

THE BirdFarm

November 2025

FRESH BITES AT SEA

JFK GALLEY OPENS

TRAIN TO FLY!

FLYING SQUAD LOOKS FOR VOLUNTEERS

SAILORS ASIST SHIPMATES

CRMD HOLDS FIRST ASIST CLASS ABOARD THE SHIP



Share your thoughts



Scan to take the BirdFarm Survey!



CAPT Doug Langenberg



CAPT Sam Morrison



CMDCM Craig Johnson

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12-21 GALLEY OPENING

Media Department

- | | |
|-----------------------|-----------------------------|
| LCDR Travis Callaghan | MC1 Nolan Pennington |
| ENS Dylan Barron | MC1 Theoplis Stewart |
| MCCS Ryan Wilber | MC2 Brittney Camacho-Pietri |
| MC1 Dean Cates | MC2 Darien Kenney |
| MC1 Mike Croft | MCSN Kaitlyn Bailey |
| MC1 Sean Gallagher | MCSN Paris McKee |
| MC1 Jacob Milham | MCSN Jayden Howard |
| MC1 Tyrell Morris | |

BirdFarm Features

Social Media Guidance

(ALNAV 080/25)

Key Points

Purpose

- Reinforce existing DON guidance and standards for online conduct
- Core values apply on duty, off duty, and online

Personal Accounts

- You may have personal, non-official accounts
- Make it clear they're personal: do not present as official DON/DoW channel
- Avoid using titles, uniforms, insignia, or symbols in ways that imply DON/DoW endorsement

Sharing Official Info

- You may like share/link official content from personal accounts
- Do not imply DON/DoW endorsement of your personal views
- Never disclose non-public info or aggregate unclassified info that reveals classified material

Conduct & UCMJ

- UCMJ and Navy/Marine Corps regulations apply online:
 - o Art. 88 (Contempt toward officials)
 - o Art. 92 (Failure to obey order/regulation)
 - o Art. 133 (Conduct unbecoming)
 - o Art. 134 (Disorders/prejudice to good order & discipline)
- Do not post language that undermines respect for superior officers

Policy Commentary

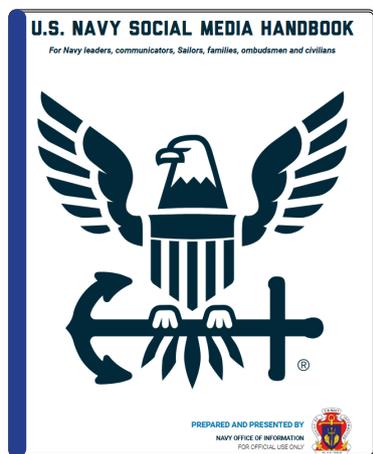
- Members are encouraged to refrain from engaging on U.S. Government, DoW, and DON policy matters via social media

Political Activity (*Refs H&I*)

- No partisan political activity while on duty
- Avoid any appearance that personal political views are sponsored/approved/endorsed by DON or DoW

Not Exhaustive

- For details, consult:
 - o Navy Social Media Handbook
 - o SECNAV PA policy and DoD social media instructions



FOR PHYSICAL COPIES
 CONTACT MEDIA DEPARTMENT
 MEDIADEPARTMENT@CVN79.NAVY.MIL
 3IV: 5305

Bottom Line

Be clear it's personal, protect info, stay professional, avoid politics on duty, and remember the UCMJ applies online.

SAILORS OF



ABF1 Dennis Aiken



HM2 Joseph Perez

The Sailor of the Year program recognizes the best, high-performing E-1 through E-6 Sailors aboard CVN 79, and awards the selectees with a Navy and Marine Corps Achievement Medal. This honor recognizes Sailors who best represent the ideals of the professional Sailor and the Navy.

THE YEAR



BM3 Colin Hall



PSSN Angeline Gomez

"Sailor of the Year recognizes the best of the best in our Navy – those Sailors who personify the Navy's core values of Honor, Courage, and Commitment."

