

Naval Nuclear Power Training Command

# the primary loop

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**Sailing Club**

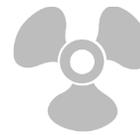
*Pages 4 - 5*

**Nuclear Power  
School Class  
2103 Graduates**

*Pages 6 - 7*



# SAILORS IN THE SPOTLIGHT



**EMN3**  
**Zackary Cummings**

**Hometown:**

Allen, Texas.

**Why he joined:** To join my brother and prove that EMs, too, can't dance.

**Favorite part of the Navy:**

Good company to work alongside.

**What are you looking forward to most in the fleet?** Seeing the world, sea and people in between.

**Hobbies:**

Reading and watching movies.

**Hometown:**

Las Vegas.

**Why he joined:**

To provide for my family back home, Covid-19 hit our town hard, but being able to develop a career and to serve my country is why I enlisted.

**Favorite part of the Navy:**

Being given the chance to learn useful technical skills and to meet and serve with outstanding people from around the U.S. and world.

**What are you looking forward to most in the fleet?**

Visiting ports around the world.

**Hobbies:**

Skiing, guitar playing and geocaching, as well as sailing.



**EMN3**  
**Josiah DavisBrown**

**Hometown:** Alvin, Texas.

**Why he joined:**

I didn't have money for college and didn't want to waste my life at home.

**Favorite part of the Navy:**

The brotherhood.

**What are you looking forward to most in the fleet?** Deploying and seeing other countries.

**Hobbies:** Working on cars and going to the gym.



**MMN3**  
**Nicholas Wilson**

# CMC's Corner



An important attribute of a successful person is having a solid routine that consists of positive habits. Ensuring each day that we have taken care of some of our simpler tasks will lead us to completing the more difficult ones and ultimately guide us to a more productive and healthier life.

During his commencement remarks to the University of Texas at Austin Class of 2014 graduates, retired Adm. William McRaven, former head of U.S. Special Operations Command, eloquently laid out the groundwork for where to begin:

“If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another,” McRaven said. “By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter.”

On average it takes two-to-three months to make something a habit. One of the best ways to get that far is keeping track of it: add it to your “to-do” list; ask a shipmate to check in on you (or participate with you); analyze its effects on your life.

The routines developed at NNPTC will carry-over into life in the fleet. Ensuring time is made for things such as studying/learning, PT, and even eating right are life essentials that will benefit you well after graduation. Do not forget to make time for hobbies and things you enjoy, but be sure to be disciplined enough to put those things away when it is time.

Having a routine full of good habits does wonders for our minds, bodies and souls, and in turn, as Adm. McRaven concluded, will help us “change the world.”

# NNPTC's Sailing Club Sets Sail

Story by MC1 William Phillips  
Photos courtesy of Lt. Zachary Vickerson



At Naval Nuclear Power Training Command (NNPTC) there are various clubs staff and students can participate in such as the First Class Petty Officer Association, Recreational Committee, or Junior Enlisted Association. One club, however, is taking participants on a new point of sail.

The Sailing Club is getting students and staff more involved in the more traditional aspects of being a Sailor.

“We try to push a lot of the terminology that we use that the students should be familiar with such as port and starboard, forward and aft,” said Chief Electrician’s Mate (Nuclear) Scott Kirby. “We want the students to get a feel for what it was like at the inception of the Navy, before it was steam driven. It is good training to get back to the Navy’s roots and show them what Sailors had to go through.”

The Sailing Club trains NNPTC students and staff members in all facets of sailing.

“We want people that have literally no experience to come out and learn a new skill,” Kirby said. “The training event consists of getting the students out on Lake Moultrie in one and two man dinghies, and [teaching them] from bare bones. We teach sailing methodology, such as crossing through the wind when you are going into the wind and when the wind is at your back. We teach them how to rig the ships, cast them off, what to do when you capsized and how to recover so they can continue sailing.”

Although the Sailing Club was unable to do much last year, Kirby says that they still have plenty of time to sail during the remainder of 2021.



“I took over March of 2020, but because of COVID-19 we weren’t able to do anything during 2020,” Kirby said. “Our first training event was the July 17th weekend. We’ve only been active for about a month and a half now, but I’ve checked the Department of Natural Resources water temperature guide for Lake Moultrie, and we should be able to realistically do events all the way until the end of October before the water gets too cold to safely sail.”

Kirby said the Sailing Club keeps the costs as low as possible to encourage participation.

