

Great Lakes Bulletin

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SERVING "THE QUARTERDECK OF THE NAVY" FOR 103 YEARS

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Lessons, virtues of 9/11 reflected in RTC values and training

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



The sun broke over the Recruit Training Command (RTC) horizon at 0627 on a warm September day.

A buzz of daily activity rose to a familiar hum at the Navy's only boot camp. Recruits made their racks, filed into the galleys for their morning meal, and marched off to the day's first training evolutions and appointments.

Seaman Recruit Anthony Frey stood in ranks outside a building that housed the confidence course. Seaman Recruit Michelle Dojan waited at the Recruit Dental Treatment Clinic. In the moments, hours, and days that followed, their lives and the lives of every other American would be shaped by what came next.

On the morning of Sept. 11, 2001, 19 terrorists from the Islamist extremist group al Qaeda hijacked four commercial

aircraft and crashed two of them into the North and South Towers of the World Trade Center complex in New York City. A third plane crashed into the Pentagon in Arlington, Va.

After learning of the other attacks, passengers on the fourth hijacked plane, Flight 93, fought back, and the plane crashed into an empty field in western Pennsylvania about 20 minutes by air from Washington, D.C.

The Twin Towers in New York City ultimately collapsed due to the damage from the impact at the World Trade Center and subsequent fires. Nearly 3,000 people, from 93 different countries perished. Most of the fatalities were from the attacks on the World Trade Center.

Of the 184 lives lost at the Pentagon, 42 military, civilian, and contractors 1



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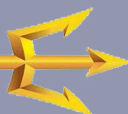
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served the Navy. All 40 passengers on Flight 93 were killed.

It was the worst attack on American soil since the Japanese attacked Pearl Harbor, Hawaii, in 1941.

The events of 9/11 serve as both defining and dividing moments.

An entire generation, nearly 30 percent of Americans according to U.S. Census data, was born after Sept. 11, 2001. That generational split is magnified at RTC, where 46 percent of graduates in the last fiscal year were born into a post 9/11 world.

For older Americans and Sailors, 9/11 remains a vivid memory. For younger Americans and Sailors, it is a history lesson.

Sharing that lesson – honoring the lives of those lost and the courage and bravery of the first responders who tirelessly worked to save lives – is a critical part of training at RTC. Learning about the resilience and fortitude shown by Americans allows future Sailors to understand the virtues of service, sacrifice, and selflessness that have been the source of America's strength.

The Navy careers of both Frey and Dojan have come full circle on the 20th anniversary of the 9/11 attacks. Each has returned to RTC as a staff member helping to forge the next generation of Sailors.

Chief Operations Specialist Frey is assigned to the USS Indianapolis Combat Training Pool. Chief Sonar Technician (Surface) Dojan is a Recruit Division Commander.

They are among seven current RTC staff members who agreed to share their 9/11 stories. Each of them were either at RTC on 9/11 or began their Navy careers in the months immediately following.

Chief Operations Specialist Anthony Frey

Standing outside of Building 1414, SR Frey looked forward to the indoor confidence course that awaited and to his upcoming boot camp graduation just nine days away.

"You couldn't look up because there was too much sunlight," Frey said. "Our RDC said, 'we don't know how to tell you this, so we're just going to turn on the radio.' We went in and we got to hear a summary through some radio station that the two towers had been hit and it was bad. They knew it was an attack. The radio continued to play while we ran the confidence course."

Recruits had many of the same questions as other Americans.

Who attacked? Why did this happen? What does it mean?

The answers would have to wait as training continued on Sept. 12 under tight security.

"There were Humvees with .50 cal. mounts and helicopters flying overhead," Frey said. "I don't think anyone in my division was scared, but it was more realistic for us. You're thinking, 'Hey, we are going to war.' My RPOC [Recruit Chief Petty Officer] was saying, 'The RDCs want to go back to the fleet now more than ever.'"

Frey said the mood at graduation was subdued in the wake of the attacks.

"But as recruits just becoming Sailors, we were excited to graduate. It was just a weird, weird time," he said.

Following graduation, Frey transferred to the main side of Naval Station Great Lakes as an undesignated Sailor and received two weeks of seamanship training before departing for Nimitz-class aircraft carrier USS John C. Stennis (CVN 74), in San Diego.

"We left for deployment within two weeks," Frey said. "This is a month after I graduated and we did 106 straight days. No port visits. We went straight to Hong Kong, then we were the first ones over in the Gulf of

Oman doing air operations over Afghanistan. I'm new, and I'm assuming this is normal, you know. Less than six months before, I ran away from home and joined the Navy, and then there I was."

Frey, who plans to end what will be a 22-year Navy career when he completes his tour at Great Lakes, said 9/11 was a pivotal point in his life.

