

MERLION STAR

Serving the Sembawang Community

July 22, 2011

Volume 20

Issue 13

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Don't miss these upcoming community events



110716-N-XR557-022 DA NANG, Vietnam (July 16, 2011) Gunner's Mate 3rd Class Ashley Cordray, assigned to the guided missile destroyer USS Preble (DDG 88), receives flowers from a Vietnamese Officer before a volleyball match during Naval Exchange Activity (NEA) Vietnam 2011. U.S. Navy photo by Mass Communications Specialist 2nd Class Katerine Noll.

Vietnam Naval Exchange Activity 2011 Held in Da Nang

DA NANG, Vietnam – The U.S. Navy began naval exchange activities with the Vietnam People's Navy on July 15 in Da Nang in conjunction with the 16th anniversary of establishment of diplomatic relations with the Socialist Republic of Vietnam.

This seven-day collaboration focused on non-combatant events and skills exchanges in areas such as navigation and maintenance. Medical and dental civic action projects, ship visits, band concerts, community service events, and U.S.-Vietnamese Navy sporting events. These activities

underscore the closer ties between the U.S. and Vietnam.

"This exchange helped our respective Sailors gain a greater understanding of one another and assisted in building important relationships between our navies for the future," said Rear Adm. Tom Carney, commander, Task Force 73 and commander, Logistics Group Western Pacific.

U.S. units that participated in the naval exchange activities included the guided missile destroyers USS Chung-Hoon (DDG 93) and USS Preble (DDG 88); the rescue and salvage ship USNS Safeguard (T-ARS 50); Sailors

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Star

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Revised Instruction Announces Changes to Physical Readiness

Story courtesy of Navy Personnel Command Public Affairs Office

MILLINGTON, Tenn. — In order to improve the overall health of Sailors and enhance the administration and execution of the Physical Readiness Program, Navy announced the revision of OPNAVINST 6110.1J in NAVADMIN 203/11 July 12.

The revised instruction will strengthen program compliance, improve physical fitness assessment (PFA) documentation and encourage Sailors to maintain the level of physical fitness required to support mission readiness. This is the first major revision to the Physical Readiness Program since 2005.

The streamlined instruction stresses that passing the Physical Fitness Assessment is a requirement for continued Navy service and failure to meet these requirements can result in administrative separation processing.

"We reduced the instruction to just what leadership needs to know and the rest is contained in the Physical Readiness Program Operating Guide, which will be a how-to manual," said Bill Moore, Physical Readiness Program director. There are several changes reflected in the new instruction including the requirement to complete the medical screening process prior to participating in the PFA as well as a reduction of the number of PRT scoring categories to five, ranging from "outstanding" to "failure."

The rules have also changed regarding medical waivers. Sailors granted two medical waivers in a

12-month period will be referred to a Medical Treatment Facility for a Medical Evaluation Board.

In addition, failing the Body Composition Assessment (BCA) is now considered an overall PFA failure and Sailors can no longer request a "Bad Day" exception for the BCA and are limited to one PRT retest for a given PFA cycle.

Mandatory administrative separation will continue for Sailors who have failed three PFAs within the most recent four-year period. While the instruction allows for waivers for those with three PFA failures, individuals may still face separation and may be prevented from transferring, reenlisting or extending in-service.

A Physical Readiness Program Operating Guide is now in place and is accompanied by an updated version of the Navy Nutrition Guide and Fitness Enhancement Program (FEP) guidance that will reside online at the Navy Physical Readiness webpage.

"A Sailor can achieve long-term health and fitness by making regular physical activity and a solid nutrition plan a lifestyle priority. That commitment is consistent with Navy Core Values and helps ensure Sailors remain competitive," said Bill Moore, Physical Readiness Program director. "Every Sailor competes to stay and fitness is one component of this process."

For a full explanation of the changes, read NAVADMIN 203/11.



Restructuring of Enlisted Advancement Exams to Begin in September 2012

PENSACOLA, Fla. -- The Navy announced the restructuring of advancement exams to give greater focus on technical rating knowledge, July 8, in NAVADMIN 197/11.

By: TOM UPDIKE,
NAVAL EDUCATION AND
TRAINING COMMAND
PUBLIC AFFAIRS

The restructured examinations decrease the number of questions from 200 to 175 and increases the emphasis on rating-specific technical questions. The first advancement examination cycle implementing the new change is Cycle 216 in September 2012. Advancement candidates who will take the September enlisted examinations include active duty, full time support, active guard and reserve, and canvass recruiters.

