

# THE AVENGER

MAY 2022



PRE-DEPLOYMENT  
FAMILY READINESS  
AND RESILIENCE  
EDITION

CO's Farewell Address

Deployment Checklist

Legal/CRMD  
Department Highlight

DRE/DRC/  
Ombudsman Q&A

"Strengthening Your Marriage  
Through Deployment"

Military Spouse  
Appreciation Month

Asian/Pacific Islander  
Heritage Month

FRG Q&A

Writing Letters to Your Sailor

Letter from Administrative  
Officer/CMC

Resiliency Rodeo  
Organization/Contacts



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USS GEORGE H.W. BUSH (CVN 77)  
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## FRONT COVER

Sailors man the rails aboard the aircraft carrier USS George H.W. Bush (CVN 77) (GHWB) as it pulls into its homeport, August 21, 2017. (U.S. Navy photo by Mass Communication Specialist 2nd Class Christopher Gaines)

The "Avenger" is produced, edited and approved by the Media Department of USS George H. W. Bush (CVN 77). "Avenger" is an authorized publication for the members of USS George H. W. Bush (CVN 77) and their families.

# ★ CSG COMMANDER'S MESSAGE ★

Shipmates,

It is an exciting time in the life of our Strike Group. In just a short time we will increase our capability through intensive teamwork, certify for deployment, and take the watch overseas in defense of our Nation.

As important as any mission we have, our readiness depends on our ability to focus on the fundamental tasks that lay the foundation of all we do. And core to our foundation is our individual and family readiness.

For first-term Sailors, this can be a challenging time. The busyness of our shipboard schedules can dominate our days, and pull focus from key areas that can have bigger, more negative impacts if we don't take care of them now.

I'm sure most of you have heard that things go wrong on the home front the day the ship pulls away from the pier. I'm not 100% sure if that's true for everyone, but I do know that over the course of my career, it has been essential for my wife Delissa and I to do the hard work of preparing for time at sea. We do our best to think ahead, plan ahead, and stay ahead in our professional and family lives. I am asking you to do the same.


Use this magazine as a helpful guide to your personal and family readiness. Get your spouses and significant others plugged in with the many formal and informal groups that will help them through the deployment, and also give you the confidence that they are well-cared for so that you can focus on the nation's business.

I am confident that our George H.W. Bush Carrier Strike Group Team will deliver superior combat capability across all domains to compete with, deter, and defeat our adversaries - no small or unimportant requirement as we look across the globe today.

Thank you for what each of you brings to our team each day. CAVU.

With the utmost respect for all that you do,



  
D. Velez  
Rear Admiral  
Carrier Strike Group 10  
George H.W. Bush Carrier Strike Group



# ★ A MESSAGE FROM THE CAPTAIN ★

Avengers,

It's a great time to be aboard the mighty George H.W. Bush!

I am incredibly proud to have been your commanding officer for the past 24-months. In that time, each of you made the difficult transition from being a Sailor in the shipyard to Fleet Sailors. That is a daunting task, and a challenge you should be proud to have in your wake. There is nothing more exciting or inspiring than being a Sailor at sea – something I will certainly miss when I turn over command to Capt Pollard on 19 May.

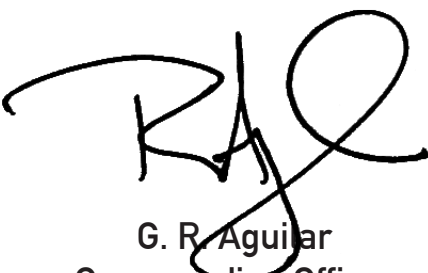
I ask that each of you continue to provide the same level of support to him, his wife Jen, and their family as you have to Jana and I. It has been the privilege of a lifetime to be your commanding officer, and my door will always be open to you and your families.

As each of you faces the challenge of COMPTUEX – a challenge unlike anything some of you have faced before – please continue to ask challenging questions to become the most knowledgeable, tactically-minded Sailors in the U.S. Navy. You will soon sail into harm's way, and the time to hone your skills is TODAY. There are no small jobs aboard George Herbert Walker Bush – each of us is critical to our collective mission.

Similarly, I ask that you take the time you have after work to prepare your families and loved ones. Find trusted mentors who can help guide you through deployment preparation and share that knowledge with your families. Encourage them to take advantage of the formal and informal resources and networks available in the Hampton Roads area. Use guides like the one in your hand now to do the important work that will help you be at peak readiness when the George Herbert Walker Bush relieves the watch on station.

We have been a first-time-pass team since we left the yards, and you have proven beyond a doubt that you are capable of being the best CVN crew in the Fleet. I know that you will continue to grow under Capt. Pollard's leadership, and that you will raise the bar for fleet warfighting excellence. Thank you for the opportunity to lead this TEAM - I am blessed beyond measure. CAVU.



  
G. R. Aguilar  
Commanding Officer  
USS George H.W. Bush (CVN 77)



# River City



If you don't hear  
from your Sailor  
for an extended  
period of time,

**DON'T PANIC!**

"River City" refers to a slang term used by Mariners to refer to a situation when the unit's communications systems are temporarily shut down. This could occur to preserve operational security before a maneuver or any other number of reasons the command deems it necessary.

That being said,  
if you DO hear  
from your Sailor  
regularly...

## Operational Security

Operational Security or OPSEC, refers to the process of protecting information (usually unclassified) that could be used by our enemies to harm any assets important to our nation's and allies well being, safety, and continued way of life.

### How can one support OPSEC?

- Not having a predictable behavior
- Watching what is said in casual conversations
- Not broadcasting personal or professional information for everyone to see on Facebook or other social networking web sites
- Remembering that just because we can't see those who are listening doesn't mean they aren't

**Exercise OPSEC at all times when it comes to handling information they pass onto you!**



# COMMAND RELIGIOUS MINISTRIES DEPARTMENT



## ROLE IN SHIP'S MISSION

The George H. W. Bush Carrier Strike Group Religious Ministry Team supports the free exercise of religion and builds personal, unit, and family readiness through strengthening the soul of the warfighter at sea.

## RESPONSIBILITIES

In executing our mission, RMT personnel will plan, operate, and assess all activities in a manner consistent with the principles and core capabilities of Professional Naval Chaplaincy (PNC):

- Providing religious ministry consistent with the faith traditions of the RMTs.
- Facilitating a robust religious program that meets the diverse faiths across George H.W. Bush Strike Group.
- Caring for all in a manner that builds resiliency, toughness, and strength of character.
- Advising respective leaders on religious freedom, moral character and ethical issues, cultural concerns, religious impacts on operations, and operational impacts on religion. Engaged in the commander's decision making process.



## PREPARING FOR DEPLOYMENT

We coordinated two resiliency rodeos in hangar bay two for Sailors and dependents ages five and up to learn about comprehensive preventative support resources from Fleet and Family, the USO, Navy Marine Corps Relief, Tricare, Celebrate Recovery, the School Liaison Officer and more. We also partnered across the ship (media, legal, medical, DRC, DRE, psych) to develop the pre-deployment Avenger, a comprehensive guide for George H.W. Bush Carrier Strike Group and our families. Our team also supports the Deployed Resilience Educator (DRE) in providing daily underway and in-port pre-deployment GMTs along with anger management, communication and leadership classes.

