

Quote of the Week

You can never cross the ocean unless you have the courage to lose sight of the shore.

-- Christopher Columbus

Merlion

Star

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Social Media and the underlying dangers

In this modern day everyone has interaction with social media sites. It is how we share our experiences, accomplishments and life stories with our family and friends that are half a world away. But we must use caution when doing this as Sailor, as the line between personal and professional often becomes blurry.

One must be mindful about what they are posting and know

what constitutes an appropriate and inappropriate post. You need to be aware that once something is posted on the internet, you have given others possession of the photo, or any other form of data that you post. Most social media sites have policies that give them ownership off all content and information posted or stored on their systems.

Some good guidelines to follow when posting information on social media sites would include, but not limited to, the following; if you are posting unofficially about the Department of the Navy you may identify yourself by; rank, rate, billet, and status (active, reserve). You cannot disguise, impersonate or otherwise misrepresent your identity or affiliation with the Navy, and you should make it clear that you are speaking for yourself and not on behalf of the Navy.

You must also be mindful that as with all other forms of communication, you are responsible to adhering to Navy regulations and policies to include personal standards

of conduct, operations security, information assurance, and personal identifiable information when making unofficial internet post.

Items that are strictly prohibited from any kind of internet posting, no matter how large the audience, include: information that the Navy has not officially released; classified information; and sensitive information (i.e. tactics, troop movements, force size, weapon details).

Navy personnel are also prohibited from releasing Navy emails, telephone numbers, or fax numbers that have not been author-

ized for release. When in doubt or if you feel you have posted something that may be hurtful to National Security or the Navy you should seek guidance from your command operations security manager or public affairs officer. Violations of regulations or policies may result in disciplinary action.

Other things you should be mindful of to keep personal information safe include; responding to notifications using your official email, opening attachments that you are not confident are safe, sharing your full name, phone number, address, and birthplace or drivers license number. Lastly make sure your passwords are made up of the strongest combination of upper and lower case letters, symbols and numbers.

For more information on the Navy's pollices for personal use of social media see ALNAV 057/10.



U.S. 7th Fleet welcomes new Commander

YOKOSUKA, Japan – Vice Adm. John M. Bird was relieved by Vice Adm. Scott R. Van Buskirk during a U.S. 7th Fleet

By U.S. 7TH FLEET
PUBLIC AFFAIRS OFFICE

change of command ceremony held aboard the command ship, USS Blue Ridge (LCC 19) Sept. 10.

“I stand before you an exceptionally fortunate and profoundly grateful man,” said Bird. “It is a deep honor to have been afforded the privilege to command the United States Seventh Fleet.”

Adm. Patrick M. Walsh, commander, U.S. Pacific Fleet praised Bird for his “outstanding leadership of the U.S. 7th Fleet during the past two years.”

“John applied his deep-rooted sense of responsibility and substantial intellectual prowess to ensuring the effectiveness of our naval forces in the region,” said Walsh. “Today, our navy-to-navy relationship (with Japan) is more relevant and important than ever before - it is a bond characterized by maturity, respect, and cooperation.”

Bird led U.S. naval operations over the 7th Fleet area of responsibility, encompassing more than 48 million square miles from the Kuril Islands in the north to the Antarctic in the south, and from the International Date Line to the Indian Ocean. The area includes 35 maritime countries and the world’s five largest foreign armed forces -- China, Russia, India, North Korea and Republic of Korea. Five of the seven U.S. Mutual Defense Treaties are with countries in the area -- Republic of the Philippines, Australia and New Zealand, Republic of Korea, Japan, and Thailand.

During his tenure, Bird and his Republic of Korea Navy counterpart Vice Adm. Park Jung-hwa, signed an Operational Plan (OPLAN) for Korea take a lead role in its wartime defense. Following the sinking of the ROK Navy corvette Cheonan, Bird sent U.S. ships



YOKOSUKA, Japan (Sept. 10, 2010) - Vice Adm. Scott R. Van Buskirk relieves Vice Adm. John M. Bird as commander, U.S. 7th Fleet during a change of command ceremony held on board the command flagship USS Blue Ridge (LCC 19). U.S. Navy photo by Mass Communication Specialist 2nd Class Gregory Mitchell

to assist with the recovery and salvage, and provided assistance to the international investigation team.

Bird also oversaw a series of events with the Japan Maritime Self Defense Force to mark the 50th anniversary of the U.S.-Japan Treaty of Mutual Cooperation and Security, including a series of joint visits to ports around Japan, and an unprecedented level of operational cooperation, particularly in the area of anti-submarine warfare.

Seventh Fleet forces under Bird’s command also provided humanitarian assistance following significant natural disasters in Taiwan, the Philippines and Indonesia.

Walsh presented Bird with the Distinguished Service Medal for his service.

“When I stood on this deck 27 months ago, I provided clear guidance to the fleet articulated in three persistent priorities: maximize warfighting readiness, maritime partnerships, and force posture”, said Bird. “These priorities are concisely captured by our motto: “ready power for peace”.

“This incredibly dynamic region has witnessed many difficult challenges over the last two years – natural disasters, provocations against ships on the high seas, and the tragic sinking of an allied ship operating innocently in its own territorial

waters,” said Bird. “These events have served to strengthen my conviction that our mission is essential, that our priorities are right, and that our task will become even more challenging in the future.”

