

NAVAL BASE SAN DIEGO

# WATERFRONT

MARCH 2026



U.S. Navy photo by Mass Communication Specialist 2nd Class Aja Campbell.

CNO CONDUCTS AHC  
THE NAVY'S FIRST HPO  
NBSD 104TH BIRTHDAY

ISSUE 2



# WATERFRONT

The Waterfront is a source for mission-aligned information created by Sailors for Sailors: highlighting warfighting readiness from the shore, operational excellence, base initiatives, leadership messaging, and community engagement.



## NBSD PUBLIC AFFAIRS

Production by IC2 Ulrika Mendiola



U.S. Navy photo by Mass Communication Specialist 2nd Class Aja Campbell.

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CNO AHC  
NAVY'S HPO  
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DEFEND THE BASE  
NO SAILOR LEFT AFLOAT  
ASK THE CHIEF



# CAPTAINS CALL

## CAPT. BRIAN C. BUNGAY, COMMANDING OFFICER

Congratulations to the entire Naval Base San Diego team on earning the 2025 Retention Excellence Award for the second consecutive year—formerly known as the Gold Anchor Award. This prestigious recognition reflects our unwavering commitment to developing and retaining the highly skilled Sailors who power our Navy's readiness. It is a testament to the tireless efforts of our Command Career Counselor team and deckplate leaders who foster a command climate grounded in mentorship, leadership, and Sailor support. I am equally proud of Metro San Diego Fire & Emergency Services for being named CNIC's Large Fire Department of the Year—our firefighters exemplify courage and professionalism in keeping our force and families safe. As the Navy advances the 'No Sailor Lives Afloat' initiative, transitioning thousands of Sailors to quality housing ashore, expanding barracks capacity, and improving living conditions, with 4,500 already transitioned, we see firsthand how investing in our people strengthens the Fleet. From opening the Navy's first Human Performance Optimization program at Harbor Side Fitness Center to ensuring our Sailors and families have the resources they need, everything we do supports readiness and the warfighter. Let's continue this momentum in 2026. One Team, One Fight!

*B. C. Bungay*  
**B.C. BUNGAY**

# FOUNDRY. FLEET. FIGHT.



NAVAL BASE SAN DIEGO, Calif. — The 34th Chief of Naval Operations, Adm. Daryl Caudle, visited San Diego to outline his four-year warfighting strategy, reinforce a “Sailors First” leadership philosophy and emphasize the interconnected strength of what he calls the Foundry, the Fleet and the Fight.

Following the release of his Feb. 9 directive, “Fighting Instructions,” Caudle met directly with approximately 1,600 Sailors during an all-hands call aboard USS Makin Island (LHD 8) at Naval Base San Diego. The visit underscored his commitment to ensuring every Sailor understands their role in delivering combat-credible naval power.

“The lifeblood of our Navy is the Sailor — well-trained, connected, supported and fit to fight,” Caudle said. “In every ocean around the world, our national security interests are challenged by increasingly complex threats. Underpinned by our warrior ethos, we will rise to that challenge.”

Drawing on four decades of naval service, Caudle stressed that investing in people drives operational effectiveness and combat readiness. He acknowledged the Navy must continue improving quality of life, expanding access to mental health resources and reducing the stigma associated with seeking care.

“We must resource the Navy our Nation Needs,” he said. “I am committed to the well-being of our Sailors and their families — providing state-of-the-art platforms, world-class facilities and dependable support through our Total Sailor and Family Action Plan.”

Caudle said lessons learned from past initiatives will inform a renewed focus on what was formerly known as Culture of Excellence, now rebranded as Total Sailor: Fit to Fight — an approach centered on readiness, resilience and accountability at every level.

THE FOUNDRY: Central to Caudle’s strategy is the concept of the Foundry. “The Foundry represents the enduring sum of our total force — shore infrastructure, maintenance depots, schoolhouses, industrial base and intellectual capital required to generate, sustain and modernize naval power,” Caudle said. “Every ounce of sea power we wield originates in the Foundry; it is the bedrock of our Navy.”

