

HOWARD APPROACHES THE END OF DEPLOYMENT 2017 ENS ADAM HAMMER

INSIDE THE DRAGON:

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HOWARD Family, Friends, and Groupies,
Welcome to this month's issue of The Dragon Times! As always, it is a pleasure to keep you posted on the latest and greatest from good ol' DDG 83 during Deployment 2017. A lot has happened since our last issue - here's a quick summary, and read on for even more coverage!

- Port Visit to Duqm, Oman and Colombo, Sri Lanka. Your Sailor will tell you that after the hard work Team HOWARD has put in over the last month underway, there was nothing more refreshing than jumping in a pool or onto a large hotel bed and enjoying some well-deserved time off (shout-out to the all-you-can-eat buffet dinners at the Crowne Plaza!)
- Mail. With each RAS working party comes renewed hope that some of the boxes passed from Sailor to Sailor will have Mom/Dad/Husband/Wife/Kid/Friend's easily-recognizable handwriting on it. HOWARD was lucky enough to receive plenty of mail during the last month!



- Celebrated the Navy's Birthday. Happy 242nd to the USN!
- Preparations to come home. I know, I know. There's still a good chunk of deployment left. But hey, it never hurts to plan ahead, right? Make sure you and your Sailor have all your ducks (or turtles) in a row for when HOWARD makes her return to San Diego!

V/R
PAO



CO'S ALL HANDS CALL



20NOV17

Family, loved ones and friends of USS Howard Crew,

We are east bound!
We still have many miles of ocean to travel but it is great to be sailing toward home.

It certainly has been an action packed 2 months for us. We completed our primary duties within the Fifth FLEET Area of Operations, rescued an enormous sea turtle entangled with a derelict fishing skiff, and provided rescue and assistance to a fishing vessel that had come under attack from pirates. We completed port visits in Colombo, Sri Lanka and Sasebo, Japan and safely transited through some of the world's busiest shipping routes. A few words instantly come to mind when I look back at the crew's performance over these past few months; brave, determined, committed, vigilant. Every single day, the HOWARD crew executes this way and I couldn't be prouder of their perseverance and accomplishments.

One more adjective comes to mind when describing the team here – excited! We remain on schedule to return to San Diego Naval Base on 5 December, arriving at pier 7, berth 2 at 1000.

I would also like to express my sincere thanks and gratitude to another couple of members of the HOWARD team. We are fortunate to have, hands down, the fleet's best Ombudsman, Mrs. Elizabeth Brantley and the most incredibly supportive Family Readiness Group President, Mrs. Chanel Ott. Their exceptional and tireless efforts kept families and friends informed, coordinated events, tackled challenges and even crafted a new ships lei to proudly adorn the bow of the ship to welcome us home.

Thank you again, for the continued and unwavering support – we will see you all very soon.

CDR Ryan B. Billington
Commanding Officer
USS HOWARD (DDG 83)



HOWARD'S CREST

Ship's Crest (from the original USS HOWARD (DDG 83) Commissioning Book)

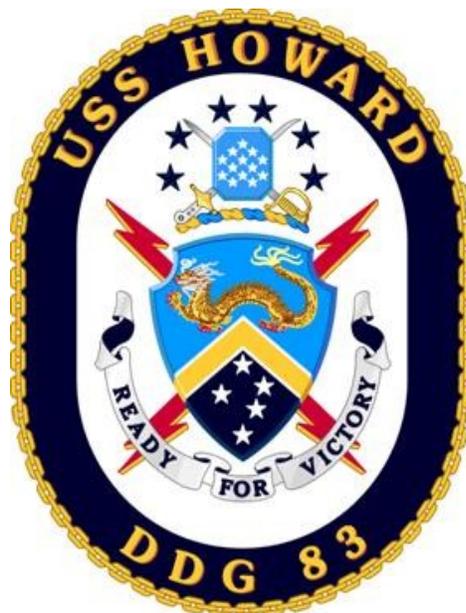
Symbolism

Shield: Dark blue and gold are the colors traditionally associated with the Navy and represent the sea and excellence. The oriental dragon denotes service in the Pacific and the fighting spirit demonstrated by the platoon under the leadership of Gunnery Sergeant Howard. The chevron symbolizes strength and Hill 488, the site where Gunnery Sergeant Howard earned the Congressional Medal of Honor. The stars, in the configuration of the Southern Cross, represent the First Marine Division patch worn by Gunnery Sergeant Howard.

