



Flight Log

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In the next Issue



CNO Visits UK, Builds Partnerships

By Mass Communication Specialist 2nd Class (SW) Rebekah Blowers,
Chief of Naval Operations Public Affairs

UNITED KINGDOM (NNS) -- Chief of Naval Operations (CNO), ADM Gary Roughead is currently participating in a counterpart visit hosted by the First Sea Lord in the United Kingdom (UK) following his attendance at the Chiefs of European Navies (CHENS) Symposium in Bulgaria.

CHENS brings together leadership from navies such as the U.S., UK, Turkey, Bulgaria, Italy and Portugal to discuss ways to work together to increase global maritime security and support new maritime partnerships.

During Roughead's address to the international naval leaders he discussed the new maritime strategy and ways navies must cooperate to increase maritime security.

"The strategy aims to enhance maritime security in all areas of the world, and working cooperatively with other navies and other maritime services, so that we have a better sense of what is moving on the oceans," Roughead said. "Being able to work coopera-

tively with other countries so that that information can move quickly back and forth, and appropriate decisions can be made to assure the flow of the goods and services that feed economies around the world."

While in the UK, CNO will attend military ceremonies, visit shipyards and engage in discussions with UK Royal Navy leaders. Roughead believes counterpart visits play a vital role in keeping the lines of communication and discussion open with global maritime partners.

"I always enjoy visiting with international maritime leaders and working together to find ways for our navies to cooperatively assure the safety and security of the sea lanes," Roughead said. "Navies and maritime forces must operate in professional and open ways so that we can better understand intentions and desires and allow for free use of the seas and enable the security from which we all benefit."



Chief of Naval Operations (CNO) ADM Gary Roughead discusses issues such as his recently released "CNO Guidance" and his thoughts on the new Maritime Strategy.

57th Annual National Day of Prayer 2008 Prayer! America's strength and shield



Left: Chaplain (LCDR) Mark Tews kicks off "National Day of Prayer" with a prayer for government, military, media, business, education, church, and family. Right: Tews points out the starting point for the 2-mile run/walk that followed the prayers.





From The Bridge...



CAPT Phil "Waddz" Waddingham
Commanding Officer, NAS Kingsville

Good Afternoon, Team Kingsville!

Last week I had the pleasure of traveling to NAS Jacksonville to participate in an Executive Steering Committee of the installation commanding officers from Naval Region South East. The two day conference, chaired by RADM Michael Vitale, was very informative and as always, the regional commanding officers had frank and open discussion on a host of issues affecting the bases. One of the areas of concern is encroachment, and it is very interesting to learn about what other bases are experiencing--particularly some bases outside our region. There are some serious challenges out there, and if they go unchecked, the viability of certain installations in the future is a real concern.

Recently, NAS Kingsville has joined in a partnership with the City of Kingsville Commissioners to

adopt a Joint Land Use Study, which was funded by the Office for Economic Assistance. The relationship between NAS Kingsville and the people of Kingsville is as strong as ever. As the Joint Land Use Policy Committee, of which I am a member, continues the task of balancing the needs of economic development for the community, with the objective of maintaining the base's unencumbered ability to perform its mission, I am as confident today as when I assumed command that the future for our base and the City of Kingsville is bright. NAS Kingsville will be well positioned to support all current, and any future training and operational requirements that may come our way. This is good for our community, good for the Navy, and good for our nation

I returned from my trip just in time to be home for the weekend, and to enjoy Mother's Day with my family. I hope everyone was able to do the same. The Mother's Day Brunch held at our Club--the first in five years--was a special treat for all who made reservations. Live jazz music, special gifts, abundant food, and a family friendly atmosphere, made this a great value for small and large families alike. Almost 70 people came to enjoy the event. If you missed all this, mark it on your calendar for next year!

Speaking of marking your calendars, you must put this one down--the first annual NAS Kingsville 4th of July fireworks display! More information will be

made available soon. The event will be held on base, and all personnel who have access to the base will be welcomed to come celebrate our Nation's birth.

Keep in mind as summer approaches to apply risk management to all your recreational plans. Stay hydrated and don't drink and drive. Check out your outdoor equipment before you use it to make sure it is ready for action. If it's been sitting in your garage or attic since last summer, chances are some level of "preflight" inspection and maintenance may be in order.

Finally, we are happy to have back on our roster the following personnel who recently returned from overseas serving as individual augmentees: MA1 Matthew Brackeen (Iraq-203 days), MA1 Donald Jones (Iraq-379 days), MA1 Robert Smith (Iraq-262 days), MA2 Joel Anderson (Guantanamo Bay, Cuba-224 days), MA3 James Turner (Guantanamo Bay, Cuba-224 days), AC2 Andrew Monacelli (Iraq-261 days), YN2 Israel Redden (Iraq-209 days), and LCDR Tabitha Pierzchala (Iraq-209 days). To all, I appreciate your sacrifice and service to our Nation, and on behalf of all of the folks at NAS Kingsville, Well Done, and Welcome Home!

Until next time...

"Waddz sends"



Tews' Views



Chaplain (LCDR) Mark Tews
NAS Kingsville, Religious Ministries

For those who are unaware, at a military theater, the National Anthem is played before every movie, and of course as should happen, everyone stands to attention as it plays. What follows is an account from a Chaplain in Iraq:

When the Music Stopped

Written by Chaplain Jim Higgins

I recently attended a showing of the movie Superman 3 here at LSA Anaconda at the Ballad Airport in Iraq, north of Baghdad. We have a large auditorium we use for movies, as well as memorial services and other large gatherings. As is the custom back in the States, we stood and snapped to attention when the National Anthem began before the main feature. All was going as planned until about three-quarters of the way through the anthem when the music stopped.

Now, what would happen if this occurred with 1,000 18-22 year-olds back in the States? I imagine there would be hoots, catcalls, laughter, [and possibly] a few rude comments; [then] everyone would sit down and call for a movie. Of course, that is, if they had stood for the National Anthem in the first place. Here, the 1,000 Soldiers continued to stand at attention, eyes fixed forward. The music started again. The Soldiers continued to quietly stand at attention. And again, at the same point, the music stopped. What would you expect to happen?

Even here, I would imagine laughter, as everyone finally sat down and expected the movie to start. But here, you could have heard a pin drop. Every Soldier continued to stand at attention. Suddenly there was a lone voice, then a dozen, and quickly the room was filled with the voices of a thousand soldiers, finishing where the recording left off:

"And the rockets red glare, the bombs bursting in air, gave proof through the night that our flag was still there. Oh, say does that Star - Spangled Banner yet wave, o'er the land of the free, and the home of the brave."

