

Naval Nuclear Power Training Command

the primary loop

November 2021

Volume 3, Issue 2

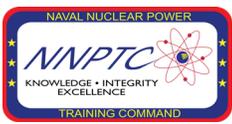


**NNPTC Chief
Pinning**

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SAILORS IN THE SPOTLIGHT



ETN3
Nickolas Ramirez

Hometown:

Riverside, California

Why he joined: I joined the Navy to serve my country.

Favorite part of the Navy:

The people and experiences they help create.

What do you look forward to the most in the fleet? Traveling and the experiences at sea.

Hobbies: Being outdoors, building things, target shooting and traveling.

Hometown:

Onalaska, Washington

Why she joined:

I joined for the heritage and college.

Favorite part of the Navy:

Diversity.

What do you look forward to the most in the fleet? Helping with SAPR and other inclusive programs



SN
Rubilynn Saranchuk

Hobbies:

Roller Hockey.

Hometown:

La Crosse, Wisconsin

Why he joined:

My family has been in the Navy.

Favorite part of the Navy:

The opportunities and friendships.

What do you look forward to the most in the fleet?

Getting to see the world.

Hobbies:

Disc Golf.



FN
Tommaso Berns

The Backbone of our Nation's Deterrence



“A good Navy is not a provocation to war. It is the surest guaranty of peace.”
– President Theodore Roosevelt.

Deterrence is one of the Navy's six core capabilities. Deterrence is “the action of discouraging an action or event through instilling doubt or fear of the consequences.” The strength of our Navy lies in its ability to project force throughout the world by instilling doubt and fear without the need for offensive aggression. Rogue governments and non-state actors are discouraged from aggressive actions for fear of us coming to the defense of ourselves and our allies.

More importantly, our nuclear trained Sailors play a pivotal role in deterring the use of nuclear weapons.

“The backbone of the Nation's survivable nuclear deterrent continues to be provided by ballistic missile submarines. They are designed specifically for stealth and the precision delivery of nuclear warheads,” according to Naval Doctrine Publication 1 “Naval Warfare”.

Our strategic deterrence dissuades adversaries from launching a nuclear attack because they understand our SSBNs could be anywhere at any time and ready to retaliate with a second-strike capability.

Our Navy is relied upon by much of the world. Because of this, everything we do matters. From how we study and train, to how we conduct ourselves on and off duty, we are deterring our adversaries and providing reassurance to our allies that we are always ready.

The nuclear operators allow this to occur.



NNPTC Chief Selects Set Sail Aboard U.S.S. Constitution

By MC1 William Phillips
Photos provided by U.S.S. Constitution Public Affairs

Two chief selects from Naval Nuclear Power Training Command were selected to immerse themselves in the naval tradition of spending a week aboard the oldest commissioned warship in the world.

Chief Machinist Mate (Nuclear) Thomas Bolin, a native of Stamford, Texas and Chief Electrician's Mate Scott Jones, from Longview, Washington, were selected to spend a week walking the deckplates of USS Constitution during what is commonly referred to as "Chief Season."

"I was astounded that I could participate in such an amazing tradition," Bolin said. "The Constitution is something I have always wanted to be able to visit. I always knew that it was about as likely as getting struck by lightning to be able to attend and did not think that there was a possibility of being selected."

Bolin said it was an honor that he was

fortunate enough to be in the right place at the right time for this opportunity.

"The most rewarding part of this whole trip was walking away from the oldest commissioned ship afloat in the world with extra knowledge of the battles that she had undergone with an undefeated title, a little bit of our heritage, and a piece of the ship to keep as my own," Bolin said. "All of this comes with a deeper sense of pride of the Navy that I serve in, and those that have gone before me and in many cases given the ultimate sacrifice."

Bolin also said that the best part of the trip for him was getting the Constitution underway.

"The single greatest moment of the trip was when I was laying across the yardarms of this warship over 100 feet in the air above the waters of Charlestown, with bruises on my chest from manually pulling up her sails after getting her underway and returning after a successful voyage



across Boston Harbor,” Bolin said.

Although the trip was rewarding, it did not come without its challenges.

