

# STOCKDALE STANDARD

OVER THE HORIZON

Issue 1

Letter Home  
From the Captain

WORKING  
TO  
WORKOUT

Also featuring:

GALLEY GOODIES

PAN DE COCO



# OVER THE HORIZON

Welcome to Over the Horizon! These special editions of the Stockdale Standard will publish during deployment and intend to honor our Sailors as they sacrifice to accomplish the work our nation requires until we all “Return with Honor!”

As you read through, keep the Stockdale and HSM 71 teams in mind and share in the joy of all our successes and remember the pain of separation as one strong community of families, friends, shipmates, and colleagues.

## Stockdale Sailors: Ready for Deployment

by  
LTJG  
Avery Stowell

One prolonged blast sounds across San Diego Bay, the universal naval sound of a ship being underway. The USS Stockdale was now moving away from Pier 13, Naval Base San Diego and commencing deployment.

It is the ultimate prize for any ship after an almost year-long cycle of hard work and qualifications - the ability to serve the country at sea across the globe. Now, the crew of Stockdale is able to reap that reward.

With strenuous certification events out of the way, “It is just us on the water, doing what we need to do while being fully mission capable,” said Boatswain’s Mate 1st Class Chase Sheppard. “I can’t wait! Being at sea is where the real Navy operates.”

Out to sea it is an all hands effort for success. Although every position and rate has certain warfare specialties, the culture is, “See a Need, Fill a Need.” It is normal to see Supply and Administration rates participating in Flight Quarters, Sonar Technicians responding to crew-served weapons, and all rates ensuring Damage Control effectiveness through repeated training scenarios.

This is not to say deployment does not come with significant human factors. Sailors must look forward and acknowledge the emotion of what they will be missing ashore. “It feels bad leaving my beautiful wife at home,” Gas Turbine Systems Technician (Electrical) 2nd Class Chris Cassidy. “It is her first time being alone and it will be stressful, but I know the importance of our duty and I can look forward to the day when I see her again.”

There are ways our Sailors help alleviate the time away. Newly installed wifi for the crew has allowed better connection to loved ones at home. Many in Team Stockdale find comfort in the routine of deployment and notably in regular gym time.

“I personally have a goal to come home looking like a body builder,” said Quartermaster 2nd Class Justin Kroeper.

*Cont. pg. 6*

*Below: QMSN Collier Carter stands bearing taker as Stockdale leaves Naval Base San Diego for deployment, July 24, 2024.*



# Letter Home

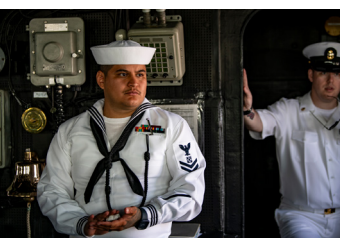
## From the Captain

Greetings from USS Stockdale on this first month of our 2024 deployment. I could not be more proud of our crew in their efforts to get us ready and underway for Stockdale’s sixth deployment. It is my honor to take this crew over the horizon for the many months ahead, and I take this responsibility very seriously. Please know that I operate our destroyer with precision and will be a good steward of this incredible ship, our namesake, and our crew.

On behalf of the crew of Stockdale, I would like to personally THANK YOU, our family and friends, for all the hard work and long hours you dedicated in support of our Sailors. As you know firsthand, Navy life is very demanding and our Sailors must endure long periods of separation from their families. We can’t thank you enough for your patience and support throughout the past year in preparation for this deployment. Despite unprecedented challenges, you and your Sailors took it all in stride.

It is always a challenge to leave family and friends for so long but you can be proud of the fact that our time away is well spent protecting the ones we love. What your Sailors are doing out here for our Navy and nation matter. They serve a worthy cause: to support and defend the Constitution and the freedom of the seas around the world. You will see in the pages ahead how rewarding starting deployment has been aboard a warship operating continuously at sea. STOCKDALE STANDARDS!

