

ISSUE 9

SEPTEMBER 2022

THE PRIMER

NAVY EOD MAGAZINE



Contents

In this issue:

- 3 Message from the Commodores
- 5 Units in the Spotlight: EODMU FIVE and EODTEU TWO
- 10 MDSU ONE and TWO Operations Updates
- 15 Courses Help Prepare and Select EOD, Navy Divers
- 17 RIMPAC
- 19 ExMCM Update
- 24 STRIKE Update

Cover Photo: Navy explosive ordnance disposal technicians, assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 1, perform in-water safety checks before conducting their mission to reacquire, identify and neutralize inert training shapes in the Gastineau Channel near Juneau, Alaska, during Exercise ARCTIC EDGE 2022 (AE22), March 10, 2022. AE22 is a biennial defensive exercise for U.S. Northern Command and Canadian Armed Forces designed to demonstrate and exercise our ability to rapidly deploy and operate in the Arctic. (U.S. Navy courtesy photo)

Contents Photo: Navy explosive ordnance disposal technicians, assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 12 disarm a simulated improvised explosive device during Fleet Battle Problem (FBP) 22-1. FBP 22-1 integrates naval capabilities to support special operations, provide defense ashore and at sea, and develop the use of unmanned underwater vehicles. It will build upon the lessons from Large Scale Exercise 2021 and past Fleet Battle Problems. (U.S. Navy Photo by Chief Mass Communication Specialist Kim Martinez)



A MESSAGE FROM THE COMMODORES



In recent months the Navy EOD community took steps to better prepare the force for future conflicts in accordance with the National Defense Strategy. The intent is to provide a Navy EOD force capable of fulfilling OPLAN requirements in combat with a design that:

- 1) Is sized at the platoon level so that combat requirements are met
- 2) Has inherent flexibility to shift between units of action with minimal in-stride changes
- 3) Fulfills all maintenance requirements of equipment
- 4) Provides leaders capable of mission command
- 5) Is sustainable within achievable retention metrics
- 6) Gains Major Combat Operations certification to a common standard by seven months into the cycle
- 7) Places a greater amount of responsibility and accountability for mission readiness at the O5 command level
- 8) Identifies roles and responsibilities for ESUs and TEUs

To set initial conditions to achieve that intent a few things are underway:

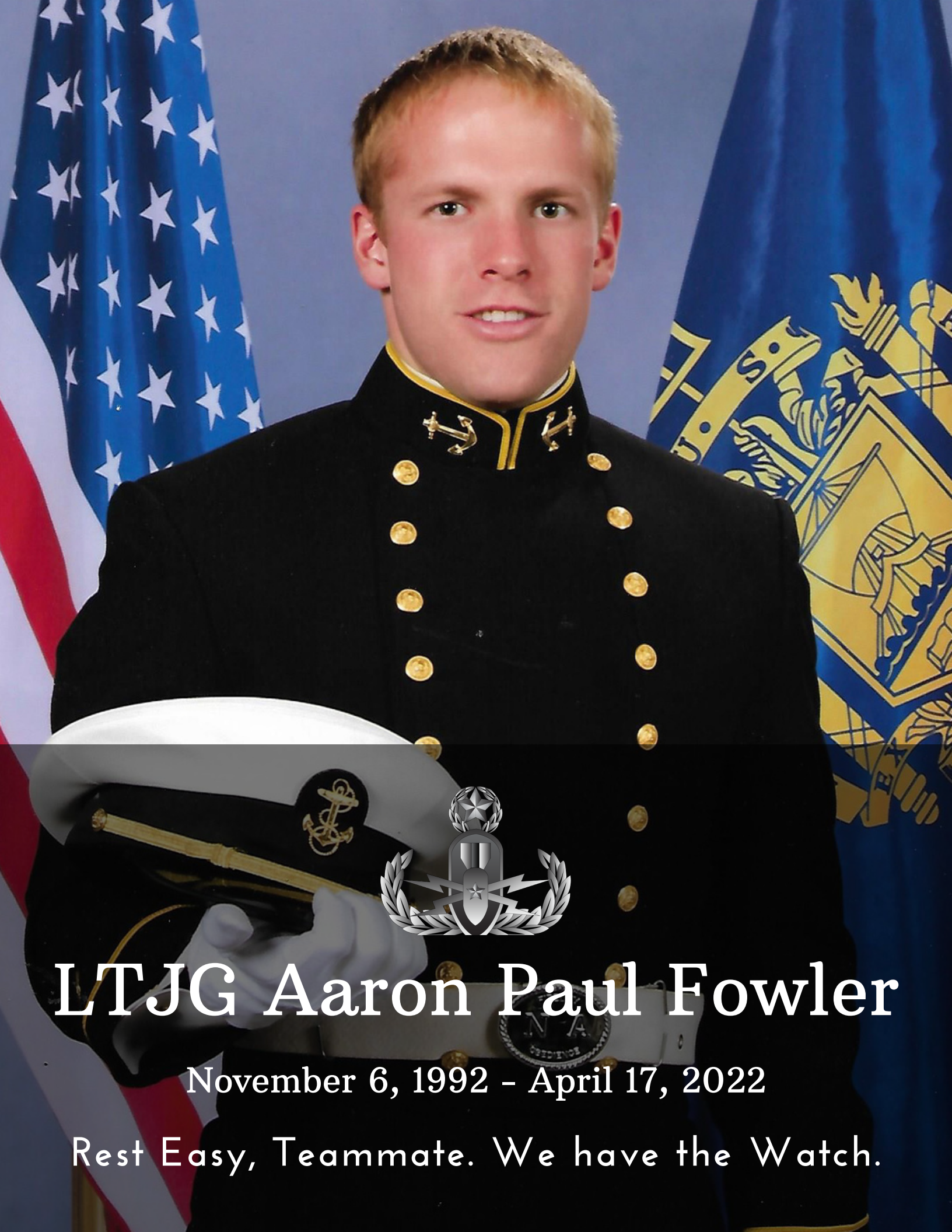
- 1) Our Training Manual and many portions of our training cycle are being re-examined. Efforts are ongoing to simplify certification by relying more on Commander's assessments of unit readiness and less on specified evolutions/wickets via top-down guidance. This will provide more flexibility to the commands on how they build readiness and place greater responsibility at the unit level. (There is also effort underway to streamline our readiness and resource requirement reporting.) Also, all EOD elements will train to and certify to one common core EOD standard early in the OFRP. This is to address core skills up front and give commands time and space to further force development, refine skills, tailor training for deployments, or participate in exercises or opportunistic deployments.
- 2) Our organizational structure is being reshaped. At the platoon and company levels, teams will be taking on new manning numbers. EOD platoons will be manned at one Officer and five Enlisted (there will be variation for SOF PLTs) and MCM Platoons will be manned with one officer and nine enlisted and will support ExMCM companies. For NSW teams, two EOD platoons will combine to make a company.
- 3) In support of some of the reorganization at the platoon level and to better shape the progress of our enlisted force, senior enlisted billets are being converted to provide better support at the platoon and company levels. This will be phased in over time to not unduly curtail promotion potential, but in short order it will make earning the ranks of Chief, Senior Chief, and Master Chief more exclusive. Though not tied directly to force design, EOD Techs will also transition to using My Navy Assignment for detailing to improve transparency in the detailing process.

