

USS CARL VINSON

VOICE



JUNE 11, 2017



Finishing
the Task
Carl Vinson Steams East

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a team of Sailors writing for Sailors
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Today's Cover Photo

WESTERN PACIFIC (June 4, 2017) Sailors assigned to the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) Deck Department serve as line handlers as the ship holds station alongside the Military Sealift Command Lewis and Clark-class dry cargo and ammunition ship USNS Charles Drew (T-AKE 10) during an underway replenishment evolution. The U.S. Navy has patrolled the Indo-Asia-Pacific routinely for more than 70 years promoting regional peace and security. (U.S. Navy photo by Mass Communication Specialist 2nd Class Zackary Alan Landers/Released)



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Strength from the Sea

By MC2 Z.A. Landers
Photos by MC1 Rivera and MC3 Tonthat

Fostering a Culture of Fitness Underway

The ship is the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). The mission is power projection and strategic deterrence around the globe. The motto—emblazoned on the command's emblem—is “Vis Per Mare,” Latin for “Strength from the Sea.” On this vessel and in her strike group, that “strength” is becoming a culture of fitness fostered at every level of the chain of command.

Under the leadership and coaching of Carl Vinson Afloat Fitness Specialist Ellen Healy, the Carl Vinson Carrier Strike Group has transformed getting a good workout into something more than just breaking a sweat.

Rear Adm. Jim Kilby, commander, Carrier Strike Group 1, a regular at Carl Vinson's popular metabolic conditioning (METCON) class, said he views physical fitness as a way Sailors can improve themselves while also managing stress in a healthy way.

“Serving in the Navy is a stressful occupation and can involve high pressure situations, long hours and long periods of time away from family and friends,” said Kilby. “Managing stress is a very important component to ensuring performance and a regular fitness regimen contributes to a healthy lifestyle.”

Between thousands of hours of flight operations, dozens of underway replenishments, seemingly endless propulsion plant drills and countless meals to prepare and serve, there is no doubt that crewmembers of a deployed aircraft carrier are under stress. Aboard Carl Vinson, the healthy release brought by working out has become a culture, and Kilby says that is exactly the mentality that fosters positivity, camaraderie and mission effectiveness.

“Stressed Sailors increase the potential of bad decisions being made or corners being cut and they also negatively impact morale,” said Kilby. “By keeping stress under control and making healthy fitness and nutrition decisions, our Sailors perform better and just as importantly, feel better, which improves the environment for all around them.”

Healy, who holds a Bachelor's of Science in Exercise Science and is a certified strength and conditioning specialist said the fact that fitness has become a priority at the highest levels of the strike group is a testament to the early trust placed in her by the Carl Vinson chain of command and the continued support of Sailors coming to classes day in and day out.

“Without the Sailors who come to the classes and tell their friends about the resources we are working to provide, it would be impossible to foster the culture of fitness we are building,” said Healy. “From the very beginning, the command was extremely supportive and has served as a true advocate for the fitness program. It all starts with trust, and the chain of command has really embraced the programs I've put in place.”

Healy noted that demonstrating a cultural shift is easier to do when the results are visibly evident throughout the ship.

“When we have people, day in and day out, lining up to sign up for classes and checking out equipment around the clock, it's impossible to deny that great things are happening,” said Healy. “When this is on display like it is onboard Carl Vinson, it makes it that much easier for leaders and deck plate Sailors alike to invest time and command resources into the programs.”

Kilby said one of the keys to success of Carl Vinson's fitness program is the way in which Healy instructs and coaches Sailors, rather than just prescribing workout routines without guidance.

“METCON and the other fitness programs run by Ellen Healy give Carl Vinson Carrier Strike Group Sailors a healthy outlet for stress as well as a high intensity workout,” said Kilby. “Ellen Healy takes the time to teach how each exercise affects the body and how to perform, and just as importantly how not to perform each exercise. She truly coaches our Sailors from the most junior to the most senior and all fitness levels with the same dedicated and positive focus.”

Strength from the Sea:

Continued from Page 3

Besides improving physical readiness, Carl Vinson fitness programs have received attention from Kilby as an effective tool to improve mission readiness.



