

the primary loop

December 2021

Volume 3, Issue 3

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MUC**

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Graduates**

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SAILORS IN THE SPOTLIGHT



FN
Connor LopezGriffin

Hometown:

Phoenix, Arizona.

Why he joined: Joined for a future career and because a lot of my family has joined the Navy previously.

Favorite part of the Navy:

All the people I've met and some of the good friendships I've made.

What do you look forward to the most in the fleet? Working with my hands on all the equipment I've been learning about and experience life on a submarine.

Hobbies: Camping, scuba diving, hanging out with friends.

Hometown:

Rye Brook, New York.

Why he joined:

To follow in the both of my grandfathers' footsteps by being part of the world's greatest Navy.

Favorite part of the Navy:

The camaraderie and being able to one day help defend America and our way of life.

What do you look forward to the most in the fleet? Traveling and going to all the different ports.

Hobbies:

Skiing, white water rafting, water skiing, rappelling.



FN
Zachary Bellin

Hometown:

Lynchburg, Tennessee.

Why he joined:

I joined to gain the knowledge and experience; to create a comfortable life for myself.

Favorite part of the Navy:

The education and career options that I'm receiving to better my future.

What do you look forward to the most in the fleet?

I am looking forward to becoming an expert in my field and having the life experience the Navy offers.

Hobbies:

I like to play soccer, video games and build gundams.



SN
Russell Thomas

Happy New Year



Happy new year! I hope you all had an opportunity to recharge some - whether spending time with friends or family, hunting, reading or doing something you like. The end of the year is also a good time to take stock of your past year - what went right and what could have been better. Conversely, the beginning of the year is an opportunity to set your course towards a bright future. As we look to 2022, we continue to see the challenges of COVID on the horizon, but we are not anchoring in our performance. We believe that in 2022 we can improve instruction, optimize students while in a hold status and reconnect.

In 2022 we will be re-looking at how we are performing active learning and investing more resources in our instructors - both professional development and development as instructors. We will also look to how we can better synthesize our currently five areas of instructor development so that they are more coherent.

Students, who are not under instruction, could be better utilized. Limited duty, graduation hold, medical boards and the holds before commencing "A" school or nuclear power school are all areas we should be actively working to reduce and optimize. The first quarter goal will be to analyze the numbers associated with each hold pool, then spend the next three quarters reducing and optimizing.

Lastly, the uncertainty of COVID initially forced us to cancel most all of our gatherings, professional and extra-curricular. Although, we are still in the beginning of the fourth wave of COVID, we have worked to mitigate the COVID rush and re-establish our gatherings. For example, we have conducted graduations, award ceremonies, staff quarters and continuing training in the second half of 2021. In 2022, we will initially review all of the other areas we removed due to COVID and work mitigation plans to restore. With the talented NNPTC staff we can achieve these goals while executing our important mission.

I also wanted to touch on COVID. As we are all going through COVID Omicron, we are adapting, planning, mitigating and executing our core mission. While NNPTC went through execution with COVID in 2020 and 2021, the case assumptions for Omicron have altered. NNPTC is 99% vaccinated, holds hundreds of rapid tests and has the experience of executing instruction through the previous three COVID waves. Omicron is also different than the previous waves. We have a higher amount of personnel in a ROM status than at any previous time before, but this ROM is five days versus 14 days. We have updated our guidance to match CDC guidance, we appointed a chief petty officer for full time duty of managing ROMs, we are scheduling and executing booster SHOTEXs, ordered and received 1,100 more rapid tests and have stood up a ROM supervisor watch stander to ensure care and feeling of those who are in the barracks and on ROM. We believe we are adaptable and flexible to execute our mission and keep people healthy.

I couldn't be more excited about our bright 2022 ahead. It will require all hands to make this happen and stay vigilant against COVID. Stay healthy, happy and dedicated. We have so much to be thankful for and I look forward to seeing each of you around NNPTC.

NNPTC Receives Meritorious Unit Commendation

Story by MC2 Keyly Santizo
Photos by MC1 Darren Moore



Naval Nuclear Power Training Command (NNPTC) received a Meritorious Unit Commendation (MUC) Dec. 3, 2021, recognizing NNPTC's meritorious achievements from June 1, 2018 to Feb. 1, 2021.

