

Great Lakes Bulletin

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SERVING "THE QUARTERDECK OF THE NAVY" FOR 104 YEARS

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Women in Service Great Lakes Fire & Emergency Services

Story by MC2 Brigitte Johnston, Naval Station Great Lakes Public Affairs

It's Women's History Month onboard Naval Station Great Lakes. Integrated amongst our Navy Sailors working, living, and training are the civilian staff maintaining and supporting them and their missions. Three women with Great Lakes Fire & Emergency Services are part of one of the busiest fire departments under Commander, Navy Installations Command.

Tammy Wyble, a native of Waukegan, Illinois, has worked as a fire prevention inspector with Great Lakes for three years. She chose to go into first response with the fire department after losing her home to a fire four years ago. Prior to her work with the fire department, Wyble worked at Naval Facilities Engineering Systems Command and Training Support Center as a building manager. Her favorite part of the job is interacting with

others on base and in the community and teaching them about fire safety.

"It's important to have women in first response to have an inclusive and diverse work force," said Wyble. "I encourage women looking to go into the fire service to do so because it is so rewarding knowing you are helping others and keeping the community safe."

Bethany Bott, a firefighter and emergency medical technician from Fort Atkinson, Wisconsin, joined the fire service after her active duty service in the Navy. She's been a firefighter for four years and with Great Lakes for two. She is presently working on her Bachelor's degree in fire science management and is slated to graduate this year. Her favorite part of her job is never knowing what will happen, finding it exciting.

"I feel it's important to have women in first



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responder positions as it brings in a different skillset as females tend to be more compassionate and are good at multi-tasking,” said Bott. “I would love to be an advocate for other females who would be interested in becoming firefighters. You can do anything you put your mind to!”

Fire Lieutenant Stacy Steinike, from San Diego, went into the fire service after serving four years in the United States Air Force and first served with the federal fire department in Milwaukee, Wisconsin. She’s been a firefighter for 24 years total including 16 years with Great Lakes. Her favorite part of the job is being able to help people and never knowing what each shift will bring.

“It’s great to get different ideas, perspectives and possible solutions from a variety of people when working towards common goals and objectives,” said Steinike. “My advice to women contemplating joining the fire service would be that it’s a difficult job physically, mentally and emotionally but it is also a very rewarding career.”

To join Great Lakes Fire & Emergency Services, apply on [usajobs.gov](https://www.usajobs.gov/job/639768100) at <https://www.usajobs.gov/job/639768100>.

CNO Gilday Announces Next Master Chief Petty Officer of the Navy

The Chief of Naval Operations Adm. Mike Gilday announced his selection for the 16th Master Chief Petty Officer of the Navy (MCPON), during the Navy Flag Officer & Senior Executive Service (NFOSES) symposium at the United States Naval Academy, March 10.

Fleet Master Chief James Honea, U.S. Indo-Pacific Command senior enlisted leader, will assume responsibilities from MCPON Russell Smith during a change of office ceremony scheduled, Sept. 8.

Gilday made the announcement to Navy Flag officers, Senior Executive Service members, and Fleet Master Chiefs attending NFOSES.

“I selected Fleet Master Chief Honea because he has saltwater in his veins, embodies Navy values in every fiber of his being, and is the right leader to inspire and motivate our Chiefs Mess to continue to be the best in the world,” said Gilday. “I know he and I will work together to take care of our Sailors and ensure our Navy is the most formidable across the globe.”

Honea was selected based on career performance, progression and his experience leading Sailors. According to Gilday, he is the most capable person to advocate on behalf of Sailors, the fleet, and their families.

During this time of strategic competition, Honea’s fleet experience, which spans nearly every area of responsibility, will help our people to maintain our competitive advantage.

Honea enlisted in 1987 and rose through the ranks as a Boatswain’s Mate, serving at sea aboard USS Juneau (LPD 10), USS Dubuque (LPD 8), and USS Bonhomme Richard (LHD 6). His command master chief tours include USS Gridley (DDG 101), USS New Orleans (LPD 18), Naval Support Activity South Potomac and U.S. Naval Forces South Korea. Most recently he served as fleet master chief of U.S. Pacific Fleet.

Smith assumed duties as the 15th MCPON on August 29, 2018.



Naval Station Great Lakes

Non-Supervisory Civilian of the Year: Alyshia Nettles

Alyshia Nettles, from Azle, Texas, was named Non-Supervisory Civilian of the Quarter for Great Lakes. Nettles works as security assistant for NSGL's security department at the Visitor's Control Center.

