

On Base

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**Cosmic Bowling
Nights**
Every Saturday @ 1900
McCain Rec Center

Story Time
Every Wednesday @ 1000
Andrew Triplett Library

**Fitness Center
Classes,**
page 5

RUCK Workout
Wednesdays @ 0515
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Welcome CNO Admiral Caudle

From NAS Meridian Public
Affairs

Adm. Daryl Caudle assumed the duties as the 34th Chief of Naval Operations (CNO) during an assumption of office ceremony, attended by over 300 Department of Defense (DoD) senior leaders, distinguished guests and families at the Washington Navy Yard in Washington D.C., Aug. 25.

The CNO is a member of the Joint Chief of Staff and serves as an advisor to the President of the United States, the National Security Council, the Homeland Security Council, and the Secretary of Defense and is responsible for the command, utilization of resources, and operating efficiency of worldwide naval forces and shore activities.

"As I step into the role as your 34th Chief of Naval Operations, I do so with great pride, immense gratitude, and an absolute focus on the mission ahead," Caudle said in



Photo by MC1 Vanessa White

Adm. Daryl Caudle, the 24th Chief of Naval Operations, delivers remarks during an assumption of office ceremony, attended by over 300 Department of Defense senior leaders, distinguished guest and families at the Washing Navy Yard in Washington D.C., Aug. 25

a video to the Fleet, released shortly before the ceremony.

The full video message is available here: <https://youtu.be/4WDgh66edoo?si=ZgvDq-KjW8WWoV5Z>

During the ceremony he further discussed his priorities

of Sailors, operational readiness and fleet modernization.

"The Sailor will be front and center in my vision throughout my tenure as CNO – hands down, no exception," said Caudle during the ceremony. "To ensure that they are ready to fight and win decisively—to day, tomorrow, and well into the future—we will view everything we do we through an operational lens focused on three priorities: the foundry, the fleet, and the way we fight." Secretary of the Navy John Phelan acted as the presiding officer and keynote speaker of the ceremony highlighting the importance of the Navy and the prioritization of future ship-building development.

"Admiral Caudle, 'the honey badger,' is the right man for the job," said Secretary Phelan. "He has a reputation for challenging the status quo, demanding results and refusing to accept excuses. I look forward to seeing

● CNO page 3



BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

Tolling in Remembrance of Our Nation's Fallen
Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind.

September 25th, 2025

Local Information:
NAS Meridian
Navy Reserve Center Meridian
Time: 9:00 A.M.
POC: Brittney Butchee
Brittney.a.butchee.naf@us.navy.mil
Phone: 601-679-2360



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Celebrating the 250th Navy Birthday

Navy Ball hosted by NAS Meridian

Northwood Country Club
4300 Country Club Dr. Meridian, MS

Saturday, October 11, 2025
Social Hour 6-7 p.m.; Program at 7 p.m.
Event concludes at 11:30 p.m.

Ticket Prices:

\$30: Officers, E-7, GS-11, NF-4 & above
\$20: E-5 to E-6, GS-7 to GS-9, NF-3
\$10: E-4 & below, GS-6, NF-1 to NF-2



Uniform
O5 and Above: Dinner Dress
Blue Jacket w/Mini Medals
E7-O4: Service Dress Blue
w/Ribbons
(Mini Medals optional)
E6 and Below: Service Dress
Blue w/Ribbons
(Mini Medals optional)



SQUARE



Events marking 80th commemoration of end of World War II offer time for reflection

By **Kyler Hood**
Navy Region Hawaii Public Affairs

Access to Ford Island and other areas on Joint Base Pearl Harbor-Hickman are usually off limits to the general public, but from Aug. 30 to Sept. 2,

Hawaii residents had an opportunity to visit the base to commemorate the 80th anniversary of the end of World War II. The open base event included ceremonies and activities on Ford Island, at the Pearl Harbor Aviation Museum and on the Battleship Missouri Memorial. World War II included combatants from the

majority of the world's nations and is considered the deadliest war in history with an astounding 85 million military and civilian casualties. The devastating conflict ended on Sept. 2, 1945, when Japanese officials signed the documents for surrender aboard the battleship USS Missouri (BB 63) moored in Tokyo Bay, returning peace to a world that was forever changed.

