

THE BROADCAST

Official Newsletter of Commander, Submarine Forces

Spring 2022



USS Delaware Commissioning Ceremony

U.S. Navy photo by Chief Mass Communication Specialist Joshua Karsten



President of the United States Joe Biden and First Lady Jill Biden operate the periscope using a video game controller alongside U.S. Fleet Forces commander Adm. Daryl Caudle, right, Chief of Naval Operations Adm. Mike Gilday, and Cmdr. Matthew Horton, Commanding Officer of the Virginia-class submarine USS Delaware (SSN 791), following a commissioning commemoration ceremony in Wilmington, Delaware April 2.



RIG FOR DIVE

phrase

1. The order to carry out the preparations for diving.

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ADMIRAL'S CABIN



VICE ADMIRAL WILLIAM HOUSTON
Commander, Submarine Forces

We in the Submarine Force pride ourselves on routinely and safely operating in dangerous environments and in our warfighting dominance, but we must never forget that our people are the true source of our naval power. We must be committed to the development of our Sailors, their well-being and the well-being of their families. The purpose of this SUBNOTE is to assist our commands in focusing on what right looks like and to understand how our larger Navy efforts and programs can help improve operational excellence.



REAR ADMIRAL JEFFREY T. JABLON
Commander, Submarine Force, U.S. Pacific Fleet

Understanding our people and engaging with them early in order to make the most impact in their lives, and in the readiness of our Force is our mandate. Everyone plays an important role in making people our priority.

Brilliant on the Basics. There are time-tested, foundational efforts that must be in place. Ensuring these programs are properly implemented will improve your command's operational and combat readiness and is an investment in the Submarine Force's future.

- **Sponsorship Program.** One of the most important steps we can take in getting shipmates on the right path is welcoming them into our command and the surrounding community. Sponsorship should begin well before a Sailor reports to your command through the use of email, naval message, phone call or letter. Proactive interaction by an assigned sponsor and Ombudsman can solve many issues before the Sailor arrives onboard. Have a plan for ensuring your Sponsors are senior enough to know the command, local resources, and how to get Sailors and their families what they need to get settled. Sponsors should meet Sailors at arrival, as it matters how crewmembers and their families are first greeted.
- **Orientation Program.** An effective and efficient orientation process will send a strong, positive signal that you value the skills our new shipmates bring to our commands. First, think "Orientation" vice "Indoctrination" to ensure your command orientation process welcomes Sailors into the command. Orientation should be afforded an adequate amount of time allowing a new Sailor to become acclimated to your command. It should provide the opportunity to reinforce our Navy core values and Navy ethos, and to instill your command philosophy and expectations. Sponsors must ensure Sailors meet all key players onboard the submarine, to include members of the Command Resilience Team (CRT) and Command Resilience Team Human Factors Council (CRTHFC). Pay/personnel issues should be addressed on DAY ONE and followed through rapidly until the member is satisfied with the resolution. A new Sailor's orientation should end with their first career development board (CDB) to set expectations between the command and the Sailor.
- **Command Career Counselor (CCC).** Sustained leadership engagement, particularly from the Command Master Chief, Chief of the Boat, the Chiefs Mess, and the CCC, is critical to the personal and professional success of every Sailor. Command triads must ensure they select a CCC who is mature, cares about their shipmates and who will be fully immersed in this important duty. Commands should also ensure CCCs are running a program IAW current guidance, to include career development, career planning and Brilliant on the Basics. The CCCs leverage the CDB to provide Sailors with information to successfully manage their careers. (Continued on page 2)



ADMIRAL'S CABIN

(Continued)

- **Ombudsman Program.** This program is your official link to your Sailors' families. A well run ombudsman program ensures Sailors stay mission-focused to effectively do their job. COs, CMCs and COBs must frequently communicate with their ombudsman, conveying that families are a priority. Commanders should routinely provide information such as a newsletter or email to their command families, as well as listen and take action on their concerns.
- **Mentorship Program.** The best mentors are those who truly care about the development of their mentee. Every member of your crew should have a mentor; a person who is actively engaged in guiding professional and personal development and who can advise your Sailors, not only on qualifications and in-rate knowledge, but also in their professional career and personal lives as well. Command triads should take an active interest in being mentors because your experience will benefit and strengthen the command.
- **Recognition Programs.** The end of a tour should not be the only time a Sailor is recognized. Be creative and publically ensure your Sailors know they are appreciated and valued. Challenge your chiefs and officers to recognize their Sailors at various levels and in different ways. Additionally, recognize chiefs and officers who go above and beyond their day-to-day duties.
- **Diversity, Equity and Inclusion (DE&I).** Essential to building and fostering a great culture, optimizing culture of excellence (COE) efforts, and ensuring every sailor feels respected, empowered, treated fairly, and included. It is hard to feel part of the team if you feel excluded.
- **Building Stronger Teams.** The culture of excellence (COE) is a Navy-wide approach that empowers your commands to achieve warfighting excellence by fostering psychological, physical and emotional toughness; promoting organizational trust and transparency; living by our Signature Behaviors and ensuring inclusion and connectedness among every Sailor, family member and civilian throughout their Navy journey.
- **Expanded Operational Stress Control (E-OSC) Program.** A peer-to-peer program that uses resilience techniques to teach Sailors how to persevere, adapt, and grow through the challenges they face. Designate a team leader (TL) and assistant team leader (ATL), and provide them the opportunity to complete required training.
- **Warrior Toughness (WT) Program.** Warrior Toughness is focused on enhancing the performance of Sailors in everything they do, including their ability to perform under stress. This is especially important as we continue to deal with unhealthy responses to stress. Leaders should understand and practice the basic concepts of WT at the command to continue fostering a warrior mindset.

