

# Great Lakes Bulletin

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## NSGL Sailors Participate in a Base-Wide Cleanup

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

Sailors assigned to Naval Station Great Lakes and its tenant commands gathered together for a base-wide cleanup on May 4, 2022. While Earth Day was recognized worldwide the week prior, Great Lakes set aside the time for their own day of recognition.

"Earth Day is a worldwide event and I think it's amazing that the U.S. Navy recognizes the cause," said Boatswain's Mate 1st Class Heather Bassett, from Miami. "It's great that we were able to take a couple hours aside from the many missions we have to meet to help make this planet better for us and future generations."

The event began with remarks from Naval Station Great Lakes' Commanding Officer, Capt. Jason J. Williamson, addressing the importance of maintaining a clean environment and thanking attendees.

"Our installation is the quarterdeck of the Navy and it's important for us to show pride in that," said Williamson. "Taking care of our base is crucial, not only for presentation but also preservation."

Installation staff – uniformed and civilian alike – joined students and staff from the variety of training schools. With rubber gloves adorned and trash bags in hand, the group disbursed across all parts of the



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# **CNIC**

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base picking up trash and debris. This volunteer opportunity is one of many ways Sailors interact with their community both inside and outside of the gate.

“Volunteering is important because it makes the community a little bit of their own,” said Gas Turbine Systems Technician (Mechanical) 1st Class Eboni Mirabal, from Wood River, Illinois. “Volunteering is all about helping the communities but when you get out and assist in a base or ship operation you’re not only putting yourself out there and a little bit of you sticks with it.

Mirabal noted that the base cleanup helps the wildlife that calls the land home. Previously, NSGL has aided in rescue efforts for the common tern but also houses a number of plants and animals native to the Great Lakes region.

“I think every day we should always do our best to take care of our home,” said Bassett. “All it takes is one person to spread the word and bring awareness to keeping our planet clean.”

# **Motorcycle Safety: Time to ‘Throttle’ Back and Reinforce Fundamentals**

*Story by Leslie Tomaino, Naval Safety Command Safety Promotions*

May is Motorcycle Safety Awareness Month and Secretary of the Navy, The Honorable Carlos Del Toro, reaffirmed motorcycle safety remains the Department of the Navy’s (DON) priority in a recent ALNAV message.

So far in fiscal year 2022, the DON has lost 10 (five Navy, five Marine Corps) Sailors and Marines due to motorcycle mishaps. Del Toro stresses reinforced leadership involvement to ensure Navy and Marine Corps riders have the training, programs and support to operate safely on our nation’s roads.

“Losing one Sailor or Marine to a motorcycle fatality brings a significant loss to family, friends, and shipmates, but what is most tragic is that the majority of causal factors can be mitigated,” said Del Toro. “As we prepare to ramp up for spring and summer, we need to aggressively address motorcycle safety and protect our Sailors and Marines.”

The National Highway Traffic Safety Administration (NHTSA) states that in 2020, motorcycle-related deaths accounted for 14% of total highway fatalities. Other disturbing statistics note, motorcyclists were 28 times more likely than vehicle occupants to die in a motor vehicle accident and four times more likely to be injured. These figures show just how vital motorcycle safety is.

“Basic riding fundamentals, sound decision-making and individual responsibility are important for our riders to mitigate unnecessary risks every time they think about getting on a motorcycle,” said Del Toro. “While May is observed as Motorcycle Safety Awareness Month, I encourage all levels of the chain of command to get involved with their riders to ensure they are taking every precaution to ride safely.”

One resource available is a motor vehicle safety-focused public awareness campaign from the Department of Transportation (DOT) that includes four



areas of focus: Motorist Awareness of Motorcycles, Ride Sober or Get Pulled Over, Rider Safety and Share the Road. The first focuses on helping motorists understand driving behaviors and learn how to drive safely around motorcycles on our roadways. The second focuses on impaired riding prevention. The third focuses on ways that motorcyclists

can increase their riding safety, and the fourth promotes motorcyclist awareness and safety for both motorcycle riders and motor vehicle drivers.

