

THE FLYING K



2008 CHINFO Merit Award-winning publication

Vol. 67, No. 17 Naval Air Station Kingsville, TX

"We Train The World's Best Pilots Here!"

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August 21, 2009

NAS Kingsville to receive 2009 SECNAV "Blue Award" for Energy/Water Conservation

By Jon Gagné, NASK Public Affairs

Naval Air Station Kingsville is one of 78 Navy commands worldwide to be recognized in the 2009 Secretary of the Navy (SECNAV) Energy and Water Management Awards announced this week in NAVADMIN 052/09. Overall, Navy and Marine Corps activities were selected in four different categories: Overall, Platinum, Gold, and Blue. NAS Kingsville was recognized with a Blue Award, one of 37 Navywide commands selected in that category.

The SECNAV Energy Awards were established to recognize outstanding commitment to energy and water conservation by Navy and Marine Corps activities and ships. Each year, the SECNAV

Awards are presented to those ships and activities that have made significant progress toward achieving the Department of the Navy and Federal goals for reduction of energy and water consumption.

Overall and Platinum winners receive cash awards for their accomplishments. The winners are chosen based on comprehensive conservation programs that include senior-level involvement, well-staffed and trained energy teams, aggressive awareness campaigns, innovative energy conservation measures, and consistent reduction in energy consumption. Overall winners were: Navy Large Shore Command: Naval Base Kitsap, Bremerton, Wash.; Navy Small Shore Command: Navy Sub Base Kings Bay, Ga.; Marine

Corps Large Shore Command: MCAS Miramar, San Diego; and Marine Corps Small Shore Command: Marine Corps Recruit Depot Parris Island, S.C..

Nine commands were recognized with Platinum awards and authorized to fly the SECNAV Energy Flag, 25 commands were selected for Gold Awards, and 37 commands were picked for Blue Awards.

Platinum winners included NAS Oceana, Va.; NAS Whidbey Island, Wash.; Naval Base Ventura County, Pt. Mugu, Calif.; Naval Base Loma, Calif.; Naval Station Newport, R.I.; Puget Sound Naval Shipyard and Intermediate Maintenance Facility, Bremerton, Wash.; USS Bataan (LHD 5); and USS James E. Williams (DDG 95).

Among the 25 commands selected for Gold Awards were NAS Pensacola, Fla.; NAS Lemoore, Calif.; Naval Base Coronado, Calif.; Naval Station Everett, Wash.; Naval Support Activity Panama City, Fla.; and NAS Fallon, Nev.

In addition to NAS Kingsville, other commands picked in the Blue Category included NAS Jacksonville, Fla.; MCAS Cherry Point, N.C.; NAS Patuxent River, Md.; NAS Whiting Field, Milton, Fla.; Naval Station Rota, Spain; Naval Station Mayport, Fla.; Naval Base Guam; NAS Sigonella, Italy; MCAS Iwakuni, Japan; MCAS Yuma, Ariz.; and Naval Shipyard Norfolk, Va. NAS Kingsville was the only Navy command from Texas to be listed among the winners.

NASK to conduct tests on wastewater sewer lines

Naval Air Station Kingsville and Naval Facilities Command Southeast (NAVFAC) are conducting tests on the wastewater and sewer lines on base beginning Aug. 24. The tests are being conducted by a private firm under contract to the Air Station.

The purpose of the comprehensive evaluation study is to identify defects that allow stormwater or groundwater to flow into the sanitary sewer system. The sanitary sewer system is designed to carry wastewater from homes, office buildings, facilities and utility shops but not stormwater or groundwater.

The completion of this project and the follow-up repairs will continue to improve the service to the NAS Kingsville personnel.

For additional information on the testing see related stories on page 4.



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Capt. Phil Waddingham
Commanding Officer,
NAS Kingsville



Last week NAS Kingsville and Training Wing TWO had the pleasure of hosting Ms. Vicki Plunkett and the staff delegation of Senator John Cornyn (R-TX) and Congressman Solomon P. Ortiz (D-TX) for a visit to our base. This was an opportunity for new staff members, along with their seasoned mentors, to come to Kingsville to learn more about what we do and how our civilian leaders can help us accomplish our mission.

NAS Kingsville and TW-2 leaders, as well as base subject matter experts, provided briefs and engaged in discussions with staff members on subjects ranging from facilities maintenance, to future

military construction, and TW-2 training requirements. A tour of base facilities included whistle stops at the Water Treatment Facility, Bldg 3740 (renovated Barracks), Ground Training Simulator Building, and a windshield tour of the flight line and hangars. The delegation displayed tremendous interest in our facilities and our mission, and were very impressed with the professionalism among all personnel with whom they had the opportunity to visit.

In addition to the Congressional Staff Delegation visit, we also had visitors from Navy Region Southeast come by this week to meet with base leadership and program directors to see first hand how NAS Kingsville effectively and efficiently uses the resources we are provided to accomplish our mission, and to see how we are increasing both readiness and quality of life through sustained improvement initiatives such as runway resurfacing, Chapel and Barracks renovation, and our new Subway restaurant.

As base commanding officer, the task of hosting distinguished visitor trips is one of the most enjoyable aspects of the job because I get to "show off" the good things we are doing here, and take the opportunity to brag about the hard work and dedication of the folks who work on base in support of our various missions. This is really an easy job, because most of what you do speaks for itself in the manner in which you accomplish your daily tasks. Whether it's mission impact, installation appearance, or the management of quality of life programs, Team Kingsville continues to get the job done with pride. Thank you for doing what you do!

Finally, NAS Kingsville was just awarded the Blue SECNAV Energy Award for having a well-rounded energy program. Congratulations to Isauro Garcia and our energy team at Public Works for their well deserved recognition!

See you around the block;
Skipper Waddz

Deck plate Leadership

Sea Notes From the Command Master Chief



CMDCM (SW/AW/FMF)
Charlie Ratliff
Command Master Chief



Recently I passed out a Family Information Form to all Sailors here at NAS Kingsville. From this point forward, I will also be providing every new Sailor the opportunity to complete a Family Information Form upon check-in. The purpose of the form is to get family contact information to share with Melissa Knight, our Command Ombudsman.

