

ALLHANDS

MAGAZINE OF THE U.S. NAVY

MAY 2025



EXERCISE TIGER TRIUMPH

The U.S. and Indian military train as a joint force

BETTER TOGETHER

Iwo Jima ARG strengthens Naval force through successful integration training



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 and follow our social media channels for the latest information for Sailors by Sailors.

This month, we discuss exercises happening around the fleet, advertise the Navy's partnered application for weight loss, and highlight the Secretary of the Navy's recent carrier visit.

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EXERCISE TIGER TRIUMPH 2025

Story by Lt. Cmdr. Seth Koenig



Photo by MC1 Caroline Liu

Nearly 1,000 U.S. and Indian military personnel took part in a large-scale amphibious landing drill on Kakinada Beach in Andhra Pradesh, India, on April 11, 2025, for the culminating event in Exercise Tiger Triumph 2025.

The event represented a humanitarian assistance and disaster response scenario in which the joint combined forces were tasked with securing space in a coastal area, as well as setting up a field hospital and supply distribution site there following a notional natural disaster.

In a statement, the U.S. Consul General of Hyderabad, Jennifer Larson, said that she is proud to be witnessing these exercises for the second time.

“Every year this exercise builds on the previous one and breaks new ground,” she said. “Our forces are working closer than ever before, and we see this relationship only getting stronger. It is through exercises like Tiger Triumph that the United States and India achieve mutual security objectives and assure a free and open Indo-Pacific region and beyond.”

The amphibious landing concluded the sea phase of the exercise, which was preceded by a weeklong harbor phase in nearby Visakhapatnam, consisting of operation planning, unit-level training, subject matter expert exchanges and cultural events. A closing ceremony aboard the U.S. Navy’s Whidbey Island-class dock landing ship USS Comstock (LSD 45) is scheduled to take place in the coming days to officially end the exercise.

“Amphibious operations require effective integrated planning, and unifying command and control – or C2,” said Rear Adm. Greg Newkirk, Commander, Task Force (CTF) 70 and commander of the U.S. joint forces participating in the exercise. “The Tiger Triumph 2025 beach landing is the result of substantial gains in our level of integration with the Indian Armed Forces at all levels of the joint

forces, and in all domains, as well as wringing out effective combined C2. It highlights the very real strength of two highly professional forces coming together, placing a high premium on interoperability, to achieve a complex objective that only militaries can bring to bear.”

The landing force included U.S. Marines from the 1st Light Armored Reconnaissance Battalion aboard Assault Craft Unit (ACU) 5 Landing Crafts Air Cushion (LCAC) launched from Comstock; as well as Indian Army personnel from the 4/8 Gurkha Rifles Infantry Battalion, 91st Infantry Brigade, aboard Landing Crafts Mechanized (LCM) launched from the amphibious transport dock INS Jalashwa (L 41).

Additional supporting personnel included soldiers from the U.S. Army’s 11th Airborne Division, plus joint combined Army-Navy medical, legal and civil affairs teams, as well as Special Operations Forces contingents from both countries.

U.S. and Indian Air Force C-130 aircraft conducted simulated supply drops during the event, while a U.S. Navy P-8A Poseidon aircraft participated with a data gathering flight over the operation area.

In addition to the amphibious landing, the sea phase of the exercise included underway maneuvering drills, integrated well-deck and flight deck operations, and personnel exchanges.

Beginning with an opening ceremony aboard Jalashwa on April 1, this is the fourth time U.S. and Indian forces have come together for Tiger Triumph, an annual joint India-U.S. amphibious exercise. Overall, the exercise involved approximately 3,000 personnel and at least four ships and seven aircraft from the two countries.

U.S. 7th Fleet is the U.S. Navy’s largest forward-deployed numbered fleet and routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific region.