"On behalf of the Chief of Naval Operations I have the honor of presenting you with a Meritorious Unit Commendation," said Adm. James Caldwell, Director, Naval Nuclear Propulsion Program. "Now, a Meritorious Unit Commendation is not a common award. It's not given lightly. So this is a really big deal."

In his speech, Caldwell said it is a testament to the contributions not only to the program, but to the U.S. Navy, and NNPTC has one of the most important missions in the Navy: "the mission of bringing onboard new people and imparting in them the level

of knowledge and the tools to help them be successful in the U.S. Navy."

"Our school house is the envy of every other Navy in the world," Caldwell said. "Your efforts during this two-and-a-half year period have made our program even stronger. This award recognizes your efforts to transform our training program curriculum during a 60 year conversion."

NNPTC was recognized for efforts to modernize training techniques by benchmarking against trusted teaching and learning institutions all across the U.S. by testing concepts and pilot programs and implementing an active learning approach.

NNPTC was also recognized for implementing an embedded mental health program to help Sailors in need. The embedded mental health program's attrition



is down to less than 10%, whereas two years ago it was at the 25% level. Grade point averages have improved by 5%. Losses due to mental health issues are down by 60%, and with the help of the embedded mental health team the fleet is manned 100% for the first time in 10 years.

“Team, I’m super proud of your contributions, and I thank you for your hard work,” Caldwell said. “My charge to you is to continue to challenge what’s possible and make our program and our Navy even better.”

The MUC was established on July 17, 1967 by Secretary of the Navy John T. McNaughton. It may be awarded by the Secretary of the Navy to any unit of the Navy that distinguishes itself under combat or noncombat by either valorous or meritorious achievement.

From the Secretary of the Navy Mike Gilday, the citation for meritorious achievement:

“The staff expertly executed a once-in-60-year transformation and revalidation of the nuclear power curriculum, completely modernizing and upgrading the training mission for the 21st century. The training program conversion curriculum projects span 21 academic divisions involving 280

instructors that dedicated nearly 40,000 hours to updating lesson plans, homework and quiz products and more than 360 written examinations.

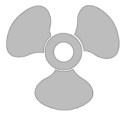
The command developed and instituted modern teaching techniques, resulting in a substantial improvement in student’s ability to comprehend key concepts and an increased ability to solve complex problems.

Furthermore, Naval Nuclear Power Training Command established an onsite eight member embedded mental health team to provide clinical care to Navy staff and students. This initiative reduced the stigma of mental health at the command and resulted in a 62% reduction in medical psychological losses and a 57% reduction in administrative separations. Additionally, personnel work relentlessly to overhaul the character development

training, improve staff instructor culture and enhance the student experience by the truly distinctive accomplishments, unrelenting perseverance, and unfailing devotion to duty.”

“Team, congratulations. Well done,” Caldwell said. “We couldn’t be more proud of all you’ve accomplished over the last few years. The results really do speak for themselves. Thanks for the great work team.”





CLASS 2105 GRADUATES NUCLEAR POWER SCHOOL



Following NPS graduation, Sailors will attend prototype training at Nuclear Power Training Unit in Goose Creek, South Carolina.







Dr. Marc Harrison Retires After 20 Years of Service to NNPTC

By MC2 Keyly Santizo

Photos by MC1 Darren Moore

Dr. Marc Harrison, former Bettis Technical Consultant (BTC) at Naval Nuclear Power Training Command (NNPTC) since 2002, retires after having served at NNPTC for 20 years.

Harrison studied at the U.S. Naval Academy and graduated with a bachelor of science degree in physics. He continued his education in the University of Central Florida Research and Teaching Assistant and earned a master of science degree in mechanical engineering. Harrison continued with his education and earned a doctor of philosophy degree in mechanical engineering at Carnegie Mellon University.

A few of his naval assignments include Nuclear Power School and S5G Class 7402, USS Flasher (SSN 613) and Nuclear Power School instructor for reactor principles.

“When I started at the Naval Nuclear Laboratory (NNL), NNL was prohibited from hiring nuclear trained officers from the Navy to prevent ‘poaching,’” Harrison said. “Adm. Rickover specifically approved my hire because it was desired to have someone at Bettis Reactor Engineering School (BRES) with submarine experience.”