"It was the first time in my memory that a life-changing thing happened to the country," he said. "Now, I'm back here at boot camp as an instructor and I see these 18-, 19-, 20-year old recruits who don't know about it. They have no memory of it, so they don't know life before that."

Chief Sonar Technician (Surface) Michelle Dojan

As a teenager from a small town in western Wisconsin, Dojan says she didn't know what she signed up for when she arrived at Navy boot camp.

"I didn't really know about the military or even the Navy," Dojan said. "My grandfather – Gunner's Mate Dewey Hill – was in the Navy in the '60s. For me, it was more, 'this is what I have to do to get where I want to in college and life.' It was just what I had to do."

Less than three weeks into training, she viewed the 9/11 attacks on television.

"Our division was at dental that day," Dojan said. "I remember there were two small TVs and, at first, we thought it was a movie, but then we realized it was the news."

Five days after the 9/11 attacks, she turned 20.

"Even though I didn't sign up for it, and I didn't join because of 9/11, I knew that's the way the nation was going and that we were going to end up in a war," Dojan said.

Dojan remembers a sense of unease and concern throughout her division.

"The rumors were flying," she said. "We're going to get shipped early ... we're not even going to graduate ...

They're just going to put us on buses and send us to war. Of course, that wasn't the case. There was just this anxiety on base. At that time, all the cars were parked between the ships and the buildings. The next day, there were no cars, anywhere. We're all just wondering 'what happened?'"

Dojan spent a year at sonar school and was assigned to her first command aboard USS Milius (DDG 69), an Arleigh Burke-class Aegis guided missile destroyer.

"Five months later was the start of the Iraq War," Dojan said. "We shot like 36 Tomahawks into Iraq. I felt proud to serve and to be doing something that was worthwhile and something for the country."

Following that tour, Dojan volunteered to return in to Iraq in 2008 and was assigned to work with an Army unit.

"I operated a C-RAM gun – a counter rocket artillery mortar gun," she said.

She recently marked her 20th anniversary in the Navy in a recruit ship, just as she had her 20th birthday. This time she wore an RDC red rope and shared her experiences.

"I grew up in such a small town, so everything I've learned has been in the Navy," Dojan said. "I left just after high school. My view was just small town, with a whole world that I had never experienced. And now, I have. I've done that in the Navy."

Those experiences include being at boot camp during 9/11.

"I might use it as a teaching point," she said. "Recruits might be struggling with whatever, and I let them know it could be worse. I went to boot camp and 9/11 happened.

As a recruit, you're here and worried about college money or an extra phone call. You signed up to join a warfighting organization. I want to make sure that they're prepared, so however I can help them in that process, that's what I'm concerned about. It's not about me."

To continue reading this story, click the link [here](#).

CNO Issues 9/11 Message to the Fleet

Shipmates, today we mark the passage of 20 years since 9/11 – a day where terrorism darkened the doorstep of America and changed our lives forever. In the blink of an eye, planes crashed into New York City's Twin Towers, the Pentagon, and Somerset County Pennsylvania, killing nearly 3,000 innocent Americans. The attacks also inflicted a devastating emotional toll, which many still feel today.

As we reflect on that day, we honor the service and sacrifice you and your families have made since 9/11, we salute the heroism of our first responders, and we remember the lives lost in Afghanistan and Iraq over the past two decades.

For me, people are the legacy of 9/11. People have devoted their lives to a cause greater than themselves. People have acted with conviction, courage, and a love of country. And people have dedicated their lives to ensuring an attack like that never happens again. You see, as long as brave men

and women are willing to fight for freedom and justice, democracy will never fail.

In dark times, we all need examples of courage and character to light the way forward. Today and throughout our nation's history, the valor of service members and first responders illuminate what we are capable of when we act on our highest principles.

While it may not always be easy to see, your decision to place service before self – and the decision of hundreds of thousands of men and women like you – will strengthen America for generations to come. This is how we honor the tragic events of 9/11.

Shipmates, let us pay solemn tribute to this day. And let us continue to rise together.

Never more proud to be your CNO.

Navy Updates Hairstyles and Policies in Extensive Uniform Update

Story by MCI Mark D. Faram, Chief of Naval Personnel Public Affairs

The Navy has authorized new hairstyles for men and women in a just-released uniform policy and grooming standards update. Also announced are changes to wear rules for watches, prescription glasses and sunglasses while in uniform, medically prescribed head coverings and earrings for men in civvies and changes to name tape policies, just to name a few.

The complete list of what's new in uniform policy comes in [NAVADMIN 183/21](#) released on Aug. 31. Effective date of changes vary pending the policy change, so please read NAVADMIN 183/21.

