



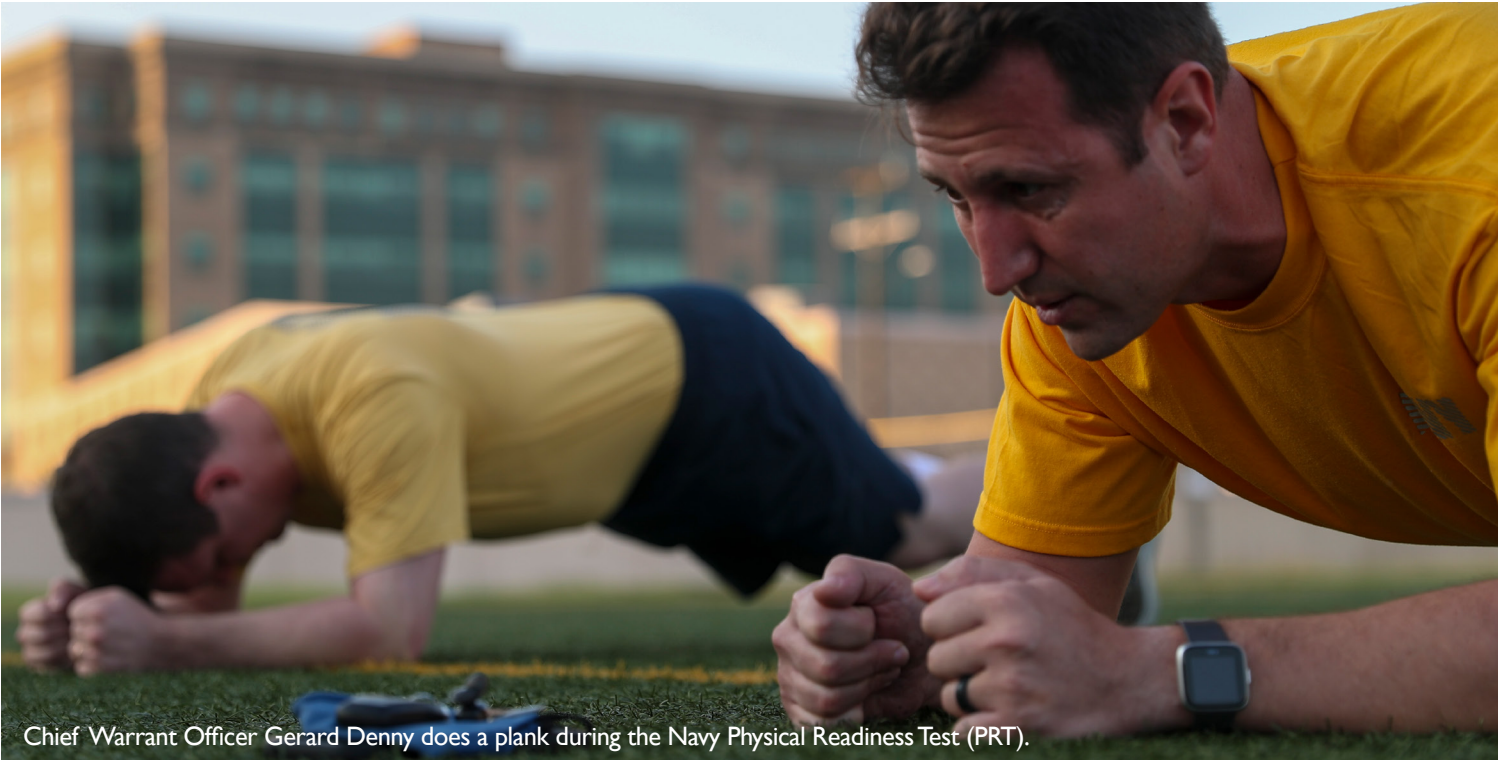
THE WASHINGTON SURVEYOR



Vol. 21, Issue 19 Sept. 20, 2021



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

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SAILOR IN THE SPOTLIGHT



BM2 Jermerieona Orr

HOMETOWN:

Smithfield, North Carolina

WHERE SHE WORKS:

Legal Department

HOBBIES:

She enjoys reading, writing, spending time with her daughter, and going to the zoo.

