

# THE GETTYSBURG ADDRESS



OCTOBER 2019

## Triad Corner

**F**all is officially here and the weather is finally starting to cooperate. Our next command event is Trunk-or-Treat on 30 OCT at the Norfolk Base Movie Theater parking lot, across the street from the NEX. We are looking for volunteers to load up their cars with Halloween treats to hand out to the children. There will also be a costume contest for the children and one for the adults. Pizza by the slice will be offered for sale to help our FRG raise some funds! The CO will spend a few minutes speaking to the families about our schedule and will be available to answer any questions.

Our biggest event of the year will be our Command Holiday Party on 12 December at the Lesner Inn in Virginia Beach! Tickets are now on sale - \$20 E-4 and below, \$30 E-5/E-6, \$40 E-7 and above!

Congratulations to our Sailors of the Quarter – Senior Sailor of the Quarter - STG1(SW) Lafferty, Junior Sailor of the Quarter – HT2(SW) Green, and Blue Jacket of the Quarter – ITSN Jackson!

All of the Sailors that are working hard and doing great things made it a tough choice.

If you haven't taken advantage of a class at the Fleet and Family Support Center, I highly recommend them. Some of the upcoming classes include:

*Building Healthy Relationships – 15 OCT*

*Couples Workshop – 17 OCT*

*Foreign Born Spouses Support Group – 18 OCT*

*Marriage and Money – 23 OCT*

These classes are FREE to military members and dependents and taught by the well-trained staff at FFSC. On a case by case basis, we will support Sailors attending these classes during the workday.

A friendly reminder that Monday, 14 OCT is Columbus Day and will be a duty section only day onboard. Also, our fall Physical Readiness Test will be conducted from 28-31 OCT.

Thank you for all you do for your Sailor and for all of us! We've got a really important job to do as we return to the fleet. The continued support of our extended command family is essential as we get GETTY combat ready!

*Very Respectfully,  
XO Guy Batchelder*



## Sailor in the Spotlight.....

### FCA3 Maheshwaryalicea



Known throughout the ship as "M16," FCA3 Maheshwaryalicea is a native of Orlando, FL. He joined the Navy in February of 2018 and claims USS *Gettysburg* as his first ship.

He is the older of 2 brothers. He is half Indian and half Puerto Rican, but he does not speak Spanish (although he is learning!).

He has a passion for nutrition and health and he is fascinated with everything related to biology and the human body.

When not at work, he enjoys working out, studying Naval Aviation history, gaming, and playing guitar.

If you struggle to pronounce his name, don't worry. We are including a handy pronunciation guide below:

**[Ma- hesh- where- ee- alli- say- ah!]**

*But you can just call him "Alicea" if you want.*

*"An eye for an eye makes the world blind.' This quote by Gandhi always spoke to me because you don't need to get back at someone to prove you are the bigger person."*

## Meet your FRG...

The Gettysburg FRG is putting together a Trunk or Treat! Wednesday, October 30, 2019. If anyone is interested in volunteering their trunk and candy, it would be greatly appreciated! To sign-up please use the Google DOC to do so. They need to have at least 20 families volunteer to decorate their trunk.

To sign up follow this link. We hope to see you there!

<http://bit.ly/33bVJhZ>

## OmbudsmanCorner

Check out these FREE fall events going on in our area!

**FREE!** JEB LITTLE CREEK YOUTH CENTER COMMUNITY RECREATION  
**TRUNK OR TREAT**  
Friday, October 25, 4:30 to 6:30 p.m.  
at the NEX Parking Lot  
INFLATABLES • CARNIVAL GAMES  
COSTUME CONTEST • DECORATED VEHICLES  
PRIZES AND GIVEAWAYS!  
757-462-7691

NSA HR - NORTHWEST  
**Haunted Harvest** **FREE!**  
FRIDAY, OCTOBER 25  
5 to 8 p.m. at Stewart Campgrounds  
Festivities include:  
HAUNTED HOUSE • COSTUME CONTEST (6:30 P.M.)  
ROCK WALL • PUMPKIN PATCH • INFLATABLES  
CRAFTS • HAY RIDES • S'MORES & MORE!  
Concessions available for purchase!  
757-421-8250

JEB FORT STORY FITNESS CENTER  
**FREE!** SATURDAY, OCTOBER 19  
10 A.M. - 12 P.M. AT FORT STORY GYM  
**Fort Story Fitness Center:**  
New Paint • New Equipment • New Classes • New Events  
Come check it out!  
Enjoy:   
757-422-7975 [www.navywmrmidlant.com/jebfs/fitness](http://www.navywmrmidlant.com/jebfs/fitness)

NAVAL STATION NORFOLK  
**FLEET Fest 2019**  
**CHILI COOK-OFF**  
Enter your command into Naval Station Norfolk's Command Chili Cook-off!  
Prizes Include:  
1<sup>st</sup> Place - \$500  
2<sup>nd</sup> Place - \$300  
3<sup>rd</sup> Place - \$200  
People's Choice - \$250  
Best Showmanship - \$250  
Saturday, October 19  
8 a.m. to 1 p.m.  
TO REGISTER: 757-322-2316

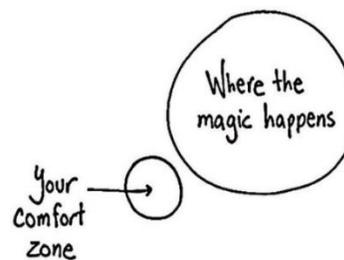
AIR FORCE RESERVE PRESENTS TOUR FOR THE TROOPS  
**ANDY GRAMMER**  
FRIDAY, OCTOBER 18TH - 6PM  
NAVAL STATION NORFOLK • SALT MARSH PARK  
Free And Open To The Public  
 

# SAVE THE DATE!

## COMMAND HOLIDAY PARTY DECEMBER 12<sup>TH</sup> @ VIRGINIA BEACH LESNER INN

## Take 5 with Chaps

Do you want to improve? How badly do you really want to change? I have decided to improve in an area of my life, and am about to buy a quality two-seat jogging stroller that will cost my wife and I a few hundred dollars in pursuit of that goal. A few months ago, my wife and I decided that we would train for the Gettysburg half marathon. Now that we have two small children, we needed a solution to train with our two boys. After considering many different ideas, the easiest and most realistic was to purchase a stroller designed for running. Next, we have to carve out the time to run. This is going to hurt a little because we both have to give up something we enjoy or forgo other needs in the meantime.



Goal setting is all about giving up something, which stretches you to leave your comfort zone. The journey is painful and it takes perseverance but at the same time the rewards of the goal is much more that the goals itself.

It's about learning to push through the hard times. If you stay in your comfort zone, growth is impossible. For my family, training for the Gettysburg half marathon is really about growing together as a family. **What is your goal for improvement? What are you willing to do to get there?**

If you'd like to talk more regarding this- or any other topic- please call (385) 351-4339 or email [briapay@mail.regent.edu](mailto:briapay@mail.regent.edu).

