



## Navy Region Southeast names region-wide Sailor the Year, competition 'tough'



By MC3 Juan Pinaldez, Navy Region Southeast Public Affairs

JACKSONVILLE, Fla. – The contemplative silence in the small waiting room was palpable. A lingering hint of lemon scented starch and freshly polished shoes was in the air as the top five 2009 Sailors of the Year anxiously waited for their turn to stand before a board of command master chiefs.

The Sailors, from installations within Commander, Navy Region Southeast (CNRSE), competed for selection as the region's Sailor of the Year (SOY) and participated in a host of activities at Naval Air Station Jacksonville from Feb. 2 - 5.

The eventual winner of the Regional SOY competition was Master-at-Arms 1st Class (SW/EXW) Jeffrey C. Lee of Naval Station Ingleside, Texas. He returned from his second tour with Task Force 134 in Iraq at the beginning of 2009, having earned his Ex-

peditionary Warfare Qualification. He served as Ingleside's installation training officer, Security Department training officer and Security Department leading petty officer. Lee also earned two associate's degrees.

"These Sailors represent the best the installations have to offer, so this week is about them and their families," said Command Master Chief Joseph H. Curtin, CNRSE command master chief. "Last year it was just the top five that were invited to Jacksonville, but this year Adm. Alexander allowed all of the region's SOYs to participate."

The week began with an informal reception, where Curtin announced who among the 18 outstanding Sailors had been chosen to continue in the competition.

Other Sailors chosen to compete in-

*Continued on page 7*

Region-wide Sailors of the Year visit the Duval County, Fla., Veterans Memorial.

## MWR leads team effort for 'Wings Over South Texas'

By Fifi Kieschnick, NASK Public Affairs

A lot is going on behind the scenes as preparations are being finalized for the 2010 "Wings Over South Texas" Air Show.

Putting together the air show is a large team effort involving all base departments, however, a tremendous part of the set up involves the Morale, Welfare and Recreation Department personnel.

"We are coordinating all of the hospitality efforts for the entire weekend," said Renee Hill about the air show planning that MWR is involved in. "We are responsible for everything from food vendors to marketing."

"Everyone in MWR has a role," she added, "even the workers at the front desk of the gym."

"The air show is going to be incredible. MWR personnel have been working day in and day out to ensure its success. Everyone should mark their calendars now and plan for a weekend they'll never forget."



Planning for this year's air show has been going on since October. And, since the start of the new year, air show committee members have been meeting at least once a week. A lot of people are working hard to make this year's event the biggest and best yet.

According to Hill, who is MWR's com-

munity activities director, MWR has booked all the civilian acts that will be performing -- Rob Holland, Jan Collmer, Paul Fiala, Jack Knutson, Rob Reider, and Tora! Tora! Tora! -- as well as the country music group Emerson Drive.

Holland, the 2008 World Aerobatic

Champion, was the first civilian act to commit to the Kingsville show and will be participating in a number of pre-show publicity events. He has been flying air shows professionally since 2002, making him one of the youngest professional air show pilots on the circuit today.

Joining Holland in the line-up of civilian performers is well-known air show veteran Jan Collmer of Dallas flying the FINA EX-TRA 300L.

Corpus Christi native Paul Fiala is another civilian performer. He began flying at the age of 15, while attending high school. Fiala received his commercial pilot's license and began his professional career, while still in school. He also served as a charter pilot and flight instructor, prior to turning to corporate flying in 1962.

Jack Knutson is another civilian flying act who will be performing March 27 & 28. Knutson, founder of the Firebirds Aerobatic Team, features his Extra 300-S, a 300-horse-

*Continued on page 6, See "Air Show"*



**Capt. Phil Waddingham**  
Commanding Officer,  
NAS Kingsville



## From the Bridge

Greetings Team Kingsville,

A few months ago I was approached by our School Liaison Officer, Jeanie Alexander, and Youth Activities director, Brent Edwards, with a proposal that we host a community engagement event along with our community partners, Texas A&M University Kingsville (TAMUK). They told me we had an opportunity to use regional funding to book the Harlem Ambassadors to come play in Kingsville, and since we did not have an adequate gymnasium complete with bleachers, we could co-host the event at TAMUK, and in so doing, make the event open to military families and the public. What a great idea, I thought. The catch? As part of the show, the Ambassadors do not travel with a stooge team to

beat up on. No, instead, they prefer to put on a clinic at the expense of a local team, usually made up of local celebrities.

Now Kingsville has no shortages of characters, but I don't think we have too many big name celebrities. Eddie Yaklin comes to mind, since he made national news after his heroic rescue of the fisherman lost at sea. And James Jefferson, football coach at Academy High School and former Texas A&I football standout and player with the Seattle Seahawks certainly would qualify.

But that is not what Jeanie had in mind. She was thinking more along the lines of NAS Kingsville celebrities. I quickly saw where this was going.

"Would you help support the event by being part of the team?," she asked. At this point, I knew I had no choice. How could I turn her down? Still not sure that it's in my job description to be rejected while driving the ball strong to the basket by a 5-foot 10-inch guard who can leap over the top of the hoop while doing a back flip. But hey, it's all in good fun.

So, after checking that my insurance policy was paid in full and up to date, I agreed to participate. But not before I got to pick some teammates! So after checking their in-

dividual insurance policies, I was thrilled to have Capt. Mark "Fingers" Brooks, Lt. Cmdr Dave "Slam Dunk" Anderson, and Master Chief Charlie "Swoosh" Ratliff on the NASK celebrity team. Joining us from the community are Mayor Sam "3 Point" Fugate, Dr. Steve "Half-Court" Tallant, and Emilio "At the Buzzer" Castro, along with others to be named later.

Since this article will be published after the game has been played, I wonder about what predictions I should make. I am reminded of the scene in Rocky where the TV reporter asks the character Clubber Lang, played by Mr. T, what his prediction for the outcome of the fight would be. Clubber looked directly into the lens of the TV camera – eyes piercing with contempt: "Prediction? PAIN!"

I hope everyone had a great time, and thanks again to Jeanie and Brent for making this all happen!

Next edition of the Flying K, I will provide an update on where we are with our air show planning, and fill you in on some beautification and renovation projects we have planned just in time for the air show.

Until then, keep doing the great work that you do. All the best, Skipper Waddz

## Volunteers needed for Junior Achievement

Junior Achievement is bringing their program to Lamar Elementary for Kindergarten and first grade and is in need of volunteers.

The JA program is a fun and rewarding volunteer opportunity, in which you will educate and inspire young people to value American free enterprise, entrepreneurship, business, economics, and to be workforce ready.

There will be a JA representative in the Chaplain's office on Feb. 17, to conduct training for volunteers from 10 a.m. to noon. Training will last approximately 30-40 minutes.

If you have any interest in volunteering or have questions about the JA program, contact RPSN Quentin Williams, at 516-6331.

## Volunteers Needed

## Deckplate Leadership:

### Sea Notes From the Command Master Chief



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

Team Kingsville:

Tuesday, Feb. 23, members of Team Kingsville will gather at the Captain's Club to enjoy an African-American History Month celebration. We will be honored to have Mr. Al Lewis as our guest speaker for this prestigious event.

I know Mr. Lewis personally and have heard him speak. Believe me, this is one event you will want to put on your calendar. Lewis is a very passionate and inspiring speaker, and your day will be much better for having heard him speak.

This ceremony is actually a kick-off event being sponsored by our newly-formed NAS Kingsville Diversity Committee.

ABEC Bernie Diaz and ABE1 Maurice Thigpen, co-chairmen of the new committee, have sought out volunteers to serve on the committee and help coordinate events throughout the year that celebrate the diversity of our workforce here at NAS Kingsville

and in our Navy.

The committee is already looking at events for March and the months beyond.

I believe our focus on celebrating the diversity here at NAS Kingsville, and in our Navy, is a very good thing. People often speak of how our country is a melting pot, formed from a diverse group of people from different countries and cultures.

