



IKE Wraps Up Operations in 5th Fleet Crew Celebrates Job Well Done

By MC3 (SW/AW) Mack Jamieson
5 Star Staff Writer

Sailors aboard Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) held a Steel Beach Picnic July 3 to celebrate an early Independence Day and their successful operations supporting Operation Enduring Freedom (OEF) during one of their last days in the U.S. 5th Fleet area of responsibility.

As the ship heads toward its homeport in Norfolk, Va., Command Master Chief Bryan Exum said the picnic was an ideal way for IKE Sailors to celebrate the national holiday and reflect on the completion

of a major phase of IKE's 2010 deployment.

During the deployment the IKE "5 Star" team completed 112 days on station in the northern Arabian Sea supporting Operation Enduring Freedom and providing aerial support for U.S. and Coalition Forces on the ground in Afghanistan. Eisenhower and Carrier Air Wing (CVW) 7 totaled more than 8,400 sorties and 26,100 hours of aerial combat support to U.S. and coalition OEF war fighters during their deployment to the 5th Fleet AOR.

"Everyone in the Eisenhower-CVW 7 team contributed during our time here," said Capt. Roy Kelley, commander, CVW 7. "Our aircraft

were able to support coalition forces on the ground due to the collective efforts of every member of this team. We positively influenced the ground war in Afghanistan, by professionally conducting our mission."

Exum said that even though the winds prevented the crew from cooking on the flight deck, the crew refused to accept defeat.

IKE's Supply Officer, Cmdr. Robert E. Dare, said the crew from Supply Department, along with support from Leading Chief Petty Officers, the Mustang Association, and an energetic working party, accepted last minute changes with grace and rose to the challenges to ensure the steel beach picnic went off without a hitch.

"These guys have put in a tremendous amount of effort to make this thing happen," said Dare. "Unfortunately, the winds were too high to do the grilling on the flight deck, but this team took it in stride and met the challenge."

Exum said that steel beach picnics are a part of Navy tradition and he hopes that the IKE Sailors will look back at the event as one of the highlights of the deployment.

Aviation Boatswain's Mate (Handling) 3rd Class Zachary Degenhardt said July 4 is a holiday he usually spends at home, but sharing the day with his shipmates on the flight deck

was the next best thing.

"I usually spend my Fourth of July at home, grilling and going to the park to watch fireworks" said Degenhardt. "We are on the flight deck everyday, but we usually are sweating and working hard" he said. "It is a really nice change of pace."

The steel beach picnic included ship's company and embarked squadrons' participation in Morale, Welfare and Recreation (MWR)-sponsored Captain's Cup events, like basketball in the hangar bay and games and activities on the flight deck.



Sailors stationed aboard USS Dwight D. Eisenhower (CVN 69) enjoy a Fourth of July celebration on the flight deck. (Photo by MC2 (SW/AW) Gina Wollman)



IKE Sailors enjoy a game of over-sized Jenga during a Fourth of July celebration on the flight deck. (Photo by MC2 (SW/AW) Gina Wollman)

From IKE's Leadership Development Team

June's Essay Contest Winner

By LS1 (AW/SW) Mario Heerah

It was almost 12 years to the date, having roughly three years in the Navy, I was preparing for my second six-month deployment. Being recently married, this did not go too well with my new bride. Her understanding the importance of my job and being away from her was never an issue, at least she did not show it. I was the one with all of the issues and reservations. With the compliment of long working hours during the week, including weekends, work ups and Dets, I barely had any time for myself or new family. There were times I thought if it was really worth being in the Navy.

I thought on many occasions if I broke my leg

or purposely got myself in trouble prior to leaving, I would at least be home and not have to worry about that wretched deployment. I could deal with the repercussions as they came, that was my naive philosophy. However, that was not my character at work and as a person on the whole. I was respected by my subordinates, peers and my chain of command as a hard charger who was a stellar Third Class Petty Officer in his rate.

I was always the "go to" guy who pulled the proverbial rabbit out the hat when it came to crunch time for crucial parts in order to carry out our mission. I was in no way over confident in myself or under confident in my fellow AK's, but I was confident enough to know that if I left them high and dry during a deployment, I would have failed them miserably as a shipmate and a friend.

Reverting to the Navy's Core Values, which we have heard so frequently inculcated and so forcibly recommended in every environment in our institution, I

learned that the "commitment" to my shipmates was as important as the commitment I had at home.

