

MERLION STAR

Serving the Sembawang Community

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Admirals Cup Bowling



JAKARTA, Indonesia (May 30, 2011) Construction Electrician Constructionman Carlos Curiel, assigned to Amphibious Construction Battalion (ACB) 1 based in San Diego, poses for a photos with the students of Ciangsana Elementary School during the ribbon cutting ceremony of a engineering civic action project. A schoolroom was constructed by U.S. Navy Seabees and Indonesian Marine engineers during Cooperation Afloat Readiness and Training (CARAT) Indonesia 2011. U.S. Navy photo by Mass Communication Specialist 2nd Class Jessica Bidwell.

Joint At-Sea Training the Highlight of 17th U.S. – Indonesian Exercise

JAKARTA, Indonesia -- The arrival of three U.S. Navy ships to Jakarta Wednesday marks the beginning of the 17th annual Cooperation Afloat Readiness and Training (CARAT) Indonesia exercise.

By: LT. CMDR.
MIKE MORLEY,
TASK FORCE 73
PUBLIC AFFAIRS

The first phase of CARAT features events ashore, such as engineering and damage control training exchanges, joint medical, dental and civic action projects, and joint community service projects at local schools. The at-sea phase of CARAT focuses on developing maritime security capabilities in areas such as maritime interdiction, information sharing,

combined operations at sea, patrols and gunnery exercises, and anti-piracy and anti-smuggling exercises.

“We’re looking forward to operating at sea with TNI-AL (Indonesian Navy) ships this year,” said Rear Adm. Tom Carney, Commander, Task Force 73 and the Executive Agent for the exercise. “The TNI-AL have a lot of experience with counter-piracy operations and patrolling some of the world’s busiest waterways, and we’re eager to practice these skills together,” he said.

“The U.S. Navy and TNI-AL have developed a robust training plan, and we expect both Navies will learn a

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Star

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Smartly Savoir the Summer by Staying Safe

--Courtesy of Navy Region Center Singapore (NRCS) Public Safety Office

It's that time of the year again! Memorial Day is the unofficial start of the summer season, a time to kick back and enjoy quality time with friends and family around the grill and the pool. While the holiday is a great time to relax, safety should still be a top priority.

Safe Grilling: When barbecuing, make sure that the grill is in good working order and on a flat surface away from dead grass, shrubs and buildings. Ensure that children and pets are not playing near the grill.

Gas Grills: Take precautions with propane tanks and gas grills. Inspect propane tanks for irregularities such as dents, bulges or extensive rusting. Tank hoses need to be inspected for holes or cracks. Don't use fire—including cigarettes, lighters and matches—near a propane tank. Never bring a propane tank inside a building as the difference in weather pressure can cause an explosion. Never

dispose of your propane tank by throwing it in the trash. Call the housing department or other proper authority for help with disposal.

Charcoal Grills: Charcoal produces carbon monoxide, which is highly toxic. Never burn charcoal inside your home, a tent, a vehicle or any other enclosed area.

Do not use flammable liquids other than barbecue starter fluid with a charcoal grill, and never add starter fluid to speed or rekindle a slow or dying fire. The flames can easily flashback along the fluid's path to the container in your hands.

Never leave a grill unattended, and make sure you have a bucket of water nearby in case of

emergency.

After barbecuing, make sure to clean the grill and ensure that the coals are completely extinguished.

Water Safety: The best thing anyone can do to stay safe in and around the water is to learn how to swim.

Swim with others or under supervision in marked areas with a lifeguard present. Never swim alone.

Enter the water feet first—enter head first only when the area is clearly marked for diving and has no obstructions.

Adults should never leave a child without supervision around water. Practice reach supervision by staying within an arm's length of

young children and weak swimmers while they are in and around the pool or ocean.

Keep toys away from the pool when it is not in use.

Toys can attract young children into the pool.

Take frequent breaks (about once

an hour) where everyone gets out of the water, drinks water, reapplies sunscreen (SPF 15 or higher) and gets some rest.

If you are caught in a rip current, swim parallel to the shore until out of the current. Once free, turn and swim toward shore. If you can't swim to shore, float or tread water until you are free of the rip current and then head toward shore.

Watch out for the "dangerous too"—too tired, too cold, too far from safety, too much sun, too much strenuous activity.

Remember, safety starts with you. Have a wonderful and safe summer holiday season!



Annual Water Quality Report Gives Singapore's Water High Scores

--Courtesy of Navy Region Center Singapore (NRCS) Works Department/Environmental

Water Provider

Singapore Public Utilities board (PUB) owns and operates the water system servicing your area. We, at Navy Region Center Singapore (NRCS), do not provide any treatment to the water except additional surveillance. Public Works Environmental and CLWP Medical Aid Station take samples and test the water (some monthly, some annually) to ensure the water quality meets U.S. standards.

