



Volume 67, Number 1

Naval Air Station Kingsville, Texas

“The World’s Best Pilots are Trained Here!”

January 9, 2009

Rear Adm. Alexander assumes command of Navy Region Southeast

By Mass Communications Specialist 2nd Class (AW/SW) Marcel A. Barbeau

Rear Adm. Townsend G. Alexander relieved Rear Adm. Michael C. Vitale as Commander, Navy Region Southeast (CNRSE), during a ceremony Jan. 9 aboard Naval Air Station Jacksonville.

Alexander takes over a command that leads shore installation management support and execution for 21 installations within the Southeastern United States and parts of the Caribbean – specifically Naval Station Guantanamo Bay, Cuba, and Naval Activity Roosevelt Roads, Puerto Rico – with a budget of more than \$850 million.

Vitale had commanded Navy Region Southeast since October 2007. He guided the Region’s emergency management efforts to unprecedented levels of operational excellence during hurricanes Gustav, Hanna, and Ike, making

CNRSE one of the Navy’s leaders in hurricane preparedness and post-disaster support.

The 1977 University of Louisville graduate spearheaded the formation of the Commander, Navy Installations Command (CNIC) Air Operations Cross-Functional Team to identify major stakeholders and create a single process owner for shore-based air operations, bringing organizational alignment between resource sponsors, CNIC, and all major aviation stakeholders.

Vitale also executed an integrated encroachment plan to serve as the benchmark for enterprise-wide programs, including installation liaison of officers and regional encroachment teams. He secured Department of Defense encroachment buffering funds and es-

tablished strong partnerships with local communities. Vitale brought solutions to installation challenges and stood as the model for innovative practices, which realized significant savings, promoted enhanced operational oversight, and supported the fleet, fighter, and family.

Rear Adm. Vitale has been selected for promotion to vice admiral and his next assignment will be as Commander,



Rear Adm.
Townsend G. Alexander



Rear Adm.
Michael C. Vitale

Navy Installations Command in Washington D.C.

Alexander comes to Navy Region Southeast from his current position as Commander, Navy Region Hawaii, and Commander, Naval Surface Group Middle Pacific, positions he has held since August 2006.

He graduated from the University of Colorado in 1978, and was commissioned an ensign after completion of Aviation Officer Candidate School in March 1981. His operational assignments included the Sea Snakes of Helicopter Antisubmarine Squadron (Light) (HSL) 33, three tours with the HSL-46 Grandmasters, and the amphibious assault ship USS Nassau (LHA 4). Alexander served in a variety of billets, including detachment maintenance officer and officer in charge, squadron Naval aviation training and operating

Combined Service Club Luncheon tickets on sale

The Kingsville Chamber of Commerce and the Kingsville Council of the Navy League are joining together to sponsor the annual Combined Service Club Luncheon on Friday, Jan. 16. The luncheon will be held at 11:30 a.m., at the Texas A&M University-Kingsville (TAMUK) Ballroom A. Tickets can be purchased at the Kingsville Chamber of Commerce for \$10 per person.



Rear Adm.
Mark I. Fox

The Combined Service Club luncheon recognizes military and civilian volunteer efforts throughout the local community. During the luncheon, the civilian, junior officer, enlisted, and military spouse volunteers of the year will be announced.

Guest speaker for the event will be Rear Adm. Mark I. Fox, Commander, Carrier Strike Group 10. He is a native of Abilene, Texas and was commissioned in June 1978 upon graduation from the U.S. Naval

Academy and was designated a Naval aviator in March 1980. Fox has logged more than 4,700 flight hours and 1,330 arrested landings on 14 different aircraft carriers. Military awards received include the Defense Distinguished Service Medal, Silver Star, Legion of Merit, and Distinguished Flying Cross with Combat ‘V’ AND Bronze Star with Oak Leaf Cluster.

For tickets or more information contact the Kingsville Chamber of Commerce at 592-6438 or stop by the NASK Command Master Chief’s office in bldg. 2740.

(Continued on Page 7)

The Flying K is now available online in pdf format on our command Web site at: <https://cnic.navy.mil/kingsville>



Capt. Phil Waddingham
Commanding Officer,
NAS Kingsville



Greetings NAS Kingsville! This week finds me back in Jacksonville, Florida for the quarterly executive steering conference attended by installation commanding officers from across Navy Region Southeast. Scheduled concurrently with the conference is the Change of Command of Commander, Navy Region Southeast, Rear Adm. Mike Vitale who is being relieved by Rear Adm. Tim Alexander.

It has been an honor for me to work with Rear Adm. Vitale for over a year now, and I personally thank him and his staff for supporting our base and making sure we maintain peak readiness and sustain quality of life for our tenants, workforce, and families.

Rear Adm. Vitale will continue to serve our installation as he moves on to his next assignment as Commander, Navy

Installations Command where he will assume the responsibility shore installation manager for all of the U.S. Navy installations worldwide. This is an awesome responsibility as it happens to be the most geographically dispersed command in the military. He will certainly be busy working the challenges that lie ahead, but it is comforting to know that he understands NAS Kingsville may be but a small, little airbase in South Texas, but when it comes to getting the job done, we set high standards of excellence everyday.

I look forward to working with our new boss, Rear Adm. Tim Alexander. In the coming months, he will make a trip to our air station and hopefully many of you will get to meet him. I know he'll be impressed with what you are doing to make the base great.

Before I go, I want to wish everyone a Happy New Year. I hope you were able to take some well deserved time off to be with loved ones and to recharge your batteries. I am very excited about 2009--we have a full calendar of events planned, and lots of good work to do. As always, we will demonstrate our Kingsville PRIDE as we work together as a team.

I hope to see you soon.
Waddz sends.

Boatswain's Mate re-enlists for six more years

By EN3 Brenda Acevedo

Aviation Boatswain's Mate (Equipment) 2nd Class Bennie Lee Clark took the oath of reenlistment Tuesday, Jan. 6 during a ceremony held at the Field Support hangar. Chief Aviation Boatswain's Mate (Equipment) Bernard Diaz served as reenlisting officer.

Clark, who is an 8-year veteran of the Navy, received a bonus of \$14,000 for the commitment. The Field Support division held a small congratulatory ceremony for Clark for shipping over, including cake.

Clark departed NAS Kingsville Jan. 9, headed to Norfolk, Va., with his fiancé Ayo Tennard, her daughter Nyla Ramirez, and his sons Jaylon and Lelan Clark. His next duty assignment will

be aboard the newly commissioned USS George H. W. Bush (CVN 77). USS H.W. Bush is the tenth and final Nimitz-class aircraft carrier to be commissioned into Naval service.



ABE2(AW) Bennie L. Clark takes the Oath of Enlistment from ABEC(AW) Bernard Diaz.