NAVY SECRETARY EMBARKS GERALD R. FORD FOR FIRST CARRIER VISIT

Photo by MC3 Tajh Payne



Photo by MCSN Alexander Casco

Courtesy Story

Secretary of the Navy John Phelan embarked USS Gerald R. Ford (CVN 78), the flagship of Carrier Strike Group (CSG) 12, to observe the strike group's Composite Training Unit Exercise (COMPTUEX), Apr. 10-11. The visit was the Secretary's first visit to an operational carrier strike group since becoming the 79th Secretary of the Navy on March 25, 2025.

"There is nothing that compares to the strategic influence that the Gerald R. Ford Carrier Strike Group delivers to the Commander-in-Chief," said Phelan. "All Americans should be proud of these men and women, whose grit and determination keeps our seas open and our nation safe."

The Secretary joined the strike group during Composite Training Unit Exercise (COMPTUEX). The training environment delivers opportunities for carrier strike group commanders to integrate highly-capable, multi-mission teams through live, virtual, and constructive presentations of threats. CSG-12 coordinates and directs the actions of USS Gerald R. Ford (CVN 78), USS Winston S. Churchill (DDG 81), Carrier Air Wing (CVW) 8 with its nine accompanying squadrons, and Destroyer Squadron (DESRON) 2 and its four guided-missile destroyers.

"I can't think of a better time, place, or team to introduce Secretary Phelan to strike group operations at sea," said Rear Adm. Paul Lanzilotta. "It's an honor and a privilege to lead this team, and I am grateful for the opportunity to highlight the team's hard work, tactical acumen, and warfighting spirit to the Secretary."

COMPTUEX is the Joint Force's most complex training event which underscores the Navy's commitment to deliver naval task forces for sustained high-end Joint and combined combat. The visit was also an opportunity for the crew of USS Gerald R. Ford (CVN 78) to present the ship to senior leadership.

"It is a great honor to host Secretary Phelan during his first trip to a ready aircraft carrier," said Capt. Rick Burgess, commanding officer of Gerald R. Ford. "The crew demonstrated Ford's ability to project power on demand anywhere across the globe."

Following its return from its maiden deployment in January 2024, Ford completed a maintenance and training cycle.

"As the first aircraft carrier to deter aggression during the Israel-Hamas conflict, you stood tall in support of Israel's right to defend itself, and you made America proud. But you didn't just deter. You made a difference. and you showed the world what American naval power and strength looks like." said Phelan.

The Gerald R. Ford Carrier Strike Group delivers the Joint force and Commander-in-Chief the combat capability to deter, and if necessary, defeat America's adversaries in support of national security and economic prosperity. The strike group is comprised of its flagship, the world's largest and most capable aircraft carrier USS Gerald R. Ford (CVN 78), USS Winston S. Churchill (DDG 81), Carrier Air Wing (CVW) & with nine accompanying squadrons, and Destroyer Squadron (DESRON) 2 and its four guided-missile destroyers.



