

RUSSELL EGNOR NAVY MEDIA AWARD WINNING NEWSPAPER

# FIVE STAR



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## RELMIN STRENGTHENS SAILORS

BY MCSN JAIROS BAILEY



Lt. Cmdr. Leszek Sikorski, from Norfolk, Va., conducts an Easter Sunday service in the chapel. Photo by MC3 Sophie A. Pinkham

Sailors aboard USS Dwight D. Eisenhower (CVN 69) may face unexpected hardships and stressors that can be alleviated by talking with a chaplain or by visiting the ship's religious ministries (RELMIN) department.

RELMIN offers a variety of religious and supportive services open to all Sailors of any background, as well as avenues to discuss any obstacles they may be facing with confidentiality.

Chaplains are committed to caring for all Sailors and their families with dignity regardless of an individual's beliefs and religious or personal convictions. One way chaplains support Sailors is being available to listen to their issues and keeping the conversation private. The only way chaplains can break that confidence is with a Sailor's explicit permission.

"Our confidentiality agreement is like a Catholic confession," said Lt. Cmdr. Leszek Sikorski, one of three chaplains assigned to the Ike. "A person goes and confesses to a Catholic priest and they tell the priest of all their sins and then they leave. The Catholic priest can't tell anyone about a person's confessions, just like I can say nothing about what a Sailor and I talk about, absolutely nothing."

RELMIN offers other services to Sailors in addition to the confidentiality of chaplains.

"One of our functions as RELMIN is to step in and develop that spiritual community and fellowship," said Cmdr. Darren Stennett, Ike's senior chaplain. "This will help create better resiliency when faced with challenges out to sea."

Crew members are encouraged to participate in RELMIN's community to foster a sense of community and strengthen their personal well-being regardless of individual religious beliefs.

"Fellowship and religious services at sea are designed to strengthen a Sailor's spirit and ensure all Sailors have the opportunity to be spiritually healthy and be optimized for Naval wartime readiness," said Collins. "If we can help that grow and develop we can perform at a high level."

RELMIN offers the opportunity to allow Sailors to join in consistent fellowship aboard Ike.

"By staying connected, you continue to honor your faith, your family, and your shipmates when you stay consistent with who you are," said Stennett. "As professional Navy chaplains, our job is to make sure that our program is integrated and that it cares for and meets the spiritual needs of all."

Since each chaplain focuses on certain faiths, they rely on lay leaders, who have good standing with their home church or religious center and choose to lead others in worship or study of their particular faith, to meet the diverse needs of the Navy.

"If someone's spiritual needs are not being met we will look at ways to meet those spiritual needs," said Stennett.

If you are interested in becoming a lay leader or wish to take advantage of the resources RELMIN has to offer, come by the chapel located at 03-118-10-L.

"RELMIN services can help you in the long run," said Religious Program Specialist Third Class Christopher Andrew Nixon. "You can utilize our services and spaces to destress. Come by the library to plug and play your video game consoles and get your school work done while we are out to sea."

Ike chaplains and RELMIN encourage crewmembers to utilize RELMIN services to help alleviate the ebbing tides of life experienced out to sea and to increase spiritual resiliency for peace and wartime readiness.

## JEA IS THE JUNIOR SAILOR'S NETWORK

BY MC3 ASHLEY M.C. ESTRELLA



Sailors from the Junior Enlisted Association pose after an ice cream social on the mess decks. Photo by MC3 Marques Franklin

The Junior Enlisted Association (JEA) is a networking organization aboard USS Dwight D. Eisenhower (CVN 69) and offers Ike's newest Sailors support for training, as well as fun activities to build morale.

JEA serves as a motivational tool to unify junior Sailors, bring camaraderie and foster a positive environment by holding events such as fundraisers and meet-and-greets.

"JEA is important because it gives the opportunity for newer leaders to develop early in their Navy careers by building relationships and sustaining an organization," said Master-at-Arms 3rd Class Ashley Phillips, JEA's president. "We plan to host social and volunteer events like the recent ice cream social we held on the mess decks as a recruiting tool for the organization."

