



naval meteorology and oceanography

October 20, 2009

Promotions/Awards

Reservist Greg Emery Promoted

Greg Emery, currently a member of the CNMOC Reserve Headquarters Unit was promoted to commander Oct. 9, 2009. He also serves currently serves as a civilian supervising the Naval Oceanography Representatives for CNMOC's N5 department. Capt. John Cousins and Rear Adm. White pinned on his new rank.



From left to right: Capt. John Cousins, Cmdr. Greg Emery and Rear Adm. Jon White

CNMOC Presents Barometers to JMSDF Visitors

Oct. 15, 2009, Rear Adm. Jon White presented the Chief of Staff for the Oceanographic Command Japan Maritime Self Defense Force Capt. Sumio Nagai and the Head Ocean and Hydro Department Oceanographic Command Cmdr. Akira Kuninaka, with barometers at the conclusion of their recent visit to Stennis Space Center.



From left to right: Rear Adm. Jon White, Capt. Sumio Nagai



From left to right: Rear Adm. Jon White, Cmdr. Akira Kuninaka

Items of Interest

FNMOC Launches Web Version 4.2 of OPARS

Submitted by: Mary Estrada



From left to right: Lulu Debelle, Ida Nuttall, and Mary Estrada.

Fleet Numerical Meteorology and Oceanography Center recently launched the fully web-enabled Version 4.2 of the Optimum Path Aircraft Routing System (Web OPARS).

Web OPARS retains all the functionality of the previous thick-client OPARS, while providing additional capabilities, such as low-level flight routing and other functions, that pave the way toward an integrated Flight Weather Briefer/OPARS interface.

Using Web OPARS, aviators are able to access flight planning services wherever they have Internet access and a CAC-enabled computer with a web browser; no databases or unique software need be maintained locally by users. Web OPARS is available via the Naval Oceanography Portal (NOP). Since its introduction, OPARS has produced an estimated fuel savings of over \$240 million and

significantly reduced mission planning times.

OPARS 1.0 first became available 30 years ago, when aviators submitted their flight plan requests to their nearest Aviation Weather Office, where it was then submitted to FNMOC for processing to determine fuel efficient flight paths and cargo loads. Today all flight plan requests are submitted directly by the aviator via an entirely web-enabled user interface taking seconds rather than minutes or hours to process. FNMOC and the OPARS Team look forward to employing new technologies to provide even better support to Naval Aviation in the future.

Commander Wendy Towle Competes in Ironman World Championships

Written by: Kate Hunte

"They don't call it the World Championships for nothing!" said Cmdr. Wendy Towle when she described the 2009 Ford World Championship Ironman Triathlon in Kailua, Kona, Hawaii as an, "extremely challenging course".

Towle, a Naval Academy graduate and the Deputy Oceanography Placement officer in Millington, Tenn., recently participated as one of six representatives for the U.S. Navy in the 31st Annual Ironman Triathlon. This year the competition brought together over 1,800 professional and amateur athletes to compete.

"It was an amazing experience, privilege and honor to participate in representing the Navy," Towle said. This was her second full Ironman triathlon and first time at the Ford Ironman World Championship.

Towle, a native of Bothell, Wash., doesn't take anything for granted when it comes to her physical health. That, in a way, explains why she has chosen to compete in triathlons.

"I lost my mother at age 11. Her health issues had prevented her from doing any sort of physical activity," explained Towle. "So many folks cannot do this kind of thing for a variety of reasons, and have far greater challenges than I. So I do this crazy sport, because I can."

When asked if she thinks participating in Ironman triathlons is more challenging for her as a woman, Towle set the record straight.

"Ironman will let you know who's boss whether you are male or female," she said emphasizing that she feels no differently competing in the predominately male competition. "It doesn't care who you are, what you've done, how much you've trained or what you've sacrificed to get there."

The Ironman triathlons consist of 2.4 miles of ocean swimming, 112 miles of biking and a 26.2 mile marathon run.