We deploy a combat ready Submarine Force across a full spectrum of integrated warfare domains while building the Force of the future through the capability and diversity of our Sailors and civilians. While many of the major programs discussed above apply to military personnel, the concepts apply to our civilian workforce. The primary factor to that success is your leadership. We want to thank each of you for your hard work. We are proud to serve with you and recognize that what you do every day keeps our Submarine Force the best in the world.

Apex Predators!



THE GOAT LOCKER



FORCE MASTER CHIEF STEVE BOSCO
Commander, Submarine Force Atlantic

Undersea Warriors,

First of all, happy 122nd birthday to our Submarine Force, and thank you for what each of you do every day. Like the Sailors and support staffs who have come before us, it is the professionalism and expertise of Submariners that deter any enemy from testing our resolve.

Last quarter we wrote to you about toughness. This quarter, we concentrate on willingness and why it is the key to a successful Force.

As defined, willingness is "The quality or state of being prepared to do something; readiness." Submarine warriors must be willing to go above and beyond to win if called upon. We begin with a mentoring mindset of mutual respect and unwavering trust.

Treating every person with respect is our Navy's number one signature behavior, and for good reason. Respect must be earned, both up and down the chain of command. A leader's responsibility is to be proactive in their Sailors' development and help them be their best. Getting real is about being open to other people's ideas and criticism, speaking up when you see something wrong, and confidently acknowledging self-assessed mistakes. Earning and giving respect is absolutely paramount to developing trust and a winning team.

Trust is a foundation of submarining that is built from respect. Each member of the crew, and each person on every support staff holds lives in their hands. Trust can be seen in many ways; from watching our tag-out system in action, to having a robust qualification process, to thinking twice about micromanaging a task if a Sailor says "I got it", to knowing your shipmates will be there to pick you up when you fail. Trust is also shown when we get real with each other and discuss shortcomings and mistakes. It is not easy to point these things out, but having honest conversations is the best way to earn trust and get better together. When a team respects and trusts, they are willing to go above and beyond to accomplish a task or mission.

Willingness is developed over time and unlike motivation, it is something that does not fade easily. On winning teams, each member understands their responsibility to one another, and to the larger cause. We epitomize that in the Submarine Force. Whether you are an officer, enlisted, family member or DoD civilian; every member of the Submarine Force is key to our success. Our country expects us to perform every day; they will need us to perform in our toughest work. Developing willingness in our teams will guarantee a successful Force.

This quarter, we wrote about willingness being the key to a successful Force. Without question, our people are the asymmetric advantage against our adversaries. Therefore, it is important we understand treating each other with respect, building trust, and developing willingness in the next generation of leaders is key to our success. Legendary football coach Vince Lombardi once said, "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but a lack of will." Sail safe, stay tough and be willing to do what is needed for each other.



FORCE MASTER CHIEF JASON AVIN
Commander, Submarine Force, U.S. Pacific Fleet



GAMCOTS

Commanders of Submarine Force Conduct GAMCOTS on NBPL *By Electronic Technician (Nuclear) 3rd Class Bruce Morgan*

Leaders in the Submarine Force and their spouses came from all over the world to conduct the annual Group and Major Commanders' Officer Training Symposium (GAMCOTS), April 5-7 in San Diego on Naval Base Point Loma (NBPL).

GAMCOTS is a leadership development seminar that covered several topics including undersea warfare programs, military operations, personnel and family readiness. The subjects also briefed overviews of the Submarine Force, manning and status of personnel and ethics.

"It's a privilege to support the Submarine Force leadership," said Capt. Patrick Friedman, Commander, Submarine Squadron 11.

"San Diego is an integral part of the Pacific Submarine Fleet, with four Los Angeles-class fast-attack submarines and the Undersea Rescue Command. It is a major player in the Indo-Pacific in maintaining our status as the most lethal and capable undersea force in the world."