Professional development is part of JEA's objective, and building morale is incorporated in the association's goals.

"The ice cream social was fun," said Personnel Specialist 3rd Class Hannah Martin, JEA's Treasurer. "It was great to have music and see so many people enjoying their favorite flavors of ice cream and toppings. It took the edge off of a long day and helped spread awareness about JEA. It was definitely a win-win."

JEA's vice president, Personnel Specialist 3rd Class Darylle Olaires, said it is important for junior Sailors to be involved in organizations.

"I love being involved on Ike," said Olaires. "It allows me to meet new people. The ship has a diverse group of Sailors and it is a good experience."

While JEA organizes social events, it also plans training events.

"There weren't many organizations like JEA when I was a junior Sailor," said

Chief Aviation Machinist's Mate Kizzy McBride, one of JEA's senior-enlisted liaisons. "I make sure to support all of the different associations Ike has to offer. It is essential for junior Sailors to have experience in JEA because it prepares them to build on a solid set of leadership skills. I'm impressed on how everything is coming together on this level of leadership. Learning the basics in JEA makes the transition to the Second Class Petty Officer and First Class Petty Officer Associations a natural shift."

McBride also said if Sailors join organizations like JEA, it helps them take the steps to become competitive early on in their careers, and have a solid foundation for reaching their professional goals.

"I plan to help JEA members coordinate with senior leadership in order to complete required shipboard training," said McBride. "Qualifications are critical to a Sailor's success and creates a productive and ready Ike team."

In addition to learning how to run an organization, JEA offers opportunities to build relationships with peers as well as potential mentors.

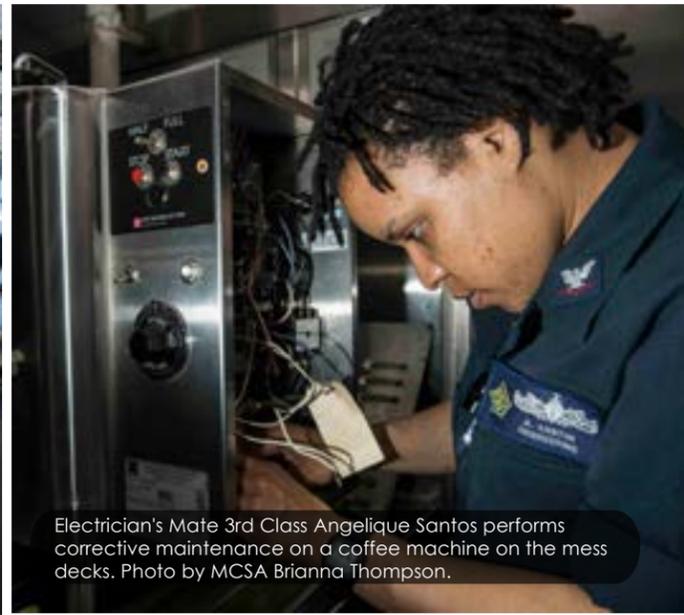
"The First Class Petty Officer Association hosted a mentorship rodeo," said Phillips. "It's important to have a mentor to guide you with personal and professional goals. JEA plans on doing something similar in the future."

The JEA is currently accepting applications for junior-enlisted Sailors in paygrades E-1 through E-4 to connect and assert leadership skills by planning and hosting events.

If you would like to join or have a question, JEA's cabinet members and contact information are listed on Ike's SharePoint under Special Programs.