Very Respectfully,  
CDR Lauren Johnson  
Commanding Officer







## GALLEY GOODIES

by  
ENS  
Maria Weimer



## PAN DE COCO



Join CS2 JuanDavid MarroquinArjona as he takes us to his homeland of Boyacá, Colombia through a delicious traditional recipe of Pan de Coco.

Make these at home and share a meal time with the crew!



Left: CS2 JuanDavid MarroquinArjona cooks Pan de Coco aboard USS Stockdale

**For dough:**  
2lbs (32oz) Flour  
1lb 10oz (26oz) Shortening  
8oz Milk  
3.5oz Yeast  
1lb 12oz (28oz) Water

**For filling:**  
1lb 8oz (24oz) Brown Sugar  
1/2 cup Lemon Juice  
1 package Shredded Coconut

Amid the daily hustle and bustle of a deployed warship, there is a group who never stops hustling to ensure every Stockdale Sailor gets three quality meals all day (and night), every day. These are the Culinary Specialists (CS), dedicated chefs who plan and cook every meal aboard Stockdale.

Just as the rest of the Navy, CSs are a diverse community where each individual brings their background to the menu we eat every day. This recipe comes from Colombia, where MarroquinArjona was born.

When he moved to the United States as a young child, he learned to cook and how to use that talent to care for others. Seeing food's ability to lift the spirits of others throughout his life, combined with his lifelong desire to serve, MarroquinArjona knew being a CS in the Navy was the right path.

In this role, he finds joy seeing good food bring smiles to the crew - whether you are having a good day or a bad day, food has the power to change your whole demeanor.

A specialty of MarroquinArjona is pastries, something he looks forward to sharing with the crew on deployment, and something he wants to share with you now!

**Note:** This recipe makes two rolls which yields 100, enough to share with family and friends (and a crew of Sailors) as it was intended. To make less, divide the ingredient amounts by half (for 50).

1. Sprinkle yeast over water and mix well, let stand for 5 minutes.
2. Place cold water in mixing bowl, add sugar, and stir until dissolved.
4. Add yeast solution to water/sugar mix.
5. Combine flour and milk. Add to liquid solution.
6. Use dough hook to mix at low speed for 1 minute, or until flour mixture is incorporated into liquid.



7. Add shortening; mix at medium speed for 10 minutes until the dough is smooth and elastic.
8. Cover and set in a warm place for an hour.

**While waiting, make filling:**  
1. Mix together shredded coconut, brown sugar, and lemon juice.

### After one hour:

1. Punch and divide dough into 8 pieces.
2. Make palm sized dough balls, leaving center open and flat.
3. Preheat oven to 350 degrees.
4. Using tablespoon, add filling to center.
5. Gently wrap dough around filling.
6. Place dough balls on greased pan.
7. Bake at 350 degrees for 15 minutes.

You will know it is done when golden brown with a tropical aroma!

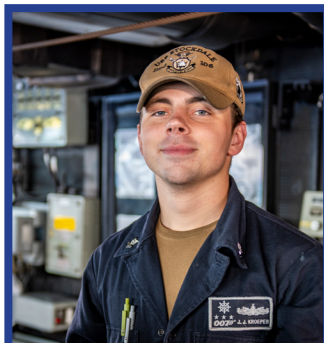


# Team 007

## Sailors of the Quarter



YN1 PRISCILLA MCNEIL



QM2 JUSTIN KROEPER



STG3 CARLOS DANJOLLE



BMSN RAHMAN DOUGHTY

**Hometown:** San Juan, Puerto Rico

**Favorite Navy meal:** Extra toasty chicken wings with buttery parmesan wedges

**What does SoQ mean to you?** Winning is an honor. I strive to be better every day for myself and for all Sailors aboard and I am grateful to an amazing chain of command that supports me.

**Favorite part of your job?** I am able to help the vast majority of the personnel aboard and make that connection. Being one of the first to interact with a brand new Sailor on Stockdale can impact how they see the command, I always aim to make it pleasant.