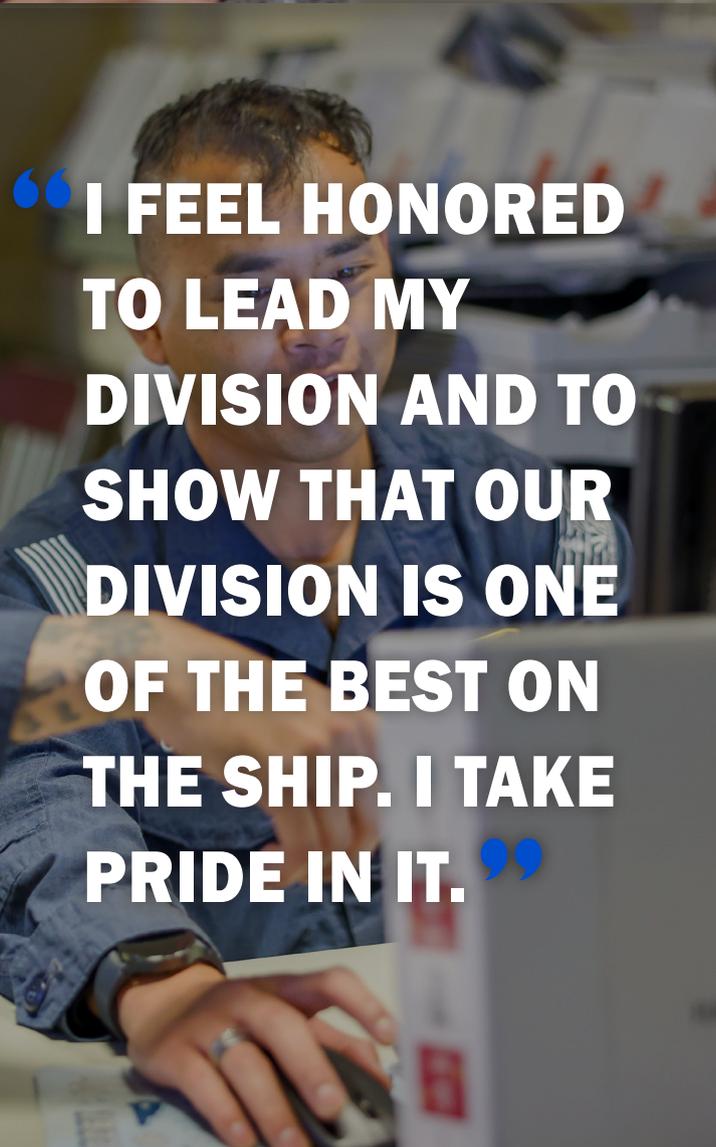
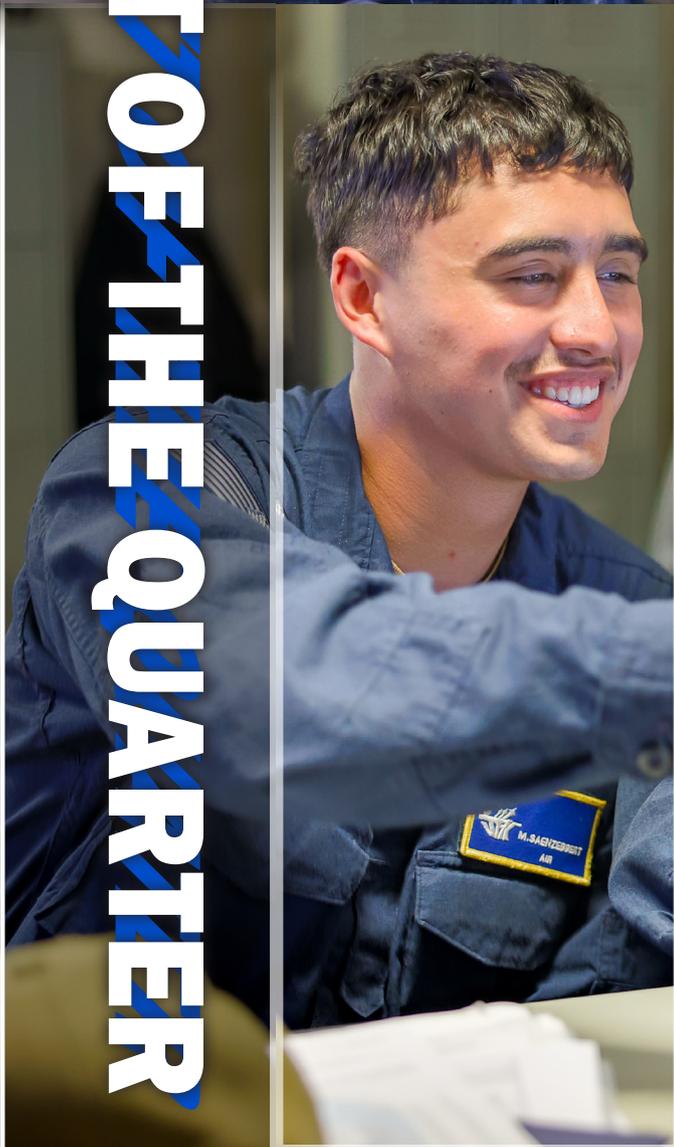
-Vice Adm. Jim Downey, NAVSEA

BLUEJACKET OF THE QUARTER



**ABHAN
MATTHEW
SAENZEBERT**

**“HARD WORK
PAYS OFF.”**



**“I FEEL HONORED
TO LEAD MY
DIVISION AND TO
SHOW THAT OUR
DIVISION IS ONE
OF THE BEST ON
THE SHIP. I TAKE
PRIDE IN IT.”**

JUNIOR SAILOR OF THE QUARTER

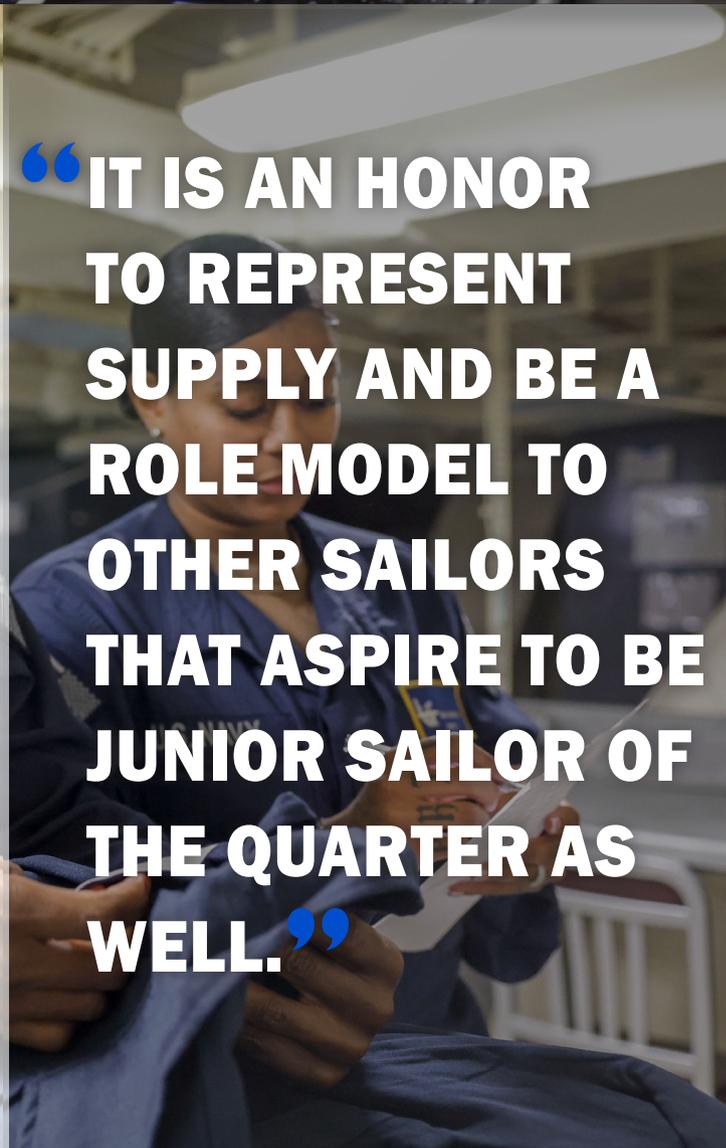


**LS3
KENDRARIUS
CUNNINGHAM**

**“PUT FORTH YOUR
BEST EFFORT AND IT
WILL PAY OFF.”**



**“IT IS AN HONOR
TO REPRESENT
SUPPLY AND BE A
ROLE MODEL TO
OTHER SAILORS
THAT ASPIRE TO BE
JUNIOR SAILOR OF
THE QUARTER AS
WELL.”**



