



Vol. 67, No. 25 Naval Air Station Kingsville, TX "We Train The World's Best Pilots Here!" <https://www.cnmc.navy.mil/kingsville> December 11, 2009

Blue Angels, Rob Holland to headline 2010 "Wings Over South Texas" air show

Countdown from 100 days starts NOW!



By Jon Gagné, NAS Kingsville Public Affairs

There may only be a dozen or so shopping days until Christmas, but that's not what's generating a buzz around NAS Kingsville these days. This week, the buzz is all about the Navy's Blue Angels who officially announced that they will, indeed, be headlining the 2010 "Wings Over South Texas" air show Match 27-28.

"We're excited to announce that the Navy's Blue Angels will be headlining our 2010 show," NAS Kingsville Commanding Officer Capt. Phil Waddingham said shortly after the official announcement. We've been awaiting the official word, and now that we have it, we can move "all ahead full" getting ready for the show."

The 2010 air show will feature a practice show on Friday, March 26 for NAS Kingsville personnel, and a special event for area school children at Texas A&M Kingsville in Javelina Stadium. Weekend events include a Saturday evening concert, a kids' zone for the children, more static aircraft displays than past years, and a lineup of military and civilian acts that will literally "blow your socks off."

Civilian performers already on board include 2008 World Aerobatic Champion and AirShowBuzz 2008 "Person of the Year" Rob Holland, and Corpus Christi native Paul Fiala. Holland will arrive the weekend prior to the air show and will be participating in a number of Com-

munity Outreach programs to help promote the show throughout South Texas. Holland is no stranger to flying the most challenging and most exciting aircraft in the world of aerobatics. Holland flies the incredible MX2 from MX Aircraft in North Carolina. The MX2 is a 385-plus horsepower masterpiece powered by the Lycoming AEIO-540 Aerobatic Engine that gives air show fans a whole new perspective at what an aircraft can do. The MX2 can pull a G-load of plus and minus 16 G's -- which results in tighter turns and loops and a whole variety of maneuvers that helps redefine the word "aerobatic." The MX2 can roll at an astronomical 400-plus degrees per second, where viewers will see only a blur.

Fiala has been performing in air shows across the country for more than 30 years in his vintage biplane. Paul began flying at age 15 while attending high school in Corpus Christi, receiving his commercial pilot license and beginning his professional career while still in school. Paul served as a charter pilot and flight instructor early in his career, before turning to corporate flying in 1962. Paul completed training at both Flight Safety International in New York, and American Airlines Flight Academy in Dallas/Fort Worth.

More acts will continue to be added to the line-up as the show nears, and NAS Kingsville officials are going all-out to ensure the 2010 event is the "best ever" in South Texas.

For updates on the 2010 show, including performers and static displays, show times, and other information, visit the air show web site at <http://www.wingsoversouthtexas.org/wost>.



"Fat Albert" airlines flies over Blue Angels' F/A-18 Hornets parked on the NAS Kingsville flight line during the 2008 "Wings Over South Texas" Air Show. (Photo by Maryann Shramko).



NAS Kingsville Commanding Officer Capt. Phil Waddingham throws the switch to light the NAS Kingsville Christmas Tree Dec. 4 as NASK Command Master Chief Charlie Ratliff offers encouragement. The tree lighting was one of several holiday events hosted on board the air station recently. See pages 6 & 7 for stories and photos.



Capt. Phil Waddingham
Commanding Officer,
NAS Kingsville



From the Bridge

Greetings, Team Kingsville.

This week NAS Kingsville had the pleasure of conducting a Petty Officer Indoctrination course for eight new 3rd Class Petty Officers recently selected for advancement off the September Navy-Wide Exam Cycle. At a quarters held on Thursday, Cmdr. Scott Allen, NAS Kingsville Executive Officer, had the privilege of frocking these young Sailors to their new grade. Wearing the "crow" has a special meaning in the Navy. For one thing, it establishes the fact that the Sailor is a Petty Officer, and that means he or she is no longer a follower, but has developed the technical skills and required experience to be counted on as a

leader by juniors and seniors alike. I am extremely proud of our newest Petty Officers and want to thank each of them for their hard work studying and preparing for the exam, and for scoring well enough to be selected. As we know, the competition is tough, and it is getting tougher. I also want to challenge them to continue to work hard and be ready for the second class exam as soon as they are exam-eligible.

Our newest Petty Officers are: AC3 Samuel Bivens, AC3 Foy Fleming, AC3 Geoffrey Gooden, AC3 Matthew Hartopp, AC3 Shauna Johnson, AC3 Kiana Kahlbaum, AC3 Wesley Mooney, and AC3 William Wilder. Congratulations to each of you!

Also, I want to congratulate our newest Second Class and First Class Petty Officers. This group like no other truly represents the backbone of the Navy, and they can be proud of their accomplishments as well. They are: AC2 John Crawford, AC2 Michael Daugherty, AC2 Willie Johnson, CS2 Christopher Crocker, HM2 Gregory Garcia, ABH1 William Cinnamon, and AC1 Patrick Harrison. Well done, and a hearty "Bravo Zulu" to each of you!

Deckplate Leadership: Sea Notes From the CMC



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



Merry Christmas Team Kingsville!

Wow, our MWR folks kicked the holiday season off with a real bang! Their Tree Lighting and Santa's Workshop event last Thursday was unbelievable. The event started off with Christmas Caroling led by the kids from the Youth Activities Center. Minutes before the tree lighting, the Captain received a call on his cell phone that a sleigh was requesting permission to land at the air station. Realizing the time of season, the Captain was quick to grant permission. After the sleigh landed our very own NAS Kingsville Fire Department picked Santa and Mrs. Claus up at the air field and transported them to the club in a fire truck with its sirens wailing and lights flashing. You could here Santa laughing a hearty laugh as he and Mrs. Claus were swarmed by children when they got off the fire truck. Then the Commanding Officer and Santa lit the huge NAS Kingsville Christmas Tree to the roar of the crowd.

After the tree lighting, Santa and Mrs. Claus, followed by all the children, went into

the Captain's Club for activities and pictures with Santa. The club was beautifully decorated and there were tons of activities and games for the children to participate in.

Of course there were Christmas cookies and juice for everyone to enjoy also. But the best part of the evening was that every child had the opportunity to sit on Santa's lap and tell him what they wanted for Christmas.

There is a ton of work required to pull off a successful event such as this. Tara Culbertson, our MWR Director, had Brent Edwards, our Youth Activities Director, plan and coordinate this extremely successful event. Edwards was assisted by Jeanie Alexander, Melodie Harris, Nate Gibson, Shirley Ley, Kristy Lenzy, Cathy Powlas, Kate Burks, Chief Oliva, Carmen Chapa, Karen Simon, and many employees of our Child and Youth Programs (CDC and Youth Center).. Thanks to all who worked so hard to make this such a great event!

I hope everyone reading this has a wonderful holiday season and that each of you have the opportunity to spend some quality time with family and friends. Please be careful and I look forward to seeing all of you after the holiday season! Happy holidays, CMC

P.S. It's nice to see that Santa is getting himself back in shape .. could be the morning workouts at the gym with Jay King!

