



ONE
WAKE

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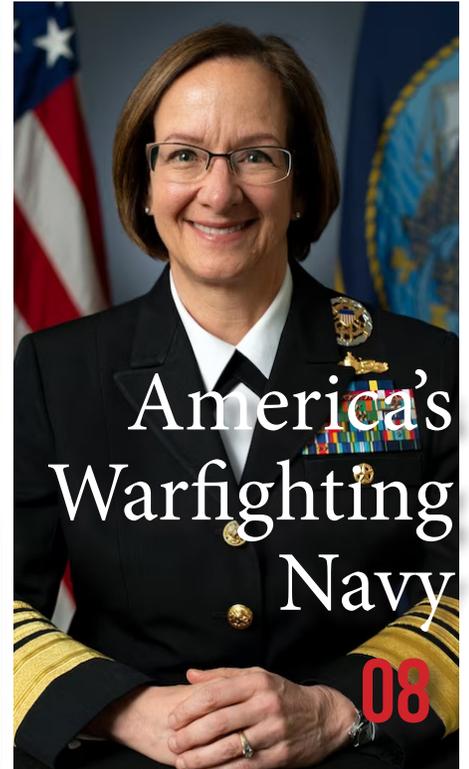


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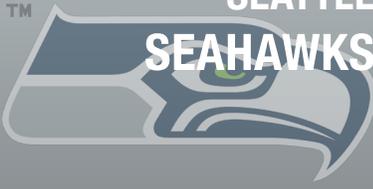


WHAT'S BUZZIN'?

WHAT'S YOUR FAVORITE FOOTBALL TEAM?



SN MICHEAL TM SEATTLE
COLLINS SEAHAWKS



DC1 FRANCHESCA TM KANSAS CITY
ROCA CHIEFS



LTJG ERIC TM NEW YORK
WANDELL GIANTS



ROTM
RATE OF THE MONTH



HULL MAINTENANCE TECHNICIAN

Being experts in metal work, hull maintenance technicians keep the ship in good condition. HT's on a ship are vital for installing, repairing, and maintaining valves, pipes, and plumbing systems around the ship.

EIPC

IS DOING EPIC THINGS

By MCSN Keresea Illenye



Embedded Integrated Prevention Coordinators (EIPC) are educators who offer prevention-based classes for Sailors. These classes are designed to teach life skills enabling attendees to better tackle various personal and professional stressors. The classes help attendees learn healthy ways to cope, communicate effectively, manage stress, anger and conflict, and identify when they or others may need additional support. Attendees also learn ways to maintain an environment built on mutual respect and become aware of the resources available to them.

“[Supporting military members] has always been a passion of mine,” said Christie Flock, an EIPC aboard the amphibious assault ship USS Wasp (LHD 1). “I wanted to be in that supportive role. I think a lot of times people don’t have that support, and I wanted to be there for them.”

Flock earned a master’s degree in social work from the University of Louisville with a concentration in military social work. She has dedicated years to provide emotional tools for service members to be more efficient at coping with the unique challenges military life ensues.

“You wouldn’t want to learn how to fight a fire in the middle of a burning building,” Flock said. “Same goes for our mental health. It is best to prepare ourselves and give ourselves as many tools as we can to be successful.”

Many of the EIPC classes are specifically designed to help service members process the unique stressors

they face during the pre-deployment and deployment stages. The goal of EIPC is to offer tools to cope with stressors and build healthy relationships and resolution strategies before it is too late. Learning how to handle situations before they happen may prevent one from lashing out causing any number of consequences.

Current Classes

Anger Management

Building Healthy Relationships

Conflict Management

**Maintaining Respect
in the Workplace**

Mind-Body Mental Fitness

Personal Communication

Sponsor Orientation

Stress Management

Suicide Prevention

“I feel resilience is one of the biggest things that we need to focus on building within our Sailors,” said Chief Religious Program Specialist Joseph Jedding. “The EIPC classes would be really good for giving them appropriate coping methods to utilize to help build that resiliency.”

According to the Center for Deployment Psychology, suicide is the second leading cause of death in the U.S. military.

“It’s not therapy or counseling, but it shows me how I can better process the stressors in my life,” said Seaman Apprentice Nadia Thrasher, a stress management class attendee. “I am able to look at what all is on my plate and evaluate how to deal with each one individually.”

View The Schedule



Visit the EIPC tab on the Stinger webpage to find out more, to include the class schedule, EIPC contact information, and resources for deployment, family, and mental support.