For the benefit of Sailors who may be new to the Navy, let me explain a little about what Command Ombudsmen are and what they do. Ombudsmen are typically spouses of service members within the command who are appointed by the Commanding Officer to serve in a volunteer capacity. They are an official command representative and are a point of contact for all family members connected to the command - including spouses, parents, and extended family members. Ombudsmen are communication links, information and referral resources, and

advocates for command family members. It is important to know that the Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines.

Now back to our Family Information Form. As I said, the form provides Melissa with good contact information for all of our families in the event of an emergency. In addition, the form offers every Sailor the opportunity of having their family members put on the Command Ombudsman's e-mail distribution list. Melissa is about to begin publishing a newsletter that will be distributed to the e-mail addresses provided on the forms. The newsletter will provide a wide range of information from upcoming MWR events on board both NAS Kingsville and NAS Corpus Christi to educational opportunities for spouses and everything in between.

If for some reason you didn't have the opportunity to complete a Family Information Form, contact your LPO or LCPO and they will provide you with a form. After you complete the form and return it to them, they will make sure the form is submitted to Melissa.

Command Ombudsman
Volunteer liaisons for all family members connected to the command.

NAS Kingsville Command Ombudsman



Mrs. Melissa Knight

Contact Information:
Phone: 361-533-0240
E-Mail: Melissa.Knight@Navy.Mil
or visit her on base at the Fleet & Family Support Center, Bldg.

The Flying K

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Capt. Mark Brooks

Commander, Training Air Wing TWO

I feel I am past due in recognizing the incredible level of effort that makes us successful in Training Air Wing TWO. It's hard to believe, but I am going on two months in the job as Commodore—and that's just one indication to me of how busy the team is around here.

The end of July saw us operating in an environment we haven't seen in awhile—we were "tri-sited." While we ended several weeks on a weapons detachment to NAF El Centro, Calif., a second detachment operated from Cecil Field, Fla., and USS Carl Vinson (CVN-70) off the

coast of Jacksonville. Of course, operations continued here at Kingsville, albeit at a reduced pace. All three sites endured operational challenges (including closure of our main runway for repairs) while getting the job done—my hat is off to all involved in the team effort to get the job done!

August has seen little relief from the pace—not to mention the heat. The rest of the year is jam-packed with requirements and the holidays will be upon us before you know it. I ask all of you, be it at work or during off-duty hours, to keep an eye on one another. Complacency kills... and nowhere more than in tactical jet aviation. I could dredge up all sorts of safety clichés—suffice to say that we cannot get our job done without operating in a safe and professional manner; and, nothing—repeat, nothing—in the training command requires that we press the safety envelope. Unless we start loading weapons with warheads on orange and white airplanes, "operational necessity" does not apply.

Lastly, this has been a tough month for

me. We just returned from the funeral for a dear family member. She lived a long and wonderful life; but, it was hard to say goodbye because she was such a positive, impactful figure in so many lives—including mine. It was all the more a bitter pill because it came on the heels of another great loss to the TW-2/NASK family. "Mac" McCullen, a long-time Simulator instructor with Fidelity, former Simulator instructor at TW-3 at NAS Beeville, and former Naval Aviator passed away on Aug. 3. Mac was one of my instructors in Beeville during the summer of 1986. One of my fondest memories checking in here at TW-2 was re-meeting him over at Ground Training and watching him pull out his meticulous logbook of every simulator event he instructed and seeing the entry for one ENS Brooks back in August of 1986. Rest in Peace, Mac. We will miss you.

All the above reminds me that our most important asset is our people—take good, good care of each other. Sincerely, Fingers.

Redhawks' Wallace named Naval Air Training's LSO of the Year

Lt. Michael Wallace of VT-21 can tack up another award for the Fighting Redhawks. The 2008 VT-21 Instructor of the Year was recently named the Naval Air Training Command's Landing Signal Officer (LSO) of the year for 2009.

The announcement of his selection came from the Chief of Naval Air Training, Rear Adm. Mark Guadagnini, who will make the formal presentation of the award at the 2009 Tailhook Convention in Las Vegas Sept. 12. The LSO of the Year award is presented annually to the top LSO in the Naval Training Air Command based on performance, flight safety, leadership and personal characteristics.

Lt. Wallace reported to VT-21 in June 2007. He currently serves as the VT-21 Carrier Qualifications (CQ) Stage Head and the International Military Student Officer, (IMSO). He has logged more than 1,500 hours in Navy aircraft, and completed more than 200 arrested landings.

"I am deeply honored to be selected as LSO of the year," Wallace said after



Lt. Michael Wallace, VT-21

learning of his selection. "All of the LSOs in TRAWING 2 work extremely hard and this award could have easily gone to any one of them. Thanks to the leadership at NAS Kingsville and

TRAWING 2 for giving the LSOs the tools we need to effectively train these student naval aviators. I can't imagine a more rewarding job!"

Arriving:

Newly reported personnel

Ensign Timothy Herman
Student Naval Aviator, VT-22
Pleasanton, Calif.

ACAA Robert Chamberlain
Air Ops, Air Traffic Control
San Diego, Calif.

1st Lt. Stephen T. Davis
Student Naval Aviator, VT-21
Nederland, Texas

Todd Hackleman
Field Support Civilian Staff
Orange Grove, Texas

2nd Lt. Adam R. Dessy
Student Naval Aviator, VT-22
St. Lazare, Quebec

Lt. Cmdr. Brian O'Donnell
Instructor Pilot, VT-21
Bergholz, Ohio

MACS T.F. Dudek
Security Dept. LCPO
Roseburg, Ore.

Departures:

ABH3 Ernesto Arevalo
Seperating
San Diego, Calif.

1st Lt. William Barnett
Fighter Attack Squadron 101
(VMAT 101) Miramar, Calif.
Flying the F/A-18D Hornet

Lt. j.g. Ryan Forsmo
Strike Fighter Squadron 106
(VFA-106) Virginia Beach, Va.
Flying the F/A 18E/F Hornet

1st. Lt. A.J. Kurtz
Strike Fighter Squadron 106
(VFA 106) Virginia Beach, Va.
Flying the F/A 18 E/F Hornet

Lt. j.g. D. C. Holden
Strike Fighter Squadron 122
(VFA 122) NAS Lemoore, Calif.

