

MAGAZINE OF THE U.S. NAVY

**DEC 2019** 

# TOP NEWS

## BE THERE FOR YOUR SHIPMATES TODAY **AND EVERYDAY**



hipmates, we are approaching the **D**holiday season, which is a good opportunity to stop and reflect on our shared responsibility to be there for one another. This is not something we should only do during the holiday season, but we must understand this can be a particularly difficult time for many Sailors, especially if they are not able to be near their loved ones.

Losing even one Sailor to suicide is one too many. It is easy to get caught up in our own lives and jobs. especially as we feel the stress of the world around us. I am as guilty as the next but it is vitally important we pay attention to those around us, both at home and on the job.

Fostering communication and encouraging connectedness among team members are two strategies to increase protective factors against suicide. Negative attitudes about mental illness can keep people from reaching out for help. Lead by example and reassure your Sailors that mental health issues are common and are treatable

I strongly encourage everyone to talk about mental health openly,

honestly, and supportively, just like you would about physical health. I care about each and every one of you and have resources available like medical providers and the Counseling Advocacy Program. Should you desire confidential support, we offer that through our Navy chaplains or the Military Crisis Line.

Pay attention to the subtle signs listed below that may indicate is having difficulty navigating stress. Trust your gut and ACT (Ask, Care, Treat), even if it seems like someone is joking or if something seems out of the ordinary. Be a friend...be a shipmate.

It is absolutely vital we get after this together. You are all too important, not just to the Navy, but to your friends, family, and nation. Thanks for all you do each and every day.

# MYNAVY FAMILY APP UPDATE FOCUSES ON IMPROVED SERVICES

The Navy continues to focus on **I** families with the latest update of the MyNavy Family app. First released in May, the free app has been downloaded over ten thousand times.

"The app has done exactly what we intended which is to both inform families and encourage them to continue to provide feedback to improve the app." said Amanda Burns, the MyNavy Family app product owner.

The May release included 12 main content areas, Navy Spouse 101 Information, links to Naval Services FamilyLine website and other pertinent websites. Based on feedback from the initial release, the app was updated in June to include links for Spouse Licensure Reimbursement, Blue Star Families and Navy Gold Star Program. This month, the app underwent several improvements to include a new search feature on the "Welcome Screen" and three additional content areas. There is now sections on family financial planning, survivor's resources, and parents and family members of Sailors.

"Whether a spouse or family member is new to the Navy or they have been part of our family for ten years, it can be difficult to know where to turn for support," said Perry Christiansen, lead policy analyst with the Family Readiness Program Office. "This app allows our Sailors and families to quickly find information and resources to let them navigate to find the information they need."

Additional links were added that help Sailors and their families during a permanent change of station move including a link to the Navy Lodge which offers safe, clean and affordable accommodations at 39 locations worldwide.

**2** 2

built to provide an interactive user experience that contains relevant and timely information

updated on a regular basis to that Sailors and their families can rely on," said David Driegert, assistant program manager for the Sea Warrior Program (PMW 240) mobility program which developed the app. "The MyNavy Family app is a good example of how we work as respond to suggested improvements and implement them to benefit Sailors and their families."

The app is located in the Navy App

From its inception, the app was

"All of the apps we develop are accurate information an integrated agile team to quickly

Locker along with 23 other apps that focus on everything from fitness and training to education and life skills



**ACTING SECRETARY OF THE NAVY** The Honorable Thomas Modly

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All Hands Number 12, 2019 is published by the Defense Media Activity, Navy Production Department, 6700 Taylor Avenue, Fort George G. Meade, Maryland 20755.

FRONT COVER: A Sailor assigned to Naval Special Warfare Group 2 conducts military dive operations off the East Coast of the United States. (U.S. Navy photo by MCCS Jayme Pastoric/Released)

BACK COVER: Explosive ordnance disposal technicians assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 8 conduct military free-fall training in Rota. Spain. (U.S. Navy photo by MC1 Scott Bigley/Released)

OUR MISSION IS SHARING THE NAVY STORY





# TOP NEWS

### **NAVY EXCHANGE INTRODUCES** REDUCED-INTEREST PAYMENT PLANS

The Navy Exchange Service Three plans are offered: **▲** Command (NEXCOM) is now participating in the Exchange Credit Program's new "Pay Your Way" flexible payment plans, to meet the needs of service members and their families through every stage of their careers.