He emphasized that readiness begins ashore — in training commands, shipyards, logistics hubs and classrooms — where Sailors are developed, platforms are maintained and innovation is cultivated. The Foundry ensures the Fleet remains lethal, modern and ready to deploy at a moment’s notice.

**“FROM THE FOUNDATION  
EMERGES THE FLEET”**

**- CNO**

# “SAILORS FIRST”

“It is forged in the Foundry and is our Nation’s decisive instrument of maritime power,” Caudle said. “Comprised of people, platforms and payloads, it is designed to deter aggression, project power and secure our national interests on and from the sea.”

Caudle described the Fleet as the visible symbol of American resolve. “No image symbolizes American resolve more than a U.S. Navy ship on the horizon — lethal, resilient and ready to fight,” he said. “Our mobility, persistence and global reach enable us to impose costs on adversaries, reassure allies and guarantee the free flow of commerce.”

At the WEST Conference in San Diego, Caudle expounded on his “Fighting Instructions,” which call for a more flexible force posture — including the deployment of smaller, distributed military assets alongside traditional carrier strike groups to increase speed, adaptability and operational reach.

“I’m trying to write a document that’s enduring and lays out a framework that can be generally applied to how we think about the flow of generation and certification of naval forces,” said Caudle.

He emphasized that the framework is not limited to large force packages but applies to the day-to-day operations of commands across the Navy.

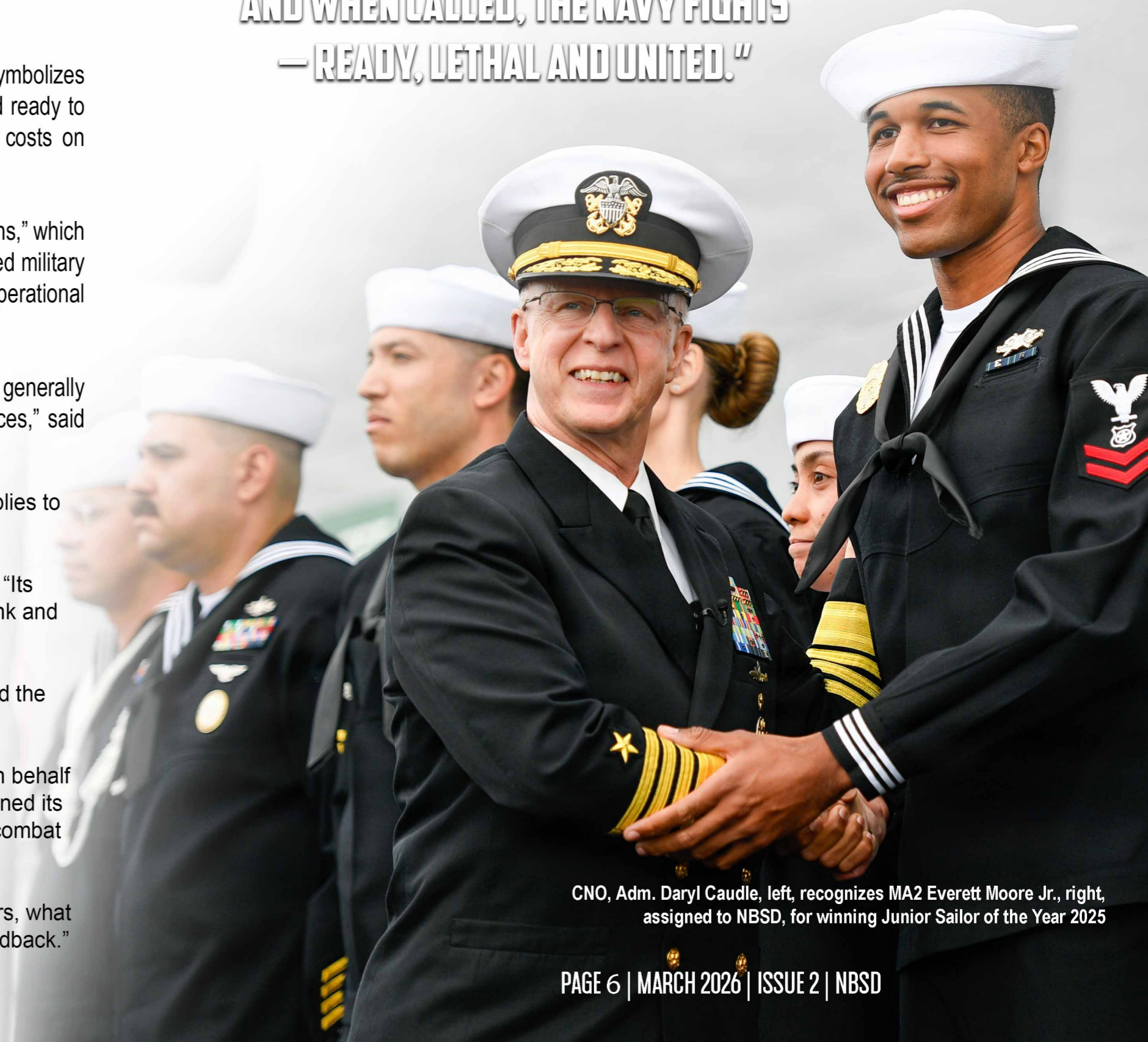
“Sailors need to see themselves in the fabric of these instructions,” Caudle said. “Its success requires the totality of the service — from senior commanders to the rank and file — to understand the goals and how they contribute.”

