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November 4, 2011

Community outreach opportunities

Veterans' Day softball tournament

Volunteers are needed to support the Veterans' Day Softball Tournament being held Nov. 11 to 13, on board Naval Air Station Corpus Christi. Each day, volunteers are needed to refill water coolers around three softball fields, run the jump house, assist with parking, and act as emcee taking charge of the microphone and sound system.

To volunteer, contact ABE1(AW/SW) Daniel Garcia at (858) 361-9454.

Ranch Hand Breakfast

The 21st annual "Ranch Hand Breakfast" will be held on Saturday, Nov. 19, at the legendary King Ranch. This event serves as the major sponsor for the annual La Posada de Kingsville holiday celebration and is one of the most popular volunteer events for personnel from the air station.

About 50 volunteers are needed to assist with cooking, serving and parking from 6 to 11 a.m.

To participate, contact the NAS Kingsville Public Affairs Office at 516-6375 or e-mail kngv-pao@navy.mil.

La Posada de Kingsville parade

The 2011 La Posada de Kingsville holiday parade of lights will be held in downtown Kingsville on Saturday, Dec. 3. This annual event usually includes about 100 floats, marching bands and community entries. While

see *Outreach* on page 3



Season of giving

-- The Kleberg County Toys for Tots campaign was kicked off on Oct. 27, with a ribbon cutting ceremony. This marks the 22nd season the local campaign is being coordinated by Jerry and Lisa Bockholt. To mark the beginning of the season of giving, members of the McFall Memorial Chapel Religious Ministries at NAS Kingsville, presented a \$500 donation to the campaign. Pictured from left are CMDCM(SW/AW/FMF) Charlie Ratliff; ET3 Jessica Korenek; ET1(SW) Samuel Sanchez; Jerry Bockholt; Capt. Mark McLaughlin, commanding officer; Lt. Mark Haley, chaplain. (Photo by IC1(SW/AW) Jesse Booth)

Lots of treats -- Dozens of kiddies from MWR's Child Development Center enjoyed "Table Trick-or-Treating" Monday, Oct. 31, at the Captain's Club. Below, Stephanie Evans hands out goodies to youngsters as they stop by the Training Air Wing TWO table. While the children enjoyed the treats, the adults got in the spirit decorating their tables and donning costumes. Prizes were awarded for best table decorations, best theme, and, of course, best costumes. Costume contest winners are: first place, Monette Walker as a scarecrow; second place, AZ2 Darrell O'Neal as Happy Feet; and third place, Melodie Harris as Patrick the Starfish. Also, personnel from the second floor of the Headquarters Building took top honors in the table decorating contest with their spooky display. Contest judges were Chaplain Mark Haley, Pam Ratliff and Jeanie Alexander. (Photo by Fifi Kieschnick)



Air Ops personnel won best theme for their Super Heroes costumes. From left are AC1(AW) Patrick Harrison as Captain America, AC1(AW) Praise Sii as Catwoman, ACC(AW) Jarred Lee as the Evil Jester, and AC1(AW/SW) Michael Tredway as Wolverine. (Photo by IC1(SW/AW) Jesse Booth)

From the Bridge



Capt. Mark McLaughlin
Commanding Officer



11th month (Nov.) in 1918. Congress officially recognizes the significance of the armistice date with our Veteran's Day holiday; this year it will be Friday, Nov. 11.

Veteran's Day holds a special meaning for those who have served and those currently in uniform, as well as those that have had a relative who fought and even died for our freedoms. So I'll close with the best tribute I have for the Veterans of wars past. The following letter was sent to American servicemen following the conclusion of World War II. My grandfather, Lt. Cmdr. Harold V. McLaughlin, USNR, received his letter following Operation Homecoming in 1946. It reads:

"To you who answered the call of your

country and served in its Armed forces to bring about the total defeat of the enemy, I extend the heartfelt thanks of a grateful nation. As one of the nation's finest, you undertook the most severe task one can be called upon to perform. Because you demonstrated the fortitude, resourcefulness and calm judgment necessary to carry out the task, we now look to you for leadership and example in further exalting our country in peace."

Harry S. Truman.

Remember our troops that are still deployed and pray for their safe return home.

Until next time,

Skipper Mac

Greetings Team Kingsville,

There are two big events that we have going on right now. The first is the annual Toys-for-Tots campaign and the second is the upcoming Veteran's Day Holiday. Let me begin with Toys-for-Tots.