WHAT SHE ENJOYS ABOUT HER JOB:

BM2 enjoys working in Legal because it allows her to help Sailors. She loves seeing other Sailors grow from their mistakes and likes being a part of their development.

WHAT ‘SAILOR IN THE SPOTLIGHT’ MEANS TO HER:

“I am incredibly thankful to know that my Chain of Command is proud and recognizes my hard work. Being TAD to this department makes it even more rewarding because it makes me feel appreciated.”

WHY SHE WAS NOMINATED:

BM2 Orr has done exceptional work as assistant leading petty officer for Legal Department. She supervised Sailors in completing 326 military justice correspondence items, helping the command maintain good order and discipline while achieving 100 percent legal readiness. She embraces the role of developing and growing her Shipmates in their trade and leadership.

CONGRATULATIONS

TO GEORGE WASHINGTON’S NEWEST
ENLISTED SURFACE WARFARE SPECIALIST



ETN2 Julie Farrell

**ESWS
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LNC Ivan Diaz-Bass

**EAWS
COORDINATORS**

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COORDINATORS**

ITC Brandon Glassco

**DECK WATCH
COORDINATORS**

Cmdr. Steve Yargosz
Lt. Brandon Merritt

Getting Help is the New Normal

STORY BY MCSA CORBIN HAGMAN

PHOTOS BY MC3 AISLYNN HEYWOOD

September is Suicide Prevention Month, and it reminds us how important caring for your mental health should be. The Applied Suicide Intervention Skills Team (ASIST) aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) is here to make Sailors aware of the resources that are available to them.

“For Sailors living on the ship, it is easy to focus hard on your work and not give yourself the rest and relaxation to get into the next day or week,” said Intelligence Specialist Seaman Cole Militano, a member of ASIST aboard George Washington. “ASIST makes an effort outside of normal work life, collaterals, and personal gain to make it clear that you are not just a number.”

ASIST is a growing team with members from all walks of life with at least one thing in common, their desire to help shipmates cope with depression and suicide. Members complete e-learning courses, attend monthly trainings, and conduct meet and greets as part of ASIST training.

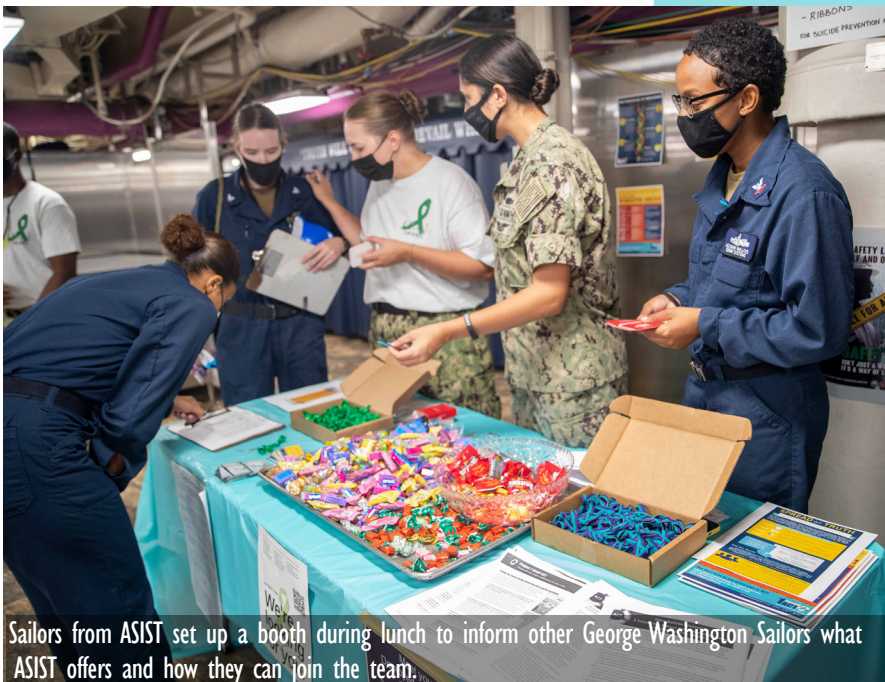
Sailors can find help through their chain of command, scheduling appointments with the chaplain, or talking with an ASIST member.