The items above are initial steps. The reality of what this becomes is yours to shape. As we begin implementation, aggressively look for improvements and opportunities and pass that information upward. As one example, there will almost certainly be new resourcing and authorities required. While we've done our best to estimate the future needs, your inputs are needed to make the outcomes better.

Thank you for all you do for our team every day. It can be easy to overlook some of the achievements you've earned these last few months. Hopefully, some of the articles in this issue will help you remember the great things you are making happen. We are incredibly grateful for you and your efforts in serving our great nation.

CAPT Ken "K9" Kleinschnittger
Commander, EOD Group 1

CAPT Charles Eckhart
Commander, EOD Group 2



LTJG Aaron Paul Fowler

November 6, 1992 - April 17, 2022

Rest Easy, Teammate. We have the Watch.



SPOTLIGHT

EOD MOBILE UNIT FIVE

Proudly Serving at the Tip of the Spear

WHO WE ARE, WHERE WE ARE GOING

Our Past

The EOD community can trace its roots to Guam with the work of Underwater Demolition Teams that cleared hazards during the Second Battle of Guam in 1944. Originally founded as EOD Detachment Subic, the command provided world-class EOD support in Subic Bay, Republic of the Philippines, during the 1960s and 1970s, including during the Vietnam War. Briefly titled EOD Mobile Unit Pacific, the command was ultimately commissioned as EOD Mobile Unit Five in 1987. EODMU Five remained in Subic Bay until 1992 when the command made a homeport shift to Guam following the eruption of Mt. Pinatubo in 1991.

Great Location, Modern Facilities

Today, EODMU Five is ideally located on 63 acres of land bordering Apra Harbor on Naval Base Guam. CONUS training range challenges are non-existent at EODMU Five thanks to numerous ranges and sites on the compound including: a 1.25-lb. NEW demo proficiency range, a 45g NEW UNDET limpet range and pier, a 10-lb. NEW UNDET range, a MOUT town, the \$1.5 million LT Chris Reed Shipboard Trainer, a waterfront FOB/EAB, a water DZ, a small-arms range, a HLZ, a ADR site, and a HRST tower. EODMU Five also maintains its own CESE/SABAR shops, Supply Department, Medical Department, communications, paraloft, armory, and dive locker.

Improving for the Future

EODMU Five is in the process of modernizing and expanding with approximately \$80 million dollars in ongoing MILCON projects, including a new STRIKE facility, N7 building, platoon spaces, ExMCM facility, CESE/SABAR workspace, and armory.



Thanks to world-class training facilities, EODMU Five teams are consistently training and honing their skills. In 2021, EODMU Five made more dives than any Navy operational command.



SPOTLIGHT

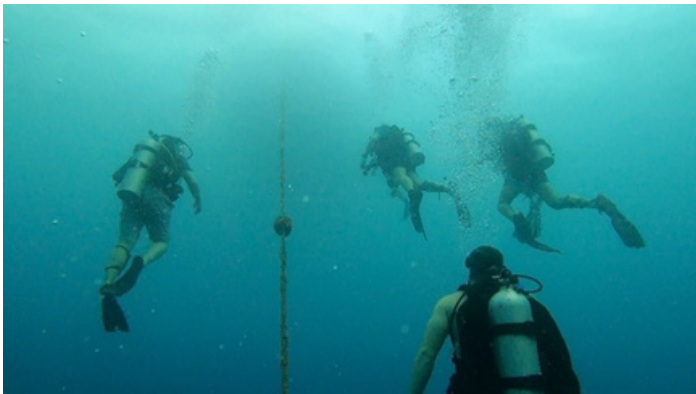
EOD MOBILE UNIT FIVE

Proudly Serving at the Tip of the Spear

A WEEK IN THE LIFE

Monday

EODMU Five and Marine RECON personnel scuba dive in Guam's Blue Hole to maintain proficiency. EODMU Five conducts regular Mk-16 decompression dives in excess of 200 fsw within Apra Harbor.



Tuesday

Members of Platoon 512 conduct static line jumps and a cargo drop from a VRC-30 C-2A Greyhound into Apra Harbor before transiting by CRRC back to the command.





SPOTLIGHT

EOD MOBILE UNIT FIVE

Proudly Serving at the Tip of the Spear

A WEEK IN THE LIFE

Wednesday

Members of Platoon 522 fast rope aboard USS Miguel Keith (ESB-5) after completing HRST proficiency at the EODMU Five compound HLZ.



Thursday

EOD Technicians and paraloft personnel conduct military free fall jumps onto Nimitz DZ from a VRC-30 C-2A Greyhound and an HSC-25 MH-60S Seahawk helicopter.





SPOTLIGHT

EOD MOBILE UNIT FIVE

Proudly Serving at the Tip of the Spear

A WEEK IN THE LIFE

Friday

EODMU Five started its day with command PT consisting of a 2,200-meter swim to Gab Gab Beach and a 2.5-mile return run. Next, they held a monthly O&I update to ensure everyone understands the command's mission and employment. Following their busy morning, N7 and members of Platoon 522 conducted demo operations at the proficiency range to cap off another full week.