As many of you may know, the annual Toys-for-Tots is run by the U.S. Marine Corps Reserves, and around the base are many cardboard boxes waiting for donations to the Toys-for-Tots campaign. The local Kingsville community sponsor for Toys-for-Tots is Jerry and Lisa Bockholt, owners of the Stop-N-Lube business in Kingsville and long-time Navy League members. Jerry and Lisa have been working Toys-for-Tots with the U.S. Marine Corps Reserve for more than 20 years and if you would like to contribute a toy for this wonderful charitable event, you may drop your donation at the Stop-N-Lube in town, or into any of the Toys-for-Tots donation boxes scattered throughout the base. Last year, the Kingsville contribution ensured the needy children in our area awoke to multiple toys under the trees on Christmas morning; I hope you will be as generous this year.

In one week we will be remembering Veteran's Day. The holiday we observe for all Veterans traces its roots to World War I. The Treaty of Versailles officially ended the war on June 28, 1919; however, the armistice that ceased the fighting didn't occur until the 11th hour of the 11th day of the



Corpsman completes another Naval career milestone -- HM2 Paul Nelson, pharmacy technician at Branch Health Clinic Kingsville, re-enlisted for six years on Oct. 14. Lt. j.g. Aubrey Hall administered the oath with Nelson's wife and son present. Nelson was recently selected as the Junior Sailor of the 4th Quarter for the branch clinic. (Photo by HM3 Corban Ege, BHCK)

Deckplate Leadership



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



Team Kingsville,

Last week I read the Navy Total Force Sailor-gram and was so impressed I wanted to share it with all of you. It highlights the importance of the leadership trait of motivation. Please take the time to read it. I know you will be glad you did:

I challenge you to think about the leadership trait of motivation and ask yourself, how do you motivate those you lead? I have a quick acronym that may help you reflect upon this. In order to generate motivation you must use "ICE" or the following equation:

$$(I + C + E) = \text{Motivation}$$

Inspire – Leading with and understanding the power of a positive attitude while living a life that others respect will enable you to inspire those you lead through your personal example. As they see you as a positive and successful leader, they will work to emulate your behavior. Your actions will inspire others to achieve.

Challenge – Understanding that our Sailors are capable of many tasks beyond their pay grade and rate is essential. Challenging them to establish goals and achieving new levels of success will enable them to realize their true contributions to our Navy team success as well as their personal success. Challenge them and follow up with them, as you show an interest in their ability they will work to achieve greater levels.

Empower – As you empower our most treasured resource, people, you are reinforcing that you trust them and are confident in their ability. The confidence you enable will inspire and evolve into self confidence, allowing them the ability to reach increasingly higher levels of achievement as you have sparked a new level of energy through empowering them to do so.

Exercise this equation and you will experience a new level of motivation within those you lead and your team will enjoy greater levels of success.

Motivation is a powerful and essential leadership trait. How will you ensure your people are motivated?

V/R
CMC

NAS Kingsville Religious Services Offered

Sunday at McFall Memorial Chapel

10:30 a.m. - Family Bible Services

12:30 p.m. - Catholic Mass

Tuesday

11:30 a.m. - Bible Study, in Bldg. 2741

Wednesday

7 p.m. - Officer Christian Fellowship

Thursday

4:30 p.m. - Catholic Choir Practice

5:30 p.m. - Prayer Meeting

Flying K

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This paper is published for people like CM2(SCW) Reymundo Orozco of Sinton, Texas. Orozco reported to NAS Kingsville in September 2009 and is the Recycling Facilities Leading Petty Officer. He is a veteran of 12 years and recently returned from serving an 11-month Individual Augmentee tour in Bagram, Afghanistan, with Detainee Operations.

Outreach from page 1

there is an entry fee for community participants, there is no charge for military entries.

The NAS Kingsville public affairs office is looking for command float entries for this annual event. Public affairs personnel will decorate the annual command float, but we're also looking for volunteers to take charge of the command's "Salute to Toys For Tots" float, which will feature local Toys For Tots sponsors Jerry and Lisa Bockholt riding on board.

The Toys For Tots Program will assist in furnishing Toys For Tots program-tagged supplies to assist with the decorations.

