



Naval Air Station Kingsville FLYING K

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Above, Amando Benavidez, of L-3 Vertex, fits AC3 Gerardo Cantu with flight gear for his Incentive Flight in a T-45C "Goshawk." Cantu was chosen by his chain of command for this opportunity. Right, Cmdr. Brian Iber, Training Air Wing TWO operations officer, who piloted Cantu's flight, ensures Cantu's gear is fastened properly, prior to heading out to the flightline.

Incentive flight takes NASK air traffic controller to new heights

By Fifi Kieschnick
NAS Kingsville Public Affairs

We all get opportunities in life.

Sometimes opportunity is being at the right place at the right time. But more often than not, it also has to do with exceeding expectations.

That's the case with AC3 Gerardo Cantu. He was not only at the right place at the right time – stationed aboard Naval Air Station Kingsville in Air Operations – but he was also Blue Jacket of the Quarter for the second quarter of this fiscal year.

Cantu was selected by his chain of command for an "Incentive Flight."

"This is a new program," said Cmdr. Brian Iber, Training Air Wing TWO operations officer. "The commodore has wanted to start this program to help build even greater cooperation and partnership with the base."

A "deserving" Sailor is selected to ride in a T-45C "Goshawk."

According to ACCS Theresa Day, air traffic control leading chief petty officer, "AC3 Cantu was selected to ride in the T-45 because he was the Blue Jacket of the Quarter for ATC Division in the second quarter. He is a qualified clearance delivery operator who is currently training at Naval Air Landing Field Orange Grove tower."

Cantu is also a member of the NAS Kingsville ceremonial honor guard team and took the lead in coordinating color guard requests when the first class petty officer who manages the team was on leave in July, Day added.

The Laredo, Texas, native said he was approached several weeks ago. "I was nervous," he said. "But when I was asked, I jumped right on this – this is an opportunity not many people get."

The Friday before the flight he attended an aeromedical/seat brief – a class on the ejection seat.

"That made me nervous, and there were a lot of preparations that morning of the flight," Cantu said.

The 6-foot tall Sailor was fitted for flight and survival gear including a G-suit and a torso harness. "It was a very eventful morning," he added. "There were more preparations after getting fitted for the gear. But when we finally walked out to the jet, it hit me how real this all was."

Cantu, who has been stationed in Kingsville for two-and-a-half years, said that one of the first things he noticed is that the jets weren't small. He said from the tower they almost look like small toy aircraft, but once he was up close, he quickly realized that he was "going to be riding a giant rocket that was somewhat under control by a guy with a

joystick – that did not help with my nerves."

"We want to give the Sailors this Incentive Flight for several reasons: to give them the pilot's perspective; incentive to excel; and to put the word out about this program," Capt. Donald Nisbett, commander, Training Air Wing TWO, said.

Iber, who was Cantu's "guide in the sky," stated, "As an air traffic controller we thought it would be a great opportunity to not only go have fun and fly around in the T-45, but to also gain an ever greater understanding of what the pilots are doing as he talks to them."

"We hope that the Sailors who are selected get to see what we do, how their job interfaces with ours in a real scenario, and to foster an even stronger partnership between the base and the wing."

Cantu said that he very much enjoyed the flight. "It was one of the greatest moments

see New Heights on page 7

From the Bridge



Capt. Chris Misner
Commanding Officer



Team Kingsville,

As Commanding Officer of Naval Air Station Kingsville, I have certain expectations of all the members of my team -- Chief Petty Officers and especially "new" Chief Petty Officers are no exception.

Chief Petty Officers are an extremely important part of the U.S. Navy and our mission accomplishment. Their roles in the execution of tasking and support of the chain of command must never be taken lightly.

CPO 365 assists in the preparation for the challenges and rigors that this new life will bring for future Chief Petty Officers (FCPO), but it does not end there. New Chief Petty Officers must always remember that even though they have been selected, they must now become members of the "Mess," and the learning cannot stop. They must strive every day to live up to, not only my expectations, but those of our Navy and, most importantly, of the Sailors they are charged with.