As security assistant, Nettles has been working at Great Lakes since January 2021 and was active duty Navy for eight years prior. She has her associate's degree in history. Nettles daily work directly impacts base access for all staff on base – both military and civilian – as well as visitors. Through diligent management, she manages and coordinates vetting for over 1200 companies requiring base access, conducts background checks, and makes IDs and passes.

Nettles' attention to detail recommended several changes to the installation access control program to include more efficient vetting and ID requirements and procedures, document control, and Trusted Agent validation for accurate records. She additionally performed self-audits and identified problem areas, making changes to alleviate inspection deficiencies and prevent reoccurrences.

"Ms. Alyshia Nettles has proven herself to be an extremely valuable asset to the command, going above and beyond the scope of her duties to ensure the command is successful in every endeavor she is involved in," said Roger Raimondi, NSGL's assistant security officer. "Whether supporting tenant commands with VCC issues, or ensuring that background vetting goes smoothly, Ms. Nettles puts the Command's success first, and makes that success happen."



Supervisory Civilian of the Year: Eric Weaver

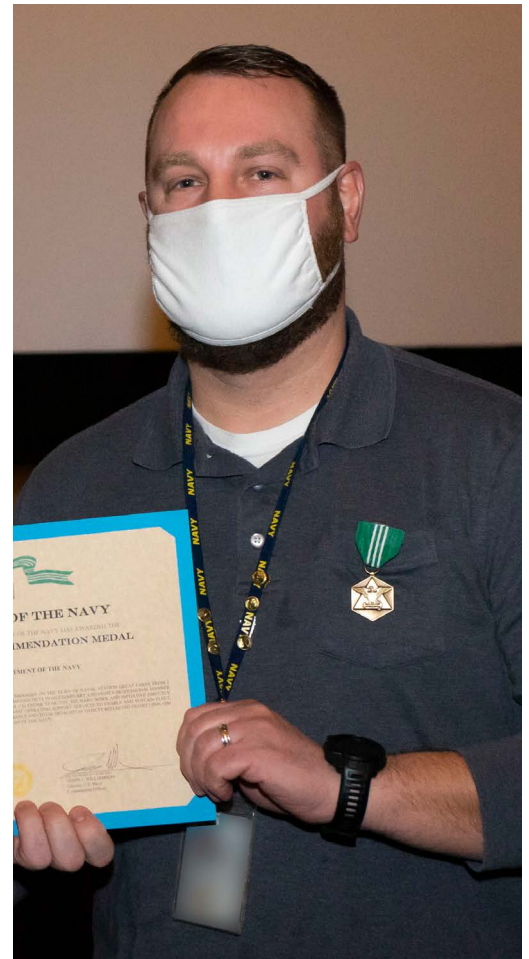
Eric Weaver, from Waukesha, Wisconsin, was named Supervisory Civilian of the Quarter for Great Lakes. Weaver works as the complex manager for Recruit Training Command.

As complex manager, Weaver has been working at Great Lakes for 17 years and currently serves as a Navy Reservist, serving a total of 21 years on active and reserve duty. Weaver's duties include supporting functions related to on-site building management, maintenance and project management. His job provides quality of life and housing daily for over 7000 recruits at the Navy's only bootcamp. He also acts as the main liaison between public works and customers in support of quality of life for recruits with regards to housing.

"I am very honored and humbled because I work with many great leaders within our Naval Station Great Lakes team," said Weaver. "I also have a great team of building managers who take care of me. Without them, I wouldn't be able to succeed. The leaders that guide me, give my team the opportunity to thrive, even with all the challenges we face today. Last but not least, I have a great boss, Mr. Mike Landry [the unaccompanied housing program manager], who trusts me to run my [area of responsibility] and is always there for me to vent if the day is not going as planned!"

Weaver oversees 10 building managers within 14 Recruit Barracks which cover more than 2 million square feet of property. Their main goal is to identify facility deficiencies and work with Public Works and Naval Facilities to ensure discrepancies are addressed to maintain the best possible housing quality of life for our soon to be newest Sailors. I also serve in a collateral roll as planning section chief alternate within our Incident Management Team.

"I love the people I work with," said Weaver. "I think in most jobs, the people are what make your day. I also love the fact that even though I'm not wearing a uniform every day, I still feel part of the Navy with the camaraderie that I've come to cherish over the last 23 years."