"Navy uniform policy updates are the result of Fleet feedback, uniform working group discussions, command sponsored requests and direction from Navy leadership," wrote Vice Adm. John B. Nowell, Jr., chief of naval personnel, in the message.

"Navy uniform policy updates directly support Sailor 2025 objectives to attract and retain the very best Sailors by finding greater flexibility in our policies and practices, including uniforms."

What all Sailors need to know is that if something isn't spelled out in the uniform regulations, it's not authorized, said Rob Carroll, head of uniform matters on the staff of the chief of naval personnel. This applies to everything from uniforms and grooming standards to rules on appropriate civilian attire.

"These changes are aligned with the efforts to eliminate inconsistency in the application of policy standards and provide clearer guidance that will facilitate compliance and enforcement," Carroll added.

"Also, they will expand options for our Sailors in grooming standards while eliminating policies considered by most as outdated."

Many of the changes came from Sailor feedback during uniform and grooming standards focus and working groups held in the fleet. According to Carroll, some came up during Task Force One Navy listening sessions held in 2020 and 21.

"We review commonly asked questions submitted by Sailors from around the fleet, we look at trends, and discuss policy considerations," Carroll said. "TF1N did not drive the policy changes, but it can be noted that some of the changes align with the Navy's Diversity, Equity and Inclusion initiatives."

Here are some highlights of what's new; consult the 4 NAVADMIN for even more changes.

Hairstyles

Navy Uniform Regulations spell out how all Sailors can and cannot wear their hair, but periodically the Navy updates these rules as practices become mainstream.

"These changes recognize hairstyles that are now pretty standard in society and is also aligned with presenting a professional military appearance while in uniform," Carroll said.

For men, this means officially sanctioned styles now include bald, flat tops, faded and high and tight hairstyles. All styles include allowing squared or rounded gradual tapers in the back of the head. Sideburns are authorized but cannot exceed the hair length of the haircut where the sideburns and side of the head intersect. Sideburns with bald hairstyles are not allowed.

For women, the rules now allow very short hair styles to include showing the scalp. This includes tapered back and sides of the head. Razor-cut bald styles are not authorized except when prescribed for treating medical conditions.

When wearing very short hairstyles, female Sailors are allowed one hard part that may be cut, shaved, clipped or naturally placed into the scalp. The hard part must be above the temple and no higher than the crown, where the side and top of the head meet. One hard part can be on either the right or left side of the head and must run straight "fore and aft," the rules say. They can be no longer than four inches nor broader than one-eighth of an inch.

"This gives women more options for greater ease on hair care, especially while on deployment when longer styles can be tougher to maintain," Carroll said. "Female Sailors have been asking for this flexibility."

Earrings for Men

Earrings still can't be worn by male Sailors in uniform but now are authorized while wearing civilian clothes in a leave or liberty status both on and off military installations or while using government transportation. Earrings are not allowed when performing official duties in civilian attire, the rules say.

Accented Names

For Sailors whose legal names contain accents, punctuation marks can now be used in name tags, name patches, or name tapes on Navy uniforms.

Higher Heels for Women

For female Sailors wanting a bit more lift in their high-heels, uniform pumps up to 3-inches in height are now authorized, up from the previously approved height of

two and 5/8 inches. Carroll said this is now considered the standard heel height for females in civilian business attire. Sailors can wear commercially procured shoes if they also comply with all other rules for uniform shoes (color, design and fabric).

Sun and Prescription Eyeglass Options and rules

Prescription glasses and sunglasses frames worn in uniform must now conform to new rules.

Frame colors can only be silver, gray, black, navy blue, brown or gold. They can, however, be transparent or translucent. Sunglasses can also be green and sport small logos.

“There are just so many options available today for glasses and we needed to get some standardization of appearance in uniform,” Carroll said. “This change allows for a wide variety of options, ease of compliance and enforcement as well as maintaining a professional military appearance.”

Retainer straps can be worn only for foreign object debris prevention and safety. Only black straps are authorized and must be worn snugly against the head. When not in use, eyeglasses cannot be worn on top of the head or hanging around the neck.

More details and the rest of the uniform changes are available in NAVADMIN 183/21.

Great Lakes to Conduct Force Protection Exercise

Story by John Sheppard, Naval Station Great Lakes Public Affairs

Naval Station Great Lakes is sponsoring a full-scale, multi-agency exercise next week. This exercise will provide participants with an opportunity to assess capabilities, plans, policies, and procedures. It will focus on decision-making, coordination, and integration with other jurisdictions/organizations during an active threat scenario. The expected outcome of the exercise is successful integration of, and communication with, first responders throughout the Lake and Cook County area.

Reliant Great Lakes 2021, which is scheduled to take place September 21, is designed to enhance the readiness of U.S. Navy first responders and ensure seamless interoperability among Navy commands, other services and agency partners.