2x5 AD

Use NFAAS for hurricane preparedness

By Bruce Moody, CNIC

WASHINGTON (NNS) -- As meteorologists continue to track Hurricane Bill, Sailors and Navy families are reminded to become familiar with the Navy Family Accountability and Assessment System (NFAAS) -- and to update personal information now.

If a Navy community is evacuated because of Hurricane Bill, the Navy will use NFAAS to account for evacuated Sailors and Navy families. The Navy will also use NFAAS to find out if Sailors and families are okay, where they are and how to reach them if they need help. NFAAS is also used to manage and monitor their well-being and recovery process.

The Navy calls an area affected by a disaster a geographic area of interest (GAOI). After a disaster, all Navy personnel and their families residing, deployed to or working within a GAOI are required to check in at the first available opportunity. There are three options available to check in.

Sailors can check in directly with their commands and provide their family's status and whereabouts. This is the primary way to account. Commands will upload the information into NFAAS. If they are unable to reach their command, Sailors can muster on

NFAAS at <https://navyfamily.navy.mil>. If unsuccessful, the third option is to account by phone through the Navy Emergency Coordination Center at 1-877-414-5358 or 1-866-827-5672 (TDD 1-866-297-1971).

After mustering, it is equally important that Sailors complete a needs assessment in NFAAS if they are impacted by the event.

Once disaster-related needs are identified, a case manager from a Fleet and Family Support Center is assigned. The case manager will contact the Navy family member to assist them with support that ranges from the urgent to the informational.

Access to the assessment information is restricted. Details of the assessment will not be provided to anyone outside the case management team without the provider's approval.

"This is the ideal time to log on," said Pam McClelland, the Navy Family Emergency Response and Preparedness manager. "It's calm; no flooding or winds. Nobody is stressed from having to evacuate their home. People can log on, have a look at the site and see where they'll check in their family, where they'll conduct their needs assessment. It's also a good idea to see if their contact information needs updating."

NASK to conduct wastewater/sewer tests



Smoke testing: Questions and Answers

Work crews will be on base starting on Aug. 24. A "Smoke Test" survey will assist our inspection crews in locating breaks and defects in the base sewer system. The smoke you see coming from the vent stacks on buildings or holes in the ground is non-toxic, non-staining, odorless, white to gray in color, and does not create a fire hazard.

The smoke should not enter your building unless you have defective plumbing or dried up drain traps.

It is advisable for you to pour a gallon of water into each drain trap of floors, sinks, showers, and tubs prior to our testing. If smoke enters your building there is a good reason to assume that sewer gases may also be entering your building. If you are not in the building and discover smoke when you return, please call us at 703-442-0707.

Important: If there is any individual in your building who has respiratory problems and is immobile, please notify us at 703-442-0707 prior to testing.

Smoke Testing Sewer Lines

What is the benefit to the base for performing a Smoke Test?

Smoke Testing is used to identify sections of sewers which may exhibit inflow during rainfall. Inflow sources are roof leaders, cellars, yard and area drains, foundation drains, abandoned building sewers, faulty connections, illegal connections, and storm water drainage system cross connections. It can also detect structural damage and leaking joints in sewer pipes and overflow points in sewer systems.

What exactly is a Smoke Test?

A two/three-man crew places a smoke blower over manholes and smoke is blown through the sewer system. Anywhere the smoke exits, there is potential for stormwater to enter the sewer system.

How are the smoke test crews recognizable in the field?

All field personnel are uniformed and carry identification badges. Crew members operate from vehicles with company signage.

Is the smoke hazardous?

No! The smoke that comes out of the vent stacks on houses or holes in the ground is non-toxic, harmless, and has no odor. It does not create a fire hazard.

Do occupants have to do anything to prepare their building for Smoke Testing?

One gallon of water should be poured into the drain traps of floors, sinks, showers, and tubs to prevent sewer gases from entering the building and to prevent smoke from entering the building. If smoke does enter, the resident should call the Public Works Department. If harmless smoke can enter through faulty plumbing, the potential exists for dangerous sewer gases to also enter the building.

What if smoke comes out of a yard or driveway?

This could mean that there is a drain on the property which is connected to the sewer line instead of the storm system. It could also mean that there is not a direct connection, but that the lateral has breaks or cracks in the pipe that drains runoff after it has entered into the soil.

Joint Reserve Base Fort Worth demonstrates environmental excellence

From Naval Facilities Engineering Command Southeast Public Affairs Office

FORT WORTH, Texas (NNS) -- Naval Air Station (NAS) Fort Worth Joint Reserve Base (JRB) recently declared conformance with implementing an Environmental Management System (EMS) that meets the requirements of the International Standardization Organization (ISO) 14001.

"This important milestone demonstrates the installation's strong work ethic and dedication to community and has fueled an environmental program that achieves maximum mission sustainability," said Robert Myer, NAS Fort Worth JRB environmental director.

NAS Fort Worth JRB is the largest multi-service military installation in the Department of Defense (DoD). The industrial practices associated with the mission of the installation present environmental issues and challenges similar to those that any industrial plant might face. For example, there are numerous processes that generate hazardous wastes, air emissions and industrial wastewater that must be monitored and maintained. Additional facilities support includes bulk fuel stor-

age and delivery, solid waste disposal, recycling, energy management, storm water runoff, hazardous material storage and use and spill response capabilities.

"Through full integration of environmental stewardship, NAS Fort Worth JRB has become a champion in the preservation of our natural resources," said NAS Fort Worth JRB Commanding Officer Capt. T.D. Smyers.

Implementation of an EMS by Sept. 30 was required by executive order to ensure compliance with DoD policy that requires all appropriate DoD facilities to implement an ISO 14001-conforming EMS that is mission-focused by the end of this fiscal year.

NAS Fort Worth JRB has exceeded all these requirements by maintaining thorough assessments and making environmental improvements to operations and declaring ISO 14001 conformance.

NAS Fort Worth JRB demonstrated, through a Naval Facilities Engineering Command (NAVFAC) second-party EMS External Audit, that it improved operational efficiencies through pollu-



Joint Reserve Base (JRB) Fort Worth, Texas

tion prevention, compliance, minimization of environmental aspects and impacts and continuous improvement. As a result of this declaration of conformance, NAS Fort Worth JRB has shown that it consistently upholds the key elements of the environmental policy statement and meets the highest international standards.

