



USS HOWARD DDG 83 The Dragon Times



PAO: ENS HAMMER

JULY 2017

PAPO: MC2 PRESTON

HOWARD SETS SAIL ON DEPLOYMENT 2017 ENS ADAM HAMMER

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On a Monday morning in early June, an abundance of dress whites, American flags, and children dressed in their best anchor-print outfits on Pier 10 could only mean one thing: USS HOWARD was heading out for deployment (or, I guess, was hosting a month-early 4th of July party...). There were smiles, tears, proud parents in U.S. Navy t-shirts, and plenty of pictures and selfies as families and friends said "goodbye for now" to their favorite Sailors. All the while, DDG 83 was being prepped to pull chocks and leave Sunny (well, usually) Southern California in the stern-view mirror.

For many, this period at sea will be the first time they experience extended time away from family, long-distance communications, and multiple time-changes within one week (what day is it?).



In order to ensure that families and friends back home are as clued-in to the daily activities of their favorite Sailors as possible, your (mostly) humble PAO staff has decided to revamp everyone's favorite mythical-creature-themed source of HOWARD news: The Dragon Times! In the upcoming monthly issues, you will find words and thoughts from our fearless leaders, inside looks

at the day-to-day lives of our Sailors, and information that will help the Crew, families, and friends successfully navigate the exciting deployment ahead. So sit back, put your feet up, grab a coffee (or Red Bull/Monster/Diet Mountain Dew), and enjoy!

V/R
PAO





CO'S ALL HANDS CALL

HOWARD Family,

Happy 4th of July and greetings from the Pacific! I hope this newsletter finds each of you well.

Though we have been very busy – nearly round the clock, in many ways it is hard to imagine it has already been a bit more than a month since we departed San Diego sailing westbound. It certainly has been a busy and highly successful deployment thus far. The seas have been kind to us nearly the entire trip, only increasing slightly as we transited across the Bay of Bengal, off the Eastern Coast of India. During our transit west, we conducted hundreds of hours of training and integrated exercises with other ships from across the NIMITZ STRIKE GROUP and nearly a dozen ships from the Indian Navy and Japanese Maritime Self Defense Force. We accomplished 7 underway refueling and replenishment operations, dozens of gunnery exercises, fire fighting drills, and countless helicopter operations. I couldn't be prouder of the professionalism, skill and can-do approach each and every member of the team demonstrates on a daily basis.

I believe I can safely speak for the entire crew when I say that, we miss all that home has to offer, but are extremely proud of what we are accomplishing. We simply cannot do what we do, without the support of friends and family back home and cannot express how much we appreciate that. I am extremely proud of what we have already accomplished as a team. The crew's consistent hard work and commitment to the mission is inspiring. I am confident we are ready for wherever our tasking takes us.

Ryan B. Billington



CMC'S CORNER

HOWARD Family,

Hello to all the families and friends of TEAM HOWARD. I hope this finds everyone doing well. We are just over a month into our deployment and just starting to get into our rhythm. We have an extraordinary bunch of Sailors (Officers and Enlisted) that continue to impress us each day with their accomplishments. We do our best to feature them on our USS HOWARD Facebook account so if you haven't checked it out yet, please get online and see what they've been up to. Our Sailors are true professionals and we do everything possible to recognize their accomplishments. If you can think of any other way for us to show our appreciation of their hard work and dedication, PLEASE let us know.

As we begin to conduct our nation's business, we will continue honing our battle skills, projecting our country's presence by keeping the world's shipping lanes open to free and fair trade. As you pay attention to the news,

you know what your loved ones are doing out here is more vital now than ever. Please feel confident and at ease knowing that your sons, daughters and loved ones are more professional, better trained and better equipped Sailors than at any time in our history. I am very proud of them and am truly honored and humbled by serving with them as we protect the freedoms of our great nation.

CMDCM Robert Battle





Now that we're a few weeks into deployment, Team HOWARD Sailors are starting to break into their weekly routines. While out to sea, some hit the gym, play video games on the TV's provided on the Messdecks, and some indulge in ice cream on a late Saturday afternoon to unwind and recharge from another day's work. Sailors have come to enjoy their weekly schedules and the fun events that happen on certain nights each week.

For example, to show the HOWARD crew just what teamwork looks like, First Class



Petty Officers put on their gloves and aprons and support the Culinary Specialists in serving the crew pizza and wings every Saturday night.