I was always told by my father, "A man is as good as his word, and a man takes care of his family." So, how would it have looked if I failed to "honor" my trust that everyone had in me? Would I have the ability to look every one that I knew at work and at home in the eye and say that I worked for an honest paycheck today? That answer would most definitely have been "NO." Harnessing the "courage" to do right is always a hard and daunting task at the time you are faced with your challenge; the reward and benefits of being recognized as a person with integrity carries throughout your life.

In conclusion, I would like to quote one verse from our Navy Ethos, "We are a team, disciplined and well prepared, committed to mission accomplishment. We do not waiver in our dedication and accountability to our Shipmates and families."



PROFILE



AVIATION ORDNANCE

AOAN (AW/SW) SEAN WATKINS

DEPARTMENT / DIVISION:
WEAPONS / G-2

HOMETOWN:
NEWARK, N.J.

DEPLOYMENTS:
NATO CRUISE, O.E.F.

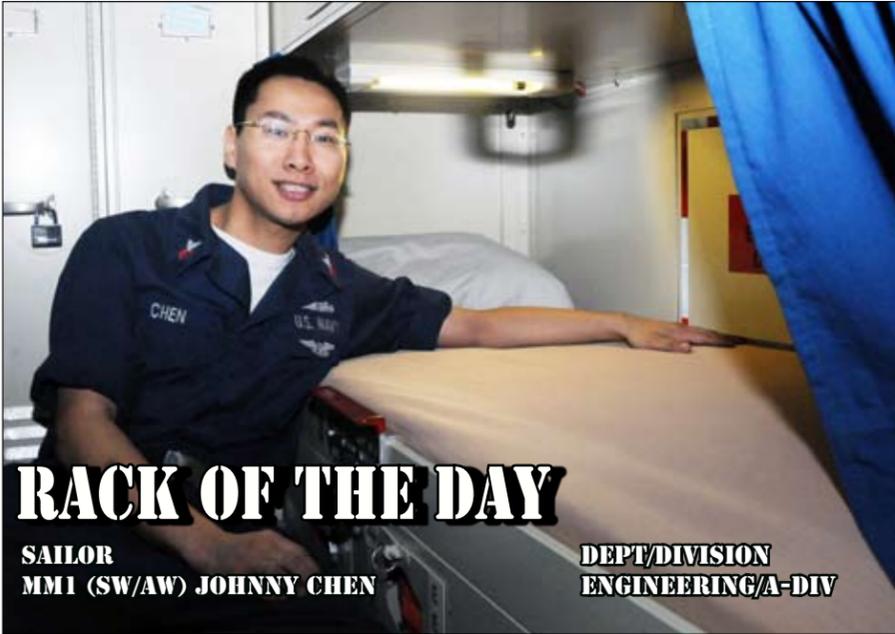
YEARS IN THE NAVY:
2 1/2



“ I stand armory watch throughout the day, maintain magazines and clean small arms. My job helps Sailors because I help qualify Sailors in small arms. The greatest thing about my job is knowing that I'm helping my fellow crew members with qualifications. **”**



ANNOUNCEMENTS/MOVIES



RACK OF THE DAY

SAILOR
MM1 (SW/AW) JOHNNY CHEN

DEPT/DIVISION
ENGINEERING/A-DIV



SPACE OF THE DAY

SAILOR
ATAN NICHOLAS SPENCER

SPACE
01-64-1-L
DEPT/DIVISION
AIMD/IM-3

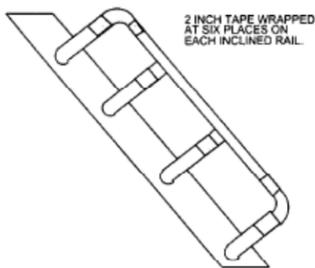
STAY in the Zone

Ladderwell Safety

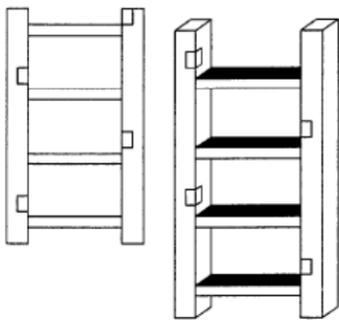
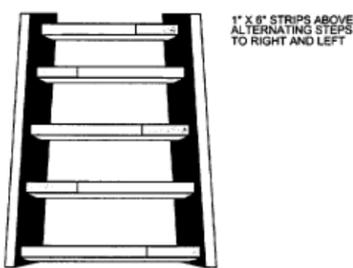
From the 3MC Desk: Ladders are getting better but there is still plenty of room for improvement.

m. Inclined ladders are to be marked by applying photoluminescent strips on the inner frame, alternating sides with each step. The handrails will be marked with six bands wrapped on each side, as shown in Figure 079-21-4. Ladders having folding-leaf ladder chutes installed are to have alternating strips applied to the chute when in the stowed position. Ladders leading to hatches which open to weather are to have photoluminescent material applied half the distance from the bottom of the ladder only (to avoid being visible when the hatch is open).