But no one section of our society is as diverse as our Navy. The Sailors and civilian employees serving our great Navy represent multiple ethnic groups and hundreds of cultural heritages.

Diversity is a tremendous asset to any organization. It brings forth a wide variety of ideas and opinions that can significantly strengthen the organization.

The key for our Navy, and any other organization for that matter, is to leverage the diversity inherent in its makeup and use that diversity to become stronger.

NAS Kingsville's Diversity Committee will indeed make Team Kingsville stronger by celebrating the diversity that makes our Navy so great.

I hope to see everyone at this month's African-American History celebration!

Regards,  
CMC



**The NAS Kingsville Diversity Committee**  
presents the 2010  
**African-American History Celebration**  
at the NAS Kingsville Captain's Club  
Tuesday, Feb. 23, 10-11 a.m.  
Guest speaker: Mr. Al Lewis,  
Texas A&M University-Kingsville



## In The Break

*Cmdr. Gerry Murphy  
Commanding Officer  
Training Squadron 22 (VT-22)*

### 15 and Counting

I had the privilege of making an arrested landing on my fifteenth U.S. aircraft carrier last week aboard USS John C. Stennis (CVN-74). Stennis has been a carrier I've been chasing since 2002 when I missed an opportunity while on a USS John F. Kennedy (CV-65) deployment. CAG wouldn't go for my "three landings on three different carriers in two minutes" plan during a USS John F. Kennedy (CV-67), USS Harry S. Truman (CVN-75), and FS Charles de Gaulle (R-91) steam alongside photo-ex. Thinking back to it, I wouldn't have gone for it either!

When I was younger, I was impressed by senior aviators who reached the magic 1,000 trap ranks. I remember being a squadron LSO waving my VFA-94 CO on the occasion of his 1,000 trap. The Skipper told me ahead of time it was going to be his 1,000 trap; he wanted me to wave it; and he was going to

catch the one wire--on purpose! He was a different kind of CO and that event almost got me thrown off the platform by CAG Paddles. I think I remember him yelling, "What?! You knew he was going to do that?!!"

We have a lot of pride in the numbers we achieve in our aviation careers. There are 1,000-, 2,000-, and 3,000-hour patches on our flight suits, and we wear trap count patches on our jackets. For those lucky few, there are plaques in the National Museum of Naval Aviation for the 1,000 trap club. We often forget that all this number chasing is not how Naval Aviation gets done.

I estimate that 75,000 Sailors helped me land on those 15 different carriers. That's a lot of young men and women who volunteered for a hard job, working long hours, in difficult conditions in order to move that flight deck all over the world. The milestones we aviators enjoy should be a reminder of who we lead and who we have the privilege of serving alongside. Young Sailors and Marines are at sea right now on dark and dangerous flight decks working as a team to get us aboard.

I feel lucky that I've been able to experience so much of carrier-based Naval Aviation; beginning with my first trap aboard USS

Saratoga (CV-60). I look forward to a few more years working with the finest Americans at sea.

Bottom line – when you achieve a milestone in your career don't forget to take a look around and thank the people who made it possible.

Regards,  
Sticky

### Murphy's Log:

Landings on: USS Saratoga (CV-60), USS Kitty Hawk (CV-63), USS Constellation (CV-64), USS John F. Kennedy (CV-67), USS Enterprise (CVN-65), USS Nimitz (CVN-68), USS Eisenhower (CVN-69), USS Carl Vinson (CVN-70), USS Theodore Roosevelt (CVN-71), USS Abraham Lincoln (CVN-72), USS George Washington (CVN-73), USS John C. Stennis (CVN-74), USS Harry S. Truman (CVN-75), USS Ronald Reagan (CVN-76), and USS George H.W. Bush (CVN-77). **Note:** \* R-91 is the French Aircraft Carrier, Charles de Gaulle. (Didn't get a landing on her).



*Flight deck personnel from the USS John C. Stennis (CVN-74) prepare to launch a T-45 Goshawk from Training Air Wing TWO during carrier qualifications off the Florida coast Feb. 4-7. Students and instructors from VT-21 and VT-22 joined students and instructors from Training Air Wing ONE in Meridian, Miss., for the detachment. Also on hand was Rear Adm. William Sizemore, Chief of Naval Air Training, and Capt. Mark Brooks, Commander, Training Air Wing TWO. Carrier qualifications are the final phase of advanced jet/strike training for Student Naval Aviators. (Navy photo).*

## Hook Down



*A T-45 Goshawk from Training Air Wing TWO makes a carrier landing aboard USS George H.W. Bush (CVN-77) during carrier qualifications at sea. (U.S. Navy photo).*

## The Flying K

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## Gates: Iran's nuclear program puts Middle East in danger

By Fred W. Baker III, American Forces Press Service

PARIS – Iran's continuing nuclear development program only serves to put the Middle East in danger of nuclear weapons proliferation, Defense Secretary Robert M. Gates said Feb. 8.

But, Gates pushed for stronger diplomatic and economic pressure from the international community rather than calling for military conflict.

"I think that everybody's interest is in seeing this issue resolve without resorting to conflict. But it makes it all the more important," he said. "We have to face the reality that if Iran continues and develops nuclear weapons, it almost certainly will provoke proliferation in the Middle East. That's a huge danger."

Gates' comments came at a press conference alongside France's Minister of Defense Hervé Morin. Gates flew to Paris to meet with the ministers of defense and foreign affairs as well as France's President Nicolas Sarkozy, who he met for the first time.

Morin backed Gates' comments on Iran, saying that France supports putting international pressure on Iran to stop its current nuclear program.

Since 2006, France has repeatedly publicly stressed the danger of a nuclear-armed



Defense Secretary Robert M. Gates and French Defense Minister Hervé Morin conduct a joint press conference in Paris, Feb. 8, 2010. (DoD photo by Cherie Cullen).

Iran and has worked with the United States and other members of the P5+1 group -- China, Russia, the United Kingdom and Germany -- to demand that Iran end its current nuclear program, according to the U.S. State Department.

Gates said that if all international partners would agree on a plan, then sanctions could still work.

"The key is persuading Iranian leaders that their long-term best interests are best served by not having nuclear weapons, as opposed to having them," Gates said. "My hope

is that we will then be able to keep this in economic and diplomatic channels.

"The point of the pressure is to bring the Iranians back to the negotiating table and to resolve this issue in a way that prevents Iran from having a nuclear weapon," he added.

Besides Iran, Gates said he talked about France's military support in Afghanistan. The secretary called France "close partners." Gates said that during the past few years the diplomatic relationship with France has "significantly" expanded.

The renewed relationship is in part due

to the realization by both governments that "security challenges of the 21st century are too large and too complex to be dealt with by any single nation acting alone," he said.

Gates praised France's current efforts in Afghanistan, calling the mission "vitaly important to the security of the whole world."

And he said that NATO and non-NATO allies must act quickly to capitalize on momentum noted by the senior commander on the ground this year. This will happen only if the allies provide Afghanistan with mentors and trainers to bolster their force to take over the security mission.

"We must act swiftly to increase the impact of the forces now headed to the theater for this pivotal year," Gates said.

The secretary said there has been a renewed energy among NATO and non-NATO partners with respect to the mission in Afghanistan. As a result, the number of troops committed to the fight by allies has almost tripled since Gates took office.

France has nearly doubled their forces since the start of the war and has taken on new training responsibilities, fielding six operational and mentoring teams and offering six more. France has about 2,800 troops in Afghanistan.

Among NATO members, France is second only to the United States in terms of total troops deployed abroad. France is one of NATO's top five troop contributors.

## Aviation assets provide capability, flexibility for 24th Marine Expeditionary Unit in Haiti

By Lance Cpl. David Beall, 24th MEU

OFF THE COAST, Haiti, Feb. 4 — Locals looked up to the sky while a thundering sound grew louder as a Marine helicopter appeared over top a field of palm trees and thick vegetation, within no time the Marines were on the deck.

