

SHOWING THE TRUE POWER OF NAVAL DOMINATION, SPECIAL THANKS TO CARRIER STRIKE GROUP 12, DESRON 2, AND CARRIER AIR WING 8. UNTIL NEXT TIME.

NOV.04

6  
ISSUE

NOV.13

THE BIGGEST AND BADDEST.





# TABLE OF CONTENTS

- Pg 3: Photo of the Week
- 4: Wolverines of the Week
- 6: Instant Replay
- 8: More Highlights
- 10: Live Fire With a Purpose
- 12: Handling the Heat
- 14: Group Sail 2024
- 16: An Early Thanksgiving
- 17: Taking the Heat: The CSSN Murphy Story
- 20: Final Credits



78



## PHOTO OF THE WEEK

Aviation Structural Mechanic Airman Turner Mulhall, assigned to the "Blacklions" of Strike Fighter Squadron (VFA) 213, stands by to conduct preflight checks on an F/A-18F Super Hornet on the flight deck.

PHOTO BY MCSN TAJH PAYNE





## OSSA Millan

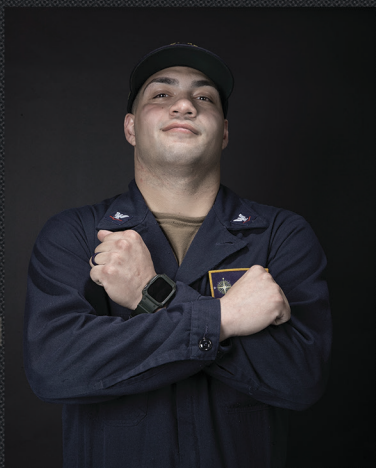


*Operations Specialist Seaman Apprentice Jenica Millan, age 22, enjoys weight lifting, videography, playing musical instruments, and running.*

*"I don't know what to say."*

*Nov. 4, 2024*

## BM3 Acosta



*Boatswain's Mate 3rd Class Miguel B. Acostamaldonado, age 29, joined the Navy to provide for his family and be a positive role model to all of his cousins.*

*"Don't let the sad moments ruin your happiness."*

*Nov. 6, 2024*

## AN Valdez



*Airman Ava "Nike" Valdez, age 20, considered a consummate professional by Legal Department, joined the Navy with a vision: attain a higher education, travel, and explore life.*

*"They call me Nike, because I just do it."*

*Nov. 7, 2024*



## ATAN Tsipenyuk



*Aviation Electronics Technician Airman Timothy Tsipenyuk, age 24, wants to become a subject matter expert in the AT rating, and become debt free.*

*"Stay true to what you believe in."  
Nov. 8, 2024*

## AN Smith



*Airman Davian Smith, age 31, a plane captain with VFA-37, wants to become a first-time home owner, and has visited six different countries.*

*"Don't let the regrets of the past rob you of the future."  
Nov. 9, 2024*

## FC3 Lozano



*Fire Controlman 3rd Class Jose Lozano wants to become the best Sailor on the entire ship, but first, he wants to make 2nd Class.*

*"I'm FC3 Lozano, I'm the best everywhere."  
Nov. 11, 2024*

**MO LVE PRINES of  
the WEEK**



# GRF

Aviation Structural Mechanic Airman James Wells, assigned to the "Tomcatters" of Strike Fighter Squadron (VFA) 31, conducts routine maintenance on the wing of an F/A-18E Super Hornet in the hangar bay. **PHOTO BY MCSN MCSN TAJH PAYNE**

Boatswain's Mate Seaman Renato Serna, assigned to deck department, stands lookout watch on the island. **PHOTO BY MCSN BRIANNA BARNETT**



Master-at-Arms 3rd Class Nathan Collins, from Idaho, assigned to security department, performs routine maintenance on a Sig Sauer M18 service pistol in the armory. **PHOTO BY MCSN JIMI BALISAGE**



AWS3 Dane Palmer is hoisted from an MH-60S Sea Hawk, attached to the "Tridents" of Helicopter Sea Combat Squadron (HSC) 9, on the flight deck during hoisting operations. **PHOTO BY MC2 MAXWELL ORLOSKY**



An MH-60S Seahawk attached to the "Tridents" of Helicopter Sea Combat Squadron (HSC) 9, lifts cargo off of the flight deck during a replenishment at sea.