Sailors from ASIST set up a booth during lunch to inform other George Washington Sailors what ASIST offers and how they can join the team.



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“Mental health is important because there are those who are struggling and too prideful, stubborn, or afraid to seek help,” said Militano. “I’ve lost friends to suicide growing up. You have to stay strong and find people to talk to.”

ASIST is here to break the boundary and end the stigma that getting help is weak. ASIST members are friends who support you and let you know that you are not alone.

“I despise the phrase ‘I understand,’ no one on the planet can ever say they understand,” said Militano. “I take the role as the ‘punching bag’ with pride. I will absorb all your pain and suffering so you don’t have to endure it alone.”

Having a positive mindset and encouraging your shipmates to get help can also make your work environment more productive and enjoyable overall.

“Our goal is to get back out to sea, but before that you have to prepare yourself first,” said Interior Communications Electrician 2nd Class Deanna Dalziel, a member of ASIST. “The ship is replaceable but you’re not.”

ASIST is open to any new members who want to learn and lend a helping hand to a shipmate.

“I’ve been a part of ASIST for about a year now, but the reason I wanted to become part of the team is because I’ve known people who’ve had suicidal thoughts,” said Dalziel. “I didn’t know how to approach that, and by joining ASIST, I’ve learned ways to provide resources and know how help them.”

The ASIST program is here for everyone who needs help, as well as those who want to help others.

“I know for a fact the ASIST team and myself will be there for any shipmate, always, and at any time,” said Militano.

Some of the crisis resources available to Sailors include the GW Quarterdeck (757-534-3930), GW Chaplains: (757-534-0269), ASIST (gwasisteam@gmail.com), Military OneSource (800-342-9647), the Crisis Text Line (Text “TALK” to 741741), the Suicide Prevention Hotline (800-273-TALK), and the Fleet and Family Support Center (757-447-4606).



Information Systems Technician 2nd Class Heather Rentfle discusses what ASIST offers and how they can join the team.



Sailors from ASIST serve lunch to raise awareness of Suicide Awareness and Prevention Month.



20
YEARS

NEVER FORGET

"One of the worst days in America's history saw some of the bravest acts in American's history. We'll always honor the heroes of 9/11. And here at this hallowed place, we pledge that we will never forget their sacrifice."

- Former President George W. Bush

A New Look

Navy Updates Uniform Standards

STORY BY MC2 ANTHONY HILKOWSKI
PHOTOS BY MCSN JOSEPH NEGUSSE

NAVADMIN 183/21, released on Aug. 31, 2021, presents a variety of new and updated regulations regarding uniform appearance and personal upkeep.

The new regulations allow Sailors more options for personal expression, especially in regards to hair styles and accessory options.

Hair styles for men were updated, allowing bald, flat top, faded, and high and tight styles. Squared and rounded gradual tapers in the back of the head and sideburns are also allowed, although sideburns are not allowed in bald hair styles and cannot exceed the hairline.

“The new hair styles just help us maintain our personality,” said Culinary Specialist 2nd Class Benjamin Hampton, assigned to supply department aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). “With more options, I honestly think Sailors will be happier and will work harder.”

For women, very short hair styles are allowed, including those that show the scalp. Females can have one hard part that may be cut, shaved, clipped, or naturally placed into the scalp.

“This is sweet, I’ve been wanting to change up my hair for a while now,” said Culinary Specialist Seaman Areanna Santiago, assigned to supply department aboard George Washington. “Now, I’m able to go get my hair cut the exact way I’ve wanted to do for a while, but wasn’t able to due to the regulations.”

Another big change for men is that now they are allowed to wear earrings on and off base while in civilian attire. Earrings are still not allowed while in uniform for male service members.

