

Great Lakes Bulletin

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SERVING "THE QUARTERDECK OF THE NAVY" FOR 104 YEARS

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Recruit Training Command volunteers show support for NJROTC

Story by Alan Nunn, U.S. Navy Recruit Training Command

Upon first learning about the Navy Junior Reserve Officers Training Corps (NJROTC) as a junior high school student, Senior Chief Damage Controlman Andrae Sutherland knew he wanted to be part of it.

Sutherland, a Recruit Division Commander (RDC), was among 60 Recruit Training Command (RTC) Sailors who volunteered at the NJROTC Area 3 West Regional Academic, Athletic and Drill Competition, Feb. 26 at Zion-Benton Township High School.

NJROTC cadets participate in extra-curricular activities designed to stimulate learning with hands-on experiences to reinforce the program's curriculum. Cadet extra-curricular activities include community service projects, drill competitions, academic competitions, visits to naval installations, and Science, Technology, Engineering and Math (STEM) training. Retired military members instruct the program at accredited secondary schools. "I'm passionate about molding young minds

and the future of our Navy," said Sutherland, who serves as the RTC Volunteer Coordinator. "I'm looking to become an instructor after I've retired."

More than 25 RTC staff, RDCs, instructors and division officers joined Sutherland as volunteer judges during the second day of the event, which included drill and uniform inspection.

"We do a uniform inspection and that's where a lot of the RDCs play a key part," Sutherland said. "There is a tight timeline and you're inspecting groups of 20 to 40 cadets. The uniform inspection is similar to what the recruits experience at RTC."

While unable to join NJROTC as a high school student, Sutherland jumped at the chance to volunteer during his first tour as an RDC in 2010. He renewed his commitment when he returned for a second tour in 2018. Connecting with the cadets on a personal level holds deep meaning for Sutherland.



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“We get to interact with them and talk to them about their future,” Sutherland said. “The program emphasizes education – that’s a big focus. There are so many scholarship opportunities for them and it is very competitive. If they decide to go to college, or join the Navy, or both, they have a lot of tools to become a better student or Sailor or officer.”

RTC’s strong turnout didn’t surprise Sutherland.

“It’s an example of how we are involved in our communities,” he said. “The RDCs and instructors do like to look sharp and be out there involved with the community. We’re involved with our communities and we want to get to know our community members better. These interactions place a positive spotlight on RTC and the Navy.”

Wheeling (Illinois) High School won the 10-team competition, which included eight events. Each competing unit was judged on academic testing, drill events (color guard, armed and unarmed individual drill routine, and an unnamed exhibition), personnel inspection, and physical fitness (curl-ups, push-ups and shuttle-run relay).

Being a judge provides additional opportunities for RTC staff, especially the RDCs, to use drill knowledge and mentoring skills.

“These men and women are amazing,” said retired Navy commander Steve Schulte, Senior Navy Science Instructor of the Zion NJROTC unit. “Not only are they experts in evaluating drill events, but they also serve as inspiring role models for our NJROTC cadets. We cannot thank them enough for volunteering to spend most of their weekend to give our cadets a meaningful experience.”

RTC staff members have been volunteering at the NJROTC event for more than 15 years and RTC hosted the event before the coronavirus pandemic.

Approximately 60 percent of NJROTC cadet graduating seniors continue to higher education. Many choose to enlist in the Navy and those with multiple years of NJROTC experience are eligible to receive advanced promotion.

Construction Electrician 2nd Class Derek Drummond, an RDC ‘C School’ instructor, said NJROTC cadets frequently stand out at the Navy’s only boot camp and often earn recruit leadership roles.

“NJROTC is an awesome experience,” Drummond said. “It builds upon the mentorship that we do here at RTC. The recruits who have been (NJROTC) cadets have had drill instruction and have a strong mind-set. You can spot the leadership. They’re locked in and prepared. They’re ready to strive and hit the ground running when they step off that bus.”

Boot camp training includes physical fitness, seamanship, firearms, firefighting and shipboard damage control along with lessons in Navy heritage and core values, teamwork and discipline. About 40,000 recruits graduate annually from RTC and begin their Navy careers.

