MAGAZINE OF THE U.S. NAVY

131 YEARS

Reflecting on what it means to be a Chief Petty Officer.





MONTH OF THE MILITARY CHILD

Celebrating the important role that children play in the military community.



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A NOTE FROM THE EDITOR AND STAFF

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Every month, we focus on the Navy's mission-focused people and technologies. As we survey how our naval forces continue to train, fight, and equip the world's toughest Sailors, we look at our advantage at sea and the capabilities of Sailors deployed around the world.

It is our mission to reach Sailors, so please share this issue, scan the QR codes, and follow our social media channels for the latest information for Sailors by Sailors.

This month, we provide SAPR resources, remind you to complete taxes by April 15th and wish a happy birthday to members of the Chiefs Mess, past and present.

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CHIEF PETTY OFFICER'S CREED

During the course of initiation, you have been caused to humbly accept challenge and face adversity. This you have accomplished with rare good grace. Pointless as some of these challenges may have seemed, there were valid, time-honored reasons behind each pointed barb.

Your faith in the fellowship of Chief Petty Officers was necessary to overcome these hurdles. The goal was to instill in you that trust is inherent with the donning of the uniform of a Chief. Our intent was to impress upon you that challenge is good; a great and necessary reality which cannot mar you – which, in fact, strengthens you.

In your future as a Chief Petty Officer, you will be forced to endure adversity far beyond what has thus far been imposed upon you. You must face each challenge and adversity with the same dignity and good grace you have already demonstrated.

By experience, by performance, and by testing, you have been advanced to Chief Petty Officer. In the United States Navy – and only in the United States Navy – the rank of E7 carries with it unique responsibilities and privileges you are expected to fulfill and bound to observe.

Your entire way of life is changed. More will be expected of you; more will be demanded of you. Not because you are an E7, but because you are now a Chief Petty Officer. You have not merely been promoted a paygrade, you have joined an exclusive fellowship and, as in all fellowships, you have a special responsibility to your comrades, even as they have a special responsibility to you. This is why we in the United States Navy may maintain with pride our feelings of accomplishment once we have attained the position of Chief Petty Officer.

Your responsibilities and privileges do not appear in print. They have no official standing; they cannot be referred to by name, number, nor file. They have existed for over 100 years, because Chiefs before you have freely accepted responsibility beyond the call of printed assignment. Their actions and their performance demanded the respect of their seniors as well as their juniors.

It is required that you be the fountain of wisdom, the ambassador of good will, the authority in personal relations as well as in technical applications. "ask the Chief" is a household phrase in and out of the Navy.

You are the Chief. The exalted position you have achieved – and the word exalted is used advisedly – exists because of the service, character, and performance of the Chiefs before you. It shall exist only as long as you and your fellow Chiefs maintain these standards.

It was our intention that you never forget this day. It was our intention to test you, to try you, and to accept you. Your performance has assured us that you will wear "the hat" with the same pride as your comrades in arms before you.

We take a deep and sincere pleasure in clasping your hand, and accepting you as a Chief Petty Officer in the United States Navy.

131 YEARS OF TRADITION

Story by MC2 Nicholas Russell

The United States Navy is one of the most powerful and respected military forces in the world, and behind the success of the U.S. Navy are Chief Petty Officers (CPOs). From their early beginnings in the 1800s to their critical role in World War II and beyond, Chiefs have been instrumental in shaping the U.S. Navy.

The history of the CPO can be traced back to the 19th century. During this time, the Navy was in its infancy and the ranks were filled with young Sailors who were inexperienced and lacked leadership skills. The role of the CPO was to provide leadership, guidance, and to ensure that Sailors were properly trained and disciplined.

On April 1, 1893, the Navy officially recognized the position of Chief Petty Officers. The rank was limited to only a few select specialties, including boatswain's mate, gunner's mate, and signalman. Over time, the rank of CPO was expanded to include other specialties such as electrician, machinist, and radioman.

During World War I, the role of the CPO became even more critical. As the Navy grew, the need for experienced and skilled leaders became paramount. CPOs were called upon to lead ships, train new recruits, and ensure that the Navy's equipment was in top condition. Many of these CPOs were veterans of the Spanish-American War and brought with them a wealth of experience and knowledge that proved invaluable.

World War II was a defining moment for CPOs. The Navy had grown significantly since World War I, and the demands of war were even greater. CPOs were once again called upon to lead ships and train new recruits, but their role had expanded to include combat operations. CPOs led the success of the Navy's submarine campaigns and played a critical role in the invasion of Normandy.