“I don’t wear earrings in general, but I know a lot of my friends do,” said Hampton. “This is great for them because now they can really be themselves while in civilian attire.”

The NAVADMIN also brought great news to those Sailors with medical and/or religious-waived beards. Those Sailors can now shape and groom their beards.



Airman Dolton Voorhees Dolton gets his hair cut by Retail Specialist Seaman Mikail Sharp.



Airman Apprentice Fabian Peraza gets a hair cut from Retail Specialist Seaman Mikail Sharp.



Airman Apprentice Fabian Peraza gets a hair cut from Retail Specialist Seaman Mikail Sharp.

The NAVADMIN allows for “edging” of the beard which is “defined as the light clipping or trimming of the beard to give a shaped appearance.”

The Navy also recognizes that some Sailors are receiving medical treatment that may make wearing traditional covers uncomfortable. To alleviate this, head coverings made of fabric or cloth are now authorized for those medically-approved Sailors, so long as they are black, tan, navy blue, or white in color.

And for the fitness buffs and techies serving out in the fleet, smartwatches and fitness trackers are now officially allowed to be worn with all Navy uniforms, including dress uniforms.

One of the final changes that the new NAVADMIN addresses is sun and prescription eyeglass options. Frames must be solid silver, gray, black, navy blue, brown, or gold. Transparent and translucent frames are also authorized, along with sunglasses with green frames and small sports logos.

“I wear glasses all the time, and the solid black glasses just aren’t my style,” said Santiago. “I’ve had my eye on this nice pair of clear glasses, and now I can wear them at work! I will definitely be getting them.”

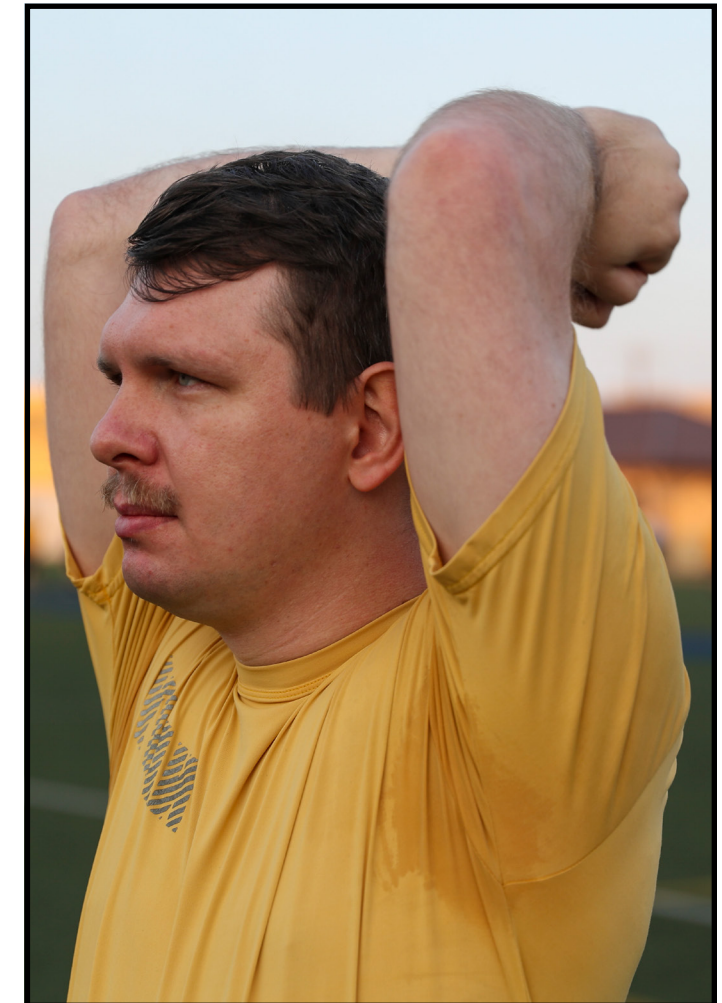
For more uniform information and updates the information is available on the Navy Uniform Matters Website at <https://www.mynavyhr.navy.mil/References/US-Navy-Uniforms/>.



