

# MERLION STAR

Serving the Sembawang Community

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## DON'T FORGET

- ✦ Newcomer Orientation @ NRCS Conference Room, July 16
- ✦ CPR Certification, Chapel Annex July 16 & 18
- ✦ Town Hall Meeting @ Terror Club, July 18

## INSIDE



2

Learn how to tame your stress with simple steps



3

Divers assigned to USNS Safeguard build friendships in Malaysia



5

A crowd of 5,000 people gathered for the annual Independence Day celebration



120701-N-YU482-004 GENERAL SANTOS CITY, Philippines (July 1, 2012) The Eastern Mindanao Command Band performs while the guided-missile frigate USS Vandegrift (FFG 48) pulls into port in General Santos City to participate in Cooperation Afloat Readiness and Training (CARAT) Philippines 2012. U.S. Navy photo by Mass Communication Specialist 1st Class Stephen Hickok.

## 18th Annual CARAT Exercise in Republic of the Philippines

GENERAL SANTOS CITY, Philippines –The 18th annual Cooperation Afloat Readiness and Training (CARAT) exercise between the U.S. Navy and Philippine Navy begins July 2 with the arrival of a U.S. Navy Task Group in General Santos City, Philippines.

By: MCC AARON GLOVER,  
CTF-7,  
PUBLIC AFFAIRS

The exercise is designed to enhance maritime security skills and operational cohesiveness among participating forces. It also focuses on relationship building

between military participants through sports and social events, and improving community relations through a community service event.

Capt. Dave Welch, Commander Destroyer Squadron 31, based in Pearl Harbor, Hawaii, leads CARAT Task Group 73.1.

“The Philippine and U.S. navies share a special relationship and history,” said Welch. “Our bilateral operations and training have matured over the past 60 years, and CARAT Philippines is a model for how an

— Continued on Page 4

# Merlion Star

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## Resilience Helps Sailors and Families Navigate Rough Times

MILLINGTON, Tenn. –

BY: NAVY PERSONNEL  
COMMAND,  
PUBLIC AFFAIRS  
Deployment work-ups, a sick child, four-section duty, marital trouble can all cause stress levels to rise. Stress is a fact of life but resiliency helps make stress manageable, said Navy officials.

“Stress is normal and can help you excel and succeed, but there is a point when stress may impact your ability to meet life’s challenges” said Capt. Kurt Scott, director Navy Behavioral Health.

According to Scott, the Navy’s goal is to help individuals identify stressors and develop the skills and tools to be resilient and handle the curveballs life may throw.

Navy leadership has implemented the Operational Stress Control (OSC) program to help Sailors and their families recognize and navigate stress. OSC defines resilience as the capacity to withstand, recover, grow, and adapt in the face of stressors and changing demands.

Scott discussed four skills that can help Sailors and their families improve resilience.

- Maintain your body for its unique optimal performance. Balanced and nutritious meals with moderate portions help fuel the body. Getting enough sleep is critical to physical and emotional well being. Regular exercise helps you physically and improves your mood.

- Develop positive relationships. Nurturing at least one trusted friendship can help individuals achieve personal and professional success. “A friend can provide support, influence personal growth and provide a source of strength during difficult times,” said Scott.

-Manage your finances – Don’t let them manage you! “Financial strain is a top stressor. It can cause personality changes in an individual and has been linked to depression which can impact duty performance and interpersonal relationships,” said Scott. Fleet and Family Support Centers, Navy-Marine Corps Relief Society and command financial specialists can help Sailors examine their finances and develop a budget.

- Consider spiritual wellness. “Talking with a mentor, trusted advisor or chaplain can be a great outlet for stress reduction and resiliency.

When stress becomes overbearing to your well-being, ask for assistance.

“Asking for help is a sign of strength and a commitment to yourself to perform at your optimal level,” said Scott. “Friends, families and co-workers can be your support network, but there may be times when someone with more experience, knowledge and skill is better suited to provide the help you need.”

The OSC Continuum can help individuals determine what level of support is needed. The continuum is a color-coded guide for Sailors and leaders to measure their stress as it relates to one of four color-coded zones: green is ready, yellow is reacting, orange is injured and red is ill.

“The green zone is where we want to be but the green zone is not stress free,” said Scott. “It means you have the skills and the tools you need to really be able to manage what life is throwing at you. Learning from life lessons makes you stronger and more resilient - and that is our goal.” To learn more visit

[www.navynavstress.com](http://www.navynavstress.com) .

# Partnerships Built During Malaysia Dive Exercise

Civil service mariners and U.S. Navy divers embarked on board Military Sealift Command rescue and salvage ship USNS Safeguard (T-ARS 50) participated in Combined Afloat Readiness and Training (CARAT) exercise with the Royal Malaysian Navy (RMN) June 14-20.

By: EDWARD BAXTER,  
MSCFE, PUBLIC AFFAIRS,

“Our primary objective was to strengthen relationships and enhance mutual cooperation and understanding between divers from both nations,” said San Diego, Calif.-based Mobile Diving and Salvage Unit One, Company 1-1 Officer-In-Charge Navy LT Shauna Marshall.

CARAT Malaysia exercise included a team 17 divers from the Royal Malaysian Navy (RMN) who conducted a total of ten surface supplied air training dives from Safeguard. Divers also conducted classroom training in salvage techniques, demonstrations of medical equipment and procedures, the use of side scan sonar, and cultural exchange events.