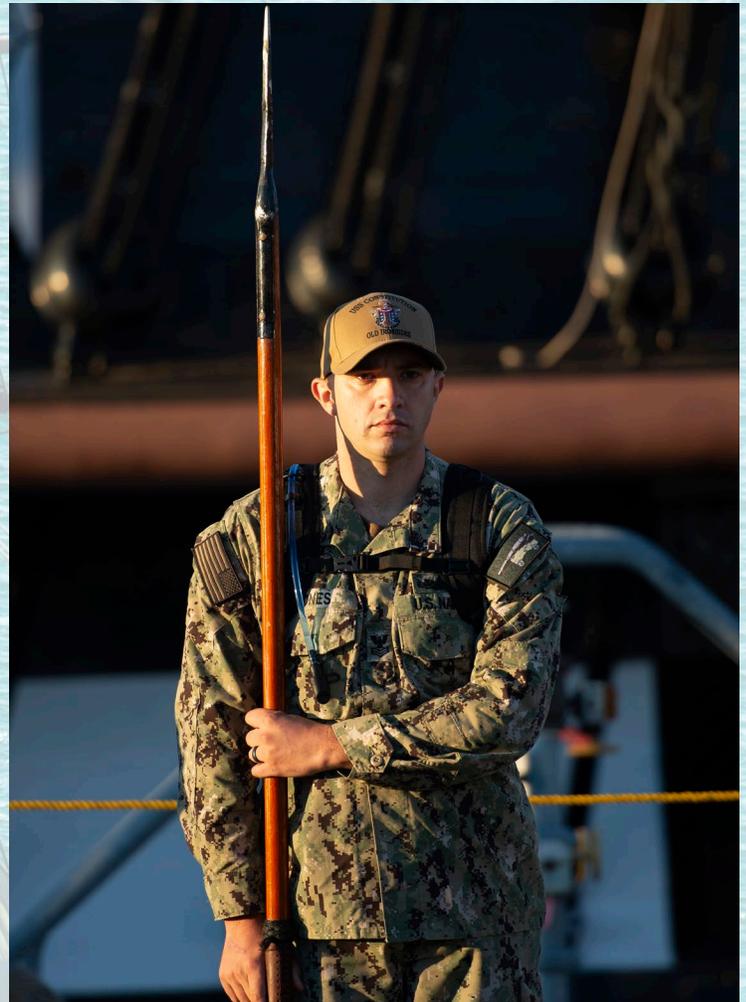
“Initially the biggest challenge was when you get there and you get put into a group of people that you’ve never met and within minutes they expect you to function as a team,” Jones said.

Jones added that “an additional challenge was being gone from NNPTC for a week and missing out on training with his fellow NNPTC chief selects.

During the week, the chief selects were able to sit down with past chiefs including a former and the current Master Chief Petty Officer of the Navy.

“I was able to eat dinner with and talk to the ninth MCPON Jim Herdt,” Jones said. “My group ate with him one night and was able to pick his brain and take in knowledge from him for two hours. It was extremely helpful to be able to have a person-to-person conversation with a MCPON.”

For more than 20 years, Sailors selected for advancement to chief petty officer have traveled to USS Constitution in Boston, Mass. to spend a week living aboard Old Ironsides, immersed in naval heritage.



NNPTC Chief Selects Set Sail Aboard U.S.S. Constitution





Chaps' Corner

What Does it Mean to be Disciplined?

By Lt. Pete Canales

This is probably going to be a different view on a somewhat familiar concept known as discipline. Hopefully this will give a different perspective on discipline and help you improve as individuals, as teams, and as a Navy.

Some people join the military to learn discipline. Maybe a family member suggested it because they believe they need better discipline. Of course, everyone thinks: where better to get discipline than in the military? I think my sister may be one of those who thought I needed to go to the military to get discipline. Remember that perception is reality, so this was her perception.

Growing up, she would likely say that I liked to sleep in, my room was somewhat messy to her standards, I watched “too much” TV, and played video games all day long (probably not too much different than many Sailors reading this article). My sister was not that far off, I did those things; however, things changed a little during high school. I joined NJROTC and began becoming more “disciplined.” In reality, NJROTC disciplined me to become a better version of myself by offering an environment with training. However, it was not until recently until I truly realized what “disciplined” meant to me.

Discipline is defined as the practice of training people to obey rules or a code of behavior, using punishment to correct disobedience. Notice that “obey” is a key component to discipline. Obedience, therefore, is compliance with an order, request, or law; or submission to another’s authority. I think my sister’s problem with me was that I did not choose to be obedient to her, she was not my mom. Likewise, I chose to be obedient to the NJROTC senior cadets and Naval Science instructors.