On Aug. 30, Hawaii residents and Navy Sailors leading tours of the USS Decatur (DDG 73), an Arleigh Burke-class Aegis guided missile destroyer, reflected on the enduring legacy of World War II and the significance of the commemoration.

"When you really look at World War II, we didn't know we were going to win that war and the beginning of the war wasn't going our way," said Capt. Jordan Bergman, an Army military intelligence officer, before joining the Decatur tour with his family. "But due to American grit and the bravery of a lot of young people, they actually pushed through and won the war."

Bergman has a personal connection to loss and sacrifice. His great grandfather was a Marine who died on his 18th birthday and his great uncle died in the Battle of the Bulge, one of the bloodiest battles of World

● Commemoration, page 3

Three Marines earn Wings of Gold in August ceremony

From Staff Reports

There was a naval aviator designation ceremony August 29 onboard Naval Air Station Meridian. Three aviators received their “Wings of Gold” during the ceremony. The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition. It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous

demands of aerial combat and carrier operations earning each the title of “Naval Aviator” and the right to wear the coveted “Wings of Gold.” 1STLT Justin Robert Miller, USMC, is a graduate of North Carolina State University, where he received a Bachelor of Science degree in Aerospace Engineering. While in Primary Flight Training, 1stLt Miller was named to the Commodore’s List. During Advanced Jet Flight Training, he earned three Navy “E’s” for bombing accuracy. 1stLt Miller completed Advanced

Jet Flight Training with Training Squadron Nine. 1STLT David James Niebel, USMC, is a graduate of Towson University, where he received a Bachelor of Arts degree in International Relations with minors in Economics and Political Science. While in Advanced Jet Flight Training, he earned four Navy “E’s” for bombing accuracy. 1STLT Niebel completed Advanced Jet Flight Training with Training Squadron Nine. Captain Nathanael Joseph Rusciollelli, USMC, is a graduate of the University of North Carolina



Miller



Niebel



Rusciollelli

at Charlotte, where he received a Bachelor of Science degree in Mechanical Engineering. Dur-

ing Advanced Jet Flight Training, he earned four Navy “E’s” for bombing

accuracy. Captain Rusciollelli completed Advanced Jet Flight Training with

Iwo Jima Marine reunites with Sherman Tank after 80 years

By Karen Amaro
Marine Corps Training Command

MARINE CORPS BASE QUANTICO, Va. -- The National Museum of the Marine Corps reunited a World War II veteran with the tank he drove during the Battle of Iwo Jima, in a ceremony held Aug. 15 at the Museum Support Facility. In a powerful moment of living history on the 80th anniversary of Japan’s surrender in World War II, Cpl. Leighton Willhite, 100, stood beside “Lucky,” the very M4A3 Sherman tank he drove ashore during the assault on Iwo Jima in 1945. He was joined by his son, grandson and great-grandson. “It’s amazing,” Willhite said. “I never thought I would see the tank again. That tank was my life.”

At just 19 years old, Willhite landed with C Company, 5th Tank Battalion, in Lucky during the opening assault on Iwo Jima. Lucky was among the Marine Corps’ newest standard tanks and saw its combat debut on the island. Willhite’s crew supported Marines near Hill 362A, north of Mount Suribachi, and carried out rescue missions under heavy fire.

In one defining moment, when a fellow tank, Jeannie, became trapped, Willhite volunteered to cover his commander, Lt. Leonard Blake, as they moved to rescue the crew. Willhite was awarded the Bronze Star with “V” device for valor, and Blake received the Silver Star. After the battle, Lucky returned to Hawaii in April 1945 and was one of 72 tanks selected for conversion into CB-H5 flamethrower tanks in preparation for the planned invasion of Japan. Following the war, Lucky was transferred to Camp Lejeune, N.C., where it remained largely unnoticed, in the woods of 2nd Tank Battalion’s training areas, until the early 2000s, when it was recovered and entered the Museum’s collection. At the time, its historical significance was not yet known.

