy had to cope with the development of a pandemic.

"When COVID first hit, people didn't know much about it," he said. "That's when the health protection conditions became stricter and really affected the crew."

George Washington's departments tried to cope with the pandemic by splitting working hours to prevent spread.

"Being on the ship during COVID was pretty jarring," Bautista said. "Our shop was split up, and it felt like I only knew half the shop."

Bautista said he felt robbed of the traditional Navy experience.

"Boot Camp, A-school, and now my first command is being affected. At times I don't feel like a real Sailor, like something is missing."



Hospital Corpsman 2nd Class David Bautista administers the COVID-19 vaccine.



Personnel Specialist 3rd Class Sean Haug receives the COVID-19 vaccine from Hospitalman Mason Henry during the ship's SHOTEX.

Although vaccines have been made available for all Virginians, and Sailors are notified of various locations where they can be vaccinated, ship's force is well under the desired target number for shots administered.

"GETTING BACK TO NORMAL IS THE REAL INCENTIVE."

-Lt. Aaron Abreu

Abreu attributes some Sailors' hesitancy to concerns with the vaccine's safety, which Rentfle confirmed was her own case.

"I felt like there wasn't enough testing," she said. "I had fears it wasn't going to work and [would] end up making people more sick."

After seeing the comfort level of her peers about the vaccine, and looking to well-known resources for more information, her perspective shifted.

"I have a strong feeling that if more people get vaccinated, we can finally get things back to normal and out of [the current health protection condition]," she said.

Others, including Bautista and Abreu, share her optimism.

"Now that the vaccine is available, I hope to be able to see my family again," Bautista said. "It feels like forever since I've seen them and I miss them very much."

Abreu agrees.

"Getting back to normal is the real incentive. [This is] starting within certain departments that have nearly full vaccination status," he said.

Reaching vaccination goals will be an essential step to winning the fight against COVID-19. It will provide an avenue to a reality without constant masks, social-distancing, and quarantine.

Abreu recommends that Sailors who are uneasy about the vaccine contact medical for further information.

TRAIN LIKE WE FIGHT: OPERATIONS GOES OPERATIONAL

STORY BY MC3 TATYANA FREEMAN, PHOTOS COURTESY OF LT. DAVID WRIGHT AND BRIAN WALSH

As the Nimitz-class aircraft carrier USS George Washington (CVN 73) nears the end of refueling and complex overhaul (RCOH), more and more systems are coming back into use, and with that, the need for Sailors that can operate those systems.

One of those systems is the ship's self-defense system (SSDS). According to military weapons contractor, Raytheon, SSDS is a combat management system installed on aircraft carriers and amphibious vessels that guards against cruise missiles, provides situational awareness, and coordinates combat mission operations.

Recently, Sailors from the operations department aboard the George Washington were trained to operate the SSDS, so when it is finally installed, they will be ready to smoothly transition from RCOH responsibilities to those of a fully operational ship.

"The training was in Wallop's Island, Virginia," said Operations 12 • The Washington Surveyor



Students at Center for Surface Combat Systems Unit Great Lakes use technology in the Ship's Self Defense System lab.

**"I'm more eager
to learn because of
the training."**

-OS2 Sarah Higuera

Specialist 2nd Class Sarah Higuera, assigned to the operations department aboard the George Washington. "We did in-class training and then we got into a simulator for more hands-on training."

For some Sailors, it was the first time they got to experience the systems they went to 'A' school for in an operational setting.

"One operator had some sea experience, and everyone else was [new], so they came straight out of 'A' school or 'C' school with no experience or sea time," said Lt. David Wright, a division officer assigned to the operations department. "It was very good for them to see what we do first hand because they haven't done anything that's related to their job this whole time in RCOH."



Sailors assigned to the Operations department pose for a photo.

The ability to do the in-rate tasks George Washington's operations specialists joined the Navy for served as encouragement to some of the junior Sailors that were able to attend the training.

"It was good to see them recognize that they were very important to the mission."

- Lt. David Wright

"I didn't know much, so I enjoyed learning everything," said Higuera. "I'm excited to learn more. I'm more eager to learn because of the training."

While their jobs during RCOH were not the most glamorous, the operations specialists that

participated finally got to see the importance of their rate as they learned.

"They create and recognize maritime picture air, surface, and below, and they pass all that information to combat commanders that make decisions based off that information," said Wright. "They were really enthusiastic about that. It was good to see them recognize that they were very important to the [George Washington] mission."

