

Great Lakes Bulletin

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SERVING "THE QUARTERDECK OF THE NAVY" FOR 102 YEARS

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Great Lakes Conducts 9/11 Ceremony

By John Sheppard, Naval Station Great Lakes Public Affairs



Naval Station Great Lakes (NSGL) conducted a 9/11 Remembrance Ceremony, Sept. 11, in honor of the 19th anniversary of the 9/11 terrorist attacks.

"Our nation's enemies sought to bring our nation to its knees. The American people responded with bravery and determination," said Cmdr. Ken Williams, NSGL executive officer, master of ceremonies for the event. "On this 19th anniversary of 9/11, service members who were not even born on that day now stand among our ranks."

Great Lakes commands were joined by North Chicago Police and Fire Departments. NSGL commemorated the anniversary by honoring those who perished in the attacks, as well as highlighting American resolve and unity. "2020 will be remembered as a year in which history-changing events seem to happen on a weekly basis," said Capt. Ray Leung, NSGL commanding officer,

the keynote speaker. "All of us living through this seismic year will remember it for the rest of our lives."

Leung saluted the first responders from that day as heroes. He lauded the nearly 3,000 Americans who gave their lives in the Pentagon, in the World Trade Center and in Pennsylvania.

"It's true that the majority of those who died on September 11th had never worn our country's uniform. And yet, they inspired more than five million Americans – members of the 9/11 generation – to put on the uniform over the last two decades," said Leung.

Cmdr. John Carter, NSGL chaplain, provided the invocation and benediction. The ceremony ended with Taps performed by Musician 3rd Class Carrie Blosser, Navy Band Great Lakes.

A livestream of the ceremony is available at www.facebook.com/NavalStationGreatLakes/videos/.



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Election Year Guidance

from Capt. Ray Leung, Naval Station Great Lakes Commanding Officer

This year is different from others for many reasons, not the least of which is the COVID-19 pandemic now sweeping the world. Another one of the ways that this year is different is that it is an election year. If you haven't registered to vote yet, please do so. We are all part of the Department of Defense (DOD) and have all taken an oath to defend democracy, so it only makes sense that we all participate in the democracy we defend. Now is the time to study the candidates and issues and mark your calendars to vote.

Naval Station Great Lakes' voting assistance representative is LT Stephanie Ramirez. She can be reached at 847-688-2480 ext. 149.

As the Nov. 3 elections approach, I want to take a moment to remind everyone about DOD election year guidance.

DOD has a longstanding and well-defined policy regarding political campaigns and elections. This policy exists to avoid the perception of DOD sponsorship, approval or endorsement of any political candidate, campaign or cause. Several sets of rules help to protect the integrity of the political process. DOD Directive 1344.10 applies to members of the armed forces, whether they serve on active duty, as members of the reserve components not on active duty, as National Guard members in a nonfederal status, or are military retirees.

In addition, the Hatch Act applies to federal civilian employees. Employees also are subject to widely published DOD guidance that discusses participation in partisan political campaigns and elections.

These rules are designed to prevent military members or federal civilian employees' participation in partisan political activities that imply – or even appear to imply – official sponsorship, approval or endorsement.

That's not to say that you can't participate in politics. In fact, DOD has a longstanding policy of encouraging members to carry out the obligations of citizenship. We encourage you all to register to vote and vote as you choose. Both military members and government personnel can sign nominating petitions for candidates and express personal opinions about candidates and issues.

However, you can do so only if you don't act as – or aren't perceived as – a representative of the Armed Forces or Naval Station Great Lakes in carrying out these activities.

Some additional do's and don'ts follow:

--Military members may attend political meetings or rallies only as spectators and not in uniform. They're not permitted to make public political speeches, serve in any official capacity in partisan groups or participate in partisan political campaigns or conventions.

--They also are barred from engaging in any political activities while in uniform.

--Most civilian DOD employees, whose political activities are governed by the Hatch Act, are permitted to be active in and speak before political gatherings and serve as officers of political parties or partisan groups. These activities, however, cannot involve fundraising.

--Civilian employees also are permitted to manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate, but not while at work.