This has become an everyday occurrence for the locals in Haiti as aircraft from the 24th Marine Expeditionary Unit continue to fly missions in support of Operation Unified Response, the coordinated effort of the U.S. military, USAID, NGOs, and U.N. to provide humanitarian assistance and disaster relief to Haiti after a 7.0 earthquake hit the country Jan. 12.

Operating from the decks of USS Nassau, USS Ashland and USS Mesa Verde, MV-22 Osprey tilt-rotor aircraft, CH-53E Super Stallion heavy lift helicopters, and UH-1N Hueys have performed a number of tasks daily from ship-to-shore, including delivering supplies, moving Marines, aerial surveys, and emergency casualty evacuations of injured Haitians.

All this is made possible by the tireless efforts of the Marines and Sailors of Marine Medium Tilt-Rotor Squadron VMM-162

(Reinforced), the aviation element for 24th MEU.

"It is very intense, every mission that the MEU does, we are a part of it, whether we are the main mode of transportation or we are on standby and in the planning process," said Maj. Larry Bailey, the operations officer for VMM-162 (Rein).

The unit is equipped with 10 MV-22B Ospreys, four CH-53E Super Stallions, six AV-8B Harriers, four AH-1W Super Cobras and three UH-1N Iroquois (better known as Hueys or Skids).

While in Haiti the main effort has been the CH-53 Super Stallions and the Corps' newest aircraft, the MV-22 Ospreys, explained Bailey. Both aircraft provide a significant lift capability able to carry up to 17,000 lbs. in the CH-53 and up to 8,000 lbs. with the Osprey. The Osprey has also provided some mission-flexibility for the Marines.

"Because of some timeline constraints, the speed of the Osprey allows us to use two aircraft to insert multiple teams of Marines and Sailors into multiple locations; whereas it would take three to four CH-46E Sea Knight helicopters," said Bailey, a Tenino, Wash., native.

With all the aircraft combined, the squadron has covered over 100 flights and more than 220 flight hours including test flights. During all their flights they have transported more than 55,100 lbs. of food, 14,600 liters of water, medical supplies, and 1,000 passengers, including civilians, Marines and Sailors.

Just as important, but not as glorified, is the role the Marines who perform the maintenance required to keep the aircraft flying. Without the mechanics and technicians there would be no aircraft to move Marines around Haiti, conduct casualty evacuations, and resupply the troops. Plain and simple, the 'birds' don't fly unless they are in working condition.

"Maintenance is extremely important to the mission of the MEU. If we didn't do our jobs then the aircraft wouldn't fly, which would make our mission here impossible," said Master Gunnery Sgt. Marco Argento, maintenance chief, VMM-162 (Rein).

There is someone working to prepare the 'birds' for the next mission every hour of every day. Due to the current operational tempo, there are flights going in and out all day long. Each aircraft requires several hours

of maintenance before it is back in action.

"There are numerous hours of maintenance conducted per every flight hour. If it is routine, daily maintenance can only take a few hours. But more serious issues could take anywhere from 16 to 20 hours of work until an aircraft is ready for launch again," said Argento, a native of Sunrise, Fla. "If an aircraft gets off the deck, then it is a mission success for maintenance."

Although these long hours of planning, flying and maintenance may become stressful at times, the Marines and Sailors of VMM-162 (Rein) have done everything to prepare for this and are ready to put in the hours to get the job done.

"Knowing that we're making a difference is what makes all of this worth it, whether it's the Marines and Sailors here or the people of Haiti, they are depending on us to be ready to fly when they need us," said Capt. Zachary R. Webb, an Osprey pilot from Orange, Calif.

"We drop them off where they need to be, transport the supplies they need and ensure that they have a safe ride home."

Story courtesy of Marine Corps News. For more Marine Corps news visit: <http://www.marines.mil/news>

## Navy's 'Accelerate to Excellence' program holds true for NAS Kingsville Sailor

Story by Ed Barker, Naval Education and Training Command Public Affairs

An NAS Kingsville Air Traffic Controller and graduate of the Navy's "Accelerate to Excellence" (A2E) program was promoted to Petty Officer 2nd Class in a ceremony Feb. 8, at the NASK air terminal. The A2E program, managed by the Navy Recruiting Command and Naval Education and Training Command, provided the path for advancement.

Air Traffic Controller 2nd Class Elias Mogollon used the two education advancement points he earned for his associate's degree to reach the final multiple score (FMS) required for promotion during the Sept. '09 advancement cycle. Mogollon is a graduate of the first A2E class and earned his AA degree by completing the program.

Education advancement points are available to Sailors E-3 to E-5 who have completed their associate degree (two points) or bachelor's degree (four points).

"Without my associate's degree, I wouldn't have made the required score," said Mogollon. "Accelerate to Excellence has been my pathway to rapid advancement; those two years of hard work have definitely paid off, and I'd gladly do it all over again."

Currently in its third year as a pilot program, A2E has allowed more than 250 appli-

cants to enlist in the Delayed Entry Program (DEP) and attend their local community college for two semesters before going to boot camp.

Following graduation from Recruit Training Command in Great Lakes, Ill., Sailors continue their college education in conjunction with their initial military skills training or A-School. After completion of required college courses and A-School, Sailors participating in the program are awarded their associate's degree, advanced to E-4, and are eligible for advancement to E-5 after one year.

"Petty Officer Mogollon is a fast learner that hit the deck running and has instantly become an asset to our command," said Chief Air Traffic Controller (AW) William Hornbeak, radar branch chief at NAS Kingsville. "If this is the caliber and quality of Sailor that comes from the A2E program, I'd certainly recommend it to anyone thinking of a career in the Navy."

For more information on the "Accelerate to Excellence" program, visit the Navy Recruiting Command Web site at: <http://www.cnrc.navy.mil/> or call 1-800-USA NAVY.

For more news on the Naval Education and Training Command, visit the NETC Web site at: <https://www.netc.navy.mil>.



AC2 Elias Mogollon takes a moment away from training in the NAS Kingsville Air Traffic Control tower. Mogollon is a graduate of the Navy's first class of "Accelerate to Excellence Program," which allowed him to go to college for two semesters and earn his Associate's Degree before attending Recruit Training. The program is sponsored by Navy Recruiting and Naval Education and Training Commands. (Photo by AC3 Kiana Kahlbaum, NASK Public Affairs).

## NAS Kingsville Volunteer Income Tax Advisors ready to help beat income tax deadline

By AC3 Kiana Kahlbaum, NASK Public Affairs



CS2 Montreon Smith (above) and CS1 Pearline Myers man the NAS Kingsville VITA office.



Tax season is back, bringing with it all of the headaches and inconveniences that filing tax returns consists of. Luckily, the well-trained volunteers at the NAS Kingsville Volunteer Income Tax Assistance (VITA) tax center are here to take some of the worry from you at absolutely no cost.

The Internal Revenue Service (IRS) sponsors the VITA program, which was created in 1969 to help low- to moderate-income people prepare their tax forms. It is the only free tax preparation service for military members that is supported by the Navy.

In addition to the free tax return preparation assistance, the office also offers free electronic filing. Electronic filing of returns usually results in individuals receiving their refunds in about 10 days, roughly half as long as it takes to receive a refund from a paper-filed return.

The NASK program is available to active duty, retired military, and DoD personnel. The volunteers working at the VITA office are all certified and trained in basic to intermediate tax preparation by the IRS.

"The training was a week long,"

said VITA volunteer tax advisor CS2 Montreon Smith, who is in his second year with the VITA program. "We ran through a lot of different scenarios."

Other volunteers for the VITA program are CS1 Pearline Myers, CS3 Erick Soliz, and AC2 Kelly Moynihan. CSCS Michael Reed serves as the Site Coordinator.

So far, the volunteers have been kept busy. Less than a week after the VITA office opened its doors on Feb. 1, the hard-working tax advisors had already completed 8 tax returns, saved their customers \$1,575, and brought in \$22,750 in refunds.

During the 2009 tax filing season, the VITA office completed 45 tax returns that resulted in \$155,287 being refunded. VITA offices and volunteers throughout Navy Region Southeast brought in \$22 million in refunds and saved personnel over \$2.5 million.

