



Naval Air Station Kingsville FLYING K

**Volunteers needed
for Junior
Achievement**

-- page 5

Vol. 72, No. 18

Naval Air Station Kingsville, Texas

www.cnic.navy.mil/kingsville

September 19, 2014

Kingsville pays tribute to the victims of 9/11 attacks

NAS Kingsville remembered the 9/11 attacks with a ceremony that included NAS Kingsville Sailors, Kingsville community leaders and elected officials.

Hundreds were in attendance at the Captain's Club at the ceremony that paid tribute to the thousands of victims of the largest terrorist attack ever carried out on American soil.

"The 2,977 men, women and children ... were the first casualties of a war that has lasted nearly 13 years," said Capt. Christopher Misner, NAS Kingsville commanding officer. "On that September morning, millions of Americans awoke to images on the news they shall never forget.

"As our 43rd President said in the days that followed, terrorists can shake the foundation of our biggest buildings, but they cannot shake the foundation of our American resolve. Americans will define our future and we will never be defined by the acts of terrorists and extremists who will stop at nothing to destroy our way of life," Misner said to those gathered.

He added that those who bravely risked their lives to help save the victims caught in attacks share common virtues – commitment, competence, character, courage and compassion.

ACC(AW)(SEL) Joshua McWilliams spoke about commitment beginning with the oath of office that all military take as they join the service. He added that "we must be committed to remember what happened in New York, at the Pentagon, and an empty field in Pennsylvania, and not only honor those who were lost but also committed to

keep their memories alive."

Lynn Yaklin, Kingsville Independent School District board member, spoke about competency.

"Going hand-in-hand with being committed to something, comes the competency see that something through," said Yaklin.

"... Our most precious and limited resource we have today are the young men and women sitting in the classrooms of schools all across this nation who are committed to learning the skills it will take to succeed in the boardroom or on the battlefield," Yaklin added.

"If there is one thing that 9-11 did show us, was the essence of the American spirit and character," said QM2 KaBresha Richardson. "... Character matters; character is everything.

"President Teddy Roosevelt once said
see Tribute on page 7



From left, AC3 Stephanie Thomson, ACAN Quade Petsche, AC2 Heath Langille, ACAN Tyler Dusenbery, AC2 Thomas Debeneditis, and CS2 Johnathan Smith make a flag presentation during the 9/11 Remembrance Ceremony. Hundreds of people attended the ceremony which was held in the Captain's Club.

Families can prepare for many potential emergencies

By Fifi Kieschnick
NAS Kingsville Public Affairs

September is National Preparedness Month. Anyone can make a difference in their community but not everyone is prepared, according to the www.ready.gov website.

"The challenge is to maximize awareness and encourage participation in disaster preparedness," said Monette Walker, NAS Kingsville's emergency manager. "We must take responsibility to be prepared – know available resources, build a kit and practice what to do in case of emergency."

Jennifer Girgan, NAS Kingsville's ombudsman, said that her family has a kit prepared in case of a natural disaster.

"We have been through a typhoon that took out our water and power for two weeks," she said. "So we understand that we really do need a kit on hand."

Girgan knows there are a lot of resources available to them through the Fleet and Family Support Center. "United Way 211 has a great resource directory for every state broken down into

communities. Navy Family Accountability and Assessment System (NFAAS) is a great way for us to let our command know where we are located, if we need to evacuate the area," added the Navy spouse.

"We have been through two typhoons and some very heavy storms while living on Guam," Girgan said. "My kids have had some good 'live' training when it comes to storms. Our first typhoon was six days after we moved to Guam. We were still living in the hotel at the time. My daughter was only five months old. I had three cans of formula and some baby food for her."

The typhoon was a category five and Girgan said they didn't have cash and couldn't get any out of the ATM or the bank.

"We ran out of food and formula for our daughter. We were in a real bind," Girgan added. "Thankfully the base had a disaster headquarters set up for anyone who needed assistance. We were able to get three gallons of water each for three days at a time."

The bank also set up a mobile site where they could withdraw

see Prepare on page 9

From the Bridge



Capt. Chris Misner
Commanding Officer



Team Kingsville,

September is Suicide Prevention Month. At the time of this writing, 39 active-duty Navy members and eight Selected Reservists have completed suicide in 2014.

September is a time for us to keep in our minds just how important suicide awareness and prevention is. This year's theme, "Every Sailor, Every Day," should echo through your hearts and minds this month, and even in the days and weeks beyond September. Remember to remain aware by staying involved with your shipmates, friends, co-workers and family so you have the ability and perception to spot moments of need in their lives.

No one is immune to pain and suffering, or times of loneliness and depression, or even simple stress. However, we can be immune to loss of life and injury from suicide and suicide-related behaviors by being good shipmates, good friends and good family members who simply have the courage to speak up, ask questions and be vigilant in our efforts to remind everyone of their worth to us!

Being there for "Every Sailor, Every Day" starts with simple actions we can each take to build trust and encourage active communication so that no one ever feels alone. As part of Suicide Prevention Month, The Navy is preparing to launch "I Pledge to ACT," an online effort encouraging all

Sailors, families and members of the Navy community to take steps to build personal resilience, support their shipmates and intervene if they notice signs of distress.

Please show your support in promoting this effort by encouraging your shipmates, families and friends to take the pledge. Participation is voluntary and confidential (all responses will remain anonymous). The pledge will be active until the end of September and can be taken by visiting <https://survey.max.gov/index.php/437524/lang-en>.

You can call or e-mail our Suicide Prevention Coordinators (SPCs) at any time.

