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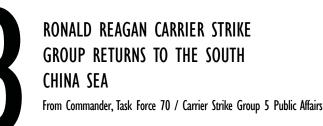
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ON THE COVER: DCFN Alejandro Ochoapastor stabilizes a fire hose while water pressure is checked during a hydrostatic test.



#### USS George Washington (CVN 73)

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**Executive Officer** 



Capt. Brent Gaut

Capt. Michael Nordeen

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Public Affairs Officer Lt. Cmdr. Javan Rasnake

**Departmental LCPO** MCC Christina Shaw

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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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CMDCM Christopher Zeigler

Departmental LPO MCI Stacy Atkinsricks

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#### Surveyor Magazine

Editor-in-Chief Lt. Cmdr. Javan Rasnake

Copy Editors MCC Christina Shaw MCI Stacy Atkinsricks MC2 Robert Stamer MC2 Anthony Hilkowski

Media Team MC2 Elizabeth Cohen MC3 Tatyana Freeman MC3 Aislynn Heywood MC3 Jacob Van Amburg MC3 Dakota Nack MC3 Joshua Cabal MC3 Dyxan Williams MC3 Joseph Negusse MCSN Preston Cash MCSN Jack Lepien MCSN Corbin Hagman MCSN Shanice McNulty



# SAILOR IN THE SPOTLIGHT



## <u>YN2 Namib Baregu</u>

#### **HOMETOWN:** Hamden. Connecticut

WHERE HE WORKS:

XO Admin

HOBBIES: He enjoys basketball, working out, and spending time with family.

WHAT HE ENJOYS ABOUT HIS JOB: YN2 enjoys meeting Sailors and working closely with the Executive Officer.

### WHAT 'SAILOR IN THE SPOTLIGHT' MEANS TO HIM:

"It means a lot to me. I owe it to my junior Sailors who walk out the door with me everyday, and to my leadership for trusting me."

### WHY HE WAS NOMINATED:

He is responsible for supervising 5 Sailors, directly providing quality customer service to 2,555 military personnel in the daily execution of a myriad of administrative functions. His superb leadership resulted in the timely routing of 368 correspondence actions, 3 special requests, 215 evaluations and fitness reports, and 62 awards in support of our crew!

### ESWS **COORDINATORS**

**PSC Mishell Brownlee** LNC Ivan Diaz-Bass

### EAWS **COORDINATORS**

**ACCS Matthew Cuppernoll** AOC James Cooksey

# CONGRATULATIONS TO GEORGE WASHINGTON'S NEWEST **ENLISTED SURFACE WARFARE SPECIALISTS**



## ETN2 Harrison Leonard MMN2 Jake Occhipinti

### EIWS **COORDINATORS**

ITC Brandon Glassco



Cmdr. Steve Yargosz Lt. Brandon Merritt

# **FALLing Temperatures Autumn Fun is Here**

#### Story by MCSN Jack Lepien

Say goodbye to sweating on the walk through the shipyards, sunburns, and mosquito bites, fall has arrived. Morale, Welfare, and Recreation (MWR) is scheduling a plethora of activities to take part in over the coming months, and there are aft mess decks. a lot of natural wonders to explore.

"We've got a ton of great stuff coming up," said Ryan Roberts, the afloat fitness specialist (FITBOSS) aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). "I'm especially excited for the upcoming trips we have planned."

Currently, MWR offers a daily shuttle to the Patrick Henry Mall, giving Sailors that live aboard the ship the opportunity to get out of the shipyards and enjoy their liberty.

"We do the mall shuttle every day, but we're running some big trips pretty soon," said Roberts. "We're going to the Mariner's Museum in October for sure, but we're still looking at dates for Mount Vernon, the USS Wisconsin museum, the NASA Museum, and the Smithsonian in Washington D.C."

Sailors interested in going on these trips can sign up at the MWR ticket booth, located on the

"If you like pumpkins, Fort Story has a pumpkin patch event where they give out free pumpkins," said Roberts. "And if you like carving them, MWR Portsmouth is hosting a virtual pumpkin carving contest right after."

There are also a few fitness events coming up in the next couple months.