Training Air Wing TWO



Cmdr. Timothy Carr
Chief Staff Officer,
Training Air Wing TWO



Happy New Year and welcome back! I hope you had an opportunity to relax a bit over the Christmas and New Year holiday period but I suspect that many of you, like me, needed to get back to work just to get some rest from all the holiday events and travel. Well, it didn't take me long back in the office to realize that there is a lot of hard work between here and next Christmas, but that will just make the time fly by. As you climb back in the saddle, please make sure you are covering the basics and that you remember how to ride. Since I've drifted off into Cowboy metaphors, perhaps an excerpt from "Cowboy Values" by author James

Owen wouldn't go amiss:

"Why we need to cultivate a sense of Honor"

– We live in cynical and confusing times. Transgressions on the order of academic cheating and dishonest business dealings are increasingly shrugged off on the basis of "everybody does it" or "it's no big deal." We also see public figures getting away with – even flaunting – more serious misdeeds, so long as they can afford the right legal talent. Our society is so obsessed with "self" and success that we've already tumbled down some morally slippery slopes. "The end justifies the means" has become an unspoken operating principle – one so pervasive that many Americans assume you cannot get ahead if you're not willing to break the rules. Being a person of honor is the way to a more meaningful, satisfying life, regardless of society's failings. We gain self respect by setting our own standards and holding ourselves accountable to them. We gain clarity and confidence by knowing which lines we will not cross. And we gain nobility by paying heed to

principles larger than ourselves.

Those who live with honor are the backbone of our society and the ones who ultimately reap life's richest rewards. Honor means being worthy of trust. Someone who can be counted on. Keeping our word. Acting with integrity, no matter the cost. Knowing that just because it's legal doesn't mean it's right ...

One benefit of serving in uniform is that many of our standards are enshrined in tradition and history. Honor is one of our Core Values and it is expected of all of us, just as it was expected of, and practiced by, our forebears for so many generations. Most citizens outside the fences hold all of you in very high regard and that is because you all deserve their esteem. You sacrifice time away from home, you risk dangers they'll never know, and you've devoted yourselves to service, a concept foreign to many. Thanks for all your hard work in 2008 and for your continued devotion to Honor, Courage and Commitment. Always remember the folks outside the gate who are counting on you. Don't ever let them down.

We enter 2009 with a backlog of Xs to fly and a promise of more Instructor Pilots to come. Until they arrive and they are trained it is up to all of us to make the most out of every day. Be ready for every flight; there are always plenty available.

Well, my first article of the year ends on a high note -- the weather is beautiful today. I flew ACM, and both squadrons are turning jet fuel into noise making Xs here and at the Weapons Detachment in El Centro. See you on the flight line. God bless you.

Cowboy



“More” sums up successful 2008 Toys For Tots campaign

More volunteers, more donated toys, more monetary contributions, more business participation, more KISD, TAMUK & NAS Kingsville involvement, more overall community support and enthusiasm, and more children provided with toys than ever before. That's how Toys for Tots Coordinators Lisa & Jerry Bockholt are describing the 2008 Kleberg-Kenedy County Campaign.

“In spite of the nation's grim economic situation, 1,367 local children from over 600 families were provided with 5,266 toys, thanks to the unbelievable response from this community,” said Jerry Bockholt.

The number of families requesting toys for their children rose by 8-percent over 2007, “a sign of the times,” said Beth Dembski, distribution coordinator. All families were qualified to receive toys through Texas Department of Health and Human Services, the agency that oversees both the state's Medicaid and food stamp program. Due to concerns that donations might be down, the campaign went to great lengths to cross-check the applications against lists from other community organizations such as the Kleberg County Welfare office, that were also providing toys to less fortunate families. “We tried our best to ensure the community was served as fairly and equitably as possible,” said Lisa Bockholt.

Both toy and monetary donations exceeded the campaign's goal, with 3,593 toys in the form of direct donations from the community, while an additional 1,449 were provided to the local campaign from the Toys for Tots Foundation. This figure

includes \$1,500 worth of toys received from the Toys R Us / Babies R Us retail toy store chain as part of the company's national sponsorship arrangement with Toys for Tots. An additional 224 toys were purchased using campaign funds. The Marine Toys for Tots Foundation, an IRS recognized 501 (c) 3 tax exempt not-for-profit charity, is the authorized fund raising and support organization for the U.S. Marine Corps Reserve Toys for Tots Program, overseeing the program on a national scale.

The number of toys left over after all applications had been filled increased significantly from 2007. Rather than warehousing the assortment of items, campaign coordinators and volunteers agreed that, in accordance with the mission of Toys for Tots, left over toys would be placed into the hands of less fortunate children elsewhere throughout the region. Approximately 403 children benefitted, including a local family with seven children who fell victim to a house fire.

The Kleberg County Sheriff's Mounted Patrol was the largest monetary contributor to the campaign, with a \$1,000 donation, with the NAS Kingsville McFall Memorial Chapel's Religious Ministries Offering Fund coming in second with a \$600 donation.

The first annual Service Club Challenge featured the Kingsville Noon Lions Club vs. Noon Rotary Club, netting over 400 toys donated to the campaign. “The Challenge was a lot of fun, for a great cause,” said Frank Ureno, Noon Rotary Club president, “and went a long way to insuring Toys for Tots would be able to fill

all applications.”

Noon Lions Club president Kathy Martinez agreed. “We look forward to doing this again next year, and hope more service clubs in the community will participate along with us,” she said.

Other major contributors included the King Ranch Agri-Business employees and their families; the management and employees of L3-Vertex and Rolls-Royce at NAS Kingsville, Training Air Wing TWO squadrons VT-21 and VT-22, the NAS Kingsville Officer's Spouse Club, the NAS Kingsville Branch Health Clinic, Santa Gertrudis, Kingsville, Sarita & Riviera ISD's, TAMUK's Music & Athletic Departments, Kingsville's Tri-Cities Retired Teachers Association, DCP Midstream of South Texas, Navy Federal Credit Union, Kingsville Tae Kwon Do Academy, and management and patrons of the local Curves for Women exercise studio.

Pizza Parlor owner Beth Dembski served again as Distribution Coordinator, with assistance from Boy Scout Troop # 186, RP3 Norman Otters of NAS, Kingsville, Ed Sanders, the St. Vincent DePaul Society, and a host of volunteers. Kingsville Police Officers were also instrumental in assisting Dembski's distribution efforts.

This year marked the 21st consecutive year that Stop-n-Lube business owners Lisa & Jerry Bockholt have coordinated the campaign. “Considering the economy, we have been truly touched by the generosity of this community”, said Lisa Bockholt, campaign coordinator.

The Flying K

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**NAS Kingsville
Executive Officer
Cmdr. Scott Allen**

**Training Air Wing TWO
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Capt. Bill Davis**

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Welcome Aboard



*The following personnel
have reported for duty*



Lt. Cmdr. David R. Camburn, USN
Instructor Pilot, VT-22
Belle Chasse, La.



Lt. j.g. Michael J. Austin, USN
Instructor Pilot, VT-21
Mercer Island, Wash.



Capt. David A. Shipley, USMC
Instructor Pilot, VT-21
29 Palms, Calif.

