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THE BIRD FARM



PCU JFK Hosts Fleet and Force Master Chiefs

Story and Photos by MC2 Tyrell Morris

The top enlisted Sailors from U.S. Fleet Forces and Commander, Naval Air Force, Atlantic visited Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79), Oct. 20.

Fleet Master Chief Richard P. O'Rawe and Force Master Chief Huben L. Phillips spent the morning talking with Sailors and touring the ship. They spoke with Sailors about uniform changes, physical readiness test (PRT) updates, deployment lengths, and mental health.

"It keeps me up at night wondering if I am doing everything I can to ensure that I am leaving behind the world's greatest Navy for the generations to follow," said O'Rawe.

Fleet Master Chief spoke about changes coming to evaluations and promotion boards in the near future.

"We want our Sailors to be well-rounded, involved in the community, and taking college classes, but we as a Navy put too much emphasis on those things instead of how well Sailors are performing in the jobs that we pay them to do," said O'Rawe. "We want to shift our focus and emphasis back to how well you perform in your rating."

PCU John F. Kennedy Command Master Chief Thaddeus Wright escorted the senior leaders around the aircraft carrier and took them to look at the

"Ask not what your country can do for you — ask what you can do for your country."



Reactor Department spaces. There, they spoke with Sailors on the deck plates.

When asked about continuous process improvement throughout the fleet, O'Rawe reflected on the need to rely on the expertise of the petty officers serving on the deck plates.

"It's important that we empower our leaders on the petty officer level to recognize problems early and have the confidence to bring them up to senior leadership."

Fleet Master Chief Richard P. O'Rawe and Force Master Chief Huben L. Phillips speak with Sailors aboard Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79). PCU John F. Kennedy has been under construction in Newport News since 2015 and is the second aircraft carrier to honor John F. Kennedy for his service to the nation, both as a naval officer and as the 35th President of the United States. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Tyrell K. Morris)



JFK Crew Celebrates One Year Anniversary

Story by MC1 Mike Croft

Photo by MCCS Jayme Pastoric

Sailors aboard the Navy's newest Ford-class aircraft carrier, Pre-Commissioning Unit John F. Kennedy (JFK) (CVN 79), celebrate the one-year mark of establishing a ship's crew and officially becoming a command.

The one-year anniversary serves as a day to reflect on all the command has accomplished throughout the last year. "I am extremely proud of the team we are building and how far the command has come in a relatively short period of time," said Captain Todd Marzano. "The crew's incredible dedication and hard work have enabled many historic milestones over the past 12 months, and it's an absolute honor to serve as the ship's first Commanding Officer."

The crew is growing every day. The diverse group of experiences has given JFK the ability to face modern problems with the best and brightest. “The crew has grown so much and has come a long way,” said Information Systems Technician 1st class Chandler Ragland, one of PCU JFK’s first Sailors. “It’s exciting to see the crew grow. It seems like someone new joins our team every day, bringing their prior experiences with them to help our team grow, ultimately bettering the crew as a whole.”

“Being part of the first crew and seeing the ship and crew grow is pretty fun and interesting,” said Personnel Specialist Seaman Apprentice Christopher Elzner. “When I got my orders in boot camp, I had no idea what a PCU was. It isn’t what I expected because it isn’t the traditional Navy experience I expected when I joined the Navy earlier this year. I am grateful for being part of team JFK because I get to grow with the ship and learn as much as I can to become a better Sailor and leader.”

This past year has been a rewarding experience for Sailors of all ranks. "It has been so nice to see everyone take



Sailors receive command patches. CVN 79 is the second aircraft carrier to honor John F. Kennedy for his service to the nation, both as a naval officer and as the 35th President of the United States. Photo by Senior Chief Jayme Pastorico.

control of the respective role in the command and help it grow," said Senior Chief Legalman Rasha Shankle. "Being at a PCU can be a big culture shock at first because we are the foundation of the crew, the building requires policies and setting the standard for all the Sailors coming to the JFK."

Through hard work and commitment

to the ship's namesake, the crew has set a standard of excellence for all future Kennedy Sailors to achieve and exceed.

"We have become a self-sustaining force," said Shankle. "When we started, we worked with the Ford crew and used their experience to help guide us. Now we are working together as a JFK team to accomplish our mission."



Diversity With Chaplain Sikorski



When the word diversity is brought up, what is the first thing that comes to your mind? Race, gender, religion? Diversity has become one of the most widely discussed topics today in terms of different backgrounds, cultures, genders, or political views.

Imagine a world where every

person looks the same, thinks the same, worship the same way, or have the same dreams. What makes the world and all human beings so beautiful is difference between them so dare to be different because different is beautiful. Besides making the world a beautiful and interesting place to live, there is another important lesson contained in the diversity,

the lesson is that of acceptance and the appreciation of others. Although diversity is defined in terms of race, gender or nationality, today more than ever before we talk about the diversity in the way people think. According to the Pew Research Center, Millennials (born between 1981 and 1996) define diversity as a blending of different backgrounds, experiences and perspectives, when Generation Z (born from 1997 onward) is more racially and ethnically diverse than any previous generation, and they think differently from any other generation before them.

The U.S. Military has taken significant steps over the past decade to build a more diverse and inclusive force. Just recently, we were reminded by JFK Leadership that WE ARE GREAT BECAUSE WE ARE DIFFERENT. When we dare to be different, we change the world, or at least our world, our workplace, and ourselves. When we are different we allow ourselves and others to rise above our limitations and accept others for what they are and not for what we want them to be. In today's polarized society, as JFK family, we should continue encouraging each other to live out our Navy Core Values of Honor, Courage, and Commitment starting with JFK Vision to build the best command in the United States Navy.

Holiday Message from Talk Boss



Tis the season to be jolly--so why are so many of us unhappy during what is supposed to be the most wonderful time of the year?!?!

In a word: stress. According to a survey by the American Psychological

Association, 38 percent of people report elevated stress during the holidays. Another survey, by the investment firm Principal Financial

Group,

revealed that 53 percent of people feel financially stressed by holiday spending.

The so-called holiday blues are real. Though they have not been studied to any great extent, holiday stress and depressive mood can strike anyone!

Avoid the Happiness Trap

A primary source of this stress stems from the pressure to be

jolly! It comes down to expectations that run high for joy, for bringing

the family together, for giving gifts that show how much you love those

around you, for a beautiful meal, and wanting to feel "effective." Often

called the "happiness trap." Ironically, when we try too hard to be happy,

we can make ourselves miserable. According to the APA, top stressors include

lack of time, money worries, over commercialization, gift-giving pressure and

family get-togethers. The hassles of travel and worries about taking time off from work also make the list. Talk Boss tips:

-Remember, it is all in how we interpret things....happiness is a statement of mind, not a person, place, gift, or condition.

-Expectation management is key. Eliminate self-talk that includes lots of should and expectations ("I should," "we should," "you should," and so forth). When we do so, we leave room to enjoy our moments and have more gratefulness and enjoyment within our experiences.

-Do not overcommit and be okay setting boundaries and saying "no." It is okay to do so!

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