NAVY 250TH



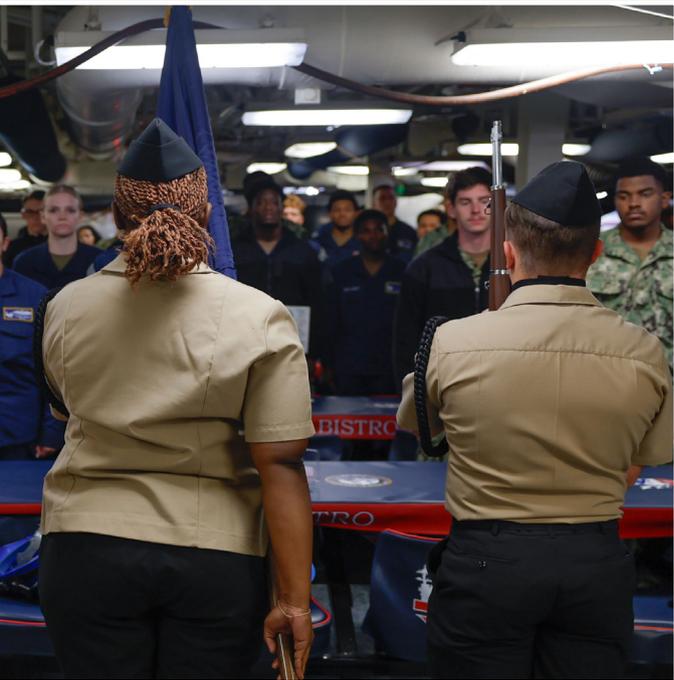
On Oct. 13, 1775, a resolution of the Continental Congress establishing what is now the United States Navy.

The resolution created "a swift sailing vessel, to carry ten carriage guns, and a proportionable number of swivels, with eighty men, be fitted, with all possible despatch, for a cruise of three months..."

After the American War of Independence, the U.S. Constitution empowered the new Congress "to provide and maintain a Navy."

Acting on this authority, Congress established the Department of the Navy on 30 April 1798.

H BIRTHDAY



OCTOBER WRAP UP



WARRIORS OF THE WEEK



OCT. 3, 2025

RSSA DON HOLT

PSSN DEMONTE RICHMOND



OCT. 10, 2025



OCT. 17, 2025

MASH GABRIEL ROSADO

ETSN MAYAH JOHNSON



OCT. 24, 2025

CAPE COD GRAND



BISTRO OPENING



Fresh Bites at Sea

JFK Galley Opens for Breakfast, Lunch and Dinner

Story by MCSN Kaitlyn Bailey

NEWPORT NEWS, Va. Oct. 22, 2025 -

After countless hours of hard work and motivation, Pre-Commissioning Unit John F. Kennedy (CVN 79) officially opened its galley to the ship's crew on Oct. 22, 2025. Quickly approaching Builder's Trials, John F. Kennedy has been working at an all time high to reach operational standards on board.

"This was the biggest thing, us being able to feed the crew," said Culinary Specialist 1st Class Rene Millington, assigned to the S-2, food service division, aboard JFK.

The Culinary Specialists, Food Service Attendants (FSA), and Engineers on board have diligently completed complex training maintenance and repairs in order to fulfill their role in feeding the ship's crew. Undergoing sanitation trainings, food handling card certification, and equipment maintenance has been an all-hands effort and has not gone unnoticed.

"I'm very proud of my team," said Chief Warrant Officer 4 Karen Thompson, John F. Kennedy Food Service Officer. "They worked very hard to get to where we are today."



With approximately 180 spaces to maintain, the help of FSA was crucial in getting the galley running. They were tasked with undergoing trainings and qualifications in order to accurately assist CSs in daily duties and cleaning, making all the difference in manpower.

"We definitely need the FSAs," said Millington. "Without FSAs, I don't think we would have been able to do this."





Although there were challenges along the way with space ownership, equipment, and manpower, the crew has successfully opened the newest galley in the United States Navy.

"We're making history here for the Navy," said Thompson. "We're the first to do what we're doing now at this stage in the process."

Prior to this opening, CSs were eager for the opportunity to utilize their hard-earned skills and contribute to the ship on a larger scale. This change of pace has allowed them to find the joy in their work by boosting morale during the transition to 24-hour duty.

"The morale is through the roof right now for a lot of people on board," said Thompson. "The CSs are excited to get in the galley and cook for the first time."

Sailors were excited to get a taste of the first lunch served on board and those reviews were a testament to the hard work put into every plate.

"It was really good," said LSSA Jacob Guzman, assigned to S-8, shipping and receiving division. "It's really convenient not needing to leave the ship to get a meal anymore."





GRAND OPENING

Wednesday, October 22, 2025

Cape Cod

BISTRO

2-162-0-Q

0530 (WATCH STANDERS ONLY)
0600 - 0730

BREAKFAST

\$4.40

EGGS

GRIDDLED, SCRAMBLED, HARD BOILED

FRENCH TOAST STICKS

CINNAMON AND SUGAR GLAZED

CRUMB CAKE

SNICKERDODDLE

TURKEY SAUSAGE LINKS

FLAVORFUL AND LEAN

BISCUITS

WARM AND FLUFFY

OATMEAL

TRADITIONAL AND STEAMING HOT

HASH BROWN

FLUFFY AND CRISPY POTATO PATTY

CREAMY BEEF GRAVY

A HOME-STYLE BREAKFAST GRAVY

FRUIT BAR

A VARIETY OF FRESH FAVORITES

1030 (WATCH STANDERS ONLY)
1100 - 1300

LUNCH

\$7.10

CHICKEN BREAST

SAVORY AND GRILLED

CORN ON THE COB

EARS OF SWEET CORN

BAKED BEANS

SOUTHERN STYLE

HAND-PRESSED BURGERS

GOURMET BEEF PATTIES

FRENCH FRIES

CRINKLE CUT

SOUP

CREAM OF POTATO

VEGGIE BURGERS

BLACK BEAN PATTIES

JASMINE RICE

DELICATELY AROMATIC AND FLUFFY

DESSERTS

ASSORTED DELIGHTS

BROCCOLI

GARDEN FRESH

FRUIT AND SALAD BAR

A VARIETY OF FRESH FAVORITES

1530 (WATCH STANDERS ONLY)
1600 - 1800

DINNER

\$6.10

TENDER CHICKEN KATTI

WITH A RICH MARSALA GLAZE

RED POTATOES

OVEN-ROASTED

SOUP

CREAM OF POTATO

SPAGHETTI & MEAT BALLS

A TIMELESS CLASSIC

BROCCOLI

GARDEN FRESH

DESSERTS

ASSORTED DELIGHTS

SPICY PENNE PASTA

AN ITALIAN TWIST WITH A BIT OF ADDED HEAT

CORN ON THE COB

EARS OF SWEET CORN

FRUIT AND SALAD BAR

A VARIETY OF FRESH FAVORITES

EAGLE CASH ONLY





"Overall, this opening has left a lasting positive attitude. ship, but we've also moved one step closer



Not only have we created a new piece of history for the to Builders Trials," said LSSA Jacob Guzman.

