

# QwikConnect<sup>®</sup>

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**2025 Calendar  
Glenair Salutes  
The Navy**








**USS South Dakota**

A U.S. Navy Chief Petty Officer of the Boat stands and watches as the USS South Dakota arrives into Port Canaveral, Florida, after an underway somewhere in the Atlantic Ocean. (U.S. Air Force photo by Senior Airman Jared Bunn).

JANUARY 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			New Year's Day			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	






### USS Intrepid

USS Intrepid, AKA The Fighting "I", is one of 24 Essex-class aircraft carriers built during World War II for the United States Navy. The fourth US Navy ship to bear the name, Intrepid participated in multiple campaigns in the Pacific Theater of Operations, including the Battle of Leyte Gulf.


### FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	2	3	4	5	6	7
	8	9	10	11	12	13
	14	15	16	17	18	19
	20	21	22	23	24	25
26	27	28	29	30	1	2





**USS Theodore Roosevelt**  
An E-2D Hawkeye assigned to the Tiger Tails of Carrier Airborne Early Warning Squadron (VAW-125) launches off the flight deck of the aircraft carrier USS Theodore Roosevelt (CVN-71).

MARCH 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	2	3	4	5	6	7
		Mardi Gras				8
	9	10	11	12	13	14
	15					
16	17	18	19	20	21	22
	St. Patrick's Day			First Day of Spring		
23	24	25	26	27	28	29
30	31					





### USS Kearsarge

A Navy Landing Craft, Air Cushion (LCAC) maneuvers to enter the well deck of the amphibious assault ship USS Kearsarge (LHD-3). High-speed LCACs can carry heavy payloads — as big as an M-1 Abrams tank — and are piloted by highly skilled “Craftmasters” in amphibious assault operations around the globe.


APRIL 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		April Fools' Day				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
Easter						
27	28	29	30			





## US Naval Academy

Midshipmen take the oath of office during the U.S. Naval Academy's Class of 2018 graduation and commissioning ceremony in Annapolis, Maryland. The Class of 2018 graduated 1,042 midshipmen and was addressed by President Donald J. Trump. (U.S. Navy photo by Mass Communication Specialist 3<sup>rd</sup> Class Kaitlin Rowell).

MAY 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	4	5	6	7	8	10
	11	12	13	14	15	17
	Mother's Day					
	18	19	20	21	22	24
25	26	27	28	29	30	31
	Memorial Day					





**USS George Washington**

Aviation Machinist's Mate Airman Nathan Mitchell performs maintenance on the tail rotor of an MH-60S Sea Hawk helicopter on the flight deck of the aircraft carrier USS George Washington (CVN-73).

JUNE 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Father's Day					First Day of Summer	
22	23	24	25	26	27	28
29	30					



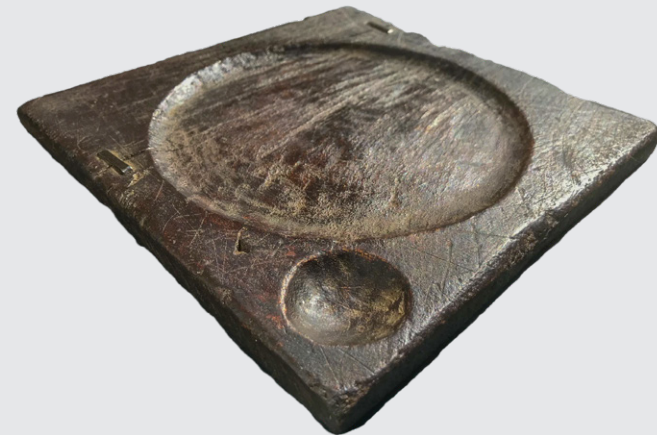
# “Pipe down!” and other nautical expressions



We say “as the crow flies” to mean the shortest path between two points. When lost at sea, sailors of yore would release a caged crow who would invariably fly straight toward the nearest land. Eureka! We’re saved.



What’s the “scuttlebutt” matey? This term hasn’t changed all that much. It still means gossip or the news — which sailors would pass along when drawing their ration of water from the ship’s fresh water barrel, AKA the scuttlebutt.