**Favorite part of ship life:** Consistent workouts and being able to commit without too many distractions.

**Message to home:** I miss and love you all. Mommy will be home soon.

**Hometown:** Middletown, NJ

**Favorite Navy meal:** The one after an underway - a Jersey Mike's #13 giant on rosemary bread, pickles, onions, lettuce, extra mayo, with Cool Ranch Doritos spread on top and two raspberry Pure Leafs.

**What does SoQ mean to you?** I am honored to bring Sailor of the Quarter back to the wheel house. QMs give nothing but their best, and I am glad to see that represented.

**Favorite part of your job?** Driving the ship. It is honestly the most Navy thing you can do.

**Favorite part of ship life:** Bonding with my bridge team on the 0000-0300 watch.

**Message to home:** Shoutout to Officer Truk (my dad), Pop, and Gianna. RIP Abby.

**Hometown:** Philadelphia, PA

**Favorite Navy meal:** Hamsters (Editor's note: Chicken cordon bleu, don't worry).

**What does SoQ mean to you?** Being JSOQ means a lot to me, I do my best to spread positivity and improve myself and those around me.

**Favorite part of your job?** Figuring out the intricacies in the sonar shack.

**Favorite part of ship life:** Spending down time with my Stockdale family.

**Message to home:** To my family and friends, thank you for supporting and praying for me! I love you all!

**Hometown:** New Orleans, LA

**Favorite Navy meal:** Pizza and Wings

**What does SoQ mean to you?** I'm honored because it is a chance to show what my division is all about. I'm proud that I was selected and thankful for the people that prepared me in my rate and for my professional development.

**Favorite part of your job?** I love the adrenaline rush from being a rigger in an UNREP. Nothing compares to the precision and strength required to be a rigger. I also love standing bridge watch and finding ways to teach or mentor Junior Officers in what we do and how we contribute to their watch.

**Favorite part of ship life:** Honestly, sleeping. Recently I have been able to do pull-up competitions with my shipmates which has been one of my favorite activities this deployment.

**Message to home:** "It's just what we do."

## WORKING TO WORKOUT

by  
STG3  
Carlos DanJolell

Aboard USS Stockdale, the crew recently received a major boost in their goals for increased fitness thanks to new work out equipment and improvements to the ship's gym facilities. The initiative from the Stockdale MWR Team was to better use the ship's spaces while enhancing the crew's quality of life.

The revamped design provides the crew with four gyms:

- Crew Lounge dedicated to cardio
- Aft Gym - cable machine and free weights
- Forward Pallet - Leg press, treadmill, and punching bag
- Amidships Gym - Squat rack, free weights, and a view of the ocean

The new layout accommodates a wide spectrum of fitness needs, giving the crew a more active and healthier lifestyle while out to sea.

"With deployment, we knew we wanted to upgrade things to give Sailors the opportunity to take part in various fitness activities from cardio and strength training to functional workouts," said MWR President Chief Sonar Technician (Surface) Steven Shaw. "The improvements were important because it serves as a reminder to go outside and stay active, plus a few people can say they've squatted 325 lbs. while in the middle of the ocean!"

During Stockdale's deployment, MWR's four gym concept is set to be a foundation for maintaining crew readiness and resilience.



## EDITOR TEAM



Lt. j.g. Julian Jacobs is a Surface Warfare Officer and an accomplished underwater nature photographer.

MC1 Storm Henry is a Navy public affairs connoisseur and is not an accomplished underwater nature photographer.



Photographic credits belong to Lt. j.g. Julian Jacobs and MC1 Storm Henry

*Cont. from pg. 1*

The timeline and circumstances of deployment are never guaranteed, and for many this will be the longest they have ever been out to sea. However, the feedback is always the same, "Going out to sea is what we do. Now it is our time to go and do what we signed up to do."

The saying goes, "Sailors belong on ships, and ships belong at sea." The Stockdale is now fulfilling that maxim, and the crew has months ahead living side by side, working through challenges together and growing as a team. Together, the crew sails this ship through any tasking, living up to the words of our Captain, "No less than your best."

With pride, the Stockdale commits to upholding the standard, being forward where the nation needs us, and ultimately:

**RETURNING WITH HONOR!**