Its true identity came to light in 2023, when Jon Bernstein, the Museum’s Arms & Armor Curator, conducted a routine inspection of the tank, then on loan to the Pima Air & Space Museum in Tucson, Arizona. During the inspection, Bernstein noticed a set of distinctive weld scars, marks unique to the 5th Tank Battalion’s improvised self-protection modifications for Iwo Jima.

Through careful analysis of those scars, along with field modifications and comparisons to archival photographs and historical records, Bernstein was able to positively identify the tank as belonging to C Company, 5th Tank Battalion. Further paint excavation revealed the name “Lucky” and the unit’s tactical markings, confirming not only the tank’s battlefield role but also its direct connection to its original crew, including Cpl. Willhite.

Today, Lucky is one of only six confirmed Sherman tanks from Iwo Jima still in existence. “Today is the end of the beginning and is the culmination of two years of research and piecing the story together. To bring Cpl. Willhite back together



Photo by Cpl. Memphis Pitts

U.S. Marine Corps veteran Cpl. Leighton Willhite, who served in the Battle of Iwo Jima, right, talks about the tank he drove with Jonathan Bernstein, curator of arms and armor at the National Museum of the Marine Corps, left, at the Museum Support Facility in Dumfries, Virginia.

with the tank he drove in battle is to bring that story to life.” said Jon Bernstein, National Museum of the Marine Corps’ Arms & Armor Curator

This reunion carried even greater meaning because 2025 marks the 80th anniversary of Emperor Hirohito announcing Japan’s surrender and ending World War II. For Willhite, who celebrated his 100th birthday on April 9, standing beside Lucky once more was more than just a personal milestone—it was a living reminder of the service and sacrifice of Marines in one of the Corps’ most pivotal battles.

As the number of World War II veterans dwindles each year, gatherings like this become increasingly rare and precious. They offer something no book or artifact alone can provide: the chance to see history embodied in those who lived it.

“Having Cpl. Willhite here, standing beside this tank again after 80 years, is very special,” said Museum Director Keil Gentry. “It is a powerful reminder of the courage and sacrifice that defined the Marines who fought on Iwo Jima.”

Lucky’s journey is far from over. It is now undergoing a meticulous restoration to its 1945 appearance, so that future visitors will not only see the tank but also sense the bond it once shared with the Marines who fought beside it. For generations to come, Lucky will stand as a storyteller in steel, carrying forward the legacy of those who battled on Iwo Jima.

The National Museum of the Marine Corps, located near Marine Corps Base Quantico in Triangle, Va., is a lasting tribute to U.S. Marines—past, present and future. With immersive exhibits and world-class collections, the museum preserves and shares the history, culture and traditions of the Marine Corps. For more information, visit www.usmcmuseum.com.

Golden Stick Award



Photo by Penny Randall

Mississippi Council of the Navy League President Joe Mercado has the honor of presenting the Golden Stick award to 1STLT Justin Miller, USMC, during a winging ceremony in the chapel onboard NAS Meridian, August 29. The Golden Stick is awarded to the student with the highest composite score during training and sponsored by the Mississippi Council of the Navy League.

NAVY 250th
BIRTHDAY
CELEBRATION

OCTOBER 18TH
1600-1900

(FIELD ACROSS FROM BLDG 255)
Must be an authorized patron and have a government ID to access the installation.
No pets allowed

Live Bands ★ Carnival Rides ★ Beer Garden
Bounce Houses ★ Games ★ Inflatables and much more!



The Skyline ~ Naval Air Station Meridian, Miss.

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LOCAL HAPPENINGS

Sept. 5 from 6-9 p.m.: Full Moon on 5th! Experience the magic of a Full Moon in Downtown Meridian! On the 5th, we're hosting a special evening with live music from Joe Austin & the Tallahatchies, food vendors, and a vibrant atmosphere. Stroll through the charming streets, enjoy the moonlight, and soak up the downtown energy.

Sept. 6 from 8 a.m.-noon: Earth's Bounty at The MAX, 2155 Front Street, Downtown Meridian. This seasonal festival features the freshest farmer's market produce, locally made products, plants, and more: kids' activities, live music, and special demonstrations throughout the season. Earth's Bounty is held the first Saturday of each month, April-November.