Family Self-Esteem

Building Safety and Resiliency in Children

Story by Ginni Kerpan, Fleet and Family Support Center Great Lakes

Family self-esteem gives unity to the family as they have developed mutual concerns, characteristics and interests. This does not eliminate individual self-esteem. Rather, they build on each other. “To feel good as a group, each person must feel cherished,” says Robert Beavers, M.D., author of *Successful Families* (W.W. Norton). “Parents need to build communication and a sense of family identity as early as possible; that

way, when stressful transitions arise or unforeseen circumstances occur, there's already a secure foundation to draw on," according to Brian K. Barber, PhD of Brigham Young University.

How does one instill a sense of family self-esteem in your home? Here are several traits that can foster family self-esteem:

1. Family members treasure their home. It is a house that is comfortable and joyous to come to. You want to bring friends home and you cultivate hospitality. It is not about the silver and the china.
2. Parents are organized. They use calendars, know priorities, and share the housework. Chaotic living environment promotes chaotic relationships.
3. Good food is available. This creates a sense of abundance and feeling cared for. After school or after work snacks promotes nurturing just as family mealtime does. Do not let electronic devices replace family conversations at the dinner table.
4. Focus on strengths and avoid excessive criticism. Family members need to build each other up, not tear them down. Honest criticism needs to be leavened with good judgment and timing.
5. Family members believe in each other, in good times and bad. When you stand up for each other, each person knows they matter – in the family and the world.
6. Parents and children respect each other as individuals. You do not have to be exactly alike. You support the uniqueness of

each person.

7. Family members are affectionate. Do not be afraid to show affectionate in words, deeds, hugs, notes of encouragement, silly pet names.

8. Parents cultivate their marriage. It is hard to build family pride when the parents are having problems; children can sense it. You must make time for yourselves as a couple. Your closeness shows itself in a hundred little ways.

9. Parents have their own friends who provide support and an adult social life.

10. Appreciate the family heritage and share pictures and stories and keep cultural traditions

11. Make time to have fun together.

12. Keep family traditions for holidays, birthdays, weddings, etc. These rituals do not need to be fancy. Introduce new rituals that can become part of the on-going traditions in the future.

13. Parents need to bolster their own self-esteem. Do not be caught feeling good about yourself only when your children like you or approve of what you are doing. This can lead to parents giving into children, which can create behavioral and discipline issues. Parents who do not nurture their own self-esteem can become the overly involved parents or the detached parent. Neither promotes self-esteem in children.

Your FFSC is here to help you. Call for counseling or other concerns you may have, 847/688-1603x100

SECNAV Names Future Replenishment Oiler Ship Ruth Bader Ginsburg

Secretary of the Navy Carlos Del Toro announced today that a future John Lewis-class replenishment oiler (T-AO) ship will be named USNS Ruth Bader Ginsburg to honor the former Supreme Court Justice and women's rights activist.

The future USNS Ruth Bader Ginsburg (T-AO 212) will be the first U.S. Navy ship to bear her name.

"As we close out women's history month, it is my absolute honor to name the next T-AO after the Honorable Ruth Bader Ginsburg. She is a historic figure who vigorously advocated for women's rights and gender equality," said Del Toro. "As Secretary of the Navy, it is my aim to ensure equality and eliminate gender discrimination across the Department of the Navy. She is instrumental to why we now have women of all backgrounds, experiences and talents serving within our ranks, side by side with their male Sailor and Marine counterparts."

The name selection for the John Lewis-class replenishment oiler follows the naming convention of honoring people who have fought for civil and human rights. Born in 1933, Ruth Bader Ginsburg was a pioneering advocate for women's rights turned Supreme Court Justice. Ginsburg made history as the second woman to serve on the U.S. Supreme Court when she was

nominated by President Bill Clinton and confirmed in 1993. Of her 27-year tenure on the Supreme Court, she is most noted for her work toward issuing the majority opinion for *United States v. Virginia*, a landmark 1996 case that struck down Virginia Military Institute's male-only admissions policy.

The future T-AO 212 is the eighth of the T-AO ships awarded to the Navy, with the first delivered in 2021. The class and lead ship T-AO 205 is named in honor of Rep. John Lewis (D-Ga).

