



Navy News Service

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[Navy News Service](#)

NNS130821-21. Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

-- http://www.navy.mil/search/display.asp?story_id=76086

NNS130821-10. Continue to Serve Through Conversion

-- http://www.navy.mil/search/display.asp?story_id=76078

NNS130821-07. Germantown Volunteers at Australian Hospital, departs Cairns

-- http://www.navy.mil/search/display.asp?story_id=76045

NNS130821-05. 6th Fleet Flagship Mount Whitney Departs France

-- http://www.navy.mil/search/display.asp?story_id=76073

NNS130821-04. LCS Crew 101 Returns from First Underway of the Deployment

-- http://www.navy.mil/search/display.asp?story_id=76071

NNS130821-17. Submarine USS Albuquerque Returns from Deployment

-- http://www.navy.mil/search/display.asp?story_id=76084

NNS130821-14. Petty Officer Selectee Leadership Courses Updated

-- http://www.navy.mil/search/display.asp?story_id=76081

NNS130821-13. USS Providence Welcomes New Commander

-- http://www.navy.mil/search/display.asp?story_id=76080

NNS130821-12. Ike Celebrates Ship's Heritage with 5K Run

-- http://www.navy.mil/search/display.asp?story_id=76075

NNS130821-08. Sea and Anchor Detail Kicks off Fast Cruise

-- http://www.navy.mil/search/display.asp?story_id=76068

DNU -- Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

-- <http://www.navy.mil/viewVideo.asp?id=18769>

DNU -- Explosion at Naval Weapons Station Earle-New Jersey Injures Eight; Installations Assessed on Anti-Terrorism Operations

-- <http://www.navy.mil/viewVideo.asp?id=18770>

NNS130821-18. Current All Hands Update

-- http://www.navy.mil/search/display.asp?story_id=76085

NNS020718-34. This Day in Naval History - Aug. 21

-- http://www.navy.mil/search/display.asp?story_id=2645

Eye on the Fleet - U.S. Navy Photo of The Day

-- http://www.navy.mil/list_single.asp?id=157933

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NNS130821-21. Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

By Ed Barker, Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- As part of the training ensuring every member of the Department of the Navy (DoN) team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command (NETC) is conducting Sexual Assault Prevention and Response (SAPR) training Aug. 20. - Sept. 18.

Sexual Assault Prevention: One Team, One Fight is mandatory training for all DoN civilians and must be completed before Oct. 1. The training is designed to meet Congressional, Department of Defense and DoN requirements as part of the National Defense Authorization Act for Fiscal Year 2012.

Opening the One Team, One Fight training is a video which includes an introduction by Secretary of the Navy, Ray Mabus:

"This important training program is critical to the success of our Department of the Navy as a safe and secure work environment - that's true for all Sailors, Marines and civilians; we're all a team. But there's a problem that affects our safety and our mission readiness and I'm talking about sexual assault. On average, three sexual assaults are reported every single day. And that isn't the whole story, because a lot of sexual assaults go unreported. Sexual assault is real and it is a crime. It violates our military code of conduct and there's absolutely no place in our Navy and Marine Corps for sexual assault, period. Sexual assault harms team morale. It erodes the trust that binds our organization together, it undermines our operational readiness, and it tarnishes our reputation. It also violates the trust of the families who have placed the well-being and safety of their family members in our hands. As secretary, I'm personally committed to eliminating sexual assault throughout the Department of the Navy, because we are a family. It's up to all of us to protect each other."

Mike Stahl, SAPR program manager for NETC, is coordinating the civilian training at headquarters and throughout the domain. Stahl also serves as one of the facilitators for the headquarters training.

"We have more than 4,000 civilians working side-by-side with our military members at NETC activities, so it's vital to include them in this important effort," said Stahl. "Civilians are an integral part of our training and education culture, and they need to be armed with the same type of information which was provided to our service

members during the SAPR standdown, SAPR Leadership and Fleet training sessions."

The civilian SAPR training is approximately 90-minutes long and consists of 30-minutes of video followed by guided group discussion. Class size is designed to average 30 participants, with multiple classes scheduled to include all civilians. In addition to two facilitators, an area Sexual Assault Response Coordinator (SARC) or a SAPR Victim Advocate is present during the sessions to provide support to any sexual assault survivors in the audience.

Anne Ballensinger, SAPR victim advocate from the Naval Air Station Pensacola Fleet and Family Support Center, participated in the training. Ballensinger is often the first one to take the call that a sexual assault has taken place.

"This new training is provided to ensure that every member of DoN understands that sexist behaviors, sexual harassment, and sexual assault are not tolerated, condoned or ignored," said Ballensinger. "Every member must be treated with dignity and respect; all allegations of inappropriate behavior must be taken very seriously; and victim privacy must be protected while treating them with utmost sensitivity. Additionally, bystanders must be motivated to step in and intervene in a situation that doesn't seem right while we hold offenders accountable for committing these crimes."

Additional information and resources to combat sexual assault are available at <http://www.sapr.navy.mil>. Sexual assault affects Navy readiness, and the Navy is committed to preventing sexual assault. Join the Navy's conversation about sexual assault on social media and help raise awareness by using #NavySAPR.

For additional information about the Naval Education and Training Command, visit <https://www.netc.navy.mil> or www.navy.mil/local/cnet/.

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NNS130821-10. Continue to Serve Through Conversion

By Mass Communication Specialist 2nd Class Andrea Perez, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Conversion programs allow Sailors from all walks of life to make a major job change and continue their Navy careers, officials said Aug. 21.

Several Continuum of Service (CoS) conversion programs that apply to eligible officer and enlisted Sailors who are currently serving on active duty or in the Reserves are outlined in NAVADMIN 198/13.

To date, thousands of Sailors have converted to different ratings, allowing the Navy to keep Sailors who are committed to a career in the Navy.

According to a new conversion status report on the Active Duty Conversions Web Page on www.npc.navy.mil, more than half of active duty conversion requests in 2013 have already been approved.

Applications for conversion can be submitted by detailers, command career counselors (CCCs) or anyone with prior access to Fleet-RIDE through the new Career

Waypoint (C-WAY) information technology system. A NAVPERS 5239/8 (SAAR Addendum) is required to access C-WAY.

Active-duty enlisted Sailors, in conjunction with reenlistment applications submitted via the C-WAY-Reenlistment process, can voluntarily request to change ratings.

Reserve Sailors, working with their CCC, can view and apply for a rating conversion through C-WAY-Conversion.

Active-duty and Reserve officers interested in conversion can request a voluntary designator change. Requests for Reserve designator changes are considered continuously, while requests for AC designator changes are decided by a lateral transfer board twice a year.

Per MILPERSMAN 1440-010, requests for conversion into ratings that are properly manned, will only be considered on a case-by-case basis and requests for conversion to overmanned ratings will not be considered.

For more information, visit www.npc.navy.mil/CAREER/CAREERCOUNSELING/Pages/Conversions.aspx or www.npc.navy.mil/career/careercounseling/Pages/CareerWaypointSystem.aspx.

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NNS130821-07. Germantown Volunteers at Australian Hospital, departs Cairns

By Mass Communication Specialist 2nd Class Andrew B. Church

CAIRNS, Australia (NNS) -- Dock landing ship USS Germantown (LSD 42) departed Cairns, Australia after a routine port visit Aug. 15 to 19.

Roughly 30 Sailors and Marines volunteered at a local hospital during the visit, playing games with patients, sharing jokes, and generally uplifting the spirits of more than 100 patients.

"Having the opportunity to volunteer our time at the hospital didn't just lift the hearts of the patients there," said Lt. Robert Hecox, chaplain of Germantown. "It lifted our hearts as well. We were all just very thankful to invest some of our free time volunteering here today."

The visit followed Germantown's completion of a two week certification exercise (CERTX) with the 31st Marine Expeditionary Unit (MEU) in the Coral Sea, during which Navy and Marine Corps maritime capabilities were certified to maintain fleet readiness.

"Germantown's visit represented a well earned break for the Sailors and Marines assigned to her," said Cmdr. Jason R. Leach, commanding officer of Germantown.

After a four day visit, Germantown departed Cairns to continue combined and joint-force operations in the 7th Fleet Area of Responsibility.

"The United States' relationship with Australia is essential to maintaining maritime

dominance and security in the Indo-Asia-Pacific region. We leave Cairns to ensure that purpose is realized, and we look forward to any future visits with our allies in Australia," said Leach.

Germantown is currently on patrol with the Bonhomme Richard Amphibious Ready Group, commanded by Capt. Cathal O'Connor, commodore, Amphibious Squadron 11 and reports to the Commander, Amphibious Force 7th Fleet, Rear Adm. Jeffrey A. Harley, headquartered in White Beach, Okinawa, Japan.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

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NNS130821-05. 6th Fleet Flagship Mount Whitney Departs France

By Mass Communication Specialist 1st Class Collin Turner
USS Mount Whitney (LCC 20) Public Affairs Office

THEOULE-SUR-MER, France (NNS) -- U.S. 6th Fleet flagship, USS Mount Whitney (LCC 20), concluded a 4-day port visit to Theoule-sur-Mer, France, after taking part in several events honoring the 69th anniversary of the liberation of Provence, Aug. 17.

"This year is the 69th anniversary, and I was fortunate enough to be in southern France as a lieutenant to recognize the 50th anniversary many years ago," said Capt. Craig Clapperton, Mount Whitney's commanding officer "This has been Mount Whitney's third consecutive year in Theoule-sur-Mer, and the city and the ship have developed a great friendship."

During the visit, Sailors hosted ship tours and an on board reception, took part in wreath-laying ceremonies, marched in a parade, attended a reception at city hall and a participated in a military ceremony at the Rhone American Cemetery.

Sailors also participated in a parade from the pier to the center of the city and attended a formal reception at Theoule-sur-Mer's town hall, hosted by Mayor Daniel Mansanti.

"Meeting the mayor was great," said Information System's Technician 1st Class Danny Suarez. "I never in my life would have imagined being in the French Riviera and having the chance to meet the mayor."

The last event was a full military ceremony at the Rhone American Cemetery and Memorial in Draguignan. Charles Rivkin, United States Ambassador to France and Monaco and Clapperton were the guests of honor.

The event started with the presentation of colors by Mount Whitney's color guard, followed by the playing of the U.S. and French national anthems by the U.S. 6th Fleet band.

"It was fantastic taking part in the remembrance ceremony at the Rhone Cemetery today," said Ship's Serviceman 3rd Class Cequita Edmond, a member of the color

guard. "Being able to present our national colors during the event was truly a humbling experience."

Mount Whitney, homeported in Gaeta, Italy, is the U.S. 6th Fleet flagship and operates with a combined crew of U.S. Sailors and civil service mariners. The civil service mariners perform navigation, deck, engineering, laundry and galley service operations, while military personnel aboard support communications, weapons systems and security.

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.

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NNS130821-04. LCS Crew 101 Returns from First Underway of the Deployment

By Chief (Sel) Mass Communication Specialist Cassandra Thompson

SINGAPORE (NNS) -- USS Freedom's (LCS 1) LCS Crew 101 completed its first underway period since the mid-deployment crew swap, Aug. 19.

The two-week workup gave crew members an opportunity to integrate and conduct operational checks in communications, weapons and damage control.

Crew 101 also conducted focused training events integrating the embarked maritime security module and aviation detachments.

"This is the first time the core crew, maritime security and aviation detachments have operated together on board the ship since January," said Freedom's commanding officer, Cmdr. Pat Thien. "So we focused on getting our tactics, techniques and procedures back to where they need to be for us to be effective in our new environment."

Crew 101 and personnel from Freedom's embarked surface warfare mission package completed visit, board, search and seizure boarding drills, quick reaction force drills, a "Killer Tomato" exercise shooting the 57mm gun during high-speed maneuvers, and an 11-meter rigid hull inflatable boat (RHIB) launch and recovery exercise.

"We set the stage for even more advanced drills, which flex the crew, flex the ship and flex its on board systems," said Thien. "We want to make it harder and more complex, and challenge ourselves."

"The crew worked really hard this underway," said Gas Turbine Systems Mechanic Markzel Ramas. "We worked some really long hours, and in the long run, it was worth it, because we got the ship afloat and kept the mission going."

Fast, agile and mission-focused, littoral combat ships are designed to operate in near-shore environments and employ modular mission packages that can be configured for surface warfare, anti-submarine warfare or mine countermeasures. Freedom will return to its homeport at the end of the year.

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

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NNS130821-17. Submarine USS Albuquerque Returns from Deployment

By Petty Officer 1st Class Anthony Walker

NAVAL BASE POINT LOMA, Calif. (NNS) -- Friends and family of Sailors aboard the Los Angeles-class fast attack submarine USS Albuquerque (SSN 706) welcomed home Albuquerque's crew Aug. 21 following a seven-month deployment to the Western Pacific.

The deployment supported the nation's Maritime Strategy, which includes maritime security, forward presence, sea control, and power projection.

During the deployment, Albuquerque executed missions vital to national security and participated in U.S. and multinational naval exercises. The ship visited Yokosuka, Thailand, Sasebo and Saipan while traveling more than 30,000 nautical miles during the course of its deployment.

"I'm tremendously proud of what the crew accomplished over the last seven months," said Cmdr. Chris Cavanaugh, Albuquerque's commanding officer. "We have demonstrated the full range of submarine capabilities and participated in several exercises with our Japanese and Thai allies. We also had several memorable port visits and special events, including the ship's 1,000th dive and 30th birthday."

Albuquerque was commissioned May 21, 1983. Measuring more than 360 feet long and displacing more than 6,900 tons, Albuquerque has a crew of nearly 140 Sailors. Albuquerque is capable of supporting various missions, including anti-submarine warfare, anti-surface ship warfare, strike, surveillance, and reconnaissance.

For more news from Commander, Submarine Squadron 11, visit www.navy.mil/local/css11/.

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NNS130821-14. Petty Officer Selectee Leadership Courses Updated

By Susan D. Henson, Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH, Va. (NNS) -- Updated versions of the Petty Officer Selectee Leadership courses have been released, said the courses' manager at the Center for Personal and Professional Development Aug. 20.

Chief Aviation Boatswain's Mate Handling (AW/SW) James Priest, manager of the courses, said that the changes were announced in Naval Administrative (NAVADMIN) message 207/13 and applies to Petty Officer Selectee Leadership Course (POSLC), Petty Officer Second Class Selectee Leadership Course (PO2SLC), and Petty Officer First Class Selectee (PO1SLC) Leadership Course.

"As the NAVADMIN said, we added Sexual Assault Prevention and Response and Combat/Operational Stress Control modules to the courses, per Chief of Naval

Operations the Defense Department instructions, as well as the National Defense Authorization Act for Fiscal Year 2012," he said. "Commands must update their curricula to ensure they are teaching the correct version of these courses to newly selected E-4 to E-6 petty officers."

The NAVADMIN references the instructions, which directed the military services to include Sexual Assault Prevention and Response training and education in all leadership training and also that the training be tailored for each leadership level. The services were additionally directed to ensure leaders serving at all levels understand Combat/Operational Stress Control Policy and management strategies.

"Commands will need to go to NKO to download the updated courses, then follow the directions in the change letters to make the required changes to integrate the new content into the printed leadership course materials they already have. Or they can download the entire revised courses with the changes already made," Priest said.

Capt. John Newcomer, CPPD's commanding officer, said the course revisions were a top priority for the CPPD curricula development team. "Our Training Directorate team members worked hard to deliver this revised content as soon as possible for fleet use," he said. "SAPR and OSC are both timely issues for the Navy to address. Completing these necessary course updates supports CPPD's goal to provide training that will equip Sailors to think critically, act responsibly and lead proactively to meet the ever changing global challenges our Navy faces every day."

For more information about the Center for Personal and Professional Development (CPPD), visit <https://www.netc.navy.mil/centers/cppd/>, www.navy.mil/local/voledpao/, <https://www.facebook.com/pages/Center-for-Personal-and-Professional-Development/100056459206> and on Twitter @CENPERSPROFDEV.