Harrison’s first assignment was to take over the Reactor Plant Dynamics, Controls and Safeguards course, but since his experience in the lab was unique he was asked to help with other projects while continuing as a BRES instructor.

His first project was the S5W Maneuvering Room Stimulator Task Force. He and his team prepared the Functional Requirements Document



(FRD) for what became the BLUEFISH (SSN 675) IDE.

“I was the first and usually the only one to promote the idea that our simulators should include some sound,” Harrison said. “Fortunately, the FRD included simulated sound. When the contract was awarded we had a full blown sound simulation. It was a lot of work, but it was fun, too.”

Harrison’s next project was S6W instrumentations and control systems, which included architecture of the first instrument suite built from the ground up as a microprocessor based system and the design and layout of the first flat panel displays. He then worked on the MTS Ship Information Book Task Force, where he and his team set up the non-nuclear engineered safety features system for the first MTS.

Harrison also had a side assignment, which took him over 10 years to complete. He worked to computerize the BRES design project, which included students completing a realistic design for an SSN propulsion plant, and then design a reactor to fit the plant design. After this, Harrison was selected for his target job: BTC.

“Something I like best about the BTC position is that you have great freedom in seeking out areas where you can make a positive difference at NNPTC,” Harrison said.

A few of his accomplishments as BTC include advancing basic approach to data analysis, developing ability to use data analysis to measure the effectiveness of pilot programs and active learning classes.





Finding Your Motivation

By Lt. Danielle Poston

Motivation can be a slippery thing. Ask most people for their thoughts on motivation and you will hear a range of things that generally add up to “the feeling of energy needed to start, maintain, or complete a task.” You will also hear people air their frustrations on how difficult it is to drum up these feelings. This is why most New Year’s resolutions don’t make it past January 14th, no matter how “motivated” the person had been leading up to Jan. 1st. It is because our culture sees motivation as feeling pumped up or driven to do something, when people inevitably lose these feelings they assume that they have lost their motivation.

The truth is motivation is not a feeling or energy. It is the motive or the “why” that drives decision-making. Feelings and energy can indeed be generated by a good motivation or “why,” but they cannot replace it. Even with an excellent true motivation or motive, feelings come and go and cannot be depended upon. A motive, however, is stable. But how does one discover their motivation, their great “why”?

Here is a simple formula for discovering motivation that I have used over the course of my life, I hope that you can use it and it serves you well. Think of the greatest need in your life right now. Now imagine the kind of person that it would take to meet this need. What character traits or qualities would this person possess? What position or possession would they need to meet this need? After you have a clear picture of this person, focus all your energy and efforts into becoming this person. It’s a tweak on the well-known quote by Ayesha-Siddiqi- “Be the person you needed when you were younger.” Siddiqui’s quote works really well for those of us that are a little older. However, younger people may need to think of who they need in their own life now. They can then strive to become that person for someone else, keeping their own current need in mind even as they grow into a different situation in life.

For example, if your greatest need today is for a warm and loving family, then your motivation in life would drive you to develop the traits and position of a good husband and father or wife and mother so that your own child will never have to experience the same feelings. If your greatest need is financial security, then your motivation would be to develop the traits of the person that can understand, acquire and maintain wealth as well as the generosity to be aware of and meet the needs of others. This would put you in the position in life to be the person in the future that could meet the need that you are currently experiencing.

