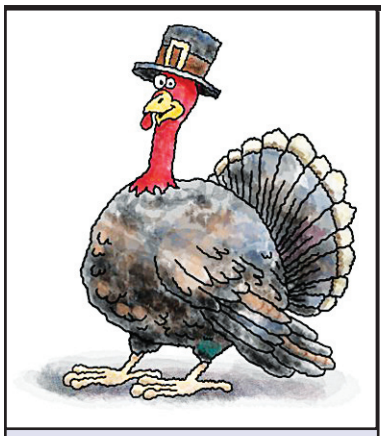
WINGSPAN

NAS CORPUS CHRISTI, TEX.

Vol. 20, No. 23 | Naval Air Station Corpus Christi, Texas | November 13, 2014



Thanksgiving Deals & Events
page 9

November is Military Family Month
page 7

Wounded Warrior Care Month
page 8

Testing for Lead in Water in Priority Areas
page 4

NASCC Energy Symposium highlights sustainable energy

Story and photo by Rod Hafemeister

Sustainable energy was the focus as Naval Air Station Corpus Christi held its annual Energy Symposium Oct. 29.

While conservation was again a theme, this year's symposium also featured extensive discussions about geothermal energy, with a joint presentation by the Navy's Dr. Andy Sabin and Department of Energy's Timothy Reinhardt.

Sabin talked about the challenges and economics of geothermal power generation in the tectonically active West.

"It really comes down to what it costs to the how much fluid at what temperature," he said.

He also discussed hybrid systems, using solar power during the heat of the day when heat transfer is less efficient and geothermal at night.

Reinhardt focused on a different kind of geothermal – the large amounts of hot water extracted during oil and natural gas production in the Gulf and other regions.

DoE studies have shown it could make economic sense to use that water for power generation, he said.

About 100 people attended the symposium, which also included a variety of vendors showcasing the latest in energy saving systems.

Cmdr. Amanda Brooks, Public Works Officer, discusses energy saving technologies with U.S. Coast Guard officers during the 2014 Naval Air Station Corpus Christi Energy Symposium Oct. 29. The symposium included the UA Sustainable Technologies Demonstration Trailer from the United Association of Plumbers, Fitters, Welders and Service Technicians displaying a variety of energy water saving systems in actions.

Fire fighters support school kids 'no drugs' pledge

A nun at Our Lady of the Rosary Catholic School tries handling a fire hose during an Oct. 30 visit to the school by NAS Corpus Christi Fire & Emergency Services. The fire fighters came in support of the annual Red Ribbon campaign to keep kids off drugs.

More photos on page 5.

Skipper's Column

Controlling Base Access

by Capt. Steve Banta

Banta

I'd like to say a few words about base access, security, and safety.

It is my responsibility as Commanding Officer to provide a safe, secure base for all NASCC personnel, tenant organizations, residents on base, and those visiting.

As you may have noticed, our security personnel manning the gates require you to remove your identification from your wallet, or other holder, so they can physically examine it.

This is a security requirement to ensure only those with authorized access to the Air Station actually get on board.

Gate guards must physically examine the ID and compare the photo to your face. They will also scan IDs for verification in our databases.

Yes, it can mean a little extra time at the gate – but if you approach the gate with your ID out and ready, we can keep the delay to a minimum and keep traffic moving smoothly.

Certain times of day are heavy traffic times.

We know that – that's why we have four lanes at the Main Gate (including the vehicle inspection lanes) and two lanes at the Back Gate open during those times.

Even so, it takes only one or two drivers having to dig for their ID or deciding to argue with the gate guard to start backing up traffic.

I ask you to be considerate of the guards and of other drivers.

Be cautious driving through the serpentine barriers.

Be ready when you approach the gate.

And please understand that the gate guards are only doing what they are instructed to do – what I have instructed them to do – through their chain of command.

If you have an issue with how they do their job, don't get in an argument with them – contact me, my Executive Officer, or my Security Officer.

I also would like to remind everyone that it is illegal to use a cell phone while driving on base – both for calling or texting.

It is unsafe at any time while driving – but onboard NASCC, you will get a ticket.

Let's approach the holiday season safe, secure, and courteous.

Chaplain's Message

Duck Hunting Revisited

by Lt. Cmdr. Stephen Warne, Chaplain

I first wrote about my experiences with duck hunting several years ago when I first arrived in Corpus Christi. The following is a portion of my original article combined with an update.

There are many things in this world that I have not experienced, many of them due to my lack of knowledge concerning them.