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NNS130821-13. USS Providence Welcomes New Commander

By Mass Communication Specialist 1st Class (SW/EXW) Jason J. Perry, Submarine Group 2 Public Affairs

GROTON, Conn. (NNS) -- Los Angeles-class attack submarine USS Providence (SSN 719) held a change of command ceremony at Naval Submarine Base New London in Groton, Conn., Aug. 21.

Cmdr. Anthony "Tony" S. Grayson relieved Cmdr. Michael G. Quan during the ceremony.

The keynote speaker, Rear Adm. Rick Breckenridge, director, Submarine Warfare Division on the Chief of Naval Operations' staff, praised Quan for his successful tour.

"His leadership style and command skill directly contributed and became the bedrock for Providence's success," said Breckenridge. "The command tour is probably one of the hardest tours, bar-none, in our Navy - but also one of the most rewarding."

Quan was recognized for successfully leading Providence through an extended

seven-month deployment to the Mediterranean and Middle Eastern regions. The boat returned to Groton in March.

Deployments for attack submarines typically last six months, but Providence was extended twice to continue conducting assigned missions. Quan lauded his crew of 140 enlisted Sailors and officers for their efforts at sea.

"It takes a team to successfully go to sea," said Quan. "This crew all has one thing in common; they each raised their right hand and committed an act of selflessness to go wherever the nation asked and under any hazard."

Under Quan's leadership, Providence was recognized for numerous awards and achievements including the 2011 Battle Efficiency "E" for surpassing other attack submarines in overall readiness. The crew also received the 2012 Supply "S" for logistical proficiency and was the 2013 Atlantic attack submarine nominee for the Capt. Edward F. Ney Award for food service excellence.

"Cmdr. Grayson, you are receiving a great team of Sailors," said Quan. "Each dedicated to the good of Providence and the Submarine Force."

He enlisted in the Navy in 1985 and soon entered the Nuclear Enlisted Commissioning Program where he earned his bachelor's in mathematics from Oregon State University in 1992. Quan received his officer commission in 1993 through Officer Candidate School in Newport, R.I. He will serve on the staff of the Chief of Naval Operations in Arlington, Va.

Quan's relief Grayson previously served as the executive assistant to Commander, U.S. 5th Fleet and Commander, U.S. Naval Central Command. He graduated from the United States Naval Academy in 1996 with a bachelor's in systems engineering.

When addressing the crew, Providence's new captain was hopeful about achieving future success through teamwork.

"We are all bonded by skill, experience, mutual respect and a common cause," said Grayson. "I know that together we will make Providence not just the best ship in the submarine fleet, but the Navy."

Providence was commissioned July 27, 1985. It is the fifth Navy vessel to bear the name of the capital of Rhode Island.

For more news from Commander Submarine Group 2, visit www.navy.mil/local/Subgru2/.

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NNS130821-12. Ike Celebrates Ship's Heritage with 5K Run

By Mass Communication Specialist Seaman James Veal

NORFOLK (NNS) -- The aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) hosted a 5K heritage run at Naval Station Norfolk to celebrate 35 years of the ship's history, Aug. 17.

Six Sailors assigned to Ike planned the 5K to strengthen the camaraderie between past and present IKE and Carrier Air Wing (CVW) 7 Sailors.

Aviation Electronics Technician 2nd Class Scott Cross, assigned to the ship's Aircraft Intermediate Maintenance department (AIMD), served as one of the members of the planning committee and came up with the idea.

"I originally wanted to do a charitable run, ultimately for the benefit of a worthy cause," Cross said. "I knew that as a command we were large enough and we had the resources to put that together to make a large event that a lot of people would attend."

Because of the ship's recent busy schedule including back-to-back deployments and ongoing preparation for an upcoming extended shipyard period, planning for the event took some time.

"This is the inaugural IKE Heritage 5K, and we knew it was going to be a lot of work to coordinate and pull off," said Master Chief Avionics Technician Doug Dickinson, AIMD maintenance master chief and the mentor for the planning committee.

"[Aviation Electronics Technician 2nd Class Scott] Cross and the committee have been actively working this event for six months. I am already excited to start planning for the second annual IKE Heritage 5K to celebrate 36 years of Ike heritage and expect it to be even bigger."

More than 725 past and present Sailors and guests participated in the run and about 75 Ike Sailors volunteered to contribute to the event's success.

"It feels good to come out and show up all these young guys and finish first," said Cmdr. Darren T. Jones, the run's first-place finisher.

Cross said that the run was a valuable learning experience about how to set up such an event and how to ensure maximum participation, awareness and enjoyment for the crew.

"I would be surprised if we didn't double it next year," said Cross. "What I'd really like is for this to be something that ties any crew member that has ever served on Ike together with all the others."

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.

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NNS130821-08. Sea and Anchor Detail Kicks off Fast Cruise

By Mass Communication Specialist Seaman Stephane Belcher, USS Theodore Roosevelt Public Affairs

NEWPORT NEWS, Va. (NNS) -- Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) began fast cruise by executing a simulated sea and anchor detail in Newport News, Va., Aug. 19.

The simulated sea and anchor detail was a crucial step in ensuring the crew is ready

to return Theodore Roosevelt to the fleet after a four-year refueling and complex overhaul.

"The purpose of this evolution is for Sailors to achieve what they've been training to do for the past four years," said Ensign William Boll, the ship's boatswain. "We do this so we can get our minds set to act, not react, to not hesitate when orders are given."

Communication and safety are key elements when working the sea and anchor detail. Boatswain's mates must ensure safety measures are followed and communicate with the bridge and windlass while loading and unloading the 30-ton anchor. A lapse in these areas could quickly turn any sea and anchor detail into a dangerous situation.

"We go on station an hour before we do anything to make sure everything works," said Seaman Saul Bueno, a member of the sea and anchor detail. "We really take precautions, you have to in here."

Numerous precautions are taken during the evolution. there is a safety brief at the beginning of each event. Sailors must remove rings, watches and anything hanging from their uniforms as well as wear protective gear, such as hardhats, ear plugs and goggles. Hospital Corpsmen also stand by in case a casualty occurs.

Sea and anchor detail exercises prepare the ship's Sailors to conduct real-world evolutions safely and efficiently as they make Theodore Roosevelt ready for operations.

For more news from USS Theodore Roosevelt (CVN 71), visit www.navy.mil/local/cvn71/.

NNS130821-18. Current All Hands Update

From Defense Media Activity - Navy

WASHINGTON (NNS) -- All Hands Update features one-minute newscast today and one web-only newscast.

First one-minute newscast -

- Headlines for Wednesday, August 21, 2013: Explosion at Naval Weapons Station Earle-New Jersey Injures Eight; Installations Assessed on Anti-Terrorism Operations

<http://www.navy.mil/viewVideo.asp?id=18770>

<http://youtu.be/In9ITowqKEY>

Second one-minute newscast -

- Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

<http://www.navy.mil/viewVideo.asp?t=6>

<http://youtu.be/9oG8FdKTOSI>

Defense Media Activity - Navy usually produces one one-minute All Hands Update (AHU) newscast each day. AHU can be seen throughout the day and evening on the

Direct-to-Sailor (DTS) satellite television service available aboard 160 ships of the fleet and via the Navy Web site at www.navy.mil. Check your local DTS program schedule for air times. AHU can also be seen throughout the world on the American Forces Radio and Television Service (AFRTS).

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NNS020718-34. This Day in Naval History - Aug. 21

From the Navy News Service

1800 - U.S. Marine Corps Band gives its first concert in Washington, D.C.
1883 - Installation of the first electric lighting on a U.S. Navy Ship completed on USS Trenton.
1920 - Radio station built by U.S. Navy and French government transmits first wireless message heard around the world. At the time it was the most powerful radio station in the world.
1951 - First contract for nuclear-powered submarine awarded.
1965 - Launch of Gemini 5, piloted by Navy Lt. Cmdr. Charles Conrad Jr., who completed 120 orbits in almost eight days at an altitude of 349.8 km. Recovery was by helicopter from USS Lake Champlain (CVS 39).
1980 - USS Truxtun (CGN 35) rescues 42 Vietnamese refugees and USS Merrill (DD 976) rescues 62 Vietnamese refugees, over 200 miles southeast of Saigon.

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For the latest in Navy news from around the fleet, visit www.navy.mil.

For all Navy-related questions, review the FAQs posted at www.navy.mil or visit www.history.navy.mil.

Media queries should be directed to the Navy News Desk at (703) 697-5342.

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Building Better Sailors

How three Sailors used CIPP to accomplish their life goals

[View Story](#)



CNO Conversation with a Shipmate

CNO Adm. Jonathan Green recently sat down in Hawaii talk with a shipmate about issues of concern to Sailors

[View Video](#)

NAVY NEWS SERVICE TOP STORIES

IMAGES OF THE DAY



Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

As part of the training ensuring every member of the Department of the Navy team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command is conducting Sexual Assault Prevention and Response training Aug. 20 - Sept. 18. August 21, 2013



Continue to Serve Through Conversion

Conversion programs allow Sailors from all walks of life to make a major job change and continue their Navy careers, officials said Aug. 21. August 21, 2013

Navy Announces Plan to Reduce Flag Officer Structure

Upon the recommendation of the Chief of Naval Operations, the Secretary of the Navy has

[Top Images](#) [Photo Gallery](#)



SAN DIEGO (Aug. 21, 2013) 013

The Los Angeles-class attack submarine USS Albuquerque (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Carlstrom/sarge (Released) 130821-N-NB544-130 th the embarked 26th Marine Expeditionary Unit (26th MEU), is deployed in support of maritime security operations and theater [View High Resolution](#) efforts in the U.S. 5th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 3rd Class Lacordrick Wilson (Released) 130818-N-



approved the initial step to reduce, eliminate or consolidate a net of 35 Navy flag officer positions. August 20, 2013

WX580-131

[View High Resolution](#)

NAVY BLOG HEADLINES



Faces of the Fleet

Faces of the Fleet takes a look at YOUR Navy operating forward. These images represent the greatest Sailors in the greatest Navy in the world leading from the deck plates...

August 21, 2013



CNP Reflects on CPO Mentoring, Leadership

Vice Adm. Bill Moran assumed the duties as the 57th chief of Naval Personnel Aug. 2. By sharing experiences and lesson learned from his travel around the fleet, the admiral seeks...

August 20, 2013

HEADLINES FROM AROUND THE FLEET

- Rear Admiral Buck Discusses 21st Century Sailor Office Priorities
- Submarine USS Albuquerque Returns from Deployment
- Petty Officer Selectee Leadership Courses Updated
- USS Providence Welcomes New Commander
- Ike Celebrates Ship's Heritage with 5K Run
- Sea and Anchor Detail Kicks off Fast Cruise
- Germantown Volunteers at Australian Hospital, departs Cairns
- 6th Fleet Flagship Mount Whitney Departs France
- LCS Crew 101 Returns from First Underway of the Deployment
- PCU America Assists Local School
- George Washington Welcomes Japanese Guests
- Navy Sailors, Divers Find and Salvage Downed F-16C Aircraft
- DC-3 Survey Plane Makes a Stop at 4th Fleet Headquarters
- Riverines Perform Rescue at Rudee Inlet
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SES Biographies
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News

Top Stories
Headlines
Feature Stories
Local Stories

Media

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All Hands Radio News
Video Gallery
Photo Gallery
Featured Galleries
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Graphics Gallery
Web Ad Gallery
Print Ad Gallery
Podcasts & RSS Feeds

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Building Better Sailors

How three Sailors used CIPP to accomplish their life goals

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CNO Conversation with a Shipmate

CNO Adm. Jonathan Greenert recently sat down in Hawaii to talk with a shipmate about issues of concern to Sailors

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Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

As part of the training ensuring every member of the Department of the Navy team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command is conducting Sexual Assault Prevention and Response training Aug. 20 - Sept. 18. August 21, 2013



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Conversion programs allow Sailors from all walks of life to make a major job change and continue their Navy careers, officials said Aug. 21. August 21, 2013

Navy Announces Plan to Reduce Flag Officer Structure

Upon the recommendation of the Chief of Naval Operations, the Secretary of the Navy has

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SAN DIEGO (Aug. 21, 2013) 013

The Los Angeles-class attack submarine USS Albuquerque (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Carlstrom (Released) 130821-N-NB544-130 the embarked 26th Marine Expeditionary Unit (26th MEU), is deployed in support of maritime security operations and theater [View High Resolution](#) efforts in the U.S. 5th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 3rd Class Lacordrick Wilson (Released) 130818-N-



approved the initial step to reduce, eliminate or consolidate a net of 35 Navy flag officer positions. August 20, 2013

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- [Top Stories](#)
- [Headlines](#)
- [Feature Stories](#)
- [Local Stories](#)

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Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

Story Number: NNS130821-21 Release Date: 8/21/2013 4:12:00 PM



By Ed Barker, Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- As part of the training ensuring every member of the Department of the Navy (DoN) team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command (NETC) is conducting Sexual Assault Prevention and Response (SAPR) training Aug. 20. - Sept. 18.

Sexual Assault Prevention: One Team, One Fight is mandatory training for all DoN civilians and must be completed before Oct. 1. The training is designed to meet Congressional, Department of Defense and DoN requirements as part of the National Defense Authorization Act for Fiscal Year 2012.

Opening the One Team, One Fight training is a video which includes an introduction by Secretary of the Navy, Ray Mabus:

"This important training program is critical to the success of our Department of the Navy as a safe and secure work environment - that's true for all Sailors, Marines and civilians; we're all a team. But there's a problem that affects our safety and our mission readiness and I'm talking about sexual assault. On average, three sexual assaults are reported every single day. And that isn't the whole story, because a lot of sexual assaults go unreported. Sexual assault is real and it is a crime. It violates our military code of conduct and there's absolutely no place in our Navy and Marine Corps for sexual assault, period. Sexual assault harms team morale. It erodes the trust that binds our organization together, it undermines our operational readiness, and it tarnishes our reputation. It also violates the trust of the families who have placed the well-being and safety of their family members in our hands. As secretary, I'm personally committed to eliminating sexual assault throughout the Department of the Navy, because we are a family. It's up to all of us to protect each other."

Mike Stahl, SAPR program manager for NETC, is coordinating the civilian training at headquarters and throughout the domain. Stahl also serves as one of the facilitators for the headquarters training.

"We have more than 4,000 civilians working side-by-side with our military members at NETC activities, so it's vital to include them in this important effort," said Stahl. "Civilians are an integral part of our training and education culture, and they need to be armed with the same type of information which was provided to our service members during the SAPR standdown, SAPR Leadership and Fleet training sessions."

The civilian SAPR training is approximately 90-minutes long and consists of 30-minutes of video followed by guided group discussion. Class size is designed to average 30 participants, with multiple classes scheduled to include all civilians. In addition to two facilitators, an area Sexual Assault Response Coordinator (SARC) or a SAPR Victim Advocate is present during the sessions to provide support to any sexual assault survivors in the audience.

Anne Ballensinger, SAPR victim advocate from the Naval Air Station Pensacola Fleet and Family Support Center, participated in the training. Ballensinger is often the first one to take the call that a sexual assault has taken place.

"This new training is provided to ensure that every member of DoN understands that sexist behaviors, sexual harassment, and sexual assault are not tolerated, condoned or ignored," said Ballensinger. "Every member must be treated with dignity and respect; all allegations of inappropriate behavior must be taken very seriously; and victim privacy must be protected while treating them with utmost sensitivity. Additionally, bystanders must be motivated to step in and intervene in a situation that doesn't seem right while we hold offenders accountable for committing these crimes."

Additional information and resources to combat sexual assault are available at <http://www.sapr.navy.mil>. Sexual assault affects Navy readiness, and the Navy is committed to preventing sexual assault. Join the Navy's conversation about sexual assault on social media and help raise awareness by using #NavySAPR.

For additional information about the Naval Education and Training Command, visit <https://www.netc.navy.mil> or www.navy.mil/local/cnet/.