**THE FIGHT:** As the Navy approaches its 250th year of service, Caudle reaffirmed the profession of arms at sea and the Navy’s ultimate purpose.

“Fighting is our ultimate honor and sacred responsibility — delivering violence on behalf of the Nation when called,” he said. “For nearly 250 years, the U.S. Navy has honed its toughness, tenacity and ingenuity to secure victory. Those who challenge us in combat will be met with overwhelming force.”

He told Sailors that readiness begins and ends with them. “If I take care of Sailors, what I get in return is effectiveness,” Caudle said. “We’re in this together. Give me feedback.”

**“THE FOUNDRY GENERATES STRENGTH.  
THE FLEET DELIVERS POWER.  
AND WHEN CALLED, THE NAVY FIGHTS  
— READY, LETHAL AND UNITED.”**



CNO, Adm. Daryl Caudle, left, recognizes MA2 Everett Moore Jr., right, assigned to NBSD, for winning Junior Sailor of the Year 2025



**“WE MUST TREAT OUR  
SAILORS LIKE WORLD-CLASS  
ATHLETES” - CAPT BUNGAY**

U.S. Navy story by Lt. Verbis.  
U.S. Navy photos by Mass Communication Specialist 2nd Class Aja Campbell.

# “NAVY’S FIRST AND ONLY HPO”

NAVAL BASE SAN DIEGO – The Navy’s first and only Human Performance Optimization (HPO) program is officially open for business onboard Naval Base San Diego (NBSD). Capt. Brian Bungay, commanding officer, marked the milestone during a ribbon-cutting ceremony at the Harbor Side Fitness Center on Feb. 2, 2026. The HPO program is a comprehensive, performance-based initiative designed to enhance an individual’s physical, mental, emotional, and nutritional capabilities in order to maximize effectiveness, productivity, and overall well-being.

“The Navy’s vision is clear—to enhance individual and team effectiveness by ensuring the health and viability of our warfighters,” said Bungay. “We must treat our Sailors like world-class athletes, and the HPO initiative is a direct reflection of that vision.”

Navy Fitness is expanding beyond traditional gym access and group exercise by introducing specialized staff, performance education, and recovery-focused services specifically tailored to support warfighter readiness and resilience.