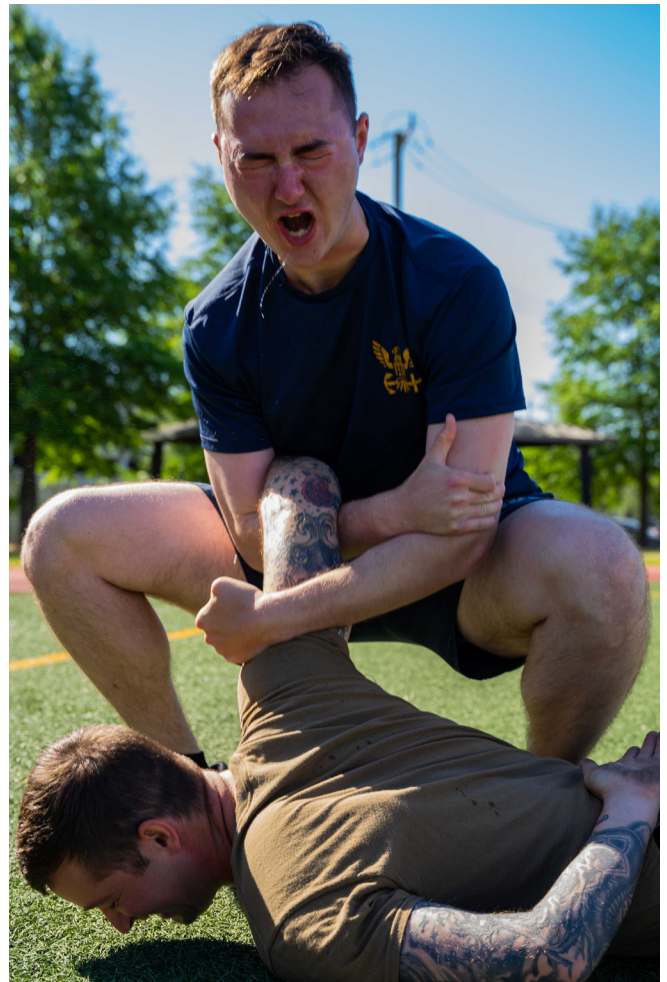
This training provided Sailors not only purpose, but more of a "big picture" view of their rate.

"They learned how to operate their consoles effectively," said Wright. "They got to learn all their radars, weapons systems, and the stations interface and come together to provide information through the surface watch officer, the tactical action officer, and other

officers."

As the George Washington nears the end of RCOH, the operations department plans to send more and more Sailors to train and ready themselves for a fully operational ship and eventually bring George Washington back to being the premiere and always-ready aircraft carrier.

"It was great to see everyone go from not knowing anything about their job, or knowing very little, to actually doing their job and taking on full wartime scenarios by the end of the week," said Wright. "Everyone is eager to train and learn their job and do our best in RCOH at the same time."



ENDURING

PHOTOS BY MC3

Sailors assigned to security departments participate in the final evolution of the S





THE PAIN

ROBERT STAMER

Department aboard George Washington
Ship's Reaction Force-Bravo training course.



Policy Changes for Warfare Pins

STORY BY MCSN JACK LEPIEN, PHOTOS BY USS GERALD R. FORD (CVN 78) PUBLIC AFFAIRS

The Enlisted Surface Warfare Specialist (ESWS) and Enlisted Aviation Warfare Specialist (EAWS) are two high-level qualifications in the Navy that are designed to show Sailors' proficiency in their trade and understanding of carrier operations. They are also badges of honor that indicate dedication to training under more experienced Sailors as well as many hours of study.

Recently, the Navy has made several changes to the ESWS and EAWS programs. These changes are related to who can pursue the qualifications and what the prerequisite requirements are.

"The ESWS program has changed quite a bit recently," said Chief Operations Specialist Zachary Machnics, the leading chief petty officer of the training department aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). "The requirements to enroll have become much higher."

In the past, all Sailors E1-E9 were required to obtain their primary warfare qualification, ESWS or EAWS, within 36 months of checking aboard. That is no longer the case.

"All Sailors must be E4 or higher to obtain a warfare pin," said Machnics. "Seamen are no longer

eligible under any circumstances."

This was done for the benefit of junior Sailors.

"Junior Sailors should focus on entry-level qualifications, and developing their in-rate skills," said Machnics. "The ESWS and EAWS pins are for those who have already moved beyond that level."

But not just any E4 is eligible, according to Machnics.