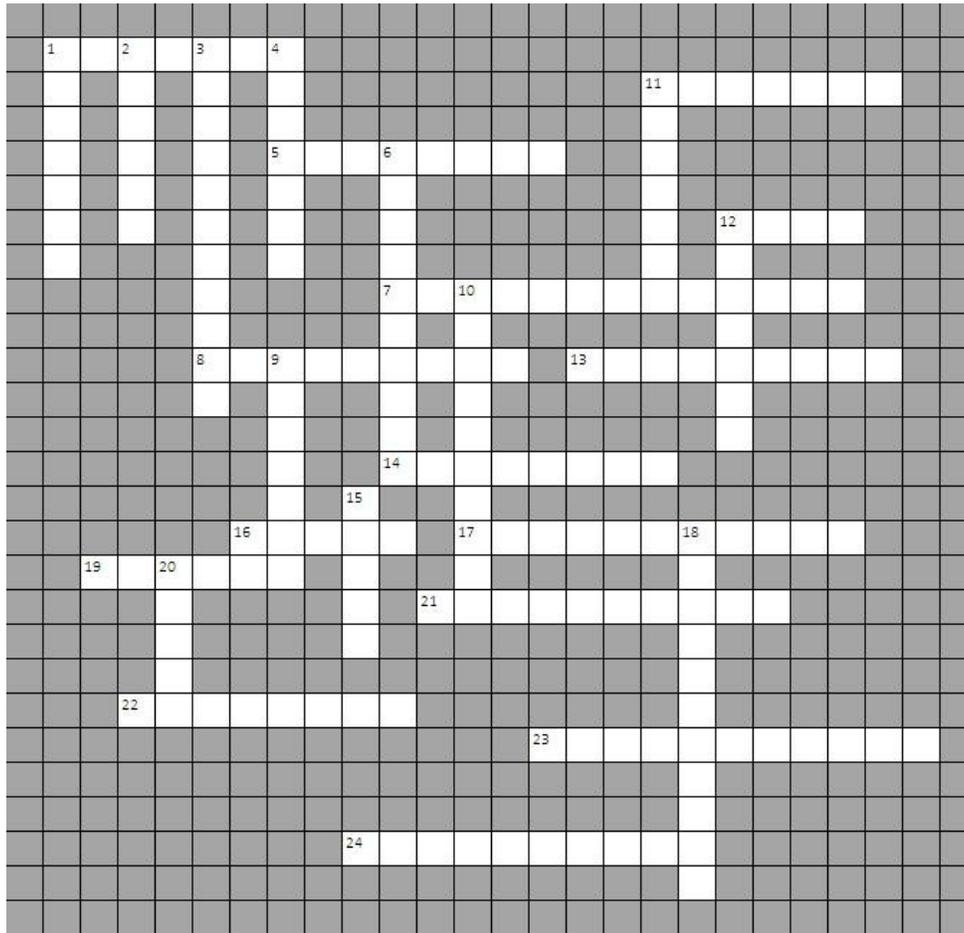
Crest: The six battle stars allude to the war fighting legacy by the previous USS HOWARD's World War II combat actions. The neck pad denotes the Congressional Medal of Honor, our country's highest honor, awarded to Gunnery Sergeant Howard for gallantry and intrepidity under fire and represents an AEGIS array, highlighting the modern warfare capabilities of USS HOWARD. The crossed Naval sword and Marine mameluke denote cooperation and teamwork, as well as support to Marines ashore with USS HOWARD's advanced combat systems.

Supporters: The lightning flashes in the United States Marine Corps colors of red and gold represent swift combat action and USS HOWARD's modern Network Centric Warfare technology.

Motto: "Ready for Victory" represents the honor, courage, and commitment of USS HOWARD's Sailors as they ensure that HOWARD is ready for all operations in peace and will be victorious in combat.