“As we move forward with the Total Sailor: Fit to Fight initiative, we must have the tools in place to ensure Sailors remain our top priority and are postured for maximum combat readiness,” said Command Master Chief Brian S. Metzger, assigned to Commander, Naval Surface Force, U.S. Pacific Fleet. “The HPO program brings top experts in nutrition, cognitive performance, and fitness together under one roof—right near the waterfront—which is exactly what our Sailors need and something that has never been done before.”

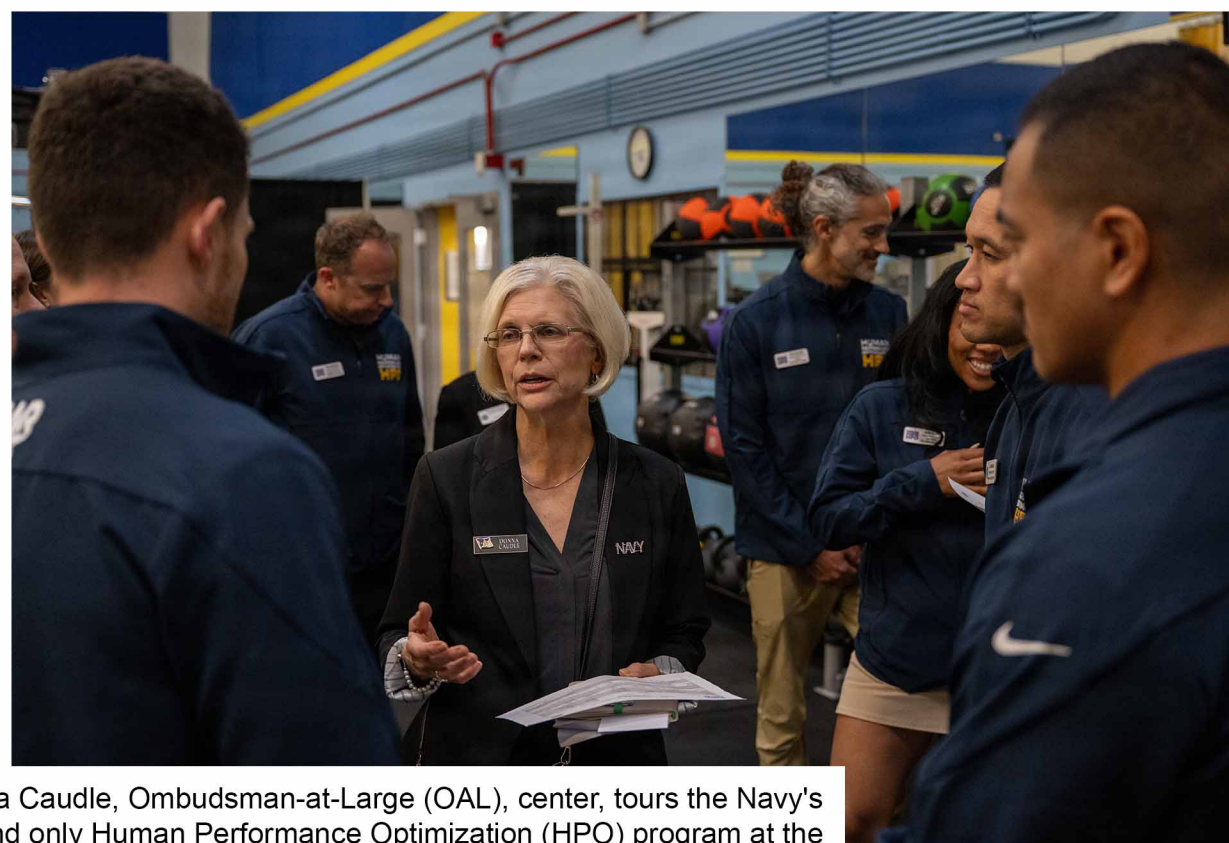
Bungay emphasized that the HPO program is designed to provide Sailors with the resources necessary to build and sustain peak physical and mental performance.