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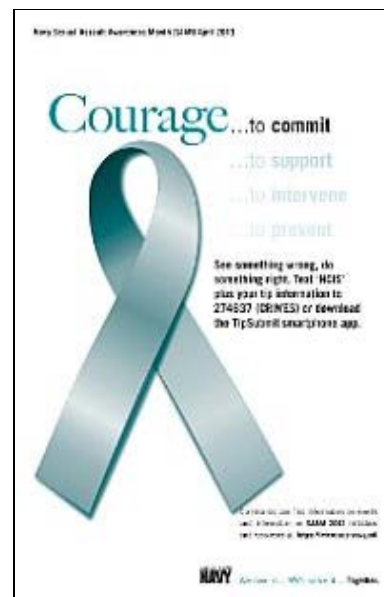
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130412-N-ZZ999-001 FT. GEORGE G. MEADE, Md. (April 12, 2013) Sexual Assault Prevention and Response is an important element of the readiness area of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps. The Department of the Navy is working to aggressively to prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable. Help raise awareness by joining the conversation on social media using #SexualAssault and #SAAPM. (U.S. Navy graphic)


April 12, 2013

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- Today in Naval History
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- Secretary of the Navy
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- Master Chief Petty Officer Of The Navy
- Chief Of Naval Personnel
- Biographies
- SES Biographies
- Navy Command Tools

News

- Top Stories
- Headlines
- Feature Stories
- Local Stories

Media

- All Hands Update
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- Video Gallery
- Photo Gallery
- Featured Galleries
- All Hands Magazine Archive
- Graphics Gallery
- Web Ad Gallery
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Continue to Serve Through Conversion

Story Number: NNS130821-10 Release Date: 8/21/2013 1:13:00 PM

AA A [Email] [Print]

By Mass Communication Specialist 2nd Class Andrea Perez, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Conversion programs allow Sailors from all walks of life to make a major job change and continue their Navy careers, officials said Aug. 21.

Several Continuum of Service (CoS) conversion programs that apply to eligible officer and enlisted Sailors who are currently serving on active duty or in the Reserves are outlined in NAVADMIN 198/13.

To date, thousands of Sailors have converted to different ratings, allowing the Navy to keep Sailors who are committed to a career in the Navy.

According to a new conversion status report on the Active Duty Conversions Web Page on www.npc.navy.mil, more than half of active duty conversion requests in 2013 have already been approved.

Applications for conversion can be submitted by detailers, command career counselors (CCCs) or anyone with prior access to Fleet-RIDE through the new Career Waypoint (C-WAY) information technology system. A NAVPERS 5239/8 (SAAR Addendum) is required to access C-WAY.

Active-duty enlisted Sailors, in conjunction with reenlistment applications submitted via the C-WAY-Reenlistment process, can voluntarily request to change ratings.

Reserve Sailors, working with their CCC, can view and apply for a rating conversion through C-WAY-Conversion.

Active-duty and Reserve officers interested in conversion can request a voluntary designator change. Requests for Reserve designator changes are considered continuously, while requests for AC designator changes are decided by a lateral transfer board twice a year.

Per MILPERSMAN 1440-010, requests for conversion into ratings that are properly manned, will only be considered on a case-by-case basis and requests for conversion to overmanned ratings will not be considered.

For more information, visit www.npc.navy.mil/CAREER/CAREERCOUNSELING/Pages/Conversions.aspx or www.npc.navy.mil/career/careercounseling/Pages/CareerWaypointSystem.aspx.

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130821-N-KE519-007 CORAL SEA (Aug. 21, 2013) Quartermaster Seaman Tyler Todd plots a course for the amphibious assault ship USS Bonhomme Richard (LHD 6) on the ship's bridge. Bonhomme Richard is the flagship of the Bonhomme Richard Amphibious Ready Group and, with the embarked 31st Marine Expeditionary Unit (31st MEU), is conducting routine joint-force operations in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Edward Guttierrez III/Released)

August 21, 2013

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Headlines
Feature Stories
Local Stories

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Video Gallery
Photo Gallery
Featured Galleries
All Hands Magazine Archive
Graphics Gallery
Web Ad Gallery
Print Ad Gallery
Podcasts & RSS Feeds

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Affected Navy Family Assistance
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Germantown Volunteers at Australian Hospital, departs Cairns

Story Number: NNS130821-07 Release Date: 8/21/2013 7:59:00 AM



By Mass Communication Specialist 2nd Class Andrew B. Church

CAIRNS, Australia (NNS) -- Dock landing ship USS Germantown (LSD 42) departed Cairns, Australia after a routine port visit Aug. 15 to 19.

Roughly 30 Sailors and Marines volunteered at a local hospital during the visit, playing games with patients, sharing jokes, and generally uplifting the spirits of more than 100 patients.

"Having the opportunity to volunteer our time at the hospital didn't just lift the hearts of the patients there," said Lt. Robert Hecox, chaplain of Germantown. "It lifted our hearts as well. We were all just very thankful to invest some of our free time volunteering here today."

The visit followed Germantown's completion of a two week certification exercise (CERTEX) with the 31st Marine Expeditionary Unit (MEU) in the Coral Sea, during which Navy and Marine Corps maritime capabilities were certified to maintain fleet readiness.

"Germantown's visit represented a well earned break for the Sailors and Marines assigned to her," said Cmdr. Jason R. Leach, commanding officer of Germantown.

After a four day visit, Germantown departed Cairns to continue combined and joint-force operations in the 7th Fleet Area of Responsibility.

"The United States' relationship with Australia is essential to maintaining maritime dominance and security in the Indo-Asia-Pacific region. We leave Cairns to ensure that purpose is realized, and we look forward to any future visits with our allies in Australia," said Leach.

Germantown is currently on patrol with the Bonhomme Richard Amphibious Ready Group, commanded by Capt. Cathal O'Connor, commodore, Amphibious Squadron 11 and reports to the Commander, Amphibious Force 7th Fleet, Rear Adm. Jeffrey A. Harley, headquartered in White Beach, Okinawa, Japan.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.



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130816-N-UE577-022 CAIRNS, Australia (Aug. 16, 2013) Chief Electrician's Mate Lonnie Sanders visits a patient in the pediatric ward of Base Hospital in Cairns, Australia, during a community service event conducted by the crew of the amphibious dock landing ship USS Germantown (LSD 42). Germantown is part of the Bonhomme Richard Amphibious Ready Group and, with the embarked 31st Marine Expeditionary Unit (31st MEU), is conducting routine joint-force operations in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Andrew B. Church/Released)

August 20, 2013

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 - Navy Organization
 - Command Directory
 - Our Ships
 - Fact Files
- Leadership
 - Secretary of the Navy
 - Chief Of Naval Operations
 - Master Chief Petty Officer Of The Navy
- News
 - Top Stories
 - Headlines
 - Feature Stories
 - Local Stories
- Media
 - All Hands Update
 - All Hands Radio News
 - Video Gallery
 - Photo Gallery
 - Featured Galleries
- Links
 - Shift Colors-Navy
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6th Fleet Flagship Mount Whitney Departs France

Story Number: NNS130821-05 Release Date: 8/21/2013 7:49:00 AM

A A A

By Mass Communication Specialist 1st Class Collin Turner
USS Mount Whitney (LCC 20) Public Affairs Office

THEOULE-SUR-MER, France (NNS) -- U.S. 6th Fleet flagship, USS Mount Whitney (LCC 20), concluded a 4-day port visit to Theoule-sur-Mer, France, after taking part in several events honoring the 69th anniversary of the liberation of Provence, Aug. 17.

"This year is the 69th anniversary, and I was fortunate enough to be in southern France as a lieutenant to recognize the 50th anniversary many years ago," said Capt. Craig Clapperton, Mount Whitney's commanding officer. "This has been Mount Whitney's third consecutive year in Theoule-sur-Mer, and the city and the ship have developed a great friendship."

During the visit, Sailors hosted ship tours and an on board reception, took part in wreath-laying ceremonies, marched in a parade, attended a reception at city hall and participated in a military ceremony at the Rhone American Cemetery.

Sailors also participated in a parade from the pier to the center of the city and attended a formal reception at Theoule-sur-Mer's town hall, hosted by Mayor Daniel Mansanti.

"Meeting the mayor was great," said Information System's Technician 1st Class Danny Suarez. "I never in my life would have imagined being in the French Riviera and having the chance to meet the mayor."

The last event was a full military ceremony at the Rhone American Cemetery and Memorial in Draguignan. Charles Rivkin, United States Ambassador to France and Monaco and Clapperton were the guests of honor.

The event started with the presentation of colors by Mount Whitney's color guard, followed by the playing of the U.S. and French national anthems by the U.S. 6th Fleet band.

"It was fantastic taking part in the remembrance ceremony at the Rhone Cemetery today," said Ship's Serviceman 3rd Class Cequita Edmond, a member of the color guard. "Being able to present our national colors during the event was truly a humbling experience."

Mount Whitney, homeported in Gaeta, Italy, is the U.S. 6th Fleet flagship and operates with a combined crew of U.S. Sailors and civil service mariners. The civil service mariners perform navigation, deck, engineering, laundry and galley service operations, while military personnel aboard support communications, weapons systems and security.

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.

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130816-N-EZ054-181 DRAGUIGNAN, France (Aug. 16, 2013) U.S. Ambassador to France and Monaco Charles Rivkin, left, and Capt. Craig Clapperton, commanding officer of the U.S. 7th Fleet flagship USS Mount Whitney (LCC 20), lay a wreath during a ceremony at the Rhone American Cemetery in honor of the 69th anniversary celebration of allied troops landing in Provence during World War II. This visit serves to continue U.S. 6th Fleet efforts to build global maritime partnerships with European nations and improve maritime safety and security. (U.S. Navy photo by Mass Communication Specialist Seaman Luis Chavez/Released)

August 16, 2013

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[Headlines](#)
[Feature Stories](#)
[Local Stories](#)

[Media](#)

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[Video Gallery](#)
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[Featured Galleries](#)
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[Graphics Gallery](#)
[Web Ad Gallery](#)
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[Navy / Marine Corps Relief](#)
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[Military One Source](#)
[Navy Personnel Command](#)
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LCS Crew 101 Returns from First Underway of the Deployment

Story Number: NNS130821-04 Release Date: 8/21/2013 5:24:00 AM



By Chief (Sel) Mass Communication Specialist Cassandra Thompson

SINGAPORE (NNS) -- USS Freedom's (LCS 1) LCS Crew 101 completed its first underway period since the mid-deployment crew swap, Aug. 19.

The two-week workup gave crew members an opportunity to integrate and conduct operational checks in communications, weapons and damage control.

Crew 101 also conducted focused training events integrating the embarked maritime security module and aviation detachments.

"This is the first time the core crew, maritime security and aviation detachments have operated together on board the ship since January," said Freedom's commanding officer, Cmdr. Pat Thien. "So we focused on getting our tactics, techniques and procedures back to where they need to be for us to be effective in our new environment."

Crew 101 and personnel from Freedom's embarked surface warfare mission package completed visit, board, search and seizure boarding drills, quick reaction force drills, a "Killer Tomato" exercise shooting the 57mm gun during high-speed maneuvers, and an 11-meter rigid hull inflatable boat (RHIB) launch and recovery exercise.

"We set the stage for even more advanced drills, which flex the crew, flex the ship and flex its on board systems," said Thien. "We want to make it harder and more complex, and challenge ourselves."

"The crew worked really hard this underway," said Gas Turbine Systems Mechanic Markzel Ramas. "We worked some really long hours, and in the long run, it was worth it, because we got the ship afloat and kept the mission going."

Fast, agile and mission-focused, littoral combat ships are designed to operate in near-shore environments and employ modular mission packages that can be configured for surface warfare, anti-submarine warfare or mine countermeasures. Freedom will return to its homeport at the end of the year.

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

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Submarine USS Albuquerque Returns from Deployment

Story Number: NNS130821-17 Release Date: 8/21/2013 3:17:00 PM

AAA [Email] [Print]

By Petty Officer 1st Class Anthony Walker

NAVAL BASE POINT LOMA, Calif. (NNS) -- Friends and family of Sailors aboard the Los Angeles-class fast attack submarine USS Albuquerque (SSN 706) welcomed home Albuquerque's crew Aug. 21 following a seven-month deployment to the Western Pacific.

The deployment supported the nation's Maritime Strategy, which includes maritime security, forward presence, sea control, and power projection.

During the deployment, Albuquerque executed missions vital to national security and participated in U.S. and multinational naval exercises. The ship visited Yokosuka, Thailand, Sasebo and Saipan while traveling more than 30,000 nautical miles during the course of its deployment.

"I'm tremendously proud of what the crew accomplished over the last seven months," said Cmdr. Chris Cavanaugh, Albuquerque's commanding officer. "We have demonstrated the full range of submarine capabilities and participated in several exercises with our Japanese and Thai allies. We also had several memorable port visits and special events, including the ship's 1,000th dive and 30th birthday."

Albuquerque was commissioned May 21, 1983. Measuring more than 360 feet long and displacing more than 6,900 tons, Albuquerque has a crew of nearly 140 Sailors. Albuquerque is capable of supporting various missions, including anti-submarine warfare, anti-surface ship warfare, strike, surveillance, and reconnaissance.

For more news from Commander, Submarine Squadron 11, visit www.navy.mil/local/css11/.

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130821-N-NB544-100 SAN DIEGO (Aug. 21, 2013) The Los Angeles-class attack submarine USS Albuquerque (SSN 706) is guided in by tugs as it returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Carlstrom/Released)

August 21, 2013

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Petty Officer Selectee Leadership Courses Updated

Story Number: NNS130821-14 Release Date: 8/21/2013 2:13:00 PM



By Susan D. Henson, Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH, Va. (NNS) -- Updated versions of the Petty Officer Selectee Leadership courses have been released, said the courses' manager at the Center for Personal and Professional Development Aug. 20.

Chief Aviation Boatswain's Mate Handling (AW/SW) James Priest, manager of the courses, said that the changes were announced in Naval Administrative (NAVADMIN) message 207/13 and applies to Petty Officer Selectee Leadership Course (POS LC), Petty Officer Second Class Selectee Leadership Course (PO2SLC), and Petty Officer First Class Selectee (PO1SLC) Leadership Course.

"As the NAVADMIN said, we added Sexual Assault Prevention and Response and Combat/Operational Stress Control modules to the courses, per Chief of Naval Operations the Defense Department instructions, as well as the National Defense Authorization Act for Fiscal Year 2012," he said. "Commands must update their curricula to ensure they are teaching the correct version of these courses to newly selected E-4 to E-6 petty officers."

The NAVADMIN references the instructions, which directed the military services to include Sexual Assault Prevention and Response training and education in all leadership training and also that the training be tailored for each leadership level. The services were additionally directed to ensure leaders serving at all levels understand Combat/Operational Stress Control Policy and management strategies.

"Commands will need to go to NKO to download the updated courses, then follow the directions in the change letters to make the required changes to integrate the new content into the printed leadership course materials they already have. Or they can download the entire revised courses with the changes already made," Priest said.

Capt. John Newcomer, CPPD's commanding officer, said the course revisions were a top priority for the CPPD curricula development team. "Our Training Directorate team members worked hard to deliver this revised content as soon as possible for fleet use," he said. "SAPR and OSC are both timely issues for the Navy to address. Completing these necessary course updates supports CPPD's goal to provide training that will equip Sailors to think critically, act responsibly and lead proactively to meet the ever changing global challenges our Navy faces every day."

For more information about the Center for Personal and Professional Development (CPPD), visit <https://www.netc.navy.mil/centers/cppd/>, www.navy.mil/local/voledpao/, <https://www.facebook.com/pages/Center-for-Personal-and-Professional-Development/100056459206> and on Twitter @CENPERSPROFDEV.

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USS Providence Welcomes New Commander

Story Number: NNS130821-13 Release Date: 8/21/2013 2:02:00 PM



By Mass Communication Specialist 1st Class (SW/EXW) Jason J. Perry, Submarine Group 2 Public Affairs

GROTON, Conn. (NNS) -- Los Angeles-class attack submarine USS Providence (SSN 719) held a change of command ceremony at Naval Submarine Base New London in Groton, Conn., Aug. 21.