The VITA tax center is located in Bldg. 3740, next door to the Border Patrol, and is open Monday through Friday, from 9 a.m. to 3 p.m. Services will be offered through April 15.

The tax center is designed to be as convenient, quick and user-friendly as possible. Individuals are only asked to bring

the paperwork they will need to complete returns and fill out a questionnaire when they arrive to the center. The volunteers at the tax center will take it from there.

Individuals should bring the following items with them when they visit the tax office:

- Photo ID and social security cards for yourself, spouse, and dependents;
- wage, earning, and pension statement(s) from all employers (W-2 & 1099-R)
- interest and dividend statements (1099-INT and 1099-DIV)
- copy of 2008 federal and state returns (if available)
- bank routing and account numbers for Direct Deposit
- information on Economic Stimulus Payment received in 2008, and
- any other relevant information (example: day care expenses, mortgage statements, student loan interest, alimony payment information including former spouse SSN, etc.).

Note: To e-file a joint tax return, you must bring your spouse with you or have a power of attorney for filing taxes.

For additional information call 361-438-6994.

## MWR leads team effort for 'Wings Over South Texas' Air Show

*Continued from page 1, story by Fifi Kieschnick*

power monoplane, which is designed and constructed with one goal in mind – unlimited aerobatics.

With a top speed of over 250 mph, a roll rate in excess of 400 degrees per second, and structural limitations of +10/-10 Gs, the Extra 300S is the perfect airplane for demonstrating flight on the wild side.

Also on the program is the Commemorative Air Force's Tora! Tora! Tora!, which will light up the South Texas skies with their recreation of the attack on Pearl Harbor that signaled the beginning of the American involvement in World War II.

MWR has also booked Grammy-nominated Emerson Drive to headline a FREE concert Saturday evening, March 27, on the air station's flight line, adding a unique feature to the 2010 "Wings Over South Texas" Air Show.

Wrapping everything up in a nice package is Rob Reider, who will serve as the air show announcer. Reider is an entertainer, pilot, Midwest television personality, singer, performer, writer, and winner of 5 Emmy

awards who puts all his experience into bringing the excitement of air shows "up close and personal" to audiences all over the country.

"We were very fortunate this year to receive an entertainment grant. With it, we were able to book the band and provide the concert for free," Hill said. "We're also excited to be partnering with L&F Distributors of Budweiser beer. They will not only be providing beverages for the air show, but they are also bringing the Clydesdale horses and Budweiser beer wagon, the Bud Girls and the Budweiser Hummer."

Hill listed other events MWR personnel are organizing for the air show including: Kids' Zone for the younger air show-goers; a 5K Fun Run on Saturday morning for all ages; three food courts on the flight line; a Meet-the-Blues social on Friday evening; VIP seating and passes; and an organized school event for hundreds of area students on Friday morning.

Jeanie Alexander, MWR's school liaison officer, is orchestrating the Friday morning event for area students.

"We're inviting all school districts to a special event Friday morning being hosted by

Texas A&M Kingsville and being held in the stadium," she said. "I am personally visiting each school district's superintendent and school principals, and giving them Air Show flyers to give to the children to take home with them.

Area students will gather at the stadium to meet the Blue Angels and see the Golden Knights parachute onto the field, giving many more students contact with the performers.

"In the past, Blue Angels would visit a couple of area schools," Alexander explained. "This year, many more students will have the opportunity to meet the Blues because the students will be gathered in one place.

"University staff are also involved in the planning. The students will have a good time and really enjoy themselves," she added. MWR Director Tara Culbertson summed it up: "It's a huge team effort!"

And, the team is looking forward to a tremendously successful air show with more visitors than ever before.

(Web: [www.wingsoverstouhtexas.org](http://www.wingsoverstouhtexas.org))

## Air Operations taking Air Show logistics lead

While the NAS Kingsville Air Show Committee continues to update their checklists for the 2010 Air Show on a weekly basis, Air Operations Department personnel are taking the lead for the logistical side of the show. They are involved in everything from designing the layout of the midway, fence line, and air show central, to the placing of static aircraft on the tarmac, the location of the speakers and sound system, and other critical gear required to put on the event.

Air Show Director Lt. Michael Wildman, is overseeing the efforts, ensuring that every key ingredient to making the show a success is being taken care of. That includes coordinating fuel and smoke requirements, Federal Aviation Administration (FAA) site approval, and lining up military acts and static display aircraft.

"So far, things are going pretty well," Wildman said this week. "There is so much to bring together for the air show that we don't do here on a daily basis. We have a great team at Air Ops, and we're all working together to get everything done on time.

"Our air traffic controllers are working hard to make sure the rather large stack of FAA paperwork is filled out properly and meets all the requirements to ensure a safe show, that protects all the performers as well as the spectators."

Wildman added that Ground Electronics (GE) and Field Support personnel are playing key roles in the process.

"Our GE folks are working to ensure that we continue to have one of the best sound systems in all of the air show industry," Wildman stated. "It takes a lot to provide good audio to almost a mile of crowd line; and again, these guys don't do this every day, but they still manage to pull it off. Field Support is busy gathering all the extra equipment needed for the air planes that are coming to the show. Since we rarely deal with that type of equipment here at NASK, it can provide a bit of a challenge."

Wildman added that an all-hands event, the air show is an opportunity for our tremendous team of Sailors and civilians to show the public the extreme level of professionalism and commitment to completing the mission that we use every day here at NAS Kingsville.

"It's exciting for me to think about the fact that the level of talent and skill demonstrated in the skies over Kingsville are only a mere reflection of the people on the ground making it all happen," he added.



Setting up the air show includes putting up tents, snow fences, food and beverage stations, bleachers, chairs, and more!



The KidZone will offer rides, slides and other events for the children. The KidZone will be open for Saturday and Sunday shows.



MWR works out contractual agreements with vendors for selling food, beverages, souvenirs, and air show programs.



The world-famous Budweiser Clydesdales will be part of the opening ceremonies for the weekend Shows.

## Navy Region Southeast welcomes Region's top Sailors

*Continued from page 1*

cluded Aviation Warfare Systems Operator 1st Class (NAC/AW) James R. Davis, Naval Air Station Key West; Mass Communication Specialist 1st Class (AW) Monica R. Nelson, Navy Region Southeast Headquarters; Master-at-Arms 1st Class (SW/AW) Dary R. Sampy, Naval Air Station Pensacola; and Air Traffic Controller 1st Class (AW) Dwayne M. Hinson Jr., Naval Air Station Meridian.

The top five selectees spent the week being mentored by command master chiefs from different installations, preparing for the SOY selection board, and researching a five-minute speech about a historic military battle.

"I'm just happy to be here even though I didn't make the top five," said Master-at-Arms 1st Class (SW) Jacob M. Moore, Naval Weapons Station Charleston. "It means a lot to me and my family to be selected as my installation's Sailor of the Year. My wife and I have been able to relax and enjoy the trip with the other families and appreciate what the SOY week has to offer."

Sailor of the Year week presented many opportunities for the participants, including private tours of the Budweiser Brewery and Jacksonville Jaguars' stadium, both major employers in the Jacksonville community that actively support the military. The group also had an opportunity to tour St. Augustine, the oldest city in America.

"We chose to include visits to the Jacksonville Municipal Stadium and Budweiser Brewery to nurture the relationship that exists between these major employers, military supporters, and the Navy," said Curtin. "We receive excellent promotions for our Sailors to attend NFL games and parks such as Busch Gardens, Sea World and others."

SOY week is much more than scheduled visits and tours, the Sailors benefited from each other's extensive experience in different ratings, varied years of service, and assignments around the world. Last year's winner, now Chief Master-at-Arms (SW/AW) Larry Thomas from Naval Air Station Key West, said the gathering of these future leaders is an excellent opportunity to network within the Navy. As these first class petty officers transition to Chiefs, the shared experiences with other ratings will help them understand the 'big picture.'

