



From IKE's Leadership Development Team

Are You Standing on Sand or Rock?

"In matters of principle, stand like a rock; in matters of taste, swim with the current."
-Thomas Jefferson

Our values – the things that are most important to us – will ultimately determine our behavior. We can do all the talking we want, but our true values are revealed by our actions under trial and testing. The pressures of difficult circumstances force us to make choices and select a course of action that is in alignment with what we value. Let's say, for example, that I say that I value a friendship. The friend comes upon difficult times, loses their job and is now having trouble scraping together enough money for groceries for their family. My response reflects my true values. If I'm willing to sacrifice my money and time to help them get through this difficult time - with no expectation of anything in return - then there's alignment between what I say I value and what my actions say I value.

Values are beliefs or standards which have intrinsic worth. Their worth is not dependent on any other thing, even on whether I choose to believe them or not. Solid values are principles, fundamental truths or laws on which other values are based. These principles form our foundation on which our lives rest. What are some of your foundational principles? No one can force you to choose, and you alone have to decide what they are. The Navy Ethos contains some principles such as integrity, respect for others, teamwork, accountability, dedication, and decisive leadership. Do these principles sound foundational to you?

The choice of our foundational principles is essential to our ultimate success. There are many fundamental laws or principles that determine the way the world around us works. Gravity is a good example. I can choose to believe that gravity does not exist, but when I act on that belief by letting go of a weight three feet above my foot, the fractured bones that ensue will demonstrate that my belief was incorrect. Ultimately, we should want to build our lives on solid principles, those that accurately reflect the way things truly work. If I build my house on sand, I'll quickly discover that when the wind and rain come, the foundation becomes unstable. When the foundation washes away, the house cannot be supported and it will fall. Think about sand for a moment. It is crushed rock and minerals, taking the shape of its container, able to be moved by the wind and water currents. Is that

See ROCK, Page 4

25 Years, 4,000 Flight Hours Lead CAG to Express His Thanks

By MC3 Nathan Parde
5 Star Staff Writer

The Commander, Carrier Air Wing (CVW) 7 reached a significant career milestone by logging his 4,000th flight hour June 30.

Capt. Roy Kelley flew in an F/A-18-E Super Hornet with the "Pukin' Dogs" of Strike Fighter Squadron (VFA) 143, executing a local training mission in the Gulf of Aden. "It was coincidental, that as we finished our role in Operation Enduring Freedom, I was catching up on my logbook and

when I totaled up all of my flights, I was surprised to find that I was at 3,999.6 hours," said Kelley.

Kelley explained that every pilot maintains a logbook that keeps a record of every flight in their career, sorted by the month. However, even with this record, he never anticipated reaching the 4,000 mile mark.

"It's a lot of flight hours, but I've also had many great opportunities for flying throughout my career," said Kelley. "There are not many pilots who have the chance to log 4,000 hours."

Looking back at a flight career that stretches back to February 1985, Kelley said he has enjoyed a shifting of focus as his career progressed.

"I have found that as a person matures in their job, their perspective changes," said Kelley. "Early in my career, I was very focused on flying and learning everything I could about the missions and aircraft. As I developed as a leader, I learned to look to the larger mission and the people who are involved in supporting those operations, making sure they are equipped to carry out the mission."

Kelley attributes the success of the air wing's aerial operations and his own accomplishment to the efforts of every individual, inside the cockpit and out.

"The high point for me is knowing that we came here (to 5th Fleet) with a plan of how we would conduct these missions, and now we can head home, knowing that we have been very successful in accomplishing what we wanted to achieve," said Kelley.

Reflecting on the success of both the IKE Strike Group and his personal achievement logging 4,000 hours of flight, Kelley was quick to recognize that it has always been a cooperative effort.

"I could not have flown any of the missions without the entire team's support: from ship's company and all of their maintenance and support, to the efforts of every embarked squadron in supporting the missions," said Kelley. "I am very thankful to the 5 Star Team, who have done their very best to make this a successful deployment, and in the process have given me the opportunity to achieve a personal milestone in my own career."

Following his landing, Kelley attended a cake-cutting ceremony in IKE's Wardroom, which he commented a great way to end the day.



