



Essay by IKE's Leadership Development Committee

What Do You Value?

*"A people that values its privileges above its principles soon loses both."
— Dwight D. Eisenhower*

Have you ever stopped and thought about what drives your behavior, what motivates you, or what determines the choices you make?

Ultimately, what's most important to you - your values - will determine your behavior. If you're married and value the relationship with your wife or husband, for example, you will sacrifice things that are less important to you for them. Do you spend money on your spouse for something you know she really wants even when there's something you desire for yourself? Do you sacrifice time with friends or in front of the TV watching your favorite sports team to invest time with your spouse doing something she really wants to do? Your actions, more than your words, reflect what you really value.

Whatever it is you value, it is not something that can be forced upon you. You, and you alone, have to decide for yourself what it is that is most important to you and why.

For most of us, our job is very important to us. Unemployment is hovering around 10 percent, and the livelihood of your family depends on the income your job provides. Lots of people at work are sports fans, and your favorite baseball team is the Boston Red Sox. Your boss is a die hard Yankees fan, and threatens to fire you if you say your favorite team is any one other than the Bronx Bombers. When he asks you what your favorite baseball team is, what are you likely to say? If you value your job, you'll say the Yankees. In your heart, though, you still love the Red Sox and can't stand the Yankees. Your boss may be able to tell you what your work hours are and how much you get paid, but he can't change your love for the Red Sox.

We have all faced situations where we must decide to stick with or go against what we really value. The Biblical account of Shadrach, Meshach and Abednego in the book of Daniel is a great example of sticking to what you value, regardless of the consequences. At the time, Babylon was the most powerful and influential kingdom in the world. The King of Babylon, Nebuchadnezzar, had decreed that everyone had to worship an image of gold that he had made. Three of his esteemed administrators over Babylon - Shadrach, Meshach and Abednego - were Jewish. They valued their relationship with God, who said that those who believe in him should put no one else before him. Worshipping the golden image would have gone against their values.

King Nebuchadnezzar was furious and threatened to throw them into a fiery furnace. The three wise men were steadfast.

Shadrach, Meshach and Abednego replied to the king, "O Nebuchadnezzar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to save us from it, and he will rescue us from your hand, O king. But even if he does not, we want you to know, O king, that we will not serve your gods or worship the image of gold you have set up."

In the end, they walked out of the fiery furnace unscathed, but that's a story for another day. They were courageous and remained true to their values, no matter what the consequences.

What determines what you value? For many of us, our values come from what we were taught by our parents, through church or other spiritual organization, and our workplace. The Navy workplace has values reflected in the Navy Ethos. (See Right) No one can force you to adopt it as your own. You have to decide for yourself. If and when you do, be sure that your decision will be tested in one way or another. Your actions that follow will reflect what you really value and believe to be true, regardless of what you say.

Advancement is ICAT's Middle Name

Story by MC3 (SW/AW) Mack Jamieson
5 Star Writer

Although Navy-wide advancement exams are still a few months away, Nimitz-class aircraft carrier USS Dwight D. Eisenhower's (CVN 69) (IKE) Command Advancement Team (ICAT) is working hard now to benefit IKE Sailors come exam time.

ICAT provides IKE Sailors with guidance and assistance in studying the basic military requirements while also passing along study skills which can help Sailors on the rate-specific portion of the advancement exam.

ICAT Representative Chief Aviation Boatswain's Mate (Fuels) (AW/SW) Gustavo Forero said ICAT's goals are to ensure every Sailor aboard has the resources and opportunity to advance on the upcoming September exams.

"ICAT has organized a lot of resources for Sailors who want to put in the extra effort that it takes to advance in today's Navy," said Forero. "Waiting until the week before the exam to try and cram all the information isn't going to cut it with advancement where it's at right now."

Sailors owe it to themselves to take advantage of the resources the command is providing, said Deck Department's 2nd Division ICAT Representative Chief Boatswain's Mate (SW/AW) Darrell Florence.