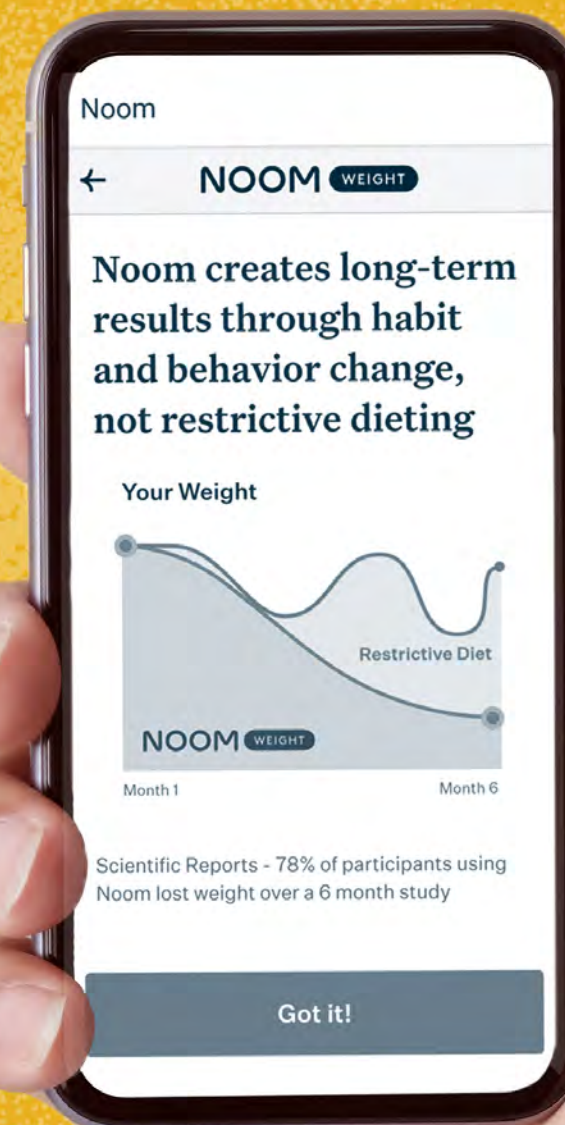
NOOM

HEALTHY WEIGHT LOSS

Noom is a digital program that uses psychology, technology, and 1:1 coaching to help individuals reach their health and weight loss goals.

SELECT SAILORS ARE AVAILABLE TO PARTICIPATE IN THE NOOM TRIAL.

Participation in the pilot program is available to Active Component Sailors who were not within Body Composition Assessment standards for the calendar year 2024 Physical Fitness Assessment. Eligible Sailors who desire to participate can access Noom using their First Name, Last Name, and DOD ID during registration at go.noom.com/usnavy (all lower case letters).





U.S AND ROK NAVY DIVERS CONCLUDE SUCCESSFUL SALVEX KOREA 2025

Story and photos by MC2 Jordan Jennings

U.S. Navy divers from Mobile Diving and Salvage Unit (MDSU) 1 and their counterparts from the Republic of Korea Navy (ROKN) successfully concluded Salvage Exercise (SALVEX) Korea 2025, in Chinhae, South Korea on April 11, 2025.

This year's exercise marked over four decades of partnership, emphasizing enhanced interoperability in a range of complex diving and salvage operations.

Throughout SALVEX Korea 2025, divers participated in a range of practical training evolutions. These included gear familiarization, tactical procedure exchanges, and full-mission profile salvage operations, all designed to enhance their ability to work together seamlessly.

"The ROKN divers are incredibly skilled and professional. They bring a unique perspective and approach to every challenge, and we learn from each other every time we are in the water together," said Chief Warrant Officer 2 Nick Blankshine, Company Commander for MDSU Company 1-8. "That shared knowledge and those bonds of trust are essential for facing maritime challenges together.

Divers sharpened their search and recovery expertise, practicing the location and recovery of simulated deceased bodies from a mock wreckage on the sea bed. Showcasing cutting-edge technology, U.S. Navy divers trained their ROKN counterparts on the Diver Augmented Vision Display system, which significantly enhances underwater visibility in challenging conditions.

Divers also conducted deep sea dives to 170 feet, utilizing a wet dive bell deployed from the Tongyeong-class salvage and rescue ship ROKS Gwangyang (ATS-32).

"Being lowered into the ocean inside a dive bell is a surreal experience," said Navy Diver 3rd Class Anthony Briggs, assigned to MDSU 1. "One minute you're surrounded by the team, the next it's just you, your dive partner, and the emptiness of the ocean. It makes you feel small, for sure, but it also reinforces the trust you have in your training and the people on the surface."

Demonstrating their proficiency with unmanned systems, ROKN divers showcased their remotely operated vehicle, used for underwater exploration and object manipulation. U.S. Navy divers observed the demonstration, sharing their own experiences and insights on utilizing remotely operated underwater vehicle technology in challenging underwater environments. This exchange of knowledge underscored the commitment to shared learning throughout SALVEX.

"Working alongside the ROK navy divers during the search and recovery was an incredible experience. Despite our different backgrounds, we were united by our shared training and commitment to the mission," said Briggs. "The teamwork showcased during the exercise is a true testament to the power of SALVEX."