Checkmates fly from Iraq into the sunset

By Clark Pierce, Naval Air Station Jacksonville Public Affairs

JACKSONVILLE, Fla. -- The Sailors of Sea Control Squadron (VS) 22 returned to Naval Air Station Jacksonville Dec. 15 after completing a five-month deployment to Al-Asad Air Base, Iraq, in support of Operation Iraqi Freedom.

Their boots-on-the-ground and eyes-in-the-sky deployment in Iraq, required that VS-22 pilots, aircrew and maintainers operate in a very dangerous environment, substantially different to the conditions they normally encounter as a carrier-based platform.

To meet the demands of this mission, each of the 205 "Checkmates" completed anti-terrorism and desert survival training, in addition to qualifying with the M-16 rifle and M-9 pistol, prior to their deployment.

The large Al Asad Air Base (formerly Saddam Hussein's premier MiG-25 Foxbat air base) is located south of the Euphrates River in the volatile, largely Sunni, Al Anbar Province in western Iraq.

The squadron brought four S-3B Vikings to Al Asad, each equipped with the latest LANTIRN (Low Altitude Navigation Targeting Infrared for Night) navigation pod. LANTIRN is a terrain-

following radar that enables pilots to maneuver and surveil at low altitudes during daylight or at night. According to Lt. Jason Tarrant, the squadron flew about 80 percent of its non-traditional intelligence, surveillance and reconnaissance (NTISR) combat missions at night.

"The Viking's LANTIRN infrared capability was invaluable for taking away the cover of darkness from enemy combatants," said Tarrant. "The Checkmates routinely detected heat signatures of vehicles, shelters, people and IEDs (improvised explosive devices) --and relayed that information to convoys and combat teams in the affected area."

The Checkmates flew an average of three sorties a day.

"Our VS-22 maintenance personnel displayed tireless dedication to keep these soon-to-be-retired birds mission ready. As far as I know, we sustained a 100 percent sortie completion record," said Tarrant.

VS-22 is the Navy's last S-3B Viking squadron. Disestablishment activities are scheduled for Jan. 28-30.

- Story courtesy of Navy NewsStand



Caribbean Sea (file photo) -- Two S-3B Vikings assigned to the "Checkmates" of Sea Control Squadron Twenty Two (VS-22) conduct an airborne refueling, during routine flight operations aboard Nimitz-class aircraft carrier USS George Washington (CVN 73). George Washington Carrier Strike Group is currently participating in Partnership of the Americas, a maritime training and readiness deployment of the U.S. Naval Forces with Caribbean and Latin American countries in support of the U.S. Southern Command (SOUTHCOM) objectives for enhanced maritime security. U.S. Navy photo by Photographer's Mate 3rd Class Christopher Stephens.

Naval Aviation supports CRP future pilots flight school

By John Engstrom, Naval Air Forces Diversity Team

DALLAS -- On a cold and windy day in Dallas, three orange and white Navy training aircraft brightened the Dallas Executive Airport's flight line during the Claude R. Platte Future Pilots Flight School Aviation Youth Summit Nov. 21.

The CRP Future Pilots Program continues the legacy of America's original world-class Tuskegee Airmen, by educating the Dallas/Fort Worth metroplex youth ages 8-18 in aviation concepts, math, science and piloting principles.

A TC-12 Huron, T-45 Goshawk and T-44 King Air from Texas-based naval training squadrons were majestically lined abreast and prepared as static displays to the public. Naval aviators present to speak to CRP youth included Cmdr. Brett Samuel and Ensign Dave Kahkonen from Training Squadron

(VT) 35, Corpus Christi, Texas; Lt. Marcus Cole and Ensign Dave Mason of VT-22, Kingsville, Texas; and Marine Corps Capt. Steve Pacheco and Marine Corps 1st Lt. Derek Johnson of VT-31, Corpus Christi.

Prior to the summit, Navy pilots observed 16-year old CRP flight student Nathan Clark of Duncanville, Texas, take a flight lesson. After conducting his instrument checks, Clark taxied down the runway in a sport cruiser light sport aircraft and took off. The naval aviators observed Clark perform touch-and-go maneuvers and a landing.

Nathan has aspirations to be a Navy fighter pilot, and he maximized the opportunity to speak with all of the naval aviators present during

the summit. He sat in the cockpit and reviewed the instrument panels of the TC-12 with Kahkonen and the T-44 with Johnson. He also climbed up the side of the T-45 and listened to Mason talk about flying the Goshawk.

"I was amazed at how many of the pilots started off the same way I did, being young and interested in flying," said Clark. "They followed their dreams and made a career of it."

There were roughly 200 attendees

who had the opportunity to go inside and experience the excitement of sitting in a Navy aircraft.

Both Samuel and Cole plan to return to Dallas after the New Year to visit A. Maceo Smith and Skyline High Schools.

The NAE's participation in the summit illustrates naval aviation's efforts to support recruiting in diverse communities.



T-44 King Air



TC-12 Huron



T-45 Goshawk

Advanced Education Program now available for senior enlisted personnel

By Ed Barker, Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- The Naval Education and Training Command (NETC) is seeking applicants for the fiscal year (FY) 2009 Advanced Education Voucher (AEV) program, designed to provide advanced education opportunities for senior enlisted personnel.

Announced by NAVADMIN Dec. 15, AEV provides financial assistance to selected senior enlisted personnel (E7-E8) to complete post-secondary, Navy-relevant degrees through off-duty education. Master Chief Electronics Technician (SW) Tom Smith, enlisted education coordinator at NETC, termed the program one of the most generous in the military, as the Navy invests in the future of enlisted leadership.

"The senior enlisted members accepted into this program will gain the knowledge necessary to lead our Navy in the future," said Smith. "The AEV program gives them the opportunity to get a degree from a university without having to worry about finances, as it pays for 100 percent of tuition, books and fees up to a specified limit."

The AEV program will support bachelor's and master's degree completion in designated, Navy-relevant areas of study. Examples include: strategic foreign languages; construction management; emergency and disaster management; human resources; paralegal; leadership and management; engineering; information technology; nursing, business administration; education and training management, and electrical/electronic technology. Degrees not listed above must be approved by the AEV program coordinator at NETC to validate Navy relevance.

"It was certainly time well spent. The dividends that an education provides will be realized in the short and long term. I'm grateful for the opportunity and proud to have reached my goal," said Senior Chief Mass Communication Specialist Daniel Smithyman, who recently completed the AEV program.

Eligible applicants include E7s with no more than 16 years of time in service, and E8s with no more than 18 years of time in service. Time in service for all pay grades is computed to Oct. 1, 2008. Proven superior performers with continued upward mobility are encouraged to apply.

AEV will support bachelor's degree completion in approved, Navy-relevant areas of study through off-duty education, capped at \$6,700 per year for a maximum of 36 months from the date of enrollment and covers 100 percent of tuition, books, and related fees. Total program cost per student is limited to \$20,000. Qualified candidates must have an associate degree from an accredited institution or the equivalent amount of college credit applicable to the degree being sought.