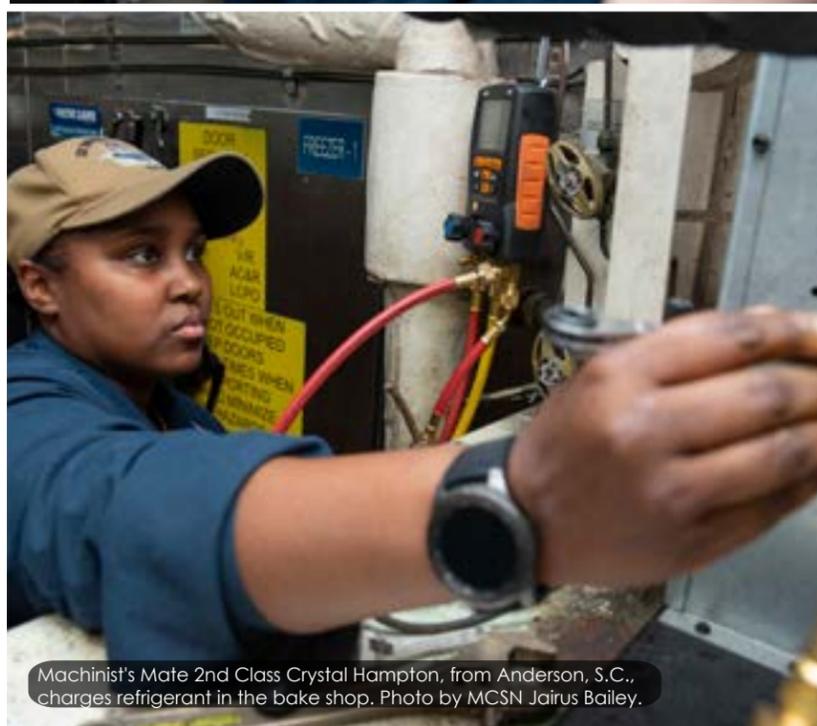
Aviation Boatswain's Mate (Handling) 2nd Class Kevin Powell and Airman Apprentice Abraham Cordero move an F/A-18C Hornet in the hangar bay. Photo by Trent P. Hawkins.



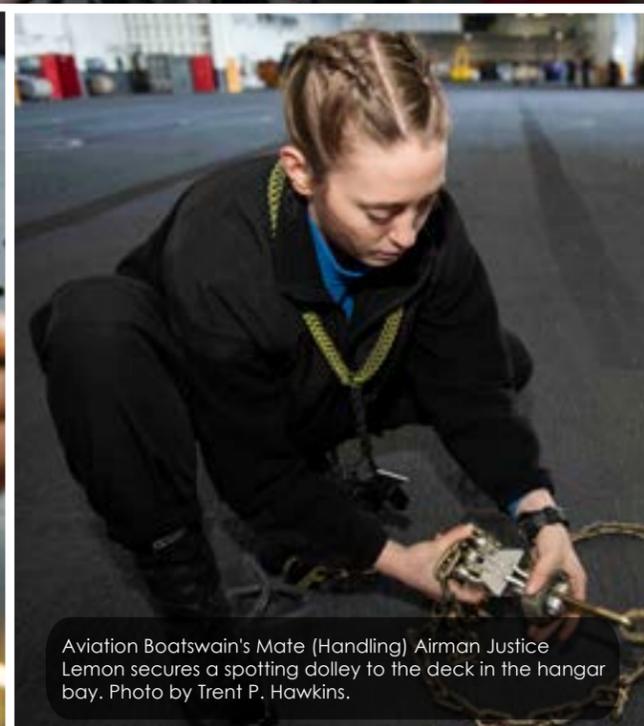
Electrician's Mate 3rd Class Angelique Santos performs corrective maintenance on a coffee machine on the mess decks. Photo by MCSA Brianna Thompson.



