



# SEALIFT

THE U.S. NAVY'S MILITARY SEALIFT COMMAND

NOVEMBER 2024



U.S. Navy Lt. Cmdr. Jamil A. Khan, Chaplain, Military Sealift Command Far East, is greeted by children with the Learning Center of the Human Help Network Foundation in Pattaya, Thailand, during a community outreach event, Nov. 7, 2024. (U.S. Navy photo by Grady T. Fontana)

## MSC FAR EAST, USNS CITY OF BISMARCK VISIT LEARNING CENTER IN THAILAND

By Grady Fontana, Military Sealift Command Far East Public Affairs

Members of Military Sealift Command (MSC) Far East and Civil Service Mariners assigned to expeditionary fast transport ship USNS City of Bismarck (T-EPF 9) visited the Learning Center of the Human Help Network Foundation in Pattaya, Thailand, to interact with children during a community outreach event, Nov. 7, 2024.

City of Bismarck is in Thailand conducting routine maintenance and supporting the U.S. 7th Fleet.

While the ship was under maintenance, the team traveled to the Learning Center for a day of fun and games with the children, which was facilitated by Navy League Siam in Pattaya.

"These kids are wonderful," said Chris D. Rice, Ordinary Seaman aboard the USNS City of Bismarck. "I love playing with these kids. Everyone seems so joyous, and the kids are really enjoying themselves. You can sense it."

The learning center is a non-governmental organization and hosts about 85 children a day from neighboring nations, whose parents are day laborers in the Kingdom of Thailand.

The event was Rice's first experience interacting with the community. He has been with MSC for seven months and looks forward to participating in more outreach events.

"I volunteered to come out to the center because it gives me a chance to see what other parts of Thailand are like," said Rice, who is an eight-year U.S. Navy veteran. "This also allows me to have meaningful interactions with the local people."

For Civil Service Mariner Colin B. Smith, who is Chief Mate of City of Bismarck, he sensed the appreciation from the kids and recommends everyone aboard MSC ships take the opportunity to immerse themselves with the local community.

"At least do one outreach event, if you can," said Smith. "This event is probably the best thing that I've done since being in Thailand. You get to meet the people of Thailand and not just interact with those on the working in the service sector."

The event not only showcased the spirit of solidarity between differing cultures but also highlighted the



Civil Service Mariner Colin B. Smith, Chief Mate assigned to expeditionary fast transport ship USNS City of Bismarck (T-EPF 9), plays a game with a child at a community outreach event at the Learning Center of the Human Help Network Foundation in Pattaya, Thailand, Nov. 7, 2024. (U.S. Navy photo by Grady T. Fontana)



Civil Service Mariner Tyshon M. Credle, Ordinary Seaman assigned to expeditionary fast transport ship USNS City of Bismarck (T-EPF 9), leaps during a game at a community outreach event with children of the Learning Center of the Human Help Network Foundation in Pattaya, Thailand, Nov. 7, 2024. (U.S. Navy photo by Grady T. Fontana)

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# FAMILIES OF MONTFORD POINT MARINES VISIT THEIR NAMESAKE, USNS MONTFORD POINT

By Hendrick Dickson, Military Sealift Command Public Affairs

The Military Sealift Command expeditionary transfer dock ship USNS Montford Point (T-ESD 1) is one of MSC’s most versatile vessels. The size of two football fields, Montford Point provides logistics movement from sea to shore and supports a broad range of maritime operations, from serving as a floating base for amphibious crafts to transferring tons of cargo and equipment.

Beyond its operational capabilities however, perhaps the most impactful detail about Montford Point is the name it carries. The ship is christened to honor the first group of African Americans to join U.S. Marine Corps from 1942 through the end of World War II, the Montford Point Marines.

On Oct. 25, the crew of Montford Point welcomed aboard more than 40 family members of original Montford Point Marines and associates of the National Montford Point Marine Association, Tidewater Virginia Chapter 14, to see how the ship continues the Montford Point legacy.

During their visit, the group walked the decks and passageways that honor the Marines with historical tributes. They also viewed a video detailing the ship’s operational capabilities, ate lunch with crew members, and presented Ship’s Master, Capt. Ryan Arnold, with a poster with pictures and names of their Montford Point Marine relatives to be displayed on the ship.

“It’s touching honestly,” said Montford Point Master, Capt. Ryan Arnold. “To be able to have the family members aboard of the men who paved the way for desegregation in the Marines Corps is fantastic. Having them here and supporting them brings us a little closer to that history.”

“It was great to be able to come aboard and visit this ship,” said Marine veteran John Johnson III, whose father was Montford Point Marine, Sgt. John Richard Johnson Jr. “My father knew it was being built but never got a chance to visit. He would have loved to come here and reflect on what they accomplished.”

In 1942, President Franklin D. Roosevelt established a presidential directive giving African Americans an opportunity to join the Marine Corps. These Marines were not sent to the traditional boot camps in Parris Island, South Carolina. They were segregated and sent to basic training at Montford Point, a facility at Camp Lejeune, North Carolina.

About 20,000 African American Marines were trained at Montford Point. The Marines broke down racial barriers even before the Civil Rights era of the 1950s and 1960s. They proved to be capable of fighting right alongside white Marines and played an integral part in winning World War II. Their actions helped lead to President Harry S. Truman issuing Executive Order #9981, ending segregation of the Armed Forces in 1948.

The Montford Point Marines would inspire black men and women to serve their country for decades after. Service members like Navy Lt. Justin Roberts, whose uncle was Montford Point Marine, 1st Sgt. James “Rudy” Carter.

“It’s a blessing to be able to come here,” said Roberts, a Richmond, Virginia, native, assigned to the aircraft carrier USS Dwight D. Eisenhower (CVN 69). “It’s impactful

to me because when I was looking at going into the Naval Academy, a big thing that influenced me were conversations I had with my Uncle Rudy.