A Year and a Half Later...

PRT SEASON

Photos by MC2 Anthony Hilkowski



The Walking Blood Bank

STORY BY MASS COMMUNICATION SPECIALIST SEAMAN JACK LEPHEN

As early as the Korean War, on-scene whole blood transfusions have been used to save American lives during combat. Blood must be kept at the perfect temperature in the right kind of vessel in order to remain viable. On the battlefield or the high seas, that kind of stability is almost impossible to produce. That's why the armed forces found another solution: the Walking Blood Bank.

"There's a very strict control process for storing blood," said Lt. Cmdr. Danilo Mendoza, the ship's nurse aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), "And we have no capability to store fresh blood products on board the ship. Even if we did, the blood products themselves only last approximately 30 days from when we receive them."

A Walking Blood Bank is a list of donors, which is more practical for a ship underway than keeping an actual blood bank onboard.

"In the event of a mass casualty event, we'd need a lot of blood very quickly," said Mendoza. "So we'd call over the [1 Main Circuit] for all members of a certain blood

type to report to medical, and then screen those who make it to us on the spot."

Any Sailor can apply to be a part of the Walking Blood Bank. The sign-up process is simple and easy.

"Everyone is eligible for the Walking Blood Bank," said Mendoza. "It's a quick sign-up form available in medical, and that's it. The form goes over basic questions about bloodborne illnesses and lifestyle factors that could disqualify you, but they're all questions you've already answered during your sea duty screening."

Although everyone is eligible, blood type matters quite a bit when it comes to transfusions.

"When it comes to whole blood, it has to be type-specific. Whole blood consists of your platelets, plasma, and red blood cells," said Hospital Corpsman 1st Class Steven Salgado, an advanced laboratory technician assigned to George Washington's medical department.

During an emergency or mass casualty, whole blood is the only option the ship has. Medical cannot ask for a specific part of the blood

transfusion.

"In a typical, non-operational situation where they do a blood transfusion, they'll only ask for the part of the blood they need," said Salgado. "Here on the ship, if we were underway and suffered a mass casualty event, we'd need to do a whole blood transfusion, because we wouldn't have time to separate and repackage the blood products. That's why it has to be type-specific."

Signing up for the Walking Blood Bank is a way for Sailors to help other Sailors in a time of need.

"What everyone should understand is that it could be you," said Salgado. "You could be that medical emergency, you could be bleeding out. When the time comes, wouldn't you want someone to help you?"

Sailors who are interested in joining this life-saving team can sign up in the George Washington medical complex.

Walking Blood Bank

why?

This is an opportunity to help a shipmate in the event of a traumatic medical casualty.

how?

Ask medical department for a walking blood bank screening form.

Fill out all highlighted portions of the form.

Return the form to be placed on George Washington's walking blood bank roster.

Upon activation of the WBB during a casualty, report to medical and standby for blood donation.

USS George Washington
Medical Department





The Navy’s Unmanned Carrier Aviation (PMA-268) program completed its first aerial refueling of an F-35C Lightning II aircraft by the Boeing-owned MQ-25 test asset, known as T1, as part of the Navy’s broader initiative to field unmanned systems that transform and enhance the fleet’s capability, capacity and lethality.

This event marked the third refueling flight for the T1 test aircraft. During the three-hour flight, a Navy F-35C pilot from Air Test Wing and Evaluation Squadron Two Three (VX-23) approached T1, performed formation evaluations, wake surveys, drogue tracking and plugged with the MQ-25 test asset at 225 knots calibrated airspeed (KCAS) and altitude of 10,000 feet. From the ground control station, an air vehicle operator then initiated the fuel transfer from T1’s aerial refueling store to the F-35C.

Once operational, MQ-25 will refuel every receiver-capable carrier-based aircraft. Each unique aircraft platform will have a different aerodynamic interaction in the wake of MQ-25. Conducting refueling test missions with various aircraft allows the program to analyze data and determine if any adjustments to guidance and control are required.