EIPC

EMBEDDED INTEGRATED PREVENTION COORDINATOR

HOT TOPIC

Check on your shipmates before there is a problem. Do not wait for stress, conflict, or personal struggles to surface. A quick “How are you holding up?” in the passageway or on the mess decks can make a huge difference. Small conversations build trust, and trust makes it easier for Sailors to speak up early - before challenges turn into crises.

CLASS SCHEDULE

PERSONAL COMMUNICATION:

TUESDAYS - 1300

Provides an opportunity to increase competence in using more effective communication skills.

CONFLICT MANAGEMENT:

WEDNESDAYS - 1000

Provide tools for addressing conflict and managing it on an everyday basis.

SUICIDE PREVENTION:

THURSDAYS - 1300

Increase awareness of suicide by discussing what it is, who it affects, why it happens, and what can be done to prevent it.



CONTACT INFORMATION

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jonathan.gamer@cvn79.navy.mil



MTFs

Provide urgent/emergency evaluations, inpatient psychiatric services, outpatient therapy, medications, and substance misuse treatment.



Appointment Request



Reach out to your supervisor, peers or **chain of command**.



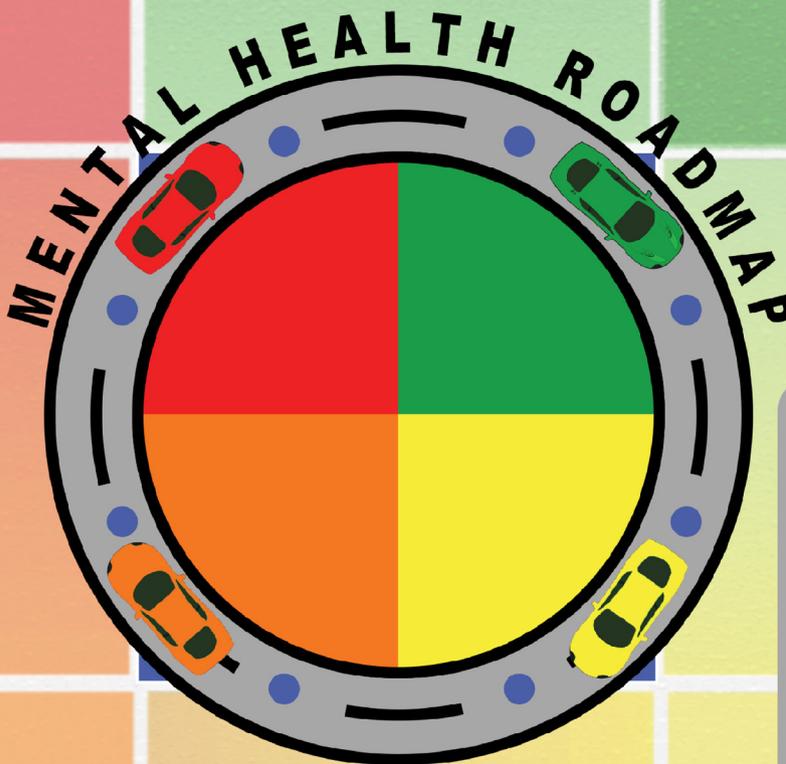
Command Chaplains

They have confidential support with no reporting requirements.



Embedded Integrated Prevention Coordinators (EIPC): Isobelle Morrison & Jonathan Gamer

Classes on stress management, conflict management and more.



Psych Boss: Lt. Michelle Koster

Offers intake appointments and follow-ups for mental health disorders and acute mental health concerns.



Social Worker: Lt. Marie Tauai

If a Sailor meets the criteria, can help create a treatment plan here at JFK, or within the network outside of the command.



Talk Boss: Mr. Joe Eader

Provides professional, confidential, non-medical individual clinical counseling and psychotherapy.



Fleet & Family Support Center Military One Source

Provide counseling and classes on a variety of topics ensuring military families have the tools to stay well and thrive.

SARC



Shannon Minor

AVA



ABEC Seals

Talk Boss



Joe Eader

YOUR JF

VIC



FCC Tenorio



LNC Lewis



AO2 Lopez



CS2 Edwards



MMN2 Overbey



PS2 Palmer

WEEK SAPR TEAM

TIM ADVOCATES



ABH1 James



NC1 Shields



ABH2 Cowgill



CS2 Wu



HM2 Moncada



IT2 Ford

Scan the QR code below for more resources.



Help is a phone call away.
SAPR Duty Cell: 757-438-4011
SARC: 757-887-4369
SARC After Hour: 757-438-3702
SAPR Civ. VA After Hours:
757-263-9145
SAFE Helpline: 877-995-5247

F TRAIN TO FLY!

"9-1-1 AT SEA"

Story by MC1 Theoplis Stewart

NEWPORT NEWS, Va. Oct. 27, 2025 -

Aboard Pre-Commissioning Unit John F. Kennedy (CVN 79), Sailors are sharpening one of the most fundamental skills in shipboard life: fighting the ship. At the center of that effort is the Flying Squad, a rapid-response damage control team that serves as the first line of defense for fire, flooding, and other casualties at sea.

"Flying Squad is pretty much our all-star firefighting team while out at sea," said Damage Controlman 2nd Class Stephen Barrera Vega. "Even in port, we keep Flying Squad members around just in case something happens. We still want them to man up, combat the casualty, and help out the in-port emergency team."

Damage Controlman 3rd Class Jeremy Padilla described Flying Squad as the underway counterpart to IET, built from across the command. "Flying Squad is a rapid response team we have when we are underway," Padilla said. "It is made up of other rates. It could be an OS, it could be an HM. As long as you complete the process and qualifications, you can be part of Flying Squad and answer when a casualty is called away."

"In the middle of the ocean, there is no fire department," said Master Chief Damage Controlman Lavoskia Torain, Department Leading Chief Petty Officer of Damage Control Division. "Flying Squad is our 911. You never know what casualties we may face at sea. That is why we train until it is second nature."