New Chiefs must always remember they are the technical experts and institutional experts. They must ensure they study new publications and maintain proficiencies and are current on Navywide programs and policies from the Commander-in-Chief to my directives and policies. They are expected to lead from the deckplates, taking the time to know and mentor their Sailors, from junior enlisted who could become Master Chief Petty Officer of the Navy (MCPON) someday, to junior officers who could one day become a Commanding Officer. New Chiefs must be ready to mentor, not only on professional matters, but also on personal matters, as the Navy is not a nine-to-five job, it's a lifestyle.

New Chiefs must learn and understand

loyalty; loyalty to the chain of command, to the Triad, to their Sailors and to each other. They must remember loyalty is not blind; they must question decisions that are not clearly ethical, moral, legal and or safe. They must err on the side of the Sailor, but not blindly without verifying the facts and fully understanding all of the angles. New Chiefs must ensure good order and discipline is maintained at all levels and at all times. They must be strong, fair and consistent.

New Chiefs have to remember they are no longer individuals, but members of a Mess. Despite all of the training, Chiefs may not have all the answers. They need to remember that someone within the Mess will have the answer, experience, or ability to see the situation through to a successful conclusion. What one knows, they all know -- this is the unity that binds and builds a strong Mess.

Most importantly, new Chiefs must be ready to set the example in all facets of their lives. They must come in early and stay late

when warranted. They must remember they are the Chief 24/7, weekdays and weekends. They must live up to the standards of being a United States Chief Petty Officer. They must have and display integrity at all times. Everyone knows the Chief, so even when off-duty, Chief Petty Officers must still exemplify the Navy core values of honor, courage and commitment.

Congratulations to ACC(SEL) Joshua McWilliams for his selection to join the CPO ranks. My expectations are high, but yours must be higher! We are a nation at war and this air station is a weapons system preparing the warfighters of tomorrow to defend the Republic. Good luck as you grow through the process of CPO 365 Phase Two.

One Team, One Fight, One Focus!
Skipper



McWilliams



Staying Navy –

ABH2(AW/SW) Lance Carter recently reenlisted for two more years of U.S. Navy service. Pictured above, Lt. Ernest Mitchell served as the reenlisting officer. The Orange, Texas, native has eight years of service and will transfer to USS Nimitz (CVN 68) in Everett, Wash., in December. (Photo by AC2 Christopher Hogan)

Deckplate Leadership



CMDCM (SW/EXW)
Randy Foust
Command Master Chief



Team Kingsville,

Team Kingsville

August is in full swing, what a great time of the year!

Yes, I may be slightly biased; I had the opportunity to see the results from the Chiefs' Selection Board and kick off CPO

365 Phase II. But this year with no hesitation, we are full swing into CPO 365 Phase I and all the Chief and Future Chief Petty Officer interaction I can handle!

I also love this time of year because we are warming up to triple digits and that satisfying comfort heat brings.

I want to point out a couple of upcoming events we can all look forward to. In September, we will have our first USO-sponsored lunch. On Sept. 11, at 11 a.m., at the Captain's Club we will hold a memorial ceremony to remember the attack on our country and also on our embassy in Benghazi. Don't forget we have the advancement exams for all of our Sailors working

toward the next pay grades E-4 thru E-6.

Oct. 25, we will hold our Navy Ball.

In November, we will have the King Ranch "Ranch Hand" Breakfast, which is a precursor to the La Posada Parade.

There will be more events and more reminders, but look at how close we are to the end of another year already!

Another event that will occur in October is the continuation board. This board is established to review 8,000 records to determine who and how many Chiefs, Senior Chiefs and Master Chiefs need to retire. Who is eligible? Any Chief, Senior Chief, Master Chief with three years in rate, and

see *Deckplate* on next page

Flying K

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This paper is published for people like Ensign Benjamin Title who reported to TW-2 in August as a Student Naval Aviator. The Arlington, Va., native recently transferred from VT-28 at NAS Corpus Christi.