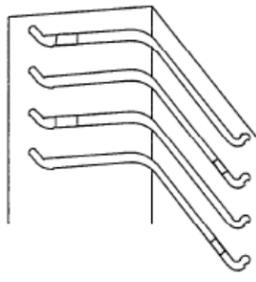
n. Vertical ladders are to have photoluminescent strips applied to both rails along the entire vertical length, alternating sides with each rung, also shown in Figure 079-21-4. Vertical ladders leading to scuttles that open directly to weather are to be marked only to midpoint of the ladders' vertical length from the bottom of the ladder. Wrap-around escape trunk ladders will be marked with a band of material wrapped around the ends of alternating rungs.



EXAMPLES OF INCLINED LADDER APPLICATION DEPENDENT ON LADDER FRAME STRUCTURE
1" X 6" STRIPS ABOVE ALTERNATING STEPS



2" X 6" STRIPS ON RAIL AT ALTERNATING RUNGS ON VERTICAL LADDER UNWRAPPED HALF ON FRONT, HALF ON SIDE.



2" WIDE STRIP WRAPPED ON ALTERNATING RUNGS ESCAPE TRUNK LADDER.

Figure 079-21-4. Ladder Markings



Information you need to know to "Avoid Floyd!"

- Prohibited Sexual Behavior on IKE
 - Sexual, intimate, courting behavior, or behavior that is perceived as courting between personnel assigned to or embarked on IKE
 - Regardless of rank or rate
 - Prohibited onboard and in vicinity of ship.
 - Examples: holding hands, hugging, kissing, inappropriately close contact.



Commanding Officer:
CAPT Dee L. Mewbourne

Public Affairs Officer:
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Media Department LCPO:
MCCS(SW/AW) Christina Johnson

Media Department LPO:
MC1(SW/AW) Jeffrey McDowell

Editor:
MC1(SW) Amy Kirk

Staff Writers/Layout:
MC2(SW/AW) Jesse Dick
MC3 Nathan Parde
MC3 Ridge Leoni
MC3 Sean Burgess
MC3 (SW/AW) Mack Jamieson

Printed by:
MC3 (SW) Stephen Gustin

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MONDAY'S IKE MOVIE SCHEDULE

Channel 5

8:30 a.m. *The Ruins*
10:30 a.m. *Couple's Retreat*
12:30 p.m. *Fantastic Mr. Fox*
3 p.m. *Austin Powers*
5:30 p.m. *Austin Powers: Goldmember*
7:30 p.m. *IKE News*
8 p.m. *The Ruins*
10 p.m. *Couple's Retreat*
12 a.m. *Fantastic Mr. Fox*
2 a.m. *Austin Powers*
4 a.m. *Austin Powers: Goldmember*

Channel 6

8:30 a.m. *No Country for Old Men*
10:30 a.m. *Ocean's Eleven*
12:30 p.m. *Casino Royale*
3 p.m. *Benjamin Button pt. 1*
5:30 p.m. *Benjamin Button pt. 2*
7:30 p.m. *IKE News*
8 p.m. *No Country for Old Men*
10 p.m. *Ocean's Eleven*
12 a.m. *Casino Royale*
2 a.m. *Benjamin Button pt. 1*
4 a.m. *Benjamin Button pt. 2*

Channel 7

8:30 a.m. *Gladiator*
10:30 a.m. *Clash of the Titans*
12:30 p.m. *Scarface pt. 1*
3 p.m. *Scarface pt. 2*
5:30 p.m. *Raiders of the Lost Ark*
7:30 p.m. *IKE News*
8 p.m. *Rack of the Day Pick*
10 p.m. *Clash of the Titans*
12 a.m. *Scarface pt. 1*
2 a.m. *Scarface pt. 2*
4 a.m. *Raiders of the Lost Ark*

Channel 8

8:30 a.m. *NCIS Port Brief*
10:30 a.m. *XO/DCAG/CMC Port Brief*
12:30 p.m. *NCIS Port Brief*
3 p.m. *XO/DCAG/CMC Port Brief*
5:30 p.m. *NCIS Port Brief*
7:30 p.m. *IKE News*
8 p.m. *NCIS Port Brief*
10 p.m. *XO/DCAG/CMC Port Brief*
12 a.m. *NCIS Port Brief*
2 a.m. *XO/DCAG/CMC Port Brief*
4 a.m. *NCIS Port Brief*