“While Navy fitness focuses on general facility access, group exercise, and standard routines, HPO delivers the Navy’s first performance-based program that supports the warfighter both inside and outside traditional brick-and-mortar facilities,” Bungay said. “It’s a place where Sailors can push their limits, build resilience, and develop the physical and mental toughness required to meet any challenge.”

Ms. Mary Kirby, Fleet and Family Readiness, regional program director, Commander, Navy Region Southwest, echoed that sentiment, highlighting what sets HPO apart from existing programs.

“Our MWR fitness programs are outstanding, but Sailors typically choose their own path,” Kirby said. “What’s different here is that Sailors begin with a series of evidence-based assessments.”

Those assessments—conducted by specialized, credentialed staff operating within defined professional scopes—include body composition analysis, recovery modalities, physical training evaluations, sleep and recovery strategies, stress management tools, and nutrition fueling education. More info: <https://www.navyfitness.org/human-performance-optimization>



Mrs. Donna Caudle, Ombudsman-at-Large (OAL), center, tours the Navy's first and only Human Performance Optimization (HPO) program at the Harborside Gym, Feb. 10, 2026. (U.S. Navy photo by IC2 Mendiola)



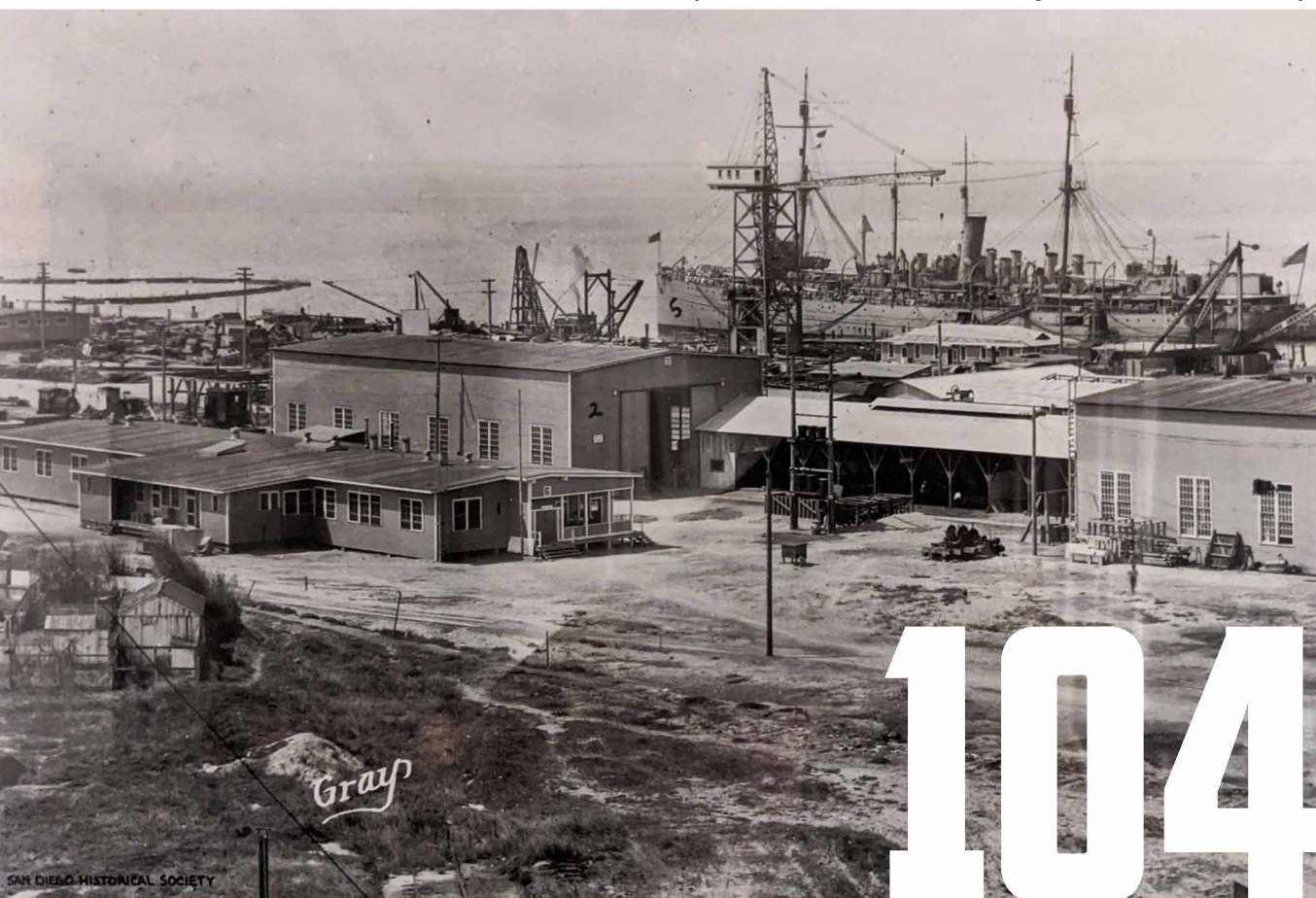
## Happy Birthday Naval Base San Diego!

