



Return to Homeport 2020 WILL TO FIGHT. THE COURAGE TO PREVAIL!



Captain's Corner

By Cmdr. Mark W. Lawrence

Greetings once again, Phantom Warrior Families and Friends!

'Super 60' is back in San Diego, and we can't wait to tell you everything we accomplished while deployed! First and foremost, I want to thank all the families and loved ones who supported us throughout this extended deployment. Being apart is never easy, but never more so than this year when we know things at home were made more challenging by COVID-19. Our thanks to you for staying strong and keeping safe at home, so we could focus on what we needed to do at sea.

I want to congratulate all our latest round of Enlisted Surface Warfare Specialist (ESWS) recipients! A tremendous achievement and professional accomplishment! Please see the listing on page 7 for all the recipients since our last edition – including a handful of our newest Phantom Warriors only able to join us in August. Some Sailors and Officers earned crucial advanced watch qualifications over the last six weeks that will serve them and this warship well in the future. Many of our shipmates distinguished themselves through their accomplishments, earning personal awards for sustained superior performance at sea. As a crew, we ultimately accomplished 27 of our 29

targets identified as Command Goals for 2020 – objectives ranging from health and fitness to paygrade advancement, team training excellence, and retention. Truly, we set our own agenda so that our many months forward were well spent.

We rounded out our time in 5th Fleet well, helping shape and stabilize both Joint and Coalition mission execution in a theater of enduring strategic importance to the United States, executing several high-priority escorts for Maritime Sealift Command and Allied strategic lift ships through the Strait of Hormuz, and providing overwatch in support of a high-priority joint air defense exercise. We professionally executed an emergent repair visit to Khalifa bin Salman port, Bahrain, observing all required COVID mitigations and proving this crew is stacked with some of the most self-sufficient technicians on the Navy's rolls. Then, while PAUL HAMILTON transited home, we took the opportunity to connect with the Navy's rich heritage by honoring those who fought and died at Leyte Gulf three-quarters of a century ago this month; by conducting a burial at sea for 19 deceased Navy veterans and military family members; and by remembering the 20th anniversary of the terrorist attack on USS COLE (DDG 67). We even seized the opportunity to 'cross the line' and make 199 more Trusty Shellbacks

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from our junior – though now supremely experienced – crew!

Some statistics to capture the body of work your Phantom Warriors accomplished on Deployment 2020:

- 2 7th Fleet freedom of navigation missions
- 2 exercises with the Royal Saudi Navy
- 3 Joint development events
- 5 real-world Ballistic Missile Defense events
- 10 Strait of Hormuz transits
- 79 days in support of Coalition Task Force SENTINEL
- 83 days as 5th Fleet Ballistic Missile Defense Commander
- 133 days at sea consecutively
- 180 days with theater-level Air Defense and Sea Combat Commander duties
- 256 days at sea total
- 270 days deployed
- 54, 112 nautical miles travelled
- 5.5 million gallons of Diesel Fuel Marine expended

We worked for four Carrier Strike Groups and six Destroyer Squadrons on this nine-month deployment. Everyone stayed healthy while serving downrange during the global coronavirus pandemic, and returned home together. We could not have done it without you, our standout Ombudsman, or the Phantom Warrior Family Readiness Group – thanks to one and all.

We have returned to enjoy some well-earned leave with you, and to prepare this venerable warship for deep maintenance and combat system upgrades. Some shipmates will carry their experiences and accomplishments forward in active service onboard this destroyer, others will go on to other commands, and others still will pursue new and worthy walks of life. They will face down new challenges, as we always must. They should do so fully assured that they have acquitted themselves exceedingly well in some extraordinary times, and are now part of the Navy's destroyer lineage. I am proud to have served as a Phantom Warrior alongside them.

This will be my last 'Super 60' Minutes entry as Commanding Officer. Thank you for your support to this fine ship and for your service to the Nation. I wish each member of the wider PAUL HAMILTON family a joyous reunion with their Sailor, a wonderful fall season, and every happiness in the future. As ever: "Will to Fight. The Courage to Prevail!"