“What really sticks out to me about my uncle being a Marine is going to visit him in the summertime and he’s in his 80s, but every morning without fail, he’s getting his sit-ups and push-ups in,” said Roberts. “He’s in his 80s still looking like a Marine up until he passed away in his 90s. He was an inspiration to me. Even though I joined the Navy and went to the academy, I would come by the house, and he would tell me, ‘You’re still a Marine in my book.’”

The Montford Point Marines are among tens of thousands of black service members who fought during an era of segregation, but because of the country’s complicated racial history, their stories aren’t often told. Remembering their contributions is something Ricky King hopes the nation will start to do better.

“I believe we are lacking in recognizing the history of black Soldiers in general,” said King, a Norfolk, Virginia, native. “They had this saying called ‘double victory,’ or ‘VV.’ It stands for ‘Victory’ for overcoming discrimination and ‘Victory’ for winning the war. They went through a lot.”

In November 2011, President Barack Obama signed into law the legislation to award the Congressional Gold Medal to the Montford Point Marines. This award recognizes the group’s contributions to the Marine Corps and the United States of America from 1942 to 1949. There are approximately 400 original Montford Point Marines still living today.

“This recognition is for both living and passed Montford Point Marines and many families may not know their loved one is awarded the Congressional Gold Medal,” said Curt Clarke, President, National Montford Point Marine Association, Tidewater Virginia Chapter 14. “An estimated 3,000 Montford Point Marines have been awarded their medals either in-person or posthumously. The association’s mission is to educate the nation and identify the other 17,000 Marines or family members who have not received their medals and recognition.”

On Nov. 5, 2023, nearly a year ago, King’s father, Montford Point Marine, Cpl. Willie King, was posthumously awarded the Congressional Gold Medal for his service in World War II.

“I remember when I was a kid, just hearing him say, ‘I was in Saipan, Peleliu, Bougainville, the Russell Islands, Guadalcanal, Tinian and Leyte,’ those were his battle grounds,” said King. When I got older, I wanted to find out what he was talking about. I started researching Saipan and learned about how black service members were right there on the frontlines too. I looked at his DD-214, and it said Pavuvu Island. They were part of a unit called 1st Marine Division, the oldest, largest and most decorated division in the Marine Corps. My father was part of the 1st Marine Division.”

The National Montford Point Marine Association is a nonprofit Veterans Service Organization initially established in 1965 to perpetuate the legacy of the first Montford Point Marines. There are 29 active chapters nationwide. For more information: Visit <https://montfordpointmarines.org/>. Also, viewed the ABC produced video, “Our America: Mission Montford Point,” online at <https://ouramericaabc.com/mission-montford-point>.



# USS EMORY S. LAND VISITS REPUBLIC OF PALAU

By Seaman Apprentice Ethan Lambert, USS Emory S. Land

The submarine tender USS Emory S. Land (AS 39) departed the Republic of Palau after a regularly scheduled port call, Oct. 27. The Republic of Palau was the ninth port call of Emory S. Land’s current deployment, which began May 17.

“It was only a brief visit, but an unforgettable one,” said Capt. Brent Spillner, Commanding Officer of Emory S. Land. “Both the hands-on World War II history and the islands’ breathtaking natural beauty left an indelible impression on us, and we truly appreciate the hospitality of the Republic of Palau.”

While in port, the crew had the opportunity to enjoy many once-in-a-lifetime tours on the island of Malakal. Emory S. Land Sailors had the chance to kayak, scuba dive, and snorkel through the nearby waters, witnessing many of the beautiful aquatic ecosystems the Republic of Palau

had to offer. The crew was also given the opportunity to immerse themselves in the islands’ history with a kayak tour to Ulong Island to view the ancient Palauan pictographs on display, as well as the island of Peleliu, one of the most well-preserved World War II battlefields in the world.

“My experience during the Peleliu tour was amazing,” said Chief Machinery Repairman Rene Antonio Gomez, assigned to the ship. “The Marine Corps Engineer Detachment of the Republic of Palau did an excellent job of taking us around the whole island of Peleliu, breaking down the historical significance in each area, such as the ‘Orange Beach Cemetery’ and the famous ‘Bloody Nose Ridge.’”

Previously, the ship had returned to its homeport of Apra Harbor, Guam, Sept. 27, after completing seven successful port calls in Australia.

Emory S. Land is on deployment supporting the U.S. 7th Fleet, the U.S. Navy’s largest forward deployed numbered fleet, operating with allies and partners in preserving a free and open Indo-Pacific region. Emory S. Land provides expeditionary intermediate-level maintenance, services, and logistics support to deployed submarines.

Guam is home to the U.S. Navy’s only submarine tenders, USS Emory S. Land (AS 39) and USS Frank Cable (AS 40), as well as Los Angeles-class attack submarines. The submarine tenders provide maintenance, hotel services and logistical support to submarines and surface ships in the U.S. 7th Fleet area of operations. The submarines and tenders are maintained as part of the U.S. Navy’s forward-deployed submarine force and are capable of meeting global operational requirements.

# USNS HARVEY MILK COMPLETES FIRST REPLENISHMENT-AT-SEA WITH TWO JAPANESE TRAINING SHIPS

By LaShawn Sykes, Military Sealift Command Atlantic Public Affairs



Recently, Civil Service Mariners (CIVMARS) aboard Military Sealift Command’s (MSC) fleet replenishment oiler USNS Harvey Milk (T-AO 206) completed their first replenishment-at-sea (RAS) with two Japan Maritime Self-Defense Force (JMSDF) vessels.