**PHOTO BY MC2 JACOB MATTINGLY**



An F/A-18E Super Hornet, attached to the "Ragin' Bulls" of Strike Fighter Squadron (VFA) 37, lands on the flight deck during routine flight operations. **PHOTO BY MCSN BRIANNA BARNETT**

CVW8



Naval Air Crewman 1st Class John Kainoa, assigned to the "Tridents" of Helicopter Sea Combat Squadron (HSC) 9, observes the world's largest aircraft carrier, USS Gerald R. Ford (CVN 78), from an MH-60S Seahawk during a routine flight. **PHOTO BY MC2 JACOB MATTINGLY**



Aviation Support Equipment Technician 2nd Class Brandon Kinney, assigned to aircraft intermediate maintenance department, troubleshoots a forklift in the hangar bay. **PHOTO BY MCSN JIMI BALISAGE**



Naval Air Crewman 2nd Class Gavin Redman, left, hoists Naval Air Crewman 3rd Class Haveinn Kahala, to an MH-60S Sea Hawk, attached to the "Tridents" of Helicopter Sea Combat Squadron (HSC) 9 during routine operations. **PHOTO BY MC2 MAXWELL ORLOSKY**



Naval Air Crewman 3rd Class Haevinn Kahala, assigned to the "Tridents" of Helicopter Sea Combat Squadron (HSC) 9, gives advisory calls in an MH-60S Sea Hawk while landing on the Arleigh Burke-class guided-missile destroyer USS Winston S. Churchill (DDG 81). **PHOTO BY MC2 MAXWELL ORLOSKY**



Lt. Daniel Lindauer, assigned to the "Tridents" of Helicopter Sea Combat Squadron (HSC) 9, conducts preflight checks on an MH-60S Seahawk on the flight deck. **PHOTO BY MC2 JACOB MATTINGLY**



Boatswain's Mate Seaman Jada Hall, assigned to deck department, brushes rust off of a sliding pad eye in the hangar bay. **PHOTO BY MCSN JIMI BALISAGE**

▶ MORE HIGHLIGHTS



11-06-24  
09:25:23

78  
07

1

11-06-24  
09:25:24

F 78  
06

2

11-06-24  
09:25:24

78  
06

3

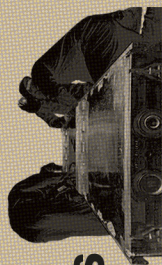
# LAUNCHING.



# LIVE FIRE

L.F.W.A.P.

Directed by  
Combat Systems  
Division 07



Captured via  
VLA at 29 FPS  
SD format

with  
a purpose.



Rolling Airframe  
Guided Missile  
Launcher (RAM)

GERALD R. FORD  
CAPT Rick Burgess  
CAPT Christopher Williams  
CMDCM Mike Smith  
CDR Jordan Goff