I will admit that I am willing to try most things at least once and usually enjoy the experience of trying something new.

So when I moved to South Texas and discovered that duck hunting was readily available, I decided to try it out. I have always enjoyed the outdoors and quickly landed an invitation among duck hunters to experience the thrill of the duck hunt.

My first experience was great. In fact, I enjoyed it so much that I bought a small boat to aid in my new found hobby.

I am now a full-fledge duck hunter, although I must admit that more ducks evade my position than venture within shotgun range – probably due to my inexperience of placing decoys and learning the ducks' habits.

Nevertheless, I am committed.

Since my early duck hunting days, I have become much more efficient at placing decoy spreads, learning to "Texas rig" my decoys for easy placement and retrieval, how to build a blind, and learning by experience how to be a more successful hunter.

You may be wondering why a chaplain is writing about hunting instead of a more "appropriate topic."

Good question.

Have you ever considered what you may be missing by not visiting any number of local churches and worship centers?

Warne

Like my duck hunting, you may discover something amazing and very fulfilling.

Please know that it is not about getting "all your ducks in a row" before you go, it is about the journey; learning and experiencing as you go.

Editor's Corner

The Month the World Changed

by Rod Hafemeister

Hafemeister

"Are you watching this?"

The voice on the other end of the phone, 25 years ago, was an old Army buddy; like me, a follower of international relations.

"This" was Germans – East and West Germans – chipping away pieces of the Berlin Wall... and with it, the essential elimination of the "Iron Curtain" that had separated the West from the countries under the thumb of the Soviet Union since the end of World War II.

It was Nov. 9, 1989. The head of the East German Communist Party had faced reality and announced that, effective immediately, East Germans could cross into the West without restrictions.

And they did – by the thousands.

An historian can point to several dates that marked the demise of the Iron Curtain and end of the Cold War: Mikhail Gorbachev's election as General Secretary of the Communist Party of the Soviet Union in 1985 and his policies of glasnost and perestroika, leading to the eventual dissolution of the Soviet Union.

Or there's Aug. 19, 1989 – when Hungary effectively opened its border with Austria. Within days, more than 13,000 East German "tourists" escaped to Austria before the Hungarians stopped the flow. Those who didn't escape flooded the West German embassy in Hungary and refused to leave.

Others found another open border in Czechoslovakia and escaped to the West.

By early November, protests were common in East Berlin, culminating in more than a half million protesters in one demonstration on Nov. 4.

When East German officials announced Nov. 9 that they would allow some border crossings, thousands showed up at the Berlin Wall demanding to be let through.

Overwhelmed guards, generally poorly paid conscripts, couldn't get instructions – no higher ups were willing to authorize lethal force against the protestors.

So the gates opened – and the world changed.

Less than a year later, on Oct. 3, 1990, East and West Germany formally reunited.

It hasn't been an easy reunification; the majority of East and West Germans had known only the post-World War II era of Cold War tensions and the conflicting political/economic ideologies of the West and the Soviet puppet nations.

Today, we see an increasingly aggressive Russia - no longer Communist, but with decreasing freedom.

Where that will lead, remains to be seen.

I am reminded of that ancient curse about living in interesting times.

Wingspan

NAS Corpus Christi

"Exceeding Expectations Through Pride In Performance"

Commanding Officer
Capt. Steve Banta

Public Affairs Officer
Fifi Kieschnick
fifi.kieschnick@navy.mil

Editor
Rod Hafemeister
rodney.hafemeister@navy.mil

Wingspan is an authorized publication for members of the military services, civilian personnel and their families. Its contents do not necessarily reflect the views of the U.S. Government, the Department of Defense, Department of the Navy or the Department of the Army, and do not imply endorsement thereof.

Wingspan is published every other week in digital (PDF) format and available online on the Naval Air Station Corpus Christi command website: http://www.cnic.navy.mil/regions/cnrse/installations/nas_corpus_christi.html

The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station, Corpus Christi, Texas. Stories and photos not otherwise attributed are written by the Wingspan staff.

The address is: Commanding Officer, NAS Corpus Christi, Attn: Wingspan, 11001 D St. Suite 143, Corpus Christi, Texas, 78419-5021.

All news releases should be sent to the above address.

Please call (361) 961-2674 for deadline information.

Worship Services

CATHOLIC WORSHIP SERVICE
Base Catholic Chapel
Daily Mass Wed-Fri: 11:30 a.m.
Sunday Mass: 9 a.m.
Religious Education: Sunday - 10:00 a.m.