**“Spiritual readiness is an indispensable component our Strike Group’s total readiness that we aim to build with our crew and families. We care for all in a manner that builds resiliency, toughness and strength of character.”**

**-CDR Grace  
GHWB Chaplain**



# LEGAL DEPARTMENT



## ROLE IN SHIP'S MISSION

Per the Navy Judge Advocate General Corps's mission, "The Navy Judge Advocate General's Corps provides commanders, Sailors, and Navy families with targeted legal solutions wherever and whenever required to enable effective naval and joint operations. We deliver military justice capabilities that ensure good order and discipline, protect the rights of all parties, and promote public confidence in our military justice system. We provide commanders with consistent, accurate, and responsive legal advice to support military operations and sound naval administration. We support the fleet by enabling Sailors and their families to resolve personal legal matters and to remain mission-ready."

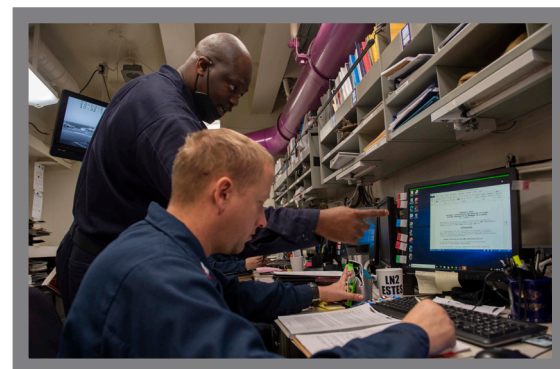


## RESPONSIBILITIES

The legal department is responsible for processing and advising the triad on all legal matters, to include non-judicial punishment, administrative separations, investigations, courts-martial, ethics, and all other legal matters. The legal department also provides legal assistance by helping Sailors understand their rights under the Service Member Civil Relief Act and notarizing powers of attorney.

## PREPARING FOR DEPLOYMENT

Our department has been hard at work on our qualifications to make sure we are "tactically-minded watchstanders," per CVN 77's goals, in addition to our roles as legalmen and judge advocates. As knowledgeable and professional Sailors, we are challenging our internal processes to ready them for the unique legal issues we will encounter abroad. We have also been readying our shipmates by facilitating powers of attorney and wills, so they can better focus on their part of the mission.



**"We strive to make the Bush a team that is fit to fight and deployment ready."**

**-LN1 Brownlee**



# PHASES OF DEPLOYMENT



For service members and their families, deployments encompass more than the time spent at sea or in a foreign country. There is a cycle that begins long before the ship or unit departs, and it continues beyond homecoming. For the different warfare communities — aviation, submarine, surface, expeditionary and special forces — the cycle may be different, but the overall process is the same. The deployment cycle consists of four phases: pre-deployment, deployment, post-deployment and reintegration.

## Pre-Deployment Phase

Before deployment, commands and units go through additional training to prepare for their upcoming missions. There is an increased operations tempo (OPTEMPO) as equipment is tested and training intensifies. Service members may be gone for days or weeks at a time, returning home for brief periods before leaving again to continue training. This period, sometimes referred to as “work-ups,” can be stressful due to the uncertainty of the schedule. For families, this is the time to begin preparing for the longer separation of deployment.

## Deployment Phase

The deployment phase begins with the departure of the ship or unit. Facing the extended separation can result in stress for both service members and their families. For military personnel, once the ship or unit has deployed, it becomes a time to focus on the mission at hand. For families, it is a time to adjust to the absence of their loved ones and develop a new “normal” for the duration of the deployment.

## Post-Deployment Phase

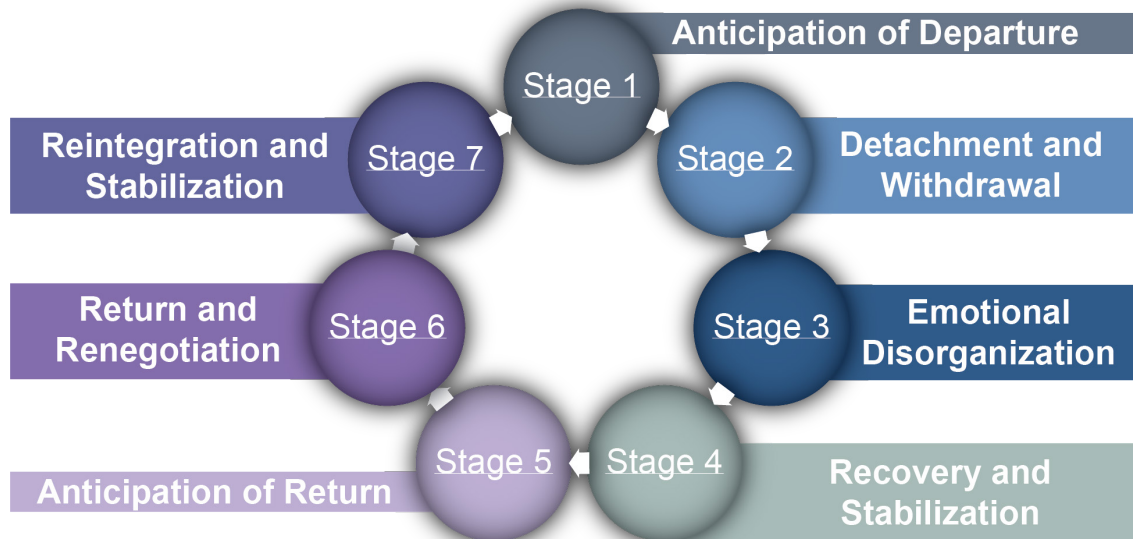
Once the ship or unit has returned, there is a brief respite before a return to normal duties. Service members may be able to take leave during this time, but it is important to remember that leave is determined by the needs of the command. There may also be opportunities for service members to attend training, as needed.

## Reintegration Phase

The final phase of the deployment cycle is the reintegration phase. During this time, service members adjust to being home with loved ones and return to their customary habits and activities. This time can be stressful for service members and family members as everyone adjusts to being together again. If you are feeling stressed or anxious, help for dealing with the stress of reintegration is available through your local Fleet and Family Support Center, or one of the shipboard resilience resources.



# CYCLE OF DEPLOYMENT



## STAGE 1: Anticipation of Departure

Before deploying, service members may be working extra hours to prepare for departure. The time apart, added to the stress of longer working hours, can result in tension at home.

## STAGE 2: Detachment and Withdrawal

This second stage usually takes place during the last week before deployment. This is a period of heightened anxiety and conflicting emotions.

## STAGE 3: Emotional Disorganization

During this stage, family members must adjust to the changes at home. They create new routines as they assume new responsibilities.

## STAGE 4: Recovery and Stabilization

The recovery and stabilization phase occurs when spouses settle into their new routines and realize that they can manage the family affairs. For spouses, a strong support network can reduce their stress level and increase their resiliency.

## STAGE 5: Anticipation of Return

The anticipation of homecoming may come with some anxiety as spouses consider their changing roles when their service members return home. Open communication about expectations for homecoming can help alleviate these concerns.

## STAGE 6: Return and Renegotiation

After the initial excitement of homecoming has passed, there is a period of adjustment to new roles and routines. Tension and arguments may increase as everyone redefines their roles and responsibilities. Communication is essential to successful reintegration.