"As FITBOSS, [five kilometer runs] are a little more in my wheelhouse," said Roberts. "We've got two coming up. One in October for breast cancer awareness and one in November for the Wounded Warrior charity. If anyone wants help training for a 5k, or really anything, come by and talk to me."

Information, sign-up sheets, and other events





can all be found at the MWR ticket counter. much to do and so few days of great weather to MWR isn't the only way to have fun. Fall is do those things, it's important to really make also the perfect weather for hiking, camping, and each day count." For more information on fun fall activities.

enjoying nature. "There's nothing like fresh air to make you check out the MWR ticket booth on the aft feel like yourself," said Aviation Ordnanceman mess decks and stay tuned to The Washington 2nd Class George Frede, assigned to George Surveyor, available to all Sailors and located on Washington's safety department. "Being on the the mess decks or in Main Media (3-180-0-Q). boat can feel pretty claustrophobic sometimes, and the only cure for that is to get out in the open air."

Frede, who has lived in Hampton Roads for many years, has a few spots he likes to go to for outdoor fun.

"We're lucky to have Shenandoah National Park just a few hours away," said Frede. "I love to hike out there, because the views from those mountain tops and cliff faces are insanely beautiful. It's indescribable how amazing it is. Everyone should go see for themselves."

The fall is a great time to go see the vistas, according to Frede.

"Snow can make some of the trails inaccessible in the Winter, and it's so hot in the summer here that it feels like a chore to hike far," said Frede. "Spring and fall are by far the best times to go."

"I'd like everyone to take advantage of their liberty and go relax," said Roberts. "With so



## Friday, October 15 11:30 a.m. **Fitness Center**

### NavyLifeP.com/Runs



# Nightshift in the Galley

Story and Photos by MC3 Joseph Negusse

As the dinner rush wanes and tables are wiped down seemingly for the last time in preparation for breakfast, a new group of Sailors assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73) prepare to relieve the Sailors who worked the day shift. The galley remains in continuous motion day and night. While food is served during working hours, the food service attendants (FSA) help serve the food and maintain the galley's cleanliness by wiping down tables and removing all the waste produced from the preparation and consumption of meals. Already a challenging task for the culinary specialists and FSAs during the day, the night crew has to fulfill all of the same arduous day tasks and much more.

"We typically have a chop log, a list of items we have to prep for breakfast, lunch, and dinner," said Culinary Specialist Seaman Apprentice Joshua Mena, a food service attendant assigned to George Washington's food service division. "We work almost fourteen, fifteen hours a day, entering at 6 p.m. and then leave at 8 a.m. Before being able to go to sleep you still have to deal with a loud berthing and shipyard workers repairing the deck."

Their deadline consists of hungry Sailors in a line reaching the hangar bay, staring through a glass partition as the clock runs down. To the FSAs and the culinary specialists, it's just another night turning around meals. Tray after tray, serving midnight rations, then going back





preparation of the day crew.

night.



to working on their nightly tasks and cleaning in preparation for the day crew.

"We make breakfast, as well as prepare all of the ingredients that are used to prepare lunch and dinner, while still having to make and serve the food during midnight rations,"

said Culinary Specialist 3rd Ricco Penn, a chef assigned to George Washington's food service division. "Since we work nights, we don't see much of the chain of command, and so it's up to us to get all of the tasks done before the day crew arrives for their hard work."

The night shift has a very challenging schedule to work. When in a fast paced environment the expectation is to get food and go about the day without thinking about what it took to make that meal. It's important to appreciate the hard work and effort that is put into each meal by the FSAs and culinary specialists crews who work tirelessly throughout the day and

"My life consists of catching up on my sleep," said Mena. "It's hard to do anything but sleep. If I don't keep up with my sleep schedule on my days off, it might lead me to be up for two days. It's hard sometimes to work on myself as an individual, as well as a Sailor."

The work and hours are hard on the body and mind. It is a sign of resilience and strength to come to work every day in an environment that can be thankless at times. It's that these Sailors display the epitome of honor, courage, and commitment with their dedication to keeping the crew fed at all hours of the day, said Penn.