Here to Help You! *Flight Plans*



Lynn Early

Who are your SAPR Victim Advocates?

Lynn Early is one of more than 10 Sexual Assault Prevention and Response (SAPR) Victim Advocates aboard NAS Kingsville. Lynn works at the command headquarters, building 2740, as the Housing Installation Program Manager.

If you are a victim of Sexual Assault, you may contact Lynn at (361) 516-6448, or call the NASK SAPR victim advocate help line (361) 533-0454, or the DoD help line (877) 995-5247.

Barbecue throwdown

A barbecue cook-off will be held Sept. 19-20, on the field adjacent to the Captain's Club aboard NAS Kingsville.

The event, hosted by the Junior Enlisted Association, is the first of its kind. Cooking will begin on Friday, Sept. 19, at 5 p.m. and judging will be held Saturday afternoon for chicken, pork spare ribs and brisket. Grand champion and reserve awards will be given out, as well as first, second and third place in all categories.

All meats will be cooked on-site. The preparation and completion of the meats must be made within the confines of the cook-off site and during the designated time limits. Only one entry will cook on a pit.

Entry fee is \$150. All proceeds benefit local schools for school supplies. Entry forms and more information about the event is available by contacting James Symon at (281) 923-6152 or Tommy Figueroa at (361) 522-9924.

NAS Kingsville spouse?

Would you like to get involved with helping other NASK spouses? We are looking for an Ombudsman to take over from Jennifer Girgan. An Ombudsman is a volunteer appointed by the Commanding Officer to serve as a link between command leadership and command families. Please e-mail CMDCM Randy Foust at Randall.foust@navy.mil. Potential Ombudsmen will

be interviewed by command staff – Capt. Christopher Misner, Cmdr. Rey Molina and CMDCM Randy Foust. If you have questions or would like more information, contact Foust or Ramon Panganiban, at the FFSC, at ramon.panganiban1@navy.mil.

Air station visitors

may purchase consumables

Navy Exchange Command (NEXCOM) is changing its policy regarding the purchase of consumable food items. Beginning Sept. 1, base visitors may purchase consumable items at all NEX locations.

This brings NEXCOM policy in alignment *see Flight Plans on next page*

Deckplate from page 2

more than 20 years of time-in-service.

There are no quotas, so there are no predetermined numbers of people to retire. The records are reviewed, looking for misconduct and or decline in performance. Why are we conducting the board with no quotas? This board is to be driven by results. Every eligible record is reviewed and a recommendation is made -- retain or retire. Our Navy demands each of us to continue to grow and strive to be the best Sailors we can be. If we get to a point of stagnation, we need to move on, E-9 and below. Too many of us have seen that "hot runner" make Chief and suddenly back off and coast to retirement. This board will help keep our Navy strong and healthy in our Senior ranks.

Finally, with the "awesome" summer weather, I know we all want to be outside running, walking or even biking. Please remember these few tips. Wear light-weight, light-color clothing -- REFLECTIVE if you are out in low light conditions. Run and walk toward traffic and keep your head on a swivel! Stay hydrated, which is much more than just drinking a lot of water; you must eat and keep your fluids up. Keep up the pace, participate in the awesome events MWR has put together, form teams for events like the Tough Mudder in November. I look forward to seeing all of you on the road!

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CMC

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ment with over arching DoD policy as well as the policies of the Army, Air Force and Marine exchanges.

The Armed Services Exchange Regulations (ASER) authorizes civilian workers and visitors to military installations to purchase "all food and beverages at any exchange food activity, if consumed on base. Alcohol, tobacco and other items are excluded.

For more information, contact the Navy Exchange South Texas general manager at (361) 961-1841.

P.O. Box change

Post Office Boxes located on the first floor of the Headquarters Building 2740 will no longer receive mail beginning Oct. 1. If you currently receive your mail in one of these boxes, you are asked to go to the Kingsville Post Office to have your address changed.