The expression “three square meals a day” indicates a rich, healthy diet. But what exactly is a “square meal”? The expression dates back to the square boards or “trenchers” sailing men would employ to enjoy their daily “victuals.”



Ever heard the expression, “he’s a loose cannon”? Its origins date back to the wild and unpredictable behavior of a deck cannon separated from its carriage.



We know “figurehead” to mean a nominal or false leader — someone without any real power or authority. The term dates back to the decorative figures that adorned the bows of old sailing ships.



“Batten down the hatches” there’s a storm ‘a brewing. This nautical expression dates to the use of strips of material, called battens, to firmly attach and seal the frame of the hatch to its opening.



“Another day another dollar,” sadly put, this was the rate of pay for a ship’s hand on a 19th century US sailing ship.



“To show one’s true colors” means to reveal your true nature. Unscrupulous ship captains were once known to fly false flags to lull their adversaries into complacency—only to raise their true colors (in this case, the Jolly Roger) just prior to an attack.



“Learning the ropes” described the literal process new recruits went through to master the operation of ship sails, sheets, and cables.



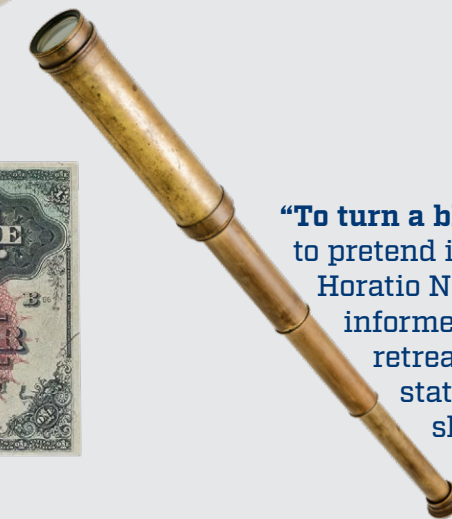
“Pipe Down!” One of the many ways in English to say “shut up!” The expression has its origins in the boatswain’s pipe used on noisy and chaotic sailing ships to deliver crew instructions. The whistle for “piping down the hammocks” instructed the crew to go below-decks and prepare for sleep.



In 1914, Secretary of the Navy Josephus “Joe” Daniels banned alcohol from all US Navy ships, leading sailors to derisively label what was now the strongest drink on board as a “Cup of Joe.”



Ship movements, position, and weather were recorded on a slate board throughout each watch. At the change, the chalk record was transferred to the permanent log and the slate was wiped clean — giving birth to the maxim of starting each new day “with a clean slate.”



“To turn a blind eye” means to purposefully ignore something, to pretend it doesn’t exist. This is exactly what Vice-Admiral Horatio Nelson did at the Battle of Copenhagen. When informed that the flagship was signaling “all ships retreat,” Nelson raised his telescope to his glass eye, stated that he saw no such signal, and ordered his ships to “steer straight for the enemy.”



The popular toast “Bottoms Up!” had its origins in a dirty trick. British navy recruiters would secret a coin at the bottom of an ale tankard and then inform the unsuspecting drinker he had just joined the navy by “taking His Majesty’s shilling.” Sailors wise to the trick would remind their fellows to lift their mug up high to check its bottom before drinking.






USS Anchorage

The Orion crew module is recovered after splashdown in the Pacific Ocean about 600 miles off the coast of San Diego, California. NASA, the U.S. Navy, and Lockheed Martin coordinated efforts to recover Orion and secure the spacecraft inside the well deck of the USS Anchorage (LPD-23).


JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
					Independence Day	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





**USS Mustin**  
Operations Specialist 2<sup>nd</sup> Class Omar Murrell, from Houston, Texas, assigned to the Arleigh Burke-class guided-missile destroyer USS Mustin (DDG-89), stands watch in the ship's combat information center during Exercise Valiant Shield 2014.

AUGUST 2025											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
					1	2					
					3	4	5	6	7	8	9
					10	11	12	13	14	15	16
					17	18	19	20	21	22	23
					24	25	26	27	28	29	30
31											





USS Jason Dunham

Sailors man the rails aboard the Arleigh Burke-class guided-missile destroyer USS Jason Dunham (DDG-109) as the ship pulls into Naval Station Norfolk. (U.S. Navy photo by Mass Communication Specialist 2<sup>nd</sup> Class Jonathan Clay).