--The bottom line is that you should steer clear of any activity that may be reasonably viewed as directly or indirectly associating DOD, the Navy or Naval Station Great Lakes with a partisan political activity or that is otherwise contrary to the spirit or intent of the rules described.

--If you are uncertain about attending an event, function or fundraiser, we encourage you to review DOD Directive 1344.10 and the Hatch Act, or contact LT Ramirez for further guidance. \

So get registered, educate yourself on the candidates and issues and vote. It is your right to do so. To quote Thomas Jefferson: "A Nation's best defense is an educated citizenry."



No Drones Over Great Lakes

Naval Station Great Lakes does not allow the use of recreational unmanned aircraft systems (UAS), commonly referred to as drones, on or over the base. The Federal Aviation Administration (FAA) has published guidelines regarding recreational drone use at <https://www.faa.gov/uas/>.

If you have a smartphone, you can download the FAA's B4UFLY app for approved flight zones and for flight planning.

While flying drones in areas where it is allowed, pilots are reminded to adhere to safety measures such as:

- Never fly near other aircraft or ships.
- Stay informed of policies and rules.
- Never fly over groups of people.

"If you see a drone flying over the installation, call security at 847-688-5555," said John Sheppard, Naval Station Great Lakes Public Affairs Officer. "If you have a camera or smart phone, snap a photo of the drone and let security know that you have a photo when you call."

For more information on drone operations aboard the installation, contact John Sheppard, Public Affairs Officer, 847-688-2430, ext. 359, or email pao.navstaglakes@navy.mil.

Nutrition Tips During Stressful Times

from David Reid, Public Health Department, Whole Health Committee, Lovell Federal Healthcare Center

Is it possible to have a stress reducing diet? There is some debate over whether certain foods can in-and-of-themselves reduce stress. However "Eat whatever you want" is certainly not a stress reducing strategy. "When it comes to food and stress...", According to a recent article from the Academy of Nutrition and Dietetics, "...one of the best things you can do for your body is to choose a balanced, healthful eating style."

If you are preparing food for yourself, or especially for other family members, you know that good nutrition can take an incredible amount of time and energy out of your week. Culturally some families might value mealtimes as the most important time of the day! There are ways to simplify this challenge of cooking and cleaning. Planning can make a big difference. If you take a stress management class you will encounter at least one segment on getting organized, simplifying, and prioritizing. "Eating right and providing satisfying and healthful food for your family is a tall task. "Healthy meals don't just happen. You have to make them happen," says registered dietitian Kathy McManus, director of the Department of Nutrition for Harvard-affiliated Brigham and Women's Hospital. "You have to plan meals and snacks a few days ahead, make a list and buy the foods you want to eat, and make time in your schedule to cook or prepare the foods." If you know you'll be on the go, make snacks ahead of time and keep them packed in your pantry or refrigerator."

If you are following a plan of smaller meals or between-meal snacks, planning can really pay off! You may have heard the term meal-preppers. Boxes of zipper bags, sets of rubber and plastic food storage boxes, prepacked servings and special tools can be helpful and even make the preparation fun. Washing and cutting vegetables such as celery, carrots, and broccoli, for instance, can provide a week's worth of serving-size snacks in zipper bags to be kept in the refrigerator until needed. An apple

slicer and serving-sized prepackaged peanut butter can make the production of the apple and peanut butter snack faster. Ideas like these can increase the likelihood of success during a busy week. An area that may be overlooked in the modern world is the social and developmental benefit of meal-times. An article from Stanford Children's Health Webpage provides an important reminder "...more and more parents are realizing the importance of shared family time at the dinner table. Often, this is the only time when all family members are all together in one place.... Dinnertime is a time of respite from the hustle-bustle of everyday life. Your family can review the day that's passed and plan for the day that's coming."

