

ALLHANDS

MAGAZINE OF THE U.S. NAVY

AUGUST 2024

RIM OF THE PACIFIC

"The exercise's purpose is to build relationships, to enhance interoperability and proficiency and, ultimately, contribute to the peace and stability in the vitally-important Indo-Pacific region."- Vice Adm. John Wade, commander, U.S. 3rd Fleet and RIMPAC 2024 Combined Task Force (CTF) commander

101 DAYS OF SUMMER

This month's safety focus is on staying safe while exerting energy outside and the importance of water safety.



ALL HANDS MAGAZINE

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**A NOTE FROM
THE EDITOR AND STAFF**

Every month, we focus on the Navy’s mission-focused people and technologies. As we survey how our naval forces continue to train, fight, and equip the world’s toughest Sailors, we look at our advantage at sea and the capabilities of Sailors deployed around the world.

It is our mission to reach Sailors, so please share this issue, scan the QR codes, and follow our social media channels for the latest information for Sailors by Sailors.

This month, we take a sneak peak into the work completed during RIMPAC 2024, continue summer safety with the help of Naval Safety command and learn an important date in aviation history.

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101 DAYS OF SUMMER
Water safety and physical
activity

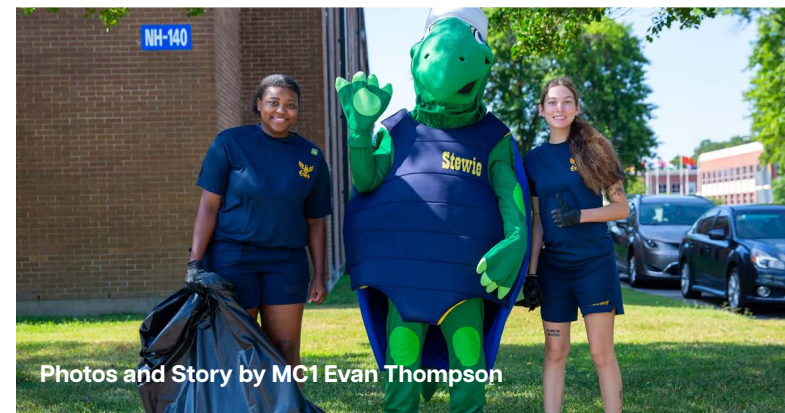
WE WANT YOU!



for the All Hands YEAR IN REVIEW



Send in your photos from the fleet!
Please email submissions to:
allhandsmagazinephotos@gmail.com



CLEAN THE BASE DAY

More than 20 Sailors assigned to tenant commands aboard Naval Support Activity Hampton Roads (NSA HR) conducted a base cleanup, June 28, 2024. Volunteers came together to collect more than 800 pounds of trash around base and the adjacent military housing community.

Amidst the Sailors and Navy personnel, Stewie the sea turtle, the Navy's environmental mascot, made a special appearance at the base cleanup. While his presence was certainly a cheerful addition, it also underscored the collective effort of the community to maintain the cleanliness and integrity of the base. Stewie, pictured alongside dedicated volunteers, symbolizes the spirit of unity and stewardship that the event aimed to promote.

Abigail Ross, the event's organizer and program manager at the NSA HR Public Works Department environmental

division, arranges two base-wide cleanup events each year, one in April for Earth Day, and one in June prior to Virginia's heaviest annual rainfalls. She emphasized that these events are particularly important prior to and during the East Coast's hurricane season.

"Polluted stormwater runoff picks up fertilizer, oil, pesticides, dirt, bacteria and other pollutants as it makes its way through storm drains and ditches to our rivers and eventually the ocean," said Ross, emphasizing that these pollutants can lead to wildlife habitat loss, harmful algal blooms, and the death of marine life. "Events like Clean the Base Day help promote not only the beauty of our installation, but also the quality of the environment surrounding us by removing litter and debris prior to storm events."

The Public Works Department provides comprehensive infrastructure services and support for all commands and personnel of NSA HR. Additionally, they deliver day-to-day maintenance, repair, custodial, and grounds services, life-cycle sustainment, restoration and modernization for all buildings, utilities and land.

Base clean-up events are an important part of the wide breadth of the Navy's environmental stewardship initiatives.



PAWS AND REFLECT

Story by MC2 Oswald Felix

Sinbad, a US Coast Guardsman, was attached to the Coast Guard Cutter Campbell (WPG-32) from 1937 to 1948. Although he was a highly decorated member of the crew, Sinbad faced several reprimands for his many liberty violations. His initial years passed without significant incidents, until the summer of 1940 when the Campbell was sent to survey around Greenland. While ashore, Sinbad found great amusement in chasing sheep. Unfortunately, some sheep became weak and died, while others were so frightened they refused to eat. The locals living in the countryside, alarmed with the sudden chaos, were determined to put an end to this menace and were able to trace it back to the Campbell. As a result, Sinbad was court-martialed, restricted to the ship, and was busted from first class dog to seaman pup.

