

COWPENS CONNECTION



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People, Maintenance, Training

Family Readiness = Combat Readiness

TEAM COWPENS – We Listen, Learn and Lead!

Ownership, Self-Assessment, Self-Sufficiency

Procedural Compliance

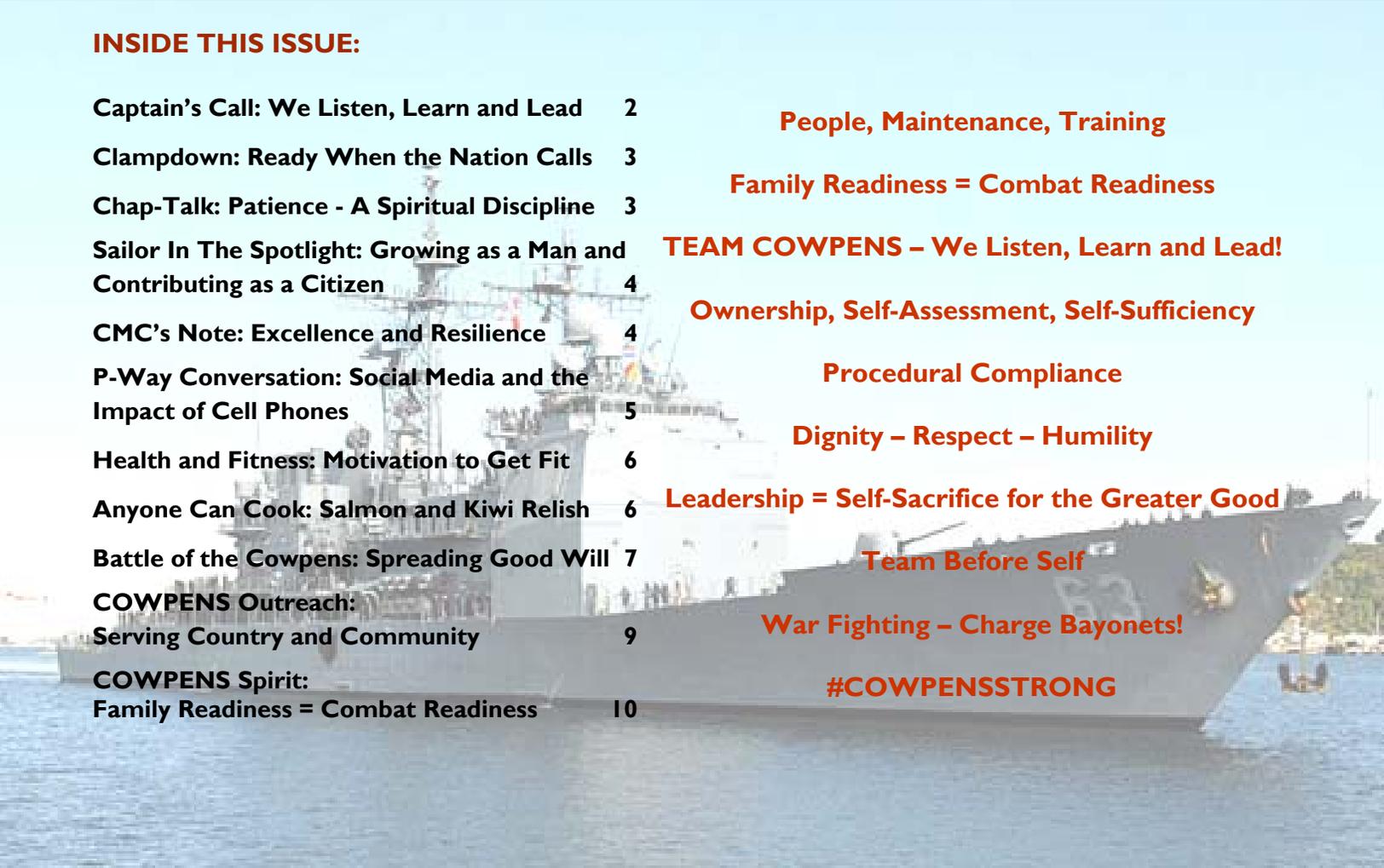
Dignity – Respect – Humility

Leadership = Self-Sacrifice for the Greater Good

Team Before Self

War Fighting – Charge Bayonets!