As part of a six-month around the world training cruise, that began in May 2024 and included 180 newly commissioned JMSDF officers, JMSDF training vessels JS Kashima (TV-3508) and guided missile destroyer JS Shimakaze (DDG 172, TV 3521), which has now been converted into a training vessel, completed its first RAS event with USNS Harvey Milk in the Virginia Capes’ (VACAPES) operating area in the Atlantic Ocean, Sept. 24. This bilateral exercise between the United States and Japan helped to improve JMSDF’s tactical capabilities and to build on the interoperability between the JMSDF and the U.S. Navy.

According to USNS Harvey Milk’s Ship Master Capt. James “Jim” White, this refueling event was a rare opportunity for the Harvey Milk crew to work with the professionals of the JMSDF and a chance to demonstrate the capabilities of the

T-AO 205 class oiler. This event marked only the second time that a T-AO 205 class oiler has replenished two ships simultaneously.

USNS Harvey Milk is the second ship of the T-AO 205 class oiler, operated by MSC. The ship provides diesel fuel, lubricating oil and jet fuel; small quantities of fresh and frozen provisions and dry stores; and potable water to Navy ships at sea. T-AOs add underway replenishment capacity to the Navy’s Combat Logistics Force (CLF) and is expected to become the cornerstone of the fuel delivery system.

USNS Harvey Milk is named after U.S. Navy veteran and LGBT activist Harvey Milk who was one of the first openly gay candidates elected to public office as a member of the San Francisco Board of Supervisors in 1978.

Constructed in the 1990’s, JS Kashima is JMSDF’s flagship training vessel, which helps trainees build relations with other nations and develop seamanship skills and international experience.

JS Shimakaze is the second of the Hatakaze-class guided missile destroyers built for JMSDF. The vessel was reclassified as a training ship in 2021.



## THREE NUWC DIVISION NEWPORT ENGINEERING AGENTS PERFORM FIRST MODERNIZATIONS TO SUBMARINE IN AUSTRALIA

From Public Affairs Office, Naval Undersea Warfare Center

Traveling across the globe is nothing new for Naval Undersea Warfare Center (NUWC) Division Newport In-Service Engineering Agents (ISEA) Matthew George, Daniel Braman and Dillon Savitzky, but the trio recently experienced a historic first Down Under.

Members of the Handling Systems Engineering Branch in the Sensors and Sonar Systems Department, the agents participated the first three-week Submarine Tendered Maintenance Period (STMP) at HMAS Stirling in Perth, Australia, marking a significant step in the Australia, United Kingdom, United States (AUKUS) trilateral partnership.

STMPs are similar to planned maintenance periods that are typically conducted in U.S. submarine ports. They usually last up to three weeks and don’t require the submarine to be dry-docked.

When factoring in the historical aspect, Braman — a 14-year employee at Division Newport with plenty of temporary duty travel under his belt — said his most recent work trip tops the list.

“I think it’s pretty cool that we did the first modernizations performed in Australia on a submarine,” Braman said. “To do a modernization on a submarine is nothing. Everyone does it. But we’re the first ones doing a modernization in Perth, and no one can take that away from us.”

The ISEAs worked alongside submarine tender USS Emory S. Land (AS 39) personnel, as well as their Royal Australian Navy (RAN) counterparts to conduct repairs and modernizations to the ship’s thinline towed array handling system aboard the Virginia-class fast-attack submarine USS Hawaii (SSN 776).

This maintenance period aided the execution of Pillar 1 of the AUKUS partnership, which is to deliver a sovereign, conventionally armed, nuclear-powered attack submarine capability to Australia by the early 2030s.

“This is the first time since World War II that the U.S. has conducted submarine maintenance in Australian waters, and certainly the first instance in history of a joint American-Australian team performing maintenance on a nuclear-powered attack submarine,” Rear Adm. Lincoln Reifsteck, U.S. Navy AUKUS Integration and Acquisition program manager, said in early September after the STMP was complete. “The importance of this event cannot be overstated. These last few weeks provided essential maintenance and stewardship experience for our Australian partners in advance of establishing a sovereign SSN force in Australia.”



STMPs are a significant step toward achieving the AUKUS Pillar 1 objective.

“The main thing is that we integrated with a foreign military and trained them on how to do maintenance, repair, troubleshooting and modernization on our system,” Savitzky said. “They’re going to be receiving these submarines at some point, and they’re in the process of building up their infrastructure and capability. As Department of Defense civilians supporting the U.S. Navy, we were at the beginning of that process of integrating with a foreign military.”

George, Braman and Savitzky embarked on the 48-hour trip to Australia from Rhode Island on Aug. 19. Like any other in-service engineering trip, they had to learn the lay of the land and found the RAN sailors to be helpful and eager to learn.

“They certainly had a great thirst for knowledge, and they picked up everything pretty quickly,” said George, who has been with Division Newport for 22 years. “They were very willing to help, whether that was trying to track down shipping pieces or equipment. They were on the ball for everything.”

Savitzky, a certified Second-Class Navy Diver, worked with RAN and U.S. Navy divers and Sailors serving on the tender on mechanical and electromechanical equipment in the submarine’s ballast tanks, which is only accessible by diving when the submarine is pierside. Above the water, George and Braman communicated with Savitzky to help execute the modernization, repair plan and inspection list.

# MSCFE PARTICIPATES IN SAMA SAMA

By Grady Fontana, Military Sealift Command Far East Public Affairs



U.S. Navy Senior Chief Boatswain's Mate Andrew Werner, from Lafayette, Indiana, attached to Military Sealift Command (MSC) Far East provides instruction to Philippine Navy Sailors during a hands-on refueling-at-sea training aboard the Philippine Navy frigate BRP Jose Riza (FF 150) as part of Sama Sama 2024, Oct. 9, 2024. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ange Olivier Clement)

As part of the eighth iteration of Exercise Sama Sama 2024, Military Sealift Command (MSC) Far East participated in refueling-at-sea familiarization training aboard the Philippine Navy (PN) frigate BRP Jose Rizal (FF 150), at Subic Bay, Philippines, Oct. 8-9.