Now thru Nov. 20 from 4-5 p.m.: Fall After School Classes at Meridian Museum of Art. To meet the growing demand for quality after school art instruction in our area, the Meridian Museum of Art is announcing the schedule for the 2025 – 2026 school year. All of our classes will offer progressive, skill-based art lessons in a studio setting. Students will receive instruction one day a week at the museum from a highly qualified art instructor. Classes will be offered for three age groups, and these unique 12-week sessions will be offered in the fall and again in the spring, building skill levels in drawing, painting, and multi-media. To register, visit <https://meridianmuseum.org/youth-classes> and fill in all required information. If you have any questions, contact Caleb Phillips via email, meridianmuseum@bellsouth.net or call (601) 693-1501.

Sept. 11 - 6th Annual 9/11 Memorial Stair Climb at 712 24th Ave (Downtown Parking Garage) Meridian, MS. Participants will climb, walk or run the equivalent of the 110 stories of the World Trade Center. All ages and fitness levels welcome! Check-In 5:00 pm. Event begins at 6:00 pm. This year's event will be timed. Funds raised go to Benevolence Fund for First Responders. Register at <https://southernracetiming.raceentry.com/races/911-stair-climb/2025/register>

Sept. 11 at 7:30 p.m.: The Band of Heathens @ MSU Riley Center. The Band of Heathens are an American indie rock 'n' roll band from Austin, Texas. Their most recent album, 2023's Simple Things, sat at number one on the Americana radio chart for two months. Tickets: <https://msurileycenter.com/events/the-band-of-heathens/>

Sept. 13 from 8-10 a.m.: Mornin' Cars Cafe' @ Soule' was created to bring automobile and truck enthusiasts together at one of America's most interesting museums... Soule' Steam Museum. This FREE event will allow you to show off your car or truck...restored, survivor, hot-rodded or a work in progress. Individuals and car clubs are welcome to participate. Come share a cup of coffee with us! This event is planned for the second Saturday of each month, March through October. Plenty of parking is available on the 18th Avenue grassy lot and along 4th Street. Call the Museum at 601-693-9905 or email soulelivesteam@comcast.net for more information.

Sept. 13 at 7 p.m.: Mini Wrestling All Stars at Temple Theater, 2320 8th Street, downtown Meridian. The Biggest Mini Wrestling Show of all time is coming to town: these pint-sized powerhouses pack a punch! Tickets and information: <https://www.eventbrite.com/e/meridian-ms-little-mania-mini-wrestling-temple-theater-tickets-1348643782859?aff=fbevent&fbclid=IwZXh0bgNhZW0CMTAAYnJpZBEwN29PVnhXbEF3WXhNaFZXcQE>

Sept. 20 from 8:30 a.m.- 1 p.m. - Ruck 22 Fundraiser to support Mission Vigilant, a non-profit organization based out of Madison, Mississippi, that provides support, mental health resources, & other outreach services to military veterans, law-enforcement, first responders, and their families through access to our network of various counselors, health professionals, and partnering organizations. There will also be family fun to include police vehicles, helicopters, fire trucks, music and a kid's area which is Free. Registration for the Rick is \$45 and can be completed at <https://www.missionvigilant.org/>

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● Commemoration

War II that resulted in an Allied victory. After the tour, Bergman and his family planned to visit the Battleship Missouri Memorial and watch an airshow featuring radio-controlled pilot performances at the Pearl Harbor Aviation Museum. Retail Services Specialist Chief Selectee Shelton Talaro has been stationed aboard the USS Decatur for the past five months and was excited to lead tours for Hawaii families. “A lot of people don’t have the opportunity to come to Navy ships besides the USS Missouri, so to have them come aboard and learn a little bit about the ship and its history is very positive,” he said. “Hopefully, they’ll be able to pass down this information to their families and friends and then if they have the opportunity to come back to another ship, then they get to all experience the same thing.” Jin Onuma, who has lived in Hawaii for 20 years, said that learning more about the sacrifices service members made was sad to think about but it makes her grateful for the life she and her family have today. She and her husband and their 13-year-old son enjoyed their tour of the USS Decatur. “Many different carriers and ships are here. Whenever there’s an opportunity, I try to come out so I can see what I can learn from that,” she said. Tour guide and Gunner’s Mate 2nd Class John Urban “Goose” Giese, who has been stationed aboard the Decatur for 27 months, said he has great respect for the gunners of WWII and how they set the standard for Sailors today. “Gunnery lead the way. In World War II, you had Gunner’s Mates, Boatswain’s Mates, right hand rates, just carrying the weight and doing all the tough stuff,” he said, noting that all the gunners he knows