SUPPORTING U.S. INDO-PACIFIC COMMAND

On Call in U.S. 7th Fleet

While training was happening at EODMU Five headquarters, members of EODMU Five attached to CTG 75.1 in nations including, Malaysia, Japan, South Korea, Australia and Sri Lanka were engaged in real-world contingency salvage response operations.





Explosive Ordnance Disposal Training and Evaluation Unit TWO

TRAINING THE FORCE

EODEU TWO executes intermediate and advance unit level training (ULT) for EOD, MDS and UMS units of action, as well as individual supervisory and advanced mobility and combat skills for EODGRU TWO. Annually, EODEU TWO averages ULT for 25 units of action totaling 16,000 individual air operation iterations, 1,000 diving evolutions, and 800 explosive demolition events. ULT for the respective units of action under EODGRU TWO include:



EOD

**Underwater EOD
MCM
Combat First Aid
Surface/IED
Chemical, Biological,
& HME
Nuclear Hazards
Tactical Combatives**

MDS Companies

**LIMPET Search
Combat First Aid
CBR
Advanced Diving
Skills
Salvage Demo
operations**

UMS

**ExMCM doctrine
Combat First Aid
CBR
Mine Field
Discipline
Maritime Mobility
Tactical Planning
Advanced Sensors**

Additional Courses of Instruction

**Expeditionary Support Element
Advanced Expeditionary
Combat Skills
Parachute Proficiency Training**

**HRST/Cast Master
MK-16 Supervisor
EOD MAROPS
Advanced Demolition Course
ULTRA Air Weeks**

SPOTLIGHT

COMMAND HISTORY

Explosive Ordnance Disposal Training and Evaluation Unit (EODTEU) TWO commissioned May 1, 1980, onboard Fort Story, Virginia Beach, Virginia. EODTEU TWO's primary mission was to develop and maintain a standardized, formal detachment training and refresher program for all Atlantic Fleet EOD personnel. EODTEU TWO executed specific pre-deployment training for EOD detachments, providing refresher training in nuclear weapons and conventional ordnance including surface and underwater ordnance and training for special EOD tasking. EODTEU TWO continues to execute these core mission sets from its original charter for all EOD Group TWO forces, expanding its scope of responsibility beyond EOD by providing the highest caliber of training for Mobile Diving and Salvage Companies and unmanned maritime systems platoons.



FUTURE LINES OF EFFORT

CRAB-EX: A two-week, multifaceted certification event with the capacity to certify up to six units of action with Task Group exercising command-and-control with support from Fleet air and surface assets. Intent is to execute three events a year; the pilot executed in June 2022 with units from Mobile Units TWO and SIX.

DET Key West: EODTEU TWO DET Key West, Florida, scheduled to stand up in late 2023, will serve as the primary training venue and facilitation node for EODGRU TWO forces exercising deep-water training, including the Mk 16 Supervisor course, MCM and UMS.



Emergency Response

MDSU ONE

Naval Surface Warfare Center Carderock Acoustic Research Detachment Salvage

Mobile Diving and Salvage (MDS) Unit One, Company 1-6 was tasked with an emergent job to salvage a 36-foot 1942 Gunderson Marine Tug in support of Naval Surface Warfare Center, Carderock Division's (NSWCCD) Acoustic Research Detachment (ARD) in Bayview, Idaho. Diving operations were based at an altitude of 2,051 feet above sea level, in 36°F of fresh water, with surface temperatures ranging from 22°F to 38°F, all of which required special planning considerations. The vessel sunk on February 26, 2022, while moored to the boat slip, and came to rest in about 30 feet of water. The NSWCCD ARD is located on Lake Pend Oreille, which is Idaho's largest, deepest (1,150 feet), and quietest body of water, providing an ideal environment for acoustic testing without the attendant problems and costs of open ocean operations. The ARD operates and supports unique Large Scale Submarine Models, Test Ranges, and acoustic test facilities utilized in conducting Research, Development, and Test & Evaluation.

Within 24 hours of official orders, a four-person team, led by CWO2 Stephen Vanzant and NDCS (MDV) Marshall Goble, conducted an initial site survey and mission planning at NSWCCD ARD. They also established an Emergency Action Plan and logistical movements of Emergency Ship Salvage Material equipment from Port Hueneme, and Naval Undersea Warfare Center, (NUWC) Division Keyport Divers Life Support System and Equipment.

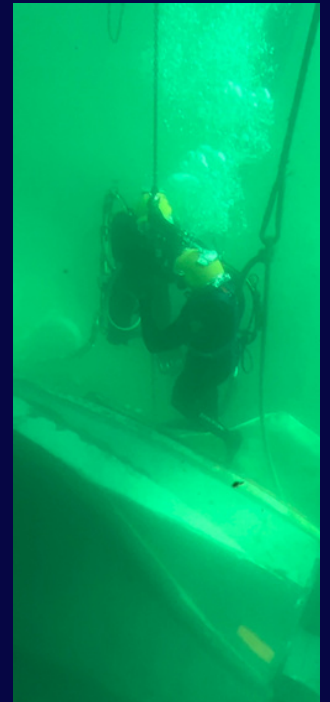
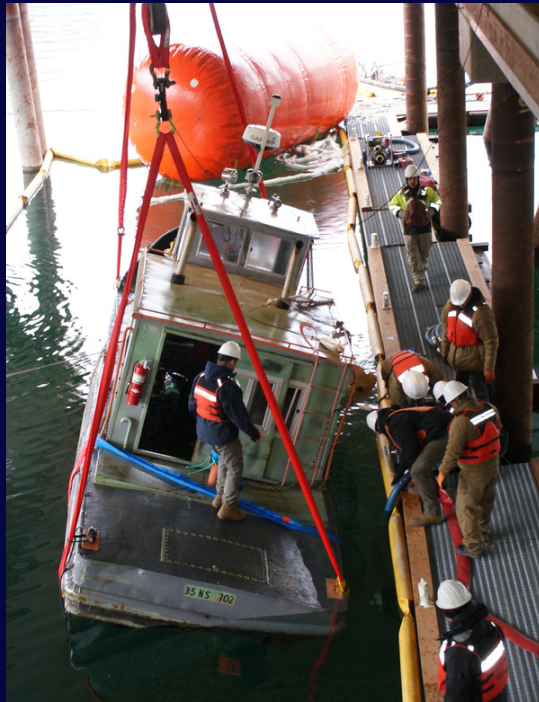
After a day of planning at NUWC Keyport, NDC Tommy Gerace, ND1 Kyle Knigga, and ND1 Matt Villafuerte drove the seven-hour journey to the job site, trailering all diving and salvage equipment, and providing topside support throughout the salvage mission. MDS Company 1-6 arrived on site the following day, led by NDC Timo Martinez. After a required 12-hour equilibration period at altitude, ND2 Owen Craffey, ND1 Jeff Baker, and ND1 Chris Prust left surface to conduct an initial salvage survey. The Salvors employed a PWH-100/3 Monkey Heater, donned 7-MM wetsuits and KM-37 hard hats with hot water shrouds to combat the cold water environment. Diver ingenuity was required due to the unique nature of the sunken vessel, which was resting on its port side inside a boat house slip with four pylons on each side within five feet. The risk of further damage to the dock infrastructure, rendered the typical method of refloating a 10-ton vessel using lift bags as impractical.