"EN1 Carol Winkler and I had some good conversations on 'don't ask, don't tell,'" said Nelson. "We have differing views on it, but the conversation was good and I appreciated hearing her thoughts. She also shared what it was like to be the first and only female engineman aboard her first ship, and how important strong female leadership would be to the integration soon to take place on submarines. GM1 Gilbert Arizaga talked about his experiences at Guantanamo Bay and recount-

ed some of the history behind the base there. It was these kinds of conversations that made the week so much more than first class petty officers hanging out. This was leadership developing stronger leadership in the same way iron sharpens iron."

NAS Kingsville's SOY, ET1 (AW/SW) Heath Britt, said he was surprised with the way the Sailors were welcomed by the Region staff.

"First of all," Britt said after returning to Kingsville, "I want to say that the Region gave us the red carpet treatment for all four days that my wife and I were there. Everything was very accommodating and I speak for all of the SOYs in saying that we were honored to be there."

"As for me, I was humbled being there with the caliber of Sailors who attended the SOY week. I picked up on some different thoughts and ideas from other SOYs and Master Chiefs on motivating Sailors and adjusting to the ever-changing Navy that I will certainly use. The CMCs who attended were very interested in each of our stories and backgrounds. They were eager to answer questions and provide mentoring for all of us. The Region's staff was outstanding. They put together great tours and offered us opportunities that I probably would not have gotten to experience otherwise. I thank Master Chief Charlie Ratliff, and our CPO mess, for giving



*Naval Station Ingleside's MA1 (SW/EXW) Jeffrey Lee accepts the NRSE SOY award from NRSE Command Master Chief Joseph Curtin.*

me the opportunity to do this. I feel like I'm a better Sailor and leader for attending."

The week culminated in a formal banquet held at the prestigious Tournament Players Club Sawgrass, the Professional Golfers' Association Tour headquarters, where the winner was announced. Eighteen Sailors with crisp uniforms and outstanding military bearing matched that of senior personnel present. During the entire week, these men and women had exemplified the Navy's core values of honor, courage and commitment.

"What we've done here is prepare our future, our replacements," said Command Master Chief (SW/SS) Jeff Hudson of Naval Air Station Jacksonville during closing remarks at the banquet. "The Navy will most definitely benefit from the shaping of these future leaders."

## Air Operations Re-Enlistment



*Lt. Michael Wildman, right, congratulates ABH2 (AW) Emilio Ortiz Jr. upon his re-enlistment in the Navy Feb. 5. Ortiz, who is assigned to the Air Operations Field Support Division, shipped over for an additional three years of service.*



*Proud Navy Family: Following his re-enlistment, ABH2 Emilio Ortiz Jr. poses for a family photo with his wife Anay and their daughter Jazcell Miriam Ortiz. ABH2 Ortiz is a native of San Bentio, Texas. (Photos by Flying K correspondent Connie Cashen).*

## Navy phases out enlisted field service records

### Focus On the Fleet

*From Navy Personnel Command Public Affairs*

MILLINGTON, Tenn. (NNS) -- Like wash khakis and dungarees, the old brown-folder enlisted field service record (FSR) will soon become a thing of the past as the Navy eliminates the paper record in 2010.

NAVADMIN 040/10, released Feb. 3, outlines the Navy's plan to close-out the FSR by Sept. 30.

Service record information will now be generated and maintained electronically through a secure Internet connection to the Navy Standard Integrated Personnel System (NSIPS) Electronic Service Record (ESR). Officer field service records have already been eliminated.

The Navy first implemented ESRs in 2006. Accessible through a secure Internet connection, the ESR provides access to personnel, training and awards data for individual Sailors, Personnel Support Detachments (PSDs), personnel offices holding service records, Navy Operational Support Centers and customer commands of PSDs. A ship-board version is available through NSIPS Afloat for Sailors at sea with limited bandwidth.

PSD Memphis began closing out records for Sailors at Navy Personnel Command (NPC) last year as part of a field test.



*Personnel Specialist Seaman Casey Flett, from Mount Pleasant, Utah, searches for service records in the personnel office aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74). (U.S. Navy photo by Mass Communication Specialist 3rd Class Josue L. Escobosa).*

"It went pretty well. There are a lot of tools online that can help you locate things you need from your electronic service record," said Personnel Specialist 2nd Class Kelvin Turner, assigned to PSD Memphis. "We have not noticed much of a hiccup."

All active duty and drilling Reserve Sailors can access their ESR by signing up for a self-service ESR account on the NSIPS Web page at <https://nsips.nmci.navy.mil/> using a Common Access Card (CAC)-enabled computer. Sailors can view their own records, as

well as make minor changes, including emergency contact information, home and mailing address, official e-mail address and other personal information. Navy Reserve Sailors can also input their civilian employment information.

NPC began implementing FSR close-outs earlier this year. According to the NAVADMIN, ESR allows for global transactions for medals and awards, training and education, personnel qualification standards (PQS) and routine administrative remarks, as well as creates electronic forms that can be printed and signed when a hard copy is required.

Commanding officers, executive officers and command master chiefs can obtain command-level view-only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area managers.

A much smaller version of personnel documents, such as Record of Emergency Data, Service member's Group Life Insurance, Security Clearance Eligibility Certification and Family Care Plans are still required to be maintained by the command to support associated programs.

NPC is conducting training at PSDs throughout the fleet to make the transition as seamless as possible. For more information, read NAVADMIN 040/10.

## New detailing business rules improve fleet manning

MILLINGTON, Tenn. (NNS) -- February marks the fifth month since the Navy implemented new rules for detailing Sailors using Career Management System Interactive Detailing (CMS/ID), the Web-based program Sailors use to review and apply for permanent change of station orders (PCS).

"We have been through four complete cycles of the new CMS/ID process and we like what we are seeing," said Rear Adm. Mike Shoemaker, assistant commander of Navy Personnel Command (NPC), which issued more than 88,000 sets of PCS orders last year.

NAVADMIN 249/09, announced enhancements to the CMS/ID system including increasing Sailor choice, adjusting the orders negotiation window and a requirement to fill all red zone requisitions each cycle.

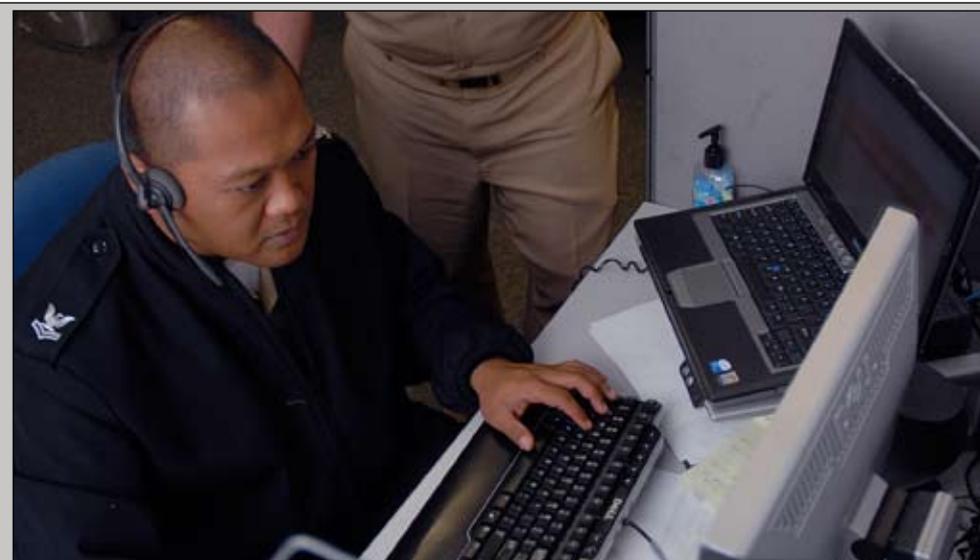
CMS/ID uses color coding to identify jobs. The majority are displayed in the green zone and are considered open requisitions. Global Support Assignments are displayed in the purple zone. Immediate requisitions -- the most critical fills that could directly degrade mission capability if unfilled -- are displayed in the red zone.