continue to work hard to get the job done. Right arm rates were Sailors in the Seaman Branch, which included roles such as Boatswain’s Mates, Gunner’s Mates and Quartermasters who wore their rank insignia on the right sleeve of their uniforms. In 1949, all rate insignia were moved to the left sleeve. Right arm rate is a term still used in the Navy today that describes Sailors who are “salty” or tough. Giese gave a shout out to his hero, Gunner’s Mate 3rd Class Paul Henry Carr, who was stationed aboard the USS Samuel B. Roberts (DE 413) and manned a 5-inch gun during a battle in the Philippines. Carr wouldn’t leave his post until his gun dropped below the water line. He was posthumously awarded the Silver Star Medal “for conspicuous gallantry and intrepidity as Gun Captain on the USS Samuel B. Roberts. He gallantly gave his life for his country.” Carr also earned the Purple Heart, Presidential Unit Citation, and the Award of the Philippine Republic of Presidential Unit Citation Badge. A guided missile frigate, the USS Carr (FFG-52), was named in his honor in 1985. Bergman reflected on the sacrifices made by service members who served during World War II and those who safeguard the United States today. “I’m happy to see that people are willing to take the oath and sacrifice the best years of their life so that other people can be home safely at night.” Commemoration events include an air show by the Liberty Jump Team; the premiere of “Miles Morale and Memories: Bob Hope and WWII,” a movie about the contributions of a legendary performer who traveled more than 80,000 miles during World War II to entertain troops; and a gala attended by USS Missouri crew members who witnessed the Japanese surrender in Tokyo Bay.

● CNO

that relentless pursuit of excellence and persistence pervade the halls of the Pentagon.” During his remarks Caudle emphasized his gratitude to his family and especially his wife, Donna Caudle, for their steadfast support throughout his 40-year career. “Your influence is woven into the very fabric of my being, into every decision I’ve ever made,” said Caudle, addressing his family. “From the moment we met, you’ve been the bedrock of my life. You’re the anchor that has kept me grounded, especially in the sometimes turbulent seas of this profession.”

As a native of Winston-Salem, North Carolina and a 1985 graduate of North Carolina State University, Caudle is a proud member of the “Wolfpack.” Caudle’s previous three assignments were commander, U.S. Fleet Forces Command; commander, Submarine Forces; and commander, Submarine Force Atlantic. Vice Chief of Naval Operations Adm. Jim Kilby relinquished the office of the CNO after serving as the acting CNO from February to August 2025. Caudle and Phelan commended Kilby for his leadership, ensuring the uninterrupted performance of the Navy’s mission and continuing to foster positive relationships with our allies and partners.

Sale... Or

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es. Pets are negotiable. No Smoking. Contact Rhonda at 601-488-1963
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For Rent: 3 BR/2 BA home in a quiet family neighborhood comes with all appliances (incl. W/D), and is convenient to NAS Meridian, schools, shopping, activities and major employers in the area. Outside, there’s a large fenced yard with patio and an attached 2-car garage with keypad entry. All electric with central AC/heat. Contact Leslie Turner, 601-527-4670 to view. See Zillow listing for more information and to submit applications. Rent \$1,750 per month.
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MISCELLANEOUS

Event Space for Rent: Deer Creek Banquet Hall. 6000 sq. ft. indoor with 1600 sq. ft. outdoor spaces for rent for gatherings and events. Call Reginald at 251-455-1559.