The muscular black and tan mutt, became a beloved member of the crew aboard the USCGC Campbell despite being known for his rough-and-rowdy personality and penchant for wild escapades. Once, in Iceland, he missed ships movement and the Campbell departed without him. He realized this when the ship was about 400 yards away and began barking frantically. The crew noticed him and informed the commanding officer, who remarked, "What can I do? I can't write in my log 'Left dock at 4 pm. Returned at 4:04 to pick up dog.' It just isn't done." When the Campbell didn't stop, Sinbad leapt into the icy waters, forcing the captain to turn the cutter around to retrieve their canine comrade. After retiring in 1948, as a Chief Seadog, he lived out his days at Barnegat Coast Guard Station until his death

in 1951. Sinbad received a full military funeral, a standing memorial at his gravesite, and a long lasting legacy.

For centuries, dogs have been steadfast companions to humans, serving diverse roles far beyond mere pets. Breeds like Old English Sheepdogs, Bulldogs, and Poodles were often seen aboard ships, where their skills and temperaments proved ideal for maritime life. They protected cargo, alerted crew members to dangers, controlled rodent populations that threatened ships and spread disease, and even assisted in navigation by finding their way back to port. Their unwavering emotional support during long voyages was invaluable to Sailors, becoming beloved mascots, uplifting morale and embodying symbols of good fortune.

The Navy is currently implementing a pilot program aimed at boosting morale and reducing the stigma associated with seeking mental healthcare among Sailors. Known as the Navy's Expanded Operational Stress Control Canine pilot program, it aligns with initiatives outlined in the Navy's "Mental Health Playbook," released last year. This playbook aims to promote better mental health conversations between commanders and Sailors and provides guidance for connecting Sailors with non-clinical mental health resources amid a nationwide shortage of mental health professionals. The program has been collaborating with the Virginia-based non-profit organization Mutts with a Mission.

However, the impact of long deployments aboard warships on dogs has not been extensively studied, according to Dr. Sun Kim, a professor at Cornell University's



College of Veterinary Medicine. While existing studies show the physical, mental, and emotional toll long deployments can take on people, Kim believes it is reasonable to assume that dogs might face similar risks to their well-being. He suggests that such dogs should be gradually acclimated to ship life and constantly supervised by their handlers to ensure their well-being.

In 2023, the USS Gerald R. Ford (CVN 78), was selected to participate in the pilot program during their routine deployment. Sage, a three year old yellow lab, was a helpful edition to the ship's mental health and resiliency team. "Sailors are coming to more warrior toughness events and improving their morale through the vast network of resiliency resources the ship offers with Sage now present at these opportunities," Cmdr. Genevieve Clark, the chaplain for the Gerald R. Ford Carrier Strike Group, said in a Navy news release in May. The Ford faced a lengthy deployment due to being extend several times during their voyage. Despite the extended time at sea, the crew managed the lengthy deployment well, partly due to Sage, her handlers, and the onboard mental health providers, according to Capt. Rick Burgess, the Ford's commanding officer.

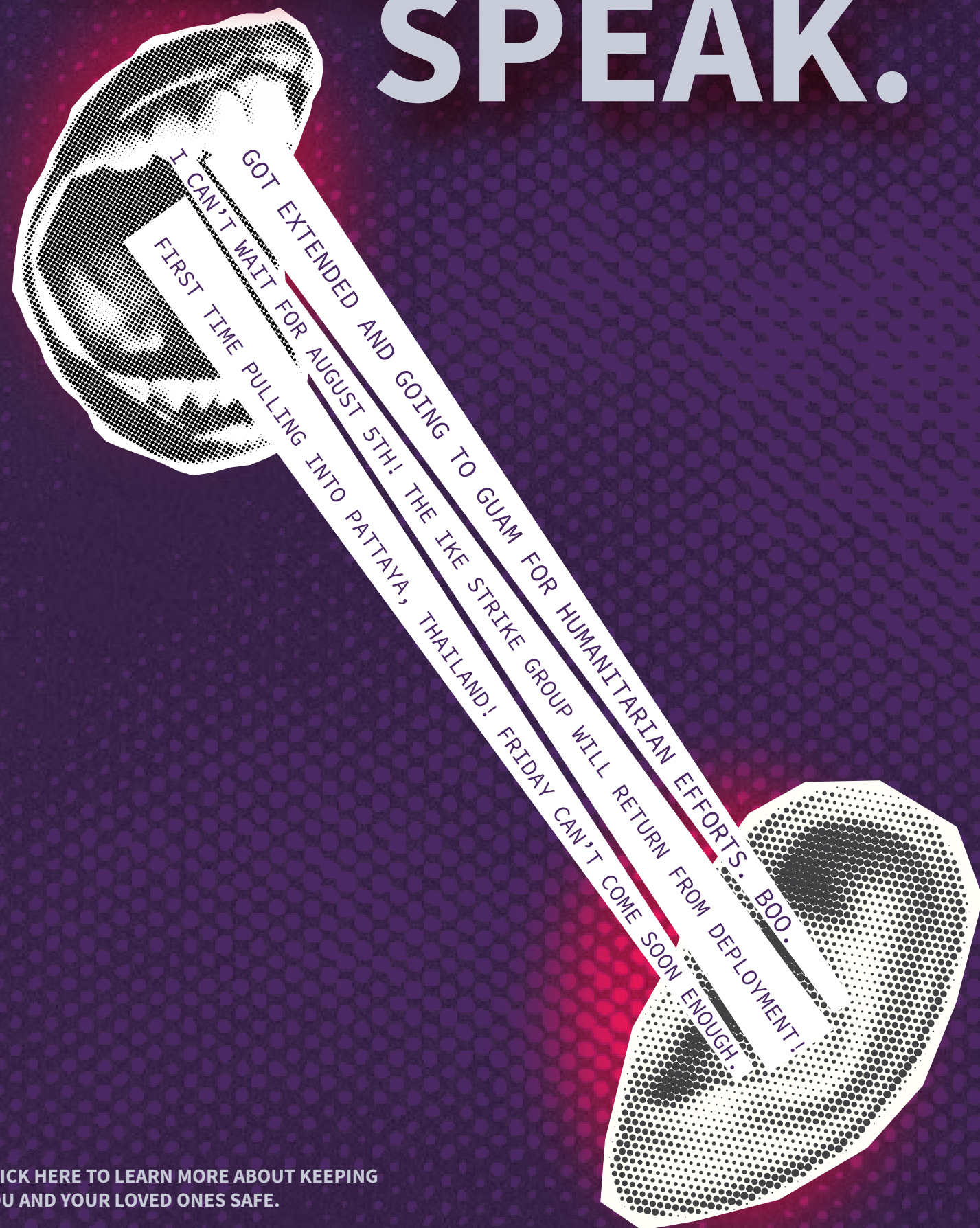
Mutts with a Mission dedicated three years to training Sage to live and work aboard a ship. "We match each dog with the team they will be working with," Mutts with a Mission, Brooke Corson, told Navy Times. "The dog must be able to adjust easily to the ship environment and all that will be required of them." During the Ford's deployment, Naval Air Force Atlantic gathered data to identify risks, challenges,

