# Forward-deployed Sailors strengthen relationship with host city Hong Kong

**By MC2(SW) John J. Mike,**
***USS George Washington* Public Affairs**

The *George Washington* Carrier Strike Group (*GW* CSG) departed Kowloon Bay Nov. 3 following a five-day port visit to Hong Kong.

Joining the more than 5,000 *USS George Washington* (*GW*) (CVN 73) and embarked Carrier Air Wing (CVW) 5 Sailors in the visit were the crews of the guided-missile cruiser *USS Cowpens* (CG 63), the guided-missile destroyer *USS O'Kane* (DDG 77), and the guided-missile frigate *USS Crommelin* (FFG 37).

The port visit was a first for *GW*, the flagship of Task Force 70, which operates from Commander Fleet Activities Yokosuka (CFAY).

"Being permanently forward-deployed to the Pacific region, hopefully this is one of many visits for not only *GW*, but the rest of the strike group," said Commander *GW* CSG, Rear Adm. Kevin M. Donegan.

Aviation Boatswain's Mate (Handling) 3rd Class Ashley Jones-Lutz was one of many *GW* Sailors who enjoyed the culture Hong Kong had to offer.

"I particularly enjoyed the shopping," Jones-Lutz said. "The street markets are interesting, and I bought a lot of souvenirs for my family at them."

The visit also provided Sailors a chance to strengthen relations with their host city.

During its stay, *GW* held a reception and multiple tours for local officials and citizens to help build an understanding of the Navy's role in maintaining maritime security in the Pacific region.

The strike group also gave back to local communities by sending more than 300 Sailors ashore to participate in 17 community service projects.

**(Left) ABHAN Venus Wooten and ABHAR Nicholas Plemmons lower the ensign aboard the aircraft carrier *USS George Washington* (CVN 73) as the ship gets underway in Kowloon Bay Nov. 3, following its first port visit to Hong Kong.**
**U.S. Navy photo by MCSA Marcos Vazquez**

"Hong Kong is a strategic partner with the U.S. and by getting involved with their communities, we create a spirit of goodwill between our countries," said *GW* Command Chaplain Cmdr. Dennis Young.

# CPR instructor on life-saving mission

**Story and photo by ITC(SW) Ben Tomlin,**
**ATGWP Public Affairs**

Electronics Technician 1st Class (SW) Juan Cruz has been teaching cardiopulmonary resuscitation (CPR) for more than three years. His motivation for becoming a CPR instructor stemmed from witnessing a close friend's son choking on a hot dog at a barbeque.

Although the Heimlich maneuver he administered was a sufficient measure of assistance to save his life, the experience was all the motivation he needed to ensure he and his family became thoroughly familiar with different life saving techniques.

Since reporting for duty at Afloat Training Group Western Pacific (ATGWP) nearly 10 months ago and taking over the program, Cruz has qualified more than 65 forward-deployed Sailors in the proper procedures for administering CPR and the Heimlich maneuver to adults and children.

CPR is an essential life saving skill, which is the backbone of Advanced Cardiac Life Support.

"My goal is not only to ensure fleet readiness, but to also make sure everyone is equipped with the knowledge to potentially save a life," said Cruz. "That kind of situation can occur without warning and people need to know what to do, whether it involves a family member or a total stranger."

**(Left) ATGWP CPR Instructor ET1(SW) Juan Cruz conducts a CPR class for ATGWP personnel. Cruz has qualified more than 65 Sailors in the proper procedures for administering CPR and the Heimlich maneuver to adults and children.**

# Board retains more than 97 percent for continuation

**By MCC(SW) Maria Yager,**
**Chief of Naval Personnel Public Affairs**

More than 97 percent of candidates reviewed by the Navy's Senior Enlisted Continuation Board were selected to continue naval service according to a Navy message released Oct. 30.

"The overwhelming continuance of our senior enlisted demonstrates the extraordinary quality of the chief petty officer (CPO) mess," said Chief of Naval Personnel (CNP) Vice Adm. Mark Ferguson. "The records of eligible master chiefs, senior chiefs and chiefs were reviewed and given full consideration."

After a complete review of 5,686 eligible active duty and full-time-support candidates, the board selected 5,528 members for continuation.

According to the precept, which outlines what information board members may or may not consider from a record, documented misconduct and substandard performance were the primary reasons a Sailor would not be selected for continued service.

Some examples include "significant problems" or "progressing" promotion recommendations, declining performance from the same reporting senior, failure to maintain physical fitness assessment standards, military or civilian convictions and non-judicial punishment.

Members not selected for continuation will retire no later than June 30.

"There were chiefs with adverse information in their records, and many of them are staying. That, in itself, should tell any doubters that there was no quota, and that we are not a zero defect Navy," said Master Chief Petty Officer of the Navy (SS/SW) Rick West. "People make mistakes. Often times, it's how we respond after those mistakes that defines us as chiefs, as Sailors and as leaders in our Navy."

The board concluded deliberations at Navy Personnel Command Oct. 1 and the results were forwarded to CNP for approval.

Sailors not selected for continuation were personally notified prior to the results posting in BUPERS Online.

Candidates can check their status at https://www.bol.navy.mil.

"The purpose of this board was to continue to improve the effectiveness of the force by identifying and continuing our most fully qualified enlisted leaders. I appreciate the leadership of the CPO mess in this process," Ferguson added.

The Senior Enlisted Continuation Board is a performance-driven review of master chiefs, senior chiefs and chiefs with more than 20 years of service and three years time-in-grade.