For more information, contact the NAS Kingsville mail room at 516-6263.

Still feeding families

Feds Feed Families is underway through the end of August. It's a voluntary effort supported by Federal employees across the Nation where employees donate food and other non-perishable food items, which in turn will be distributed to local



Mission Winds, U.S. Air Force Band of the West

food banks.

The food drive is coordinated by the NAS Kingsville chaplain's office. Please bring non-perishable food items and place them in a designated collection box. Boxes can be found on the quarterdeck of the Headquarters Building 2740, Training Air Wing TWO Building 2741, and the commissary.

For more information, contact RP2 Brantley at 516-6331.

Air Force Band here Aug. 26

Mission Winds, U.S. Air Force Band of the West, will be performing free of charge at the Kingsville Visitor Center on Aug. 26, beginning at 6:30 p.m.

Mission Winds is a Clarinet Quartet, comprised of Eb, Bb, and bass clarinets.

For more information, call (361) 592-8516.

Avoid scammers

Service members and their families can be easy targets for scammers, and financial education is key to prevention, according to the deputy director of the Pentagon's office of family policy and children and youth.

Identity theft is the number one crime affecting service members and their families, so it's important to understand how scammer "come at you" and how to protect yourself.

There is a Military Consumer website that contains resources to raise awareness and explain the details of scams and other things service members and families can fall prey to, and how to avoid them.

The following are statistics from the Federal Trade Commission:

- 21 percent of E-1s to E-4s have no emergency savings fund, and another 9 percent have less than \$100 in emergency savings;

- 33 percent of service members describe their financial condition as difficult;

- A recent study shows financial education had positive results for service members' retirement savings and other financial issues; and

- In 2013, the FTC received nearly 73,000 complaints from military consumers. Identity theft topped the list with 22,000 complaints, and others concerned debt collection, imposter scams, bank, lender and credit bureau issues, and auto-related complaints.



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In the Break



Capt. Donald Nisbett Jr.
Commander
Training Air Wing TWO



Greetings NAS Kingsville and Training Air Wing TWO,

As Labor Day weekend approaches and the summer of 2014 winds down, let's make sure to be extra vigilant for those school buses, and watch your speed in those school zones as more of our young children head back to school.

Congratulations to the softball team from Training Squadron 22 (VT-22). The NAS Kingsville Captain's Cup softball champions went on to best the NAS Corpus Christi champion on Aug. 8, by a final score of 35-10, to claim the regional title of "Coastal Bend Champs."

The TW-2/NAS Kingsville team also remains active in the local community. Recently, they supported the Kingsville Independent School District's community fair held Friday, Aug. 15. I would like to recognize Lt.j.g. Stephen Gasecki, and Ensigns Michael Gonzalez and Joel Stevens, as well as the many individuals responsible in making this year's fair a tremendous success.

VT-22 also hosted Keldon Kemp and his family aboard NAS Kingsville as "Pilot For A Day" on Tuesday, Aug. 19. This program provides children who are suffering from serious illnesses and being treated at Driscoll Children's Hospital, the opportunity to be a Naval Aviator for a day; touring the base facilities, flying the T-45 simulator, and putting on flight gear.

This week, the squadrons of TW-2 conducted a detachment to Cecil Field in Jacksonville, Fla., for carrier qualification aboard USS Theodore Roosevelt (CVN 71). A major skill set that sets a Navy-trained jet pilot apart from all other pilots is the ability to land a jet aircraft precisely and safely on an aircraft carrier deck. This is one of the most demanding and memorable phases of training, and marks the introduction to carrier aviation for our Student Naval Aviators. Upon successful completion of the CQ stage, our newest tailhookers will be one step closer to earning their Wings of Gold.

Finally, as a reminder, the next Winging ceremony will be held at the Captain's Club aboard NAS Kingsville on Sept. 12, at 4 p.m. Please mark your calendars and join us in the celebration of the achievements of the Navy and Marine Corps' newest Naval Aviators.