Established Feb. 23, 1922, Naval Base San Diego has stood at the heart of the Pacific Fleet for more than a century—powering readiness, projecting strength, and supporting generations of Sailors and their families. From its earliest days under Rear Adm. Roger Welles, San Diego’s first “Navy Mayor,” the installation helped shape the city’s identity as a Fleet concentration area. The station was once commanded by Capt. Chester Nimitz, whose leadership in San Diego preceded his historic role as Fleet Admiral, guiding Allied forces to victory in the Pacific during World War II.

President Franklin D. Roosevelt, reflecting on his time as Assistant Secretary of the Navy, once stated, “In a sense, I feel like the Godfather of San Diego,” underscoring his enduring bond between the Navy and San Diego.

For 104 years, Naval Base San Diego has remained a strategic cornerstone of national defense—supporting the Fleet, sustaining the warfighter, and strengthening partnerships across the region.

Photo: U.S. Naval Destroyer Base, 1922. San Diego Historical Society.



104 years on the waterfront. Since 1922, Naval Base San Diego has stood watch — forging the Fleet, sustaining readiness and serving as the heartbeat of the Pacific.

## MR. BARRY WHITE RETIRES

NAVAL BASE SAN DIEGO – After 25 years of active-duty service and 17 years devoted to supporting Sailors, Marines and their families, as Director of the Navy-Marine Corps Relief Society (NMCRS) onboard Naval Base San Diego (NBSD), Mr. Barry White retired Feb. 5, 2026.

“Mr. White has been a steadfast advocate for our warfighters and their families—providing critical assistance, compassionate guidance and unwavering support when it mattered most,” said Capt. Brian Bungay, commanding officer, NBSD. “His dedication strengthened readiness across our Fleet and reinforced the trust our service members place in their Navy community.”

White served as director of the NMCRS San Diego office from 2009 to 2026, leading efforts to deliver financial assistance, education and advocacy to Sailors, Marines and their families throughout the region. In recognition of his impact, he was inducted into the NMCRS Wall of Fame during a ceremony held Feb. 5. Throughout his tenure, White led the organization through some of the Navy community’s most challenging moments. During the aftermath of the USS Bonhomme Richard (LHD-6) fire in 2020, the Murphy Canyon aircraft crash in 2025, the lapse of appropriations due to the lengthy government shutdown in 2025, and the uncertainty of the COVID-19 pandemic, NMCRS remained a critical lifeline.



“  
He will be remembered for his kind heart and welcoming leadership,” said Bungay. “On behalf of the Naval Base San Diego team, we extend our sincere gratitude for Mr. White’s extraordinary service and wish him fair winds and following seas.”

U.S. Navy story and photo by Mass Communication Specialist 2nd Class Nettie Mae Manfull.