Vice Adm. William Houston, Commander, Submarine Forces, spoke about the Force's focus on strategic deterrence, a pillar of the national defense strategy.

"Being face to face, hearing about the successes and struggles of our submarine leadership isn't something you can get from an email," said Houston. "The difference between a good submarine fleet and the best one starts with the Sailors in the submarine and not the submarine itself. Meeting with these outstanding leaders and spouses is how we stay lethal and on target."



Spouses of the service members came to represent the family behind the Sailors. They received briefs and expressed their concerns. They received information and resources to share with other family members for a better understanding of operations as well as Fleet and Family Support, chaplain and TRICARE programs.

With over 24,000 active-duty Sailors and 1,600 Reservists serving in the submarine force, strong leadership and communication are essential. Worldwide there are 49 fast-attack submarines, nine Pre-Commissioning Units, 14 ballistic-missile submarines, four guided-missile submarines and two submarine tenders.

TRICARE

Enrollment is key. Failure to do so can affect access to care and billing. You must change enrollment for you and your family with each PCS. If your family member(s) choose to switch between TRICARE Prime and TRICARE Select plans, they must do so during an open enrollment period or within 90 days of a qualifying life event (QLE) – marriage, divorce, birth, moving, retirement. The next TRICARE Open Season will be in Fall 2022. <https://www.tricare.mil/Plans/Enroll>

- Call Health Net (West Region) 1-844-866-9378
- Humana (East Region) 1-800-444-5445
- OCONUS Travel: Tri-Care International SOS: 1-215-942-8226

NEW & UPDATED INFORMATION

Dependents and retirees can use civilian UNLIMITED urgent care centers (network provider) without a pre-authorization, which used to be only 2 visits per year.

Fleet & Family Support Center

Family Readiness Groups

Family readiness groups (FRGs) are an integral part of a support service network that bundles key support services such as ombudsmen, fleet and family support centers (FFSCs), chaplains, school liaison officers and child development centers at the command level. These services provide coordinated support to service members and their families.

Spouse Education and Career Opportunities

The Department of Defense spouse education and career opportunities (SECO) program provides education and career guidance to military spouses worldwide and offers comprehensive resources and tools for all stages of your career progression.

CULTURE OF EXCELLENCE

- **TOUGHNESS.** The ability to thrive in any condition — psychologically, physically and emotionally. We can take a hit and keep going, tapping all sources of strength and resilience.



Members of Arctic Submarine Laboratory shovel snow in the Arctic to prepare the Virginia-class fast attack submarine USS Illinois (SSN 786) to free the boat's hatches from the ice during Ice Exercise (ICEX) 2022.



Sailors assigned to the Los Angeles-class fast-attack submarine USS Columbia (SSN 771) load a Mark 48 advanced capability torpedo for Exercise Agile Dagger 2021 (AD21).

- **CONNECTEDNESS.** The relationships and resources that act as the glue binding our Sailors, units, families and communities together through rough seas.

- **TRUST.** The reciprocal, transparent commitment between inclusive teams, leaders, peers and subordinates that contributes to an authentic environment with reduced bias and promotes learning and self-improvement.



Chief Information Systems Technician (Submarines) LaWalter Donaldson, from Brooksville, Florida, greets his family after the Los Angeles-class fast-attack submarine USS Jefferson City (SSN 759) returns to Joint Base Pearl Harbor-Hickam from deployment.



COMSUBLANT SAILORS OF THE YEAR



MMN1 (SS) Paul Baker
COMSUBRON EIGHT
PCU New Jersey (SSN 796)
CSL SEA SAILOR OF THE YEAR



YN1 (SW/AW) Kirk Lewis
Mid-Atlantic Region
Submarine Force Atlantic (Staff)
CSL SHORE SAILOR OF THE YEAR

SUBLANT Regional Area Commands Sailors of the Year Finalists

SEA

YNS1 (SS) Demir Akozer
COMSUBRON SIX
USS New Hampshire (SSN 778)

EMN1 (SS) Keenan Krenzer
COMSUBRON SIXTEEN
USS Georgia (G) (SSGN 729)

MMN1 (SS) Adam Cassidy
COMSUBRON TWELVE
USS Delaware (SSN 791)

MMN1 (SS) Michael Low
COMSUBRON TWENTY
USS Wyoming (B) (SSBN 742)

MMN1 (SS) Scott Hendler
COMSUBRON TWO
USS Virginia (SSN 774)

EMN1 (SS) Paul Waring
COMSUBRON FOUR
USS Oregon (SSN 793)

SHORE

ITS1 (SS) Bradford Glisson
Europe Region
Submarine Group EIGHT

NC1 (SW/AW) Elon McDuel
Southeast Region
Submarine Readiness Squadron 36

STS1 (SS) Mario Quinonez Jr.
Northeast Region
Regional Support Group, Groton

COMSUBPAC SAILORS OF THE YEAR



LSS1 (SS) Aubrey Pereyra
COMSUBRON SEVEN
USS Springfield (SSN 761)
CSP SEA SAILOR OF THE YEAR