For more information about the four major campaigns, visit <https://www.trafficsafetymarketing.gov/get-materials/motorcycle-safety>.

# NMRTC Great Lakes Sailor Receives Appointment to Attend U.S. Naval Academy

*Story by MC3 Minh-Thy Chu , Captain James A. Lovell Federal Health Care Center*

On April 1, 2022, Hospitalman Brandon Fletchall was led from his usual workspace in the pediatric clinic of the Captain James A. Lovell Federal Health Care Center (FHCC) to a room where he was met by the Commanding Officer of Navy Medicine Readiness and Training Command Great Lakes and Deputy Director of Lovell FHCC, Captain Thomas Nelson. Not knowing why he was there, Fletchall became emotional when Captain Nelson told him that he had been selected to attend the U.S. Naval Academy.

“I wanted to cry, that’s the best way to describe it. I wanted to break down, call my dad and tell him I did it. I made it happen,” Fletchall said.

Fletchall always dreamed of being a naval officer and of working in the medical field, mainly to make his family proud. As an older brother, he wanted to set a good example for his younger 17-year-old brother. His motivation to inspire didn’t stop at just his family, though. Fletchall saw applying to the academy as an opportunity to represent young people who came from a similar background as him. Fletchall was born in Chihuahua, Mexico, and lived there with his family until he was 5 years old. Then, in search for better opportunities, they moved to Colorado Springs, Colorado. Fletchall lived there as an undocumented immigrant until he turned 18, when he got his papers and enlisted in the Navy.

“To all the kids with a similar background who don’t have papers and don’t think they can succeed, you can,” he said. Fletchall worked with a Navy recruiter to get his documents, and as soon as there was a corpsman position to fill, he was off to basic training. Once he was assigned to Navy Medicine Readiness and Training Command (NMRTC) Great Lakes, with the support of his family and mentors, he took the next step toward his goal: applying to the academy. Putting together an application to the Naval Academy can be a long and tedious process. In a typical year, approximately 5,000 candidates receive nominations from their congressman, senator, or the vice president. However, only 1,400 appointments to attend the academy are given out. Fletchall received a nomination from his state’s congresswoman as well as other endorsements to include

in his application package. He scored well on the Candidate Fitness Assessment, a component of the admissions process that tests a candidate’s ability to participate in the academy’s physical programs.

During the application process he had many mentors who offered their guidance, taking the time to sit down to help build his package and give him the best chance of standing out against other candidates. Commander Jeremy Pyles, Lieutenant Commander Daniel Rausa, Chief Hospital Corpsman Matthew Mitchell, and Hospital Corpsman First Class Matthew Foster were among the many supportive mentors who guided him during this time.

Fletchall said he is looking forward to completing his undergraduate degree and plans to go to medical school afterward to specialize in anesthesia. When asked what about attending the Naval Academy he’s the most excited about, he said, “Honestly, making it through the school, I’ll be grateful just to be there.” He added he also wants to look into joining the academy football team since he played in high school. Hospitalman Fletchall will be detaching from NMRTC Great Lakes at the beginning of summer 2022 and will arrive at the U.S. Naval Academy as part of the Class of 2026.





# Naval Station Great Lakes holds Summer Safety Standdown

*Story by John Sheppard, Naval Station Great Lakes Public Affairs*

The Naval Station Great Lakes safety department works to keep Sailors and civilians safe day-in and day-out. In preparation for the summer, Ross Johnson, NSGL safety and occupational health manager, arranged a safety standdown to brief all hands on key summer safety risks, May 12 at historic Ross Theater on mainside.

“Today is about focusing on those things we need to do to prevent injury or even death,” said Capt. Jason J. Williamson, NSGL commanding officer, during his opening remarks. He encouraged the audience to ask questions of all of the presenters. “Your attention is much appreciated,” said the skipper.

A variety of presenters spoke on topics such as avoiding foodborne illness, healthy eating, summertime destructive weather, lakefront safety, crime prevention, safe driving tips and exercising safely as part of the 101 Critical Days of Summer safety campaign.