# DEFEND THE BASE!

Naval Base San Diego (NBSD) successfully participated in a large-scale force protection training exercise on Feb. 3-6. Held annually, Exercise Solid Curtain enhances the training and readiness of Navy security personnel to respond to threats to installations and units. It is not a response to specific threats but is regularly scheduled for practical experience and learning.

"The exercise scenarios are designed to be both realistic and challenging," said Bungay. "Testing the seamless interoperability between Navy commands, other military services, and our essential municipal agency partners allow the base to validate the Navy's ability to deter and respond to threats in real-time."

The exercise also executed the Ashore Navy Security Operations Exercise Program (NSOXP), which enhances threat detection from both land and sea. NSOXP is a structured training system providing commanders with standardized force protection scenarios and evaluation tools to assess watch standers and small units, ensuring readiness for real-world threats.

"Force protection is everyone's responsibility whether in competition or crisis, and Citadel Shield-Solid Curtain is a critical test of our preparedness and responsiveness," said Adm. Karl Thomas, commander, U.S. Fleet Forces Command. "This exercise tests more than just our security forces and is a measure of our entire force to say something if they see something, an opportunity to flex our command-and-control structure and validates that our platforms and people are ready to respond decisively against a variety of threats."

EXERCISE EXERCISE EXERCISE



U.S. Navy story and photo by Mass Communication Specialist 2nd Class Aja Campbell.

"Shore commands are warfighting platforms and these exercises are vital to ensuring the preparedness and effectiveness of our Navy security forces," said Vice Adm. Scott Gray, commander, Navy Installations Command. "These comprehensive training scenarios simulate real-world threats to enhance our readiness and interoperability with other services and agency partners. Our commitment is to safeguard life, equipment, and facilities, and these exercises are an essential part of fulfilling that mission."



Rear Adm. Rich Jarrett, Commander, Navy Region Southwest, center, and the Honorable Hung Cao, Under Secretary of the Navy, left, speak with Capt. Brian Bungay, commanding officer, during a tour of Pacific Beacon military housing, Feb. 20, 2026. (U.S. Navy photo by Mass Communications Specialist 2nd Class Nettie Mae Manfull)

# NO SAILOR LEFT “AFLOAT”

(Feb. 19, 2026) – The Navy is advancing the Chief of Naval Operations’ No Sailor Lives Afloat initiative, which ensures all Sailors assigned to ships and afloat units have access to housing ashore.

“No Sailor Will Live Afloat is about readiness, dignity, and trust,” said Adm. Daryl Caudle, Chief of Naval Operations. “When our ships are in port, our Sailors should be able to rest, recover, and reconnect in safe and modern housing ashore. As part of the holistic Total Sailor – Fit to Fight effort, this initiative ensures we are investing in the well-being of our people with the same seriousness that we invest in our platforms and capabilities — because a ready Navy begins with ready Sailors.”

Commander, Navy Installations Command (CNIC) is leading efforts to expand access to quality housing through accelerated renovations, restoration of offline barracks, expanded temporary lodging options, and partnerships with Public Private Venture (PPV) housing providers.

As of February, approximately 4,500 Sailors have transitioned from living afloat to residing ashore.

“Living aboard is for operational necessity, not day-to-day life,” said Vice Adm. Scott Gray, Commander, Navy Installations Command. “We’re committed to giving every Sailor access to clean, safe, and comfortable housing when their ship is in port.”

**“NO SAILOR WILL LIVE AFLOAT IS ABOUT READINESS, DIGNITY, AND TRUST,” SAID ADM. CAUDLE**

CNIC has identified several short-term and long-term projects across all major homeports to increase availability of unaccompanied housing. These efforts include improving conditions in current barracks, bringing additional rooms back online through additional investments, expanding PPV options, exploring innovative housing solutions, providing temporary lodging when needed, and advocating for an increase to the Basic Allowance for Housing (BAH).

