

# MERLION STAR

Serving the Sembawang Community

## DON'T FORGET

- ✦ SSA Chilli Challenge, May 9
- ✦ SRRC Dominos Pizza Sale, May 18
- ✦ Armed Forces America's Kids Fun Run, May 21

May 6, 2011

Volume 20

Issue 8

## INSIDE



2

Navy testing new Physical Readiness Test guidelines



3

Enlisted Retention Board to provide benefits fleet wide



5

Join the expat Cold and Flu Research Study

## CLWP WELCOMES REAR ADMIRAL TOM CARNEY



SINGAPORE (May 2, 2011) Rear Admiral Tom Carney assumes command of Commander Logistics Western Pacific. U.S. Navy photo by Mass Communication Specialist 2nd Class Jessica Bidwell

Commander Logistics Western Pacific (CLWP) recently welcomed Rear Admiral Tom Carney to the ranks. Carney assumed command of CLWP on May 2. Prior to this assignment Carney was serving on the staff of commander, U.S. Pacific Fleet as deputy chief of staff for Plans, Policies, and Requirements.

"I am excited to be here in Singapore, and to work with this team," said Carney "Your reputation speaks for itself and I am proud to be leading this group of individuals."

With less than a week in the job, the command and community have already begun to feel the positive impact of Carney's leadership.

Carney, a native of Setauket, N.Y., graduated from the U.S. Naval

Academy in 1981.

Carney has served in cruisers and destroyers in both the Atlantic and Pacific Fleets. His sea tours include assignments as Main Propulsion assistant in USS Ramsey (FFG 2), Fire Control officer in USS Fox (CG 33), Weapons and Combat Systems officer in USS Yorktown (CG 48), executive officer in USS Cowpens (CG 63), and commanding officer of USS John Paul Jones (DDG 53) and USS Mobile Bay (CG 53).

While ashore, Carney has served as an instructor at the U.S. Naval Academy; in the Bureau of Naval Personnel in the Surface Placement branch; as the branch head for Policy, Requirements and Assessments in the Office of the Director of Surface Warfare; as deputy director for

— **Continued page 4**

# Merlion

## Star

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Logistics Group Western Pacific**  
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**Supervisor,  
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## Navy Prepares New Fitness Test

MILLINGTON, Tenn. – The Navy, working with the University of Memphis Department of Health and Sport Sciences, will be conducting a test of several new physical fitness exercises beginning July 11.

Currently, the Navy and the University of Memphis are seeking Sailors in the Millington and Memphis, Tenn., area to participate in the test. In order to effectively develop potential performance standards, the test will use volunteers from each age and gender category, as established by the Navy Physical Readiness Program (PRP) instruction (OPNAVINST 6110.1 series). The beta test will last through the end of July.

"This does not mean that we have plans to change the physical readiness test (PRT)," said Bill Moore, director, Navy PRP. "We are always looking at process improvement. An open mind is essential to the program – whether we are considering new exercise options or focusing on nutrition. Our current program is based on research and we are honored to be working jointly with the University of Memphis."

The test will incorporate several muscular strength tests, including the leg/hip dynamometer and standing long jump. Both exercises use the same muscle groups (i.e., the legs, hips, and back) that are used when performing a squat, lifting a box, and other such movements that occur daily in Navy life. There will also be a short (only 15-yard), distanced timed event called the pro-agility test. It measures an individual's speed and agility as they accelerate, decelerate,

and change direction. Again, these are common movements practiced both in sports and on the job. Endurance events being tested include a 300-yard shuttle run, two-kilometer rower and five-kilometer bike test.

"There are multiple components to physical fitness, but they can be broken down into two major categories – health related and skill related," said Lt. Cmdr. David Peterson, exercise physiologist for

the Navy's PRP. "Health-related components include: cardiovascular fitness, body composition, flexibility, muscular strength, and muscular endurance. Skill related components include: speed, agility, balance, coordination, reaction time and power. The



current PRT incorporates most of the health-related components of fitness, but none of the skill-related. Exercises chosen for evaluation in the beta test not only incorporate health related components but skill related components as well."

According to Moore, the beta test is being conducted for the sake of research only.