"This command cares about the professional development of its Sailors," said Florence. "They provide two hours every week to professional study and are proactive in offering other opportunities for training and development. The tools to succeed are here, you just have to reach out and use them."

One of the programs ICAT has been offering is weekly Basic Military Requirements (BMR) Jeopardy,

where Sailors from different divisions can engage in friendly competition, while getting information that will appear on advancement exams.

"BMR Jeopardy is a great way to see where you stand with regard to your testing strengths and weaknesses," said Florence. "It is a good time, and the Sailors have fun competing against one another, but it also helps me gauge what they are having problems with."

Florence said Jeopardy also allows the ICAT representatives a chance to teach junior Sailors about the information behind the basic military requirements.

"I can take that opportunity to go a little deeper and actually understand what they are learning," said Florence. "That helps them actually learn and understand the material instead of just memorizing things for a short period of time."

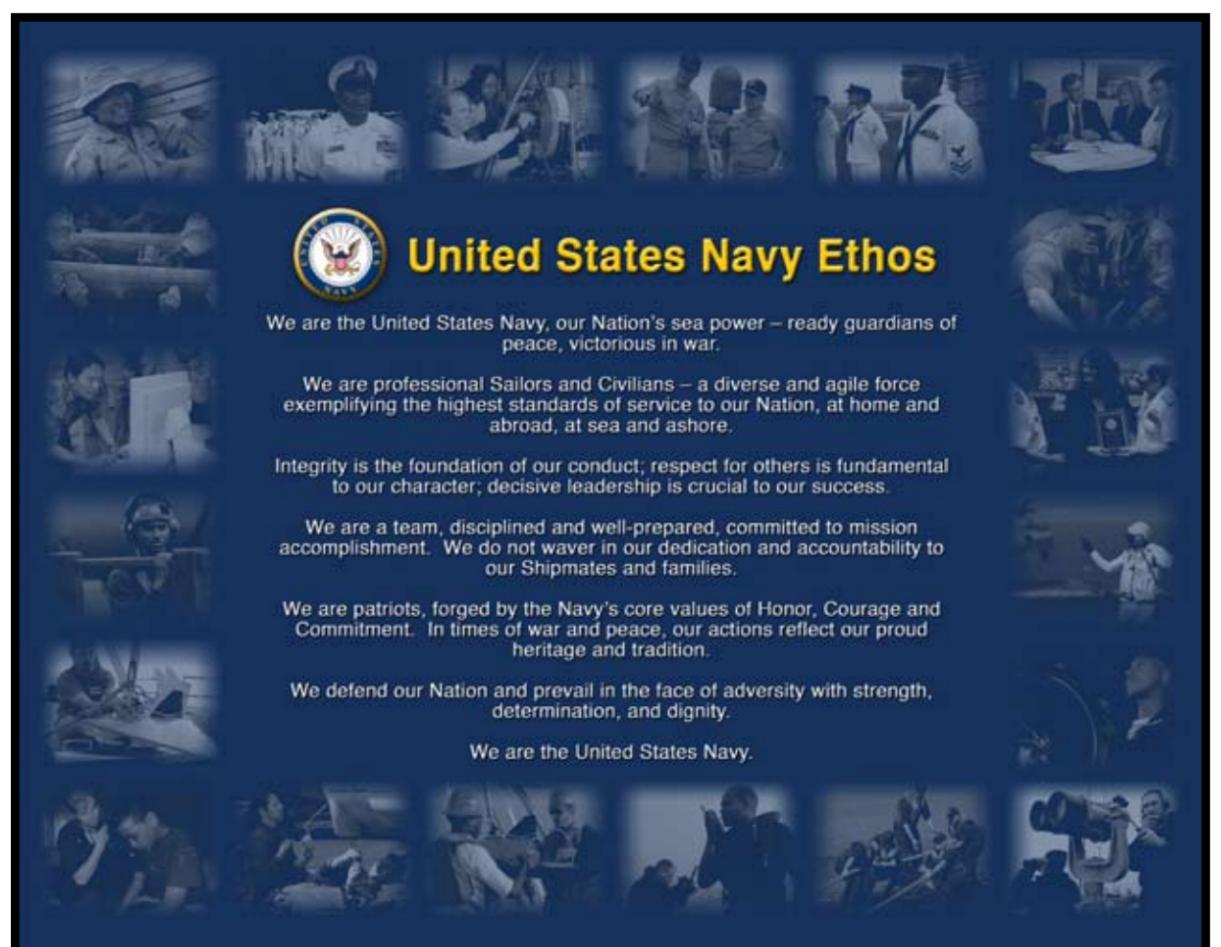
Forero said ICAT also offers BMR testing which has helped Sailors chart their improvement.