“Physical readiness has an effect on all of our mission areas,” said Kilby. “From long hours on the flight deck or in an aircraft to climbing up and down the ladders between the engineering spaces and the bridge, physical fitness keeps our Sailors moving effectively and prevents injuries. It is very easy in a lot of cases to drop off in fitness when we get busy, but we need to stay fit to meet the mission.”

Healy said one of her proudest moments as an afloat fitness coordinator came the day Sailors from across the Carl Vinson Carrier Strike Group participated in a “Memorial Day Challenge” workout aboard Carl Vinson.

“I have never been prouder to work with Sailors than I am right now,” said Healy of the event. “To have the resources and trust needed to coordinate something of this magnitude is an enormous privilege, and it shows me just how deep this fitness movement runs.”

The event, held in Carl Vinson’s hangar bay,

allowed Sailors from Carl Vinson, embarked Carrier Air Wing (CVW) 2 and other ships of the strike group to come together for a workout in observance of the fallen on Memorial

Day. Carl Vinson Command Master Chief Jeff Owejan said the workout promotes unity and esprit de corps honoring the sacrifice of those who have given their lives in service to the United States.

“Today is important because many service members have died in the line of duty defending freedom,” said Owejan. “Doing this workout is one

way for all of us to participate as a strike group and come together to celebrate and remember these brave individuals.”

Owejan went on to say Carl Vinson’s deployment gives the workout an extra significance.

“Even though we aren’t in harm’s way today, it’s great to be out here on deployment, doing the nation’s work while we come together for this,” said Owejan. “It gives this day and this event a little something more.”

Adding to the spirit of unity at the event was the presence of Sailors from other ships in the Carl Vinson Carrier Strike Group, who were flown via helicopter to participate in the workout.

Operations Specialist 1st Class Steve Windle, of Memphis, Tennessee and assigned to the Arleigh Burke-class guided-missile destroyer USS Michael Murphy (DDG 112) said he is proud to represent his ship during the Memorial Day Challenge.

Fostering a Culture of Fitness Underway

“We’re really proud to represent for our ship’s namesake, Lt. Michael Murphy,” said Windle. “Deployment is a new challenge every time, and we are always learning new things about our shipmates and ourselves. I’m so proud to be here and excited to get a good workout in honor of the fallen and our namesake.”

Damage Controlman 3rd Class Mounier Zahra, of Houston and assigned to the Ticonderoga-class guided-missile cruiser USS Lake Champlain (CG 57) said he is honored to participate in the event aboard Carl Vinson with his strike group shipmates.

“It’s important to remember the past through traditions and learning about our heritage,” said Zahra. “To be out here working out onboard Carl Vinson, a ship with such history, motivates me to keep the Navy’s fighting spirit alive in honor of those who gave their lives.”

The workout, consisting of 400 mountain climbers, 100 burpees, 200 sit-ups, and 300 reverse lunges, was inspired by “The Murph Challenge,” a popular workout performed in honor of fallen Navy SEAL Lt. Michael P. Murphy.



“Conducting a ‘Murph’ on deployment for this many people is not logistically possible,” said Healy. “With that in mind, we designed this workout to challenge and inspire people to come together as a ship and work out.”

Healy said the event represents more than a good workout; she sees it as an example of what can happen when a culture of fitness inspires people throughout a carrier strike group.

“I am so excited that we got the opportunity for Sailors from other ships in the strike group to come participate in the workout,” said Healy. “This has been something that we were able to truly do together, side-by-side, as one team of Sailors on Memorial Day.”

As Carl Vinson Strike Group Sailors worked out together in the Carl Vinson hangar bay adorned with a giant American flag, Healy’s guidance and leadership were displayed as a moment in time, showing just how much can be accomplished with trust, hard work and a little bit of sweat.





