

# HELLCAT NEWS

*The daily news aboard America's Flagship*

Saturday, June 24, 2017



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Illuminated trees light the walkways of the Gardens by the Bay in Singapore. (Photo by MC2 Jamal McNeill)

## Ronald Reagan Sailors visit Gardens by the Bay

Story by MC3 Kaila Peters  
USS Ronald Reagan Public Affairs

SINGAPORE — Tropical, Mediterranean and Caribbean flora are among the sights and smells lining the walking paths of the 40-acre Gardens by the Bay in Singapore. The glass-covered, air-conditioned atrium opened its doors for tours to amateur horticulturists and nature lovers alike five years ago and has seen hundreds of thousands of tourists since.

Eleven Sailors from the Navy's forward-deployed aircraft carrier, USS Ronald Reagan (CVN 76), made a day trip to the gardens June 18, hours after the ship pulled into the

port. The tour, hosted by the ship's Morale, Welfare and Recreation (MWR) department, was one of nine tours made available to Sailors as a way to experience a part of what Singapore has to offer.

"These tours help us grow," said Logistics Specialist 3rd Class Letonya Fitzpatrick. The Reagan-based petty officer feels, "it's important to go out and explore the culture of where we go" as part of making healthy choices.

The four-hour tour leads guests through two conservatories named Cloud Forest and Flower Dome.

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### Photos of the Day



A garden statue is displayed in front of the Flower Dome Cafe during the Gardens by the Bay tour offered by MWR. (Photo by MC3 Kaila Peters)



Sailors and tourists walk across the sky bridge during the Gardens by the Bay tour offered by MWR. (Photo by MC3 Kaila Peters)



AS3 Jarred Martin from Westbrook, Maine, and AN Dashaw Decurr, from New Orleans, walk through "Crystal Mountain" during the Gardens by the Bay tour offered by MWR. (Photo by MC3 Kaila Peters)



## Today In Naval History

June 24

1833 - The frigate Constitution is the first vessel to enter the newly-built dry dock at the Charlestown Navy Yard, Boston, Mass. for overhaul. A false rumor circulates in Boston in 1830 that the U.S. Navy intends to scrap the ship; young Oliver Wendell Holmes pens his poem "Old Ironsides," becoming a rallying cry to save the ship.

1944 - Torpedo bomber TBM aircraft (VC 69) from USS Bogue (CVE 9) sink Japanese submarine (I 52) 800 miles southwest of Fayal, Azores.

1944 - Navy submarines USS Grouper (SS 214), USS Redfin (SS 272) and USS Tang (SS 306) attack Japanese convoys off the coast of Japan, sinking seven enemy vessels.

1948 - The Berlin Airlift Operation Vittles is initiated to offset the Soviet Union's blockade access of the U.S., France, and Great Britain to their sectors of Berlin.

1952 - During the Korean War, aircraft from USS Philippine Sea (CV 47), USS Bon Homme Richard (CV 31), USS Princeton (CV 37), and USS Boxer (CV 21) continue attacks on hydroelectric plants in North Korea from the previous day.



Official U.S. Navy file photo

## Navy Updates Wear of Earrings and Ball Caps for Women

*From Chief of Naval Personnel Public Affairs*

WASHINGTON — Wednesday, the Navy released NAVADMIN 146/17, which announces several uniform changes that are effective immediately.

Officially authorized in the message is the decision by Chief of Naval Operations Adm. John Richardson to permit women to wear a hair bun through the rear opening of a command or Navy ball cap. The change was prompted by a question from a San Diego Sailor June 6.

"Effective immediately you can now wear your cap with the bun through the hole in the back above the strap," Richardson said in a Facebook video to the Fleet announcing the change June 8. "I think this will be more comfortable and will look a lot better. Thanks to the Lt. j.g. out there for making that known to me. We promised to fix it and now it's fixed."

The other grooming standard change for women announced in this NAVADMIN authorizes the wear of white pearl or white synthetic pearl earrings with Dress Uniforms and round cut white diamonds or white synthetic diamonds with Dinner Dress Blue and White Jacket uniforms. Earrings must be 4 - 6 millimeter

(approximately 1/8 inch - 1/4 inch) in size.

Additionally, pregnant Sailors now can purchase the NWU Type III maternity uniform if the Type I version is not available. This change is in response to the reduction in the production of the Type I uniform.

NAVADMIN 146/17 also authorizes approval for wear of two joint command badges.

Sailors assigned to the Defense Health Agency (DHA) and Defense POW/MIA Accounting Agency (DPAA) are now authorized to wear command identification badges for the duration of their assignments at those units. Full description of the badges and manner of wear can be found in the NAVADMIN.

Finally, Navy will transition to a Standard Prisoner Uniform to enhance correctional security. Prisoners in a pre-trial status will wear a brown uniform while post-trial prisoners will wear a khaki-color variant of the pre-trial uniform. The NAVADMIN contains complete descriptions of the uniforms.

For complete information on the updates to uniform policy, see NAVADMIN 146/17 at [www.npc.navy.mil](http://www.npc.navy.mil).



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Vertical gardens as tall as 50-meters also provide solar power and rainwater collection for the park's conservatory.

