



SEALIFT

THE U.S. NAVY'S MILITARY SEALIFT COMMAND

March 2024



Military Sealift Command's (MSC) sixth expeditionary fast transport vessel USNS Brunswick (T-EPF 6) shifted its hub port in Saipan to Joint Expeditionary Base Little Creek-Fort Story, Virginia, Feb. 3. (U.S. Navy photo By LaShawn Sykes)

USNS BRUNSWICK RETURNS HOME AFTER 7 YEARS IN THE WESTERN PACIFIC

By LaShawn Sykes, Military Sealift Command Atlantic Public Affairs

Military Sealift Command's (MSC) sixth expeditionary fast transport vessel USNS Brunswick (T-EPF 6) shifted its hub port in Saipan to Joint Expeditionary Base Little Creek-Fort Story, Virginia, Feb. 3. The evolution signified the completion of a seven-year forward deployment that began Jan. 30, 2017; in support of military logistics operations in U.S. 7th, 5th, and 3rd Fleets' areas of operation.

Brunswick steamed more than 21,600 nautical miles in support of a variety of high visibility, multinational, U.S. Navy and partner nation operations in several Pacific countries, including Australia, Canada, Japan, Malaysia, Peru, the Philippines, South Korea, Thailand, and the United Kingdom. Brunswick also circumnavigated the globe; a first for the vessel and a first for an EPF.

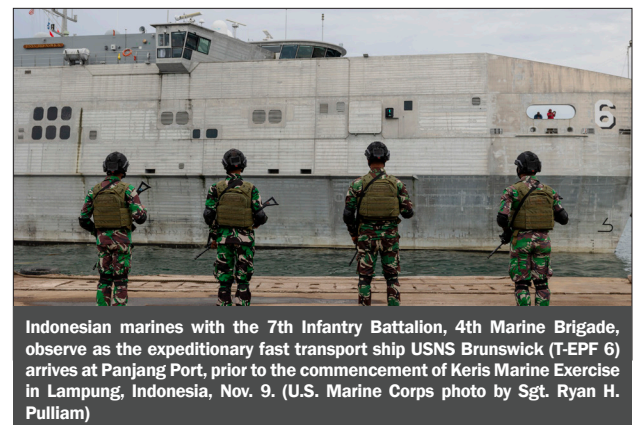
Built for its speed and the capacity to support a wide range of operational and sustainment, relief operations, in small or damaged ports, global fleet stations operations, flexible logistics support and rapid transport as an alternative to airlift, Brunswick's performance remained rock-solid throughout its seven-year deployment.

2017

While supporting military logistics operations in U.S. 3rd Fleet, Brunswick participated in Operation Triggerfish 2017, conducted several port calls to Pohnpei and Chuuk in the Federated States of Micronesia and Guam, and hosted distinguished visitors such as Mr. Robert Riley, U.S. Ambassador to Micronesia. This vital cargo and passenger operation fostered relationships with the islands visited and provided potential sites for future military infrastructure projects.

2018

Brunswick operated from Saipan in support of military operations throughout the western Pacific Ocean in 2018. While there, Brunswick visited places such as Guam, Yap, Thailand, and Malaysia as part of the 2018 Pacific Partnership, an annual mission focused on disaster preparedness and humanitarian assistance, conducted in the Indo-Pacific with more than 500 personnel from several Pacific countries, including Australia, Canada, Japan, Malaysia, Peru, the Philippines, South Korea, Thailand, and the United Kingdom. The EPF also participated in several port visits to Lumut and Kuching and Malaysia. The crew took advantage of the opportunity to experience Malaysia's rich culture and strengthen ties with the local population. Port visits such as these serve as an



Indonesian marines with the 7th Infantry Battalion, 4th Marine Brigade, observe as the expeditionary fast transport ship USNS Brunswick (T-EPF 6) arrives at Panjang Port, prior to the commencement of Keris Marine Exercise in Lampung, Indonesia, Nov. 9. (U.S. Marine Corps photo by Sgt. Ryan H. Pulliam)



U.S. citizens and others who requested departure from Sudan board the Military Sealift Command expeditionary fast transport ship USNS Brunswick (T-EPF 6) in Port Sudan, April 30, 2023. (U.S. Navy courtesy photo)

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75 YEARS OF MARITIME EXCELLENCE

From Rear Adm. Philip Sobeck, Commander, Military Sealift Command



Rear Adm. Philip Sobeck, Commander, Military Sealift Command.
(U.S. Navy photo by Ryan Carter)

The year 2024 marks the 75th anniversary of Military Sealift Command (MSC). We are kicking off a year-long tribute to our people, our platforms, and our storied history. We invite you to find ways to commemorate, celebrate, and continue the legacy of MSC.

Stood up in 1949, MSC (then called Military Sea Transportation Service) became the single managing agency for the Department of Defense’s ocean transportation needs. The command assumed responsibility for providing sealift and ocean transportation for all military services as well as for other government agencies.

MSC has been present during every major conflict and operation since World War II...Korea, Vietnam, Desert Shield/Storm, Afghanistan, Iraq, and Ukraine... providing vital logistic and operational support to the U.S. Navy and Joint Force around the globe.

Throughout its existence, the MSC combat logistics force has provided fuel, ordnance, food, parts, and supplies via underway replenishment-at-sea to carrier strike groups, amphibious ready groups, independent deployers and ships from allied and partner nations.

The Merchant Mariner has been integral to the operation and success of MSC. We honor American merchant mariners past and present, courageous men and women in service to our nation. Today’s Civil Service and contract Mariners remain essential to the success of the command, and to our Nation’s economy and defense.