An F/A-18E Super Hornet assigned to the "Pukin' Dogs" of Strike Fighter Squadron (VFA) 143 catapults from the Nimitz-Class aircraft carrier USS Dwight D. Eisenhower (CVN 69). (U.S. Navy photo by Mass Communication Specialist 3rd Class Chad R. Erdmann/Released)

Return to homeport safety

Keep Your BBQ From Going Boom

By April Phillips,
Naval Safety Center Public Affairs

Summer is prime season for backyard barbecues. Warm weather, good friends, and grilled meat combine to form a perfect afternoon for many Sailors, Marines and their families. Unfortunately, every year casual afternoons are ruined by fires resulting from improper use of barbecue grills.

The National Fire Protection Association reports that from 2003 – 2006, U.S. fire departments responded to an average of 7,900 home fires involving grills, hibachis, or barbecues per year. These fires cause an estimated \$80 million in direct property damage. They also kill 10 people and seriously injure 120 every year.

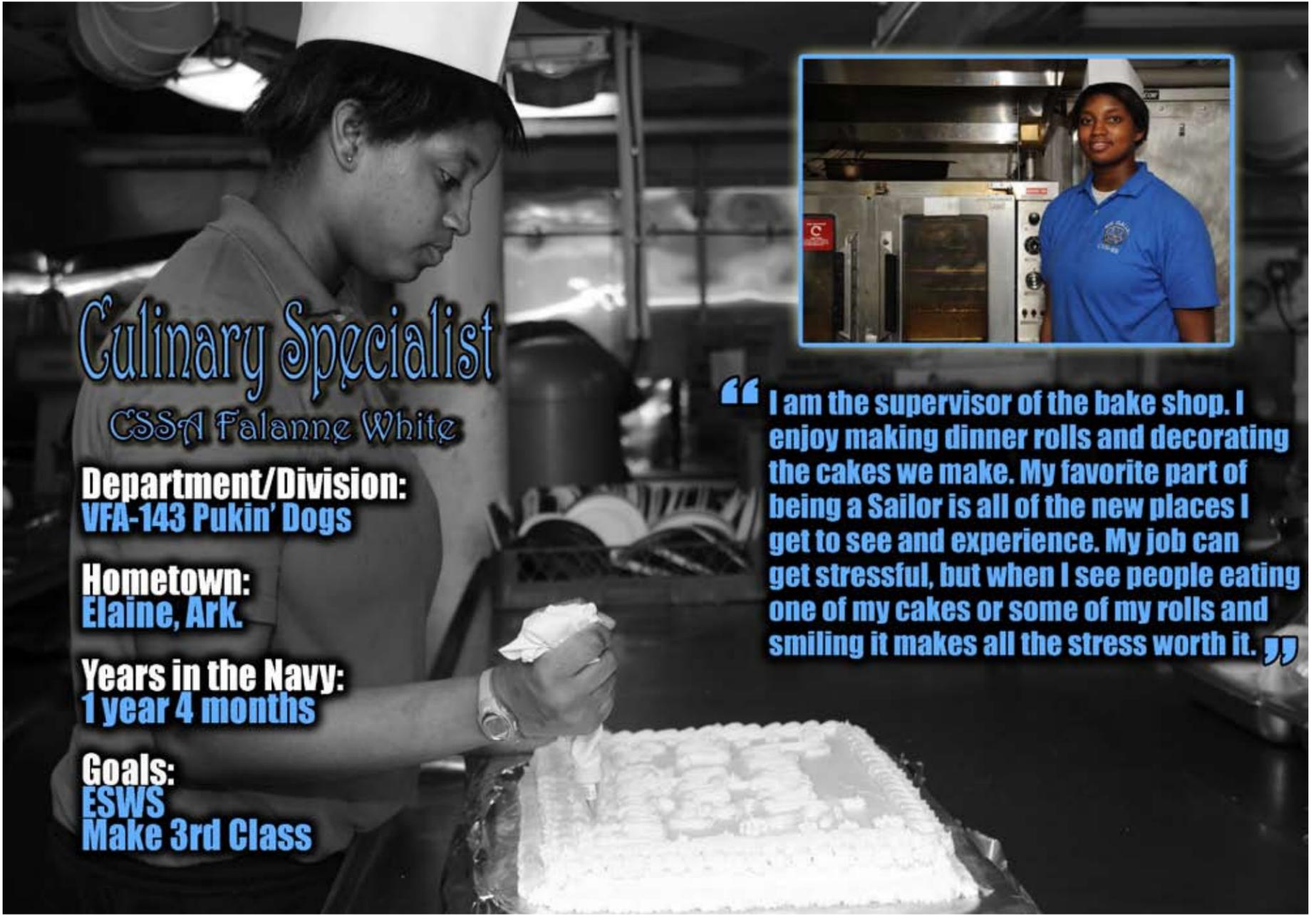
A third class petty officer found this out the hard way when he was preparing to cook on a propane grill. He tried to use the button that provides a spark to light the grill, but it didn't work. He kept trying for about 30 seconds, which allowed 30 seconds worth of gas to flow. When he pulled out his cigarette lighter, he ignited the gas and ended up with burns to his hand and four days of light duty. The Naval Safety Center sees reports of similar mishaps each summer.

