

The Rickover Tribune

The official newsletter of PCU Hyman G. Rickover (SSN 795)

"Relentlessly Pursuing Excellence"

Third Quarter, Fiscal year 2023



FROM THE COMMANDING OFFICER

RICKOVER Friends and Family,
 In May of 1984, a significant milestone was reached when the first submarine named after Admiral Hyman G. Rickover, the SSN-709, completed its inaugural dive to the depths of Narraganset Bay and received certification for delivery to the Navy. Today, nearly 40 years later, we are proud to announce another historic moment as nearly 200 dedicated Sailors and support crew set sail on the next generation Hyman G. Rickover, the SSN-795. Our journey took us over 1,000 nautical miles in the vast Atlantic Ocean, fully submerging the ship and putting all systems to the test. I am thrilled to share that the ship and crew performed exceptionally during this Sea Trial period, and it is with great joy that we will soon deliver the Navy's newest fast attack submarine to the fleet. In addition to celebrating this remarkable achievement, we also recognize a momentous occasion this month—the 75th birthday of the Naval Nuclear Propulsion Program. Over the last 75 years, the Navy has operated an impressive 273 reactor plants, steaming more than 171 million miles with over 7,500 reactor years of safe operations. The Naval Nuclear Propulsion Program and the Navy's nuclear-powered warships have consistently demonstrated their superiority in defending the United States, from the Cold War to today's unconventional threats and strategic competition. As we commemorate these milestones, we invite you to delve into our latest newsletter, which highlights some unforgettable moments from our time at sea. From our first underway pizza night to thrilling "angle and dangles," there's much to enjoy and cherish.

Thank you for your unwavering support, and we look forward to continuing our legacy of excellence in service to our nation.



FROM THE CHIEF OF THE BOAT

RICKOVER and Families,
 HOOYAH RICKOVER! The last quarter has been extremely busy and I couldn't be more proud of the crew and the families. We have successfully completed Alpha and Bravo sea trials and the crew rose to meet the challenges head on. Together, with the support of EB, we will continue to prepare for future at sea testing and delivery. Commissioning is right around the corner and it will be a momentous day for RICKOVER and the Navy! As we continue forward with our schedule it is important to ensure family readiness and communication. As we saw during our first underway, it can be difficult to communicate with your loved ones while we are out. To help in these situations it is best to have as many pre-authorizations completed ahead of time for organizations such as Navy Marine Corps Relief Society or a Powers of Attorney from your financial institution. Our future underways will become longer in duration so preparation is the key to success.



SILVER DOLPHINS RECIPIENTS



ETN3(SS) JOHN SCHOLLMEIER



MMN2(SS) DEVIN CUMMINS



STS3(SS) CHRISTOPHER LAPORTE



EMN2(SS) GIOVANNI MENDOZA



ETN3(SS) CAMREN ROMERO



EMN2(SS) JORDAN VILLAMAN

Can you think of a symbol that has immediate meaning to you? Maybe it's the American flag, the logo of your favorite sports team, or your college mascot. For the men and women of the Submarine Force, it's the submarine warfare insignia, informally known as a submariner's "dolphins." Submariners earn their dolphins by demonstrating their vast knowledge of all the systems aboard their submarine in a process they call "qualifying." Qualifying is not just a rite of passage or an achievement for submariners, it is a requirement of submarine service. A new unqualified submariner has a year to successfully complete the qualification process and pass his or her final evaluation board prior to receiving their dolphins.



SILVER DOLPHINS RECIPIENTS



MMN2(SS) DOMINIC SHIEL



ETN3(SS) CHRISTIAN JACOBS



YNS3(SS) JONATHAN SKUBIC



CSS3(SS) ADAM FREEBURN
(PCU IOWA SSN 797)



HMI(SS) DAVID TAYLOR



ETV3(SS) KEVIN SKULICH

Can you think of a symbol that has immediate meaning to you? Maybe it's the American flag, the logo of your favorite sports team, or your college mascot. For the men and women of the Submarine Force, it's the submarine warfare insignia, informally known as a submariner's "dolphins." Submariners earn their dolphins by demonstrating their vast knowledge of all the systems aboard their submarine in a process they call "qualifying." Qualifying is not just a rite of passage or an achievement for submariners, it is a requirement of submarine service. A new unqualified submariner has a year to successfully complete the qualification process and pass his or her final evaluation board prior to receiving their dolphins.

