

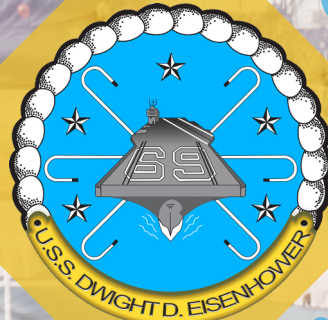
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OCTOBER 18, 2018



FIVE STAR



IKE'S
BIRTHDAY



41

GREATER EACH DAY: IKE OVER THE YEARS

STORY BY MCSN TREY FOWLER



USS Dwight D. Eisenhower (CVN 69). U.S. Navy photo.

Over the past 41 years, USS Dwight D. Eisenhower (CVN 69) has been through a lot. She is the second oldest Nimitz-class aircraft carrier in the fleet, but is always ready to handle what the Navy tasks her to do. She has served seven different presidents, 18 commanding officers and 17 deployments.

The carrier, named after the nation's 34th president, was christened at 11:11 a.m., October 11, 1975, by Mamie Doud-Eisenhower, the ship's sponsor and widow of the late president. Ike was later commissioned October 18, 1977, under the command of Capt. William E. Ramsey. After 14 months of fleet training, the ship made her first Mediterranean Sea deployment in 1979.

In October 1985, after her fifth deployment, Ike sailed into Newport News Shipbuilding for a complex overhaul. The 18-month shipyard period included the addition of the Close-in Weapons System (CIWS), NATO Sea Sparrow Missile System, Navy Tactical Data System, Anti-Submarine Warfare Module, and communications upgrades. Ike rejoined the fleet in April 1987.

In 1990, Ike completed her seventh Mediterranean deployment, coinciding with a worldwide Dwight D. Eisenhower Centennial celebrating the late president's 100th birthday. During D-Day anniversary ceremonies off the coast of Normandy, Ike's son, John Eisenhower, and D-Day veterans embarked the ship while Carrier Air Wing 7 conducted a memorial flyover of the American cemetery at Omaha Beach.

In response to Iraq's invasion of Kuwait in 1990, Ike became the second nuclear-powered aircraft carrier to transit the Suez Canal and the first carrier to conduct

sustained operations in the Red Sea. Ike served as a ready striking force in the event Iraq invaded Saudi Arabia, and participated in maritime interception operations in support of a United Nations embargo against Iraq.

After an extensive shipyard and training period, Ike deployed September 1991, to the Arabian Gulf to continue multi-national operations in support of Operation Desert Storm. Ike returned to Norfolk April 1992, and entered Norfolk Naval Shipyard for overhaul and conversion January 1993. Ike returned to the fleet November 1993.

In September 1994, Ike and the U.S. Army 10th Mountain Division made history with the concept of "adaptive force packaging." The division's soldiers and equipment were loaded on board, and the Ike Army and Navy team headed for Port-au-Prince to spearhead Operation Uphold Democracy, the U.S.-led effort to restore the democratically elected government of Haiti.

One month later, Ike departed for a six-month deployment, which included flying missions in support of Operations Southern Watch and Deny Flight. This deployment marked the first time that women deployed as crew members of a U.S. Navy combatant ship, as the Ike and embarked squadrons included more than 400 women.

In February 2000, Ike departed Norfolk for a millennium cruise to the Mediterranean Sea and Arabian Gulf. During this deployment, the air wing performed the ship's first combat ordnance delivery while operating in support of Operation Southern Watch in Iraq.

In May 2001, Ike began her midlife, comprehensive refueling complex overhaul in the shipyard at Newport

News, returning to Naval Station Norfolk January 2005.

In October 2006, Ike deployed for seven months to the U.S. 5th Fleet area of operations in support of ground troops in Iraq and Afghanistan and to conduct maritime security operations. In July 2009, Ike completed a six-month deployment to the Mediterranean and Arabian Gulf, returning again in January 2010 for another six-month deployment in support of Operation Enduring Freedom. In September 2010, Ike began a regularly scheduled planned incremental availability at Norfolk Naval Shipyard in Portsmouth, returning to Norfolk in June 2011.