Earlier this summer, the program completed unmanned refueling missions with an F/A-18 Super Hornet and E-2D Advanced Hawkeye. Each aircraft platform

is aerodynamically unique so how they respond in the wake of a tanker is different. Flying different aircraft behind the MQ-25 lets us assess how they will interact, Reed said.

Following this flight, T1 will enter into a modification period to integrate the deck handling system in preparation for a shipboard demonstration this winter. To date, T1 has conducted 36 flights, providing the program with valuable information on aerodynamics, propulsion, guidance and control in advance of the MQ-25 engineering and manufacturing development aircraft deliveries.

The MQ-25 will be the first operational carrier-based unmanned aircraft and will provide critical aerial refueling and intelligence, surveillance and reconnaissance capabilities to support the Air Wing of the Future - a mix of fourth and fifth-generation aircraft, manned and unmanned platforms, and netted sensors and weapons.

Along with organic tanking, the MQ-25 will pave the way for manned and unmanned teaming (MUM-T) of carrier-based aircraft that will extend the strike

range and enhance maneuverability. As unmanned tanking capacity increases, the manned tanker requirement decreases, promoting additional service life and capacity available for manned strike-fighter missions.



MOVIE SCHEDULE

Channels 202 & 203 on SITE-TV

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
Sept. 20	21	22	23	24	25	26
202 1700: Captain Phillips 1930: Batman Begins 203 1700: Spiderman: Homecoming 1930: The Goonies	202 1700: Halloween 1930: The Dark Knight 203 1700: A Bug's Life 1930: ANTS	202 1700: Three Kings 1930: Dark Kmight Rises 203 1700: Spider-Man 2 1930: Taxi Driver	202 1700: Bohemian Rhapsody 1930: Rocketman 203 1700: Grown Ups 1930: Grown Ups 2	202 1700: Fast Times at Richmond High 1930: Hancock 203 1700: The Breakfast Club 1930: Hellboy	202 1700: Fast and Furious 1930: 2 Fast, 2 Furious 203 1700: Star Wars IV 1930: Star Wars V	202 1700: Back to the Future 1930: It's Kind of a Funny Story 203 1700: Predator 1930: Mamma Mia
27	28	29	30	Oct. 1	2	3
202 1700: Twilight 1930: Twilight: New Moon 203 1700: Alien 1930: Aliens	202 1700: Anchorman 1930: Anchorman 2 203 1700: Silence of the Lambs 1930: Red Dragon	202 1700: Pacific Rim 1930: Guardians of the Galaxy 203 1700: Kung Fu Panda 1930: The Hitman's Body Guard	202 1700: Mid90s 1930: Gladiator 203 1700: Spaceballs 1930: The Pirates of The Carribean	202 1700: Major Payne 1930: Honest Thief 203 1700: Lone Survivor 1930: Tenet	202 1700: Home Alone 1930: Hoosiers 203 1700: American Sniper 1930: Alita: Battle Angel	202 1700: Ready Player One 1930: Rocky Horror Picture Show 203 1700: Men in Black 1930: Men in Black 2

