

MERLION STAR

Serving the Sembawang Community

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Issue 16

DON'T FORGET

- ✦ SRRC Bagel Sale, Oct. 17
- ✦ Physical Readiness Test, 18-20 Oct.
- ✦ SRRC/SAC Holiday Party, Dec 9.

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U.S., BANGLADESH UNDERTAKE FIRST CARAT NAVAL EXERCISE

CHITTAGONG, Bangladesh (Sept. 20, 2011) A Bangladesh Navy Rigid Hulled Inflatable Boat (RHIB) team trains with U.S. Navy Sailors (green) of Riverine Squadron One during Cooperation Afloat Readiness and Training (CARAT) Bangladesh 2011. U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Barker.

CHITTAGONG, Bangladesh – The Bangladesh and U.S. Navies begin eight days of maritime safety and security exercises during the first-ever Cooperation Afloat Readiness and Training (CARAT) Bangladesh 2011.

By: MC1 LOWELL WHITMAN,
COMMANDER TASK GROUP 73,
PUBLIC AFFAIRS

The event began Sept. 18, at a ceremony at BNS Issa Khan. It marks the first time Bangladesh has participated in the 17 year-old CARAT exercise series, which the U.S. Navy conducts with navies of seven other Southeast Asian nations. CARAT participants now include Bangladesh, Brunei, Cambodia, Indonesia, Malaysia, Philippines, Singapore and Thailand.

“The fact that CARAT attracts navies from the region is a particularly important point,” said the U.S. Navy’s Rear Adm. Tom Carney, Commander, Task Force 73 and the executive agent for the exercise. “I look at 2011 as the first of many successful years of

engagement between the U.S. and Bangladesh Navies.”

There were four U.S. Navy ships and approximately 500 U.S. personnel participating in the exercise.

CARAT Bangladesh combines training events ashore and at sea, with shore events focused on dive training, riverine warfare, ship boarding training and medical and community service projects. Training events at sea will occur between U.S. and Bangladesh Navy ships, and includes helicopter operations, shipboard communications and maneuvering drills, surface gunnery exercises and tactical freeplay events.

“We’ve got a challenging schedule to complete over the next 8 days, including an aggressive range of at-sea events,” Admiral Carney added. “The friendships, understanding and trust we develop between the next generation of naval leaders are equally important to what we learn and exercise at sea,” he said.

Merlion Star

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236th Navy Birthday Message Delivered By MCPON, 12 Oct.

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West sent his 236th Navy birthday Message to the Fleet Oct. 12.

"Shipmates and Navy families,

As we honor the birth of the United States Navy 236 years ago, I would like to express my deepest gratitude to all Sailors, civilians and family members for their service and dedication to our great Navy team.

Our traditional maritime requirements, counter-piracy efforts and the many non-traditional missions we have adopted in support of overseas contingency operations are making a difference every day.

On any given day, we have at least 150 ships and 25 submarines underway, and let's not forget about our Sailors who are boots on ground. That's more than 40,000 Sailors who are deployed, on station around the world executing our Navy's core capabilities of the maritime strategy.

From our beginning in 1775 with just six frigates to our present-day highly diversified, modern Fleet with a total of 285 deployable ships and submarines, our Navy is the best it has ever been. Our Navy has remained steadfast and ready for 236 years, and we continue to be ready to answer every call our nation makes thanks to your outstanding dedication and selfless support.

I also want to say "thank you" and express my sincere appreciation to our Navy families for your continued love and support of your Sailor and our Navy. You are the cornerstone of a Sailor's readiness and your role is vitally important.

Please take a moment to remember the thousands of our Shipmates who are deployed around the world vigilantly standing the watch, and those who have gone before us in service to our great nation.

Happy birthday shipmates ... you look pretty darn good to be 236 years old! HOOYAH!"

Spring 2011 PFA

BCA - 12 & 13 Oct.

Canal Run- 18 Oct.

Swim- 18 Oct.

Elliptical, Bike and Treadmill- 19 & 20 Oct.

Stragglers

BCA - 02 Nov.

Canal Run- 08 Nov.

Swim-08 Nov.

Elliptical, Bike and Treadmill- 09 Nov.

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Environmental Management System Preparing for Feb 2012 External Audit

Phil Wood, one of the consultants to Commander Naval Installation

NAVY REGION
CENTER SINGAPORE,
PUBLIC AFFAIRS

Command (CNIC) on Environmental Management

System (EMS) arrived in Singapore last month and conducted the Region's required annual EMS and compliance internal audits. In addition, he provided several EMS training sessions for 233 Navy Region Center Singapore (NRCS) personnel, tenants and contractors.