# Around The Ship



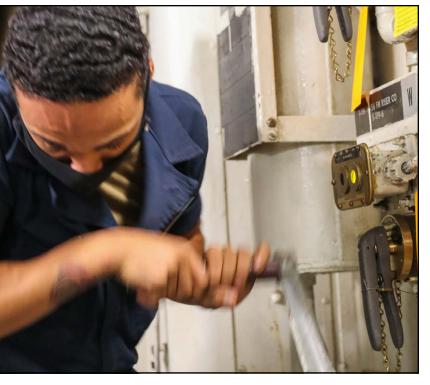
Photos by MCSN Corbin Hagman







WTD









# Women's Symposium

Story and Photos by MC3 Tatyana Freeman

Of the over 1.3 million service members in the United States Armed Forces, less than 25% are women according to the Defense Manpower Data Center. Women have made much progress in the military since the Women's Armed Services Integration Act in 1948, including the first woman to become a commanding officer of a nuclear aircraft carrier, Capt. Amy Bauernschmidt, and the announcement of the first woman to become a Naval Special Warfare combatant-craft crewman. Despite that progress, it's still rare for female service members to have tailored advice, assistance, and information when it comes to their military careers, health, and well-being.

To address that problem, the women in the Chief's Mess and the First Class Petty Officer's Association assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73) hosted a Women's Symposium September 28, 2021 in Newport News, Virginia, for female Sailors onboard George Washington.

"I think the Women's Symposium today really opened up Sailors to see that the Navy is openminded and accepting of females, and they can do great things in the Navy," said Master Chief Aviation Boatswain's Mate Cherry Pizzarelle, air department's leading chief petty officer, and one of two master chiefs in her rate.

Female members of the Chief's Mess and First Class Petty Officer's Association led presentations on a variety of topics that are usually only broadly addressed to the entire crew, and not generally targeted towards the females of the crew.

"We were here today to give back to our Sailors by showing them that there are people that understand their day-to-day walk," said Chief Personnel Specialist Mishell Brownlee, deputy chief of dispersing in supply department, and one of the main coordinators of the event. "We are women and leaders, and we have been in their shoes."

Some of the topics discussed were hygiene and wellness, shipboard living, finances, advancement and career development, military bearing, work/life balance, and professionalism as it pertains to females in the military.

"We let [female Sailors] know they are not alone in what may seem to be a struggle," said Brownlee. "We wanted to bring them together so that we could discuss things like career development, their mental and women's wellness, and grooming standards so we can not only set the standard, but show them what the right standard is. We also allowed the Sailors the opportunity to ask questions that

Left: Capt. Brent Gaut, CO of

the USS George Washington,

speaks to guests at the

Below: MMNC Lisa Martin speaks about grooming

standards at the women's

women's symposium.

symposium.

they may not sometimes get to ask and we gave them feedback."

Several different presentations and speakers throughout the day offered their personal career story, what led them to the Navy, struggles they have faced as women and Sailors, and advice on leadership, life, and overcoming obstacles.

"Answering these questions and seeing their female leaders up here, caring, and to be up here and to listen to all the topics we have...Sailors were walking through the hallways out here and they're saying thank you for doing this," said Pizzarelle. "That

means Chief Brownlee and her crew did something really good."

Capt. Brent Gaut, the commanding officer of the George Washington, and Command Master Chief

Christopher Ziegler, the ship's command master chief, were also in attendance and remarked on the importance of it.

"If I'm going to be a leader who can best serve you as your commanding officer, I have to think about who [struggles women have in the military]," said Gaut. "I have to try to understand where you guys are coming from and the challenges you face throughout your career."

The Women's Symposium was the



Left: MCC Christina Shaw speaks at the women's symposium.

Right: ABEC Amber Balajadia speaks about grooming standards at the women's symposium.

Below: Retired Master Chief Petty Officer Katrina Cain speaks at the women's symposium symposium.





first of its kind in many years for George Washington, and as women become more prevalent in all facets of the military, it confirmed the need for more female-tailored events like this one.

"This is just the beginning," said Brownlee. "I'm looking forward to more evolutions like this one."