#COWPENSSTRONG



CAPTAIN'S CALL

Greetings and Happy New Year! It has been 5 months since I had the honor and privilege of assuming command of COWPENS. I feel very fortunate to have the opportunity to work for the fine Sailors on board COWPENS. We continue to make positive change on board COWPENS daily and I couldn't be more proud of the crew.

Thank you to all the families for your support. To the spouses, significant others, parents, grandparents, aunts, uncles, friends and other family members, thank you. Without the support you provide and the sacrifice you make, our Sailors couldn't do the job they do. Family readiness equals combat readiness. Please know that our chain of command is here to help and support our Sailors and their families. Please reach out to our Executive Officer, CDR Justin Harts, our Command Master Chief, CMDCM Rick Putnam, our Chaplain LT Monya Stubbs or myself if there is anything we can do.

We are four months into a 6 month unplanned maintenance period. By March, I expect we will complete close to 40 million dollars worth of repairs and upgrades in returning COWPENS to the fight. The decision has been made to extend COWPENS service life well into the 2030's. In late 2016/early 2017, COWPENS will execute a modernization period where she will receive further state of the art Combat Systems upgrades and further Hull, Mechanical and Electrical upgrades. In the meantime, our job is to continue to improve the material readiness and combat effectiveness of COWPENS daily, so when we are called upon, we are ready to execute our Nation's calling and our mission. We will continue to update the crew on our future schedule as it solidifies so our Sailors and their families can plan accordingly.

People, Maintenance and Training. The people, i.e. our Sailors, are the most important part of our organization. Leadership is about self-sacrifice for the greater good. I firmly believe our job as leaders is to ensure our Sailors not only succeed in the Navy, but in the game of life itself. We must have a clear understanding of our Sailors' professional and personal goals and help them in achieving those goals. This leads not only to their success, but the success of the team, the command, the mission. We live in a dangerous world and our Sailors have a dangerous profession. We must ensure our Sailors are ready, our maintenance is conducted by the book and we train to the way we fight. When all lines are over and we head to sea, we must execute with perfection to ensure our Sailors safety and mission success. Procedural Compliance. Ownership, Self-assessment and Self-sufficiency. Safety. Preparation, Process and Execution. Often our days at-sea on one of the most powerful warships in the world can be mundane as we fulfill our role of deterrence. There is no such thing as a routine day at-sea. When we must act to defend ourselves, our Nation, our military or our allies or employ our weapons systems in an offensive capacity, we must execute to perfection each and every time. There is no room for complacency. There is no "I" in Team, but there are three "I's" in the word responsibility. Lives depend on all 375 Sailors understanding their duty, role and responsibility and acting in unison. It is a culture and a mindset. It requires sacrifice, hard work and a proper work/family balance. We will work daily to solidify that mindset and culture. Take care of our people, and ensure the proper focus on Maintenance and Training. #COWPENSSTRONG!

Again, thank you for your support of our Sailors. Please don't hesitate to contact our leadership if there is any support we can provide. To my Sailors, thank you for your support and for the opportunity to work for all of you each and every day. It is truly an honor and a privilege.

Team COWPENS – We Listen, Learn and Lead!

Very Respectfully,

Scott Sciretta
Commanding Officer, USS COWPENS (CG 63)
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CLAMPDOWN

Shipmates, Friends, and Families of the good ship Cowpens. Ahoy! As the new Executive Officer it's been an honor over the last 4 months to get to know the men and women that are working everyday to make this good ship-great! I can't begin to express how fortunate I am to be a part of this team.

What more can I say in this first newsletter? I'm proud of what I've seen... I'm proud to be a part of this crew... I'm proud to have a COWPENS decal on my car.... I wish we had more time for Clampdown!

Very Respectfully,

XO, USS COWPENS (CG 63)
J.L. Harts
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Wow, it's been busy. We've seen more admirals visit this ship in the short time I've been onboard than in all the ship's I've ever served on combined-and that's a lot.. I've also never planned and executed a major maintenance availability at the same time, while planning the next one. It's a lot of work but it's also worth it.. This is exactly what we need to be ready when the nation calls... and she will call. War fighting first!



CHAPTALK

Patience: A Spiritual Discipline

Chaplain Monya A. Stubbs reflects on the practice of patience to strengthen one's emotional, spiritual and physical well-being in the New Year.