In December 2012, Ike completed another six-month deployment in support of Operation Enduring Freedom, redeploying for an additional four months beginning February 2013. Ike returned home July 2013. Following the completion of a 23-month dry dock shipyard period at Norfolk Naval Shipyard on August 2015, Ike began her training cycle to prepare for her 2016 deployment. Ike deployed June 1, 2016 for a regularly scheduled deployment in support of Operation Inherent Resolve and returned to its homeport December 2016.

After completing the sustainment phase of the Optimized Fleet Response Plan, Ike ported at the Norfolk Naval Shipyard in Portsmouth for a planned incremental availability period.

Though the ship has sailed millions of nautical miles and through decades of time, she will continue to sail forward with the same continued vigilance and dedication to the United States Navy and the world. Ike still has at least 10 years left in her life span and will leave a distinguished mark on our country's history.



SPEED MENTORING, ON THE FAST TRACK TO SUCCESS

STORY BY MCSA SOPHIE PINKHAM



Sailors speak to potential mentors during speed mentoring on the mess decks of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Photo by Mass Communication Specialist Seaman Apprentice Sophie A. Pinkham.

Sailors assigned to the aircraft carrier USS Dwight D. Eisenhower (CVN 69) gathered on the forward mess decks September 28, 2018 to participate in a speed mentoring event.

The event was held in order to assist Sailors in the process of finding a mentor for both personal and professional development.

Senior Chief Machinist Mate Ryan Martin, the Ike's mentorship coordinator, credits his mentors with where he is today.

"The major difference I see in Sailors with mentors and without is overall knowledge and advancement," said Martin. "Having a mentor gives the Sailor a chance to have plenty of one-on-one time with someone senior to them, to provide detailed answers to their questions."

Aviation Support Equipment Technician Airman

Pamela Loitz was able to receive advice pertaining to where she wants to go in her career. Additionally, the mentoring event presented opportunities for her to better understand what her options are as she wants to

"Having a mentor gives the Sailor a chance to have plenty of one-on-one time with someone senior to them, to provide detailed answers to their questions."
- Senior Chief Machinist Mate Ryan Martin

become a legalman and eventually an officer.

"I got to talk to a legalman and a career counselor," said Loitz. "The career counselor was able to give me

direction as to what I need in order to get where I want to go as a legalman. I'm just waiting primarily on time and just coming up with a package."

Loitz further shared that there is a wealth of knowledge and experience aboard the ship that the mentorship program taps into.

"I know that there are people on the ship that are willing to help out and that are willing to give you the right direction," said Loitz.

Although the mentorship program brings forth opportunity, Sailors should prepare beforehand.

"It would be tough to navigate if you didn't know what you want, because they don't know how to help you," said Loitz. "If you have some dream or goal that you're trying to work towards that would be a great place to start."

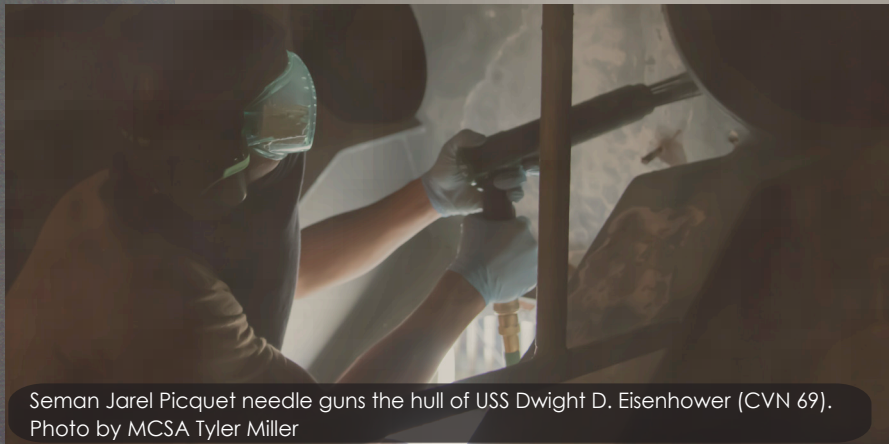




U.S. Navy Photo
Mamie Eisenhower christens USS Dwight D.
Eisenhower (CVN 69).