“MSC Far East makes sure every U.S. military ship in the Indo-Pacific region is able to get fuel, ammo, and supplies; this can include services to our allies and partners,” said U.S. Navy Senior Chief Boatswain’s Mate Andrew Werner, MSC Far East, out of Singapore. “Without a Combat Logistics Force (CFL) or refueling ships, our fleet of ships, and those of some allies, such as the Philippines, would not be able to refuel at sea.”

Sama Sama 2024, which was held Oct. 7-18, was hosted by the Armed Forces of the Philippines and the U.S. Navy, and featured participation from allies and partners throughout the Indo-Pacific region, including personnel and assets from Australia, Canada, France and Japan.

MSC Far East provided subject-matter-expert instruction for the refueling-at-sea familiarization training, along with members attached to Commander, Destroyer Squadron (DESRON) 7, out of Singapore.

“The purpose of the training was to get the PN familiar with underway replenishment gear on a ship, how to set it up, and how to conduct a safe underway-replenishment,” said Werner. “MSC Far East has Boatswain’s mates that are subject-matter-experts and can train the Philippine Sailors. We do the similar training with other allies and partners.”

Underway replenishments of allied partners present a unique opportunity to strengthen partnerships and exercise compatibility of logistics systems.

“The training went over the fundamentals of refueling and replenishing at sea,” said U.S. Navy Chief Boatswain’s Mate Francisco Fuentes, DESRON 7. “We also

conducted hands-on training and observed their on-station procedures for refueling-at-sea, and looked at their replenishment-at-sea stations forward of the ship.

“It was important for us to do hands-on training because it helped them understand our safety procedures, maintenance requirements, and types of equipment we use and our station procedures. This helps with our interoperability.”

According to Werner, he hopes that the training was beneficial to the PN, and they can mutually build upon interoperability.

“Every Navy does evolutions a little different and we were able to show them how on our U.S. Navy conducts a safe refueling—just about every week—when underway on deployment,” added Werner. “They were excited and motivated to learn and I look forward to working with them again in the future.”

Sama Sama 2024 is a multilateral engagement that includes a sea and shore phase that will incorporate medical, engineering, logistics and symposiums, while diving and explosive ordnance disposal teams, naval vessels and maritime surveillance aircraft conduct exercises focused on anti-submarine, surface and air warfare, and maritime domain awareness.

MSC Far East supports the U.S. 7th Fleet and ensures approximately 50 ships in the Indo-Pacific Region are manned, trained, and equipped to deliver essential supplies, fuel, cargo, and equipment to warfighters, both at sea and on shore.



U.S. Navy Chief Boatswain's Mate Francisco Fuentes, from East Rutherford, New Jersey, attached to Commander, Destroyer Squadron (DESRON) 7 instructs Philippine Navy Sailors on lifejacket inspection during a hands-on refueling-at-sea training aboard the Philippine Navy frigate BRP Jose Riza (FF 150) as part of Sama Sama 2024, Oct. 9, 2024. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ange Olivier Clement)

## MSC FAR EAST, SINGAPORE TEAM DELIVERS GOODWILL TO PHILIPPINE AETA CHILDREN

By Grady Fontana, Military Sealift Command Far East Public Affairs



Yeoman 1st Class Robert J. Carter, assigned to Military Sealift Command Far East, left, and Civil Service Mariner Celerino A. Monton, Steward Utility, assigned to expeditionary fast transport ship USNS Puerto Rico (T-EPF 11), distribute donated goods to Aeta students during a community outreach event at the Aningway-Sacatihan Elementary School Annex/ High School, Subic Bay, Philippines, Oct. 29, 2024. (U.S. Navy photo by Grady T. Fontana)

A team from the U.S. Navy community in Singapore, and Civil Service Mariners from expeditionary fast transport ship USNS Puerto Rico (T-EPF 11) visited a school for the Aeta indigenous people of the Philippines in Subic to learn more about the culture and to donate items that were collected from the Singapore schools and the U.S. Navy community, Oct. 29-30, 2024.

The outreach event, aimed at fostering goodwill and understanding, provided clothing, shoes, and toys to over 200 students in Subic.

The Aeta, one of the Philippines’ oldest indigenous groups, often live in remote mountainous regions with limited resources. This outreach brought welcomed supplies and, just as importantly, a day of connection and celebration for the community’s youth.

Participants included personnel assigned to the Military Sealift Command (MSC) Far East; USNS Puerto Rico; Commander, Logistics Group Western Pacific; Boy Scouts of America Troop 10, out of Singapore; and family members from the U.S. Navy community residing in Singapore.

Although MSC Far East organized the logistics of the community outreach event, the donation drive was spearheaded by Boy Scouts of America Troop 10 and 1010, which amounted to items that filled three triple-walled, corrugated shipping containers.

U.S. Navy Senior Chief Boatswain’s Mate Andrew Werner, MSC Far East, travelled to the Philippines with his family to participate in the community outreach event. His son, Lucas Werner, is part of the Boy Scouts in Singapore and is starting his Eagle Scout project.

An Eagle Scout project is the culmination of every lesson a scout has learned throughout the years in scouting.

The project was originated by a fellow troop member, Sophia Melson, who has since transferred. Lucas came out to help see it through.

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# USS JOHN CANLEY PARTICIPATES IN WARRIOR VOYAGE 2024

By Cpl. Anabelle Reedobrien, PEO Land Systems

The Lewis B. Puller-class expeditionary sea base USS John L. Canley (ESB 6) set sail through the Pacific Ocean with the Hawaiian island chain visible on the horizon. From October 4 to 21, 2024, Marine Aviation Logistics Squadron (MALS) 24, Marine Aircraft Group 24 and 1st Marine Aircraft Wing led exercise Warrior Voyage. This exercise aimed to evaluate the ESB’s role in supporting intermediate-level (I-level) aviation logistics (AVLOG) and executing rapid refueling operations, both critical for maintaining the readiness of the Aviation Combat Element in the Indo-Pacific region.

