



US Navy Civil Engineer Corps Collegiate Corner



July 2015

Greetings!

The summer months are a period for well-deserved vacations and quality time with family and friends. However, many summer-time activities could put you at risk for accidents with potentially serious consequences. Always remember to practice risk management strategies on and off duty.

The Accessions Team is here to keep you informed about the CEC and the Navy and is ready to answer any questions you may have. We look forward to you joining the ranks!

- CEC Accessions Team

LEADERSHIP TRAITS

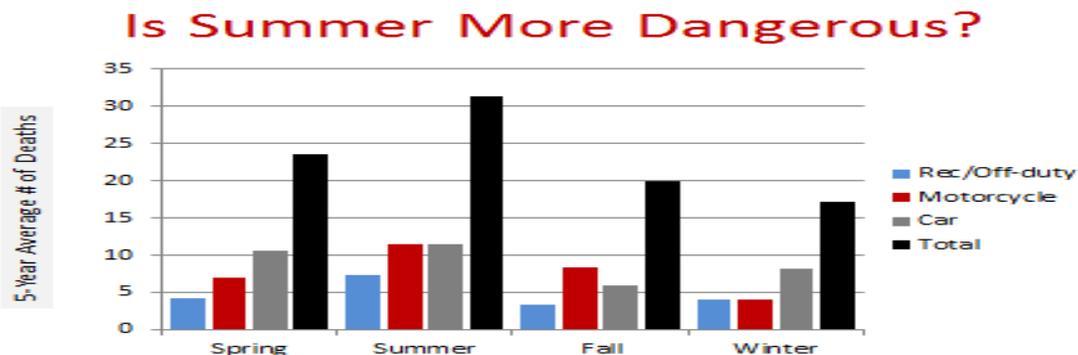
The Marine Corps uses fourteen traits in defining what qualities all leaders embody and aspire to. In addition to the core Navy values of Honor, Courage, and Commitment, each month we will briefly discuss one of the leadership traits.

Endurance: the proof of one's commitment. When others quit, leaders press on and ultimately achieve more than what they thought was possible. Endurance is beyond finding the will within, it is assuring those around you have more to give as well.

Life is a journey and there are no shortcuts to endurance. Train yourself to accept the long route and enjoy where it is taking you. Lead from the front and do not fall behind.

CAREER FOCUS

The Critical Days of Summer



Data show average Off-Duty/Recreational Fatalities, FY10-14, for Navy and Marine Corps; total includes pedestrians



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According to the Navy Safety Center, 13 Sailors and 9 Marines lost their lives between Memorial Day and Labor Day in 2014. Of the 13 fatal traffic mishaps, nine were motorcycles. The remaining nine deaths occurred during recreational activities.

- Four personnel drowned (two were kayaking, one was cliff diving, and one was operating a personal water craft)
- Three fell from either a balcony, window, or parking garage
- One was involved in an all-terrain vehicle (ATV) wreck
- One was in a private plane crash

By adhering to simple risk management procedures, you can stay safe and enjoy the activities that summer has to offer. Some basic rules to follow are:

- When driving, reduce in-vehicle distractions and be aware of motorcycles, pedestrians, and bicycles sharing the road with you.
- Do not drive if you are impaired or intoxicated.
- Fight fatigue by starting every trip well-rested, driving during daylight hours, taking breaks every two hours, and pulling over when you are tired.
- If you are a motorcycle rider, take the Navy's Basic Rider Course. The Military Sportbike Rider Course is required if you own a sportbike and the Experienced Rider Course is mandatory for all cruiser riders.
- Be aware of the amount of alcohol you are consuming and have a plan already in place to get home safely.
- When in or on the water, know how to swim, make sure lifeguards are present, know your limitations, do not consume alcohol, obey water conditions signs, and take a Coast Guard approved boating safety class before operating a boat.
- Be an active bystander to prevent sexual assaults from occurring and never leave the potential victim alone.
- When grilling, keep your grill at least 3ft. away from structures and trees, follow the instructions if using starter fluid on a charcoal grill, know how to use and store your propane grill if applicable, and never leave your grill unattended.
- Treat every firearm as if it were loaded and take a weapon safety class if needed.
- When playing sports, stretch before and after the activity, stay properly hydrated, wear the correct gear and footwear for the sport, and know your limitations.