Airman William Abernathy prepares for an emergency landing exercise during general quarters drills aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69).
Photo by MC2 Ridge Leoni



Seman Jarel Picquet needle guns the hull of USS Dwight D. Eisenhower (CVN 69).
Photo by MCSA Tyler Miller



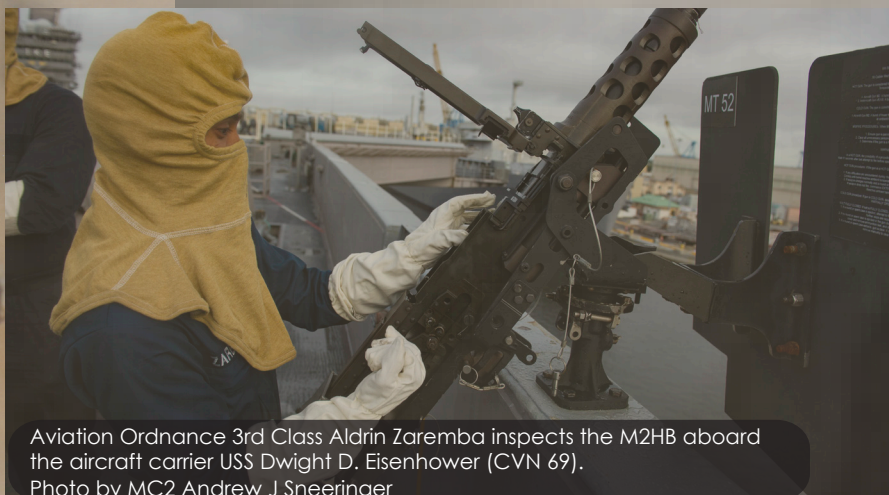
Sailors who are members of USS Dwight D. Eisenhower's (CVN 69) Flag Football team, "The Stars", break their huddle before taking the field during the Flag Football Playoffs.
Photo by MCSA Tyler Miller



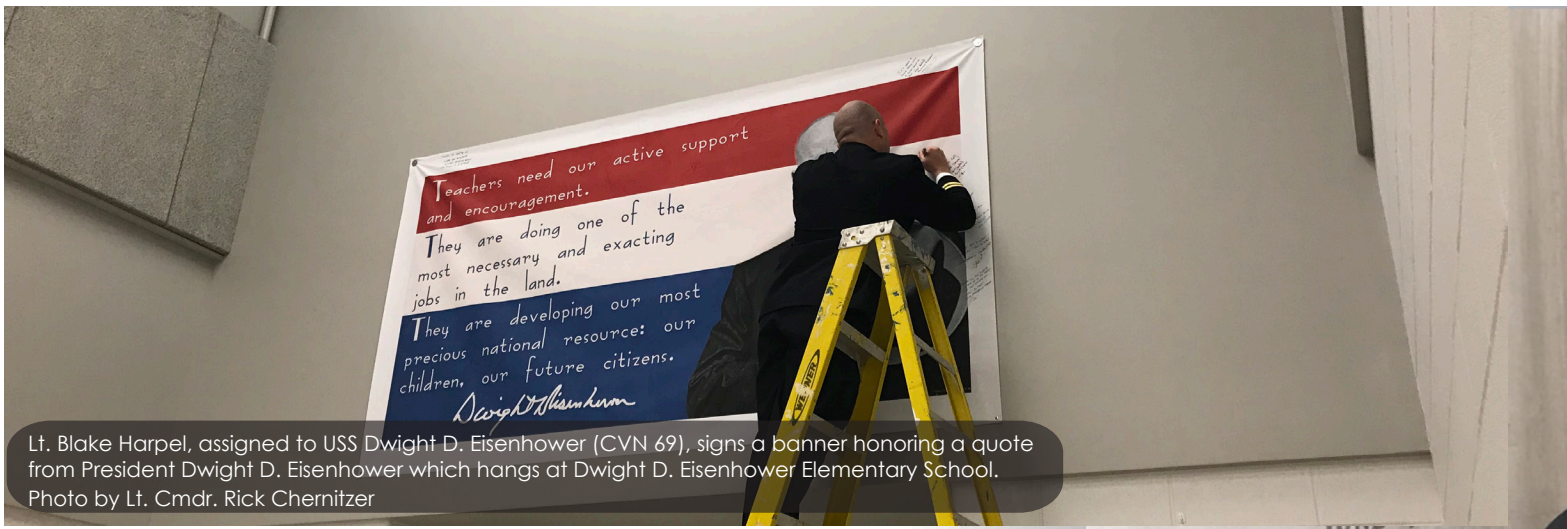
Mamie Eisenhower christens USS Dwight D. Eisenhower (CVN 69).
U.S. Navy Photo



