



# Naval Air Station Kingsville FLYING K

Bravo Zulu

-- pages 6 & 7

Vol. 72, No. 14

Naval Air Station Kingsville, Texas

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July 25, 2014

## Region Southeast holds change of command ceremony

By MC2(SW/AW/EXW) Stacy D. Laseter  
Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson relieved Rear Adm. Rick Williamson as Commander, Navy Region Southeast (CNRSE) during a change of command ceremony on board Naval Air Station Jacksonville, July 18.

The time-honored ceremony marked an end to Williamson's leadership of the command that supports and guides 17 installations throughout the Southeastern United States and the Caribbean. Vice Adm. William D. French, the commander of Navy Installations Command, served as the guest speaker for the ceremony.

Williamson is a Jacksonville, Fla., native and a 1985 graduate of the United States Naval Academy, where he earned a bachelor's in computer science. He also holds a master's in business administration from the Naval Post Graduate School and is a graduate of the Armed Forces Staff College. Williamson reported to CNRSE from his previous assignment as Commander, Navy Region Midwest, Great Lakes, Ill.

"I have had such an incredible experience leading an CNRSE outstanding team," said Williamson. "I will always cherish the relationships that I have built during this tour."

Williamson will be reporting to Commander, Navy Region Mid-Atlantic, Norfolk, Va., in August to assume command.

Originally from Wimberley, Texas, Jackson entered the United States Naval Academy in July 1984, earning a Bachelor of Science degree in physics with an emphasis in oceanography. She later went on to earn a graduate degree from George Washington University in engineering management and became qualified as a joint specialty officer.

She has served on board five U.S. Navy ships, in both the Atlantic and Pacific fleets with deployed operations in the Atlantic, Caribbean, Arabian Gulf, Indian Ocean, Mediterranean Sea, Black Sea, and Western Pacific areas of



operation. Her command tours include serving as commanding officer, USS McFaul (DDG 74) and commanding officer, Naval Station Norfolk, the world's largest naval installation. Most recently, she served as chief of staff to Commander, Navy Region Mid-Atlantic, Norfolk, Va.

"It is an honor and privilege to become a part of such a dynamic team of Sailors and civilians," Jackson said. "And I look forward to challenges we'll tackle together."

Jackson will be the region's 44th commander.

Pictured above, Rear Adm. Mary Jackson and Rear Adm. Rick Williamson shake hands following the official turnover during the Commander, Navy Region Southeast, change of command ceremony on board Naval Air Station Jacksonville. Left, Rear Adm. Mary Jackson walks through the side boys formation during the Commander, Navy Region Southeast Change of Command, ceremony. Right, Rear Adm. Mary Jackson and Rear Adm. Rick Williamson participate in a cake-cutting ceremony immediately following the change of command ceremony. (Photo by MC2 Stacy D. Laseter)



## From the Bridge



Capt. Chris Misner  
Commanding Officer



Chester A. Nimitz once said, "By patient, sympathetic labors with the crew, day in, day out, and through many a night, every chaplain I know contributed immeasurably to the moral courage of our fighting men; none of this appears in statistics. Most of it necessarily secret between pastor and confidant. It is for that toil, in the cause both of God and country, that I honor the chaplain most."

What you say to a chaplain in confidence stays between you and the chaplain, unless you decide differently. You hold the key.

Below are listed documents to help you better understand what your chaplain can do for you!

\* Confidential Communications to Navy

Chaplains Fact Sheet at: [http://www.navy.mil/docs/Confidential\\_Communications\\_Fact\\_sheet.pdf](http://www.navy.mil/docs/Confidential_Communications_Fact_sheet.pdf), or

\* FAQs: Confidential Communications to Navy Chaplains at: [http://www.navy.mil/docs/Confidential\\_Communications\\_FAQs.pdf](http://www.navy.mil/docs/Confidential_Communications_FAQs.pdf)

The job of a chaplain spans a broad range of duties. Chaplains see people through some of their most joyful moments and some of those that are more personally challenging. Please consider our command chaplain as a resource. Ask questions about how he can better serve and assist you and your family.

One Team, One Fight, One Focus!  
Skipper

Team Kingsville,

The Navy Chaplain Corps is the oldest Corps in the Navy. The Continental Navy birthed the Navy Chaplain Corps on Oct. 13, 1775, predating the Department of the Navy. John Paul Jones was one of the first advocates for a chaplain.