If your department or activity would like to take on this sponsorship opportunity, please contact the public affairs office for additional information. Call 516-6375 or e-mail kngv-pao.navy.mil.

KISD Science Fair

The Kingsville Independent School District (KISD) will host its annual District Science Fair on Saturday, Dec. 3, and would like to have volunteers from NAS Kingsville to assist with judging of the science projects.

About 15 judges are needed to grade science projects for students grades 1-6. It will take place at 7:30 a.m. to noon and will be held at the KISD Administration Building on 207 North 3rd Street in Kingsville.

Interested volunteers should contact IC1(SW/AW) Jesse Booth at the NAS Kingsville public affairs office via e-mail at jesse.booth@navy.mil.

PW's Kopatz, Spindler plan to 'leave the coop'

By IC1(SW/AW) Jesse Booth
NAS Kingsville Public Affairs

Two Public Works employees are planning what to do with the rest of their lives.

Naval Air Station (NAS) Kingsville's site contracting officer at Public Works, Jack Kopatz and financial manager Bob Spindler, will retire soon from government service with more than 83 years of federal service collectively.

Both men started their careers differently, and yet each made a positive impact on the base. Here they are together leaving the coop of Public Works and the command.

"These two men are definitely invaluable assets to Public Works and they have done a great job for our country with the job they do every day," said Cmdr. Troy Hamilton, public works officer, "It will be hard to replace them."

Kopatz, a native of Springfield, Ill., joined the Navy in 1968, and worked as a parachute rigger (PR) at Training Squadron 23 (VT-23) aboard NAS Kingsville until 1970.

In 1974, Kopatz got a civil service job as a laborer, doing various maintenance and manual work around the base.

In 1976, he accepted a position as the tool room attendant where he was responsible for issuing tools and lawn equipment to Sailors and civilians.

By 1980, a position opened for inspecting contracts, which Kopatz filled, starting his path to becoming the contracting officer by 1990. He says he enjoys what he does.

"There's never a dull day, since there is always something needing to be changed on a contract," Kopatz said.

The majority of base contracts are for services, according to Kopatz, such as custodial services, pest control, airfield refurbishment, solid waste services, and construction work.

As contracting officer, Kopatz' authorization to approve and award contracts extends from \$2,500 to \$10 million, for all NAS Kingsville facilities encompassing Auxiliary

Landing Field (NALF) Orange Grove, McMullen, target area and Escondido Ranch.

Kopatz says he plans to retire May 1, 2012, which will give him 42 years, 13 days on the job. "So today starts the countdown of a great run, and a wonderful job working with people I respect and Sailors who continue to defend this country," Kopatz said.

On the job, Kopatz met his wife Libby who will also be retiring from civil service soon. Kopatz adds, "The highlight of my career is marrying my best friend!"

As it stands, Kopatz' retirement plans consist of riding his motorcycle and taking care of his four horses- one Mustang, one Gelding, and two Palominos (half Quarter Horse, half Arabian).

There are five stages in the contracting process. The first phase is writing the contract, filing the contract, funding the contract, request for the approval phase, and finally the awarding of the contract. While Kopatz' job covers the approval and awarding of the contracts, Spindler's responsibility is the third step, because without funding the rest cannot

see *Leave on page 5*



Kopatz

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In the Break



Capt. Joe Evans
 Commander
 Training Air Wing TWO



Greetings Training Air Wing TWO
 and NAS Kingsville,

What incredible "harvest season" weather we have been having. It is turning out to not only be great weather for flying jets but also for holding outdoor parties and BBQs as we roll through Halloween and into Thanksgiving. This is the time of year to enjoy life with friends and family.

Last Thursday, Charlie Michalk hosted the Kingsville Navy League's, first of what I hope to be many, quarterly Student Naval Aviator Socials. Charlie did a terrific job hosting the "barn party."

As we all know, the best way to truly enjoy a tour is to appreciate the people around you. It is my hope that these student socials will help build a continuing renewal of friendship between the Kingsville community and the ever-changing population of students at Training Air Wing TWO. Kingsville has a unique experience to offer our officers, and it would be a shame to not live the experience to its utmost.

Well done to MWR for what was a fabulous children's Halloween celebration last Saturday evening. MWR had it all, from Halloween party games to the production of what was one of the most frightening haunted houses that I have ever walked through. I know that my family enjoyed it and from the look on the face of other children, I

VT-22 Golden Eagle notes

Bravo zulu to the following student aviators for being selected as "Student Aviator of the Month."