The AEV master's degree program covers 100 percent of tuition, books, and related fees up to a maximum of \$20,000 per year for up to 24 months of enrollment, with the total program cost per individual capped at \$40,000. Qualified candidates must hold a bachelor's degree from an accredited institution recognized by the Department of Education.

Applicants should be transferring to (or currently on) shore duty with sufficient time ashore to complete their approved degree program. Applicants on sea duty may apply provided they submit an education plan, with commanding officer endorsement, which demonstrates the ability to complete the degree program. Senior enlisted members who have already invested in their professional development by pursuing college education and those who are currently enrolled in a qualifying post-secondary degree program using tuition assistance (TA) or other financial assistance programs are eligible to apply for the AEV program. Reimbursement for any education expenses incurred prior to participation in AEV is not authorized. AEV and TA benefits may not be combined.

Upon completion of, or withdrawal from education for which any authorized expenses were paid, participants shall agree to remain on active duty for a period equal to three times the number of months of education completed or three years, whichever is less.



ATSUGI, Japan (April 8, 2008) Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. presents a Sailor with a certificate of educational achievement during the Naval Air Facility Atsugi's 2008 Recognition Ceremony. U.S. Navy photo.

This obligation is discharged concurrently with any other service obligation program participants may have already incurred. The AEV agreement does not obligate the Navy to retain the member on active duty. If a program participant fails to complete the period of active duty specified in the agreement, the

Sailor will reimburse the United States for the cost of the advanced education received, prorated for the obligated time served.

The master chief petty officer of the Navy will convene the AEV Program selection board in March 2009 and program selectees will be expected to enroll in studies in the summer or fall 2009 terms.

Deadline for applying for FY09 programs is Feb. 27, 2009. However, NETC is accepting applications now and encourages early submission.

Please review NAVADMIN 356/08 for specific requirements and application guidelines. Packages must be endorsed by the Sailor's commanding officer and command master chief.

The AEV program is a supporting element of the Enlisted Learning and Development Strategy, which includes post-secondary education as an integral part of the career roadmap for each rating career track.

Additional information about the AEV program can be viewed on the Navy Knowledge Online Web site www.nko.navy.mil. After logging on, select the Learning tab, then select the quick link on AEV located on the left side of the learning page.

For more news on the Naval Education and Training Command (NETC) visit <http://www.netc.navy.mil>.

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NAVY PERSONNEL COMMAND
Bureau of Naval Personnel

NAS Kingsville announces Sailor of the Quarter selections

By Jon Gagné, NAS Kingsville Public Affairs

NAS Kingsville Commanding Officer Capt. Phil Waddingham recently recognized three Sailors for their superior performance by announcing their selection as Sailors of the Quarter (SOQ) for the third quarter of 2008. The three were selected from departmental SOQ nominees by selection boards that reviewed nomination packages and conducted personal interviews. The judging was conducted in mid-December.

"I'm extremely proud to recognize our Sailors of the Quarter," Waddingham said. "Each of them has distinguished themselves at the department level through superior performance, but they have also played a key role in mission accomplishment for the entire Naval Air Station."

NAS Kingsville acting Command Master Chief Isaias Gamez said the selection process was extremely competitive, with all nominees deserving of the honor. "All of our Sailors who were nominated by their departments were deserving of the honor."

Selected as Sr. Sailor of the Quarter was Air Traffic Controller 1st Class (AW/SW) Isreal Leura of the Air Operations Department's Air Traffic Control division.

A 19-year Navy veteran, Luena reported to NAS Kingsville in 2002. The 38-year old hails from Corpus Christi. He and his wife Dawn have three children.

"I'm very proud to be selected as Sr. Sailor of the Quarter for NAS Kingsville," Luena said recently. "Being nominated by my department for what I do is something that I really appreciate."

Luena's Navy career includes five years of sea duty, including deployments aboard two ships. He has been a key member of the Air Operations team since reporting aboard nearly five years ago.

"AC1 Luena's in-depth technical knowledge and precise control were key in Training Air Wing TWO's ability to accomplish all training requirements and successfully complete more than 46,000 high tempo flight operations," said Air Ops leading chief ADCS (AW/SW) Jon Bess. "His consistent ambition as Leading Petty Officer, Assistant Radar Chief, and Facility Watch Supervisor set him apart from his peers.



AC1(AW/SW) Israel Luera

His inspiring motivation and training techniques were instrumental to 40 qualifications, ensuring continued operational readiness and flexibility of the Air Traffic Control Team."

Air Traffic Control leading chief ACC (AW/SW) Mike Presnell agrees, adding that Luena is also extremely dedicated to the Sailors that work for him. "He is a leader who takes a true interest in the development of junior Sailors and has a passion for making a difference at NAS Kingsville," Presnell said.

Selected as Jr. Sailor of the Quarter was Culinary Specialist 2nd Class Bernice Meno, who serves as leading petty officer the Combined Bachelor Quarters and Navy Gateway Inns and Suites. CS2 Meno, 25, who hails from Meizo, Guam, enlisted in the Navy in December 2001 and reported to NAS Kingsville in January 2007.

"As LPO," Meno said, "I supervise 11 civilian and 4 enlisted personnel by providing guidance for their daily work routine, preparing work schedules, and ensure the quality of guest rooms."

Meno, who also serves as president of the Junior Enlisted Association, credits her success to setting reachable goals. "Goals are a must for me," Meno said. "I use goals to measure my success and to ensure that I stay on track with the success of my career."

"It's an honor to have been selected as the Junior Sailor of the Quarter," she added. "It took a lot of hard work and dedication to achieve this goal. I set three goals [for myself] when I checked on board and they were to advance to petty officer 2nd class, earn the selection as Junior Sailor of the Quarter, and to be selected as Junior Sailor of the Year. I have accomplished two of my original goals and have subsequently altered the two goals that I have accomplished thus far in order to set new goals to be competitive throughout the command and to further enhance my career."

The Bluejacket of the Quarter selection, CS2 Keturia M. Laidlaw, is also assigned to the Combined Bachelor Quarters/Naval Gateway Inns and Suites. She serves as CBQ complex manager and is responsible for the



CS2(SW) Bernice Meno

management and quarterly inventory of more than \$1.2 million of furniture and equipment. She is also tasked with overseeing the cleanliness and maintenance of all CBQ buildings and property.

"My administration responsibilities consist of coordinating building maintenance and inspections," Laidlaw said. "I'm also responsible for the front desk clerk duties, checking and out guests, and managing the departmental change fund."

The 25-year old Mount Vernon, N.Y. native enjoys her job and feels honored to be nominated by her department for Bluejacket of the Quarter. "I am very honored to be selected as the command's Bluejacket of the Quarter," Laidlaw said. "I'm very grateful that my tireless efforts and dedication has [helped make me] an exceptional culinary specialist."

According to CBQ / Navy Gateway Inn and Suites department head, CSCS (SW) Mike Reed, the efforts of his staff continue to impress him.