# Managing the Flight Deck

### Story by MC3 Dakota Nack

The Nimitz-class aircraft carrier USS George Washington (CVN 73) is one of the ten active Nimitz-class aircraft carriers. Each nuclearpowered aircraft carrier in the fleet manages to maintain this country's status as the greatest power on the world's seas due to all of the various departments and individual rates off an aircraft carrier," said working together. The Aviation Boatswain's Mate (Equipment) is among the rates that work together strongly and the impact department's V2 division. they have on the flight deck is vital for a carrier's success.

Aviation Boatswain's Mate (Equipment) are responsible for a wide array of duties. They operate, maintain, and perform maintenance on the arresting gear and arresting gear engines, hydraulic and steam catapults, and the barricades. Maintaining

the equipment is of the utmost importance because an aircraft needs to be able to take off and have a place to land while out at that would take place at sea. sea.

"The best thing about being an ABE is the experience, because coming out of high school you really don't think that you're going to launch an aircraft turning point of RCOH," said Chief Aviation Boatswain's Mate (Equipment) Amber Balajadia, the maintenance chief for air

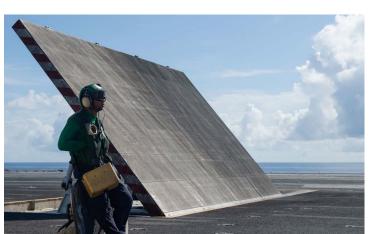
Aircraft carriers will always consist of Aviation Boatswain's Mate (Equipment) personnel because their work mainly takes place on the flight deck. However, due to refueling complex overhaul (RCOH), Aviation Boatswain's Mate (Equipment) Sailors that have been assigned to George

Washington for their first command have not been fully exposed to the daily lifestyle Nevertheless, that does not mean the work being completed for RCOH is not preparing them for the future.

"I believe we are at the Aviation Boatswain's Mate (Equipment) 1st Class Raymond Gonzalez, the maintenance control leading petty officer for air department's V2 division. "We are finally getting our equipment back. Catapults one and two are coming together nicely and catapults three and four are slowly coming along."

For RCOH, there is currently a lot of support from the shipyard workers to help restore equipment to readiness condition, but the





ABE3 Antuan Kelley stands by as a T-45C Goshawk training aircraft prepares for flight. (U.S. Navy photo by MC3 Joshua L. Leonard)



Electrician's Mate and Interior Communications Electrician rates are also helping the Aviation Boatswain's Mates (Equipment) work on the equipment vital for this ship's flight deck.

Every Aviation Boatswain's Mate (Equipment) knows that the morning, but I vividly remember work is fast paced and the hours an aircraft shot off and all of are long. There will be some days where work will go deep into the night. No matter what the weather is, there will always be Sailors on the flight deck in their green jerseys diligently working to launch the aircrafts

off effectively and safely. "My first day as an ABE, I showed up at 1700 thinking I would only work a few hours, but that was not the case at all," said Gonzalez. "We did not stop work until maybe two in the us were completely engulfed in steam and I thought it was amazing. I could not see anything but the stars in the sky and the

steam."

"Being an ABE [Aviation Boatswain's Mate (Equipment)]



requires long hours. For example, when doing flight operations that can go deep into the night," said Balajadia. "But there is nothing better than being an ABE [Aviation Boatswain's Mate (Equipment)]. There are only two rates in the Navy. The ABs and the wannabees."



### **RONALD REAGAN CARRIER STRIKE GROUP RETURNS** TO THE SOUTH CHINA SEA

From Commander, Task Force 70 / Carrier Strike Group 5 Public Affairs



The Ronald Reagan Carrier Strike Group is operating in the South China Sea for the second time during its 2021 deployment, Sept. 24.

The carrier strike group includes the Navy's only forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) the embarked Carrier Air Wing (CVW) 5. and embarked staffs of Task Force 70 and Destroyer Squadron (DESRON) 15, as well as the Ticonderoga-class guided-missile cruiser USS Shiloh (CG 67).

The strike group enters the South China Sea after concluding successful naval operations in U.S. 5th Fleet, upholding maritime security and stability while Carrier Air Wing (CVW) 5 provided airpower to protect U.S. and coalition forces as they conducted drawdown operations from Afghanistan.