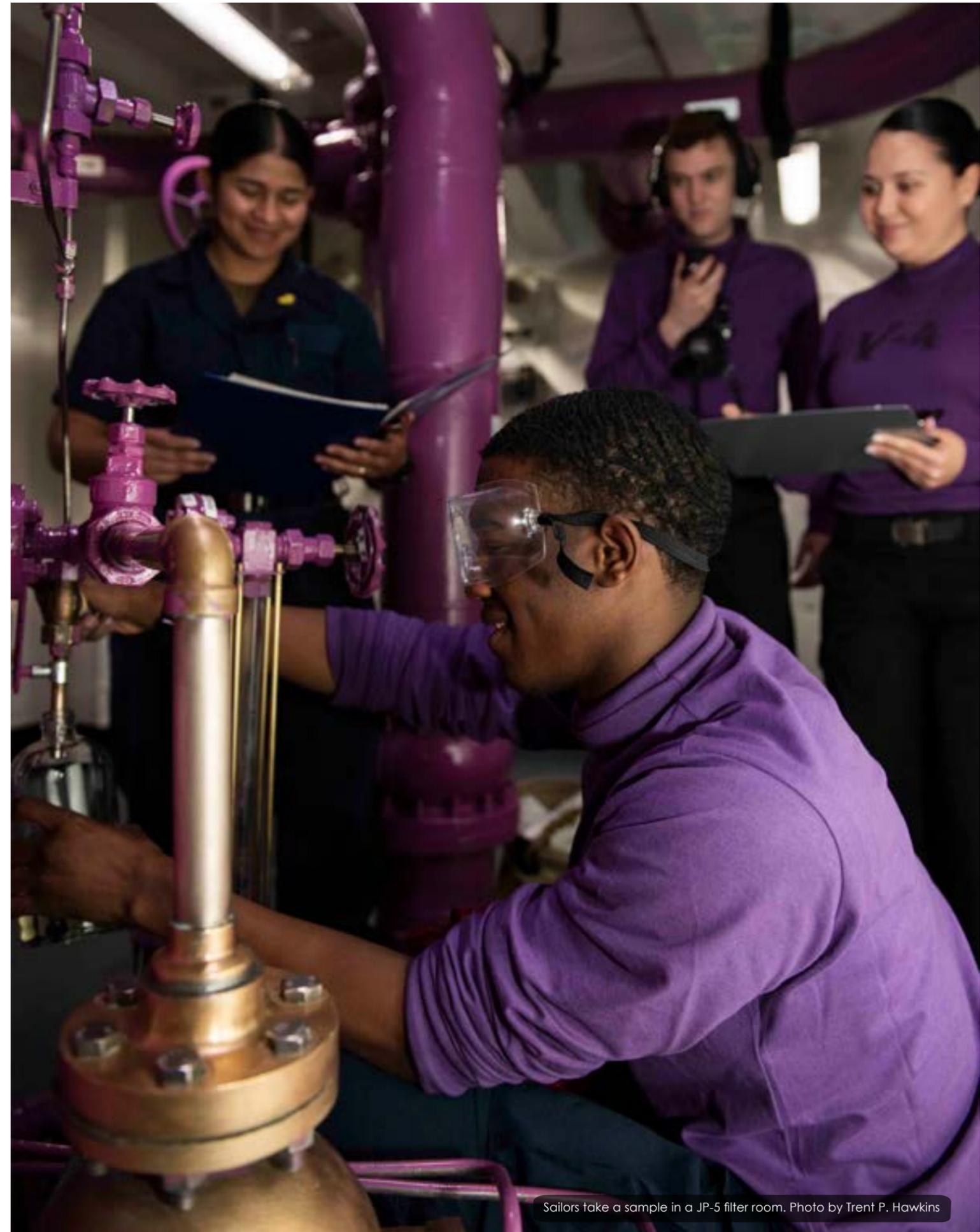
Electrician's Mate 3rd Class Doni-Lee Tomasello troubleshoots a hotwel. Photo by MC3 Marques Franklin.



Machinist's Mate 2nd Class Crystal Hampton, from Anderson, S.C., charges refrigerant in the bake shop. Photo by MCSN Jairus Bailey.



Aviation Boatswain's Mate (Handling) Airman Justice Lemon secures a spotting dolly to the deck in the hangar bay. Photo by Trent P. Hawkins.



Sailors take a sample in a JP-5 filter room. Photo by Trent P. Hawkins

## NAVY OFFERS 10 TIPS TO EASE HOUSEHOLD GOODS MOVES

FROM NAVSUP PUBLIC AFFAIRS



Lincoln Military Housing at Silver Strand. The Department of Defense is committed to providing quality living conditions to our service members and their families. The health, safety and security of our service members and their families is top priority. Photo by MC3 Kryzentia Richards.

MECHANICSBURG, Pa. (NNS) -- About half of all Navy household goods (HHG) moves occur between May 15 and August 15, with late June/early July being the busiest. To make this year's moving season easier, the Navy is offering 10 tips members can use to ensure a smooth move.