"The key to a successful EMS is to create and nurture a workforce that promotes and integrates environmental stewardship responsibilities," said Les Bowers, Public Works Department Fort Worth EMS pro-

gram manager.

By making EMS an integral part of daily operations, NAS Fort Worth JRB has positioned itself as a leader in environmental stewardship and in providing quality support services to the nation's warfighters. Improvements in processes used at NAS Fort Worth JRB to monitor activities that could potentially impact the environment can easily be adapted by private sector industrial facilities.

-- *Story courtesy Navy NewsStand*

2 x 5 AD

2 x 5 AD

6 Student Aviators receive Wings at Training Air Wing Two ceremony



NEWEST NAVAL AVIATORS: (Left to right): Cmdr. Bill Bulis, Commanding Officer VT-21; Lt. j.g. Gregory Blok; 1st Lt Derek Mills; Lt. j.g. Michael Brugger; Lt. Nathan Brasher; 1st Lt David Wesalo; Lt. j.g. Scott Sulich; and Cmdr. John Kelsey. Photo by Richard Stewart, Chief of Naval Training Public Affairs.

SNAs, spouses take on Corpus Christi 5K

Two student aviators from Training Air Wing TWO and their spouses competed in a local 5K race at West Guth Park in Corpus Christi Aug. 1. The 5K fun-run was held as a fundraiser for the Calallen High School girls' cross country team.

"The high school team ran the race with us," said NASK spouses club member, Ariel Holcomb. Ariel competed with husband, Lt. j.g. Matthew Holcomb, and fellow student aviator 1st Lt John Viskup and his wife Jackie.

"John finished 2nd in his age group, and I was 2nd in my group," Ariel stated, "Jackie was 3rd in our age group and we were all in the 23-28 age group. We ran this race to support the high school cross country team and as a practice for the Rock-and-Roll Half Marathon coming up Nov. 15. in San Antonio. It really was a 'fun run!'"

According to MWR Sports Coordinator Renee Hill, the Holcombs and Viskups enjoyed the race and the opportunity to support their community.



"Active duty personnel and their family members can really benefit from the community they live in so it's great to see our service men and women giving back to the community," Hill said. "Athletics on base are not the only way to compete. We love to see people going out and enjoying what South Texas has to offer in outside sports competitions."

"The race day weather was nice that early in the morning," Ariel recalled. "We can't wait to do another race! Oh yeah, and Jackie won a door prize, too!...four tickets to a Hook's baseball game!"

Training Air Wing Two promotion ceremony



Training Air Wing TWO Commander Capt. Mark Brooks held a promotion ceremony at the Captain's Club July 31 to advance two Training Air Wing TWO officers to the rank of commander. Left, Cmdr. Scott Gunderson, TW-2 Safety Officer had his new rank pinned on by his wife Gayla, left, and his mother, Mary Gunderson. Right, Cmdr. Charles Bassel, VT-21 Operations Officer, gets his new color devices pinned on by his wife Deborah (right) and father-in-law Lt. Col (ret.) Dean Wood. Photos by Richard Stewart, Chief of Naval Air Training Public Affairs.

TWO NAS Kingsville Child Care caregivers earn national CDA accreditation

By Jon Gagné, NASK Public Affairs

Two NAS Kingsville Child Development Center (CD) caregivers recently earned their national Child Development Accreditation (CDA) from the Council for Professional Recognition in Washington, D.C. The Council represents the early childhood profession throughout the United States. Honored were Lourdes Delgado and Patricia Lard.

CDA is the only major national effort to improve early childhood education and care by evaluating and recognizing the skills of individuals providing childcare. The first Credential was awarded over 30 years ago and now 49 states and the District of Columbia include CDA in their childcare licensing regulations.

Achieving CDA certification is a major milestone for childcare personnel. Aside from the personal satisfaction that comes with earning the certification, childcare providers throughout the nation recognize and appreciate the accomplishment.



Patricia Lard

"The command CDC program, our patrons, and our children are fortunate to have such loving teachers as Ms. Delgado and Ms. Lard," said Karen Simon, NAS Kingsville CDC Training and Certification Specialist. "Mrs. Lulu [Delgado] is a consummate professional who has been with the NAS Kingsville CDC for 15 years and served our families and children with compassion, thoughtfulness and love. Ms. Pat [Lard] is dedicated to

our children and finds the good in everyone she meets. It's a pleasure to see each her day because she brings enthusiasm, joy and an unparalleled willingness to help others to the CDC."

The NAS Kingsville CDC, which falls under the Morale, Welfare and Recreation Department, is fortunate to have motivated, qualified and enthusiastic employees that are excited about the role they play in the education of children. They approach their duties in a professional manner and help build an atmosphere of caring and love throughout the facility.

Employing childcare providers that are enthusiastic about their jobs, professional in their approach, and eager to further their qualifications are key to providing a safe and healthy learning environment.

Parents that use early education and care are especially concerned today about their child's welfare. With this in mind, as part of the CDA process, every candidate for the CDA Credential is observed working with young children or families by an early childhood professional. In addition, the candidate must demonstrate



Lourdes Delgado

the ability to work with families to develop the children's physical and intellectual capabilities in a safe and healthy learning environment.

The CDA Credential has a positive effect on the quality of early childhood education and care. Its impact is evident in center-based and home visitor programs, as well as family child care, the most common form of care for children under 5-years old.

Child care staff and parents who wish to learn more about CDA should write to the Council for Professional Recognition at 2460 16th Street NW, Washington, DC 20009-3547.

2 NAS Kingsville Sailors to advance to Chief

By Jon Gagné, NASK Public Affairs

One active duty Sailor and one Navy Reservist are the lone selectees for advancement to Chief Petty Officer for FY2010 from the field of NAS Kingsville first class candidates. The two, Hospital Corpsman (FMF) 1st Class Ronnie L. Mashburn and SK1 Frances G. Gorman have already begun the transition process that will lead them into the Chief Petty Officers' mess.