There's one more group to extend congratulations to. Our MWR department, and our Child/Youth Program Director Brent Edwards in particular, did an outstanding job with our first annual NAS Kingsville Tree Lighting Ceremony on Thursday, Dec. 3, at the Captain's Club and Convention Center. Over 100 kids and family were in attendance for caroling, crafts, games, face painting, and to meet Santa and Mrs. Claus, who arrived on time by way of a reindeer-pulled sled and NAS Kingsville Fire Truck. Of course, the cold front that came through last week was perfect for the event, and rumor has it that had it not been for the weather change, Santa and Mrs. Claus may have had to cancel the trip, because their reindeer must not be exposed to warm weather for long periods, at least not until Dec 25 when they operate under a waiver.

Finally, I wish to thank the NAS Kingsville Chief's Goat locker and the Junior Enlisted Association for volunteering their time, effort, and talents to build two NAS Kingsville floats for the City of Kingsville La Posada Parade of Lights held on Saturday. As always, you

help to make the event a memorable one, and demonstrate to all our neighbors in Kingsville and the surrounding communities the Navy's firm commitment to community engagement and support.

As we head into the heart of the Holiday Season, I wish all of you a Merry Christmas, Happy Hanukkah, and a Happy New Year!

Regards/ Waddz

Special Note: WATER VIOLATION

The Public Notice below concerning our water supply on board the air station is required by Texas law. The bottom line is that we received a notice of violation previously for the 2nd Quarter of 2009 and since then, we have made great progress in reducing the TTHM levels.

This Public Notice for the third quarter was expected since the TTHM levels from the previous quarters' results made this a mathematical certainty.

The fact is, that recent tests have shown that our levels are **well below** the value required and the next quarterly TCEQ test should result in a four-quarter

PUBLIC NOTICE: EXCEEDANCE OF TOTAL TRIHALOMETHANES

NAVAL AIR STATION KINGSVILLE has been notified by the Texas Commission on Environmental Quality (TCEQ) that the water this system supplies has exceeded the maximum contaminant level (MCL) for total trihalomethanes (TTHM's), as set in the Commission's Drinking Water Standards.

The MCL for TTHM's is 0.080 milligrams per liter (mg/L) or 80 parts per billion (ppb). Compliance with this level is based on a running annual average of quarterly sample results. NAVALAIRSTATIONKINGSVILLE's running annual average for the Quarter 3 of 2009 was 0.086 mg/L or 86 ppb. The individual third quarter TTHM's result was 50.2 mg/L or 50.2 ppb.

Trihalomethanes are a group of volatile organic compounds that are formed when chlorine, added to the water during the treatment process for disinfection, reacts with naturally-occurring organic matter in the water.

Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidney, or central nervous systems, and may have an increased risk of getting cancer.

You do not need to use an alternative water supply. However, if you have health concerns, you may want to talk to your doctor to get more information about how this may affect you.

NAS Kingsville has taken several steps to correct the problem, including changing the disinfection injection point and the disinfectant dosage ratio, and removing one of the two ground storage tanks from service which means less flushing is required. Flushing of the water distribution system continues as required. These actions have helped to reduce the TTHM's as reflected in the individual third quarter results. In addition, a hydraulic study has been initiated to determine the right size of water storage and distribution piping.

TCEQ collects drinking water samples on a quarterly basis on station from the furthest point from the water plant, which at NAS Kingsville is the base Armory. Because of the measures NASK has taken noted above, we expect the running annual average to be under the 0.08 mg/L or 80 ppb and within TCEQ standards by the fourth quarter of this year.

Please share this information with all other people who drink this water, especially those who may not have received this notice directly. If you have questions concerning this notice, please contact Norma Barrera at (361) 516-6404.



Capt. Mark Brooks
Commander
Training Air Wing TWO



Lest we forget, this week marks the 68th anniversary of the infamous attack on Pearl Harbor. Much of what we do here training the future of Naval Aviation is based on the epic struggle that followed that seminal event. Naval Aviation was the centerpiece – literally and figuratively – of the war in the Pacific. Navy and Marine Corps pilots made the difference in so many cases that it is no stretch to say they made the difference overall. Since then, many significant struggles have ensued, though none as critical to the very

survival of our way of life as the nearly four years that consumed our country from December 1941, to September 1945. I am humbled by our responsibility to follow in the footsteps of those that carried out their solemn duties in so noble a fashion– may we always live up to their example.

Speaking of example, I would like to take the opportunity to recognize the retirement of Mr. O.K. “Frank” Franklin. Mr. Franklin, the Maintenance Manager for L-3, retired on Nov. 30 after 18 years of service in the T-45 program. This brings to a close over 50 years of service to Naval Aviation that began in 1958 when Frank enlisted in the U.S. Navy as an Aviation Electrician’s Mate (AE). He retired as a Master Chief Petty Officer in 1991. In a Navy career that touched five decades, Frank spent over 15 years at sea and did our Nation’s bidding on the tip of the spear during wars, conflicts and skirmishes all

over the globe. It is amazing to think that this great American was serving our country when President John F. Kennedy was assassinated at the height of the Cold War and was still serving when the Berlin Wall fell. It has been an honor to serve with such a fine American who has devoted his entire adult life to Naval Aviation and the training of Tailhook Naval Aviators. When you see Mr. Franklin, shake his hand and thank him for his outstanding service. Fair winds and following seas Master Chief!

Regards;
 Fingers

TW-2 Upcoming Events:

Dec. 11-15: Carrier Qualification Det to Cecil Field, Fla.

Dec. 18: Winging Ceremony at the Captain’s Club.

Happy Holidays!

Congratulations to the Navy and Marine Corps’ newest Tailhook Naval Aviators:



Eight Navy and Marine Corps pilots received their Wings of Gold and were designated Naval Aviators Dec. 4 during a Training Air Wing TWO winging ceremony at the Captain’s Club. Guest speaker for the ceremony was Rear Adm. Richard J. O’Hanlon, Commander, Naval Air Force Atlantic. Front row, from left, Lt. Col. Terrence Latorre, VT-22 XO; Cmdr. Gerry Murphy, VT-22 CO; Lt. j.g. Brent Nyheim; 1st Lt. Mark Dion; 1st Lt. Kyle Reilly; Lt. j.g. Winston Likert; Rear Adm. R.J. O’Hanlon; Capt. Mark Brooks, Commander, Training Air Wing TWO. Back row, from left, Cmdr. Ed Harshany, XO VT-21; Lt. j.g. Matthew Bellasai; Lt. j.g. Joshua Brown; Lt. j.g. Clayton Johnson; Lt. j.g. Aubrey Harris; Lt. Col. Gabriel Fabbri, CO MATSG 22; and Cmdr. Chip Kelsey, VT-21 CO. Photo by Richard Stewart, CNATRA Public Affairs.

The Flying K

The Flying K is published every other week by Alice Newspapers Inc., a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Air Station Kingsville, Texas. The Flying K is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Navy, Naval Air Station Kingsville, or Alice Newspapers Inc., of the products and services advertised herein. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher may refuse to print advertising from that source until the violation is corrected. All editorial content is edited, prepared and provided by the Public Affairs Office of Naval Air Station Kingsville, Texas. To advertise in The Flying K, contact Mr. Javier Ramos, Alice Newspapers, Inc., at 361-664-6588.