The Chaplain Corps operates on four basic core capabilities:

\* Facilitate the religious requirements of personnel of all faiths, providing for the free exercise of religion.

\* Provide faith-specific ministries for those of like faith.

\* Care for all service members (Navy, Marines, government employees, dependents, etc.) including those who claim no religious faith.

\* Advise the command on matters of moral, ethical and religious matters, and ensure the free exercise of religion.

Chaplains come with a wealth of experience in life and ministry. Before a chaplain is even considered for active duty, the person must have an undergraduate degree, a Master's of Divinity and minimum of two years of real-world ministry experience. This is important for you to know, because you can be assured, our chaplain is experienced and educated, well-rounded to help you navigate many areas of life. Our chaplain, Lt. William Hardison, has served in large churches of 5,000 people and small churches of 50. He has prior enlisted service, has worked in corporate America and NCAA collegiate athletics. He is well-rounded and available to help you navigate life's challenges and answer questions.

One of the more important things chaplains offer is confidentiality. Fleet Adm.



**Staying Navy** – GSMC(SW) John Gross, Escondido Ranch chief, recently reenlisted for two more years of U.S. Navy service. Cmdr. Scott Gunderson, air operations officer, right, served as the reenlisting officer. Gross, a native of Hardin, Texas, has 22 years service and will transfer next month to USS Vandegriff (FFG 48) homeported in San Diego, Calif. (Photo by ADC(AW) Cody Snellman)

## Deckplate Leadership



CMDCM (SW/EXW)  
Randy Foust  
Command Master Chief



strength to the trade with America. They said Americas but I knew what they meant. I loved every time one of the guides would say it like anyone thought differently. We are a very young nation, a mere 238 years young, but if you didn't know from the beginning, we have been an "impact nation," we have been making the world a better place from our start.

HOOYAA America!!!

After our trip to Europe we returned just in time for me to fly out to Millington, Tenn. I had the distinct privilege of sitting on the FY15 CPO Board. It was extremely rewarding to get together with 170 other master chiefs and review records of the best of the best, and sometimes not the best, but that was what I was there to do. I look forward to reading the list of those

Sailors selected for chief petty officer when it comes out. HOOYAA chiefs, and Phase III!!!

This brings me to two topics I want to talk about, leave and record maintenance.

We are entitled to earn 2.5 days of leave a month. This allows us to have 30 days a year to take off and get out from under the pressures of our duties. We need to take time for ourselves and get away to help reinvigorate our spirit.

Current policy states you are allowed to carry over 75 days of leave. NAVADMIN 026/13 states that this benefit will expire Sept. 30, 2015. At that time, if your leave balance is greater, it will be reduced to 60 days.

Let me tell you my philosophy on  
*see Deckplate on page 5*

## Flying K

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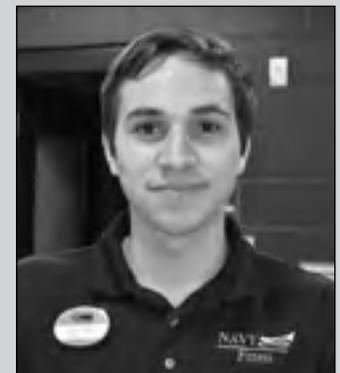
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This paper is published for people like Gilbert Guerra, recreation aide, who has been working at the Fitness Center since May. Guerra is a Kingsville native and a sophomore at Texas A&M University-Kingsville.

# Health clinics to increase patient enrollment, optimize capabilities, improve value

**By Bill W. Love**  
Naval Health Clinic Corpus Christi

Naval Health Clinic Corpus Christi (NHCCC) Commanding Officer, Capt. Jimmy A. Bradley, assembled his staff for Captain's Call at the Catalina Club recently to outline an initiative aimed at increasing enrollment to approximately 3,000 beneficiaries by the end of the year.

"We're gradually increasing the number of patients enrolled with a Primary Care Manager (PCM) at our clinics in Corpus Christi and Kingsville in order to reach optimal capacity," said Bradley. "Currently, we're below capacity with 12,780 enrolled patients, while we're staffed and equipped to care for more."

Increased enrollment came into the spotlight at NHCCC via a BUMED Memo 6300, March 12, 2014, that directed a minimum enrollment of 1,100 (on average) per assigned primary care provider. NHCCC's average enrollment per primary care provider is currently below 750.

Following that notice, subject-matter experts under the leadership of Cmdr. (Select) Dennis Tolentino, director for administration, began conducting regular sessions to plan and execute the command's strategy.