SALVEX Korea 2025 stands as a powerful testament to the enduring U.S. – ROK Alliance and its unwavering commitment to a free and open Indo-Pacific. Through continued bilateral exercises and cooperation, the U.S. and ROKN stand ready to respond to any challenge.

Commander, Logistics Group Western Pacific supports deployed surface units and aircraft carriers, along with regional allies and partners, to facilitate patrols in the South China Sea, participation in naval exercises and response to natural disasters.



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.

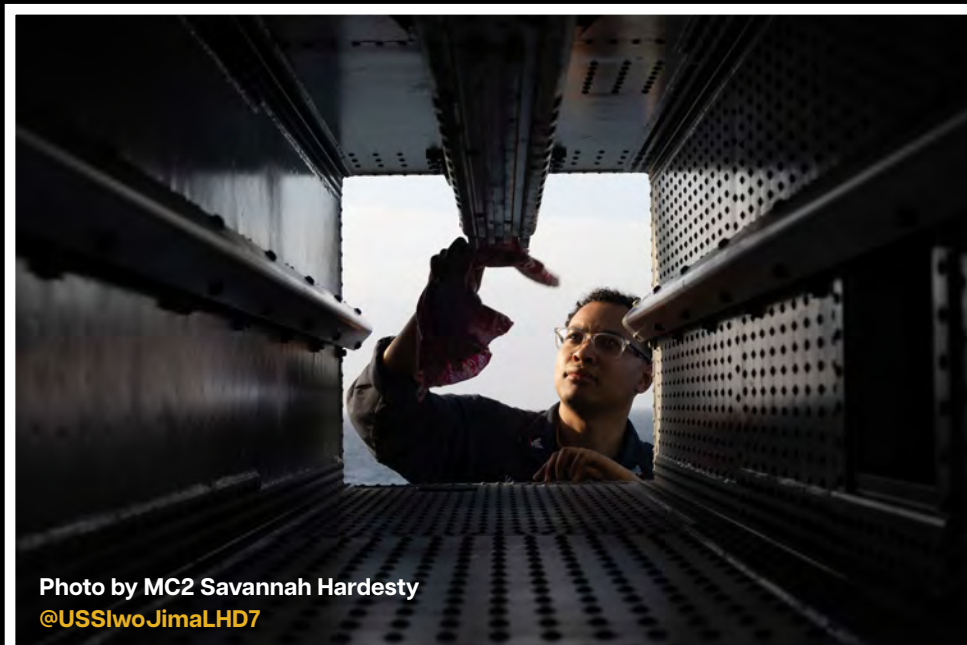


Photo by MC2 Savannah Hardesty
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Photo by MU1 Anastasia Bonotto
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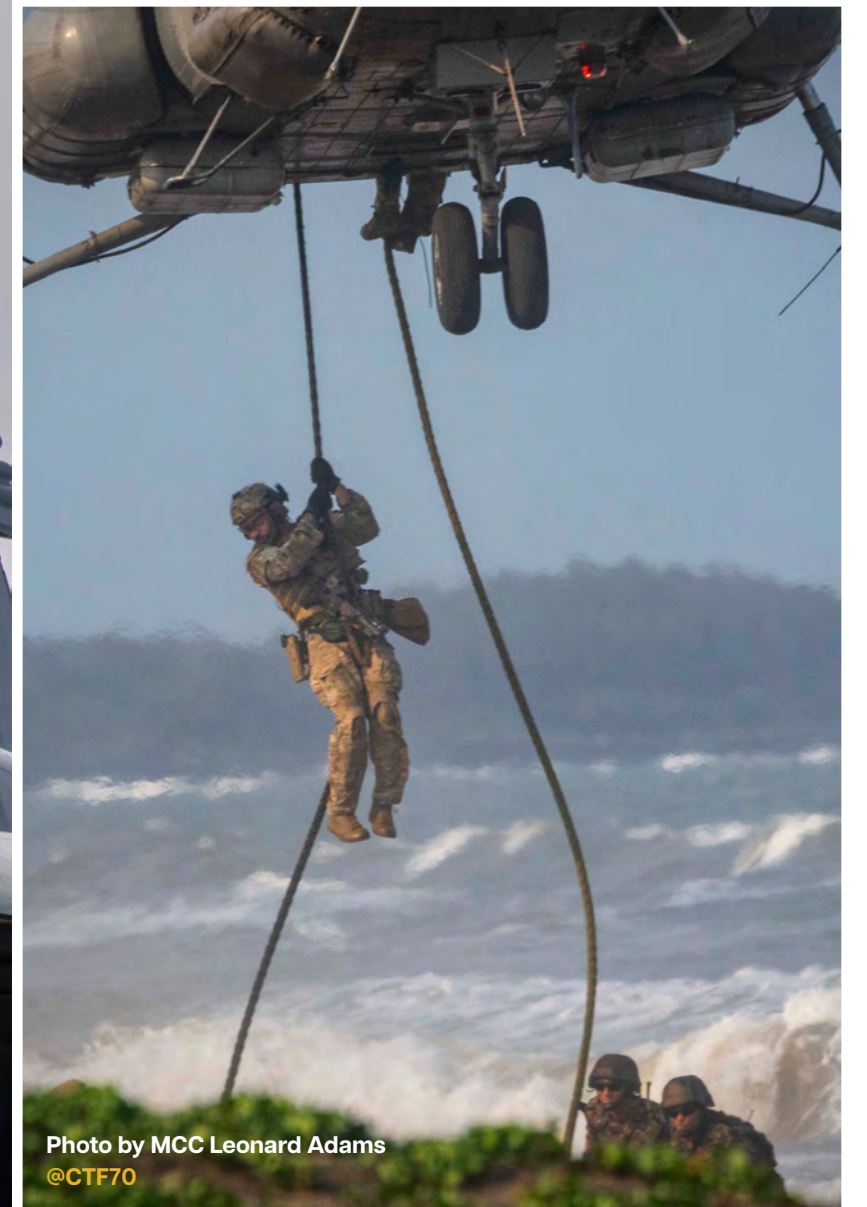