"BMR is always going to be a part of your exams, from E-4 to E-7," said Forero. "It is also something that can really boost your scores. I've seen many Sailors who struggled on the technical parts of the exam, but their BMR scores saved them and they advanced."

Florence said it was important for Sailors to take the time they have now to study and prepare, because the next few months will be busy ones.

"The exam is just around the corner," said Florence. "Start studying now, while there is still time. Don't leave your career up to chance. It's your choice."

ICAT will be hosting its next BMR Jeopardy Sunday at 6 p.m. on the mess decks. Sailors interested in becoming involved in ICAT are encouraged to contact their divisional or departmental ICAT representative.





PROFILE



INTELLIGENCE SPECIALIST

IS2 (SW/AW) Alec Pempek



Department/Division:
Ops / OZ

Hometown:
Wrangell, Ark.

Time in the Navy:
3 Years

Goals:
B.U.D.S. training for SEAL,
Become commissioned officer

Deployments:
Operation Enduring Freedom
2009 & 2010

“As an imagery analyst, I keep a watchful eye on the battlefield, providing situational awareness to the troops on the ground. Serving my country is a honorable job, knowing that the work we do every day is making a difference in the world. The best thing I like about my job is learning something new every day. Overall, my job brings a lot of opportunities beneficial to future career aspects.”

UpWords

From Cmdr. Jon Brzek, Command Chaplain

CHT My Dad Says

About a month ago, Art Linkletter passed away. Back in the 50's and 60's he had a delightful show called "Kids Say the Darndest Things." His show was on in the afternoon, when our Mom's were beating clothes on rocks down at the creek, and so most of the time I was in either in school or fighting off the Indian attacks in the covered wagons, but I had watched the show. I figure it must have been Christmas vacation, because he asked the question, "Who were Jesus' parents?" A little girl responded, "Mr. and Mrs. Christ." We thought that was hilarious, and I've been referring to this bit for 29 years.

Kids indeed do say the darndest things. Doing a sermon in which you invite children's input you learn this: it is like a tightrope walker walking across Niagara Falls; sooner or later, you're either going to get wet or you will fall to your doom.

Once I was asking children how things grow. I pulled out a packet of seeds, and asked them what I needed to do with the seeds. I was expecting them to say: dirt, dig, plant, water and weed. My intention was to brilliantly remind the children that we are like the seeds in God's flower garden, and that we needed to be planted and nurtured. That we are the seeds and God is the planter. Sometimes those great and brilliant plans do not work out the way we've envisioned, perhaps even going to CHT.

There is always a Little Billy, whose sole purpose of life is to disrupt those Grande plans. When asked what I needed to do with this packet of seeds, Little Billy responded: "Just follow the directions on the back, dummy." This of course killed my whole bit. Little Billy is now either a Senator or in prison, I'm not sure which.

Art Linkletter was old school. I guess kids don't say the darndest things anymore. All they do is whine, and even on Oprah, who would want to watch that?

