

Stay Focused!

Be Ready!

Make an IMPACTT!

Volume 7, Issue 4

April 30, 2018

*Peer Richard, 2018.*

# A N Almanack

*Family Gram Edition*



*Homeward Bound*

INTEGRITY . MAINTENANCE . PROFESSIONALISM . ADVANCEMENT . COMMUNICATION . TRAINING . TEAMWORK



# Captain's Corner

## *Revolutionary Families and Friends,*

After completing another period of training and exercises, we returned to White Beach, Okinawa to off-load the Marines of the 3d Marine Expeditionary Brigade and the 3rd Assault Amphibian Battalion, and participated in the White Beach Festival.

During the festival, we hosted more than 3,600 local residents during two days of guided ship tours. A combined effort from our Security, Executive, Engineering, Air, Medical and Deck departments, the duty section, HSC-22, NBU-7 and Supply made the tours a great success. Many of our Sailors presented briefs to the guests, and spoke with pride about their equipment and their jobs.

The Weapons department safely off-loaded 169 pallets and nearly 100 tons of ordnance, while the Medical department held a blood drive on board for the United States Pacific Command Armed Services Blood Bank Center Okinawa. Meanwhile, the Petty Officer 1st Class Association, Junior Sailor Association and Coalition of Sailors Against Destructive Decisions conducted English lessons though community relations projects with Okinawa residents.

Following our port visit in White Beach, we pulled into Sasebo, Japan,

which has been Bonhomme Richard's home-away-from-home for the past six years, for a quick visit. Some of our Sailors were able to get reacquainted with family and friends during the visit, and I took the opportunity to do a couple interviews and tell the people of Japan how much we have appreciated their friendship and hospitality.

While underway from Sasebo, we transitioned from the 7th Fleet area of responsibility (AOR) to the 3rd Fleet AOR as we crossed the International Date Line, and we experienced April 25 twice as a result of our crossing the date line on our way to Pearl Harbor, Hawaii. Approximately 500 Sailors manned the rails in whites as we sailed into Pearl Harbor, and rendered honors to the USS Missouri and USS Arizona memorials. We will always remember the Sailors that will eternally stand the watch on Arizona.

Now, we are transiting to our new homeport of San Diego, California, but continue to train on the way to ensure we make it safely and maintain our readiness. Regardless if we are conducting exercises or making a direct transit, your Sailors conduct themselves as true professionals. As we turn the ship toward mainland America, we keep you in our hearts and our minds. Continue to make your IMPACTT from the homefront each day, and we'll be there soon.



~ Captain 'Mac'



# Ombudsmen Corner

## *San Diego Ombudsmen:*

Hello BHR Sailors and Families!!

We all hope that everyone is doing well and that those of you in San Diego are settling in and those still in Japan are getting ready to come and join us in sunny California!

As more families are making their way over, we just want to remind everyone that it is EXTREMELY important to call Tricare as soon as you arrive to change your coverage from Tricare Overseas to Tricare West. It is easy to do, but will take a little time on the phone, so be prepared to wait! The phone number to call is: 1-844-866-9378 and the best times to call are from 2-9pm and during the latter part of the week.

Now that more families are joining us in SD, we wanted to highlight some of the programs that may be helpful as you get settled. For more information on the following programs and to learn more about what they offer, please contact the Fleet and Family Support Center at their Facebook page FFSCSD or <http://sandiego.navylifesw.com/ffsc>.

### Upcoming Events

- 1) Finding Federal Employment: May 8, 1-3pm, FFSC NB Coronado; May 15, 1-3pm, FFSC NB Point Loma
- 2) Spouse Employment, Empowerment, and Development Workshop: May 9, 10am-12pm, FFSC Villa at Serra Mesa
- 3) Resume Writing: May 10, 1-3pm, FFSC NB Coronado; May 18, 10am-12pm, FFSC Bayview Hills Branch
- 4) Love Long Distance: Long distance communication workshop and care package activities for children (WEBINAR): May 15, 3-4 pm.