Tolentino tasked the group with formulating recommendations about how the command would identify and narrow the

list of beneficiaries in NHCCC's area of responsibility (AOR), with an emphasis on adding TRICARE Standard beneficiaries to the patient mix in order to augment the number of TRICARE Prime beneficiaries.

According to Health Affairs Policy 11-005, Military Treatment Facility (MTF) commanders can require TRICARE Prime beneficiaries to enroll with the MTF if the beneficiary is within a 30-minute drive time. This mandatory enrollment policy can apply to all eligible beneficiaries or can be based on beneficiary category priorities for access.

In the Mandatory Enrollment scenario, working with Humana (TRICARE contractor), NHCCC will reassign beneficiaries currently enrolled to the network (Prime) and who live near Corpus Christi and Kingsville to a PCM at either MTF. Beneficiaries are being notified of this change via letter in July.

The Enrollment by Invitation will be geared toward the TRICARE beneficiaries using the Standard option and Prime beneficiaries outside the 30-minute drive time requirement, all of whom will be invited to enroll. Invitation letters are also being mailed this month.

With Department of Defense health costs skyrocketing, Navy Medicine is doing its part to optimize capabilities and improve value at all Naval hospitals and clinics across the U.S.

According to an article in the Associated Press April 8, 2013, Pentagon Struggles



Capt. Jimmy A. Bradley, NHCCC commanding officer, after assembling his staff for Captain's Call recently, outlines an initiative aimed at increasing enrollment to approximately 3,000 beneficiaries by the end of the year. (Photo by Bill W. Love)

with High Cost of Health Care, "The cost of military health care has almost tripled since 2001, from \$19 billion to \$53 billion in 2012, and stands at 10 percent of the entire defense budget. Even more daunting, the Congressional Budget Office estimates that military health care costs could reach \$65 billion by 2017 and \$95 billion by 2030."

Referring to health care expenditures, Bradley underscored the importance of resource management and stewardship, while describing the benefits of care at an MTF.

"When our beneficiaries receive care in the TRICARE network, while the same services are available at our clinics, taxpayers see *Patient on page 9*

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## ***In the Break***



**Capt. Donald Nisbett Jr.**  
Commander  
Training Air Wing TWO



Greetings NAS Kingsville  
and Training Air Wing TWO,

These past two weeks have been very productive, from a training standpoint, for TW-2, as we successfully qualified 14 new carrier aviators and two Instructors Under Training. This was despite schedule disruptions due to powerful afternoon thunderstorms, during the carrier qualification (CQ) detachment to Cecil Field, Jacksonville, Fla., aboard USS Harry S. Truman (CVN 75) from July 8-13. Additionally, air-to-ground weapons training is continuing at Naval Air Facility El Centro, Calif.

The accurate delivery of ordnance on surface targets is one of the primary missions of Naval Aviation and our students braved triple-digit temperatures of the Imperial Valley during multiple flights per day to hone those basic skills of weapons delivery and low-level navigation.

Speaking of triple digits, do not underestimate the seriousness of heat

illness. As the heat index forecasts continue to exceed the century mark, we should continue monitoring each other for signs of heat-related illnesses: cramps, exhaustion and stroke. It's imperative to drink plenty of fluids to stay well hydrated.

If you suspect someone is displaying the early symptoms of heat illness (profuse sweating, fatigue, thirst, muscle cramps), get the person to a cool place and seek immediate medical attention.

Finally, congratulations are in order for our newest Naval Aviators. At 4 p.m. today, July 25, we will conduct a Winging ceremony for 11 of our finest here at TW-2:

VT-21: 1st Lt. Erin Mathis, Lt.j.g. Matthew McDonald, Lt.j.g. Dustin Oftedal, 1st Lt. Craig Nygaard, and Lt.j.g. Daniel Slater.

VT-22: Lt.j.g. Daniel Beveridge, Lt.j.g. David Gregor, Lt.j.g. Douglas Haby, Lt.j.g. Joseph Healey, 1st Lt. Vinton Ulrich III, and Lt.j.g. Benjamin Wattam.

For a good part of a year, these students have toiled and matured through flight training, doing it safely and efficiently, on their way to earning their "Wings of Gold." Congratulations on a job well done to all of our Wingees.

I wish them all the best in the future and the fleet.