1st Lt. James Frederick was selected as Student Aviator of the Month for the month of August. His achievement reflects his outstanding flight grade achievement, good military appearance and conduct, and contributions to the Naval service.



Frederick

1st Lt. Daniel Bono was selected as Student Aviator of the Month for the month of September. Bono was selected for the award for his achievements from a group of excellent, highly motivated nominees under consideration.



Bono

know that many others did as well. Great job MWR!

Outside of Kingsville, the Wing is finishing up our strike detachment at El Centro, Calif. The advanced students participating are getting their first dose of intense tactical flying. They are flying high-speed, low-level terrain navigation flights and throwing "blue" steel, 25 pounds at a time at ground targets with which many of us older aviators are familiar, such as "Loom Lobby," "Shade Tree," "Kitty Baggage," and "Inkey Barley." It is almost as exhilarating an experience as landing on an aircraft carrier!

Speaking of Carrier Qualification, that is exactly what is happening on the heels of the Strike Detachment. Our T-45 jets will leave El Centro flying over the Laguna Mountain Range directly into San Diego this first week of November in order to stage a Carrier Qualification detachment out of NAS North Island (San Diego). Fifteen Student Naval Aviators will tempt fate with their first at-sea landings on USS Ronald Reagan (CVN 76). I know they will do well as they were trained by our very best Landing Signal Officers (LSOs). Best of luck to all the Tailhookers.

Keep em safe.

Regards,
 Commodore Evans



Giving to CFC -- Capt. Joseph Evans, commander, Training Air Wing TWO, gives his completed donation form to Forrest Patton, TW-2 Combined Federal Campaign keyperson. CFC is the annual fundraising campaign on behalf of charitable organizations. The campaign runs through Nov. 15. Last year, the Coastal Bend Area campaign raised \$1,205,137 in support of local, national and international charities. This year, TW-2 set a goal of 100 percent contact and would like to raise \$16,000 in contributions. NAS Kingsville has set a goal of 100 percent contact and would like to raise \$15,000 in contributions. Persons can donate to CFC through payroll deductions or by a one-time cash or check donation. For more information about CFC, visit the Coastal Bend Area CFC website at coastalbendareafc.org or contact your command representative.

Leave from page 3



Spindler

happen.

Spindler, Public Works' financial manager, is a native of San Francisco. He moved to South Texas during his later days in civil service. After retiring, he plans to move somewhere on the East Coast, perhaps Florida.

Right out of high school, Spindler knew he would be a civil service worker, because it provided good job stability. He initially applied to be a shipyard electrician, but due to required extra testing, he ended up applying for a four-year welder apprenticeship program instead.

Spindler says when he started his career, "it was all very fast." He graduated in June, tested in July, and started work in August of 1968. The only break in service he had was in 1973, for nine months, due to economic changes.

After Spindler's break, he went back to the job he loved. He was a program analyst with a background in facilities at Mare Island, Calif.

Spindler says he enjoyed the West Coast shipyard.

He added that working as the Public Works financial manager was a growing effort. He did not have a background in finances and was not partial to math, so when asked how he felt about the job he simply said, "It has been a real challenge and every day I find more challenges that I overcome. It's about learning something new every day in my position, and it keeps the job interesting."

Spindler says the material condition of the base has improved greatly since he began working aboard NAS Kingsville in 2006. There have been some major changes with all the contracted jobs, and says he is leaving with a satisfied feeling of accomplishment. "It's nice to know I was a part of the changes that have taken place on this base, and knowing that my job has made a real difference to people and the mission of NAS Kingsville," Spindler said. "I can leave knowing I made a difference."

Spindler hopes to get into woodworking and building furniture from scratch when he retires.

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Hispanic heritage celebrated with song, dance

Photos & Story by IC1(SW/AW) Jesse Booth
NAS Kingsville Public Affairs

Music, dancing and history were featured at the Naval Air Station (NAS) Kingsville Hispanic-American Heritage Month celebration held Oct. 19, at the Captain's Club.

"It's a good event for the base personnel to learn more about Hispanic heritage and the diversity in South Texas," said ABE1(AW/SW) Daniel Garcia, master of ceremonies for the event.