## STAGE 7: Reintegration and Stabilization

During this final stage of the Emotional Cycle of Deployment, life will normalize. It may take a few months, but everyone will adjust to the changes. Communication is the key to successfully dealing with these challenges.

**TIP:** Remember that these emotions are normal. Be sure to take the time to talk with your loved ones about the emotions you are experiencing so that you can work through them together. If, at any stage, emotions escalate or become unmanageable, you can take advantage of the free, confidential counseling services available through the Fleet and Family Support Center, Military OneSource, or any military installation's Family Support Center.



## Strengthening Your Marriage During Deployment

Lt. Cmdr. Brandon Hood, CHC, USN



Even if you're single, this article can save you a lot of pain down the road. A healthy marriage takes hard work and intentionality. I don't think many Americans go out saying, "I wanna end up in a sexless, miserable marriage." But, it happens! It takes investment in your marriage, involvement in your faith and convictions, reading, counseling, and communication to reach new heights in your marriage. Conflict within a marriage is not an 'if.' It's a 'when.' And we kid ourselves if we think we'll handle conflict well without a plan, on auto pilot.

Here are some simple recommendations to protect and enrich your marriage during the ardors of deployment. First, make a plan to communicate as a couple. Ensure you have an email account on the ship, so you can email your spouse. Make times to email your spouse regularly and to call using the ship's library POTS lines, especially carving out times to use wifi to call your spouse onshore during port calls. Write old fashioned love letters and send them through the mail. Pre-plant gifts in the house (even simple, inexpensive gifts can mean the world).

Second, setup proactive boundaries to protect your marriage. Unboundaried and naïve friendships with old flames and friendships that subtly meet needs that should only be met by your marriage are high risks for an affair. Also, plan together as a couple on what boundaries you need to protect your marriage from in-laws acting like monster-in-laws. Decide as a couple if you want grandparents on the pier or if you need a few weeks to just be a couple and immediate family before throwing the family reunion.

Resist in-laws who try to undermine your marriage. In any conflict with your spouse and the in-laws, always side with your spouse, even if your spouse is wrong. Put your marriage first. Many divorces result from one spouse who's unwilling to say no to the manipulative requests of problem parents. There are chaplains and counselors who can help with this difficult area. Your job is to meet your spouses' and children's needs first. Honor your parents. But, your parents and in-laws are grown adults. It's not up to you to meet their selfish needs. It's honorable to help your parents or step-parents financially, but Dave Ramsey writes of the many parents who ask for way too much and selfishly drain their grown children dry, instigating a cycle of parents who are so financially irresponsible that their grown children repeatedly bail them out from false guilt, incurring a need for the next generations' kids to support their cash-strapped parents. Work for financial stability so you can support your children's launch into adulthood instead of stifling their launch by selfish irresponsibility.

Third, learn to deescalate in couple conflict. As an argument heats up, your amygdala floods with adrenaline, the fight, flight or freeze response that makes rational, productive conversation impossible. Before you throw a giant tantrum and give your spouse the greatest speech of your life, that you'll quickly live to regret...call a timeout. Carefully call the time-out, not on the relationship, but on the conversation, with a comment such as, "Baby, I'm tempted to act like an ogre right now. Let's take a 90 minute break from this conversation to cool down and then let's return to work on it." Now, by brain science, you





both need 90 minutes to drain the adrenaline completely. Go to your separate corners and distract yourself from the conflict. Read, pray, go on a run, take a hot shower, watch a funny movie. Then, come back when you're fresh and light bulbs may likely go off on how to better solve the impasse.

But, fourth, before you attempt to solve couple conflict, learn to truly listen to your spouse. This stage is called Drive-Thru talk as if you're struggling to get your order right at a scratchy poor audio quality drive-thru. Stop the car if you're driving. Turn off the TV and set aside your smart phone. Look at your spouse and listen. Use X-Y-Z statements. Give your spouse the floor. The spouse with the floor then uses "I" and not "you" statements as "you" statements tend to escalate conflict by making your spouse defensive. An example, X-Y-Z "I" statement would be, "I'm sad about us not communicating more during deployment. Can we talk about ways to communicate more regularly as a couple?" You're making a simple, assertive statement pointing out your feelings and concerns about an actionable topic with a request for change. It's a far more successful approach than throwing insults or manipulating your spouse by trying to forcefully bend them to your will. Avoid threats of divorce as the "d" word is like throwing jet fuel on the fire of conflict. It's a hard threat to take back and does immense damage. In this stage of couple conflict resolution, you strive not to argue or correct, but to listen and paraphrase what your spouse said. The other spouse would respond to the previous statement, "I hear you, baby, that you're sad about us not communicating more during deployment and you'd like to talk about it. Did I get that right? You can also ask questions of your spouse to better understand. As couples we are biologically incapable of reading each others' minds.

Fifth, after you've taken turns listening and paraphrasing so you truly hear and understand each other, you can now brainstorm how to solve a specific issue in conflict. Say the issue is better communication as a couple during deployment. Take out a pad of paper or smart phone and each member of the marriage can brainstorm five possible solutions to the problem. Proposed solutions could be carving time out daily for email and carving out port-call time for FaceTime. As a couple, decide on one proposed solution to try. It might fail and then you try another. Reward yourselves as a couple for addressing your conflict and not avoiding the conflict. Avoiding conflict tends to cause people to simmer until they explode.

Finally, dysfunction runs rampant in all families. But there is hope. Counseling is not an admission that you're crazy. Counseling is preventative and responsive maintenance – going to an outside, neutral expert to help you see past blind spots and learn simple tools and tricks to have a far happier and healthier marriage. Counseling can cost over \$300 per hour for civilian couples, but is fully covered by Tricare and available for free through Chaplains, faith-based and secular counseling through Military One Source by phone and in-person (1-800-324-9647), the Deployed Resilience Counselor (DRC), ship's Psychologist, Military Medical, and Fleet and Family Support Center (FFSC) 757-444-2102. There are also free marriage retreats to hotels through the Chaplains' CREDO program (757-444-7666).

Overall, your goal is to prioritize your marriage and your children. Strive to fill your spouse's and children's love tanks to overflowing by your gift of time, communication, and affection. You're not alone. A whole fleet of resources is ready to help you thrive.



# DEPLOYMENT CHECKLIST



## FOR SINGLE SAILORS

### Do you know where each of the following documents is located?

- |  |  |
|--|--|
| <input type="checkbox"/> Birth Certificates                  | <input type="checkbox"/> Insurance Policies (life, health, home, vehicle, flood, others) |
| <input type="checkbox"/> Divorce Decrees                     | <input type="checkbox"/> Real Estate Documents (lease, deed, first and second mortgages) |
| <input type="checkbox"/> Death Certificates                  | <input type="checkbox"/> Car/Motorcycle title, registration and inspection               |
| <input type="checkbox"/> Medical/Dental Records              | <input type="checkbox"/> Most recent Leave and Earnings Statement (LES)                  |
| <input type="checkbox"/> Veterinarian Records (for each pet) | <input type="checkbox"/> Current Address and Phone Number of Immediate Family Members    |
| <input type="checkbox"/> Passports/Visas                     |  |

### Legal Documents

- ☐ Do you have/need a will?
- ☐ Is your Record of Emergency Data (Page 2) current?
- ☐ Is the amount and beneficiary information current for the Service Member's Group Life Insurance?
- ☐ Will a general or specific power of attorney be needed to manage your affairs in your absence?
- ☐ Will your ID card expire during deployment?