"The primary reason for the exam structure change is to improve exam validity. We define exam validity as the adequacy with which the test questions successfully represent the content to be measured," said Captain Katharine Reed, commanding officer of the Naval Education and Training Professional Development and Technology Center (NETPDTC).

More job-specific technical questions improve exam validity and the Navy's ability to rank-order Sailors by rating.

"If you know the technical aspects of your rating better than your shipmates, you'll like the change in exam structure," said Reed.

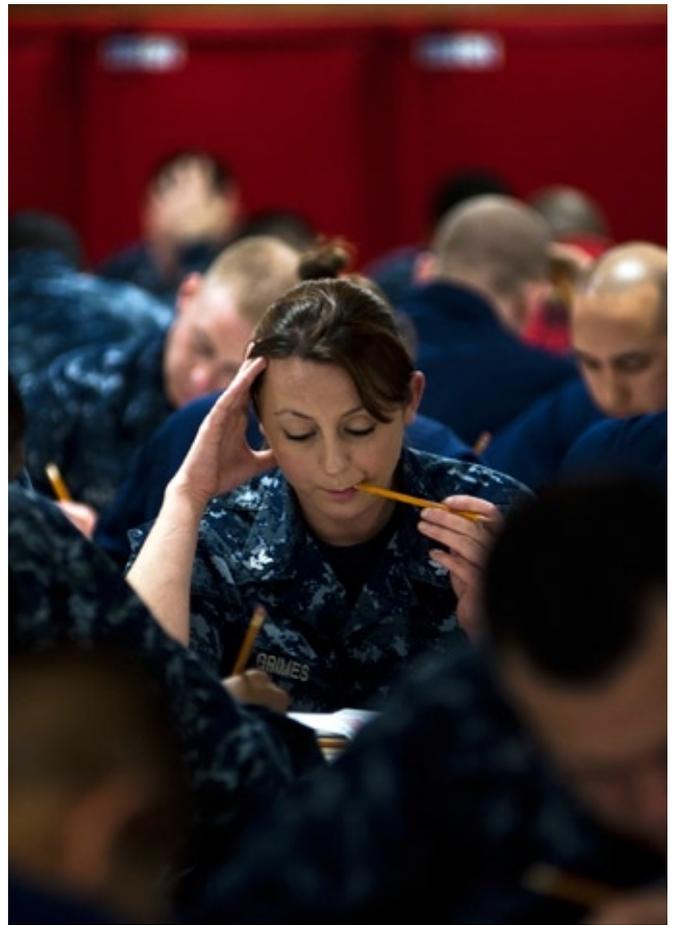
The restructured exams will consist of 25 Professional Military Knowledge (PMK) and 150 job-specific technical questions for each pay grade. The biggest change will be seen by E-6 advancement candidates taking the Chief Petty Officer (CPO) exam. Currently, the 200-question CPO exam contains 100 job-specific and 100 PMK questions. E-4 exams will have the same number of job-specific

questions, and 25 rather than 50 PMK questions.

The exam changes will have no impact on the current Final Multiple Score (FMS). The FMS is a "Whole Person Concept" approach which considers exam score along with other factors to ensure the right Sailors are advanced. Other factors considered for E4/5/6 are performance mark average (how well one performs in their job and as a Sailor), service in pay grade (experience in the job), awards (accomplishments

in the job and as a Sailor), education points (self improvement through education (accredited college degrees)), and pass/not advanced points (credit for doing well on previous exam cycles, but not enough quotas available). For those who are CPO board eligible, the FMS is computed using performance mark average and rating exam score only.

Enlisted exams are produced at NETPDTC's Navy Advancement Center (NAC) in Pensacola, Fla. Fleet Subject Matter Experts (FSME) for each enlisted rating gather at exam development conferences to review the job scope and associated tasks at each pay grade. The FSMES also review their rating exam bank to ensure questions are up-to-date, accurate and meet the statistical requirements to accurately rank-order the most qualified advancement candidates.



New exam questions are researched, developed and added at each exam development conference.

Study material will remain available to all Sailors preparing for upcoming exams. Exam bibliographies will reflect the new exam construction, and will be available for exam preparation six months prior to administration dates on the Navy Advancement Center's Web portal on NKO at

<https://wwwa.nko.navy.mil/portal/careermanagement/navyadvancementcenter/home/navyadvancementcenter?cacLogin=true>

For more information on the Naval Education and Training Command, visit the NETC Website at: <https://www.netc.navy.mil/>.