NC1 (AW/IUSS) Gabriella Oldham
COMSUBGRU NINE
NOPF, Whidbey Island (Shore)
CSP SHORE SAILOR OF THE YEAR

SUBPAC Regional Area Commands Sailors of the Year Finalists

SEA

MMA1 (SS) Aaron Brooks
COMSUBRON FIFTEEN
USS Key West (SSN 722)

STG1 (AW) Daniel Logan
COMSUBGRU NINE
NOPF, Whidbey Island (Sea)

TM1 (SS) Bryan Llaser
COMSUBRON ELEVEN
USS Alexandria (SSN 757)

HM1 (SS/SW/AW) Joshua Savage
COMSUBRON ONE
USS Hawaii (SSN 776)

SHORE

HM1 (FMF) Stephen Hill
COMSUBGRU SEVEN
Submarine Squadron FIFTEEN (Staff)

MMN1 (SS) Daniel Ollila
COMSUBGRU NINE
Submarine Group NINE (Staff)

NC1 (SW/AW) India Nelson
COMSUBGRU NINE
Submarine Readiness Squadron 33

ETV1 (SS/AW) Christaine Punzalan
COMSUBPACREP WEST COAST
Submarine Development Squadron FIVE (Staff)

CONGRATULATIONS TO ALL SUBFOR SAILORS OF THE YEAR!

JO JUNGLE

C2F and SUBLANT Host Junior Officer Undersea Symposium and Training *By Mass Communication Specialist 1st Class Justin Yarborough*



Flag officers speak with junior officers about undersea warfare during a Junior Officer Undersea Warfare Symposium and Training (JOUST) flag officer panel onboard Naval Support Activity (NSA) Hampton Roads.

Commander, Second Fleet and Commander, Submarine Force, U.S. Atlantic Fleet hosted a Junior Officer Undersea Symposium and Training (JOUST) event onboard Naval Support Activity Hampton Roads from April 25-29.

The five-day symposium, a first for the undersea warfare (USW) community, brought 100 junior officers (JOs) from multiple warfare communities across the fleet together in a collective forum to align knowledge, skillsets, strategy and tactics, discuss undersea warfare capabilities and doctrine, and provide JOs a direct line of communication to leaders in the USW community.

"This forum is a great opportunity for you as JOs to tell us at the senior leadership level what challenges and obstacles that you're encountering at the operator level, to level the understanding of USW capabilities among our communities represented here, and to facilitate discussion and come up with unique solutions as a team," said Vice Adm. William Houston, Commander, Submarine Forces. "JOUST has already challenged us as undersea community leadership to take a deep look into our integrated processes. I can already see the impact of conversations had here creating seamless integration of our experiences to come up with unique solutions for evolving threats in the Atlantic."

The goal of the symposium is to enhance integration, interoperability and operations efficiency amongst operators in multiple warfare communities and domains that conduct USW operations, and to discuss how USW is employed across the fleet.

"We say that undersea warfare is a team sport, but our

players aren't practicing together," said Lt. James Vanderplas, JOUST symposium planner. "With JOUST, we wanted to challenge the traditional model wherein we divide ourselves by platform. Our goal is to unite the communities through our shared USW mission," said Vanderplas. "JOUST is the first step towards minimizing these barriers. At the junior officer level, we can discuss future capabilities, shared tactics, techniques and procedures, and build the relationship necessary to surge our USW team forward."

During the symposium, attendees had the opportunity to tour several USW-capable platforms and assets, such as a guided-missile destroyer, a fast-attack submarine, a P-8A Poseidon maritime and patrol reconnaissance aircraft and a theater undersea warfare watch floor.

"The tours were very enlightening to see how each branch of the USW community plans and fights with their systems and sensors, therefore maximizing our capabilities and allowing us to see how we all can best coordinate collectively," said Lt. Stefan Knight, a P-8 Poseidon weapons and tactics instructor at Patrol Squadron (VP) 30. "The better we understand how they are controlling their sensors and systems, the better we can integrate and operate as a team."

Senior leadership continued the conversation on theater USW operations with the JOs and shared their perspectives and insights of the USW force during a flag officer panel. Rear Adm. Steve Waddell, Vice Commander, U.S. Second Fleet, Rear Adm. Brendan McLane, Commander, Naval Surface Forces Atlantic, Rear Adm. Brian Davies, Commander, Submarine Group Two, Rear Adm. Marty Muckian, Commander, Undersea Warfighting Development Center, Rear Adm. Lance Scott, Commander, Patrol and Reconnaissance Group, and Rear Adm. Gregory Huffman, Commander, Carrier Strike Group 12 chaired the panel and fielded questions from the audience.