The Consumer Product Safety Commission says there are routine checks that can easily be performed on gas grills and significantly reduce the risk of a fire. Check the tubes that lead into the burner for blockage; check hoses for cracking, brittleness, holes, or leaks. Use the grill at least 10 feet away from your house or any building. Don't use it in a garage, breezeway, carport,

or under any surface that could catch fire.

While charcoal grills cause less fires annually than gas grills, the biggest safety concern is lighter fluid – or the various substitutes Sailors and Marines often use to try and light the grill. Only use lighter fluid that is meant for charcoal, never gasoline, kerosene or other volatile fluids, and, never add lighter fluid to coals that are already warm.

No matter what type of grill is used, the most important thing is to keep an eye on it. Never leave it unattended and watch out for children. Ultimately, common sense is the secret ingredient that will keep cookouts from leaving a bad taste in your mouth.



Culinary Specialist

CSA Falanne White

Department/Division:
VFA-143 Pukin' Dogs

Hometown:
Elaine, Ark.

Years in the Navy:
1 year 4 months

Goals:
ESWS
Make 3rd Class

“ I am the supervisor of the bake shop. I enjoy making dinner rolls and decorating the cakes we make. My favorite part of being a Sailor is all of the new places I get to see and experience. My job can get stressful, but when I see people eating one of my cakes or some of my rolls and smiling it makes all the stress worth it. ”

UPWORDS

By CDR Jon Brzek, Command Chaplain

Cheeseburgers in the Promised Land... Hold the Mango Chutney

In two short days we will be celebrating the Fourth of July. Technically speaking, this was to be the day our Exodus through the desert was to come to a close, and our feet would be firmly planted on the Promised Land. Most of us, except for the unionized time and a half, hopefully double time folks, were not counting on pulling in on July 4th, me I was thinking Tuesday, July 6. But, looking out the hangar bay doors reminds me, that this was not to be the case. Like those of the Old Testament, our Exodus is taking a little longer than we anticipated, hopefully not due to our hardened hearts and our communal sinfulness. I did not hit the rock twice, so don't blame me.

It seems that Americans, wherever we are, one way or another find a way to celebrate the Fourth of July, celebrating our nation's independence, and the privilege of being a part of that history. Normally, the Fourth of July calls to mind all sorts of wonderful images: adventures to a park, lake or that traditional, special place. It involves the "procurement" of legal or illegal celebratory aids: firecrackers, sparklers, roman candles, and the ultra-coveted cherry bombs or M-80s.

The standard holiday menu is set: hot dogs and hamburgers, home made macaroni and potato salad, corn on the cob and watermelon. The more basic the better and there will be no mango

chutney (a great name for a rock band) at this event. How about beer, will there be beer at this celebratory event? If you need to ask, put the article down NOW!

The day will end with fireworks—professional fireworks. OOOOOH's and AAAAAH's are mandatory, even if you do them in a mocking way. The day ends with some more watermelon, maybe a cookie or a brownie, one or two more beers, and then all depart: Same Bat Time... Same Bat Channel next year.

Of course this is the ideal, at least for me. Perhaps your perfect celebration involves food that does include mango chutney, the lack of beer or the lack of potentially maiming illegal explosive devises. There is how it is supposed to be, and then there is in the language of IKE: "It is what it is." HOC QUOD EST—for those of you who might want to add it in Latin to your coat of arms. We will not be celebrating the Fourth in my traditional way. But every once in a while, breaking tradition can be just the thing to add some spice to life.