and potential policy changes related to having dogs aboard warships, with the aim of assessing the feasibility of making the program permanent.

Capt. Chris Purcell, commanding officer of the amphibious assault ship Wasp, began collaborating with Mutts with a Mission in the fall of 2022, following the ship's two-year maintenance period in dry dock. "As I talked with these Sailors, they expressed to me how much less stressed they felt after spending just a short time with the dogs, and how they were ready to get back to work," Purcell said in a July Navy news release. "They would tell me 'That is just what I needed today.'" The experience spurred Purcell to explore the possibility of permanently bringing a facility dog aboard the ship. Ike, a yellow Labrador retriever, officially joined the ship as a facility dog in May 2023. "In the end, we want to enable our Sailors and Marines to be 'fully ready warfighters,' and part of that is giving them all the tools and resources we can to improve their overall morale and well-being," he said.

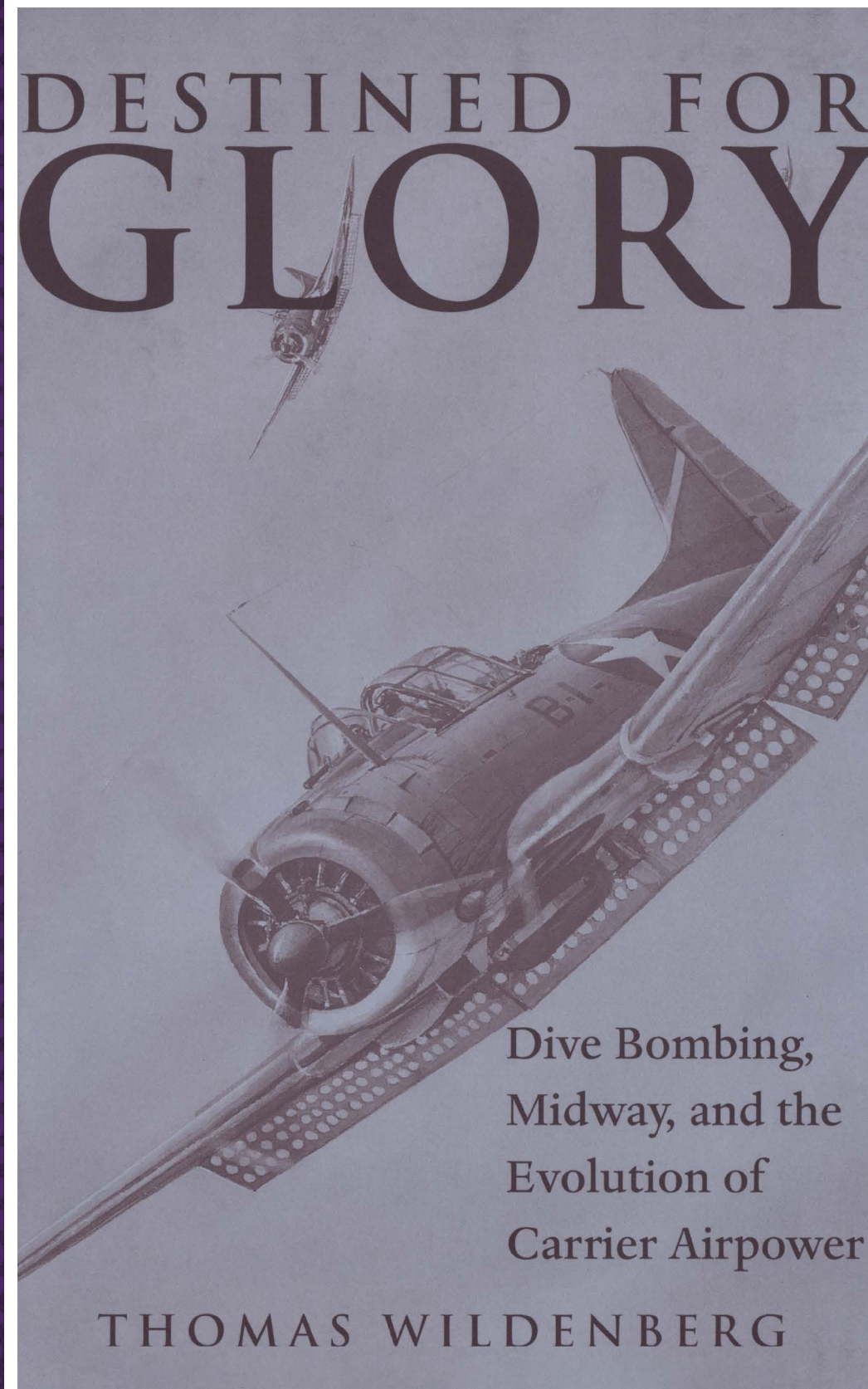
Dogs have been silent, steadfast partners in humanity's nautical adventures. Their contributions, both practical and emotional, have been invaluable, underscoring the profound bond between humans and dogs. As we continue to explore and push the boundaries of our world, it is heartening to know that these loyal companions will be by our side, ready to face the challenges of the open sea together.

