

REGION STANDARD

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Issue 5



Missile Defense: An International Effort

Essential Comms: 5 Tips for Summer

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Big Navy News: NAF Misawa Provides Some Relief for Displaced Japanese Families

Region Spotlight: EOD Honors Fallen with Run



E S S E N T I A L C O M M S

5 TIPS FOR SUMMER

1. Designate a Sober Driver

- Everyday almost 30 people in the U.S die in alcohol related vehicle crashes which is approximately one every 45 minutes.

- Injuries that occur from alcohol related crashes happen every 5 minutes.

- Alcohol is related in one-third of all vehicle accidents, and drivers with a BAC between .05 and .10 are 11 times more likely to be involved in a fatal crash than drivers who were sober.

- If you are going to be driving don't drink at all. The BAC limits throughout the region are below limits set in the U.S. and they are strictly enforced. You may not feel drunk or even buzzed, but still be over the legal limit for your host country.

- Designate a sober driver in advance or arrange for a ride prior to drinking.

- Use local-area safe drive initiatives such as tipsy taxi or safe drive programs to get home safe.



2. Sun Protection

- UV rays from the sun can penetrate thin clouds and haze causing skin damage such as burns.

- Avoid long sun exposure regardless of skin pigmentation.

- Sunscreen should be reapplied by package recommendation and always after swimming or perspiring heavily during exercise.

- Sunscreen should protect against both types of UV rays, UV-A and UV-B.

- Shade only provides partial protection from the sun's rays.

3. Hydration

- During and after most physical activity, drink water or sports drinks to replace fluids.

- After extended periods of exercise or exertion, sports drinks containing carbohydrates and electrolytes help prevent dehydration and restore important minerals that are lost when you sweat.

4. Avoid Heat Illnesses

- Wear lightweight, light-coloured clothing.

- Drink plenty of water.

- Take regular breaks.

- Eat small meals.

- Avoid strenuous physical training during red and black flag conditions. (Contact an installation's quarterdeck for information)



5. Recognize Heat Illness

Know how to recognize the three most common types of heat-related illness: heat stroke, heat exhaustion, and heat cramps.

- A heat stroke is the most severe heat-related illness can be fatal. Symptoms include a temperature as high as 105 degrees; hot, red, and dry skin; a rapid, weak pulse; and rapid, shallow breathing.

- As first aid for a heat stroke, call your local emergency number immediately. Wrap damp sheets around the victim and start fanning them. Wrap cold packs in a cloth and place them on the victim's wrists and ankles, in the armpits and on the neck.

- Victims of heat exhaustion will have a normal temperature, but will have other symptoms: cool, moist, pale skin; heavy sweating; headache, nausea or vomiting and dizziness.

- Heat cramps are muscular pains and spasms that result from intense exertion. Cramps most often attack the abdomen and legs.

Front Cover: The Aegis-class destroyer USS Hopper (DDG 70) launches a standard missile (SM) 3 blk IA during exercise Stellar Avenger, July 30, 2009. The missile successfully intercepted a sub-scale short-range ballistic missile launched from Kauai Test Facility in Kauai, Hawaii. USN photo.

The Region Standard

The Region Standard is a Commander Navy Region Europe, Africa, Southwest Asia (CNREURAFSWA) publication disseminating national, regional and local news and information.

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TRAVEL ALERT

May 1, 2011 -- The U.S. Department of State alerted all U.S. citizens traveling and living abroad to the enhanced potential for anti-American violence given recent counter-terrorism activity in Pakistan.

For more information on the travel alert [Click Here](#)

F E A T U R E D S T O R Y

U.S. BALLISTIC MISSILE DEFENSE SITE ANNOUNCED

From Bureau of Arms Control, Verification and Compliance, U.S. Department of State

The United States and Romania jointly selected the Deveselu Air Base near Caracal, Romania, to host a U.S. Ballistic Missile Defense System which employs the SM-3 interceptor (also referred to as the "Aegis Ashore System"). The deployment to Romania is anticipated to occur in the 2015 timeframe as part of the second phase of the European Phased Adaptive Approach (EPAA) – the U.S. national contribution to a NATO missile defense architecture.