Our commemorative anniversary logo celebrates the rich heritage of MSC, with curated ship silhouettes representing USS Taluga, a fleet oiler with a storied history later used

to pilot a new manning model for support ships, and USNS John Lewis, the lead ship in a new class of fleet replenishment oilers. Please use this logo during the year to foster discussions about our heritage.

Our government team, ashore and afloat, and commercial partners, past and present, can take great pride in having contributed to this impressive 75-year legacy. Commemorating our history allows us to reflect on our past achievements, and as we celebrate, we are also focused on our no-fail mission of sustainment and support to the warfighter for the next 75 years.

United We Sail so that Together We Deliver!

Rear Adm. P. E. Sobeck, Commander, Military Sealift Command



MILITARY SEALIFT COMMAND CIVMAR SUPPORT CENTER NOW AVAILABLE 24/7

By Hendrick Dickson, Military Sealift Command Public Affairs

The Military Sealift Command Civil Service Mariner (CIVMAR) Support Center (CSC) is now available 24 hours-a-day, 365 days-a-year to provide around the clock support to the fleet.

The CSC is a one-stop shop set up to assist CIVMARs and their families with various issues such as:

- Payroll
- Travel Claims
- Allotments
- Benefits
- Worker’s compensation
- Training
- U.S. Coast Guard licensing requirements
- Promotions
- Sea Service Letters
- Medical scheduling
- Application procedures

“The CSC has been around in some capacity for about 20 years,” said Jennifer Umali, MediaCross CEO and CSC Program Manager. “The hours were 7 a.m. to 8 p.m., but we’ve extended the hours to support the needs of the CIVMARs, whether they have questions about travel, need to reach a detailer, or even if they have an emergency and need immediate help after hours. We are now able to provide that to them.”

CSC representatives are available to answer CIVMAR questions directly or put them in touch with a subject matter expert (SME). The representative then follows up with the SME and the CIVMAR at the conclusion to close the loop.

“We are working to ensure our team of specialists is well-educated on the top issues CIVMARs are facing and hopefully, we’re able to assist ourselves, but if we can’t, we will be able to point them in the right direction,” said Umali.

During the 2023 fiscal year, the CSC received thousands of inbound calls. These included questions about recruiting and employment opportunities. In order to provide 24/7 support, decrease response time and improve overall customer support, the CSC has added staff members and will be using new technology which includes Web-based chat functionality - which will launch mid-February.

THE CIVMAR SUPPORT CENTER IS
NOW OPEN
24/7

A large fleet oiler, the USS Robert E. Peary, sailing on the ocean at sunset. The ship is illuminated by its own lights, and the sky is a mix of orange and blue.

The official seal of the United States Navy Military Sealift Command, featuring an eagle with wings spread, perched on a globe, with the text "UNITED STATES NAVY" and "MILITARY SEALIFT COMMAND" around it.

CIVMAR SUPPORT CENTER
9276 3rd Avenue, Building LP-26, Norfolk, VA 23511

SCAN TO VISIT THE CIVMAR WEBSITE.
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• WALK-IN HOURS: 8AM-5PM

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MILITARY SEALIFT COMMAND ATLANTIC BUILDS A MONARCH WAYSTATION TO CONSERVE AND PROTECT A VULNERABLE SUBSPECIES

By LaShawn Sykes Military Sealift Command Atlantic Public Affairs



In December 2023, several members of Military Sealift Command Atlantic (MSCLANT) built a Monarch Butterfly Waystation, located in the command's very own backyard of Naval Station Norfolk (NAVSTA). The team planted several plants of milkweed that will serve as the migrating monarch butterfly's food source and a place for thirsty pollinators to lay their eggs during its upcoming spring migration. (U.S. Navy photo by LaShawn Sykes)

Which subspecies is instrumental in pollinating the many flowers and dietary staples that we enjoy today, like squash and blueberries? Not sure, here is a hint; it can migrate up to 3,000 miles before reaching its final destination. It possesses two pairs of brilliant orange-red wings, featuring black veins and white spots along its edges. With a wingspan of 95 to 100 millimeters, it is the largest and rarest migrant species. It is the migratory Monarch Butterfly.

Recently, several members of Military Sealift Command Atlantic (MSCLANT) built a Monarch Butterfly Waystation, located in the command's very own backyard of Naval Station Norfolk (NAVSTA Norfolk). The team planted several plants of milkweed that will serve as the migrating monarch butterfly's food source and a place for thirsty pollinators to lay their eggs during its upcoming spring migration.

Each year in early March, millions of multi-generational migratory Monarch Butterflies, also known as *Danaus plexippus* ssp. *plexippus*, leave their Mexican roots, flying north and east in search of milkweed, a food source that is crucial for their survival. "It is the only plant source that can sustain both their long migration and reproduction for generations," said Ms. Kimberlie Young, MSCLANT counsel.

Unfortunately, the habitat of the migrating monarch butterfly is at risk due to the loss of milkweed plants, Young said. "Habitat conversions for other uses, herbicide applications, and climate changes have caused a decline in the milkweed habitat in both the eastern and western regions of the Monarch's North American range."

To help conserve and protect monarchs, the National Wildlife Federation is encouraging communities to grow Monarch Butterfly Waystations, planting native plants like milkweed in the places where they live, work, learn, play, and worship.