Under the new detailing rules, there are fewer of these red zone billets displayed, but all will be filled each cycle. All Sailors in the negotiating window are considered eligible for assignment to a red zone requisition.

"We are seeing our most critical billets filled," said Vicky Fabian, assigned to United States Fleet Forces Command, Manning Control Authority Fleet, which controls more than 200,000 billets including all sea duty billets in the Navy and some shore assignments. Under the new detailing rules, MCAF can place two billets in the red zone for each rating at each pay grade.

"Our goal is to make CMS/ID more agile and responsive to new and changing fleet requirements," said Shoemaker. "These initiatives bring advantages to both our Sailors and to the commands they serve, improving odds for success in naval operations worldwide."

Another change was the modification of the orders negotiation window. The detailing window is now seven-to-nine months before a Sailor's projected rotation date. This allows for a three-month window to negotiate for orders before a Sailor is considered to be eligible for an involuntary "needs of the Navy" assignment.



*Hospital Corpsman 2nd Class Ramon Eusebio processes a set of permanent change of station (PCS) orders. Eusebio is a hospital corpsman detailee at Navy Personnel Command (NPC). In fiscal year 2009, NPC issued approximately 72,600 funded PCS orders with an average cost of \$8,556 per move. (U.S. Navy photo by Mass Communication Specialist 1st Class LaTunya Howard).*

"This change encourages more aggressive participation by Sailors in negotiating orders. It also allows NPC better responsiveness to fleet demands and current Global War on Terror Support Assignment deadlines," said Shoemaker.

One benefit is that Sailors placed into "needs of the Navy" assignments will know

at the seven-month window where they are going instead of the five-month window. Assuming a stable PCS budget, another advantage is earlier issuance of orders, giving Navy families more time for PCS moves.

For more information read NAVADMIN 249/09. (Story courtesy of Navy Personnel Command).

## MWR Air Show volunteers needed

The Morale, Welfare and Recreation (MWR) Department is looking for volunteers to assist with the 2010 "Wings Over South Texas" air show. This will be one of the largest air shows in the South Texas region. MWR is seeking 250 volunteers to work the food and merchandise booths each day for this year's show.

Each volunteer group will be paid the same percentage of the profits that are made from the air show, regardless of the type of booth that you work, minus cash and inventory shortages from sales.

Food vouchers will be supplied to each volunteer per day and will only be valid for food purchase. It may not be used for merchandise or beer purchase. A cup will also be supplied, so unlimited soft drinks will be

available.

Volunteers must be 18 years of age or older to work at any booth. They must be 21 years of age or older to work at the alcohol booths. No alcohol may be consumed during the shifts. Beer servers must comply with all Texas and Navy requirements.

All food booth staff must have a valid Texas Food Handler's Sanitation Card and they must meet all Texas and Navy requirements. MWR will be offering this class to volunteers on board NAS Kingsville. MWR will also provide parking passes.

MWR is currently accepting applications from volunteers. If interested, contact Delia Martinez at (361) 516-6449 or by e-mail at [delia.martinez@navy.mil](mailto:delia.martinez@navy.mil). Applications will be accepted through March 15.

## NASK Open Recreation Program

MWR's Child and Youth Programs' Open Recreation Program is now being offered for the spring session. This program is for NASK family members 10-18 years of age.

Family members of active duty, DoD civilians paid from appropriated and non-appropriated funds (APF/NAF), military retirees, Reservists on active and inactive duty for training, and contractors assigned

on board NAS Kingsville (this includes Border Patrol) are eligible.

Registration is free. Please stop by the Navy Youth Center for registration packets and details. Events:

"Keep the Lights On Lock-In" with NAS Corpus Christi participants. From 7 p.m. Feb. 19 to 8 a.m., Feb. 20. Cost: \$10 per person. A full night of games, food, and fun at the NASCC Youth Center!

## Roll Call

*The following people recently received awards:*



NAS Kingsville Commanding Officer Capt. Phil Waddingham presented medals to two NAS Kingsville personnel during an all hands quarters and awards ceremony at the Captain's Club Jan. 28. Above left, Waddingham presents a Navy-Marine Corps Commendation Medal to MA1 (EXW/SW) Reginald Chase, for his performance as squadron chief Master-at-Arms for special operations Task Force West in support of Operation Iraqi Freedom from March 2008 to September 2009. Chase had charge of 20 Sailors across 9 detachments, implementing and directing a command-wide force protection program. His award was forwarded from the Commander, Naval Special Warfare Group One. Waddingham also presented a Navy-Marine Corps Achievement Medal to MA2 Russell Myers. This award cited Myers' performance as Security Tach Commander aboard the air station from September 2006 through April 2010. During his tour, Myers processed 275 incident complaint reports, 2,190 random anti-terrorism measures, and 1,820 random vehicle inspections as part of the command's Force Protection Program. He was also instrumental in providing critical security support for two T-45 mishaps, multiple-response incidents, two Air Force TWO visits, and five command-wide sponsored events for more than 60,000 visitors, including the 2008 "Wings Over South Texas" air show. (Photos by AC3 Kiana Kahlbaum, NASK Public Affairs).

## Military families gain access to free tutoring

*By Elaine Wilson, American Forces Press Service*

The Defense Department has launched a free, online tutoring service for service members and their families.

The site – <http://www.tutor.com/military> -- offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army families have had access to the program for more than a year. Seeing the value, Defense Department officials decided to expand the service to encompass all service members and their families, officials said.

"Providing 24/7 academic and career support for military families during a time when so many parents have a deployed spouse has been an important and well-received benefit for Marine Corps and Army families," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy.

"We are pleased to expand this program to all U.S. military families and provide peace of mind that their children are never alone when it comes to learning – there is always a certified, professional tutor available to help," he said.

Active-duty service members, National Guard and reserve personnel on active duty in a deployed status, Defense Department

civilians in a deployed status and their dependents are eligible to participate, officials said. The site is open to students of any age – from kindergartners to high school seniors – for one-on-one help in math, science, social studies and English.

Many of these students, officials said, are making the most of the live, one-on-one help. "Thanks for having this service when our family is separated at this time due to deployments and training," said the 6th grader of a Marine. "My father is unable to help one-on-one."

"I really appreciate this," another program participant, a 9th grader, said. "It really helps me understand my school work. It's going to really help me 'ace' my exams coming up! I am definitely going to use this very often."

Tutor.com's network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said. Each tutor is certified through the site and all sessions are recorded for quality control.

Related Sites: <http://www.tutor.com/military>; Office of Military Community and Family Policy <http://prhome.defense.gov/mcftp.html>

## Free access to caregiver network available

*By Elaine Wilson, American Forces Press Service*

Military families now have free access to an online network of quality caregivers who can assist with everything from baby-sitting to dog walking.

Sittercity is the nation's largest online source for local baby-sitters, nannies, elder care providers, dog walkers, housekeepers and tutors, and contains more than a million caregiver profiles, officials said.

Military members and their families can activate their membership by going to <http://www.sittercity.com/dod>. The Sittercity Corporate Program, funded by the Defense Department, offers military families -- including active duty, Guard and Reserve -- with a paid membership to the site.

"We believe that access to Sittercity's nationwide network of quality care providers will be highly beneficial to our service members and their families," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy.

The paid membership enables military families entry to a custom-built Defense Department Web site portal where they can match up caregivers to their situation; gain instant access to caregiver profiles that include background checks, references and

reviews; and find military-certified care providers as well as caregivers who are military-subsidized and authorized access to a military installation. The site will help meet the unique needs of military families as they face deployments, long hours at work and assignments to remote locations, Thomas said.

"Because of the mobile nature of military life, trusted community resources are often difficult to identify and locate," he acknowledged. "These online tools will help service and family members attain the best match between resource and need."

Thomas said service members and their families can rest assured that they're being provided with top-notch care. The site "links military family members with somebody that the Department of Defense says, 'We've entrusted you to provide this service to our people,'" Thomas said. "If that military member is out on the front line knowing that the family back home has a sense of ease and comfort, life is good for everybody," he added.