SEPTEMBER 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Labor Day					
7	8	9	10	11	12	13
				Patriot Day		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	First Day of Autumn					
28	29	30	<div></div>			





## Amphibious Construction Battalion

Sailors attached to Amphibious Construction Battalions (ACB) 1 and 2 start their journey back home in an Air Force C-17 operated by Military Sealift Command after completing an exercise in the U.S. 5<sup>th</sup> Fleet area of operations. (U.S. Navy photo by Mass Communication Specialist 2<sup>nd</sup> Class Eric Chan).

OCTOBER 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	5	6	7	8	9	10
	11	12	13	14	15	16
	17	18	19	20	21	22
	23	24	25	26	27	28
29	30	31				
					Halloween	






**Special Warfare Combat Crew**

Navy Special Warfare Combat Crew (SWCC) returning from a nighttime training exercise to their base in San Diego, California. Special Warfare Combat Crewmen are United States Naval Special Warfare Command personnel who operate and maintain small craft for special operations missions, particularly in support of U.S. Navy SEALs.



NOVEMBER 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	2	3	4	5	6	7
	8	9	10	11	12	13
	14	15	16	17	18	19
	20	21	22	23	24	25
26	27	28	29	30		





### The USS Constitution

AKA Old Ironsides, is the oldest commissioned warship afloat in the world. Designed with enough hull strength to overpower British frigates and enough speed to escape from larger ships of the line, her keel was laid down on November 1, 1794, at Edmund Hartt's shipyard in Boston, Massachusetts.

### DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
First Day of Winter			Christmas Eve	Christmas		
28	29	30	31			
			New Year's Eve			



# Outlook

## Treating the Abnormal as Normal

I'd like to offer my heartfelt salute to the men and women of the US Navy, as well as those sailors serving alongside other allied forces in the cause of freedom. To that end, I want to share a bit of the history and philosophy behind one of the most celebrated branches of the military: the United States Navy Sea, Air, and Land Teams, or SEALs. Famous for their effectiveness and bravery, SEALs are part of the U.S. Naval Special Warfare Command and are renowned for conducting a wide range of high-risk, specialized missions worldwide.

SEAL training is known for its intensity, and a central concept within that training is the daily admonition to "treat the abnormal as normal." This concept is more than just a motto; it's a survival mechanism that defines how SEALs are conditioned to think and act in extreme environments. In training and in missions, SEALs face extreme physical and psychological challenges—from sleep deprivation and cold exposure to real-world mortal combat. They are pushed to endure discomfort and chaos so frequently that what might seem overwhelming or abnormal to most people becomes routine for them.

The mindset of treating the abnormal as normal is essential to their ability to remain calm and focused in even the most high-pressure situations. Whether operating in hostile environments, battling fatigue, or facing imminent danger, SEALs are taught to maintain composure. The ability to stay grounded in the face of danger allows SEALs to carry out critical missions with precision and efficiency.

It is not just physical toughness but also mental strength that enables SEALs to thrive in unpredictable, high-stress environments. SEALs learn to normalize chaos and danger, so their reactions become calm and instinctive, rather than fear-driven and chaotic. Instead of being thrown off by sudden changes, SEALs anticipate and embrace them. This mindset helps team members to remain adaptive and flexible, capable of executing mission objectives no matter what unforeseen obstacles arise.

Perhaps most importantly, this philosophy fosters teamwork. SEALs are trained to rely on one another and face abnormal conditions together, which builds a strong bond between team members. This shared resilience makes these unique fighting teams far more effective than others, as each member knows they can trust their teammates to remain steady under fire.

By embracing the idea that abnormal situations are a normal part of their world, SEALs develop the adaptability and resilience necessary to handle anything that comes their way. This mindset of thriving under pressure transcends the battlefield and provides valuable lessons that anyone can apply—whether in work, family life, or faith.

*Chris Toomey*

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*On the cover: Aviation Boatswain's Mate 3<sup>rd</sup> Class Roberto Cerdas directs a French Rafale fighter jet onto the catapult aboard the Nimitz-class aircraft carrier USS George H.W. Bush (CVN-77).-*

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