Photo by MC3 Granito



Photo by MC2 Landers



Photo by MC2 Landers



Photo by MC3 Granito



Photo by MC2 Landers

AROUND THE



Photo by MC3 Granito

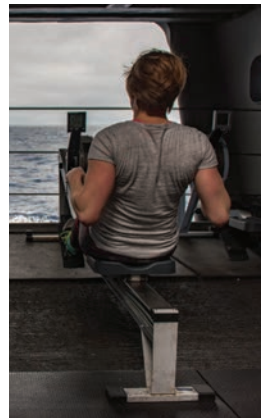


Photo by MC2 Castellano



Photo by BV3 Alcatara



Photo by MC2 Landers



Photo by MC2 Landers



Photo by MC3 Brown



Photo by MC2 Landers



Photo by MC3 Brown



Photo by MC2 Castellano



Photo by MC3 Brown

TEAM VINSON



Photo by MC3 Granito



Photo by MC3 Brown



Photo by MC3 Brown



Photo by MC3 Granito



Photo by MC3 Brown

Film Review: Get Out

By MC3 Tom Tonthat

Written and directed by Jordan Peele of *Key & Peele* and *Keanu* fame, *Get Out* comes off as a remake of *Guess Who's Coming to Dinner* at first glance.

Chris (Daniel Kaluuya) is meeting his girlfriend Rose's (Allison Williams) parents (Bradley Whitford and Catherine Keener) for the first time. Because he's black while Rose and her family is white, he expects her parents to give a lot of flak about her daughter's interracial dating based on an older generation of racial ignorance and prejudice.

So it's a surprise for Chris that despite some awkward questions about how life is as a black man, Rose's parents really like him and they consider him an ideal man. They're even proud to introduce him to all of their friends who happen to visit for a party. It's safe to say that everybody loves Chris.

But there's something about the pleasantry and how quickly Rose's parents accept Chris that creeps him out. Maybe they're overcompensating to be politically correct as a satire of racial prejudice. Maybe they have a surprise for him that's so nasty that it would be a great plot for a horror film. Or maybe they genuinely like Chris and he's just simply paranoid. Whatever it is, Chris better find out before he makes a giant mess out of Rose and her family.

Instead of relying primarily on jump scares caused by creepy imagery or bad film editing and bloody gore effects that look like splattered strawberry jam or pixels, *Get Out* creates an atmosphere of horror by presenting our subconscious fears onscreen and letting them manifest as we watch. Like

the Uncanny Valley effect where the imperfections of a doll look creepier the more it looks like a human being, there's a creepy suspenseful feeling in *Get Out* that grows the more normal Chris' situation looks.

It's like a tiny itch you can't find. As you scratch yourself to find it, the itch only manages to grow larger as it barely eludes your hand. As the itch annoys you further, you desperately feel around more frantically while you hope to scratch that itch.

It's when you finally manage to scratch it to your satisfaction that you realize that the itch is coming from the local serial killer tenderly poking you with the tip of his knife while trying to kill a mosquito that's on your back. But now the killer is really mad at you for noticing him.

Get Out turns out to be a mix of horror and social satire with refreshing originality. Chris is very relatable as an everyman character and audience surrogate who acts like a reasonably intelligent person stuck in a bad situation. It makes the film more satisfying when you don't have to yell at the TV because the characters are acting like idiots.

My favorite element of *Get Out* is how it doesn't end with a final jump scare. As horror film clichés go, it would be like reaching the final leg of deployment only to start hearing rumors about getting extended another month. By the way, have you heard that we might be getting extended another month?

Get Out is available by request on SITE-TV (CH 5). After watching, a little *Keanu* works well to watch off the horror.

DECKPLATE DIALOGUES

By MC3 Tom Tonthat



AN JORDAN BRUCAL:

"Pay off college debts first. Then maybe buy a car."



AO2 ALICIA FERREIRA:

"Buy a new motorcycle."



CWO4 DANIEL AYERS:

"Take the family on a cruise and buy Kim Jong Un new binoculars."



EMFN CALEB STEVENS:

"Buy my mother a car."



PRAN SKYLER HOLLIDAY:

"Save it."

Have Fun, Be Safe! Carl Vinson Safety Team Talks Summer Safety

By MC2 Z.A. Landers, Safety Petty Officer

As return to homeport approaches, it can be easy to forget that homecoming occurs right in the middle of some of the deadliest days of the year: summertime.

Every turn of the propellers brings Carl Vinson closer to reunions and the San Diego sunshine. With this in mind, Safety Department Engineering Representative Machinist's Mate 1st Class Jarette Jaime sat down with The Voice to discuss what Sailors can do to ensure they maximize their liberty and minimize trips to the hospital.