Listings in the “Sale...Or” column are free!
Submission deadline is the Wednesday prior to production.
Email information to nasmeridianpao@gmail.com

USS Abraham Lincoln Carrier Strike Group completes Exercise North Edge

By Ensign Hallie Atengco
USS Abraham Lincoln (CVN 72)

NORTH PACIFIC OCEAN – The USS Abraham Lincoln (CVN 72) Carrier Strike Group (ABECSG) wrapped up participation in the U.S. Indo-Pacific Command-led joint force exercise Northern Edge 2025 from the North Pacific Ocean, Aug. 25.

Over the course of nine days, from the Gulf of Alaska out through the Aleutian Island chain, in the air, on land, and at sea, the ABECSG demonstrated the full power and capability of a U.S. Navy carrier strike group. The 5,000 Sailors and Marines of the ABECSG successfully completed a variety of exercise events across multiple domains, leveraging the unique capacity a CSG brings to the joint force.

Flagship Abraham Lincoln, with the embarked CSG-3 staff, served as the command and control hub for the strike group, directing operations across a multi-dimensional battlespace hundreds of nautical miles wide. The ship hosted Adm. Christopher Grady, Vice Chairman of the Joint Chiefs of Staff; U.S. Senators Lisa Murkowski and Dan Sullivan, and other military and civilian leaders from across Alaska and the U.S. government, reaffirming the strategic importance of aircraft carriers in signaling U.S. resolve and operational reach.

“I am incredibly proud of the Abraham Lincoln crew and their performance throughout Northern Edge,” said Capt. Daniel Keeler, commanding officer of Abraham Lincoln. “This has been a demanding but incredibly rewarding opportunity. Operating in Alaska alongside the joint force and our Canadian allies, we displayed not only our ship’s unique capabilities as the flagship of the world’s most powerful carrier strike group, but also the dedication, technical acumen, and strength of Lincoln Nation.”

Sailing alongside Abraham Lincoln were three Arleigh Burke-class guided-missile destroyers, fulfilling a variety of roles over the course of the exercise. Complicated scenarios at sea demanded professionalism, skill, and expertise from these crews. They performed admirably, sustaining maritime superiority in an in-

tegrated maritime domain. “Northern Edge offered an invaluable opportunity for our ships and crews to refine the full spectrum of surface warfare in a challenging and geographically strategic location,” said Capt. Allison Christy, commanding officer, Destroyer Squadron (DESRON) 21. “Our destroyers demonstrated the readiness, lethality, and teamwork required to fight and win as part of a carrier strike group, alongside our counterparts across the joint force.”

Taking place over a vast expanse of territory around Alaska, including the Joint Pacific Alaska Range Complex (JPARC), Joint Base Elmendorf-Richardson, Eielson Air Force Base, and Dutch Harbor, among others, this exercise emphasized both the ability to project power far across the Pacific and the capacity to defend the home front.

A variety of scenario events undertaken by Carrier Air Wing (CVW) 9 were integral to reinforcing the strike group’s ability to deliver effects throughout the exercise area. Aircraft from CVW-9, ABECSG’s embarked air wing, performed defensive counter-air, maritime strike missions, and expeditionary advanced base operations across the Alaskan waterspace and the Aleutian Islands. In the skies above and around Alaska, CVW-9 logged over 3,000 flight hours and more than 1,100 sorties in support of exercise requirements.

“This exercise tested the SHOGUN Warriors of CVW-9 in a wide range of demanding missions, from long range maritime strike to operating in an expeditionary manner forward deployed in Alaska’s challenging conditions,” said Capt. William “Tank” Frank, Commander, Carrier Air Wing NINE. “The professionalism and adaptability of our team proved once again that this Air Wing is ready to deliver combat power anytime, anywhere, no matter how contested the environment. The many hours of tactical flying don’t reflect all of the mission planning, aircraft maintenance, and preparation our aviators and maintainers put forward to accomplish our objectives. The Naval Aviation team continues to set the standard for responsiveness and warfighting excellence.”