THINK BEFORE YOU SPEAK.



CLICK HERE TO LEARN MORE ABOUT KEEPING YOU AND YOUR LOVED ONES SAFE.

BOOK OF THE MONTH



Most of the books are available at no cost to Sailors in both e-Book and digital audio format from the Navy MWR digital library collection. Eligible patrons can download the books through:

<https://www.navymwrdigitallibrary.org>

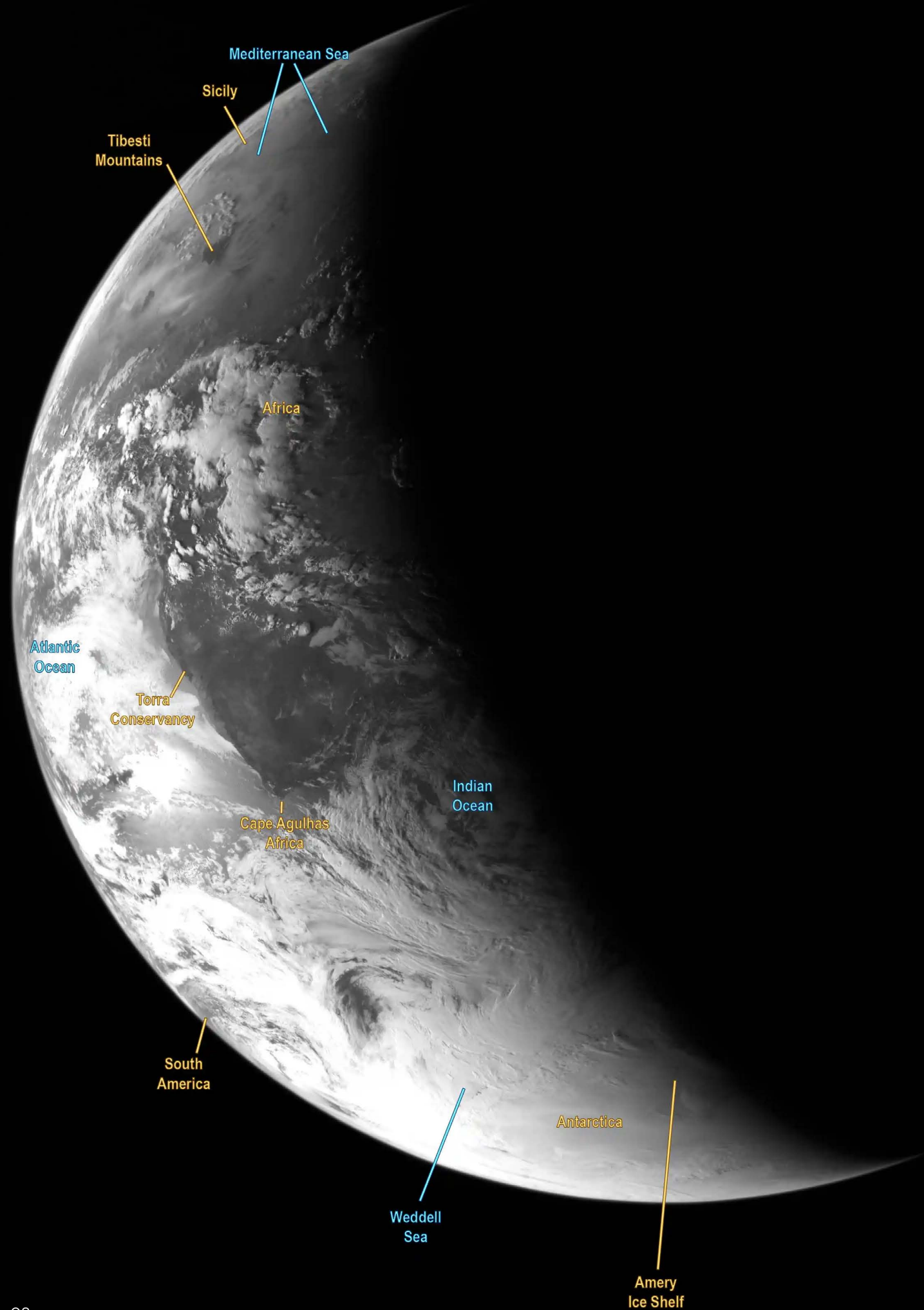
"It is a thoroughly researched discussion of the evolution of U.S. carrier aircraft from the flimsy biplanes of the late 1920s into the robust aircraft ... dramatically demonstrated the radical transformation of naval warfare."