"CS2 Meno has been the LPO for about eight months and has made drastic improvements to customer service," Reed said. "She's been the driving force behind numerous self-help projects which has saved more than \$13,000 in labor costs. She is also performing far beyond her current pay grade, and she has set high goals for herself and has achieved most already. The one thing that stands out most about her is that she has the ability to motivate her subordinates and has earned the respect of them as well. This is a trait that is not normally found in such a Junior Sailor."

"Petty Officer Laidlaw is another hard-charger. She has been very eager to learn and has proven herself to be trustworthy and reliable. She maintains an excellent relationship with her subordinates and has assisted them with attaining 10 culinary certifications from the International Food Service Executives Association."

"Petty Officer Meno and Petty Officer Laidlaw are definitely on the right path to success and have been an asset to the team at Navy Gateway Inn & Suites."



CS2 Keturia M. Laidlaw

(Alexander from Page 1)

procedures standardization officer, quality assurance officer, operations officer, maintenance officer, executive officer and commanding officer. He served as air boss aboard Nassau during operations Noble Anvil and Allied Force in 1999.

Shore assignments for Alexander included the Air Wolves of HSL-40, the Naval War College, Chief of Naval Operations staff, the Joint Staff, and Naval Base Coronado. During these tours, he served as quality assurance officer and instructor pilot, flag aide, aviation programs analyst, division chief, and commanding officer.

Alexander holds a Master of Arts degree from the Naval War College and he attended the Armed Forces Staff College in 1998. He was recognized by the Naval Helicopter Association as a member of the 1993 Aircrew

of the Year (Embarked) and, in 1989, he received the Rear Adm. Allan G. Paulson award for inspirational leadership from Commander, Helicopter Sea Control Wing 3.



Rear Adm. Mike Vitale addresses NAS Kingsville department heads during a visit to the air station in March 2008. Photo by Jon Gagné, NAS Kingsville Public Affairs.



Rear Adm. Mike Vitale, left, and NAS Kingsville Commanding Officer Capt. Phil Waddingham walk along the flightline prior to an orientation flight in the T-45 Goshawk. Photo by Jon Gagné, NAS Kingsville Public Affairs.



Rear Adm. Tim Alexander serves as guest speaker during a change of command ceremony for USS Port Royal (CG 73). U.S. Navy photo.

Fire Dispatcher closes out Civil Service career

By Jon Gagné, NAS Kingsville Public Affairs

The days of traveling back and forth to work from his home in Beeville to NAS Kingsville came to an end for 62-year old Richard Arriola Tuesday, Dec. 30. After 27 years, Arriola officially retired from civil service with a small ceremony at the NAS Kingsville Fire Department, where he has worked as a fire dispatcher since 2002.

"The 12 hour days, long work weeks, and the 160-mile round trip commute were telling me that it was time to retire," Arriola said recently. "Now, I'm going to slow down and spend more time with my family and do the things that I enjoy."

Arriola, who was born and raised in Beeville, began working for the Navy in 1983 as a temporary hire engine and equipment operator for the Chase Field Public Works Department. He transitioned to career conditional in 1988. When NAS Beeville closed in 1992, Arriola transferred to NAS Kingsville. He took a two-year assignment to Naval Base Guantanamo Bay, Cuba from 1997-1999, and then returned to NAS Kingsville with the Public Works Department as a tractor operator.

Prior to working for the government, Arriola worked as a journeyman pipe fitter, welder and equipment operator.

Looking back, Arriola admits he en-

joyed his time with the Navy.

"I've enjoyed working at NAS Kingsville a lot," he said. "When I worked for Public Works I worked with a lot of good people and I enjoyed operating the equipment since that was my background anyway. I also enjoyed working for the fire department as a dispatcher because I was able to work with the fire fighters on routine and emergency calls, and special [events] like the Wings Over South Texas air shows."

Now, Arriola says he has a new boss, and a new plan. "I told my wife that she was my new boss," he said with a chuckle, "and she has already put together a honeymoon list for me. When I get those things done, I'll head down to the Social Security office and meet with my representative and get the paperwork started. In the meantime, I want to do a little fishing, play a little golf, and slow down."

Arriola also has plans to work part time with Garcia Tours in Corpus Christi, booking tour groups to casinos in Oklahoma and Louisiana. "I'm looking forward to the opportunity to travel and not having to drive myself," he said. "I'll be able to work at my own pace, and meet new people. And yes, I'll get to gamble a little, too."



NAS Kingsville Commanding Officer Capt. Phil Waddingham presents the Meritorious Civilian Service Medal to Richard Arriola upon his retirement from Civil Service Dec. 30 at the NAS Kingsville Fire Department. Arriola began his 27-year career at Chase Field in his hometown of Beeville, and transferred to NAS Kingsville in 1992 when NAS Beeville was closed. (Photo by Jamie Nino, NAVFAC Public Works.)

Fair Winds & Following Seas, Shipmate!

New Year to include Chapel renovation

By Jon Gagné, NAS Kingsville Public Affairs

After several months of planning, NAS Kingsville is preparing to move ahead with a renovation of McFall Memorial Chapel. NAS Kingsville Commanding Officer Capt. Phil Waddingham has reviewed the initial design drawings for the project and looks forward to watching this become a reality in the coming months.

"This is something that we have been working towards for almost a year now," Waddingham said recently. "Our historic Chapel, named after NAS Kingsville's very first Chaplain, has always been one of the important and popular landmarks of the air station. My priority for the renovation has always been to preserve that history and bring the facility design in line with our master plan for the base. I think the proposals put together by the staff at Naval Facilities Command (NAVFAC) have been able to do just

that and I'm very excited about the project."

There are many plans for the renovation. The chapel floor and foundations will be completely repaired and exterior columns acting as buttresses will be added to the perimeter walls. A new standing seam metal gable roof will replace the existing flat roof. New mechanical systems, as well as reconfigured offices and auxiliary spaces,

will provide churchgoers and chapel personnel more comfort.

The renovated Chapel will reflect a traditional Southwest style to include a curved entry porch with columns, natural colored stucco exterior, large arched windows, and decorative details such as quatrefoil moldings.

The existing stained glass windows, donated by parishioners and NAS Kingsville personnel in the 1980s, will be re-

tained and incorporated in the interior of the Chapel as key design elements. The surrounding grove of mature native trees will be saved and every effort is being made to incorporate aspects of the old space, including the existing pews.

Religious services will continue to be held in the Chaplain's multi-purpose room in Bldg. 2741 throughout the renovation process.

McFall Memorial Chapel is named in memory of Lt. J. William McFall, CHC, USNR who served as NAS Kingsville's first Command Chaplain from December 1942 to May 1943. He was killed in action on Dec. 12, 1943, while serving in the Southwest Pacific. The Chapel was built in 1942 and renovated in 1976 to include the addition of air conditioning.



Work center safety: Be careful how you lift

"OUCH! Why did I try to lift that much weight on my own?" Did you ever ponder those words after you hoisted something heavy, or lifted from an awkward position? These incidents are well known causes of back strain, but you might not have considered other "underlying" factors that lead to back injury. Several conditions influence your "back health."