USS Paul Hamilton Returns from Noteworthy 9 Month Deployment

From Paul Hamilton Public Affairs

San Diego – The crew of the guided missile destroyer USS Paul Hamilton (DDG 60) had extra cause to celebrate on the Navy's Birthday this year, as the ship returned on October 13th from a successful nine-month deployment to the U.S. Fifth and Seventh Fleets. Paul Hamilton departed Naval Base San Diego on January 17, 2020, and remained at sea for a vast majority of the following nine months due to operational

tasking and the constraints of operating forward in the midst of the COVID pandemic. The ship traveled a total of 54,422 nautical miles as she supported missions across the globe, and the Phantom Warriors earned the title of "Steel Shellbacks" after crossing the Equator with more than 255 days at sea in 2020. As Paul Hamilton made the turn into San Diego Bay, the crew hoisted the "homeward bound" pennant, an honor given to ships who deploy for 270 or more days continuously.

"I could not be more proud of this crew and the great work they did in support of American interests in two strategic regions," said Commander Mark W. Lawrence, Commanding Officer of Paul Hamilton. "The Phantom Warriors adapted to the challenges of operating in a COVID environment and performed brilliantly, demonstrating remarkable self-sufficiency and the will to fight that our Nation expects from its Navy."

Paul Hamilton originally deployed with the Theodore Roosevelt Carrier Strike group to conduct security and stability operations in the Western Pacific. While in U.S. Seventh Fleet, the ship supported freedom of navigation through focused operations in the South China Sea. Paul Hamilton later served as U.S. Fifth Fleet Ballistic Missile Defense Commander and in direct support to the International Maritime Security Construct, a coalition task force whose mission is to reinforce free access to international waters in the Middle East. While in theater, Paul Hamilton also conducted joint operations with the Army, Air Force, and Coast Guard, ultimately serving in four carrier strike groups and contributing to a host of Navy, Joint, and Allied objectives.

USS Paul Hamilton (DDG 60) is the tenth Arleigh Burke-class guided-missile destroyer.

CMC's Column

By CMDCM Toyna Grace

PAUL HAMILTON Warriors, family members and friends *we made it!*

First, I want to personally thank each of you for all the support received from the first day of PHM's departure from home port. It sounds so long ago, but yet I remember that day vividly. The love, support and prayers that we left with that day have surely carried us through to this successful and rewarding deployment.

You can be very proud of your Phantom Warriors as they have grown mentally tougher over the last 9 months and executed daily tasks with endurance and a ready willing spirit each and every day. Our Sailors exceeded multiple command goals from our January 2020 milestones such as overall advancements across rates, ESWS qualifications, damage control and watchteam qualifications. I want to thank our MWR team; ENS Orlando, GMC Sprunk, IC2 Stoutamire and the rest of our amazing team for taking care of the crew during this deployment. 5 beer days, 20 steel beach picnics, a Crossing the Line Ceremony, and a variety of MWR events, specifically bingo nights were always a hit.

We couldn't have made it without our Supply team – keeping the Ship's store stocked, to all the amazing birthday meals and cakes, diversity celebrations meals and a massive amount of ice cream served to the crew by our CS Team – THANK YOU! You kept our spirits up and bellies full.

And my last huge gratitude of thanks goes to the FCPOA, Chiefs Mess, and Wardroom – your leadership,

mentorship and guidance through this deployment brought this team back safe and sound, and for that I'm extremely proud of you and thank you from the bottom of my heart for all you do. WILL TO FIGHT – COURAGE TO PREVAIL!



Above: USS Paul Hamilton conducts an underway replenishment while underway in the Arabian Gulf.

Sailors Advanced to Next Rank

Congratulations to the following Phantom Warriors who were advanced to the next rank! Below are our newly advanced Sailors, listed with their new rank.