GOLD DOLPHINS RECIPIENTS

*BRAVO ZULU TO RICKOVER'S LTJG TERRANOVA
AND LTJG SAUNDERS FOR COMPLETING THE
RIGOROUS SUBMARINE QUALIFICATION PROCESS
AND RECEIVING THEIR GOLD DOLPHINS!*



LTJG MICHAEL L. TERRANOVA



LTJG CALEB M. SAUNDERS



PCU HYMAN G. RICKOVER'S 2ND QUARTER AWARDS

PCU HYMAN G. RICKOVER'S
BLUE JACKET OF THE QUARTER
ELECTRONICS TECHNICIAN NUCLEAR THIRD
CLASS (SS) DANIEL MCKAY



PCU HYMAN G. RICKOVER'S
JUNIOR SAILOR OF THE QUARTER
ELECTRONICS TECHNICIAN NAVIGATION SECOND CLASS (SS)
GARRETT CROWTHERS



PCU HYMAN G. RICKOVER'S
SAILOR OF THE QUARTER
YEOMAN SUBMARINES FIRST CLASS (SS)
JOSEPH TOOLEY



OUTSTANDING!

BRAVO ZULU, SHIPMATES!



PCU HYMAN G. RICKOVER'S 3RD QUARTER AWARDS

PCU HYMAN G. RICKOVER'S
BLUE JACKET OF THE QUARTER
CULINARY SPECIALIST SEAMAN APPRENTICE (SU)
ISAIAH COLEMAN



PCU HYMAN G. RICKOVER'S
JUNIOR SAILOR OF THE QUARTER
ELECTRICIANS MATE NUCLEAR THIRD CLASS (SS)
BRYAN HIERS



PCU HYMAN G. RICKOVER'S
SAILOR OF THE QUARTER
MACHINIST'S MATE NUCLEAR FIRST CLASS (SS)
STEPHEN M. CORREIA



OUTSTANDING!

BRAVO ZULU, SHIPMATES!





OMBUDSMAN UPDATE

Dear RICKOVER families and friends,

We want to express our congratulations to the crew for their successful trials! We are grateful for your hard work and dedication that brought us to this point. We also want to celebrate the families! We know this time has been stressful, with the constant schedule changes and last-minute updates. Our resilience at home makes it possible for our sailors to go out and do their jobs, and we hope you are proud of yourselves for getting this far! At a recent Family Readiness Group (FRG) meeting, Celeste spoke about the Emotional Cycle of Deployment. We thought it would be good to discuss this again, in a little more detail. So often with deployments, the focus is understandably on the sailors and the tasks at hand. But to solely focus on that is doing a disservice to the family left at home. We can get so focused on helping the sailors that we don't realize what the impending change is doing to us and our children. The Emotional Cycle of Deployment helps to visualize the different stages are, and as military families it'll help us better understand and adapt to the constant changes this lifestyle brings.

There are 7 phases of the cycle, as seen on the graphic. Each stage has its own approximate timeline and characteristics. We'll be speaking from a submariner's spouse's point of view, but know that everyone who has an emotional connection with a sailor will experience their own version of each of these stages.

Anticipation of Departure. *Normally about 4-6 weeks before departure.* This is a time of tension and conflicting emotions. The nervous energy from the anticipation can make tempers short, but there is also some excitement about getting out and executing the mission. You may feel resentful because your loved one is leaving, but also feel immense pride at their dedication, and overwhelming sadness at the thought of having to live the day-to-day life without your sailor.

Detachment and Withdrawal. *Normally in the last few days to one week before departure.* This is one of the hardest for family members, especially for spouses and children. The mindset of "If you're going to go, just go already" moves to the forefront. The sadness and anger can become more prevalent, especially when last minute schedule changes screw up your personal plans. Even though you may physically be present with your sailor, emotionally the walls have gone up to protect yourself from the sadness and hurt of your sailor leaving.

Emotional Disorganization. *Normally in the first few days after departure but can last 6 weeks.* This stage also brings conflicting emotions. You might feel relief because they finally left, then guilt for being glad they're gone, then sadness because they aren't around, then longing because you're not sure how to start your new routines without them. Your emotions may seem all over the place, and it may seem too overwhelming to navigate all the newness.

Recovery and Stability. *Begins after stage 3 and can go until about 1-2 months before return.* You're finally at a point where your new normal feels just plain normal. Your routines have taken shape, hopefully a local support system has formed, and you begin to feel a sense of independence and accomplishment. You realize that you can make it through this time without your sailor. You start to work through the tasks you want to accomplish while your sailor is out.