HMC (Select) Mashburn hails from Denver, Col. He is the leading petty officer for the Branch Health Clinic's Family Practice office. He reported aboard the air station in October 2006. According to the Clinic's Senior Enlisted Advisor, HMC (FMF) Tony LaFuerde, Mashburn is well-deserving of the selection.

"HMC (Select) (FMF) Mashburn is very deserving of this honor to join the ranks of Chief Petty Officer," LaFuerde said. "He has deployed for a total of 25 months in the past 4 years and has made the sacrifices that have enabled him to be selected. He has proven to be a leader in combat as well as in garrison. He



**HMC (Select) (FMF)
Ronnie L. Mashburn , USN**

has made us all proud by earning this selection and I'm sure will continue to make this command as well as this base proud of his accomplishments.

"When we first informed him of his selection he was speechless," LaFuerde added, "but we could tell by his look that he was proud of himself. He finally said, 'I can't believe it. I'm surprised, but happy.'"

SKC (Select) Gorman is a full-time employee on board the base with Rolls-Royce. She is a native of Bishop, married to a former Sailor, and mother of three daughters. She has been in the Navy Reserves for 17 years and serves as leading petty officer for her Reserve Unit, assigned to the Corpus Christi Emergency Operations Center. She served on active duty from 1992 to 1997.

In her role with Rolls-Royce she serves as a data base analyst, a job she was recently promoted to. Prior to her promotion she served as a supply warehouse specialist.

"Being selected for Chief is just awesome," Gorman said recently. "I'm just ecstatic because [I think] making chief is the goal of every Sailor who enlists in the Navy. I'm just honored to be selected."

Gorman said she has received a lot of support, encouragement, and congratulations from her coworkers at Rolls-Royce, as well as her husband who recognizes the significance of the accomplishment.

"Having been in the Navy my husband knows the significance of making Chief. He has been very supportive of me, and he kept telling me that my time would come. Now that it has, he is celebrating it with me."



**SKC (Select)
Frances Gorman, USNR**

"My supervisor at Rolls-Royce, Larry Sahr, has been very supportive about the news of my selection and so have all my coworkers. I love my job with Rolls-Royce -- we're like a small family, and I like that."

Gorman is working on getting some time off so that she can go through the entire CPO Transition process with her active duty counterparts.

Nimitz Strike Group prepares to execute Maritime Strategy

From USS Nimitz Public Affairs

USS NIMITZ, At Sea (NNS) -- The nuclear powered aircraft carrier USS Nimitz (CVN 68) and the ships of the Nimitz Carrier Strike Group (CSG) conducted flight operations, surface operations and an undersea warfare exercise (USWEX 09) off Hawaiian islands Aug. 11.

The training is designed to test the strike group's ability to combat multiple threats in a dynamic environment. The Hawaiian Operating Area offers unique ranges and operating spaces for the California-based ships, which left their homeport of San Diego last week.

During the USWEX 09 portion of the training, Nimitz and her escorts operated for several days in a simulated submarine threat environment. Conducting air and surface search techniques to prosecute and destroy an array of sub-surface threats. This exercise supports operations in the 7th and 5th Fleet Areas of Responsibility as

well as the Navy's maritime strategy.

The Ticonderoga-class cruiser USS Chosin (CG 55) homeported in Hawaii joins the strike group for this exercise, adding more capability to the mission-tailored force. Chosin will continue on the Nimitz CSG's Western Pacific deployment.

"Whether it is a power projection mission in support of our troops in contact, whether it is forward presence ensuring security and stability or security cooperation with our coalition partners ... this strike group is capable of doing it," said Rear Adm. John W. Miller, commander of the Nimitz strike group.

The multimission capabilities of aircraft carriers enables them to execute the six core capabilities of the maritime strategy: forward presence, deterrence, sea control, power projection, maritime security and humanitarian assistance and disaster response.

Nimitz CSG consists of USS Nimitz (CVN 68), USS Pinckney (DDG 91) and USS Sampson (DDG 102) of De-



stroyer Squadron (DESRON) 23, USS Chosin (CG 55) from Commander, Naval Surface Group, Mid Pacific, and USS Rentz (FFG 46) from DESRON 1.

Carrier Air Wing (CVW) 11 is embarked aboard Nimitz and includes the Strike Fighter Squadron (VFA) 41, VFA 14, VFA 97, VFA 86, Helicopter Anti-Submarine Squadron 6, Electronic Attack Squadron 135, Fleet Logis-

tics Support Squadron 30 and Carrier Airborne Command and Control Squadron 117. Detachments from Helicopter Anti-submarine Squadron Light (HSL) 37, HSL 43, HSL 45 and HSL 49.

Explosive Ordnance Disposal Mobile Unit 11 and the USNS Bridge (T-AOE-10), with Helicopter Sea Combat Squadron 23 aboard, also accompany the Nimitz CSG.

-- *Story courtesy of Navy NewsStand*

Bilateral Training in Brunei preps forces for Global Humanitarian Ops

By Lt. Ed Early, Commander, Public Affairs

MUARA, Brunei (NNS) -- From disaster relief to maritime security, Cooperation Afloat Readiness and Training (CARAT) Brunei 2009 provided the armed forces of Brunei and the United States with a week's worth of invaluable training and cooperation.

"What is most important is that the positive relationship and understanding between our armed forces which has developed these last few days through this exercise will continue to flourish well beyond today," said Col. Pengiran Dato Paduka Haji Rosli, joint forces commander, Royal Brunei Armed Forces, during the CARAT closing ceremony Aug. 10 aboard dock landing ship USS Harpers Ferry (LSD 49).

Rear Adm. Nora Tyson, commander, Logistics Group Western Pacific, congratulated participants from Brunei and the United States for a job well done.

"I think this year's CARAT exercise was one of our best ever," said Tyson, "because the tailored training addressed realistic scenarios that our militaries have faced in recent years and are quite likely

to face again in the future."

During CARAT Brunei, the Royal Brunei Armed Forces and the U.S. Navy, Marine Corps and Coast Guard combined for seven days of exercises on land, at sea and in the air, providing both countries' armed forces the opportunity to exchange knowledge and expand and sharpen maritime security through shared training, equipment and manpower.