"I'm glad that we had a chance to speak with decision makers and gain a better understanding and perspective from their purview," said Lt. Cmdr. Savannah Peters, an antisubmarine warfare/subsurface warfare weapons and tactics instructor from Surface Mine Warfare Development Center. "Opening the curtain for JOs to ask thought out questions and receiving a very open-kimono response from senior leadership enables us to broaden our understanding in what the fleet is moving towards in regards to the USW community."

As a keynote speaker, Adm. (retired) James Foggo, Dean, Center for Maritime Strategy, Navy League, engaged with the audience, discussing the Fourth Battle of the Atlantic and the importance of a unified approach the fleet should have in conducting USW operations across the aviation, surface and undersea forces.



SAILOR SPOTLIGHT

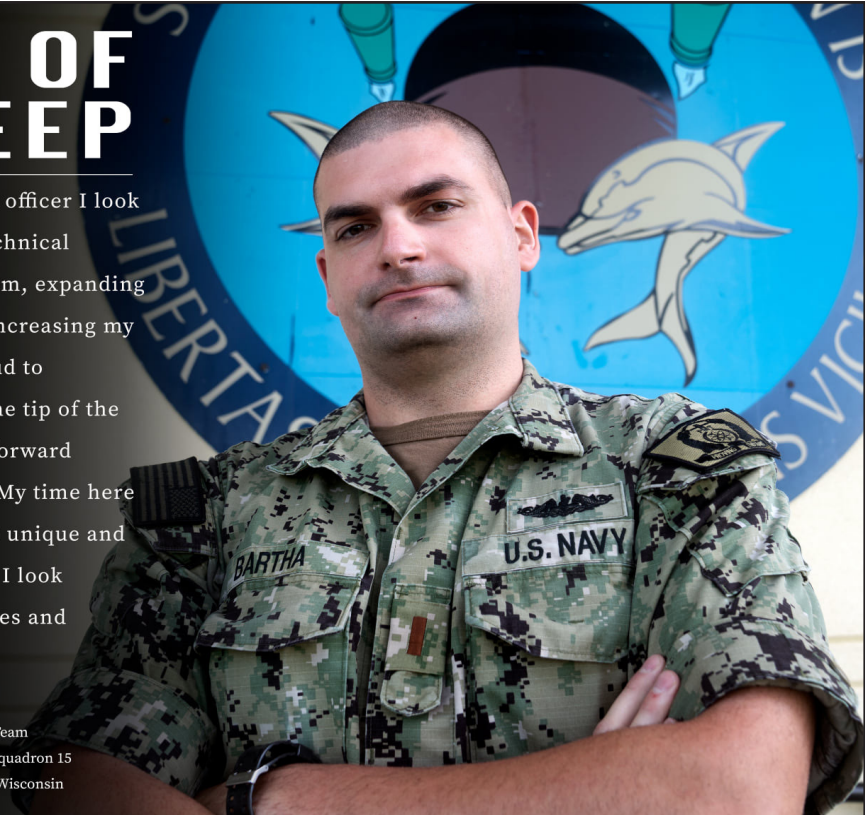


FACES OF THE DEEP

"This is the most challenging, but easily most rewarding command I have ever served at. The knowledge I've obtained is invaluable, and I hope to pay it forward in my career with anyone I come across in the Fleet."


YN1 Kirk Lewis
Chief of Staff Admin Assistant
Commander, Submarine Force Atlantic

COMSUBLANT Mid-Atlantic Region
Shore Sailor of the Year



FACES OF THE DEEP

"As a newly commissioned officer I look forward to bringing my technical expertise into the wardroom, expanding my fleet experience, and increasing my knowledge base. I am proud to represent the country at the tip of the spear and continuing my forward deployed duties in Guam. My time here and transition have been a unique and rewarding experience and I look forward to future challenges and experiences."

 **Ensign Michael Bartha**
Performance Monitoring Team
Commander, Submarine Squadron 15
Hometown: Oconto Falls, Wisconsin

WOMEN IN SUBMARINES

THE WOMEN OF USS WYOMING MAKE HISTORY

By Chief Mass Communication Specialist Ashley Berumen

It has been more than 12 years since women were authorized to serve aboard submarines. While women comprise nearly one-fourth of the Department of Defense's total force, only a small fraction of women serve on submarines.

The 15 enlisted women serving aboard the ballistic-missile submarine USS Wyoming's (SSBN 742) Blue Crew, homeported at Naval Submarine Base Kings Bay, Georgia, recently reached a milestone accomplishment for all women who serve.

These submariners made history when they became the first enlisted female crew to complete a ballistic-missile submarine "boomer" deterrent patrol.

Enlisted women currently serve aboard four guided-missile submarines and one ballistic-missile submarine. There are 70 active submarines in the fleet.