### Financial Planning

- ☐ Do you have a written monthly spending plan?
- ☐ Does your budget include money for port visits, phone calls, gifts/souvenirs?
- ☐ Does your budget include additional funds for sea pay and other special payments (flight, submarine, combat duty, etc)?
- ☐ Will there be promotion during deployment?
- ☐ Will a reenlistment bonus be received during deployment?
- ☐ Do you have access to myPay?
- ☐ Are you enrolled in the Thrift Savings Plan?
- ☐ Have you established a financial goal(s) for this deployment such as pay off a vehicle, increase savings, save money to purchase a new vehicle, etc.?

### Banking

- ☐ Is pay distribution set up the way you want? Direct deposit to correct account(s)? Split pay? Any allotments or automatic check drafts?
- ☐ Do you have overdraft protection for your checking accounts?
- ☐ Will your debit/credit cards expire during the deployment?

### Taxes

- ☐ If you plan to file federal or state taxes while deployed, do you have all the necessary documents?
- ☐ Do you have a specific power of attorney if someone else will be filing your taxes, or are you going to re-request a filing extension?

### Vehicles

- ☐ Are vehicle insurance, tags, registration, title and inspection stickers current?
- ☐ Is all routine maintenance current?
- ☐ Have you made arrangements for storing your vehicle(s)?
- ☐ Have you talked with your insurance agent about reducing coverage while your vehicle is in storage?
- ☐ If a friend or family member is storing your vehicle for you, does your insurance cover them?



# DEPLOYMENT CHECKLIST



## FOR SINGLE SAILORS (CONT'D)

### House

- \_\_\_ Are you able to terminate your lease due to military deployment? Will there be a financial penalty?
- \_\_\_ If you plan to maintain your house or apartment, is your renter's/homeowner's insurance current?
- \_\_\_ Is your house/apartment prepared if it will be vacant for an extended period during deployment? Did you stop mail and newspaper, turn off or reduce temperature of water heater, air conditioning or heat, arrange lawn maintenance, etc.?

### Pets

- \_\_\_ Have you made arrangements for your pets to be cared for by family, friends or an animal foster care group (<http://www.operationnoblefoster.org>)?
- \_\_\_ Does your pet's caregiver have a copy of veterinary and immunization records, current license, if required, and your vet's contact information?
- \_\_\_ Have you made arrangements to pay for food, treats and vet care while deployed?

### Emergencies

- \_\_\_ Do you have at least one month's pay saved in case of financial emergency?
- \_\_\_ Does your family know to use the American Red Cross in case of an emergency?
- \_\_\_ Does your family have the name and number to the command ombudsman? Have you given the ombudsman permission to provide information to your family members?

### Relationships

- \_\_\_ If you are in a relationship, have you discussed the effect of an extended separation?
- \_\_\_ Have you told friends and family you are deploying, provided them with your contact information and asked them to keep in touch?
- \_\_\_ If you share a house or apartment, have you instructed your housemates on the use of your household goods or are you planning to store them?

### Communication

- \_\_\_ Have you discussed how often you will communicate and by which methods?
- \_\_\_ Have you discussed how sensitive news will be shared?
- \_\_\_ Does your family have the number to the command care line, if available?
- \_\_\_ Is your family on the command phone/email tree?





# DEPLOYMENT CHECKLIST



## FOR MARRIED SAILORS

### Do you know where each of the following documents is located?

- |  |  |
|--|--|
| <input type="checkbox"/> Birth Certificates                  | <input type="checkbox"/> Wills   |
| <input type="checkbox"/> Marriage License                    | <input type="checkbox"/> Passports/Visas   |
| <input type="checkbox"/> Divorce Decrees                     | <input type="checkbox"/> Insurance Policies (life, health, home, vehicle, flood, others) |
| <input type="checkbox"/> Death Certificates                  | <input type="checkbox"/> Real Estate Documents (lease, deed, first and second mortgages) |
| <input type="checkbox"/> Medical/Dental Records              | <input type="checkbox"/> Car/Motorcycle title, registration and inspection               |
| <input type="checkbox"/> Veterinarian Records (for each pet) | <input type="checkbox"/> Social Security numbers for each family member                  |
| <input type="checkbox"/> Adoption Papers                     | <input type="checkbox"/> Most recent Leave and Earnings Statement (LES)                  |
| <input type="checkbox"/> Citizenship/Naturalization Papers   | <input type="checkbox"/> Current Address and Phone Number of Immediate Family Members    |

### Legal Documents

- ☐ Is your Record of Emergency Data (Page 2) current?
- ☐ Is the amount and beneficiary information current for the Service Member's Group Life Insurance?
- ☐ Are power of attorneys needed for buying a house, moving into government quarters, completing taxes, etc.?
- ☐ Is a Health Insurance Portability and Accountability Act form required to access medical records?
- ☐ Will military identification cards expire during deployment?
- ☐ Are all family members enrolled in Defense Eligibility Enrollment and Reporting System (DEERS)?

### Financial Planning

- ☐ Do you have a written monthly spending plan?
- ☐ Does your budget include money for port visits, phone calls, gifts/souvenirs?
- ☐ Does your budget include additional funds for sea pay, family separation allowance and other special payments (flight, submarine, combat duty, etc.)?
- ☐ Will there be promotion during deployment?
- ☐ Will a reenlistment bonus be received during deployment?
- ☐ Do you/your spouse have access to myPay?
- ☐ Are you enrolled in the Thrift Savings Plan?
- ☐ Do both you and your spouse understand and agree to how finances will be handled during the deployment?
- ☐ Have you decided who will be using which credit cards during the deployment?

### Banking

- ☐ Is pay distribution set up the way you want? Direct deposit to correct account(s)? Split pay? Any allotments or automatic check drafts?
- ☐ Are you using joint or separate checking accounts? If joint, have you discussed how you will manage?
- ☐ Do you need overdraft protection for your checking accounts?
- ☐ Will your debit/credit cards expire during your absence?

### Bills

- ☐ How will you be making payments to creditors? Do they have your correct address?
- ☐ How will you be paying rent/mortgage/utilities?
- ☐ Are there any annual/quarterly expenses such as car or home insurance or tuition payments due while you are deployed? If so, how will they be paid?

### Taxes

- ☐ If you plan to file federal or state taxes while deployed, do you have all the required documents?
- ☐ Do you have a specific power of attorney if someone else will be filing your taxes, or are you going to request a filing extension?



# DEPLOYMENT CHECKLIST



## FOR MARRIED SAILORS (CONT'D)

### Vehicles

- \_\_\_ Are vehicle insurance, tags, registration, title and inspection stickers current?
- \_\_\_ Is all routine maintenance current?
- \_\_\_ Have you left the name of a trusted mechanic/repair garage with your family?
- \_\_\_ Have you provided information about types of routine maintenance such as oil, filters and tires?