"IF YOU CAN'T HANDLE THE HEAT, STAY OUT OF THE KITCHEN" USS GER

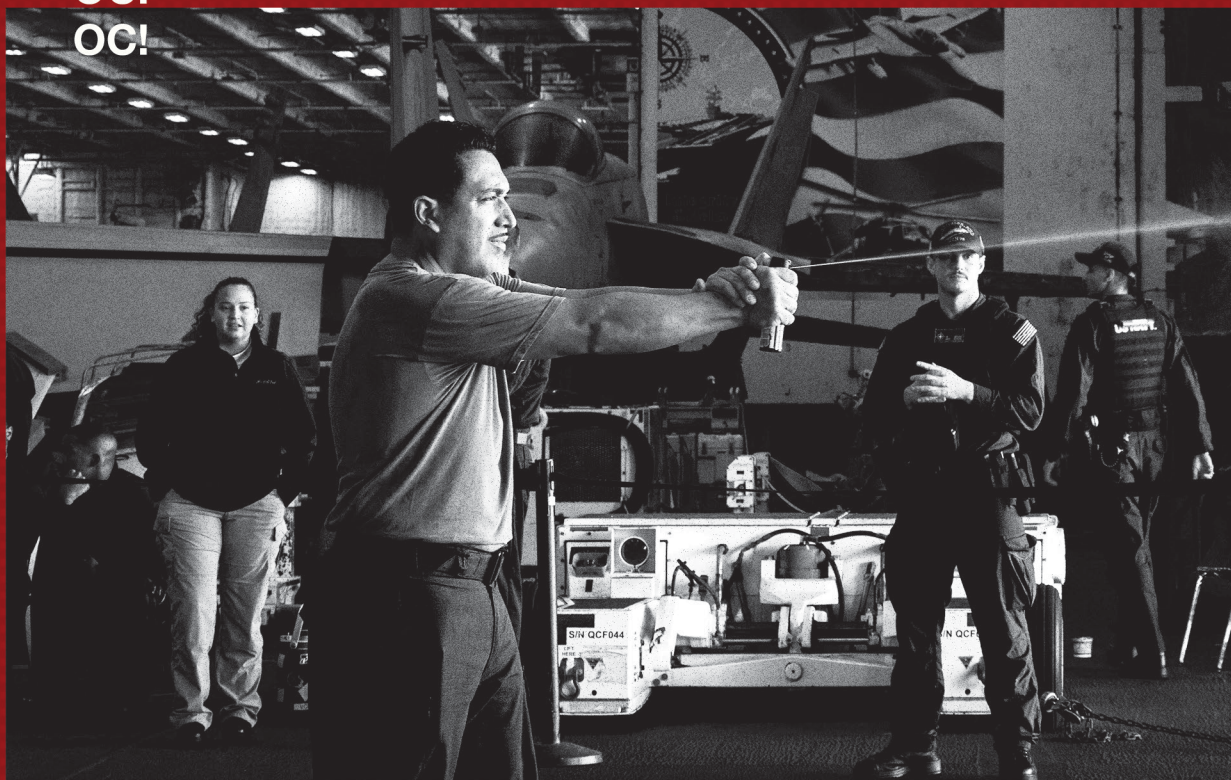
HANDLING

# FUN FACT!

NON-LETHAL WEAPONS... STILL HURT



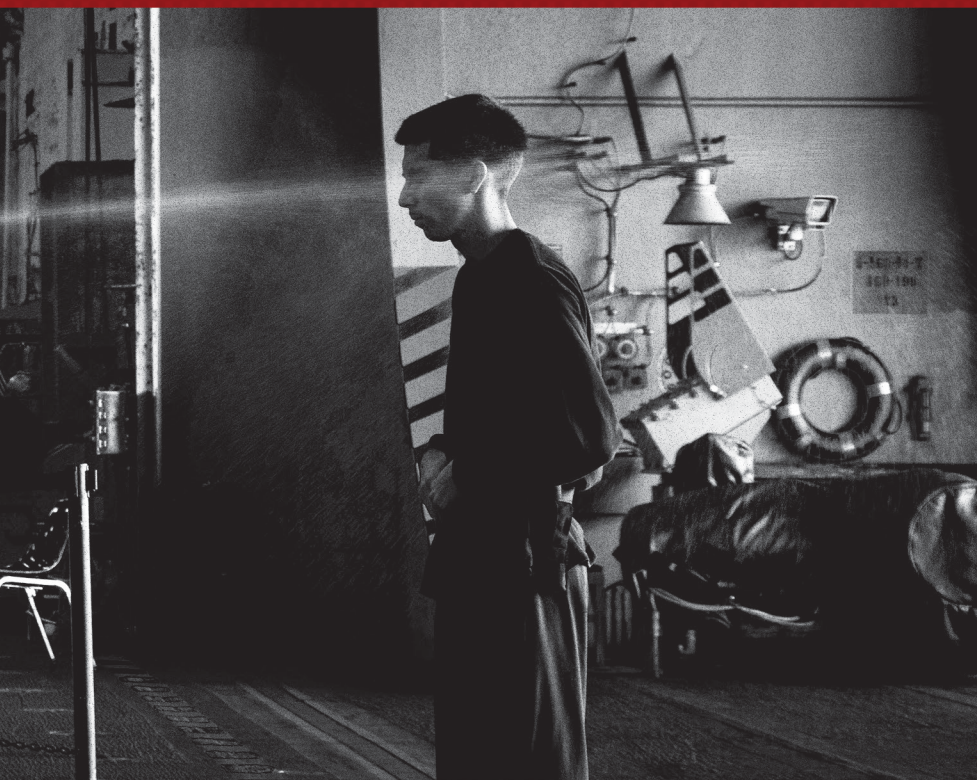
OC!  
OC!  
OC!