Young, who is a master gardener, first planted milkweed at her home and then tended to the caterpillars and butterflies that emerged before introducing the idea to members of the MSCLANT team. "It's a wonderful thing to raise a Monarch from an egg to a butterfly. Because there is so much open space on NAVSTA Norfolk, I thought it would be a good opportunity to use a patch of MSCLANT's backyard to build the command's very own waystation to help our pollinators. As people see the garden and witness God's beauty, the hope is this will inspire others to plant milkweed."



In December 2023, several members from the Military Sealift Command Atlantic's team built a Migratory Monarch Waystation in the backyard of their office building, located on Naval Station Norfolk in mid-December. The purpose of the waystation is to provide resources necessary for migratory monarch butterflies to produce successive generations and sustain their migration. Planting the post sign is Mr. Richard Trevisan, Deputy Operations Officer for MSCLANT. (U.S. Navy photo by LaShawn Sykes)

The migratory Monarch Butterfly is a subspecies of the monarch butterfly (*Danaus plexippus*). It spends winters in Mexico and California before migrating to its summer breeding grounds throughout the U.S. and Canada.

According to a recent online Monarch Joint Venture article dated Dec. 11, the International Union for Conservation of Nature (IUCN) plans to reduce the migratory monarch butterfly's status from endangered species to vulnerable.



In December 2023, several members of Military Sealift Command Atlantic (MSCLANT) built a Monarch Butterfly Waystation, located in the command's very own backyard of Naval Station Norfolk (NAVSTA). The team planted several plants of milkweed that will serve as the migrating monarch butterfly's food source and a place for thirsty pollinators to lay their eggs during its upcoming spring migration. (U.S. Navy photo by LaShawn Sykes)



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PACIFIC PARTNERSHIP 24-1 CONCLUDES FINAL MISSION STOP IN CHUUK

By Ensign Lacy Burkett, Pacific Partnership 24-1



U.S. Navy Musician 3rd Class John Melton performs a drum solo with the Pacific Partnership Band, comprised of members from the U.S. Pacific Fleet Band and Royal Australian Navy Band, at Chuuk High School during a host nation outreach event in Chuuk, Federated States of Micronesia, as part of Pacific Partnership 2024-1, Jan. 15. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jacob Woitzel)

Pacific Partnership 24-1 (PP24-1) concludes 12 days of medical, engineering, host nation outreach efforts, and humanitarian and disaster response in the Federated States of Micronesia, closing out its final mission stop, Jan 21.

This was Pacific Partnership’s second mission stop in the Federated States of Micronesia during their four-month humanitarian mission.

“So let this special friendship be as fast, as deep and an enduring one, that will span decades, islands and nations,” said Alexander Narruhn, Governor of Chuuk, Federated States of Micronesia, while speaking to attendees at the closing ceremony of Pacific Partnership’s Chuuk mission stop. “Let it be practiced on good faith so we can strengthen regional security, unity, stability, collaboration and goodwill.”

Pacific Partnership is a unifying mission that fosters cooperation between nations. The Chuuk mission stop hosted personnel from the U.S. Navy, U.S. Army, U.S. Coast Guard, Royal Australian Navy, Royal Navy and German Navy to enhance capabilities across medical, humanitarian assistance disaster relief and host nation outreach lines of effort.

“Pacific Partnership is symbolic of the unity and spirit of cooperation that embodies the U.S.-FSM relationship, and our shared goal of an open, connected, prosperous, resilient, and secure Indo-Pacific,” said U.S. Embassy Kolonia Ambassador Jennifer Johnson.

Throughout their 12-day stop in Chuuk, PP24-1 teams conducted more than 150 medical engagements, including 2226 dental procedures. The optometry team distributed more than 1605 prescription glasses and 1442 pairs of sunglasses. Additionally, the Pacific Partnership medical team conducted 82 surgeries aboard Mercy.

“We rarely get this kind of service to the island and when we have, it’s usually on a limited basis, like they would have to be here for a few days,” said Inouefich Shomour, CEO of Chuuk Community Health Center. “This is different because we have these clinics, as well as up at the hospital. We have the community health centers where it is more exposed and accessible to people on the islands.”

In addition to medical care, U.S. Navy environmental health officers hosted three public health engagements to better inform the local populace of measures they can take for food storage and pest abatement to improve overall health and prevent common illnesses. During the Pest Abatement Course, 41 participants learned how to make reusable rat traps using common items easily found on the Island.

“Rodents, such as rats, are a major carrier of diseases such as leptospirosis. Many countries that we have visited are concerned about leptospirosis in their communities,” said U.S. Navy Lt. Westen Archibald, Pacific Partnership 24-1 entomologist. “By teaching local community members how to make at-home reusable rat traps from recycled materials, we help empower the communities to reduce rodent populations around their neighborhoods. This can reduce the likelihood of leptospirosis infections for humans and improve population and environmental health.”

Seabees from Amphibious Construction Battalion One (ACB 1) enhanced host nation capabilities by working alongside Chuuk State Hospital for repairs to water supply system piping. In addition, ACB 1 conducted beautification of Anderson Field, a local sports field in Chuuk. At the sports field, ACB 1 made repairs to the basketball hoop and constructed soccer goals for recreational use by local children.

As part of the host nation outreach line of effort, the U.S. Pacific Partnership band, comprised of musicians from the U.S. Navy and Royal Australian Navy performed seven concerts for communities in Chuuk, including a public performance at Anderson Field. Pacific Partnership Sailors connected with the young people of Chuuk during sports days at local schools, creating bonds of friendships through the mutual love of sports.