It was the most inspiring moment I have had here in Iraq. I wanted you to know what kind of Armed Forces service personnel are serving you here. Remember them as they fight for you! Pass this along as a reminder to others to be ever in prayer for all our Soldiers, Sailors, Marines, Airmen, Guardsman

& Coasties serving us here at home and abroad, for many have already paid the ultimate price.

Chaplain Jim Higgins

My Thanks to Patricia Burton of Symtech for sharing the above story from Chaplain Higgins. It seemed especially appropriate for this Armed Forces Day Weekend. If anyone else would like to share inspirational stories and/or personal accounts appropriate for this column space please feel free to share as well. I gladly welcome your input. Please send all such sharings to mark.tews@navy.mil. Though I can not promise to use everything submitted I do promise to read whatever you send me and will of course always give acknowledgement to you for any material I use.

Trivia Challenge: Thus far, at the time of writing there have been no responses to the last challenge. Was it a stumper? Too difficult? Perhaps a rerun with a little extra clue will help --

There once was a King named Og who was left with nothing but a 13' by 6' iron bed in the city of R_____ of the Ammonites. (Clue: Look in Deuteronomy 3)

Join us for Bible Study and lunch every Tuesday at 12:00 p.m. in the Chaplains Conference Room.



In The Break...



CDR Timothy "Cowboy" Carr
Chief Staff Officer, Training Air Wing TWO

We are six and a half years into the long war against the evil fanatics that want to impose their distorted beliefs on the rest of the world. I worry sometimes that Americans don't comprehend the full measure of devotion and heroism that take place half a world away. Copied below is the Medal of Honor citation of Lieutenant Michael P. Murphy, United States Navy, awarded posthumously for his service in Afghanistan:

For conspicuous gallantry and intrepidity at the risk of his life, above and beyond the call of duty, as the leader of a special reconnaissance element with Naval Special Warfare Task Unit Afghanistan on 27 and 28 June 2005. While leading a mission to locate a high-level anti-coalition militia leader, Lieutenant Murphy demonstrated extraordinary heroism in the face of grave danger in the vicinity of Asadabad, Konar Province, Afghanistan. On June 28, 2005 operating in an extremely rugged, enemy-controlled area, Lieutenant Murphy's team was discovered by anti-coalition militia sympathizers who revealed their position to Taliban fighters. As a result, between 30 and 40 enemy fighters besieged his four-member team. Demonstrating exceptional resolve, Lieutenant Murphy valiantly led his men in engaging the large enemy force. The ensu-

ing fierce firefight resulted in numerous enemy casualties, as well as the wounding of all four members of his team. Ignoring his own wounds and demonstrating exceptional composure, Lieutenant Murphy continued to lead and encourage his men. When the primary communicator fell mortally wounded, Lieutenant Murphy repeatedly attempted to call for assistance for his beleaguered teammates. Realizing the impossibility of communicating in the extreme terrain and in the face of almost certain death, he fought his way into an open terrain to gain a better position to transmit a call. This deliberate heroic act deprived him of cover, exposing him to direct enemy fire. Finally achieving contact with his headquarters, Lieutenant Murphy maintained his exposed position while he provided his location and requested immediate support for his team. In his final act of bravery, he continued to engage the enemy until he was mortally wounded, gallantly giving his life for his country and for the cause of freedom. By his selfless leadership, courageous actions, and extraordinary devotion to duty, Lieutenant Murphy reflected great credit upon himself and upheld the highest traditions of the United States Naval Service.

Lieutenant Murphy knowingly sacrificed his life so that others might live and the nation's mission could be carried out. His heroism is as laudable as that of any other Medal of Honor recipient in any other conflict. Sometimes it is hard to remember when we are on shore duty in South Texas, but we are a nation at war. Our enemy never forgets and never rests. He waits for us to lose interest and he advances some more. It is our duty as warriors and protectors of America to remain vigilant. We train warriors to go and fight our implacable foe. We train warriors to win. Train hard. God bless you.

Cowboy

LT Michael P. Murphy *U.S. Navy SEAL*



WASHINGTON (May 7, 2008) A photo illustration of the guided-missile destroyer USS Michael Murphy (DDG 112). The ship will be named after LT Michael P. Murphy (Sea, Air, Land) who was posthumously awarded the Medal of Honor for his actions during combat in Afghanistan on 27 and 28 June 2005. U.S. Navy Photo Illustration by Mass Communication Specialist 2nd Class Jay Chu.



Photo Illustration commemorating the Medal of Honor presented posthumously to LT Michael P. Murphy (Sea, Air, Land). U.S. Navy Illustration by Mass Communication Specialist 2nd Class Jay Chu.

The Flying K

Naval Air Station Kingsville, Texas

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ATTN: CAPTAIN'S LINE.

Navy Nurse Corps Celebrates 100th Anniversary

By Cat DeBinder, National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) -- The Navy Nurse Corps will celebrate its 100th birthday May 11. In honor of this historical milestone, several activities commemorating Navy Nurses were held in the national capital area.

The Surgeon General's Speaker Series featured Dr. Jennifer Telford April 29 in the National Naval Medical Center's Memorial Auditorium. Telford's presentation was entitled "Care Amidst Shortage: The Relationship Between the American Red Cross and the Navy Nurse Corps during World War I." She also spoke about the 100-year history of the Navy Nurse Corps and featured a pictorial review.

Navy Surgeon General VADM Adam Robinson, Jr., said Telford's lecture serves as an important lesson for Navy medicine in order for it to learn, grow and be ready for what the future holds.

"We know that time changes all things and what we once thought was dogma, is no longer the case," he said. "When we are reminded of the advancements the Nurse Corps and military medicine have made over the last 100 years, we will be more likely to continue making strides."

Jan Herman, Navy Medical Department historian and Navy Medicine Magazine editor, said nurses have crossed and broken down barriers over the last 100 years.

Speaking of Telford's accomplishments, Herman said, "the fact that the 'Doctor is a Nurse' shows that nurses today have gone beyond patient care and now have many different roles."

National Naval Medical Center's Director for Nursing CAPT Susan Dionne explained that it is appropriate that the 100th birthday should occur at this time when so much is changing not only in Navy nursing and Navy medicine, but military medicine as a whole. With the upcoming integration between Walter Reed and Bethesda, nurses are moving in an unprecedented and pioneering direction.

"These are very exciting times for Navy nursing," she said. "Not only do we have the rich heritage of the last 100 years to look back on, we also have the next 100 years to look forward to further growth and development."



Right to left - WWI and WWII Nurse Corps uniforms.

Argentine Pilots Train with George Washington Carrier Strike Group

By MC2 Riza Caparros, USS George Washington (CVN 73)

Public Affairs

USS GEORGE WASHINGTON, At Sea (NNS) -- Navy pilots from Argentina trained with their counterparts from the U.S. Navy while performing low approaches to the flight deck of USS George Washington (CVN 73)(GW) on May 5.