### House

- \_\_\_ Is all routine household maintenance complete?
- \_\_\_ Is your renter's/homeowner's insurance current?
- \_\_\_ If expecting to move into government quarters during the deployment, is a special power of attorney available to arrange the move?
- \_\_\_ If your family is planning to stay with extended family during the deployment, note that this is not covered in the military clause of most leases.
- \_\_\_ Does your lease allow you to sublet or will there be a penalty?

### Emergencies

- \_\_\_ Do you have at least one month's pay saved in case of financial emergency?
- \_\_\_ Have you considered signing a preauthorization form with Navy-Marine Corps Relief Society for your spouse?
- \_\_\_ Does your family know to use the American Red Cross in case of an emergency?
- \_\_\_ Does your family have the name and number of the command ombudsman?

### Communication

- \_\_\_ Have you discussed how often you will communicate and by which methods?
- \_\_\_ Have you discussed how sensitive news will be shared?
- \_\_\_ Does your family have the number to the command care line, if available?
- \_\_\_ Is your family on the command phone/email tree and newsletter distribution list?

### Homecoming

- \_\_\_ Have you discussed homecoming plans and expectations?
- \_\_\_ Do you want to stay at home or take a vacation upon reuniting?
- \_\_\_ If you have children, what are the homecoming plans for them?





# DEPLOYMENT CHECKLIST



## FOR SINGLE PARENT SAILORS

### Do you know where each of the following documents is located?

- \_\_\_ Does your will include who will become your child/children's guardians should something happen to you?
- \_\_\_ Have you updated your Family Care Plan? This document ensures that arrangements are in place for your dependent children.
- \_\_\_ Is your Record of Emergency Data (Page 2) current?
- \_\_\_ Is the amount and beneficiary information current for your Servicemembers' Group Life Insurance?
- \_\_\_ Do your children have ID cards and are they enrolled in DEERS?
- \_\_\_ Do you have a written financial agreement with your caregiver?
- \_\_\_ Do you have an "agent letter" to allow your child's caregiver access to the base and to services such as the commissary, exchange and medical clinic for your child?
- \_\_\_ Does your child's caregiver have a medical power of attorney to access emergency and routine care for your child/children? Do they know how to access the military medical clinic or how to file TRICARE claims if using civilian facilities?
- \_\_\_ Is a Health Insurance Portability and Accountability Act form required in order for your child's care giver to access your child's medical records?
- \_\_\_ Have you discussed rules and discipline with your child's caregiver?
- \_\_\_ Do you have a plan for celebrating your child's birthday during your absence?
- \_\_\_ Have you developed a communication plan with your child's caregiver? How often will you email, phone, or send regular mail? What types of information would you like to know? Have you asked your child's care-giver to send pictures?
- \_\_\_ Does your child's caregiver have the number to the command care line, if available?
- \_\_\_ Have you asked the command ombudsman to keep your child's caregiver informed on the status of the command via the command phone/email tree and newsletter distribution list?
- \_\_\_ Does your child's caregiver have an age-appropriate car seat for transporting your child?

### Your Child

- \_\_\_ Have you told your child that you will be leaving and that you will return?
- \_\_\_ Have you made a communication plan with your child and provided them with the tools they need to stay in touch with you, such as stationery, pens, markers, stamped, self-addressed envelopes, etc?
- \_\_\_ Did you include money in your budget for phone calls, gifts/souvenirs for your children?
- \_\_\_ If you have pets, is your child's caregiver caring for them too? If the pets will be cared for elsewhere, have you explained this to your child?
- \_\_\_ Do you and your child have a support system — people you can reach in person, by phone or email — you can turn to for assistance during the deployment?
- \_\_\_ Will your child be able to see you off when you leave for deployment?
- \_\_\_ In conjunction with your child's caregiver, do you have plans to keep your child/children busy during deployment with fun activities including sports, scouts, music, church, etc.?

### Comfort Items

- \_\_\_ Have you created a photo album for you and each of your children doing things together?
- \_\_\_ Have you read and recorded your child's favorite books on audio or videotape?
- \_\_\_ Did you leave a personal item of yours for each of your children to keep until your return?

### Homecoming

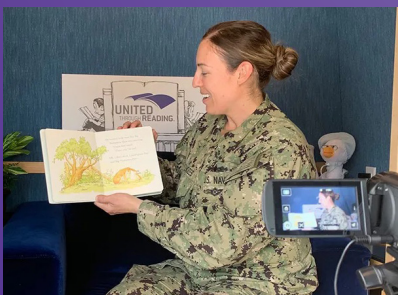
- \_\_\_ Will your children be able to meet you at homecoming? If so, have you made arrangements?



Deployments, temporary duty or any variation of separation as a military family is undeniably hard, but reading is proving to be a useful tool in closing the distance gap. United Through Reading is a nonprofit organization providing military families with a continued bonding experience through recordings of service members reading to their families back home. For 30 years, its founder has set out to strengthen the home front through the use of literature, and the organization continues to evolve its program using innovation and technology.

Sailors can and should reach out the command religious ministries department (CRMD) to learn more about how they can use the program and benefit their loves ones.

### ***ON GHWB, WE OFFER:***



Make your appointments at the ship's library onboard GHWB to read to your children or young relatives in the library's United Through Reading lounge. They have many children's books for a wide age range already on-hand. Most Sailors use their own smart phone to record the reading (upholding PEDCON conditions).

- WHERE: Ship's Library (03-118-6L)
- J-DIAL: 5504
- EMAIL: CRMD@cvn77.navy.mil

For more information go to [unitedthroughreading.org](http://unitedthroughreading.org)

# Writing Letters to Your Sailor


Letters are a great way to stay connected with your Sailor while they're underway. Below is the format you should follow if you are trying to write them a letter:

Dear Joe Navy,

I can't believe you've been gone for three months! Time is flying by. Dad and I miss you lots. We just sent you a care package in the mail with all your favorite snacks and some essentials. I hope you're having a good time, be safe. Love you!

With love,  
Mom

## Envelope Format

<p>YOUR NAME 123 Atlantic Street Norfolk, VA 23505</p> <p>↑</p> <p>Sender's Information HERE</p>	<p>YOUR SAILOR'S NAME USS GEORGE H.W. BUSH ( CVN 77 ) UNIT 100331, BOX # FPO AE 09513</p> <p>↑</p> <p>Sailor's Information HERE</p>	<p></p> <p>↑</p> <p>Stamp HERE</p>
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# DEPLOYED RESILIENCY EDUCATOR & DEPLOYED RESILIENCY COUNSELOR

## Deployed Resiliency Educator



**I** would say that this deployment will be as great as we make it. For some, it will be a brand new experience. For others it will be an act of reliving former deployments. For all of us, our self-awareness, attitudes, and empathy toward others will determine the outcome of the deployment. A positive attitude goes a long way in creating a positive outcome. We can accomplish the Navy's mission and create some great memories while we do it."

**Q:** How long have you been a Deployed Resiliency Educator?

**A:** I began this adventure August 1st, 2021. I am one of four retired sailors who are pioneering this prevention program. Before that, I served for 30 years in the Navy as a hospital corpsman. I have deployed with Marines and on five different surface ships around the world. I have also served as an ATG Instructor/Facilitator.

**Q:** What is your role as the DRE and what are your priorities for the crew/command?

**A:** I provide life skills training such as basic core skills, to manage stress, increase personal communication and share tools and resources to successfully navigate shipboard and family life.