U.S. Naval War College

Destined for Glory

By Thomas Wildenberg

Examining how political, economic, technical, and operational factors influenced the development of carrier airpower between 1925 and 1942, he shows why dive bombing became the navy's weapon of choice—why it was emphasized over all other methods of aerial warfare and finally brought to bear to stop the Japanese advance.



LRO

NPS STUDENT CAPTURES UNIQUE PHOTO OF EARTH USING LUNAR RECONNAISSANCE ORBITER

Story by Daniel Linehan

A recent photo taken by the Lunar Reconnaissance Orbiter (LRO) has revealed a very unusual subject – Earth!

Typically, as its name suggests, the LRO is pointed at the surface of the moon. But while U.S. Navy Lt. Cmdr. Timothy Musmanno was a student in Space Systems Engineering at the Naval Postgraduate School (NPS), he had the idea to point the LRO at Earth while testing out a new kind of satellite maneuver.

“We asked NASA, and they said, ‘Yes.’ So, Musmanno designed a maneuver that allowed the spacecraft to be quickly repointed to scan Earth’s surface,” said Dr. Mark Karpenko, Research Professor of Mechanical and Aerospace Engineering at NPS, about the work by Musmanno, who graduated from NPS in December 2023.

Retasking a satellite is by no means a small ask. It costs electrical energy which drains batteries or critical propellant which cannot be replenished, and it takes valuable time away from other missions that were already scheduled.

What allowed this opportunity to happen was NPS’ work on fast attitude maneuvering, which is a process that optimizes the movement of a spacecraft as it maneuvers to reorient itself to point in a new direction.

Originally tested on NASA’s Transition Region and Coronal Explorer (TRACE) solar observatory, fast attitude maneuvering allows LRO to perform many observations that would not be possible using its heritage control system. In addition, fast attitude maneuvering has been used to support momentum management operations, similar to the International Space Station’s zero-propellant maneuver, enabling LRO to save enough thruster fuel that its operational life has been extended for three years.

For a spacecraft, getting from Point A to Point B isn’t always a straight line. In fact, usually it’s not. Spacecraft are far from symmetrical objects along all three axes of rotation. Spacecraft parts stick out in different directions and have different shapes, sizes, and masses. So, their mass properties must be considered, from antennas and solar arrays to sensors and maneuvering systems, and everything in between.

The effects of gravity and solar radiation pressure also add to the equation, as well as any obstacle avoidance that’s necessary, such as preventing delicate sensors from pointing directly at the sun.

In the end, a seemingly circuitous move in three dimensions turns out to be the quickest and most fuel-efficient move of them all.

“We’ve been able to take ideas from the drawing board and the classroom all the way up to practical and operational implementation on NASA systems. And, obviously, there’s all kinds of other applications and implications for DOD space systems,” noted Karpenko. “And there are many opportunities for NPS students to become involved by working with NPS’ recently launched CubeSat Mola, and soon to be launched CubeSat Otter.”

More about Space Systems at NPS: <https://nps.edu/web/ssag>

See how NPS tested fast attitude maneuvering on NASA’s TRACE satellite: <https://nps.edu/-/nps-teams-up-with-nasa-industry-to-test-groundbreaking-maneuvers-on-spacecraft-in-orbit>



RIMPAC SNEAK PEAK



FOLLOW US ON FACEBOOK FOR
UPDATES AND BE ON THE LOOK
OUT FOR A SPECIAL ALL HANDS
FULL OF RIMPAC CONTENT!