"Warfare pins are for journeyman-level Sailors, which the Navy defines as E5 and E6," said Machnics. "However, we recognize that many E4 Sailors are already performing above their paygrade, having achieved qualifications on par with those of an E5, so that's the

standard. Any E4 wishing to enroll in ESWS or EAWS must be qualified to the level of a second class petty officer."

All E4 and E5 Sailors must be qualified to the paygrade of E5 in damage control, deck watches, and maintenance.

"Sailors must be qualified [to stand as] messenger of the watch and petty officer of the watch for deck watches," said Machnics. "They also must have [damage control qualifications] 301 through 312 and [maintenance qualifications] 301 through 303."

Then, the process for obtaining warfare pins is fairly simple, according to Machnics.



Mass Communication Specialist 3rd Class Liz Thompson receives an Enlisted Surface Warfare Specialist pin.



Sailors aboard the guided-missile destroyer USS Winston S. Churchill (DDG 81) receive their Enlisted Surface Warfare Specialist (ESWS) qualification pin.

“First, you have to obtain all your prerequisites and, if you’re a third class, obtain a warfare qualification card signed off by your [department leading chief petty officer] and the [command master chief],” said Machnics. “Then you can get your books from your departmental warfare coordinator and begin to get them signed off by other Sailors. Remember, only E5 and above Sailors qualified in the pin you’re working towards are allowed to sign your books.”

“After your books are signed, you can challenge the test. We hold the tests on Mondays at 0900 in training classroom one,” said Machnics. “After passing the test, you must

challenge the first class [petty officer] board, which is held on Fridays at 0900 in training classroom one.”

This may seem like a lot, but there is still one final challenge before becoming an enlisted

"Junior Sailors should focus on entry-level qualifications, and developing their in-rate skills."

-OSC Zachary Machnics

warfare specialist.

“The final challenge is the chiefs’ board, which is held Fridays at 1000, inside of the Chief’s Mess,” said Machnics.

“After that, you’re done. You are an enlisted warfare specialist.”

The process for EAWS is similar, though not identical.

Although these changes may feel restrictive to some, their intent is to allow junior Sailors to excel in the basics while journeymen Sailors can demonstrate mastery in their craft and their understanding of the platform on which they serve, stand watch, fight casualties, and support the mission.

NAVY COMMISSIONS LITTORAL COMBAT SHIP USS MOBILE

From Commander, Littoral Combat Ship Squadron ONE



MOBILE, Ala. -- The Navy commissioned its newest Independence-variant littoral combat ship USS Mobile (LCS 26) during a ceremony in Mobile, Alabama, May 22.

Due to COVID-19 limitations, 400 guests attended the socially distanced ceremony for the littoral combat ship named in honor of the city in which it was built.

The Honorable Tommy Tuberville, U.S. Senator of Alabama, delivered the ceremony's principal address.

"The United States has been the greatest source of good in the history of the world and we will continue to be a force for good because of the brave men and women that we have here today," said Tuberville.

Guest speakers for the event also included the Honorable Kay Ivey, Governor of Alabama, the Honorable Sandy Stimpson, Mayor of Mobile and the Honorable James Geurts performing the duties of the Undersecretary of the Navy.

"The ships that this city has built are literally sailing on every ocean right now," said Geurts, referencing ship manufacturer Austal USA, based

in Mobile, Alabama.

Mrs. Rebecca Byrne, president and chief executive officer of The Community Foundation of South Alabama and wife of former U.S. Representative of Alabama Bradley Byrne, provided remarks as the ship's sponsor.

"We have the distinction of the USS Mobile being built and commissioned in its namesake city here in the historic port of Mobile," said Byrne. "We welcome the ship to the United States fleet that bears our great name and comes on great Navy tradition."

During the ceremony, Mobile's commanding officer, Cmdr. Christopher W. Wolff, reported the ship ready and Byrne gave the traditional order to "Man our ship and bring her to life!"

"The commissioning of the fleet's newest warship is an awesome occasion and with it comes the equally awesome responsibility to prepare ourselves to go forward and conduct our nation's business," said Wolff.

The ceremony completed a week-long series of events celebrating the

ship and its namesake city. USS Mobile is the fifth ship named in honor of the port city on Alabama's Gulf Coast.

Mobile will homeport in San Diego with sister ships USS Independence (LCS 2), USS Coronado (LCS 4), USS Jackson (LCS 6), USS Montgomery (LCS 8), USS Gabrielle Giffords (LCS 10), USS Omaha (LCS 12), USS Manchester (LCS 14), USS Tulsa (LCS 16), USS Charleston (LCS 18), USS Cincinnati (LCS 20), USS Kansas City (LCS 22), and USS Oakland (LCS 24).