They're ungrateful. They have no concept of what it's like to have to walk to school ten miles up the hill both ways.

And so now the new biggest thing is the things that Dad's say. Dads now say the darndest things: Ward Cleaver—Andy Taylor—Al Bundy—Homer Simpson—My Dad—Your Dad. Most aren't as colorful (i.e. profane, crude, expletive laced) as Justin Halpern's dad Sam, the subject of the son's wildly popular twitter feed that became a book, "Sh*t My Dad Says." It's now #1 on the best seller list and soon to become a CBS sitcom starring William Shatner.

I was thinking about CHT that my dad said, and wondered if I too could write a book that would interest enough people to put me #1 on the best sellers list. Probably not, but at least for a few sentences, here we go.

"Are you retarded?" I humbly apologize if my use of the dreaded R bomb offends you, but this was a phrase I heard a lot, not surprising to many. "Do you think we have a money tree in the back yard?" "I'll give you something to cry about." My personal favorite: "Because I'm the Dad and you're the kid... because I say so." Perhaps these are things that your own dear Dads have said. I hope this helps to take you down memory lane. I've purposefully chosen to leave out many references to sex, creed, and national origin that my Dad was wont to use.

In my extensive research for UpWords®, basically I read the paper, there was a story of three children who had the phrase "Have a lovely" tattooed on their bodies. Their reason, it was their dad's favorite phrase, and it was a way of immortalizing him. This caused me to think, there was one of my Dad's "isms" that I and my two sisters would consider getting tattooed on our bodies: "Be Careful... Watch Yourself!"

Every time we left the house, those would be the last we would hear, as a Dad bird sent his fledglings out

into the world. Whether it was 10 minutes or 10 days, whether we were 8 or 40, "Be Careful, Watch Yourself!" would send us on our way.

My Dad has been gone now for 18 years. To this day, this is how me and my sisters say goodbye; be it in written form, orally, or even text: BCWY. Our little way of remembering one little piece of CHT that my Dad used to say.

Of all the CHT my Dad used to say, hands down #1 would be "NO." This could be laced with adjectives and other colorful words for impact. It's never good for a clergyman to use a MASH episode for his Theology, but in one episode, a shell shock victim thought he was Jesus. Obviously, they sent the priest to talk to him. The question he asked the pseudo-Jesus was: "Does God always answer our prayers?" The answer came back: "Yes... but sometimes the answer is no." That is powerful stuff.

The problem is, often times when we hear that No, it angers us to no end... it does not make sense. Can I have... NO! Can I go... NO! Can I... No! Can... No!

Mark Twain, another great theologian, once said that when he was 18, he thought his parents were the stupidest people on earth. When he became twenty-one, he was amazed at how much the old folks learned in three short years. As a child, my father's No's never made sense, but one more piece of his CHT came to light: "When you're older, you'll understand." Truer words were never spoken.

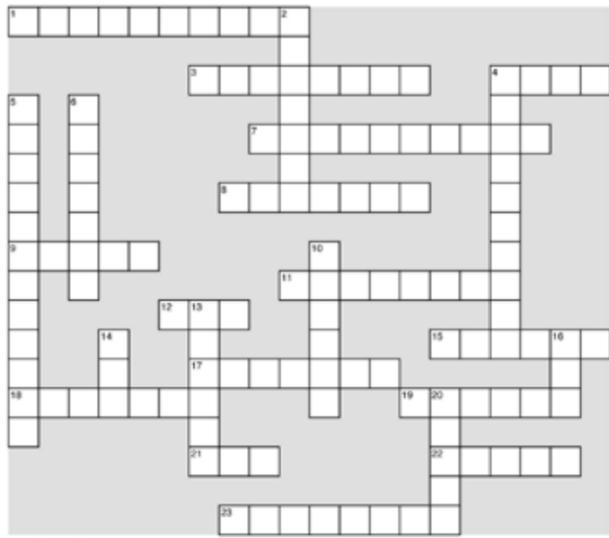
As a parent or a leader, a child or a follower, the words we say and the words we hear can impact us for the rest of our lives. They can determine who we are and where we will go. They can result in what becomes of us. And who knows, they might even get tattooed on your kids' body parts... but assuredly they will be tattooed on their minds and on their souls. So, Be Careful, Watch Yourself.