HAZE GREY HISTORY

Enterprise and Yorktown launched SBC-3s and O3U-3s from flight deck and hangar deck catapults on 4 August. Their action marked the first practical demonstration of launching planes from carriers by means of hydraulic flush-deck catapults, and provided the first evaluations of catapulting aircraft from hangar decks. Installing a catapult on the hangar deck enabled the ships to launch fighters or scout airplanes when aircraft fouled the flight deck. While Adm. James O. Richardson, Commander Battle Force, U.S. Fleet, led tactical exercises in the Pacific the following month, he deployed Enterprise and a pair of destroyers acting as plane guards at the center of a fleet formation. Four battleships, seven cruisers, and 18 destroyers steaming in three concentric circular patterns at one mile ranges protected the ship with their antiaircraft guns. "I believe that this was the first time" Richardson recalled, "that both of the following occurred: (1) the carrier occupied the key spot in a cruising formation [and] (2) all anti-aircraft resources of the formation were disposed for the protection of the carrier."

PLAN OF THE MONTH

Your Leadership Tool for Communicating Internally



AUGUST 2024 SPOTLIGHT

IMPORTANT DATES:

Feb. 1- Nov. 30	CY24 PRT Cycle
Aug. 10	DoD Birthday
Aug. 26	Women’s Equality Day
Sept. 1	National Suicide Prevention Month
Sept. 5	E6 Advancement Exam
Sept. 12	E5 Advancement Exam

DEADLINES:

Sept. 26	2024 Application Deadline for TA and NCPACE
Sept. 30	Enlisted to Medical Degree Preparatory Program (EMDP2) Applications Due
Oct. 15	Fiscal Year-26 Command Master Chief and Command Senior Chief Screen Board Membership and Applications
Oct. 31	National Intelligence University AY 25-26 Cohort Applicants Deadline for Detailer Release

PREPARED BY
Navy Office of Information

SPOTLIGHT

New Relaxed Clothing Policy at all Navy Shore Galleys

Commander, Navy Installations Command (CNIC) implemented a relaxed clothing policy at all 80 of the Navy’s shore galleys. The new policy permits Sailors to wear most civilian clothes including sandals, board shorts and physical training attire. Civilian clothes must be clean and in good condition, not contain offensive language or pictures, and not be overly revealing. Navy schoolhouse students or recruits may be subject to additional dress code requirements. Read [CNIC NOTICE 4061](#) for more information.



NAVY CULTURE



America's Warfighting Navy Website

Curious about the CNO’s priorities? Dive into the newly launched “America’s Warfighting Navy” website. It showcases who we are, what we do and where we are going. Stay aligned with our mission and learn more about how our warfighters protect our nation’s interests. Visit the [website](#) today!

FAMILY RESOURCES

MyNavy Family App

Looking for ways to stay connected? Download the MyNavy Family app, your one-stop shop for navigating the ins and outs of being a Navy spouse or family member. Whether you’re looking for help with spouse employment resources, education assistance, or legal support, the MyNavy Family app connects you to the resources and information that you need. The app also offers specific support services for parents, special needs families and surviving loved ones. Download [MyNavy Family](#) today and build a stronger, more informed Navy family!



PROFESSIONAL DEVELOPMENT



Navy College Program Education Counseling Appointment Scheduler

If you need counseling before signing up for Tuition Assistance or another Navy voluntary education program, the process just got easier! Navy Flank Speed users can now self-schedule counseling appointments with a Navy College Virtual Education Center (NCVEC) counselor using the [Counseling Appointment Scheduler](#). Don't have access to Navy Flank Speed? You can still [contact a counselor](#) at NCVEC for help.

MONEY MATTERS

VA Home Loans

Ready to become a homeowner? The VA home loan offers competitive interest rates, limited closing costs and no Private Mortgage Insurance (PMI) requirement for service members, veterans and eligible surviving spouses. In some instances, a down payment is also not required. The VA home loan is a lifetime benefit that can be used multiple times. Learn more about your path to homeownership [here](#).



HEALTH & WELLNESS



101 Critical Days of Summer

Summer is almost over, but summer risks are still present. The 101 Critical Days of Summer safety campaign is an annual Navy and Marine Corps initiative to increase awareness of risks related to off-duty recreational activities. Learn more about keeping yourself and your Sailors safe as summer closes out by using the tools provided [here](#).

RESOURCE SPOTLIGHT

Free Sittercity Access via Military One Source

Active, reserve service members and their families can get a free premium membership to the nanny and babysitter website [Sittercity](#) through [Military OneSource](#)! Search the database and access more than a million caregivers to match your childcare criteria, check references, set up interviews and review background checks. Find flexible, hourly childcare that fits your busy life.



Photo by MC2 Sang Kim
@USSHARPERFERRY

PHOTOS FROM THE FLEET

The Naval Service—forward deployed and capable of both rapid response and sustained operations globally—remains America’s most persistent and versatile instrument of military influence.