"Anyone in the Navy planning a move this summer can greatly reduce the chances for encountering frustration before or during an upcoming move by planning ahead," said Naval Supply Systems Command Navy HHG Manager John Hilaman. "Sailors and their families can use these 10 tips as a simple checklist to making sure all goes well."

### 1. Bookmark key websites

a. <https://www.navsupsup.navy.mil/household>

The Navy HHG customer website contains information on basic entitlements, Defense Personal Property System (DPS) how-to guides, movement of boats, weight allowances, overseas country instructions, and more.

b. [www.move.mil](http://www.move.mil) This is where you will start your move application. New users can create a user I.D. and password. Make sure your contact information in DPS includes current email address, phone number, mailing address, and delivery address. You may want to consider using your personal email and phone number so you can always be reached. Find a user guide for this site at: [https://www.navsupsup.navy.mil/public/navsup/hhg/dps\\_guides/](https://www.navsupsup.navy.mil/public/navsup/hhg/dps_guides/)

c. [www.facebook.com/navyhgg](https://www.facebook.com/navyhgg) You can also use FB Messenger

d. [www.youtube.com/navyhgg](https://www.youtube.com/navyhgg)

e. [www.pinterest.com/navyhgg](https://www.pinterest.com/navyhgg)

### 2. Start early and be flexible

The high volume of moves during peak season drives a 4-6-week lead time for scheduling moves. Schedule your move as soon as you get orders. Delay can cause difficulties in getting your shipment booked. Finally, be prepared to accept alternate dates and discuss options with your local counseling office.

### 3. Use online training to help you prepare

If you have never moved or it's been a while, you may want to attend one of the Navy HHG webinars. During a live webinar, you will have the opportunity to ask questions specific to your move. Webinar schedule

and links to webinars can be found on [www.navsupsup.navy.mil/household](http://www.navsupsup.navy.mil/household). Another option is to watch a pre-recorded webinar online at your convenience, [https://www.navsupsup.navy.mil/public/navsup/hhg/quick\\_links/hhg\\_webinar\\_videos/](https://www.navsupsup.navy.mil/public/navsup/hhg/quick_links/hhg_webinar_videos/)

### 4. Gather supporting documents

All supporting documents are uploaded to DPS. Failure to upload required documents can delay your move. Be sure to include:

a. Orders

b. SIGNED DD Forms 1299 and 1797 (both required for all move requests except PPMs)

c. Power of Attorney, if required.

d. Dependent entry approval – required for certain overseas locations

### 5. Remember that your entitlement comes first

Before the government either moves your items or you move yourself, there must first be an entitlement. A funded, valid order establishes entitlements. If there are no orders, there is no entitlement.

### 6. Ensure maximum reimbursement for your Personally Procured Move (PPM)

To ensure maximum reimbursement for your PPM, you should create an application in DPS and receive signed documentation (DD 2278) from your local Personal Property Office. Without the DD-2278, your reimbursement could be limited.

### 7. Know about pick-up and delivery

After an application has been awarded, you will receive an email with the name and contact information for the Transportation Service Provider (TSP). The TSP will conduct a pre-move survey no later than three business days before your requested move date. The survey allows the TSP to establish a more realistic weight estimate, determine crew size needed for the job, plan on materials needed for packing, and plan on special equipment, if needed. While on site for packing, the TSP may re-pack items packed in a plastic tote or original boxes. This is to allow the TSP to properly inventory items and ensure they are not damaged. Delivery is arranged between the member and/or member agent and the assigned TSP. Understand that a service member or their designated agent must be at residence at all time during delivery.