NAS Kingsville
Commanding Officer
Capt. Philip L. Waddingham

NAS Kingsville
Executive Officer
Cmdr. Scott Allen

Training Air Wing TWO
Commander
Capt. Mark Brooks

NAS Kingsville
Public Affairs Officer
Jon Gagné

Flying K Staff
Managing Editor
Jon Gagné

Asst. Editor /
Staff Photographer/Writer
ACAN Kiana Kahlbaum

Comments, letters, or suggestions should be sent via e-mail to:
kngv-pao@navy.mil.

Direct Line Input:
Submit questions or comments for the Commanding Officer to:
kngv-pao@navy.mil
on the info line add: Direct Line

Adm. Mike Mullen: "Military leaders fully support Afghan strategy"

WASHINGTON, Dec. 1, 2009 – Military leaders "fully and unhesitatingly" support President Barack Obama's decision on the U.S. strategy in Afghanistan, Navy Adm. Mike Mullen said Dec. 1. In an interview, the chairman of the Joint Chiefs of Staff said the strategy calls for 30,000 more U.S. servicemembers to be sent to Afghanistan.

The strategy is based on a very deliberate and educational process, Mullen said. "It has allowed us to explore the breadth and depth of this enormously complex challenge, and in the end, the president has made the decision to add these 30,000 troops," he said.

The increase will give Army Gen. Stanley McChrystal, commander of U.S. and NATO forces in Afghanistan, what he needs over the next 12 to 18 months, the chairman said. McChrystal has the flexibility to put them where needed.

The president has considered military leaders' opinions and concerns in his decision, Mullen said. "I've been at the table in these discussions from beginning to end, and my voice has been heard," he said. "I'm very comfortable with that. I've pro-

vided my advice to the president, and as is always the case, we provide the advice, the president makes a decision, and we all march off and execute that decision."

The president's strategy also focuses on the requirements of U.S. civilian agencies and seeks assistance from NATO allies. Mullen said he expects to hear from the NATO partners in the next few days and is "cautiously optimistic we'll see additional support from NATO."

The strategy also demands much from Afghanistan, calling on Afghan President Hamid Karzai to help grow Afghan security forces rapidly, provide good governance at the local and national levels, and "to really take responsibility for their own country," Mullen said. "It's a big challenge."

Obama's decision has it right in giving McChrystal the forces he needs to execute the strategy, the chairman said. "We're all confident in that, and I'm actually confident that we can succeed at this endeavor," he said.

U.S. forces will be focused on a counterinsurgency, population-centric mode. "The key goal here is to reverse the mo-

mentum of the Taliban," Mullen said. "The insurgency has gotten worse over the past couple of years."

Deployment lengths for U.S. servicemembers will remain about the same – seven months for Marines, and 12 months for soldiers. With the planned reduction in U.S. forces in Iraq to 50,000 by August 2010, Mullen said he doesn't expect an adverse affect on dwell time – the time between deployments. Dwell time will increase slightly for Marines over the next year and for soldiers over the next two years, he said.

Soldiers and Marines – and some airmen and sailors – will feel pressure from this strategy. "It's a team deal: we're all in this together, and we can succeed here," the chairman said. "Now that the president has made the decision, we will be off and running to make it so over the next few years."

The strategy sends a message of resolve. With the contemplated increase, Obama will have increased the number of U.S. troops in Afghanistan by more than 50,000 since taking office in January. Mullen said the president's decision "focuses on

the commitment to turn this around and it gives Gen. McChrystal the forces he needs to do the job." He said all military leaders agree with the decision and the strategy.

Still, the president is not writing a blank check for the Afghans, the chairman said. "The president is really sending the message that we are not going to be there forever," Mullen said. "This strategy really focuses on transferring responsibility to the Afghans as quickly as we can."

The strategy is not an exit strategy per se, but more about transfer and transition, he said.

Anticipating the increase, the Army and Marine Corps have been leaning forward to ensure troops are ready for service in Afghanistan, Mullen said.

The men and women who serve and their families have been extraordinary in very challenging times, Mullen said, bearing the burden of two wars and succeeding in Iraq. "They are the best I've ever been associated with," he said. "All our forces are very capable in counterinsurgency and many units have deployed to Afghanistan in the past."

MARCH:

13: NAF El Centro, Calif.
20-21: McDill AFB, Fla.
27-28: NAS Kingsville

APRIL:

10-11: NAS Key West, Fla.
17: Charleston AFB, S.C.
24-25: Vidalia, Ga.

MAY:

01-02: St. Joseph, Mo.
08-09: Tuscaloosa, Ala.
15-16: Andres AFB, Md.
22-23: Cherry Point, N.C.
26: Naval Academy
28: Naval Academy
(fly-over)
29-30: Jones Beach, N.Y.

JUNE:

05-06: Eau Claire, Wis.
12-13: Milwaukee, Wis.
19-20: Cape Girardeau, Mo.
26-27: St. Cloud, Minn.

JULY:

03-04: Traverse City, Mich.
10: Pensacola Beach
17-18: Dayton, Ohio
24-25: Idaho Falls, Idaho
31: Anchorage, Alaska

AUGUST:

01: Anchorage, Alaska
07-08: Seattle, Wash.
14-15: Chicago
28-29: Portsmouth, N.H.

Blue Angels 2010 Performance Schedule

SEPTEMBER

04-06: Cleveland, Ohio
11-12: Scott AFB, Ill.
18-19: NAS Oceana, Va.
25-26: MCAS Kaneohe Bay, Hawaii

OCTOBER

01-03: MCAS Miramar, Calif.
09-10: San Francisco
16-17: Dobbins AFB, Ga.
23-24: NAS Jacksonville, Fla.
30-31: Fort Worth Alliance, Texas

NOVEMBER:

06-07: Homestead AFB, Fla.
12-13: NAS Pensacola, Fla.

Service members commemorate Pearl Harbor anniversary

By Mass Communication Specialist 3rd Class John Suits, Navy Public Affairs Support Element-East

VIRGINIA BEACH, Va. (NNS) -- On Dec. 7, 1941, Japanese naval forces attacked Naval Station Pearl Harbor, Hawaii that resulted in the United States' participation in World War II. After the devastating attack, President Franklin D. Roosevelt described the day as a "date which will live in infamy."

Sixty-eight years later, many service members and eighteen survivors of the attack gathered at Joint Expeditionary Base Little Creek-Fort Story in Virginia Beach, Va. at a memorial to honor those who lost their lives on that day.

Survivors of the attack belong to a special group known as the Pearl Harbor Survivors Association (PHSA). The Tidewater chapter of the group has been conducting remembrance ceremonies for more than 35 years.

"It was an honor to have been here on such an historic occasion to remember those who lost their lives that day," said Frank Chebetar, president of the Tidewater PHSA chapter and former crew member of the Porter-class destroyer USS Phelps (DD 360). "I was on the quarterdeck in uni-



form getting ready to go on liberty when the bombs fell. It's because of the attack [on Pearl Harbor] that we hold a memorial service every year to let people know what happened."

During the event, eight bells were rung while PHSA members announced their names and what ships or stations they were assigned to during the attack.

"I had been relieved of duty and I went to go to sleep when I was awakened by the noise," said William H. Muehleib, a former aviation mechanic and private first class in the U.S. Army Air Corps who was assigned to a ground defense battalion at Hickham Field during the attack. "When I woke up, I recognized Japanese symbols on the aircraft and I knew we were under attack."