ET3 Cox, Kieran

FCACM Hofmann, Jared

AZ3 Jones, Daishawn

AO3 Lopez, Nataly

QM3 Miller, Joseph

MMCS Muncal, Gierard

EM2 Strickland, Darryl

Phantom Warriors Connect with WWII Vet

By LTJG W. Kirk Wolff

Philippine Sea – A chance connection and email out of the blue enabled Sailors onboard USS Paul Hamilton (DDG 60) to connect with naval history. The mother of Mr. Jay Matthews, a 31 year employee of BAE Norfolk, has a medical caretaker in North Carolina. Another client of the health aide is Mr. William Stamey Peeler, a former Seaman First Class and WWII veteran who served aboard DDG 60's predecessor ship USS Paul Hamilton (DD 590). After learning of his service history, Matthews reached out on behalf of Mr. Peeler to the crew of Paul Hamilton via email. The crew received the message as the ship steamed through the Surigao Strait, where DD-590 and Mr. Peeler saw combat action 75 years earlier. Mr. Peeler is also the recipient of the Purple Heart.

“When I received the email I almost could not believe it. It is such an honor to be able to reach out and connect with an American hero like Mr. Peeler,” said Lieutenant Damon Goodrich-Houska, the Plans and Tactics Officer onboard Paul Hamilton.

To thank Mr. Peeler for his service and sacrifice, the Sailors of DDG-60 sent a Paul Hamilton themed care package that included letters from the crew, multiple ship coins, a t-shirt, a mug, and letters, including a personal note from Cmdr. Mark W. Lawrence, Commanding Officer of Paul Hamilton.

“One of the best parts of my position, and of being in the Navy, is the opportunity to preserve naval

heritage. It is our solemn duty to live up to the example of Sailors like Mr. Peeler and the rest of the DD-590 crew," said Cmdr. Lawrence.

The outreach is the latest in Paul Hamilton's efforts to continue serving as a "link in the chain" of naval history. The ship regularly conducts commemoration ceremonies for various naval battles and emphasizes the heritage of the ship. Paul Hamilton's crest includes the seven battle stars DD-590 earned in WWII.

Ombudsman's Message

By Langston McCants

Your deployment is over, and now you are returning home. Next, it's time to reconnect with your family and friends and return to your "normal" life. There are a few ways you can make your return home from a deployment easier. Not overdoing it and making sure to communicate are good starts to a successful transition.

TIPS FOR TRANSITIONING AFTER DEPLOYMENT

Use these tips to help you during your transition from a deployment:

1. *Tell your friends and relatives how you'd like to celebrate.* Chances are, they'll be excited to see you, but how you want to celebrate your return is up to you. Don't be afraid to gently tell them if you prefer some time for yourself.
2. *Try not to overbook yourself.* You may have lots of people to see and places to go, but give yourself time to relax and readjust. Ease back into your routines and give yourself a break if it doesn't all feel comfortable right away.

3. *Allow yourself to feel all kinds of emotions.* Give yourself permission to feel the way you feel, even if it's uncomfortable. You may need some time to settle into your life and sort out emotions. Go easy on yourself and give it time.

4. *Talk about how you're feeling and encourage friends and family to do the same.* Your loved ones may not know how to ask about your experience, but talking about your feelings can be an important part of the readjustment process. Take the initiative to show them it's OK to discuss it. If you could use some extra guidance, Military OneSource offers a free and confidential "Building Healthy Relationships" specialty consultation designed to help returning service members reconnect with loved ones. Open a group chat with your department so you're not suddenly isolated.

5. *Be patient.* You may feel out of sync with your loved ones or friends. Coming home isn't just an adjustment for you — it's an adjustment for everyone around you. If you have children, be prepared for them to have outbursts of emotion or give you some attitude. Keep the lines of communication open and be patient with yourself and with loved ones. Include one-on-one time with your partner and each of your children.

6. *Focus on the positive.* Individually, tell your family members you are proud of them, and you appreciate them.

7. *Limit your use of alcohol.* Drinking too much can confuse your thinking and cloud your judgment, so do your best to limit your consumption.

8. *Watch your spending.* You may find it tempting to celebrate your return with a shopping spree, but it's more important to stay within your means.

9. *Know when to seek help.* If you're feeling signs of stress — either physical or emotional — seek expert help as soon as possible. If you are suicidal or in a state of crisis, you can contact the Military Crisis Line 24 hours a day (1-800-273-8255 and Press 1). You can also start a conversation via online chat or text (838255).