Paving the way for women in the Navy, Loretta Walsh shattered the glass ceiling and made history a the first female CPO. She enlisted in the Navy in 1960 a yeoman and worked her way up the ranks, proving that she was just as capable as any man in the service After 12 long years of dedicated service, Hazard finally earned her promotion to chief petty officer on Augus 1, 1972, becoming a trailblazer for women in the Navy. Her legacy continues to inspire women in the Navy an beyond to this day.

In 1958, the ranks of Senior and Master Chief Petty Officer were established and were identified with a silver star atop the gold fouled anchor for Senior and two stars for Master Chief.

Pioneering the Navy's highest enlisted leadership



| e | position was Delbert D. Black becoming the first Master Chief Petty Officer of the Navy (MCPON) in January of 1967. A World War II hero, serving over 25 years, Black |
|-----|---|
| IS | had a crucial part in serving as the senior enlisted |
| as | advisor to the Chief of Naval Operations, representing |
|) | the needs and concerns of all enlisted Sailors. |
| ce. | Today the history of the U.S. Navy Chiefs is a proud |
| ly | one. They are responsible for training and mentoring |
| st | new Sailors, maintaining the Navy's equipment, and |
| | leading shipboard and combat operations. Many |
| nd | of their roles and responsibilities are unwritten, but |
| | have been passed down to the new generations of |
| / | Chiefs for 131 years. The CPOs are known for their |
| | professionalism, leadership, and dedication to duty, |
| l | and they continue to be respected and revered by |
| | Sailors of all ranks. |
| | |



Photos by MC1 Danielle Serocki

STEADFAST DEFENDER

OVER THE NEXT SIX MONTHS, THOUSANDS OF U.S. SERVICE MEMBERS WILL PARTICIPATE IN THE LARGEST NATO EXERCISE SINCE THE END OF THE COLD WAR

Story by Jim Garamone, DOD News, Jan. 25, 2024

Photos by MC1 Danielle Serocki

Dubbed Exercise Steadfast Defender 24, it will feature about 90,000 service members from the 31 NATO allies and Sweden. It will test the ability of the alliance to quickly deploy forces and will test NATO's new defense plans, officials said.

"The alliance will demonstrate its ability to reinforce the Euro-Atlantic area via trans-Atlantic movement of forces from North America," said Army Gen. Christopher G. Cavoli, NATO's Supreme Allied Commander Europe, in a press release. "Steadfast Defender 2024 will be a clear demonstration of our unity, strength and determination to protect each other, our values and the rules-based international order."

The first movement in the exercise began as the dock landing ship USS Gunston Hall sailed from Norfolk, Virginia. Following a series of operations, the ship will sail across the Atlantic.

The overall exercise will run through June. It is NATO's principal multidomain exercise for 2024 and will consist of a series of national and multinational large-scale, live exercises conducted across various geographical locations.

Officials said Steadfast Defender is the largest exercise since the last Reforger exercise in 1988.

The exercise is the first, large-scale test of alliance defense plans approved at last year's Vilnius Summit in Lithuania.

At its base, the exercise is a demonstration of alliance unity and determination to defend every inch of NATO territory. The exercise will demonstrate "NATO's ability to deploy, move and use reinforcements from North America and other parts of the alliance to continental Europe," alliance officials said. "It will show that we can conduct and sustain complex multidomain operations over several months, across thousands of kilometers, from the high north to central and Eastern Europe and in any conditions."

The exercise will take place primarily in Finland, Estonia, Germany, Greece, Hungary, Latvia, Lithuania, Norway, Poland, Romania, Slovakia, Sweden and the United Kingdom, officials said. There will be more than 50 naval assets, including aircraft carriers, destroyers, frigates and corvettes.

Air assets will include F-35s, FA-18s, Harriers, F-15s, helicopters and myriad unmanned aerial vehicles.

There will also be more than 1,100 combat vehicles, including more than 150 tanks, 500 infantry fighting vehicles and 400 armored personnel carriers.

Officials said the exercise is based on a fictitious Article 5 scenario "triggered by a fictitious attack against the alliance launched by a near-peer adversary," officials said. "NATO exercises are not directed against any country. In an unpredictable security environment, we must remain ready to deter all threats and to defend all allies."

Still, Russia has launched the largest war in Europe since World War II, attacking neighboring Ukraine. Since Russia first invaded Ukraine in 2014, NATO has strengthened defense and deterrence on the continent. While Steadfast Defender has been in planned for years, the exercise incorporates defense plans based on Russia's actions.