**Q:** How can Sailors contact/find you?

**A:** The best way is through email. I work out of various classrooms throughout the ship.  
Email: dre@cvn77.navy.mil

## Deployed Resiliency Counselor



**D**on't look at deployment as a doom/gloom situation. Look at it as an opportunity to help out others that are less fortunate than us, and that deployment will give you an opportunity to see what kind of impact we can make on a larger scale."

**Q:** How long have you been a Deployed Resiliency Counselor?

**A:** I've been in the DRC role since January 2021 and on the Bush since March 31st, 2021. Before that, I served in the Army for 3.5 years.

**Q:** What is your role as the DRC and what are your priorities for the crew/command?

**A:** I provide short term counseling for up to 12 sessions for Sailors who may be struggling with anxiety, depression and adjustments to the military lifestyle.

**Q:** How can Sailors contact/find you?

**A:** If someone needs to get ahold of me, usually the best way to schedule with me is through email or stopping by my office and if we're in port, through cell.

Cell: (757)-870-9618

Email: drc@cvn77.navy.mil

Location: 2-103-2-Q

# ★ FAMILY READINESS GROUP ★

**Q:** How long have you been a part of the Family Readiness Group?

**A:** I joined the FRG in the fall of 2021 as VP, but I have recently taken over the role of President for this amazing support group.

**Q:** What is the purpose of your organization and what services do you provide to Sailors and their families?

**A:** FRG stands for Family Readiness Group. We are here to support our spouses and families, especially through underways and deployment. The FRG consists of a board of volunteers who organize informational meetings and morale boosting events for our families in the hopes of helping to build friendships and a support system. We can provide resources and tools to help adjust and prepare for deployments/military separations.

**Q:** How can family members contact you?

**A:** The best way to get in contact with me, or a member of the board, would be through email. We also have a facebook group where members can reach out and private message an admin with any questions.

Email: [cvn77frg@gmail.com](mailto:cvn77frg@gmail.com)

Facebook: CVN 77 FRG

**Q:** If someone is interested in joining the fleet readiness group, how do they go about doing so?

**A:** Joining our community is pretty simple. The active duty sailor just needs to contact us from their official ship email to our address listed above. They need to include their family member's name, family member's email, and the sailors rotation date. After the email is recieved, a board member will add the family member to our contact list. They are then free to join the Facebook page and will receive all upcoming email communications.

**Mackenzi Leggett**

1 year of experience



**“As** a military spouse, we are expected to hold down the fort when our sailor is gone. It’s hard, and some days we may feel like giving up, but I’ve learned that it’s all in your frame of mind. If something isn’t going your way, sit down, breathe, and try changing your perspective on the matter. Building a good support system, like that of the FRG, will only help you in times of need. You will have friends to fall back on, events to keep you busy, and when your sailor knows you are kicking butt back at home, it makes it easier for them to do their job at sea with peace of mind.”



# COMMAND OMBUDSMAN



**Q:** How many team members do you have and how long have each of you been an Ombudsman?

**A:** We have five team members and all have varying levels of experience ranging from a few months to 3.5 years.

**Q:** What is your role as Ombudsman and what services do you provide to Sailors and their families?

**A:** We mainly serve as the liasons between the families and the ship. If there is an emergency situation in which a Sailor cannot be reached by the family member, the ombudsman are able to make contact with the command. Another responsibility is to communicate any and all mandated reportable situations that may arise. We also provide information/resources for different circumstances that families may encounter such as legal, medical, PCSing, pre-deployment checklists, etc.

**Q:** How can family members contact you?

**A:** We have two cell phones that you can call or text, an email and a Facebook page.

Cell: (757)-869-0015 or (757)-869-4848

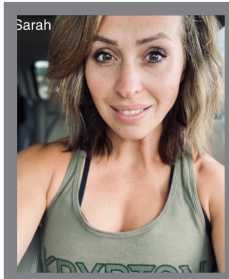
Facebook: CVN 77 Ombudsman Family Page

Email: ghwbombudsman@gmail.com

**Q:** If someone is interested in joining the Ombudsman community, how do they go about doing so?

**A:** They would need to contact us via email and express their interest. Then we would forward the information to the Command Master Chief.

**“O**ur number one goal is to provide support at home so the Sailors can focus on their mission. We are here for your family, and will do what we can to help this deployment go smoothly on the home front.”



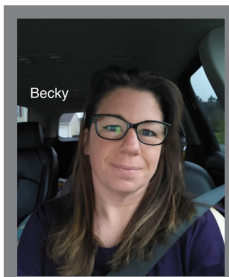
**Sarah Wagner**

3.5 years of experience



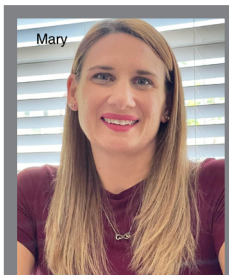
**Katie Superdock**

3.5 years of experience



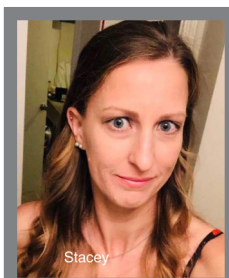
**Rebecca Hodges**

1 year of experience



**Mary Fagan**

1.5 years of experience



**Stacey Murray-Rester**

1 year of experience

# ASIAN/PACIFIC ISLANDERS IN NAVAL HISTORY

## Rear Admiral William Chung-Hoon Jr.

William Chung-Hoon Jr was born in Honolulu, Hawaii, on July 25 into a Chinese-English-Hawaiian family. Chung-Hoon attended the United States Naval Academy and graduated in May 1934, becoming the first Asian American, U.S. citizen graduate of the academy. From May 1944 to October 1945, Chung-Hoon commanded the destroyer USS Sigsbee. In the spring of 1945, Sigsbee assisted in the destruction of 20 enemy planes while screening an aircraft carrier strike force off the Japanese island of Kyūshū. On April 14, 1945, while on radar picket station off Okinawa, a kamikaze crashed into Sigsbee. Despite the damage, then Commander Chung-Hoon kept his antiaircraft batteries delivering "prolonged and effective fire" against the continuing Japanese air attack while simultaneously directing the damage control efforts that allowed Sigsbee to make port under her own power. The damage had been severe enough that Admiral William Halsey, Jr. told Chung-Hoon to scuttle the ship. However, Chung-Hoon declined to do so, telling the admiral "No, I have kids on here that can't swim and I'm not putting them in the water. I'll take her back." Chung-Hoon retired in October 1959 and was promoted to rear admiral upon retirement, making him the first Asian American flag officer of the United States Navy. In 1961, he was appointed to be the director of the Hawaii Department of Agriculture by the first Governor of the State of Hawaii. In 2004, the Arleigh Burke-class destroyer USS Chung-Hoon was named for him. Chung-Hoon died on July 24, 1979 at Tripler Army Medical Center in Honolulu.