For many Sailors, the first call to respond is unforgettable. "On carriers, when you hear the bells ring, all the nerves run through your whole body," said Damage Controlman 3rd Class Aniah Pryor. "You have to get up and go. It is that adrenaline, always-stay-ready feeling."

The ability to be alert and always ready to respond is what make this all-star squad so important. Barrera Vega serves as a scene leader, a role that blends technical know-how, communication, and calm under pressure.

"As scene leader, I am in charge of the location of the casualty," he said. "I make sure my team members going in to fight the casualty have everything they need, and I keep communication flowing from the scene to the locker."

That skillful communication comes with countless hours of experience. As an IET fire marshall, Barrera Vega continuously shares this knowledge and standard with other Sailors aboard the ship.

Integrating Sailors from many ratings is a strength, Padilla said, and it works because of deliberate training and trust. "Working with other rates who are not in our rate can be difficult sometimes, but when we give them the proper training, we come together as one team," he said. "We are not going to let you fail, because if you fail, we all fail. Damage control will support you, teach you like family, and you will be on the team with us."

F
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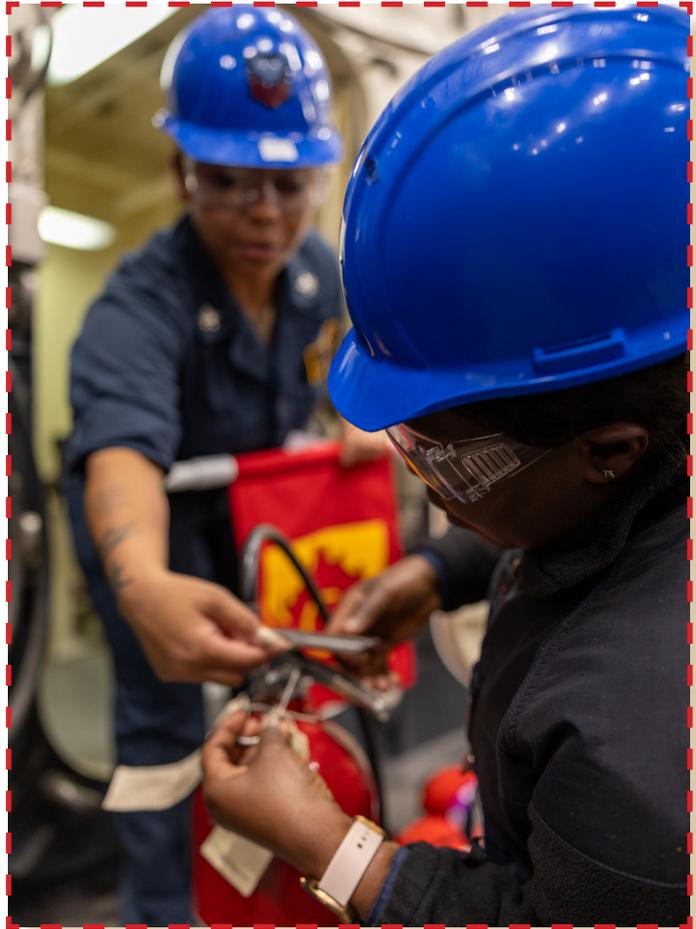
ON SCENE AND ON CALL: FLYING SQUAD BUILDS FIRST-RESPONDER READINESS

Pryor also emphasized that qualifications and credibility matter just as much as enthusiasm. Having your qualification and being a force of enthusiasm is key.

“You do not have to be an expert, but you need to know the basics and know your steps and verbiage,” she said. “If you wear red coveralls, the coveralls we will get as flying squad member, you should know your job and be able to answer questions. I want to be that person others can count on.”

The team’s mission is straightforward: get there fast, stabilize the situation, and set conditions for follow-on response. That requires disciplined teamwork and practiced coordination.

“Being part of Flying Squad is like any sports team,” Barrera Vega said. “You have to be a team member, work together, and communicate. If you do not, things break apart. In damage control, if you have no communication and cannot work with each other, it turns into chaos and leads to disaster.”

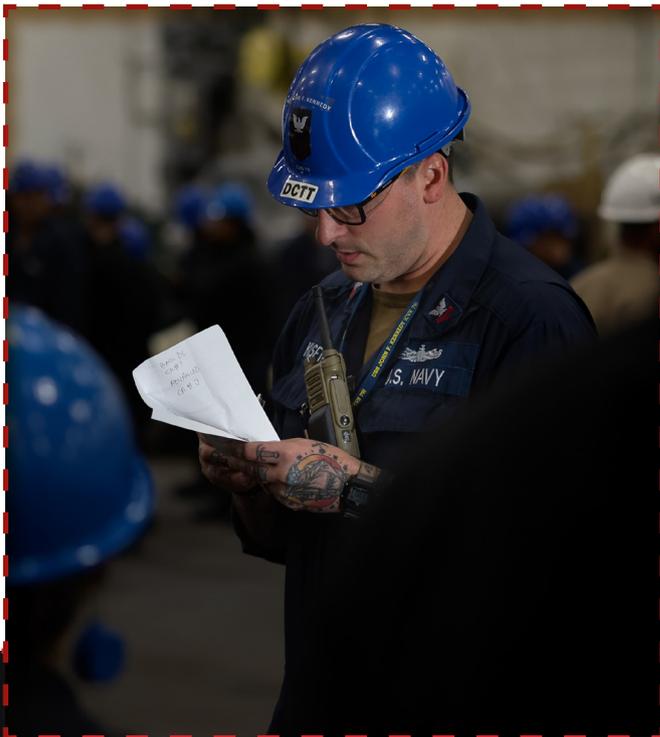


While Flying Squad answers underway casualties, IET covers the watch when the ship is pier side with duty sections. The two groups train to common standards and often work side by side, but Flying Squad is deliberately built for an at-sea tempo.

“We try to keep it kind of the all-star team,” Barrera Vega said. “We want the best of the best to join. That does not mean lower-ranking personnel cannot join, because they absolutely can. We are looking for motivated Sailors who apply themselves and learn the positions.”

Padilla added that every platform runs a little differently, and adaptability matters. Many Sailors will be bringing their prior experiences and knowledge with them here, so it is an opportunity to learn.

“On different ships, Flying Squad can be run in different ways,” he said. “You have to be able to adjust and accommodate for those differences between platforms. Bringing what we learned from other commands and putting our ideas together here is good for an up-and-coming ship.”