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Have you met Gail Marsh?

Gail Marsh is the fitness director at the Santiago Fitness Complex aboard NAS Kingsville. She is a native of North Wilkesboro, N.C., but considers herself an adopted Texan because she's been living in Corpus Christi since 1977.

As the fitness director, Marsh has oversight of fitness activities, sports, aquatics and some special events programs.

"My goal is to make the Santiago Fitness Complex the best resource for fitness and wellness in the Navy," Marsh says.

And, she has the experience to do so.

Marsh has a Bachelor's of Business Administration with a concentration in accounting. She has about 15 certifications that range from exercise, to training, to kick boxing, group cycling and Lean Six Sigma white and yellow belts.

"I have 20 years of experience in the fitness industry and 15 years' experience with MWR in Navy fitness," Marsh said.

Past positions she has held in MWR include fitness director, fitness coordinator, sports coordinator, aquatics director and bowling center management.

"I have also been an independent personal training for fitness centers and private clients, director and owner of a Montessori School for toddlers through sixth grade, and a public tax accountant and auditor for a CPA firm."

Marsh has three grown daughters and two grandchildren. She says she likes strong coffee, a good book, interesting conversation, history and antique furniture.

What she doesn't like are "crazy drivers on Chapman Ranch Road, laziness and wastefulness. My pet peeve is bad customer service," she adds.

And, if there's one thing about this petite lady who always seems to have a sunny disposition is that she says she is extremely proud to be at NAS Kingsville.

"It's a great place to be," Marsh adds. "Everyone here has an upbeat attitude, can-do spirit and enjoys each other."



Gail Marsh

Coastal Bend Military Treatment Facilities open to more patients

More than 3,400 Coastal Bend area TRICARE Prime and Standard beneficiaries under the age of 63 who are eligible to receive their health care at a Military Treatment Facility were notified by mail recently of immediate enrollment opportunities at Naval Health Clinic Corpus Christi and Naval Branch Health Clinic Kingsville.

The letters, based on home proximity to the clinics, were addressed to 1,054 Prime within a 30-minute drive; 1,882 Prime beyond a 30-minute drive; and 2,574 Standard, and were signed by Commanding Officer, Navy Capt. Jimmy A. Bradley, who credited the increased beneficiary capacity to staffing realignments and facility upgrades.

"The entire staff of Naval Health Clinic Corpus Christi Health System is working hard to become your Military Treatment Facility (MTF) of choice and we have great news regarding your primary care," Bradley stated in his letter.

"Our clinic has transitioned to a proven Medical Home Port model where you are at the center of a collaborative team of caregivers, led by your Primary Care Manager (PCM). This team of providers is standing by to meet your preventive, routine and urgent needs."

TRICARE Prime is a managed care op-

tion available in prime service areas to ensure medical readiness of the active duty force by augmenting the capability and capacity of MTFs. Active duty must enroll in Prime and pay nothing out-of-pocket. All other eligible beneficiaries can choose to enroll in Prime or use TRICARE Standard.

TRICARE Standard is a fee-for-service plan available in the United States. Beneficiaries don't have to enroll—coverage is automatic as long as they are registered in the Defense Enrollment Eligibility Reporting System (DEERS) and show that they are eligible for TRICARE.

The letters to beneficiaries within a 30-minute drive contains the name of the recipient's new Primary Care Manager (PCM) effective Sept. 10, 2014, and instructs them to make appointments by calling (361) 961-6000 or 1-877-NAVYMED. After registering at <https://app.relayhealth.com/Patients/Registration.aspx?bid> they can securely e-mail their PCMs via Medical Home Port Online (RelayHealth).

"By having you enrolled to one of our MTFs and becoming part of our family, we – like all of Navy Medicine – are doing our part to optimize capabilities and improve value at all Naval MTFs across the U.S.," Bradley added.