ANNOUNCEMENTS/MOVIES



ICAT CROSSWORD PUZZLE



ACROSS

- 1 Will increase your junior petty officers skills by assigning challenging jobs.
- 3 Highest precedence normally authorized for administrative messages.
- 4 type of honers, rendered to officers and officials boarding and departing the ship.
- 7 Types of warfare assists in detecting and targeting hostile forces and making it more difficult for the enemy to detect and target friendly forces?
- 8 What should be your first concern in drafting correspondence?
- 9 Depressant overdoes, when taken with alcohol, may result in what?
- 11 Minimum length of time should you wait before opening a compartment flooded with CO2.
- 12 salutes are to honor individuals, nations, and certain national holidays.
- 15 Is an inspection scheduled by higher authority, without the knowledge of the CO, to determine if the ship is fit for continued naval service.
- 17 CMEQ is an equal opportunity management system controlled primarily at which level?
- 18 #1 drug problem in the U.S. is the abuse of which substances?
- 19 are salutes rendered to individuals of merit, such as recipients of Medal of honor, to high-ranking individuals, to

DOWN

- 21 Minimum months division damage control petty officers are normally assigned for?
- 22 Minimum number of times each urinalysis sample is tested by the Navy's drug screening laboratories?
- 23 He is responsible for the validation of the contents of a message.
- 2 is an all-weather tactical electronic warfare aircraft, based on the A-6 airframe.
- 4 Drug abusers who suffers long periods of time without sleeping or eating is abusing which types of drugs?
- 5 Are types of classified material that does require controlled routing.
- 6 Authority which is granted to all officers and petty officers to fulfill their duties and responsibilities is known as?
- 10 Term used to describe an unplanned event that interrupts work and produces damage and/or injury.
- 13 When a message is unclassified, what word or abbreviation should appear on the classification line?
- 14 Most ships have what minimum number of battle dressin stations.
- 16 is the term applied to the transfer of fuel, munitions and supplies.
- 20 Used by your division or department to maintain its supply inventory.

Exercise Duration for Muscular Fitness:

Have you considered the duration of your muscular fitness training sessions? For most people, a well-organized workout can be achieved in under 30 minutes, plus time for warming up and cooling down.



Attention Wine Aficionados:

Supply Department is pleased to offer the opportunity to purchase French and Italian wines at local prices from a reputable vendor with years of experience working with the Navy. Whether you prefer reds, whites or pinks, there are 125 different selections to choose from. Prices range from \$7.50 to \$78.00. Extra virgin olive oil from Italy is available as well for \$10.00.

Where: Bay 2- Aft Mess Decks

When: June 25-28, 1200-1500 & 1900-2200

How: Navy Cash payments are due at time of order; buyer has to be 21 or older. Bottles are bought in cases of six and mixing of varieties is authorized. There is a 24 bottle limit per buyer. All wine not picked up by 1600, Sept 2 will be thrown away.

CCSG-8, CVW-7, CDS-28 and IKE will be able to pick up their purchases while walking off the ship in Norfolk. Squadrons will distribute wine in their hangars or locations selected by the squadrons.

IT PAYS TO PLAY

Get your BINGO cards and play!
8:30pm - Friday, June 25 on SITE TV
Hosted by ITCS Fix, YNC Grantham
and GMC Worchester

Tune in for some fun & a chance to win great prizes.
The end is near so get in gear and PLAY!!