The aerial evolution involved coordination with GW's air department, Carrier Air Wing 17 (CVW-17), currently embarked on GW, and an Argentine Landing Signal Officer (LSO), who was on station on the GW's LSO platform during the evolution.

CDR Bradford L. Brown, GW's Air Boss, said the event was an impressive way of displaying the U.S. Navy's good working relationship and interoperability with its Argentine counterparts.

"This was a great opportunity to train our own Sailors in this warfare area," said Brown. "To work with other countries, we're showing our Sailors that the big Navy is really a combination of ours, theirs, and other partners."

"My Navy, the Brazilian Navy and the Chilean Navy have been working very well together the last five years, but we all know we need to work together with the U.S. Navy. I have no doubts that we have to work more together," said CDR Sergio Sanchez, Argentine Navy Landing Safety Officer.

Sanchez also expressed his wishes that aviators from his country's sea service will remember the

day as, "very, very important. I know our pilots will think this is important to show the American Navy our skills and how we work professionally. We want to leave a good image."

"The American Navy may not need materials from us," continued Sanchez. "But we all need the friend-



PACIFIC OCEAN (April 20, 2008) Aircraft assigned to Carrier Air Wing (CVW) 17 perform a fly-by maneuver over the nuclear-powered aircraft carrier USS George Washington (CV 73) as crew members and distinguished visitors watch from the flight deck. George Washington is en route to Yokosuka, Japan, where she will replace the aircraft carrier USS Kitty Hawk (CV 63). US Navy photo.

ship between our nations, for us to work together for the positive direction of the world."

Deputy Air Wing Commander, CAPT Andy Whitson, described what he hopes his air wing will understand as the meaning behind joint operations with other navies.

"Rarely do we get to come down and work with our South American partners, so having that opportunity to see how they operate is a great experience for the entire wing," said Whitson. "It's one thing to read textbooks and intel estimates of what we think their capabilities are, it's quite another to actually fly with them and talk to them. We have different capabilities, but it's the man and the machine that makes the difference. If we can understand that a little better, we can work together much more capably."

The George Washington Carrier Strike Group consists of George Washington, Carrier Air Wing 17, and Destroyer Squadron 40 which includes the USS Farragut (DDG 99) and the USS Kaufman (FFG 59). The GW CSG is in South America, currently engaged in maritime exercises for Partnership of the Americas, which is designed to promote interoperability and security throughout the hemisphere.



My View
From the sidelines:

*Commentary by Jon Gagné
Public Affairs Officer*

MWR's MVP not 'Short' on talent

Every blue moon, someone new walks into a job and you just know that they are going to do great things. I got that feeling when I first met MWR Marketing Director Wayne Short in mid-March. Wayne was hired to fill the MWR Marketing Director position by MWR Director Tara Culbertson, who knew immediately she had hired the right person.

"I knew when my staff and I spoke with him that he was perfect for this job," Culbertson told me after she interviewed him and offered him the job. "I interviewed him along with 4 of my other MWR employees because I wanted it to be a team decision and that they would be his customers. The entire team selected Wayne, so we all sort of own that awesome decision. He's going to do great things for MWR."

I think Tara's right. I actually knew of Wayne's work, although we had never met. I've always had a passion for sports writing and sports photography and I happened to come across some of Wayne's work that was featured on the San Diego-area military Web site. And it was impressive.

Wayne slid into his job at MWR at the perfect time for NAS Kingsville. He arrived three weeks before the Air Show, and he didn't waste any time jumping on the band wagon. First, he created an awesome Web Site for the show. Next, he took on the challenge of dealing with show sponsors and performers. He stepped up to the plate like he'd been hitting in the cleanup spot for decades. And he didn't choke under the pressure.

He simply did what had to be done. He didn't wave his past accolades, nor stand up and use that old adage, "at my last command," that we've all heard way too many times. Instead, he asked what was

needed, and how he could help. It didn't take long to recognize just what came with the package.

"MWR is taking on an exciting new direction," Culbertson said, "and Wayne epitomizes that change. We've got such an amazing team of employees here – we're like a family in MWR. The entire MWR team has welcomed Wayne, in part because he has a way of making changes without making anyone feel defensive. It's obvious the first time you meet him that he wants only the best for MWR and for NAS Kingsville as a whole, and that makes everyone want to get on board with his vision."

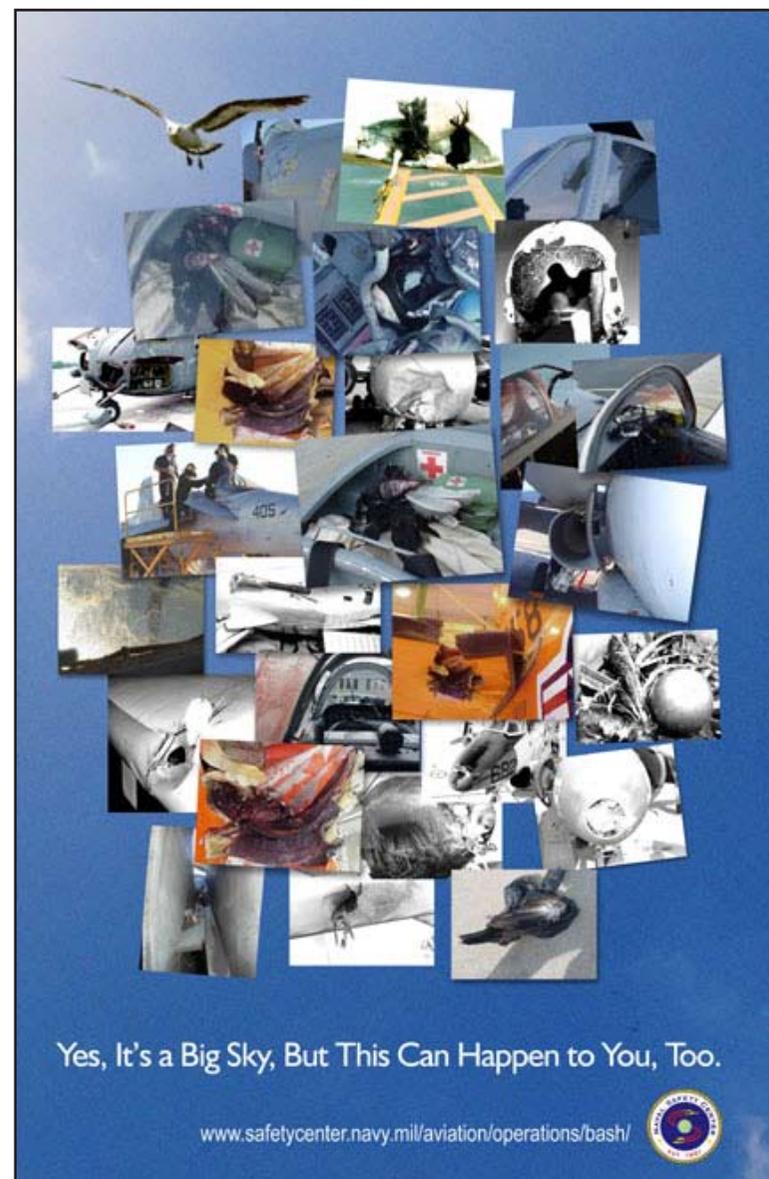
Culbertson added that she can't wait to see what Wayne has accomplished a year from now, especially since he has already exceeded all her expectations.