“We know with Pacific Partnership, it’s focused on developing capacity, but that capacity building in that partnership, it’s a human work,” said U.S. Navy Lt. Joseph Frana, Pacific Partnership 24-1 chaplain. “And so it’s all about a human connection. While we’re learning together and developing technical skills, really at the heart of it is we’re developing friendships.”

Members of the humanitarian relief and disaster response team also held seven engagements with members of the Chuuk State Department and local first responders. These engagements focused on quick response during disaster situations such as first aid, emergency messaging and communications and search and rescue operations.

Pacific Partnership 24-1 Concludes Fourth Mission Stop in Palau

Prior to its mission stop in Chuuk, Pacific Partnership 24-1 (PP24-1) concluded 16 days of medical, engineering, host nation outreach efforts, and humanitarian and disaster response in the Republic of Palau, closing out its fourth mission stop, Jan 6.

“Pacific Partnership brings nations together, emphasizing the importance of preparation in calm to respond effectively in crisis,” said Palau’s vice president Uduch Sengebau Senior. “As the Chair of the National Emergency Committee, we welcome Pacific Partnership to come to Palau because you’re providing us the training we need to better prepare to respond to disasters.”

“A foundational goal of Pacific Partnership is working side-by-side with local partners to build medical and host-nation capacity,” said Capt. Brian Quin, mission commander, Pacific Partnership 24-1. “We did just that here in Palau, and I am proud of the work Palauans and our mission team accomplished in a short amount of time.”

Throughout their 16-day stop in Palau, PP24-1 teams conducted more than 132 medical engagements, including 1,802 dental procedures. The optometry team distributed more than 1,419 prescription glasses and 1,442 pairs of sunglasses. Additionally, the Pacific Partnership medical team conducted 80 surgeries aboard USNS Mercy and Belau National Hospital.

Seabees from Amphibious Construction Battalion One and Naval Mobile Construction Battalion 133, enhanced host nation agricultural infrastructure. Utilizing existing infrastructure, the team constructed a communal chicken coop. Local residents will use this chicken coop to facilitate the collection of eggs as a protein source, reducing the dependence of imported food.

As part of the host nation outreach events line of effort, the U.S. Pacific Partnership Band, comprised of musicians from the U.S. Navy, Royal Australian Navy and Japan Ground Self-Defense Force, performed 7 concerts for communities in Palau, including a Christmas Eve concert. Pacific Partnership Sailors connected with the young people of Palau during a 3x3 basketball tournament at the Palau National Olympic Committee’s newly painted outdoor court.

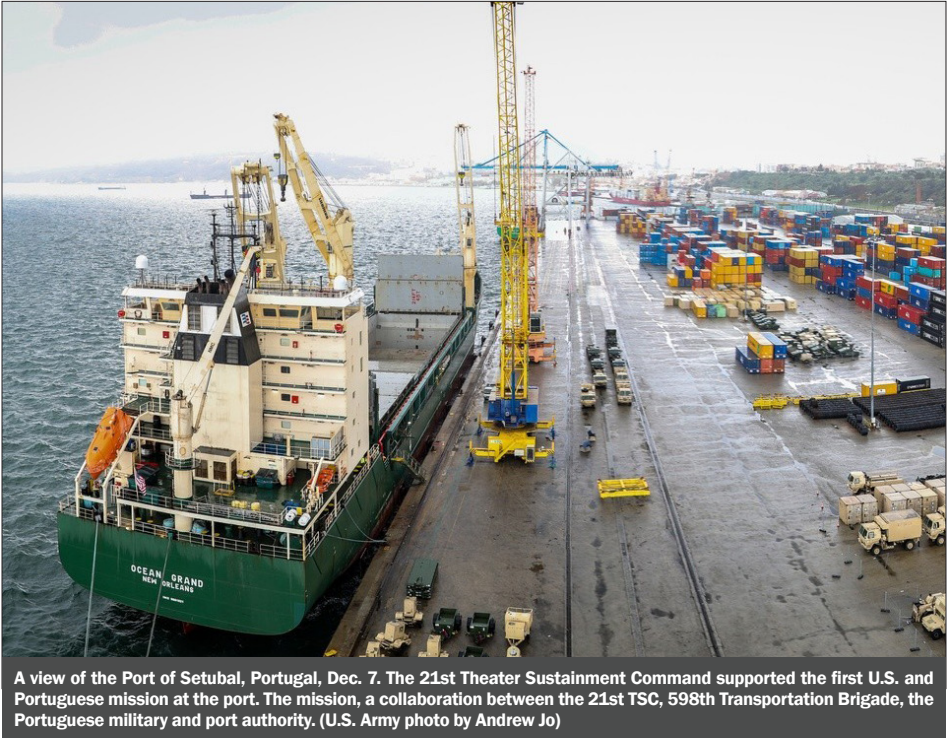


The hospital ship USNS Mercy (T-AH 19) anchors off of Chuuk, Federated States of Micronesia, as part of Pacific Partnership 2024-1, Jan. 10. Pacific Partnership, now in its 19th iteration, is the largest multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific and works to enhance regional interoperability and disaster response capabilities, increase security stability in the region, and foster new and enduring friendships. (U.S. Navy photo by Ens. Lacy Burkett)

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21ST THEATER SUSTAINMENT COMMAND SUPPORTS FIRST PORT OPERATION IN PORTUGAL

By Sgt. Andrew Jo, 21st Theater Sustainment Command



The 21st Theater Sustainment Command supported the first-ever U.S. Army operation at the Port of Setubal, Portugal on Dec. 7. The port operation was a collaboration between the 21st TSC, 598th Transportation Brigade (Surface Deployment and Distribution Command), U.S. Mission to Portugal, and the Portuguese military and port authority.