“The Sailing Club costs \$30 per event,” Kirby said. “It covers your ability to come onto Short Stay, the cost of the powered boat that we use for safety and in case the wind dies off and we are all stuck on the water with no power, we are able to haul people in. It covers lunch - I typically smoke two pork butts - and all the water and Gatorade that we drink out on the lake.”

After the initial one day training event, the new sailors become qualified to sail on Lake Moultrie without an instructor.

“When they are done we issue them a blue card and it allows them to take the dinghies out by themselves,” Kirby said. “All they have to do is come let me know that they are doing it for the weekend that way I can make sure we don’t have a training event happening and they are more than welcome to take them out and sail them around.”

Kirby said they use a group chat for coordinating transportation and carpooling to ensure every participant has a way to get there.

The Sailing Club’s goal is to hold an event at least every other weekend, or twice a month. Kirby said if there is greater interest in the club more events could be added to the calendar.

Sailors interested in joining the Sailing Club can contact Kirby at kirbysg@npp.gov.



# CLASS 2103 GRADUATES NUCLEAR POWER SCHOOL



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





# Petty Officer 3rd Class Madeline Hanlin Hard Charger Award Nuclear Power School Class 2103

By MC3 Keyly Santizo

Machinist's Mate (Nuclear) 3rd Class Madeline Hanlin, a former student at Naval Nuclear Power Training Command (NNPTC), received the Hard Charger Award during a Nuclear Power School (NPS) graduation Aug. 13, 2021.

Hanlin, from Clio, Missouri, reported to Recruit Training Command (RTC) in Great Lakes, Illinois on May 26, 2020, and to NNPTC in Goose Creek, South Carolina, Aug. 12, 2020. Hanlin then began "A" school and graduated with class 2048-A on Nov. 24, 2020. After "A" school she started NPS March 4, 2020.

"I joined the Navy for a few reasons," Hanlin said. "Primarily because I needed a way to pay for college. I was nearing my senior year of college at Western Michigan University and couldn't justify taking out anymore student loans, so it felt like a good time to join. At first, I had no intentions of being a nuke, but because I qualified for it, it seemed like a good fit. I also had been working out for about a year prior to joining to get into better shape and lost about 100 lbs. and felt up to the challenge of committing myself to an organization bigger than myself."

Hanlin volunteered to be stationed on submarines or "sub-voled" in bootcamp, and said she would be happy to go on any of the boats in the fleet that will take her. Hanlin said being a female sub-vol is extremely competitive due to the limitations of integrated boats, so any submarine is a good submarine in her eyes.

Hanlin said she was in shock and extremely emotional to have heard her name be called for the award.

"Power school was a struggle for me in many facets," Hanlin said. "I performed well in "A" school, but power school was an entirely different beast when it came to the amount of time I was dedicating to studying and working with instructors to understand the material. After all of the hard work and countless early mornings/late nights in the Rickover, I felt a sense of relief that the hard work was truly worth it. To have my efforts acknowledged in this way is extremely gratifying."

Hanlin said she is eager to continue making great friends throughout the rest of her time in the fleet. Hanlin said the people you work with truly become like family in this line of work, and she has made some of the best friends of her life in the last year at NNPTC.

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

"I have been excited to start prototype since the beginning of power school," Hanlin said. "I struggled with

a lot of the conceptual knowledge that we have to learn in power school because I'm more of a hands-on learner, so I think the different curriculum that prototype has to offer will suit me well."

Hanlin said she was thankful for the various people who helped her throughout her time at NNPTC.

"MMNC Mustakis, MMNC Fimbres, and MMN1 Wiggins were a few people who I had the pleasure of meeting when I first reported to NNPTC who have all been great mentors to me and have kept me motivated throughout my time in the pipeline," Hanlin said. "I'd also like to thank Mr. MacDonald, Mr. Laino, MMNC Poland, and EMN1 Jones for being exceptional instructors during power school. I was the student who always needed extra instruction on lessons and had countless questions, and they were always more than happy to sacrifice their time to help me out. I wouldn't have made it to graduation without all of the help from these amazing mentors."



CULTURAL  
AWARENESS

# OBSERVANCE



## WOMEN'S EQUALITY DAY



### FACTS

Women's Equality Day celebrates the passage of the 19th Amendment to the Constitution which guarantees all American women the right to vote. The Amendment changed Federal law and the face of the American electorate forever.

It is important to note that the drive to win the vote was a broad and diverse effort. There was a strong suffrage movement in many Black communities, but Black women, particularly in the South, were barred from voting for decades after 1920. It wasn't until passage of the Voting Rights Act in 1965, that their rights were finally upheld.