The EPAA will provide protection of NATO European territories and populations, and augment protection of the United States, against the increasing threats posed by the proliferation of ballistic missiles from the Middle East. At the November 2010 NATO Summit, the Alliance welcomed the EPAA as a U.S. national contribution to the NATO missile defense capability.

Technical Aspects of the United States Ballistic Missile Defense System in Romania

The site will consist of a radar deckhouse and associated Aegis command, control, and communications suite. Separately, it will house a number of launch modules containing SM-3 interceptors.

Personnel can live and work safely near the Aegis radar system. The United States has safely operated the Aegis Radar Test site in Moorestown, New Jersey for over 30 years without any danger to people or the environment.

SM-3 interceptors are for defensive purposes only and have no offensive capability. They carry no explosive warheads of any type, and rely on their kinetic energy to collide with and destroy incoming enemy ballistic missile warheads.

The Aegis Ashore configuration of the ballistic mis-



Under Secretary for Arms Control and International Security, Ellen Tauscher delivers remarks at the 9th U.S. annual Missile Defense Agency conference. Tauscher announced on May 3 that Romania will be home to the newest BMD site. Department of State photo.

sile defense system will be thoroughly tested at a specialized test center at the Pacific Missile Range Facility (PMRF) in Hawaii starting in 2014.

to people and property. The alternative (allowing a threat warhead to impact its target) likely would result in far more severe consequences.

"Romania is a close friend and a valued NATO Ally"

Under Secretary Tauscher

Proven Defensive Capabilities

The Aegis Ashore ballistic missile defense system incorporates decades of reliable and effective operations of the Aegis ship-based system into its design and test program.

The Aegis Ballistic Missile Defense System has been proven effective through repeated testing. Since 2002, the system has been successful in 21 of 25 flight tests with the SM-3 interceptor.

Proposed Characteristics of the United States Ballistic Missile Defense System in Romania

The U.S. Ballistic Missile Defense site is approximately 430 acres (175 hectares) and is located within the existing Romanian Air Base at Deveselu.

An estimated 200 military, government civilians, and support contractors will be required to operate the U.S. facility at the site.

Potential Debris from Intercept

SM-3 Interceptors based in Romania will not be used for flight tests, and will be launched only in defense against an actual attack.

The risk of damage or injury from an intercept and debris are small and pose little threat

For Tauscher's Remarks on the Announcement of the Missile Defense Site in Romania click here

For more information on Ballistic Missile Defense and EPAA visit the U.S. Department of State website [here](#).



A Standard Missile 3 (SM-3) is launched from the Ticonderoga-class cruiser USS Lake Erie (CG 70) during a Missile Defense Agency, and Japan Defense Agency cooperative flight test mission. The test entitled Joint Control Test Vehicle-1 (JCTV-1), demonstrated the performance of the SM-3 missile modified with the Japan-designed advanced nosecone and Aegis BMD Weapon System. USN photo.

A R O U N D T H E R E G I O N

Enterprise Sailors Volunteer for Bahrain COMRELS

MANAMA, Bahrain -- Sailors and Marines aboard aircraft carrier USS Enterprise (CVN 65), departed Bahrain, April 16, after spending part of their port visit volunteering in the local community.

More than 100 Enterprise crew members volunteered in port to interact with local citizens and share cultures by participating in various community relations projects (COMRELS) throughout Bahrain.

Coordinated by Enterprise's Religious Ministries Department, the Sailors and Marines played Bahraini soccer and basketball teams and visited a local shelter.

"It's not about winning or losing, it's about building relationships with our host country," said MCCS Roberto Cerda.

-CVN 65 Public Affairs

NSA Bahrain Celebrates Earth Day 2011 (VIDEO)

Senior Naval Officers Seek Improvement in Anti-Submarine Warfare Through Seminar

NAPLES, Italy -- Commander, U.S. Naval Forces Europe-Africa hosted the first Theater Anti-Submarine Warfare Summit on Naval Support Activity, Naples.

During the summit, senior naval officers focused their efforts on improving the efficiency and effectiveness of Anti-Submarine Warfare (ASW) in the European Command area of operation.

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Gunnery Sgt. Jason Neale (right), Naval Mobile Construction Battalion 74's military advisor, and Construction Mechanic Zach Cirocco demonstrate proper employment of an M-240B automatic machine gun in Barbate, Spain, April 20. Photo by MC1 Ryan Wilber.