I know what she means. Wayne tells me that he's content in his new surroundings. He and his wife Victoria have relocated to Calallen, but he's a native Texan from Atlanta, Texas, who has come home after spending 17 years in Southern California. Along the way, he fine-tuned his passion with the camera, winning numerous awards for sports coverage through his job with a consulting company that published Navy and Marine Corps newspapers, and as a staff reporter for the Palomar College newspaper "The Telescope" in San Marcos, Calif. He has covered everything from intramural sports events, to collegiate athletics, international sports competitions, professional boxing matches at ringside, major league baseball, to the NFL. He has worked on-the-court at NBA games, on-the-field during NFL regular season and playoff games, and on the ultimate stage at the Super Bowl. His shots tell vivid stories of the "pressure of the moment" and rarely need an accompany-



ing caption to tell the story.

Wayne and I have had several conversations about sports. We've even shared ideas about improving the coverage of local intramural sports in the Flying K, which is going to happen. It's easy to see that his passion for sports photography still burns, although now it is only a small blurb in his job description. But for some reason I get the feeling that he's okay with that. He says he has "bigger challenges ahead," which is hard to believe considering the MVP role he played in the air show. But the one thing I've learned about Wayne over the last three months is that he looks at the big picture ... even if he didn't shoot it with his camera.



“Team Kingsville” contributes \$15,570 to Navy and Marine Corps Relief Society Fund Drive

Society Fund Drive

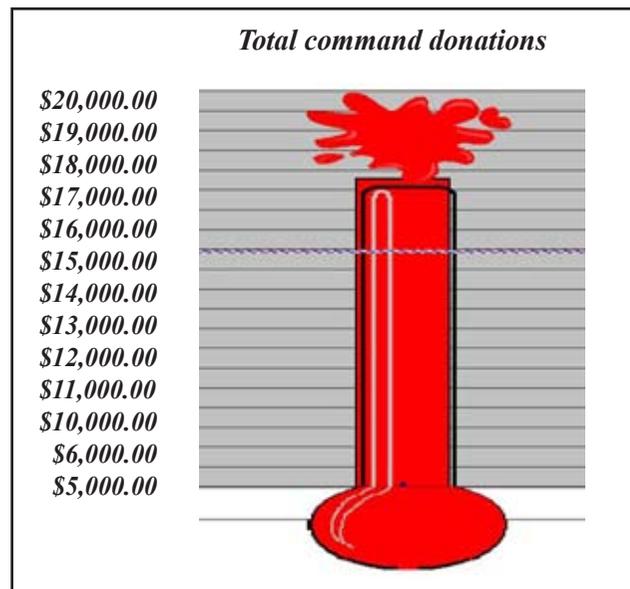
By Maryann Shramko, Flying K editor

For over a century the Navy and Marine Corps has teamed up each year for the annual Navy and Marine Corps Relief Society (NMCRS) fund drive in an effort to help raise money to support various assistance programs for Sailors, Marines and their families. All funds raised go directly towards the support of interest free loans and grants, educational programs, money management counseling, survivor benefit information, food lockers consisting of nutritionally balanced meals, short term needs, and a variety of other assistance programs.

NAS Kingsville sets the same goal as other Navy and Marine Corps commands each year -- 100 percent contact, while setting a goal of beating the previous year's contributions. Everyone wants to do better than the year before and QMC(SW) Jacob Lozano, this year's NASK fund drive coordinator, is no different. According to Lozano, he received a call from the CDR Scott Allen, NASK executive officer, proclaiming “I immediately knew something was up,” he said laughing. “When the XO ask me to head up the fund drive I said ‘absolutely’ because I knew some of my Sailors have used it. I wanted to make sure it was a success because it is a worthy cause.”

Lozano immediately went to work by setting the goal \$1,000 above the \$11,000 he thought was raised in 2007. As it turned out, that was what was raised in 2006. In 2007 NASK only raised \$6,500. By the time the fund drive was over, Lozano and his six department representatives had raised \$15,570, shattering the previous year's figures by \$9,070. “None of this would have been possible without the dedication of the department representatives,” Lozano said. “All of the representatives exceeded my expectations especially, CM2 Demictrick Jacobs. Once he had contacted 100-percent of Public Works personnel he continued by helping the other five representatives with contacting 100-percent of their personnel. ‘In fact,’ Lozano added, “I think he may have even taken some work away from one or two of the other representatives.”

Tambi Parker, Director, Navy and Marine Corps Relief Society Corpus Christi, was thrilled at the success at NASK this year. “Chief Lozano was fired up from the beginning,” she said, “and he truly believes in the Navy Marine Corps Relief Society. The weekly updates he sent me included a thermometer, pie charts, and civilian and military donation compar-



sons. It was an excellent idea, one I plan on passing along to all of my coordinators next year!”

Over the past 100 plus years the NMCRS has grown to 250 offices and 3,000 volunteers throughout the world. These volunteers have been able to support the needs of over \$1 billion in interest-free loans and grants to more than 4 million Sailors, Marines, and families members.

On assignment: NAS Kingsville's Individual Augmentees (IAs):

Camp Victory, Iraq - MA2(SW) Anthony Johnson is currently serving with the Multi National Corps-Iraq's Provost Marshal Office (MNC-I PMO) as the Detainee Operations Release Coordinator. As such, he coordinates with all the major subordinate commands within Iraq dealing with the release boards, recommended and approved releases, and release objections for all detainees in the Iraq area of operations.

Johnson is scheduled to return from his Individual Augmentation (IA) on July 2.



MA2(SW) Anthony Johnson

MA3 Cassandra Boyle is currently deployed with the Military Sealift Command hospital ship USNS Mercy (T-AH 19) on a humanitarian mission in support of Pacific Partnership 2008.

Boyle and her fellow Master-At-Arms are responsible for maintaining good order and discipline, the urinalysis program, bailiff duties during Captain's Mast, escorts in foreign ports and a host of other security and force protection duties.

Since her departure Boyle has volunteered to help build, paint, and prepare new schools, medical facilities, and churches when in port.

Boyle departed in April and is currently scheduled to return to NAS Kingsville on September 30, 2008.