For Sailors thinking about volunteering, the advice is simple: show up ready to learn and bring the right attitude. "Know what you are doing, or be willing to learn," Barrera Vega said. "Even if you do not know at first, if you apply yourself to learn the position, we will welcome you with open arms. We want everyone on board to know how to properly combat a casualty."

Barrera Vega says the best part of the job is also the most demanding: taking the hose line forward and solving the problem. "My favorite part is actually combating the casualties," he said. "You feel like you are doing your job, especially as a damage controlman. My job is not only to maintain equipment and train the command, but to protect the command. When I am out there protecting the ship and my fellow Sailors, it makes me feel really good."

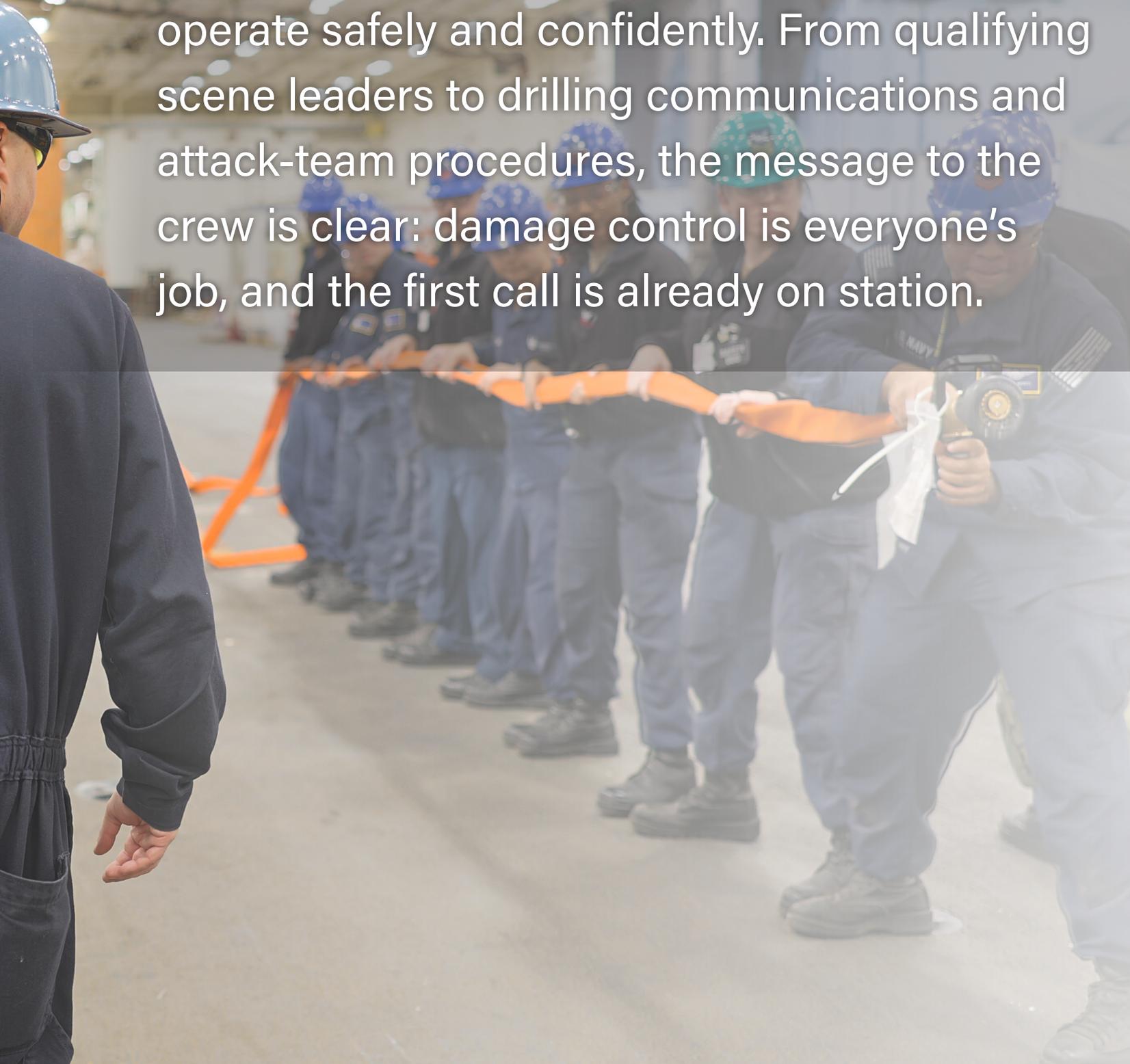
Motivation is the one non-negotiable trait. “The biggest thing you should not do if you want to be part of Flying Squad is show up unmotivated,” Barrera Vega said. “When a person is motivated, it makes everything easier.”







As **John F. Kennedy** moves toward **Builder's Trials** and commissioning, the Flying Squad's readiness underpins the ship's ability to operate safely and confidently. From qualifying scene leaders to drilling communications and attack-team procedures, the message to the crew is clear: damage control is everyone's job, and the first call is already on station.



CHAPLAIN'S CORNER



ASIST Applied Suicide Intervention Skills Training

The Applied Suicide Intervention Skills Training (ASIST) course is one of many tools the Navy uses to promote suicide prevention. ASIST is a monthly, two-day course developed by a civilian company, LivingWorks, and implemented by the Navy which provides trainees with tools to effectively communicate with someone contemplating suicide. Through training, advocates learn to refocus the individual on what is important for them. Doing this will assist in keeping them alive, helping them go through their challenges, and then moving on and getting them appropriate treatment.

Interested? Email CRMD2@cvnit.navy.mil to sign up!

Bible Study:

2nd and 4th Tuesday of each month

Chapel: 3-160-0-Q

All hands invited!



Finding Meaning and Maintaining Morale Aboard JFK

PCU John F. Kennedy is a steeled technological marvel on the water, worth billions of dollars. However, beneath this incredible Navy weapon lies the human heart of the ship: YOU. As we face the demanding challenges of this November: countless drills, critical system tests, long hours, high pressure, and limited personal space is crucial to focus on our spiritual readiness - the internal compass that keeps us grounded, focused, and tough in the face of obstacles. Contrary to general understanding, spirituality is not just about religion, although for many, faith is a cornerstone. Spiritual readiness is about: having a purpose in life, building resilience, cultivating meaningful social relationships, strengthening the empathetic sense of community and mutual understanding, practicing appreciation and gratitude for the positive aspects of life, learning to manage stress through prayer, meditation, physical activity, cold shower, and so on.