PROTESTANT WORSHIP SERVICE
Base Protestant Chapel
Sunday Service: 10:00 a.m.

JEWISH WORSHIP SERVICE
Temple Beth El (4402 Saratoga Blvd.)
Friday at 7:30 p.m.
(with dinner to follow)
For further information call
Temple Beth El at 857-8181

ISLAMIC WORSHIP SERVICE
Islamic Society of South Texas
(7341 McArdle Rd.)
Jumah Service – 1:30 p.m.
For other worship service times, call 992-8550

CCAD and DLA work together to preserve assets during storage

Story and photos from DLA Distribution Corpus Christi

What do you do when you have to store a large portion of a very expensive helicopter?

Build a custom container, of course.

At least, that's the solution Defense Logistics Agency Distribution Corpus Christi devised when confronted with the problem by Corpus Christi Army Depot.

DLA Distribution Preservation, Packaging, Packing, and Marking (PPP&M) and CCAD UH-60 Structures Program worked together to provide proper preservation for storage of a UH-60 Blackhawk Upper Deck Assembly.

DLA PPP&M designed a storage crate that was approximately 20 feet long by 10 feet wide and six foot high.

The crate will safely and securely store the asset until it is ready for installation by the CCAD team.

Rhea Middleton of CCAD coordinated the movement between CCAD and DLA, ensuring both commands worked together in unison, so production of the crate building process began with receipt of the asset.

"This is a difficult project to complete," said Bryan Ramirez, a wood worker at DLA Distribution PPP&M.

"It is one of the larger crates we build to support the preservation of CCAD's assets. It is very challenging, yet always very rewarding, upon seeing the completed project.

"Protecting the assets for the warfighter, it's what we love to do."

Building the crate took approximately 40 man-hours, by Ramirez, Jon Rogers, and Paul Inskeep, of the DLA PPP&M Wood Shop.

DLA PPP&M Supervisor, Troy Barker stated

"Our PPP&M team always comes through in the clutch," said Troy Barker, DLA PPP&M supervisor.

"The carpentry skills of our team are outstanding, and their mission-first attitude is always refreshing.

"Crates are built in accordance with the Special Packaging Requirements (SPI) that have been designed for the assets long term protection.

"Large SPI crate building projects like this are common place to our Wood Shop, as they routinely build SPI crates for aircraft tail booms, aircraft ramps, and aircraft stabilizers, just to name a few.

"It is always a pleasure to work with the professionals at CCAD to provide a quality product to them, in a timely manner".

Tasked to safely store the upper deck of a UH-60Blackhawk, the Wood Shop of DLA Distribution Corpus Christi's Preservation, Packaging, Packing, and Marking (PPP&M) worked with CCAD's UH-60 Structures Program to design and build a custom crate. Top right, the crate with Blackhawk part being loaded onto a trailer. Bottome right, a look at the support built into the crate.

CDC, Youth Center being tested for lead in the water

by Rod Hafemeister

Naval Air Station Corpus Christi will be testing for lead on Nov. 18-19 at the Child Development Center and Youth Activity Center – but no problems with lead are expected.

Similar testing was done this summer, with nothing found. The base water supply hasn't changed and neither has the plumbing, so Public Works officials do not expect to see different results from this summer.

The testing will also include water fountains located at the ball parks on base.

The testing is part of a Navy worldwide policy; bases in Navy Region Southeast began testing in September under a program called "Lead in Priority Areas."

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children.

There is no federal law or DOD policy requiring schools or child care facility to test drinking water for lead.

However, the health and safety of all of our Navy family is a top priority of Navy's uniformed and civilian leadership – hence the additional testing program.

NAS Corpus Christi already does sampling for lead and copper to meet the state of Texas regulations for lead and copper testing.

This additional sampling is being done, even though there is no regulatory requirement, to test child development centers or other high priority areas, such as the youth activity center.

Lead in drinking water is primarily from materials and components associated with service lines and home plumbing.

This water supply is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components.

When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to two minutes before using water for drinking or cooking.

If you are concerned about lead in your water, you may wish to have your water tested.

The Environmental Protection Agency's (EPA's) recommended guidance for priority areas advises the level to be no more than 20 parts per billion (ppb).

To put that into perspective, one part per billion it is equivalent to one drop of water in an Olympic sized swimming pool.

If results show lead levels exceeding 20 ppb, those fountains and outlets will be taken out of service until corrective actions take place.

Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at **http://www.epa.gov/safewater/lead.**

SAFE DRINKING WATER – CHECKING FOR LEAD

The United States Navy is committed to protecting the health of their Sailors, civilian staff, and their families by providing safe drinking water. Drinking water quality, including testing for lead, is monitored throughout the installation. It is Navy policy to follow Environmental Protection Agency (EPA) optional guidelines for testing and sampling of water outlets from which children may drink at childcare centers, hospital pediatric wards, and maternity wards.

WHAT IS NAVAL AIR STATION CORPUS CHRISTI DOING?

- Naval Air Station Corpus Christi will test water from sinks, faucets, fountains, and hose bibs at Child Development Centers (CDCs), Youth and Teen Centers, and playground areas on 18-19 November 2014.
- Test results will be made available 4-6 weeks after sampling has been done, at locations where testing was conducted.
- This is an ongoing program that will include yearly updates and complete retesting every five years.

WHAT IS LEAD?

- Lead is a naturally occurring metal that is harmful if inhaled or swallowed.
- Lead can be found in air, soil, dust, food, and water, and is common in plumbing materials and water service lines.
- Exposure to elevated levels of lead can result in adverse health effects.

WHAT ARE THE HEALTH RISKS OF LEAD EXPOSURE?

- Lead poses a significant health risk to young children up to the age of six, especially infants and fetuses, where the danger is very severe.
- Growing children absorb lead more rapidly and are negatively impacted by a level of lead exposure that would have little effect on an adult.
- A child's mental and physical development can be irreversibly impaired by over-exposure to lead.
- EPA estimates that drinking water can make up 20% or more of a person's total lead exposure.
- Infants who consume mostly mixed formula can receive 40% to 60% of their exposure to lead from drinking water.

HOW DOES LEAD GET INTO A FACILITY'S DRINKING WATER?

- Even though drinking water from water treatment plants may meet federal, state, local and overseas standards, a facility may still encounter elevated lead levels at the outlet or spigot due to lead in plumbing materials.
- The most common cause is corrosion of materials containing lead in the water distribution system, such as plumbing pipes, solder, water coolers, and faucets.
- Many factors contribute to corrosion, including the acidity of the water, and when water stands in the plumbing system for prolonged periods of time.

HOW MUCH LEAD IN DRINKING WATER IS TOO MUCH?

- EPA set a guidance level of 20 ppb in childcare settings to protect children who are exposed to lead in drinking water on a chronic basis.
- EPA recommends that childcare facilities collect first-draw samples from water fountains and outlets, which maximizes the likelihood that the highest concentrations of lead are found because water remained in plumbing overnight.
- When sampling results show lead levels exceeding 20 ppb, those fountains and outlets are taken out of service until remediation is complete.

WHAT IS REMEDIATION?

- Remediation refers to both short- and long-term actions taken to reduce the levels of lead in drinking water if test results indicate that there is a lead issue at a childcare facility.
- EPA's childcare facility sampling protocol was designed to identify specific fountains and faucets that require remediation, such as water cooler replacement.

WHERE CAN I FIND MORE INFORMATION?

- Contact your family doctor or pediatrician who can perform blood tests for lead.
- Naval Air Station Corpus Christi Environmental Program Director, Bernice Snyder, 361-961-5353 can provide you with information about your facility's water supply.
- More information on the health effects of lead can be found on EPA's website at http://www2.epa.gov/lead.

CNRSE/NAVFAC SE July 2014

Above, NAS Corpus Christi fire fighters give students at Our Lady of the Rosary Catholic School a chance to climb in a fire truck and handle other equipment. Below, fire fighters join students and teachers in taking the Red Ribbon week pledge to stay away from drugs.

Photos courtesy NASCC Fire & Emergency Services

NAVAL HEALTH CLINIC CORPUS CHRISTI

11th Annual Community Health Fair

Thursday, November 20, 2014

0800-1200

Naval Health Clinic's outpatient lobby

Please join us to learn about health programs, services and resources in our military community that can help improve your health and quality of life.

Chat with representatives from the Fleet and Family Support Center, USO, TRICARE, Wellness Clinic, 211 Texas, Dental, Behavioral Health, SARP, Optometry, Chaplain Services, Navy Marine Corps Relief Society, Radiology, Pharmacy, Customer Service Department and Military Home Port.