Naval Exchange Activity Vietnam 2011

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from Task Force 73, Commander, Logistics Group Western Pacific, and a Mobile Diving and Salvage Detachment.

The U.S. Navy has had several successful port visits to Vietnam in recent years. In 2009, USS John C. Stennis (CVN 74) hosted the first-ever fly-out of visitors from Vietnam to a U.S. aircraft carrier, and the 7th Fleet flagship USS Blue Ridge (LCC 19) and the destroyer USS Lassen (DDG 82), commanded by H.B. Le, a Vietnamese-American, visited in November 2009. In 2010, another fly-out of visitors occurred to USS George Washington (CVN 73), and USS John S. McCain (DDG 56) visited Da Nang as part of naval exchange activities. USNS Mercy (T-AH 19) also visited Vietnam in May 2010 as part of a large-scale humanitarian assistance mission, Pacific Partnership.

In addition to port visits, two U.S. Navy military sealift command ships have undergone voyage repairs at Vietnamese shipyards. Safeguard (T-ARS 50) had work completed at Saigon Shipmarine shipyard in August-September 2009, and USNS Richard E. Byrd (T-AKE 4) in February-March 2010 had work done by Cam Rahn shipyard, at Hong Koi port, Van Phong Bay.



TOP: 110716-N-XX999-001 DA NANG, Vietnam (July 16, 2011) Lt. Cmdr Vincent Do, a U.S. Navy dentist, speaks with a patient before an exam as part of a joint U.S.-Vietnamese Medical Civic Action Project for Naval Exchange (NEA) Vietnam 2011. The event, at Da Khoa Hospital, treated 548 medical and dental patients. U.S. Navy photo by Chief Mass Communication Specialist Jim Bane.

MIDDLE: 110717-N-VY256-157 DANANG, Vietnam (July 17, 2011) Seaman Jonathan Newell and Navy Diver 1st Class Daniel Bassillcantiello help Navy Diver 3rd Class Andrew Bui don his diving mask during a diving exchange aboard USNS Safeguard (T-ARS 50) for Navy Exchange Activity (NEA) Vietnam 2011. U.S. Navy photo by Mass Communication Specialist 3rd Class Christopher S. Johnson.

BOTTOM: 110717-N-VY256-438 DANANG, Vietnam (July 17, 2011) Lt. Cmdr. Thaison Nguyen and Lt.j.g. Caroline Adler explain the functionality of the non-skid surface used on the weather decks of U.S. Navy ships during a damage control training session aboard USS Chung-Hoon (DDG 93), part of Navy Exchange Activity (NEA) Vietnam 2011. U.S. Navy photo by Mass Communication Specialist 3rd Class Christopher S. Johnson.





Family Rock Band Night
12 August 2011
@ The Aussie House
begins @ 1900
Sign up with
LSI Galang X 2427

Brought to you by the
SRRC 

Singapore Supply Corps Association sponsors:
Malacca Woodwork
Special Offers For All Display Items

Terror Club Upper Patio
Located at the corner of Admiralty Road and Deptford Road
19-21 August 2011
 Friday and Saturday, August 19 - 20 1100 - 1800
 Sunday, August 21st, 1000 - 1500

For more information contact any
 SSCA member or call 6750-2593.

Tailormade Orders Taken

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Come Join us for a movie under the stars

19 August @ 1900
 @ Terror Club Field
 Free Admission
 Popcorn, Candy and Soda
 will be available for purchase



236TH US NAVY BIRTHDAY BALL CELEBRATION

SATURDAY
 OCTOBER 8, 2011

RITZ-CARLTON HOTEL,
 SINGAPORE

for more information,
 please contact the
 US Navy Ball Committee Chairman
 David Morales at:
usnavyball@gmail.com
<http://navyball.tk>
 office: 6750.2646

Community Events

July 25 - Community
 Coffee, Starbucks in
 Sembawang Shopping
 Center @ 10:00a.m.

July 26 - Admirals Cup
 Dodge Ball, Fleet Gym
 @ 5:00 p.m.

July 27 - Newcomers
 Orientation, NRCS
 Conference Room @
 8:30 a.m.

July 29 - SRRC's Dragon
 Boating Event, meet at
 Terror Club Parking Lot
 @ 11:00 a.m.