NOVEMBER 2010

2010 OPERATION ENDURING FREEDOM

WELCOME TO A NEW DECADE

NOVEMBER 2010

FRIDAY'S IKE MOVIE SCHEDULE

Channel 5	Channel 6	Channel 7	Channel 8
8:30 a.m. <i>Blind Side</i>	8:30 a.m. <i>Defiance</i>	8:30 a.m. <i>Underworld Evolution</i>	8:30 a.m. <i>Hard Target</i>
10:30 a.m. <i>Over Her Dead Body</i>	10:30 a.m. <i>Fireproof</i>	10:30 a.m. <i>Battle for Terra</i>	10:30 a.m. <i>Tag Out Training</i>
12:30 p.m. <i>Scary Movie 4</i>	12:30 p.m. <i>Click</i>	12:30 p.m. <i>First Sunday</i>	12:30 p.m. <i>DUI: Murphy Choice</i>
3 p.m. <i>Color of Money</i>	3 p.m. <i>The Uninvited</i>	3 p.m. <i>Shadows in the Sun</i>	3 p.m. <i>Choices Have Consequences</i>
5:30 p.m. <i>License to Wed</i>	5:30 p.m. <i>Stick It</i>	5:30 p.m. <i>Eight Below</i>	5:30 p.m. <i>RSEP: Afghanistan Insurgent</i>
7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>
8 p.m. <i>Blind Side</i>	8 p.m. <i>Defiance</i>	8 p.m. <i>Underworld Evolution</i>	8 p.m. <i>Hard Target</i>
10 p.m. <i>Over Her Dead Body</i>	10 p.m. <i>Fireproof</i>	10 p.m. <i>Battle for Terra</i>	10 p.m. <i>Tag Out Training</i>
12 a.m. <i>Scary Movie 4</i>	12 a.m. <i>Click</i>	12 a.m. <i>First Sunday</i>	12 a.m. <i>DUI: Murphy Choice</i>
2 a.m. <i>Color of Money</i>	2 a.m. <i>The Uninvited</i>	2 a.m. <i>Shadows in the Sun</i>	2 a.m. <i>Choices Have Consequences</i>
4 a.m. <i>License to Wed</i>	4 a.m. <i>Stick It</i>	4 a.m. <i>Eight Below</i>	4 a.m. <i>RSEP: Afghanistan Insurgent</i>



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SATURDAY'S IKE MOVIE SCHEDULE

Channel 5	Channel 6	Channel 7	Channel 8
8:30 a.m. <i>The Holiday</i>	8:30 a.m. <i>Lymelife</i>	8:30 a.m. <i>Georgia Rule</i>	8:30 a.m. <i>At Sea Surface</i>
10:30 a.m. <i>Cloudy With a Chance of Meatballs</i>	10:30 a.m. <i>This Is It</i>	10:30 a.m. <i>The Covenant</i>	10:30 a.m. <i>At Sea Sub Surface</i>
12:30 p.m. <i>My Life in Ruins</i>	12:30 p.m. <i>Peaceful Warrior</i>	12:30 p.m. <i>Hairspray</i>	12:30 p.m. <i>At Sea Carriers</i>
3 p.m. <i>30 Days of Night</i>	3 p.m. <i>3:10 to Yuma</i>	3 p.m. <i>Unforgiven</i>	3 p.m. <i>DUI: Road to Nowhere</i>
5:30 p.m. <i>Nine</i>	5:30 p.m. <i>Quantum of Solace</i>	5:30 p.m. <i>Wall-E</i>	5:30 p.m. <i>RSEP: Iraq</i>
7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>
8 p.m. <i>The Holiday</i>	8 p.m. <i>Lymelife</i>	8 p.m. <i>Georgia Rule</i>	8 p.m. <i>At Sea Surface</i>
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4 a.m. <i>Nine</i>	4 a.m. <i>Quantum of Solace</i>	4 a.m. <i>Wall-E</i>	4 a.m. <i>RSEP: Iraq</i>

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