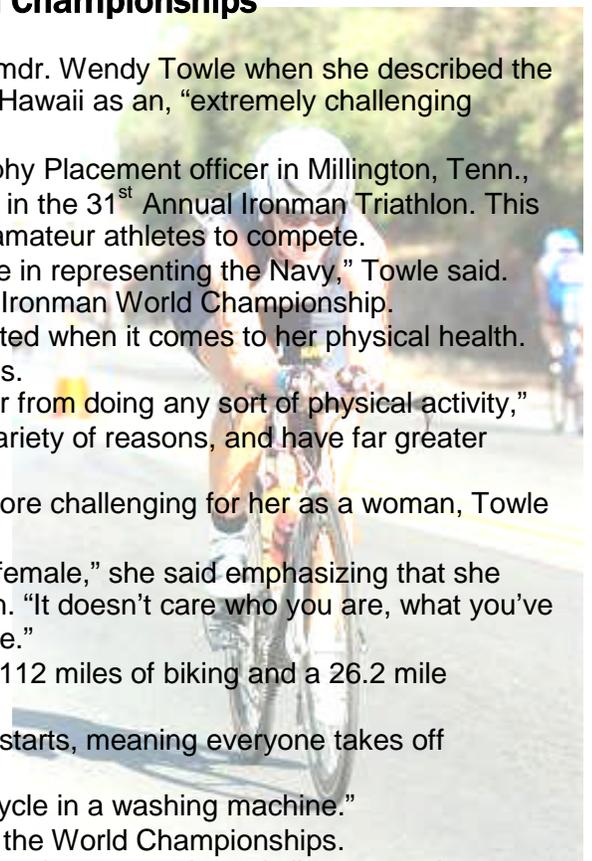
Towle went on to explain that Ironman competitions have mass starts, meaning everyone takes off swimming in one wave.

"It's complete chaos!" she said, "Much like swimming in a spin cycle in a washing machine."

The intensity is palpable, and one of Towle's favorite aspects of the World Championships.

"Everyone is in the best shape of their lives," she said. "The frenzy, excitement and good vibes are truly amazing."

Cmdr. Wendy Towle biking at Kona



Towle described the greatest challenge of competing in the World Championships as “keeping the work-life balance.”

“Ironman training is all consuming of your time,” said Towle.

However, she’s a big fan of keeping balance in her life and having fun while doing it. “Otherwise, why do it at all?” she said.

Towle’s rigorous training schedule would make anyone feel tired just thinking about it.

“My training routine involves two a day workouts,” she said. “Basically, I swim three times a week and run or bike up to four times a week. Saturday is the big, long, bike day where I’ll ride five hours and follow it up with a 45-minute-to-an-hour run. This is called a brick,” Towle explained, “because when you get off the bike and start to run, your legs feel like bricks!”

Next month, Towle will take over as the Naval Meteorology Oceanography officer aboard USS Blue Ridge (LCC 19) in Yokosuka, Japan. She will continue her training while aboard however. “I’ll stick the bike trainer in my stateroom and become one with the treadmill again,” Towle said.

Towle hopes to return to Kona one day for another Ironman and do Ironman Japan or Western Australia during her next tour

She said her number one bit of encouragement to others is this, “Bottom line: anyone can do a triathlon.”

Towle explained that at one of the pre-race banquets, they were introduced to the oldest male and female competitors. The oldest male was 80-years-old, completed his first triathlon at 56 and first Ironman at 64. The oldest female was Sister Madonna, 79, who has completed more than 20 Ironman’s and is still going strong.

“It’s amazing what a little determination, hard work and good attitude will do for you,” said Towle. “The amount of sacrifice is huge, but the reward of racing is so great.”

For her, nothing beats the feeling of, “heading toward the finishing chute and hearing the announcer say out loud ‘You are an Ironman!’...it’s priceless.”



Cmdr. Wendy Towle crosses finish line in Kona World Championship

Officer Detailer’s Corner

As I finish my tour as your Senior Detailer, I wanted leave you with a few thoughts and things that have become clearer to me while here:

First, **YOUR RECORD IS YOUR RESPONSIBILITY!** Your record includes your official color picture, your day for day continuous coverage of Fitness Reports, and the many other items that reflect your professional achievement, education and training. With the new capability to check your record on line through BUPERS On-Line; there is zero reason for your record to be incomplete or incorrect. Be a professional. Get it done!

Secondly, our community is made up of people who really want to be doing what we do. With our primary accession sources being Lateral Transfer and Ocean Option; folks **ARE CHOOSING** to serve the Navy from within the Oceanography community.

Finally, all are an incredible group of patriots who step up to fill billets that we need filled when called upon. Know that with every billet we fill, this office ensures that the needs of the Navy and our community are balanced with the best path for your career progression. The rest is up to you. Although it’s a cliché, “blossom where you are planted” couldn’t be truer.

I’d like to publicly thank the Junior Detailers I’ve been blessed to work with. Cmdr. Marc Eckardt, Cmdr. Wendy Towle and Lt. Cmdr. Jon Vorrath are rising stars in our community who have worked very hard to ensure you can be successful in your career.

Additionally, Cmdr. Chris Sterbis, our Oceanography Community Manager, deserves my appreciation. His effort to ensure we have the appropriate inventory of officers has been top-notch in the BUPERS world. Thanks to all of them.

Cmdr. Wendy Towle and Lt. Cmdr. Jon Vorrath will be holding down the fort until Capt. Bob Kiser arrives in the cotton fields during the November timeframe.

It has been my absolute honor to work with you all. Moving on to Command is the only reason for me to leave this job. It has been rewarding every single day of my tour here in Millington, and I will always treasure the opportunity I have had to work with each of you. Muchos Arigato.