Additionally, the voting rights of Native American women were not recognized until 1924. For Chinese American women, it was 1943, and for Japanese and other Asian American women it was 1952. And for Hawaiian women, it wasn't until 1959 when Hawaii became a state.

Women's Equality Day gives us an opportunity to reflect on the many benefits of true equality and the role of women in our public life.

Women in public service and government have long served this nation by working to clear barriers, enforce laws, implement new ideas, and change people's attitudes.

It is a day that calls us to action — to renew our commitment to the principles of equity and equal opportunity that define who we are as Americans.

Today we are reminded we all have the opportunity—and the responsibility—to create a society that gives both men and women equal voice. A century after ratification, it is clear that though the Nineteenth Amendment did not perfect American democracy, it advanced gender equality in important ways.





**PHOTOS AROUND NNPTC**





# 7 STEPS TO HEALTHIER



# A

# R HEART

August is preventative health month. You don't have to make big changes to reduce your heart attack and stroke risk. Here are seven healthy habits that could save your life.



**Live smoke-free.**  
If you smoke, quit.



**Monitor your blood pressure.**  
Keep your numbers below 120/80 mm Hg.



**Maintain a healthy weight.**  
Target a body mass index (BMI) of less than 25.



**Watch your cholesterol.**  
Strive for a total cholesterol less than 200 mg/dL.



**Control your blood sugar.**  
Aim for a fasting blood glucose less than 100 mg/dL.



**Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).



**Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

## MESSAGE FROM THE 78TH SECRETARY OF THE NAVY

Released by the Honorable Carlos Del Toro, Secretary of the Navy

To our Sailors, Marines, civilian employees, and their families and loved ones:

Today, together, we again embrace the most sacred duty defending our nation and working to build a world more defined by peace than conflict.

I join you as someone who loves the Navy who spent 26 years in uniform and another 17 striving to make sure you had the capabilities you needed to fulfill your mission effectively and safely. Serving you as your 78th

Secretary of the Navy is a high honor. It also carries grave responsibilities to which I will dedicate all my skill and devotion.

You should also know I have a bias for action. Our Navy and our nation face critical challenges on multiple fronts. Like Secretary Austin, I view our most pressing challenges as the four Cs - China, Culture, Climate, and Covid, and we need the resources and capabilities to address each now.

China is determined to reduce our military superiority. We will not let this happen. We will deter China's aggression, protect our national security, and preserve the peace. Our determination, our skill, and our courage will demonstrate our strength and conviction.

Culture comes down to one goal. Every Sailor and Marine of all races, genders, religions, and ethnicities must treat one another with dignity and respect. This is not just about doing the right thing. It is about ensuring our Navy and Marine Corps will be the most talented, most combat ready, most committed force possible.

Climate change exacerbates every challenge we face, from naval installations to frequent deployments. It is also a global struggle for resources that demands ingenuity and innovation. It demands solutions that mitigate climate damage while ensuring our operational success and competitive edge.

Lastly, we must combat Covid. This means we must continue to vaccinate our naval forces with expedience. If we are not vaccinated, we are neither deployable nor combat ready. Immediately, the Navy and Marine Corps will make every effort to vaccinate and care for our force and defeat the scourge Covid has inflicted on our troops.

Both our nation's security and your success as Sailors and Marines require your enthusiastic, unwavering commitment. We will succeed or fail together. Accordingly, with a leadership ethos forged as a Destroyer Captain, I will strive to be direct and transparent with you about what we need to accomplish together. Please know your safety and welfare will always be paramount to me, and I will work tirelessly with you to meet the challenges that lie ahead. To do this, we must possess the resources needed to expand our capabilities. I will make that my top priority. I am committed to ensuring you have the tools and training you need to succeed. Just as I am committed to confronting our maintenance backlog, managing our operational requirements, and building our Navy of the future.