### 8. Plan for your Professional Books, Paper and Equipment (PBP&E or pro gear)

Every Sailor is authorized pro gear each time they move. Active duty members are limited to 2,000 pounds and spouses have a 500-pound limit. Key points: MUST separate pro gear from other household items; MUST identify on inventory sheet by M-PRO for military member and S-PRO for spouse; spouse pro gear MUST be pre-approved PRIOR to pack-out date and pro gear is weighed separately. The weight of pro gear does not count against overall weight shipped. If pro gear is not claimed during counseling, it cannot be claimed after the fact to reduce the weight of the shipment when a Sailor exceeds his or her maximum entitlement. List of what is and is not pro gear can be found at: [https://www.navsupsup.navy.mil/public/navsup/hhg/pov/professional\\_gear/](https://www.navsupsup.navy.mil/public/navsup/hhg/pov/professional_gear/)

### 9. Understand ahead of time the process for submitting a claim for loss or damages

It's important to know the process for submitting a claim in the unlikely event it is necessary. Submitting a claim is a two-part process, which includes (1) notification of loss/damage report; and (2) the claim itself. The claim is settled directly with the assigned TSP. If the member is unable to settle with the TSP, the member can transfer all or part of the claim to the Military Claims Office.

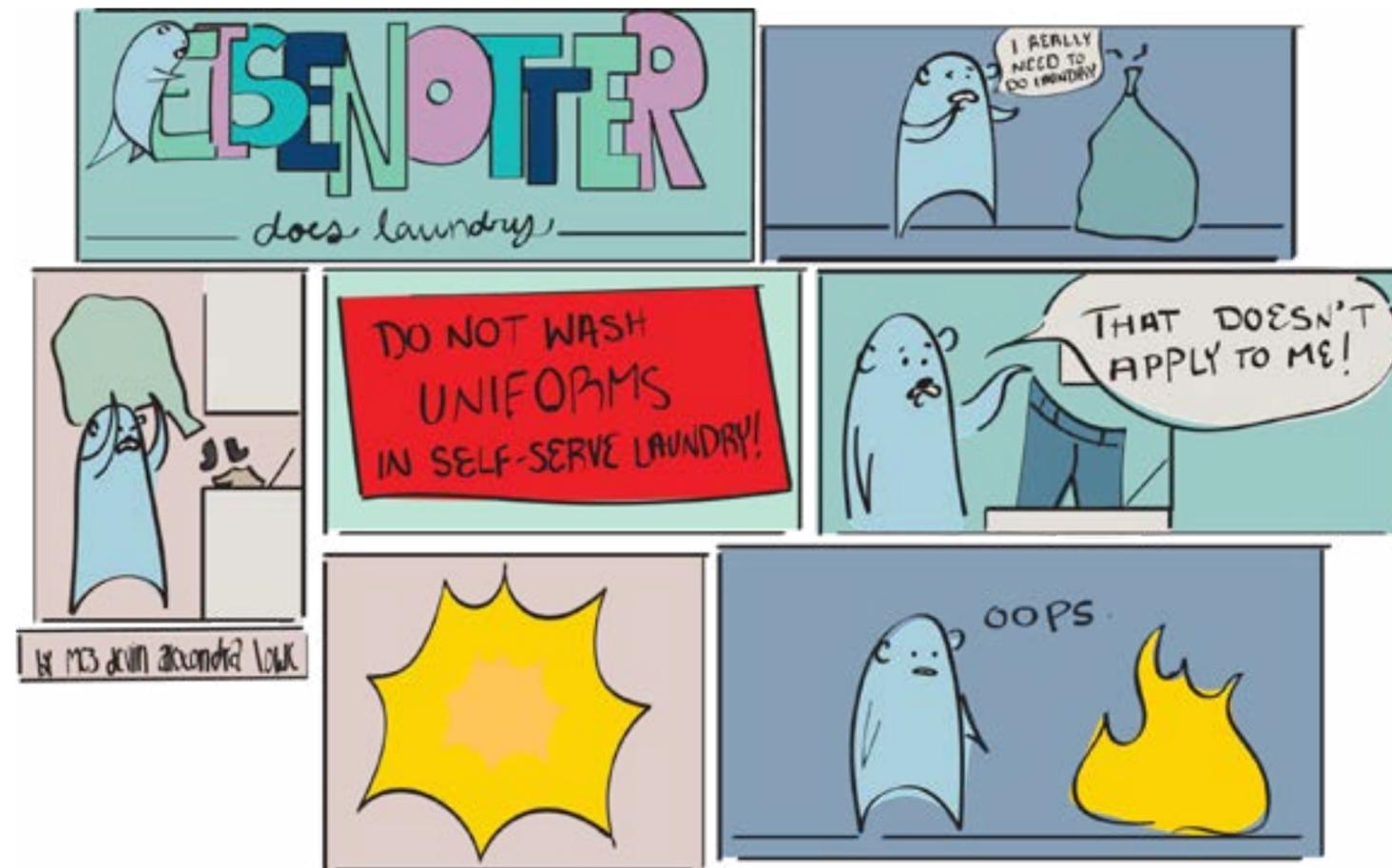
### 10. Tell us about your experience

The customer satisfaction survey is a vital part of the move process and ensures that only quality carriers are contracted to ship service members' household goods. Your input is an essential part of helping your shipmates.

"Members should also note the Navy HHG email address [householdgoods@navy.mil](mailto:householdgoods@navy.mil) and the NAVY HHG Customer Contact Center (HHG-CCC) at 855-HHG-MOVE (855-444-6683)," Hilaman said.

"I sincerely wish all of our members a smooth move and encourage them to use all resources available to ensure their next move goes well," Hilaman added.

Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP's mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.



**April** is Alcohol Awareness Month

Take an **honest** look at your alcohol use.

If you think your drinking is impacting your work or relationships, or if you suspect you may be struggling with addiction, the Navy's non-disciplinary self-referral process allows you to seek help and remain an active duty Sailor.