Photo by MC2 Timothy Dimal
@USSRONALDREAGAN



Photo by MC3 Jadyn Beavers
@HSCA



Photo by MC3 John Miller
@USSRUSSELL



Photo by LT James Caliva
@SUBMARINESQUADRON15



Photo by MC1 Andrew Waters
@NMCB133

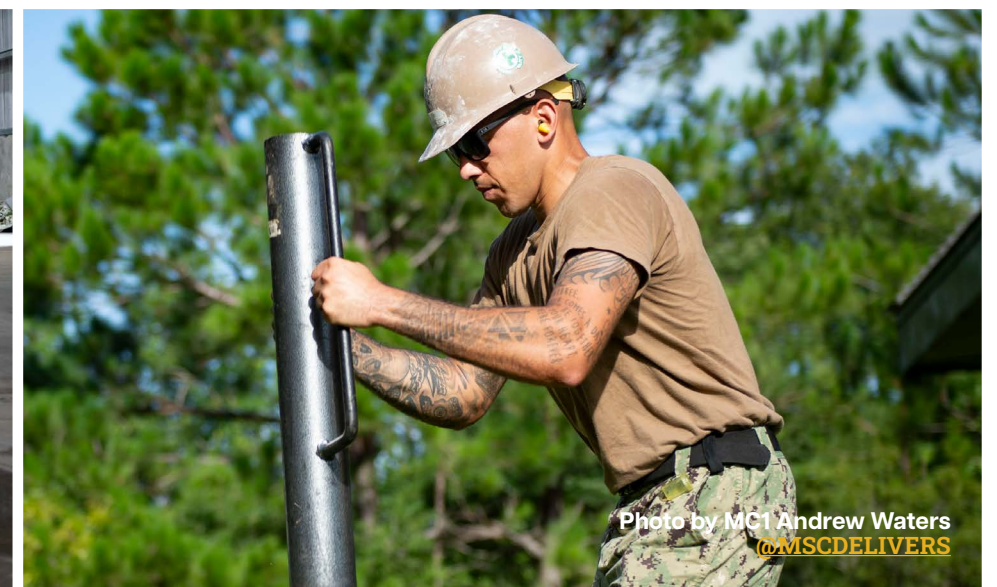


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@MSCDELIVERS



Photo by MCSA Kyree Rogers
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Photo by MC2 Mario Coto
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@NSABAHRAIN



Photo by MC2 Dean Gates
@CVN79JFK

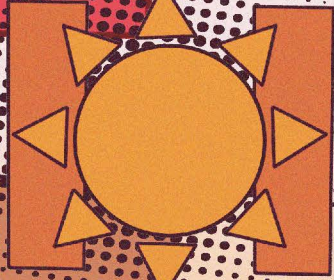


101 DAYS OF SUMMER

Photo by MC1 Austin Ingram

MEANWHILE DURING...

DAYS OF



SUMMER

HONK!
HONK!



I WISH I WOULD HAVE DRESSED FOR THE HEAT!



HONK!
HONK!

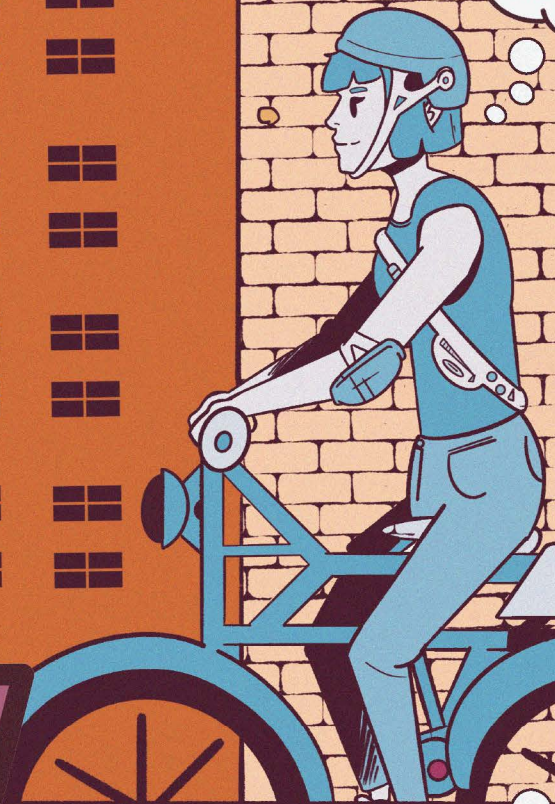


GOTTA MAKE SURE EVERYONE IS SAFELY CROSSING THE STREET.

IN SUMMER VILLE, THE LOCAL RESIDENTS ENJOY THE NICE SUMMER DAY WHEN ...



BEAT THE HEAT!



GOOD THING I WORE CORRECT GEAR WHEN RIDING A BIKE!



GOTTA HYDRATE BEFORE ITS TOO LATE!!

HEATWAVE ATTACKS!



I'M GLAD I APPLIED SUNSCREEN IN THIS HEAT!



WILL HEAT WAVE DESTROY THE CITY?! JOIN US NEXT ISSUE!

STAY SAFE!
STAY VIGILANT!