It was easy for me growing up to be obedient to my parents. I guess at a basic level it was a choice, but my parents made it an easy choice. My dad helped me understand authority in a loving way. My dad knew discipline and how to discipline, which was probably laid by his dad and further instilled during his time in the Army. He trained me as I grew into an adult. NJROTC and joining the military offered further opportunity to choose to be obedient. By being obedient, I gained the proper skills and habits to be successful in the military and life.

My sister was amazed that I was my unit’s only honor graduate in boot camp. Even though I did not do well academically in high school, I was also the honor graduate during the second portion of my advanced technical training. I credit a lot of my success to my dad, NJROTC, and the military, but I had to choose to be obedient. As a bonus, I was able to prove my sister wrong about me.

Another term used in the context of discipline is self-discipline, as in “I need to be more self-disciplined to be more successful.” If this is your train of thought, I challenge you first to choose to be more obedient. Self-discipline is defined as the ability to control one’s feelings and overcome one’s weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it. Self-discipline therefore requires one to understand their own feelings and weaknesses, but that will have to be a subject for another article.

So, if you have the “self-discipline” to make it to this part of the article then please bear with me a little longer as I wrap up. I gained additional insight as I prepared this article. First, I have been in the military more than half of my life! The reason I bring this up is I have had over 24 years of choosing to be obedient. Does this mean I am perfect? Of course not. However, I do believe that obedience was the key to my success in life.

Second is that the concept of being disciplined starts with the submission to another’s authority and obeying their orders. Submission and obedience can be hard for most people, especially if they feel they have already sacrificed so much, e.g. joining the military. A prophet once told a king, who thought he was being obedient by offering sacrifices to God, “Obedience is better than sacrifice, and submission is better than offerings.” Obedience was the key to that kingdom’s success.

If you want to be self-disciplined and improve in life as an individual, as teams and as a Navy, then I encourage you to reflect on this article and consider choosing to become more obedient and submissive. You may find that this may also increase the joy in your life; and we can always use a little more joy in our lives.

NNPTC Pins Newest Chief Petty Officers

Photos by MC1 William Phillips





Congratulations NNPTC's Newest Chief Petty Officers





PHOTOS AROUND NNPTC





NNPTC Supports

Photos by ET1 Thomas Langley, ETN1 Brendan O. Morris, MC1 Darren M. Moore, MC1 William Phillips, YN2 David Owens



Day of Caring



USS Nimitz Crew Receives USS Arizona Relic

From MC2 Sarah Cristoph, USS Nimitz

BREMERTON, Wash. – The crew of aircraft carrier USS Nimitz (CVN 68) received a relic from USS Arizona (BB-39), Nov. 23, in remembrance and commemoration of the 80th anniversary of the attack on Pearl Harbor.

The relic was cut from a section of Arizona’s superstructure and is part of the USS Arizona Superstructure Relic Program. The goal of the program is to establish and deepen connections between the Sailors of today to those of our past through education and presence while safeguarding the remaining relic materials of Arizona. The relic was presented to the crew by Rear Adm. Christopher Sweeney, commander, Carrier Strike Group (CSG) 11.

“I feel very proud and honored to have the opportunity to present this relic to the crew of Nimitz,” said Sweeney. “When I come across a relic like this, I feel it resets me and it reminds me of what is important each and every day. I think it is incredibly



BREMERTON, Wash. (Nov. 23, 2021) Relic from the USS Arizona (BB-39) presented to the crew of the aircraft carrier USS Nimitz (CVN 68) in remembrance and commemoration of the 80th anniversary of the attack on Pearl Harbor. The relic originates from a section of the superstructure of the Arizona that was removed from the ship when the Arizona Memorial was constructed. Naval History and Heritage Command authorized the removal of sections of the relics for display and legacy enhancing purposes in 1994. (U.S. Navy photo by Mass Communication Specialist Seaman Hannah Kantner)

important to take this historical piece to the deck plates as a reminder of the courage and the commitment the Arizona crew members had on that

members were lost due to the attack. Arizona was one of 19 U.S. Navy ships damaged or destroyed during the attack.

day, December 7, 1941. The relic’s presence serves as a reminder to Nimitz Sailors to always be prepared to fight and to win.”

On the morning of Dec. 7, 1941, while in port at Pearl Harbor, Arizona was hit by Japanese torpedo bombers causing a violent explosion within its magazine. The explosion effectively sank and irreparably damaged the ship. 1,117 of Arizona’s 1,512 crew

The attack on Pearl Harbor led to the formal entry of the United States into World War II. Adm. Chester W. Nimitz, the namesake of USS Nimitz, was selected to be the commander in chief of the United States Pacific Fleet ten days after the attack. Nimitz played a major role in the U.S. Navy’s success during the war.