Source of Water

Your drinking water comes from surface water sources. Raw water from various sources is conveyed by pipelines to local waterworks where it is chemically treated, filtered and disinfected. Treatment frees the water of harmful bacteria, makes it clear, sparkling, odourless, colourless, and safe for consumption.

Most treatment plants use chemical coagulation and rapid gravity filtration to remove suspended matter in the raw water. For chemical coagulation, correct doses of suitable coagulants and coagulant-aids are added to the raw water to combine or 'floculate' the colloidal and larger particles of suspended matter. This causes the suspended matters to settle more readily and then be removed in the sedimentation tank. The water is then passed through rapid gravity filters which remove the finer particles of suspended matter. The filtered water, temporarily stored in water tank, is disinfected to get rid of all harmful bacteria and viruses. The water is then pumped into the distribution system, ready for consumption.

Aluminium sulphate is the main coagulant. Polyelectrolyte is used as a coagulant aid. For disinfection, chlorine is used to destroy the bacteria and viruses. Ozone is used

as well as chlorine in some cases. Ammonia is added in the treated water containing free chlorine to form a stable chlorine residual. Activated carbon is also used to remove any bad taste and odour.

Sodium silicofluoride is also added to the water on its way from the filters to the clear water tank. Fluoridation is a requirement by the Ministry of Health (Singapore) and has been a practice since 1957. It helps in the prevention of dental caries.

Drinking Water Standards

Last year, as in years past, your drinking water met all U.S. Environmental Protection Agency (EPA) and Singapore Public Utility Board, World Health Organization Guidelines for Drinking Water Quality and parameters on contaminants regulated by the U.S. Overseas Environmental Baseline Guidance Document. In accordance with Navy guidance, we are required to test your water for contaminants on a regular basis, making sure it is safe to drink, and to report our results accordingly.

To ensure that our water is safe to drink, EPA and World Health prescribes limits to which the water standards must meet.

In the latest compliance monitoring period, we conducted tests for over 120 contaminants that have potential for being found in your drinking water. Table 1-1 identifies all contaminants found in your water and their levels of concentration. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk.

Potential Contaminants

Contaminants that may be present

in your source water include:

Microbial contaminants – such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants – such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

Pesticides and herbicides – which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

Organic chemical contaminants – including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems.

Radionuclide contaminants – which can be naturally-occurring or be the result of oil and gas production and mining activities.

Lead – If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to two minutes before using water for drinking or cooking.

For additional information or to see Singapore's Water Quality Data Table, please visit: <http://www.cnrc.navy.mil/Singapore/OperationsAndManagement/EnvironmentalSupport/index.com>

Joint Training at CARAT Indonesia 2011

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lot about each other throughout the exercise, but particularly at sea,” Carney added.

Approximately 1,600 U.S. Navy and Marine Corps personnel are participating in CARAT Indonesia 2011. U.S. Navy ships from Task Group 73.1 include the amphibious dock landing ship USS Tortuga (LSD 46), the guided-missile destroyer USS Howard (DDG 83), and the frigate USS Reuben James (FFG 57). Additional participants include an amphibious landing force of Marines from 2nd Battalion, 23rd Marines, U.S. Navy Seabees, and P-3C Orion and SH-60 Seahawk aircraft.

CARAT is a series of bilateral military exercises between the U.S. Navy and the Armed Forces of Bangladesh, Brunei, Cambodia, Indonesia, Malaysia, the Philippines, Singapore, and Thailand. Additionally, Vietnam participates in a CARAT-like skills exchange.



TOP: JAVA SEA (May 29, 2011) Boatswains Mate 3rd Class Philipe Tivoli speaks with an Indonesian Navy officer on the bridge of USS Howard (DDG 83) while the ship is deployed in support of Cooperation Afloat Readiness and Training (CARAT) 2011 U.S. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance fleet readiness. Navy photo by Mass Communication Specialist 2nd Class Katherine Noll

MIDDLE: JAVA SEA (May 28, 2011) Gunner's Mate Seaman Josh Frescas, assigned to the guided-missile frigate USS Reuben James (FFG 57) observes with Indonesian Navy sailors during a Visit, Board, Search and Seizure (VBSS) exercise. Reuben James is currently off the coast of Indonesia participating in the sea phase of Cooperation Afloat Readiness and Training (CARAT) Indonesia 2011. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance fleet readiness. U.S. Navy photo by Mass Communication Specialist 2nd Class Jessica Bidwell

BOTTOM: JAKARTA, Indonesia (May 26, 2011) Children at the Ciangsana Borgor School watch as Culinary Specialist 1st Class John Worsley paints the shutters near their classroom. Thirteen Sailors from USS Howard (DDG 83), USS Tortuga (LSD 46) and USS Reuben James (FFG 57) went to the school to paint two buildings while Navy Seabees finished construction on a classroom for students. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance fleet readiness. U.S. Navy photo by Lt K. Madison Carter



ADMIRALS CUP BOWLING



PHOTOS BY MC2(SW/SCW/AW) JESSICA BIDWELL