The cause of most back problems is poor posture, loss of flexibility, stressful living/working habits and above all, a general decline in physical fitness. Surprised? You shouldn't be. When you "let yourself go," (and most of us do with age) the first thing to go can be back strength. Along with correct lifting techniques, we should also work on our overall physical condition.

Nutrition--is an important key to staying physically fit! As we grow older, our metabolism slows down. To counteract this natural event, we have to eat the right types of food--and not too much of it--or the pounds come on quickly! Now, what does nutrition have to do with a healthy back? For one thing,

a healthy back is correctly balanced on your spine. With a "sway" back, that balance is lost--and those darned potbellies cause sway backs. Carrying around excess weight puts tremendous strain on back tissues, so lifting even a small extra load may cause an injury.

Exercise plays an important role as well. A form of exercise as simple as walking 30 minutes a day can raise your heart rate and burn enough calories to help keep you lean. Flexibility is another condition that changes as we grow older, if we don't work to retain it. It's true, as they say--"Use it or Lose it!" Without flexibility, we lose our body's full range of motion. Then, when a sudden, physical demand takes a muscle or joint further than it's used to, the risk of injury is high. You can do stretching exercises every morning to keep yourself flexible and ready for the physical demands of work. After all, don't athletes warm up before a game to prevent injury?

Fixed positions--not moving enough--can also cause back problems. Staying in a fixed position for too long can lead

to muscle spasms. We feel it as stiffness, but by the time discomfort from "static" muscle contractions is experienced, low level tissue damage has begun. Take stretch breaks between long standing or sitting periods to improve circulation and prevent back strain.

Poor body mechanics and bad lifting habits usually "trigger" a back injury--and are more likely to do so if overall physical condition is poor. Remember these techniques to help escape injury:

- * Avoid using fast, jerking motions when lifting.
- * Avoid bending and twisting at the same time.
- * Avoid handling a load too far away! Keep the load close to your body.
- * Teamwork! If the load is too heavy, two persons should carry the load.

Emotional Stress leads to mental distraction, so that things other than proper body mechanics are on your mind. Stress and back pain seem to go together.

Low back pain has been called "a tension headache that slipped." Solving our personal problems isn't always easy to do, but it often takes away back pain and helps prevent repeated injuries.

In Conclusion: Improper lifting isn't the only thing that causes back injuries. People who do not also stay in good physical and mental condition are at high risk for back problems.

It's up to you--take good care of your body and save your back!



President-elect Obama visits troops

By Lance Cpl. Alesha R. Guard, Marine Corps Base Hawaii

MARINE CORPS BASE HAWAII — Marines and Sailors at Marine Corps Base Hawaii were surprised with a special visitor during their holiday dinner at Anderson Mess Hall Christmas Day. As the troops enjoyed their turkey and pie, President-elect Barack Obama mingled with the service members and families, wishing all a happy holiday season and thanking them for their service.

“I was most impressed that he met with the Marines and Sailors individually,” said Lt. Richard House, Chaplain, MCBH. “It was a ‘Wow’ moment. He could’ve been with his family, but he was with Marines and Sailors today. I think that says a lot about him.”

To be personally thanked with a smile and handshake for their service meant the world to the Marines and Sailors, House said.



President-elect Barack Obama thanks a Marine for his service during a holiday dinner at Anderson Mess Hall, Dec. 25. Photo by Marine Lance Cpl. Alesha Guard.

“I was ecstatic to meet the newly elected president,” said Seaman Recruit Kywame Summers, storekeeper, Patrol Squadron 47.

Seaman Apprentice Jeff Trenton, Aviation Machinist Mate, VP-47, said the president-elect didn’t simply make an appearance but took his time eating and speaking one-on-one with the troops.

“He asked where I was from and how I was doing,” Trenton said. “To me, it showed he is truly interested in the people who serve our country.”

With a big smile and endless enthusiasm, Obama made his way around the mess hall to each table, talking and laughing with the Marines and Sailors.

“It was very generous of him to spend the holiday with service members - to show he cares about the troops and what we’re doing,” said

Sgt. Ashley Thompson, food service specialist, Anderson Mess Hall. “It increased my confidence in him even more. He showed he has the characteristics of a leader, which is what it’s going to take to lead our county.”

Gunnery Sgt. Henry Pollard, assistant manager, Anderson Mess Hall, said Obama’s visit displayed his deep appreciation and concern for service members.



President-elect Barack Obama visits with Marines and Sailors during their holiday meal at the Anderson Mess Hall Dec. 25. Photo by Marine Lance Cpl. Alesha Guard.

“To come here . . . showed a level of selflessness and showed the level of support we have from him,” said Pollard, while enjoying his holiday meal at Anderson Mess Hall with his family. After Obama’s visit, Pollard said he now feels military members have support not only from the president-elect but also from his family.

“His wife is behind him 100 percent, understanding his role and him coming out here to be with the troops,” Pollard said.

Obama is not ‘just talk’, Pollard said, because he’s still putting in the work to support the people who voted for him.

“He showed the level of commitment he has is going to continue, so that when he is in office he’s not going to forget about our military service members,” Pollard said.

Lt. Col. Thomas W. Ward, base inspector, Base Inspector’s Office, HQBN, also enjoyed a greeting from Obama while eating Christmas dinner with his family at the mess hall.

“His visit was so special,” said Delilah Ward, spouse. “He was so personable, and [he] made the extra effort to ask everyone their name.”

“Taking the time to greet each service member and family displayed what a great leader he is,” said Lt. Gen. Keith Stalder, Commanding General, U.S. Marine Corps Forces, Pacific.

“He was very gracious and kind to come spend Christmas with us,” said Stalder, speaking of the president-elect. “We are so grateful he would do something like this - he cares about the American people because he told them so today,” Stalder said.



ARLINGTON, Va. (Jan. 6, 2009) President George W. Bush inspects the troops during the Armed Forces Farewell Tribute at Ft. Myer in Arlington, Va. Secretary of Defense Robert Gates awarded the president the Department of Defense Medal for Distinguished Public Service at the ceremony. (U.S. Navy photo)



ARLINGTON, Va. (Jan. 6, 2009) Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, left, first lady Mrs. Laura Bush, President George W. Bush and Secretary of Defense Robert M. Gates listen as the national anthem is sung during the Armed Forces Farewell Tribute Ceremony. (U.S. Navy photo)



ARLINGTON, Va. (Jan. 6, 2009) Members of the Joint Ceremonial Honor Guard and Joint Ceremonial Color Guard stand in formation during the Armed Forces Farewell Tribute Ceremony honoring President George W. Bush at Fort Myer. (U.S. Navy photo)

Military, civilian employees get pay increase for 2009

By C. Todd Lopez, Marine Corps News

WASHINGTON -- Military and government civilian employees can look forward to a little more cash in their pockets during the New Year thanks to a Department of Defense across-the-board pay increase. Active-duty military personnel received a 3.9 percent pay raise beginning Jan. 1. An E-5 with five years of service, for instance, will see an increase in monthly base salary of about \$88 dollars. An O-3 with nine years of service would see nearly \$200 per month extra.