The highlight of CARAT Brunei was a combined humanitarian assistance and disaster relief (HADR) exercise Aug. 6.

During the exercise, Royal Brunei Land Forces (RBLF) and U.S. Marines from the 24th Marine Regiment conducted a search-and-rescue operation following simulated storms and landslides. Marines and RBLF soldiers evacuated the "injured" to the Harpers Ferry using U.S. Navy helicopters.

"This year, Exercise CARAT focused more on humanitarian assistance and disaster relief exercises, with search and rescue at sea, conducted as a joint operation," said Dato. "Although new to some, HADR presented a real challenge that helped increase the armed forces' cooperative efforts."

Use NFAAS as part of disaster preparedness

By Bruce Moody, CNIC Fleet & Family Support

WASHINGTON (NNS) -- As meteorologists continue to track Hurricane Bill, Sailors and Navy families are reminded to become familiar with the Navy Family Accountability and Assessment System (NFAAS) -- and to update personal information now.

If a Navy community is evacuated because of Hurricane Bill, the Navy will use NFAAS to account for evacuated Sailors and Navy families. The Navy will also use NFAAS to find out if Sailors and families are okay, where they are and how to reach them if they need help. NFAAS is also used to manage and monitor their well-being and recovery process.

The Navy calls an area affected by a disaster a geographic area of interest (GAOI). After a disaster, all Navy personnel and their families residing, deployed to or working within a GAOI are required to check in at the first available opportunity. There are three options available to check in.

Sailors can check in directly with their commands and provide their family's status and whereabouts. This is the primary way to account. Commands will upload

the information into NFAAS. If they unable to reach their command, Sailors can muster on NFAAS at <https://navyfamily.navy.mil>. If unsuccessful, the third option is to account by phone through the Navy Emergency Coordination Center at 1-877-414-5358 or 1-866-827-5672 (TDD 1-866-297-1971).

After mustering, it is equally important that Sailors complete a needs assessment in NFAAS if they are impacted by the event.

Once disaster-related needs are identified, a case manager from a Fleet and Family Support Center is assigned. The case manager will contact the Navy family member to assist them with support that ranges from the urgent to the informational.

NFAAS was developed by Task Force Navy Family following the major hurricane season of 2005. The task force identified the need for a single reporting system for Navy family members to inform the Navy regarding their status after a declared emergency or catastrophic event.

-- *Story courtesy of Navy NewsStand*



Puppet Show: The Child and Youth Programs received a visit from "Sea-Leste the Sea Turtle" July 15 at the Captain's Club, thanks to the Texas State Aquarium and a grant from CNIC. The Texas State Aquarium offers out-reach educational activities for youth programs. NAS Kingsville children enjoyed a puppet show about a sea turtle and her adventures in the ocean. Afterwards, the children had the opportunity to examine some authentic sea life artifacts.

CDC Training and Curriculum Specialist Karen Simon said the children really enjoyed the presentation. "This was a great way for our kids to learn about the ocean," Simon said, "as well as explore the aquarium right here in Kingsville."

Former Pilot For a Day fundraiser planned

By Jon Gagné, NASK Public Affairs

The St. Paul Lutheran Church of Bishop is sponsoring a blood drive for former NAS Kingsville Pilot For a Day Jordan Rudel, Aug. 22. The blood drive is being held in conjunction with a fundraiser at the church from 1 to 8 p.m. The fundraiser includes a barbecue brisket meal with all the trimmings from 4:30 to 7:30 p.m. and tickets are \$8. There will also be a number of family games and contests held throughout the picnic for adults and children alike.

"We are very excited about this event and the opportunity to help Jordan," said Sandy Reich, fundraiser coordinator. "The Rudels are part of our family and we want to help Jordan in his fight any way we can."

Jordan will be undergoing a bone marrow transplant in the near future, according to his mother, Tessie. "Overall," she said, "I'd say Jordan is doing very well, and his spirits are high. And I know he would love to see some of his old friends and fellow pilots from the [air station] at the picnic and the blood



**Jordan Rudel PFAD
April '07 NAS Kingsville**

drive. That would be really special for Jordan."

NAS Kingsville personnel are invited to attend the picnic and re-connect with Jordan. The Church is located at 801 E Main St, in downtown Bishop.

4 x 5 AD

CEL Survey 2009 coming to PPV Housing Properties

Sept. 24 to Nov. 18



CEL surveys will be mailed to PPV properties and the two on-base units around Sept. 24. Once you receive your survey be one of the first to get it completed and returned for your chance at the weekly gifts offered by both NAS Kingsville PPV Units. If you should decide to do your survey on line to be eligible you must print out your "Thank You" page after completing the survey.

Hawks Landing is offering one gift a

week for the eight-week period. The earlier you turn in your survey the better your chances are of winning. For example if you turn in your survey the first week, you will be eligible for all eight weekly drawings. If you turn in your survey in week three you will be eligible for week, 3-8.

Hunter's Cove will also be drawing eight weekly prizes, but as an added benefit they will leave all the names in for an overall prize that will be drawn after the CEL Survey officially comes to a close this year. Please remember, only residents who return their survey are eligible for these drawings. The CEL Survey that you will be filling out is anonymous. CEL will not identify to us how you responded. Don't forget to get your survey in and make yourself eligible for the weekly drawings.

The Housing Office looks forward to a great CEL survey turnout. Thank you ahead of time for making plans to participate.



*Naval Air Station Kingsville
Branch Clinic*

HEALTH NOTES



Child Obesity: An Overlooked Danger

Submitted By: HM2 (FMF) Jeremy Stack

With weight loss and the industry surrounding it being in boom it's amazing how many adults tend to forget healthy eating and a sensible diet for the younger members of your society. Child obesity has been on the rise internationally at an alarming rate. Though genetics may play a major part in the equation, diet and low-activity can also be attributed as major players in child obesity.

A few dangers for children associated with obesity range from low self esteem and depression, to bone and joint problems and sleep disorders. It is recommended that kids play (exercise) at least 90 minutes a day in order to get their heart rate up

and avoid heart disease when older. It is often difficult if not impossible to use the word exercise on children and get a positive result. Activities like swimming are a good way to get them to exercise without knowing it and cool them off, especially in the summer heat.