ASW uses naval assets such as ships, aircraft and submarines to understand the underwater battle space.

"Globally proliferating undersea warfare technologies, particularly submarines, are a national security concern," said Vice Adm. John M. Richardson, commander, Submarine Forces. "Our undersea superiority and free access to the global commons is at risk if we don't maintain our edge with the best people, training, and equipment to address this growing threat."

-C6F Public Affairs

UAE Steps into the Fight Against Piracy

MANAMA, Bahrain -- One of the U.S. Navy's top commanders attended an international anti-piracy conference held in Dubai, United Arab Emirates (UAE), April 18 and 19.

Vice Adm. Mark Fox, commander, U.S. Naval Forces Central Command, and a U.S. delegation led by Ambassador to the UAE, Richard Olson participated in the two-day conference that gave government and shipping industry leaders from around the globe a chance to convene and seek out solutions to ending piracy in the region.

Held under the theme "Global Challenge, Regional Responses: Forging A Common Approach to Maritime Piracy," the meeting focused on finding ways to counter the recent spike in criminal activity at sea, off the Somali coast and in the Arabian Sea.

-CENTCOM Public Affairs

NAS Sigonella Hosts Unified Protector (VIDEO)

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NMCB 74 Seabees Hone Crew-Served Weapons Skills in Spain

BARBATE, Spain -- Seventy-four Seabees assigned to Naval Mobile Construction Battalion 74 returned from a live-fire crew-served weapons exercise at the Sierra del Retin weapons range near Barbate, Spain, April 20.

"You have to get the people qualified and trained up initially on the weapons, and then you have to make the time for sustainment training. These are perishable skills. If you don't use them they go away, they become rusty, they atrophy. If you don't get out there and exercise them, you don't sustain the knowledge, if you don't keep up your training then those skills go away, and the next time you need to use them you are starting from ground zero vice having maintained a level of performance," said Gunnery Sgt. Jason Neale.

-NMCB 74 Public Affairs

R E G I O N S P O T L I G H T

EOD Techs Honor Fallen with 5k

Story by Air Force Master Sgt. Ray Bowden

CAMP LEMONNIER - More than 60 personnel from Camp Lemonnier (CLDJ) participated in the Explosive Ordnance Disposal (EOD) Memorial five-kilometer run, May 2, on base's running trail.

The annual event honors U.S. Armed Forces EOD technicians around the world who have lost their lives while serving their country.

"This run symbolizes the unselfish and unyielding dedication to one another that we all share as service members," said U.S. Marine Corps Gunnery Sgt. Eric Allen, a participant. "It's extremely important to honor those who paid the ultimate price for our nation."

Local EOD technicians U.S. Navy Petty Officer 3rd Class Ryan Donofrio, U.S. Navy Petty Officer 2nd Class Barry Despot, and U.S. Navy Petty Officer 1st Class Dave Lyman, ran the 3.1-mile course while wearing bomb disposal suits that weigh approximately 85 pounds each.

"You don't honor someone by doing something easy - you do something hard to recognize their sacrifice," said Lyman. "Wearing the suit was one way to do that, even if it doesn't really come close to their hardship."

News of injured or killed EOD technicians travels fast in their close-knit world, said Donofrio.

"We're a very small career field," he said. "There's six degrees of separation between us, so we all know someone who knows someone else who was hurt."

According to information from the EOD Memorial Foundation, a non-profit organization that tracks the history and accomplishments of these technicians, 15 Army, Air Force and Marine Corps experts have lost their lives since September 2010.

"We work hard to make sure that doesn't happen to anybody else," said Lyman. "We learn from every situation - every one of our publications is written in blood."

Donofrio said that the EOD



technician's unflappable reserve, even when routinely dealing with an object that serves no other purpose than to kill or maim, is the direct result of their extensive training.

"We go through so much training - we always try to make ourselves better," said Donofrio. "When we're working, we go into a different mode and we don't dwell on what could happen."

As if dealing with deadly explosives were not enough, EOD technicians have other on-the-job hazards to take into consideration.

"Some of us have bounties on our head," said Donofrio. "So do some of the bomb dogs."