I recently visited with a Buddhist monk, and in our discussion on the concept of patience, he reminded me that patience is not the absence of engagement or an indifferent attitude. Rather, the monk explained, patience means maintaining a commitment to the "causes of your practice, no matter how long it takes to get the results." I did not really understand, so I asked him to elaborate. "Patience," he further explained "means sticking with the task – slow and steady." In other words, I replied, "patience requires endurance." "No," he said, "patience is endurance." Patience means that we stick with things even when they take a long time to show the preferred results. We do not get frustrated or sloppy. Patience is always an efficient use of our emotional energy, but seldom fast. "A farmer knows," the monk stated, "that you cannot plant the rice today and expect to have the grains ripened tomorrow." It takes time and during the time between the planting and the harvest, it is going to require work. We must tend to the soil.

Life can be cruel and sometimes just messy when we are intimidated or stifled by the weight that stress brings into our world. At the same time, life provides us space to create and experience moments of immeasurable joy that enrich the lives of those with whom we work and live. Life offers us a myriad of opportunities to imagine and build products that advance the human condition. Life also pokes and prods, hoping to stimulate us to confront injustices that oppress the human spirit. But, we live in an impatient society; when we engage the opportunities and difficulties that life brings, we are often overwhelmed,

irritated, and disappointed if desired outcomes do not come at the pre-determined allotted time. Everything has to be done fast, and we expect fast results. We fail to appreciate the transformative power of patience and endurance.

As we enter this New Year, I invite you to reevaluate your pace. When you engage a problem that comes to your attention, tackle a task placed under your charge, or confront the challenges involved in interpersonal relationships, do so with patience – proceed with care and attention. As you work throughout the year to meet your career goals, to grow your personal relationships, and to strengthen your emotional, spiritual and physical well-being, know that you will encounter obstacles. Do not become discouraged by the natural delays that obstacles bring. Avoid internal dialogues about when the results are going to come, what they are going to be like, and how you can speed up the process. Rather, focus your creative genius on the generosity of the moment and the assignment at hand. Tend to the soil. Be Patient. Endure.

Very Respectfully,

Monya A. Stubbs
Command Chaplain, USS COWPENS (CG 63)
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Sailor In the SPOTLIGHT Tommie D. Walker, Jr.

OS1 Walker is a high impact leader on the deck plates. His initiative, optimism, professional demeanor, and integrity are attributes with which he leads. He is a dedicated, top-performing sailor. OS1 Walker naturally stimulates individual growth and sets a positive impression for our future leaders in the United States Navy.

SAILOR OF THE YEAR

A conversation with OS1 Walker:

CC: Why did you join the Navy?

OS1 Walker: Quincy, Florida is a small town. I wanted to expand my horizons. I wanted to see the world and experience different cultures. I was also looking for a career option that would help me to grow as a man and contribute as a citizen. The Navy gives me these opportunities.

CC: You have obviously committed your professional energy to building a successful Navy career. After sixteen years, do you have any immediate career goals?

OS1 Walker: Yes, setting goals and working to fulfill them is a must in Navy life – well, I guess in all of life. I am working hard to make chief next year. Also, I want to complete my degree in Business Management.

CC: I know you work hard at your job, but what do you do for fun?

OS1 Walker: I love music! I am a self-taught musician. I play the bass, the guitar, the drums, and the keyboard. So, a good time for me always includes listening to or playing music. I am also a softball enthusiast. I don't get to play much, but I enjoy the game.

CC: So, you like sports? Any favorite teams?

OS1 Walker: Of course. My favorite football team is the Florida State Seminoles. The Oregon game was a fluke. My favorite basketball team is the Miami Heat. Even without LaBron. My favorite professional football team is the Philadelphia Eagles. Hopefully Sanchez will make the difference next year.

CC: It is the start of a new year. Have you made any new year's resolutions?

OS1 Walker: I actually thought about this a lot. I really want to be a light in the world. I want to live better and share more with those around me. So I just want to try and do a good deed everyday this year. I want to intentionally help as many people as I can. I want to touch their life and I want their life to impact me.

CC: What is the one message you would like to share with your COWPENS' family?

OS1 Walker: I have two. The first is: COWPENS' OI Division is the best division in the Fleet! We are knowledgeable. We are always willing to help. And we are detail oriented. The second message I would like to share with my COWPENS family is that I would encourage us to work more cohesively. To work more as a unit and to share and be helpful to one another.

CC: Is there a Mantra by which you live?