Photo by MCC Leonard Adams
@CTF70



Photo by MC2 Sang Kim
@PatrolSquadron5

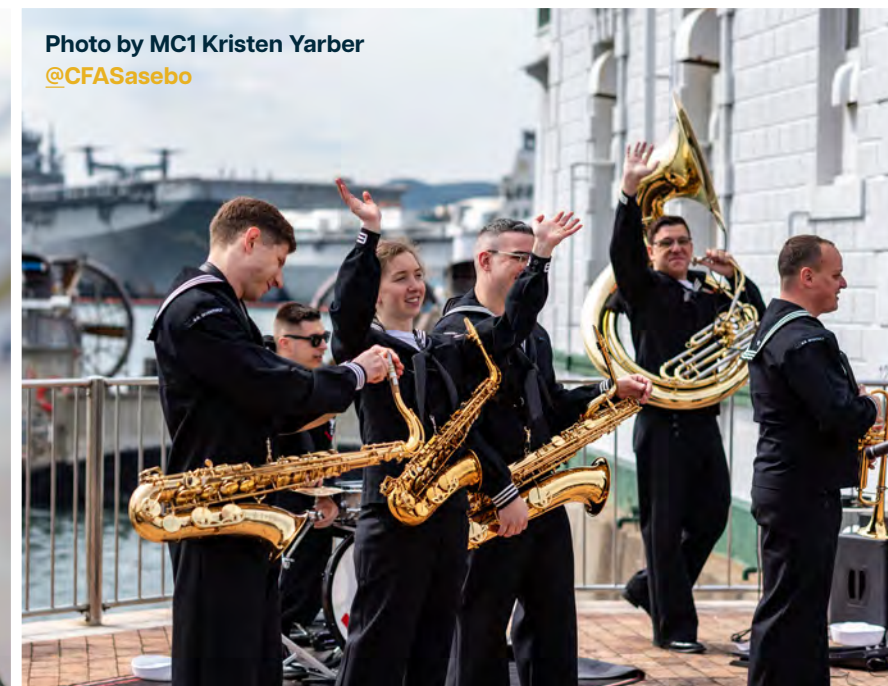


Photo by MC1 Kristen Yarber
@CFASasebo



Photo by MC2 Kelsey Culbertson
@NASSigonella

PLAN OF THE MONTH



Your Leadership Tool for Communicating Internally

APRIL 2025

IMPORTANT DATES:

April 6-9	Sea Air Space Symposium
April 15	E-9 CHIEFEVALS Due
April 21-25	HURREX/ Citadel Gale
April 30	O-5 FITREPS Due

DEADLINES:

May 1	Deadline for Enlisted Applications to the Nuclear Enlisted Talent Management Board Pilot Program (TMBPP).
May 9	Deadline for Ombudsman of the Year Nomination Package
May 15	Deadline for Applications for Navy-Marine Corps Relief Society Scholarships
June 13	Deadline for Application to the August 2025 Active Duty Officer Lateral Transfer and Resignation Board
June 15	Deadline for Application to the Academic Year 2026 Medical Service Corps In-Service Procurement Program Selection Board

NAVY CULTURE

OMBUDSMAN OF THE YEAR: CALL FOR APPLICATIONS

Does your command have an exceptional Ombudsman? Nominate them for the Ombudsman of the Year Award! If your Ombudsman has served for at least one year and has demonstrated strong commitment to building community through exceptional professionalism and communication, offer your thanks by giving them the recognition they deserve. Nominations must be submitted by May 9. Refer to [NAVADMIN 029/25](#) for more information.



COUNSELING SPOTLIGHT

RELATIONSHIP CHECKUP (ONESOURCE)

Regular health checkups can catch small issues before they become big problems. The same principle applies to relationships. A Relationship Checkup with your Military and Family Life Counselor can keep your bond strong by confirming what you and your partner are doing well and identifying areas that need attention. Learn more about how to access this unique benefit [here](#).



PROFESSIONAL DEVELOPMENT

BECOME AN RDC

Recruit Division Commander (RDC) duty at Recruit Training Command Great Lakes offers unmatched opportunities such as Special Duty Assignment Pay, faster advancement, the Master Training Specialist qualification, and up to 24 ACE-recommended college credits toward a bachelor's degree. For more information on how to apply, contact PERS-4010D (Shore Special Detailing) at (901) 874-3855.



MONEY MATTERS

INCREASING CONTRIBUTIONS TO TSP

Are you expecting a tax refund? Invest it wisely and consider upping your Thrift Savings Plan (TSP) contributions. Even a small increase—just \$2 a day—can add up to \$720 a year, and with compounding interest at a 7.23% annual return, you could see significant growth over time. Follow the steps below to increase your contributions:

1. Log in at mypay.dfas.mil.
2. Under "PAY CHANGES," select "Thrift Savings Plan (TSP)."
3. Click the yellow pencil to edit your contribution.
4. Adjust and hit "Continue."
5. Review and submit your changes.



HEALTH & WELLNESS

TRAVEL FOR ASSISTED REPRODUCTIVE TECHNOLOGY SERVICES

Service members that need to travel for IVF or other Assisted Reproductive Technology (ART) services will now receive extra help to do so. The Navy has authorized travel allowances for service members seeking ART services that are not available near their permanent duty station. Read more about the policy [here](#).



FAMILY RESOURCES

SPOUSE EDUCATION BENEFIT EXPANSION

The Department of Defense is expanding the My Career Advancement Account (MyCAA) program to include more military spouses. Spouses of active-duty service members and reservists ranked E-7, E-8, E-9, and W-3 are now eligible to apply for the MyCAA scholarship, which offers up to \$4,000 in educational assistance. This workforce development initiative helps military spouses advance their education and career goals. For more details, visit the [website](#) or call 800-342-9647.