MA3 Cassandra Boyle

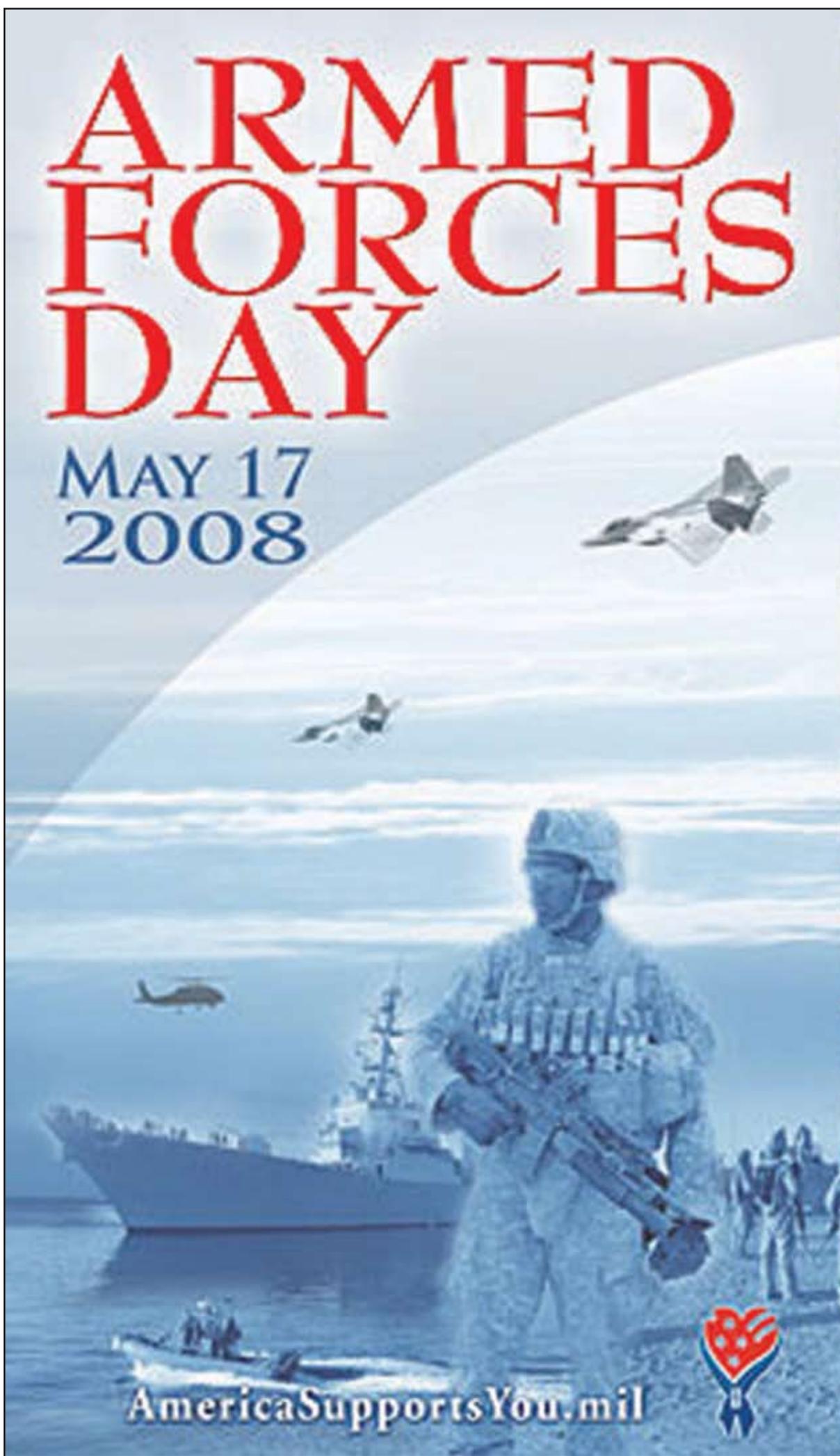
Security holds duel reenlistment



Top from left: GSM2 Francisco Barron receives his Certificate of Reenlistment from MA1 Dwayne Carpenter after reenlisting for four more years. Bottom from right: LTJG David Vandyke presents SH2 Damon Fontenet with his Certificate of Discharge prior to reenlisting him for an additional two year commitment.

ARMED FORCES DAY

MAY 17
2008



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NAS Kingsville
Branch Health Clinic Corner



What you need to know about after hour care

It's Saturday afternoon and you found yourself feeling pretty bad. You take some over the counter medicines and decide to lie down so you can get some rest. A couple hours later you get up still feeling just as bad, if not worse then before. You take your temperature and it's well over a hundred degrees. It's now late afternoon on Saturday and the base clinic is closed, so what do you do?

The Branch Health Clinic Kingsville (BHCK) is here for you! Though our operating hours are Monday thru Friday the BHCK has an after hours care line that you can call. The after hours line is opened Monday thru Friday from 4:30 p.m. to 7:30 a.m. and is opened Saturday and Sunday all day. Our goal is to make sure that you and your dependents stay healthy. If you find that you are ill or something has happen that requires medical attention call the after hours line for instructions.

How does it work? Well, if you find that you are ill or something happens that requires medical attention and can't be put off for twenty four hours, we ask that you call the after hours line and a Duty Corpsmen will be there to answer your call. The Corpsmen will take your name, information and your current situation and contact the Medical Officer on Duty (MOOD). The MOOD will decide if the situation can be taken care of via over the counter meds, or if the patient needs medical attention. The MOOD will also determine whether the medical attention is urgent or emergent.

What is the difference between "urgent" and "emergent"? We separate the care into these two categories to help save you time and money. Under "Urgent" care we can send you to the minor emergency clinic and you will be seen there as if you were to come to the base clinic. The minor emergency clinic is open seven days a week and has extended hours of operations. All "Urgent" care needs have to have prior authorization so that you do not get charged for being at a non-military facility.

Under "Emergent" care we would send you to the hospital. "Emergent" care is considered an emergency and does not require prior approval however, if you go to a hospital emergency room and your situation is not considered an emergency (i.e. possible loss of life, limb, eye sight etc.), you may be charged for your visit, depending on your insurance company. The exception to this is if the minor emergency clinic is closed or has stopped taking patients, then the MOOD will give authorization to go to the emergency room.

If you have any question or concerns about the after hours care line please feel free to call the BHCK at (361)516-6313. The after hour care line is (361)219-0074.

By HM3(FMF) Jacob Welch



Welcome Aboard!

2nd Lt. William M. Barrett
Student Naval Aviator, VT-22
Stafford, Va.

ENS Brent Nyheim
Student Naval Aviator, VT-21
Encinitas, Calif.