"I personally never saw myself being in the Submarine Force," said Chief Logistics Specialist Samantha Mincey, who began her naval career in the surface fleet serving aboard an aircraft carrier. "When I joined, women weren't allowed on submarines. I never thought women would start being accepted on submarines while I was in the Navy."

Mincey, a Los Angeles native, joined the Navy 16 years ago, and is the senior enlisted female on the crew.

"Being the female chief, I love the fact that I have had experiences that can hopefully help strengthen and build the male and female junior Sailors around me," said Mincey.

A patrol begins when the submarine leaves its home port and ends upon its return. The mission of ballistic-missile submarines is to deter attacks by potential adversaries through strategic deterrence patrols.

On average, ballistic-missile submarines spend 77 days at sea, followed by 35 days in port for maintenance.

Torpedoman's Mate 3rd Class Kania John said she did not know submarines would be an option for her when she joined the Navy in December 2018.

"Sometimes the schedule can be draining," said John. "But I love my job, and the people I work with make the experience that much better."

Female officers have been deploying aboard submarines since 2011, but it was a few more years before the Navy began the process of incorporating enlisted women on submarine crews.

John said she feels honored to be a part of a milestone for women in the submarine force.

"As I learn more about women's history, it brings me so much



The enlisted women assigned to the Blue Crew of the Ohio-class ballistic-missile submarine USS Wyoming (SSBN 742).

honor to be a part of this group," said John. "This is probably one of the greatest things I can be a part of. My children and future grandchildren will be so proud."

The completion of the deterrent patrol authorizes Sailors to wear a "boomer" pin on their uniforms. This pin signifies the number of patrols they have completed in the careers. Machinist's Mate (Nuclear) 3rd Class Ashley Whitmyer is the first of her family to serve in the Navy, and she said was surprised to learn she would be one of the first women to get

the deterrent patrol pin.

"I was shocked because I didn't fully understand that there were no other female crews that had been on patrol," said Whitmyer. "Just to learn that I was one of the few was an amazing honor and a tribute to just how far women have come in the Navy."

For Mincey, this achievement helps her relate to experiences she heard about from her mother when she was growing up.

"I remember being young and my mother telling me about the strides women and African Americans had made," said Mincey. "I really didn't understand pushing the bar and breaking barriers like I do now. It's really just a blessing."

John said serving aboard a submarine is not always easy, but hard work pays off.

"Although my first boat was challenging, I consider myself successful so far in my career," said John. "You have to show up at the right time, in the right uniform and put 100 percent effort into everything you do. Be intentional and you will be successful."

Each SSBN has two crews, Blue and Gold, which alternate manning the submarine to take it on patrol. Wyoming's Blue Crew has 191 crewmembers. That means enlisted women make up about eight percent of the total crew onboard Wyoming. Mincey says women should not let the fact the Submarine Force is male-dominated deter them from joining.

"Don't get discouraged and stay true to yourself," said Mincey. "We are still the minority and have so much to offer with just who we are. The work isn't easy but, at the end of the day, who else can say they have done the things you have?"

The women of Wyoming, and the women who have served throughout the Navy and Department of Defense, continue to pave the way for all women who will join after them.

ICEX 2022

U.S. NAVY CONCLUDES ICEX 2022

By Lt. Seth Koenig



Meredith Berger, performing the duties of Under Secretary of the Navy, walks across the brow after visiting the Virginia-class fast attack submarine USS Illinois (SSN 786) during Ice Exercise (ICEX) 2022.

The U.S. Navy concluded its Ice Exercise (ICEX) 2022 March 17, wrapping up nearly three weeks of research and training on, above and below Arctic Ocean ice.

In addition to Ice Camp Queenfish, a temporary encampment built on a sheet of ice 160 nautical miles offshore, the exercise involved two operational Navy fast attack submarines and a support team stationed in Prudhoe Bay, Alaska.

"The Navy maintains a presence on, under and above Arctic waters, and it's important that we continue to train in this challenging environment to not only stay ready to operate here, but also gain efficiency and look for new ways to innovate," said Rear Adm. Richard Seif, Commander of the Navy's Undersea Warfighting Development Center in Groton, Connecticut, and ranking officer at ICEX 2022.

"The Arctic is an unforgiving, rapidly changing region. Several chokepoints near or above the Arctic Circle – such as the Bering Strait, Bear Gap between the Norwegian and Barents seas, and the Greenland-Iceland-United Kingdom Gap – are seeing increases in commercial maritime activity," he continued. "By training in this extreme cold-weather environment, we're best prepared to rapidly respond to any crises in these regions and ensure common domains in the far north remain free and open."

Joining the U.S. armed forces for ICEX 2022 were personnel from the Royal Canadian Air Force and Navy, and the United Kingdom Royal Navy.