Emergency Response

MDSU ONE

Naval Surface Warfare Center Carderock Acoustic Research Detachment Salvage



A 77,000-pound lift bag was suspended directly above the vessel, with two 10-ton chain falls attached to the lift bag's bottom by a strong back. ND2 Cayman Conley and ND2 Owen Craffey installed two 6,500-pound lift bags, one forward and one aft, to reduce overall weight and increase mechanical advantage for the Salvors to right the tug vertically for a much safer and more controlled lift.

Additional lift bags were attached once the vessel was vertically oriented, and the Salvors safely controlled the lift with chain falls until the vessel was five to ten feet below the surface. The vessel was secured to the starboard side of the barge and towed 200 yards to a floating dock equipped with overhead cranes, where it was raised to the surface for pumping.

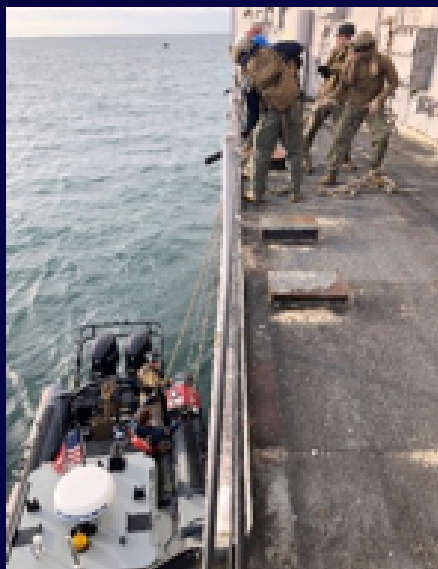
Two 3-inch trash pumps were installed, one forward and one aft, removing 1,445 gallons of fresh water until the vessel could float independently. The vessel was lifted from the water and loaded onto a flatbed semi-truck for transportation to the disposal site.

The overall mission was a huge success for the dive team – not only in terms of safely completing the salvage operation, but also in terms of cultivating relationships with Navy Pacific Northwest commands to facilitate future seamless interoperability. Flexing MDS Company's capabilities while operating in cold weather environments, at elevated altitudes, under time-critical pressures – is what we are designed to do.



Expeditionary Salvage MDSU TWO

EXPEDITIONARY BATTLE DAMAGE REPAIR



During the East Coast phase of Exercise ATLANTIC THUNDER 22 (AT22) in March 2022, MDSU TWO conducted its most advanced Expeditionary Battle Damage Repair (ExBDR) event to date.

Building off previous events conducted during BALTOPS 50 and LSE 21, and replicating portions of the USS BONHOMME RICHARD (LHD 6) response, Mobile Diving and Salvage Companies 2-2 and 2-3 detonated a small explosive charge inside the former USS BOONE (FFG 28) to simulate a real-world battle damage scenario in order to flex their Battle Damage Response capabilities.

After creating the damage onboard the former naval vessel, the companies boarded the vessel via small boat, made their initial entry into the afflicted spaces using a standard

firefighting ensemble and SCBA, and accomplished initial immediate actions on the objective including conducting an expedient battle damage assessment and establishing reachback communications. The team then cut, welded, pumped water, rigged, and patched holes in an effort to return the ship to fighting shape--all while managing and responding to simulated medical casualties. The efforts and training by MDSU TWO and supporting NECC forces replicated the actions they would take to save a damaged ship during a real-life scenario.

This significant ExBDR event served to demonstrate to a large audience the tremendous impacts of an explosive incident inside the skin of a surface combatant, as well as the potential capabilities MDSU TWO is able to rapidly leverage to mitigate these impacts in support of Distributed Maritime Operations. The exercise also served to inform development of ExBDR TTPs and demonstrate elements of the Ship Wartime Repair and Maintenance (SWaRM) CONOPS, which is still in development.



E-2D HAWKEYE SALVAGE

On March 30, 2022, an E-2D Hawkeye assigned to VAW-120 crashed in the vicinity of Chincoteague Island, Virginia, in approximately 7 feet of seawater. Due to the sensitive and emergent nature of the salvage mission, MDS Company 2-2 was on-scene within 18 hours of tasking, planning and coordinating for the removal of the aircraft. The team first recovered sensitive items to preserve classified materials and aid in the Aircraft Mishap Board. Simultaneously, MDS Company 2-2 coordinated with NAVFAC, NAVSEA, civilian contractors, and USCG to develop a salvage plan to recover the downed aircraft. With a contracted shallow water crane barge and tug boats, the team cut the aircraft into smaller pieces and transported it to the Wallops Island Flight Facility where the VAW-120 Aviation Mishap Board will continue its investigation. In the end, the challenging nature of this shallow-water salvage project located within a wildlife nature preserve provided a number of lessons learned and revised TTPs for the team.

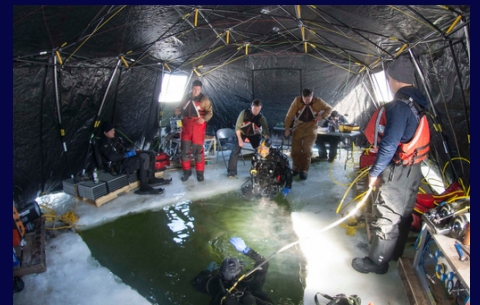


ICEX 2022



With temperatures as low as -24 degrees, Camp Ripley, MN, proved once again to be an ideal training site for MDSU TWO Divers to prepare for diving and salvage missions in Arctic conditions. During the course of the event from late January to early February, MDSU TWO and civilian ice diving instructors from Dive Rescue International (DRI), conducted two weeks of training on two Mobile Diving and Salvage (MDS) Companies, including basic cold-weather diving proficiency, cutting holes in the ice, camp setup, and emergency drills.