Cmdr. Anthony "Tony" S. Grayson relieved Cmdr. Michael G. Quan during the ceremony.

The keynote speaker, Rear Adm. Rick Breckenridge, director, Submarine Warfare Division on the Chief of Naval Operations' staff, praised Quan for his successful tour.

"His leadership style and command skill directly contributed and became the bedrock for Providence's success," said Breckenridge. "The command tour is probably one of the hardest tours, bar-none, in our Navy - but also one of the most rewarding."

Quan was recognized for successfully leading Providence through an extended seven-month deployment to the Mediterranean and Middle Eastern regions. The boat returned to Groton in March.

Deployments for attacks submarines typically last six months, but Providence was extended twice to continue conducting assigned missions. Quan lauded his crew of 140 enlisted Sailors and officers for their efforts at sea.

"It takes a team to successfully go to sea," said Quan. "This crew all has one thing in common; they each raised their right hand and committed an act of selflessness to go wherever the nation asked and under any hazard."

Under Quan's leadership, Providence was recognized for numerous awards and achievements including the 2011 Battle Efficiency "E" for surpassing other attack submarines in overall readiness. The crew also received the 2012 Supply "S" for logistical proficiency and was the 2013 Atlantic attack submarine nominee for the Capt. Edward F. Ney Award for food service excellence.

"Cmdr. Grayson, you are receiving a great team of Sailors," said Quan. "Each dedicated to the good of Providence and the Submarine Force."

He enlisted in the Navy in 1985 and soon entered the Nuclear Enlisted Commissioning Program where he earned his bachelor's in mathematics from Oregon State University in 1992. Quan received his officer commission in 1993 through Officer Candidate School in Newport, R.I. He will serve on the staff of the Chief of Naval Operations in Arlington, Va.

Quan's relief Grayson previously served as the executive assistant to Commander, U.S. 5th Fleet and Commander, U.S. Naval Central Command. He graduated from the United States Naval Academy in 1996 with a bachelor's in systems engineering.

When addressing the crew, Providence's new captain was hopeful about achieving future success through teamwork.

"We are all bonded by skill, experience, mutual respect and a common cause," said Grayson. "I know that together we will make Providence not just the best ship in the submarine fleet, but the Navy."

Providence was commissioned July 27, 1985. It is the fifth Navy vessel to bear the name of the capital of Rhode Island.

For more news from Commander Submarine Group 2, visit www.navy.mil/local/Subgru2/.

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Ike Celebrates Ship's Heritage with 5K Run

Story Number: NNS130821-12 Release Date: 8/21/2013 2:01:00 PM



By Mass Communication Specialist Seaman James Veal

NORFOLK (NNS) -- The aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) hosted a 5K heritage run at Naval Station Norfolk to celebrate 35 years of the ship's history, Aug. 17.

Six Sailors assigned to Ike planned the 5K to strengthen the camaraderie between past and present IKE and Carrier Air Wing (CVW) 7 Sailors.

Aviation Electronics Technician 2nd Class Scott Cross, assigned to the ship's Aircraft Intermediate Maintenance department (AIMD), served as one of the members of the planning committee and came up with the idea.

"I originally wanted to do a charitable run, ultimately for the benefit of a worthy cause," Cross said. "I knew that as a command we were large enough and we had the resources to put that together to make a large event that a lot of people would attend."

Because of the ship's recent busy schedule including back-to-back deployments and ongoing preparation for an upcoming extended shipyard period, planning for the event took some time.

"This is the inaugural IKE Heritage 5K, and we knew it was going to be a lot of work to coordinate and pull off," said Master Chief Avionics Technician Doug Dickinson, AIMD maintenance master chief and the mentor for the planning committee. "[Aviation Electronics Technician 2nd Class Scott] Cross and the committee have been actively working this event for six months. I am already excited to start planning for the second annual IKE Heritage 5K to celebrate 36 years of Ike heritage and expect it to be even bigger."

More than 725 past and present Sailors and guests participated in the run and about 75 Ike Sailors volunteered to contribute to the event's success.

"It feels good to come out and show up all these young guys and finish first," said Cmdr. Darren T. Jones, the run's first-place finisher.

Cross said that the run was a valuable learning experience about how to set up such an event and how to ensure maximum participation, awareness and enjoyment for the crew.

"I would be surprised if we didn't double it next year," said Cross. "What I'd really like is for this to be something that ties any crew member that has ever served on Ike together with all the others."

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.



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Sea and Anchor Detail Kicks off Fast Cruise

Story Number: NNS130821-08 Release Date: 8/21/2013 8:30:00 AM

A A A

By Mass Communication Specialist Seaman Stephane Belcher, USS Theodore Roosevelt Public Affairs

NEWPORT NEWS, Va. (NNS) -- Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) began fast cruise by executing a simulated sea and anchor detail in Newport News, Va., Aug. 19.

The simulated sea and anchor detail was a crucial step in ensuring the crew is ready to return Theodore Roosevelt to the fleet after a four-year refueling and complex overhaul.

"The purpose of this evolution is for Sailors to achieve what they've been training to do for the past four years," said Ensign William Boll, the ship's boatswain. "We do this so we can get our minds set to act, not react, to not hesitate when orders are given."

Communication and safety are key elements when working the sea and anchor detail. Boatswain's mates must ensure safety measures are followed and communicate with the bridge and windlass while loading and unloading the 30-ton anchor. A lapse in these areas could quickly turn any sea and anchor detail into a dangerous situation.

"We go on station an hour before we do anything to make sure everything works," said Seaman Saul Bueno, a member of the sea and anchor detail. "We really take precautions, you have to in here."

Numerous precautions are taken during the evolution. There is a safety brief at the beginning of each event. Sailors must remove rings, watches and anything hanging from their uniforms as well as wear protective gear, such as hardhats, ear plugs and goggles. Hospital Corpsmen also stand by in case a casualty occurs.

Sea and anchor detail exercises prepare the ship's Sailors to conduct real-world evolutions safely and efficiently as they make Theodore Roosevelt ready for operations.

For more news from USS Theodore Roosevelt (CVN 71), visit www.navy.mil/local/cvn71/.

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130819-N-BD333-087 NEWPORT NEWS, Va. (Aug. 19, 2013) Deck department Sailors move a chain cover to make room for mooring lines during a sea and anchor evolution aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt is conducting a fast cruise as it nears completion of a refueling and complex overhaul at Huntington Ingalls Industries Newport News Shipbuilding. (U.S. Navy photo by Mass Communication Specialist Seaman Bounome Chanphouang/Released)

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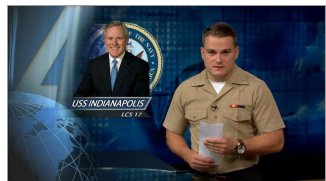
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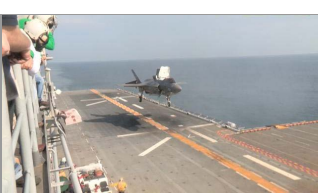
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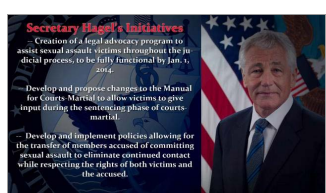
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Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

August 21, 2013

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SECDEF Announces New Sexual Assault Response and Prevention Initiatives

August 19, 2013

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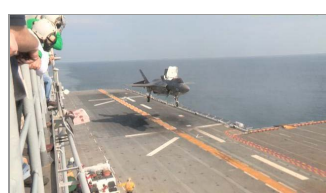


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Navy, NASA test recovery of Orion capsule by USS Arlington

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SECDEF Announces New Sexual Assault Response and Prevention Initiatives

SECDEF Announces New Sexual Assault Response and Prevention Initiatives

August 16, 2013

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NNS130821-21. Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

-- http://www.navy.mil/search/display.asp?story_id=76086

NNS130821-10. Continue to Serve Through Conversion

-- http://www.navy.mil/search/display.asp?story_id=76078

NNS130821-07. Germantown Volunteers at Australian Hospital, departs Cairns

-- http://www.navy.mil/search/display.asp?story_id=76045

NNS130821-05. 6th Fleet Flagship Mount Whitney Departs France

-- http://www.navy.mil/search/display.asp?story_id=76073

NNS130821-04. LCS Crew 101 Returns from First Underway of the Deployment

-- http://www.navy.mil/search/display.asp?story_id=76071

NNS130821-17. Submarine USS Albuquerque Returns from Deployment

-- http://www.navy.mil/search/display.asp?story_id=76084

NNS130821-14. Petty Officer Selectee Leadership Courses Updated

-- http://www.navy.mil/search/display.asp?story_id=76081

NNS130821-13. USS Providence Welcomes New Commander

-- http://www.navy.mil/search/display.asp?story_id=76080

NNS130821-12. Ike Celebrates Ship's Heritage with 5K Run

-- http://www.navy.mil/search/display.asp?story_id=76075

NNS130821-08. Sea and Anchor Detail Kicks off Fast Cruise

-- http://www.navy.mil/search/display.asp?story_id=76068

DNU -- Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

-- <http://www.navy.mil/viewVideo.asp?id=18769>

DNU -- Explosion at Naval Weapons Station Earle-New Jersey Injures Eight; Installations Assessed on Anti-Terrorism Operations

-- <http://www.navy.mil/viewVideo.asp?id=18770>

NNS130821-18. Current All Hands Update

-- http://www.navy.mil/search/display.asp?story_id=76085

NNS020718-34. This Day in Naval History - Aug. 21

-- http://www.navy.mil/search/display.asp?story_id=2645

Eye on the Fleet - U.S. Navy Photo of The Day

-- http://www.navy.mil/list_single.asp?id=157933

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NNS130821-21. Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

By Ed Barker, Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- As part of the training ensuring every member of the Department of the Navy (DoN) team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command (NETC) is conducting Sexual Assault Prevention and Response (SAPR) training Aug. 20. - Sept. 18.

Sexual Assault Prevention: One Team, One Fight is mandatory training for all DoN civilians and must be completed before Oct. 1. The training is designed to meet Congressional, Department of Defense and DoN requirements as part of the National Defense Authorization Act for Fiscal Year 2012.

Opening the One Team, One Fight training is a video which includes an introduction by Secretary of the Navy, Ray Mabus:

"This important training program is critical to the success of our Department of the Navy as a safe and secure work environment - that's true for all Sailors, Marines and civilians; we're all a team. But there's a problem that affects our safety and our mission readiness and I'm talking about sexual assault. On average, three sexual assaults are reported every single day. And that isn't the whole story, because a lot of sexual assaults go unreported. Sexual assault is real and it is a crime. It violates our military code of conduct and there's absolutely no place in our Navy and Marine Corps for sexual assault, period. Sexual assault harms team morale. It erodes the trust that binds our organization together, it undermines our operational readiness, and it tarnishes our reputation. It also violates the trust of the families who have placed the well-being and safety of their family members in our hands. As secretary, I'm personally committed to eliminating sexual assault throughout the Department of the Navy, because we are a family. It's up to all of us to protect each other."

Mike Stahl, SAPR program manager for NETC, is coordinating the civilian training at headquarters and throughout the domain. Stahl also serves as one of the facilitators for the headquarters training.

"We have more than 4,000 civilians working side-by-side with our military members at NETC activities, so it's vital to include them in this important effort," said Stahl. "Civilians are an integral part of our training and education culture, and they need to be armed with the same type of information which was provided to our service members during the SAPR standdown, SAPR Leadership and Fleet training sessions."

The civilian SAPR training is approximately 90-minutes long and consists of 30-minutes of video followed by guided group discussion. Class size is designed to average 30 participants, with multiple classes scheduled to include all civilians. In addition to two facilitators, an area Sexual Assault Response Coordinator (SARC) or a SAPR Victim Advocate is present during the sessions to provide support to any sexual assault survivors in the audience.

Anne Ballensinger, SAPR victim advocate from the Naval Air Station Pensacola Fleet and Family Support Center, participated in the training. Ballensinger is often the first one to take the call that a sexual assault has taken place.

"This new training is provided to ensure that every member of DoN understands that sexist behaviors, sexual harassment, and sexual assault are not tolerated, condoned or ignored," said Ballensinger. "Every member must be treated with dignity and respect; all allegations of inappropriate behavior must be taken very seriously; and victim privacy must be protected while treating them with utmost sensitivity. Additionally, bystanders must be motivated to step in and intervene in a situation that doesn't seem right while we hold offenders accountable for committing these crimes."

Additional information and resources to combat sexual assault are available at <http://www.sapr.navy.mil>. Sexual assault affects Navy readiness, and the Navy is committed to preventing sexual assault. Join the Navy's conversation about sexual assault on social media and help raise awareness by using #NavySAPR.

For additional information about the Naval Education and Training Command, visit <https://www.netc.navy.mil> or www.navy.mil/local/cnet/.

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NNS130821-10. Continue to Serve Through Conversion

By Mass Communication Specialist 2nd Class Andrea Perez, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Conversion programs allow Sailors from all walks of life to make a major job change and continue their Navy careers, officials said Aug. 21.

Several Continuum of Service (CoS) conversion programs that apply to eligible officer and enlisted Sailors who are currently serving on active duty or in the Reserves are outlined in NAVADMIN 198/13.

To date, thousands of Sailors have converted to different ratings, allowing the Navy to keep Sailors who are committed to a career in the Navy.

According to a new conversion status report on the Active Duty Conversions Web Page on www.npc.navy.mil, more than half of active duty conversion requests in 2013 have already been approved.

Applications for conversion can be submitted by detailers, command career counselors (CCCs) or anyone with prior access to Fleet-RIDE through the new Career Waypoint (C-WAY) information technology system. A NAVPERS 5239/8 (SAAR

Addendum) is required to access C-WAY.

Active-duty enlisted Sailors, in conjunction with reenlistment applications submitted via the C-WAY-Reenlistment process, can voluntarily request to change ratings.

Reserve Sailors, working with their CCC, can view and apply for a rating conversion through C-WAY-Conversion.

Active-duty and Reserve officers interested in conversion can request a voluntary designator change. Requests for Reserve designator changes are considered continuously, while requests for AC designator changes are decided by a lateral transfer board twice a year.

Per MILPERSMAN 1440-010, requests for conversion into ratings that are properly manned, will only be considered on a case-by-case basis and requests for conversion to overmanned ratings will not be considered.

For more information, visit
www.npc.navy.mil/CAREER/CAREERCOUNSELING/Pages/Conversions.aspx or
www.npc.navy.mil/career/careercounseling/Pages/CareerWaypointSystem.aspx.

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NNS130821-07. Germantown Volunteers at Australian Hospital, departs Cairns

By Mass Communication Specialist 2nd Class Andrew B. Church

CAIRNS, Australia (NNS) -- Dock landing ship USS Germantown (LSD 42) departed Cairns, Australia after a routine port visit Aug. 15 to 19.

Roughly 30 Sailors and Marines volunteered at a local hospital during the visit, playing games with patients, sharing jokes, and generally uplifting the spirits of more than 100 patients.

"Having the opportunity to volunteer our time at the hospital didn't just lift the hearts of the patients there," said Lt. Robert Hecox, chaplain of Germantown. "It lifted our hearts as well. We were all just very thankful to invest some of our free time volunteering here today."

The visit followed Germantown's completion of a two week certification exercise (CERTEX) with the 31st Marine Expeditionary Unit (MEU) in the Coral Sea, during which Navy and Marine Corps maritime capabilities were certified to maintain fleet readiness.

"Germantown's visit represented a well earned break for the Sailors and Marines assigned to her," said Cmdr. Jason R. Leach, commanding officer of Germantown.

After a four day visit, Germantown departed Cairns to continue combined and joint-force operations in the 7th Fleet Area of Responsibility.

"The United States' relationship with Australia is essential to maintaining maritime dominance and security in the Indo-Asia-Pacific region. We leave Cairns to ensure

that purpose is realized, and we look forward to any future visits with our allies in Australia," said Leach.