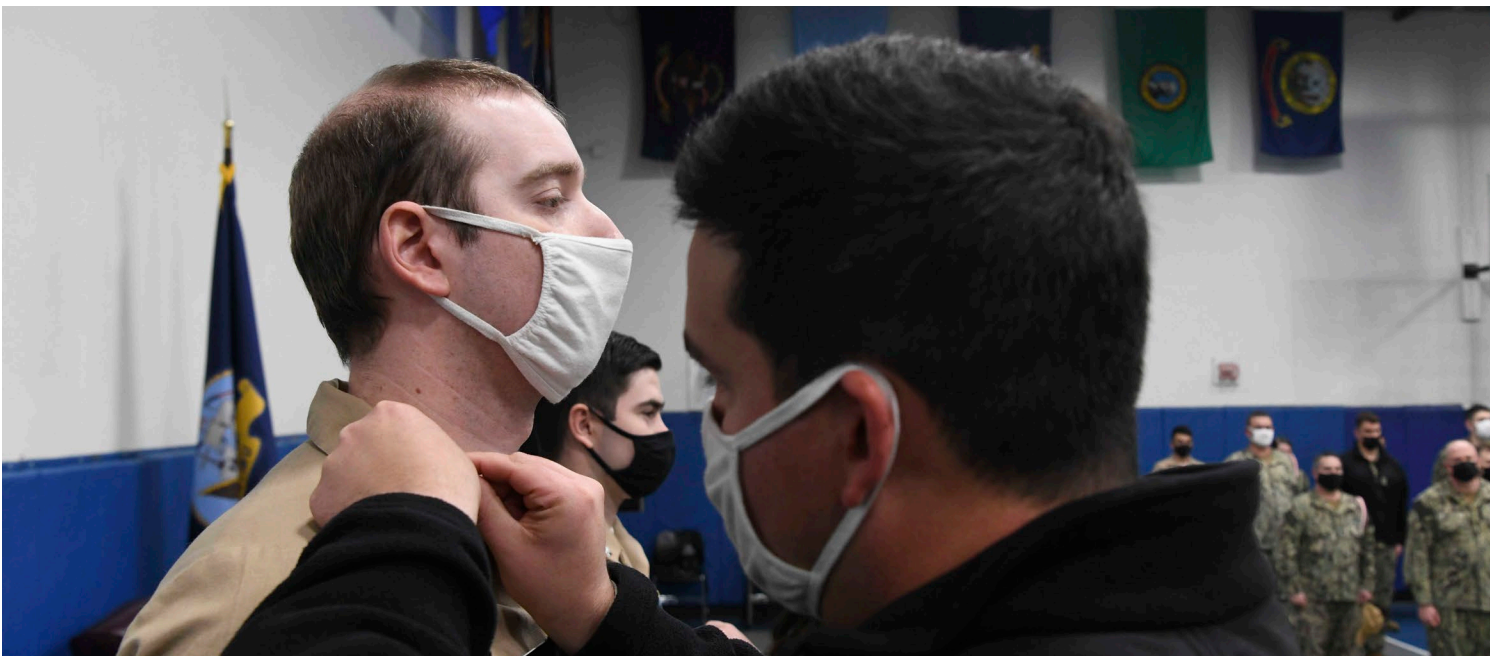
When I was young, everything came hard for me. Things that seemed to be so easy for others, were so hard for me: school, friends, relationships, finances - were all so difficult. What I needed in my life that I did not have was an older, wiser person who had “been there” to lend a listening ear, compassion and understanding. I needed a little advice and someone to tell me that everything was going to be alright. I never found this person. So, at a young age, I decided that I would spend my life becoming that person for someone else like me. Everything I have done thereafter has been driven by this all-consuming “why”. It remains my motivation. It has served to guide my decisions and therefore the course of my life.

Finding your true motivation works well for several reasons. It taps into a felt need rather than abstract one. If you are missing a father or father figure right now, no one needs to explain to you the importance of fathers. It also links the present and the future in your mind, believe it or not, you will be forty one day - even fifty. The person that you will be at forty and fifty is directly dependent on the decisions that you make today and the character traits you cultivate now. Your true motivation will sustain you through hard times and keep you from losing your head in good ones. It will maintain your sense of purpose and meaning throughout your entire life.

It is my sincere hope and wish that each one of you will discover and tap into true motivation this new year. And hey, if you need some advice from an older, wiser person who has “been there,” or even just a compassionate ear, maybe you just need someone to tell you that it’s going to be alright. Come by and make an appointment at the chaplain’s offices. I’ve lived my whole life with you in mind. Happy new year!



PHOTOS AROUND NNPTC





1000LB CLUB



**SQUAT, BENCH, and
DEADLIFT**



Weightlifting Competition

Lifting Competition Results

By Weight Category

Males:

165LBS: MMN3 Wyatt Sims

182LBS: MMN3 Isaac Vida

198LBS: MMN3 Sergey Prozapas

220LBS: MMN3 Kyle Farrell

243LBS: ENS James Agan

Male Heaviest Weight:

ENS James Agan

Total Weight Lifted:

1,500 Lbs

Open Weight Category

Females:

123LBS: LTJG Nicole Sarao

135LBS: LT Bethany Fury

138LBS: Cyrille Naces

159LBS: Rori Griffiths

Female Heaviest Weight:

LTJG Nicole Sarao

Total Weight Lifted:

690 Lbs



U.S. Navy Ships Interdict Heroin Worth \$4 Million with International Task Force

From NAVCENT Public Affairs

MANAMA, Bahrain - Two U.S. Navy ships seized 385 kilograms of heroin worth approximately \$4 million from a stateless fishing vessel transiting the Arabian Sea, Dec. 27.