*Oleoresin Capsicum (OC) spray is used as a non-lethal weapon in policing, riot control, crowd-control, and self-defense; this includes defense against dogs and bears.*





# GROUP | SAIL

2 0 2 4

Carrier Strike Group 12, which includes the world's largest aircraft carrier, USS Gerald R. Ford (CVN 78), the Arleigh Burke-class guided-missile destroyers USS Winston Churchill (DDG 81), USS Mitscher (DDG 57), USS Mahan (DDG 72), USS Bainbridge (DDG 96), and USS Forrest Sherman (DDG 98), sail in formation during a group sail PHOTOEX in the Atlantic Ocean, Nov. 12, 2024.



**BREAKING WAVES.  
BREAKING WAVES.**



**MAKING WAVES.  
MAKING WAVES.**



**PHOTOS BY MC2 MAXWELL ORLOSKY**





PHOTOS BY MC2 JACOB MATTINGLY



PHOTOEX  
PHOTOEX  
PHOTOEX

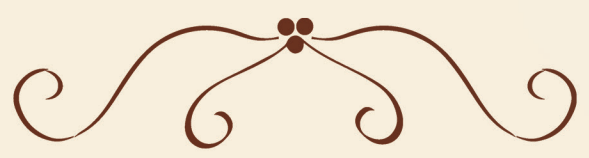


12



# GIVING THANKS

FORD EARLY THANKSGIVING 10 NOVEMBER 2024





# TAKING THE HEAT

The CSSN Nicholas Murphy Story  
by MCSN Jimi Balisage



Known for its beautiful beaches and vibrant nightlife, it's no surprise that year after year Miami continues to attract so many visitors looking to enjoy some fun in the sun. Widely portrayed as a go-to tropical timeout from the mundanity of routine, the reality for many of Miami's natives isn't quite so sunny. Such was the case for Culinary Specialist Seaman Nicholas Murphy. For him, the name Miami doesn't conjure images of jet skis and Italian super cars parked along Ocean Ave. In fact, he counts himself one of the fortunate ones who made it out alive.



## RESILIENCE

Nicholas Murphy grew up in Miami's Liberty Square public housing complex, just a few miles from the 5-star resorts and sun-soaked streets of South Beach. Known throughout South Florida as the "Pork 'n Beans" because of its infamous orange doors that resemble cans of baked beans, Liberty Square is the city's grim underbelly, where poverty, crime, and hopelessness are a part of life for those who live there.

The Murphy family immigrated to Miami from the Bahamas with their young family. With few options, they found themselves in what was considered one of the worst neighborhoods in the city. They quickly learned how difficult it was to establish a footing as foreigners in a new country, especially as ones with small children. Like many immigrants, Nicholas's parents worked hard and did their best to provide for their children, but never seemed able to get ahead.

As the youngest of seven, Nicholas was born into a situation over which he had no control. His childhood would be shaped by the trauma and despair of his environment. Tragedy would become a recurring theme, and in 2013, at ten years old, it struck for the first time. Nicholas' older brother, Steven, was shot and killed on the streets of Miami. The senseless loss of his brother had a profound effect on him and laid the groundwork for his commitment to getting out. Missing his big brother and watching his parents endure the unimaginable pain of losing a child, Nicholas knew he had a responsibility to do everything he could to ensure his life ended differently.