"With the weather getting warmer and the ship getting closer to home, there are a few things Sailors should be mindful of," said Jaime. "The heat is going to be a factor that people may not be used to, so heat injuries are going to be a constant threat."

Heat stress, said Jaime, is when the external temperature causes the body to lose its ability to regulate its temperature. This can result in serious injuries, like heat exhaustion and even heat stroke.

"Sailors should be mindful of the weather each day, and dress appropriately," said Jaime. "We also need to be mindful of hydration. When the weather is

sunny and warm, Sailors should be increasing water consumption accordingly."

Jaime said Sailors should choose water over sugary beverages, because the sugar in the drinks can be detrimental to performance.

"Sugary beverages will slow you down," said Jaime. "You should avoid them when playing sports and choose water instead."

Returning to homeport can also be a dangerous time for Sailors of legal drinking age due to dehydration caused by alcoholic beverages.

"Alcohol has many dangers, but during the summer you must keep in mind that alcohol will dehydrate you," said Jaime. "This can lead to serious injury on a hot day. Don't substitute water with alcohol."

In addition to paying attention while behind the wheel and being careful around exposed wires, Jaime reminded Sailors that safety resources are available to them.

"If you have further questions about how to stay safe this summer, just stop by the safety office or check out the Navy Safety Center website," he said.

www.public.navy.mil/navsafecen/pages/index.aspx

What would you do if you won the \$15,000 Bingo jackpot?



LTJG ADRIANA CHRISTIAN:

"Take a vacation to Costa Rica."



QM2 TERRELL KNIGHTON:

"Put it in a CD for my unborn child."



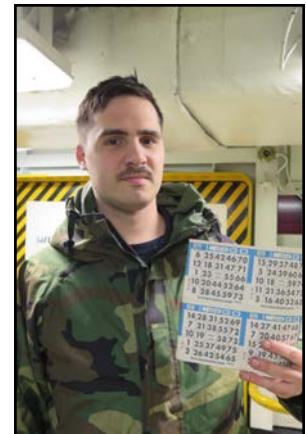
ABEAN ROBERT SCHMIDKONZ:

"Pay off student loans and credit card."



ABH1 TYLER VANWEY:

"Put it in a high index fund."



AS2 PETER TORIA:

"Pay the credit card and buy my daughter something."

CVN 70 & CVW-2 Sailors of the Day & Week



EMFN Erik Trapani
Dept: Engineering
Date: June 5, 2017

EMFN Trapani is one of ten maintenance personnel in the Lighting Shop, Engineering Department. May 22nd, his extraordinary work provided temporary lighting to the Arresting Gear Machinery number 4 and the Machinery Damper room during a shorted circuit in the battle lantern circuitry. During this casualty, he contributed to 14 hours of tedious troubleshooting resulting in isolating the fault and restoring the space lighting for normal operations. Because he was proactive and assertive, Flight deck operations were not interrupted. He was vital in the initial troubleshooting and repair of the Forward Masthead and the overhaul of the Ship's Store and 7/11 Store lighting display cases.



HM3 Quade Samuel
Dept: Dental
Date: June 6, 2017

A newly arrived Sailor, HM3 Samuel hit the deck running with high motivation. His enthusiasm and ability to learn fast enabled him work at the Dental Front Desk, run radiology, and assist dental chairside. He revitalized Dental Central Sterilization room, reorganizing and maintaining 3,275 dental instruments kits, in support of 15 dental personnel, while adhering to Bureau of Medicine protocols. Hand-picked as Securing PO for dental operating rooms in order to maintain cleanliness and organization. His efforts enabled uninterrupted quality care to 3,200 Sailors onboard USS Carl Vinson. His hard work and infectious positive attitude directly contributed to an Operational Dental Readiness of 98%, the highest for CNAP forces.