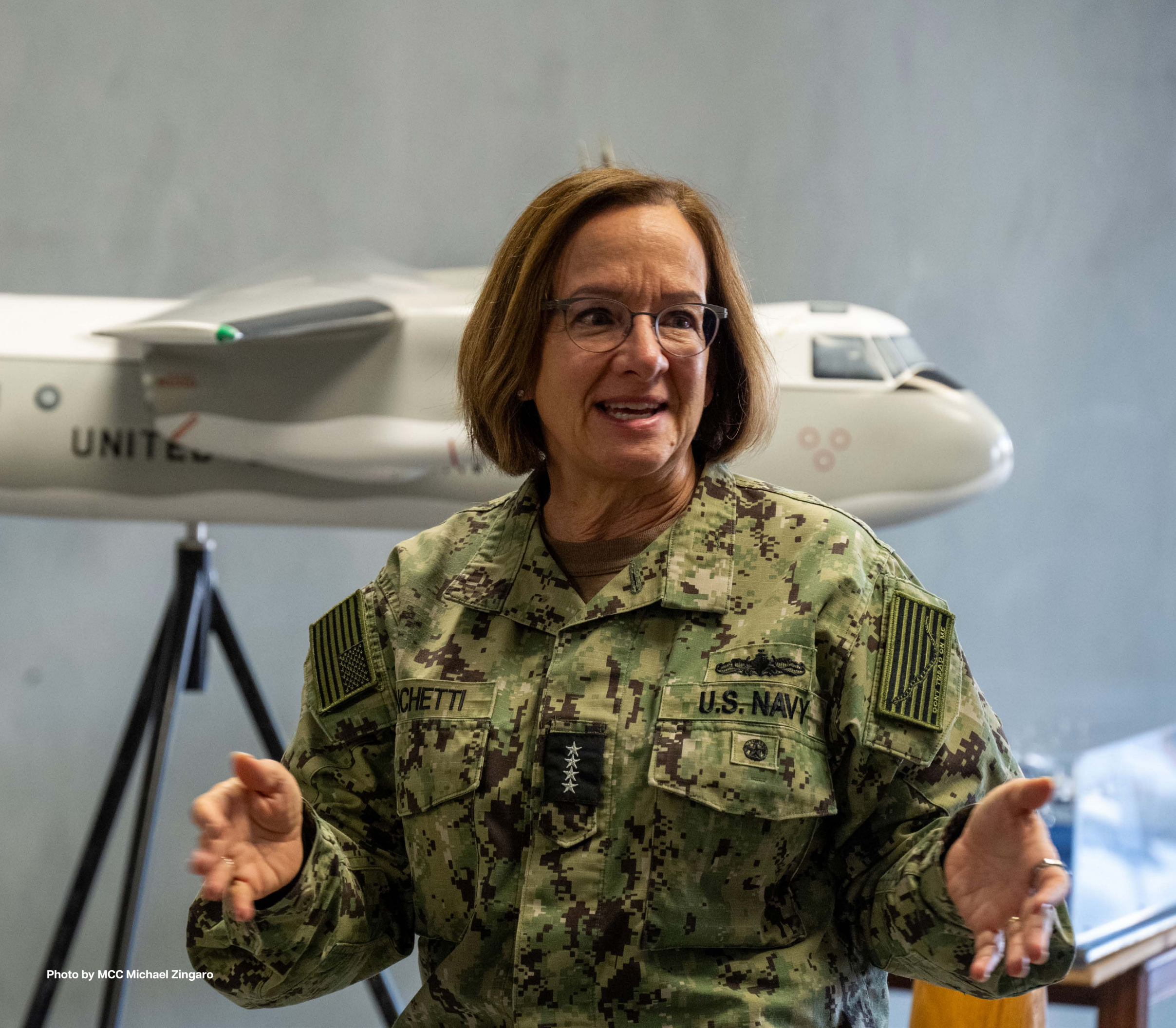


Photo by MCC Michael Zingaro

A MESSAGE FROM CNO:

The Navy and Marine Corps are committed to a Culture of Safety year round, but we place extra emphasis on safety during high-risk timeframes such as the 101 Critical Days of Summer, which runs from the beginning of Memorial Day weekend through the end of Labor Day weekend (24 May - 2 September). Historically, we lose more Sailors and Marines during this time of year than any other period. Over the 2023 101 Critical Days of Summer, we lost 27 Sailors and Marines in off-duty private auto and motorcycle mishaps.

As the weather gets warmer, and the days grow longer, we will likely spend more time swimming, boating, riding motorcycles, and celebrating the season with fireworks and barbecues with family and friends. We often take part in these potentially dangerous activities without stopping to think how to mitigate their risks, ultimately increasing the likelihood of injury or death.

We urge commanders, supervisors, and all Navy and Marine Corps personnel to take care of themselves, their families, and continue to look out for each other, both physically and mentally. It should be our personal charge to ensure we are ready to win today, prepare for tomorrow, and sustain our warfighting readiness.

Our operational tempo remains high, as do the related stressors. It is important to take the time this summer to enjoy family and friends, engage in your favorite activities and recharge your batteries - wisely and safely. Assess and manage the risks in all you do and apply risk management principles and self-discipline. We encourage all commanders, Sailors, and Marines to leverage the resources available via the Naval Safety Command website at: <https://navalsafetycommand.navy.mil/>.

Thank you and your families for your service to our naval team and our Nation. We are proud to serve alongside all of you.

Water Safety

Before exposure to the water...



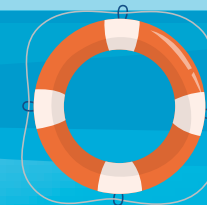
Avoid alcohol
and hydrate!



Enroll in swim
classes



Check the weather
and survey the area



Know emergency
procedures



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