The Divers even completed a day of cold weather demolition to test the performance of explosives in Arctic temperatures. In the end, 37 Navy Divers and EOD Technicians completed training and earned certification from DRI as Ice Divers. Following the formal training with DRI, MDS Company 2-3 used the skills they learned in more advanced scenarios during a portion of their Final Evaluation which was conducted on the remote Lake Allot in upper Camp Ripley.



Planning for ICEX 23 is already underway and is slated to be a more robust, expanded training event, to include a Task Group and multiple Units of Action conducting simultaneous operations in an Arctic environment. MDSU TWO's Readiness and Training Department is leading the planning efforts and is more than willing to incorporate participation from any NECC tribe.

Supporting Expeditionary
Salvage Lines of Effort

1. Fleet concepts development & integration
2. Force generation & employment
3. Industry exchange & acquisitions
4. Platform integration & training

COURSES HELP PREPARE AND SELECT NAVY EOD, NAVY DIVERS

BY LT ERIC HESS, N31 CENTER FOR
EOD AND DIVING



Center for EOD and Diving (CEODD) created the Explosive Ordnance Disposal and Navy Diver Preparatory Course (EOD/ND PREP) and the Explosive Ordnance Disposal and Diving Assessment and Selection Course (EOD/ND ASC) to better prepare and select prospective EOD and ND Sailors.

“Producing Sailors that successfully transition from a civilian into a Sailor, pass the assessment and selection criteria, and succeed at the follow-on schools is essential for Navy Explosive Ordnance Disposal (EOD) and Navy Diver (ND) community health,” said Capt. Dean Muriano, commanding officer of CEODD.

EOD/ND PREP prepares street accession, Recruit Training Command (RTC) graduates for EOD and ND training, follow-on assessment, and selection with training and mentorship in entry-level aquatic adaptability and physical and mental conditioning.

Instructors focus on adequately preparing RTC graduates for their upcoming challenges.

The course lasts 18 days, with training delivered via classroom, daily aquatic and physical conditioning, and human performance coaching.

Instructors coach and mentor EOD/ND candidates through basic aquatic adaptability, “over-unders”, and other physical training to help them regain whatever fitness level they might have lost during boot camp and build their in-water confidence. Instruction in the pool covers various aquatic competency skills (with remediation).

Human performance coaching includes mental resiliency, strength training form, running, swimming, calisthenics as well as proper rest, recovery, and nutrition.

“The key to the success of Prep and ASC is having highly motivated, high caliber instructors who take pride in receiving graduates of RTC and begin the process of forging them into EOD and ND Sailors,” said Muriano.

COURSES HELP PREPARE AND SELECT NAVY EOD, NAVY DIVERS

BY LT ERIC HESS, N31 CENTER FOR
EOD AND DIVING

"During Prep, instructors continue the 'Sailorization' process that began at RTC, but they serve in a coaching role to guide and correct any physical training deficiencies," Muriano added.

EOD/ND ASC assesses and selects the most qualified EOD and ND candidates for a career in the Naval Special Operations (NSO) community. RTC students who complete EOD/ND PREP are combined with students reclassified from BUD/S, and then assessed through aquatic competency training, classroom instruction, and both mental and physical conditioning. The curriculum also features other expeditionary warfare-focused events, like timed rucks and gas mask stretcher carries.



Every student who completes the course goes to a formal selection board where instructors decide to select, roll, or drop students. The selection board considers five key performance pillars: comfort in the water, physical fitness, academic ability, professionalism, and peer ranking.

"This 'flipping of the switch' between EOD/ND PREP and ASC requires a great deal of self-discipline and maturity from the training cadre," said EODCM Scott Wandell, Officer-in-Charge of CEODD Learning Site Great Lakes, Ill. "What used to be a 12-day dive preparation and conditioning course, where instructors were looking solely at water confidence as a "go/no go" criteria, has grown into a challenging 22-training day assessment and selection course."

For more information regarding the Navy EOD/ND Prep Course, ASC, or becoming an instructor, please reach out to CEODD Learning Site

Great Lakes OIC, EODCM Scott Wandell at

robert.s.wandell.mil@us.navy.mil



EXERCISES

RIMPAC 2022

Building Capable, Adaptive Partners

PEARL HARBOR — Divers and explosive ordnance disposal (EOD) technicians from six partner nations completed training at Rim of the Pacific 2022 in Pearl Harbor, Hawaii, July 29.

The 226 service members from the U.S., Netherlands, Australia, Republic of Korea, Mexico and Canada comprising the EOD and diver component of RIMPAC's Navy Expeditionary Combat Force spent 25 days using the exercise's unique training environment to increase their ability to effectively plan, communicate and conduct operations as a multinational force.

"It's what we're here for: a lot of nations coming together in a superb environment to train, and to work, and to get better in the end," said Capt. Rick In de Braekt, a maritime EOD company platoon commander in the Netherlands Marine Corps.

The world's largest maritime exercise provided an ideal venue for a gamut of underwater events that included surface supplied hard-hat and SCUBA diving, a search for World War II bomber wreckage, and salvage, cutting and welding training.

Divers tested tools that could improve future salvage proficiency and capabilities. Australian and U.S. salvors worked with battery-powered underwater tools instead of traditional hydraulic-powered ones to practice "hot-tapping," a procedure used to safely pump fuels and other contaminants from a damaged vessel without exposing them to the environment.





EXERCISES

RIMPAC 2022

Building Capable, Adaptive Partners



“We actually have a handheld power tool that does the exact same job as this giant hydraulic tool system that we’ve been using for decades now,” said U.S. Navy Diver 1st Class Andrew Gose, a salvor assigned to Mobile Diving and Salvage Unit One in Pearl Harbor. “We’ve been able to make a proof-of-concept that a much smaller footprint is available to us, which makes us an even greater asset worldwide.”