Germantown is currently on patrol with the Bonhomme Richard Amphibious Ready Group, commanded by Capt. Cathal O'Connor, commodore, Amphibious Squadron 11 and reports to the Commander, Amphibious Force 7th Fleet, Rear Adm. Jeffrey A. Harley, headquartered in White Beach, Okinawa, Japan.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

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NNS130821-05. 6th Fleet Flagship Mount Whitney Departs France

By Mass Communication Specialist 1st Class Collin Turner
USS Mount Whitney (LCC 20) Public Affairs Office

THEOULE-SUR-MER, France (NNS) -- U.S. 6th Fleet flagship, USS Mount Whitney (LCC 20), concluded a 4-day port visit to Theoule-sur-Mer, France, after taking part in several events honoring the 69th anniversary of the liberation of Provence, Aug. 17.

"This year is the 69th anniversary, and I was fortunate enough to be in southern France as a lieutenant to recognize the 50th anniversary many years ago," said Capt. Craig Clapperton, Mount Whitney's commanding officer "This has been Mount Whitney's third consecutive year in Theoule-sur-Mer, and the city and the ship have developed a great friendship."

During the visit, Sailors hosted ship tours and an on board reception, took part in wreath-laying ceremonies, marched in a parade, attended a reception at city hall and a participated in a military ceremony at the Rhone American Cemetery.

Sailors also participated in a parade from the pier to the center of the city and attended a formal reception at Theoule-sur-Mer's town hall, hosted by Mayor Daniel Mansanti.

"Meeting the mayor was great," said Information System's Technician 1st Class Danny Suarez. "I never in my life would have imagined being in the French Riviera and having the chance to meet the mayor."

The last event was a full military ceremony at the Rhone American Cemetery and Memorial in Draguignan. Charles Rivkin, United States Ambassador to France and Monaco and Clapperton were the guests of honor.

The event started with the presentation of colors by Mount Whitney's color guard, followed by the playing of the U.S. and French national anthems by the U.S. 6th Fleet band.

"It was fantastic taking part in the remembrance ceremony at the Rhone Cemetery today," said Ship's Serviceman 3rd Class Cequita Edmond, a member of the color guard. "Being able to present our national colors during the event was truly a

humbling experience."

Mount Whitney, homeported in Gaeta, Italy, is the U.S. 6th Fleet flagship and operates with a combined crew of U.S. Sailors and civil service mariners. The civil service mariners perform navigation, deck, engineering, laundry and galley service operations, while military personnel aboard support communications, weapons systems and security.

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.

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NNS130821-04. LCS Crew 101 Returns from First Underway of the Deployment

By Chief (Sel) Mass Communication Specialist Cassandra Thompson

SINGAPORE (NNS) -- USS Freedom's (LCS 1) LCS Crew 101 completed its first underway period since the mid-deployment crew swap, Aug. 19.

The two-week workup gave crew members an opportunity to integrate and conduct operational checks in communications, weapons and damage control.

Crew 101 also conducted focused training events integrating the embarked maritime security module and aviation detachments.

"This is the first time the core crew, maritime security and aviation detachments have operated together on board the ship since January," said Freedom's commanding officer, Cmdr. Pat Thien. "So we focused on getting our tactics, techniques and procedures back to where they need to be for us to be effective in our new environment."

Crew 101 and personnel from Freedom's embarked surface warfare mission package completed visit, board, search and seizure boarding drills, quick reaction force drills, a "Killer Tomato" exercise shooting the 57mm gun during high-speed maneuvers, and an 11-meter rigid hull inflatable boat (RHIB) launch and recovery exercise.

"We set the stage for even more advanced drills, which flex the crew, flex the ship and flex its on board systems," said Thien. "We want to make it harder and more complex, and challenge ourselves."

"The crew worked really hard this underway," said Gas Turbine Systems Mechanic Markzel Ramas. "We worked some really long hours, and in the long run, it was worth it, because we got the ship afloat and kept the mission going."

Fast, agile and mission-focused, littoral combat ships are designed to operate in near-shore environments and employ modular mission packages that can be configured for surface warfare, anti-submarine warfare or mine countermeasures. Freedom will return to its homeport at the end of the year.

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

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NNS130821-17. Submarine USS Albuquerque Returns from Deployment

By Petty Officer 1st Class Anthony Walker

NAVAL BASE POINT LOMA, Calif. (NNS) -- Friends and family of Sailors aboard the Los Angeles-class fast attack submarine USS Albuquerque (SSN 706) welcomed home Albuquerque's crew Aug. 21 following a seven-month deployment to the Western Pacific.

The deployment supported the nation's Maritime Strategy, which includes maritime security, forward presence, sea control, and power projection.

During the deployment, Albuquerque executed missions vital to national security and participated in U.S. and multinational naval exercises. The ship visited Yokosuka, Thailand, Sasebo and Saipan while traveling more than 30,000 nautical miles during the course of its deployment.

"I'm tremendously proud of what the crew accomplished over the last seven months," said Cmdr. Chris Cavanaugh, Albuquerque's commanding officer. "We have demonstrated the full range of submarine capabilities and participated in several exercises with our Japanese and Thai allies. We also had several memorable port visits and special events, including the ship's 1,000th dive and 30th birthday."

Albuquerque was commissioned May 21, 1983. Measuring more than 360 feet long and displacing more than 6,900 tons, Albuquerque has a crew of nearly 140 Sailors. Albuquerque is capable of supporting various missions, including anti-submarine warfare, anti-surface ship warfare, strike, surveillance, and reconnaissance.

For more news from Commander, Submarine Squadron 11, visit www.navy.mil/local/css11/.

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NNS130821-14. Petty Officer Selectee Leadership Courses Updated

By Susan D. Henson, Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH, Va. (NNS) -- Updated versions of the Petty Officer Selectee Leadership courses have been released, said the courses' manager at the Center for Personal and Professional Development Aug. 20.

Chief Aviation Boatswain's Mate Handling (AW/SW) James Priest, manager of the courses, said that the changes were announced in Naval Administrative (NAVADMIN) message 207/13 and applies to Petty Officer Selectee Leadership Course (POSLC), Petty Officer Second Class Selectee Leadership Course (PO2SLC), and Petty Officer First Class Selectee (PO1SLC) Leadership Course.

"As the NAVADMIN said, we added Sexual Assault Prevention and Response and Combat/Operational Stress Control modules to the courses, per Chief of Naval Operations the Defense Department instructions, as well as the National Defense

Authorization Act for Fiscal Year 2012," he said. "Commands must update their curricula to ensure they are teaching the correct version of these courses to newly selected E-4 to E-6 petty officers."

The NAVADMIN references the instructions, which directed the military services to include Sexual Assault Prevention and Response training and education in all leadership training and also that the training be tailored for each leadership level. The services were additionally directed to ensure leaders serving at all levels understand Combat/Operational Stress Control Policy and management strategies.

"Commands will need to go to NKO to download the updated courses, then follow the directions in the change letters to make the required changes to integrate the new content into the printed leadership course materials they already have. Or they can download the entire revised courses with the changes already made," Priest said.

Capt. John Newcomer, CPPD's commanding officer, said the course revisions were a top priority for the CPPD curricula development team. "Our Training Directorate team members worked hard to deliver this revised content as soon as possible for fleet use," he said. "SAPR and OSC are both timely issues for the Navy to address. Completing these necessary course updates supports CPPD's goal to provide training that will equip Sailors to think critically, act responsibly and lead proactively to meet the ever changing global challenges our Navy faces every day."

For more information about the Center for Personal and Professional Development (CPPD), visit <https://www.netc.navy.mil/centers/cppd/>, www.navy.mil/local/voledpao/, <https://www.facebook.com/pages/Center-for-Personal-and-Professional-Development/100056459206> and on Twitter @CENPERSPROFDEV.

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NNS130821-13. USS Providence Welcomes New Commander

By Mass Communication Specialist 1st Class (SW/EXW) Jason J. Perry, Submarine Group 2 Public Affairs

GROTON, Conn. (NNS) -- Los Angeles-class attack submarine USS Providence (SSN 719) held a change of command ceremony at Naval Submarine Base Groton in Groton, Conn., Aug. 21.

Cmdr. Anthony "Tony" S. Grayson relieved Cmdr. Michael G. Quan during the ceremony.

The keynote speaker, Rear Adm. Rick Breckenridge, director, Submarine Warfare Division on the Chief of Naval Operations' staff, praised Quan for his successful tour.

"His leadership style and command skill directly contributed and became the bedrock for Providence's success," said Breckenridge. "The command tour is probably one of the hardest tours, bar-none, in our Navy - but also one of the most rewarding."

Quan was recognized for successfully leading Providence through an extended seven-month deployment to the Mediterranean and Middle Eastern regions. The boat

returned to Groton in March.

Deployments for attack submarines typically last six months, but Providence was extended twice to continue conducting assigned missions. Quan lauded his crew of 140 enlisted Sailors and officers for their efforts at sea.

"It takes a team to successfully go to sea," said Quan. "This crew all has one thing in common; they each raised their right hand and committed an act of selflessness to go wherever the nation asked and under any hazard."

Under Quan's leadership, Providence was recognized for numerous awards and achievements including the 2011 Battle Efficiency "E" for surpassing other attack submarines in overall readiness. The crew also received the 2012 Supply "S" for logistical proficiency and was the 2013 Atlantic attack submarine nominee for the Capt. Edward F. Ney Award for food service excellence.

"Cmdr. Grayson, you are receiving a great team of Sailors," said Quan. "Each dedicated to the good of Providence and the Submarine Force."

He enlisted in the Navy in 1985 and soon entered the Nuclear Enlisted Commissioning Program where he earned his bachelor's in mathematics from Oregon State University in 1992. Quan received his officer commission in 1993 through Officer Candidate School in Newport, R.I. He will serve on the staff of the Chief of Naval Operations in Arlington, Va.

Quan's relief Grayson previously served as the executive assistant to Commander, U.S. 5th Fleet and Commander, U.S. Naval Central Command. He graduated from the United States Naval Academy in 1996 with a bachelor's in systems engineering.

When addressing the crew, Providence's new captain was hopeful about achieving future success through teamwork.

"We are all bonded by skill, experience, mutual respect and a common cause," said Grayson. "I know that together we will make Providence not just the best ship in the submarine fleet, but the Navy."

Providence was commissioned July 27, 1985. It is the fifth Navy vessel to bear the name of the capital of Rhode Island.

For more news from Commander Submarine Group 2, visit www.navy.mil/local/Subgru2/.

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NNS130821-12. Ike Celebrates Ship's Heritage with 5K Run

By Mass Communication Specialist Seaman James Veal

NORFOLK (NNS) -- The aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) hosted a 5K heritage run at Naval Station Norfolk to celebrate 35 years of the ship's history, Aug. 17.

Six Sailors assigned to Ike planned the 5K to strengthen the camaraderie between

past and present IKE and Carrier Air Wing (CVW) 7 Sailors.

Aviation Electronics Technician 2nd Class Scott Cross, assigned to the ship's Aircraft Intermediate Maintenance department (AIMD), served as one of the members of the planning committee and came up with the idea.

"I originally wanted to do a charitable run, ultimately for the benefit of a worthy cause," Cross said. "I knew that as a command we were large enough and we had the resources to put that together to make a large event that a lot of people would attend."

Because of the ship's recent busy schedule including back-to-back deployments and ongoing preparation for an upcoming extended shipyard period, planning for the event took some time.

"This is the inaugural IKE Heritage 5K, and we knew it was going to be a lot of work to coordinate and pull off," said Master Chief Avionics Technician Doug Dickinson, AIMD maintenance master chief and the mentor for the planning committee.

"[Aviation Electronics Technician 2nd Class Scott] Cross and the committee have been actively working this event for six months. I am already excited to start planning for the second annual IKE Heritage 5K to celebrate 36 years of Ike heritage and expect it to be even bigger."

More than 725 past and present Sailors and guests participated in the run and about 75 Ike Sailors volunteered to contribute to the event's success.

"It feels good to come out and show up all these young guys and finish first," said Cmdr. Darren T. Jones, the run's first-place finisher.

Cross said that the run was a valuable learning experience about how to set up such an event and how to ensure maximum participation, awareness and enjoyment for the crew.

"I would be surprised if we didn't double it next year," said Cross. "What I'd really like is for this to be something that ties any crew member that has ever served on Ike together with all the others."

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.

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NNS130821-08. Sea and Anchor Detail Kicks off Fast Cruise

By Mass Communication Specialist Seaman Stephane Belcher, USS Theodore Roosevelt Public Affairs

NEWPORT NEWS, Va. (NNS) -- Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) began fast cruise by executing a simulated sea and anchor detail in Newport News, Va., Aug. 19.

The simulated sea and anchor detail was a crucial step in ensuring the crew is ready to return Theodore Roosevelt to the fleet after a four-year refueling and complex

overhaul.

"The purpose of this evolution is for Sailors to achieve what they've been training to do for the past four years," said Ensign William Boll, the ship's boatswain. "We do this so we can get our minds set to act, not react, to not hesitate when orders are given."

Communication and safety are key elements when working the sea and anchor detail. Boatswain's mates must ensure safety measures are followed and communicate with the bridge and windlass while loading and unloading the 30-ton anchor. A lapse in these areas could quickly turn any sea and anchor detail into a dangerous situation.

"We go on station an hour before we do anything to make sure everything works," said Seaman Saul Bueno, a member of the sea and anchor detail. "We really take precautions, you have to in here."

Numerous precautions are taken during the evolution. there is a safety brief at the beginning of each event. Sailors must remove rings, watches and anything hanging from their uniforms as well as wear protective gear, such as hardhats, ear plugs and goggles. Hospital Corpsmen also stand by in case a casualty occurs.

Sea and anchor detail exercises prepare the ship's Sailors to conduct real-world evolutions safely and efficiently as they make Theodore Roosevelt ready for operations.

For more news from USS Theodore Roosevelt (CVN 71), visit www.navy.mil/local/cvn71/.

NNS130821-18. Current All Hands Update

From Defense Media Activity - Navy

WASHINGTON (NNS) -- All Hands Update features one-minute newscast today and one web-only newscast.

First one-minute newscast -

- Headlines for Wednesday, August 21, 2013: Explosion at Naval Weapons Station Earle-New Jersey Injures Eight; Installations Assessed on Anti-Terrorism Operations

<http://www.navy.mil/viewVideo.asp?id=18770>

<http://youtu.be/In9ITowqKEY>

Second one-minute newscast -

- Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

<http://www.navy.mil/viewVideo.asp?t=6>

<http://youtu.be/9oG8FdKTOSI>

Defense Media Activity - Navy usually produces one one-minute All Hands Update (AHU) newscast each day. AHU can be seen throughout the day and evening on the Direct-to-Sailor (DTS) satellite television service available aboard 160 ships of the

fleet and via the Navy Web site at www.navy.mil. Check your local DTS program schedule for air times. AHU can also be seen throughout the world on the American Forces Radio and Television Service (AFRTS).

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NNS020718-34. This Day in Naval History - Aug. 21

From the Navy News Service

1800 - U.S. Marine Corps Band gives its first concert in Washington, D.C.

1883 - Installation of the first electric lighting on a U.S. Navy Ship completed on USS Trenton.

1920 - Radio station built by U.S. Navy and French government transmits first wireless message heard around the world. At the time it was the most powerful radio station in the world.

1951 - First contract for nuclear-powered submarine awarded.

1965 - Launch of Gemini 5, piloted by Navy Lt. Cmdr. Charles Conrad Jr., who completed 120 orbits in almost eight days at an altitude of 349.8 km. Recovery was by helicopter from USS Lake Champlain (CVS 39).

1980 - USS Truxtun (CGN 35) rescues 42 Vietnamese refugees and USS Merrill (DD 976) rescues 62 Vietnamese refugees, over 200 miles southeast of Saigon.

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Story Number: NNS130821-18 Release Date: 8/21/2013 3:28:00 PM



From Defense Media Activity - Navy

WASHINGTON (NNS) -- All Hands Update features one-minute newscast today and one web-only newscast.