While the membership is free, service members will be responsible for the hiring and paying of caregivers, officials said.

Military members and their families can activate their membership by going to <http://www.sittercity.com/dod>.



**Chaplain (Lt.) Mark Haley**  
NASK Command Chaplain

## Bringing Faith, Hope and Life into our New Year.

Faith is to know the gift of God. Hope is to have this gift of God. And Life is to share the gift of God. So it is good to find the gift of God, which is faith. Then we can experience hope from God's gift from above. Wow! What a life that gives us all, as we share God's gifts with others.

Faith is God's action for us to believe in God. God makes the first move; then it is up to us to believe in God's move in our lives. This builds our faith. Believing in God's actions in our lives gives us hope; as God cares and provides for His creation. That gives us a life of trusting God's actions, as God continues to reveal His purpose for our lives. That is why many give God praises. God is worthy and we are grateful!

God reveals His Glory every day in our lives and communities. It was not just Jesus performing God's miracles; but God Himself experiencing the joys and sorrows of daily living in this world. A Samaritan woman re-

trieving water had experienced God's actions that changed her life, as she had experienced many sorrows in this world. She experienced the grief of many failed relationships and needed God's love to fill her void in her life. Jesus told her if she trusted in the living water He has to give, she would never thirst again. Have you been thirsty? I mean really thirsty.

Jesus told her all about her life and that was enough movement of God to cause her to receive the gift of faith in God. Jesus spent two days in her village, and now the whole village believed, not because of the woman at the well's experience with Jesus; but because they experienced Jesus for themselves. Now they believe, have hope, and a new life of faith. Hope to share with the world and their families. Faith is to know God's gift. Once a person believes for himself, they have hope in their belief. Hope they continue to experience in God's actions and blessings that can be shared by all. There is not a task we can not complete by having faith in God's actions.

This reminds me of our mission in the Navy - to protect our freedoms and keep our sea lanes open. This mission we are tasked with, brings much visibility to our Country. The presence of our warships and air power demands much respect from others. They know what we will do and dare not to attack us, change, or block the free use of international waters. These are boundaries of our task to keep the world's sea lanes open. They know the consequence of

not believing, that we will flex our military might.

Many countries believe in our fight for freedom as we keep the sea lanes open. They believe in the mission of the United States Navy. They believe in us. That gives them hope from the pirates and evil actions that try to challenge our resolve. This makes it possible to live a life of peaceful commerce; to share each others' gifts and blessings that God provides for all. Yes, our World does have faith in the USA, as our coalition flags fly for a life of freedom. Faith in America's actions, strikes the bells of freedom to ring for the hope of all peoples to live a life of peace.

We enjoy the fruits of peace as we experience God's goodness. So thank you for fighting and believing in our country; "and for which it stands, one nation under God, indivisible, with liberty and justice for all." God has purpose for us here at NAS Kingsville that will continue to build our faith, hope and life.

Don't take my word for God's provisions, protection, and life: Experience God for yourself. God has made the first move. Now it is up to you to believe in God's action in our every day lives. I know my hope comes from God's actions, which helps me to keep my sea lanes open for the best year ever.

Enjoy God's Blessings, Chaps



## NAS Kingsville Religious Ministries Chapel Services:

Sunday: Family Bible Services with Children's Church, 9:30 a.m.;

Catholic Mass, 12:30 p.m.;

Tuesday: Noon Bible Study

Wednesday: Officer Christian Fellowship, 7 p.m.;

Thursday: Catholic Choir practice, 5 p.m.; Music Prayer Fellowship, 6 p.m.

All events take place in the Chaplain's multipurpose room, Bldg. 2741.

Come Join Us!

## Stress: Even if you didn't cause it, you can help

When your employees walk in the door each day they don't leave their off-the-job stress at its source. It competes for their attention with their job duties as well as their safety. And pressures at work too often compound stress.

Employee stress is nothing new, but it certainly is getting a lot of attention these days. If you look around, workers are up to their ears in job insecurity, disappearing savings, kids moving in, aging parents, higher insurance co-pays, and fears of viruses and terror attacks. The list just keeps on going.

Why should you care?

As supervisors, you know the mantra well: To have a safe workplace, you have to develop a culture of safety.

Dave Logan a University of Southern California professor and managing partner of the consulting firm CultureSync believes the same is true about stress reduction. He believes that the culture a work group exhibits is responsible for the level of stress and depression employees experience in the workplace.

Work group culture as expressed by the following levels has a direct correlation to stress.

Raise the Culture Level, Lower the

### Stress

The lowest culture level is stage 1, characterized by the feeling that "life stinks" and that a person can do whatever it takes to even the score, including acting out. At this level, says Logan, people experience stress, depression, anger, and even violent incidents. If there is a loner in the group who is suffering from stress or worse, the culture does little to encourage other members to reach out.

In culture stage 2, the thinking is "my life stinks" but there is some hope that things may improve overall. Managers spend large amounts of time telling people what to do and because of their lack of autonomy, individuals may appear angry and beaten down. Logan says mentoring can help employees at this level reach stage 3.

Culture stage 3 thinking can be described as, "I'm great and you're not." This type of culture is common among knowledge workers in fields such as sales, law, medicine, and academia. Workers may feel rewarded for their values and achievements, but competition is strong and the group is not cohesive.

"We're great!" is culture stage 4 thinking. Members of a group acknowledge common values, but too frequently united against something or someone else, like another department or an outside competitor.

At culture stage 5, the highest level of workplace culture, members of the group are "all hands on deck." They assist one another in diverse ways. If an individual appears antisocial, troubled, or simply stressed out, others are quick to reach out to assist, thus preventing the kinds of acting out more likely at lower levels.

The social interaction in the group is robust and helpful. The thinking is: "What's our highest aspiration and how can we positively change the world?" People at stage 5 feel connected, less stressed, and less prone to depression. This is exactly what we strive to integrate into our safety culture.

### What Does Stress Look Like?

Although people respond to feeling stressed and overwhelmed in different ways, there are some general warning signs—for example, feeling anxious or depressed, apathy and loss of interest in work, fatigue, headache or stomach problems, withdrawal, and use of drugs or alcohol.

Many of the commonly recommended methods of managing stress are similar to the practices recommended for good general health. They include:

- Getting regular aerobic exercise
- Making food choices that help maintain

## Focus on Safety

an even level of blood sugar in the body  
- Drinking alcohol in moderation and avoiding tobacco products

### Getting enough sleep

Prioritizing and organizing one's life, for example, by not over-committing, planning regular breaks, and delegating responsibility. Breaking bad habits such as expecting perfection from oneself and others, and falling into the pattern of negative thinking.

In addition to publicizing those strategies, you can help employees manage stress by taking steps such as:

Improving communication with employees and clearly defining their responsibilities  
Consulting teams about how work is scheduled and performed

Offering rewards and incentives, including praise

Cultivating a friendly social climate by providing opportunities for interaction and establishing a zero-tolerance policy for harassment

Is stress affecting your employees?  
Where are they on the group culture level?

Help your employees manage their stress level.

## Air Show 5K 'Fun Run'

A 5K fun run will be held on board NAS Kingsville prior to gates opening, Saturday, March 27, for the "Wings Over South Texas" 2010 Air Show.

The 5K fun run is open to all ages and will begin at 7 a.m., at the NAS Total Fitness Connection.

Entry fees are: \$10 for military and their family members; \$15 for civilian youth ages 8 to 17; and \$30 for civilians. Civilians can enter for \$25 if they register prior to March 15. The entry fee includes a "Wings Over South Texas" 5K T-shirt and a goody bag filled with items from air show sponsors.

The final day to register is March 22. Open registration will also be held at the Kingsville Chamber of Commerce on March 23 and 24, from 5 to 7 p.m.

For more information and to download the registration form, visit the "Wings Over South Texas" website, [www.wingsoversouthtexas.org](http://www.wingsoversouthtexas.org), or call (361) 516-6171.