OS1 Walker: God; Family; Hustle. Love God. Take care of my family. Work hard to do both.



instance, I am especially proud of three of our shipmates (CS2 Wilcox, DC3 Andrade, and BM3 Rodriguez) who recently received the U.S. Naval Institute and AFCEA International award for outstanding performance. On February 10th, the XO and I attended the award's luncheon at the San Diego convention center and were proud to represent COWPENS and celebrate our

COMMAND MASTER CHIEF'S NOTE

At the start of this new year, my thoughts turn gratefully to those shipmates who have made COWPENS' progress possible. Onboard COWPENS I see that progress everyday and it is through your efforts that the ship is becoming more than just a place where we work. This ship is taking on the spirit of its crew and it is one of resilience and excellence. For

Sailors. Even more, we were proud to celebrate the spirit of resilience and excellence that is demonstrated by our crew. I say simply, but sincerely, thank you COWPENS.

Richard J. Putnam
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COWPENS Exceptional Sailor awardees grab a quick photo with former Master Chief of the Navy

P-WAY CONVERSATION



Social Media & The Impact of Cell Phones

(Written by: SH3 Bullock)

Smart phones in the Information Age have shown benefits to the XY generation. Everyday, Facebook, Instagram, and Twitter feeds are updated and text and picture messages are shared with friends and family. Smart phones have semi-supplanted our music players, televisions, cameras and GPS systems. More than ever they offer a glimpse of one's life if they so choose to display it. The questions we must raise are: at what point does it help or hinder us and in what situation does it become effective?

Recently CNN posed a question regarding the current outcry on law enforcement's misuse of authority. "Can cell-phones stop



police brutality and/or do they pose a hindrance to or reduce aggressive policing due to the implications of its potential use on social media?"

This past year alone, news outlets and social media sites were flooded with occurrences of violent shootings of young adolescents' law enforcement officers. This doesn't suggest that aggressive policing has increased, but that it is in the spotlight due to the use of cell-phones and video recordings taken in the heat of the moment. What it has caused is the questioning of law enforcement's tactics and strategies when responding to escalated situations.

What's more interesting is that these same videos can be used as evidence or claims of mistreatment in a Court of Law. Tie that in with the fact that last year the Supreme Court sided with privacy



rights limiting police searches of cell phones when performing their official duties, the question posed to our readers again is: "Does the presence of cell phones deter police mistreatment while also hindering our law enforcement operating within their duties to hold back when immediate danger is potentially threatening to surrounding citizens?"

Due to law enforcers being stripped of any immediate authority to confiscate cell phones without a warrant, it enables any bystander or witness to police operations, to record or take pictures without the threat of being harassed. It can be very simple to think that this limitation on their authority shouldn't hinder officers' ability to perform their duties within the responsibilities given them along with their best judgment. Now take into account your daily responsibilities and jobs and contemplate how you would feel if you were to be recorded when doing what you know best. It can make you uncomfortable and sometimes on edge depending on how you handle the scrutiny to follow.

Law enforcement may not be accustomed to being recorded. So in hindsight any tactics or behaviors may not change. But, what if the result of them being filmed causes them to hold back in a situation where they could've or should've reacted sooner but because of being filmed they didn't want to be chastised for their actions. This is not an argument to let any man or woman off the hook for their actions if the situation turns sour. It's to put a perspective on how to look at it from different points of view. It's just a reflection on a P-Way conversation.

Health & Fitness

Here are some easy tips to living a healthier lifestyle:

When you are having a craving for sweets choose fruits instead of desserts and candy.

Working out with a friend is 10 times better than working out alone.

A nice cold shower after workouts is good for your muscles.

Efficient work out gear that supports your body does make a difference.

Music is healthy for you, and it is also something nice to work out to.

Always weigh yourself in the morning, free of clothing, for the most accurate reading.

Be aware of your portions when you are eating. Do not let the plate fool you.

Treat yourself at least once a week so that you don't find yourself beating yourself up because you fell to temptation and cheated.

Make eating fun. Explore different types of cuisines and food varieties.

Stretch twice a day. Go out dancing!

It is ok to be a hard charger, however, working through lunch is not a great idea. Take that time to eat and relax.

Eat snacks throughout the day; however, make them healthier snacks and not junk food.



“It is ok to be a hard charger, however, working through lunch is not a great idea. Take that time to eat and relax.”

8 Great Apps That Can Help MOTIVATE YOU To Get Fit



ANYONE CAN COOK

Marinated Salmon with Mango-Kiwi Relish

Marinate salmon fillets in a homemade mixture of honey, soy sauce, and olive oil, cook in a grill pan or skillet, and serve with a homemade fruit relish for an easy salmon entree with a tropical twist. Pair with mixed greens and steamed couscous for a complete meal.