John L. Canley is a versatile mobile platform capable of supporting a wide range of military operations. These ships are built to commercial standards while integrating key Navy requirements, allowing them to operate effectively in a variety of environments. Measuring 785 feet long, with a 164-foot beam and a draft of 40 feet, the ESB can carry a displacement of 90,000 tons. It is designed for a speed of up to 15 knots and can travel 9,500 nautical miles, enabling sustained operations far from shore.

One of the defining features of the ESB is its operational flexibility. The ship is capable of supporting a range of missions, including airborne mine countermeasures, special operations and humanitarian assistance. Its design enables it to serve as a vital link between larger vessels and smaller landing craft, a critical capability where traditional shore-based infrastructure is either inaccessible or inadequate. This flexibility is especially significant in the Indo-Pacific region, where complex geographic conditions often pose logistical challenges.

The ESB is equipped with a large flight deck capable of supporting a variety of aircraft, including V-22 tiltrotor, H-53, H-60, and H-1 helicopters. Below the flight deck, the ship features a mission deck that allows for the staging of troops, equipment and supplies.

This makes the ESB an ideal platform for conducting Expeditionary Advanced Base Operations and Distributed Aviation Operations, both of which are increasingly relevant in modern military strategy.

Exercise Warrior Voyage involved several key goals: providing effective maintenance support, utilizing Mobile Maintenance Facilities to enhance operational flexibility, evaluating the compatibility of ship power with these facilities, and conducting rigorous flight deck operations to ensure crew proficiency.

“There were multiple successes while aboard, such as successfully powering a MMF utilizing ship’s power, establishing, and maintaining a Marine Corps Enterprise Network, and the full integration of Marine Wing Support Squadron (MWSS) 174 Marines with the ESB’s fuel and firefighting divisions,” said Capt. Jeffery Johnson, the Avionics Department Head with MALS-24.

“After the success of Warrior Voyage, I would recommend employing a larger footprint of MALS maintenance capabilities.”



U.S. Marine Corps Cpl. Cooper Roberts, Tiltrotor Crew Chief with 1st Marine Aircraft Wing looks at the Expeditionary Sea Base (ESB 6) USS John L. Canley and an MV-22B Osprey after a deck landing qualification training on the ship as part of exercise Warrior Voyage in Hawaii, Oct. 10, 2024. Exercise Warrior Voyage is a group-level training event that evaluates the ESB as an afloat platform for intermediate-level aviation logistics and hot refueling options in support of the Aviation Combat Element.(U.S. Marine Corps photo by Lance Cpl. Moses Lopez)



A U.S. Navy Sailor attached to the Expeditionary Sea Base (ESB 6) USS, John L. Canley watches a Marine Corps MV-22B Osprey prepare to land during a deck landing qualification training on the ship as part of exercise Warrior Voyage in Hawaii, Oct. 10, 2024. Exercise Warrior Voyage is a group-level training event that evaluates the ESB as an afloat platform for intermediate-level aviation logistics and hot refueling options in support of the Aviation Combat Element. (U.S. Marine Corps photo by Lance Cpl. Moses Lopez)

During the exercise, the crew engaged in diverse training scenarios designed to assess the ESB’s operational capabilities. Training scenarios enabled the ESB crew to experiment with innovative concepts for I-level AVLOG support and evaluated the operational constraints to mission while aboard a ship. Throughout this process, the crew identified critical modifications necessary for establishing the ESB as the preferred afloat AVLOG platform.

“MALS-24, MWSS-174, and Marine Wing Communications Squadron 18 Marines and Sailors integrated into the ship’s life with ease,” explained Staff Sgt. Avery James, the Mobile Facility Staff Noncommissioned Officer in Charge (SNCOIC) with MALS-24. “For a lot of the Marines and Sailors, it was their first experience being embarked aboard a ship.”

While aboard, the crew executed numerous operations on the flight deck, facilitating the launch and recovery of various aircraft. These operations were not only essential for maintaining aircraft readiness but also demonstrated the ESB’s ability to meet diverse mission requirements. Completing these complex operations at sea showcased the adaptability and readiness of Marine forces in a rapidly changing security environment in the Indo-Pacific.

“It was a good opportunity for all the Marines and Sailors from Marine Corps Base Hawaii to spectate how an operation is conducted on a ship,” stated 1st Lt. Xavier Chiodo, the Aviation Supply Officer with MALS-24.

“A few MWSS-174 Crash, Fire, and Rescue Marines were able to lend a hand to the ESB 6 sailors during the operations, making it go even smoother than expected.”

As the exercise progressed, Marines reflected on their experiences and the lessons learned. The training enabled by Warrior Voyage provided valuable insight into future requirements for aviation logistics support ships, advanced I-level forward AVLOG, and reinforced the ESB’s critical role as a strategic asset for Marine aviation readiness across the region.

“The ship’s crew were extremely professional and understanding on every level, so we would like to thank them for making the adjustment as smooth as it could be,” said Staff Sgt. Daniel Widdows, the Work Center SNCOIC with MALS-24.

“Overall, the Marines had a good time and got exposure not all their peers will be able to experience. After a few days, people were able to adjust to their new quarters, culture, and schedule,” continued Staff Sgt. Felipe Gonzalez, the Audit Branch SNCOIC with MALS-24.

As Warrior Voyage concluded and the John L. Canley returned to port, both MALS-24 and the ship’s crew parted ways with enhanced operational expertise, better prepared for future missions.



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# THAI CHEF RECOGNIZED FOR VOLUNTEER WORK SUPPORTING U.S. NAVY SHIPS

By Grady Fontana, Military Sealift Command Far East

Military Sealift Command (MSC) Far East recognized a long-standing volunteer of the U.S. Navy League Siam Council in Pattaya, Thailand, during a certificate presentation aboard expeditionary fast transport ship USNS City of Bismarck (T-EPF 9) in Sriracha, Thailand, Nov. 6, 2024.