I have certainly appreciated all who have stepped up to fill our hard-fill billets. Here are some additional ones, and remember, we can usually go one-up or one-down in rank. If you're interested, give Lt. Cmdr. Vorrath a call.

O4 NGA	VA	Available NOW
O4 NRL	DC	Available NOW
O5 SACT NURC	La Spezia	December 09
O4 NAVAIRSYSCOM	Pax River	December 09
O5/6 NWC (student)	Newport	Feb 10
O3 USFF	Norfolk	April 10
O4 USNA	Annapolis	July 10
O4 USMC C&S College (student)	Quantico	July 10
O4 NWC (student)	Newport	July 10

That's it for me from Millington,
Keep Charging!

Capt. Jim Pettigrew, PERS 449

Enlisted Detailer's Column

The new negotiation window for Career Management System (CMS) is from nine to seven months prior to your Projected Rotation Date (PRD). This provides a three-month window to negotiate for orders. If not accepted to orders by the end of the window, you will become "Needs of the Navy" and will receive orders. Sailors with a PRD between February 2010 and April 2010 will be managed as if their "Needs of the Navy" window begins January 2010. Sailors with a PRD of May 2010 and beyond will fall under the new rules.

When applying on CMS, provide more than one application (up to 5) in order to solidify selection to a billet that YOU choose. Selecting one requisition each cycle or waiting for a requisition will lead you to a very short negotiation.

Sincerely,

AGCS (AW/SW) Bob Picchi

This is the 5th in a series profiling individual augmentees current and former from the meteorology and oceanography community. Individual augmentees are military personnel who are sent to support or "augment" other commands.

Individual Augmentees

Getting to Know AGCS Lee A. Smart

Written by: Kate Hunte

"When I went into Kuwait, it was not my choice," said Aerographer's Mate Senior Chief Lee Smart. "It was more like, 'we've got these orders for you to pack your bags,'" she said smiling.

This is how Smart remembers hearing that her first Individual Augmentee mission would be supplementing an Army Battalion in Kuwait.

She added, "When you're a reservist in the military [like me], you have to be flexible."

Smart ended up enjoying the 19 months she spent beginning in Sept. 2006, working for the Naval Expeditionary Logistic Support Group customs work battalion.

"I was a leading Chief Petty Officer at the time." She said. "I did administrative work and worked with the Public Affairs Officer on the battalion cruise book," a role she had never worked in before as a meteorologist.

But that was only Smart's first IA. She volunteered for the next one, and completed it in July 2009 after spending 16 months working at the 28th Operational Squadron at Shaw Air Force Base in Sumter, S.C.

There, Smart did weather forecasting for Iraq with the extended range forecasting system.

Smart appreciates the opportunities she has had, and acknowledges that they have made her a better person and Sailor.

"Being in the military and being trained and groomed to do weather and then to be put in a different role was a great experience," she said. "I got to work with the PAO and admin in Kuwait, and then just working with Sailors from all different backgrounds is not something I'd typically have exposure to as a Reserve Aerographer's Mate. That part I really enjoyed."

When asked about the most significant experiences from her missions Smart said, "Both of my IA's were very different...but it was nice being overseas. You have free mail service so I sent lots of mail to family and friends and received lots of care packages from them. It was nice," she said.

She went on to say, that living overseas "is a totally different environment." The Scarborough, Maine native, used to seeing trees and green grass, described the arid conditions.

"Everything was brown," she lamented. "Sand storms were a nuisance. You can't do anything, missions or otherwise, [during them]. It kinda puts a damper on life."

Despite being in a seemingly different world, the base where Smart was stationed tried to make it feel a little more like home.

"They had Mardi Gras parades for us, a holiday extravaganza, and even a Super Bowl party in the middle of the night with a big screen T.V. There was a Starbucks nearby and a couple of different gyms, available 24 hours a day," said Smart. "They try to make it seem like you're not just in the middle of the desert."

The biggest personal challenges for Smart however had nothing to do with limited amenities.

"Working with different branches of the service was probably my greatest personal challenge to be honest, because the Army and the Air Force both operate differently than the Navy" said Smart.

Smart has just begun her Active Duty for Special Work Orders which have brought her to Gulfport Miss., for the next six months to work at the Naval Meteorology and Oceanography Professional Development Center.

"I absolutely enjoyed my time [as an IA], but it's nice to now be working with the Navy in a Navy command," said Smart.

Smart's IA experiences have given her a new perspective on her role in the military as a global force.

"The purpose of being reservist is to augment the active duty component. I learned that when I was in Kuwait," she said. "You use the resources you're given and get the job done."

Want to Read More?

Visit CNMOC's section on Navy.mil to read more stories about our community.
<http://www.navy.mil/local/cnmoc/>

Rear Admiral David Titley

Commander,

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