“The strategic importance behind getting this port in Portugal is, it is the furthest west that we’ve ever operated coming in or out of Europe,” said Col. Robert Kellam, Commander, 598th Transportation Brigade. “We were able to effectively connect the furthest point in eastern Estonia to the furthest west port in Portugal and connect all the transportation nodes from here to there. So strategically, this is a momentous occasion for the 21st TSC and I think for EUCOM [United States European Command] as well.”

The mission was a year-long project and a “proof of concept” that enhances the capabilities of the 21st TSC, United States Army Europe and Africa, and Army Sustainment as a whole, across the European Theater.

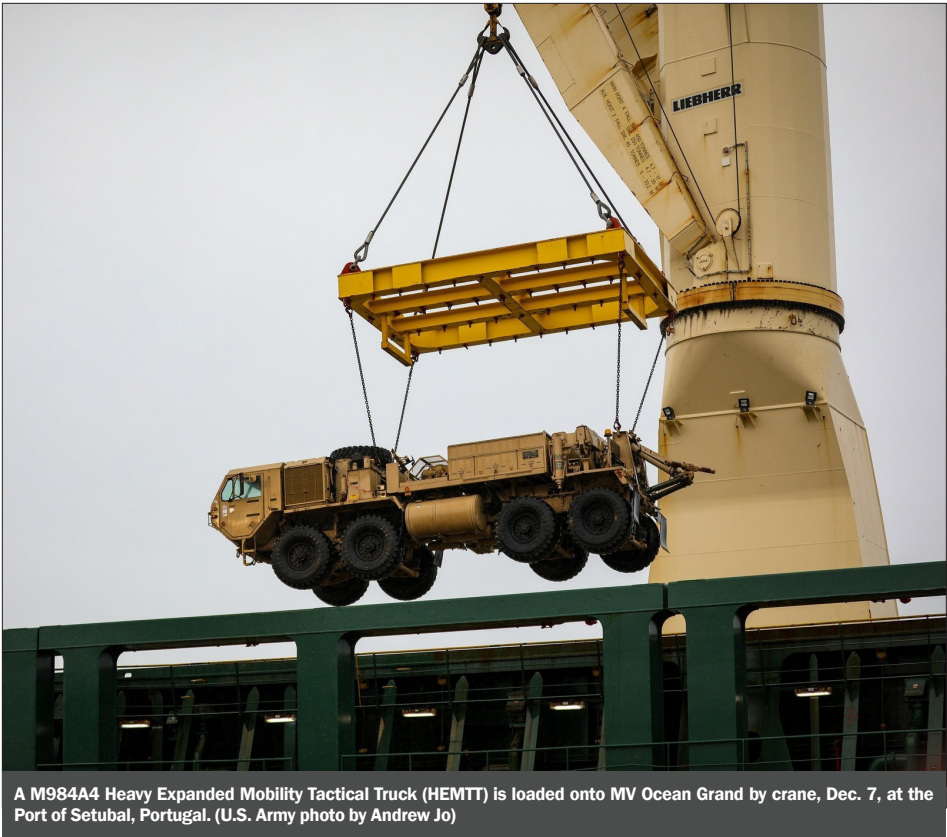


“We have a long-standing relationship in many areas, the military-to-military relationship being one of the most important,” said Doug Koneff, Deputy Chief of Mission, U.S. Mission to Portugal. “We want to continue working together, as we have been for a long time, to improve our interoperability and improve our capabilities, and this exercise that’s going on right now is such a great example of that.”

The United States and Portugal have a long-standing partnership rooted in shared history. Both countries were a part of the 12 founding signatories of the North Atlantic Treaty Organization and have continued to build upon that partnership.

“We have a very strong defense cooperation relationship that spans decades and decades, so exercises like this go very far to really prove what we already knew,” said U.S. Air Force Col. Jennifer Whetstone, Defense Attaché, U.S. Mission to Portugal. “We already know that we have a strong relationship, but we are continually striving to improve our interoperability and strengthen the alliance as a whole.”

The mission validated the port through the redeployment of equipment belonging to the 1st Brigade Combat Team “Bastogne”, 101st Airborne Division (Air Assault). Approximately 500 pieces of equipment were craned onto the Military Sealift Command chartered cargo ship MV Ocean Grand to be shipped back to their home station of Fort Campbell, Kentucky.



“We initially moved all of our equipment into Poland with the help of the 21st TSC and then eventually on to Estonia, and now we’re standing in Portugal, having moved our equipment from Estonia to Portugal,” said Maj. Christopher Cummings, Executive Officer, 1st Battalion, 506th Infantry Regiment, 101st Airborne Division (Air Assault). “So, it’s a lot of long, difficult, and complex movements and is a fairly historic opportunity for us to test out a new port, similar to what our brigade has done on its first return to Europe since World War II.”

With the success of the initial mission, the intent is to continue to build and strengthen the relationship between the U.S. and Portugal.

“Honestly, it’s like we’ve done this many, many times,” said Kellam. “The coordination and relationships that we’ve established here, I think is going to be lasting and it’s been really amazing and very impressive.”

SECNAV CELEBRATES THE NAMING OF USNS ROBERT BALLARD (T-AGS 67)

From the Office of the Secretary of the Navy

Secretary of the Navy Carlos Del Toro (SECNAV) celebrated the naming of USNS Robert Ballard (T-AGS 67) alongside the ship’s namesake, Dr. Robert Ballard, at the National Geographic Society Headquarters in Washington, D.C., Jan. 27.