"This is an exciting opportunity to participate in a state-of-the-art research study. However, I need to reemphasize that this is for research purposes only and that there are currently no plans to change the Navy PRT," Moore said.

For more information, visit the Navy's physical readiness Web page at <http://www.npc.navy.mil/support/physical>



## ENLISTED RETENTION BOARD PROVIDES SOME BENEFITS FOR FLEET

WASHINGTON -- The recently announced enlisted retention board (ERB) will help the Navy

By: CHIEF OF NAVAL  
PERSONNEL,  
PUBLIC AFFAIRS

achieve mandated end strength, the chief of naval personnel (CNP) said in an April 25 interview.

The ERB will eliminate overmanning in 31 ratings and will benefit high-performing Sailors in the long run by improving advancement opportunities. The Navy has witnessed improved retention over the past decade which can be attributed to factors such as work-life balance initiatives and improved recruiting.

"We are attracting and retaining the highest quality force we've ever had and these Sailors are increasingly looking at the Navy as a great long-term career choice," stated chief of naval personnel, Vice Adm. Mark Ferguson. "With this sustained high retention, systems designed to help maintain the balance in our Force, particularly Perform-to-Serve, have become over-burdened. As a result, re-enlistment and advancement opportunities for our high-performing Sailors are being negatively impacted Fleet-wide."

The ERB will review Sailors in 31 of the most overmanned ratings and will look at performance to fill a specific number of retention

quotas within competitive groups broken down by rating, pay grade and years of service. The board will value Sailors with proven performance in challenging billets, while Sailors with negative performance indicators such as convictions for drunk driving, declining performance evaluations, lost security clearances and non-judicial punishments will be less competitive for retention quotas.

"In designing this board, we were determined to separate only those Sailors in ratings needed to rebalance the force and stay within our congressionally mandated manpower limits," Ferguson said.

Although the number directly affected by the ERB represents a small percentage of Sailors, the impacts will be felt across the force.

While Navy-wide advancement opportunities to E-5 declined modestly over the past several advancement cycles and E-6 opportunities remained relatively stable over the same period, opportunities to both E-5 and E-6 in the 31 ratings being considered have dropped steadily.

Not only will the ERB help stabilize advancement opportunity in the 31 ratings, currently undermanned ratings will benefit from the expanded conversion

opportunity Navy leaders approved in advance of the board. Several factors that are normally mandatory for rating conversion are being waived. This will allow the greatest opportunity for Sailors who would otherwise be board-eligible to ensure their continued service, while increasing manning in ratings that the Navy has been challenged to fill.

"Our Sailors are dedicated to serving their country, and this is why we are providing additional opportunities for them to convert into undermanned ratings ahead of the board," Ferguson said. "Sailors will see the benefits of increased manpower support in some critical areas."

Sailors chosen for conversion into the undermanned ratings listed in NAVADMIN 129/11 will be exempt from the board and will be given an opportunity to continue serving in areas of need for the Navy.

A more balanced force - the goal of the ERB - will benefit the entire Fleet, Ferguson said.

"Improved advancement opportunities, expanded PTS re-enlistment quotas, and increased manpower support in needed ratings over the long term - these are the positive results," he said.

### Rear Admiral Tom Carney Assumes Command of CLWP



**Continued from page 1 -**

Investment and Development in the Navy Budget Office; as the branch head for the Program-Budget Analysis Division on the Joint Staff and as the director of the Navy Appropriations Office.

Carney received a Master of Business Administration degree from Loyola College in Baltimore, Md., and graduated from the Industrial College of the Armed Forces in 1998.

Carney has been awarded the Defense Superior Service Medal, Legion of Merit (four awards), Meritorious Service Medal (four awards), Joint Service Commendation Medal and the Navy Commendation Medal (three awards) as well as various unit and campaign awards.

Carney will serve as Commander, Logistics Western Pacific until 2013

## Bin Laden Buried at Sea



Official US Navy File Photo

WASHINGTON -- Osama bin Laden received a Muslim ceremony as he was buried at sea, a senior defense official said in Washington, D.C., May 2.

The religious rites were performed aboard the aircraft carrier USS Carl Vinson (CVN 70) in the North Arabian Sea and occurred within 24 hours of the terrorist leader's death, said the official.