NAVY-MARINE CORPS RELIEF SOCIETY 1904 · TRICARE · UNITED STATES NAVY CHAPLAIN CORPS

The Fleet & Family Support Center · USO · 2-1-1 TEXAS Connecting People and Services

For more information call 961-3914

Awards and Achievements

Winging — October 31

Photo by Hugh Lieck Event Photography

Winging officials, from left: Barbie Baker, Corpus Christi Chamber of Commerce; Cmdr. Jason Wood, Commanding Officer, Training Squadron 35; Col. John Rahe Jr., Commanding Officer, MATSG-22; Cmdr. Rick Van Derostyne, Chief Staff Officer, Training Air Wing 4; Cmdr. Matthew Foster, Commanding Officer, Training Squadron 31; Lt. Cmdr. Stephen Warne, Chaplain.

Wingees, in alphabetical order: 1st Lt. Stephen C. Cordon; USMC; 1st Lt. Andrew William Irwin; USMC; 1st Lt. Zackary Austin Kitts; USMC; Ensign Matthew Albert Meyer; Ensign Garrett Lee Middleton; Lt. j.g. Nicholas R. Miller; Ensign Michael P. Pierce; Ensign Adam J. Swanson.

Fire & Emergency Service Awards - October 29

NASCC Fire & Emergency Services on Oct. 29 held what is planned to become a quarterly event to recognize the broad range of accomplishments that occur within the department; to include welcoming of new personnel, promotions, awards, and other accomplishments associated with professional development and continuing education. They celebrated a promotion, with Jeremy Massey being 'pinned' as a captain; they welcomed eight recently hired firefighters to the NASCC F&ES Family (Scott Campos, Billy Hernandez, Conrado Jaquez, Richard Puente, Idaim Robles, Daniel Thompson, Adam Vander Zanden and John Vasquez); awarded personnel the CNIC Life Saving Award for a July 2014 medical emergency (Capt. Tom Tracy, Lt. Art Garza, Fire Fighters Owen Miclat, Jeff Pardo, Jonathen Relkin and Weston Beseda); recognized attainment of DoD certifications (Jeffry Frawley - HazMat IC; Matt Sedgwick - Officer II; Weston Beseda - HazMat Tech; Jeremy Massey - Instructor II; Glenn Helwig - Officer I; Austin Walker - Instructor II; Roy Gonzalez - Emergency Medical Responder); recognized the Fire Officer and Firefighter of the 3rd Quarter (Assistant Chief Jason Krause and Fire Inspector Randy Lowry), and presented a Flag Letter from NRSE to Fire Inspector Otis Terrell.

DoD celebrates Military Family Month in November

by Karen Parrish, DoD News, Defense Media Activity

WASHINGTON – November in America traditionally is a month of thankfulness, and the Defense Department chose this month to recognize those who support the nation's armed forces but who don't wear the uniform: military families.

Barbara Thompson directs the department's Office of Family Policy, Children and Youth, and Special Needs.

She recently spoke with DoD News about Military Family Month and why it matters.

"In November, we take the time to draw attention to and highlight the great sacrifices and support that military families offer our men and women in the armed forces," she said.

Thompson's office oversees programs and policies that promote military families' well-being and quality of life.

Thompson's portfolio covers a range of military family concerns, from child development programs to spouse career development, personal financial readiness and nonmedical counseling.

Senior Pentagon officials will participate throughout the month in events designed to honor military families, Thompson said, and the military services, installations and family support centers also will be working to recognize military families.

"There will be a lot of events and special recognitions," she added.

Thompson noted that the modern military family mirrors the modern American family – some families are blended, some have single parents, others consist of unmarried or same-sex couples, and still others have special needs.

"Just like the American family, we have all different shapes and sizes. … They all comprise this fabric of military families," she said.

Families contribute to the U.S. military's strong, resilient and ready force and to their communities as well, Thompson said.

"When we think of our military members and the values that they embody, such as courage and duty and ethics and loyalty, those same attributes are key to our military family members," she said.

Thompson said the department considers military families an integral part of the force.

"We like to say that military families serve, too," she said.

"Because without the support … that they provide the active-duty force and the reserve component force, it would be very difficult for service members to do their mission.

"I like to think that military families are right there, throughout the greatest challenges as well as right there during the greatest triumphs of the service member."

The department can't be everything to everyone, she said, "So we rely on the community assets where our service members and their families live – whether the faith-based community or the school community."

Military families in communities across America typically live, shop, go to school and worship with their neighbors.