"Russia's war of aggression against Ukraine will shape our understanding of conflict for years to come," a NATO official said. "NATO is observing the conflict in Ukraine closely in order to improve our readiness and refine our future training, capabilities and innovation."



ANNUAL LOCAL MOTORCYCLE WEEKEND IN ROTA Story by Courtney Pollock

In early February, the streets of Rota swelled with motorcycle riders and enthusiasts from all over Andalucia for a multi-day event hosted by the Los Camaleones Motoclub. The weekend's culmination is a community event held for event-goers as well as Rota community members.

Personnel from Rota Fire & Emergency Services, Explosive Ordnance Disposal Mobile Unit (EODMU) 8, Fleet Anti-terrorism Security Company, Europe (FASTEUR), and Naval Mobile Construction Battalion (NMCB) 133 participated in a community engagement event at Rota's feria grounds, Feb. 4, 2024.

"As members of the Rota community, it is vital to have events such as these so the locals can have a better understanding of what we are here to do," said U.S. Marine Corps Capt. Austin Vale, executive officer of FASTEUR. "A shared experience like the Rota Moto event is a great opportunity to build the comradery between the American forces stationed and deployed in Spain, and the Spanish locals."

Throughout the four-plus hours, Sailors, Marines, American firefighters, and Spanish bomberos were able to interact with event-goers about their job and mission in Spain, pose for photos, and share laughs. "Being able to present some of the equipment that

the Marines would operate in certainly demonstrated its weight," said Vale, referring to the weight of the machine guns, grenade launches and rifles the Marines had on display. "This truly showcased the strength Marines need to have in order to achieve their assigned missions."

In addition to holding Marines' weapon systems, community members enjoyed trying on the bomb suit, operating the tactical EODMU 8 robots, and climbing into Seabees' construction vehicles. In total, over 30,000 people attended the event.

Many of the U.S. personnel who supported the event said they had a great time and are looking forward to next year when they can again take the opportunity to highlight their mission and work here in sunny Southern Spain.

As the "Gateway to the Mediterranean," NAVSTA Rota provides U.S., NATO and allied forces a strategic hub for operations in Europe, Africa and the Middle East. NAVSTA Rota is a force multiplier, capable of promptly deploying and supporting combat-ready forces through land, air and sea, enabling warfighters and their families, sustaining the fleet and fostering the U.S. and Spanish partnership.





Your Leadership Tool for Communicating Internally

APRIL 2024

IMPORTANT DATES:

| Feb. 1- Nov. 30 | CY24 PRT Cycle |
|--------------------|---|
| April 1 | First Day of Month of the Military Child |
| April 1 | First Day of Sexual Assualt Awareness and Prevention Month |
| April 1 | Navy Chief Birthday |
| April 15 | Tax Day |

DEADLINES:

Blue Angels Enlisted May 3 **Applications Due** FY25 Advanced May 5 Education Voucher Program

Mrs. Sybil Stockdale May 10 Ombudsman of the Year Award Nominations Due

Applications Due

<u>Seaman-to-</u>Admiral July 1 (STA-21) Applications Due

PREPARED BY Navy Office of Information

SPOTLIGHT

CONFIDENTIAL REPORTING OPTION FOR SEXUAL HARASSMENT

NAVADMIN 022/24 implements a new confidential reporting option for service members who experience sexual harassment. Key updates within the policy include:

• CCS or CMEO will inform the reporting service member's Commanding Officer (CO) or commander of a confidential report within 24 hours of receipt.

Program managers must not disclose the identity or any Personally Identifiable Information (PII) within the report, and it will not trigger an investigation or disciplinary action.

For more information call (800) 253-0931 or e-mail MILL_Navy_EO_Advice@navy.mil.

PROFESSIONAL DEVELOPMENT



NAVY CREDENTIALING OPPORTUNITIES ONLINE The NAVY COOL (Credentialing Opportunities On-Line) all-in-one platform is available to help Sailors find information on certifications, licenses, and course funding. Dive into career development resources including Learning and Development Roadmaps (LaDRs), advancement exam bibliographies, and apprenticeships. Applications are accepted year-round on the website, and via the IOS App or Android App.

MONEY MATTERS

THRIFT SAVINGS PLAN CONTRIBUTIONS

Have you considered increasing your TSP contribution the next time you get a pay increase? The 2024 IRS annual limit for regular TSP contributions is \$23,000 and BRS participants can receive up to 5% matching contribution. View the TSP announcement for detailed information on making your TSP election for 2024.