“We were just comparing the differences, seeing what was good and bad about the new battery-powered tools,” said Royal Australian Navy Clearance Diver Seaman Barry Joseph McLeod about the trials. “I preferred most of them to a hydraulic tool just because it’s less bulky and less to move around.”

RIMPAC also offered opportunities for partner nations to build camaraderie by doing group dives at some of Hawaii’s World War II landmarks.

“It was eye-opening to see a wreck from the attack on Pearl Harbor,” said McLeod, who dove at the USS Utah Memorial. “It was a good exposure to dive on something special like that because there’s not that many sights like that around the world.”

The Navy Expeditionary Combat Force performed EOD evolutions that featured training in anti-terrorism force protection (ATFP) pier and hull searches, maritime improvised explosive devices (IEDs), underwater and land demolition, and counter-IED and unexploded ordnance (UXO).

Multilateral cooperation and collaboration was paramount, as partner nations took turns leading training on different EOD skillsets.



EXERCISES

RIMPAC 2022

Building Capable, Adaptive Partners

“It’s great. It’s about seeing what’s in the kitchen of other countries,” said Royal Netherlands Navy Sgt. Maj. Richard Ouwerkerk about observing partner nation tactics, techniques and procedures (TTPs). “[We can] put it in our backpack and carry it with [us].”

Royal Australian Navy Clearance Diver Chief Joshua Drennan agreed that the multinational training allowed participants to enhance their capability to respond as part of a combined force.

“You’re learning their techniques; you’re seeing their different equipment and ways that you can improve your equipment...or different techniques,” said Drennan.

Communication proved a training challenge because not all partner nations shared a common language. EOD technicians and divers were adaptive in their use of translators and translation apps to bridge communication gaps, but sometimes “talking” was as simple as sharing a common goal or skill.

“Diving in and of itself is its own language, and once you’re capable of doing it safely, everyone knows the next step of what should be happening. So, it is kind of a universal language,” said Gose.

In de Braekt echoed the point.

“We all have the same mission, to make it safe in the end. As long as we understand that, we always figure a way to communicate and get the job done,” said In de Braekt.





EXERCISES

RIMPAC 2022

Building Capable, Adaptive Partners

Royal Canadian Navy Clearance Diver Master Sailor Mark Littler said RIMPAC's diversity demonstrated the value of maritime partnerships.

"I learned that no matter what accent you have or language you speak, we're all here to do the same job," said Littler.

"Having the camaraderie built up from exercises like RIMPAC is extremely important for us to be able to count on each other and know that we're all reliable in our skills."

The Navy Expeditionary Combat Force completed more than 500 dives involving 400 hours in the water, 50 counter-IED drills, and eight live demolition training events. But, RIMPAC is about more than training, said Royal Australian Navy Clearance Diver Able Seaman Oliver Knudson, who emphasized its importance in building capable, adaptive partners who can respond effectively during a real-world crisis.

"This kind of exercise brings all the nations together," said Knudson. "We bounce off each other our [operating procedures], TTPs, figure out what capabilities we all have, and merge together as one so that in the future, if we need to, we can come together."

Twenty-six nations, 38 ships, three submarines, and more than 170 aircraft and 25,000 personnel participated in RIMPAC from June 29 to Aug. 4 in and around the Hawaiian Islands and Southern California.

The world's largest international maritime exercise, RIMPAC provided a unique training opportunity while fostering and sustaining cooperative relationships among participants critical to ensuring the safety of sea lanes and security on the world's oceans.





EXERCISES

RIMPAC 2022

Building Capable, Adaptive Partners

SOUTHERN CALIFORNIA





EXMCM UPDATE

A New Application of ExMCM: Subsea & Seabed Warfare

The ExMCM Company was originally born out of a U.S. 5th Fleet sponsored urgent operational need and a Secretary of the Navy fast lane initiative to revolutionize the conduct of MCM operations. The combination of an unmanned search capability with a traditional MCM platoon not only changed the way Navy EOD conducts MCM operations, but sparked our entrance into a new mission set.

In 2018, the Navy EOD force utilized UUVs in a nonstandard manner outside the realm of mine countermeasures. The mission was highly successful and since then, U.S. 5th Fleet – as well as several joint partners – have relied on Navy EOD to provide undersea domain awareness throughout the U.S. Central Command area of responsibility.

During the DOTmLPF-P Change Recommendation Readiness Working Group (DCR RWG) last fall, we worked to officially codify our capabilities outside of MCM into doctrine and nested it under subsea and seabed warfare (SSW) requirements documents.

SSW is one of several missions that falls underneath undersea warfare and encompasses the use of kinetic and non-kinetic effects on an adversary's undersea infrastructure. The mission set we used to refer to as expeditionary undersea warfare, we now refer to as ExMCM support to Subsea and Seabed Warfare (ExMCM/SSW). The approval of the DCR and official inclusion of SSW capabilities into the ExMCM construct will solidify our undersea force as more than just an MCM capability.





EXMCM UPDATE

A New Application of ExMCM: Subsea & Seabed Warfare

Fleet and joint force commanders continue to see the need and value for this unique Navy EOD capability. Our expansion of ExMCM companies into U.S. Seventh Fleet has been met with recent and meaningful employment in support of undersea domain awareness and East Coast based ExMCM companies have deployed for purpose to U.S. Sixth Fleet serving joint and Navy SSW requirements.

Fleet exercises, such as RIMPAC, Large Scale Exercise, and those with joint partners now routinely involve SSW serials. The value our community brings has been noticed outside the military as well: Navy EOD recently received 100% of a \$12 million UUV plus up awarded by Congress.

Navy EOD has both a unique and complimentary role in undersea warfare. As we continue to work in this mission space as a force, we will be deliberate as we work with new partners to meet joint and Fleet objectives. EODGRU-1 hosts a bi-monthly ExMCM/SSW Working Group to unify force wide efforts towards Objective Two of the U.S. Navy EOD 2020-2030 Strategic Plan: Expand our Advantage against Undersea Threats.