Following are some tips and resources to help you maintain your spiritual readiness aboard the ship:

Talk to a chaplain. We have three available, both in person at the CRMD's office (3-162-2-Q) during working hours, and 24/7 over the phone - Duty Chaplain (757) 902-7012. They provide general counseling with 100% confidentiality and spiritual guidance, regardless of your religious beliefs or no beliefs at all.

Practice physical activity. It is a must for your body, mind and spirit. Hit the gym, go for a run, or plan a HIIT session with your friends. The endorphins will help combat stress and boost your mood.

Prayer, meditation, reflection – a few minutes of quiet introspection each day is a valuable tool to help you refocus your life and realign your perspectives to your purpose.

Healthy Entertainment – read a good book, listen to your favorite music, watch a funny movie or play a nice game with your friends.

Celebrate your accomplishments, no matter how small.

Participate in ship-sponsored events, even when you don't feel like it. Sometimes the feeling of being disconnected can be extremely counterproductive to every aspect of your life.

This November, prioritize your spiritual readiness. A strong ship starts with a strong YOU!

By LT Joel Almeida

Sailors ASIST Their Shipmates

CRMD conducts first ASIST class aboard PCU JFK

Story By MC1 Jacob Milham

NEWPORT NEWS, Va. Oct. 23, 2025 –

Sailors assigned to Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) are taking one step at a time towards in-service and Builder's Trials, but the new tempo can overwhelm Sailors. New responsibilities, overnight duty, and transitioning from a ship permanently moored to being underway is a large change for many at the command. For months, John F. Kennedy has expanded efforts to strengthen mental health awareness and peer support. One of those avenues is through Applied Suicide Intervention Skills Training (ASIST).

Led by the Command Religious Ministries Department (CRMD), ASIST is a proactive program designed to empower Sailors with the skills to recognize the signs of suicidal ideation and respond with confidence and compassion.

"ASIST trains people to be alert and to raise the red flag when they notice someone around them may be thinking about or planning suicide," said Lt. Joel Almeida, a chaplain aboard John F. Kennedy. "It equips Sailors to be that first line of support for each other."

As the crew has reached the milestone of living aboard the ship full time, Almeida emphasized the importance of programs like ASIST in building a resilient and interconnected crew.

"Life on a ship can be incredibly stressful," he said. "We're confined to a small space, far from home, and we have to become a family out here. That means we all look out for one another—because you never know when someone just needs someone to listen."

The program aligns with the Navy's broader suicide prevention efforts but also highlights the value of community-led intervention.

"We don't just need chaplains and mental health professionals watching out for everyone—we need everyone watching out for each other," said Almeida. "Often, a Sailor will open up more easily to a peer or roommate than they would to a chaplain. That's where the real impact begins."

The two-day course, held aboard the ship for the first time in October, encourages Sailors to attend in civilian attire to foster a sense of personal comfort and openness.

"This is a heavy topic," said Almeida. "We want Sailors to feel like they can be fully themselves during training, without the

added formality of military uniform. The goal is to create a safe space for real conversations."

The program has seen overwhelmingly positive feedback from Sailors who voluntarily sign up, often driven by personal experiences or a strong desire to support others.

"Most of the people who come to ASIST do so because they've either helped someone before or been affected by suicide in some way," Almeida said. "They want to be better prepared to help—and they leave knowing they can make a difference."

For families and Sailors unfamiliar with ASIST, Almeida had one final message:

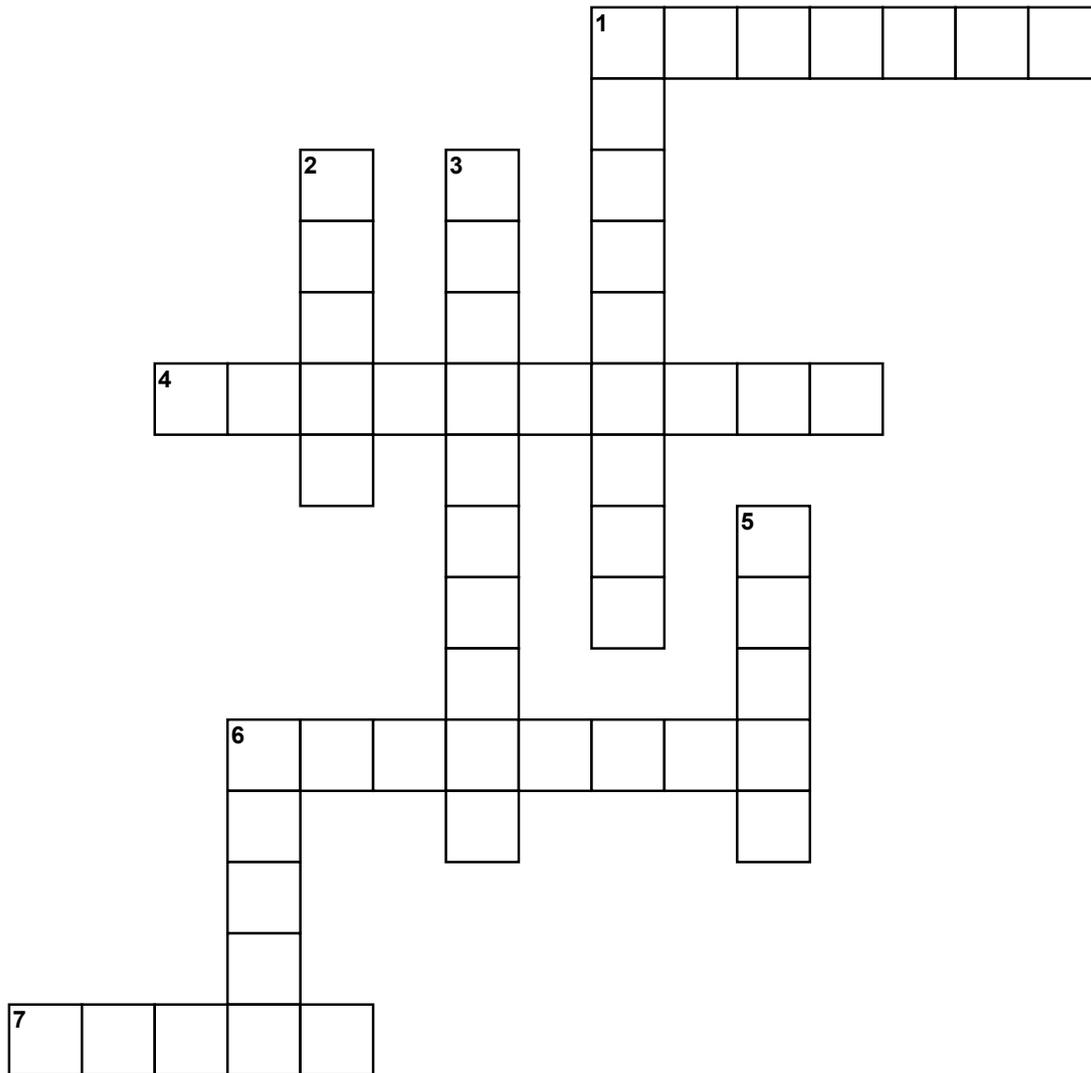
"This goes beyond the military," he said. "This is about creating a safe and caring community—for our shipmates, our families, our children. ASIST gives you the tools to detect signs of struggle and truly help someone through it. Whether it's a bad day or a serious crisis, you'll know what to do. And that kind of readiness can save a life."