OMBUDSMAN CONTACT INFORMATION

795ombudsman@gmail.com

PHONE: (860) 941 4897

RESOURCES

AMCROSS

COMPASS

MWR

FLEET AND FAMILY SUPPORT
CENTER





OMBUDSMAN UPDATE CONT'D

Anticipation of Return. Normally about 4-6 weeks before return, but this will vary based on mission and how long the sailor was gone for. Just as things have really settled into a routine, you start to gear up for their return. Excitement creeps in with the thought of your sailor coming home, but you might dread the return because you didn't get everything done that you wanted while they were gone. You might start to get nervous about how your sailor is going to fit into your new routines or how they'll adjust to the changes you made while they were gone.

Return Adjustment and Renegotiation. Normally begins immediately after return and can last up to 6 weeks. They're home! You survived! Now what? How does your sailor fit into the changes made? Do you cancel plans with all the friends and support systems you made while they were gone? How do you go about being a couple again when it's been months without a meaningful conversation? How do you fill them in on everything they missed? You've both grown as individuals during your time apart, how do you make that work as a couple?

Reintegration and Stabilization. Begins after stage 6 and can go for up to 6 months (or until about a month before next departure), then the cycle goes back to stage 1. You're finally beginning to feel comfortable as a couple again. You're adjusted the normal you had during the deployment to a new normal with your sailor being home. You both have settled into your roles again, with some changes and some things remaining the same. You're in a sweet spot where the schedule is more structured and there is less urgency getting ready to deal with the next deployment.

It's important to remember that each person will handle these stages differently. It's impossible to say how long you'll stay in each stage, and how your body and emotions will handle each stage. You may bounce between different stages, or linger in one longer than a fellow spouse is, or seemingly skip stages altogether. Acknowledging that there is an Emotional Cycle that you're progressing through will help you process what's happening and hopefully you'll be better equipped to handle what each stage throws at you. Military families are made up of some of the strongest people we know, but deployments and everything that goes with them can knock out the best of us. The best way to deal with them is to have your own support system and your own sense of self-worth, while acknowledging that you are being asked to go through some ridiculously difficult times that your friends and family won't fully understand. We as your Ombudsmen are here to help navigate some of the stresses that come from this life, so please reach out if you need us!

Celeste Winters
Shelby Bender
PCU Hyman G. Rickover Ombudsmen
Celeste's Cell: (860) 941-4897
Shelby's Cell: (860) 213-6061
Email: 795ombudsman@gmail.com

Navy Family Ombudsmen are required to report to the command and/or the appropriate authorities all instances of alleged or known child abuse, alleged spouse abuse, potential or attempted suicide, potential homicidal or life-threatening behavior, and any other issues identified as reportable by the Commanding Officer.

OMBUDSMAN CONTACT INFORMATION

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RESOURCES

AMCROSS

COMPASS

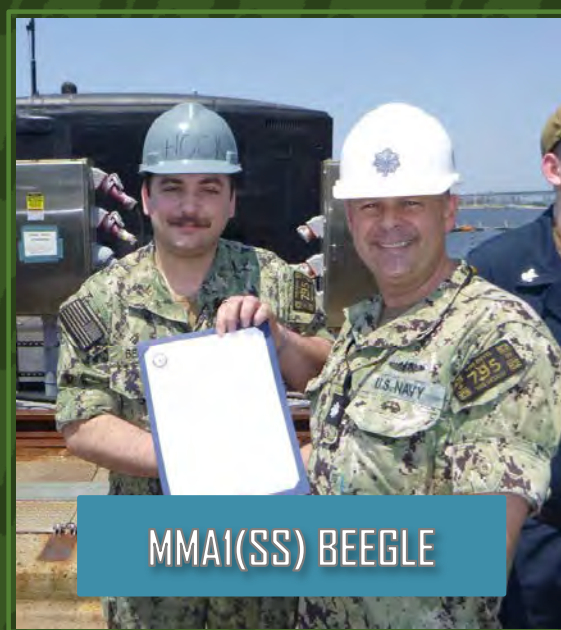
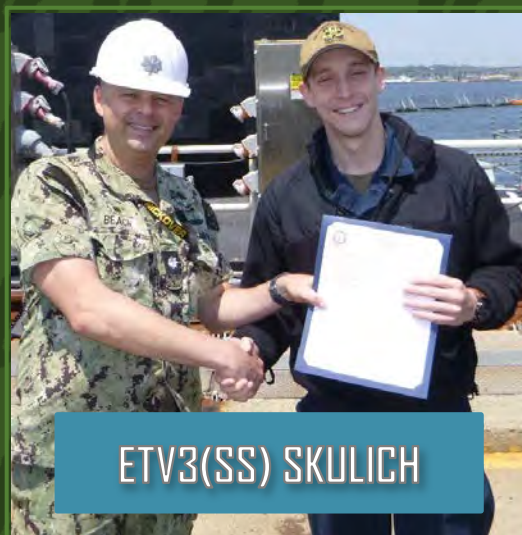
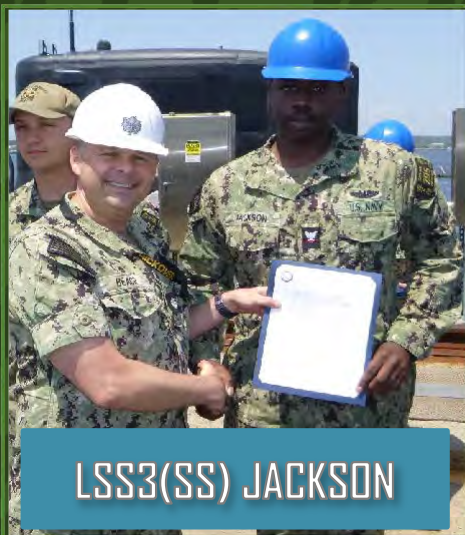
MWR