JIMMIE'S CROSSWORD



ACROSS

1. HOWARD uses 2 _____ to steer, one for each propeller.
5. A CASREP is short for " _____ Report".
7. HOWARD receives fuel at sea by conducting a _____ at Sea, known as a "RAS".
8. HOWARD's _____ is a 2nd tour division officer responsible for planning the routes HOWARD will travel while at sea.
11. A Gas Turbine Engine's compressor consists of _____ stages.
12. The phonetic alphabet pronunciation for the letter "Z" is _____.
13. The President of The United States is the _____ in Chief of the US Armed Forces.
14. An object's position around HOWARD can be reported as a true or _____ bearing.
16. HOWARD can operate her engines the following configurations: full power, tri-power, split plant, _____ shaft, and lock shaft.
17. In the US Navy, "IW" stands for " _____ Warfare".
19. The US Navy's aircraft can be classified as fixed-wing and _____-wing.
21. An _____ is used to measure wind speed and direction.
22. A Sailor is known as a _____ before he/she crosses the equator while underway for the first time.
23. HOWARD's _____ Division, also known as "A-Gang", is responsible for operation and maintenance of equipment such as air conditioning plants, refrigerator plants, potable water, and laundry.
24. "XBT" stands for " _____ Bathythermograph".

DOWN

1. "RAST" stand for " _____ Assist, Secure, Traverse" and is the system used to secure and transport HOWARD's helicopters.
2. According to the Rules of the Road, if a ship is flying code ALPHA, there are _____ working underwater in her vicinity.
3. HOWARD's _____ Department is responsible for operating and maintaining equipment that provides propulsion, potable water, damage control capabilities, electricity, and much more to HOWARD.
4. According to the Rules of the Road, a _____ flashing light is a yellow light that flashes at a rate of 50-70 flashes per minute.
6. The _____ Demolition Team was a group of special forces that specialized in the destruction of mines and underwater hazards.
9. HOWARD's motto is "Ready for _____!"
10. HOWARD's Gas Turbine Engines provide her with _____; they move her through the water to where her mission takes her.
11. The time delay for a HALON actuation in a manned space is 60 _____.
12. The newest class of Destroyer in the US Navy is the _____ Class Destroyer.
15. Onboard HOWARD, CPP stands for "Controllable _____ Propeller", meaning the propeller blades will turn to move faster, slower, or astern through the water.
18. The six principle characteristics of HOWARD's Main Reduction Gears are double input, double output, double reduction, single input, lock train, and _____.
20. The phonetic pronunciation for the letter "T" is " _____".

Answers Below!

Across: 1-RUDDERS, 5-CASUALTY, 7-REPLENISHMENT, 8-NAVIGATOR, 11-SIXTEEN, 12-ZULU, 13-COMMANDER, 14-RELATIVE, 16-TRAIL, 17-ROTARY, 19-ROTARY, 21-ANAMOMETER, 22-POLLYOG, 23-AUXILIARIES, 24-EXPENDABLE
 Down: 1-RECOVER, 2-DIVERS, 3-ENGINEERING, 4-SPECIAL, 6-UNDERWATER, 9-VICTORY, 10-PROPULSION, 11-SECONDS, 12-ZUMWALT, 15-PITCH, 18-ARTICULATED, 20-TANGO.

SHIP SHAPE: HOW TO STAY FIT WHILE UNDERWAY

There are many challenges inherent to living on a ship. Some people don't have the strongest stomachs and are plagued with sea sickness when the seas pick up. Many people miss the simple action of going to the grocery store or Target (we miss you, Target). And a few people miss being able to get on the internet and read up on the latest celebrity drama (are Katy Perry and Taylor Swift still fighting?) However, one challenge that seems to be common to many onboard HOWARD is finding ways to stay in shape while dealing with time, space, and resource constraints deployment comes with. Your PAO staff has a healthy dose of curiosity, so we set out to learn what HOWARD Sailors do to stay in ship-shape on the ship, read on to learn more!

"Drink a lot of water!"

-CS2 Hazael Calalay from Corona, California

"Energy drinks and homemade pickles. I don't know if it actually works, but I'm still alive."

-LT Chris Girouard, Damage Control Assistant from Limerick, Maine

"Drink a lot of water, eat more protein and less sugar. I try to exercise every day, because it doesn't just help with fitness, it keeps me calm and sane each day. I also log my workouts to keep me honest with myself."

-BM2 Mercedes Logan from Newark, New Jersey

"I'm on an intense diet of studying and sleeping. But I also try to run as much as I can!"

-QMSN Vanessa Harrison from Vacaville, California

"I try to get in the weight room when I can, but I mostly just watch what I eat. You have to be creative when you're not buying/making your own food, but the ship's food definitely isn't bad."

-SN Timothy Keagle from El Paso, Texas

"I avoid snacking throughout the day and cut soda out completely. I also try to run 10 miles per week. It can be challenging with our schedule, but it's definitely possible."

-BM2 Devin Stevens from Tuscon, Arizona

PHOTOS OF THE MONTH OCTOBER-NOVEMBER