When I began my Navy

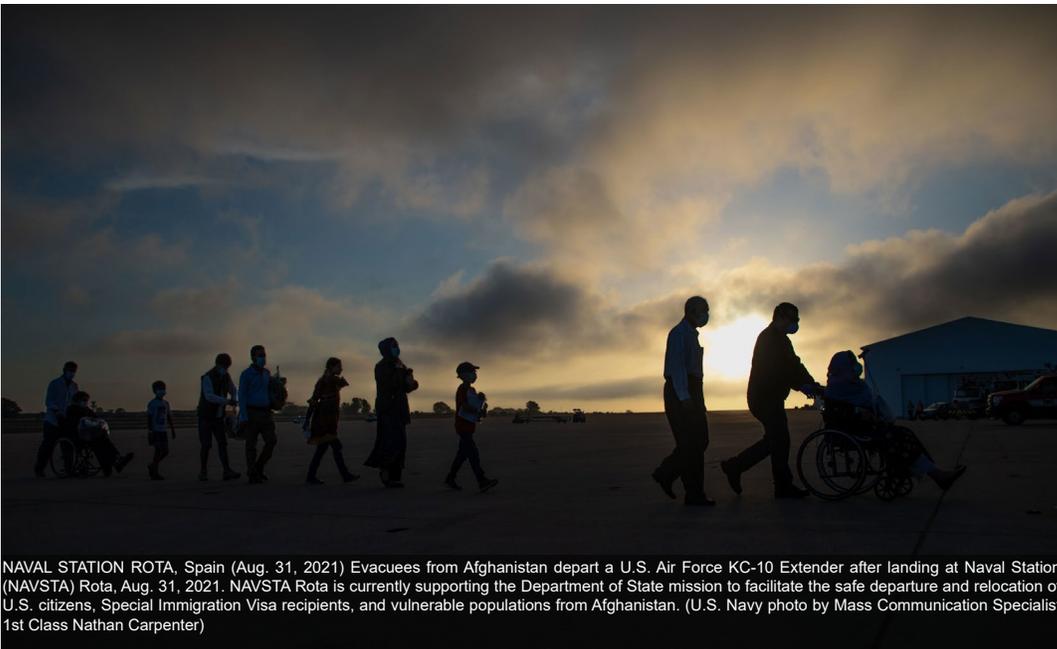


career over 40 years ago, as a midshipman at the U.S. Naval Academy, I looked up to then Secretary of the Navy Edward Hidalgo. Like me, he was an immigrant to this nation and, like me, his experience taught him why the world needs a strong U.S. Navy. Most of all, I understood that while I served our nation, he also served me. The same is true today. I am your Secretary of the Navy focused on your and our collective promise to our Constitution and nation. We will succeed together. It has never been more important that we do.

Finally, a personal note. My wife Betty and I well understand the sacrifices your loved ones make and how crucial they are to our success. We are both honored to be back once again working shoulder-to-shoulder with you. We look forward to getting out to the fleet and meeting you all soon.



PORT OF JEREMIE, Haiti (Aug. 31, 2021) U.S. Marines and Sailors with Joint Task Force-Haiti (JTF-Haiti) and volunteers help offload boxes for redistribution in Port of Jeremie, Haiti, Aug. 31, 2021. The Marines and sailors aboard the USS Arlington (LPD 24) have been working in support of JTF-Haiti for a humanitarian assistance and disaster relief mission. (U.S. Marine Corps photo by Lance Cpl. Jacqueline C. Arre)



NAVAL STATION ROTA, Spain (Aug. 31, 2021) Evacuees from Afghanistan depart a U.S. Air Force KC-10 Extender after landing at Naval Station (NAVSTA) Rota, Aug. 31, 2021. NAVSTA Rota is currently supporting the Department of State mission to facilitate the safe departure and relocation of U.S. citizens, Special Immigration Visa recipients, and vulnerable populations from Afghanistan. (U.S. Navy photo by Mass Communication Specialist 1st Class Nathan Carpenter)