FLEET AND FAMILY SUPPORT CENTER

The Emotional Cycle of Deployment

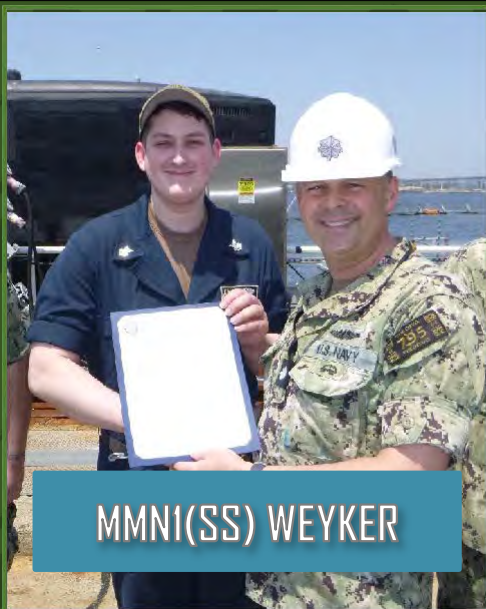


Congratulations to the following Sailors for being selected for advancement to the next paygrade!



BRAVO ZULU, SHIPMATES!

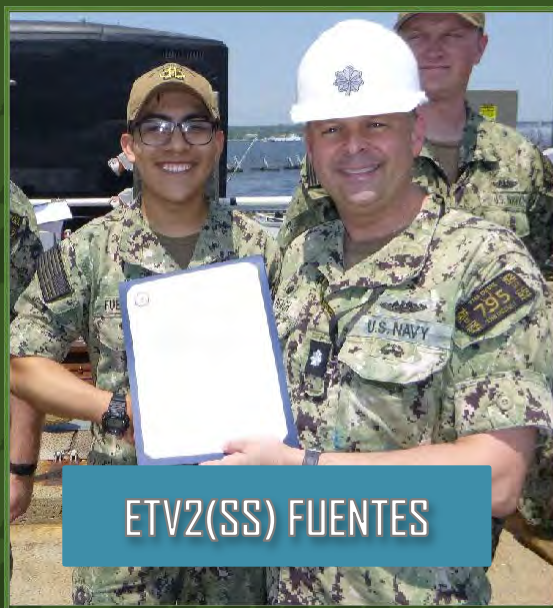
Congratulations to the following Sailors for being selected for advancement to the next paygrade! (Cont'd)



MMN1(SS) WEYKER



LSS2(SU) BOWEN



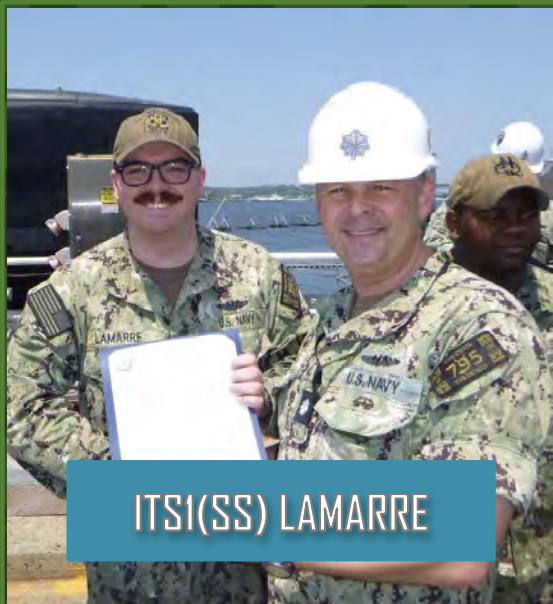
ETV2(SS) FUENTES



LSS2(SS) THARRINGTON

BRAVO ZULU, SHIPMATES!