Register at [www.cnic.navy.mil/ResiliencyWebinars](http://www.cnic.navy.mil/ResiliencyWebinars)

- 5) Welcome to San Diego: May 21, 2-4pm, FFSC NB San Diego, Bldg 263
- 6) Navigating Child Care Options in San Diego: 6/2, 8-9am, FFSC Santee

Don't forget the fun! Take a look at [www.navylifesw.com](http://www.navylifesw.com) or on Facebook at San Diego Navy Community Recreation to view the entire WaveWinds magazine with all of the activities around San Diego for May and June! Some of the highlights include:

- 1) Mommy and Me Garden Party: Sunday, May 6, 2-4 pm, NB San Diego Anchors Catering & Conference Center. \$16 Adults/\$14 Kids (2-10 years) Register: 619-556-9597
- 2) FREE! Outdoor Movie Night (Coco): Friday, May 18, 7:45pm, Murphy Canyon Youth Center Register: 619-556-9597
- 3) The Navy's 32nd Bay Bridge Run/Walk: Sunday, May 20, 8am Registration required: [www.navybaybridgerun.com](http://www.navybaybridgerun.com)
- 4) FREE! Glow Hike: Thursday, May 24, 6:30pm, Cowles Mountain (corner of Navajo and Golfcrest Dr.) Register: 619-556-9597
- 5) FREE! BEACHFEST: Saturday, May 26, 9am-2pm, NB Point Loma, Smuggler's Cove Info: 619-553-9138

Lastly, please remember that we are here to help if you need any assistance. Please contact us on our email ([bhrlhd6omb@gmail.com](mailto:bhrlhd6omb@gmail.com)) or our Facebook page.

Your Ombudsmen are: Mirei Kesner- Sasebo, Kelli Chastain- Virginia, and Thais St Martin- San Diego

You can reach out to an Ombudsman no matter where you are through our email: [bhrpao@lhd6.navy.mil](mailto:bhrpao@lhd6.navy.mil).

*Take care Gator Families!*



# MANNING THE RAILS







# DECKPLATE LEADERS

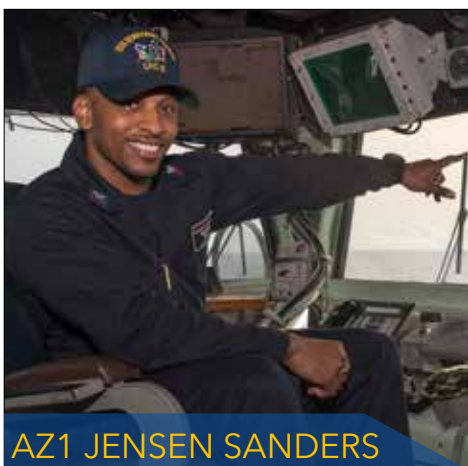


*RevGator*  
OF THE MONTH

CTRSN ROBERT VANDY



## SAILORS OF THE QUARTER



AZ1 JENSEN SANDERS



EM2 ANTON NEMCHINOV



HM3 MICHAEL JAMES



# BONHOMME RICHARD OBSERVES HOLOCAUST DAYS OF REMEMBRANCE

Story by MC3 Zachary DiPadova

Sailors came together on the mess decks of the amphibious assault ship USS Bonhomme Richard (LHD 6) for a 2018 Holocaust Days of Remembrance ceremony, April 25.

During the ceremony, members of Bonhomme Richard's Heritage and Diversity Committee read a poem by Holocaust survivor Alexander Kimel, and shared diary entries from Anthony Acevedo, an American World War II medic and concentration camp prisoner.

Lt. Seth Baron, Bonhomme Richard's medical administrative officer, was the guest speaker for the observance.