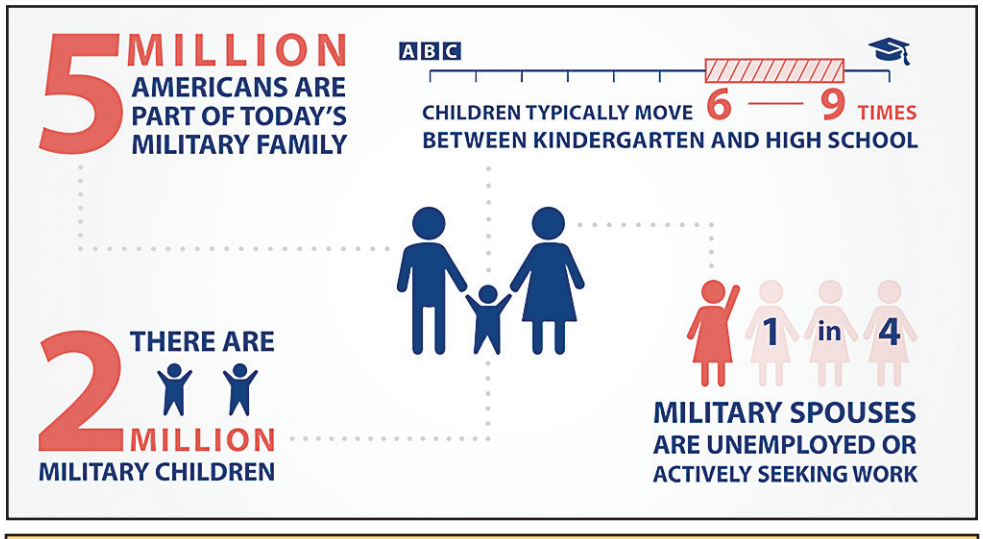
According to recent statistics from the Defense Manpower Data Center, 61 percent of all service members live in off-base housing, and 70 percent of married troops live off base.

"So that community needs to recognize the sacrifices that military families make," Thompson said.

She said November is "the perfect month for them to reach out and thank our military families for their sacrifice and what they do to support our nation."

"They have challenges such as caring for aging parents, they may have children with special needs, they relocate on a much more stringent schedule than their civilian counterparts, so children are changing schools and adapting to new environments.

"And I think America at large needs to recognize that, and to reach out, and step up, and thank them for their service."



Join Military OneSource in celebrating modern military families by sharing what being a military family means to you. Use #MyMilFam and your social media posts will be featured on the Military Family Month Gallery.

Obama designates November as Military Family Month

from DoD News, Defense Media Activity

WASHINGTON – Noting that the selflessness of military families "tells a story of unfailing duty and devotion," President Barack Obama today signed a proclamation declaring November as Military Family Month.

Here is the full text of the presidential proclamation:

For more than two centuries, members of our Armed Forces have defended our country with unyielding courage. In our Nation's times of need, these brave patriots step forward to answer America's call, leaving behind everything they know and love. And as they help secure our freedom and democracy, their families sacrifice alongside them. During Military Family Month, we recognize every spouse, parent, sibling, child, and loved one who stands with our service members, and we reaffirm our solemn vow to serve these families as well as they serve us.

The selflessness of our military families tells a story of unfailing duty and devotion. Through long deployments, difficult separations, and moves across the country and overseas, spouses and partners put their careers on hold and children take on extra responsibilities. With grace and resilience, families endure the absence of loved ones and shoulder the burdens of war. And when battle ends and our service members return home, their families support their transition and recovery.

To fulfill our sacred promise to our service members and their loved ones, my Administration continues to make supporting our military families a top priority. This year, we launched the Veterans Employment Center, an interagency resource to connect transitioning service members, veterans, and their spouses to meaningful career opportunities. We are also committed to fostering partnerships with organizations that help military caregivers and making consistent and effective family services available, including mental health care and counseling, deployment and relocation assistance, and child care and youth programs.

Through their Joining Forces initiative, First Lady Michelle Obama and Dr. Jill Biden are working to ensure members of our Armed Forces, veterans, and their families have all the opportunities and benefits they deserve. And since 2011, their efforts have encouraged businesses to hire more than 500,000 veterans and military spouses.

Every day, our military families at home and abroad inspire us and remind us of our obligation to take care of those who do so much for our country. As a grateful Nation, we pay tribute to the women and men who have made our military the finest fighting force the world has ever known, and we honor the enduring strength and dedication of their families.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2014 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of October, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-ninth.