## Bowling Standings

### In the Dog House League (2/10)

Pos.	Team	Won/Lost
1.	Lane Breakers	64-36
2.	Triple X's	53.5-46.5
3.	Three Minds	52.5-47.5
4.	Tumbalos	50-50
5.	The Guys	48.5-51.5
6.	The Hounds	31.5-68-5

### Weekly High Scores:

Ben Gonzales 223 game  
Hardy Robertson 203 game  
Brian Worrall 214 game, 507 series

### Wed. Nite Mixed League (2/10)

Pos.	Team	Won/Lost
1.	DUH's	48-32
2.	Slow Rollin'	45-35
3.	Pete's Angels	44-36
4.	Laugh Out Loud	43-37
5.	Pin Bangers	43-37
6.	Big K Rollers	37-43
7.	Sixty Forty	32-48
8.	Guttermouths	27-49

### High HC Series:

Jerry Clark, 760 / Mary Gonzalez 693  
Bob Gookin, 608/ Regina Garcia, 670

### High Games:

Jerry Clark Jr. 264, 718 series  
Darrell Beal 253; John Zapalac 246

## Ambassadors dazzle NASK All Stars

By Jon Gagné, NASK Public Affairs

The Harlem Ambassadors basketball team rolled into Kingsville Wednesday, Feb. 11, for a benefit basketball game at Texas A&M University-Kingsville's Hampton Inn Center. More than 600 fans from the local community turned out to watch the action.

The Morale, Welfare and recreation Department's Youth Activities Center brought the Ambassadors to Kingsville through a grant from Navy Region Southeast. The team travels throughout the country and overseas promoting education and health and fitness for children. The team consists of 10 players, all of whom have completed their college education.

NAS Kingsville sent two different teams to TAMUK for the game. Global Force, a Navy Recruiting team from Corpus Christi, won the recent basketball tournament on the air station and they took on the Ambassadors in the first and third quarters. The second team consisted of NAS Kingsville and City of Kingsville VIP's, led by Capt. Phil Waddingham and Capt. Mark Brooks. Also on the squad was NAS Kingsville Air Boss, Lt. Cmdr. Dave Anderson, Command Master Chief Charlie Ratliff, Kingsville Mayor Sam Fugate, TAMUK president Dr. Steve Tallant, KISD superintendent Emilio Castro, TAMUK athletic director Ken Oliver, and Kleberg County sheriff Ed Mata.

The Harlem Ambassadors offer a unique brand of "Harlem-style" basketball, featuring high-flying slam dunks, dazzling ball-handling tricks and hilarious comedy routines. They also feature non-stop laughs and deliver a positive message for kids wherever they play. "At our shows, we want the kids to know that they're part of our team too," Coach Ladè Majic said. "That's why we invite as many kids as we can to come sit

on the bench, have a front row seat during the show, and get involved in all of the fun stuff we do."

The Ambassadors have worked extensively with organizations such as Habitat for Humanity, Boys & Girls Clubs, Big Brothers Big Sisters and American Red Cross, as well as Rotary, Lions and Kiwanis clubs in communities throughout the U.S. They perform more than 200 shows a year. Those shows have helped raise millions of dollars – an accomplishment of which Ambassadors' president Dale Moss is very proud.

"It feels good to be able to provide quality entertainment and create memories that the fans will take with them," Moss explained. "We're able to give even more when we can help provide funding for a Habitat for Humanity house or new computers for the school library, and that feels great."

Thursday game at TAMUK proved to live to up to its billing. While the Ambassadors played to the crowd, both NAS Kingsville teams tried their best to play up-to-par with the Ambassadors, although their valiant efforts fell short of their mark.

In the end, the Ambassadors controlled the game in every aspect - from ball control, to high-flying slam dunks on the court, to entertaining the crowd.

"I'm very grateful to the Ambassadors for allowing NAS Kingsville to share the spotlight with them tonight," Waddingham said after the game. "Our teams played more of a support role in helping the Ambassadors get their message across to the crowd - stay in school, strive for success in every endeavor, and be the best you can be."

The final score was, basically, too much to too little. But the message was clear - have fun.



Youth Activities director Brett Edwards displays a certificate of appreciation, presented to MWR on behalf of the Harlem Ambassadors.

More game photos on Page 12

## Trading Post

**For Sale: 2001 Nissan Frontier** truck. Silver with bed liner and cover, automatic. Well-maintained and in good condition. \$4,000 OBO. Call Jackie at 847-975-2790 for inquiries or [jschuman\\_78@yahoo.com](mailto:jschuman_78@yahoo.com).

**Home For Sale:** 3 BD/2 BA home in Paulson Falls. Beautiful hardwood and tile floors throughout, covered deck in fenced yard, all appliances stay, updated faucets and fixtures, ceiling fans in every room. A must see!! \$146,999 OBO. Available FEB. Call 847-975-2790 or e-mail [jschuman\\_78@yahoo.com](mailto:jschuman_78@yahoo.com).

**For Sale: 1985 Jeep CJ-7**, Inline-6 cyl, automatic transmission, Dark green. \$4,000 firm. Runs like a CHAMP! Perfect for off-roading! Clear Texas title. Well-loved vehicle, lovingly maintained, brought to Texas from Hawaii. 100,000 miles. Looks like it was originally a hard top, has full steel doors w/rolling glass windows. Some rust along the floor, minor cracks and rust on exterior of body, rust on hood - hey it's 25 years old! Call Tara at (cell) 675-0373.

**FOR RENT:** Remodeled historic 4-bedroom, 1 1/2 bath home on 1/3 of an acre. 1,900 square feet; fenced-in yard; huge kitchen; very large bedrooms; detached 2-car garage; corner lot, huge yard; convenient location near TAMUK, downtown, and restaurants. Recently remodeled; hardwood floors throughout; huge laundry room/storage area; entire house water filter; all new appliances; central A/C & heat; great for a family! Pets accepted on approval with deposit. \$1,150 per month. Contact Michaela Stuart @ 619-606-4377 or [Michaela.Stuart@yahoo.com](mailto:Michaela.Stuart@yahoo.com).

### AD POLICY:

Active-duty military, retired military, and NAS Kingsville civilian employees may place ads in the Trading Post. Only for sale, or rent. No personal business ads will be accepted. Send your ads to the Public Affairs Office via e-mail ([kngv-pao@navy.mil](mailto:kngv-pao@navy.mil)). Ads will run for two issues.

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## Fleet & Family Support Center Class Schedule

### Transition Assistance Program (TAP)

March 15-19  
May 10-14  
July 12-16  
Sept. 13-17

### Executive TAP

April 12-16

### Command Financial Specialist

August 9-13

### First term CONSEP:

June 7-10

### Mid-Career CONSEP:

Sept. 20-23

### Military Saves:

March 1-5



*Kingsville Mayor Sam Fugate gets ready for the tip-off as the game rolls into the final quarter.*



*6' 10" Corry Thompson (44) slams home an easy dunk.*



*The Harlem Ambassadors join members of the NAS Kingsville - City of Kingsville VIP team for a group photo at center court following the game at TAMUK's Hampton Inn gym.*



*Capt. Phil Waddingham attempts a free throw, while Krystal Jackson (0) tries to distract the shot, much to the amusement of VIP center Dave Anderson.*



*Capt. Mark Brooks controls the zone under the bucket in hopes of bringing down a rebound.*



*Above left, Ambassadors Terry Turner (30) and Lade Majic 'take out' Kingsville ISD superintendent Emilio Castro. Right, Ambassador players present ceremonial game balls to TAMUK president Dr. Steve Tallant and NAS Kingsville Commanding Officer Capt. Phil Waddingham.*



*Kingsville TV reporter Mingo Chavez gets some VIP interviews during halftime.*



*Ambassador player-coach Lade Majic tries to get around VIP big man, and Kleberg County Sheriff, Ed Mata.*



*Ambassador Corry Turner brings home an easy layup during the third quarter.*



*VIP center Dave Anderson (21) follows a shot to the basket as teammate Ken Oliver (TAMUK) screens defenders from the basket. Photos by Jon Gagné, NASK.*