

MERLION STAR

Serving the Sembawang Community

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Remembering to ACT can make all the difference in preventing suicide



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USS Mustin provides disaster support in Thailand floods



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Navy Ball Pictures now available



111024-N-NJ145-323 REAM, Cambodia (Oct 24, 2011) Students join Royal Cambodian Navy and U.S. Navy Sailors assigned to the USS Kidd (DDG-100), for speeches during a community service project at Hun Sen Smach Deng School for Cooperation Afloat Readiness and Training (CARAT) Cambodia 2011. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance force readiness. U.S. Navy photo by Mass Communication

US, Royal Cambodian Navies Come Together for CARAT

SIHANOUKVILLE, Cambodia

By: MCI ROBERT CLOWNEY,
TASK GROUP 73,
PUBLIC AFFAIRS

-- U.S. and royal Cambodian navies began their 2nd annual Cooperation Afloat Readiness and Training (CARAT) Cambodia exercise Oct. 20, with a pierside opening ceremony at the port of Sihanoukville.

“Last year marked an important step forward in the relationships between the U.S. and Cambodian Navies,” said Rear Adm. Tom Carney, commander, U.S. Navy’s Task Force 73. “This year, for the first time, a ship from the U.S. Navy, one of our newest destroyers, will be getting underway with royal Cambodian navy ships for a series of

at-sea events.”

During the week-long exercise, Sailors and from both countries are participating in training exchanges ashore on topics as diverse as maritime domain awareness, vessel boarding procedures, dive and salvage operations and various maritime symposia. U.S. Navy Seabees are joining royal Cambodian armed forces engineers in renovating a public health clinic and drilling water wells at a local school, while U.S. Navy and Cambodian divers conduct pier inspections and remove hazards to navigation. Additionally, several friendship-building events are planned, including band concerts at

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Star

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Your ACT Can Save Shipmates

MILLINGTON, Tenn. – Navy leaders remind Sailors and families that remembering to

ACT can make all the difference in preventing suicide, officials said in a suicide prevention update released Oct. 2011.

"This year, more than 1,400 Sailors at some level of personal crisis were reached by a shipmate, family member, friend or leader who remembered to ACT and found help," said Master Chief Petty Officer of the Navy, MCPON(SS/SW) Rick D. West. "I want to thank each of you who had the courage to seek help and those of you who recognized a need and reached out to help a Shipmate."

ACT, which stands for Ask, Care, Treat, is an acronym to remind Sailors and their families of what they can do if they encounter a Shipmate, friend or loved one who may need help.

Warning signs include:

- Suicidal ideation
- Substance abuse
- Purposelessness
- Anxiety
- Hopelessness

- Withdrawal
- Anger
- Recklessness

Sailors should familiarize themselves with warning signs for depression and suicide and review resources available to help Sailors in crisis. Medical, base or shipboard chaplains and Fleet and Family Service Centers are resources where Sailors can get help for themselves or their shipmates.

"Just remember to ACT - Ask the question, care and help them find treatment," said West.

NAVADMIN 299/11 highlights additional information and resources that can help Sailors to ACT. Preventing suicides and connecting those in need of support is a top priority among leadership.

"I ask that our Sailors take time to strengthen their capacity to reach out and help. Know the warning signs and be familiar with where to go for help," said West. "We have a duty to seek support, reach out to one another and to live life to the fullest."

For more information, read the NAVADMIN available or www.npc.navy.mil and visit www.suicide.navy.mil

SRRC/SAC Holiday Party

tickets are now available for purchase. Come join us on December 9 at the Pan Pacific Singapore for a night consisting of good food, great entertainment, and friendly conversation. With your ticket purchase you will also be entered in the drawing to win an impressive array of lucky draw prizes. Tickets are being sold for 40SGD, please contact MC2 Jessica Bidwell at 6750-2431 for more information.

USS Mustin Provides Assistance in Thailand

LAEM CHABANG, Thailand--

By: U.S. 7TH FLEET,
PUBLIC AFFAIRS

Guided-missile destroyer USS

Mustin (DDG 89) arrived in Laem Chabang Oct. 21 for a port visit and to participate in community service events to strengthen ties between the U.S. and the Kingdom of Thailand.

The U.S. Navy extends its sincere condolences to the people of Thailand in the aftermath of the recent flooding that has affected the nation.

While in port, the crew of USS Mustin will participate in community service projects in an effort to build upon existing ties between the two nations. The crew will also engage with their Royal Thai Navy counterparts to build on the relationship they have established with their ally.