The intent of a self-referral is to provide you with a means of intervening in the progression of alcohol abuse early enough for you to get help before a problem becomes more advanced and more difficult to resolve without the risk of disciplinary action.

A member may initiate the process by disclosing the nature and extent of their problem to DAPA, CO, XO, OIC or CMC, Navy Drug and Alcohol Counselor, DoD Medical Personnel, Chaplain, or Fleet and Family Support Center Counselor.

Refer to **OPNAVINST 5350.4D** for details and official policies.

**Germs are everywhere.**

**WASH YOUR HANDS.**

# SAILOR OF THE DAY



**MEDIA / GM - 1**

## *MCSA BRIANNA THOMPSON*



**FROM THE BRONX & JAMAICA**

**JOINED THE NAVY NOVEMBER 20, 2017**

**REPORTED TO IKE OCTOBER 5, 2018**

**WANTS TO BECOME AN OFFICER, GET A HOUSE**

**FAVORITE MOVIE: CRAZY RICH ASIANS**

## IKE'S MOVIE PLAYLIST

★★★ FRIDAY, APRIL 19TH, 2019 ★★★

**CHANNEL 5**

- 0815/2015: \*SAILOR OF THE DAY'S CHOICE\*
- 1045/2245: THERE'S SOMETHING ABOUT MARY
- 1315/0115: BAD BOYS
- 1545/0345: BOHEMIAN RHAPSODY
- 1815/0815: RIDE ALONG 2

**CHANNEL 6**

- 0815/2015: THE PURGE: ELECTION YEAR
- 1045/2245: THE PRODIGY
- 1315/0115: BATMAN BEGINS
- 1545/0345: BAD TIMES AT THE EL ROYALE
- 1815/0815: SPOTLIGHT

**CHANNEL 7**

- 0815/2015: RALPH BREAKS THE INTERNET
- 1045/2245: MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN
- 1315/0115: CORALINE
- 1545/0345: DEFIANCE
- 1815/0815: SAN ANDREAS

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- EXECUTIVE OFFICER Capt. Jon Bradford
- COMMAND MASTER CHIEF CMDM (SW/AW/EXW) Todd A. Mangin
- PUBLIC AFFAIRS OFFICER Lt. Cmdr. Rick Chernitzer
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- MEDIA DEPARTMENT LCPO MCC (SW/AW) John Smolinski
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**EDITORS**

- MC3 Marques Franklin
- MC3 Gian Prabhudas
- MC1 (SW) Cyrus Roson
- MC2 (SW/AW/EXW) Ridge Leoni
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- MCSA Trent Hawkins

### ON THE COVER:

Flight deck personnel calculate the setting of the capacity selector value prior to launching an F/A-18 Super Hornet from the flight deck of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by MC3 Kaleb Sarten.



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