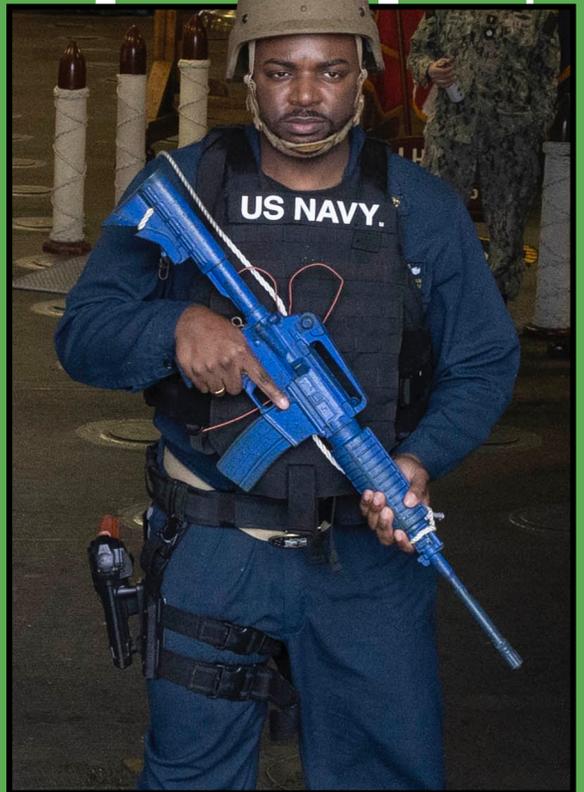
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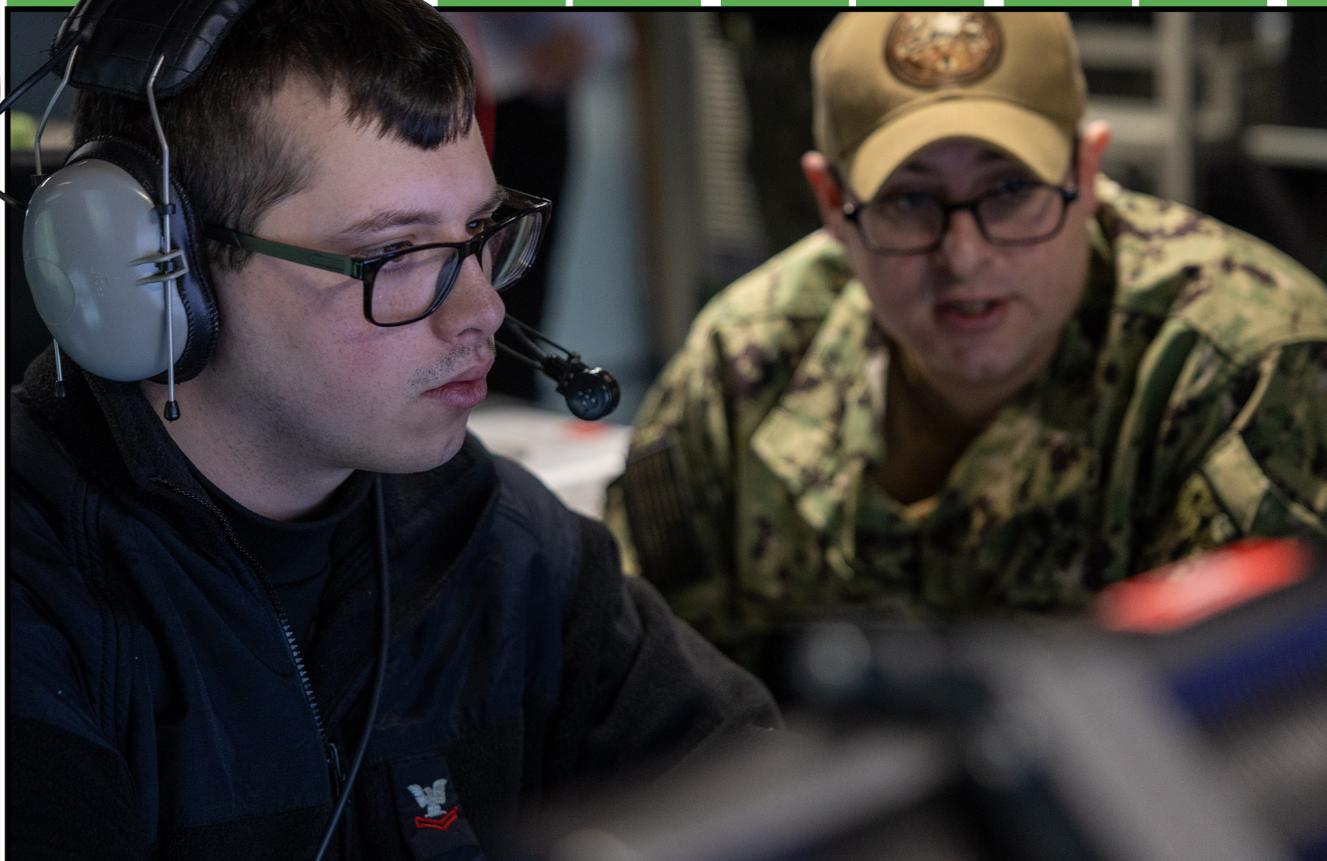
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ON THE