Muehleib expressed his gratitude about

how well Pearl Harbor will be remembered.

"It's very gratifying to know that because of us, people are knowledgeable about what happened that day," said Muehleib. "A few weeks ago, I received numerous e-mails from the press asking me what happened."

One service member in particular, U.S. Coast Guard Fireman Apprentice Jordan Sanderson, volunteered to speak after graduating from basic training, Dec. 4, in Cape May, N.J.

Sanderson talked about how much of an honor it was to pay tribute to survivors of the attack.

"I talked to a couple survivors after the ceremony and they congratulated me on an outstanding job," said Sanderson. "It really meant a lot to them that I was able to give a speech."

Survivors and guests stood as Sailors assigned to the Navy Region Mid-Atlantic Honor Guard presented a 21-gun salute to honor the fallen Pearl Harbor Sailors, followed by the playing of Taps and all present joining together in a somber rendition of "God Bless America."

USS Nimitz, Carrier Air Wing 11 resume combat operations over Afghanistan

From USS Nimitz Public Affairs

USS NIMITZ, At Sea (NNS) -- USS Nimitz (CVN 68) and embarked Carrier Air Wing (CVW) 11 returned to the North Arabian Sea Dec. 3, to resume combat missions supporting Operation Enduring Freedom (OEF) following a port visit in the Arabian Gulf.

Aircrews provide close air support and reconnaissance to coalition forces in Afghanistan, launching from the deck of Nimitz hundreds of miles away.

"After nearly 3 months on station, this air wing continues to hone our skills to deliver effective support to our coalition partners on the ground," said Capt. Bret Batchelder, commander, CVW 11, "although, nothing about this mission out here is routine."

CVW 11 aviators work closely with embarked Army ground liaison officers here and air controllers on the ground in Afghanistan to deliver precision support to counter-insurgency operations.

They are all guided by the tactical directive instituted in July by Army Gen. Stanley A. McChrystal, commander of coalition forces in Afghanistan, which places limitations on the use of force that could result in

civilian casualties.

Since entering the U.S. 5th Fleet Area of Operations Sept. 18., CVW 11 has flown more than 1,450 sorties and totaled more than 8,500 cumulative flight hours in support of OEF. Nimitz provides 30 percent of the close air support to the coalition force in Afghanistan.

Nimitz Carrier Strike Group, commanded by Rear Adm. John W. Miller, is comprised of USS Nimitz, embarked CVW 11, embarked Destroyer Squadron 23, and the Ticonderoga-class cruiser USS Chosin. Ships assigned to DESRON 23 include the destroyers USS Pinckney, USS Sampson and the frigate USS Rentz.

Squadrons from CVW 11 include the "Black Aces" of Strike Fighter Squadron 41, the "Tophatters" of VFA 14, the "Warhawks" of VFA 97, the "Sidewinders" of VFA 86, the "Indians" of Helicopter Anti-Submarine Squadron 6, the "Black Ravens" of Electronic Attack Squadron 135, the "Providers" of Fleet Logistics Support Squadron 30 and the "Wallbangers" of Carrier Airborne Command.

-- *Courtesy of Navy NewsStand*



PERSIAN GULF (Nov. 29, 2009) An F/A-18F Super Hornet assigned to the Black Aces of Strike Fighter Squadron (VFA) 41 launches from the aircraft carrier USS Nimitz (CVN 68). Nimitz is on a routine deployment to the U.S. 5th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class John Phillip Wagner Jr.)

Solar energy powers Marines on the battlefield

By Office of Naval Research Corporate Strategic Communications

ARLINGTON, Va (NNS) -- The Office of Naval Research (ONR) Advanced Power Generation Future Naval Capabilities program introduced technology that allows U.S. Marines to harness the power of the sun to help power their field equipment.

A year ago, U.S. Marines operating in the Arabian Desert only viewed the sun as the source of the region's relentless heat. Today, the sun fuels the Ground Renewable Expeditionary ENergy System (GREENS), a 300-watt, photovoltaic/battery system that provides continuous power to Marines in the field.

ONR began exploring the GREENS idea in fall 2008 in response to a Marine Corps requirement from Iraq for an expeditionary renewable power system.

"It's vitally important to have power in the battlefield especially these days in an irregular warfare environment," said Marine Col. Thomas Williams, a senior officer at ONR. "There's a high demand for computing devices, targeting systems and communications devices in the field. Small tactical Marine units are widely dispersed, and they require power and resupply."

By reducing the logistical supply chain

for fuel, GREENS, and other projects like it, will help cut fuel use, cost and the associated threats to vehicle resupply convoys in Afghanistan and Iraq.

"There are two pieces to the program," said Dr. Michele Anderson, ONR's program officer responsible for the effort. "One is a hardware demonstrator that is a hybrid photovoltaic battery system to enable the Marine Corps to use solar energy."

"The other piece is a tool kit," Anderson continued. "In other words, a Marine can enter into the GREENS computer what their expected mission profile is, and it will tell them which components of the GREENS system to pull out and take with them in order to provide their renewable power needs."

Approval for the GREENS project was expedited through the ONR Future Naval Capability process and technical execution took less than six months, resulting in test of the first unit in July 2009. The entire project, from concept to transition, took just over a year, culminating in a contract solicitation announcement to industry to produce and field GREENS

Technology On the Ground

for the Marine Corps.

Justin Govar, a chemical engineer for the Expeditionary Power Systems Office at Marine Corps Systems Command, agreed.

"Within the Marine Corps, we are fighting in areas that are remote, and require very difficult logistical convoys to get to," Govar said. "And there is a lot of fuel and other types of batteries and power systems that have a heavy logistical burden."

The Naval Surface Warfare Center, Carderock Division (NSWCCD), developed and tested the GREENS prototype. "Providing reliable AC and DC power to remote outposts is what GREENS is all about," said Eric Shields, a mechanical engineer for the Battery Technology Group at NSWCCD. "Marines will not have to rely on fuel resupplies as much for generators to ensure their radio equipment and batteries have power."

The GREENS system has undergone continuous power testing at Naval Air Warfare Center, China Lake, Calif., where ambient temperatures exceeded 116 degrees Fahrenheit. Even under the extreme temperatures, the system provided 85 percent of the rated energy. This performance ex-

ceeded expectations, prompting rapid development and accelerating procurement of the final design.

GREENS was a featured program at the ONR-sponsored Naval Energy Forum and is just one of the many innovative ways the future battlefield will be powered. The deployment of this technology will equip the Marine Corps with new capability and knowledge of how renewable energy can make a difference.

Visit ONR (www.onr.navy.mil) to watch a video about GREENS.

About The Office of Naval Research:

The Department of the Navy's Office of Naval Research provides the science and technology necessary to maintain the Navy and Marine Corps' technological advantage.

Through its affiliates, ONR is a leader in science and technology with engagement in 50 states, 70 countries, 1,035 institutions of higher learning, and 914 industry partners. ONR employs approximately 1,400 people, comprising uniformed, civilian and contract personnel.

Youth Center, MWR host Tree Lighting, Santa's Workshop at Captain's Club

The Morale, Welfare and Recreation Department's Youth Activities Center sponsored a Tree Lighting and Santa's Workshop at the Captain's Club Dec. 4 for air station families.