The 2009 military pay tables can be found at: <http://www.dfas.mil/militarypay/militarypaytables/2009MilitaryPayTables.pdf>.

Civilian employees under both the

General Schedule and National Security Personnel System (NSPS) pay plans are also receiving pay raises. Civilians under the GS system get an across-the-board pay raise of 2.9 percent in 2009. Civilians under NSPS received an increase of 1.74 percent and can earn additional performance-based salary increases through the NSPS "pay pool" process.

Additionally, all civilian employees rate a locality pay, which is based on the cost-of-living in their employment market. Locality pay rates for 2009 range from about 13.86 percent to 34.35 percent of an employee's base pay.



Tews' Views

Chaplain (Lt. Cmdr.)
Mark Tews
NAS Kingsville,
Religious Ministries

New Year Planning

"It is just as I said to Pharaoh: God has shown Pharaoh what He is about to do...And now let Pharaoh look for a discerning and wise man and put him in charge of the land of Egypt. Let Pharaoh appoint commissioners over the land...They should collect all the food of these good years...This food should be held in reserve for the country, to be used during the seven years of famine...so that the country may not be ruined." Genesis 41:28-36

Joseph told Pharaoh God's interpretation of the ruler's dreams. But he didn't stop there. He went on to give Pharaoh a plan to deal with the future God had revealed to him. He put together a practical implementation of the spiritual insight he had been given.

Have you made resolutions, for 2009? Do you know that most people fail to reach their New Year resolution goals primarily due to the fact that they have no plan and generally give up by February? It seems that many people get impatient with planning. Making a "to do" list, setting out on a logical course of action – such things seem boring. Too often we want action and we want it now. Sometimes we get impatient and just want to "step out on faith," which is, many times, only a headlong run into situations where "fools rush in and angels fear to tread." What we all too often fail to see is the utmost importance of proper prior planning. Organization is essential to efficient implementation. A disorganized, hap hazard, "hope it'll all work out" approach is usually an excellent formula for disaster.

People of faith should want to be more God-like, right? As such, we are then bound to desire to be organized, to be careful planners. Why? Because, God is an organized being. He

is definitely a planner. You need simply look at His creation to see infinite detail in its organization. A reading of His Word reveals a God of impeccable planning.

Granted, not everyone can be a list maker. Not everyone can be totally organized in every area of life. But, when you have a goal, when you have a direction in which you believe God is leading you, then take the time to think it through before you step out. Make some detailed plans, commit them to paper, including to continuously seek the Lord's guidance through prayer, worship, and the reading of His Word. Organize your effort enough to know if and when you are off track and to track your progress. Know enough about what your plans are to recognize roadblocks when you run into them. As one hymn writer put it, "With the Lord Begin Your Task & He Will Direct It."

If you're one of those who does not make resolutions and perhaps are uncertain of what the Lord has in mind for you in 2009, then hear the advice of former Chaplain of the U.S. Congress Peter Marshall. "You cannot know whether you are going or what you are to do. But why not take the Pilot on board who knows the nature of your sealed orders from the outset, and who will shape your entire voyage accordingly? He knows the shoals and the sandbanks, the rocks and the reefs, He will steer you safely into that celestial harbor where your anchor will be cast for eternity."

I leave you with the words of the prophet Jeremiah, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

Sunday worship services

Protestant service
10:30 a.m.

Catholic Mass
12:30 p.m.



NAS Kingsville Branch Health Clinic Corner

End of holiday stressors!



The holiday season is known for the stressors that come with it, such as relationship concerns, financial problems and reflection on previous holidays. For some, the distress will lift when the holidays end, whereas others may continue to feel unhappy and/or stressed.

Some ways to help manage this post-holiday stress include:

Making healthy choices, choosing healthier foods and getting some exercise will likely play a role in improving mood and energy levels.

For those wishing to lose holiday weight, it is wise to stay away from fad diets. The safest and most effective way to lose weight is to do it gradually.

Making realistic resolutions. Resolutions are by no means mandatory, but for those who do wish to make

them, it's important that the goals are achievable. Using the above example of weight loss, a goal to lose 1 pound a week is realistic. A goal to lose 7 pounds a week is not!

Seeking financial advice. This is important for those who have racked up debt from holiday expenses. Ignoring debt will only make matters worse, and many lenders are amenable to arranging manageable repayment plans.

Looking at previous patterns. If someone has spent the last three January's upset about holiday debts or holiday overindulgence, they should think carefully about these behaviors the next time round.

With a bit of work and in most cases, these sorts of problems are avoidable.

By HM3(FMF) Cyrus Cunningham



Navy Knowledge Online Orientation at the Library - Every Wednesday at 5 p.m. the Library staff will hold a short class on what the library section of NKO has available. This great site is for active duty, retirees, and dependants. If you are in the DEERS system, then you have access to this resource. For more information, call the Library at 516-6271.

Texas State Vehicle Inspection - If your Texas State Vehicle Inspection expires this month, stop by the Auto Skills Center and get it renewed to avoid any costly fines. For more information, contact Auto Skills at 516-6248.



CDC Parent Involvement Board Meeting - January's meeting will be held on 13 Jan. 2009 at 4:30 p.m. For more information, call 516-6176.

Kid's Night Out - Enjoy a well deserved night out while the kids do the same at the CDC on 16 Jan. 2009. For more information, call the CDC at 516-6176.

Winnie the Pooh Birthday - Come join the Station Library as they celebrate Winnie the Pooh's Birthday on 16 Jan. 2009. The event starts at 4 p.m. Contact the Station Library for more information at 516-6271.

Weight Room Orientation - So you've jumped into your new years resolution of getting back in shape with both feet, but feeling a little overwhelmed with all the equipment options at the Total Fitness Connection? Take advantage of this free weight room orientation by the MWR Fitness



Staff. Orientations are scheduled for 8 Jan., 5 Feb., 5 Mar., 2 Apr., and 7 May. Times will be announced. Please register by 5 p.m., the day before the orientation you wish to attend. For more information, please call 516-4386.

No Limit Texas Hold'em Tournament - Go ALL IN at the monthly No Limit Texas Hold'em tournament. The action kicks off at 7 p.m. at the K-BAR in The Captain's Club.



You can pre-register at ITT starting on 1 Jan., or register on tournament day up until 15 minutes prior to the start of the tournament. Your \$10 registration fee covers tournament entry, non-alcoholic drinks, and dinner. An optional entry of \$20 will get you entry into the tournament, the dinner package, and an extra 500 chips. There will be a guaranteed minimum prize pool of \$200. Tournament limited to the first 40 entries. Feel free to take advantage of the K-BAR's Friday night specials and we'll provide you with a ride home. Call Shirley Ley at 516-6734 for more information.

Martin Luther King Jr. Day Duathlon - Challenge yourself with an 8-mile bike, and a 7-mile run. Individuals and 2-person teams are welcome to register. The top 3 individuals in each age group, and the top 3 teams overall will receive

plaques. The race gets under way at 9 a.m. on Saturday, 17 Jan. Register at the Total Fitness Connection, or call 516-4386 for more info.