Pay Your Way, a financing program from Military Star, allows customers to choose a fixed monthly payment at a reduced, fixed APR of 9.99%, using their existing Military Star line of credit.

- Purchases \$300-\$499.99 are eligible for the 36-month plan.
- Purchases \$500-\$999.99 are eligible for the 48-month plan or the 36-month plan.
- Purchases greater than \$1,000 are eligible for the 60-month, 48-month or 36-month plans.

"The Military Star Pay Your Way program will assist Sailors and their families in planning and paingy for

some of those higher-cost purchases, like the initial uniform purchase at OCS, new living-room furniture or even preparing for a new baby," said NEXCOM Command Master Chief Shannon Howe. "These three new plans offer NEX customers the flexibility to shop and pay for their purchases in a way that best fits their needs."

NEX shoppers can estimate monthly

estimator at MvECP.com/Calculator. The calculator can also be accessed via the QR code on signs at NEX main stores as well as online at myNavyExchange.com. Purchases at NEX mini-mart and gas station locations are excluded.

As with all Military Star purchases, shoppers using the Pay Your Way plans receive two reward points per dollar. Cardholders earn a \$20 reward card every 2,000 points.

### NAVY REGION SOUTHEAST URGES SAILORS/FAMILIES TO USE HOUSING RESOURCES

onstantly moving every two to three years is one of the toughest. and most rewarding, aspects of a military lifestyle. While the chance to see the world is one of the appeals for a career in uniform, finding a new house, wondering what community to live in, and uprooting family members creates significant stresses for service members.

The Navy Region Southeast Housing Service Centers throughout the southeastern installations may not be able to remove all the pressure of a military move, but they sure can ease the burden a little.

The excitement of that new set of orders is understandable, but before anyone starts making decisions on where to live, the housing office recommends that one of your initial calls be to them.

"Absolutely, the first call when relocating should be to the housing office and the first internet search should be to the housing website," Naval Air Station Jacksonville Housing Director Lorenzo Steele said, "Before vou ever leave vour base, finish the housing process. People who wait until they get here are already behind."

Housing offices maintain the priority lists to get set up with base housing, which can sometimes take months. That is hardly all they do. For example, NAS Jacksonville has 310 housing units on base, but around 21,000 people working on the installation. The Housing offices provide key resources that help answer important questions about where to live: "Where is most affordable?" "What are the high crime areas?" "Where are the high traffic areas?" "What are the

"We know areas where Sailors have had issues," Steele emphasizes. "Call us and tell us what you are thinking and we can advise you on where you

Additionally, through the Rental Partnership Program, housing offices maintain lists of landlords whose properties have met strict Navy inspection requirements and who have agreed to a number of concessions, such as reduced fees and a waiver of at least a portion of the security deposit. The program is open to all service members, and no one can be denied based on their

Property owner participation in the program is promoted by the housing

office and includes condominiums. apartments and single-family homes. Credentialed housing staff perform property inspections every three years to enable the home to remain in the Rental Partnership Program.

Not only can the housing office help you find your next home, but if you live in base housing, they can help ensure your check-in and check-out goes smoothly.

"By adding additional assistance with the move-in and move-out process. Service members and their families have another layer of protection to help make their housing experience positive," Regional Housing Coordinator Rich Dve said.

These checkouts are important to ensure the family receives the full security deposit back, and Navy Installations Command is working to increase the staffing at installation Housing Service Centers to help Sailors. The increase in qualified housing specialists will enable the office to more fully focus on important parts of the check-in and checkout processes, such as a thorough inspection of the unit during the check-in. The housing office has a comprehensive checklist to help the service member identify any discrepancies in the unit.

A proper checkout is an important part of the move out process. Service members must contact the housing office 30 days prior to their move out to schedule their checkout inspection. That way, the housing office can inspect the home, along with the service member and the management company, and write down the items the Sailor needs to take care of prior to leaving the home.

While that service is not normally provided for service members living away from base housing, the housing office can help mediate disputes between a landlord and military affiliated tenant. If the mediation is unsuccessful, then the housing office will assist the military member and connect them with Navy Legal Services.