Distinguished visitors and Sailors attend the commissioning ceremony for USS Dwight D. Eisenhower (CVN 69).
U.S. Navy Photo



Aviation Ordnance 3rd Class Aldrin Zaremba inspects the M2HB aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69).
Photo by MC2 Andrew J Sneeringer



Lt. Blake Harpel, assigned to USS Dwight D. Eisenhower (CVN 69), signs a banner honoring a quote from President Dwight D. Eisenhower which hangs at Dwight D. Eisenhower Elementary School.
Photo by Lt. Cmdr. Rick Chernitzer



Kevin Bailey, an archivist at the Dwight D. Eisenhower Presidential Library, discusses some of President Eisenhower's official records with Capt. Kyle Higgins, commanding officer of USS Dwight D. Eisenhower (CVN 69) (center), and other Sailors assigned to Ike.
Photo by Lt. Cmdr. Rick Chernitzer



Lt. Blake Harpel, assigned to USS Dwight D. Eisenhower (CVN 69), receives the General Eisenhower Leadership Award, from Kevin Rooney, treasurer of the Eisenhower Foundation.
Photo by Lt. Cmdr. Rick Chernitzer



Lt. Blake Harpel (left) and Chief Personnel Specialist Ralph Long, both assigned to USS Dwight D. Eisenhower (CVN 69), stand in front of President Eisenhower's boyhood home.
Photo by Lt. Cmdr. Rick Chernitzer



Chief Personnel Specialist Ralph Long, assigned to USS Dwight D. Eisenhower (CVN 69), receives the President Eisenhower Leadership Award, from Kyle Campbell, Eisenhower Foundation board member, as Ike commanding officer Capt. Kyle Higgins looks on.
Photo by Lt. Cmdr. Rick Chernitzer



Command Master Chief Todd Mangin, command master chief of USS Dwight D. Eisenhower (CVN 69), autographs photos of the ship for students at Dwight D. Eisenhower Elementary School.
Photo by Lt. Cmdr. Rick Chernitzer

"Humility must always be the portion of any man who receives acclaim earned in blood of his followers and sacrifices of his friends."

Guildhall Address, London
June 12, 1945



Army Command Sgt. Maj. Craig Bishop, command sergeant major of the 1st Infantry Division at Fort Riley, Kansas, and Maj. Gen. John Kolasheski, commanding general of the 1st Infantry Division, stand alongside the commanding officer and command master chief of USS Dwight D. Eisenhower (CVN 69), Capt. Kyle Higgins and Command Master Chief Todd Mangin, following a wreath-laying ceremony for the anniversary of President Eisenhower's birth on what would have been his 128th birthday.

Photo by Lt. Cmdr. Rick Chernitzer



10 THINGS TO KNOW

FROM CHIEF OF NAVAL PERSONNEL



Navy Personnel Command announced the establishment of the Navy Deployability Assessment and Assignment Program (DAAP), focused on improving personnel readiness across the force, in NAVADMIN 239/18, released Sept. 26.

1. The program will ensure the timely disposition, processing and accountability of active-component, full-time support and selected reserve service members who are either medically, legally or administratively limited from deployment.

2. It is the personal responsibility of every Sailor to maintain individual readiness, including medical, dental, physical and administrative (e.g., maintaining a family care plan) readiness.

3. A Sailor is deployable if he or she does not have a service-determined reason that precludes him or her from deployment.