MSC Far East presented Pongpisit Ungsuchaikij, Head Chef at a popular hotel in Pattaya, with a letter of appreciation for his more than 10 years serving U.S. Navy ships with cooking demonstrations to a countless number of Sailors and Civil Service Mariners over the past decade.

The letter of appreciation was presented by Lt. Cmdr. Jamil A. Khan, Chaplain, MSC Far East; and Civil Service Mariner Capt. Chris Jackson, master of City of Bismarck, on behalf of the commanding officer of MSC Far East.

Shortly before the presentation, Ungsuchaikij worked with Civil Service Mariner Rodolfo Villanueva, Chief Cook, City of Bismarck, to prepare lunch for the crew.

“This is my second time working with the chef [Ungsuchaikij],” said Villanueva, a 22-year member of MSC and 12-year U.S. Navy veteran. “I’ve learned a lot from him. I’ve never cooked Thai food before; it’s very similar to what I cook, but the ingredients are a lot different. The crew loves Thai food, that’s why we asked him to come back.”

According to Villanueva, Ungsuchaikij’s contribution to the ship is more than just providing culinary expertise, for some it’s an introduction to Thai culture.

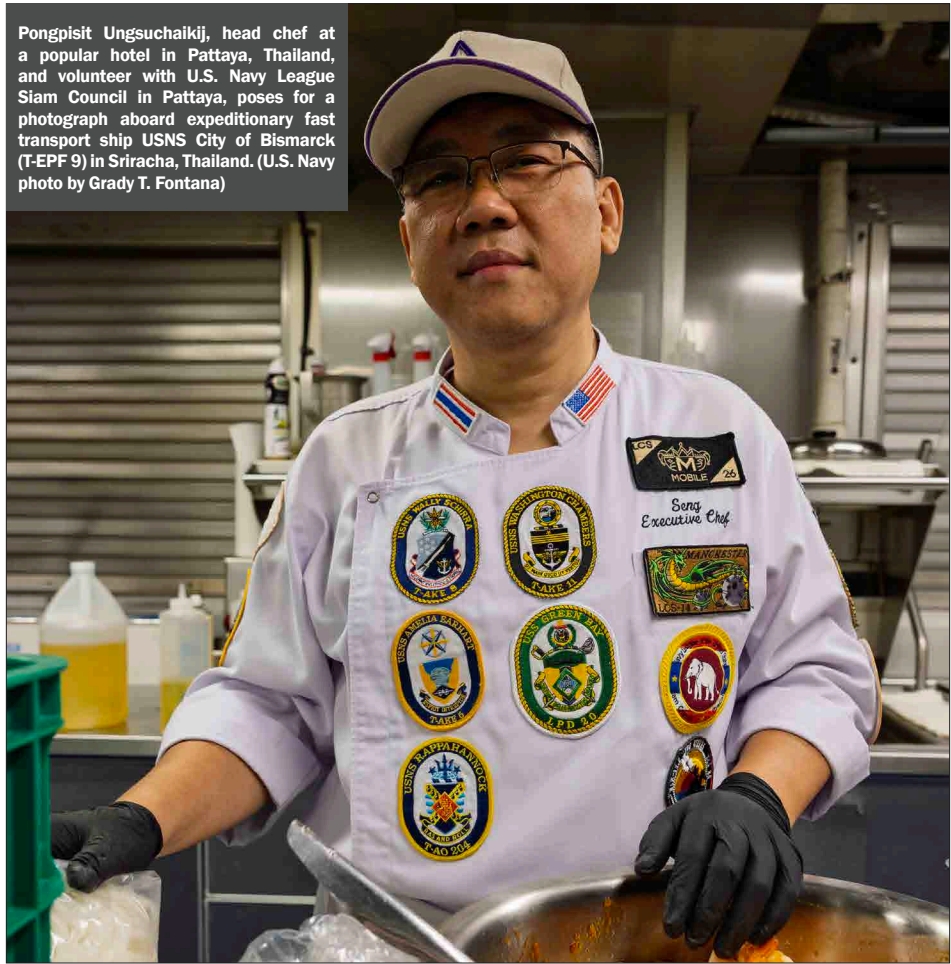
“Through his cooking demonstrations, he has warmly introduced Thai culture to hundreds of Civil Service Mariners,” said Villanueva. “He’s been an exceptional host to numerous individuals making their first trip to Thailand. Something I’m sure they’ll cherish.”

Ungsuchaikij has been cooking in the hotel industry for more than 21 years. He continues to support the Navy League because he enjoys providing that hospitality to U.S. Navy visiting Thailand.

“I like to make the visitors feel comfortable in Thailand,” said Ungsuchaikij. “Some of the [mariners] have no friends in Thailand, we like to help build friendships.”

Ungsuchaikij said he will continue to volunteer with the Navy League supporting Navy ships for as long as he can.

“In addition to serving the U.S. Navy, Civil Service Mariners have the unique opportunity travel the globe and immerse themselves in diverse cultures,” said Khan.



“A big component to social life in many cultures is food. In Thailand, this is especially the case. We are incredibly grateful for Chef [Ungsuchaikij] volunteering his time and effort over the past decade in introducing Thai culture and cuisine to our Civil Service Mariners.”

City of Bismarck is in Thailand conducting routine maintenance while supporting the U.S. 7th Fleet.