Lt. Mark Haley, NAS Kingsville chaplain, started the celebration with an invocation followed by guest speaker Kleberg County Judge Juan Escobar, who talked about the history of South Texas; the first Hispanic in South Texas -- Alvar Nunez Cabeza deVaca-- and where the Hispanic-American culture came from. Escobar said some of the local Hispanic culture was derived from other cultures, such as Flour tortillas and bunuelos developed from Jewish traditions; and the Rancharia (acres of land) given to the Hispanic settlers evolved from American Indian culture.

After the guest speaker, entertainers demonstrated different aspects of the Hispanic culture.

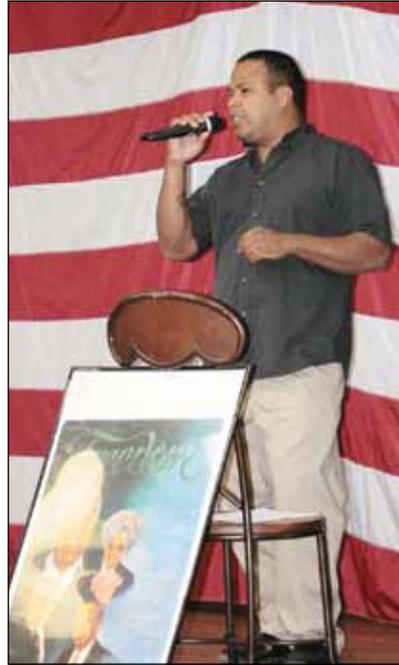
H.M. King Mariachi Del Rey performed seven musical numbers featuring the vocals of siblings J.C. and Catherine Gonzalez. Also, local Border Patrol Agent Lenny Gonzalez performed a Cuban song.

Salsa dance demonstrations were led by Delia Martinez, Information Tickets and Tours (ITT) manager, and CSCS(SW) David Jones, Combined Bachelor Housing (CBH) and Navy Gateway Inns & Suites department head. They led the audience into a Salsa dance competition, in which Maricela Cantu, of the Weapons Department, took bragging rights. Participants included: Capt. Joe Evans, Commander, TW-2; Cmdr. Rey Molina, chief staff officer, TW-2; Julie Reyes; Miranda Lopez; IC1(SW) Bernardino Martinez; Lucy Clarkson; AC1(AW) Praise Sii; Command Master Chief Charlie Ratliff; Pam Ratliff; and Escobar.

"I always like participating in heritage celebrations," Jones said. "I have so much fun learning and sharing others' cultural backgrounds. I feel it's a great time to educate ourselves, and learn more about the Hispanic community."

Executive Officer Cmdr. Scott Wilnot concluded the ceremony with a plaque presentation to Escobar for his participation in the celebration, which was sponsored by the NAS Kingsville Diversity Committee.

"I would like to thank everyone that made the event possible, and to all the guests for showing your support for this year's Hispanic-American Heritage Celebration," IC1(SW) Bernardino Martinez, diversity committee president said.



Above, Delia Martinez and CSCS(SW) David Jones demonstrate Salsa dancing during the Hispanic Heritage Month celebration. Left, Lenny Gonzalez of NASK Border Patrol croons a Cuban song during the celebration held Oct. 19. Bottom left, brother and sister, J.C. and Catherine Gonzalez, members of H.M. King High School's Mariachi Del Rey perform a musical number during the lunch time celebration.



Congrats -- Lt.j.g. Andrew Castillo is congratulated by Rear Adm. Russell Penniman following his final flight as a student Naval Aviator on Oct. 14. Penniman, reserve deputy commander and chief of staff for U.S. Pacific Fleet, was the guest speaker for the Winging Ceremony held that evening on board NAS Kingsville. He also served as Castillo's mentor throughout the flight program, but was not going to be able to be on hand when Castillo was winged Oct. 21, so he did the next best thing and gave Castillo his "soft wings" following his final flight as a student. (Photo by Fifi Kieschnick)