The key thing for Sailors and their families to remember is that they are not alone in the relocation process. Housing Service Centers across the region are staffed with experienced professionals who can not only assist you in finding that ideal new home, but also ensure your move into and out is as worry-free as possible.



# TOP NEWS

# HAVE HOLIDAY MAIL? KNOW YOUR MAILING DEADLINES!

From Naval Supply Systems Command Public Affairs

As holidays are fast approaching, so are the mailing deadlines – first is Nov. 27. Naval Supply Systems Command (NAVSUP) Postal Operations has recommendations for Sailors to follow to make sure packages arrive in time.

"Most ashore Navy Post Offices will extend package pick up and customer service hours to support the holiday rush, so mail or order early to ensure packages arrive in time for the holidays," said Naval Supply Systems Command (NAVSUP) Postal Operations Manager Dale Pinchart.

To be sure packages and letters arrive by Dec. 25, Pinchart recommends sending items no later than these mailing dates:

### Nov. 27 - For military Space Available Mail addressed to and from:

APO/FPO/DPO AE ZIPs 090-092

APO/FPO/DPO AE ZIP 093

APO/FPO/DPO AE ZIPs 094-099

APO/FPO/DPO AA ZIP 340

APO/FPO/DPO AP ZIPs 962-966

### Dec. 4 - For military Parcel Airlift Mail addressed to and from:

APO/FPO/DPO AE ZIPs 090-092

APO/FPO/DPO AE ZIP 093

APO/FPO/DPO AE ZIPs 094-099

APO/FPO/DPO AA ZIP 340

APO/FPO/DPO AP ZIPs 962-966

Dec. 9 – For Priority and First-Class Mail, Letters, and Cards addressed to and from APO/FPO/DPO AE ZIP 093

### Dec. 11 - For Priority and First-Class Mail, Letters, and Cards addressed to and from:

APO/FPO/DPO AE ZIPs 090-092

APO/FPO/DPO AE ZIPs 094-099

APO/FPO/DPO AA ZIP 340

APO/FPO/DPO AP ZIPs 962-966

### Dec 18 - For Priority Mail Express Service addressed to and from

APO/FPO/DPO AE ZIPs 090-092

APO/FPO/DPO AE ZIPs 094-099

APO/FPO/DPO AA ZIP 340

APO/FPO/DPO AP ZIPs 962-966



# CEASON'S CONSAVINGO

TIPS TO RESPONSIBLE SPENDING THIS HOLIDAY SEASON

### CREATE A BUDGET

And stick to it. Decide how much you're able to invest in this holiday season and consider dinners, decorations and gifts and stay dedicated to following it.

### START EARLY

Last minute shopping leads to missed deals and budget breaking. Shop throughout the year and especially during peak deal periods like Black Friday or Cyber Monday.

### SAVE ELSEWHERE

If you need to maximize your available funds for the holiday season, try cracking down elsewhere. Eliminating small, everyday expenses can increase the amount of money you can spend on loved ones.

### USE CASH

Using cash instead of credit can help you stick to a budget and eliminate credit card debt into the new year. Withdraw what you can spend and when it's gone, it's gone.

### MAKE IT YOURSELF

Few purchased gifts can compare to the joy a homemade gift brings to a loved one. The savings don't hurt either.





What are some other items to keep in your safety basket?

For more information visi



# INFAMY

From Naval History and Heritage Command

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World War II came to the United States of America on Sunday morning, 7 December 1941, with a massive surprise attack by the Imperial Japanese Navy. "Like a thunderclap from a clear sky," Japanese carrier attack planes (in both torpedo and high-level bombing roles) and bombers, supported by fighters, numbering 353 aircraft from six aircraft carriers, attacked the U.S. Pacific Fleet at Pearl Harbor in two waves, as well as nearby naval and military airfields and bases. The enemy sank five battleships and damaged three; and sank a gunnery training ship and three destroyers, damaged a heavy cruiser, three light cruisers, two destroyers, two seaplane tenders, two repair ships and a destroyer tender. Navy, Army, and Marine Corps facilities suffered varying degrees of damage, while 188 Navy, Marine Corps, and U.S. Army Air Force planes were destroyed. Casualties amounted to: killed or missing: Navy, 2,008; Marine Corps, 109; Army, 218; civilian, 68; and wounded: Navy, 710; Marine Corps, 69; Army, 364; civilian, 35. Japanese losses amounted

Sailors, Marines, and Soldiers fought back with extraordinary courage, often at the sacrifice of their own lives. Those without weapons to fight took great risk to save wounded comrades and to save their ships. Pilots took off to engage Japanese aircraft despite the overwhelming odds. Countless acts of valor went unrecorded, as many witnesses died in the attack. Fifteen U.S. Navy personnel were awarded the Medal of Honor – ranging from seaman to rear admiral – for acts of courage above and beyond the call of duty, ten of them posthumously.