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## MSC anyday



Aviation Ordnanceman Airman Cager Jack, a native of Shreveport, Louisiana, fires a shot line from the aircraft carrier USS Harry S. Truman (CVN 75) to the fast combat support ship USNS Arctic (T-AOE 8) during a replenishment in the North Sea, Nov. 8, 2024. (U.S. Navy photo by Mass Communication Specialist 3rd Class Logan McGuire)



Nimitz-class aircraft carrier USS George Washington (CVN 73) and Lewis and Clark-class dry cargo and ammunition ship USNS Cesar Chavez (T-AKE 14) conduct a replenishment-at-sea while underway in the Pacific Ocean, Oct. 25, 2024. (U.S. Navy photo by Mass Communication Specialist Seaman Geoffrey L. Ottinger)

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# Chaplain’s Corner: Finding Happiness

By LCDR Billy Hardison, MSC Command Chaplain

Happiness.

We all want it. We all search for it.

With all of our searching, it seems to be one of the most elusive creatures in the universe.

With some simple research, you will find that anxiety, depression, and general life dissatisfaction rates have risen dramatically the last few decades. Let me be clear, I don’t intend to offend anyone. I have family and friends who deal with anxiety, depression, etc. I’ve also dealt with it myself. My point is simply this: With all of advancements taking place over the last couple of decades, society does not seem to be finding more happiness or contentment with life. It seems the opposite is true. We as a society seem to be more anxious, depressed, sad, discontent, etc., and the data reveals this.

So, what do we do?

**Happiness vs Joy**

How do you define happiness? Happiness is an emotion, just like sadness or anger. Happiness is a feeling of satisfaction in the moment, based on what we do, or what we have, and how we behave. It’s based on external influences and is often a result of something happening to you.

Psychologists will tell you that when feeling an emotion, you’re responding to a trigger. Happiness, like all emotions, can be triggered by situations, people, events, or even thoughts. Happiness is typically a more fleeting emotion, often sparked by a particular moment or event that brings excitement or exhilaration.

Then there is joy. Yes, joy is an emotion as well. However, it’s a deeper emotion, a state of mind or a long-lasting state of being that is developed from a sense of purpose and meaning. It can stem from relationships, or even the ability to find meaning in suffering. Joy is not based on external events, so it is independent from happiness and lasts longer than happiness. Joy can help you find fulfillment and contentment, even in difficult times. Joy is characterized by satisfaction with life overall. And, interestingly, joy can be cultivated or developed.

**Developing Joy**

There are many ways to develop joy and grow contentment with life. In this article there isn’t space to cover all I would like. However, I want to offer one practice you can use to cultivate joy and satisfaction in daily life.

First, I want to encourage you to begin a shift of your thinking in terms of how you measure the various events, things, people, etc., that bring joy. As I mentioned earlier, I have struggled in my life with anxiousness. It may surprise you to know I spent a hefty portion of my life feeling frustrated, believing nothing worked out for me while others seemed to be winning at life. Maybe you can relate?

It is easy to think our happiness and joy come from life’s big moments, significant accomplishments, or events such as career, children, promotions, relationships, etc. However, the truth is not everyone will have these, and if you do, there is much more to life than these things. Former British Special Air Service Commando and one of the worlds most recognized adventurers, Bear Grylls wrote of this in his book, “Mind Fuel: Simple Way to Build Mental Resilience Every Day.”

“We tend to celebrate what we see as big and significant...but it is the little things that make life most beautiful. It is often the unseen, fleeting moments that bring the most happiness and joy. Never overlook the little things: hugs, laughter, smiles, cups of tea [or coffee] in the sun...or some birds flying low overhead.”

You see, a key practice to develop joy is not by measuring life solely by the big wins, but by having awareness, thankfulness, and gratitude for the small things, which can bring greater joy and satisfaction in life.

I believe this practice of thankfulness and gratitude for the small things of life to be one of the more important ways we can change our outlook and develop more joy. It worked for me, and I’ve seen it work for many others.

In the Christian scriptures, the wisdom writings of Proverbs 17:22 says, “A joyful heart is good medicine, but a crushed spirit dries up the bones.” Regardless of your worldview or religious background, this is good counsel we can all apply and proves to be true in society.

As we enter the holiday season, I encourage you to make a conscious effort to be mindful of the little wins, small blessings, and everyday moments you encounter each day. Take stock of them and be thankful. In doing so, this could be the start of a new season of life for you.

**United We Sail!**

## NOVEMBER IS DIABETES AWARENESS MONTH

By Stephanie Rusnak, Military Sealift Command Health Promotion Program



(Navy photo by Jonathan Donnelly)

November is National Diabetes Month. This year, diabetes detection is more important than ever. During the COVID-19 pandemic, there was a spike in cases of children diagnosed with type 2 Diabetes.

### Types of Diabetes

Type One Diabetes: the pancreas produces little to no insulin. Insulin is the hormone that helps the body take up sugar, or glucose, from the blood into the cells and use it for energy. Without this insulin, people can experience damage to the heart, kidneys, eyes, nerves, and circulatory system.

Type Two Diabetes: the body produces insulin but is resistant to its effects. Without enough insulin available to move sugar, or glucose, from the blood into cells for energy, blood sugar levels rise.

### Knowing the Signs and Symptoms

- Increased thirst
- Increased urination
- Weight loss
- Increased appetite
- Dehydration
- Blurred vision
- Persistent nausea and vomiting
- Abdominal pain
- Excess drowsiness or fatigue
- Irritability and mood changes
- Yeast infections for women

Always consult with your physician if you suspect that you or someone you know has diabetes.

MSC has resources available for you. The Health Promotion program at MSC offers the following free services to its Civil Service Mariners:

- InBody Screenings (measures percentage of body fat, muscle bass, basal metabolic rate, or how many calories you burn at rest in a day, and more)
- Healthy Lifestyle Sessions
- Online health education and exercise classes
- Subscription to Weekly Wellness newsletters, covering a variety of health and wellness topics
- Health Risk Assessment and subscription to online wellness portal
- SHIP FIT: A workout plan distributed quarterly with all bodyweight exercises that can be done while underway or at home

Your Health Promotion Team is here for you! Contact us today!