"Pride, Professionalism and Purpose"  
Commodore



**Staying Navy** – ET1(SCW/SW) Dominic Scavo, of Ground Electronics, recently reenlisted for two more years of U.S. Navy service. Scavo is a native of Victoria, Texas, and has 17 years of service. Lt. Cmdr. Shane Dudley, air traffic control facility officer, served as the reenlisting officer. Pictured above, Dudley presents Scavo with a Texas-shaped plaque following the reenlistment ceremony. (Photo by ADC(AW) Cody Snellman)

**Deckplate from page 2**

leave -- first, always have 10 days on the books set aside for when life happens, and it will, so be prepared. After that, it's your duty to take your leave. It's your responsibility to keep yourself mentally and emotionally healthy. This is as important as keeping yourself physically healthy. You are not expected to carry leave from one fiscal year to the next.

Carrying leave forward is a benefit to you and I for when we are assigned to a deploying command. With group sails, work-ups, demonstrations, and inspections running consecutively, there is literally no opportunity to take "regular" leave. However, when we are on shore duty, we are expected to rejuvenate; this is when we recover from our duties afloat. Even in our operational rates, there should never be a year that goes by you cannot take 30 days leave; you may not be able to take it all at once, but 10-15 days here, 5 there, 10 here, and "bazinga," you have taken 30 days leave and not negatively impacted your watch section, division or command.

I also want to remind you that just because you have the days on the books, the command will never be held hostage; in other words, do not put on your leave chit, "I have 15 days use or lose, that's why I am submitting this request on Sept. 14 to start on Sept. 15 until Sept. 30."

In that scenario, be prepared to lose a few days, if not all of them, because your failure to plan ahead will not constitute a crisis on our part. If operations allows, if manning allows, if the number of Sailors on leave is below the max amount, then you will be considered for approval.

Do not save up all of your days for terminal leave; again, you are entitled to earn the leave and expected to use it, and there is nothing that requires the command to lose you for the last 120 days of your tour. That's ridiculous no matter who you are. If I can afford to gap your billet for four months, then really, how significant are you to our command? Some mitigating factors are manning (your relief is on station or a significant number of other Sailors can do your job in all respects), operations (inspections, air show, other events you are instrumental in) and circumstances (family health, your health, or other individual things). Every case is taken individually and what is best for you, the command, and the Navy is considered. Do not be afraid to ask, but I highly recommend you to be prepared to use your leave throughout the year as it was designed.

I just participated in the FY15 Active-Duty CPO Selection Board. I averaged 20 record reviews a day, with five evals and three awards on average for each record. That is 100 evals and 60 awards a day -- not sure how many evals you look at, but when you are trying to find important determining facts in each document, it's tedious. I also reviewed Page 13s, adverse information and PG4s.

see *Deckplate* on page 10

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**WOMAN'S CLUB RUMMAGE SALE**

The Woman's Club of Our Lady of Consolation is hosting their 5th Annual Church and Community Rummage Sale indoors and air-conditioned at Vattmann Hall on **Saturday, July 26th, from 8:00am to 3:00pm.**

## Bravo Zulu

The Kingsville Council of the U.S. Navy League recently recognized the following personnel recently during their monthly meeting: HM1(FMF) Duong Nguyen, HM2(FMF) Earl Revolta, and HM3 Matthew Lease.



Forrest Patton, Kingsville Navy League president, presents HM1(FMF) Duong Nguyen with a Certificate of Appreciation recognizing him as Senior Sailor of the Quarter. (Courtesy photos by Anse Windham)



Forrest Patton presents HM2(FMF) Earl Revolta with a Certificate of Appreciation recognizing him as Sailor of the Quarter. Revolta, Nguyen (left) and HM3 Matthew Lease (below) are stationed at Naval Health Clinic Kingsville.



Navy League President Forrest Patton and board member Linda Hahn present a check for scholarship to Mollie Martinez. The Kingsville Navy League memorialized its annual scholarship after Michael Hahn, a local Naval Aviator and Texas A&M graduate, who grew up in Kingsville and passed away at a young age. The Hahn Scholarship for Leadership Excellence is intended for ROTC members who exemplify the high moral and ethical standards of a leader. Linda Hahn is Michael's mother.



Forrest Patton presents HM3 Matthew Lease with a Certificate of Appreciation recognizing him as Blue Jacket of the Quarter.