First one-minute newscast -
- Headlines for Wednesday, August 21, 2013: Explosion at Naval Weapons Station Earle-New Jersey Injures Eight; Installations Assessed on Anti-Terrorism Operations

<http://www.navy.mil/viewVideo.asp?id=18770>

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Second one-minute newscast -
- Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

<http://www.navy.mil/viewVideo.asp?t=6>

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Defense Media Activity - Navy usually produces one one-minute All Hands Update (AHU) newscast each day. AHU can be seen throughout the day and evening on the Direct-to-Sailor (DTS) satellite television service available aboard 160 ships of the fleet and via the Navy Web site at www.navy.mil. Check your local DTS program schedule for air times. AHU can also be seen throughout the world on the American Forces Radio and Television Service (AFRTS).



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 - Feature Stories
 - Local Stories
- Media
 - All Hands Update
 - All Hands Radio News
 - Video Gallery
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 - Featured Galleries
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- Links
 - Shift Colors-Navy
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This Day in Naval History - Aug. 21

Story Number: NNS020718-34 Release Date: 7/18/2002 4:45:00 PM



From the Navy News Service

1800 - U.S. Marine Corps Band gives its first concert in Washington, D.C.
 1883 - Installation of the first electric lighting on a U.S. Navy Ship completed on USS Trenton.
 1920 - Radio station built by U.S. Navy and French government transmits first wireless message heard around the world. At the time it was the most powerful radio station in the world.
 1951 - First contract for nuclear-powered submarine awarded.
 1965 - Launch of Gemini 5, piloted by Navy Lt. Cmdr. Charles Conrad Jr., who completed 120 orbits in almost eight days at an altitude of 349.8 km. Recovery was by helicopter from USS Lake Champlain (CVS 39).
 1980 - USS Truxtun (CGN 35) rescues 42 Vietnamese refugees and USS Merrill (DD 976) rescues 62 Vietnamese refugees, over 200 miles southeast of Saigon.

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 - Top Stories
 - Headlines
 - Feature Stories
 - Local Stories
- Media
 - All Hands Update
 - All Hands Radio News
 - Video Gallery
 - Photo Gallery
 - Featured Galleries
 - All Hands Magazine Archive
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 - Web Ad Gallery
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 - Podcasts & RSS Feeds
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130821-N-NB544-130 SAN DIEGO (Aug. 21, 2013) The Los Angeles-class attack submarine USS Albuquerque (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Carlstrom/Released)

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Navy Sexual Assault Prevention and Response (SAPR) Program

Our Mission

Prevent and respond to sexual assault, eliminating it from our ranks through a balanced of focused education, comprehensive response, compassionate advocacy, and just adjudication in order to promote professionalism, respect, and trust, while preserving Navy mission readiness.

Our Vision

Promote and foster a culturally aware and informed Navy respectful of all, intolerant of sexual assault, and supported by a synergistic program of prevention, advocacy, and accountability.

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DON Civilian SAPR Training

Sexual Assault Prevention: One Team, One Fight is the training [mandated](#) by the Secretary of the Navy for all DON civilians to be completed by 1 October 2013. Details are located on the [SAPR Training](#) webpage.

SAPR Stand-Down

The Secretary of Defense directed the military services to conduct a SAPR Stand-Down (S-D) for service members and civilian employees to be completed no later than 1 July 2013. Reserve component units will commence their stand-down activities commensurate with the active component and be complete by 22 July 2013. The intent of this stand-down is to ensure service members and civilian personnel clearly understand SAPR principles and the resources available. Personnel should understand their accountability and role in elimination sexual assault, fostering a climate of dignity and respect, and upholding our core values of honor, courage, and commitment. This effort builds upon training completed under SAPR-Fleet and SAPR-Leadership training modules.

Additional details on mandated activities, resources available to facilitate the stand-down, and detailed reporting requirements are located in "STAND-DOWN 2013" box on the right side of this page and on the [SAPR Training](#) page. **SAPR S-D training completion must be documented via FLTMPs even if it is conducted after the scheduled completion dates.** Questions or comments should be directed to navysaprstanddown@navy.mil.

SAPR Fleet-Wide Training

As part of the Navy's continuing effort to prevent sexual assaults and promote essential culture changes within the force, a SAPR Task Force (SAPR TF) was established under the command of the Deputy Chief of Naval Operations for Manpower, Personnel, Training and Education (N1) to facilitate delivery of targeted sexual assault prevention training to all active and reserve personnel.

This training aligns with the ["Strategic Direction to the Joint Force on Sexual Assault Prevention and Response"](#) from the Chairman of the Joint Chiefs of Staff, supports the Secretary of Defense's [Initiatives to Combat Sexual Assault in the Military](#) and is part of the Secretary of the Navy's [21st Century Sailor and Marine initiative](#).

SAPR Leadership (SAPR-L) (E7 and above), SAPR Fleet (SAPR-F) (E6 and below), and SAPR-GMTK (E-7 and above) training will provide some of the critical tools to reduce sexual assault and promote a culture of respect and professionalism in our force, where each sailor is motivated to intervene and stop this crime. Specific information and resources on SAPR-L, SAPR-F, and SAPR-GMTK training are available on the [SAPR Training](#) website.

To anonymously report a crime, go to the [NCIS Homepage](#) or submit a tip via the [NCIS Tip Submit](#) smartphone application.

To report a sexual assault contact your local Sexual Assault Response Coordinator (SARC), your local SAPR Victim Advocate (VA) or call, text, or click the [DoD Safe Helpline](#).

The Navy's SAPR Program falls under the purview of the 21st Century Sailor Office (OPNAV N17) for information contact us at: mailto:opnav_sapr_report@navy.mil.



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GULF OF ADEN (Aug. 18, 2013)

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Marines in an MH-53 Super Stallion assigned to the Marine Medium Tiltrotor Squadron (VMM) 266 observe the amphibious transport dock ship USS San Antonio (LPD 17) during flight operations. San Antonio is deployed as part of the Kearsarge Amphibious Ready Group and, with the embarked 26th Marine Expeditionary Unit (26th MEU), is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 3rd Class Lacordrick Wilson (Released) 130818-N-WX580-131

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Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

As part of the training ensuring every member of the Department of the Navy team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command is conducting Sexual Assault Prevention and Response training Aug. 20 - Sept. 18.

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Petty Officer Selectee Leadership Courses Updated

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Photo Gallery
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- 206/13** RENEWAL OF NAVAL SPECIAL WARFARE CRITICAL SKILLS ACCESSION BONUS FOR CHIEF WARRANT OFFICERS IN DESIGNATORS 7151 AND 7171



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[Fleet "A" School](#)
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[NPC FORCM Weekly](#)
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[NRMS](#)
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[Transition](#)

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- [MILPERSMAN 1440-040](#) No Fault Reversion to Former Rating

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NOTE: For information on obtaining a quota for the Command Career Counselor course (A-501-0011) contact your [ISIC](#) or [TYCOM](#).

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Advancement

Assessment

Career Waypoints (C-WAY)

CDB

CIMS

Commissioning Programs

Conversions

Fleet "A" School

FLTRES/Retirement/SBP

Forms

HARP

NPC FORCM Weekly

NPC FORCM Weekly

Archives

NRMS

Reenlistments

Sea Special Programs

Shore Special Programs

Training for Counselors

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Separations

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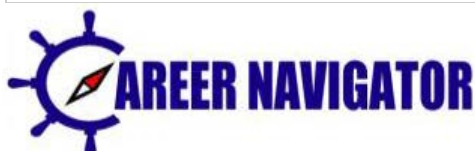
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Transition

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Leadership Quote: "Career Navigator will change how we do business-placing you, our Sailors, at the helm as you choose your course between reenlistment, conversion, or transition. Career Navigator will help you make informed decisions about the opportunities available specifically to you and your career goals by providing career tools so you can get involved and personally research your career options."

- Vice Adm. Scott Van Buskirk, Chief of Naval Personnel, May 1, 2013

The Career Navigator Program introduces a new terminology designed to change how we think, discuss, and apply enlisted career management processes in order to promote proactive Sailor involvement in their careers. This new terminology is meant to be more self-explanatory. Career Waypoints (C-WAY) (formerly Fleet RIDE) is the IT system that supports key Sailor decisions about their next career choice. The enlisted career management processes in Career Waypoints include:

- (1) Reenlistment (formerly Perform to Serve (PTS))
- (2) Reclassification (formerly Production Management Office (PMO))
- (3) PACT Designation (formerly Rating Entry for General Apprentice (REGA))
- (4) Conversion
- (5) Transition between Active Component (AC) and Reserve Component (RC)

These system, policy and process terminology changes will take place through fall of 2013.

[Career Waypoints Homepage](#)
(Formerly Fleet RIDE - Perform to Serve)

Career Waypoint - Reenlistment

The Career Waypoint-Reenlistment process (formerly Fleet RIDE-Perform to Serve (PTS)) helps ensure the Navy has the right number of Sailors in each rating based on mission requirements.

The C-WAY system now automatically generates most reenlistment applications based on a Sailors Projected Rotation Date (PRD) or proximity to the end of their enlistment contract (End of Active Obligated Service, as extended (SEAOS)). For more information, review NAVADMIN 021/13.

The reenlistment screening process is now simplified to be based on rank, performance evaluations and critical NECs. In FY14, we plan to completely redesign the reenlistment screening process using weighted performance factors. In addition, Future Sailor Portal enhancements will provide expanded ability for Sailors to obtain and review their competitiveness for reenlistment under the new screening process when researching career opportunities. Nuclear-trained personnel will continue to have the ability to request a

reenlistment quota once eligible in a reenlistment zone.

Reenlistment for E6 Sailors. All eligible and command-approved E-6 Sailors will be approved for reenlistment on their first request. While there is still a need to inform the Navy of Sailor's intentions to reenlist or separate via the Career Counselor, E-6 Sailors who desire to reenlist and have command approval to do so will be given reenlistment approval on their first application. In the near future, as our IT system is updated, E-6 Sailors and their commands will receive confirmation immediately upon application submission, resulting in no wait period. Under the updated system, Nuclear-trained personnel will receive confirmation within 15 days of their request.

E-5 and below reenlistment request processing. Categories of skill sets have been created to expedite reenlistment request processing for Sailors E-5 and below. All eligible and command approved E-5 and below Sailors will receive answers about reenlistment requests earlier using these categories:

C-WAY - Reenlistment Skill Set - 19 AUG 13

(1) Open Reenlistment: Sailors in undermanned skill sets. All eligible and command approved non-Nuclear E-5 and below Sailors in open skill sets will receive approval to reenlist on their first application (within approximately 30 days). In a near-term C-WAY system update expected by the end of FY13, these Sailors will receive confirmation immediately upon submittal, resulting in no wait period.

(2) Balanced Reenlistment: Sailors in skill sets that are fully-manned. Reenlistment request processing for all eligible and command-approved Sailors who are in skill sets that are fully-manned will be based on the manning in their year group. Sailors in undermanned year groups will receive approval on their first application and all Sailors will know at least 10 months from the end of their contract if they will be able to reenlist in their current rate.

(3) Competitive Reenlistment: Sailors in skill sets that are overmanned or have special requirements. Reenlistment request processing for all eligible and command-approved Sailors who are in skill sets that are overmanned or that have special requirements such as the Nuclear community will follow the timeline described below for final reenlistment approval prior to SEAOS. All Sailors in this category will know at least 10 months from the end of their contract whether they will be able to reenlist in their current rate.

Career Waypoint - Reenlistment 3-2-1

Reenlistment request timeline change. Reenlistment applications for PRD will be IAW NAVADMIN 021/13. The system will generate an application 15 months before PRD for Sailors with less than 24 months of enlistment remaining at their PRD; those application will be processed 12 months from PRD.

Reenlistment requests for SEAOS-based applications will begin at 13 months prior to SEAOS vice 12 months. Sailors will now receive up to 8 looks to remain on active duty (13 to 6 months from their SEAOS).

(1) Months 13/12/11/10: During this period, Sailors submit reenlistment applications for active duty In-Rate, active duty conversion, or transition to Selected Reserves (SELRES), or indicate their intention to separate. Limiting in-rate applications to the first four looks ensures Sailors receiving in-rate approvals can utilize the full CMS-ID order negotiating window during months 9 to 6. Nuclear-trained personnel are only authorized to submit applications to reenlist in-rate 13 to 10 months from SEAOS.

(2) Months 9/8/7/6: During this period Sailors submit applications for rating conversion or transition to SELRES. At this stage, active duty in-rate applications are not authorized. Nuclear-trained personnel are only authorized to submit applications for SELRES quotas 9 to 6 months from SEAOS.

(3) Months 5/4/3: During this period Sailors may submit applications for transition to Selected Reserves (SELRES). At this point, Active Duty in-rate or conversion applications not authorized.

New timeline implementation. C-WAY-Reenlistment applications for both In-Rate and Conversion are based on the Sailor's SEAOS month. Note: in June 2013, applications are due for Sailors with both June and July 2014 SEAOS dates. New application timelines are as follows:

(1) SEAOS of November 2013 or earlier: no impact-member has already received final reenlistment determination.

(2) SEAOS of December 2013 through June 2014: no change-member is already in the application window and will continue the legacy process.

(3) July 2014 SEAOS: submit initial application no later than 30 June 2013 due to application window starting 13 months prior to SEAOS.

(4) August 2014 or later: submit initial application no later than the last day of the month 13 months prior to SEAOS.

Additional requirements and procedures can be found in [NAVADMIN 150/13](#).

Reference Material

[C-WAY - Reenlistment Checklist for Success](#)

[C-WAY - Reenlistment \(5 Things you need to know\)](#)

[C-WAY - Reenlistment Status Codes](#)

[C-WAY - Reenlistment Status Codes for Enlisted Master File](#)

[C-WAY - Reenlistment Approval / Expiration Matrix](#)

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Career Waypoint - Conversion

Applications for AC and Full Time Support (FTS) Sailors will be submitted during C-WAY- Reenlistment system-generated application windows (i.e. PRD and SEAOS application windows). For more detailed information, see MILPERSMAN 1440-010.

Applications for RC Sailors requesting a change in rating will be entered through C-WAY- Conversion (formerly RC2RC). The rating conversion process for RC Sailors will be in accordance prior guidance with the following exceptions:

- a. Applications will be processed monthly by BUPERS-32 (SELRES ECM) in C-WAY in lieu of submission through PERS-8.
- b. Conversion opportunities will be updated monthly and identified as open or closed. In order to apply, a Sailor's current rating must be open to convert out and their requested rating must be open to convert in.
- c. Application results and official letters will be available in C-WAY. If approved for direct conversion, the letter will direct the Sailor's command to initiate a change of rate in NSIPS. If conversion has been approved and requires an A-school, contact information and instructions on how to request and schedule the training will be provided.
- d. All Sailors are encouraged to take the in-service AFCT to update their line scores and improve their conversion opportunities.

Additional requirements and procedures can be found in [NAVADMIN 150/13](#).

Career Waypoint - Transition between Components (RC-2-AC/FTS)

RC2AC transition requests have been incorporated into C-WAY-Transition. Additionally, SELRES and Voluntary Training Unit (VTU) Sailors can now apply for both in-rate and conversion into ratings with available AC and FTS quotas provided they meet program requirements. Additional requirements and procedures can be found in [NAVADMIN 150/13](#).

Career Waypoint - PACT Designation

C-WAY-PACT Designation (formerly Fleet RIDE-REGA) will auto-generate partially populated applications for PACT Sailors who are Time In-Rate (TIR) eligible for the Navy-Wide Advancement Examination (NWAE) and/or have at least 12 months on board their first permanent duty station.

- a. PACT Sailors who meet TIR requirements for the NWAE will be able to apply for Rating Entry Designation (RED) or NWAE quotas. RED quotas are preferred because Sailors are designated in the same month as the quota is approved. Additionally, direct designation is advantageous for Sailors because it provides a career path and eligibility to participate in the NWAE as a rated E-3. Sailors on this path may perform better on the NWAE, increasing their chances for advancement since they will have more opportunity to gain experience and study in their new rating prior to the exam.
- b. Sailors who have at least 12 months on board their first permanent duty station following completion of their initial skills training will be able to apply for RED or A-school quotas.
- c. PACT Sailors are encouraged to research and review gapped billets on board their command and apply for ratings with gaps, which benefits both the command and the Sailor. Most Sailors will find the opportunity to gain experience and study in their new rating may lead to faster promotion, which in turn increases competitiveness for reenlistment if desired and for converting to a different rating in the future.