Announced in December 2022, the future ship honors Ballard, a retired U.S. Navy Commander. A tenured professor of oceanography at the University of Rhode Island’s Graduate School of Oceanography and National Geographic Explorer at Large, Ballard is widely known as a discoverer of the final resting place of the RMS Titanic. The name selection of T-AGS 67 follows the tradition of naming survey ships after explorers, oceanographers and distinguished marine surveyors.

“Our Navy has always been at the cutting edge of innovation – from the seabed to the sky, from space to cyberspace,” said Secretary Del Toro. “Dr. Ballard is a

masterclass of scientific achievement, and I could not be prouder to count him among our ranks.”

The National Geographic Society’s event featured opening remarks from Chief Executive Officer Jill Tiefenthaler, and Chairman of the Board of Trustees of the National Geographic Society Jean Case moderated a discussion with Secretary Del Toro and Dr. Ballard.

“A stated goal of the National Geographic Society is to inspire and empower people across the globe to better understand and protect the world’s oceans,” said Secretary Del Toro. “As a sworn protector of those oceans, the U.S. Navy is honored to sail alongside all of you in that mission. And there is no better ship to lead the way than the USNS Robert Ballard.”

SINGAPORE WOMEN’S INTERNATIONAL SHIPPING, TRADING ASSOCIATION TOURS USNS TIPPECANOE

By Grady Fontana, Military Sealift Command Far East Public Affairs



Civil Service Mariner Scott Rebro, left, 3rd Mate, Military Sealift Command fleet replenishment oiler USNS Tippecanoe (T-AO 199), provides a brief to members of Singapore's chapter of Women's International Shipping and Trading Association aboard USNS Tippecanoe during a ship tour, at Sembawang Wharves, Singapore, Jan. 24. (U.S. Navy photo by Grady T. Fontana)

Military Sealift Command (MSC) Far East hosted members of Women’s International Shipping and Trading Association (WISTA), Singapore Chapter, with a ship tour, at Sembawang Wharves, Singapore, Jan. 24.

About 20 members of WISTA toured MSC’s fleet replenishment oiler USNS Tippecanoe (T-AO 199) while the ship was pier-side awaiting regularly scheduled maintenance.

WISTA is a networking forum for female professionals involved in shipping, trading and related business within the maritime industry from diverse companies such as ship owners, trading houses, bunkering houses, ship-brokers, chartering, ship management, insurance, finance and the law.

Crew member from Tippecanoe took a moment out of their busy schedule to show the guests interesting aspects of the ship.

“A lot of people might see our ships, yet have no idea what we do, what our function is, or how our ship even works,” said civilian mariner Dan Robinson, chief mate, USNS Tippecanoe. “The tour exposes people to a different element of the Navy, and gives them an idea what an oiler is and how we support the U.S. Navy fleet.”

The guided tour started on the fan tail, progressed through the engine room and to the re-fueling stations, and culminated at the bridge of the ship.

“I’ve been aboard many ships, but mostly cargo ship. This is the first time I’ve been on this kind of refueling ship; it’s amazing for me,” said Magdalene Chew, a member of WISTA. “Even though these members are in shipping industry, some of them have never been on a ship before. I think this is a big deal.”

Tippecanoe crew members demonstrated certain aspects of the ship, highlighting capabilities and features that are unique to the oilers. Many marveled at the amount of fuel and ability to transfer fuel and cargo while at sea.

“I’ve never seen this kind of fueling station,” added Chew. “That’s really good.”

Tippecanoe is part of the combat logistics force fleet of ships that deliver fuel and stores to U.S. Navy ships and certain allies and partners.

“Public ship tours not only promote transparency, which contribute to fostering public trust and an understanding of MSC operations, it also provides an opportunity for the public to appreciate the Navy’s capabilities,” said Robinson. “Ship tours for groups such as WISTA also plays a crucial role in promoting diversity and breaking gender stereotypes. They see that the crew of this ship is a diverse group.”

According to Chew, due to safety concerns, a lot of organizations in Singapore are hesitant to send their employees on board ships even though those employees may have been in the shipping industry for years or even decades.

“I hope that with the publicity and maybe through word of mouth that these (women) can encourage more women to go into their businesses and encourage employers to know that it is perfectly safe for women to go explore,” said Chew.



Members of Singapore's chapter of Women's International Shipping and Trading Association receive a briefing aboard Military Sealift Command's fleet replenishment oiler USNS Tippecanoe (T-AO 199) during a ship tour, at Sembawang Wharves, Singapore, Jan. 24. (U.S. Navy photo by Grady T. Fontana)

BLACK HISTORY MONTH: AFRICAN AMERICANS AND THE ARTS

From Military Sealift Command Equal Employment Opportunity Program

Military Sealift Command prides itself on being an organization that is diverse and reflective of the accomplishments and contributions of all our members. The Department of Defense (DoD) has designated several months each year to host special observances, and February is designated as Black History Month; also known as African American History Month. The theme for 2024’s observance is, ‘African Americans and the Arts,’ in recognition of African American arts and artisans.

Special observances are intended to be inclusive and recognize the continuous achievements of all Americans to our culture and to increase awareness, mutual understanding and respect.

African American art is infused with African, Caribbean, and Black American influences. It has widespread and enduring contributions in the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary, and other forms of cultural expression. African American artists have used art to preserve history and community memory as well as for empowerment. Americans of African descent have led artistic and cultural movements, such as New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism, and been at the forefront of popular trends around the world. In celebrating the history of African Americans and their contributions to the arts, DoD recognizes and celebrates the richness of the past and present with an eye toward what the rest of the twenty-first century will bring.