4. Starting Oct. 1, 2018, in line with

Department of Defense (DoD) Instruction 1332.45, Sailors who have been nondeployable for 12 consecutive months will be notified of mandatory processing for administrative separation or referral to the Disability Evaluation System as appropriate.

5. Commands will use written counseling and fitness reports/performance evaluations to document a service member's knowing failure to comply with his or her responsibilities to maintain individual readiness (e.g., missing medical or dental appointments or the intentional failure to disclose a factor affecting deployability).

6. Sailors who receive notifications will have the opportunity to be considered for retention by the Secretary of the Navy.

7. Medical deployability will be considered during each health care encounter (physical health assessments, sea duty and overseas duty screenings).

8. The Navy Bureau of Medicine and Surgery is proactively realigning resources and focus to support Sailor readiness and deployability, especially in fleet concentration areas.

9. In some cases, Sailors must be referred to civilian medical networks for follow-on referrals or appointments. Navy leadership is cognizant of the delays outside of the control of individual Sailors and this will be considered in the retention determination process.

10. Pregnant and post-partum Sailors are exempt from this policy. No other Sailors are exempt, but special categories for retention consideration include combat-wounded members, Sailors who will be nondeployable for 12 months or longer due to administrative reasons and Sailors who have attained such years of creditable service so as to be within three years of qualifying for retirement.





GQ ALL-STARS

MVP
BM3 Russell
REP 2

FASTEST "Z"
REP 2

BRAVO ZULU



WATER WIZARDS
REP 1B

SMOKE EATERS
REP 1B

EISENHOWER TRIVIA

THE FIRST...

Commanding Officer of USS Dwight D. Eisenhower(CVN 69)?

WHEN WAS...

the USS Dwight D. Eisenhower's (CVN 69) keel laid?

WHAT YEAR...

was the USS Dwight D. Eisenhower(CVN 69) maiden deployment?

WHO WAS...

the sponsor of the USS Dwight D. Eisenhower(CVN 69)?

G R E A T E R

E A C H

D A Y

- a. Capt. Clexton, Jr.
- b. Capt. Sicola
- c. Capt. Ramsey
- d. Capt. Higgins

- a. Oct. 11, 1975
- b. Aug. 15, 1975
- c. Oct. 11, 1970
- d. Aug. 15, 1970

- a. 1978
- b. 1979
- c. 1980
- d. 1981

- a. Mamie Doud-Eisenhower
- b. John Sheldon Doud-Eisenhower
- c. Dwight D. Eisenhower II
- d. Susan Elaine Eisenhower





41 YEARS

HAPPY BIRTHDAY

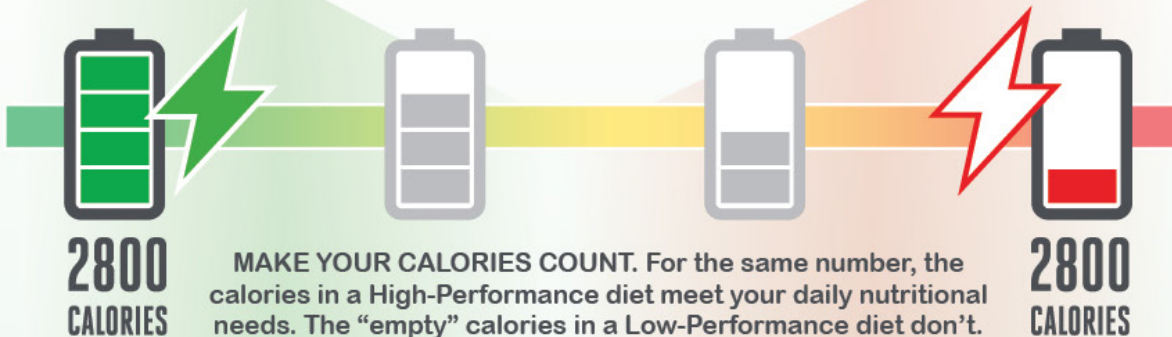
★ ★ ★ ★ ★
IKE ★ ★ ★ ★ ★

#GreaterEachDay

HIGH-PERFORMANCE EATING vs LOW-PERFORMANCE EATING

Choosing the right fuel can make the difference between mission success and failure. One of the two approaches below is a much better way to fuel your tank.