From Hawaiian to Meatlovers, Jimmy's Café and the FCPOs can do it all (and nothing pairs with pizza better than fiery-hot wings, courtesy of the galley crew). The camaraderie and teamwork shown each Saturday night is exactly what Team HOWARD is all about. There's also nothing better than seeing your boss

preparing and serving your favorite fresh-from-the-oven pizza!

V/R,

CS1 Arreguin

"I bought \$300 worth of protein powder and left it all in the trunk of my car...it's a good thing we can get care packages."
-anonymous



CARE PACKAGES: WHAT YOU NEED TO KNOW (AND BUY!)

Every Sailor, from the saltiest Chief to the newest Seaman, has that moment within the first couple weeks of deployment where they find themselves thinking "ugh, I really should've brought my _____" or "I need to ask my family to send me _____."

Luckily for Chief Salt and Seaman NewGuy, your PAO staff has decided to compile a list of things the average Sailor wishes he/she could see in a care package.

1) Body Wash—it's amazing how using the same scent of body wash for months and months can turn Timber by Old Spice from a "fresh mix of driftwood and herbal essence" into "that stuff that smells like the Berthing 7 shower."

2) Deodorant—see "Body Wash"

3) More blue undershirts—it doesn't matter how many you brought, it probably wasn't enough.

4) An extra set of headphones—there's (almost) nothing more heartbreaking than the crunching sound of your rack closing on your favorite earbuds. Hopefully you have a spare to keep you going on the forward treadmill!

5) Shoe deodorizers—it's probably other people you're requesting this for. We've all been there.

6) Personal Yoga Mat—whether it's for those morning stretches or for a slightly more comfortable sitting spot on the ground, a little extra padding goes a long way.

7) Cleansing Face-Wipes—

with the increased heat comes increased sweat, and with increased sweat comes acne. Also try Johnson & Johnson's handy alternatives to ProActiv's 627-step skincare kit.

8) Double-Stuf Oreo's—No explanation needed.

9) Granola—a healthier option to #8 (but we'll let you be the judge of which would be preferred).

10) A Halloween Costume—that sounds you hear is the collective groan of everyone realizing they forgot to bring a costume. Help us show off how creative we/you are!

11) Birthday Cards and People's addresses/Birthdays—help us make it seem like we remember.

V/R

PAO

BM1 Rucker

83 OF THE WEEK

Each week, exemplary Sailors are nominated by their chain of command to be “83 of the Week.” These Sailors have been recognized by their divisions, departments, and the Triad as hard-working and dependable assets to HOWARD. Take a look at the 83 of the Week Sailors from the past month below!

19 June 2017: FN Tully

FN Tully is a proud member of EE division and has proven herself a dedicated worker and asset to HOWARD. BZ FN Tully!