Secretary Del Toro also named Justice Ginsburg's daughter, Jane Ginsburg as the ship's sponsor.

T-AO ships are fleet oilers designed to transfer fuel to the Navy's operating carrier strike groups. The oilers have the ability to carry a load of 162,000 barrels of oil, maintain significant dry cargo capacity, aviation capability and a speed of 20 knots. General Dynamics National Steel and Shipbuilding Company designed the vessels with double hulls that protect against oil spills as well as strengthened cargo and ballast tanks. The T-AO measures 742-feet in length with a full load displacement of 49,850 tons.

For more information about Fleet Replenishment Oilers visit:

<https://www.navy.mil/Resources/Fact-Files/Display-FactFiles/Article/2222909/fleet-replenishment-oilers-t-ao/>

April Is DOD's Month to Recognize Military Children

Story by Terri Moon Cronk, DoD News

For nearly 40 years, April 1 has marked the Defense Department's kickoff for the Month of the Military Child, and this month promises to be packed with events for parents and children of all ages, said a program analyst in DOD's Children, Youth and Families, Office of Military Family Readiness Policy, Military Community and Family Policy.

Dianna M. Ganote said DOD is supporting this month with the theme of mental health and the overall well-being of all military children.

The Month of the Military Child is a time to focus on and celebrate the contributions of military children and the unique needs of their lives, she noted.

The objective for this month's recognition is to "highlight the unique life and challenges of military children. Our goal is to improve their quality of life and help mitigate the demands they experience from all the transitions, such as frequent moves, parental separations for military training and worrying about their parents when they're deployed" Ganote said.

While DOD sets aside April to recognize military children, support for them is present year-round, she noted. At the installation level, families will find such support resources as child development centers, youth centers, Military and Family Support Centers and military and family life counselors.

Front and center in the support realm for military parents and their children is MilitaryOneSource.mil – DOD's 24/7 gateway to trusted information, resources and confidential help, including topics that parents might need for child-raising issues. The website also has resources and events listed that are dedicated to the Month of the Military Child. The phone number for Military OneSource is 800-342-9647.

Off the installations, there is community-partner support for

military children through their schools and organizations such as 4-H and the Boys and Girls Clubs of America, she said.

Ganote highlighted how military children have a tough road to travel as an integral part of DOD's readiness by moving approximately six to nine times in their lives. When their parents are deployed, their children's milestones such as birthdays, the holidays and graduations are sometimes missed. But these children are not alone, she said, because without their children's support, military parents wouldn't easily handle the important mission of serving their country.

"I'd like us to remember what military children's lives are like and how unique their challenges. It's quite incredible when we think about the transitions they go through that most children don't, and our military children are so resilient through it all," she said.

And the color purple is important to the DOD community, because it reflects all branches of the military. "Across the nation, and around the world every April, states, governments, schools and families all do their part by wearing purple or shining a purple light on their homes, schools, state capitals and local landmarks," Ganote said.

"I would invite everyone to take a moment to support military children during April," she said.

FROM FFSC GL:

FFSC kicked off this month with a sensory friendly movie at the Epicenter and appreciate all who supported this event by attending the movie and festivities. FFSC will be showing up around base for a book reading at the MWR library on April 20th at 1030 and the Kids Fair on Saturday April 23rd at the NEX/Commissary at 1100. If you have questions about services for your children or yourselves, please contact the FFSC at 847/688-3603 x100

CNIC Urges Sailors and Civilians to Respect, Protect and Empower Others Against Sexual Assault

Story by Commander, Navy Installations Command Public Affairs

Vice Admiral Yancy B. Lindsey, Commander, Navy Installations Command (CNIC), signed a proclamation in support of Sexual Assault Awareness and Prevention Month (SAAPM) on March 24. Preventing sexual assault is a year-round priority for CNIC, but SAAPM provides a timely opportunity to engage with the Sailors and civilians onboard our installations," said Dr. Taleeta Jackson, CNIC headquarters Sexual Assault Prevention and Response (SAPR) program manager.