Ensure that your return from a deployment goes smoothly by educating yourself on what to expect and where you can turn for support. Take advantage of the resources available at Military OneSource to help you with this transition including free, non-medical counseling. Or, contact a Military Family and Life Counselor through Fleet and Family Services, the Chaplain or the Ombudsman at (619) 823-4902.

Paul Hamilton Holds Leyte Gulf Commemoration

By LTJG W. Kirk Wolff

As USS Paul Hamilton (DDG 60) transited the waters of the Leyte Gulf on September 27, the ship's crew took a pause from the busy routine of deployment to honor those who served in the Battle of Leyte Gulf. A collection of naval engagements during October of 1944, Leyte Gulf was the largest naval battle in world history with nearly 400 ships and over 200,000 Sailors involved. The United States victory in the battle secured the liberation of the Philippines, destroyed the combat power of the Imperial Japanese Fleet, and is viewed by historians as a critical juncture in World War II.

The crew assembled on the flight deck for the ceremony which honored the members of the Greatest Generation who fought in Leyte, and

to reflect on their own service. Command Master Chief Toyna Grace led a prayer for those who were lost in the battle. Commanding Officer, Cmdr. Mark W. Lawrence, provided remarks, and the crew placed a commemorative wreath into the waters of the Leyte Gulf, followed by a traditional three volley gun salute. IT1 Brandon Baker and IT2 Luis Contreras had the honor of laying the commemorative wreath into the sea.

“The Sailors of Leyte... remind us that our singular charge and highest priority is to be combat ready and battle-minded, so that when called upon we can respond in the same manner as those who covered themselves in glory here,” said Cmdr. Mark W. Lawrence, Commanding Officer of USS Paul Hamilton.

The ship deployed from its homeport in San Diego in January, but the crew of 315 Sailors has taken time to commemorate significant events in naval history throughout the year. USS Paul Hamilton’s (DDG 60) predecessor ship, USS Paul Hamilton (DDG 590), served in the South Pacific in World War II and earned 7 battle stars for her service.

“This was a great opportunity for the crew to honor some of the greatest Sailors in history,” said CMDCM Grace. “We are always striving to maintain our ties to the past as ‘links in the chain’ of naval history.”

Paul Hamilton’s Sailors have a unique connection to the Battle of Leyte Gulf. One of the seven battle stars earned by USS Paul Hamilton (DD 590) was for her service in the battle. In 2019, members of the crew had the honor of attending the 75th and final reunion of the vaunted surface warriors of Taffy-3, who fought valiantly in the Battle of Leyte Gulf. The reunion was attended by survivors of the battle and their families.

“In these waters rests the indomitable spirit of our naval Surface Force – the very archetype of initiative, discipline, and trust for every Phantom Warrior. You are part of this lineage now and I am proud to pay my respects alongside you today,” remarked Cmdr. Lawrence.



Above: IT1 Baker and IT2 Contreras lay a wreath in the waters of Leyte Gulf as Gunner’s Mates fire a three volley salute.

Naval Base San Diego COVID Order

“GUIDANCE FOR USE OF FACE COVERINGS ON NAVAL BASE SAN DIEGO”

Ref: (a) SECDEF Memo dtd 5 Apr 2020. "Department of Defense Guidance on the Use of Cloth Face Coverings"

(b) NAVADMIN 1 00/20

(c) NAVEBASESANDIEGO ORDER #1

(d) U.S. Navy Regulations, Article 802

NBSD Face Covering Order, continued

(e) U. S. Navy Regulations, Article 1028 1. Purpose. To issue regulations implementing the wear of face coverings aboard the installation per references (a) and (b). To enhance mission-readiness, protect the health and safety of all personnel aboard

Naval Base San Diego (NBSD), and specifically limit the spread of COVID-19. This order is effective immediately and remains in effect until cancelled or superseded by higher authority.