"Growing up, it was hard... we didn't have much and we definitely couldn't afford the nice shoes and stuff, so I got bullied."

He credits the love and support of his brothers for getting him through the gauntlet that was growing up in the projects, and while he chose an opposite path from his brother Steven, the aspirations of his brother Robbie, who was in

college and running track, made a lasting impression on him.

"I wanted to go to college because he went to college," said Nicholas. "It was just something always on my mind, 'stay out of trouble, just stay out of trouble'. That voice in my head was the people I lost. They'd say, 'It's not the right path for you. Go down a different path'. I would go to church every Sunday and I prayed a lot. I believe in God and I believe there's a higher purpose."

Nicholas remained focused and determined throughout his teen years and managed to beat the odds by graduating from Miami Central High School. His parents beamed with pride, but the celebration was short-lived. Later that year, Robbie came home from college for Christmas and was killed in the crossfire of a dispute that didn't involve him. He was 24.

For the second time in seven years, Nicholas and his family were forced to accept an impossibly difficult truth. Robbie, like Steven, wasn't coming home, and life would never be the same.

Reeling from the shock of losing another brother to the streets, Nicholas found himself at a crossroads. He knew he had to get out, and he knew he had to help improve his family's situation, but it wasn't that simple. He struggled to choose between applying to college in hopes of earning a degree that could land him a well-paying job and help support his struggling family, or jumping into the workforce to more quickly contribute financially. He chose what at the time felt like a happy medium and opted for a technical school in Washington State to become a certified flight attendant.



"Everyone has their own situations they're going through," said Nicholas. "For me, the long hours and missing my family...all that stuff builds up, which is why I pray a lot, just to get it out. Every morning I tell myself today is going to be a positive day."



As he settled into his new life, he quickly realized his dream was further from his reach than he imagined. He was surprised to discover that even after graduating, several more years of training and background checks would be required before he'd be employable in the field. Being so far from everyone he loved, and the uncertainty of his future made Nicholas reconsider his approach. He found himself toying with the idea of making an even greater leap of faith to a career that had the potential to satisfy all his wants and his family's needs, while also providing him an opportunity to serve others. He moved back home to Miami and took some time to reflect. He would daydream about his happiest memories from childhood. Though perhaps not as numerous, these warm little slivers of calm were as comforting as anyone else's. The ones that stood out the most were those that involved watching and helping his Mother in the kitchen make her famous Bahamian-inspired dishes. It was something of an escape for her, too, a distraction from worry; a distraction from the futility of her other efforts. It all drifted away with the rich aromas of her Caribbean seafood rice that she would make and then sell to friends and neighbors from her food truck. Increasingly, Nicholas escaped to those memories where he found great comfort in the exotic smells and the attention of his Mother. Though far removed from those days, he considered if that's what he'd been chasing all along, and if such a life was possible for him. Meanwhile, his sister Schevelan's constant prodding kept him from getting too comfortable in Miami and losing sight of his goals.



**"You really need to think about what you want to do with your life," said Schevelan. "You saw what happened to your brothers. That can't be you, too, so you need to find something to do."**

Nicholas had been quietly considering joining the military. There, he could work and go to school while earning a steady paycheck. It wasn't that absurd of an idea, he thought. Hell, his uncle and cousins did it.

During his extensive research into the various occupations available in the armed services, he came across one that spoke to him. The military needed cooks, chefs, bakers, and every other discipline of the culinary arts. Instantly making the connection to his mother, he thought of it as a way to honor her and the bond they shared, while also fulfilling his dreams. He reached out to local recruiters and collected more information online. His family eventually caught wind of his intentions and the reasons that compelled him, and they reassured him he had their full support, which was the final piece he needed to proceed uninhibited.

"My mother supported my decision to join from the beginning," said Nicholas. "She was just like, 'If you're with it, I'm with it.'"