Van Buskirk, a native of Petaluma, Calif., assumed command of U.S. 7th Fleet following a tour as deputy commander, U.S. Pacific Fleet. Bird’s next assignment is director, Navy Staff, Office of the Chief of Naval Operations, in Washington, D.C.

“It is truly an honor and privilege to stand here today in command of the Seventh Fleet,” said Van Buskirk.

“My orders are simple,” said Van Buskirk. “Push forward, aligned to our persistent priorities – warfighting readiness, maritime partnerships and force posture; engage with our allies and friends.”

There are 60-70 ships, 200-300 aircraft and more than 40,000 Navy and Marine Corps personnel assigned to the 7th Fleet. This includes forces operating from bases in Japan and Guam and rotationally-deployed forces based in the United States. Commander, U.S. 7th Fleet, is embarked aboard USS Blue Ridge (LCC 19), forward deployed to Yokosuka, Japan. The flagship commands and controls the fleet, and fosters military-to-military relationships through scheduled port visits and military exercises.

Civil service mariners complete humanitarian mission in Asia

Continued from page 1

professionally, I could not pass up the opportunity to be a part of this historic mission.” Bradshaw reported to Mercy from MSC’s rescue and salvage ship USNS Safeguard where he served most recently as ship’s master.

Over the course of the humanitarian assistance mission, which began at Quy Nhon, Vietnam on May 31, and included missions at Sihanoukville, Cambodia; the remote islands of Tobelo, Morotai, Ternate and Ambon, Indonesia, and to Dili, the embarked medical task group treated more than 103,000 patients both ashore and aboard the ship. The ship’s surgical team performed 807 life-changing surgeries in Mercy’s 12 operating rooms.

A 900-ft. vessel of diplomacy, Mercy’s crew also spread good will throughout the local communities and engaged with senior host nation government and business leaders. During an visit to the Mesuji Anon orphanage in Dili, one of 50 community outreach programs overall, Sailors and volunteers sang songs, played games and colored pictures with local children. For school teacher Augusto Soars, the visit meant a great deal to the children saying: “Today, we have all become good friends.”

Timor-Leste’s chief of defense force Maj.Gen. Taur Matan Ruak visited Mercy on, saying: “I am very impressed with how big the ship is and the job it has done. We have a very good connection and relationship with the USNS Mercy.” “I cannot think of another platform which furthers our national interests overseas more than Mercy,” said Mercy’s Chief Mate Matt Bush. The U.S. Pacific Fleet’s embarked band also held six major performances in all countries, strengthening ties with the local

communities.

According to Bradshaw, throughout the mission, Mercy’s deck team and engineering team responded to any situation with both skill and flexibility which contributed to the overall success of PP 10.

Perhaps most important, the mariners ensure that patients, many of whom are recuperating from surgical procedures, are safely transported off the ship. This can mean placing a wheelchair, carrying an infant, or ensuring the safe embark of an elderly patient on a pitching boat in choppy seas. “It takes a cool nerve and focus to ensure the patients are safely brought on board,” Chief Mate Matt Bush said.

Mercy’s mariners also responded to two emergency situations while in Vietnam and Indonesia.

While off the coast of Vietnam, Boatswains Mate Clark noticed three fishermen on a small boat waving frantically at Band Aid One. Clark immediately headed towards the vessel and saw that one of the fishermen was badly injured. Clark brought his boat alongside and carefully helped the man, bleeding from his arm, on board his boat. Clark headed to Mercy right away where the fisherman was treated for a fractured and lacerated arm.

While in Ambon, Mercy sent a three-man team to an Indonesian passenger ferry which was fighting an engine room fire. Capt. Bradshaw dispatched a rigid hull,



AMBON, Indonesia (29 July, 2010) Chief Mate Matt Bush, holding a fire hose, and Seaman Anthony Jones, rear, both from USNS Mercy, take turns fighting a fire on board a local Indonesia ferry boat. U.S. Navy Photo.

inflatable boat (RHIB). Once on scene, the crew observed that local Indonesian coast guard vessels and a nearby commercial tug did not have enough water capacity to fight the blaze. For the next three hours, Mercy’s RHIB crew took turns manning a 1.5 inch water hose, using an embarked P-100 water pump, to fight the fire until another Indonesian ship arrived with better firefighting capacity. Later, with the fire out, the ferry boat could be tied at the pier, with major damage, but still afloat.

Mercy left San Diego, May 1, and by the time the ship returns to San Diego in late September, the ship will have sailed more than 21,000 nautical miles. Upon arrival in San Diego, Mercy will return to reduced operating status with just 11 civil service mariners permanently assigned on board.

Congratulations on your promotion, Lt. Cmdr. Chris Cassano



Explore Singapore: The Battle Box Museum



Take a glimpse into the history of Singapore by visiting the Battle Box in Fort Canning Park. The Battle Box is where the decision to surrender Singapore was made on February 15, 1942. It was also occupied by the Japanese forces during the Japanese Occupation of Singapore. This underground bomb-proof command center was then forgotten about till 1988 when it was once again discovered and refurbished to into the museum it is today.

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For more info: WWW.FVAP.GOV or contact YNC Wagner
@ scott.wagner@fe.navy.mil