## Captain Sunita Williams

Sunita Williams, a native of Needham, was born in Euclid, Ohio, to Mumbai Indian American parents. Williams was commissioned an ensign in the United States Navy in May 1987. On her road to being selected for the NASA for the astronaut program in June of 1998, Williams was a Basic Diving Officer, Naval Aviator, Officer-in-Charge of an H-46 detachment, H-46 Project Officer and V-22 chase pilot in the T-2, squadron Safety Officer, and instructor in the Rotary Wing Department. She has logged more than 3,000 flight hours in more than 30 aircraft types. Williams was launched to the International Space Station (ISS) with STS-116, aboard Space Shuttle Discovery, on December 9, 2006, to join the Expedition 14 crew. Williams became the first person to run both a marathon and triathlon from the space station, broke the record for longest single spaceflight by a woman, became the commander of the International Space Station (being only the second woman to achieve the feat). In September 2007, She was awarded the Sardar Vallabhbhai Patel Vishwa Pratibha Award by the World Gujarati Society, the first person of Indian descent who was not an Indian citizen to be presented the award. In June 2017, the Needham Public Schools committee voted to name the town's new elementary school after Williams.





## Command Master Chief Josephine T. Tauoa

Master Chief Tauoa graduated from high school and immediately joined the United States Navy in 1996 as a Machinist's Mate. During her military career, she hopped around different duty stations from La Madalena, Italy to Point Loma, California to Norfolk, Virginia. Among the vessels she served on were the USS Simon Lake, USS Coronado (AGF 11), Trident Training Facility, USS Emory S. Land (AS 39), USS Ronald Reagan, Recruit Training Command, USS Bonhomme Richard (LHD 6), Afloat Training Group, USS Wasp (LHD 1), USS Halsey (DDG 97). Despite her many duty station moves, Tauoa did not let her education fall to the wayside. She attended school throughout her career and in 2018, she graduated from Ashford University with her Bachelor's Degree in Organizational Management and in 2019, she graduated from Excelsior College with her Master's Degree in Organizational Leadership. Her crowning achievement came on February 26th, 2020 she was selected as one of the Navy's First Female Samoan Command Master Chief. She currently serves onboard USS CHUNG HOON as the Command Master Chief (CMC). She has earned numerous medals and unit campaign awards throughout her Naval Career to include Distinguished Leadership Award, Volunteer Service Medal, and Afloat Trainer of the Year 2017-2018.

## Fireman 2nd Class Telesforo de la Cruz Trinidad

Telesforo de la Cruz Trinidad came from humble beginnings and was born on November 25, 1890, in New Washington, Aklan Province, Panay, Philippines. He enlisted in the U.S. Navy as part of the Insular Force in the Philippines in 1910. Trinidad holds the distinction of being the first and only Asian American (and first Filipino) in the U.S. Navy to receive a Medal of Honor, in accordance with General Order Number 142 signed by Secretary of the Navy Josephus Daniels on April 1, 1915. For extraordinary heroism in the line of his profession at the time of the boiler explosion on board the U.S.S. San Diego, 21 January 1915, Trinidad, being a Fireman 2nd Class at the time, was driven out of fireroom No. 2 by the explosion, but at once returned and picked up R.E. Daly, fireman, second class, whom he saw to be injured, and proceeded to bring him out. While coming into No. 4 fireroom, Trinidad was just in time to catch the explosion in No. 3 fireroom, but without consideration for his own safety, passed Daly on and then assisted in rescuing another injured man from No. 3 fireroom. Trinidad was himself burned about the face by the blast from the explosion in No. 3 fireroom. Trinidad went on to serve through the duration of WWI and WWII until his retirement in 1945. He lived in Imus, Cavite, Philippines until his passing on May 8, 1968, at the age of 77.



# ADDITIONAL MONTHLY OBSERVANCES



Mental Health  
Awareness



Jewish American  
Heritage



Memorial  
Day



Amyotrophic Lateral  
Sclerosis (ALS)  
Awareness



# Military Spouse Appreciation

May is military spouse appreciation month. In honor of this occasion, we asked the couples of GHWB their #1 deployment survival tip.



**"Your spouse is the most important person in the world to you, so prove it to them by writing letters, sending flowers, and calling as often as you can."**

**-LT Brok Greenawalt  
& Maegan**



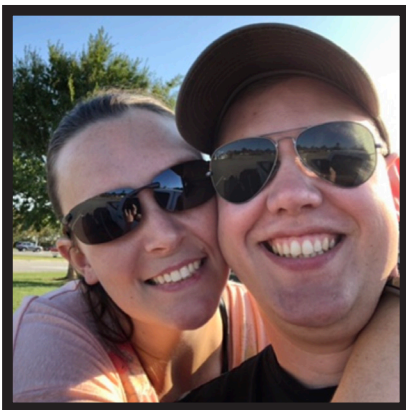
**"While you may think your day is routine and mundane underway, your spouse wants to hear about what you are doing just like you want to know about what they are doing. Choose to write detailed e-mails to your spouse; otherwise, 1-2 sentence e-mails will ensue, and you will drift apart."**

**-Capt. Pollard &  
Jenn**



**"Deliberately plan - and do - little and big things to stay connected. On deployment, we did that through the United Through Reading program and the FRG."**

**-LCDR Matthew Stroup  
& Jenny Lynne**



**"Hand-written letters help us stay connected and create memories to share later on down the road."**

**-MC2 Eric Brann  
& Amanda**



**"We've been through 2.5 years of geo-bach'ing, 3 workup cycles and 2 deployments with lots of communication, expressing appreciation and gratitude for each other, and making time for fun!"**

**-LCDR Jessica Rogers  
& LCDR Mike Rogers**



**"Remain committed and have an open mind!"**

**-LCDR David Jefferson  
& Laverne**



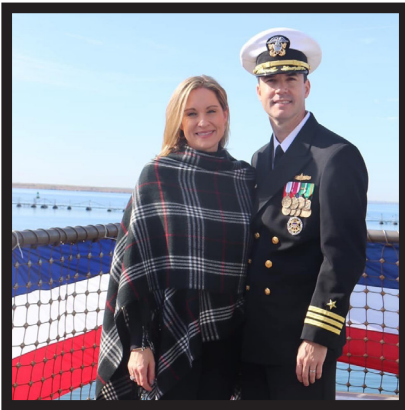
**“Be quick to listen, slow to speak, slow to get angry.”**  
**-LCDR Brandon Hood & Dorothy**



**“Having faith in God, trusting in one another, celebrating each other’s accomplishments and supporting one another in our time of need.”**  
**-HM1 Jessica Ruiss & SSGT Thomas**



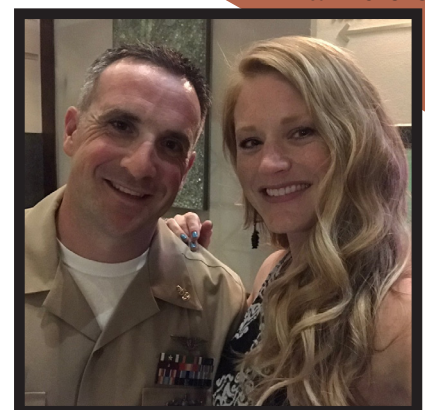
**“Make the best of each day. My kids and wife support our service anchored to our faith as the reason we serve. And on the tough days, it helps me and my kids to remember that it is my turn to stand the watch and to serve.”**  
**-LCDR Douglas Grace & Michelle**



**“Try to stay in touch as much as possible via email, social media (FB), and phone calls. While you can’t be there physically to support each other, have a positive attitude as much as you can and let each other know that you care about them and are thinking about them every day!”**  
**-LCDR Jason DeBlock & Shannon**