"We look forward to leveraging our recent out-of-area experience as we return to the South China Sea and our rapidly growing alliances and partnerships dedicated to the Indo-Pacific," said Rear Adm. Will Pennington, commander, Task Force 70, Carrier Strike Group (CSG) 5. "The deployment of Ronald Reagan carrier strike group to the middle east and rapid seamless return to the Pacific highlight the flexibility and responsiveness of a premier maritime force and the power and reach of global coalitions dedicated to the stability provided by international law and rules

based order."

While in the South China Sea, the strike group will conduct fixed and rotary-wing flight operations, maritime strike exercises, anti-submarine operations, and coordinated tactical training.

"Ronald Reagan and all components of its strike group have operated with relentless energy and commitment throughout the deployment, showcasing the strength and resilience of America," said Capt. Fred Goldhammer, Ronald Reagan's commanding officer. "As we

continue our mission in the South China Sea, we remain vigilant and ready to answer the call."

The strike group will work with its network of partners and alliances to ensure maritime security and a free flow of commerce in the Indo-Pacific.

The Ronald Reagan Carrier Strike Group is forward-deployed to the U.S. 7th Fleet area of operations in support of a free and open Indo-Pacific region. U.S.

7th Fleet conducts forward-deployed naval operations in support of U.S. national interests in the Indo-Pacific area of operations. As the U.S. Navy's largest forward-deployed fleet, 7th Fleet interacts with 35 other maritime nations to build partnerships that foster maritime security, promote stability, and prevent conflict.



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202 1700: Donnie Brasco 1930: The Birdcage 203 1700: Salt 1930: Meet the Fockers	202 1700: The 40 Year Old Virgin 1930: Erin Brockovich 203 1700: Night at the Museum 1930: Ava	202 1700: The Hunger Games 1930: The War with Grandpa 203 1700: Divergent 1930: Ali	202 1700: Top Gun 1930: Battleship 203 1700: Midway 1930: Crimson Tide	202 1700: Tin Cup 1930: Honest Thief 203 1700: Major Payne 1930: Arthur	202 1700: Green Lantern 1930: American Sniper 203 1700: Twilight 1930: Wizard of Oz	202 1700: Mamma Mia 1930: Columbiana 203 1700: Kung Fu Panda 1930: Iron Man 3



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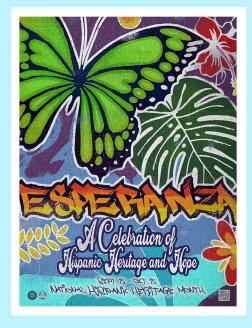
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- 601 USA
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- 609 ESPN
- 610 ESPN2

#### CULTURAL AWARENESS









Every year the Department of Defense (DoD) joins the Nation in celebrating and honoring the cultures and contributions of Hispanic and Latino Americans. This year's theme is: *"Esperanza: A Celebration of Hispanic Heritage and Hope."* 

On September 17, 1968, Congress passed Public Law 90-48, officially authorizing and requesting the president to issue annual proclamations declaring September 15 and 16 to mark the beginning of National Hispanic Heritage Week. President Lyndon B. Johnson issued the first Hispanic Heritage Week presidential proclamation.

On September 14, 1989, President George H.W. Bush became the first president to declare the 31-day period from September 15 to October 15 as National Hispanic Heritage Month.

"Not all of the contributions made by Hispanic Americans to our society are so visible or so widely celebrated, however. Hispanic Americans have enriched our nation beyond measure with the quiet strength of closely knit families and proud communities," Bush said.

September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively.

The term Hispanic refers to people of any race who trace their ethnic roots to a country where Spanish is the main language, including Spain.

Latino refers to people of any race who trace their roots back to countries from the Caribbean, Mexico, and throughout Central and South America.

Today, thousands of Hispanic-American Service members throughout the world are protecting our nation.

Just as in generations past, we honor our Hispanic community—military and civilian—for their significant contributions to (or toward) protecting the United States and embodying the DoD values that unite us all as one team.