These sessions also provide a heads-up to our upcoming CNIC external audit which will be conducted week of February 6th, 2012. All personnel attending the sessions were reminded of the challenges the Region faces in four-critical environmental management areas:

- Improving knowledge and/or understanding of the regulatory requirements to avoid repeat compliance issues;
- Raising awareness and understanding of the NRCS environmental issues and overall goals;
- Implementing more basic recycling initiatives in order to continue meeting our solid waste reduction goal
- Implementing more energy saving initiatives in order to continue meeting our energy reduction goal

Mr. Wood facilitated the annual Navy Region Center Singapore Executive Management EMS Review Meeting, where Captian Paul Foster congratulated everyone on meeting the goals and re-emphasized NRCS' commitment to manage and further reduce significant environmental aspects, be in regulatory compliance, and requested ideas on being more proactive from a compliance standpoint.

The management review meeting re-approved the goals for the next five

years for managing two significant environmental aspects - energy and solid waste - as follows:

Energy Efficiency: (a) improve energy efficiency and reduce greenhouse gas emissions of the agency, through reduction of energy intensity by (i) 3 percent annually through the end of fiscal year 2015, or (ii) 30 percent by the end of fiscal year 2015, relative to the baseline of the agency's energy use in fiscal year 2003;

Solid Waste: Promote pollution prevention and eliminate waste by: (i) minimizing the generation of waste and pollutants through source reduction; (ii) diverting at least 50 percent of non-hazardous solid waste, excluding construction and demolition debris, by the end of fiscal year 2015; (iii) diverting at least 50 percent of construction and demolition materials and debris by the end of fiscal year 2015;

During the two weeks onsite, Mr. Wood also visited several work locations and randomly interviewed several personnel. The audit revealed that hazardous materials and the locations where they are stored were the most frequent regulatory issues identified. Observations included:

- Personnel not fully aware of the region's environmental policy;
- Personnel not fully aware of their environmental aspects and the associated regulatory requirements;
- Work activities not in compliance with regulations; and
- Several work activities with repeat compliance issues previously identified in the 2010 internal audit.

Environmental needs everyone's support and for work activities to be in compliance. Our regulatory compliance issues must be tackled with a coordinated, urgent and focused action prior the CNIC external audit. "With the help of everyone in the Region, I am confident that we can get in compliance and maintain great

results and pass the CNIC audit" said Alice Wilson, the Environmental Program Director.

As a continual reminder to all personnel, emphasis was placed in training each person to know the following as they relate to their work activities:

1. Environmental Policy and what it means to you;
2. Your process-specific environmental issues for your office or task;
3. Your process-specific legal and other requirements;
4. Specific NRCS objectives and targets that apply at your work location;
5. Your environmental roles and responsibilities;
6. Be aware of required training, and make sure you have been trained and can prove it;
7. Be aware of applicable environmental documentation;
8. Make sure you can find the document;
9. Be aware of any process environmental controls such as spill kits, safety data sheets and hazmat lockers; and
10. Know what to do in an 'emergency.

If you cannot answer these 10 environmental management requirements, or for other questions about EMS or your environmental responsibilities, please call the environmental staff at 6750-2911 or DSN 421-2911 or stop by the Environmental Department.

Relationships Built Between Nations Throughout CARAT Brunei 2011

MUARA, Brunei --

By: MC2 JESSICA BIDWELL,
COMMANDER TASK GROUP 73,
PUBLIC AFFAIRS

Approximately 80 female Sailors from the U.S. and

the Royal Brunei Navies shared their service experiences as part of Cooperation Afloat and Readiness Training (CARAT) Brunei 2011 at Muara Naval Base, Oct. 4.

The engagement event fostered camaraderie and partnership between female sailors from both countries and was sponsored by the staff of Task Force 73, along with the guided missile destroyers USS Dewey (DDG 105) and USS Pinckney (DDG 91).

"I would like this to be a place where females can share their opinions and ideas. Today, we have the opportunity to exchange knowledge and walk away more prepared for the everyday challenges that we as females may face," said Royal Brunei Navy Capt. Norharirayati Yakub, event co-organizer event.

During the event, women from the U.S. and the Brunei Navy shared their personal experiences, highlighting experiences that are unique to being a female in an environment where males mostly serve.