ENS Jayson W. Trembath
Student Naval Aviator, VT-21
Rhineland, Wis.

ENS Matthew Simmons
Student Naval Aviator, VT-21
Laguna Hills, Calif.

PR2 (DV/PJ) Jason Thompson
Served for 10 years.
Stationed with Consolidated Divers Unit (CDU)
"I have a genuine love for every part of my job. The people I work with feel the same way, which means everybody loves coming to work in the morning."

"I'm staying."

www.staynavy.navy.mil

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Safety: Slips, Trips & Falls:

Many people are injured each year due to slips, trips and same level falls. These types of injuries can happen to anyone anywhere and at any time. If you have ever taken a fall, you know what a frightening experience this can be. The resulting injuries can be serious or even fatal, especially in older people.

There are around 1,000 fall fatalities each year for people ages 15-64 and approximately 15,000 for people age 65 or older. Many seniors who fall die within two years after a fall. This is a major concern to all of us.



Same level falls, and falls from stairs, are generally categorized slips and trips and caused by any number of reasons. There are many ways to prevent these potentially fatal slips, trips and falls from occurring.

Slips occur when there is not enough friction or traction between the footwear and walking surface. Prevent slips or falls by displaying wet floor signs; use anti skid adhesive tape or apply chemical treatments to slick surfaces; use moisture absorbent mats in entrance areas. Secure rugs mats and carpets. Take action if there is a spill that could cause someone to slip. Environmental factors can drastically change traction on surfaces out doors, consider using anti-skid paint wherever possible. Keep parking areas and sidewalks clean and in good repair. Treat icy/snowy surfaces with sand or other materials that prevent slipping.

Trips happen where there is a loss of balance due to contacting an object or obstruction in the walking path.

Good housekeeping practices are the simplest way to prevent these types of injuries from occurring. Keep areas and walkways free of slip and trip hazards. Avoid stringing power cords in walkways. Close file cabinet drawers, pick up and stow loose items, boxes, bags, etc. Allow sufficient clearance for maneuvering or passing around furniture and other fixed objects.



Signs and stripping to identify hazards such as uneven surfaces are without doubt useful. Proper lighting will allow one to detect obstructions and avoid hazards.

You can prevent falls on stairs by providing adequate lighting, handrails and a good stepping surface. Each step on a set of stairs should have the same rise and same depth/tread and the edges should be visible. Take care when carrying items up stairs that obstruct your view of the steps.

Even with all the control measures in place mishaps can happen. Individual behavior can play a significant role in preventing slips, trips and falls. Failing to use handrails, carrying items that obstruct your view, walking too fast, running, or simply not watching where one is going can lead to one finding themselves lying on the ground writhing in pain trying to figure out what happened.

NAS Kingsville OMBUDSMAN corner

I was in the Naval Medical Clinic in Corpus Christi about a month ago and the Corpsman who did my vitals mentioned it was his last day. I inquired about his next duty station and he said he was going back to Iraq. I felt bad for him and his family thinking it was his second deployment. He quickly corrected my assumption; it is his fourth deployment to Iraq. I was shocked! I could not believe that a navy family would have to deal with such a fast paced deployment schedule. He joked that his wife was used to it by now. But I don't think a military spouse ever gets used to deployments. She/He may learn how to deal with the separation and issues that arise but how can anyone get used to not being with the one they love? I mentioned to the Sailor that NAS Corpus Christi and NAS Kingsville both have Support Group meetings for families of Individual Augmentees (IAs).

There tends to be a negative association with the words support group. So I am going to take this opportunity to share some of the things our support group does.

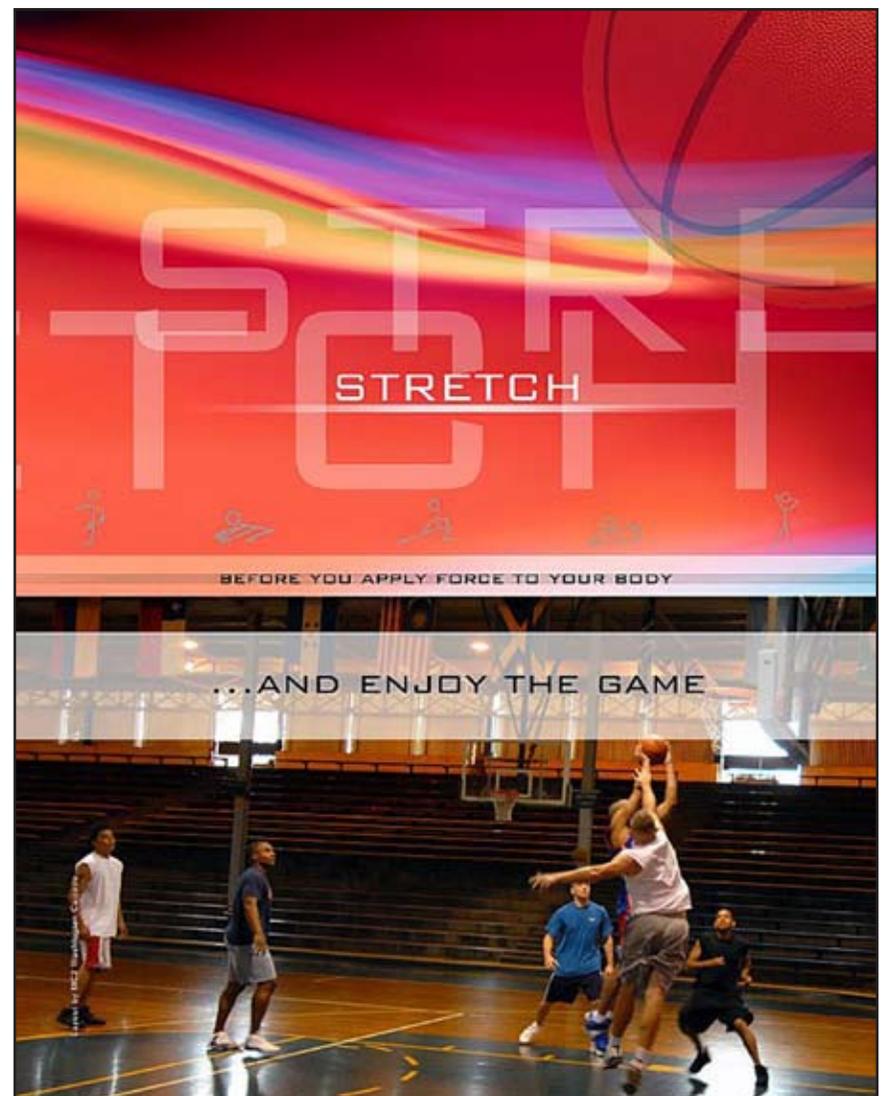
We discuss problems that come up while the service member is deployed such as home/car repairs or parenting issues. If anyone is in need of advise the other spouses can share how they have dealt with similar situations.