The military was, of course, no easy way out, but it felt like the right one. After a final gut check, he enlisted with the hope that the U.S. Navy would provide the stability and security he was after, and also a deep purpose he could be proud of. He couldn't have anticipated then just how much the Navy would reshape his life. As part of the Navy's Culinary Specialist program, Nicholas was subjected to a grueling schedule of early mornings, late nights, and tight deadlines. The work was physically demanding and emotionally taxing. Yet, amid these new pressures, something clicked. In the chaos, he rediscovered his passion for cooking. This time, it wasn't just the glow of nostalgia that inspired him, but the newly discovered sense of pride he had for his work. Despite the great distance from him and his family, the cooking he loved as a child, and for which he was now being paid, served as a connection to his family wherever he found himself.

While the Navy tested his limits in ways he hadn't expected, it also revealed to him the true resilience he possessed. The constant demands, both physical and mental, showed him he could handle more than he ever thought possible.

His positivity paid off. In the year and a half since joining, Nicholas has nearly achieved the financial stability he always longed for. Between his savings, steady pay, and his enlistment bonus, he found himself in a position to help his parents buy their very first house.

**"When my parents finally got the keys to that house, they FaceTimed me," said Nicholas. "It felt like all the sacrifice was worth it. I saw my mom's face and I knew it was a new beginning for all of us."**

One might think that seeing his parents into a new home would be mission accomplished for Nicholas, but he's not done yet.

"My Dad works so much that I rarely see him when I'm home," said Nicholas. "I'm trying to have him retire early, which is why I work hard to get my PQSs done. I just got one done right now," he said holding up the rolled packet in his hands. "I want to advance, I want to get MAP'd."

Since joining the crew of USS Gerald R. Ford (CVN 78), Nicholas has grown more confident, not just as a chef, but as a man. Some of that can be attributed to the guidance he received onboard.

"When I got to Ford, I wasn't mentally strong, but mentors like AC1 Little and CS1 Allen encourage me and I'm a lot tougher now. My brothers didn't have mentors. We had our parents, but you've got to go through your own life experiences. I learned watching my brothers go through it, and I wanted to try something different. That's why I'm here today."

It's not just his culinary skills or his exemplary military service that define Nicholas' success, it's also his undying love for family, his relentless drive to rise above his circumstances, and his unshakeable conviction that a better life was possible if he worked hard enough to make it happen. He overcame inestimable adversity to transform his life and the lives of those closest to him. In doing so, he proved that regardless of one's circumstances, having goals, a belief in oneself, and a belief in a higher power can see one through even the darkest times.



## UPCOMING EVENTS\*

NOVEMBER 14: AIR WING FLY-OFF

NOVEMBER 15: RTHP

NOVEMBER 28: THANKSGIVING

DECEMBER 5: ADM MANAZIR VISIT, EDUCATORS TO SEA

DECEMBER 6: MAYOR OF PHILADELPHIA VISIT

DECEMBER 7: REMEMBERING PEARL HARBOR

...AND NOW YOU KNOW.

78 78 78 78

\*DATES ARE SUBJECT TO CHANGE

## have you talked to life boss lately?

I had some initial reservations about talking to strangers about my personal problems. I'm the kind of person who keeps personal stuff close to their chest, but everything changed once I met Ms. Conroy. She is such a warm and empathetic person who legitimately cares about everyone and their well-being. She listens to understand, not just to hear people talk. She has helped me through so much, and the transformation from when I first started talking to her to now has been nothing short of remarkable. I can't thank her enough for what she's done for me in such a short amount of time. I highly recommend that people go talk to her. It will legitimately change their lives for the better.

— Yeoman 2nd Class (SW) Aaron "Quills" Wells




FOR MEDICAL: 7878 IS FOR MEDICAL ASSISTANCE | 211 IS FOR CASES OF DANGER TO LIFE, LIMB, OR EYESIGHT  
SEE YOUR PHOTOS AT THIS CANES SHARED DRIVE FILE PATH:

((((ALL HANDS ACCESS)))\\1-Media\Photos\##MEDIA DAILY PHOTOS##

TUNE IN TO CHANNEL 212 FOR RADCON TRAINING. ALL HANDS MUST COMPLETE FOR FY25.



USS GERALD R. FORD MEDIA DEPT. PRESENTS A MEDIA78 PRODUCTION **WWD MAGAZINE**

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