"Preparations for at-sea [burial] began at 1:10 a.m. Eastern Standard Time and were completed at 2 a.m.," said the official.

The burial followed traditional Muslim burial customs, and bin Laden's body was washed and placed in a white sheet, said the official.

"The body was placed in a weighted bag. A military officer read prepared religious remarks,

which were translated into Arabic by a native speaker," the official added.

Afterward, bin Laden's body was placed onto a flat board, which was then elevated upward on one side and the body slid off into the sea.

The deceased terrorist was buried at sea because no country would accept bin Laden's remains, a

senior defense official said.

Central Intelligence Agency (CIA) and Defense

**"The death of Bin Laden marks the most significant achievement to date in our nation's effort to defeat al-Qaeda." Barak Obama**

Department officials are sure it was the body of bin Laden. CIA specialists compared photos of the body with known photos of bin Laden and said with 95-percent certainty it was the terrorist leader, a senior intelligence official said.

In addition, bin Laden's wife identified the al-Qaida leader by name while the strike team was still in the compound, said the intelligence official.

CIA and other specialists in the intelligence community "performed the initial DNA analysis matching a virtually 100-percent DNA match of the body against the DNA of several of bin Laden's family members," the official added.

#### A Note from the Singapore Regional Recreation Committee

The SRRC would like to open the weekly meetings up to everyone. Please come and share any comments or concerns that you may have with the job we have done so far this year. We are also looking for ideas and your input for future events.

**Meetings are held every Tuesday @ 1000 in the CLWP Crews Lounge**

# 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...

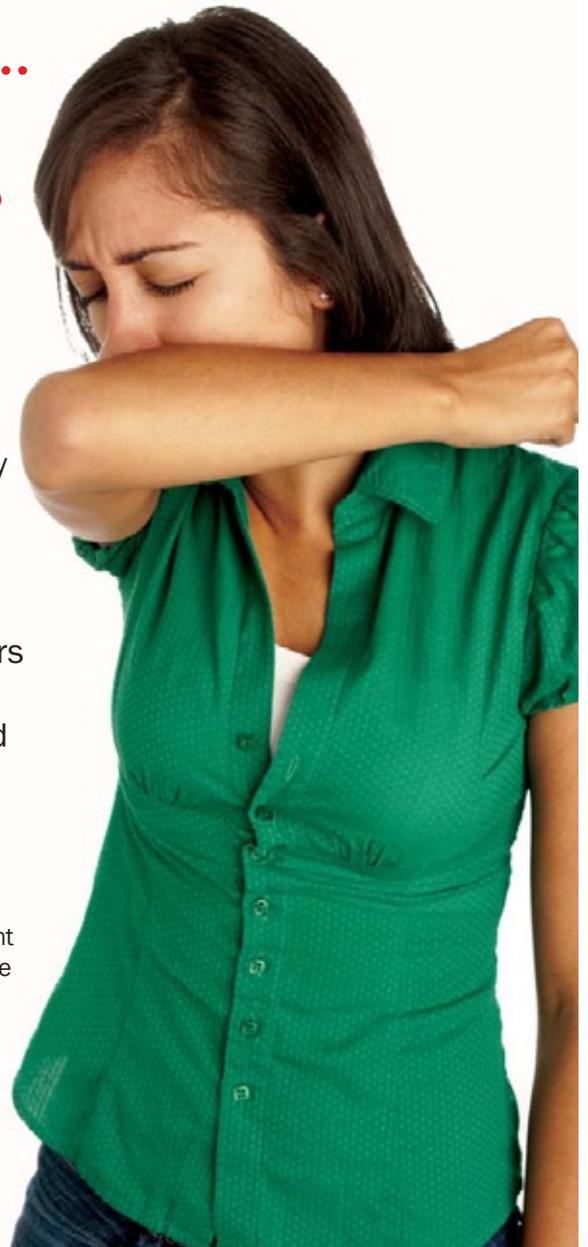
Scientists are interested in identifying acute respiratory infections in expatriates living in Singapore and are looking for volunteers to participate in this joint investigational study.

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](mailto: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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This Study is Supported by



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