The following Defense Equal Opportunity Management Institute provided information showcases the artistic contributions by African Americans throughout history in the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression: Lt. James R. Europe brought African American music genres international while leading the 369th Infantry Regiment “Hell Fighters” band.

His Black musicians proudly played their own original music, including jazz, blues, ragtime, and patriotic tunes, amazing European audiences who were unable to

replicate their unique sound. Lt. Europe and his band were celebrated as heroes upon their return at the war’s end.

Europe was one of the first mainstream African American musicians. He is recognized as a composer, arranger, and American band-leader and is credited as a major figure in transitioning ragtime into jazz and popularizing social dancing across the social class spectrum.

Leonora Hull Brown, a Women’s Army Corps member during World War II, was crucial in creating the military’s only all-Black female band. Brown helped form the group after being denied participation in the all-White band. As the only one with musical experience, and with just 8 weeks until their first performance, Brown taught the women volunteers how to play instruments. Their first performance far exceeded expectations.

This group became recognized as the 404th Armed Service Forces band as it fought an uphill battle against discrimination and sexism. After several performances, the Army defunded them. However, through community activism, they were reinstated.

Horace Pippin is one of the most celebrated African American painters of the 20th century and a veteran of World War I. Being self-taught; Pippin used a linear art style with powerful design and expressive color. Pippin enlisted in what would become the Army’s 369th Infantry Regiment. During his service, a sniper shot permanently disabled his right arm. Pippin wrote a vivid account of his wartime service and experiences in a 61-page journal which contains numerous battlefield illustrations detailing his injury and which inspired his later work.

The stories of incredible artists like Lt. James R. Europe, Leonora Hull Brown, and Horace Pippin exhibit just a few of the countless contributions to the arts made by African Americans. Their complex, trailblazing work has impacted the hearts and minds of millions of people.

MSC Blast from the Past: USS Mississinewa



USS Mississinewa, one of the Navy’s largest fleet oilers was transferred to Military Sealift Command in 1976. Mississinewa was the first of six Neosho-class oilers turned over to MSC to provide replenishment support for the Navy.

The Neosho oilers replaced the older and smaller fleet support oilers, like the USNS Marias and USNS Taluga, both built during World War II as Navy T-3 oilers.

Mississinewa operated primarily on the U.S. East Coast and the Mediterranean theater for U.S. 6th Fleet supporting operations in the Middle East including Operation Blue Bat, a response to the 1958 Lebanon crisis.

Mississinewa was decommissioned Nov. 15, 1976, and placed in service with Military Sealift Command as USNS Mississinewa (T-AO 144) continuing service with a crew of civilian mariners until 1991 and was struck from the Naval Vessel Register in 1994.

Pictured (USS Mississinewa conducts an underway replenishment-at-sea with USS Dyess (DDR-880) during exercise ‘Big Game,’ Feb. 3, 1962)

MARCH IS NATIONAL NUTRITION MONTH

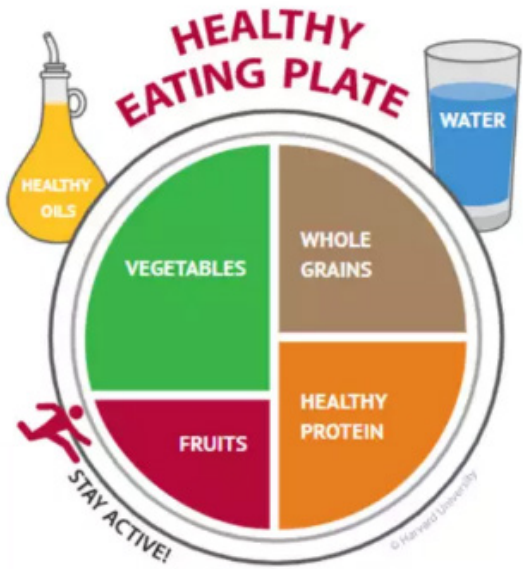
By Stephanie Rusnak, Military Sealift Command Health Promotion Program

National Nutrition Month was designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

National Nutrition Month is the perfect time to focus on the advantages of eating nutrient-dense foods. Nutrient-dense foods provide an impressive range of essential vitamins, minerals, macro-nutrients, and antioxidants, and are usually low in calories. Eating these foods regularly can encourage healthy weight, reduce risk of chronic diseases, and improve your quality of life!

The Healthy Eating Plate, created by Harvard T.H. Chan School of Public Health, is a visual reminder to make healthy and balanced meals – wherever you are! This National Nutrition Month, try incorporating the Healthy Eating Plate into your lifestyle! Here are some tips to help get you started:

- * Make most of your meal vegetables and fruits – ½ of your plate.
- * Aim for color and variety and remember that potatoes don’t count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.
- * Go for whole grains – ¼ of your plate.
- * Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.
- * Protein power – ¼ of your plate.
- * Fish, poultry, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage, since eating even small quantities of these foods on a regular basis raises the risk of heart disease, diabetes, colon cancer, and weight gain
- * Healthy plant oils – in moderation.
- * Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”
- * Drink water, coffee, or tea.
- * Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.



Take a look at your current eating routine and pick 1 or 2 changes to make over the next month! Remember - small changes have big results!

Need help kick-starting your wellness goals? Good news! The Health Promotion Program at MSC offers virtual and in-person Individualized Health Coaching with a Health Promotion Coordinator. Create your account today at <https://www.mhfwellnessportal.com/AccountCreation.aspx> and schedule your initial session!