The exercise uses realistic scenarios to ensure U.S. Navy security forces maintain a high level of readiness to respond to changing and dynamic threats.

Measures have been taken to minimize disruptions within local communities and to normal base operations, but there may be times when the exercise causes increased traffic around Great Lakes or delays in base access. Area residents may also see or hear security activities associated with the exercise. Advanced coordination has taken place with local law enforcement and first responders.

Reliant Great Lakes 2021 is not in response to any specific threat, but is a regularly scheduled exercise.



Gym 2A - The Loft

Mon - Fri: 5:30 a.m. - 1 p.m.

Gym 440 - The Fieldhouse

Mon - Fri: 6 a.m. - 8 p.m.

Gym 4 - Courts Plus

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

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

Check out MWR Great Lakes marina, golf, and other recreation for your summer fun!

Visit www.navylifegl.com for more information



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September is National Preparedness Month: Time for Planning Ahead

Story from Fleet and Family Support Center Great Lakes

Tornadoes in the Midwest, flooding down south, hurricanes in the east and wildfires and earthquakes out west, it seems no one is immune.

It is important to keep in mind, disasters don't plan ahead, but you can!

After the terrorist attacks of Sept. 11, 2001, September has been recognized as National Preparedness Month to serve as a reminder that you must take action to prepare, now and throughout the year, for the types of emergencies that could affect you, where you live, work, and also where you visit.

It is recommended that you prepare and plan in the event you must leave for three days without electricity, water service, access to a supermarket, or local services for several days.

Below are four key steps to keep in mind:

- **Stay Informed:** Information is available at Ready.gov to learn what to do before, during, and after an emergency.
- **Make a Plan:** Discuss, agree on, and document an emergency plan with those in your care. For sample plans, see www.ready.gov/make-a-plan.
- **Work together** with neighbors, colleagues, and others to

build community resilience. Sign up for alerts and warnings in your area.

- **Learn your evacuation zone** and have an evacuation plan. Check your insurance coverage and review the Document and Insure Property guide. Plan financially for the possibility of disaster.

- **Build a Kit:** Keep enough emergency supplies -- water, nonperishable food, first aid, prescriptions, flashlight, and battery-powered radio on hand -- for you and those in your care.

- **Get Involved:** There are many ways to get involved especially before a disaster occurs.

The whole community can participate in programs and activities to make their families, homes and places of worship safer from risks and threats. (Daily Herald.com, 2021; Kane County Health Department, 2017)

More information about emergency preparedness is available at your local FFSC. Feel free to contact Naval Station Great Lakes' FFSC at 847-688-3603 ext. 100.

Youth Suicide The "Silent Epidemic"

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

Most people are not aware that suicide is the 2nd leading cause of death for our middle and high school aged students (12-18) and that is only surpassed by "unintentional injuries." Across the nation, we lose more young people to suicide than to the combined total of the 5th to the 10th leading causes of death. For our college and military youth (18-22) suicide is also the 2nd leading cause of death, ranked only behind "unintentional injuries." According to the Center for Disease Control (CDC), suicide is the 2nd leading cause of death for people aged 10-24. Again, this is only surpassed by "unintentional injuries," which includes such things as car accidents, unintentional drug overdose and drownings. Additionally, suicide is ranked as the 3rd leading cause of death ages 10-14.

Here are the sobering facts about this issue: 17.7% of students (over 1 out of 6) seriously considered suicide during the past 12 months; 8.6% of students (over 1 out of 12) attempted suicide during the last 12 months; Four out of five young people who attempt suicide have given clear warning signs. More teenagers and young adults die from suicide than from the combined numbers from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease.

6 (The above is reprinted with the permission of the Jason

Foundation)

If you have concerns regarding your children/youth or young Sailors, please reach out to them by directly asking them if they are having thoughts or feelings about killing themselves. If we cannot speak these words, we certainly cannot expect the vulnerable and fragile to be able to muster up the courage to say them. But once the "unspeakable has been spoken," there is perceived permission to talk about it without fear of consequence or of not being believed. Listening to the shared feelings of despair and hopelessness will help the person open themselves up to help from others. A family member, a friend, a Sailor, a leadership or Command person has two jobs when they find themselves with a distraught person: 1) arrange for an intervention, i.e. 911, transport to a hospital, or access the Suicide Hotline and 2) to keep them safe until intervention has been secured and a professional is involved.

The National Suicide Hotline is: 1-800-273-TALK (8255) select #1

Naval Station Great Lakes Emergency Dispatch: 9-911 (from on-base phone), 911 or 847-688-3333.

For counseling services contact the Fleet and Family Support Center at Naval Station Great Lakes, 847-688-3603 x100.