ASIST training will continue to be offered throughout the pre-commissioning phase as part of John F. Kennedy's commitment to mental health, resilience and operational readiness.





Advanced Damage Control



Across

- [1]** A damage control method used to reinforce straining bulkheads, doors and hatches.
- [4]** A type of pipe patch that takes less than sixty seconds to install. (two words)
- [6]** Fill in the blank: Allowance ____ List
- [7]** The appropriate shoring type used on bulkheads and doors.

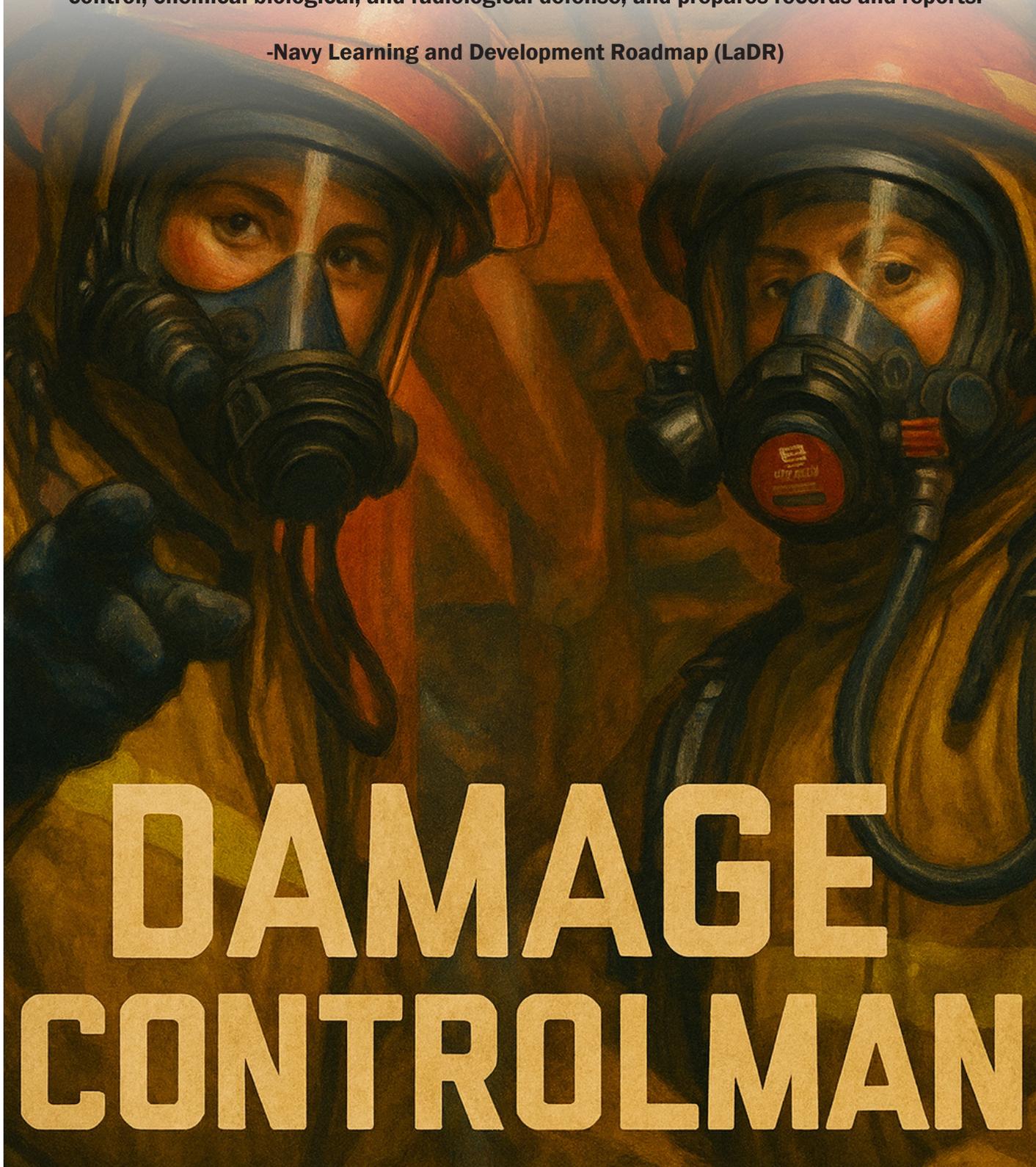
Down

- [1]** Utilizes softwood wedges, marlin, and rubber packing to patch a pipe
- [2]** The appropriate shoring type used on overheads, hatches and scuttles.
- [3]** This kit uses straps, clips and strong backs to patch pipes. (two words)
- [5]** Shoring can be wooden or what other material?
- [6]** This fiberglass patch cannot be used on fuel or potable water.

RATE OF THE MONTH

DCs are technicians that perform maintenance and repair of damage control equipment and systems; plans, supervise and perform tasks necessary for damage control, ships stability, preservation of watertight integrity, firefighting, chemical, biological and radiological warfare defense; instructs and coordinates damage control parties; instructs the technique of damage control, chemical biological, and radiological defense, and prepares records and reports.

-Navy Learning and Development Roadmap (LaDR)



DAMAGE CONTROL MAN











Suggestions for the CO

Do you have an idea for
improvement?



Bravo Zulu

Is your shipmate crushing it?

Let the Commanding Officer know!

Although not required, providing contact information allows for a follow-up discussion.

Scan the QR codes above!