"I really enjoyed it," said Fitzpatrick. "It was relaxing and peaceful seeing flowers from all over the world."

The gardens are divided into numerous sections, each one with a different theme ranging from Alice in Wonderland to the Aztec jungle to the deserts of Mexico. Ambient music plays into these themes, creating a truly immersive experience.

Along with tours, MWR has organized and promoted various programs and services dedicated to the health and well-being of service

members during the last 122 years, beginning in 1895, when profits from the Post Exchange were used to support recreational activities for the troops.

"MWR is important to our Sailors because it provides them the opportunity to take a break from the daily routine of working and living on the carrier," said Zoe Babowice, afloat recreation specialist aboard Ronald Reagan. "Whether it be fitness, open mic nights, or game nights, MWR has many opportunities and outlets for Sailors to relax and express themselves with goals of boosting morale onboard."

MWR also hosted Singapore-based tours at the Night Safari, Kampong Glam and Universal Studios.

## SAILOR OF THE DAY

### ETN3 Syed Bodruddoza



for June 23, 2017

## CMC'S CORNER

**PRT CHANGES:** The Navy announced several changes to its physical readiness program on Tuesday that may affect many of us. Sailors who score an "excellent low" or better on their PRT, with no single event score lower than "good low," will be exempt from participation in the next test. All Sailors will still be required to participate in the body composition assessment. Refer to NAVADMIN 141/17 for more details.



## Deployed Resiliency Counselor

### Tip of the Week

### Anger and Problem Anger

Anger is a normal human emotion and can range from mild irritation to an intense rage or fury. This handout includes a number of tips, which you may use to help you to cope better with your anger. You may wish to practice some of these on your own, or you may wish to combine them with individual therapy for extra support.

#### Tip 1: Triggers and Early Warning Signs

One of the first steps in managing your anger is to identify what types of situations usually trigger your anger. Make a list of the things which usually set you off, for example:

- being cut off in chow line
- running late for an appointment
- other people running late
- your son/daughter leaving their schoolbag in the hall
- your partner not putting away the dishes
- a Sailor falling behind on a project

Some of these situations you may be able to avoid, such as planning ahead to avoid running late. Other situations are less in your control, such as being cut off in traffic, but what you can control is your response. Once you have finished listing your common trigger situations, make a separate list of the warning signs for your anger. What is it that usually happens in your body when you get angry? Becoming aware of your body's alarm bells helps you to spot anger early on, which gives you a better chance of putting other coping strategies into practice. Some common warnings are:

- tightness in chest
- feeling hot or flushed, sweating
- grinding teeth
- tense muscles or clenched fists
- pounding or racing heart
- biting your nails



# Sudoku

		4	2		7		8	
2						5		
						4	9	
	4	5						
		8			6		3	7
		9			2		5	
3				2	5			6
			3			7	1	
			4	9				

## Yesterday's Cross Word Solution

1	A	L	I		4	A	G	A	V	E		9	C	A	C	T	I				
14	D	I	N		15	R	A	D	I	X		16	A	G	A	I	N				
17	D	A	S	H		18	E	S	O	N	E	'	S	H	O	P	E	S			
20	L	I	E	U						21	O	R	E	O							
22	E	S	C	H	E	'	S			25	T	R	O	T	T	E	R				
31	S	E	T			32	O	O	H	'	S		34	A	T	H	O	M	E		
				35	A	N	N	A	L	'	S		36			37	R	U	M	P	
		38	J	O	G	S	T	H	E	M	'	E	M	O	R	Y					
42	C	O	L	E				43	S	E	E	S	A	W							
44	F	E	I	N	'	S		45	P	L	A	Y		48	Z	O					
51	C	L	O	T	H	E	'	S		52	T	U	S		54	S	O	C	K		
				55	E	W	E	'	S				57	I	D	E	A				
58	R	U	N	'	S			61	I	N	T	H	E	'	63	F	A	M	I	L	Y
65	O	S	I	E	R			66	O	I	L	E	D		67	A	L	E			
68	T	A	P	A	S			69	N	A	K	E	D		70	C	I	D			

## AFN Sports Listing Saturday

0800: MLB - Braves @ Athletics

1500: MLB - Rangers @ Yankees

Direct-to-Sailor programming is scheduled by AFN and is subject to change at AFN discretion

## Movies

Movies play on a loop starting at 0800.

### Channel 3

- 08/18/04 A Dog's Purpose
- 10/20/06 Krampus
- 12/22 Woman in Gold
- 14/00 Rocky V
- 16/02 Fargo

### Channel 4

- 08/18/04 The One I Love
- 10/20/06 Annabelle
- 12/22 Why Him?
- 14/00 Divergent: Insurgent
- 16/02 The Choice

### Channel 5

- 08/23 Minority Report
- 11/02 Truth
- 14/05 Get On Up /
- 17 Trumbo
- 20 Strange Magic

Sundays are all requests all day. Check out our movie catalog on the Gippernet: GM/SITE TV and send your request to [movierequests@cvn76.navy.mil](mailto:movierequests@cvn76.navy.mil) no later than Thursday @ 1900.

### Site TV

Training will be played on a loop. Times may vary.  
Channel 6: AFN Encore Programming

Channel 7: Hellcat TV News