SITE-TV Channels

Shipboard Broadcast System

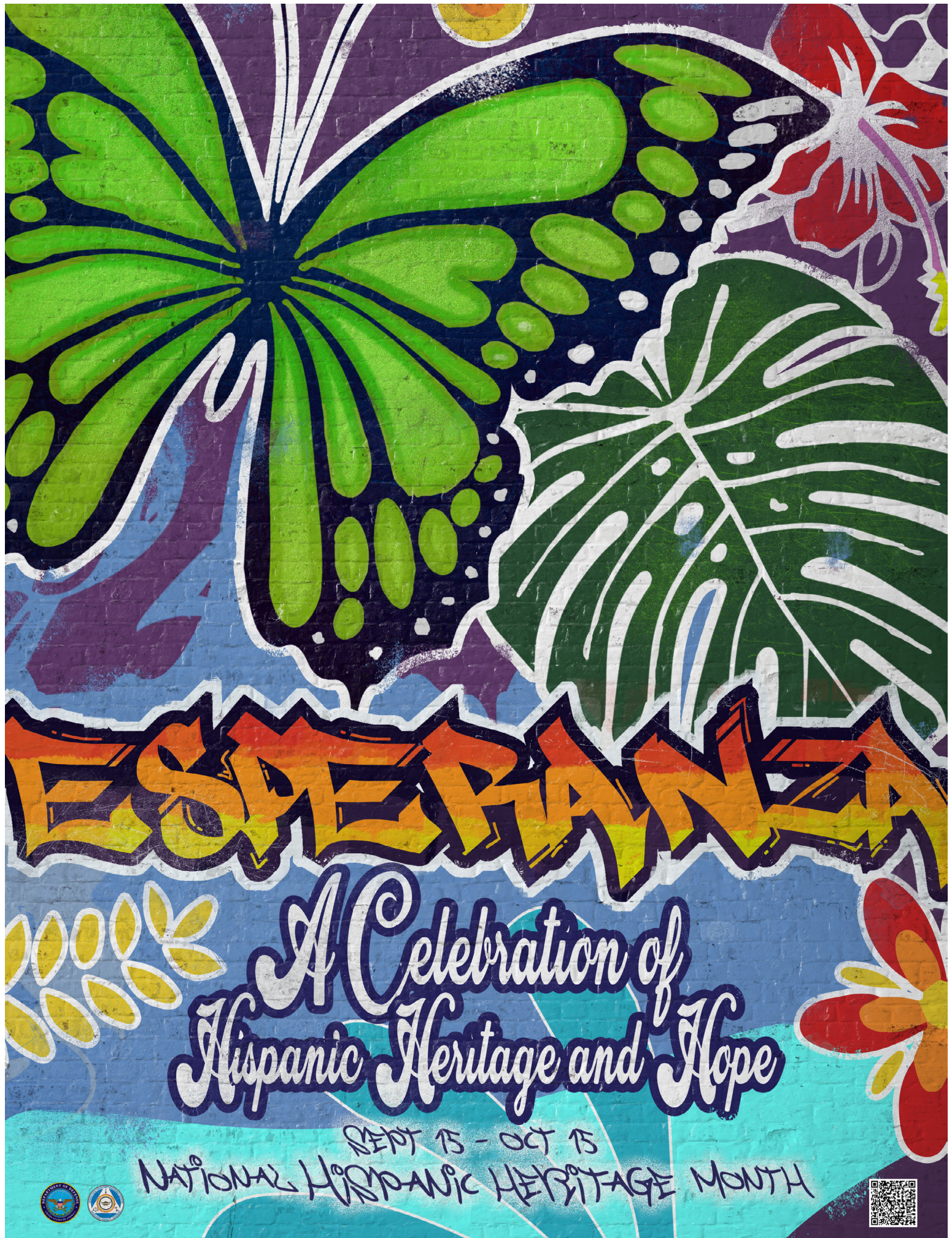
- 200 - NMPS Movie 1
- 201 - NMPS Movie 2
- 202 - NMPS Movie 3
- 203 - NMPS Movie 4
- 204 - Information 1
- 205 - Information 2
- 206 - Training DVD

Pier Cable TV

- 400 - AMC
- 401 - USA
- 402 - MTV
- 403 - FOOD
- 404 - TRAVEL
- 405 - TNT
- 406 - HISTORY
- 407 - FOX NEWS
- 408 - CNN
- 409 - ESPN
- 410 - ESPN2
- 411 - FS1

Local Over the Air TV

- 600 - AMC
- 601 - USA
- 602 - MTV
- 603 - FOOD
- 604 - TRAVEL
- 605 - TNT
- 606 - HISTORY
- 607 - FOX NEWS
- 608 - CNN
- 609 - ESPN
- 610 - ESPN2
- 611 - Quest
- 612 - whroWorld
- 613 - Antenna TV
- 614 - Grit
- 615 - COZI
- 616 - H&l
- 617 - Laff
- 618 - Mystery
- 619 - Stadium
- 620 - Comet



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