Weight management and appearance of being more "trim" is important to many people, and of course, excess body mass is of growing concern for public health worldwide. Gaining weight is stressful. Some people have had great success in their weight management with a multiple small meals strategy. This pattern is often practiced by athletes interested in building and maintaining muscle and physique. However, not all of the research on frequent meals indicates success in weight management. You may find that you have more success with meal timing. The timing between the last evening meal and the first morning meal seem to be important in weight management. A Journal of Nutrition Article that reviewed empirical evidence on meal strategies concluded "... Our results suggest that in relatively healthy adults, eating less frequently, no snacking, consuming breakfast, and eating the largest meal in the morning may be effective methods for preventing long-term weight gain."

It may take some time and experimentation to develop an effective plan. Planning and attention to food preparation and providing meaningful family mealtimes can help reduce the stress.



DOD Must Do More to Prevent Sexual Assault

Story by Terri Moon Cronk, Department of Defense

Nate Galbreath testified today before the House Armed Services Committee's military personnel subcommittee in a hearing called in the wake of Army Spc. Vanessa Guillen's death at Fort Hood, Texas. Guillen was found dead, and an investigation continues.

Even with my 30 years investigating violent crime, supporting victims and counseling the wounded, nothing prepares one for something like this," Galbreath said. "The murder of Specialist Guillen has touched us all in some way, but no one feels the loss more than her family. I can only hope that the groundswell of support, love, compassion and even inspiration that comes ... in Vanessa's name can bring some comfort for those who loved and knew her."

In Spanish, he added that no one should suffer as Guillen's family has suffered.

Although harassment-policy criminal investigation in the military justice system falls outside his portfolio, Galbreath said, SAPRO is keenly aware of how these issues play a critical role in their work to prevent and respond to sexual assault, and to allow those who choose to make a report to do so without fear of retaliation. While more work remains, many of SAPRO's efforts have resulted in certain progress, he said.

"As many of you know, the department has two key metrics in its sexual-assault program," he told the House panel. "First [is] estimated prevalence or how often crime occurs, which is the number we want to go down. Second, the number of reports [is what] we want to go up, which means that more victims are coming forward to connect with care and support services as well as [help] our efforts to hold offenders appropriately accountable," he explained.

Data shows that the estimated prevalence rates of sexual assault in DOD has decreased by over a third over the

past 14 years, Galbreath said. "And reporting of sexual assault is four times what it was in 2006," he added.

However, DOD's most recent active-duty survey in 2018, showed an increase in the prevalence of sexual assault on women, he said. In addition, in that year, about 24% of women and 6% of men on active duty indicated experiencing behavior consistent with sexual harassment in the year before being surveyed.

Fear of retaliation complicates and degrades the department's efforts to encourage greater reporting of this conduct and to connect service members with restorative care, he emphasized.

"While not all behaviors perceived to be retaliatory by someone constitute retaliation that is actionable, all behaviors — actionable or not — gravely undermine our efforts in this space, and are incongruent with our expectations for dignity and respect," he said.

"To be blunt, such behaviors are absolutely unacceptable and have no place in a military that is striving for greater dignity, respect and inclusion for all," Galbreath said.

In some, achieving and sustaining progress requires continuous institutional examination, reflection and evolution, he said, adding that the Defense Department acknowledges the gap between where it is now and where it desires to be.

"We are committed to working toward lasting, impactful, cultural change," he said.

SAPRO establishes policy and conducts oversight on efforts to assist victims of sexual assault, encourage greater reporting, empower survivors to recover and prevent the crime.

CBD Product Ban Expanded to Include Lotions, Topical Applications

Story by Chief of Naval Persommel Public Affairs

In a move to ensure the integrity of the Navy's drug policy, the Navy has upped the ante on its ban on hemp and cannabidiol (CBD) products to include topical products like lotions and shampoos. Announced in ALNAV 074/20 on July 24, 2020, the message supersedes previous guidance. The new ALNAV bans use of any hemp product or product derived from hemp and violations can occur without regard to intended physical or mental consequences of the use.

The move was done to protect Sailors from potential tetrahydrocannabinol (THC) exposure that could negatively impact mission readiness and disqualify a Sailor from continued service. It is impossible for consumers to determine how much THC a product actually contains in the current environment where label claims are not trustworthy. Department of Defense (DoD) officials determined that it is not reasonable nor practical for the DoD to test every hemp product, which may or may not cause a positive urinalysis result.