BARACK OBAMA

Wounded Warrior Care Month recognition ceremony held at Navy Installations Command

by MC1 John Belanger, Navy Installations Command Public Affairs

WASHINGTON (NNS) — Vice Adm. Dixon Smith, Commander, Navy Installations Command, hosted a Warrior Care Month recognition ceremony at the command headquarters atrium, Washington Navy Yard, Nov. 3.

"This month serves as an opportunity to recognize wounded warriors in all services, as well as those who care for them, for their service, sacrifices and achievements," Smith said.

"We have a responsibility to take care of our Sailors and Coast Guardsmen and get them back to fighting form."

The event included a video presentation about the Navy's wounded warrior care program along with special remarks from guest speakers including James Rodriguez, Deputy Assistant Secretary of Defense, Office of Warrior Care Policy, and Chief Logistics Specialist Averill Malone.

Capt. Brent Breining, Navy Installations Command's Navy Wounded Warrior-Safe Harbor program director talked about the importance of the program.

"This year's theme, 'a show of strength,' recognizes the fortitude and resiliency wounded warriors exhibit on their journey towards recovery," Breining said.

"It is our hope that this event will instill a greater appreciation for the lifetime of support that Wounded Warrior-Safe Harbor provides."

Rodriguez expressed gratitude for those who support the program, the benefits the program provides, and how anyone can be affected regardless of age or length of service.

"This program is not just for the young or inexperienced," he said.

"I want to highlight Chief Malone, one of the Navy's senior leaders, who has actually stood up and said 'I need help. I need assistance.'

"We have the programs to help him and that's what's important."

Malone, the keynote speaker, suffers from post-traumatic stress disorder from deployments to Iraq in 2007 and 2008.

He has been in the Navy for more than 20 years and, following his deployments, struggled with his symptoms alone because he did not know where else to turn.

After a violent family event he decided to get treatment from the Wounded Warrior-Safe Harbor program.

"I was having nightmares and was afraid of loud noises and I kept asking for help," he said.

"They said I could have PTSD – but back then I didn't know what PTSD was."

Malone brought his daughter with him to the ceremony and said he owed his success in the struggle with PTSD to her and his wife, bringing applause from the more than 75 attendees.

"They played referee between me and the world," Malone said.

"They made sure I didn't watch certain movies and kept people who came to the house from slamming doors and things like that.

"It's because of her and my wife that I'm still here."

In 2013 Malone checked himself into Walter Reed National Military Medical Center in Bethesda, Maryland, and joined the Wounded Warrior adaptive sports program, which offered a variety of activities.

Shortly after, he fell in love with archery and painting.

"I was looking at the other guys and saying that I couldn't compete with them," he said.

"I told a friend of mine that I didn't think I could do it and he said, 'it's not about winning, it's about recovery.'

"And that became my mantra."

Malone competed in the 2014 Warrior Games at Colorado Springs, Colo.

His archery bronze medal was displayed on an easel with his art work during his presentation.

In 2008, then-Secretary of Defense Robert Gates designated November as Warrior Care Month in order to inform members of the military and their families and communities about the programs and initiatives currently being provided through the Warrior Care system and the forthcoming improvements.

Throughout the month of November in Washington, D.C., and throughout the Department of Defense, the Office of Warrior Care and all services' wounded warrior regiments will highlight a variety of wounded warrior programs and activities, including stories of recovery, and personal triumphs.

Warrior Care Month is not only about what is being done for our nation's wounded, ill and injured service members, but also about what they do for us, how they continually give back to our communities, their families, and our nation that they have sacrificed so much to protect.

***For more information about Warrior Care Month activities or wounded warrior resources visit* http://safeharbor.navylive.dodlive.mil *or* www.facebook.com/navysafeharbor.**

Training Wing 6 students complete new NFO training syllabus

by CNATRA Public Affairs

PENSACOLA, Fla. – The first class of Naval Flight Officers (NFOs) to complete a newly advanced training syllabus at Training Squadron 86 (VT-86) were presented with their "wings of gold" on Oct. 31 at a ceremony at the National Naval Aviation Museum.

The syllabus, named the Undergraduate Military Flight Officer (UMFO) Advanced Strike/Fighter Program, became fully operational at Training Air Wing 6 in late 2013.

VT-86 is one of the three training squadrons at Training Air Wing 6, headquartered at Naval Air Station Pensacola.

The class of six Naval Flight Officers was the first to experience the newly introduced syllabus that replaced the Advanced Multi-Service Navigator program, previously flown in the older T-39 Sabreliner training aircraft.