Lt. Dk Lyadia Ulandari Pg Hj Muhammad, one of the first females



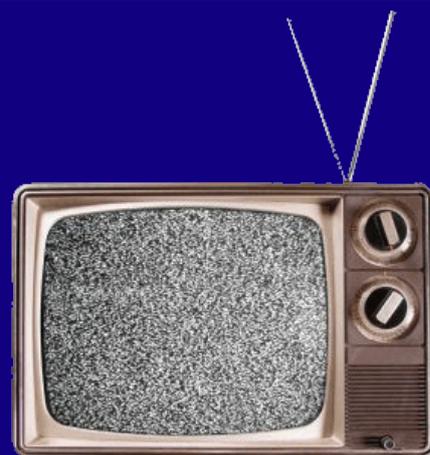
MUARA, Brunei (Oct. 4, 2011) Chief Fire Controlman Sandra Valdez, left, and Fire Controlman Tanysha Brown, both assigned to the Arleigh Burke-class guided-missile destroyer USS Dewey (DDG 105), speak with a Royal Brunei Navy officer during Cooperation Afloat Readiness and Training (CARAT) Brunei 2011. U.S. and Brunei female sailors met to discuss service in their respective navies. U.S. Navy photo by Mass Communication Specialist 2nd Class Jessica Bidwell

to serve on a Royal Brunei Navy ship, shared her challenges on "earning the respect of male sailors." Ulandari is one of the three females serving on the Kapal Diraja Brunei (KDB) Afiat, a Royal Brunei Navy patrol vessel.

The women assembled into smaller focus groups to discuss further personal and professional experiences they had faced, and how each handled those particular situations.

"This event was a great success," said Lt. Cmdr. Jennie Stone, with the staff of Task Force 73 in Singapore, and another event organizer. "I believe every female that attended today gained perspectives that will assist them during their career. Even better, the females of both the U.S. and Royal Brunei Navies came to better understand each others cultures, and formed bonds that will lead to closer engagement in the future."

As of October 2011, all CATV related issues are to be directed to the NRCS N6 Department. For issues with CATV please dial 6750-2088, Monday- Friday from 0800-1600.



Expat Cold and Flu Research Study

**Fever... tired... runny nose...
sneezing... coughing...
Do you have a Cold or Flu?**

It could be the flu, or the common cold virus, or one of many different respiratory viruses or bacteria which makes us miserable throughout the year...

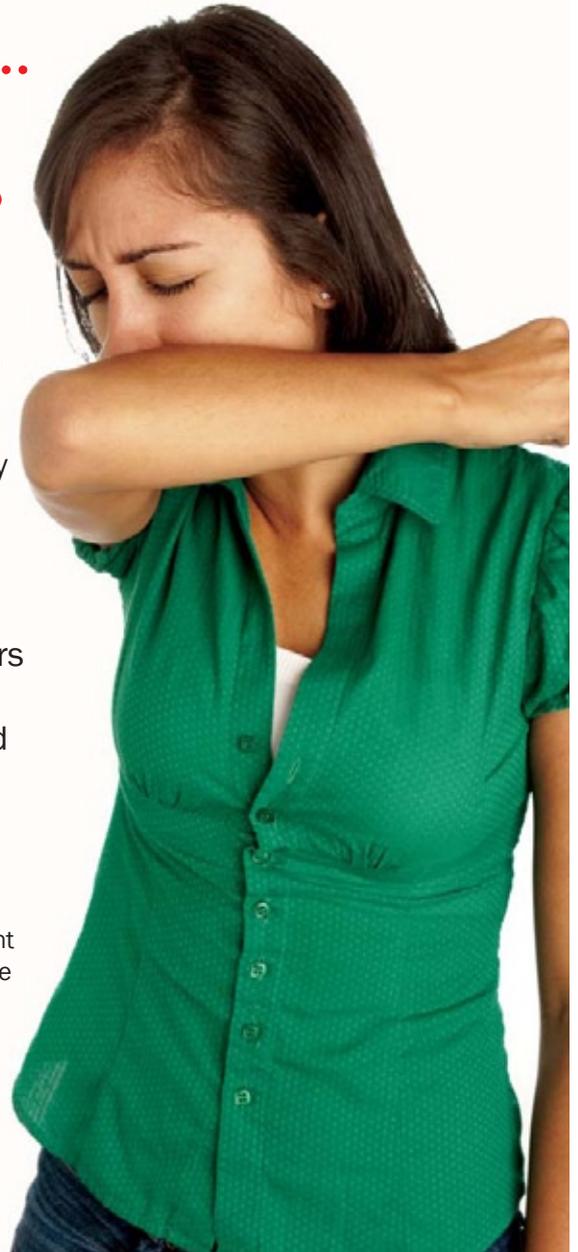
Scientists are interested in identifying acute respiratory infections in expatriates living in Singapore and are looking for volunteers to participate in this joint investigational study.

If you are an expatriate living in Singapore, over 5 years of age and would like to participate in this free study, please call **9657-6238** (Mon to Fri 9am-6pm) or send an email to help@myrunnynose.org.

You do not have to be sick to enrol.

Study participants will be asked to fill out a short questionnaire and consent form and be provided with a home kit with a digital thermometer, sample collection materials, and instructions for submitting your sample to the laboratory using our free delivery service.

International Medical Clinic will be participating in this study by making available the test kits through their three clinics.



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