Back 2 Fitness Expo - Come join us for the first annual "Back to Fitness Expo" at the Total Fitness Connection. The expo will feature intro fitness classes, body composition assessments, question and answer sessions, and access to fitness staff to answer any questions you may have. The fun is scheduled from 8:30 a.m. - 11:30 a.m. on 24 Jan. For more information, call 516-4386.



Bowling Leagues



In the Dog House Fall League

Pos. Team	Won	Lost	GB
1. 3 Minds in the Gutter	44.0	28.0	0.0
2. Lane Brakers	40.5	31.5	3.5
3. Thumalos	33.5	38.5	10.5
4. The Rebels	33.0	39.0	11.0
5. Pin-Heads	33.0	39.0	11.0
6. Hounds	27.5	44.5	16.5
7. Los Tres Vatos	16.5	19.5	27.5
8. Ghost	0.0	0.0	44.0

Wednesday Nite Mixed League

Pos. Team	Won	Lost	GB
1. Tidy Bowlers	33.0	19.0	0.0
2. Petes Angels	29.0	23.0	4.0
3. Laugh Out Loud	29.0	23.0	4.0
4. Big K Rollers	28.0	24.0	5.0
5. DUH's	28.0	24.0	5.0
6. Sixty Forty	28.0	24.0	5.0
7. Guttermouths	27.0	25.0	6.0
8. Ghost	0.0	0.0	33.0

K-Rock Coffees

Official Opening

When: Tuesday, Jan. 13

What time: 10 a.m.

Where: Coffee shop



"Proudly brewing Starbucks coffee"

CNO and MCPON visit troops in Afghanistan

By Mass Communication Specialist 1st Class Monica R. Nelson, Chief of Naval Operations Public Affairs

KABUL, Afghanistan (NNS) -- Chief of Naval Operations (CNO) Adm. Gary Roughead and newly appointed Master Chief Petty Officer of the Navy Rick D. West met with Sailors at International Security Assistance Force Headquarters in Kabul, Afghanistan, at the start of their Christmas greetings tour of the country, Dec. 20.

Adm. Roughead thanked the troops



KABUL, Afghanistan (Dec. 20, 2008) Chief of Naval Operations (CNO) Adm. Gary Roughead thanks Sailors for their service during an all-hands call and awards ceremony at International Security Assistance Force (ISAF) headquarters in Kabul. Roughead is traveling with Master Chief Petty Officer of the Navy (MCPON) Rick West, left, throughout the U.S. 5th Fleet area of responsibility to thank Sailors and Marines for their significant contributions in helping to bring stability and prosperity to the region by supporting maritime security operations. (U.S. Navy photo)

and their families for their service, citing 14,000 Sailors in the Middle East, a number almost equivalent to the Marine Corps service members within the same theatre. He also expressed gratitude for the reports he receives from other military services about the level of service the U.S. Navy is giving.

"Everywhere I've gone over the past couple of years, in Pacific, Atlantic, and then the year past where I've been the CNO, the comments that I receive universally from Army, Air Force, Marine Corps and even the Navy commanders, cannot say enough about what our Sailors do – day in and day out, and the way that you do it," said Roughead. "It's that desire and competency that you bring wherever assigned that makes a huge difference, and that is something we are going to continue to do as

long as we are engaged in this fight."

During his visit, Roughead took the opportunity to award four Sailors and Marines the Defense Meritorious Service Medal, one the Joint Service Achievement Medal, another the Joint Service Commendation Medal, and frocked a petty officer to the next pay grade. He also introduced MCPON West to the troops and the two held a question and answer session.

"The CNO's visit was excellent for morale," said U.S. Navy Chief Hospital Corpsman George Ayala from Pueblo, Colo. "We had a lot of questions that he had the right answers for. For those people who are here for the first time, it's a little scary coming here. It's reassuring that the upper chain of command is concerned about us."

Roughead and West arrived in country the day prior and spent the evening at Camp Eggers near ISAF HQ. Following his visit with ISAF Sailors, Roughead



KABUL, Afghanistan -- Chief of Naval Operations (CNO) Adm. Gary Roughead pins second class rank insignia on Engineering Aide 2nd Class Micah Maxted, assigned to the Combined Security Transition Command-Afghanistan (CSTC-A) engineering department. Roughead and Master Chief Petty Officer of the Navy (MCPON) Rick West visited the U.S. 5th Fleet area of responsibility in December to thank Sailors and Marines for their significant contributions in helping to bring stability and prosperity to the region by supporting maritime security operations. (U.S. Navy photo)

paid a visit to the American Embassy nearby before returning to ISAF HQ to meet with Commander, ISAF and Commander, U.S. Forces Command, U.S. Army Gen. David McKiernon.

West held a separate chief's call following the all hands call at ISAF HQ.

Roughead and West visited Provincial Reconstruction Teams throughout Afghanistan during their visit.

Armed Forces Inaugural Committee moves into high gear

By Donna Miles, American Forces Press Service

With less than two weeks before Inauguration Day, the buzz of activity at the Armed Forces Inaugural Committee (AFIC) in Washington, D.C. is a notable exception to the traditional holiday lull that settles over the nation's capital between Christmas and New Year's Day. More than 700 Soldiers, Sailors, Airmen, Marines and Coast Guardsmen – active duty, reservists and National Guardsmen -- are busy preparing for President-elect Barack Obama's inauguration Jan. 20.

"We're spinning up for the full dress rehearsal Jan. 11," Navy Lt. Mike Billips, a reservist from Atlanta serving as an AFIC spokesman, said. The rehearsal will kick off in the dark at about 3

a.m., when participants go through two full iterations of the swearing-in ceremony at the Capitol, then parade down Pennsylvania Avenue toward the White House.

"The curtain goes up on Jan. 20, and everything has to be locked down perfect before then," Billips said. "So it's a lot of rehearsal, a lot of coordination and a lot of training for the people who are coming in."

The servicemembers will get intensive training for the ceremonial support they'll provide at the inauguration ceremony and 10 official inaugural balls, Billips said. Some will be in the midst of the fanfare, serving as honor guards, marching bands, musical units, salute

batteries, drivers, ushers and escorts for distinguished visitors. Others will work behind the scenes, helping to ensure the events go off seamlessly.

Air Force Staff Sgt. Matthew Finney, a telecommunications technician from Wright-Patterson Air Force Base, Ohio, assigned to AFIC's information technology directorate, called being a part of the inauguration a rare opportunity. "I am excited to be a part of our nation's history," he said.

"I am honored to be a part of a commit-

tee of this caliber," Army Spc. Kevyn Coleman agreed. "This is definitely an assignment to talk about years from now. In my personal opinion, I don't think that I have ever had a better assignment."

The 2009 inauguration will be the 56th in which the military has played a role in welcoming the incoming commander in chief. During the first, in April 1789, U.S. Army, local militia units and Revolutionary War veterans escorted George Washington to his inaugural ceremony at New York City's Federal Hall.