Photo by MCSN Daniel Kimmelman

Aircrafts attached to Carrier Air Wing 9 fly over the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln during Northern Edge 2025. NE25 is an exercise led by U.S. Indo-Pacific Command that serves as a platform for joint, multi-domain operations to deliver high-end, realistic warfighter training, strengthen joint interoperability, and sharpen the air and sea-based combat readiness of U.S. and participating forces.

For 250 years, America’s Navy has operated across the globe in defense of freedom and economic vitality. Today, carriers like Abraham Lincoln remain unmatched in mobility, endurance, and combat capability and are symbols of U.S. maritime power, resilient presence, and national security. These symbols were on full display during Northern Edge, and exemplify what the U.S. Navy offers to the joint force and our network of partner and allied nations.

CSG-3 participants in Northern Edge included Abraham Lincoln, Destroyer Squadron (DESRON) 21 staff, Arleigh Burke-class guided-missile destroyers USS O’Kane (DDG 77), USS Michael Murphy (DDG 112), and USS Frank E. Petersen Jr. (DDG 121), and the nine squadrons of CVW-9, including an F-35C Lightning II squadron, the “Black Knights” of Marine Fighter Attack Squadron (VMFA) 314; three

F/A-18E/F Super Hornet squadrons, the “Tophatters” of Strike Fighter Squadron (VFA) 14; “Black Aces” of Strike Fighter Squadron (VFA) 41, the “Vigilantes” of Strike Fighter Squadron (VFA) 151; the “Wizards” of Electronic Attack Squadron (VAQ) 133, operating the EA-18G Growler; the “Wallbangers” of Carrier Airborne Early Warning Squadron (VAW) 117, operating the E-2D Advanced Hawkeye; the “Chargers” of Helicopter Sea Combat Squadron (HSC) 14 operating the MH-60S Sea Hawk; and the “Raptors” of Helicopter Maritime Strike Squadron (HSM) 71, operating the MH-60R Sea Hawk.

Northern Edge 2025 is an exercise led by U.S. Indo-Pacific Command that serves as a platform for joint, multi-domain operations to deliver high-end, realistic warfighter training, strengthen joint interoperability, and sharpen the air and sea-based combat readiness of U.S. and participating forces.

USS Bulkeley arrives in Rostock, Germany in preparation for Northern Coast 2025

By MC2 Jonathan Nye

ROSTOK, Germany – The Arleigh Burke-class guided-missile destroyer USS Bulkeley (DDG 84) arrived in Rostock, Germany for a scheduled port visit to enhance international relations and strengthen NATO Alliance cohesion, Aug. 27.

“Bulkeley is incredibly eager to participate in Northern Coast 2025 with our NATO allies. It’s a unique opportunity to strengthen our maritime relationships with our Baltic allies while demonstrating U.S. resolve,” said Cmdr. Mike Schelcher, commanding officer of Bulkeley. “Our interoperability with NATO allies strengthens the region, ensuring that vital sea lanes remain open and unthreatened by deterring any adversary who would disrupt the region.”

An estimated 14 nations are gearing up to participate in Northern Coast 2025 (NoCo25), a multinational German led exercise in the Baltic with as many as 40 ships involved and around 2,700 personnel.

This exercise was first launched by

the German Navy in 2007 and is part of the larger Quadriga 2025 exercise series that will model realistic threat scenarios on land, sea and in the air.

While in port Rostock, the ship’s leadership will meet with local and military leadership, while the crew will participate in a community relations through a guided ship tour and cultural exchange.

“The interoperability planning and training we do alongside the Baltic navies is invaluable,” said Cmdr. Anthony LaVopa, Executive Officer of Bulkeley. “We learn from them, they learn from us, and in the end, we become a more cohesive team. It’s a real-world demonstration that we are stronger together.”

As NATO Allies, the U.S. and German Navy routinely operate together to build combined maritime interoperability. Bulkeley is deployed to the European theater of operations and is assigned to Commander U.S. Sixth Fleet. The ship participates in a range of maritime activities in support of U.S. Sixth Fleet and NATO Allies.

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(888-472-3367)
or **9-1-1** in case of emergency

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FFSC Hours:
Mon.-Thurs.:
0800-1630
Fri.:
0700-1530

N9 Nook

Check here to see the latest news with
Fleet & Family, Child and Youth Programs, & MWR!