During ICEX, participating fast attack submarines under the Arctic sea ice fired exercise torpedoes, which Navy divers then recovered from the frigid water. The exercise also provided

an opportunity for Navy specialists and civilian scientists to conduct research from the floating ice camp, collecting data on the Arctic conditions and how equipment responds to the extreme temperatures.

ICEX allows the Navy to assess its operational readiness in the Arctic, increase experience in the region, advance understanding of the Arctic environment, and continue to develop relationships with other services, allies and partner organizations.

ICEX 2022 is taking place in the Arctic region at the same time as U.S. Northern Command's Arctic Edge,

a biennial exercise designed to provide realistic and effective training for participants using the premier training locations available throughout Alaska, ensuring the ability to rapidly deploy and operate in the Arctic. Arctic Edge takes place over the course of three weeks and will have approximately 1,000 participants, including U.S. and Canadian service members, U.S. Coast Guardsmen, and government employees from the U.S. Department of Defense and Canada's Department of National Defence.



Sailors assigned to the Los Angeles-class fast attack submarine USS Pasadena (SSN 752) moor the boat to ice approximately 170 nautical miles offshore in the Arctic Ocean during Ice Exercise (ICEX) 2022.

WELCOME HOME



Chief Machinist's Mate (Nuclear) Ryan O'Neill, assigned to the Virginia-Class fast-attack submarine USS Washington (SSN 787), embraces his son, Silas, and wife, Heather, during the boat's homecoming at Naval Station Norfolk.



The Virginia-class fast attack submarine USS Colorado (SSN 788) is guided by a tug boat while returning home to Naval Submarine Base (SUBASE) New London.



Lt. j.g. Mark Driver, assigned to the Los Angeles-class fast-attack submarine USS Albany (SSN 753), embraces his wife, Maya, and son, Kellen, during the boat's homecoming to Naval Station Norfolk.



Chief Machinist's Mate (Nuclear) Bruce Hamilton, from Abingdon, Virginia, assigned to the Virginia-class fast-attack submarine USS Missouri (SSN 780) reunites with his family after the boat returns to Joint Base Pearl Harbor-Hickam from deployment in the 7th Fleet area of responsibility.



Electronics Technician (Nuclear) 1st Class Morris Lowery, from Piscataway, New Jersey, assigned to the Virginia-class fast-attack submarine USS Minnesota (SSN 783) reunites with his daughter on the submarine piers at Joint Base Pearl Harbor-Hickam.



Sailors assigned to the Virginia-class fast-attack submarine USS Minnesota (SSN 783) heave mooring lines as the boat makes its homecoming arrival at Joint Base Pearl Harbor-Hickam after completing a change of homeport from Groton, Connecticut.

COMMANDER'S INTENT 4.0

**THE UNCLASSIFIED VERSION OF COMMANDER'S INTENT 4.0
IS AVAILABLE AT:**

<https://tinyurl.com/CommandersIntent2022>



Warfighting, People, Safety



KEY DATES IN SUB HISTORY

7MARCH - 20APRIL

- **March 7, 1958:** USS Grayback (SSG 574) is commissioned. She is the first submarine built from the keel up with guided missile capability to fire the Regulus II missile.
- **March 13, 1993:** USS Montpelier (SSN 765) is commissioned at Naval Station Norfolk. The boat is the 15th in the Los Angeles-improved class of attack submarines.
- **March 17, 1959:** USS Skate (SSN 578) becomes the first submarine to surface at the North Pole, traveling 3,000 miles in and under Arctic ice for more than a month.
- **April 4, 2020:** The U.S. Navy commissioned USS Delaware (SSN 791), the 18th Virginia-class attack submarine. (Picture on right)
- **April 7, 1990:** The Los Angeles-class fast attack submarine USS Albany (SSN 573) is commissioned at Naval Station Norfolk.
- **April 10, 1963:** During diving tests, USS Thresher (SSN 593) is lost with all hands east of Cape Cod, Massachusetts, including commanding officer and 17 civilian technicians.



The Virginia-class submarine USS Delaware (SSN 791) is guided by a tugboat as it arrives in Wilmington, Delaware March 29, 2022. Delaware's 132-man crew transited to Wilmington to participate in week-long commemoration events in honor of the boat's commissioning ceremony.



The crew of the USS Holland (SS-1) stands atop the submarine while moored at the U.S. Naval Academy in 1903.

- **April 11, 1900:** The U.S. Navy officially joined the undersea world when it purchased USS Holland (SS-1) and commissioned it on October 12, 1900. The boat, designed by John P. Holland, proved valuable for experimental purposes during its 10-year career. (Picture on left)

- **April 18, 2020:** The U.S. Navy commissioned USS Vermont (SSN 792), the 19th Virginia-class attack submarine.



USS Henry Clay (SSBN 625) launches a Polaris Missile from the surface of the Atlantic Ocean off Cape Kennedy in 1964.