Focus on eating for performance to achieve optimal mission readiness.



MAKE YOUR CALORIES COUNT. For the same number, the calories in a High-Performance diet meet your daily nutritional needs. The “empty” calories in a Low-Performance diet don’t.

BREAKFAST

EGGS, 2 LARGE, SCRAMBLED
WHOLE-WHEAT TOAST, 2 SLICES
BUTTER, 1 TBSP
MILK, LOW-FAT, 8 OZ
BANANA, ONE MEDIUM
COFFEE
WATER, 12 OZ

ENERGY DRINK, 8.3 OZ

SNACK

VANILLA YOGURT, LOW-FAT, 8 OZ
GRANOLA, ½ CUP
WATER, 20 OZ

DOUGHNUT, GLAZED

LUNCH

TUNA, IN WATER, 6 OZ CAN, DRAINED
MAYONNAISE, 1 TBSP
WHOLE-GRAIN BREAD, 2 SLICES
APPLE, ONE MEDIUM
ICED TEA, UNSWEETENED, 16 OZ

HAMBURGER, ¼ LB MEAT WITH BUN
FRIES, MEDIUM
CHOCOLATE-CHIP COOKIE, 1 MEDIUM
SODA, 16 OZ

SNACK

PEANUT BUTTER, 2 TBSP
BAGEL, WHOLE WHEAT, ONE 4”

CHOCOLATE WAFER CANDY BAR
ENERGY DRINK, 8.3 OZ

DURING/POST-EXERCISE

WATER, 20 OZ
CHOCOLATE MILK, 8 OZ

DINNER

GRILLED CHICKEN BREAST, 4 OZ
BROCCOLI, 1 CUP
BROWN RICE, 1½ CUP
VANILLA ICE CREAM, REGULAR, 1 CUP
FLAVORED SELTZER, UNSWEETENED, 12 OZ

SPAGHETTI WITH MEAT SAUCE, 1 1/2 CUPS
BROCCOLI WITH CHEESE, 1 CUP
VANILLA ICE CREAM, REGULAR, 1 CUP
ICED TEA, SWEETENED, 12 OZ



ISSUE 51
By
MCSA
Tyler Miller

EISENOTTER

IKEMEDIA

COMMANDING OFFICER **Capt. Kyle P. Higgins**
 EXECUTIVE OFFICER **Capt. Craig Sicola**
 COMMAND MASTER CHIEF **CMDCM (SW/AW/EXW) Todd A. Mangin**
 PUBLIC AFFAIRS OFFICER **Lt. Cmdr. Rick Chernitzer**
 ASSISTANT PUBLIC AFFAIRS OFFICER **Ensign Lewis Aldridge**
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| MC3(SW) Ashley Estrella | MCSA Conner Houghtaling |
| MC3 Neo Greene III | MCSA Brianna Thompson |

ON THE COVER:

The cover of this special edition shows a photo of the commissioning ceremony in 1977 and a modern image, combined. While she is one of the oldest ships in the fleet, the mighty Ike has maintained battle readiness throughout the years. Both the ship and the ever changing crew have proven that the American presence can be projected across the globe, no matter where turmoil lies.

TOUCH BASE WITH US



Show off your #CVN69 pride by following our facebook page at www.facebook.com/TheCVN69 so you can see what the rest of the ship has been up to!

TRIVIA ANSWERS
 one: C
 two: D
 three: B
 four: A

Proudly serving the crew of USS Dwight D. Eisenhower (CVN 69). Five Star is published by USS Dwight D. Eisenhower's (CVN 69) Media Department for the Ike crew. Contents are not necessarily the views of, nor endorsed by, the U.S. government, the Department of Defense, the Department of the Navy, or the Commanding Officer of USS Dwight D. Eisenhower (CVN 69). Editorial content is prepared and edited by USS Dwight D. Eisenhower's (CVN 69) Media Department. Ike's Five Star is distributed daily underway and on certain days in port on the forward and aft mess decks, Flag Mess, the CPO Mess, and Wardrooms 1, 2 and 3.