While federal law continues to allow American consumers to use products that contain less than 0.3 percent THC, the Navy policy is meant to ensure there is no unknowing consumption of any THC amount.

"This really is about the health of the force and ensuring the Navy remains a drug-free workplace," said LA Parker, Drug Detection & Deterrence branch head, for the 21st Century Sailor office. "We have to be fit to fight and can't take a risk in allowing our Sailors to consume or use these types of products."

The Navy policy continues to allow for use of cannabinoid formulations approved by the Food and Drug Administration when a service member has a valid prescription. A Sailor should consult with his or her primary care physician in these circumstances and ensure it is documented in his or her medical record. The ALNAV does not prohibit the use of durable hemp goods, such as rope or clothing.

Sailors who test positive for THC or other substances, for which they have no valid prescription, will be processed for administrative separation and could receive a discharge characterized as "Other Than Honorable."

Every Sailor has a personal responsibility to diligently avoid intentional or accidental exposure to THC and other prohibited substances.

Due to current events, the USO, MWR, and the Fleet & Family Support Center are either closed or providing limited services until further notice. Should you have any questions regarding upcoming events, classes, or other concerns, please contact the appropriate organization.

Thank you!



Visit www.navy.mwr.greatlakes.com
for more information



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Before-and-After Steps and Resources for Disasters

from Fleet and Family Support Center Great Lakes

It's crucial to understand the steps to take before and after a natural disaster strikes. As many of us personally are touched by such disasters - either directly or with family or friends- it's important to be prepared. Here are some steps to take both before and after a natural disaster strikes, as well as resources to rely on should a disaster occur.

Get prepared before disaster strikes

Military OneSource gives you guidance on what you need to know to prepare for any kind of emergency. Learn how to create a family emergency plan and disaster kit, sign up for installation emergency alerts and more. Also, follow these other disaster preparation steps so a disaster does not overtake you and your family:

Start a conversation with your family. Planning ahead for disaster often starts with having a conversation with your family. Create a family emergency plan for your military family. Learn even more and find helpful checklists at // www.ready.gov/.

Know how to evacuate when disaster strikes. Evacuations occur more frequently than most people realize. Know what protective measures to take before, during and after an evacuation. It is essential to have an emergency plan in place and your disaster kit - with several days' worth of supplies - ready in order to be prepared for an evacuation of any type.

Find out about your installation's emergency management plan. All military installations are required to create and maintain an emergency family assistance plan to help protect military families and other Department of Defense personnel. Your installation's emergency family assistance plan makes sure your environment is safe and mission-ready after a disaster so you can be ready. Here are more federal disaster preparedness resources to help you and your family get organized for an emergency.

What Comes After a Disaster

The Department of Defense and other federal officials offer the following advice for people during and after a disaster strikes:

Find a safe place to stay and check in with your command. After a disaster or emergency, your safety is what is most important. Check out Steps to Take After a Flood, Fire or Other Natural Disaster to find safe places to stay after such an event and self-account through your disaster and evacuation emergency contact.

Understand steps to take when returning home. USA.gov lets you know safe steps to take upon returning home from a disaster and has tools and resources on finding

family after a disaster and replacing lost or destroyed vital documents.

Read safety tips, up-to-date info and rumor control, and more from FEMA. The Federal Emergency Management Agency also provides housing assistance if your home was damaged or destroyed and offers ways you can help victims of recent disasters. Call 800-462-9029 for assistance.

Apply for disaster assistance. The quickest way to apply for federal disaster assistance is online through DisasterAssistance.gov. If you don't have access to the Internet, you can apply by phone. Call 800-621-3362.

Reach out to your service relief organization. If you're having financial problems, your service relief organization may be able to help. Army Emergency Relief, the Navy-Marine Corps Relief Society and the Air Force Aid Society are here to help you weather financial emergencies. Depending on the circumstances, service relief organizations provide emergency financial help with interest-free loans, grants or a combination of loans and grants.

Recognize the signs of stress in children after a disaster. Even the most well-adjusted children may experience stress following a disaster or traumatic event. It's important to understand how to recognize and address signs of stress so you can help your children cope with their feelings. Understand your protections under the Servicemembers Civil Relief Act. The act provides financial and legal protection for active-duty service members, including National Guard and reserve members, and their families. In times of disaster it may be worth knowing your protections.