September

MON	TUE	WED	THU	FRI	SAT	SUN
1 PREVENTION SCAVENGER HUNT IS ON!	2 STOP AT FLEET AND FAMILY FOR A MESSAGE OF HOPE!	3 POSITIVE PENCIL DROP OFF AT THE LIBRARY!	4 9AM CHALK THE WALK @ FFSC	5 PAINT THE BASE PURPLE AND TEAL	6 SELF CARE SATURDAY: DO SOMETHING CREATIVE LIKE PAINTING OR CRAFTING!	7 AFFIRMATION SUNDAY: "I AM ENOUGH"
8 988 DAY	9 you are enough	10 WORLD SUICIDE PREVENTION DAY	11 FOLLOW US ON INSTAGRAM!	12 POSITIVE PENCIL DROP OFF AT THE SAC!	13 SELF CARE SATURDAY: GO FOR A WALK OR MEDITATE AROUND NATURE	14 AFFIRMATION SUNDAY: "I CHOOSE PEACE OVER PERFECTION"
NATIONAL SUICIDE PREVENTION WEEK						
15 FOLLOW US ON FACEBOOK!	16 COME BY FLEET AND FAMILY AND GRAB SOME INFORMATION!	17 National Physician Suicide Awareness Day	18 PAINT AND SIP @ HOUSING	19 POPCORN FOR PREVENTION AT FFSC!	20 SELF CARE SATURDAY: WRITE IT OUT. JOURNAL YOUR THOUGHTS, GRATITUDE, OR WORRIES.	21 AFFIRMATION SUNDAY: "I AM WORTHY OF LOVE AND KINDESS"
22 STOP AT FFSC TO GET A PREVENTION STICKER!	23 PAINT AND SIP @ LIBERTY	24 POPCORN FOR PREVENTION AT THE LIBRARY!	25 Need to talk? FFSC offers Virtual Counseling Services 1-855-205-0740	26 LAW ENFORCEMENT SUICIDE AWARENESS DAY	27 SELF CARE SATURDAY: TREAT YOURSELF TO SOMETHING THAT MAKES YOU HAPPY	28 AFFIRMATION SUNDAY: "I AM STRONG, CAPABLE AND RESILIENT"
29 FIREMAN/EMT SUICIDE AWARENESS DAY	30 TURN IN YOUR COMPLETED SCAVENGER HUNT TO FFSC!					

important numbers

Suicide and Crisis Lifeline
988

CHAPS 601-679-3629

Fleet and Family 601-679-2360

SAIL Crisis Line 1-800-273-8255

Military One Source 800-342-9647

Naval Branch Health Clinic 601-679-2210

REMEMBER

You are *STRONG*

You are *WORTHY*

You are *ENOUGH*



Above, Dr. Roy Nafarrete's (Captain, Ret. USN) speaks on his comprehensive approach to the prevention of destructive events, such as sexual assault, sexual harassment, domestic violence, hazing, bullying and discrimination. Below, Kasie McInnis hosted a cookie decorating class in housing where attendees decorated popsicle themed cookies!



GROUP EXERCISE SCHEDULE

All classes are FREE to authorized patrons. For more information call 601.679.2379.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		515 Ruck Jenni		
915 HIIT Jenni	915 Lower Body Strength Jenni	915 HIIT Jenni	915 Upper Body Strength Jenni	915 FIIT Friday (NOFFS Endurance Series) Jenni
1100 Circuit Training Jenni			1100 Total Body Jenni	
	1200 YOGA Ryan			

HIIT a workout that consist of short energy burst followed by quick recovery

Total Body Strength: a workout that works lower and upper body and core

Lower/Upper Body Strength: workouts that are done using machines and free weights to increase muscle strength

Circuit Training: a workout that consist of multiple workout stations that are rotated through during the workout

NOFFS & COMMAND
PT SESSIONS
AVAILABLE BY
APPOINTMENT

Sonny Montgomery Aquatic Center

Pool Hours

(Recreational and Lap Swim)

Sunday
1300-1800

Monday-Saturday
1100-1800

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