HEALTH & WELLNESS

24/7 FITNESS CENTER ACCESS FOR SAILORS

As a direct result of feedback from the fleet and ongoing efforts to improve Quality of Service, Sailors will soon have access to fitness centers on all Navy installations 24 hours a day, seven days a week. Outside regular business hours, fitness centers may be staffed or unstaffed, and several restrictions will be implemented for the safety of patrons while they are unstaffed. Unstaffed restrictions may include age restrictions for patrons; guest access, or access to saunas, steam rooms, whirlpools, and aquatic spaces is not permitted. Sailors and families can contact the nearest installation MWR fitness center for more information.

FAMILY RESOURCES



Challenge stigma and stereotypes about mental health

BE THE PROVIDERS OF POSITIVE LANGUAGE

RESOURCE SPOTLIGHT



Sailor Assistance & Intercept for Life

NAVY CULTURE

CULTURE OF EXCELLENCE 2.0

The Navy launched Culture of Excellence 2.0 (COE 2.0) with NAVADMIN 051/24 as an actionable approach to building great culture at every Navy command. Several products accompany the launch, such as the <u>COE 2.0 visual placemat</u> that serves as a concise explanation of "what right looks like," and a <u>playbook</u> that serves as a comprehensive quide to implement COE 2.0 at the command level. COE 2.0 offers concrete examples of what commands with great culture look like, setting realistic expectations for what every Sailor should see from their leadership, while also providing tools for Sailors to be good teammates and become great leaders. All warfighters must know the standard, achieve or exceed it, and be personally committed to the mission of our Navy.







FFSC VIRTUAL CLINICAL COUNSELING

Fleet and Family Support Center (FFSC) now offers virtual clinical counseling for Sailors and family members. This expanded service delivery model will increase access to mental care services regardless of a Sailor's geographic location. The remote clinical counselors are professional, licensed clinicians and provide nonmedical, virtual, short-term counseling at no cost to active-duty service members and their families. Currently, virtual clinical counseling is available to Sailors and family members in CNRSW, CNRNW, NDW, CNRMA, NRSE and EURAFCENT with planned expansion to all Navy regions by the end of 2024. For additional mental health resources, please see the Mental Health Playbook.



SAILOR ASSISTANCE AND INTERCEPT FOR LIFE (SAIL)

SAIL is a program available to Sailors who have experienced suicidal ideation or suicide-related behavior. This voluntary program serves as a link between programs and resources dedicated to support Sailors. SAIL is not an alternative to mental health treatment, but provides additional tools to assist with care coordination. For more information, call your Fleet and Family Support Center.



PHOTOS FROM THE FLEET

The Naval Service–forward deployed and capable of both rapid response and sustained operations globally–remains America's most persistent and versatile instrument of military influence.



Photo by MC3 August Clawson <u>@USSGW</u>

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DON'T DRINK YOUR LIFE AWAY

-0

28% of all traffic related deaths are caused by drunk drivers

YOU'RE NOT ALONE, REACH OUT FOR HELP.

Contact your local command DAPA or call Military One Source: 800-342-9647

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Photo by Reali







Story by MCSN Brandon Claros

MC2 Connor

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April is the month of the military child. The much as their parents," said Secretary of Defense Lloyd Department of Defense (DoD) has celebrated this month Austin. "For me and the rest of the department, that's more for over 37 years. It was first designated as Month of than a responsibility, it is a sacred duty." the Military Child in 1986, by former Defense Secretary Being separated from a loved one can especially impact a Caspar Weinberger, to recognize the sacrifices made military family. Deployments can often separate families from by military children and families across the globe. Often their loved ones for up to 18 months at a time according to overlooked, the battle on the home front can be one of the most vital. to a service members overall mission readiness. According

www.va.gov. A strong family is important as it can contribute There are over 2.6 million military family members to a DoD behavioral health survey, conflicts between military around the world and more than 1.6 million military and family, personal responsibilities, and separation from children. These families regularly move every two to family or friends were among the top three stressors of three years and military children specifically change military life. The DoD offers a multitude of programs to help schools an average of six to nine times from the start of families such as installation youth centers, school liaison kindergarten to high school graduation. programs, military parent specialty consultations, and boys In fact, the DoD has worked diligently to make and girls clubs just to name a few.

programs easily accessible for military families. Programs such as universal pre-k, 12-week parental leave, and guick and affordable moves have helped families with the stress of parenting while serving or having a family member who serves. All programs are available to eligible parents with universal pre-k starting this fiscal year and were announced by the Department of Defense Education Activities (DoDEA) in 2024. There is a three-phase implementation that when completed will add 6,000 pre-k students to the 60 military communities served by the DoDEA.