2. Scope. This order applies to and governs all personnel, military and civilian, on board NBSD, including all tenant commands, Temporary Additional Duty, and transiting personnel, regardless of service-affiliation or status. All military personnel aboard NBSD are responsible for their dependents, and are responsible for ensuring the compliance of their dependents with this order.

3. Action. Effective immediately, every individual coming aboard NBSD will be required to possess a face covering, which includes cloth-made face coverings.

a. Appearance and Proper Wearing of Face Coverings. Face coverings will meet the following criteria and be worn in accordance with Center for Disease Control (CDC) guidelines:

(1) Be conservative in appearance.

(2) Not be offensive in appearance (through pictures or graphics).

(3) Fit snugly, but comfortably against the side of the face.

(4) Cover from nose to chin.

(5) Be secured with ties or ear loops to prevent slippage.

(6) If made of cloth, preferably include multiple layers of fabric.

(7) Full face coverings, including, but not limited to ski masks, are prohibited.

b. Guidance for Military Personnel. Uniformed personnel, until official face coverings are produced and implemented, are authorized to wear medical or construction type masks or other cloth covering such as

bandanas, scarfs, etc. These face coverings will follow the above criteria and CDC guidelines.

c. **Guidance for Civilian Personnel.** The requirement to possess and wear a face covering applies to individuals age 6 and above. CDC guidelines provide that cloth face coverings should not be placed on children younger than 2 years of age or otherwise unable to remove the covering without assistance. These face coverings will follow the above criteria and CDC guidelines.

d. **Mandated Use of Face Coverings**

(1) Face Coverings will be worn whenever a physical distance of six feet from other individuals cannot be maintained, including in public areas and work centers.

(2) Face Coverings will be worn by individuals in a Restriction of Movement (ROM) status when interacting with any other individuals or if residing in a multi-person residence onboard Naval Base San Diego.

(3) Individuals residing in Unaccompanied Housing/Pacific Beacon/NGIS/Navy Lodge will wear a face covering in all common areas, including laundry facilities.

(4) Patrons of the Commissary and Navy Exchange will wear a face covering at all times when entering and within the facilities.

(5) Patrons of the Galley for take-out will wear a face covering when picking up meals.

(6) MWR, Commissary, and Navy Exchange staff who regularly interact with the public will wear a face covering in their place of employment.

e. **Exclusions** Child and Youth Program (CYP) staff will comply with the specific guidelines provided

by Commander, Navy Region Southwest for CYP programs.

f. **Face Coverings Approaching the ECP.** All individuals will be prepared to lower face covering as directed by Security forces or other authorized personnel to verify identification or perform any other official duties.

4. **Requirements for Social Distancing and other Safety Measures.** Use of Face Coverings does not negate the requirements of reference (c) to social distance or follow other health and safety measures on board NBSD.

5. **Authority.** All commands with personnel on board NBSD are expected to fully enforce this order. Additionally, all commands will enable and foster vigilant compliance with the above criteria and guidelines by all individuals that fall under their cognizance. This order exercises the authority contained in references (a) through (e). This is a lawful order and violations of this order may result in administrative or disciplinary action under service regulations and the Uniform Code of Military Justice.

M. S. NIESWIADOMY, NBSD CO

Sailors of the Year Named

From Paul Hamilton Public Affairs

Congratulations to the following Sailors who were selected as the 2020 Sailors of the Year for USS Paul Hamilton!

These Sailors were selected in four categories based on rank from all Phantom Warriors, and their selection represents recognition of their outstanding work above and beyond what was expected.

Our Senior Sailor of the Year is OS1 Joyedda Hullana, the Sailor of the Year is CS2 David Smith, the Junior Sailor of the Year is CS3 Sean Gabriel Singson, and our Blue Jacket of the Year is GSEFN Aubree Victor. Great work, Phantom Warriors!