Our support group is also there for the children as well and two of the counselors from the Fleet and Family Support Center (FFSC) do a wonderful job at connecting with the kids and giving them some extra attention. We have also enjoyed some free family fun (i.e. bowling, Hooks games) thanks to MWR.

The idea behind having a support group is to have some family style fun and be there for the spouses and their dependents.

The next IA Support Group meeting will be on May 21 at 5:30 p.m. at the FFSC. Come join us, it is a great place to get deployment information and so is your friendly base Ombudsman (that's me). Feel free to call me for support or just to get together for a cup of coffee.

Melissa Knight
(361) 533-0240
mknight788@yahoo.com





CONGRATULATIONS TO THE BIGGEST LOSER WINNERS - Congratulations to team 2 Dogs & Buttiste for winning the MWR Biggest Loser Contest. In total, Demictrick Jacobs, LaQuita Batiste, and Andre

Kizzie lost 7.9% of their combined bodyweight over the 12-weeks of the contest. Second place went to team Kids R Us, made up of Delia Martinez, Elizabeth Stokes, and Sandie Cromwell. Kids R Us lost a total of 5.32% bodyweight.

AUTO SKILLS SERVICES - Car Wash - The MWR Car Wash is open to the public 24 hours a day. Come take advantage of the Best deal in town. The cost for three minutes is .50 cents, and includes high pressure rinse, foaming brush, and spot free rinse. A vacuum cleaner is available.

Texas State Inspections are available Tuesday-Saturday. The NASK Auto Skills Center is the only facility in Kingsville that is open on Saturday. The price for inspection is \$14.50. Vehicle owners must provide proof of insurance at the time of inspection.

Auto Manuals - Are you unsure of how something works on your vehicle? The Auto Skills Center has automotive manuals on CD ROM for all vehicles from 1982 to present. There is no charge for this service.



Diagnostics - The Auto Skills

Center has a Snap On high performance code reader available for you to use. The instrument reads vehicle computer codes, and gives valuable tips on repairs.

Brake Jobs - Want to save some cash on that long overdue brake job. The Auto Skills Center can provide you with the space and tools needed to get the job done. The Auto Skills Center staff can teach you if you don't know how, with some great hands on instruction. Take a couple hours of your time, and save some big money.

Tires Mounted & Balanced - Have your tires mounted and balanced on the latest computerized equipment. Purchase your tire through the NEX, and have Auto Skills mount and balance to save some serious cash.

Individual instruction is available for any type of auto repair. You just supply the parts, and the Auto Skills Center staff will supply you with the knowledge. For more information on any Auto Skills Center service, call 516-6248.

SUMMER DAY CAMP REGISTRATION - The SAC will be taking applications for the Summer Day Camp Starting on May 19, 2008. This program is perfect for school aged kids who are out for the summer and need a safe place to hang out. The SAC will be open from 6:45 a.m.- 5:45 p.m.. At the SAC your child will be doing art and crafts, bowling, gardening, swimming and lots of other activities that will keep their minds pumping. The Summer Day Camp starts June 2, 2008, so register soon.

Looking For something to do? Outdoor Recreation has a large variety of camping gear, car haulers, flat bed trailers, gasoline auger and garden tiller. Stop by and see what's available for all your Memorial Day weekend plans.

CASINO NIGHT & KIDS NIGHT OUT - Celebrate Armed Forces Day by tempting Lady Luck. Sponsored by the Navy League, and The Woman's Club of Kingsville, this exciting night of Casino action at The Captain's Club on May 17 will feature a number of gaming tables, prizes, and an auction. Cost is \$15 for E-5 and below, \$20 for E-6 - O-2, and \$25 for

all others. The fee includes: \$1000 in Casino Chips, heavy hors d'oeuvres, keg beer, auction, eligibility for prizes, and music/dancing. The fun will run from 7-10 p.m.. Get your tickets now at ITT in The Captain's Club. Call 516-6449 for more info.

KIDS NIGHT OUT - Making plans to attend Casino Night? Perhaps the kids would enjoy a night out as well. The Child Development Center (CDC) and the Youth Center (SAC) have just the ticket for the kiddos while you enjoy a well deserved night out. Both facilities will be open from 6:30 p.m. to midnight on May 17. Contact the CDC at 516-6176, or SAC at 516-6718 for more information.

FREE AUTO SAFETY CHECKS - The Auto Skills Center will be performing free safety checks on vehicles during the week of 17-24 May. Take advantage of this great service to make sure your vehicle is ready for summer. For more information, call 516-6248.

VETERINARIAN CLINIC - Does your pet need a check-up? The U.S. Army Vet will be on base May 20. Please call to make an appointment. (361) 516-3952.

HOOP IT UP - (30+ 3 on 3 Basketball Tournament)

Display your skills in this battle to see who the top dogs on base are. Tournament starts at 11:30 a.m. on May 20. Contact the MWR Gym at 516-6171 for more information. Twenty something's need not apply.

MEMORIAL DAY 5K FUN RUN - Kick off the Memorial Day weekend with a challenging 5K run/walk aboard NAS Kingsville on May 23. The first 25 participants to register and complete the event will receive a race t-shirt. Lite refreshments will be served following the event. Medals will be presented to the top 3 finishers in each age group. Entry is FREE for all. Sign up now at the MWR Gym front desk. For more information, call 516-4386

BASE POOL SET TO OPEN - Time to beat the heat in the cool waters of the Base Pool. Doors will open for the season on May 24 at 1 p.m.. Regular hours will be: Mon-Fri. 11 a.m. - 1 p.m. (lap swim), 1 p.m. - 8 p.m. (rec swim). Sat., Sun., and holiday hours will be 1 p.m. - 8 p.m.. For more information, contact the MWR Gym at 516-6171.

MIXED SUMMER LEAGUE BOWLING - Mixed summer league sign up's are now being taken at the Bowling Alley. The league starts on May 28 and will run through Aug.

MONGOLIAN GRILL - It's that time ...time for a base favorite at the K-BAR in The Captain's Club. Get in line early, and beat the crowd for the ever popular Mongolian Grill on May 30. Doors open at 11 a.m..

PROGRESSO MEXICO TRIP - Come spend a fun filled day in Progresso Mexico on May 31, we will provide the ride there and back, all you need is sunscreen. There is shopping, entertainment and great dinning. Items required for the trip is a current passport or birth certificate with military I.D or drivers license. Active duty personal and children in booster seats are welcome. Please bring bottled water and stroller for small children. This is a all day event. Register now at the ITT office, or call 516-6449 for more information.