U.S. Coast Guard personnel embarked aboard USS Tempest (PC 2) and USS Typhoon (PC 5) discovered the illegal shipment while conducting a flag verification boarding in accordance with customary international law. The confiscated drugs were destroyed at sea by U.S. forces.

The coastal patrol ships were operating as part of an international task force called Combined Task Force (CTF) 150, which has increased regional patrols to locate and disrupt unlawful maritime activity. CTF 150 is one of three task forces under Combined Maritime Forces.

"This latest seizure is a demonstration that CTF 150 and assigned surface and air assets are ready to conduct interdiction operations 365 days a year," said Royal New Zealand Navy Capt. Brendon Clark, commander of CTF 150.

In 2021, CTF 150 has seized illegal drugs worth more than \$193 million (at regional wholesale prices) during counter-narcotics operations at sea. This is a higher total value than the amount of drugs the task force interdicted in the previous four years combined.

"This interdiction highlights the incredible work of our ships and Sailors and serves as a reminder of the value in having forward-deployed naval forces on scene and ready," said Lt. Cmdr. Jordan Bradford, Typhoon's commanding officer from Ocean Springs, Mississippi.

International naval forces operating in support CTF 150 regularly conduct maritime security and counter-terrorism operations at sea outside the Arabian Gulf to disrupt criminal and terrorist organizations and



ARABIAN SEA (Dec. 27, 2021) U.S. service members from coastal patrol ship USS Tempest (PC 2) and USS Typhoon (PC 5) inventory an illicit shipment of drugs while aboard a stateless dhow transiting international waters in the Arabian Sea. (U.S. Navy photo)

their related illicit activities, including the movement of personnel, weapons, narcotics and charcoal. These efforts help ensure legitimate commercial shipping transits the region free from non-state threats.

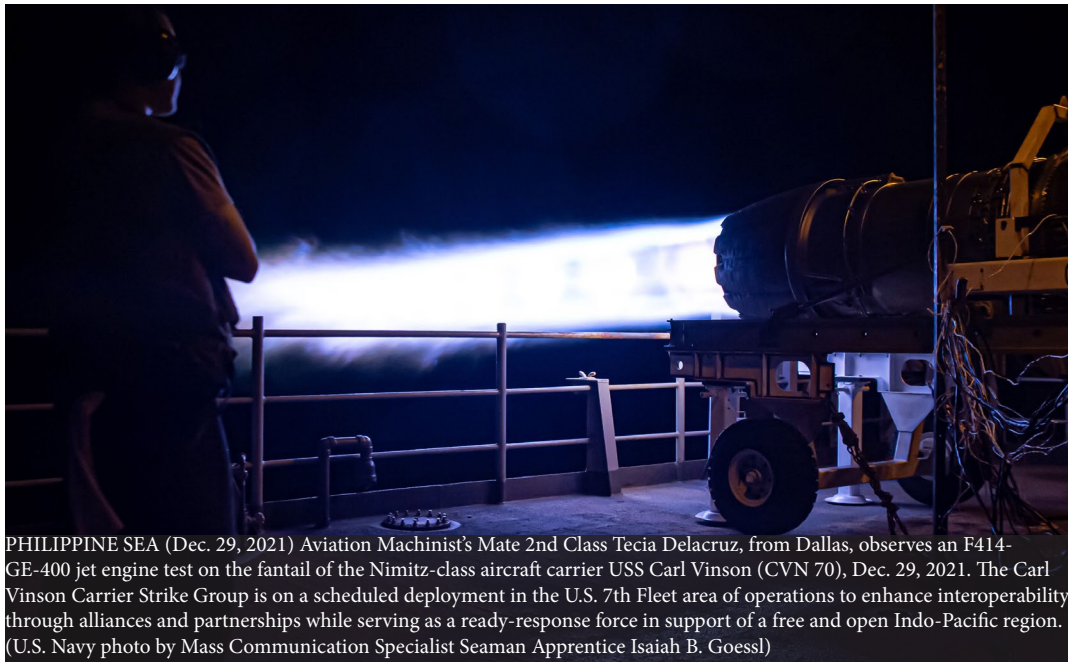
"We were able to execute this interdiction safely and with precision due to the tireless efforts of all involved," said Lt. Cmdr. Matt Intoccia, a native of Collegeville, Pennsylvania and the commanding officer of Tempest. "I am proud of our collective contribution to regional stability and look forward to more opportunities for operational success."