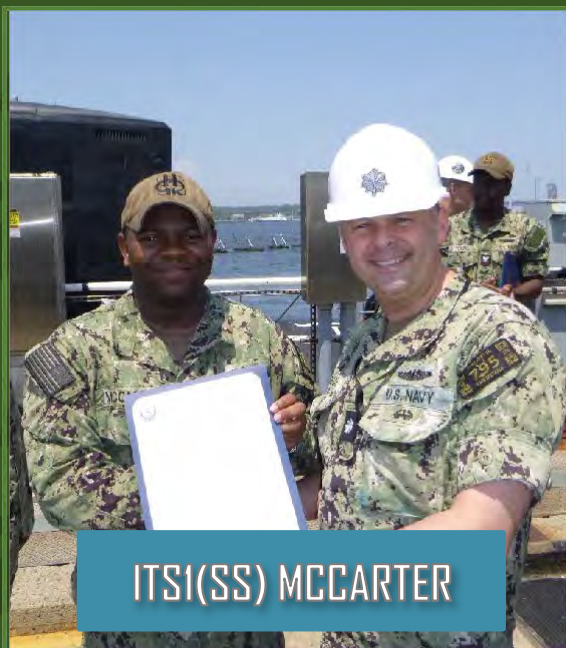
Congratulations to the following Sailors for being selected for advancement to the next paygrade! (Cont'd)



ITSI(SS) LAMARRE



MMA2(SU) KURIN



ITSI(SS) MCCARTER



ITS2(SU) MELLON

BRAVO ZULU, SHIPMATES!

**CONGRATULATIONS TO THE CHIEF OF THE
BOAT FOR HIS SELECTION TO MASTER
CHIEF!**



BRAVO ZULU, TMCM DEGRAFF

FAIR WINDS AND FOLLOWING SEAS

The following Sailors have transferred and received the Navy and Marine Corps Achievement Medal for their faithful service aboard RICKOVER:



LCDR GARRICK LIVESAY



STSCS(SS) WESLEY MARTENS



LT ANDREW SIME



YNSZ(SS) SHARIF YOUNG



ETVCS(SS) RAFAEL ARRIAGA



MMAZ(SS) ALEXANDER HAYES

THE NAVY AND MARINE CORPS ACHIEVEMENT MEDAL

CONGRATULATIONS TO THE FOLLOWING SAILORS FOR THEIR DEDICATION AND DEVOTION TO DUTY THAT REFLECTED CREDIT UPON THE NAVAL SERVICE.



MMN2(SS) GRANT SMITH



MMAZ(SS) SAMUEL MOORE



ITS2(SS) TYLER ALSIEUX



ITSI(SS) NATHAN LAMARRE



MMAI(SS) GONZALES, FT2(SS) LIETER, MMN2(SS) CUMMINS

RICKOVER'S NEWEST DEVILS!



STSSN Mark J.
Dean



LT Nicholas C.
Evans



STSC Joshua D.
Salazar



TMFR Daquinton
D. Macklin



CSSSA Isiah M.
Coleman



MMAFA Emiliano
Juarezserrano



MMAFA Angel G.
Hernandezgante



ENS Kaleb J.
Eddy



MMN3 Evan
Flores



FTCS Ryan M.
Bibb

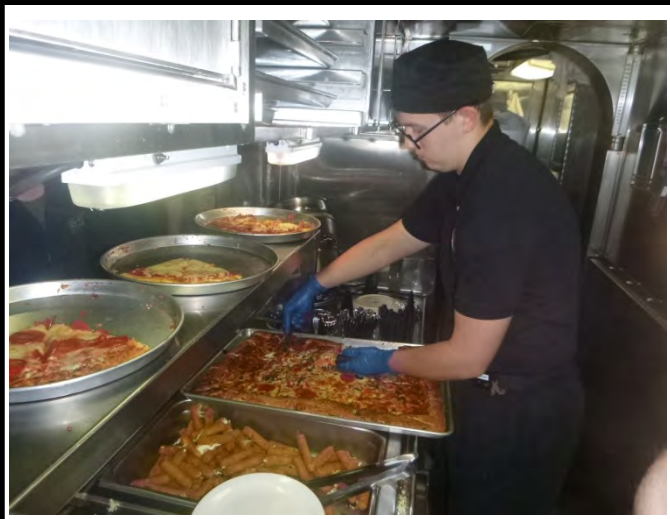


LCDR Oliver A
Nelson

WARMEST WELCOMES!