Navy physician assistant Nora Perez, Naval Health Clinic Corpus Christi Medical Home Port Team Comfort conducts an examination on a TRICARE beneficiary. (U.S. Navy photo)

Beneficiaries beyond a 30-minute drive, as well as the Standard beneficiaries, have the option to enroll by completing a DD 2876 application online at www.tricare.mil/bwe, mailing an application, or calling (800)

444-5445.

Health Benefits Advisors are standing by to help with any concerns, requests, or waiver questions. Call (361) 961-2810 or e-mail Charlene.Hager@med.navy.mil.

New Heights from page 1

and one of the best opportunities of my life,” the 25-year old said. “Initially, I was replaying all the instructions I was given about the ejection seat. But once the initial shock of preparations, equipment checks and take off, I realized I was about 7,000 feet above the earth.

“You can try and imagine what it’s like up there, but there’s nothing like the real experience. This is no window seat on a passenger plane either. This is the real deal!”

Cantu said that he was told that the wing was hoping that the flight would give him a basic perspective of what these pilots experience, so he was mentally prepared for technical jargon and learning, “I experienced ‘true freedom.’ I observed Cmdr. Iber instructing his student. They practiced flight join ups over and over, simple precision approach, touch and go, and passes in the tower pattern.

“I am honored that I was selected as the first to participate

in this incentive program. I cannot thank my command enough for this opportunity and nominating me for this program. And, a huge ‘thank you’ to Cmdr. Iber,” Cantu said, “for flying me around and allowing me to backseat his jet.

“The experience is truly one I will never forget. To my fellow Sailors – if you get the opportunity, go for it. It was the best time of my life.”



AC3 Gerardo Cantu, who has been in the Navy three and a half years and aboard NAS Kingsville for two and a half of them, says that flying in the T-45C “Goshawk” is an experience he will never forget. (Photos by FC1(SW) John Sessions)

Softball Champs --

The “Golden Eagles” of Training Squadron 22 recently bested NAS Corpus Christi’s FOD Walkers 35-10 to earn the bragging rights of 2014 Gulf Coast Softball Champions. Two of the Golden Eagles hit out-of-the-park home runs during the game: Todd Teasdale hit one during the second and another during the fourth inning. Matt Syderhoud hit his out of the park during the third inning. Bravo Zulu, Champs! (Photo by Ashley Donovan, MWR sports and aquatics coordinator)



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Domestic Violence

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National Domestic Violence Hotline advocates are available 24/7 at 1-800-799-SAFE (7233) in over 170 languages. All calls are confidential and anonymous. <http://www.thehotline.org/help/>

SAPR

One of the most effective methods of preventing sexual assault is bystander intervention. What is Active Bystander Intervention?

* This approach encourages people to identify situations that might lead to a sexual assault and then safely intervene to prevent an assault from occurring.

* The approach also allows for a change in cultural expectations by empowering everyone to say or do something when they see inappropriate or harmful behavior.

* This method of intervention places the responsibility of sexual assault prevention on both men and women.

Help Someone You Know - When choosing what form of assistance to use, there are a variety of ways to intervene. Some of them are direct, and some of them are less obvious to the perpetrator:

* Making up an excuse to get him/her out of a potentially dangerous situation.

* Letting a friend or co-worker know that his or her actions may lead to serious consequences.

* Never leaving a his/her side, despite the efforts of someone to get him/her alone or away from you.

* Using a group of friends to remind someone behaving inappropriately that his or her behavior should be respectful.

* Taking steps to curb someone's use of alcohol before problems occur.

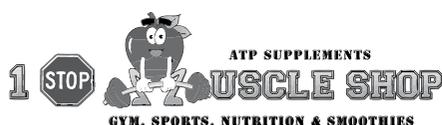
* Calling the authorities when the situation warrants.

Suicide Prevention

If you, your shipmate, or a loved one is having trouble navigating stress or experiencing a crisis, help is ALWAYS available. Seeking help is a sign of strength.