Reference Material

[August 2013 PACT Quotas](#)

Career Waypoints point of contact:
PHONE: 901-874-2102; DSN: 882-2102 or 1(866)U-ASK-NPC
EMAIL: career_waypoints@navy.mil or cscemail@navy.mil

When sending information to the Career Waypoints Help Desk, ensure any email with PII information is encrypted. Do NOT send full SSNs; send Rate, First and Last Name, and UIC data only. Do NOT put this information in the Subject line of the email.

TELL US WHAT YOU THINK! In order to make Career Waypoints a better tool, please email us with detailed feedback.

[Career Waypoints Homepage](#)
(Formerly Fleet RIDE - Perform to Serve)

NAVY PERSONNEL COMMAND: 5720 Integrity Drive, Millington TN 38055-0000

Comments? Suggestions? Call 866-U-ASK-NPC or [Email the Webmaster](#) | Updated: 8/19/2013 3:42 PM

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Building Better Sailors

How three Sailors used CIPP to accomplish their life goals

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CNO Conversation with a Shipmate

CNO Adm. Jonathan Greenert recently sat down in Hawaii to talk with a shipmate about issues of concern to Sailors

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NAVY NEWS SERVICE TOP STORIES



Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

As part of the training ensuring every member of the Department of the Navy team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command is conducting Sexual Assault Prevention and Response training Aug. 20 - Sept. 18. August 21, 2013



Continue to Serve Through Conversion

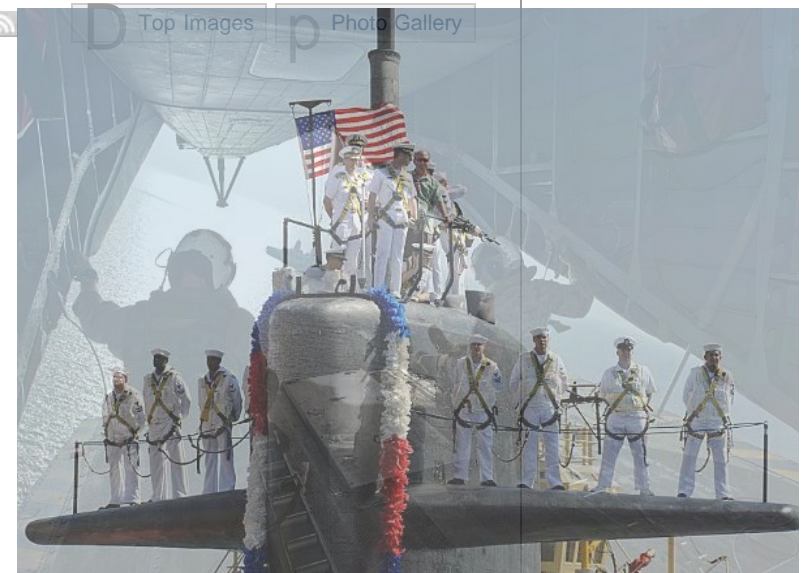
Conversion programs allow Sailors from all walks of life to make a major job change and continue their Navy careers, officials said Aug. 21. August 21, 2013

Navy Announces Plan to Reduce Flag Officer Structure

Upon the recommendation of the Chief of Naval Operations, the Secretary of the Navy has

IMAGES OF THE DAY

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SAN DIEGO (Aug. 21, 2013) 013

The Los Angeles-class attack submarine USS Albuquerque (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Carlstrom (Released) 130821-N-NB544-130. The embarked 26th Marine Expeditionary Unit (26th MEU), is deployed in support of maritime security operations and theater security efforts in the U.S. 5th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 3rd Class Lacordrick Wilson (Released) 130818-N-



approved the initial step to reduce, eliminate or consolidate a net of 35 Navy flag officer positions. August 20, 2013

WX580-131

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Faces of the Fleet

Faces of the Fleet takes a look at YOUR Navy operating forward. These images represent the greatest Sailors in the greatest Navy in the world leading from the deck plates...

August 21, 2013



CNP Reflects on CPO Mentoring, Leadership

Vice Adm. Bill Moran assumed the duties as the 57th chief of Naval Personnel Aug. 2. By sharing experiences and lesson learned from his travel around the fleet, the admiral seeks...

August 20, 2013

HEADLINES FROM AROUND THE FLEET

- USS Denver Arrives in Darwin, Australia
- Rear Admiral Buck Discusses 21st Century Sailor Office Priorities
- Submarine USS Albuquerque Returns from Deployment
- Petty Officer Selectee Leadership Courses Updated
- USS Providence Welcomes New Commander
- Ike Celebrates Ship's Heritage with 5K Run
- Sea and Anchor Detail Kicks off Fast Cruise
- Germantown Volunteers at Australian Hospital, departs Cairns
- 6th Fleet Flagship Mount Whitney Departs France
- LCS Crew 101 Returns from First Underway of the Deployment
- PCU America Assists Local School
- George Washington Welcomes Japanese Guests
- Navy Sailors, Divers Find and Salvage Downed F-16C Aircraft
- DC-3 Survey Plane Makes a Stop at 4th Fleet Headquarters
- Riverines Perform Rescue at Rudee Inlet

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U.S. Navy
 Welcome home #USNavy USS Albuquerque (SSN 706) from your seven-month deployment to the Western Pacific. More info: <http://ow.ly/o94T8>

U.S. Navy
 It's back to school for many students. For

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Home

About

Status of the Navy
Navy Organization
Command Directory
Our Ships
Fact Files
Today in Naval History
Contact Us
FAQ

Leadership

Secretary of the Navy
Chief Of Naval Operations
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Biographies
SES Biographies
Navy Command Tools

News

Top Stories
Headlines
Feature Stories
Local Stories

Media

All Hands Update
All Hands Radio News
Video Gallery
Photo Gallery
Featured Galleries
All Hands Magazine Archive
Graphics Gallery
Web Ad Gallery
Print Ad Gallery
Podcasts & RSS Feeds

Links

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Navy / Marine Corps Relief
Navy Office of Community Outreach
Joint Chiefs of Staff
Military One Source
Navy Personnel Command
Navy Knowledge Online
Pentagon Channel
USA.gov
Defense.gov
U.S. Army
U.S. Air Force
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#USNavy Rear Admiral Buck discusses 21st Century Sailor Office priorities [ow.ly/o9QXf](#) #NavySAPR

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13時間

#USNavy submarine USS Albuquerque returns from deployment to Western Pacific [ow.ly/o94T8](#) @UTSanDiego

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U.S. Navy @USNavy

17時間

Thank you for your support. MT @seahawks: Seahawks welcome Sailors to practice. Thanks for service! [ow.ly/o8zLM](#)

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19時間

Today in #USNavy history: A "bright idea" aboard USS Trenton in 1883 [ow.ly/o7ExQ](#) @navyhistorynews

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22時間

RT @uspacificfleet: NMCB 5 completes Pacific deployment, turns over to NMCB 3 [ow.ly/o72UN](#) #Seabees

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24時間

#USNavy USS Freedom's LCS Crew 101 returns from first underway of deployment ow.ly/o7CIQ @SurfaceWarriors

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U.S. Navy @USNavy

8月20日

#BREAKING: #USNavy announces plan to reduce flag officer structure ow.ly/o73uu @PilotNews @UTSanDiego

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8月20日

RT @secnav: #SECNAV attends school opening in #Ghana, reinforces U.S.-Ghanaian relationship ow.ly/o70ZQ #PartnershipsMatter

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U.S. Navy @USNavy

8月20日

#Earle #explosion update: 1 person remains hospitalized, 7 others treated & released. More info: ow.ly/o603q

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8月20日

#USNavy Sailors rescue young girl ow.ly/o6DmH @PilotNews @Wavy_News @WTKR3 @13NewsNow

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New #USNavy All Hands Magazine digital archive launched ow.ly/o4DyG @chinfo @navyhistorynews

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8月20日

MT @therealcvn71: We've begun fast cruise. Final training event b4 leaving shipyard for Sea Trials ow.ly/o4DeP

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U.S. Navy @USNavy

8月20日

#BREAKING: #USNavy release on Naval Weapons Station



#Earle, NJ, #explosion [ow.ly/o603q](#) @CNNBRK @AP

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U.S. Navy @USNavy

8月20日

Ammunition & ordnance operations at NWS #Earle not affected by #explosion. Full press release 2 follow.

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U.S. Navy @USNavy

8月20日

#Earle #explosion damage was contained within the boathouse area

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8月20日

UPDATE: NWS #Earle #explosion occurred @ Marine Boat Repair Shop. Initial reports 6 injured, all taken 2 local hospitals

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U.S. Navy @USNavy

8月20日

Explosion & fire in building on base NWS #Earle. Emergency personnel on scene. Injured taken 2 hospital. More 2 follow

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U.S. Navy @USNavy

8月20日

#USNavy confirms explosion at Naval Weapons Station Earle, NJ. More details to follow.

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New LED fixtures brighten base gyms, generate savings [ow.ly/o4fKg](#) @NavalEnergy

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#USNavy USS Gettysburg conducts 1000th safe helicopter landing of 2013 [ow.ly/o4fzZ](#) @NAVEUR_NAVAF @FlyNavy

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SAN DIEGO (Aug 21, 2013) 2 of 4

The Los Angeles-class submarine USS Albion (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. U.S. Navy photo by Mass Communication Specialist 3rd Class Jodie Cahill (Released) 130821-N-0544130th the embarked 26th Marine Expeditionary Unit (26th MEU), is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 3rd Class Lacordrick Wilson (Released) 130818-N-WX580-131

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Headlines for Wednesday, August 21, 2013



Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

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6th Fleet Flagship Mount Whitney Departs France

U.S. 6th Fleet flagship, USS Mount Whitney (LCC 20), concluded a 4-day port visit to Theoule-sur-Mer, France, after taking part in several events honoring the 69th anniversary of the liberation of Provence, Aug. 17.

August 21, 2013 | Comments 0

USS Samuel B. Roberts Welcomes Albanian Dignitaries

August 19, 2013 | Comments 0

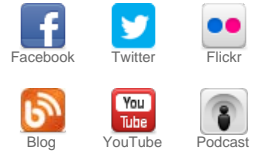
USS Samuel B. Roberts Arrives in Durres for Port Visit

August 17, 2013 | Comments 0

NMCB 11 Takes Control of Seabee Projects in Europe and Africa

August 13, 2013 | Comments 0

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U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet
In a ceremony at Naval Support Activity Naples, Capt. John Rinko relieved Capt. Richard Soucie as commander, Task Force 63/U.S. Navy's Military Sealift Command Europe and Africa.

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Home

About

Status of the Navy
Navy Organization
Command Directory
Our Ships
Fact Files
Today in Naval History
Contact Us
FAQ

Leadership

Secretary of the Navy
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Biographies
SES Biographies
Navy Command Tools

News

Top Stories
Headlines
Feature Stories
Local Stories

Media

All Hands Update
All Hands Radio News
Video Gallery
Photo Gallery
Featured Galleries
All Hands Magazine Archive
Graphics Gallery
Web Ad Gallery
Print Ad Gallery
Podcasts & RSS Feeds

Links

Shift Colors-Navy Retiree Newsletter
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Defense.gov
U.S. Army
U.S. Air Force
U.S. Marine Corps
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Search bar

COMMANDER, TASK FORCE 73

Home |

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SAN DIEGO (Aug. 21, 2013)

1 of 4

The Los Angeles-class attack submarine USS Albuquerque (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Carlstrom (Released) 130821-N-NB544-130

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Headlines for Wednesday, August 21, 2013



Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

LOCAL STORIES

LCS Crew 101 Returns from First Underway of the Deployment

USS Freedom's (LCS 1) LCS Crew 101 completed its first underway period since the mid-deployment crew swap, Aug. 19.

August 21, 2013 | Comments 0

USS Freedom's "Blue" Crew Gets Ship Underway from Singapore

August 9, 2013 | Comments 0

USS Freedom Holds Exchange of Command Ceremony in Singapore

August 6, 2013 | Comments 1

Freedom Gets Underway to Support First Overseas Crew Swap

July 30, 2013 | Comments 0

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Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

As part of the training ensuring every member of the Department of the Navy team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command is conducting Sexual Assault Prevention and Response training Aug. 20 - Sept. 18.

August 21, 2013 | Comments 0

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August 21, 2013 | Comments 0

Navy Announces Plan to Reduce Flag Officer Structure

August 20, 2013 | Comments 0

Secretary of the Navy Attends School Opening in Ghana, Reinforces U.S.-Ghanaian Relationship

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Home

About
Status of the Navy
Navy Organization
Command Directory
Our Ships
Fact Files
Today in Naval History
Contact Us
FAQ

Leadership
Secretary of the Navy
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Biographies
SES Biographies

News
Top Stories
Headlines
Feature Stories
Local Stories

Media
All Hands Update
All Hands Radio News
Video Gallery
Photo Gallery
Featured Galleries
All Hands Magazine Archive
Graphics Gallery
Web Ad Gallery
Print Ad Gallery

Links
Shift Colors-Navy Retiree Newsletter
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The Los Angeles-class attack submarine USS Albuquerque (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Carlstrom (Released) 130821-N-NB544-130

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Headlines for Wednesday, August 21, 2013



Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

LOCAL STORIES

Submarine USS Albuquerque Returns from Deployment

Friends and family of Sailors aboard the Los Angeles-class fast attack submarine USS Albuquerque (SSN 706) welcomed home Albuquerque's crew Aug. 21 following a seven-month deployment to the Western Pacific.

August 21, 2013 | Comments 0

Bonhomme Richard Departs Sydney

August 22, 2013 | Comments 0

USS Denver Arrives in Darwin, Australia

August 22, 2013 | Comments 0

Rear Admiral Buck Discusses 21st Century Sailor Office Priorities

August 21, 2013 | Comments 0

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Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

As part of the training ensuring every member of the Department of the Navy team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command is conducting Sexual Assault Prevention and Response training Aug. 20 - Sept. 18.

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[USA.gov](#)
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[U.S. Army](#)
[U.S. Air Force](#)
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Welcome to the Center for Personal and Professional Development



The Center for Personal and Professional Development was established in 2002 to focus on the continual personal development of Sailors throughout their careers. On May 30, 2008, the Center for Naval Leadership merged with the Center for Personal and Professional Development. This new organization increased efficiencies and now serves as the central authority for U.S. Navy training for leadership, professional and personal development training and support.

CPPD's mission is to develop and deliver education and training opportunities that build personal, professional and leadership competencies to achieve fleet readiness. As a center of excellence, CPPD's vision is to inspire Sailors, their families and DoD personnel to unparalleled levels of personal and professional achievement.

Through a variety of programs and services, CPPD teaches Sailors to assess risk and apply critical thinking skills to make sound personal and professional decisions. It additionally develops instructors by creating solid foundational teaching skills and inspiring the confidence to deliver world-class training to the fleet.

CPPD's leadership training is delivered multiple times throughout a Sailor's career via command-delivered enlisted leadership training material and officer leadership courses in a schoolhouse setting, giving maritime professionals the tools to lead with courage, respect and trust, and mentor future leaders to do the same.

Additionally, CPPD's voluntary education program is a conduit for equipping Sailors with strong analytical skills, the ability to make informed decisions, and avenues to pursue their life-long educational and credentialing goals.

CPPD equips Sailors to think critically, act responsibly and lead proactively to meet ever changing global challenges as maritime professionals. As such, the Center is committed to developing Sailors strong in moral courage who exemplify Navy core values, and embody equal opportunity and personal and professional accountability.

CPPD: Where Mind Meets Mission

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SAN DIEGO (Aug. 21, 2013)

1 of 4

The Los Angeles-class Attack Submarine USS Albion (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Cahill from Sarge (Released) 130821-N-0544130 with the embarked 26th Marine Expeditionary Unit (26th MEU), is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 3rd Class Lacordrick Wilson (Released) 130818-N-WX580-131

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Headlines for Wednesday, August 21, 2013



Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

LOCAL STORIES

Petty Officer Selectee Leadership Courses Updated

Updated versions of the Petty Officer Selectee Leadership courses have been released, said the courses' manager at the Center for Personal and Professional Development Aug. 20.