Above: PHM's Sailors of the Year

Support of Political Activities by Naval Personnel

NAVADMIN 213/30

This guidance governs activities relating to federal, state, and local political campaigns and elections:

a. **Support of Political Activities by Department of the Navy (DON) Personnel:** Members of the Armed Forces should carry out the obligations of citizenship, including voting and encouraging others to vote. However, active duty members will not engage in partisan political activities. Avoid political activities that imply or appear to imply Department of Defense (DoD) sponsorship, approval or endorsement of a political candidate, campaign or cause. Examples of prohibited political activities: campaigning for a candidate, soliciting contributions, marching in a partisan parade, and wearing the uniform to a partisan

event. Consult ref (b) for permissible and prohibited activities.

b. Wearing of the Uniform: Active duty members, members of the reserves not on active duty, and retired members will not wear military uniforms at political campaign or election events. This prohibition is not applicable to Armed Forces color guards who perform at opening ceremonies of the national conventions of the Republican, Democratic, and other political parties formally recognized by the Federal Election Commission.

c. Social Media Use: Service members enjoy broad freedom of speech and expression on social media. There are some restrictions. Refer to the Navy Social Media Handbook as a resource for appropriate conduct online. In general, all federal employees and active duty members may use social media and email to express their own personal views on public issues or political candidates, much the same as they may write a letter to the editor of a newspaper. If a social media site/post identifies the member as on active duty (or if the member is otherwise reasonably identifiable as an active duty member), then the entry clearly and prominently will state that the views expressed are those of the individual only and not those of the DoD or DON. An active duty member may become a friend of, like, or follow social media accounts of a political party or partisan candidate, campaign, group, or cause. However, active duty members will not engage in activities with respect to those social media accounts that would constitute political activity. This includes, for example, suggesting that others like, friend, or follow the political party, partisan political candidate, campaign, group, or cause, or forwarding an invitation or solicitation to others.

e. On social media, service members may not:

- (1) Engage in any political activity while on duty or in the workplace.
- (2) Use official titles or positions in political activity at any time. If your social media identifies you as a member of DoD/DON, you must provide a disclaimer that the opinions are yours and those of not of the DoD/DON.
- (3) Suggest or ask anyone to make a political contribution at any time, including providing links to a political contribution page of any partisan group or candidate in a partisan race, or "liking," sharing, or "retweeting" a solicitation from one of those entities to a political fundraising event.
- (4) Post or link to partisan political articles, letters, or endorsements that solicit votes for or against a partisan political party, candidate, or cause.
- (5) Use contemptuous words against the President, the Vice President, Congress, the Secretary of Defense, the Secretary of a military department, the Secretary of Homeland Security, or against the Governor or legislature of any State, Territory, Commonwealth, or possession in which the service member is on duty or present

ESWS and SWO Qualifications

Congratulations to the following DDG 60 Sailors who recently earned their Enlisted Surface Warfare Specialist (ESWS) and Surface Warfare Officer (SWO) Pins!

ESWS Qualifiers:

IT1(SW) Brandon Baker
 SN (SW) Samantha Sorbellini
 BMSR (SW) Nazjae M. Imes

IT2(SW) Alexander Smith
 SA(SW) Mitchell Tromp
 ITSN (SW) Coston Burnes
 SN(SW) Rebecca Tafoya
 EMFN (SW) Raymond Williams
 GSM2 (SW) James Bartholomew
 HM2(SW) Gwendolyn Parker
 IC2 (SW) Myles Ehrlich
 OSSN (SW) Christian Williams
 SN (SW) Jake Shinn
 ET1 (SW) Robert Dull
 GSM3 (SW) Richard Ankney
 GMSA(SW) Daniel Smith
 BMSN(SW) Desirey Delarosa
 ITSN (SW) Andrew Freeman
 CSSN(SW) Eric Harper
 ET3(SW) Madelyn Ham
 GM3(SW) Andrew Thomas
 GMSA(SW) Szewczuk, Anya
 GMSA(SW) Daniel Smith
 BM3 (SW) Patrick Smith
 STG3 (SW) Samuel McWhorter
 IT2 (SW) Robert, Velasquez
 GM3 (SW) Tyler, Dunker
 CTTSN (SW) Xaviour Cooper
 OSSR (SW) Matthew Janowiak
 OSSR(SW) Shane Baringer
 DCFN (SW) James Hart
 GMSA (SW) Elisha Gomez
SWO Qualifier:
 LTJG Aaron Joo