“Our ship visited Thailand earlier



111022-N-WW409-445 BANGKOK (Oct. 22, 2011) - An SH-60F helicopter assigned to Helicopter Anti-Submarine Squadron (HS) 14, supports members of the Humanitarian Assistance Survey Team and the Royal Thai Armed Forces in assessing damage caused by flooding in the Bangkok area. U.S. Navy photo by MC1 Jennifer A. Villalovos

this year and received a very warm welcome from the Thai people,” said Mustin’s Commanding Officer, Cmdr. Scott A. Tait. “The men and

women of Mustin are truly looking forward to return their kindness. We are looking forward to engaging the community in any way we can.”

Mustin Sailors Visit Social Center in Rayong

RAYONG, Thailand - Sailors

By: MC3 MIKEY MULCARE,
U.S. 7TH FLEET,
PUBLIC AFFAIRS

from the USS Mustin (DDG 89) visited the Camillian

Social Center in Rayong, Thailand, an establishment for children who suffer from HIV/AIDS, Saturday, Oct. 22 as part of a port visit to Thailand.

Sailors were honored to have the opportunity to visit with the kids. More than 30 Sailors signed up for the community service project.

During the visit Sailors toured the center to see the children’s daily routines and played various games from soccer and football to Frisbee with more than 80 children.

“The children always love visitors and I’m really thrilled that the Navy decided to come here,” said Paul Baird, longtime English volunteer to the center. “It’s nice to have younger people visit for a change because they can play with the children and spread smiles, a lot of our older volunteers like



111022-N-EA192-062 RAYONG, Thailand (Oct. 22, 2011) - Sailors assigned to USS Mustin (DDG 89) play soccer with children during a community service project at the Camillian Social Center Rayong, an establishment for children who suffer from HIV/AIDS. While in port, the crew of Mustin will participate in community service projects in an effort to build upon existing ties between the two nations. U.S. Navy photo by MC3 Mikey Mulcare

me try to play with the children but we have a hard time keeping up.”

After the tour and games Sailors were treated to a Catholic children’s hymn sung by the children. Following the hymn, Chief Intelligence Specialist (SW/AW) Fuller, the community service event coordinator, spoke a few words.

“I feel blessed to be here today and I sincerely hope that we can visit again in the future,” said Fuller. “We came with the intent to put smiles on your faces but I think the children here far out did us. As we say in the Navy, fair winds and following seas, which really means we hope good blessings come to you on and on into the future.”

CARAT Kicks off in Cambodia

Continued from page 1 -

public parks and schools in Phnom Penh, and community service projects, receptions and sporting events between forces of both nations.

At sea, both U.S. and several royal Cambodian navy ships will conduct communication drills, division tactics, surface gunfire drills and more. Participating U.S. aircraft include the P-3C Orion, and the SH-60 Seahawk.

Approximately 400 U.S. Sailors are participating in CARAT Brunei 2011. Two U.S. ships, guided-missile destroyer USS Kidd (DDG 100) and the dive and salvage ship USNS Safeguard (T-ARS 50), are participating.

CARAT is a series of annual, bilateral maritime exercises between the U.S. Navy and the armed forces of Bangladesh, Brunei, Cambodia, Indonesia, Malaysia, the Philippines, Singapore, and Thailand.

For more news from Cooperation Afloat Readiness and Training, visit www.navy.mil/local/carat/.

TOP: 111023-N-VP123-169 REAM, Cambodia (Oct. 23, 2011) Capt. Roland McCoy, a dentist assigned to Commander, Task Force 73, observes a Royal Cambodian Armed Forces dentist administer anesthetic before removing a boy's infected tooth during a medical civic action project for Cooperation Afloat Readiness and Training (CARAT) Cambodia 2011. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance force readiness. U.S. Navy photo by Lt. Cmdr. Mike Morley.

MIDDLE: 111021-N-NJ145-237 SIHANOUKVILLE, Cambodia (Oct. 21, 2011) Interior Communications Electrician 1st Class John Murphey demonstrates a tactical stance to a Royal Cambodian Navy Sailor during Visit Board Search and Seizure training (VBSS) with U.S. Navy VBSS team assigned to the USS Kidd (DDG 100) during Cooperation Afloat Readiness and Training (CARAT) Cambodia 2011. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance force readiness. U.S. Navy photo by Mass Communications Specialist 1st Class Robert Clowney.

BOTTOM: 111021-N-VP123-063 SIHANOUKVILLE, Cambodia (Oct. 21, 2011) Royal Cambodian Navy medic Soan Ahoal and Steelworker 3rd Class Sonny Rossman, assigned to Naval Mobile Construction Battalion 133, paint a wall at Sangkat Clinic during an Engineering Civic Action Project for Cooperation Afloat Readiness and Training (CARAT) Cambodia 2011. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance force readiness. U.S. Navy photo by Lt. Cmdr. Mike Morley.



U.S. Navy's 236th Birthday Ball

PHOTOS AVAILABLE AT: [HTTP://NAVYBALL.TK](http://NAVYBALL.TK)



Trick or Treat?