Further details on the working group, as well as a repository of ExMCM related products can be found on the Navy EOD ExMCM Portal:

<https://intelshare.intelink.sgov.gov/sites/navyeod-exmcm/SitePages/Home.aspx>

You can also contact the EODGRU-1 Lead, ExMCM/SSW Action Officer, LT Joshua Werling:

joshua.werling@navy.mil or joshua.werling@navy.smil.mil



NAVY EOD FORCE REDESIGN

BUILDING A MORE FLEXIBLE AND LETHAL FORCE

OVER THE NEXT FIVE YEARS, NAVY EOD WILL SHIFT TO A REVISED ORGANIZATIONAL STRUCTURE IN ORDER TO EVOLVE THE FORCE TO MATCH EVOLVING THREATS FROM STRATEGIC COMPETITORS.

HIGHLY TRAINED AND FLEXIBLE FORCE

PLATOONS TRAINED TO A SINGLE, STANDARD TRAINING PIPELINE THROUGH MCO, PRODUCING MCO READY PLATOONS TWO MONTHS FASTER THAN STATUS QUO. GROW ADVANCED PHASE TO ALLOW FOR MORE DEPLOYMENT TAILORED TRAINING, CREATING AN EVEN MORE LETHAL FORCE ABLE TO SOLVE COMPLEX PROBLEMS UNDER THE MOST STRESSFUL AND UNPREDICTABLE OF COMBAT CONDITIONS.



"IN AN ERA WHERE UNCERTAINTY IS THE HALLMARK OF THE OPERATING ENVIRONMENT, ADAPTABILITY AND RESILIENCE WILL BE OUR COMPETITIVE ADVANTAGE." - U.S. NAVY EOD 2030 STRATEGIC PLAN

LEADERSHIP GROWTH AND DEVELOPMENT



REBALANCE THE ENLISTED PYRAMID TO CREATE A LARGER BASE OF JUNIOR EOD TECHNICIANS (E-4 AND E-5), WITH MORE OPPORTUNITIES TO DEVELOP ESSENTIAL SKILLS, MATURE IN PAYGRADE, AND PREPARE FOR LEADERSHIP POSITIONS.

"A RENEWED EMPHASIS ON THE LEADERSHIP DEVELOPMENT...IS CRITICAL TO MAINTAINING AND GROWING OUR COMPETITIVE ADVANTAGE" - U.S. NAVY EOD 2030 STRATEGIC PLAN



MYTH VERSUS FACT

Normalizing Military Mental Health Care

MYTH:

Seeking mental health treatment means I'm weak or can't handle this on my own.

FACT:

You wouldn't judge someone for going to physical therapy; psychotherapy is no different. Mental health resources can provide patients with a space where they can deepen their understanding of themselves, strengthen their relationships, and learn different ways to cope and manage during stressful or transitional periods of life. You don't have to handle everything on your own. Mental health treatment exists to help you understand your decisions and allow you to make the best choices for yourself.

MYTH:

Experiencing any symptoms of depression or anxiety means I have a clinical diagnosis.

FACT:

Experiencing depressive or anxious symptoms is your mind's way of signaling stressful, dangerous, or unfamiliar situations. Although it can be uncomfortable or unpleasant to feel those symptoms, they have a role as a source of feedback. By taking these feelings and using them to reflect, they can act as a tool to better understand yourself and your situation in life.

MYTH:

Stress is always a bad thing.

FACT:

Stress is defined by the way you respond to challenges or demand in your life, both physically and mentally. Stress can be an indicator of danger, such as in combat or other flight or fight situations. By understanding our response to stressful situations, new or altered responses may be developed and strengthened.



MYTH VERSUS FACT

Normalizing Military Mental Health Care

MYTH:

My command will know all of my business if I go to mental health.

FACT:

Department of Defense Instruction (DoDI) 6490.08 (Command Notification Requirements to Dispel Stigma in Providing Mental Health Care to Service Members) lists situations in which an exception to confidentiality must be made and the command notified. The mental health care provider will only share this information with the Commanding Officer or someone the Commanding Officer has designated in writing to receive such information. In situations where command notification is required, mental health providers will share the minimum amount of information necessary with the Commanding Officer or designated person. This may include prognosis, fitness for duty concerns, etc. Other members of the command should only be given access to this information, via the Commanding Officer or designated person, on a need-to-know basis, such as when the information impacts official duties. For details about what information may be disclosed, please consult with chain-of-command or talk with your provider.

MYTH:

Seeking, reporting or receiving mental health treatment will negatively impact my ability to receive a security clearance.

FACT:

It is extremely rare to have a security clearance denied or revoked solely on the basis of reporting mental health conditions or receiving treatment. An analysis of security clearance adjudications over a six year period found that 85,000 people had their security clearances revoked or denied, and of those only 145 (0.002%) were denied due to mental health reasons.



High-Quality Physical, Mental, Spiritual and Rehabilitative Care

MISSION

The EOD STRIKE program is designed to protect individuals in the EOD Force from debilitating stress through adaptability, recovery, and growth across the personal, social, cognitive, and physical wellness domains.

VISION

The EOD STRIKE program strives to be recognized as the source of high quality physical, mental, spiritual, and rehabilitative care with parallel strength, endurance, mental, and spiritual services.

The program will meet the challenges of an ever changing military environment and set the standard for operational sustainment of EOD Group One service members.

STAFF CONTACTS

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Email: john.d.garbrecht.ctr@navy.mil

Athletic Trainer: Dale Nitzel
E-mail: dale.nitzel.ctr@navy.mil

Strength Coach: Stephane Rochet
Strength Coach: Jack McCormick

Please see strength coaches on site

What Professional Services Are Offered And What's the Difference?

Physical Therapy: Physical Therapists are movement experts who treat people of all ages. Physical therapists (PT) are health care providers, who help patients avoid surgery, maximize mobility and function, manage pain and chronic conditions, and improve overall physical fitness. No referral is needed to see either LT Mears (ESU-1, MU-11, GRU-1, MU-3), Dr. J.D. Garbrecht (TEU-1, MU-1), Dr. Adam Taylor (MDSU-1), and Dr. Halle Wilson (MU-5). Dr. Taylor and Dr. Wilson are dual strength and conditioning coaches. All PTs are board certified in either Orthopedic or Sports Physical Therapy.

Athletic Training: Athletic Trainers are health care professionals who collaborate with allied healthcare providers to optimize patient activity and participation in athletics, work and life. Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of acute or chronic neuromusculoskeletal conditions and wellness promotion and education in order to minimize subsequent impairments, functional limitations, disability, and societal limitations. Kristin and Dale provide these services at the below locations with no need for referrals.