The U.S. Navy released the stateless fishing vessel and its nine crew members, who identified themselves as Iranian nationals, after seizing the drugs.

Combined Maritime Forces is the largest multinational naval partnership in the world. The organization includes 34 nations and is headquartered in Bahrain with U.S. Naval Forces Central Command and U.S. 5th Fleet.



PORT HUENEME, Calif. (Dec. 8, 2021) Unmanned Maritime Systems Program Office Manager Capt. Pete Small, center, takes to the lectern to address attendees at the groundbreaking ceremony of Parcel 19 onboard Naval Base Ventura County, Port Hueneme. (U.S. Navy photo by Eric Parsons)



PHILIPPINE SEA (Dec. 29, 2021) Aviation Machinist's Mate 2nd Class Tecia Delacruz, from Dallas, observes an F414-GE-400 jet engine test on the fantail of the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), Dec. 29, 2021. The Carl Vinson Carrier Strike Group is on a scheduled deployment in the U.S. 7th Fleet area of operations to enhance interoperability through alliances and partnerships while serving as a ready-response force in support of a free and open Indo-Pacific region. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Isaiah B. Goessl)

Answer Key

November Solution

1	S	T	A	R		5	A	G	E	S		9	B	A	L	12		
13	P	I	N	E		14	T	R	E	E		15	S	O	B	E	R	
16	E	T	N	A		17	T	A	L	C		18	C	A	R	D	S	
19	C	H	I	M		20	N	E	Y		21	T	O	Y	S			
23	S	E	E		24	U	S	S		25	U	T	T	E	R	S		
				29	B	L	T		30	B	O	T	H		32	L	O	O
33	B	A	G	E	L		36	M	E	L	E	E		37	F	U	R	
38	E	R	I	E		39	P	A	L	E	R		40	F	I	N	E	
41	R	E	F		42	H	U	L	L	O		43	B	E	N	D	S	
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47	A	S	S	E	S		49	S	R	I		50	I	L	L			
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57	A	B	E	L	E		60	E	A	R	N		62	N	A	T	O	
63	D	O	V	E	S		64	D	I	E	T		65	S	H	I	N	
66	D	Y	E	R		67	O	D	D	S		68	T	O	N	S		

the primary loop

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Executive Officer

Cmdr. Phil Jones

Command Master Chief

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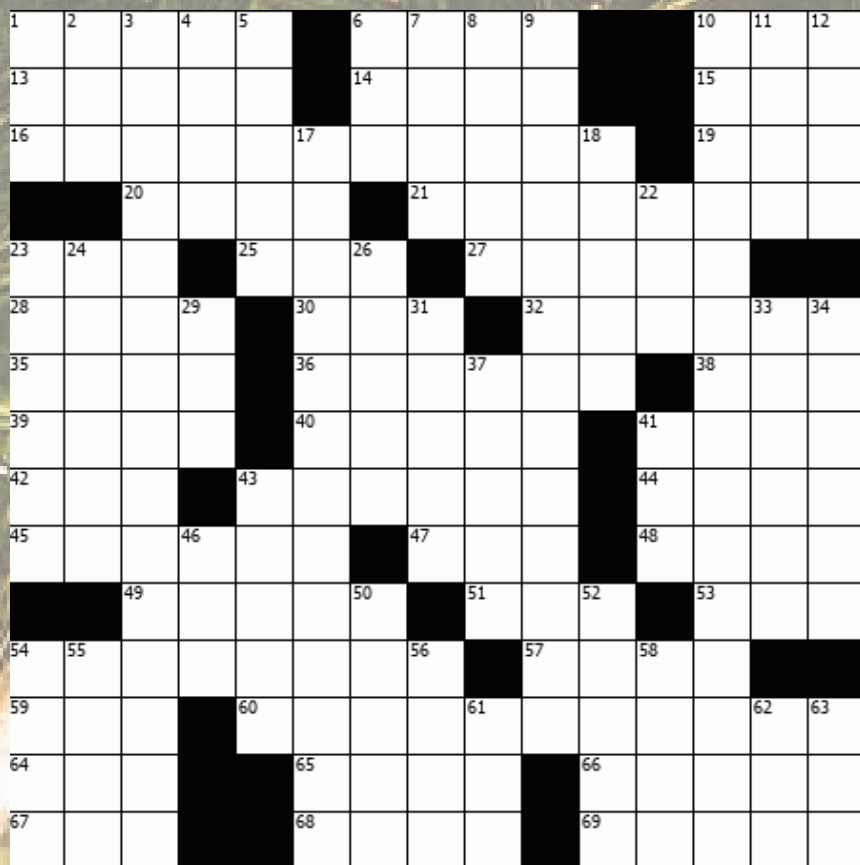
MC1(SW/AW) William Phillips