- **April 20, 1964:** USS Henry Clay (SSBN 625) launches a Polaris A-2 missile in the first demonstration to show that Polaris submarines could launch missiles from the surface as well as from beneath the ocean. (Picture on right)

CONTACT INFORMATION

U.S. SUBMARINE FORCE



NORFOLK, VA

- **SUBLANT:** 757-836-1341
- **CSG2:** 757-836-2891
- **CSS6:** 757-967-6985
- **CSS8:** 757-396-3643
- **SRS34:** 757-967-2529
- **CTF84:** 757-836-5366
- **CTF114:** 757-836-3560

GROTON, CT

- **CSS4:** 860-694-3229
- **CSS12:** 860-694-2753
- **UWDC:** 860-694-5528
- **SRS32:** 860-694-3606

PORTSMOUTH, NH

- **CSS2:** 207-438-2529

KINGS BAY, GA

- **CSS16:** 912-573-2454
- **CSS20:** 912-573-2422
- **CSG10:** 912-573-3733
- **SRS36:** 912-573-0853

NAPLES, ITALY

- **CSG8/CTF69:**
(DSN) 314-626-3604

BAHRAIN

- **CSS21/CTF54:**
(DSN) 318-439-3081

PEARL HARBOR, HI

- **SUBPAC:** 808-473-2418
- **CSS1:** 808-473-2891
- **CSS7:** 808-473-3267
- **SRS33:** 808-473-1080
- **CTF34:** 808-473-0696

BANGOR, WA

- **CSS17:** 360-396-5591
- **CSS19:** 360-396-6269
- **CSG9:** 360-396-6821
- **SUBDEVRON5:**
360-315-4102
- **SRS31:** 360-396-6505

SAN DIEGO, CA

- **CSS11:** 619-553-8666
- **USRC:** 619-674-8688

GUAM

- **CSS15:**
(DSN) 671-343-6154

YOKOSUKA, JAPAN

- **CSG7/CTF74:**
(DSN) 315-243-5006

NAVY NUKES!

Check out <https://go.usa.gov/xunb3> for real-time information regarding policy updates, relevant pubs, and opportunities that impact **YOUR CAREER.**





KEY DATES



May

- Military Appreciation Month
- Asian American & Pacific Islander Heritage Month
- 6 - Spouse Appreciation Day
- 8 - Mother's Day
- 15 - O1 FITREP/EVAL
- 17-19 - Submarine Technology Symposium
- 22 - USS Scorpion Anniversary
- 23-26 - CO/XO/DH Board
- 28 - PCU Oregon Commissioning
- 30 - Memorial Day*

June

- 4 - Battle of Midway
- 6-10 - NATO Sub Staff Officer Conference
- 14 - Flag Day
- 15 - E4 FITREP/EVAL
- 19 - Juneteenth*/Father's Day
- 25 - PCU Montana Commissioning

July

- 4 - Independence Day*
- 15 - O6, E1-E3 FITREP/EVAL
- 21-22 - Fleet Sync
- 22 - Korean War Veterans Armistice Day

August

- 7 - Purple Heart Day
- 10 - DoD Birthday
- 26 - Women's Equality Day

Federal Holiday*

September

- Suicide Prevention Month
- Hispanic Heritage Month
- 1-2 - Strategic GAMCOTS
- 5 - Labor Day*
- 11 - Patriot's Day
- 14 - Ombudsman Appreciation Day
- 15 - W2, E7-E8 FITREP/EVAL
- 16 - POW/MIA Recognition Day
- 20-22 International GAMCOTS
- 25 - Gold Star Mother's and Family Day
- 26-28 - NDIA Undersea Warfare Fall Conference

October

- Disability Employment Awareness Month
- 10 - Columbus Day*
- 13 - Navy Birthday
- 15 - O4 FITREP/EVAL
- 21 - Chiefs Pinning

November

- Military Family Month
- Warrior Care Month
- Native American Heritage Month
- 1-2 - Naval Sub League Symposium
- 11 - Veterans Day*
- 15 - E6 FITREP/EVAL
- 24 - Thanksgiving*

December

- 7 - Pearl Harbor Remembrance Day
- 21 - Holiday Standdown Starts
- 25 - Christmas Day*

January

- 2 - New Year's Day*
- 16 - Martin Luther King Jr. Day*
- 26 - National Spouses Day

IT'S OKAY TO ASK FOR HELP



TO LEARN MORE ABOUT MENTAL HEALTH AND WHERE TO GET HELP, VISIT MILITARYONESOURCE.MIL OR CALL THE MILITARY CRISIS LINE 1-800-273-TALK

This newsletter is a collection of inputs from around the Submarine Force. If you have suggestions for articles, please contact the Submarine Force Atlantic Public Affairs Office:

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