DECK PLATES





Chief of Naval Operations Adm. Lisa Franchetti on America's Warfighting Navy

Who We Are. We are the United States Navy, the most powerful navy in the world. We are the Sailors and Civilians who have answered our Nation's call to service. We are Americans who embody character, competence, and dedication to our mission. Our identity is forged by the sea and we serve with honor, courage, and commitment.

What We Do. We are here to preserve the peace, respond in crisis, and win decisively in war. We operate far forward, around the world and around the clock, from the seabed to space, in cyberspace, and in the information environment to promote our Nation's prosperity and security, deter aggression, and provide options to our nation's leaders. We deliver power for peace, but are always postured and ready to fight and win as part of the Joint Force and alongside our Allies and partners.

Where We Are Going. The threats to our nation and our interests are real and growing. The strategic environment has changed; gone are the days of operating from a maritime sanctuary against competitors who cannot threaten us. The National Defense Strategy makes clear that we must defend our homeland, deter strategic attack, deter and be prepared to prevail in conflict against the People's Republic of China, and meet the acute challenge of an aggressive Russia and other persistent threats. Our adversaries have designed their militaries to overcome our traditional sources of strength. We must move rapidly to stay ahead and continuously create warfighting advantages. We must think, act, and operate differently, leveraging wargaming and experimentation to integrate conventional capability with hybrid, unmanned, and disruptive technologies.

Tomorrow's battlefield will be incredibly challenging and complex. To win decisively in that environment, our Sailors must be the best warfighters in the world with the best systems, weapons, and platforms to ensure we can defeat our adversaries. We will put more players on the field—platforms that are ready with the right capabilities, weapons and sustainment, and people who are ready with the right skills, tools, training, and mindset.



Our Priorities. We will focus on Warfighting, Warfighters, and the Foundation that supports them.

Warfighting: Deliver Decisive Combat Power. We will view everything we do through a warfighting lens to ensure our Navy remains the world's preeminent fighting force. We will prioritize the readiness and capabilities required to fight and win at sea, and the logistics and shore support required to keep our Navy fit to fight. We recognize that we will never fight alone. We will advance naval integration with the Marine Corps, and synchronize and align our warfighting efforts with the Joint Force. We will design and drive interoperability with our Allies and partners to deliver combined lethality.

Warfighters: Strengthen the Navy Team. We will use the principles of mission command to empower leaders at all levels to operate in uncertain, complex, and rapidly changing environments, ready to take initiative and bold action with confidence. We will build strong warfighting teams, recruiting and retaining talented people from across the rich fabric of America. We will provide world-class training and education to our Sailors and Civilians, honing their skills and giving them every opportunity to succeed. We will ensure our quality of service meets the highest standards, and we will look after our families and support networks, who enable us to accomplish our warfighting mission.

Foundation: Build Trust, Align Resources, Be Ready. We will earn and reinforce the trust and confidence of the American People every day. We will work with Congress to field and maintain the world's most powerful Navy and the infrastructure that sustains it. We will team with industry and academia to solve our most pressing challenges. We will cooperate with the interagency to bolster integrated deterrence. We will align what we do ashore with the warfighting needs of our Fleet.

Our Charge. America is counting on us to deter aggression, defend our national security interests, and preserve our way of life. With the right tools, a winning mindset, and the highest levels of integrity, we will operate safely as a team to deliver warfighting excellence.