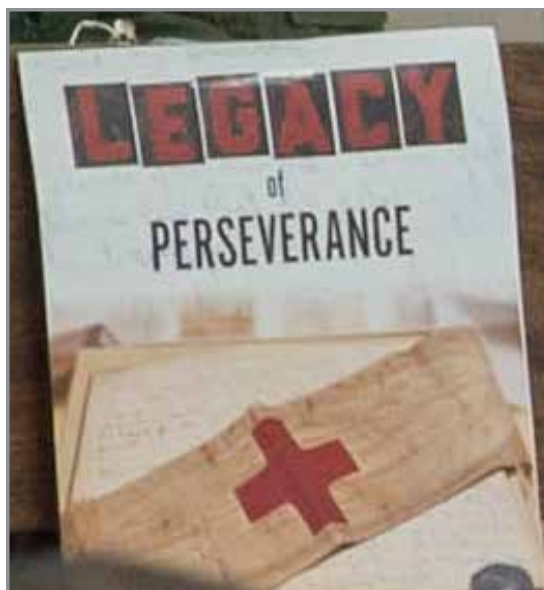
"We will be the last generation to hear these stories from the people who experienced them," said Baron. "It is now our job to continue their stories. It is now our responsibility to bear witness for future generations. The only way to honor the memory of the Holocaust is to turn remembrance into the promise of a better future."

Capt. Larry McCullen, Bonhomme Richard's commanding officer, spoke to Sailors about the moral

bravery of the citizens that risked their lives for others during the Holocaust in spite of the atrocities all around them, and encouraged each person to demonstrate the same level of bravery when faced with challenges and pressures.

"You have to have the courage to do the right thing," said McCullen. "Be a blessing to the people around you, look out for those you meet and bring hope to the world."

The U.S. Congress established Days of Remembrance as the nation's annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living memorial to the victims. This year's theme is: Learning from the Holocaust: Legacy of Perseverance.





## BONHOMME RICHARD RECEIVES NINTH CONSECUTIVE GREEN "H"

*Story by MC3 Zachary DiPadova*

"Knowledge of the subjects taught in our programs can contribute to good health and can enhance quality of life, which in turn provides a safer environment and supports military readiness," said Chief Hospital Corpsman Maria Roberts. "Through a team effort, our corpsmen positively influence our Sailors' and Marines' health and well-being."

The Green "H" is awarded to commands that score a 90 percent or higher on the self-graded, regional medical representative-reviewed nomination and grading sheet, which includes an assessment of several occupational health programs, including hearing and sight conservation, tobacco cessation, sexually transmitted disease education, physical fitness and nutrition, as well as administration of stress and anger management classes.

"I'm very proud to be a part of the team that helps Bonhomme Richard continue to receive this award each year," said Hospital Corpsman 1st Class Alvin Ochieng.

"We are professionals entrusted with the most valuable asset in the Navy – the service members themselves" added Roberts. "We expect of ourselves to be role models to our crew and do our best to behave as such."



The amphibious assault ship USS Bonhomme Richard (LHD 6) earned its ninth consecutive Force Health and Wellness Unit Award, April 20.

The purpose of the award, or Green "H," program is to encourage participation in health promotion activities, and to provide formal recognition to Surface Forces (SURFOR) ships that have excelled in establishing and promoting a command conducive to health promotion. Health promotion activities include programs of the medical and dental departments, as well as the Navy Alcohol and Drug Abuse Prevention (NADAP) program and command physical readiness.