**“Your mind will always believe everything you tell it. Feed it faith. Feed it truth. Feed it love.”**  
**-MC3 Bryan Valek & Christian**



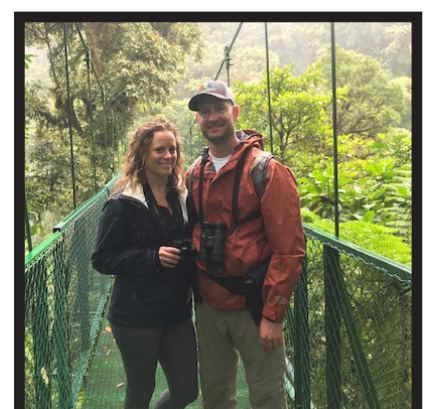
**“Deployment is busy. You will forget sometimes what day it is. Never forget to communicate with your family, believe it or not...set a calendar reminder.”**  
**-ACCS Chris Ollinger & Natalie**



**“Communication is key. Be ready to listen/read whatever your spouse needs to talk about. Understand that each other’s struggles are very different and both are very important.”**  
**-LT Michael Ramsey & Christina**



**“The relationship needs to have trust, understanding/supportiveness, and a large pillow!”**  
**-CWO2 Jesse Gazur & Yessica**



**“Expand the scope of communication beyond email. Be thoughtful and the effort to show appreciation through letters and cards, the occasional small gift or flower delivery.”**  
**-CDR Dylan Beyer & Emily**

# Resiliency Rodeo



For Sailors &  
Military Families

**MISSION:** To provide comprehensive resource information for all hands. Local resource groups will bring community support information and resilience skill sets for Sailors and dependents.

\*Dependents ages 5 & up are welcome to attend with the responsibility of the sponsor to ensure the safety of their guests.

- ★ **Date:** May 17th, 2022
- ★ **Time:** 1400
- ★ **Place:** USS George H.W. Bush (CVN 77)  
Hangar Bay #2

## **Come learn about resiliency and local resources!**

American Red Cross; Tidewater AA; Jewish Soldiers Project; CR Welcome Home for Military; Chaplain Religious Enrichment Development Organization (CREDO); CRU Military; Fleet and Family Support Center (FFSC); Legal/RLSO; Military One Source; Morale, Welfare, and Recreation (MWR); Navy-Marine Corps Relief Society (NMCRS); Navigator's Military Ministry; Tricare; The Warrior's Journey; United Services Organization (USO) of Hampton Roads; School Liaison Officer



# Resources

## AMERICAN RED CROSS

-Cell: 1-800-733-2767 / (757)-446-7700  
-Website: [www.redcross.org](http://www.redcross.org)

## TIDEWATER AA

-Phone: (757)-490-3980  
-Email: [info@tidewaterintergroup.org](mailto:info@tidewaterintergroup.org)

## JEWISH SOLDIERS PROJECT

-Email: [jewishsoldierproject@gmail.com](mailto:jewishsoldierproject@gmail.com)  
-Facebook: Jewish Soldiers Project

## CR WELCOME HOME FOR MILITARY

-Email: [erink@gracebible.church](mailto:erink@gracebible.church)

## CHAPLAIN RELIGIOUS ENRICHMENT DEVELOPMENT ORGANIZATION (CREDO)

-Cell: (904)-270-6958

## CRU MILITARY

-Email: [fred.butterfield@crumilitary.org](mailto:fred.butterfield@crumilitary.org)

## FLEET & FAMILY SUPPORT CENTER (FFSC)

-Cell: (757)-444-NAVY / (757)-444-2102  
-Website: [www.cnic.navy.navy.mil/norfolk](http://www.cnic.navy.navy.mil/norfolk)

## LEGAL/RLSO

-Email: [judge@cvn77.navy.mil](mailto:judge@cvn77.navy.mil)

## MORALE, WELFARE, RECREATION CENTER (MWR)

-Email: [reagan.olsen@cvn77.navy.mil](mailto:reagan.olsen@cvn77.navy.mil)

## NAVIGATOR'S MILITARY MINISTRY

-Email: [taylorallan1@gmail.com](mailto:taylorallan1@gmail.com)

## NAVY-MARINE CORPS

### RELIEF SOCIETY (NMCRS)

Naval Station Norfolk  
-Cell: (757)-322-1171 (757)-322-3134  
-Website: [www.nmcrs.org](http://www.nmcrs.org)

### TRICARE (HAMPTON ROADS)

-Cell: 1-866-645-4584  
-Website: [www.tricare.mil](http://www.tricare.mil)

### THE WARRIOR'S JOURNEY

-Website: [www.thewarriorsjourney.org](http://www.thewarriorsjourney.org)

### UNITED STATES ORGANIZATION (USO) OF HAMPTON ROADS

-Cell: (757)-764-5232

### SCHOOL LIAISON OFFICER

-Office 757-445-0350  
-Email: [lindsay.adams@navy.mil](mailto:lindsay.adams@navy.mil)

### MILITARY ONE SOURCE

-Cell: 1-800-342-9647

-Website: [www.militaryonesource.mil](http://www.militaryonesource.mil)

Military One Source is designed to help you deal with life's issues. Their consultants are available 24 hours a day, 7 days a week, 365 days a year. You can call in and speak to a master's level consultant or you can go online to access information or email a consultant.

Log on today to access:

- Online articles, worksheets, and suggested reading lists
- Educational materials: booklets, CDs, and audiotapes (at no cost to you)
  - Locators
  - Interactive tools
  - And much more!



# ADDITIONAL RESOURCES



SCAN THIS QR CODE TO FOLLOW GHWB ON FACEBOOK  
FOR REGULAR CONTENT OF OUR SAILORS!

## BUSH CHAPLAIN

-Cell: (757)-443-7712  
-Email: chaplain@cvn77.navy.mil

## BUSH WEBSITE

-[www.airlant.usff.navy.mil/cvn77](https://www.airlant.usff.navy.mil/cvn77)  
-[www.facebook.com/ussgeorgehwbush](https://www.facebook.com/ussgeorgehwbush)

## NAVAL MEDICAL CENTER PORTSMOUTH

-Quarterdeck: (757)-953-5000  
-Patient Info: (757)-953-5008

## NAVAL STATION NORFOLK

-Cell: (757)-444-1262

## OFFICER OF THE DAY

-Website: <https://cnic.navy.mil/norfolksta/index.htm>  
The Officer of the Day (OOD) serves as a vital liaison between assigned personnel and visitors/guests by providing quality customer service, favorable public relations, base information, and the issuance of temporary vehicle passes after normal working hours, weekends, and holidays.

## NFAAS

-Cell: 1-866-946-9183

## NATIONAL SUICIDE PREVENTION HOTLINE

-Cell: 1-800-237-TALK (8255)

## NAVAL BASE OPERATOR

-Cell: (757)-444-0000

## MILITARY PAY INFORMATION

-Cell 1-888-332-7411 (DFAS-CL)

## QUARTERDECK

-Cell: (757)-846-1892

## EMERGENCIES

-Cell: 911

## SEND YOUR SAILOR MAIL

YOUR SAILOR'S NAME  
USS GEORGE H.W. BUSH (CVN 77)  
UNIT 100331, BOX #  
FPO AE 09513