The Sabreliner was decommissioned in September 2014.

The advanced strike/fighter program is the capstone of the UMFO program that begins with the students first completing a primary and intermediate syllabus in the T-6A Texan aircraft.

Through the use of a combination of electronic classrooms, high fidelity aircraft simulators, and finishing in the T-45C Goshawk Virtual Mission Training System (VMTS), VT-86 is able to provide the fleet with NFOs well-trained for operations in the F/A-18 D/F, EA-18G, and EA-6B aircraft.

"We are very proud of the first class of students to earn their wings through this advanced, up-to-date training syllabus," said Capt. Edward Heflin, Training Air Wing 6 Commodore.

"This winging class is the result of several years of hard work by VT-86 as they transitioned to a modern advanced strike/fighter syllabus.

"VT-86 has always strived to provide the most highly trained NFOs to the fleet and the UMFO syllabus is providing the tools for them to do just that.

"We look forward to them continuing to produce the best NFOs in the world."

Youth Activities Center
THANKSGIVING CAMP
November 24 - 28, 2014
Closed Thanksgiving Day, November 27

CAMP OFFERS:

Breakfast, Lunch & Afternoon Snack

Cooking Activities

Boys and Girls Club of America Programming /4H Programming

Who is eligible for Camp? Full Day Camp for children ages 5 years (already in kindergarten) through 12 years.

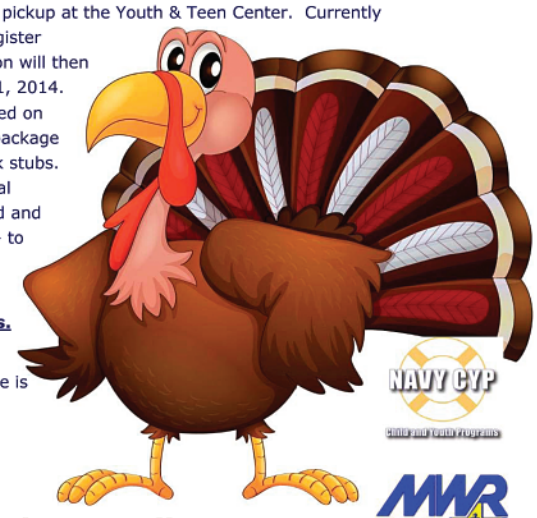
Hours of Operation: 0530 - 1800

How can I register my child for Camp? Patrons may call the Youth Activities Center, Bldg. 1756 at (361) 961-2355, to obtain information, request the application packet be e-mailed or arrange for an application packet readied for pickup at the Youth & Teen Center. Currently enrolled children in the CYP Program may register November 10 - 14, 2014. Regular registration will then be open to all the week of November 17 - 21, 2014.

How much does Camp cost? Fees are based on total household income and the registration package needs to be turned in with copies of paycheck stubs. If your child has any medical issues, additional paperwork is required and must be completed and processed before entry into Youth Programs - to accommodate your child.

Space is limited, only 55 spots available on a first come, first serve and paid basis.

Drop in care is available if space is available. Please call ahead to check if space is available.



NAVY CYP

Child and Youth Programs

MWR Mission First... Sailors Always

For more information, please call 961-2355.

Commissary Thanksgiving Deals

Order Your Holiday Dinner Today!!!!!

$3.00 Off Coupon Available

Dinner Made Easy !!!

$44.99 ea

Dinner Includes The Following:
Fully Cooked Turkey 10-12lbs.
40oz. Old Fashioned Mashed Potatoes
32oz. Old Fashioned Stuffing
24oz. Roasted Turkey Gravy
15oz. Cranberry Sauce
1 Dozen Dinner Rolls

While Supplies Last

Just Heat and Serve

NASCC Commissary also has party trays available.
Visit the Commissary for more information.

SAS Thanksgiving Thank you

&

OPERATION HOMEFRONT

SOUTHERN PLAINS

To show their appreciation,
on November 22nd
San Antonio Shoemakers and OH will be providing families with a package that contains what you need to prepare a home-cooked turkey dinner with the fixings for you and your family to enjoy.

Must meet the following criteria:
Deployed, Wounded, and Active Duty service members in the ranks of E1-E6

Must be able to attend in person at the specified date and time with a Military ID card.
Dependents with a Military ID Card may collect the items.

Registration Required at:
http://events.operationhomefront.net/Member/MyRegistrations