EOD technicians deployed in support of CJTF - HOA are involved in a variety of missions across the African continent, which include humanitarian de-mining, train-the-trainer partnerships, anti-terrorism force protection and regional EOD response.

"There's a lot of collaboration here," said Donofrio. "We're here trying to make an unsafe situation safer. When we come across something dangerous we take comfort in the fact that we can make it go away."

Other participants in the run included a military working bomb detector dog team, their handlers, as well as 12 Marines assigned to the Marine Aerial Refueler Transport Squadron 352 who ran the five km. in squad formation while wearing body armor and gas masks.

"The names of those who have been killed are placed on the EOD Memorial wall at Eglin Air Force Base, [Fla.]," said Lyman. He added that no U.S. Navy EOD technicians have been added this year. For more information on the history of EOD and the Memorial wall, visit eodmemorial.org.



Above: Explosive Ordnance Disposal (EOD) 3rd Class Ryan Donofrio, left, Lt. j.g. Jon Maurus, EOD1 Maikara Lyman and EOD2 Barry Despot, all assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 11, participate in the EOD Memorial 5k Run, May 2. Photo by MC1 Garza.

Left: Marines assigned to the Heavy Marine Helicopter Squadron 364 run in formation during the EOD Memorial 5K run, May 2. Photo by Air Force Master Sgt. Price.

B I G N A V Y N E W S



CAMP LEMONNIER, Djibouti - Fleet Master Chief Bradley LeVault, senior enlisted leader to Commander, U.S. Naval Forces Europe, Commander, U.S. Naval Forces Africa, carries Chief Information Systems Technician Joel Ramirez during the Marine Corps combat fitness test at Camp Lemonnier, April 1. Photo by MC1 Garza.

reports, details on Reserve component unit reporting responsibilities, elimination of references to the enlisted field service record and several other items," said James Price, director, Navy NPC Performance Evaluation Division.

-NPC Public Affairs

located on Japan's eastern seaboard.

As U.S. military operations for Operation Tomodachi wind down, Misawa service and family members are still seeking ways to help out their host country's citizens. These kits are one way that base personnel are making a difference.

"This program is in the spirit of Operation Tomodachi," said De'Etta Goecker, regional director of the Misawa Air Base chapter of the Protestant Women of the Chapel, which organized, built and delivered the kits to Miyako families.

-NAF Misawa Public Affairs

Navy Prepares to Conduct Fitness Beta 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 (OP-NAVINST 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."

- NPC Public Affairs

Navy is Comitted to Protecting the Enviornment (VIDEO)

Enlisted Early Transition Program Extended

MILLINGTON, Tenn. – With the release of NAVADMIN 142/11, April 22, the Navy has extended the Enlisted Early Transition Program (EETP) to Sept. 30, 2013. EETP differs from the Early Career Transition Program (ECTP) which allows Sailors to transition into the Selective Reserve (SELRES) prior to their End of Active Obligated Service (EAOS) by submitting a request three to 15 months in advance. EETP allows Sailors to request early separation up to 24 months prior to their scheduled EAOS or extended EAOS.

-NPC Public Affairs

Navy Performance Evaluation Instruction Updated

MILLINGTON, Tenn. – The update cancels BUPERSINST 1610.10B and incorporates several NAVADMINS affecting performance evaluations and fitness reports.

"The changes cover new E-5 promotion recommendation rules, Physical Fitness Assessment (PFA) documentation requirements, a new billet sub-category for performance

Misawa Chapel Provides "Starter Kits" for Displaced Japanese Families

MIYAKO, Japan - Families from Misawa Air Base delivered 64 household "starter kits" for Japanese families in Miyako who are moving out of evacuation shelters and into temporary housing, April 14, 2011.

The kits were created for Japanese families impacted by the 9.0-magnitude earthquake, March 11, which triggered a massive tsunami that devastated this coastal city

Find out what the Navy is doing around the world. Click here to visit Navy.mil



ARABIAN SEA - An F/A-18C Hornet assigned to Strike Fighter Squadron (VFA) 25 is positioned on catapult No. 4 aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), April 30. Carl Vinson and Carrier Air Wing (CVW) 17 are conducting maritime security operations and close-air support missions in the U.S. 5th Fleet area of responsibility. Photo by MC2 James R. Evans.