# WHITE BEACH SHIP TOURS



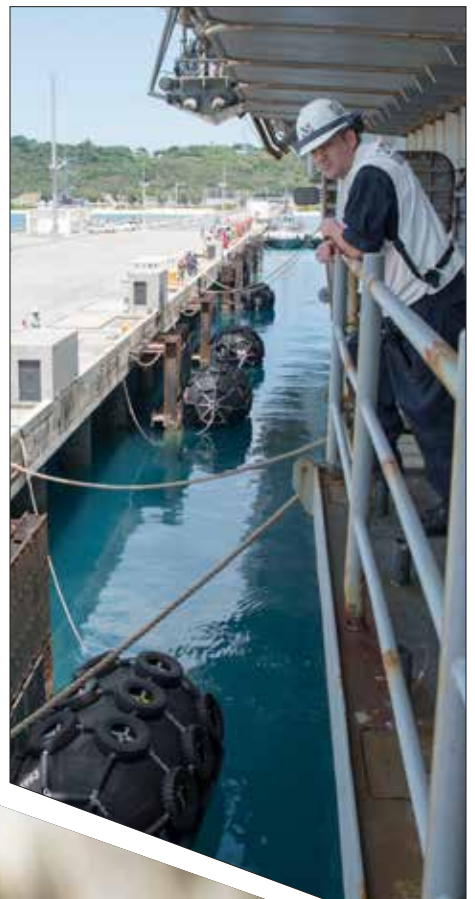


SAYONARA SASEBO





AIR



DECK



# ENGINEERING

**April**

has seen many

proud moments for

Engineering Department!

We have pinned 20 new Enlisted

Surface Warfare Specialists, two new Enlisted

Aviation Warfare Specialists, and qualified two new

Engineering Officers of the Watch and one new Ballast

Control Officer, ensuring that the education and professional

development in Engineering Department never stops. While in Okinawa

for the last time, Electrician's Mate 1st Class Toda, a prior Japanese Sailor,

was invited to do a radio interview about the opportunities available to those that

wanted to visit the base and learn more about the ships, aircraft and amphibious

craft utilized by the combined naval forces. In part due to his fantastic advertising,

nearly 16,000 people participated in the White Beach Festival. Damage Controlman

3rd Class Woolsey and Machinery Repairman 2nd Class Bartels took part in the White

Beach festivities, teaching visitors about the damage control firefighting and personal

protective equipment on board Bonhomme Richard for more than 2,600 visitors. As

always, Engineering Department is standing the watch, and keeping Bonhomme

Richard moving forward. Everyone is looking forward to being welcomed home by

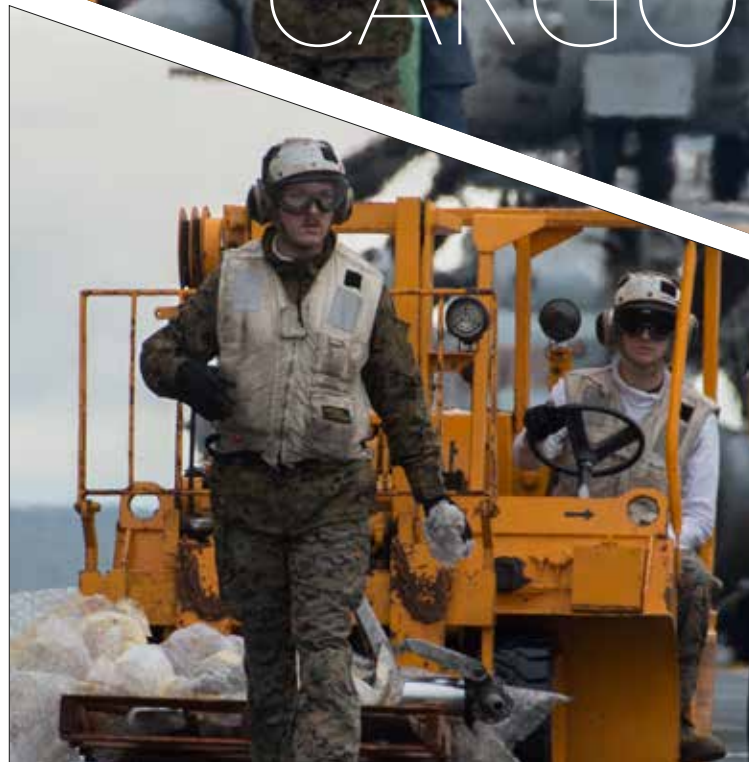
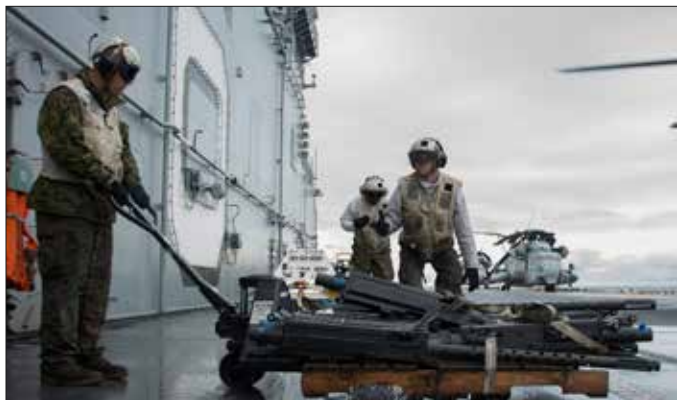
long awaited friends and family in San Diego!