The campaign is an annual Navy and Marine Corps initiative to increase awareness of potential risks related to off-duty recreational activities, as well as other summertime endeavors. The campaign launches at the start of Memorial Day weekend and runs through Labor Day weekend.

Summer also includes three holidays, which are often command-approved extended weekends.

Mishaps, as well as associated fatalities, have historically spiked during this time, and it is imperative to maintain an active risk management mindset. This year, the 101 Critical Days of Summer campaign runs from May 30 through Sept. 5.

“ORM (Operational Risk Management)... we live it, we breathe it, every day,” said Johnson.

Special guests Sgt. Ryan Dionne and Officer John Baghdasarian of the Lake Villa (Ill.) Police Department put on a live demonstration of the dangers of drunk driving.



Using goggles that simulated .07 and .25 blood alcohol levels, they asked volunteer Sailors to walk a straight line or simulate driving at night. "Remember, the goggles will affect one of your senses (sight), but alcohol will affect all of your senses," said Dionne.

Karrie Coleman, NSGL occupational safety specialist, stressed drinking plenty of water during outdoor activities. "If you have to keep fit for a living, do it correctly," Coleman said, urging the audience to "minimize your injury potential."

"Swimming and alcohol don't mix," said Megan Stadlman, MWR operations manager, who briefed lakefront safety. She and Ken Kelly, the physical security specialist with Navy Security Forces, urged Sailors to not go in restricted areas of the base, to include the jetty walls and harbor walls.

Debbie Shields, the "Go for Green" dietician at Galley 535, gave tips on safe food preparation and healthy eating. She noted that one in six Americans contract a foodborne illness every year. "Bacteria thrive and grow faster in warmer conditions," Shields said. She urged the audience to heat food to the proper temperature before eating and to cool food properly when it is not being consumed. For healthy eating, she advised making half your plate fruit and vegetables.

With warmer weather comes the threat of severe weather such as tornadoes and thunderstorms, said Willie Ramsey, NSGL emergency management officer. Tornadoes can arrive with little or no warning, much like the tornado that occurred on September 2, 2019 in Waukegan, Ill., ten miles north of the base. Ramsey pointed out that the Midwest has a high risk for tornadoes. Tornadoes can destroy buildings, flip cars, and create deadly flying debris. Tornadoes can happen any time of the year, but peak tornado season in Illinois is during the spring and early summer.

Whether at home or on duty, safety is the responsibility of every Sailor and civilian. "Summer is nearly here," said Johnson. "We ask that you take care of each other and take care of yourself."

## Driver Patience and Courtesy is the word this Summer along Buckley Road

Illinois Department of Transportation (IDOT) has awarded a road repair contract to Peter Baker and Son Company of Lake Bluff, IL to repair and resurface Buckley Road from US Route 41 (Skokie Hwy) eastward to the Bobby Thompson Expressway near the Great Lakes Train Station. The work will begin in early May and is scheduled to be completed by the end of August, 2022. Besides pavement grinding and overlay placement, there will be subgrade pavement patching, handicapped accessibility sidewalk, curb and gutter improvements, and drainage structure repair work along the roadway. Driving through the area must be done with safety in mind for the workers, pedestrians, and other drivers using the road."



**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/](https://www.facebook.com/NavyLifeGL/) and on their website at [www.navylifegl.com](http://www.navylifegl.com)*

*For tickets and travel, call 847-688-5417*



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[www.cnic.navy.mil/navylifema](http://www.cnic.navy.mil/navylifema)



# Sailors and First Responders Welcome Tunnels to Towers

*Photos and caption by MC1 Joseph Montemarano, Naval Station Great Lakes Public Affairs*



Naval Station Great Lakes Sailors and local first responders from Lake County welcomed the Tunnels to Towers 9/11 NEVER FORGET Mobile Exhibit to the Gurnee Mills Mall on May 13, 2022.

The exhibit was escorted by a procession of emergency first responder vehicles as it was transported from Lake Forest Oasis to the Gurnee Mills Mall, where service members, police, firefighters, emergency medical technicians and veterans awaited its arrival.