Ingredients

- 1 teaspoon honey
- 2 teaspoon low-sodium soy sauce
- 1 teaspoon olive oil
- 1/4 teaspoon black pepper
- 4 (6-ounce) salmon fillets (about 1 inch thick)

Relish:

- 1/2 cup diced peeled mango
- 1/2 cup cubed peeled kiwifruit
- 1/4 cup chopped fresh cilantro
- 1/4 cup fresh orange juice



To prepare salmon, combine first 4 ingredients in a large zip-top plastic bag. Add fish to bag; seal. Marinate 10 minutes, turning occasionally. While fish marinates, heat grill pan or large nonstick skillet over medium-high heat. Remove fish from bag, discarding marinade. Coat pan with cooking spray. Add fish, and cook 5 minutes on each side or until the fish flakes easily when tested with a fork. While fish cooks, prepare the relish. Combine mango and the remaining ingredients. Serve over fish.

COWPENS SAILORS SPREAD GOODWILL



To commemorate the 234th anniversary of the Battle of the Cowpens, three sailors: LTJG Kessenich, OS1 Walker, and SH3 Vankeuren traveled to Cowpens, South Carolina from January 16-19.

In order to re-connect with the COWPENS' namesake town our sailors spent time meeting with local residents, visiting local landmarks, and spreading good faith.

Saturday, January 17th our representatives presented a wreath on behalf of the crew and attended a banquet led by Jan Humphries of the local government and the "Moo Committee".

On Sunday the day was spent visiting the site where the Battle of Cowpens took place and the local town history museum which contained artifacts from the town as well as memorabilia from the ship.

Our very own LTJG Kessenich wanted to reiterate how much the people of Cowpens, South Carolina were proud and appreciative of the ships which bear the name of their town.

"The community loves the ships – CVL 25 and CG 63 – and their crews", he said. "The town has expressed a strong desire for a group of CG 63 sailors to return.

NEW NAVY REGULATIONS

NAVADMIN 019/15, ENLISTED WOMEN IN SUBMARINES

1. IAW NAVADMIN 019/15, the Navy's plan to integrate enlisted women into the submarine force has been approved, and all submarine ratings and submarine Navy Enlisted Classification (NEC) codes are open to enlisted women.
2. The submarine force is seeking high caliber female applicants from all ratings. Sailors from all communities are eligible to apply for submarine service as part of this initiative. Per NAVADMIN 020/15 (E7/E8) and NAVADMIN 021/15 (E6 and below), the Submarine Enlisted Community Manager (ECM) is accepting conversion applications for ranks E-1 through E-8.

NAVADMIN 271, New Hair Regulations for Females

The Navy has expanded the service's hair rules for women, adding two-strand twists, relaxing size rules for hair buns and opening the possibility that future female recruits won't have to cut their hair at boot camp.

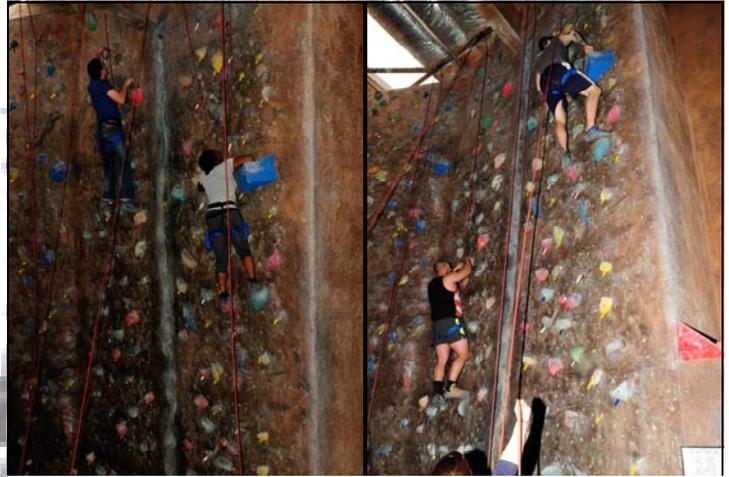
According to the new rules, braids must be uniform in size and shape, nor more than ¼ inch thick, and must not fall below the back of the collar when in uniform. In junior-enlisted dress uniforms, the hair may fall no more than 1 and ½-inches below the top of the jumper collar. Buns can now protrude up to three inches from the head and be four inches in diameter, versus the previous 2-inch height and 3-inch diameter rule.