Lastly with the ease of fast-food and the complexity of schedules and everyday life it's almost too easy to just swing by and get that burger, or that kids meal.

Remember that they will take anything you give them and not worry about consequences of a poor diet because they don't know any better. That's the parents job not theirs. A problem that starts young can become something dealt with for a lifetime.

**Dunk Tank Day
Thursday, Sept. 3
Branch Health Clinic**

2 balls \$1, 5 balls \$5

**Fundraiser for the Navy Ball
and BHC Kingsville CSC**

Appearing In the tank:

Capt. Phil Waddingham, NASK
Lt. Cmdr. Dawn Hardin, BHC
Lt. Ballin, BHC Kingsville
Lt. Kursteiner, BHC
CMC Charlie Ratliff, NASK
HMC Tony LaFuente, BHC
and more!

Lunch: Burger & hotdog,
chips and beverage only \$5

**Come out and enjoy the
fun and send your favor-
ite NAS Kingsville leader
into the tank!**



During the months of August and September the Fleet & Family Support Center will be conducting the following programs:

August:

Stress Management – Aug 26, 11:30 a.m. to 1 p.m. (Brown Bag Series - Bring your lunch bag and join us)

Car Buying – Aug 27, 11:30 a.m. to 1 p.m.

September:

Base INDOC – Sept. 3 (8 a.m. to 4 p.m.)

Smart Consumer – Sept. 9: 11:30 a.m. to 1 p.m.

TAP Class –Sept. 14-18 (8 a.m. to 4 p.m.)

Communications TBD

Command Leadership Training FAP/SAVI

For further information or to sign up contact your FFSC point of contact at 516-6333.

2 col x 5 AD

Hunting Ethics and Hunting Safety

With hunting season just around the corner, 18 September opening day, it is time to start preparing. Get the gun out dust off the scope and head to the range to dial in the scope, or adjust the sights, and for you bow hunters be sure to sharpen those broad heads and wax the bow string. Along with adjusting the weapon of choice we want to adjust our attitude. As hunters we have a responsibility to the sport which includes not only preparing our weapons, but also preparing ourselves. It's been a year now so take the time to review and understand game laws. All hunters must develop a code that makes them good hunters. This code of "hunter ethics" includes obeying all the rules of safety and game laws while insisting those around you do the same. Do your best to acquire marksmanship and hunting skills that assure clean, sportsmanlike skills. Support conservation efforts that assure good hunting for future generations. Avoid mishaps by keeping your campsite neat. Avoid offending others by openly displaying your kill in camp or on your vehicle. Pass along to other hunters, especially youngsters, the attitudes and skills essential to being a true outdoor sportsman.

Review a few shooting safety tips to help ensure a safe and enjoyable hunt:

Always point the muzzle in a safe direction and only at what you intend to shoot. Keep the safety on and your finger out of the trigger guard until the instant you are ready to fire.

Every time you pick up a firearm, check to see if it is loaded. Keep the chamber and magazine empty and that the action open until ready to be fired. If you do not understand how to determine if it is loaded, do not accept the firearm. Read your instruction manual carefully before you handle a new weapon.

Verify your target and what is in front of and beyond your target. Properly identify game animals, and until your target is fully visible do not raise your scope to see it. Use binoculars! Know what is in front of and behind your target. Since you do not know what is on the other side, never take a shot at any animals on top of ridges or hillsides. Know how far bullets, or arrows can travel. Never shoot at flat, hard surfaces, such as water, rocks or steel because of ricochets.

Unload firearms and unstring conventional bows when not in use. Leave actions open, remove magazines, and store sporting arms in cases when traveling to and from shooting areas. Store and transport ammunition separately and under lock and key.

Handle the firearms, arrows and ammunition carefully. Avoid horseplay never

climb a fence, a tree or a ladder, jump a ditch or cross difficult terrain with a loaded firearm or bow and arrows. Never face or look down the barrel from the muzzle end. Carry only ammunition that matches the gauge or caliber of your weapon. Always carry arrows in a protected cover or quiver. Use the two-hand carry as it affords you the best muzzle control. Always carry handguns with hammers over an empty chamber or cylinder. If you fall, be sure to check the barrel from the breech end for obstructions.

Know your safe zone-of-fire, that area or direction in which you can safely fire a shot. Know where your companions are at all times. Never swing your gun or bow out of your safe zone-of-fire. Know the safe carries when there are persons to your sides, in front of, or behind you. Wear daylight fluorescent orange so you can be seen from a distance or in heavy cover.

Control your emotions if you lose control you may do something careless. If you have just shot a target or animal you probably will be excited. At that moment you may turn with a loaded firearm back towards your friends or you might run with a loaded firearm towards a downed animal with the gun safety off. You or someone else may be in danger. Show restraint and pass up shots which have the slightest chance of being unsafe.

Wear hearing protection, vibrations from the blast are enough to create loss of hearing. Wear glasses to protect your eyes from escaping gases, burnt powder (especially in black powder shooting), and other debris.

Don't drink alcohol or take drugs before or while handling firearms or bow and arrows.

Be aware of additional circumstances which require added caution or safety awareness. Ensure a safe future for you, others and the shooting sports!

Personnel intending to hunt on NAS Kingsville, NALF Orange Grove, or Escondido Ranch should review the appropriate instructions, available on KVNET. For Kingsville and NALF Orange Grove review NASKINGINST 1710.7EE Hunting and Fishing Regulations. For NAS Kingsville and Escondido Ranch, view NASKINGINST 1710.27D Hunting and Fishing at Escondido Ranch.

For further information regarding hunting and membership to the Kings Hunt Club visit navyescondidoranch.com, or contact MWR ITT office 516-6449, or Escondido Ranch 830-373-4419.

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Fire House Tour



Nearly 40 children and adults from Portland's Pack 20 Cub Scouts toured the Naval Air Station Fire & Emergency Services (FES) Fire House Saturday, Aug. 15. The FES crew provided the Scouts and their family members a tour of the Fire House and a host of demonstrations including how to man an official fire fighter suit, how to wear a fire hat, and how to hold and shoot a fire hose. The kids were also treated to a T-Rex fire-truck demonstration. The NAS Kingsville Fire & Emergency Department is an active participant in the air station's Community Outreach Program, conducting more than 50 on-station visits a year. (Photo by EN3 Brenda Acevedo, NASK Public Affairs).