**Bravo Zulu****Naval Health Clinic Corpus Christi CMC: SoQ selectees care****By Bill W. Love**

Naval Health Clinic Corpus Christi Public Affairs

Naval Health Clinic Corpus Christi (NHCCC) announced its selection July 11 for the top Sailors of the 3rd Quarter, FY14 competition.

HN Caleb Espinoza who works in the Naval Health Clinic Kingsville's pharmacy was selected as Blue Jacket of the Quarter.

HM1(SW/AW) Kristin Ferri and HM2(FMF/SCW) Jacob Welch, both of NHC Corpus Christi, were selected as Senior Sailor of the Quarter and Sailor of the Quarter respectively.

Capt. Jimmy A. Bradley, commanding officer, made the all hands e-mail announcement, inviting the staff to join him in congratulating the winners.

"All of the nominees were outstanding, attesting once again, to the strength of our team and command," said Bradley. "Our enlisted staff members are a critical component of the NHCCC, and the 'Healthcare to Health' we deliver. Our winners will be more formally recognized at a later date. Congratulations to each of you. Bravo Zulu!"

All three Sailors are from Texas: Ferri, from Midland; Welch, from Joshua, Texas; and Espinoza, from Gladewater, Texas.

"The one thing that I saw in all our nominees was outstanding military bearing and total dedication to mission accomplishment," said Command Master Chief (SW/FMF) Rikki L. Brown. "The three Sailors chosen as our Sailors of the Quarter all have the same attributes and qualities; they care. From leading Sailors in medical homeport, ensuring our Sailors and Marine counterparts are cared for administratively, to filling prescriptions for our beneficiaries, our Sailors are amazing!"

Surprised by the results, Ferri, the leading petty officer in Medical Home Port, believed that she had been too busy to make a good showing in front of the board.

"Honestly, I didn't prepare near as much as I felt I should have for the simple fact I have been trying to take care of junior Sailors' evals and their packages, and I didn't feel like I had taken enough 'me' time," said Ferri. "With that said, I prepped a few of the Blue Jacket Sailors beforehand which forced me to also look up current events, new chain of command and any important Naval history or uniform changes. This continued to enhance their knowledge, get them more comfortable with a board and prep myself at the same time."

Regardless of how well-prepared, Ferri pointed to a natural tendency Sailors have to criticize themselves during board deliberations.

"When you miss questions or mess up the Sailor's Creed, or you don't have a stencil on your uniform, you begin to get frazzled thinking you should have known better," said Ferri. "To stay calm and collective and

hold your military bearing during these times is probably the toughest challenge."

Weighing in on that test, Brown suggested that Sailors focus on team success rather than their individual achievement which can heighten anxiety.

"Most of the time our Sailors get stumped, not because they don't know the answer, but because they are nervous. They have extremely high expectations of themselves but they don't want to disappoint their leadership," said Brown.

That notion also resonated with one of the other winners who also elaborated on the angst associated with waiting.

"I wasn't just representing myself up there; I was representing my department and directorate. I just wanted to make them proud," said Welch who is the assistant leading petty officer of the Patient Administration Department.

"For me, the toughest part of the board was standing outside waiting for my turn," added Welch. "The anticipation is what drives me crazy. Then the fear of messing up your introduction and the Sailor's Creed creeps into your mind. You start to wonder if you prepared enough for the board and your nerves get all twisted."

The youngest winner, echoed Welch's sentiments. Espinoza, a pharmacy technician at Naval Branch Health Clinic Kingsville with three and half years under his belt didn't think the board was difficult as long as he didn't forget the Sailors' Creed.

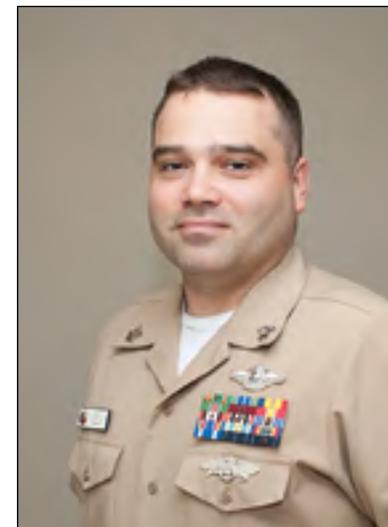
"The hardest part for me during the board was waiting to be next in line, because you do not know if the person before you set the standard high," said Espinoza. "The thing I would say to Sailors who are nominated for up-



Espinoza



Ferri



Welch

coming NHCCC's BJOQs, is to keep up with current events and have fun during the board."

