# MCPON kicks off phase one of CPO 365 in Japan

**By MC2 (SW/AW) Kenneth R. Hendrix, U.S. 7th Fleet Public Affairs**

Chief petty officers and first class petty officers joined Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West for an early morning 2-mile physical training run at Commander Fleet Activities Yokosuka (CFAY), Oct. 4.

**Master Chief Petty Officer of the Navy (MCPON) Rick D. West runs with chief petty officers and first class petty officers at CFAY Oct. 4.**
**Photo by MC3 Andrew Ryan Smith**

The run recognized the Chief Petty Officer 365 (CPO 365) training program, a three-phrase training process designed by West to improve the induction procedures for the future new chief petty officers.

"I came out here, did not know what to expect, and, I've got to tell you, you rocked me," West said, while addresses the chief petty officers and first class petty officers after the run. "I am so impressed by all of you. I am going to drive away from here today knowing that our first class petty officers and chief petty officers are united together.CPO 365 is just that. It's about forging that relationship. Build it even more than it already was," West added.

The run took place on the back roads of CFAY along the Tokyo Bay waterfront.

Throughout the run, Chief Machinist's Mate (SW) Doneka Booker, assigned to Systems Command Fleet Logistics Center Yokosuka, inspired the chiefs and first classes with her motivational cadence.

"I have been doing [the cadence] here for three years now, and every time it brings motivation," Booker.

Booker added that it was great to see the first classes and chiefs together to show unity in Yokosuka.

Interior Communications Electrician 1st Class (SW) Edward H. Craven, assigned to the U.S. 7th Fleet flagship *USS Blue Ridge* (LCC 19), said the run showed the importance of the CPO 365 program.

"The chiefs and first classes today were really pumped up today with the MCPON," Craven said. "It was cool to have and see 300 Sailors come together, and it felt good to be apart of something like that.

After the run in a close knitted huddle, West shared that he wanted the group to go out as a team and make a difference in the community.

"Let them know that you are United States Navy Sailors," explained West. "Let today be the start of a lot of great things across our Navy."

# *Fitzgerald completes* successful Russia port visit

**Story and phot by Ensign Carissa Guthrie, *USS Fitzgerald* Public Affairs**

VLADIVOSTOK, Russia – The Arleigh-Burke class guided-missile destroyer *USS Fitzgerald* (DDG 62) departed Vladivostok, Russia on Oct. 4.

"This port visit was a huge success," said Cmdr. Brian Mutty, commanding officer of *USS Fitzgerald* (DDG 62). "The crew had a fantastic time exploring the city and enjoying the culture and history of Vladivostok. We look forward to future visits and interactions with the Russian Pacific Fleet both in port and at sea."

The official U.S. delegation was led by the Destroyer Squadron (DESRON) 15 Commander, Capt. John Shultz.

Shultz and Mutty had the opportunity to meet with the Deputy Commander of the Russian Pacific Fleet, the Deputy Mayor of Vladivostok, the U.S. Consulate General, and the Commander of Surface Ships Force, Russian Pacific Fleet. Additionally, DESRON 15 and the leadership of Fitzgerald held planning meetings in preparation for the upcoming joint exercise "Pacific Eagle" with the Russian Slava-class missile cruiser Varyag.

The Russian Navy hosted tours for both the U.S. delegation and the crew of Fitzgerald onboard the Udaloy-class destroyer Marshal Shaposhnikov (BPK 545).

*USS Fitzgerald* was also open for tours for distinguished guests and their families.

On the third evening in port, *Fitzgerald* hosted a reception for more than 150 guests.

**During a recent port visit to Vladivostok, FCC Paul Dix reaches the halfway point of a relay race with the children of Parus Nadezhdy Children's Rehabilitation Center Oct. 3. More than 20 Sailors from USS Fitzgerald (DDG 62) participated in the community relations event.**

Along with the tour of the Russian ship, *Fitzgerald* Sailors also had the chance to play basketball and soccer with their Russian counterparts.

"I love soccer and was excited for the opportunity to play an international match," said Seaman Phillip Nagel. "No matter where you are in the world, soccer is the same great sport. The Russians were fantastic competitors and we had a blast out on the field."

The crew of *Fitzgerald* interacted with the Vladivostok community throughout their visit, particularly with the Parus Nadezhdy Children's Rehabilitation Center. More than 20 Sailors participated in a trip to the center on the second day in port.

Following a morning full of relay races, songs and games, *Fitzgerald* invited the children onboard for a tour of the ship.

"I had a great time playing with the kids," commented Operations Specialist 2nd Class Hugo Suarez. "It was very rewarding just to see the smiles on their faces – it made my day."

*Fitzgerald* is assigned to DESRON 15 and patrols the 7th Fleet area of responsibility.

The U.S. 7th Fleet covers 48 million square miles with approximately 60-70 ships, 200-300 aircraft, and 40,000 Sailors and Marines assigned at any time.