C51



# COMBAT CARGO

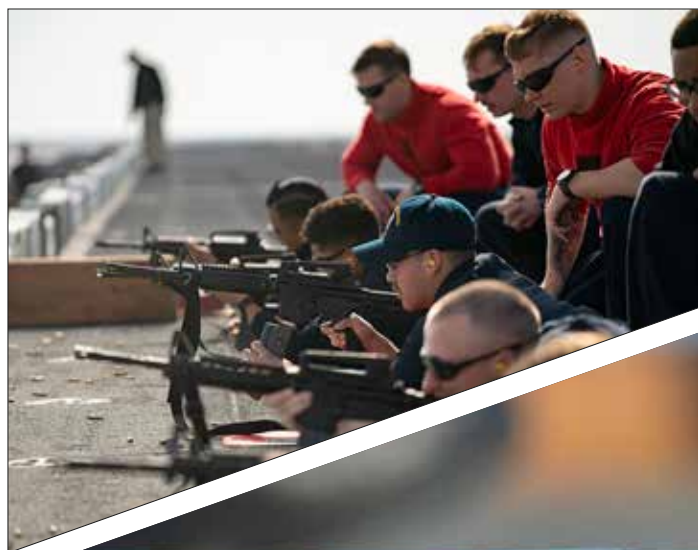


# MEDICAL





# OPERATIONS



# WEAPONS





# EXECUTIVE



Farewell Sasebo, Japan! Hello San Diego! April was a hectic yet successful month for the Supply Department onboard USS Bonhomme Richard. Now, we are heading to our new home San Diego, California. Here are several highlights of the Postal Team and Logistics Specialists accomplishments onboard Bonhomme Richard for the month of April: During the month of April, the postal team received 22 pallets of mail and delivered 10 pallets to friends and family back home. During our last Okinawa, Japan port call, the Sales Division played an active role in the success of base sponsored "Friendship Day." Not only did we meet thousands of Japanese and American people interested in the history and makeup of our ship, but we sold \$7K worth of Ship's Emblematix. Through hard work, all but one item was sold out!



# SUPPLY





NAVIGATION



AIMD



# Religious Ministries



BHR's Junior Sailor Association (JSA) spent time in Nago talking to and playing games with Okinawans as a part of a community relations event.



BHR's Coalition of Sailors Against Destructive Decisions (CSADD) spent a morning with Okinawa locals sharing language, cultures, and backgrounds as a part of a cultural exchange.



# COMRELLS





Farewell,  
NBU-7



# Aloha Activities!





# Visiting the USS Arizona Memorial

Remembering our history is an important part of today's Navy. During our port visit at Pearl Harbor, a group of our Sailors took time to learn more and honor those that have gone before us with a visit to the USS Arizona Memorial.





Stay Focused!

Be Ready!

Make an IMPACTT!



INTEGRITY . MAINTENANCE . PROFESSIONALISM . ADVANCEMENT . COMMUNICATION . TRAINING . TEAMWORK