HPP is here for you! We encourage you to contact us with any questions or concerns you may have. EMAIL: Stephanie.rusnak.ctr@us.navy.mil or msullivan@millenniumhealthandfitness.com

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USNS Brunswick from page 1

important element in the U.S. Navy’s theater security cooperation efforts by enhancing solid relationships with partner nations throughout the region.

2019

In addition to participating in its second Pacific Partnership in 2019, Brunswick, together with sister ship USNS Fall River (T-EPF 4), conducted engineering projects, hosted medical events, and oversaw humanitarian assistance and disaster response training exercises throughout the pacific region.

EPFs, working together, bridge the gap between high-speed, low-capacity airlift, low-speed, and high-capacity



U.S. Marines with 3d Battalion, 12th Marines load a medium tactical vehicle replacement onto the USNS Brunswick during Exercise Noble Jaguar 2021 at Naha Port, Okinawa, Japan, Sept. 28, 2021. (U.S. Marine Corps photo by Lance Cpl. Ujian Gosun)

sealift in order to provide for the movement of personnel, equipment, and supplies over operational distances and the sustainment of joint theater and multinational logistics that help to augment MSC’s combat logistics force. Additionally, Brunswick docked in the Lower Mortlock Islands to support local communities recovering from the aftermath of Typhoon Wutip, a Category 5 super typhoon that affected Guam, Federated States of Micronesia, and the Northern Mariana Islands. The typhoon claimed the lives of 86 people and injured hundreds of others.

2020

The Brunswick crew was recognized, in 2020, for their extraordinary support and contributions to the Typhoon Wutip relief efforts. U.S. Maritime Administration Administrator Rear Adm. (Ret.) Mark H. Buzby presented the crew with the Merchant Marine Medal for Outstanding Achievement. In addition, Brunswick supported the Valiant Shield 2020 – A joint force training exercise to protect the Indo-Pacific. During the exercise, more than 11,000 Soldiers, Marines, Sailors, and Airmen synchronized to train in a real-world environment to demonstrate their readiness to respond to any contingency at a moment’s notice.

2021

Brunswick took part in Noble Jaguar, in 2021, an integrated naval exercise in and around Japan that included units from the III Marine Expeditionary Force (III MEF), along with elements of U.S. 7th Fleet.

2022

Brunswick, along with sister ships USNS Millinocket (T-EPF 3) and USNS Puerto Rico (T-EPF 11), in 2022, supported the CARAT exercise, Resolute Dragon, Koa Moana, Valiant Shield, and various other regional security cooperation exercises for III MEF.

2023

The expeditionary fast transport vessel played an instrumental role in exercises Talisman Sabre, Balikatan, Keen Sword, Kamandag for III MEF in 2023. Marines and other members of the U.S. military routinely embark on ships like Brunswick to transport cargo, equipment, and personnel expeditiously. Likewise, Brunswick supported I MEF for three months during its Marine Rotational Force - Southeast Asia deployment. EPFs provide warfighters flexibility as the ship’s storage capacity can be tailored to meet mission objectives.

While in U.S. 5th Fleet, Brunswick accomplished a humanitarian assistance mission that resulted in the movement of 836 evacuees from 18 nations, including 168 U.S. citizens, from the Port of Sudan to Jeddah, Saudi Arabia in support of the Department of State’s efforts to evacuate and assist US citizens and other civilians during the civil war in Sudan.

Throughout this seven-year deployment, the superb work performed by the Brunswick crew helped to improve interoperability and foster trust and cooperation with partner nations – all of which is in keeping with the Navy’s goal to enhance regional preparedness for crisis response.

CIVMAR Support from Page 2

“Providing exceptional service to our mariners is vital to our success,” said Jim Bruske, MSC Total Force Management, Director of Business Management. “Implementation of 24/7 Call Center Support demonstrates our commitment to customer service and ensures our civilian mariners always have access to quality support, no matter the time of day or their time zone. The Web-based online chat feature will improve customer service and allow our call center representatives to give quick answers to questions and solve problems faster.”

“Whenever a CIVMAR calls the CSC, they should expect to hear a friendly voice on the other end of the line,” said Umali. “They should expect to talk with someone

who is really concerned about solving their problem and being a resource for them. Finally, they should expect follow through from our staff to ensure they receive the responses they’re looking for.”

To reach the CSC, CIVMARS can call the toll-free number, 877-562-7672; visit the CIVMAR Website, civmar.sealiftcommand.com, or email civmar@sealiftcommand.com for non-urgent matters.

“Ultimately, we want our CIVMARs to know our staff is there when they need us and getting support is easy, hassle free and instantaneous,” concluded Bruske.

FALLEN MSC TEAMMATES



Assistant Cook Marvin Dizon
MSC Service 2019-2024



Second Radio Electronics Technician
Akha'Ali Wright
MSC Service 2021-2024



Boatswains Mate Gilmon Fernandez
MSC Service 2000-2024



The Lord is my Pilot;
I shall not drift.
He leadeth me across the dark waters
and steereth me in the deep channels.
He keepeth my Log
and guideth me by the star of holiness
for His Name’s sake.
Yea, though I sail amid
the thunders and tempests of life,
I shall dread no danger,
For Thou art with me;
Thy love and Thy care, they shelter me.
Thou preparest a harbor before me
in the homeland of eternity;
Thou anointest the waves with oil,
and my ship rideth calmly,
Surely sunlight and starlight
shall favor me all the days of my voyaging,
and I will rest in the port of my Lord forever.



Military Sealift Command

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