MILITARY CRISIS LINE-Connects active duty service members and veterans in crisis with qualified and caring Dept. of Veterans Affairs responders through a confidential, toll-free hotline, 24 hours a day, 7 days a week. Support is available via telephone, mobile text or online. Click the image above to be redirected to the Crisis Line website or call 1-800-273-TALK (8255, Option 1).

see *Drumbeats* on next page



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Drumbeats from page 8 _____

Alcohol

Every party host should know the following:
 * Don't rely on coffee or a cold shower to sober up your guests. Only time can make someone sober.

* Beer and wine are just as intoxicating as hard liquor.

* Don't rely on someone's physical appearance to determine if he or she has had too much to drink.

* Mixers won't help dilute alcohol. Carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more.

How will I be held responsible if one of my guests is involved in a crash?

The laws vary from state to state, but you could be held responsible for the costs associated with the crash, including medical bills and property damage and be sued for emotional pain and suffering.

Drug Use

The National Roadside Survey of Alcohol and Drug Use by Drivers, a nationally representative survey by the National Highway Traffic Safety Administration (NHTSA), found that 16 percent of weekend nighttime drivers (roughly 1 in 6) tested positive for illicit drugs or medications... Equally disturbing are 2011 results from the National Survey on Drug Use and Health indicating that 9.3 million Americans aged 16 or older reported driving under the influence of illicit drugs in the past year.

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:

* Set your thermostat to 78 degrees or higher in the summer. Use fans whenever possible rather than AC. Fans cost less to use than AC and consumes a lot less energy.

* Air-conditioning energy use can be reduced 40 percent or more by shading windows and walls.

* If every household in the United States raised air-conditioning temperatures 6 degrees, we'd save the equivalent of 190,000 barrels of oil every day.

* Check air conditioner filters each month. Dirty filters block air flow, increasing your energy bill.

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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USAJOBS offers wide range of federal employment opportunities

By MC1(SW) Greg Johnson
Navy Region Southeast Public Affairs

Searching for a new job can be stressful for anybody, but those on the hunt for a federal government position often have a number of questions unique to their own experience and many of those questions are related to the application process through USAJOBS.

USAJOBS is a free, web-based job board enabling federal job seekers access to thousands of job opportunities with hundreds of federal agencies and organizations. Prior to 2012, federal government job listings were spread out across a number of individual agencies.

"President Obama implemented an initiative for one, central location for applicants to go and that's when all agencies went to strictly using USAJOBS to announce their vacancies," said Aqueilla Grimmage-Smith, supervisor with the Navy Region Southeast Human Resources Department. "The goal is to streamline the job-search process to make it faster and more convenient for people to access government listings."

The first step to access USAJOBS listings is to visit the website at <http://www.usajobs.gov> and create a login. Applicants can then create and store up to five resumes per account, browse listings and apply to jobs for which they meet eligibility requirements. The steps for applying for specific listings are as follows:

- * Locate the Announcement (Job search can be done by agency, occupation, grade, location, etc.)
- * Click "Apply Online."
- * Select the resume you wish to use.
- * Complete the eligibility questionnaire.
- * After uploading all required documents, submit your responses, you will receive an e-mail confirming your submissions.

According to Grimmage-Smith, it's important for applicants to pay attention to the eligibility requirements for each listing. Certain listings on USAJOBS are restricted to applicants who meet specific requirements, such as wounded warriors, disabled veterans, active-duty spouses and individuals with disabilities. These requirements, or "appointment authorities," are listed under the "Who may apply" section of the listing.

"Many of the eligibility restrictions are geared toward our veterans, but there is even more to it than that," Grimmage-Smith said. "It's about getting the right people into the right positions. Military members are trained and have the specific skill sets we need on many of our military bases. While they have earned their appointment authority through their service, it's also a major advantage to management to be able to hire employees with their experience."

Veteran applicants typically fall under four categories: Provisional Appointment of 30 percent or more Compensable Disabled Veterans; Veterans Recruitment Appointment

(VRA); Veterans' Employment Opportunity Authority (VEOA); and the Wounded Warrior Project.