CNIC Celebrates National Social Work Month

Story by Lt. Clara Navarro, Commander, Naval Installations Command Public Affairs

As part of 2022's National Social Work Month, Commander, Navy Installations Command's (CNIC) Counseling, Advocacy, and Prevention (CAP) program recently held an appreciation luncheon at the historic Washington Navy Yard to celebrate the dedicated social workers at CNIC who support the Fleet, Fighter and Family.

This year's National Social Work Month theme is "The Time is Right for Social Work," which underscores the increased need for mental health services as the nation recovers from the COVID-19 pandemic and addresses growing divides centered on social issues.

For more than a century, social workers have helped individuals, families, communities and the nation overcome challenges and reach toward their full potential. The annual Social Work Month is a time to inform the public about the services social workers provide in an array of sectors.

CNIC oversees over 300 licensed clinicians – including social workers, licensed family and marriage therapists, and psychologists – working across 70 installations, both domestically and abroad.

"This month we celebrate all of our clinicians, not just social workers," said Lolita Allen, CNIC's CAP program manager. "We believe that social work is an act, not necessarily a title, and all of us are working to change lives for our military families."

The discipline of social work requires a versatile skill set, including mental health counseling, substance abuse interventions, case management, population-based behavioral health and more.

All of the CAP employees at CNIC headquarters are licensed clinicians who now work at the macro-level to improve social work broadly, managing the oversight, program development, and execution of policy. Under CNIC's umbrella are the non-medical counseling services and the Family Advocacy Program (FAP), which focuses on prevention, treatment and

assessment of domestic violence, domestic abuse and child abuse.

"Social work is all about advocacy," said Molly Ryan, CNIC's quality assurance and risk reduction analyst. "It's giving voice to people who may be marginalized and not able to have a voice themselves. We have a great opportunity to see a need and then advocate to meet that need for service members and their families."

Social work is one of the fastest growing professions in the United States, according to the Bureau of Labor Statistics (BLS). There are almost 720,000 professional social workers in the nation, but that number is expected to rise to more than 800,000 by 2030, per BLS.

Social work can be useful for a variety of situations, even when there is no ongoing crisis.

"Sometimes there can be a stigma about coming to see us, but it's important for people to know that things don't have to be going badly for them to reach out," said Judith Wright, work and family life program analyst with Fleet and Family Support programs. "We're here to connect people with resources and a community even before trouble is on the horizon. We're here to help them become more warfighter ready no matter where they are."

Amongst the more creative resources available is the Deployed Resiliency Counselor (DRC) program, which sends licensed clinicians aboard every large amphibious ship when deployed. This ensures care does not have to be interrupted when a services member goes to sea.

Whether you aim to forge stronger relationships, kick a substance use problem, or simply seek help getting your family the resources they need, the Fleet and Family Support Center (FFSC) on your base is the place to start. Contact information for all the FFSCs can be found on the CNIC website here: https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html

MWR Great Lakes - Leprechaun Chase 5K Run/-2-mile Walk

The Leprechaun Chase 5K Run/2-mile Walk kicked off MWR's first race of the season with over 150 joyful runners on St. Patty's Day, Thurs., March 17. Cheerful Irish-inspired racing wear was seen on many. Competitors enjoyed the base course, as they tried to chase down the mighty "Leprechauns." Awards were given to the top three male and female finishers, as well as team results were logged in for Captain's Cup points. A special thank you to MWR's sponsors for their support: USAA and Kids Rank.

Photos can be found at:

<https://www.facebook.com/media/set?vanity=NavyLifeGL&set=a.276317481329432>

Captain's Cup Race Results:

1. NSTC
2. USS Porter
3. SCSTC
4. SWESC

Top Male Runners:

5. Nathaniel David
6. Wilke William
7. Tomas Agustin Gimenezberon

Top Female Runners:

8. Paola Flores
9. Mallory Tittle
10. Delisa Holcomb

Statement by Secretary of Defense Lloyd J. Austin III on the Passing of Secretary of State Madeleine Albright

The Department of Defense stands together in mourning the passing of former Secretary of State Madeleine Albright. She was a titan, a pioneer, and an eloquent and effective champion of American diplomacy and global leadership. I was proud to call her a colleague and a friend.