RICKOVER'S FIRST PIZZA NIGHT



CSSSA GOLDEN IS READY TO SERVE THE CREW!



NOW THAT'S AN AMAZING PIZZA RIGHT THERE!



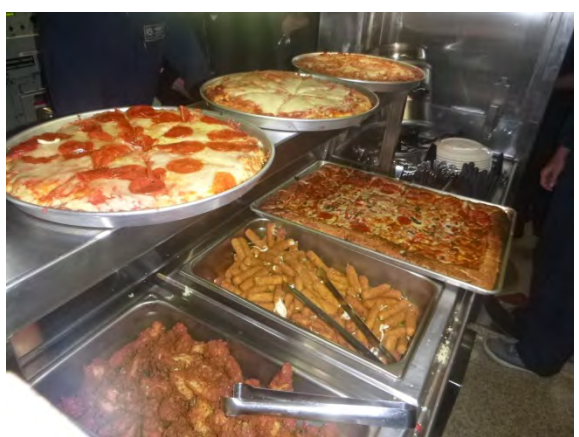
THE WARDROOM ENJOYING RICKOVER'S FIRST UNDERWAY PIZZA



CSS2 FERNANDEZ AND CSSSA COLEMAN SHOWING OFF THEIR PROWESS

RICKOVER'S FIRST PIZZA NIGHT

CONT.



PIZZA HOT AND READY!



SAY CHEESE!



GREAT FOOD AND A GREATER CREW. HOYAH RICKOVER!



FT2 KELLY TAKING A MUNCH!



WAX ON, WAX OFF



ETV2 CROWTHERS AND ITSI DOUGHERTY APPROVED!



RICKOVER'S FIRST UNDERWAY!



Rickover is underway on Nuclear Power



LTJG Davis (PCU IOWA) and LTJG Jaquith searching for contacts.



Angles and Dangles!



TM1 Lett Piloting the Ship!

RICKOVER'S FIRST UNDERWAY!



Welcome Home Rickover

Credit: Philip Medbery Photography



CREDIT: MIKAELA TOOLEY

Family Readiness Group

Hello RICKOVER Family!

We are your PCU Hyman G. Rickover Family Readiness Group (FRG) Board. The PCU Hyman G. Rickover FRG serves to promote Sailor and Family readiness for PCU Hyman G. Rickover. Our FRG Board Members are: FRG President, Allie Schmitz; FRG Vice President, Melissa Woolley; and FRG Treasurer, Josie Mellon. As an FRG, our mission is to provide for the well-being of the families of PCU Hyman G. Rickover sailors. We host meetings, events, and fundraisers throughout the year to provide social support, engagement, and valuable information about Navy Life. The FRG is a great way to meet your fellow RICKOVER families, and we always welcome new faces. Our goal is to foster a caring, supportive, and responsive group that can provide assistance when needed.

Our email address is frg795@gmail.com Please feel free to contact us at any time. We also have a private PCU Hyman G. Rickover FRG Facebook group which, once you are confirmed as a member, will keep you up to date on our news and events. We also have a fan page that is public that we keep up to date on things happening with the boat, commissioning, and base happening. Below is a list of events and fundraisers that are happening this quarter:

August 2023:

- FRG Meeting Thursday, August 17 5:30pm to 6:30pm at Church of Christ in Groton

September 2023:

- FRG Meeting Thursday, September 18 from 5:30pm to 6:30pm at Church of Christ in Groton

To RSVP for any event or check out other events we are doing, please check out the facebook page in the Event section!



2023 RICKOVER SOFTBALL GAME AND PICNIC!



THE FATED GAME OF THE YEAR.
E6 AND BELOW VS. THE KHAKIS



AFTER A LONG HARD GAME
KHAKIS WIN 22-17



GRILL MASTER STSCS MARTENS
SERVING UP AMAZING BURGERS



A NICE RELAXING GAME OF
CORNHOLE.



RICKOVER FAMILY PHOTO!