Wings of Gold -- Eight student pilots received their wings of gold during a winging ceremony held Oct. 21, at the Captain's Club. Pictured from left (front row) are Cmdr. Darren Guenther, VT-22 commanding officer; Capt. Joseph Evans, Commodore, TW-2; Lt. j.g. Russell Brown; Lt. j.g. Andrew Castillo; Rear Adm. William Sizemore II, chief of Naval Air Training; Lt. j.g. Brennin Colegrove; Lt. j.g. Andrew Clayton; Capt. Mark McLaughlin, NAS Kingsville commanding officer; Cmdr. Rey Molina, chief staff officer, TW-2; (back row) Cmdr. Brian Beck, VT-21 executive officer; Lt. j.g. Nathan Poloski; Lt. j.g. Brian O'Toole; Lt. j.g. Daniel Watts; Lt. j.g. Kevin Guldner; Lt. Cmdr. Robert Hanvey, VT-21 standardization officer. (Photo by IC1(SW/AW) Jesse Booth)

Energy monitors lead command drive toward energy conservation

Note: This is the final article of a three-part series. In the first articles, we focused on how the Navy and NAS Kingsville are turning to alternative energy sources to create a smaller energy footprint and meet SecNav's energy reduction goals. In our final installment of this series, we focus on the people who are responsible for monitoring energy use, providing energy conservation knowledge within their work centers.

By Jon Gagné
NAS Kingsville Public Affairs

When it comes to changing old habits and teaching "old dogs" new catch-phrases like "energy conservation," Navy commands are taking a top-to-bottom approach on promoting a culture of awareness to manage energy use and prevent energy waste.

There are more than 40 buildings on board NAS Kingsville, and providing energy to each results in a huge electric bill each month. While the command is turning to alternative energy sources such as solar panels to generate power, it's also taking an aggressive approach to eliminating energy waste at all levels. This includes everything from reducing fuel consumption for military vehicles, to conserving water, installing more efficient lighting systems and appliances, and better managing energy use throughout the air station.

"Our huge air conditioning systems throughout the base draw a tremendous amount of energy," said NAS Kingsville Commanding Officer Capt. Mark McLaughlin. "And so does our building lighting and computer operations. On average we spend about \$6 per minute per day on electricity, and that's why it is so important that we look for ways to reduce our energy use."

Navy commands have filtered the re-

sponsibility for energy conservation to command energy managers, who in turn, are turning to individual Building Energy Monitors (BEMs) as the frontline defenders. It's a program that is producing positive results throughout Navy Region Southeast.

"NAS Kingsville has trained 31 BEMs to handle the day-to-day management of energy use within the respective spaces," said Norma Barrera, NAS Kingsville Energy Manager. "We provide the training and give each BEM a guidance manual to help them identify problem areas and potential cost-saving improvements for their commands or activities."

The BEMs are charged to conduct weekly or monthly inspections of their buildings and submit monthly energy conservation reports to the energy manager. BEMs are also tasked

with promoting energy conservation to their personnel and encouraging suggestions for further improvement in conserving energy.

"As Energy Manager," Barrera added, "I review the ideas and check to see if they are not already incorporated in a project on base. If not, I pass this information up the chain for approval, and then initiate trouble calls or work requests to incorporate the ideas. BEMs have provided ideas such as providing weather stripping to exterior doors in their buildings and vestibules."

Nat Garcia is the BEM for the Consolidated Bachelor Quarters (CBQ) and Barracks Bldg. 2740. He and his team monitor 45 rooms at the CBQ and 35 rooms at the barracks. Early next year his staff will move to the new Gateway Inns and Suites building, Bldg. 3755, with more than 90 rooms.

With all lodging facilities open 24-hours a day, it's important that all CBQ and Barracks personnel are involved in the departmental program.

"We are taking energy conservation seriously," Garcia said. "At our weekly staff meetings we talk about checking room thermostats, ensuring lights and appliances are not left on, and property maintaining shower and laundry facilities. Our housekeepers play a big role in this program."

Over the past year, Garcia and his team have replaced 56 older model refrigerators with new, Energy Star® efficient models. They also replaced 356 light bulbs for ceiling fans and light fixtures with energy-efficient 60-watt light bulbs, installed new efficient shower heads in all rooms, and reduced the number of lighting fixtures. In the laundry and common areas, they've added motion-sensor light switches that turn power on when individuals enter the room and turn the lights off when they exit. Lighting occupancy sensors are a technology that can save up to 30 percent in energy consumption, according to Navy energy statistics.