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Contents herein are not the visions of, or endorsed by the U.S. Government, the Department of Defense, the Department of the Navy or the Commanding Officer of Naval Nuclear Power Training Command.

Cover photo: NNPTC was awarded a Meritorious Unit Commendation for its meritorious achievement in performance from June 1, 2018 to Feb. 1, 2021. Rear Adm. Richard Seif Jr., Commander, Undersea Warfighting Development Center, was present as the presenting officer for the ceremony while Adm. James F. Caldwell Jr., Director, Naval Reactors, presided over the ceremony via video message. (Photo by MC1 Darren M. Moore)

Game Corner



Across

1. Guess? product
6. "Assuming that that's true..."
10. Workout target
13. Radiant
14. Sand castle-making need
15. Victoria's Secret's IPEX, e.g.
16. Does something
19. Cleveland cager
20. Designer Wang
21. Dark shade
23. Dr. who turned 40 in 2005
25. CCXI times V
27. Signature of a Southern general
28. Subject of a 2005 MLB inquiry, slangily
30. ___ Cruces, N. Mex.
32. Was comfortable
35. Spots in high school
36. Characteristic quality
38. The Get Up Kids' genre
39. Seek out
40. Like a rind
41. Word following a sigh
42. "___ bin ein Berliner"
43. Part of a 2004 "wardrobe malfunction"
44. Pick 6 game
45. Sartre play set in a hotel room
47. Highest degree
48. Tel ___
49. River that causes people to forget
51. Coll. period
53. Bar opener?
54. Suitable person?
57. Mil. personnel
59. Inductee to the Hockey Hall of Fame at age 31
60. Capital of the Northwest Territories
64. Mo. whose birthstone is turquoise
65. "The King and I" setting
66. Flip ___
67. Mount St. Helens output
68. Watch the bar or the goal
69. Streisand-as-a-boy flick

Down

1. David James Elliott's show
2. It may need a boost
3. Headache medicine administered to a creepy butler?
4. Site for some studs
5. Locust group
6. NASDAQ opener
7. Half-human, half-goat creature
8. Ravi Shankar's instrument
9. Pizza topping specially designed for Oregon and Washington?
10. Network merger between an American company and a French one?
11. End of an Oktoberfest quaff
12. Command near "Open"
17. Dance held in honor of a 1970s self-help genre?
18. "Breathing Lessons" author Anne
22. ___ Paese (cheese choice)
23. Bring home, as a cat with its prey
24. Elaborate architectural style
26. Hold in high esteem
29. ___ volente (God willing)
31. Saddam's mate, on "South Park"
33. They're ruled by Qabus ibn Said
34. UN focus
37. They may hold fishing tackle
41. APB abbr.
43. Part of a phrase meaning "small"
46. Gen-___
50. Jodie, in "Contact"
52. Longtime "Wide World of Sports" host Jim
54. Frank Oz character
55. Refined matters
56. Custard served with caramel
58. "___ Upon a Mattress"
61. Group whose "If You Leave" was written for "Pretty in Pink"
62. Physically up to it
63. Photo lab order: abbr.

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4					2			
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