August 21, 2013 | Comments 0

First Term Sailors Receive Career Decision Help

August 15, 2013 | Comments 0

Bonhomme Richard Departs Sydney

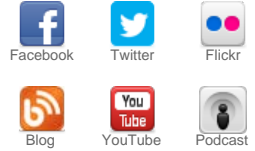
August 22, 2013 | Comments 0

USS Denver Arrives in Darwin, Australia

August 22, 2013 | Comments 0

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Hot off the press: Petty Officer Selectee Leadership Courses for E-4 to E-6 have been updated with new content.

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About

Status of the Navy
Navy Organization
Command Directory
Our Ships
Fact Files
Today in Naval History
Contact Us
FAQ

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Secretary of the Navy
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Biographies
SES Biographies
Navy Command Tools

News

Top Stories
Headlines
Feature Stories
Local Stories

Media

All Hands Update
All Hands Radio News
Video Gallery
Photo Gallery
Featured Galleries
All Hands Magazine Archive
Graphics Gallery
Web Ad Gallery
Print Ad Gallery
Podcasts & RSS Feeds

Links

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LATEST PHOTOS



GROTON, Conn. (July 15, 2013)

1 of 4

Vice Adm. Michael Connor, commander of Submarine Forces, speaks with submarine officers assigned to Naval Submarine Base New London during a visit to the base. U.S. Navy photo by Lt. j.g. Jeff Prunera (Released) 130715-N-MK818-009

LOCAL STORIES

USS Providence Welcomes New Commander

Los Angeles-class attack submarine USS Providence (SSN 719) held a change of command ceremony at Naval Submarine Base New London in Groton, Conn., Aug. 21.

August 21, 2013 | Comments 0

USS New Mexico Completes Inaugural Deployment

August 12, 2013 | Comments 1

USS Alexandria Welcomes New Commander

August 1, 2013 | Comments 0

USS Springfield Returns from Six-Month Deployment

July 22, 2013 | Comments 2

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- > Submarine Fact File
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Headlines for Wednesday, May 8, 2013



Total Force Fleet Master Chief Discusses Career Navigator

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TOP STORIES

Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

As part of the training ensuring every member of the Department of the Navy team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command is conducting Sexual Assault Prevention and Response training Aug. 20 - Sept. 18.

August 21, 2013 | Comments 0

Continue to Serve Through Conversion

August 21, 2013 | Comments 0

Navy Announces Plan to Reduce Flag Officer Structure

August 20, 2013 | Comments 0

Secretary of the Navy Attends School Opening in Ghana, Reinforces U.S.-Ghanaian Relationship

August 20, 2013 | Comments 0

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USS DWIGHT D. EISENHOWER (CVN 69)

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LATEST PHOTOS



SAN DIEGO (Aug. 21, 2013)

1 of 4

The Los Angeles-class attack submarine USS Albuquerque (SSN 706) returns to Naval Base Point Loma following a seven-month deployment to the western Pacific region. U.S. Navy photo by Mass Communication Specialist 2nd Class Kyle Carlstrom (Released) 130821-N-NB544-130

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Headlines for Wednesday, August 21, 2013



Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

LOCAL STORIES

Ike Celebrates Ship's Heritage with 5K Run

The aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) hosted a 5K heritage run at Naval Station Norfolk to celebrate 35 years of the ship's history, Aug. 17.

August 21, 2013 | Comments 0

Ike Begins Ammo Offload

August 6, 2013 | Comments 0

Preparing Ike for the Shipyard

August 6, 2013 | Comments 0

Ike Changes Command

July 23, 2013 | Comments 0

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Navy's Training Headquarters' Civilians Part of SAPR 'One Team, One Fight'

As part of the training ensuring every member of the Department of the Navy team understands that Sexual Assault in all forms is unacceptable, civilian staff members from the Naval Education and Training Command is conducting Sexual Assault Prevention and Response training Aug. 20 - Sept. 18.

August 21, 2013 | Comments 0

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USS THEODORE ROOSEVELT (CVN 71)

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LATEST PHOTOS



NEWPORT NEWS, Va. (Aug. 19, 2013)

2 of 4

Boatswain's Mate Seaman Seth Elrich strikes a pelican hook with a sledgehammer to release the anchor chain from the chain rest during a sea and anchor evolution aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt is on Ingalls conducting a fast cruise as it nears completion of a refueling and complex overhaul at Huntington Ingalls Industries' Newport News Shipbuilding. U.S. Navy photo by Mass Communication Specialist Seaman Bounome Chanphouang (Released) 130819-N-BD333-055

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LATEST VIDEOS



Roosevelt Sailors at Botanical Gardens



TR Sailors Donate Books

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LOCAL STORIES

Sea and Anchor Detail Kicks off Fast Cruise

Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) began fast cruise by executing a simulated sea and anchor detail in Newport News, Va., Aug. 19.

August 21, 2013 | Comments 0

TR Sailors Hone Skills During At-Sea-Fire-Party Drill

August 21, 2013 | Comments 0

TR Starts Fast Cruise, Begins Final Preps to Return to the Fleet

August 19, 2013 | Comments 1

Take TR to the Ball Game! Rough Riders Enjoy Tides Day

August 6, 2013 | Comments 0

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USS Theodore Roosevelt

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USS Theodore Roosevelt

130820-N-JC800-080
NEWPORT NEWS (Aug. 20, 2013)

Quartermaster Seaman Matthew Freeman plots ship's movement during a general quarters exercise aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). Practicing general quarters prepares the crew for combat situations and other shioboard

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About

Status of the Navy
Navy Organization
Command Directory
Our Ships
Fact Files
Today in Naval History
Contact Us
FAQ

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Secretary of the Navy
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Master Chief Petty Officer Of The Navy
Chief Of Naval Personnel
Biographies
SES Biographies
Navy Command Tools

News

Top Stories
Headlines
Feature Stories
Local Stories

Media

All Hands Update
All Hands Radio News
Video Gallery
Photo Gallery
Featured Galleries
All Hands Magazine Archive
Graphics Gallery
Web Ad Gallery
Print Ad Gallery
Podcasts & RSS Feeds

Links

Shift Colors-Navy Retiree Newsletter
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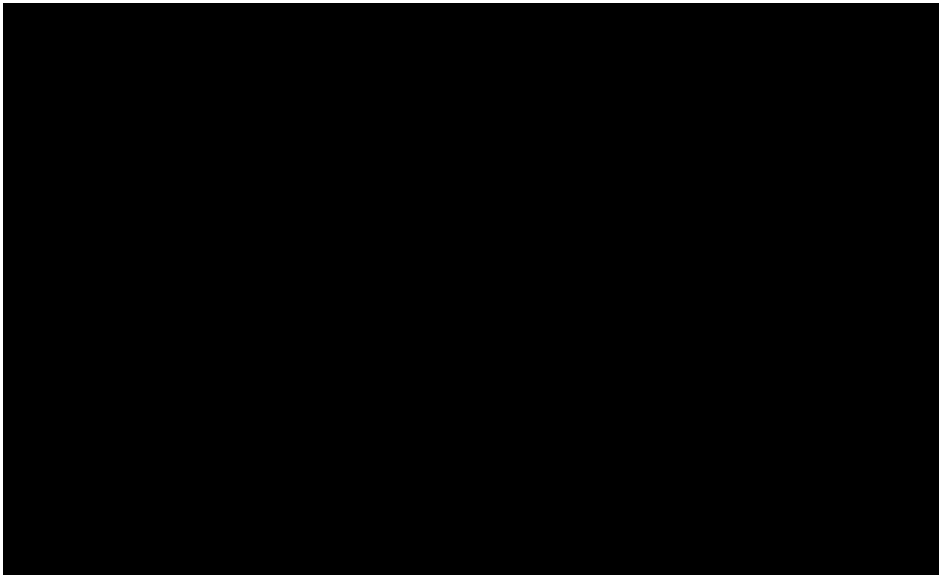
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Headlines for Wednesday, August 21, 2013



U.S. Navy · 3,144



20,803

104



2013/08/21

Explosion at Naval Weapons Station Earle-New Jersey Injures Eight; Installations Assessed on Anti-Terrorism Operations

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- US Navy - X-47B UCAS First Touch &**
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DDarko2013 · 205
- Strike Fighter Squadron - USS**
Global Motion · 311,443
- Navy Announces USS Miami to be**
U.S. Navy · 434
- 2012 08 01 21 31 48 779**
 · 12
- Sailors Prepare for Hurricane, Typhoon**
U.S. Navy · 142
- Navy Offers New, Flexible Career**
U.S. Navy · 411
- Top Headlines: February 22, 2012**
greenvalleynews · 31
- Military Leaders Discuss SAPR**
U.S. Navy · 233
- Headlines for Wed. August, 29 2012**
U.S. Navy · 145
- Navy Transportation Tool Takes Off;**
U.S. Navy · 155



ALL HANDS UPDATE

All Hands Update

NAVAL AIR STATION SIGONELLA SAILORS TRAIN ON CREW-SERVED WEAPONS

August 21, 2013

Naval Air Station Sigonella Sailors Train on Crew-Served Weapons

154 Views

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ALL HANDS UPDATE



Headlines for Wednesday, August 21, 2013

Explosion at Naval Weapons Station Earle - New Jersey Injures Eight; Installations Assessed on Anti-Terrorism Operations

August 21, 2013
38 views



Headlines for Tuesday, August 20th, 2013

Headlines for Tuesday, August 20th, 2013: Navy Study May Lead to Malaria Vaccine; Navy Enters Phase Two of Reducing Administrative Distractions

August 20, 2013
212 views



SECDEF Announces New Sexual Assault Response and Prevention Initiatives

SECDEF Announces New Sexual Assault Response and Prevention Initiatives

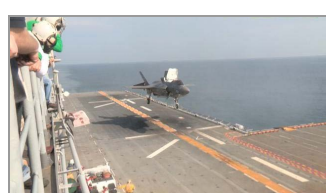
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Headlines for Monday, August 19th, 2013

Headlines for Monday, August 19th, 2013: CNO Releases Navigation Plan for 2014-2018; SECNAV Names New LCS USS Indianapolis

August 19, 2013
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Two F-35B Lightning II Jets Begin Developmental Testing II Aboard USS Wasp

Two F-35B Lightning II Jets Begin Developmental Testing II Aboard USS Wasp

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Headlines for Friday, August 16th, 2013

Newly Developed Generators Aim to Reduce Need for Battlefield Fuel; New NAVADMIN Outlines Continuum of Service Programs for Sailors

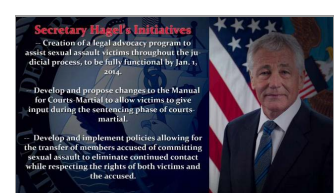
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Navy, NASA test recovery of Orion capsule by USS Arlington

Navy, NASA test recovery of Orion capsule by USS Arlington

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SECDEF Announces New Sexual Assault Response and Prevention Initiatives

SECDEF Announces New Sexual Assault Response and Prevention Initiatives

August 16, 2013
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[Command Directory](#)
[Our Ships](#)
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[Today in Naval History](#)
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[FAQ](#)

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[News](#)

[Top Stories](#)
[Headlines](#)
[Feature Stories](#)
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[All Hands Magazine Archive](#)
[Graphics Gallery](#)
[Web Ad Gallery](#)
[Print Ad Gallery](#)
[Podcasts & RSS Feeds](#)

[Links](#)

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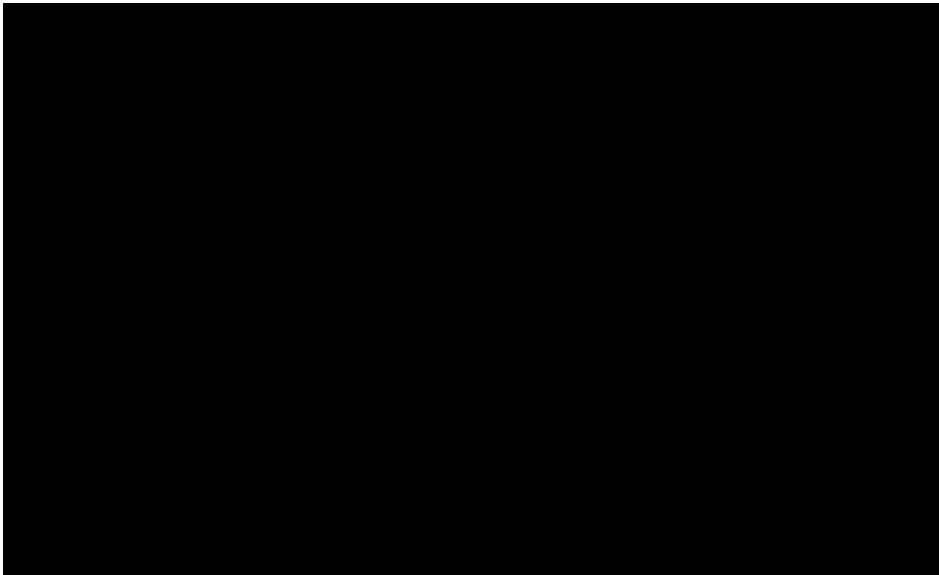
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2013/08/21

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- US Navy - X-47B UCAS First Touch &**
arronlee33 · 181,699 · 6:30
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Without a decisive Naval force we can do nothing definitive - and with it, everything honorable and glorious.

George Washington to Marquis de Lafayette, 15 November 1781

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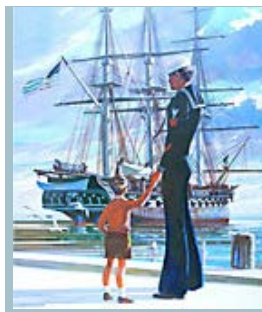


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Whether you visit one of the official U.S. Navy Museums, take advantage of public programs and publications, or seek knowledge through the artifacts, documents, images and artwork available at the NHHC, you will find that this is where the history, legacy and traditions of the United States Navy come alive.

NHHC Logo Contest

Put your stamp on naval history! Submit your design ideas for a new NHHC logo that captures our mission and heritage. The contest runs through September 2, 2013.



[>>Details and Rules](#)

**** Access to some of the collections located at the Washington Navy Yard may be limited. Please refer to the Notices section below for the most current information.**

Welcome! As of August 1, and for the entire month of August, The National Museum of the U.S. Navy and the Cold War Gallery may be accessed from the Riverwalk Trail. This is a convenient way to enter the museum and experience the U.S. Navy's rich history and heritage. [Join us!](#)

NOTICES

Archives Closed

Until further notice, the NHHC Archives are closed to researchers, and are limited in responding to official reference requests. This includes all Archives sections at HQ (Operational, Aviation, Ships, Deck Logs, and Photo), as well as the Seabee Museum Archives.

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Command Operations Reports

Until further notice, the NHHC can no longer accept Command Operations Reports (COR) via NIPR or SIPR email. All commands submitting unclassified, confidential, or secret reports shall submit CORs via commercial courier (FedEx or UPS). [>>More](#)

Curator Artifact Collection

The Curator Branch of the NHHC at the Washington Navy Yard has relocated collections deemed to be at "High Risk" to new storage facilities. These facilities are not co-located with the Curator Branch, limiting access. Please take this into account when requesting information with regard to these collections. Email inquiries to nhccurator@navy.mil.

Navy Art Gallery

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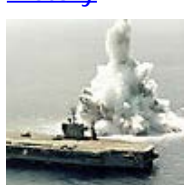
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The exhibition space of the Navy Art Collection is now located in The National Museum of the United States Navy on the Washington Navy Yard (Building 76). We look forward to your visit.

Researchers wishing to view artworks not on exhibition, please contact the Art Collection staff for assistance at (202) 433-3815. Due to the movement of stored items to an offsite facility, research on collections is difficult and requires advanced planning.

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