Refer to the Navy Safety Center (<http://safetycenter.navy.mil/>) and the Navy and Marine Corps Public Health Center (<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-june.aspx>) for detailed information about the '101 Critical Days of Summer' campaign.



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CEC OFFICER SPOTLIGHT:

Ensign Shona Mosites



I am ENS Shona Mosites and I am currently serving in Pearl Harbor, HI. I am from Minneapolis and received both a BS in Interior Design (2010) and a Master of Architecture (2013) from the University of Minnesota. I was accepted into the CEC Collegiate program during my final year of graduate school. Three weeks after graduation I went to Officer Candidate School, and then I reported to Civil Engineer Corps

Officer School (CECOS) in January 2014. CECOS is a 12 week program that provides basic knowledge of the wide variety of positions held by CEC officers and is located at Naval Base Ventura County – Port Hueneme. From there I went to my first duty station at Naval Facilities and Engineering Command (NAVFAC), Hawaii, on Joint Base Pearl Harbor Hickam and I have been here for about one year.

I work as a construction manager (CM), which is within the Facilities Engineering and Acquisition Division (FEAD). I am one of four CMs on the South Team made up of three civilians and one Air Force Officer. We are overseen by two supervisors, one military and one civilian. As a CM, I am the liaison between the government and the contractor. This primarily involves ensuring the contractor is meeting all the requirements of their contract both in all their documentation and their physical construction work.

The South Team does all of its work in and around the Pearl Harbor Naval Shipyard. I have 14 projects, totaling almost 21 million dollars and ranging from small building renovations to major overhauls of piers and drydocks. These projects are small, but quickly become very complex when you add in the complicated organization, strict security requirements of the shipyard, and very unique problems that come with doing construction within a National Historic District.

As a member of the NAVFAC HI Wardroom (collectively the officers of the command) my roles include being the Boot Ensign and the Command Pass Coordinator (Admin Officer). The Boot Ensign is the ensign in the Wardroom that has most recently commissioned as an officer. My boot duties include setting up PT twice a week, organizing recreational activities for the wardroom, and working with the Bull Ensign (most senior ensign) to ensure all Wardroom meetings are properly executed. As the Admin Officer I process all the paperwork for officers in NAVFAC HI, NAVFAC PAC, University of Hawaii, Thailand, and the Philippines. This includes paperwork regarding incoming/outgoing officers, passports, pay issues, and any other admin problems/questions that may arise.



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Below is a typical day in my life as a CEC Officer at NAVFAC HI. I hope this helps give you a clearer picture of what things might be like for you after commission.

- 0600 – 0630 Arrive early to Physical Training (PT) and set up the water cooler, cones, and Frisbees
- 0630 – 0800 PT/Ultimate Frisbee – 20 minute circuit workout and about 45 minutes of Frisbee
- 0900 – 1000 Begin the work day with catching up on emails, addressing immediate problems, and prioritizing tasks for the day
- 1000 – 1100 Visit active construction site and attend Quality Control meeting with the contractor or review construction submittals from the contractor and attend to admin duties
- 1130 – 1300 Lunch
- 1330 – 1430 Attend South Team construction manager meeting lead by our supervisor
- 1430 – 1530 Work on time consuming tasks such as contract modifications and presentations for senior officers. Review transfer and receipt packages for submission to PSD.
- 1530 – 1630 Work on DAWIA or Public Works certification by catching up on DAU/ NKO courses
- 1630 – 1700 Study for the ARE exams or knock out any lingering tasks

Accessions Team Contact Information

North Accessions
 LT Amy Hall
amy.m.hall@navy.mil
 (847) 971-0344

South-East Accessions
 LT Jennifer Elliott
jennifer.a.elliott@navy.mil
 (757) 572-5855

West Accessions
 LT Yiu Lee
yi.lee@navy.mil
 (619) 778-7952

Deputy Accessions
 LT William Fletcher
william.fletcher2@navy.mil
 (901) 874-3397

Officer Community Manager
 CDR Jason Wood
jason.n.wood@navy.mil
 (901) 874-4034