“It’s an honor to receive a piece of history like this and an even greater honor knowing its connection to our ship’s namesake,” said Capt. Craig C. Sicola, commanding officer of Nimitz. “It’s my hope that every Nimitz Sailor takes this opportunity to reflect on the heritage of this warship and helps to carry on the legacy of the Sailors who have gone before them.”



BREMERTON, Wash. (Nov. 23, 2021) Rear Adm. Christopher Sweeney, commander, Carrier Strike Group 11 presents a relic from the USS Arizona to the crew of the aircraft carrier USS Nimitz (CVN 68) in remembrance and commemoration of the 80th anniversary of the attack on Pearl Harbor. The relic originates from a section of the superstructure of the Arizona that was removed from the ship when the Arizona Memorial was constructed. Naval History and Heritage Command authorized the removal of sections of the relics for display and legacy enhancing purposes in 1994. (U.S. Navy photo by Photo by Mass Communication Specialist 3rd Class Justin McTaggart)



PACIFIC OCEAN (Nov. 13, 2021) Aviation Structural Mechanic Airman Sydney Buckels, from Cleveland, guides an MH-60S Sea Hawk helicopter, assigned to the "Chargers" of Helicopter Sea Combat Squadron (HSC) 14, off the flight deck of USS Abraham Lincoln (CVN 72). Abraham Lincoln is underway conducting routine operations in the U.S. 3rd Fleet. (U.S. Navy photo by Mass Communication Specialist Seaman Thaddeus Berry)



PACIFIC OCEAN (Nov. 11, 2021) Capt. Amy Bauerschmidt (middle), commanding officer of USS Abraham Lincoln (CVN 72), and Sailors cut a cake during USS Abraham Lincoln's (CVN 72) 32nd commissioning anniversary and Veterans Day commemoration on the mess decks. Abraham Lincoln is underway conducting routine operations in the U.S. 3rd Fleet. (U.S. Navy photo by Mass Communication Specialist 3rd Class Lake Fultz)

Answer Key

October Solution

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S	L	E	E	T		R	E	S	T		D	E	N	Y	

the primary loop

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The Primary Loop is an authorized publication for the staff and students of Naval Nuclear Power Training Command.

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 Naval Nuclear Power Training Command.

Cover photo: NNPTC's newest chief petty officers' combination covers sit on a table prior to a Chief Petty Officer Pinning Ceremony at NNPTC. (Photo by MC1 William Phillips)

Game Corner

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ACROSS

- 1 Heavenly body visible from Earth as a point of light
 5 Distinctive period of cultural of geologic time
 9 Indonesian island
 13 Evergreen tree
 14 Oak
 15 Not drunk
 16 Volcano
 17 Soft mineral used in making baby powder
 18 Pieces of stiff paper used to send greetings
 19 Hollow brick structure for passing smoke from a fire into the open air
 21 Used in play by children
 23 Visit
 24 Ship initials
 25 Speaks
 29 Sandwich
 30 All
 32 Water closet
 33 Roll with a hole
 36 Scrimmage
 37 Animal's coat
 44 Rodent
 45 Evils

- 46 Watch chain
 47 Evaluate for taxation
 49 ___ Lanka
 50 Unwell
 53 Consumer
 55 Day of which ordinary business activity is suspended
 57 White poplar
 60 Garner
 62 World organization
 63 Birds of peace
 64 Eat sparingly

DOWN

- 1 Eyeglasses
 2 Offering
 3 Red headed orphan
 4 Stack of paper
 5 Affirm
 6 Shades of black
 7 Snake like fish
 8 Religious division
 9 Brag
 1. Abridged (abbr.)
 11 Headed
 12 Internal Revenue Service
 15 Grass cutting tool

- 20 Invalidated
 22 Outside layer
 26 Mischievous
 27 Circular
 28 Wounds
 29 Honey maker
 30 Metal objects that make pleasant sounds when hit
 31 Tub spread
 33 Baseball player Yogi
 34 Regions
 35 Presents
 36 Shopping center
 39 Heartbeat
 40 February (abbr.)
 42 Snake sounds
 43 Cook
 46 Faces
 48 Swiss mathematician
 49 Tear up
 50 Western state
 51 Dead language
 52 French city
 54 Make over
 56 Institution (abbr.)
 57 Sum
 58 Male child
 59 New Year's ___
 61 Assist

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