Secretary Albright had a profound respect for the men and women who serve in the U.S. military, and throughout her distinguished career as a scholar and public servant, she understood the credibility and power that the American military puts behind American diplomacy. She admired service members for their eagerness to stand up for freedom, democracy, and American values—the causes that she fought for and embodied throughout her historic, path-blazing career. America's first woman Secretary of State famously called the United States the “indispensable nation,” and she always understood the importance of American leadership. Secretary Albright was a proud daughter of Central Europe, from a family that fled first the horrors of World War II and then the terrors of Stalinism. It is not lost on me that I learned of her passing while traveling with President Biden to Europe to bolster NATO's Eastern Flank against aggression. Just days before Putin started his war of choice against Ukraine, Secretary Albright wrote of the need to come together to defend “a world governed by the rule of law,” rather than “one answerable to no rules at all.”

Secretary Albright dedicated her life to strengthening a rules-based international system that would uphold human rights, defend democracy, and prevent and halt atrocities against civilians. As U.S. Ambassador to the United Nations and Secretary of State, she reinforced America's alliances, advocated for America's highest ideals, and staunchly supported U.S. military interventions to save innocents from ethnic cleansing in Bosnia and Kosovo.

Last year, I asked Secretary Albright to chair this Department's Defense Policy Board because I wanted unflinching counsel from someone with deep insights into the global moment that we face. In November 2021, Secretary Albright was sworn in as the Board's chair. I was honored and moved by her willingness to serve yet again and grateful for her expertise, humor, and wisdom.

Madeleine Albright's lifetime of service will shine bright as an inspiration for all who believe that American values must be central to American statecraft. On behalf of the Department of Defense, I send deepest condolences to Secretary Albright's family and loved ones.



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



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Gold Star Spouse Day Remembering the Love, Honor, Sacrifice

Story by Stephanie Hunter, Navy Gold Star Program

Committed to providing continued assistance to families of service members that paid the ultimate sacrifice, the Navy honors its extended family on Gold Star Spouse Day worldwide on April 5.

Originally named Gold Star Wives' Day in 2010, Congress passed a resolution in 2013 recognizing April 5th as the day to pay tribute to the contributions of the Gold Star Wives of America (GSWA).

The GSWA is a non-profit organization established by four young widows who met in Marie Jordan's apartment on April 5, 1945. A week later, former President Franklin D. Roosevelt died and former first lady Eleanor Roosevelt joined the organization becoming one of the original 15 signers when GSWA was chartered at the state of New York in Dec. 1945.

The survivor support community has pledged to provide unique services for service widowers not available by any other organization.

As the military has evolved over the years, so has the role and demographics of the military spouse. The Gold Star Wives of America amended their membership requirements to include husbands as a reflection of these changes. It is recognized that the origins of this day are steeped in history and to honor that past there must also be a recognition of the change and evolution in today's military culture. Therefore, it is recognized that April 5th as Gold Star Spouses' Day.

The Gold Star is a symbol of loss dating back to World War I and continues today. Traditionally, families that had a family member serving in the Armed Forces displayed a blue star service flag in their homes to signify a deployed family member. The Gold Star recognition first appeared on flags

in 1918, when families would place a gold star over the blue service star hanging in their window to indicate that their loved one had been killed overseas while serving in the U.S. military.

In 1947, congress approved the design, manufacture and distribution of the official Gold Star lapel button. The lapel button identifies surviving family members of service members who have been killed in specific conflicts. This pin features a gold star on a purple background. The Next of Kin of Deceased Personnel Lapel Button was later introduced in 1973 symbolizing the primary next of kin of an armed service members who lost their lives in non-combat operations. This pin features a gold star on a gold background surround by laurel leaves.

The Navy Gold Star Program is dedicated to fostering resiliency for surviving families of fallen service members. Navy Gold Star offices provide resources such as chaplain services, personal financial counseling, school liaison assistance, family employment, clinical counseling, and area survivor events and want these individuals to know they will forever be a part of the Navy community.

As we observe Gold Star Spouses' Day, let us all honor the widows left behind by our service members called forward to pay the ultimate sacrifice.

To find out about how the Navy Gold Star Program is honoring Gold Star Spouses in your area, be sure to connect with your closest coordinator. Visit www.navygoldstar.com/locations or www.facebook.com/NavyGoldStar to find out how.

Helping Your Children Cope

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

As much as we try to protect our children from frightening news reports, devastating weather events, missing/abandoned children, terrorist attacks, civil or global unrest or pandemics, there is likely no child who escapes hearing details of any of these as they are occurring. As you struggle to handle your own feelings about these events, consider these tips for talking with your children. How you respond to their fears, feelings and questions is the key to helping them feel safe.