More than 400 people turned out for the event, which included Christmas carols by the YAC choir, and a special appearance by Santa and Mrs. Claus, who arrived on one

of the station's fire trucks. Santa also helped NASK Commanding Officer Capt. Phil Waddingham throw the switch to light the tree.

Following the tree lighting, Santa and Mrs. Claus moved into the Captain's Club, which was decorated as Santa's Workshop. There were a number of games for the children which offered special treats, and of course, a chance to visit with Santa.

The YAC staff, led by YAC Director Brent Edwards, did a great job putting the event together. They started decorating the Club on Thursday but initial set-up began days earlier. The Club walls featured holidays drawings and best wishes, and lighted Christmas trees were staged throughout the ballroom to add to the holiday atmosphere. By all accounts, the event was a huge suc-

cess.

"Our Youth Center staff and children did a great job planning this event and making it happen," said MWR Director Tara Culbertson. "I'm very proud of their efforts and for their dedication to this project for base children. It's a great way to welcome the holiday season to South Texas."

Below are a few images from the event.



Above, Youth Center children sign Christmas carols to get the evening's event started. Middle: Santa and Mrs. Claus arrive and are greeted by children of all ages.



Santa assists Capt. Phil Waddingham in lighting the MWR Christmas tree. Middle: Santa and Mrs. Claus and helper Jeanie Alexander welcome children to the stage to give Santa their wish lists. Above right, a young girl whispers her desires to Santa.



Games for the children included a ring toss, fishing challenge, a prize wheel, arts & crafts, face-painting, and more. MWR volunteers manned all the stations to help make the event a success, and the Youth Center would like to thank Santa and Mrs. Claus for taking the time away from their busy holiday season to visit with the children. (Photos by Jon Gagné, NASK Public Affairs).

City of Kingsville, NASK celebrate the holidays with La Posada “Parade of Lights”

The City of Kingsville and Kleberg County celebrated the annual La Posada de Kingsville celebration with the annual Parade of Lights Saturday, Dec. 5. The parade featured more than 80 floats and activities, making it one of the largest holiday parades in several years. More than 3,000 people turned out along the parade route to enjoy the festivities.

NAS Kingsville was well-represented in the parade. The NAS Kingsville Color Guard paraded the colors for the annual event, and the base had a command float, decorated by members of the Junior Enlisted Association - and featuring NASK Commanding Officer Capt. Phil Waddingham, his wife Sue and their dog Rodeo. The NASK Chief Petty Officers also had a float in the parade, featuring giant holiday balloons and festive holiday lights.



Parading the colors for the 2009 parade were NAS Kingsville’s own MM2 (SW) Jaana Hann, AC2 (AW) Christian Olanday; AC2 (AW) Daniel Terraga; and AC3 Christy Collins, who led the parade from the Courthouse down Kleberg Ave. to 6th Avenue, and back to the Courthouse. Don’t be alarmed by the Fire Chief look-alike balloon on the NAS Kingsville fire truck, that’s just a decoy, according to the firefighters in the cockpit, Ken Peden and Alan Morales.



The NAS Kingsville command float, decorated by members of the Junior Enlisted Association, included a model T-45 Goshawk for “jet-powered delivery” of Toys For Tots holiday packages to the Kleberg/Kenedy counties’ secret campaign workshop. NAS Kingsville Commanding Officer Capt. Phil Waddingham, his wife Sue and their dog Rodeo pilot the aircraft, while JEA members walked along side the float handing out candy to the children in the crowd. JEA members who turned out included JEA president CS2 Keturia Laidlaw, CS2 Holly Clow, CS2 Chris Cocker, CS2 (SW) Robert Toler; CS3 (SW) Erick Soliz; MM2 Miguel Fonseca; and AME2 (AW/SW) Fernando Csneros. Also on hand were RP1 Pearline Myers, RP1 Christine Tamag, RP2 Kenneth Greathouse, and RPSN Quinten Williams.



“Where’s my candy, Master Chief?”



The CPOs donated “hot air” to fill the balloons for their float, with HMC Ronnie Mashburn taking the lead on the project. And, along with Command Master Chief Charlie Ratliff, CPOs gave away a ton of candy to the kiddies. CPOs participating included ACC (AW) Mike Presnell, and his wife Susan (retired MAC); AOCS (AW) Jay Corley and his wife Meri and daughter Bailey; HMC (SW) Tony LaFuente and his daughter Dakota. Ground Electronics provided the sound system for the parade, and on hand to ensure everything worked as planned were ET2 (SW) Samuel Babb, ET1 (SW) Jose Partida, and ET2 (SW) Michael Nimmons.

(Photos by Jon Gagné, NASK Public Affairs).

Kingsville resident takes oath of enlistment, heads off to college through Navy program

Story and photos by Jon Gagné, NASK Public Affairs

19-year old Marshall Wilson, a Kingsville native and 2008 graduate of Academy High School, took the oath of enlistment into the Navy Dec. 3 at the NAS Kingsville Captain's Club. CNATRA Chief of Staff and former NAS Kingsville Commanding Officer Capt. James Crabbe issued the oath during a small ceremony attended by family members and friends.

Wilson enlisted via the Navy's Bachelor Degree Completion Program (BCDP), which offers immediate enlistment into the Navy for high school graduates with at least one year of college under their belts. The student must complete their Bachelor's Degree requirements within three years, and while they attend school they receive E-3 pay, which equals \$2,500 per month. Over the three-year program, Wilson will earn \$90,000. Upon completion of his studies, Wilson will report to Officer Candidate School in Newport, R.I., and then enter the Navy's flight training program.

"I was very surprised the Navy had such a program," Wilson said before the enlistment ceremony. "I'm thrilled and excited about having this opportunity to compete for this program - let alone getting selected." Wilson was one of two field-selects for the program that Navy Recruiting District commanders are authorized to make on their own each year.

Wilson was first informed about the program by Lt. Cmdr. Rutherford of Training Air Wing TWO. After doing some research, Rutherford discovered that Wilson met all the requirements and he encouraged the 19-year old to apply. Dave Mesmick, a simulator instructor with Fidelity Technologies at the Training Air Wing TWO Ground Training Department, also provided his encouragement. Wilson then contacted the Kingsville Navy Recruiting Office, who took it from there.

"Our office handled all the paperwork," said Yeoman 1st Class James Powell. "Once Marshall completed the application we submitted it to the district. We're extremely happy that he was selected and will be able to take advantage of this program to not only earn a college degree, but to follow his dream of becoming a Navy pilot."

For Crabbe, issuing the oath of enlistment to Wilson was a special moment, and rare opportunity to see a longtime family friend have an opportunity to become an officer and a Naval Aviator.

"This is just great," Crabbe said after the ceremony. "It's so great that Marshall has chosen to apply for this program and that he was selected. I'm excited that he was approached by someone and encouraged to enter the aviation field. It's a wonderful opportunity for a very sharp and impressive young man, and I'm pleased and honored that he asked me



CNATRA Chief of Staff Capt. James Crabbe issues the oath of enlistment to Marshall Wilson Dec. 3 at the NAS Kingsville Captain's Club.

to participate in this ceremony. Marshall's whole life is now moving forward and what better career to pursue than that of Naval Aviation."