The LCS is a fast, agile, mission-focused platform designed to operate in near-shore environments while capable of open-ocean tasking. The LCS can support forward presence, maritime security, sea control, and deterrence.

For more news from Naval Surface Forces, visit DVIDS - Commander, Naval Surface Force, U.S. Pacific Fleet, and Commander, Naval Surface Force, U.S. Pacific Fleet.

For additional information about the ship, visit USS Mobile (LCS 26).

MEN'S HEALTH

When it comes to preventing disease, eating right and a healthy lifestyle are your strongest line of defense against heart disease, diabetes, cancer, stroke, Alzheimer's and other diseases. Consult a registered dietitian or visit www.EatRight.org for more information.

BRAIN

Men need folic acid, too! Scientists are finding more and more evidence that high blood pressure, high cholesterol and low levels of the vitamin folate may increase the risk of developing Alzheimer's disease. Eat folate-rich foods: fortified cereals and pastas, dark leafy greens, asparagus, broccoli and citrus fruits.

HEART AND BLOOD

Did you know you can keep your heart healthy right in your own kitchen? Cooking at home allows you to control the amount of salt and calories from solid fats and added sugars in your food. Stock up on heart-healthy oils like canola, olive or soybean or use non-stick cooking spray to prepare foods.

LUNGS

Smoking dramatically raises your risk for diseases and health complications, but quitting can be difficult and leave you with strong cravings to eat. Choose nutrient-dense foods like whole grains and legumes to curb cravings and keep you feeling fuller, longer. Become a "mindful" eater to truly experience the flavor and aroma of food you may have been missing out on.

KIDNEYS

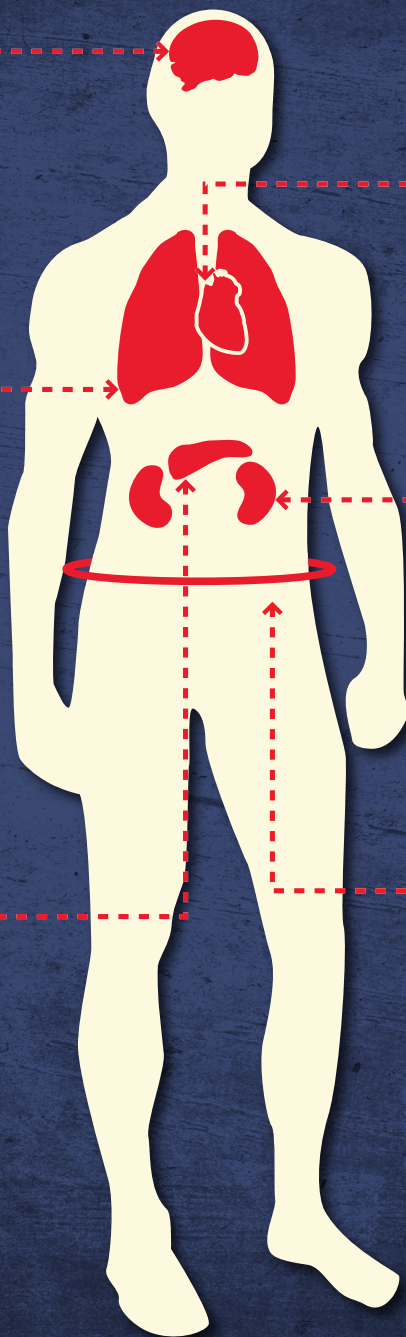
The kidneys serve many essential regulatory roles in the human body, but did you know they have perfected a balance of salt and water to regulate blood pressure? Keep the balance intact by replacing lost fluids. Adults lose 10 or more cups of water daily.

PANCREAS

Your pancreas is busy working two jobs to keep you healthy: producing hormones like insulin and aiding in the digestion process. Lend your pancreas a hand by making healthier food choices. Enjoy smaller portions of foods containing solid fats, such as regular cheese, sausage, bacon, pizza and grain-based desserts.

BODY MASS INDEX (WAIST)

Men gain weight around the middle, placing "extra baggage" around their waist and putting them at risk for serious diseases. Get out the tape measure! If your waist measures more than 40 inches around, it's time to shed some pounds.



Academy of Nutrition
and Dietetics

www.eatright.org



MEMORIAL DAY

REMEMBER . HONOR . CELEBRATE