Command-wide, an "Old Appliance Turn-In" program is gaining momentum. The turn-in program is held each year in April around "Earth Day," and during October's Energy Awareness Month campaign to get rid of older appliances that can be replaced by energy-efficient models. This October, base commands turned in 4 microwave ovens, 7 televisions, 7 refrigerators, 1 hot water heater and 1 coffee pot. The items were turned in to Public Works and will be eventually turned over to the Defense Reutilization and Management Office (DRMO) or simply recycled.

While the Gateway Inns & Suites and Consolidated Barracks are playing an active role in the basewide conservation drive, other commands and facilities are doing their part, too. For example, the Morale, Welfare and Recreation Department owns nine facilities on board the air station including the fitness center, the Captain's Club, Child Development and Youth Activities Centers, Escondido Ranch, and the bowling center. BEMs have been assigned to each facility. Large tenant commands like Training Air Wing TWO, the U.S. Border Patrol, Branch Health Clinic Kingsville, and contractor L-3 Vertex also have BEMs who are tasked with overseeing their spaces.

The goal is the same for all BEMs: promote a culture of energy awareness throughout their facility and take an active approach to conserving energy and reducing the command's energy footprint. These initiatives at NAS Kingsville – from the major alternative energy programs currently underway to the day-to-day groundwork being performed by Building Energy Monitors – continues to lead the command's progress towards a greener, more-efficient future.

So, with the help of Building Energy Monitors, old dogs can be led through the new culture of energy conservation.



Far left, Public Works' Robert Long replaces burned-out T-12 light bulbs in Building 2740, with new energy-efficient T-8 bulbs. T-8 bulbs save an average of 8 watts of energy per bulb for normal operating periods. Above left, Cathy Powlas, Captain's Club BEM, checks the seals to the front doors during her weekly inspection. Above, Nat Garcia, shuts off a lamp as he checks one of the 80 rooms under his purview as BEM for the CBQ and the barracks. Left, CS1(SW) Erasmo Guerrero replaces old light bulbs with more energy efficient ones in one of the barracks' rooms. It is one of 356 light bulbs that was replaced in ceiling fans and light fixtures recently at the CBQ and barracks. Bottom left, David de los Santos wheels a new energy efficient refrigerator to Bldg. 3740. The new appliance replaces one of 56 older model refrigerators that were recently replaced to conserve energy.





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Walkers go the extra mile during 3-day walk for a cure for breast cancer

**By Fifi Kieschnick
NAS Kingsville Public Affairs**

Maryann Shramko said she went into it with no expectations, but came out amazed, moved and enthused, to say the least.

Shramko, admin officer for NAS Kingsville, and Monette Walker, emergency manager, were two members of the "Friends for Ford" team who took part in the Susan G. Komen three-day "Walk for a Cure" in Washington, D.C. at the end of September.

The Susan G. Komen charity raises millions of dollars annually for breast cancer research, education advocacy, health services and social support programs.

"This was the most amazing experience I have ever been a part of," Shramko said. "It has forever changed me."

Shramko said there was a tremendous amount of energy and emotions from everyone who participated in the 60-mile walk – the walkers, volunteers and staff.

And there was a lot of color, especially pink, among the thousands of people supporting the walk. For example, crossing guards – men and women alike – wore pink tutus underneath their neon orange and yellow safety vests. Volunteer off-duty police officers, firefighters and others managing traffic around the walk decorated their motorcycles with supportive sayings and decorations, which included a lot of large pink braziers.

"It was very motivating," Shramko said. "And, what 'topped it off' were the 'everyday citizens' with their family members who lined the route. They held signs and dressed up – even dressed their dogs – as they cheered the walkers along."

One handicapped walker participated with his girlfriend. She sported a neon pink wig and he a pink bikini top and grass skirt. Toward the end of the walk, he had to be hospitalized because his leg became infected where it attached to his artificial leg. So, his girlfriend finished the 60-mile walk for him, carrying his leg – pink sock, tennis shoe and all – over the finish line.

"Nothing was going to stop these people from finishing the walk," she added.

Shramko remarked that what also made the event fun was talking to other walkers, and swapping stories because everyone was there for the same cause.

"And, there was always someone cheering you on, people lining the streets, traffic cops, volunteers manning the rest stations" she said. "You'd be coming up on a hill and there would be people standing along the route cheering you on."