"GET IN THE GAME" SUMMER READING PROGRAM "Get in the Game" is the theme for this year's summer reading program. Starting on June 2, children (5-15) can register and receive a reading log. As they read age-appropriate books, they will receive prizes, ranging from bookmarks to sports bags. The Librarian may ask questions about books read. On July 31, the program will conclude with a pizza party at 4 p.m. for all the participants and certificates will be handed out. For more information, contact the Library at 516-6271.

JUNE 04 - AMERICA'S ARMED FORCES KIDS RUN & MINI CARNIVAL - The race will be held June 4, and is

open to children ages 5-13, and will include 1/2 mile, 1 mile, and 2 mile un-timed runs for fitness. All runs will be held on the base track, and will be followed by a mini carnival with food and drinks. The fun kicks off at 8:30 a.m.. For more information, contact Angela Cupp at 516-4386, or stop by the MWR Gym.

JUNE 05- SQUAT COMPETITION - What's your max weight? Come compete against other base personal in an all out squat fest on June 5. Prizes will be given to the top squatters in each weight division. For more information, contact the MWR Gym at 6171.

FATHERS DAY OVERNIGHT DEEP SEA FISHING TRIP - Join Outdoor Recreation on June 14-15 for a 12 hour chartered fishing trip on an 80 ft. Scat-Cat out of The Fisherman's Wharf in Port Aransas. This overnight trip will put you on Shark, Kingfish, Tuna & Red Snapper 35-50 miles off shore, and is a great chance to stock the freezer for those fast approaching summer cook outs. You are not allowed to take food aboard, however; the boat's concession provides sodas, beer, hamburgers, hot dogs, and other snacks. Rods, reels, and bait are included. A Texas state fishing license is required, which active duty military can get free of charge at any facility that sell the license. For those that do not have a license, a one (1) day license can be purchased aboard the boat for \$10. The trip is open to the first 25 fisherman who register & pay. The cost is \$85 for single Sailors, and \$95 for all others. Non fishing guest are welcome for a \$60 fee. The boat departs Port Aransas at 10:00 p.m. on June 14, and returns at 10:00 a.m. June 15. Transportation from NAS Kingsville is provided, with departure times TBA. For more information, contact Frank at 516-6191.



TOTAL FITNESS BOOT CAMP - Looking to get in shape, or take your fitness to another level? Fitness has just the ticket for you this summer. The Total Fitness Boot Camp will be held during two four week sessions starting on June 16. The first session runs from June 16 - July 10, while the second session is from July 14 - August 7. Both sessions are high intensity workout programs with a strong fitness education component. The weekly schedule will be Mon-Thurs 6:30 a.m. to 7:35 a.m.. Body composition and fitness assessments will be performed before and after each session to help monitor your progress.



The program is free of charge for everyone, however; civilian participants will be charged a \$40 registration fee, which will be 100% refunded upon completion of the session. For more information, call Angela Cupp at 516-4386, or stop by the MWR Gym.

CORPUS CHRISTI HOOKS VS. TULSA DRILLERS POOL PARTY - Watch the Hooks from pool side as the Single Sailor program takes a trip to Whataburger Field & enjoys the game from a private seating area in right field. This June 25 trip includes access to the pool and spa, pre-game dining on hamburgers, chips, cookies, and free beverages throughout the game. The cost is \$22.50 for single Sailors, \$32.50 for all others, and includes transportation. For more information, contact Shirley at 516-6437, or stop by the ITT office in The Captain's Club. The trip is limited to the first 50 people to register.



**If you think this seat belt
is too confining...
be prepared to strap on one
of these
alternatives.**



The winners of the Biggest Loser contest are...



Taking home first place honors are:

Left photo from left: ABE1 Andre Kizzie, EN2 La-Quita Batiste, and CM2 Demictrick Jacobs show off their first place prize package for winning "The Biggest Loser" competition.

Second place goes to:

Right photo from left: Elizabeth Stokes, Sandie Cromwell, and Delia Martinez took home second place in "The Biggest Loser" competition.



Left photo: NAS Kingsville Child Development Center celebrates "Staff and Patron Appreciation Day" with matching t-shirts.



Cagney



Free to loving home with fenced yard

Male Terrier mix; heartworm negative; all vaccines up to date. Approximately 1 yr old appears to have already been neutered. Contact Maryann at (361) 774-5749 or Nueces Veterinary Hospital at: (361) 242-3337.

Highway

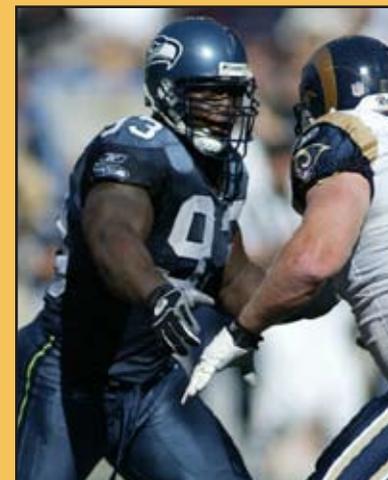


Male Yellow Lab mix, 70 lbs; very sweet dog found on Hwy 77. Heartworm positive but with continued use of Heartguard after 18-24 months he will be negative. All vaccines up to date. Approximately 4 yrs old and is not yet neutered. For more information contact Maryann at (361) 774-5749.

SERIOUS INQUIRERS ONLY!



THE HOG PEN



Former Javelina John Randle, one of the greatest defensive linemen in both NFL and college football history, was named to The National Football Foundation & College Hall of Fame.

Randle, along with three other players and two coaches will be inducted into the College Football Hall of Fame during the Enshrinement Festival, July 18-19, in South Bend, Ind.

He will be the sixth Javelina to be inducted into The National Football Foundation & College Hall of Fame, the most of any college division football program in the country.

Randle will join Gil Steinke (1996), Richard Ritchie (1998), Johnny Bailey (2000), Dwayne Nix (2003) and Darrell Green (2004) as inductees.

Randle, a native of Hearne, Texas, came to Texas A&I (now Texas A&M-Kingsville) in 1988 after two seasons at Trinity Valley Junior College.

A defensive end for the Javelinas, Randle had a spectacular two year career, leading the team to a 20-4 record, a pair of Lone Star Conference titles and two trips to the NCAA Division II playoffs, including a spot in the 1988 semifinals.

During his two seasons he played alongside some of the greatest players in Javelina history including Johnny Bailey and Heath Sherman.

After his Javelina career, Randle established himself as one of the greatest interior linemen in NFL history.

Randle played 14 years in the NFL with the Minnesota Vikings and the Seattle Seahawks. Named an All-Pro seven times, he recorded double-digit sacks during eight different seasons, including a career-high and league-leading 15.5 sacks in 1997. He retired as the league's all-time leader in sacks by a defensive tackle (137.5).

Randle was inducted into the Division II Football Hall of Fame in December of 2007.