Appointments for compensable disabled veterans and wounded warriors are similar in that candidates from both categories may be appointed non-competitively to positions for which they qualify. Applicants must provide a letter from the Veterans Administration (VA) or branch of service documenting a compensable service-connected disability of 30 percent or more, SF-15 Application for 10-Point Veterans Preference, and DD Form 214 Certificate of Release.

Veterans without service-connected disabilities may still meet eligibility requirements for non-competitive VRA positions up to the GS-11 pay grade. Applicants are VRA-eligible if they have earned a campaign badge, are a disabled veteran, have earned an Armed Forces Service Medal for participation in a military operation. Applicants must provide a VA letter and DD Form 214 to verify eligibility.

Veterans may also qualify for appointment under the VEOA. Eligible applicants must have completed at least three years of active-duty service with a separation under honorable conditions.

While many USAJOBS appointment authorities apply to veterans, other applicants may still meet requirements for non-competitive positions. Spouses of active duty service members with orders specifying a permanent change of station, spouses of 100-percent disabled service members and spouses of a service member who was killed while performing active duty are also eligible. Eligibility verification requirements can be found under the "Who may apply" section of the listing.

"Spouses put their careers on hold to support our service members, so this is an avenue for them to seek employment," Grimmage-Smith said. "In a sense, they serve alongside the service members and this gives them a chance to seek employment on base with their spouses, who they are following across the world."

One appointment not entirely restricted to veterans and spouses is Schedule A. This authority allows federal agencies to hire individuals with severe physical, psychiatric or intellectual disabilities. Applicants do not need to have any military or previous federal government experience. Eligibility requirements include medical documentation substantiating the applicant's disability.

"It's important to inform everyone of the different types of appointment authorities because we are an equal employment opportunity employer," Grimmage-Smith said. "We don't discriminate based on disabilities, and we need applicants to understand that it's not just geared toward veterans and spouses. USAJOBS offers federal government employment opportunities for everyone."



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Help Your Cats and Dogs Beat the Heat

Rising temperatures can make your pet uncomfortable, or worse, put your pet at risk for heat stroke. Signs of heat stroke may include seizures, vomiting, difficulty breathing, increased heart and respiratory rate, drooling and complete collapse. To help your pet beat the heat, make sure you follow these five tips...



- 1. Seek Shade & Shelter** – Fur is great protection against the cold but can be a problem in hot weather. Unlike humans, dogs and cats mostly eliminate heat by panting. When the panting isn't enough, their body temperature rises, which can lead to heat stroke. So whether it's a covered patio, an umbrella, or even a tree, make sure your pet has access to shade and shelter.
- 2. Provide Plenty of Fresh Water** – It only takes a small amount of time playing or exercising outdoors in the sun for your pet to start feeling the effects of dehydration. Keep your pet cool and hydrated by providing them plenty of fresh, clean water — especially when it's hot outdoors.
- 3. Make a Splash** – Allowing your pet to jump in the pool is another great way to keep your pet cool. Please remember that not all dogs and cats know how or even like to swim. If they look like they are willing to give it a shot, you may want to introduce a flotation device to help them paddle along the pool easier. Remember to rinse your pet off once they are out of the pool. Many pools contain chlorine and other chemicals that may remain on the fur and cause an upset stomach or worse should your pet lick it off.
- 4. Careful with the Toes** – Sand, concrete and asphalt can easily blister and burn your pet's footpads during the summer months. Fortunately there are many brands of pet shoes or boots that will help minimize contact with the hot surface. Choose one that fits your pet's style or wardrobe.
- 5. Trim it Up** – Having your groomer trim off an inch or two from your pet's coat (more so for long-haired pets) will help prevent overheating. If your dog or cat doesn't take kindly to haircuts, you can also try brushing his or her coat more during the summer. This also helps prevent problems caused by excessive heat.