**Answer  
Key**

**July Solution**

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

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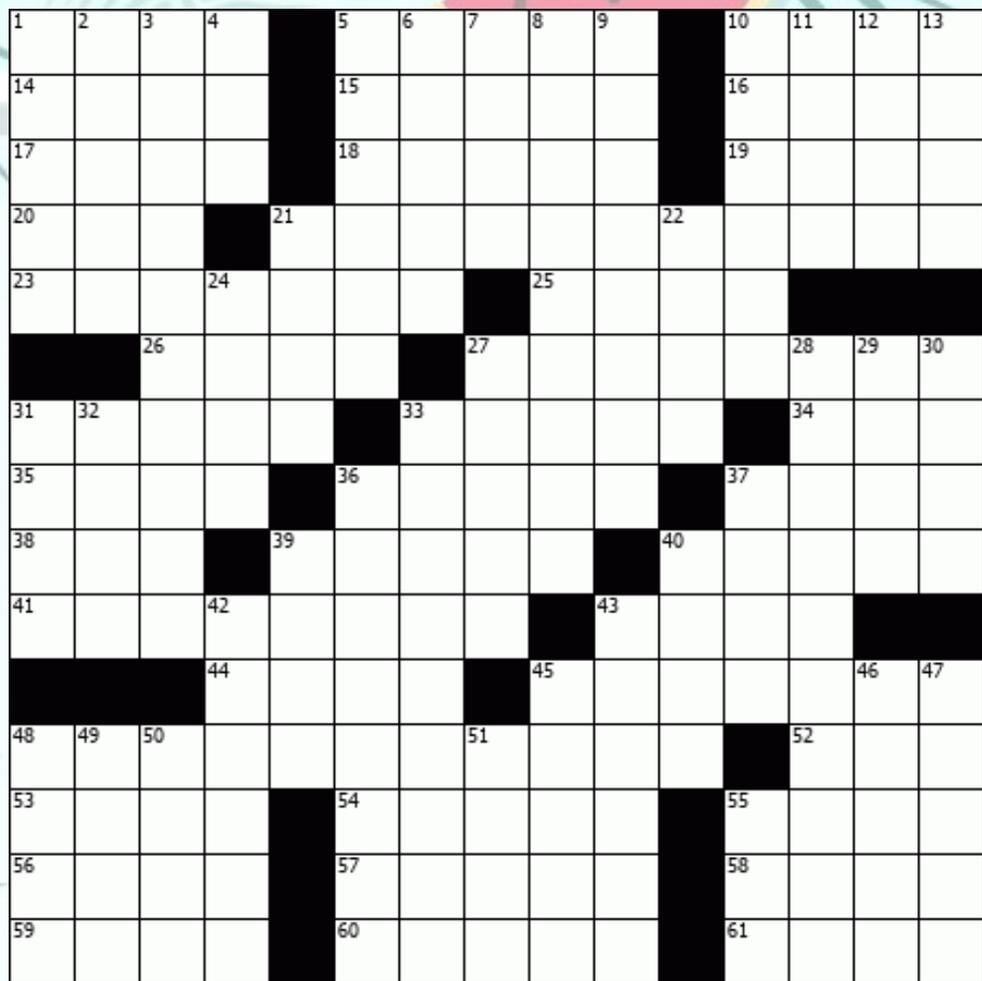
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*Cover photo: NNPTC's Sailing Club practices sailing techniques on Lake Moultrie. (Photo courtesy of Lt. Zachary Vickerson)*

**Across**

1. "Amores" poet
5. "\_\_\_ of robins in her hair"
10. Bring on board
14. French flick
15. TV title on a license plate
16. Cheese from Holland
17. Word with ghost or Our
18. "We \_\_\_ please!"
19. First name in jeans
20. King preceder
21. Bill that's delivered orally?
23. Wyoming city
25. Surrealist painter Magritte
26. Advanced bus. degrees
27. They end a century
31. White House designer James
33. Religious factions
34. South Vietnam's \_\_\_ Dinh Diem
35. What little things mean
36. Hindu deities
37. Partly open, as a door
38. Sprinted
39. Chairman's mallet
40. Plum puckered out?
41. Bachelor's supper, maybe
43. Person bringing a case
44. Put on pounds
45. Tyler Moore's co-star
48. Write a policy on a certainty?
52. Margery of nursery rhymedom
53. Soft drink selection
54. Buy alternative
55. Guitar forerunner
56. One of "The Waltons" girls
57. Pre-Easter periods
58. Mix the batter
59. Arp's style
60. Conclude by
61. Hair salon stock

**Down**

1. In base eight
2. Cello relative
3. Reclusive star of TV's "Wagon Train"?
4. Lion's place
5. Singer Morisette
6. Wet behind the ears
7. Sailor's saint
8. Exposing human folly to ridicule
9. Worth of some opinions?
10. Protection for a cyclist
11. "What's the big \_\_\_?"
12. Musician Shankar
13. Olympic track champion Zatopek
21. "\_\_\_ Old Cowhand"
22. Some compass pts.
24. Blind as \_\_\_
27. Not even once
28. What a court panel hearing an accident case has?
29. "Magnet and Steel" singer Walter
30. Needing liniment
31. Male red deer
32. Norwegian royal name (Var.)
33. Stalag number in a classic film
36. Steel the writer
37. "Not worth \_\_\_ cent"
39. Growl
40. Low, one-horse box sleigh
42. Lizard in a Tennessee Williams title
43. Most mentally sound
45. "Hasta la \_\_\_!"
46. Couric of "Today"
47. Big-mouthed pitchers
48. Kind of tea
49. Dunn or Ephron
50. Tried to beat the tag
51. Round of applause
55. Tripper's turn-on