Among the Sailors recognized with our nation's highest award for valor were Chief Water Tender Peter Tomich onboard the ex-battleship Utah, who sacrificed his life to prevent the boilers from exploding, enabling boiler room crews to escape before the ship capsized. Another was Chief Boatswain Edwin J. Hill, who cast off the lines as the battleship Nevada got underway, swam through the burning oil to get back on board his ship, where he was killed by Japanese strafing after being credited with saving the lives of many junior Sailors.

Ensign Francis Flaherty and Seaman First Class J. Richard Ward, onboard the battleship Oklahoma, sacrificed their lives to enable turret crews to escape before the ship capsized. Onboard the battleship California, Chief Radioman Thomas J. Reeves, Machinist's Mate First Class Robert R. Scott and Ensign Herbert C. Jones stayed at their posts at the cost of their lives to keep power and ammunition flowing to the antiaircraft guns as long as possible. Rear Admiral Isaac C. Kidd and Captain Franklin Van Valkenburgh onboard the battleship Arizona, and Captain Mervyn S. Bennion onboard the battleship West Virginia directed the defense of their ships under heavy fire, until the ships were sunk and they were killed.

Japanese forces were astonished at the quick reaction and intensity of U.S. antiaircraft fire. That more Japanese aircraft were not shot down had nothing to do with the skill, training, or bravery of our Sailors and other servicemembers. Rather, U.S. antiaircraft weapons were inadequate in number and capability, for not only had the Japanese achieved tactical surprise,

they achieved technological surprise with aircraft and weapons far better than anticipated – a lesson in the danger of underestimating the enemy that resonates to this day.

While damage to the U.S. Pacific Fleet's battleline proved extensive, it was not complete. The attack failed to damage any American aircraft carriers, which had been providentially absent from the harbor. Our aircraft carriers, along with supporting cruisers and destroyers and fleet oilers, proved crucial in the coming months. The Japanese focus on ships and planes spared our fuel tank farms, naval yard repair facilities, and the submarine base, all of which proved vital for the tactical operations that originated at Pearl Harbor in the ensuing months and played a key role in the Allied victory. American technological skill raised and repaired all but three of the ships sunk or damaged at Pearl Harbor. Most importantly, the shock and anger that Americans felt in the wake of the attack on Pearl Harbor united the nation and was translated into a collective commitment to victory in World War II.

Each year on Dec. 7, Pearl Harbor survivors, veterans, and visitors from all over the world come together to honor and remember the 2,403 service members and civilians who were killed during the Japanese attack on Pearl Harbor on December 7, 1941. An additional 1,178 people were injured in the attack, which permanently sank two U.S. Navy battleships (the USS Arizona and the USS Utah) and destroyed 188 aircraft.

On Aug. 23, 1994, the United States Congress designated Dec. 7 as National Pearl Harbor Remembrance Day. Every year, remembrance events are held at the Pearl Harbor National Memorial, culminating in a commemoration ceremony.

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# AGAINST ALL ODDS THE WILL TO WIN

BY MASS COMMUNICATION SPECIALIST SECOND CLASS DANIEL COXWEST

Master Chief Personnel Specialist Ren Hockenberry, currently serving aboard USS Port Royal (CG 73) in Pearl Harbor, Hawaii, was on a site visit at the Marshal Fahim Training Facility in Afghanistan in 2014 when shots were fired. After a two-minute fire fight, Hockenberry had been shot five times; 15 others were also injured or killed.

Nine months of physical therapy and countless surgeries in recovery followed at the Walter Reed National Military Medical Center in Bethesda, Maryland, all while Hokenberry's desire to deploy again slowly grew.

"I heard it on that gurney," said Hockenberry. "Return to theatre unlikely, return to active duty unlikely, return to operational status unlikely. Because of good people I got here, and I don't want my last deployment to be the one that was taken from me, I want to deploy, at least one last time."