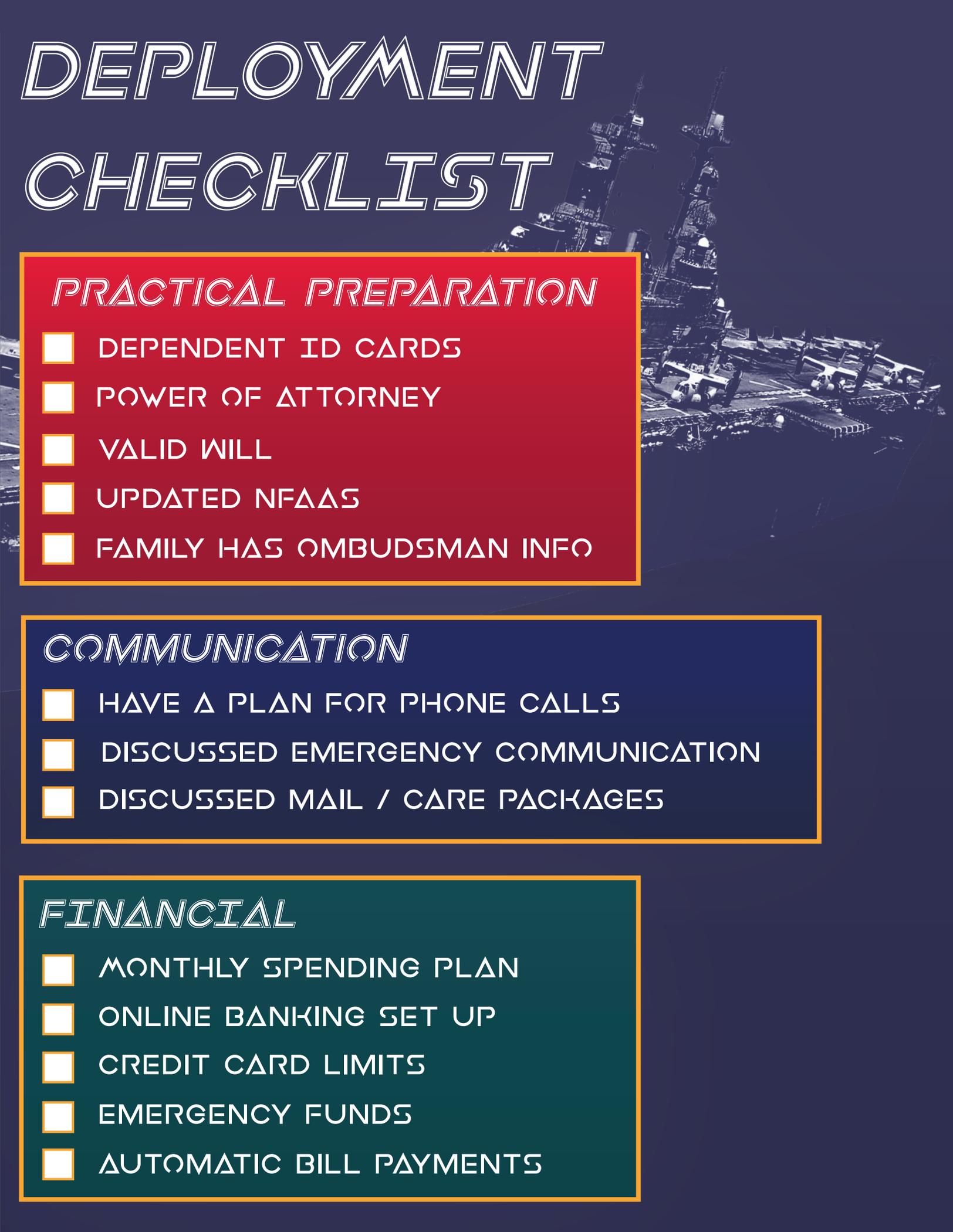
I am proud to serve alongside you. I thank you and your families for your continued commitment to ensuring we are always ready.

We have taken a fix and set our course. Together we will deliver the Navy the Nation Needs.

The time is now to move with purpose and urgency: **ALL AHEAD FLANK!**



DEPLOYMENT CHECKLIST



PRACTICAL PREPARATION

- DEPENDENT ID CARDS
- POWER OF ATTORNEY
- VALID WILL
- UPDATED NFAAS
- FAMILY HAS OMBUDSMAN INFO

COMMUNICATION

- HAVE A PLAN FOR PHONE CALLS
- DISCUSSED EMERGENCY COMMUNICATION
- DISCUSSED MAIL / CARE PACKAGES

FINANCIAL

- MONTHLY SPENDING PLAN
- ONLINE BANKING SET UP
- CREDIT CARD LIMITS
- EMERGENCY FUNDS
- AUTOMATIC BILL PAYMENTS