Espinoza has been on the job in Kingsville for nearly two years and says that he couldn't have asked for a more rewarding job.

And it's no secret that satisfying opportunities abound in the Navy particularly when clear attainable goals are factored in.

Articulating that outlook, Brown summed it up concisely.

"For those that desire to be selected Sailor of the Quarter I will give the following advice: Stay balanced in your home life and work life. Volunteer in the community, maintain unwavering integrity and go to school. In essence, keep doing what the best of you are already doing."

**Public Works personnel recognized**

Bravo zulu to the following Public Works personnel who were recognized recently.

**Mike Seyfors** was recognized as Employee of the Second Quarter.

**Kevin Wong** was recognized as Supervisors of the Second Quarter.

**Ernie Rogers** was selected as Supervisory of the Year.

**Tish Knerr** was selected as Employee of the Year.

Public Works recently welcomed aboard **Phil Adams, Daniel Barge, Neiman Smith, Esiquia Luna, Deno Stamos** and **Ensign Sanjay Selvam**.

The following employees received Letters of Appreciation: **Robert Castellano, David Cirilo, Bob Cramer, George Longoria, and Roy McCraine**.

**Jesse Garcia** was recognized for 45 years of federal service. **David Garza** was recognized for 30 years of federal service. **Brigido Salinas** was recognized for 25 years of service. **Joe Morales** was recognized for 20 years of federal service. **Andres Camarillo** and **Roland Garcia** were both recognized for 15 years of federal service.

Great Place to Work awardees are: **Jeremy Adams, Daniel Barge, Daniel Bazan, James Bustos, Greg Carrillo, David Cirilo, Paul Cronenberger, Tommy Figueroa, Jesse Garcia, Roland Garcia, Adrian Gonzalez, Bonney Gutierrez, Warren Kress, Jeff List, Ken Mahaffey, Roy McCraine, Arturo Mendez, Les Morris, Neal Miles, Henry Reed, Rodney Riley, Michael Seyfors, Richard Silvas, Jared Teat, Dana Villarreal** and **Kevin Wong**.



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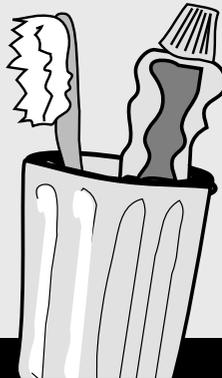
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## Drum Beats

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### Domestic Violence

More than one in three women (35.6 percent) and more than one in four men (28.5 percent) in the United States have experienced rape, physical violence and/or stalking by an intimate partner. National Domestic Violence Hotline advocates are available 24/7 at 1-800-799-SAFE (7233) to help victims in more than 170 languages. All calls are confidential and anonymous. <http://www.thehotline.org/help/>

### SAPR: Safe Helpline App

The Safe Helpline Mobile App (for iOS or Android) allows sexual assault survivors in the military to create a customized self-care plan and connect to resources from anywhere in the world.

You can use the self-care exercises and information in the app whenever you'd like. Your personalized plan will be stored only on your mobile device, so it will remain completely confidential. Once you download the app, you don't need an internet connection to use it.

### Suicide Prevention

Even under extreme stress, the presence of protective factors helps us effectively navigate through life's challenges. A sense of community and genuine support from leadership, shipmates, family and friends can help counter risk factors for stress injuries, such as extreme feelings of hopelessness and/or difficult transitions.

It is our duty to be engaged with our friends, family, co-workers and leadership to help each other weather life's storms.

### Drug Use

The Centers for Disease Control and Prevention has classified prescription drug abuse as an epidemic. While there has been a marked decrease in the use of some illegal drugs, such as cocaine, data from the National Survey on Drug Use and Health (NSDUH) show that nearly one-third of people aged 12 and over who used drugs for the first time in 2009 began by using a prescription drug non-medically.

What can you do?

Because prescription drugs are legal, they are easily accessible. Here are some things you can do to reduce the abuse of prescription

drugs:

\* Follow disposal guidelines: No matter who you are, you can help address this issue in your home.

\* Talk to your kids: It's important that our children learn about the use and abuse of prescription drugs.

\* Take advantage of community take-back programs: Call your city or county government's household trash and recycling service or your local police or sheriff's department to see if a take-back program is available in your community.

\* Seek treatment and support individuals in recovery: Thousands of individuals who have struggled with addiction are now living healthy and happy lives with the help of treatment and recovery services.

### Alcohol: Did You Know?

\* Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse.