Weathering the storm

Remember, stress during times of disaster can be immense. During such times, it's good to continue practicing the ways you help keep your family strong and resilient the way you do through long deployments and other demands of military life. Such practices can help pull you through times of crisis as well. Disasters can be upsetting experiences for everyone involved (Military OneSource, 2020).

Reach out to Fleet and Family Support Center at 847-688-3603 or Military OneSource online or by phone at 800-342-9647 if you have questions about emergency preparedness.



Order Gives Employees Social Security Withholding Tax Deferral, Not Forgiveness

Story by Jim Garamone, DoD News

President Donald J. Trump signed an executive order on August 8 that allows employers to defer withholding Social Security taxes.

However, it's a payroll "deferral," not payroll "forgiveness" — meaning it's a temporary change, and service members and Defense Department civilians have to pay that money in 2021.

Internal Revenue Service officials said the Presidential Memorandum defers the employee portion of Social Security taxes. The Social Security tax is set for employees by law at 6.2 percent.

For service members, that would be 6.2 percent of basic pay. An E-5 with eight years of service has a monthly basic pay rate of \$3,306.30. The monthly Social Security tax equals \$204.99. Through the end of the year, this adds up to \$819.96.

Beginning Jan. 1, 2021, the deferred Social Security taxes will be collected through April 30, 2021. So, that E-5 with eight years of service who received a total of \$819.96 from the tax deferral now has to pay it back early in 2021.

This means, nearly all enlisted service members will have their Social Security taxes deferred. Generally, officers in grades O-1 through O-4 will have their taxes deferred. Additionally, officers in the grade of O-5 with less than 16 years of service and O-6s with less than 14 years of service will have their Social Security taxes deferred.

All warrant officers will have their Social Security taxes deferred except those at a grade of W-5 with 24 or more years of service.

Due to differences in pay systems, application of the tax deferral process will be different for most members of the National Guard and Reserves in the Army, Air Force, or Navy than for active component members.

For these members, if they are eligible for the tax deferral, their initial net pay will have the Social Security taxes withheld. Two to three business days later, a separate pay transaction will be processed to refund the Social Security taxes withheld from the initial pay. This will also result in these members receiving an additional Leave and Earnings Statement in MyPay with an entry labeled "FICA Refund" reflecting the refunded Social Security tax amount.

For civilians, that would be 6.2 percent of base pay plus any premium hours earned. For example, for an employee earning \$80,000 annually and a bi-weekly salary of \$3,066.40, the Social Security tax deferred for that pay period would be \$190.12. However, if the employee earned overtime or any other premium pays, bonuses, etc. in the amount of \$934.60, an employee would not receive the Social Security tax deferral for that given pay period, as the total earnings would exceed \$4,000 ($3,066.40 + 934.60 = \4001.00).

The deferral only covers Social Security tax; it does not affect any other tax withholdings.

Social Security grew out of the Great Depression of the 1930s. The United States had no old-age retirement system, and there was no federal unemployment insurance safety net.

In January 1935, President Franklin D. Roosevelt proposed creating the Social Security system with payroll taxes from employers and employees contributing equally to the program. It passed Congress, and Roosevelt signed the bill into law on August 14, 1935. The Social Security Act also established unemployment insurance.

The Social Security tax is also called the Old Age, Survivors, and Disability Insurance tax. Workers pay the taxes to Social Security, which funds the program for retirees, survivors and individuals with approved disabilities.

For more information, service members and civilian employees may view the Defense Finance and Accounting Service page [here](#). A list of service members' Frequently Asked Questions can be found [here](#), and a list of civilian employees' Frequently Asked Questions can be found [here](#). As more information is determined, updates will be posted on the site.

Service members seeking more information on financial readiness, visit www.finred.usalearning.gov or www.milspousemoneymission.org.

Civilian employees with concerns regarding repayment of the deferred OASDI, please consult with an Employee Assistance Program financial counselor or a private financial advisor.