- Understand that reactions of children will vary

depending on their ages. Younger children, up to about age 4, may experience separation anxiety. Older children, ages 5-10, will talk about safety and death issues. Pre-teens and teens will address more adult type issues and need to be encouraged to communicate about their questions and concerns.

- Do not allow your children to watch news programs for extended periods.
- Be sensitive to photos in magazines and newspapers lying around the house.

- Encourage children to talk about what they have seen or heard.
- Allow children to express their feelings of fear, sadness, and anxiety.
- Discuss your feelings with your children within reason. It is important that the children view the adult world as having feelings but also as being in control, not overwhelmed.
- Be available to your children over time. They express themselves in bits and pieces, not all at once. They will often revisit the issue many times before reaching any sense of closure.
- Play with children who are too young to verbally express their concerns. Let them draw pictures, act out puppet stories or read stories. Interact with them in a way that allows them to see you get scared but then are able to recover. (i.e. letting the child scare you with, “BOO” and then play acting a scared response etc).
- Reassure your children that you and all adults who care for them (teachers, daycare providers, coaches etc) will always do everything possible to keep them safe.

- Return to your family routine re: activities, meal times, bedtimes etc. If situations occur which necessitate children remaining home from school, adopt your normal weekend routine for those days. This will be familiar to the children and give them a sense of security.
- Children who are experiencing any recent personal traumas or major changes may need more time and nurturance to help them feel safe.
- Provide your children with physical attention, i.e. hugs, kisses, holding hands
- HAVE FUN – life is going on for you and them.

Parents who feel they are experiencing a degree of fear and anxiety, which may interfere with their ability to be available to their children, need to explore whether they could benefit from either counseling or just spending time talking with other adults. Remember, while it is important to attend to your own needs, we need to care for the children. We are to be their sounding boards. They are not ours.

This is the time to use social media to stay connected, get support and obtain factual information to help you and your children manage these uncertain times.

TRICARE Pharmacy's Home Delivery Offers Safe, Convenient Option to Get Medicines

Story by Tricare Communications

Are you regularly filling a prescription for a medical condition? If you are, choosing the right pharmacy option can save you a great deal of time and money. For many TRICARE beneficiaries, the cheapest, most convenient option is TRICARE Pharmacy Home Delivery.

“Home delivery is a smart option for people who take maintenance drugs,” said Air Force Lt. Col. Melissa Yates, a pharmacist with the Defense Health Agency’s Pharmacy Operations Division. “Maintenance medications are drugs you take regularly for chronic conditions, like high blood pressure. Other short-term use drugs should be obtained from a military or retail network pharmacy. This way, you can begin therapy as soon as possible.”

Yates said patients may want to think about switching to home delivery because it is safe and reliable.

TRICARE Pharmacy Home Delivery will ship to any address in the U.S. or U.S. territories, including APO/FPO addresses. Express Scripts, the TRICARE pharmacy contractor, ships millions of prescriptions each year with greater than 99.99% accuracy. Your prescription will arrive in tamper-evident, weatherproof packages.

Yates also said that home delivery can save you money.

Home delivery is the least expensive TRICARE pharmacy option after military pharmacies. Standard shipping is free. Home delivery also offers up to a 90-day supply for a single

copayment. At retail network pharmacies, three copayments are required to get a 90-day supply.

As outlined in the TRICARE Pharmacy Program Handbook, all beneficiaries in the U.S. — except active-duty service members — must get certain maintenance drugs filled through home delivery or at a military pharmacy. If you fill these maintenance drugs at a retail pharmacy, the pharmacy will only fill your prescription twice at the TRICARE copayment rate. After that, you’ll pay 100% of the cost.

Another perk is that pharmacists are always available to help, Yates said.

Have questions about your prescription? At Express Scripts, a team of pharmacists is available 24/7 through your online account or the Express Scripts mobile app. These pharmacists specialize in different diseases, such as diabetes and cancer. They can answer questions about possible side effects, dosages, and more.

Eligible prescriptions can be enrolled or disenrolled in automatic refills at any time. Express Scripts will ask you to provide your consent to continue receiving automatic refills. If you’re filling a prescription drug regularly, see if you can have it delivered right to your door with home delivery. To learn more about your pharmacy coverage, check out the TRICARE Pharmacy Program Handbook and TRICARE Pharmacy Program Overview.