\* Alcohol-impaired motor vehicle crashes cost more than an estimated \$37 billion annually.

\* In 2012, more than 10,000 people died in alcohol-impaired driving crashes -- one every 51 minutes.

If you think you may be struggling with an addiction to alcohol, or if drinking interferes with your work and/or relationships, please seek help -- don't wait until it is too late!

### Energy/Water Conservation

Energy Conservation is unquestionably of great importance to all of us, since we rely on energy for everything we do every single day. Energy supplies are limited and to maintain a good quality of life, we must find ways to use energy wisely. Embrace energy conservation by making small changes that will lead to a significant difference in our overall energy consumption. Your efforts, combined with those of others, will benefit your life and the lives of future generations, as well as our environment.

Useful tips for conserving energy include:

\* Turn off your computer and computer monitor each day before leaving work.

\* Turn off the monitor, if you aren't going to use your PC for more than 20 minutes.

\* Turn off both the CPU and monitor, if you're not going to use your PC for more than 2 hours.

\*\*The bottom line shipmates: In all of the above, YOU are the key to our success in the Navy! Intervene, speak up and look out for one another and all our resources!\*\*



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**Thursday, July 31, from 9 a.m. to 2 p.m.**



QMCS James Kuroski, center, from Bridgewater, Conn., supervises Sailors plotting navigational points on the bridge aboard the aircraft carrier USS Ronald Reagan (CVN 76). Ronald Reagan is underway, conducting tailored ship's training availability. (Photo by MC3 Torrian Neeman)

## Ball cap wear policy to expand

The Chief of Naval Personnel (CNP) announced July 11 a change to uniform regulations giving commanding officers discretion to authorize the wear of command ball caps with Navy Working Uniforms (NWU) Type I, II and III beginning Sept. 1.

Initiated by Secretary of the Navy Ray Mabus, this change is a result of Sailor feedback received at all hands calls and is part of Navy's efforts to further empower command triads.

Currently, ball caps can only be worn with the physical training uniform, coveralls and flight suits; with NWUs only when standing bridge watch and by command training teams

during a training evolution.

The 8-point cover remains part of a Sailor's sea bag.

The change in wear rules for the ball caps, which will include fleet leadership input, will be released in a NAVADMIN later this summer and will include occasion of wear rules.

Sailors can provide feedback on uniforms to [umo\\_cmc@navy.mil](mailto:umo_cmc@navy.mil) or [usnpeople@gmail.com](mailto:usnpeople@gmail.com).

For more news from Chief of Naval Personnel, visit [www.navy.mil/local/cnp/](http://www.navy.mil/local/cnp/). (From *Chief of Naval Personnel Public Affairs Office*)

### Patient from page 3

are essentially paying twice: once for the state-of-the-art Navy facilities and expert staff, and a second time for redundant services in the network," Bradley informed his staff.

"Bringing in more patients will also decrease our Per Member per Month costs—a measure BUMED uses to compare costs among MTFs.

"The PCM reassignments will take effect on Aug. 20, unless the beneficiary elects to enroll to us sooner," said Bradley.

"We are open for enrollment now. Standard patients and Network Prime patients outside the 30-minute drive time requirement can enroll to us any time. We will continue to accept new patients until our enrollment goal is met."

Bradley took advantage of the forum to outline other plans as well as anticipated beneficiary responses.

Patient appeals will be reviewed to determine whether it's medically necessary for care to continue with their current PCM.

They will also have the option of choos-

ing TRICARE Standard or using TRICARE Prime's Point of Service Option — although both have higher out-of-pocket costs to the patient.

If beneficiaries want to keep their PCM in the network, they have to switch to TRICARE Standard.

In order to request their medical record so that their new PCM can become familiar with their medical history, patients should make plans to visit Medical Records. This will save them the cost of requesting the records from their current PCM.

For more information, contact Charlene Hager, health benefits advisor, (361)961-2810, or [Charlene.Hager@med.navy.mil](mailto:Charlene.Hager@med.navy.mil)

At the conclusion of the Captain's Call, Bradley offered his staff a clear course of action.

"Your job is to get our patients in and get them seen, and treat them with dignity and respect. We can do this. It will take an effort on our part, and understanding on our patients' part, but we can do this!"

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## Wartime photos sought for Conner Museum exhibit

The Conner Museum in Kingsville is hosting the state-touring exhibit, "Images of Valor: Latinos and Latinas of World War II," Sept. 1 through Oct. 10.