The Wilson-Crabbe family connection goes back a few years. Crabbe's wife Elli was Wilson's algebra and geometry teacher at Academy High School, and Marshall went to high school with Crabbe's daughter Vicki, now a junior at the Naval Academy. Marshall also used to baby-sit Crabbe's youngest child, son Jimmy.

"Our family has become very close friends with the Crabbe's" Wilson said. "I'm honored that Captain Crabbe took the time to be here for this." Along with Crabbe, three student aviators were also on hand to witness the ceremony - all friends of the family. The three, Lt. j.g. Greg Chambers (VT-22), Lt. j.g. Brett Learner (VT-21), and Ensign Leah Gould, (VT-21), each said they were excited for Wilson and the opportunity the program offers him.

Perhaps sporting the biggest smiles that evening were Marshall's parents, Mike and Alma Wilson. "I'm extremely pleased," said

Marshall's dad, Mike, a real estate manager for LeMar Outdoor Signs. "It's every parent's prayer to have their children have the desire and the drive beyond the ordinary. We're both very proud of Marshall and very excited for him. And we're also proud that he has the desire to serve his country."

Marshall's mother, Alma, who works as a personal trainer at the NAS Kingsville gym, said she was simply overwhelmed that her son was able to take advantage of the program and choose the aviation field. "I'm just so excited for him," she said with a big grin. "At the same time, I'm so proud that he had the desire to go to college Navy and live his dream of flying."

Now, the Navy's newest recruit - as of Dec. 3 -, who has already earned about 21 semester hours at Texas A&M University-Kingsville going to school part time, will begin finalizing his plans for a degree in architectural engineering. Then, three years from now, he'll move on to OCS, earn his commission, and eventually report to NAS Pensacola, Fla. for flight training.

Until then, the sky's the limit.



NICE CHECK!

Marshall Wilson, center, holds a check while getting a photo with his parents, Mike and Alma Wilson, Capt. James Crabbe, and Petty Officer Russell Young of the Kingsville Navy Recruiting Office.

Mids to play Missouri in Reliant Texas Bowl

The Midshipmen of the Naval Academy will take on the Missouri Tigers in the Reliant Texas Bowl in Houston, Dec. 31. Kickoff for the game is 2:30 and the game will be broadcast nationally on ESPN.

The Tigers (8-4) finished in second place in the Big 12 North Division in 2009, and are making their fifth straight

bowl game appearance.

Navy (8-4) is making its seventh straight bowl game. The Mids will end their regular season this week in Philadelphia with the annual Army-Navy game. A win would give Navy the annual Commander-in-Chief's trophy for head-to-head competition among service academies. Navy has won the trophy six straight years.

Matos is FISC Jacksonville area Sr. Sailor of the Quarter

By Jon Gagné, NASK Public Affairs

ABF1 (AW) Joel Matos of the Fleet & Industrial Supply Center Jacksonville, Detachment NAS Kingsville was recently informed of his selection as the FISC Jacksonville area Sr. Sailor of the Quarter. Matos was nominated by Lt. Brent Simmons, FISC Jax Det NAS Kingsville Site Director.

“Petty Officer Matos is a positive influence on both senior and junior personnel,” Simmons said recently. “His can do attitude is inspiring and has led me to nominate him for the award. I’m very happy he was selected because he deserves the recognition.”

Matos serves as leading petty officer, responsible for 7 military personnel and 20 civilian employees. Matos oversees operations for fuel services, retail supply, purchase card, and postal operations. Other primary duties include serving as the Assistant Contracting Officer Representative (ACOR) for the along-side refueling services contract, Fuels division quality assurance supervisor, Contracting Officer Representative (COR) for the third party logistics Servmart contract, and as the Approving Official (AO) for the Purchase Card program supporting detachments at



NAS Kingsville, NAS Corpus Christi, and NS Ingleside. He also serves as FISC Jacksonville’s career counselor, a position that Simmons says he has excelled at.

“Petty Officer Matos has had a diverse effect on FISC Jacksonville personnel assigned to 24 CNRSE sites through his service as career counselor,” Simmons added. “Specifically, he has processed 4 Fleet Reserve requests, 2 rate conversion packages, 8 Perform to Serve (PTS) applications, 12 Career Management System applications, and he conducted 13 Career Development boards throughout FISCJ. He dedicates numerous hours and shows pride and profes-

sionalism while assisting Sailors, encouraging them to make the best choice for their careers, all while achieving a 96.3% retention rate.”

Additionally, Matos has been actively involved with the Quality Integrated Performance Team aboard NAS Kingsville, providing valuable input for QOL projects. Specifically, he was instrumental in self-help projects to improve the installation appearance, including planning and carrying out a project for irrigation and landscaping at the front gate. This project will provide a much nicer atmosphere for visitors and station personnel alike.

Petty Officer Matos is a member of the NAS Kingsville 1st Class Petty Officers Association and volunteers in multiple station and community activities. Most recently he organized a working party involving FISC Jax Sailors in an effort to make repairs on handicapped and elderly local citizen’s homes, including replacing doors and installing a ramp to make the home wheelchair accessible.

Matos has also volunteered 56 hours this quarter with the Kingsville police department, and 20 hours with the Kingsville Chamberlain Masonic lodge, where he is also a lodge member.

Workplace Energy Efficiency

Turn computers and computer monitors off at night and during the day when they aren’t being used for extended periods of time. Make it easy to shut monitors and computer peripheral equipment off by plugging everything into a power strip with an on/off switch. Get into the habit of turning off lights when you leave a room.

Use natural daylighting and reduce or eliminate artificial lighting when possible. When the weather permits, open windows to take the place of air conditioning. Turn off window air conditioners when you leave a room for several hours. Use task lighting when you need lighting in one small area and then reduce background or ambient light levels.

If you specify or order energy-using equipment, follow the law. Federal purchasers are required to order equipment that meets ENERGY STAR or Federal Energy Management Program guidelines for energy efficiency.

Keep air compressors and other shop equipment off when not in use. Report lights left on when they are not needed to your base energy team. Automatic controls or a different type of lighting system may fix the problem. If you can’t find a light switch, report it.

Do your part - be an Energy Team Player!



BREMERTON, Wash. -- Chief Hospital Corpsman Noel Gravina, leading chief petty officer of Naval Hospital Bremerton Laboratory, consults with Kris Yarnell, field representative for the University of Maryland University College during the recent educational fair at Naval Hospital Bremerton. (U.S. Navy photo by MCI Charlemagne Obana).

Navy Establishes GI Bill transferability for Limited Duty Sailors

By Wm. Cullen James, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy established formal policy for transferability of Post-9/11 GI Bill benefits for limited duty (LIMDU) Sailors in a message released Dec. 10.

NAVADMIN 354/09 states that Sailors in a LIMDU status who require an additional service obligation for transferability must wait for a final determination of their medical status to be completed.

“We had been telling (LIMDU Sailors) that they had to wait until final determination; basically, we were handling their cases as we’ve outlined in the new NAVADMIN. It’s really just expansion of policy to address this group of Sailors, but it’s the way transferability requests have always been processed. This just provides clarity,” said Kathy Wardlaw, the Navy’s GI Bill program manager.

Sailors cleared for duty and eligible for continued service must follow the standard transferability procedures. Sailors who are being medically discharged can still be eligible for transferability provided they have

completed at least 10 years of service and their discharge is honorable. Transferability must be elected prior to separation.