Recruiting for Child Development Home Provider's

Child Development Homes (CDH) Provider's Training, always recruiting. Do you want to have your own business at home? Looking for Active Duty Military Spouses interested in becoming a certified Child Development Homes Provider. All training is free and a Lending Library is included. You must be 18 or older, be able to read, speak and write English, and pass an extensive background check. For more information contact Carmen Chapa at 361-516-6569.

2009 PPV Movie Schedule

Enjoy a free movie with your family if you live at one of the PPVs. There will be a movie every month! Upcoming dates: 8 August Hunter's Cove, 21 August Hawks Landing, 12 September Hunter's Cove, 25 September Hawk's Landing, 10 October Hunter's Cove, 23 October Hawks Landing, 7 November Hunter's Cove, 20 November Hawks Landing, 12 December Hunter's Cove, 18 December Hawks Landing. For more information contact your leasing office.

50 Mile Swim Club Registration

Register at the MWR Pool front desk to start keeping record of your swim. Contestants will have all season to complete their 50 miles. For all registered contestants that complete their 50 mile swim they will receive a free t-shirt. Registration is free to all eligible patrons. For more information contact MWR pool at 361-516-6113 after 23 May.

Lunchtime Volleyball League

14 Sept 2009 – October 2009, every Monday and Wednesday, 1100-1200. A volleyball league for those who have a busy work day and want to squish in some sports to their lunch hour. Teams of 6 to 12 are welcome. For more information contact Renee Hill at 516-6371.

Lunchtime Volleyball League

Sept. 14 through Oct. Every Monday and Wednesday, 1100-1200. A volleyball league for those who have a busy work day and want to squish in some sports to their lunch hour. Teams of 6 to 12 are welcome. For more information contact Renee Hill at 516-6371.

Flag Football Tournament

26 September 2009, starts at 1100 ends when there is a winner. 7 on 7 Flag Football. Teams of 7 to 14 are to sign up at the MWR Total Fitness Center Desk by September 24, 2009. For more information contact Renee Hill at 516-6371.

Flag Football League

Starting on October 6, 2009, 1900-2000. Teams of 7 to 11 people are to sign up for this league by October 1, 2009. Games to be held every Tuesday and Thursday night at the MWR field. For more information contact Renee Hill at 516-6371.

Bowling Standings In the Dog House League

POS	TEAM	WON/LOST
1.	3 Minds in the Gutter	3-1
2.	Lane Breakers	3-1
3.	Tumbalos	3-1
4.	The Guy's	1-3
5.	Hounds	1-3
6.	Triple X's	1-3

The Ladies League fall season begins on Monday, Sept. 9 at 9 a.m. at the NAS Kingsville Bowling Center. Players are still needed. For more information call: Ireane Woolsey at 361) 592- 4236 or Diana Garcia at 361) 592 -3824. All are welcome to come and join the fun. Civilians please call for access to Naval Air Station.

Softball Playoffs Underway:

Three teams remain in the slow pitch softball post season tournament after the first round of action.

Remaining in the hunt are L-3 Fury, US Border Patrol and the BHC Trauma Dawgs. The championship game in the double-elimination tournament is scheduled for Wednesday, Aug. 24.

2009 Navy Ball Golf Tournament

Friday, Sept. 4 L.E. Ramey Golf Course, Kingsville
Sponsored by the Navy League

Format:

4 Person Scramble: Special rules on certain holes could help lower your team score! Prizes include the top three teams, longest drive, and four closest-to-the-pin awards.

Entry Fees:

\$40 per person (includes barbecue brisket or burger lunch).

Open to: Including Active Duty, Civilians, DoD, NAF, Contractors, retirees, and teams from the local community.

Sign-Up:

Sign up at the L.E. Ramey course, the Fitness Center front desk, or the ITT office. Sign up ends Wednesday, Sept. 2. Limit of 20 teams.

Teams must be at LA Ramey at 0800 on Friday Sept. 4 in order to get play assignments.

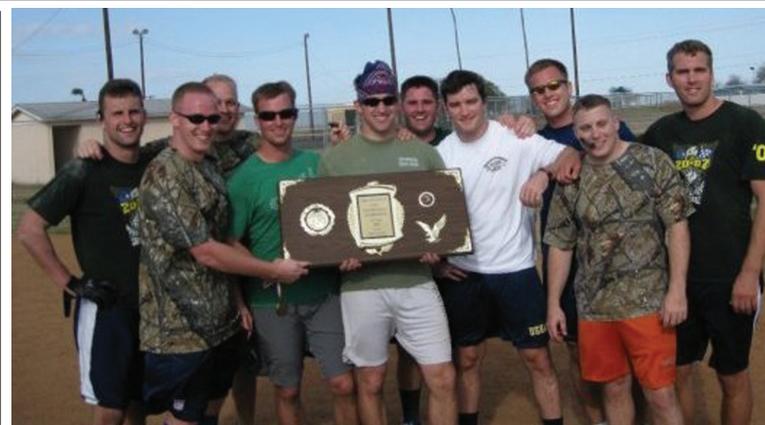
All proceeds for the 2009 Navy Ball Committee.



Is your team up for the challenge?

MWR Captain's Cup Sports Champs

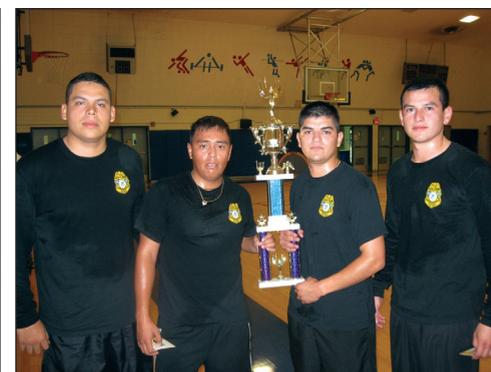
2008-2009



2008 Flag Football champs "Hunter's Heroes" are set to defend their title.



Wallyball Champs: The Branch Health Clinic Trauma Dawgs defended their title for the second straight year.



Border Patrol Brush Doggs recently claimed the 2009 Indoor Soccer League championship.