

# FIVE STAR

DECEMBER 5, 2022



## ***IN THIS EDITION***

IKF COMPLETES SEA TRIALS

IKF HACK: TEXT TO EMAIL

SAILORS OF THE WEEK



# IKE COMPLETES SEA TRIALS





**“THE CREW HAS SHOWN EXTREME PROFESSIONALISM  
AND OWNERSHIP OF THEIR SHIP.”**





The Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) completed a five-day sea trial Dec. 4, 2022 after a 13-month planned incremental availability (PIA) at Norfolk Naval Shipyard (NNSY). This underway was the cornerstone step for IKE going back to sea.

Sea trials are an at sea testing phase designed to evaluate IKE's systems capabilities in surface operations, seamanship, flight deck operations, and damage control readiness. Due to the length of the ship's PIA, a large portion of the Sailors aboard had never been underway prior to the sea trials. These Sailors have been through extensive training to prepare them for conducting operations at sea.

"The Mighty IKE crew has been preparing for sea trials since we entered the PIA at NNSY," said Capt. Paul F. Campagna, IKE's commanding officer. "They have shown extreme professionalism

and ownership of their ship, and they are ready to take IKE out to do what we do best — launch and recover aircraft."

IKE conducted sea trials off the coast of Virginia executing evolutions including small-boat operations, testing aqueous film forming foam systems, testing catapults, and completing navigation certifications. These evolutions are necessary to ensure all systems are working as designed.

"The goal of sea trials was to maximize every opportunity to train the crew," said Command Master Chief Quentin T. Newsom. "The ship also conducted combat systems, navigation, operations, and intelligence drills."

IKE is now in the basic training phase of the Optimized Fleet Response Plan. This phase involves manning, training, building and certifying an integrated combat team to high-end standards.







「THEY ARE READY TO TAKE IKE OUT  
TO DO WHAT WE DO BEST — LAUNCH  
AND RECOVER AIRCRAFT .」



PHOTOS BY MC3 MCSN TRENT HAWKINS





# HOW TO SEND A TEXT FROM EMAIL

## Things you should know:

- Recipient's number, carrier, and carrier gateway address to send texts from email.
- Sending texts through emails may accrue fees with your or your recipients carrier.
- If you don't know the carrier, enter their 10 digit number into a carrier lookup system such as CarrierLookup or FoneFinder.

## Step 1:

- Enter the phone number in the "To" field of your email. Be sure it's the full 10-digit number, followed by the carrier gateway address.
- AT&T: number@txt.att.net for normal text message (SMS), or number@mms.att.net for multimedia message (MMS).
- VERIZON: number@vtext.com for both SMS and MMS.
- SPRINT PCS: number@messaging.sprintpcs.com for both SMS and MMS.
- T-MOBILE: number@tmomail.net for both SMS and MMS.
- VIRGIN MOBILE: number@vmobl.com for both SMS and MMS.

## Step 2:

- Enter text in the email body.
- Most text messages have a 160 character limit. VERIZON (140), AT&T (160), SPRINT PCS (160), T-MOBILE (129), VIRGIN MOBILE (160).
- Subject line counts toward character limit.

## Step 3:

- Send your text.
- Click on the send button as you normally would for sending an email. The recipient should receive the text in about 30 seconds and will see it on their phone as a normal text conversation. They will be able to respond to you through their text.

## MAXIMIZING YOUR LIBERTY!

HERE ARE SOME TIPS ON HOW TO MAXIMIZE YOUR LIBERTY AND CREATE HEALTHY SITUATIONS TO OPTIMIZE YOUR REST AND RECOVERY.

Learning a new hobby or doing new activities helps create new and productive ways to spend your time.

LEARN A NEW HOBBY

Pursuing fitness and health goals will provide stress-relief after a long day of work, and will get you physically fit too.

FITNESS & HEALTH

### CONSISTENT SLEEP

Getting eight hours of consistent and restful sleep every night can help you be more productive during work hours. This also gives you more energy to pursue other forms of relaxation and stress management.

Spending time with your friends and family is extremely important when it comes to mental health. Take time out of your day to set up activities with friends and keep in touch with your family.

FRIENDS & FAMILY







**MA2 IAN MYERS**

**SECURITY**

Jacksonville, FL

Joined the Navy: December 2, 2019

Reported to IKE: June 10, 2022

Goals: Become a K-9 handler.

Hobbies: Playing football and other sports. Playing with dogs.



**RS3 KIARAH NADAL**

**SUPPLY**

Port St. Lucie, FL

Joined the Navy: July 2019

Reported to IKE: December 2019

Goals: Complete her degree as a registered nurse.

Hobbies: Drawing and trying different foods.







## USS DWIGHT D. EISENHOWER (CVN 69) SAFETY PRO OF THE MONTH

# AZ2(AW/SW) RADONYE T. DOUGLAS

FOR OUTSTANDING SAFETY AWARENESS AND MISHAP  
PREVENTION FOR THE MONTH OF NOVEMBER 2022

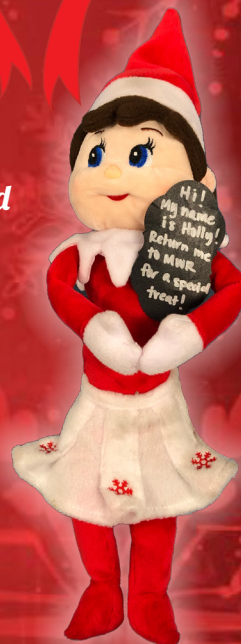
## MWR Scavenger Hunt: Elf on a Shelf

Through December, our magical elf friends, Holly and Jolly, are visiting the IKE and making a mess around the ship.

Those who find Holly or Jolly can win a  
**Special Liberty Prize!**

However the magic only works if the space the elves are found is cleaned.

Return the elf to the MWR office to claim your prize, and the Big XO will check that the elfs mess has disappeared!



## IKE MEDIA

COMMANDING OFFICER  
CAPT Paul Campagna

EXECUTIVE OFFICER  
CAPT Colin Price

COMMAND MASTER CHIEF  
CMDM(SW/AW) Quentin Newsom

PUBLIC AFFAIRS OFFICER  
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ENS Joshua Keim

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MCCS(SW/AW/IW) Jen Blake

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MC2(SW/AW) Asheka Lawrence-Reid

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MC2(SW) Jorge LeBaron

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