The Navy did not, however, alter its position on dreadlocks.

CSADD SPOTLIGHT

CSADD USS COWPENS' chapter is an organization aimed at keeping young sailors on the path to success. The main goal of The Coalition is to teach young sailors how to make smart decisions and how to lead by example. CSADD will accomplish these ideals in a couple of different ways, first and foremost through giving back to the community. Secondly, by planning trips, activities, and events that support good decision making. In the upcoming months, CSADD will be participating in some community outreach with Habitat for Humanity, and the San Diego Food Bank. Also CSADD will be hosting a day of kayaking, and a day of laser tag. We recently had a great time rock climbing—check out the pictures. USS COWPENS' CSADD is just beginning their tradition of Ship Mates helping Ship Mates. Keep your eyes peeled for what CSADD will be up to next.

President: STGSN Fox
Vice President: CS3 Vargas
Secretary: CS3 Hilzinger
Treasurer: STG3: Fox
Liason: FCC Johnson
Officer Rep: ENS Buerger
Assistant Liason: FC2 Pienkoski



COWPENS OUTREACH

The COWPENS has a robust outreach program. We believe in service to our country and our community. Over the last five months our sailors have volunteered at Chula Vista Veterans Home, Father Joe's Kitchen, and the Neighborhood Exchange program. We have supported community clean-up and revitalization projects at Cabrillo National Monument and Millennial Tech Middle School. During the Holidays our CSADD association and the First Class Petty Officers sponsored toy drives. Other sailors participated in the Promises to Kids annual toy drive. We also teamed up with the USS Ronald Reagan and hosted a toy-wrapping party. Crew members have visited with residents at Sunrise Senior Living facility and tutored students with Homework Helpers. Finally, we kicked off 2015 at Coronado High School tract, where COWPENS' sailors joined Coronado Village Elementary students during their annual jog-a-thon.



VOLUNTEERING

“I feel that it is very important to volunteer because you can always make a difference in someone’s life - even if it is for just a second. My journey all started when I was in middle school and I volunteered at a Senior Citizens’ center. It was there that my eyes were opened to the joy of selflessly helping others. It gives you the satisfaction of playing a role in someone else’s life and helping people who cannot at the moment help themselves. But, the surprise is that people you help are also helping you. I have gained valuable wisdom from those who are seemingly less fortunate than myself. It is a reciprocity of service. I am thankful that the Navy allows me to serve both my country and my community.”

QM3 Nunag



FAMILY READINESS = COMBAT READINESS

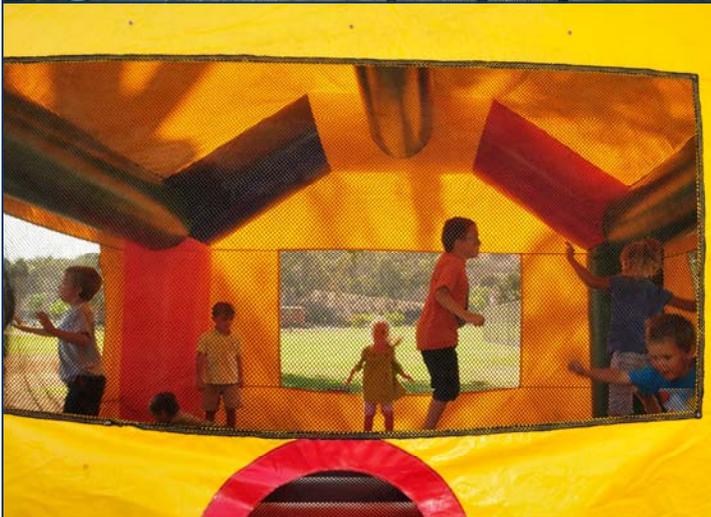
CAPTAIN SCIRETTA

“Family readiness equals combat readiness.” On the surface, we can understand this saying to mean – having your house and affairs in order will make things easier when you are away. But, for me, the saying goes deeper. It means taking care of the fiscal and physical needs of your family. However, it also means spending quality time with them. And as the CO always reminds us, family includes spouses, significant others, children, aunts, uncles, grandparents, friends, or any person who makes your life complete.