Sailors who elect transferability and later are medically discharged before completing their service obligation maintain their transferability as long as the medical discharge is not due to willful misconduct.

NAVADMIN 354/09 is the third in a series of messages dealing with the new GI Bill program. Besides establishing LIMDU policy it updates previous guidance. Transferability under the Post-9/11 GI Bill is a recruiting and retention tool. While a Sailor may be eligible for education benefits provided by the Post-9/11 GI Bill, generally the option to transfer a Sailor’s unused benefits to a family member requires an additional service commitment in the Armed Forces, according to NAVADMIN 203/09.

According to the message, the Department of Veterans Affairs (VA) has been processing enrollment certificates before Certificates of Eligibility (COE) are issued. Normally, veterans are issued COEs prior to enrollment, but the increased demand for the Post-9/11 GI Bill has caused de-

lays. Sailors who have not received a COE should contact their school’s VA counselor for more assistance.

The message also reminds Sailors that after Dec. 31, they can no longer use short-term extensions for the purpose of Post-9/11 GI Bill transferability.

“Members can’t wait until Jan. 1, 2010, to get this done; the opportunity will be gone,” Wardlaw said. “If members don’t take advantage of this now, they’ll have to wait until they’re within their reenlistment window to apply.”

For more information, see NAVADMIN 354/09 at www.npc.navy.mil under “Messages.”



**Post 9/11
GI Bill
Information**

For the latest information on the Post 9/11 GI Bill, visit the DoD Post 9/11 Web Site at: http://www.defense.gov/home/features/2009/0409_gibill/

Staying Healthy and Safe during the Holidays

NNMC Promotes Best Practices to Avoid Stress

By MC3 Timothy Wilson, National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) -- The holiday season may be a time to celebrate with friends and family, but, for those who won't have an opportunity to see their loved ones, it may be a time of increased stress and hardship.

"The holidays increase stress, both in positive and negative ways, so it's a more challenging time for some people," said Cmdr. James West, the behavioral health department head at the National Naval Medical Center (NNMC). "For someone having depression, the holidays can be very difficult, particularly for young service members. This might be the first holiday they had to spend away from family. That can be traumatic."

Signs of depression include feeling sad everyday with a lost of interest in pleasurable activities, West said.

Some people may experience sleep disruption, loss of energy, loss of appetite and feelings of guilt.

In extreme cases of depression, some people may exhibit suicidal thoughts or actions. These are manifested in threatening to hurt oneself, talking or writing about death, uncontrolled anger, increased drug and alcohol use and dramatic mood changes. It is important to reconnect with friends, family, community or church groups to reduce the stress of the holidays, West said.

"These give a great deal of support and strength. The holidays can be a very positive, uplifting time to re-establish these connections," said West. "If someone is drawing away from these connections, that is very worrisome."

One way to ease the burden of loneliness is to focus on having social support systems, West said.

Jenny Charson, marketing director for NNMC's Morale, Welfare and Recreation (MWR) center, recommends getting involved with any of the programs that are offered regularly on base.

MWR offers weekend outings at re-

duced cost, movie nights and a free dinner every night before a scheduled pay day. These events target enlisted personnel, primarily E-1 through E-6.

Staying healthy and fit is a great way to remain positive, Charson said. Sailors and Marines can do this by working out at their command gym or Fitness Center.

Seaman Ryan Whitten, who works in the command duty office at NNMC, does not plan on being able to travel to his hometown for the holidays.

"Christmas will be hard for me. My brother is also in the Navy, and he can't go home either," Whitten said. "My family wants to see us at the same time. When we can both go home, we will go."

Talking on the phone with family, socializing with other service members and walking around the base are activities that Whitten enjoys. Watching movies and reading about history helps pass the time.

"I won't be depressed [during the holidays] because I will eventually get to see my family," Whitten said.

Focusing on family connections is important in getting through the day, West said. Realizing that you are not alone is critical. Many people want to hide the fact that they are not doing well, feeling like they are standing out, West said. People may not realize that an immediate supervisor can help and won't overreact.

"All of us that have been in the military for awhile have had holidays sitting on the watch at [midnight] on Christmas," West said. "It's important to focus on those people that care about you because they are there."

"If you are having a bad day, start with your supervisor and most people will be pleasantly surprised," West said. "You say you need some help, and they will help."

If feelings of depression and anxiety persist, talking to someone is the most important action. The Suicide Prevention hotline can provide needed assistance at 800-273-TALK, any time.

Carbon Monoxide - Avoiding Winter's Silent Killer

When the weather gets cold, workers move indoors to perform jobs. They close windows and doors, limiting ventilation to the point that dangerous levels of carbon monoxide (CO) can build up.

Carbon monoxide is an odorless, colorless and tasteless gas. When CO is inhaled it binds to hemoglobin in red blood cells and replaces the oxygen that the cells need to function. This can eventually kill you.

Burning organic fuels creates CO as a by-product. When materials such as oils, gasoline, diesel fuel, wood, coal and propane are burned, they can produce the gas. If the area is not ventilated sufficiently, carbon monoxide can rise to dangerous levels very quickly. That's why it's important for workers to know the signs and symptoms of carbon monoxide poisoning.

The first symptoms of exposure are: headache; shortness of breath; light-headedness; confusion; and red cheeks. Exposure to greater concentration of CO can cause: nausea; rapid or erratic pulse; and hallucinations. Continued exposure to CO can result in heart failure; coma; brain damage; or death.

If you experience early symptoms of CO exposure, leave the work area immediately and seek fresh air. Call for medical attention and notify your supervisor and safety officer of the problem. In more serious cases of CO poisoning, oxygen and possibly CPR (cardiopulmonary resuscitation) will be required. Never re-enter the area until it has been verified safe.

The best way not to get CO poisoning is to prevent it from happening. Talk to your supervisor about: Replacing fuel-powered equipment, such as forklifts, with electric-powered equipment. If that's not possible, regularly test the equipment's emissions.

- Ensuring your workplace has adequate ventilation (open doors and windows).
- Not permitting fuel-powered forklifts and trucks to idle for long periods of time.
- Prohibiting the use of portable generators indoors.
- Instal carbon monoxide detectors.
- Inspecting exhaust fans regularly to ensure they are working properly and not blocked.

Carbon Monoxide is a killer. You can't see it, smell it or taste it. But with proper ventilation and knowing how to recognize the symptoms, you can prevent it from sneaking up on you.

7 Ways to Reduce CO Exposure at Home

1. Have a qualified technician inspect and clean your home heating system (even a new furnace may have a cracked heat exchanger).

2. Ensure that chimneys and flues are clear of animal or bird nests.

3. Ensure that summer junk isn't blocking vents, flues or the immediate area around space heaters.

4. Even in emergencies, do not use your kitchen stove as a heater.

5. Don't grill with propane or charcoal indoors.

6. Avoid running any internal combustion engine inside a garage or shed. If you do a lot of vehicle work, a trick used by most commercial garages is to place a small covered hole in your garage door and running a hose from the exhaust pipes through the hole.

7. Invest in your family's safety by buying a carbon monoxide detector for the home, garage and the workshop - one that has Underwriters Laboratories (UL) approval. Or buy a smoke detector that has a CO detector built-in.