Family members can provide support in difficult times. "America's military children serve every bit as

MONTH OF THE MILITARY CHILD

With the hardships that these families face, several improvements have been made over the years. A series of courses are offered online by Military OneSource and the Red Cross that can help families connect specifically before and after deployments related to separation. Through the Red Cross, there are free confidential mental wellness programs that are designed to help support families.

Month of the Military Child is important to celebrate as it highlights military children and families for their sacrifice and bravery alongside our service members fighting the fight on the home front.



Photos by Sarah Cannon

MSCPAC CHALKS THE WALK IN SUPPORT OF VICTIMS

Story by Sarah Cannon

The civilian and military staff of Military Sealift Command Pacific (MSCPAC) participated in the Navy's Chalk the Walk, Sexual Assault, Prevention, Response, (SAPR) event, in San Diego. The event was held in conjunction with the April Sexual Assault Awareness and Prevention Month (SAAPM). Members of the MSCPAC team drew messages of support for victims

of sexual assault in colored chalk on the sidewalk in front of the MSCPAC building. Messages included "You Are Not Alone." "You Are Heard," and "Violence Does Not Equal Love."

"The Navy's SAPR program is so important in helping

to keep our Sailors and civilians safe," said Capt. Kendall Bridgewater, commander, MSCPAC. "Having an effective program that educates people on what sexual assault is and how to prevent it is very important, but also having a process for assisting our people and ensuring they are able to get help if something were to happen, is equally important. Programs like SAPR ensure that we are being proactive in our work to make our workplace safe for



everyone, so that we can all focus on our missions. Everyone should have the opportunity to serve without fear."

According to the DoD, over a decade of research demonstrates that sexual assault occurs less often in units where members support and respect each other. Data further shows that sticking up for someone who

"IT IS SO IMPORTANT TO GIVE SEXUAL ASSAULT VICTIMS A VOICE."

is being hazed, bullied, and harassed or abused sends a strong message that helps improve climates. "I'm happy to be out here and supporting the command and the Navy's SAPR program," said Lt. Cmdr. Trisha Kelly, MSCPAC Reserve Program Director. "It is so important

to give sexual assault victims a voice. I'm hopeful that the more we hold awareness events now, the less we will need them later."

If you or someone you know in the DoD community has experienced sexual assault, please consider reaching out to DoD Safe Helpline for 24/7, anonymous, one-on-one support at 877-995-5247 or SafeHelpline. org/live-chat.

PREVENT. REPORT. ADVOCATE.

REPORTING OPTIONS

UNRESTRICTED

An Unrestricted Report allows you to receive health care and mental health care, advocacy services, and legal support. As part of this option, DoD law enforcement initiates an investigation and your chain of command is notified.

You have the right to be reasonably protected and may also be eligible for other protections, including a Military Protective Order and/or a civilian protective order.

You may also be eligible for an Expedited Transfer.

This option allows you to report any retaliation related to your report.

Only these professionals can accept a Restricted Report:

SAPR VA

Healthcare providers, mental healthcare providers, and their support personnel, to include ER intake and medics.

Catch a Serial Offender (CATCH) Program

The CATCH program gives victims of sexual assault who filed Restricted Reports, certain Unrestricted Reports where the name of the suspect is not reported to or uncovered by law enforcement, or no report an opportunity to anonymously submit suspect information to help the DoD identify serial offenders

RESTRICTED

Restricted Report allows you to receive SVC/VLC/VC legal advice, healthcare, mental healthcare, and advocacy services, but does not trigger an investigation. Information will be provided to Command that does not reveal your identity, nor that of the alleged offender.

Sexual Assault Response Coordinator (SARC)

YOU ARE NOT ALONE

Professionals are available to help connect victims of sexual assault with information and resources:

- Sexual Assault Response Coordinator (SARC)
- SAPR Victim Advocate (VA)
- Military Chaplain
- Sexual Assault Medical Forensic Examiner (SAMFE)
- Special Victims' Counsel (SVC) Victims' Legal Counsel (VLC) Victims' Counsel (VC)
- Special Victim Investigation and **Prosecution Capability**

For more information, please visit www.sapr.mil; For confidential victim assistance, call or visit the DoD Safe Helpline at

877-995-5247