AN Courtney Leavitt
Dept: Media
Date: June 7, 2017

AN Leavitt, as the Media Department Graphics subject matter expert, spent countless hours completing all CSG-1 graphics requests to disseminate command information and boost command morale. Her Bachelor's degree from Savannah College of Art and Design has made AN Leavitt a highly sought out graphic designer at the command, and an incredible asset to Media Department. AN Leavitt is consistently eager to take on any task requested of her, and always has a can-do attitude. Her military bearing and professionalism are impeccable and have made her a Sailor to emulate. She is the first to volunteer for undesirable tasks and carries them out with a smile on her face.



OSSN Johnathan Shoemake
Dept: Operations
Date: June 8B, 2017

Newly reported to CARL VINSON, OSSN Shoemake has swiftly qualified in six U/W watchstations. He's also preserved three divisional decks in the Admirals ladderwell. As Surface tracker, Navigation Plotter and SPS-73 Operator, he is responsible for assisting the JOOW and CDC Watch Officer in maintaining an accurate surface display. His knowledge, resourcefulness, and dedication make him a vital member of the watch team.



MM2 Kyle Wong
Dept: Reactor
Date: June 9, 2017

During Reactor's Mobile Training Team 4 Inspection, Petty Officer Wong proactively walked the plants verifying material readiness and was responsible for identifying and correcting 25 material deficiencies. He was personally responsible for the upkeep of 30 SCBAs, 79 CO2/CPK bottles, and 12 fire stations resulting in zero delays to departmental drills or evolutions. Since the beginning of deployment, Petty Officer Wong has continued to lead the way in the clearance of MCAPs and ZIDLs keeping Reactor at peak damage control readiness. He is a master trainer and subject matter expert on all things Damage Control. Under his instruction he has trained and helped qualify 15 Damage Control Petty Officers. Petty Officer Wong always has a smile on his face and is a key member of Reactor Department.



PUZZLE ISLAND! :D

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

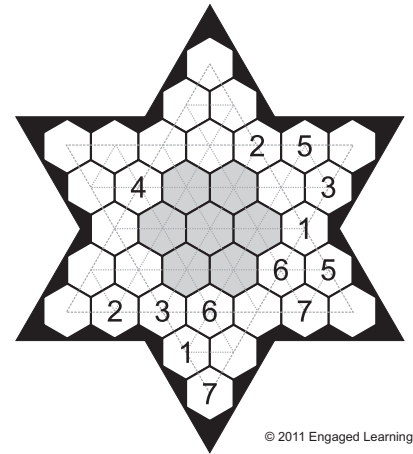
Sudoku is easy to play and the rules are simple. Fill in the blank so that each row, each column and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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

STAR PUZZLE**

To complete the puzzle fill in each of the empty hexagon cells with numbers between 1 & 7 following the 3 rules below;

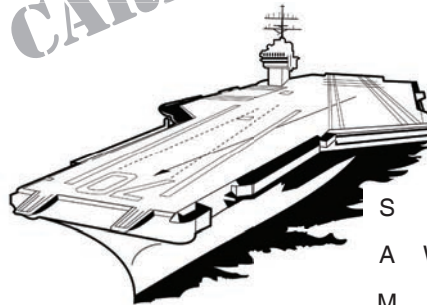
1. No numbers in a horizontal line can be repeated.
2. No numbers in a diagonal line can be repeated.
3. No numbers in the 7 gray hexagons can be repeated.



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* Note that each white hexagon belongs to a line of 7 that must contain each of the numbers between 1 and 7.

“WOW!!!” “WORLD’S BEST AIRCRAFT CARRIER”



Word Search!!!

S D U D E S A E N R A G E S
 A W S L L O R C S E O T E V
 M A R E D R A W S P H I N X
 E G E I S B I M M E R S E E
 N R L F I A N G E L S U A V
 E A D N L E B N R G R O W L
 S P N I E T O I T N E I J A
 S E A G D A W D C I I V O S
 O E H A N T E I N K R B T S
 L P T C E I D O I R U O S N
 L E O O T L C V C E O J E O
 E D N G N I V A E L C I I W
 H P N D I M D A R C H E R Y
 H K E T A S L U P L O A D P

Find These Words! (If you want)