More than 2,250 walkers participated in the walk that raised more than \$7 million during the event. The participants walked 60 miles in three days, during the pouring rain or hot muggy temperatures from Washington, D.C., to Bethesda, Md., around Bethesda and back to the nation's capital.



Friends for Ford team members are, from left, Lanelle Phillmon, Monette Walker, Janice Shelton and Maryann Shramko. (Courtesy photo)

The walkers were supported by more than 400 volunteers and staff.

Shramko said she and her teammates took part in the walk on behalf of their friend Tracy Ford who died of breast cancer in 2010. Ford was a retired senior chief musician.

"We (four team members) wore a different color t-shirt each day," Shramko said. "Day two (of the walk) was the one-year anniversary of Tracy's interment into Arlington National Cemetery, so we wore a purple shirt, which was her favorite color."

"The hardest thing to see," added Walker, "were the children along the route who had lost their moms to breast cancer. They were handing out Tootsie Rolls or other items as we came by. It was heart-breaking."

Walking for those who had lost their lives to breast cancer was bittersweet, but Shramko says they are planning to do the "Walk for a Cure" in Minnesota next August because their friend Tracy completed that same walk 8 months before she passed away.

When it comes to fighting breast cancer some people are willing to go the extra mile.

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Halloween fun -- Earl Olsen, Liberty special events coordinator, hands out candy to the participants of the Kids Costume Contest. The contest was held prior to MWR's Halloween 5K and Kids' 1K Trick-or-Treat Walk. Twenty-four adults and 12 children participated in the fun events. Everyone who participated and finished received a prize and treats. (Photo by Kiana Kahlbaum, MWR)

Morale, Welfare & Recreation

MWR Event Calendar

- Mondays**
 11:30 a.m. - Cardio Overdrive
 6 p.m. - Zumba at Fitness Center
- Tuesdays**
 6 p.m. - Spinning at Fitness Center
 7 p.m. - Ultimate Frisbee pickup game
- Wednesdays**
 11:30 a.m. - Cardio Overdrive
 6 p.m. - Zumba at Fitness Center
 7 p.m. - Free movies at Liberty/Single Sailor Lounge
- Thursdays**
 5 p.m. - Flag Football League
 6 p.m. - Spinning at Fitness Center
 7 p.m. - Trivia-On-Tap at the K-Bar

Bowling Leagues
In the Doghouse League
Standings as of Oct. 25

Place	Team	Won	Lost
1	Lane Breakers	24	12
2	Three J's	22.5	13.5
3	Alley Cats	21	15
4	3 Minds/Gutter	18.5	17.5
5	DNA	18	18
6	The Dusters	14	22
7	The Guys	13	23
8	Spare Tires	13	23

High Score Game-Men: Joe Constante, 263; Eric Summers, 222.
High Score Series-Men: Eric Summers, 645; Clinton Howell, 609.

Sundays
 All day football & burgers at Liberty

Wednesday Nite Mixed
Standings as of Oct. 26

Place	Team	Won	Lost
1	DUH's	19	13
2	IBowlers	19	13
3	Bad Azz	18.5	13.5
4	I Can't Believe	17	15
5	Petes Angels	16	16
6	Rat'Lers	15	17
7	Big K Rollers	14.5	17.5
8	Laugh Out Loud	9	23

High Score Game-Men: JD Monroe, 275; Frank Goff, 258; John Zapalac, 257.
High Score Series-Men: Clinton Howell, 662; John Zapalac, 651; Joey Soliz, 633.
High Score Game-Women: Tilde Hyndyman, 201; Mary Gonzales, 201; Lucy Clarkson, 191.
High Score Series-Women: Lucy Clarkson, 522; Delia Monroe, 518; Shirlie Duffy, 518.

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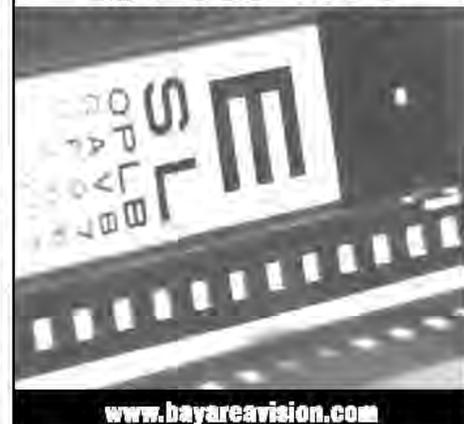


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