I've been fortunate enough to be around in 1976—heck, I was four short months of legal drinkin' age. That was one great celebration. It seemed that everyone upped the ante a notch or two; everything was bigger, better and more expensive. I'll be reminded of 1976 when I go home to visit my mom. There is a bicentennial license plate on

her cellar wall. When you go to Crack-erbarrel, and wonder where they get all that stuff, be thankful for people like my mom, who live lives oblivious to concepts like CPI. You can get rid of my stuff when I die. There was a bicentennial everything. They even changed the quarter and the Eisenhower silver dollar to celebrate this event.

Another Fourth of July comes to mind. In 1996 USS George Washington found itself in dire straits. Due to severe fiscal irresponsibility, it seems that the air wing ran out of money. As a result, we were forced to spend seven long grueling days in Cannes, France, the French Riviera. The horrors that I have been forced to endure in my desire to serve my country. But, it is during these sad times that people of good will arise to give hope to the hopeless. The Navy League sponsored a Fourth of July, the likes of which I have never seen. It celebrated France as one of our great allies, fireworks the likes of which I've never seen, and a pleasant reprieve from my extremely taxing beach ministry. For the record, to this date, my tops for the topless comrel project remains the most attended COMREL project in the history of the United States Navy.

This weekend might be just the ticket to rock your tradition. There will be no fireworks, and while the beer will be near, it will also be near. But, there will be festivities to celebrate our nation's independence. And we will be

experiencing it transiting one of the world's great wonders. It isn't what I want, and it certainly isn't traditional, but it will surely (stop calling me Shirley) be a Fourth of July in the fabric of our lives that we will never forget. Assuming that the 2012 end of the Mayan calendar and thus the world are wrong, the next big event will be 2026: 250 years of American Independence. I'll be fixin' to turn 71. Perhaps I'll still be around to revel in the festivities. I might even get a new license plate to put on the Jetsonmobile. Hopefully, I'll be collecting my semi-well-earned Social Security check, while some of you will continue to be contributing; thank you in advance. Hopefully the Beef Nazis will still allow me to have a burger on this most hallowed occasion, and my legislated one beer a year will wash it down in style. Rest assured, I will remember and I will tell the story of a year in the distant past, a Fourth of July in which I transited on of the world's great wonders, proudly serving my country, with a few thousand dear friends, celebrating and securing our nations independence: something to be proud of, something to remember, even if the celebration does involve mango chutney.



ANNOUNCEMENTS/MOVIES



SPACE OF THE DAY

SAILORS
DCI MICHAEL BRYNER
AZAA ALEXANDER ELVIN

SPACE
2-180-4-L
DEPT/DIVISION
SAFETY



RACK OF THE DAY

SAILOR
AC2(AW/SW) ALEJANDRO NIEVES

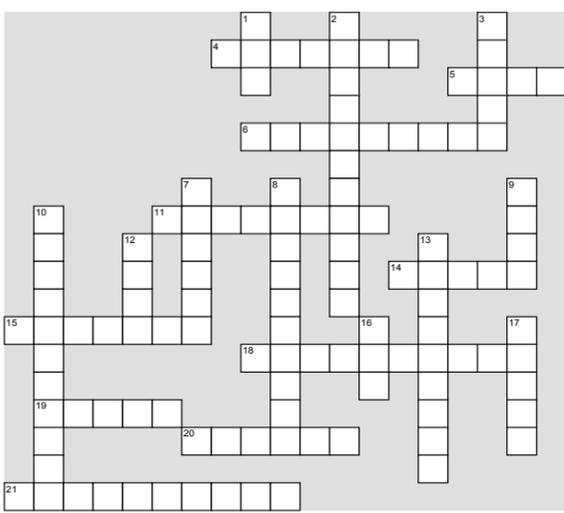
DEPT/DIVISION
OPS/OC

ROCK, from page 1

how we want to live our lives, driven and tossed by the wind and currents of circumstances, challenges and trials? Rock, on the other hand, is stable and has a form independent of its container. It is not easily moved by the wind and waves. To be successful, we must build our lives on rock-solid principles that we value above all else.

Have you adopted rock-solid principles to live your life by? Choose wisely, because there are many counterfeit principles out there today. Money is a common value, but it comes and goes like the sand. Just look at the stock market from day to day. Do the principles reflected in the Navy Ethos reflect foundational principles, ones that are rock-solid and unaffected by the winds and waves of time and circumstance? Read them. Study them. Only you can decide for yourself.