Certified Strength and Conditioning Specialists: Certified Strength and Conditioning Specialists (CSCS) are professionals applying scientific knowledge to train athletes for the goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe strength training and conditioning programs, and provide guidance regarding nutrition and injury prevention. Recognizing this area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals as needed. Stephane and Jack provide this service at the locations below.

Schedule for Athletic Trainers & Strength Coaches

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Bldg. 111 (0600-1430)	Stephane		Stephane	Jack	Jack
Bldg. 54 (0600-1430)	Dale	Stephane	Jack & Dale	Stephane & Dale	Stephane & Dale

Schedule for Physical Therapists

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Bldg. 111 (0800-1600)	LT Mears	LT Mears	LT Mears	LT Mears	LT Mears
Bldg. 54 (0800-1600)	JD Garbrecht	JD Garbrecht	JD Garbrecht	JD Garbrecht	JD Garbrecht



STRIKE UPDATE

EODGRU TWO Welcomes LCDR Alcala Moss

LCDR Adriane Alcala Moss is a Psychiatric Nurse Practitioner from Los Angeles, California, joining STRIKE to further enrich our comprehensive services for your top health and performance. "Doc A" is coming most recently from working on programs at OPNAV N17 Office of the 21st Century Sailor. Her subject matter expertise is in mind-body functional psychiatry and "bio-hacks" for people in high pressure occupations. Clinical services are by appointment via referral from medical or PHT. Team level training and/or additional mindfulness practice sessions can also be arranged.



EODGRU TWO Welcomes Dr. Meghan Butler

Dr. Meghan Butler joins the Psychological Health Team with STRIKE at EODGRU TWO. Originally from Detroit, she joins us from previously serving as the clinical coordinator at the University of South Florida in Tampa. She has a history of working with students, medical patients, emergency trauma teams and emergency responders during the COVID-19 pandemic, as well as Veterans with a history of spinal cord injuries.



HAVE INPUT FOR THE NEXT PRIMER? QUESTIONS? CONTACT YOUR PUBLIC AFFAIRS OFFICER!



LT John Mike
john.j.mike.mil@us.navy.mil
o: 619-437-3644
c: 619-756-3915



LT Brittany Stephens
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o: 757-917-6780
c: 757-663-8420

BASIC MEDIA ENGAGEMENT TIPS

Accurate, truthful, and timely communication increases the **credibility** and **transparency** of our organization and enhances the **legitimacy** of our operations.

AN **EFFECTIVE RESPONSE** INCLUDES AN ANSWER TO THE QUESTION AND A MESSAGE. FOR EXAMPLE:

Q: Why is Navy diving still relevant with the advances in unmanned underwater systems?

A: Unmanned underwater technology is important, and we employ it in many of our missions when it is safe and practical. However, there is no comparison to our incredibly skilled divers and EOD operators solving problems underwater.

IF YOU ARE ASKED A QUESTION OUTSIDE OF YOUR LANE, **BRIDGE BACK** TO THE TOPIC AT HAND. FOR EXAMPLE:

Q: Why does the Navy insist on dropping ordnance off the coast, knowing that it will put people in danger?

A: I can't speak on all the training the Navy does, but I can say Navy EOD operators are incredibly skilled and will handle any ordnance washed ashore in a safe and responsible manner when required.

GUIDANCE

EOD SOCIAL MEDIA

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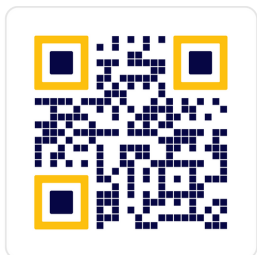
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SCAN ME



[NAVY EXPLOSIVE
ORDNANCE DISPOSAL](#)

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Explosive Ordnance Disposal Ethos

**I am a United States EOD OPERATOR,
a warrior, professional Sailor and guardian of life.**

**I willfully accept the danger of my chosen
profession and will accomplish all duties my great
country asks of me.**

**I follow in the wake of those who have served before
me with uncommon valor. I was born from the bombs
and mines of the blitzkrieg. I have cleared the world's
sea lanes and fought in the jungles, deserts and
mountains around the globe.**

**I will never disgrace the Navy EOD warrior of the past
and will uphold their honor and memory, both on and
off the battlefield.**

**I am a quiet professional! I strive to excel in every art
and artifice of war. I adapt to every situation and will
overcome all obstacles. I will never fail those who
depend upon me.**

**I maintain my mind, body and equipment in the
highest state of readiness that is worthy of the most
elite warrior.**

**I will defeat my enemies' spirit because my spirit is
stronger. I will defeat my enemies' weapons because
I know my enemies' weapons better.**

**I will complete every mission with honor, courage and
commitment. Though I may be alone and completely
isolated, I will trust my teammates and my country. I
will never give up and I will never surrender.**

**Where most strive to get it right, I will relentlessly
train so I never get it wrong.**

I am a United States Navy EOD operator.



2030 STRATEGY

DOWNLOAD [**HERE**](#)

Navy Diver Ethos

I am a United States Navy Deep Sea Diver

I traverse the dark, forbidding depths of the world's oceans, lakes, rivers and seas where only a select few can follow. They are my battlefield. I serve across the spectrum of our nation's military services and with Special Operations Forces.

I honor my deep sea brethren past, present and future; they are my Family. My personal Honor and Integrity are above reproach and compel me to do what is right regardless of the circumstances. Courage is the hallmark of my trade.

The laws governing my chosen profession are absolute and unforgiving, demonstrated and proven with the blood of many brave divers who have gone before me.

Because of their courageous sacrifice, I am committed to my Brothers-in-Arms through relentless mental and physical preparation. My knowledge of diving, underwater techniques and systems, physics, and hyperbaric medicine must be unsurpassed.

The accomplishments of United States Navy Deep Sea Divers are the benchmarks by which the world measures man's achievements in the sea. My specialized skills, undaunted spirit and unbreakable will enable me to succeed in an environment where there are no second chances. Excellence is my standard.

I maintain uncompromising standards personally and professionally. Accepting anything less would bring disgrace upon myself and discredit to my community. My sense of Duty to God, my Country and the United States Navy and my teammates is steadfast and enduring.

I am a United States Navy Deep Sea Diver