Divers from both the U.S. and Royal Malaysia Navies surveyed partially submerged wreckage which presented a hazard to and while the actual exercise planning did not include raising or moving the sunken merchant vessel, they did discuss techniques and methods in how to properly conduct a salvage survey in accordance with the Navy Salvage Manual S0300-A6-MAN.

“The RMN divers were very interested in different salvage methods and calculations and applying the use of these techniques to a downed vessel,” Marshall said.

The exercise concluded June 20 after both sides discussed lessons learned.



120619-N-KB052-329 025 LUMUT, Malaysia (June 19, 2012) Members of Mobile Diving and Salvage Unit (MDSU) 1 and Royal Malaysian Navy divers work together to bring up a U.S. Navy diver from the rescue and salvage ship USNS Safeguard (T-ARS 50) during a wreck and salvage training event. U.S. Navy photo by Mass Communication Specialist 1st Class N. Ross Taylor.



120619-N-KK935-070 LUMUT, Malaysia (June 19, 2012) A member of the Royal Malaysian Navy prepares himself for his next during a joint diving exercise onboard the diving and salvage ship USNS Safeguard (T-ARS 50) during Cooperation Afloat Readiness and Training (CARAT) Malaysia 2012. U.S. Navy photo by Mass Communication Specialist 2nd Class Jessica Bidwell.



120619-N-KK935-148 LUMUT, Malaysia (June 19, 2012) U.S. Navy Diver 2nd Class Carlos Dhayer and a member of the Royal Malaysian Navy give a thumbs-up while in the recompression chamber onboard the diving and salvage ship USNS Safeguard (T-ARS 50) during a joint diving exercise for Cooperation Afloat Readiness and Training (CARAT) Malaysia 2012. U.S. Navy photo by Mass Communication Specialist 2nd Class Jessica Bidwell.

# CARAT Philippines 2012

*Continued from page 1 -*

exercise series can evolve to bring new value each year.”

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

While the training in each phase of CARAT varies based on shared goals of the host country and the U.S., a common theme is the development of maritime security capabilities, and increasing interoperability among participants. Skill areas exercised during CARAT include Maritime Interception Operations; riverine, amphibious and undersea warfare operations; diving and salvage operations; naval gunnery and maneuvering events, along with disaster response exercises.

U.S. Navy ships participating in CARAT Philippines 2012 include the guided missile frigate USS Vandegrift (FFG 48), U.S. Coast Guard national security cutter USCGC Waesche (WMSL-751) and the diving and salvage ship USNS Safeguard (T-ARS 50). Other participants include Marines from U.S. 7th Fleet FASTPAC, along with P-3C Orion and SH-60 Seahawk aircraft, and the U.S. 7th Fleet band “Orient Express.”

Approximately 450 U.S. personnel will participate in CARAT Philippines 2012.

**TOP: 120704-N-YU482-006 GENERAL SANTOS CITY, Philippines (July 4, 2012) Cmdr. Tomlin, Command Chaplain of Commander, Destroyer Squadron Three One (COMDESRON 31), leads the students of Banisil Central Elementary School in a round of applause at a combined military community service project during CARAT Philippines 2012. U.S. Navy photo by Mass Communication Specialist 1st Class Stephen Hickok.**

**120703-N-YU482-006 GENERAL SANTOS CITY, Philippines (July 3, 2012) Lcpl. Bryan Cook of Fleet Anti-terrorism Security Team Pacific, advances with Philippine Coast Guard Special Forces sailors to secure a perimeter during an amphibious beach assault exercise for CARAT Philippines 2012. U.S. Navy photo by Mass Communication Specialist 1st Class Stephen Hickok.**

**120704-N-KB052-233 GENERAL SANTOS CITY, Philippines (July 4, 2012) U.S. Navy Damage Controlman 1st Class Richard Zuck speaks with sailors from the Philippine Navy about the P-100 electric submersible pump during a damage control subject matter expert exchange (SMEE) on the forecandle of the guided-missile frigate USS Vandegrift. The SMEE is part of CARAT Philippines 2012. U.S. Navy photo by Mass Communication Specialist 1st Class N. Ross Taylor.**



# Farewell and Following Seas



Singapore (June 22, 2012) Lieutenant Commander Darin Dunham is presented a Navy and Marine Corps Commendation Medal on June 22, 2012 by Rear Adm. Tom Carney, Commander, Logistics Group Western Pacific on Dunham's outstanding service as Staff Chaplain for Commander, Logistics Group Western Pacific from June 2009 - July 2012. U.S. Navy photo by Chief Operations Specialist Shane Smith



Singapore (June 22, 2012) Lieutenant Deric Robinson is presented a Navy and Marine Corps Commendation Medal on June 22, 2012 by Rear Adm. Tom Carney, Commander, Logistics Group Western Pacific on Robinson's outstanding service as Force Protection Officer for Commander, Logistics Group Western Pacific from August 2009 - July 2012. U.S. Navy photo by Chief Operations Specialist Shane Smith



Singapore (June 22, 2012) Mass Communications Specialist 2nd Class Jessica Bidwell is presented a Navy and Marine Corps Commendation Medal on June 22, 2012 by Rear Adm. Tom Carney, Commander, Logistics Group Western Pacific on Bidwell's outstanding service as Assistant Public Affairs Officer for Commander, Logistics Group Western Pacific from June 2009 - July 2012. U.S. Navy photo by Chief Operations Specialist Shane Smith

# Independence Day Celebrations



An estimated 5,000 Americans and Singaporeans gathered on at the Singapore American School for the Independence Day Celebration. The celebration is an annual event sponsored by the American Association of Singapore and supported by Navy Region Center, Singapore. Photos by MC2 Jessica Bidwell