26 June 2017: STG3 Oshea

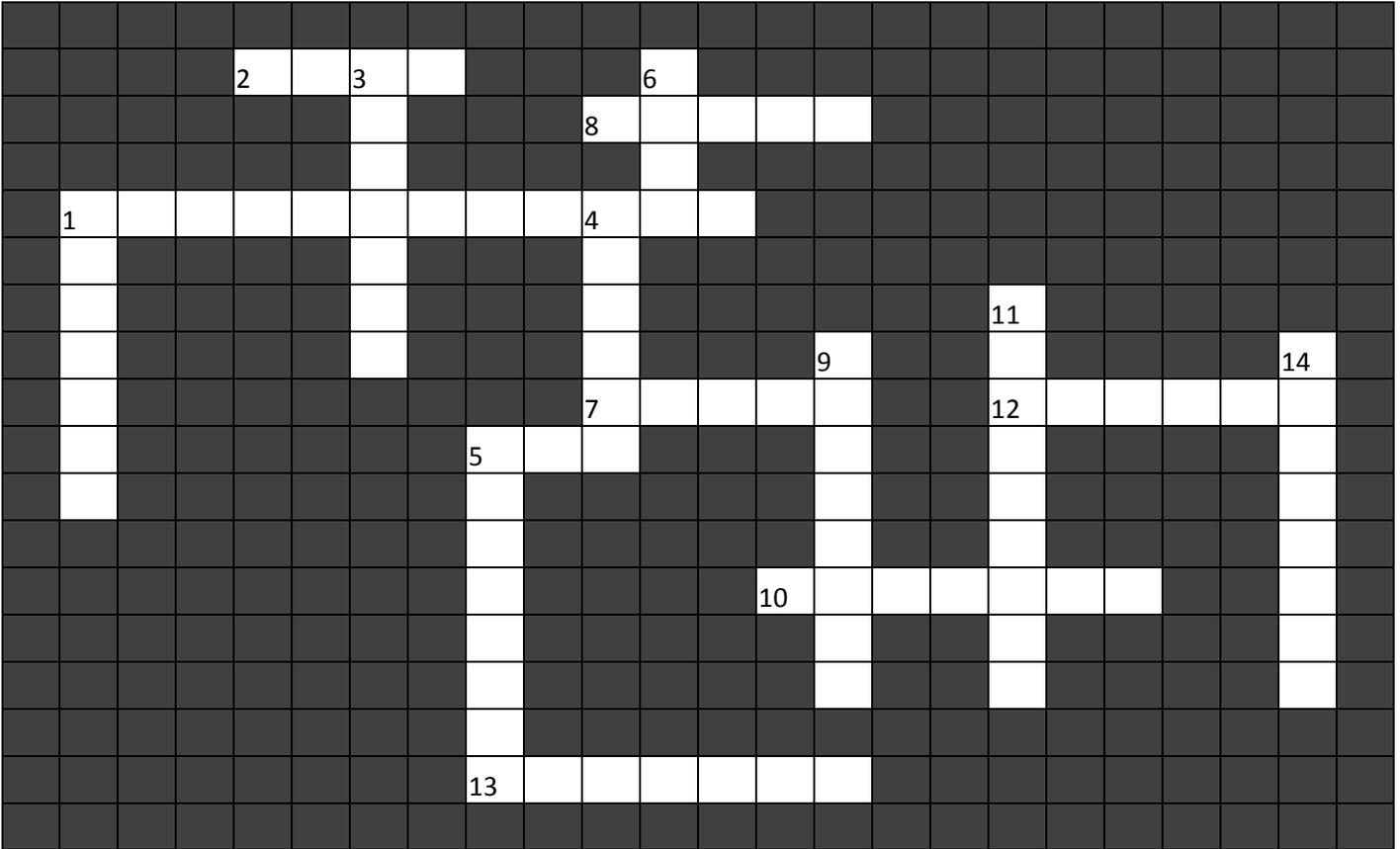
STG3's hard work and impressive skill as a SO-NAR technician have helped Team HOWARD stay READY FOR VICTORY throughout the first few weeks of deployment. BZ, STG3 Oshea!

03 July 2017: ET3 Dykes

ET3 Dykes has proven himself to be a dependable and hard-working member of Combat Systems department, and a valuable asset to HOWARD's mission readiness. BZ ET3!



JIMMY'S CROSSWORD



ACROSS

1. The six original Frigates in the US Navy were the USS CONGRESS, USS CONSTELLATION, USS CHESAPEAKE, USS UNITED STATES, USS PRESIDENT, and USS _____.
2. The three modes of operation of the LPAC are ____, lag, and stand-by.
5. The direction in which the ship is being pushed off-track.
7. A replenishment vessel signals to a vessel to be replenished that it is ready for the vessel to come alongside by closing up ____ flag.
8. RHIB stands for "____ Hull Inflatable Boat"
10. "RADAR" stands for "Radio Detection and ____"
12. One of the six important characteristics of the MRG is "____ reduction"
13. The three main alarms located in the back of the pilothouse are ____, chemical, and collision alarms.

DOWN

1. The four types of CASREPS are initial, update, ____, and cancel.
3. AFFF stands for ____ Film-Forming Foam.
4. ISP stands for ____ Security Plan.
5. Should the Bridge lose steering control, control will be transferred to aft ____.
6. While personnel are working aloft, ____ flag must be flown.
9. The ____ is the Sailor who drives/steers the RHIB during small boat operations.
11. "MRG" stands for "Main ____ Gear."

Answers below!

OMBUDSMAN CORNER

A command Ombudsman is a direct link between the Crew on-board a ship and their families back home. HOWARD's Ombudsman is Mrs. Elizabeth Brantley, and she is a great source of information in case of loss of communications or similar situations.

You can contact Mrs. Brantley at:



howardombudsman@yahoo.com

You can also "like" the "USS HOWARD Ombudsman" Facebook page (in addition to the "USS HOWARD (DDG 83)" and "USS HOWARD FRG" Facebook Pages) to keep yourselves in the loop with all things HOWARD!

PHOTOS OF THE MONTH JUNE-JULY

