Announcements:

MIDN Mahoney will be coordinating tutoring for anyone who needs it this summer, please contact him for more information.

The new MOI, Captain Zachary Maciolek, has arrived and Commander Knollmuller is now the acting CO.

Message from the BCO:

Hello Battalion! I hope that you all are having safe and happy summers. In this time of COVID-19, the active duty staff, HQ staff and I have been planning for the Fall semester and NSO keeping your health and wellbeing of the utmost priority. I know how frustrating it is to not have answers to the many big questions about the Fall, particularly about how the battalion will look different in compliance with university, DC, and CDC regulations. Know that these decisions aren’t being made lightly. This conversation is ongoing and we will try to keep you updated every step of the way. If you have suggestions for a virtual and/or socially distant battalion, send them up your chain of command. In the meantime, enjoy this time you have with your loved ones in a responsible way. The Capital Battalion is still here to support you in any way you need, and we look forward to being reunited in the future! — MIDN 1/C Murdoch

Eye on the Fleet:

As race relations remain in the public forefront please watch CNO Admiral Gilday’s video on the topic. (Click Here)

While Summer has just begun the DoD is considering how best to meet the new defense challenges of the high arctic. (Click Here)

Media Review:

Freedom’s Forge: How American Business Produced Victory in the World War II by Arthur Herman: Whether you are history buff looking for a great summer read, or an engineering student wanting to see your major in action Freedom’s Forge has something for you. The book discusses America’s industrial rise to meet the challenges of the Second World War and addresses every detail imaginable. It was recently added to CNO Admiral Gilday’s reading list and is available in print, as an e-book, or as an audiobook so you can listen while enjoying other fun summer activities.

Alumni Shoutout:

USS Mustin DDG-89 made the Navy Instagram this week, ENS Guerra 20’ is assigned to USS Mustin!

Weekly Workout:

50 Burpees 400m Run
150 Lunges 400m Run
40 KB Swings 400m Run
200 Squats 400m Run
40 KB Swings 400m Run
150 Lunges 400m Run
50 Burpees 400m Run