

Commissioned Personnel Center CYBERFLASH



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Director's Message

A while ago, I attended a leadership course and one of the discussion topics was resilience. The instructor presented us with a rubber ball, an orange and a glass Christmas ornament. She dropped the rubber ball, and wanted us to notice that it was unchanged when it bounced back – in fact, sometimes it can bounce back higher. She dropped the orange, and it hit with a thud and rolled a bit. Fortunately she didn't drop the ornament, but I think the class got the idea! Resilience is defined as rebounding, recovering easily, and the power or ability to return to original form. It is not resigned, reticent, or revengeful. When faced with adversity, uncertainty, change, illness, injury or loss, it is reasonable to go through stages of frustration and doubt, but finding your resilience is just as important. This is necessary not just as a leader, but as an individual. Being able to exhibit grace and strength to those you serve and lead, as well as those you live with, adds to their resilience, and in turn boosts yours. It is important to find what makes you resilient. For some it's cooking, shopping, or exercise; volunteering, reading, and traveling also top the list. For some it's chocolate, but I'd recommend that only in moderation! Think of resilience as an immune system for your attitude. The more you have, the better you feel and the quicker you return to normal. It's okay to be the orange on occasion, bruised, but otherwise unchanged. Avoid being the Christmas ornament. And strive to be the rubber ball, and bounce back higher than before.

Sincerely,

CAPT Anne K. Lynch, NOAA
Director, CPC

CPC Personnel Changes

CPC bids farewell to CAPT Todd Bridgeman who has reported as Executive Assistant to the Deputy Under Secretary. CAPT Bridgeman made significant contributions to OMAO, CPC and OCMD, and he will be missed.

Please join me in welcoming CDR Kurt Zegowitz, reporting as Chief, Career Management Division. CDR Zegowitz comes to us after a successful tour as CO on NOAA Ship *Henry B. Bigelow*, the finest fisheries vessel in the Northeast (no bias here!). He also brings experience from line office and interagency billets and he is excited to champion improvements to the OER system, Leadership Development Opportunities for the Corps and strengthening our partnership with the USCG.

LCDR Nickie Lambert reported aboard this month to overlap with LT Amy Cox as the Leadership Coordinator and Staff Officer, OCMD. LCDR Lambert is joining CPC after her time as an Emergency Response Coordinator for the Office of Response and Restoration. This assignment included: work on Deepwater Horizon, and as a representative to the Homeland Security Senior Management team. LCDR Lambert served as Aircraft Commander on the Twin Otter and AC-500S (Shrike) after sea time on the Bay Hydrographer, *Rainier* and *Whiting*. She looks forward to working on training contracts, assisting officers with OERs, CLC promotion courses, and handling general training questions.

When he first joined us, I introduced the new CLO, Scott Tessmer, but wanted to mention him again. He has hit the ground running and is currently scheduling the one and a half day OMAO Communications and Conflict Mitigation Workshop at various locations. This is the first OMAO wide offering, already piloted at HQ and CPC. The workshop is offered to wage mariners, civilians and officers to meet our goals of promoting an integrated OMAO through joint training across all components of the OMAO workforce. Be on the lookout for this opportunity in your area.

NOAA Corps Unit Citation

As presented by RADM Devany, all NOAA Corps officers on active duty during the government shutdown are eligible to wear the unit citation ribbon. CPC will be updating the OPF database to reflect the citation, **please do not submit anything for this award via the OPF online tool**. In addition, CPC will be working with the various centers and locations to identify an officer to distribute ribbons in that area; any officers that already have a unit citation will be responsible for purchasing their own star(s). Officers that are located in isolated billets are asked to request a ribbon from OPMD. Please email wendy.lewis@noaa.gov with your address.

Once again, congrats and keep up the good work!

End of Year Package

It's that time of year again!! Please keep an eye out for the launch of the 2013 End of Year Package in early December. CPC will once again be asking officers to verify, scan through their OPF and update their personal information. We had great participation last year and are hopeful for the same again this year.

CPC Services – Career Guidance

Please remember that CPC personnel are available to provide guidance on personnel issues, professional development and career advice. As Chief, Officer Career Management Division, CDR Kurt Zegowitz is available to discuss your career and leadership development goals, discuss your OPF with you, and serve as an advocate for your personal development goals during Officer Assignment Boards and leadership training discussions. Feel free to email

or call CDR Zegowitz to arrange an appointment. chief.careermgmt.cpc@noaa.gov

From the Assignments Desk

Are you a sea going officer with a private pilot license? Please notify the assignment coordinator via email at AssignmentBranch.CPC@noaa.gov. This rating can be added to your OPF through OPF Fix with the appropriate licensing documentation. This will allow the assignment coordinator to notify officers who hold a pilot license when UAS opportunities become available.

PCS Orders

On your forthcoming assignment letter there is a notice stating, "If your detach or report date moves more than 30 days CPC needs to be notified". So what does this really mean?

- 1) If your date changes more than 30 days and you have NOT submitted a 56-26 form then notify the assignment coordinator and the database will be updated accordingly. A new forthcoming assignment letter will NOT be sent unless your date changes more than 60 days and at that time it will require Director, NOAA Corps approval. You need to indicate your actual anticipated travel dates on your 56-26.
- 2) If your date changes more than 30 days and you have submitted a 56-26 but HAVE NOT received orders, you MUST send Tracey Peterson a new 56-26 form and indicate the reason for change.
- 3) If you HAVE received orders and your date still changes more than 30 days you MUST re-submit a 56-26 and your orders MUST be changed as Adtrav will not issue tickets.
- 4) If you HAVE received orders and your date changes LESS THAN 30 days you DO NOT need to re-submit a 56-26. Your orders are on/about and allow for slight changes in your detach and arrival status.

It is the officer's responsibility to ensure that all supervisors remain aware if a PCS detach and/or report date change. Your travel voucher will be processed according to your endorsed orders.

As a reminder: No PCS orders will be issued without the officer being medically qualified for duty. Officers are reminded that medical readiness is their responsibility. Guidance on requirements are available on the [Medical Requirements](#) Page of the CPC Website.

Returning to sea duty? Ensure your PPD test is up to date (within one year of the date in which you are anticipating reporting to the ship)

Leather Name Tags

In 2006 the NOAA Corps emblem changed. Can you tell which the correct NOAA Corps emblem is?



If you picked the left then you are correct; the emblem on the leather name tag was never changed. If you currently wear the leather name tag you have been wearing the incorrect one. A new emblem has been created for Senior Watch Officer (SWO).



Name tags are \$12 each. Please send LT Perry an email with your request (tony.perry.iii@noaa.gov) and send payment to CPC. Future orders can be made directly with the company but since we are expecting a large amount we would like to keep one point of contact.

On The Horizon

05 December 2013	Officer Assignment Board
07 December 2013	DC Area NOFA /ACO Holiday Party
19 December 2013	BOTC Graduation
January 2014	Command Advisory Working Group: CO/XO
28 April - 09 May 2014	Mid-Grade Leadership Training

Approved Resignations, Separations and Retirements

The following officers have approved retirements, resignations, or separations within the **next three months**. Be sure to thank them for their service to NOAA and nation.

LCDR Sarah K. Mrozek	01 December 2013
CAPT Richard R. Wingrove	01 December 2013
LTJG Brian J. Adornato	15 January 2014
LTJG Michael D. Robbie	15 January 2014
CDR Mark J. Boland	01 February2014
CDR Cecile R. Daniels	01 February2014
LT Laura T. Gallant	15 February2014