Sexual Assault Response Coordinators (SARCs) at installations across the shore enterprise will hold SAAPM observances throughout the month of April. These efforts aim to raise service

member awareness about which behaviors create a climate
4 permissive of sexual assault and harassment, how to intervene

when they see something concerning as well as what sexual assault prevention and reporting resources are available to them.

"We must create a culture where people feel supported and work to prevent sexual assault before it occurs," said Jackson. "Everyone has the opportunity to be a leader and an advocate against sexual assault. In order to eliminate sexual crimes in the Navy, we must all commit ourselves to treating others with respect, protecting each other from harm through active intervention and empowering those around us to speak up or intervene."

Victims of sexual assault can turn to a number of Navy and Department of Defense resources for help. Fleet and Family Support Centers employ SARCs and Sexual Assault Prevention Response Victim Advocates (SAPR VAs) who offer trauma-

informed care, referrals and ongoing non-clinical support. Special Victims' Counsel and Victims' Legal Counsel provide legal representation and assist with navigating the military justice system.

Additionally, the DoD Safe Helpline is available 24/7 to assist victims with reporting and information. Service members can call (877) 995-5247 or (202) 540-5962 to reach a trained, confidential, Safe Helpline staff member. DSN users can call (877) 995-5247. OCONUS Service members can contact the Telephone Helpline for free from anywhere globally by using Voice over IP (VoIP) technology from the Safe Helpline App.

For more information about preventing sexual assault, visit <https://cnic.navy.mil/saapm> or speak with a SARC at your local Fleet and Family Support Center.

Notice of Availability of Administrative Record File for Naval Station Great Lakes

The Navy has established an electronic copy of the Administrative Record (AR) File for the Naval Station Great Lakes in Lake County, Illinois. The AR File contains data and documentation supporting past site decisions regarding the Navy's environmental restoration cleanup of Naval Station Great Lakes. Available in the AR File are the reports and documents of public interest, such as Remedial Investigations/Risk Assessments, Feasibility Studies, Proposed Plans, Records of Decision, and fact sheets. The electronic copy is available to the public 24/7 at this webpage: <https://go.usa.gov/3SNHA>

For those with no internet and/or computer access, the Navy placed an AR File Binder at the North Chicago Public Library (located at 2100 Argonne Drive, North Chicago, Illinois 60064) and Glenview Public Library (located at 1930 Glenview Road, Glenview, Illinois 60025). The AR File binder has hardcopies that describe the sites and their environmental history, a list of the documents that are in the AR File, and a CD with all finalized reports from the AR File. The AR File Binder is updated yearly so to get the most up-to-date information, the public should access the online webpage.

Annual Fire Hydrant Flushing

Fire hydrant flushing will be performed on 14-15 May from 0600 to 1700. Fire hydrant flushing will include all fire hydrants base wide, as well as all housing areas at Great Lakes, fire hydrants located at RTC and Camp John Paul Jones, and fire hydrants at the Federal Health Care Center.

Each hydrant on base will be flushed for approximately 5-15 minutes. Flushing is necessary to ensure clean safe potable water out of the water distribution system.

As a result of the flushing, you may experience discolored water on these days. If you do notice discolored water, run your water for 5 to 15 minutes until it clears up. Exercise caution when laundering whites during these times to prevent discoloring of laundry items.

For your safety, if you are traveling by vehicle or on foot, do not attempt to cross the path of any hydrant water flow, it may seem harmless but injuries or property damage could result.

If you have any questions or concerns feel free to contact PWD Maintenance Shop Supervisor Brian Cassity at 262-206-3938 or brian.m.cassity2.civ@us.navy.mil



Gym 2A - The Loft

Mon - Fri: 5 a.m. - 1 p.m.

Gym 440 - The Fieldhouse

Mon - Fri: 6 a.m. - 6 p.m.

Gym 4 - Courts Plus

Mon - Fri: 11 a.m. - 7 p.m.

Sat & Sun: 9 a.m. - 5 p.m.

Check out the latest events and activities from our MWR at

www.facebook.com/NavyLifeGL/

and on their website at

www.navylifegl.com

For tickets and travel, call 847-688-5417



Fleet and Family Support Center Great Lakes

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