ICAT CROSSWORD PUZZLE



ACROSS

- 4 Navy program designed to provide cradle-to- grave leadership training.
- 5 Total number of U.S. territories overseas.
- 6 The Enlisted Education Advancement Program provides a means of obtaining which of the following types of degrees?
- 11 MOPP provides for measures against which attacks?
- 14 What THREATCON must be capable of being maintained for weeks without causing undue hardship?
- 15 U.S. President ordered a naval quarantine of Cuba.
- 18 CBR contamination marker with red letters over a blue background are used to identify what type of contamination?
- 19 Number of injections of atropines may be injected into an individual without medical supervision.
- 20 Is the central authority for ship safety, explosives, and explosive ordnance disposal.
- 21 A person's ability to perform tasks without being told how or when to do them.

DOWN

- 1 When first established, the Navy operated under what governmental department?
- 2 Type of counseling session you should use when an individual is not performing at a level consistent with unit or command standar.
- 3 Contaminants results from the incomplete combustion of coal, wood and oil.
- 7 Prior to World War II, the Navy had approximately how many ratings?
- 8 POD and the Engineer officer's Night Order Book are common forms of
- 9 He is responsible for conducting daily inspections of division spaces for the elimination of fire hazards.
- 10 Is the key to building an effective team.
- 12 How many minutes before colors is the PREPARATIVE (PREP) pennant flown?
- 13 The power to declare an emergency and to call out the military Reserves belongs to what U.S. official(s)?
- 16 Is the policy of what agency to protect its personnel, their dependents, facilities, and equipment from terrorist acts.
- 17 A general warning of possible terrorist activity would be declared as what type of THREATCON?

"Information you need to know to "Avoid Floyd!"

Do not engage in Fraternization

- Relationships that are unduly familiar and do not respect differences in grade or rank, and are prejudicial to good order and discipline.

- Unduly familiar officer/enlisted relationships constitute fraternizations, as do Chief/E-6 and junior relationships.

- Among E-6 and junior if senior/subordinate



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FRIDAY'S IKE MOVIE SCHEDULE

Channel 5

- 8:30 a.m. Hot Tub Times Machine
- 10:30 a.m. The Comebacks
- 12:30 p.m. Forgetting Sarah Marshall
- 3 p.m. The Hangover
- 5:30 p.m. Be Kind Rewind
- 7:30 p.m. IKE News
- 8 p.m. Hot Tub Times Machine
- 10 p.m. The Comebacks
- 12 a.m. Forgetting Sarah Marshall
- 2 a.m. The Hangover
- 4 a.m. Be Kind Rewind

Channel 6

- 8:30 a.m. Terminator Salvation
- 10:30 a.m. Land of the Lost
- 12:30 p.m. The Book of Eli
- 3 p.m. Alice in Wonderland
- 5:30 p.m. Footloose
- 7:30 p.m. IKE News
- 8 p.m. Terminator Salvation
- 10 p.m. Land of the Lost
- 12 a.m. The Book of Eli
- 2 a.m. Alice in Wonderland
- 4 a.m. Footloose

Channel 7

- 8:30 a.m. Just Wright
- 10:30 a.m. The Day The Earth Stood Still
- 12:30 p.m. The Craziest
- 3 p.m. Wolfman
- 5:30 p.m. Legion
- 7:30 p.m. IKE News
- 8 p.m. ROTD Pick
- 10 p.m. The Day The Earth Stood Still
- 12 a.m. The Craziest
- 2 a.m. Wolfman
- 4 a.m. Legion

Channel 8

- 8:30 a.m. RTHP Safety: BBQ/Swimming
- 10:30 a.m. NCIS Port Brief
- 12:30 p.m. RTHP Safety: DUI Interviews
- 3 p.m. NCIS Port Brief
- 5:30 p.m. RSEP: US Strategy in Middle East
- 7:30 p.m. IKE News
- 8 p.m. RTHP Safety: BBQ/Swimming
- 10 p.m. NCIS Port Brief
- 12 a.m. RTHP Safety: DUI Interviews
- 2 a.m. NCIS Port Brief
- 4 a.m. RSEP: US Strategy in Middle East