The exhibit is a tribute to all those who lost their lives on 9/11, including the 343 members of the Fire Department of New York City who made the ultimate sacrifice. NEVER FORGET is a high-tech tractor-trailer, which transforms into a 1,000 square foot exhibit. The exhibit is used as a tool to further educate people across the country about the events of that took place on 9/11. The memorial provides an interactive educational experience. It includes artifacts, such as steel beams from the towers, documentary videos, and recordings of first responder radio transmissions. Interactive guided tours are carried out by FDNY firefighters who provide firsthand accounts of the day and its aftermath. The 9/11 NEVER FORGET Mobile Exhibit has traveled

to across the United States and Canada welcoming in 6 more than 500,000 people to date.



# CNO Updates Professional Reading Program

Chief of Naval Operations (CNO) Adm. Mike Gilday released an update to the CNO Professional Reading Program, May 6. The CNO-Professional Reading Program consists of 12 books, and is a mix of writing genres including fiction, non-fiction, military, strategy, management, and technology, among others.

“A learning mindset is essential to accelerating our warfighting advantage,” said Gilday. “A Navy that learns, adapts, and improves the fastest will be the most successful. Knowledge sharing is essential to creating a learning culture.”

The goal of the program is to contribute to a culture dedicated to warfighting and learning, while simultaneously supporting the personal and professional development of Sailors beyond that of their primary designator or rating.

“We are driving a fleet-wide campaign of self-improvement,” said Gilday. “We must foster an organization that supports and empowers Sailors to have an independent quest for knowledge through reading and information sharing. What you know and how fast you learn is relevant in this era of strategic competition.”

The following books are included in the newly released update:

1. “To Rule the Waves” by Bruce Jones
2. “A Brief Guide to Maritime Strategy” by James Holmes
3. “China as a 21st Century Naval Power” by Michael. A.

McDevitt

4. “Not One Inch” by Mary E. Sarotte
5. The Sailor’s Bookshelf: Fifty Books to Know the Sea” by Admiral James G. Stavridis
6. “Army of None: Autonomous Weapons and the Future of War” by Paul Scharre
7. “Fortune Favors Boldness” by Barry Costello
8. “The Last Stand of the Tin Can Sailors: The Extraordinary World War II Story of the U.S. Navy’s Finest Hour” by James Hornfischer
9. “World War II at Sea: A Global History” by Craig Symonds
10. “Ashley’s War: The Untold Story of a Team of Women Soldiers on the Special Ops Battlefield” by Gayle T. Lemmon
11. “Dare to Lead” by Brene Brown
12. “Mindset: The New Psychology of Success” by Carol Dweck

Link to CNO’s Professional Reading Program website: <https://www.navy.mil/CNO-Professional-Reading-Program/>.

Most of the books are available at no cost to Sailors in both e-Book and digital audio format from the Navy MWR digital library collection. Eligible patrons can download the books through: <https://www.navymwrdigitallibrary.org>.

# NEXCOM’s NEXT-gen Scholars Program support students

*Story by Navy Exchange Service Command Public Affairs*

The Navy Exchange Service Command’s (NEXCOM) NEXT gen Scholars Program offers qualified students the opportunity to win \$2,500, \$1,500, \$1,000 or \$500 each quarter for earning good grades in school. The next drawing is at the end of June 2022.

To enter the drawing, students must be full-time with a “B” grade point average equivalent or better, as determined by their school system. Homeschooled students can also qualify with acknowledgement that the student has a “B” average or equivalent record of accomplishment.

Students must bring their current report card or other performance document to any NEX, fill out an entry card and have any documentation validated by an NEX associate. Once entered, the students will be given a coupon good for \$10 off a one-time NEX purchase of \$20 or more.

Eligible students include dependent children of active duty

members, reservists and military retirees as well as U.S. civilian Department of Defense employees stationed outside the continental United States and U.S. civilian employees of firms under contract to the Department of Defense outside the continental United States. Students must be enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

Thanks to its vendor partners, NEXCOM has awarded a total of \$826,500 in savings bonds and monetary awards to students since the program’s inception in 1997.

For more information on the NEXT gen Scholars Program visit [myNavyExchange.com/NEXTgen](http://myNavyExchange.com/NEXTgen).