Hockenberry said that during her recovery she thought a lot about the attack and how hard that was on her as well as how dangerous down-time and overthinking can be for someone in recovery. Two factors that played a significant role in helping her bounce back during recovery were junior Sailors and the desire to get back to work.

"During Chief initiation season, a lot of Chief selects came to speak with me as well as other junior Sailors throughout my recovery," said Hockenberry. "It helped me remember that I was a Chief and that junior Sailors were watching so I couldn't be a baby. I couldn't not do what I was supposed to do because Chiefs do what they need to do."

There were moments during her time in the hospital when Hockenberry lost her motivation and she was on the brink of giving up. Every time that happened there was a junior Sailor around that she couldn't bear to disappoint.

"I remember one day laying in a hospital bed and they had come in and said that it was time for PT (physical therapy) and I said no, I'm not going to PT, and the physical therapist was like no, you have to get up and I said no, my leg hurts, I'm not going," said Hockenberry. "And this HM3 (Hospital Corpsman 3<sup>rd</sup> Class) popped in and he said, 'Hey Senior are you going to PT?' and I was like yep! I was just getting up, because there was this young Sailor expecting me to get up and do the right thing."

After everything that happened in Afghanistan and during her recovery time Master Chief Hockenberry still serves on active duty with a goal to continue to deploy and motivate and inspire the junior Sailors around her.

"If I can convince a Sailor that's going through some stuff to get off the couch and reach out for help then I've done my duty, I want my Sailors to know that it's okay to fail, it's okay to have a bad day and it's okay to fall down, over and over and over, but you just need to keep getting back up," said Hockenberry.

# BEST OF 2019

carrier USS Carl Vinson (CVN

70) and the Arleigh Burke-

class guided-missile destroyer

USS Grimley (DDG 101) practice

firefighting skills and techniques

by battling a simulated fire

Photo by MC2 Wyatt L. Anthony

### August 15

Sailors assigned to Naval Special Warfare Group TWO conduct military air operations in the United States.

Photo by MC2 Russell Rhodes Jr.

### October 11

The U.S. Navy Flight Demonstration Squadron, the Blue Angels, diamond pilots fly over San Francisco during the 2019 San Francisco Fleet Week Air Show.

Photo by MC2 Timothy Schumaker

### Sailors assigned to the aircraft

The Arleigh Burke-class guidedmissile destroyer USS Donald Cook (DDG 75) transits the Bosphorus Strait, en route to the Black Sea.

January 19

Photo by MC2 Ford Williams

Marines and Sailors assigned to Maritime Raid Force, 11th Marine Expeditionary Unit (MEU), ride in

### June 15

Three MH-60R Sea Hawk helicopters line the seawall at Naval Air Station Jacksonville as the sun rises over the St. Johns River.

Photo by Jeff Morton

### March 1

a rigid-hull inflatable boat during a visit, board, search and seizure exercise.

Photo by Col. Matthew Teutsch

### July 4

Boston.

### February 4

Damage Controlman Fireman James Moore fights a simulated fire during a drill aboard the Arleigh Burke-class guidedmissile destroyer USS Porter (DDG 78) in the North Sea.

Photo by MC2 James R. Turner

### May 25

The Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71) transits the Gulf of Alaska after participating in Exercise Northern Edge 2019.

Photo by MC3 Erick A Parsons

### **April 1**

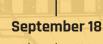
Chief petty officers aboard the amphibious assault ship USS Boxer (LHD 4) run in formation on the ship's flight deck in celebration of the 126th chief petty officer birthday.

Photo by MC3 John Luke McGovern



Members of the U.S. Navy Band Sea Chanters chorus perform at the Hatch Memorial Shell on the Charles River Esplanade in

Photo by MUCS Adam Grimm



A Sailor assigned to Naval Special Warfare Group (NSWG) 2 conducts military dive operations off the East Coast of the United States.

Photo by MCCS Jayme Pastoria

### November 1

An MH-60R Sea Hawk helicopter from the Magicians of Helicopter Maritime Strike Squadron (HSM) 35 conducts a hoist exercise with the Peruvian navy submarine BAP Angamos (SS-31) off the coast of San Clemente Island.

BEST OF 2019