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significance of fostering connections beyond geographical boundaries. The team laughed and cheered with the children while playing games, dancing and sharing language exchanges.

“You can see how happy they are from their big smiles,” said Caecilia Lana Cheajangchin, Learning Center volunteer English teacher. “Here, you see them running to the Sailors and giving them big hugs.”

According to the, Cheajangchin, the biggest contribution visitors can make is the simple interaction with the children through conversation in English. Interaction with foreigners is so important. It helps build their vocabulary and confidence; it significantly influences their future opportunities.

However, the benefit is twofold, and not just for the children.

Submarine Modernizations from Page 3

“We operate as a team and it’s really a team process,” Savitzky said. “It’s not just the diver in the water doing all of the work. I’m constantly communicating with them topside, bouncing stuff off them. It works best when you have someone experienced topside, and someone experienced in the water.”

Nick Savage, head of the Handling Systems Engineering Branch, said George, Braman and Savitzky work together often and are among the best in the business at what they do. “They have a really high standard for each other, and that makes them a really high-performing team,” Savage said. “There hasn’t been a situation where they haven’t been able to figure out what’s wrong. When other entities can’t figure something out, they’ll

“Having Civil Service Mariners volunteer has a profound effect on both the kids and the individual volunteer,” said U.S. Navy Lt. Cmdr. Jamil A. Khan, Chaplain, MSC Far East. “It challenges them to step outside of their comfort zones, develop new skills, and increases their empathy toward others. I truly believe that many of these children—and Civil Service Mariners—will carry the memories of the community outreach event with them forever.”

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call us. Our role is the last line of defense to get something solved. It really requires a high-performing team, and that’s what we have here.”

NUWC Newport is the oldest warfare center in the country, tracing its heritage to the Naval Torpedo Station established on Goat Island in Newport Harbor in 1869. Commanded by Capt. Chad Hennings, NUWC Newport maintains major detachments in West Palm Beach, Florida, and Andros Island in the Bahamas, as well as test facilities at Seneca Lake and Fisher’s Island, New York, Leesburg, Florida, and Dodge Pond, Connecticut.

Aeta from Page 4

“The Boy Scouts went out to a number of schools in Singapore, and to the U.S. Navy community in Singapore and asked for donations,” said Werner. “MSC shipped the tri-walls over to the Philippines using opportune lift. Once the donated items arrived in the Philippines, we stored them until we could arrange for a time to pass it out to the Aeta children.”

The Aningway-Sacatihan Elementary School Annex/ High School is in the Aeta Village Center in Subic Town in the province of Zambales, a mountainous region about 50 miles northwest of Manila.

During the event, the team saw about 143 elementary school students and 66 high school students, while the school serves more than 250 families.

“Some of our learners are underprivileged, they lack food and supplies,” said Alexander Diado, school head, Aningway-Sacatihan High School. “The kids are so happy to receive visitors such as the U.S. Navy. It motivates them.”

The day prior to the event, the team sorted and boxed all the items by various categories: age, sizes, and types of clothing.

After items were delivered to the school and distributed to the more than 200 children, the students treated the visiting team with traditional dance performances, and cultural games, which then culminated in a pizza party.

Civil Service Mariner Gustavo Luna, Chief Steward, Puerto Rico, is a nine-year veteran of MSC. This was Luna’s first time participating in a community outreach event.

(Left to right) Civil Service Mariners Celerino A. Monton, steward utility; Sean A. Joyner, Steward Utility; and Gustavo Luna, Chief Steward; assigned to expeditionary fast transport ship USNS Puerto Rico (T-EPF 11), greet students of the Aningway-Sacatihan Elementary School Annex/ High School, during a community outreach event within the Aeta community, Subic Bay, Philippines, Oct. 29, 2024. (U.S. Navy photo by Grady T. Fontana)



“I heard about the event through the captain [Puerto Rico] so I volunteered to come out,” said Luna, who retired from the U.S. Navy in 2014 after 20 years of service. “When I was in the Navy, I always enjoyed visiting foreign countries. For those who didn’t have to opportunity to come out, they really missed out on a great event. It makes me feel good to be part of this event and I’ve had nothing but positive experiences in the Philippines.”

Celerino A. Monton, steward utility aboard the USNS Puerto Rico, and originally from Cavite, Philippines, has been with MSC for eight years. He explained what he experienced during the outreach.

“I’ve been to the Philippines many times since joining MSC,” said Monton. “But this is my first time participating in a community outreach event. You can’t describe the sense of fulfillment it brings, it’s a good feeling in the heart.”

Puerto Rico is in the Philippines undergoing routine repairs.

While ships are in maintenance, MSC Far East looks for opportunities to spread goodwill on behalf of the U.S. Navy and the American public.

However, the benefits are not just for the community served, but for those who are participating in the community outreach, according to U.S. Navy Lt. Cmdr. Jamil A. Khan, Chaplain, MSC Far East.

“Giving back helps us develop empathy and compassion within ourselves,” said Khan. “When we actively engage in the lives of others, we gain a better understanding of their struggles and challenges. It teaches us to be more understanding, and kind to others, thereby creating a positive ripple effect.”

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Civil Service Mariner Sean A. Joyner, Steward Utility, assigned to expeditionary fast transport ship USNS Puerto Rico (T-EPF 11), distributes donated goods to the Aeta community within Subic during a community outreach event at the Aningway-Sacatihan Elementary School Annex/ High School, Subic Bay, Philippines, Oct. 29, 2024. (U.S. Navy photo by Grady T. Fontana)



Military Sealift Command

**SEALIFT** is an authorized publication for members and employees of the Navy’s Military Sealift Command. Contents of this publication are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Navy. Sealift is published monthly by the Military Sealift Command Office of Public Affairs as authorized under NAVPUBINST 5600.42A. Submission of articles and letters should be addressed to:

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