DOD SUMMER CAMPS

DEFENSE DEPARTMENT SUMMER CAMPS

Looking for activities to keep your children and teens busy, engaged and having fun when school lets out for the year? Defense Department summer camps could be a great addition to your family's summer lineup. A variety of camp experiences provide summer structure and fun for military children and teens and help them bond with other military-connected youth. Check out the different camps offered [here](#).



BETTER TOGETHER

IWO JIMA ARG STRENGTHENS NAVAL FORCE THROUGH SUCCESSFUL INTEGRATION TRAINING

Photos by MC2 Joseph Tyler Miller



Story by Lt. Cmdr. Seth Koenig

The amphibious assault ship USS Iwo Jima (LHD 7), Amphibious Squadron 8 (PHIBRON) and the 22nd Marine Expeditionary Unit (MEU)—all part of the Iwo Jima Amphibious Ready Group (IWOARG)—completed a two-week Amphibious Squadron Marine Expeditionary Unit Integration Training (PMINT) in the Atlantic Ocean, April 14.

“The relationships fostered during PMINT were seamless and highlighted the potential to grow and fight as a team,” said U.S. Marine Corps Capt. Christopher Connelly, assigned to the 22nd MEU and embarked with Fort Lauderdale. “Before this, our Marines and Sailors of the landing force were focused on our own mission(s), but now we have an integrated partnership where the Navy and Marine Corps will continue to work towards a common goal. We remain excited to foster these relationships as we continue to prep for deployment.”

During PMINT, more than 1,800 Sailors from Iwo Jima, amphibious transport dock USS Fort Lauderdale (LPD 28), amphibious transport dock USS San Antonio (LPD 17), Helicopter Sea Combat Squadron (HSC) 26, Assault Craft Unit Four, Fleet Surgical Team Two and 1,200 Marines from the 22nd MEU integrated to complete a series of exercises designed to enhance interoperability between Sailors and Marines.

For many onboard, this training event was the first time Marines and Sailors got the opportunity to work together while underway.

“PMINT is meant for the integration of the blue, green team just to get a feel of what ship life is for Marines and also how to work with our counterparts, the Sailors and just get to know them, the functions of what they do on the ship and what we can do while being on a ship,” said Cpl. Sharon Ruiz, assigned to the 22nd Marine Expeditionary Unit.

Another joint component of operations is flight operations, which the ARG demonstrated during PMINT.

“The intent was to get familiar with the ship,” said U.S. Marine Corps Capt. Michael Matott, assigned to the 22nd Marine Expeditionary Unit. “There’s been more integration and involvement with the MEU. We were able to bring in the Hueys from the Iwo and get reps and sets. It is really important that we understand the ship life and getting our [qualifications], working with the Navy has been a good introduction to the team.”

Iwo Jima’s force protection team also conducted security training with their Marine counterparts. This crucial joint training ensured more seamless integration of Navy and Marine multi-layered defense systems to protect ARG shipping. Sailors honed skills during evolutions like straits transits and Marines tested their ability to defend the amphibious task force with integrated

capabilities such as the Light Marine Air-Defense Integrated System.

“We were able to conduct training over tactical combat casualty care procedures as well as close-quarter battle which enabled us to improve our skills while integrating with our Marine reconnaissance element of the 22nd MEU,” said Master-at-Arms 2nd Class Avery McManus. “I thoroughly enjoyed the experience and it was the most eye-opening training I have been a part of. It sharpened a lot of my skills in protecting the ship.”

Sailors were excited to engage and integrate with Marines that they will be deploying with in the future.

“I love having the Marines onboard, the ship is buzzing with excitement, keeping medical busy,” said Hospital Corpsman 1st Class Rahmeik Ross, assigned to San Antonio. “We’ve been getting along great with our green-side counterparts, integrating completely. It [has] been a good integration so far.”