FACT: On April 9, 2004, the parents of musician and songwriter, "Weird Al" Yankovic died in their California home. Investigators found this was due to carbon monoxide poisoning from a wood fire that had been burning in the fireplace with the flue closed. Carbon monoxide asphyxiates over 1,500 people each year while injuring another 10,000. Don't let this happen to you or your family.

Trading Post

FOR RENT: Historic 4 bedroom, remodeled and updated home in Kingsville. 1,900 square feet, huge kitchen, large bedrooms. hardwood floors, large fenced-in yard, detached 2-car garage. All new appliances.

\$1,350 per month. Pets accepted upon approval (with deposit).

Contact Michaela Stuart at 619-606-4377 or by e-mail at michaela.stuart@yahoo.com.



Charity Event on Ice

CHESAPEAKE, Va. -- Rear Adm. Walter Carter, left, captain of the USS Carl Vinson (CVN 70) hockey team, and Bob Pizzini a member of the Explosive Ordnance Disposal (EOD)/Navy Diver hockey team, wait for an EOD robot to drop the puck to start a recent charity hockey game at the Chilled Ponds Ice Sports Complex in Chesapeake, Va. Together both teams raised more than \$2,000 for the Wounded EOD Warrior Foundation and Whaler Nation Youth Hockey Programs. (U.S. Navy photo by MC2 Paul D. Williams)

MWR Youth Basketball Clinic



Women college basketball players from teams competing in the annual TAMUK Thanksgiving basketball tournament held a free basketball clinic for children at the NASK gym Nov. 27.

Coaches talked to the children about teamwork and dedication, while the players concentrated on game skills like dribbling and ball control.



Children also had a chance to shoot a few hoops, and learn defensive techniques.

This is the second straight year that TAMUK has held the clinic on the air station during the annual holiday tournament.



Bowling Standings (12/11)

In the Dog House League

POS	TEAM	WON/LOST
1.	Lane Breakers	48-24
2.	Three Minds	42-30
3.	Triple X's	37-35
4.	Tumbalos	34-38
5.	The Guys	31.5-40.5
6.	The Hounds	23.5-48.5

Weekly High Scores:

John Zapalac:
276, 243, 226 745 series

Wednesday Night Mixed League

POS	TEAM	WON/LOST
1.	Slow Rollin'	33-19
2.	Pete's Angels	29-23
3.	Laugh Out Loud	29-23
4.	Pin Bangers	29-23
5.	DUHs	28-24
6.	Big K Rollers	20-32
7.	Sixty Forty	20-32
8.	Guttermouths	19-33

Weekly High Scores:

Amelia Goff (130 avg) 189 game

MWR Notes:

Zapalac "in the zone"

John Zapalac had one of those nights that come around once in a blue moon Tuesday, Dec. 8 in the "In the Doghouse" bowling league on base. Zapalac rolled a 745 scratch series to keep his team in contention with the league's top team, the Lanebreakers. Zapalac's high series included an opening game 226, a middle game 243, and a final game 276, marking the highest three-game series of the year at the NAS Kingsville bowling center.

Hunting Note:

The base hunting program is now open. Anyone interested in hunting on base needs to go to ITT and get more information. Hunts start this weekend at 4:30 a.m. and continue every Saturday and Sunday through Jan. 3.

Outdoor Rec:

Outdoor Rec has trailers for rent for anyone wanting to take a trip over the upcoming holidays.

Auto Skills:

Auto skills can check out your vehicle before your long road trip to make sure everything is as it should be!

15 Sailors selected for advancement off September Exam Cycle

By Jon Gagné, NAS Kingsville Public Affairs

While advancement rates off the 2009 September Advancement Exam cycle were down Navywide from 2008 figures, 15 NAS Kingsville Sailors have earned advancement to their next highest paygrade according to the Navy personnel Command. The list includes 1 Sailor advancing to first class, 4 Sailors moving up to second class, and 8 Sailors sewing on their first chevrons as third class petty officers.

All those assigned to the NAS Kingsville command were officially frocked to their new rank by Cmdr. Scott Allen during an all hands quarters and awards ceremony at the Captain's Club Dec. 10. A similar frocking ceremony was held at the NAS Kingsville Branch Health Clinic on Dec 4.

According to the Navy personnel Command, more than 17,000 Sailors will see their names on the advancement list Navywide. NPC Commander Vice Adm. Mark Ferguson discussed advancement quotas and trends on his Dec. 1 on the NPC Website in his most recent podcast.

"It took a little bit longer to work through the numbers this time," said Ferguson. "We looked very carefully at a change in behavior that's taking place in the force. We are seeing significantly lower attrition and losses. More Sailors in the junior ranks are staying in the Navy."

Navywide advancement figures were down compared to the March 2009 cycle, reflecting unprecedented retention and record low attrition throughout the Navy resulting in fewer vacancies and advancement opportunities in the E-4 and E-5 rates, and the decline in overall opportunity in the last four exam cycles, changing from 24.53 percent last cycle to 19.86 percent this cycle.

"We're going to promote 3,300 Sailors to E-6, which equates to a rate that's slightly up at about 11 percent, or 1.5 percent [points] higher than the last cycle," said Ferguson. "For E-5s, Ferguson 6,500 Sailors will be advanced across the Navy. That represents a slight decrease of about 2.5 percentage points from last cy-

cle, but results in an overall advancement rate of about 19.5 in this paygrade."

"For the E-4s, where we have seen the most significant change in behavior, that advancement rate will be about 34.5 percent," said Ferguson. "This means 7,300 individuals will promote to E-4."

More junior Sailors are staying Navy, taking advantage of the comprehensive benefits that are available. As a result, 2,500 fewer E-4 vacancies were open for E-3s to advance to than would have been predicted based on historical behavior.

While the Navy continues to advance-to-vacancy, it will also target the best and brightest for advancement, according to Ferguson.

"The quality of our force is extraordinary," he said, pointing out that the Navy is seeing positive trends with fewer boot camp losses and higher quality applicants coming into the Navy.

To listen to the complete podcast, visit <http://www.navy.mil/media/audio/cnp/CNP%20Advancement%20Podcast.MP3>.

Navywide advancement results are posted on the Navy Personnel Command's Bupers On-Line Web page at www.npc.navy.mil.

Congratulations!

ABH1 William Cinnamon

AC1 Patrick Harrison

AC2 John Crawford

AC2 Joshua Hight

AC2 Willie Johnson

CS2 Christopher Crocker

HM2 Gregory Garcia

AC3 Samuel Bivens

AC2 Foy Fleming

AC3 Geoffrey Gooden

AC3 Matthew Hartopp

AC3 Kiana Kaulbaum

AC3 Shauna Johnson

AC3 Wesley Mooney

AC3 William Wilder

NASK Civilian Awards



NAS Kingsville Executive Officer Cmdr. Scott Allen presents Civilian Length of Service Awards to: Top left, firefighter Greyson Wakins (10 years); to right, firefighter George Alton (20 years), and below left, Connie Cashin (30 years). Allen also presented a CNA-TRA Community Service Award to Ramon Panbanigan of the Fleet & Family Support Center.



Mr. Joe Saenz from the VT-22 Safety recently painted this holiday picture on the window in front of the squadron's student control office.

The VT-22 staff thinks he did a fabulous job and we would like to share this picture with all our readers.

Happy Holidays!