- | | |
|----------|----------|
| Acing | Militate |
| Angels | Notes |
| Archery | Obvious |
| Ashen | Peeped |
| Avoiding | Precinct |
| Bowed | Prior |
| Cabin | Pulsate |
| Cleaving | Redraw |
| Clerking | Salve |
| Couriers | Sameness |
| Delis | Scrolls |
| Ditches | Snowy |
| Dries | Sphinx |
| Dudes | Stool |
| Eased | Tonne |
| Enrages | Twirl |
| Grape | Upload |
| Growl | Vetoes |
| Handler | |
| Hellos | |
| Immerse | |
| Infield | |
| Intend | |

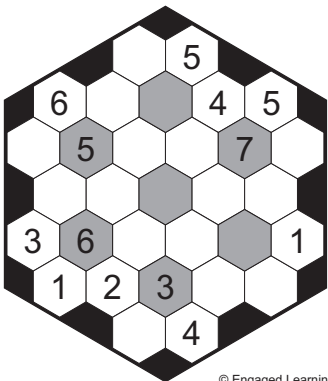
ROSETTA



A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons.

To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while also ensuring that:

1. No number is repeated in a horizontal row
2. Each number from 1 to 7 are represented in the 7 grey coloured hexagon cells.



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Keep trying

NOW PLAYING

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CHANNEL 6

CHANNEL 7

Sunday is all request movie day!

Call J-Dial 6789 while the previous movie's credits are rolling.

G/PG/PG-13 MOVIES

PG-13/R MOVIES

SUNDAY

0800: Titanic
1120: Assassin's Creed
1340: Now You See Me 2
1550: One Direction: This Is Us
1730: Pocahontas
1900: Titanic
2220: Assassin's Creed
0040: Now You See Me 2
0250: One Direction: This Is Us
0430: Pocahontas

0800: The Godfather Part II
1120: Free State of Jones
1340: The Matrix Revolutions
1550: I, Frankenstein
1730: The Gallows
1900: The Godfather Part II
2220: Free State of Jones
0040: The Matrix Revolutions
0250: I, Frankenstein
0430: The Gallows

MONDAY

0800: Transformers: Age of Extinction
1045: Superman
1310: The Fault in Our Stars
1515: Hannah and her Sisters
1700: Rocky
1900: Transformers: Age of Extinction
2145: Superman
0010: The Fault in Our Stars
0215: Hannah and her Sisters
0400: Rocky

0800: Eyes Wide Shut
1045: Marvel's The Avengers
1310: Trainwreck
1515: Kick-Ass 2
1700: Chronicles of Riddick
1900: Eyes Wide Shut
2145: Marvel's The Avengers
0010: Trainwreck
0215: Kick-Ass 2
0400: Chronicles of Riddick

TUESDAY

0800: The New World
1020: Gods of Egypt
1230: Aloha
1430: Thor

0800: Fury
1020: Good Will Hunting
1230: Ted 2
1430: Wild

WEDNESDAY

IN PORT!

IN PORT!

THURSDAY

IN PORT!

IN PORT!

FRIDAY

0800: Mom's Night Out
0940: The Secret Life of Walter Mitty
1140: The Book Thief
1350: Pan
1550: The Good Dinosaur
1725: The Visit
1900: Mom's Night Out
2040: The Secret Life of Walter Mitty
2240: The Book Thief
0050: Pan
0250: The Good Dinosaur
0425: The Visit

0800: Captive
0940: Doctor Strange
1140: The 33
1350: The Good Lie
1550: Austin Powers
1725: The Forest
1900: Captive
2040: Doctor Strange
2240: The 33
0050: The Good Lie
0250: Austin Powers
0425: The Forest

SATURDAY



Great Movies-Around the Clock-Around the World

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- All Request Movies
- SITE TV Movies
- SITE TV Movies
- AFN Prime
- AFN News
- AFN Sports
- Training
- Training
- ILARTS
- GOLF
- COM-CEN
- NBC
- BET
- MTV
- AHC
- DISCOVERY
- HISTORY
- TBS
- NBC SPORTS
- ABC
- FOX NEWS
- FOX 11
- CBS
- ESPN
- USA
- FX
- AMC
- SPIKE
- FS1
- TNT
- SYFY
- CNBC

"The 70"

newscast airs
Sundays at 1800,
Ch. 5/6/7