The museum director is encouraging the public to contribute copies of wartime photos of World War II veterans of Latino descent from the South Texas Region, as a local component to the larger exhibit. Materials need to be received by Aug. 15.

Bring photos by the museum, located on the Texas A&M University-Kingsville campus at 905 W. Santa Gertrudis Ave. Museum staff will scan the materials on-the-spot and return the original images. The Museum is open Monday through Friday, 8 a.m. to 5 p.m., and Saturdays, 10 a.m. to 4 p.m. For those unable to bring their photos to the museum, digitally scan them into .jpg or .tif format at 600 dpi and e-mail them to

[connermuseum@tamuk.edu](mailto:connermuseum@tamuk.edu).

Newspaper articles regarding veterans' services, copies of original letters and other items will also be accepted. While not all materials will be used in the exhibit, all of the scanned materials will be donated to the South Texas Archives, also located on the campus of Texas A&M University-Kingsville. There, they will be maintained and made available for researchers, genealogists, and the general public. A Photo Use form and Photo Information form also need to be completed for all items submitted.

A formal reception for "Images of Valor" will be held Tuesday, Sept. 16, from 6:30 to 8 p.m., at the Conner Museum and is open to veterans, their families, and the general public.

For more information about submitting items to the exhibit, call (361) 593-2849.

## Deckplate from page 5

Here are a couple of tips regarding record maintenance. Start now, so when you are up for chief or any other selection board, your record will be much better than some I had the "pleasure" of sifting through.

Please review your eval continuity. Make sure it's exactly day for day. If an eval period ends on March 15, then the next period starts on March 16. Please do not allow my very graphic, active imagination to decide what happened during gapped dates. If your continuity is off and you cannot correct the dates through the Admin Dept. or the other command, write a letter to the board explaining what you did during the missing dates. Whatever it was, state it clearly in a paragraph on your letter to the board, whether you were in school, or on travel or leave. If you are an E-5 and below (yes, this applies to you also), write that letter now, while it's fresh in your mind.

Before you sign your eval, make sure it's factual. Make sure the numbers make sense, everything is spelled correctly and words are not jammed together.

Don't focus on the promotion recommendation P-MP-EP -- this is such a small part of anything. What matters is: what you are telling the board in Block 29 (Primary/Collateral/Watchstanding duties) and Block 43 (Comments on Performance). Remember if you have a collateral duty listed on the front, document the facts of your successes in that program on the back, or it's perceived you just held a title and did nothing with it.

I was recently asked if it's important to have a new collateral duty every eval. That has a two-part answer. What are you doing with the collateral duty and how well-rounded are you? Why do we have collateral duties? We have Navy programs that provide services for our members and the Navy. Someone has to facilitate these services, but it's not enough to warrant a rate, so we have Sailors spend time to learn the programs and provide the services to

better our Navy.

If you have a variety of these programs in your toolbox, you are better prepared to lead Sailors and ensure they are getting the support they need through these various programs. For example, if you are a Drug and Alcohol Program Advisor (DAPA) and you train Sailors on Alcohol and Drug Abuse Managers/Supervisors (ADAMS) and you process Drug and Alcohol Abuse Reports (DAARs), you will have a solid understanding of the Navy's Drug and Alcohol Program, then you should look to move into a new collateral duty.

But if you are the assistant to the assistant DAPA and you can't spell DAAR, then you need to drop the collateral or actually get engaged.

Also, if you are in a critical hard-to-qualify collateral duty, it's understood why you maintain the program for a tour.

Also, verify your education status is up-to-date. Make sure your electronic training jacket reflects the courses you have taken and, if you have a degree, it's reflected. If it isn't, send the appropriate documents to ensure your record is accurate.

Make sure all of your awards are in the files. Look at Navy Department Awards Web Service (NDAWS) and Official Military Personnel File (BUPERS On Line) (OMPF(BOL)). Don't forget to work on your Primary Military Education (PME) and Joint Primary Military Education (JPME). These are great tools for preparing for the test. They refresh your military knowledge, and both are facilitated on Navy Knowledge Online (NKO).

I'd also like to remind everyone, we are holding our semi-annual Town Hall meeting July 30, at 6:30 p.m., in the Club. This is your opportunity to talk directly with the Commanding Officer about any issues, concerns or suggestions regarding NASK and how we can better serve our team.

As the temperatures start to warm up, please stay hydrated and be safe!

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