Commander, Navy Installations Command is responsible for worldwide U.S. Navy Shore installation management, designing and developing integrated solutions for sustainment and development of Navy shore infrastructure as well as quality of life programs. CNIC oversees 10 Navy regions, 70 installations, and more than 48,600 employees who are focused on warfighting and manning, training and equipping the Shore to fight and win. Navy installations are warfighting platforms essential to every Fleet operation. For more information, visit: <https://www.cnic.navy.mil/>

Hollywood Actor, Mr. Gary Sinise, center, thanks Naval Base San Diego Security Forces for their participation at the Invincible Festival onboard Naval Medical Center San Diego, Jan 31, 2026. (U.S. Navy photo by Marcelo Calero)



# ASK THE CHIEF!

## COMMAND MASTER CHIEF, KRISTOPHER FREYBERG

Most recently, we talked about accountability and the weight of decision-making. I want to tie that to something that can either strengthen or undermine our leadership — EGO. We can't control the traffic or the weather, but we can control our response. Ego tells us to take things personally and dig in, but the mission requires we Check-It-at-the-Door and choose what's best for the Team! Real strength isn't being the loudest — it's staying adaptable, professional, and focused on the objective. Choose teamwork over frustration. Choose progress over pride. That's how we move that ship forward, Together!! A few quick updates: CAPT has instructed that trash bags be removed from the EV charging stations and they are now first-come, first-served. Please ensure travelers use the official 1-877 DoD Reservation Center number to avoid a current Navy lodge scam. With the paid parking situation in Balboa Park, ambulatory patients visiting Naval Medical Center San Diego should consider free parking at Inspiration Point. We're looking forward to the NEX opening Qdoba in March, Wienerschnitzel in April. See you and your families at Spring Fling on March 28! *Stay Gucci!!*

V/R, CMC *KF*

# INVINCIBLE SPIRIT

The Invincible Spirit Festival at Naval Medical Center, held on Jan 31, 2026, is a celebration of resilience, recovery and the unwavering strength of our Warfighters and military families. Headlined by Hollywood actor Gary Sinise—best known for his role as Lt. Dan in the blockbuster film *Forrest Gump*—the event features a high-energy performance by his LT Dan Band. Through the Gary Sinise Foundation, Sinise's lifelong mission is to honor and support service members, veterans and their families around the world, making this festival both a powerful tribute and a reminder that the Warfighter spirit of our military community is truly INVINCIBLE!

# NBSD CO's Lunch

18 February 2026



**CO'S LUNCHEON**  
**18 MARCH**  
**15 APRIL**  
**20 MAY**

All TRIAD members are invited to join Capt. Bungay for lunch at the Award Winning Mercer Hall Galley to discuss current base news and operations.

**ONE TEAM. ONE FIGHT.**

U.S. Navy photo by U.S. Navy photo by Interior Communications Electrician 2nd Class Ulrika

**SAVE THE DATE!**

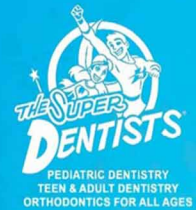
NBSD MWR'S

# Spring Fling

SATURDAY, MARCH 28  
9 AM-1 PM | FREE



ADMIRAL PROUT FIELD



The Department of the Navy does not endorse any company, sponsor or their products or services.

# VISION

To lead with excellence as the U.S. Navy's premier installation, advancing the operational readiness and well-being of our Fleet, Fighters, and Families.

# MISSION

To deliver and provide the highest standard of support and enduring quality of work and quality of life services and solutions that enhance the resilience and readiness of our Fleet, Fighters, and Families.

# ONE TEAM. ONE FIGHT.



## NBSD HANDBOOK

More news and photos available at:  
<https://www.dvidshub.net/unit/NBSD>



Established in 1922, NBSD is the largest West coast warfighting platform and principal homeport of the Pacific Fleet, supporting more than 60 combatant and auxiliary surface ships and more than 250 shore commands.

**2025 SHORE BATTLE-E**

**2025 RETENTION EXCELLENCE AWARD**