The Children’s Holiday party came about because we wanted to honor our belief that family readiness equals combat readiness. We wanted to acknowledge and support our children. Military children face just as many sacrifices as Sailors and spouses. They endure the long deployments and they suffer from loneliness. Being a single parent, I have experienced this with my child. Often at commands, when the holidays come around, we plan adult holiday parties and never think twice about allowing our children, no matter the age, to enjoy themselves. We decided to create a holiday experience that demonstrated our gratitude to our children – we wanted to allow them the freedom and joy to be children and to have a great time.

Hosting the party was vital to the command because it showed camaraderie throughout the command but most importantly, it gave Sailors time with their families and allowed the children to see a different side of the Sailors that serve this great nation.

CTT1 McClellaen



COWPENS SPIRIT



SAN DIEGO COUNTY LOCAL EVENTS

Mar 1

The Lion, the Witch and the Wardrobe
Casa del Prado Theatre at Balboa Park
San Diego 2:00

Mar 2

Comedy Cluster
Mad House Comedy Club
San Diego 6:30

Open Mic Night
Pacific Beach Cantina
San Diego 8:30

Mar 3

Neo Soul Tuesday's
Onyx
San Diego 9:00

Mar 4

Live Music Dinner
Union Kitchen & Tap in the Gaslamp
San Diego 6:30

Mar 5

TNT (Thursday Night Thing)
Museum of Contemporary Art San Diego
San Diego 7:00

Mar 6

Industrial Jazz Group
Dizzy's
Pacific Beach 7:30

Mar 7

San Diego Undy Run/Walk
Mission Bay Park-De Anza Cove
San Diego 8:00 AM

Golf Fest 2015
Oaks North Golf Course
San Diego 9:00 AM

28th Annual Koi Show & Water Garden Expo
Del Mar Fairgrounds
Del Mat 9:00 AM

Black Light Run
Qualcomm Stadium
San Diego 6:30

Escape the Ordinary
Onyx
San Diego 9:00

Mar 8

Groove International: Sunday Funday Bash
House of Blues
San Diego 6:45

Mar 10

Trivia Tuesday's
Home & Away
San Diego 7:00

Mar 11

Todd Rexx
Mad House Comedy
San Diego 8:00

Mar 12

Kevin Hart's Na'im Lynn
Mad House Comedy Club
San Diego 8:00

Mar 13

Rebel Souljahz
House of Blues
San Diego 8:00

Mar 14

St. Patrick's Day 10K Run
Mission Bay Park - De Anza Cove
San Diego 7:45 AM

**Second Saturday Workshops:
Layered Block Prints**
The San Diego Museum of Art
San Diego 1:00

ShamROCK 2015
Gaslamp Quarter
San Diego 4:00

**Symphony by the Sea: Wind Symphony and
Orchestra in Imperial Beach**
Imperial Beach Pier
Imperial Beach 6:30

Singles Green "50s Style" Dance Mixer
Del Mar Marriott
Del Mar 7:30

Irie Love
710 Beach Club
San Diego 9:00

Mar 15

Kirk Franklin Presents Gospel Brunch
House of Blues
San Diego 11:00 AM

Mar 17

Shpongle
House of Blues
San Diego 8:00

J Boog
Belly Up Tavern
San Diego 9:00

Mar 18

**Narratives of Resilience: Reimagining
Homeland**
New Americans Museum
San Diego All Evening

Mar 20

Herbie Hancock and Chick Corea
Jacobs Music Center formerly Copley
Symphony Hall
San Diego 8:00

Mar 21

2nd Annual Navy Woolf Walk
Admiral Baker Picnic Area
San Diego 8:00 AM

San Diego Festival of Science & Engineering
Petco Park
San Diego 10:00 AM

Healthy Living Festival
Del Mar Fairgrounds
Del Mar 10:00 AM

**Basic Winemaking from Fresh or Frozen
Grapes Seminar**
Curds and Wine, LLC
San Diego 2:00

The White Snake
The Old Globe - Old Globe Theatre
San Diego 2:00

A Night at the Cabaret
Coronado Performing Arts Center
Coronado 5:30

Mar 22

WWE Live
Valley View Casino Center
San Diego 7:30

Mar 25

Whisky + Cheese Class
Venissimo
San Diego 6:00

Rubblebucket
The Casbah
San Diego 8:30

Mar 29

Mead Making Seminar and Workshop
Curds and Wine, LLC
San Diego 1:00

Tau Shi Ma Mire
The Casbah
San Diego 8:30



COWPENSSTRONG