They are: Lt. William Hardison, NASK command chaplain, (361) 516-6618, william.hardison@navy.mil; HM1(FMF) Danny Williams, Naval Branch Health Clinic Kingsville, (361) 516-6266, (828) 292-3839, Danny.Williams@med.navy.mil; or AC1(AW/SW) Clark Lee, (361) 516-6108, clark.lee@navy.mil.

And, remember, "Every Sailor, Every Day."

One Team, One Fight, One Focus!
Skipper



Staying Navy – ABEC(AW/SW) Andre Shelton reenlisted for four more years of U.S. Navy service recently. Lt. Cmdr. Shane Dudley, air traffic control facilities officer, (right) served as the reenlisting officer. Shelton, is a native of Port Arthur, Texas, and has 17 years of service.

Deckplate Leadership



CMDCM (SW/EXW)
Randy Foust
Command Master Chief



Team Kingsville,

Sept. 19 is POW/MIA Recognition Day. Please, as you are reading this, take a moment to remember the 83,189 unaccounted for members from our nation's conflicts from World War II to now.

Sept. 14 was Ombudsman Appreciation Day, so the next opportunity you have please tell Jennifer Girgan thank you for her service as NAS Kingsville's Ombudsman. Sept. 14, 1970, Admiral Zumwalt, the CNO, issued in Z-Gram number 24 ordering the establishment of an ombudsman to assist wives in bringing issues directly to the commanding officer. Today our ombudsman is initially trained and then has continued training to help Navy families find the right

resources to resolve their issues.

September marks the end of our fiscal year; this month is the last month to complete our annual trainings. Open your TWMS account, look on NKO and ask your Chief to make sure you and anyone under your charge have completed the required training.

September also is the beginning of a new "tradition" for our active-duty members here at NAS Kingsville; the USO will be providing a free lunch each month on the third Thursday of the month. Make sure we continue to welcome Nancy and the USO team!

Finally, for September highlights, I want to congratulate ACC(AW) Joshua McWilliams. He was selected in July and has completed an intense six weeks of training and preparation to be responsible to his Sailors. So, the next time you see him extend congratulations to NASK's newest chief petty officer.

Team, I want to make sure you are aware today's Navy is invested and committed to hearing your input. We have a website es-

tablished just to hear your feedback about process and procedures. We have for example: Reduction of Administration Distractions (RAD) <http://navyrad.ideascale.com/>, RAND Military Workplace Study looking at 100 percent of females in the Navy and 25 percent of males. We also have Navy wide surveys asking for specific feedback in several areas from SAPR, to housing to work/life balance. You have a greater opportunity to make a difference in our future than any other generation. If you choose to not respond or just "bubble" the responses, then shame on you, and I certainly will not be sympathetic if you do not like the way things are going, since you said nothing.

Don't forget we have elections coming up in November, so like our Navy, our nation needs to hear what you have to say! If you are not a resident of Texas, contact CS1 William Mireles. He will help you get an absentee ballot. Make sure you get out to vote and let your voice be heard.

Stay Safe, Be Cool and Have Fun
CMC

Flying K

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This paper is published for people like Lt. Thomas McGuinness, who was a Student Naval Aviator with VT-21, and earned his wings in Kingsville in 1983. McGuinness was the co-pilot of AA Flight 11, which hit the first Twin Tower on Sept. 11, 2001.



Free Lunch Friday-- NAS Kingsville personnel were treated to a free lunch recently. Members of the First Class Petty Officers Association and the Junior Enlisted Association provided free lunch for those who showed up at the chapel's pavilion. They cooked hamburgers and sausages, and served five varieties of chicken wings, in addition to potato salad, cole slaw and drinks.

Have you signed up for the Navy League Golf Tournament?

The tournament supports NAS Kingsville's Navy Ball and will be held Friday, Sept. 26 at the L.E. Ramey Golf Course, beginning at 9 a.m. with a shotgun start and scramble format.

The cost is \$40 per player or \$160 per team, which includes green fees, golf cart, and a barbecue lunch. Team prizes will be awarded as well as individual plaques for first, second, and third place. Longest drive and four closest-to-the-pin awards will also be awarded.

For more information or to register, call Curtis Malone at (757) 237-2878.

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In the Break



Capt. Donald Nisbett Jr.
Commander
Training Air Wing TWO



Greetings NAS Kingsville and Training Air Wing TWO,

I want to remind everyone that we continue to observe Suicide Prevention for the remainder of the month. "Every Sailor, Every Day," is the message to encourage everyone to strengthen their connections with those around them.

This past week, from the 15th through Oct. 15, we joined the nation in observing National Hispanic Heritage Month. This month has been designated to celebrate the rich heritage and cultural diversity that Hispanic Americans have contributed to our country. This year's theme is "Hispanics: A legacy of history, a present of action and a future of success." For more information visit: <http://www.hispanicheritagemonth.org/>

Also, Training Squadron 21 (VT-21) hosted Gregory Rogers and his family aboard NAS Kingsville as "Pilot For A Day" this past Tuesday, Sept. 16. This program provides children, suffering from serious illnesses

who are 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.

Next week, the squadrons of TW-2 will conduct another detachment to Cecil Field in Jacksonville, Fla., for carrier qualification aboard USS Harry S. Truman (CVN 75). 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, congratulations to seven of our newest Naval Aviators who received their "Wings of Gold" at a winging ceremony held at the Captain's Club aboard NAS Kingsville on Sept. 12.

VT-21: Lt.j.g. Joseph J. Calvi, 1st Lt. Jared G. Cox, Lt.j.g. Ryan P. Mahon, 1st Lt. Martin C. McDonald, and Lt.j.g. Richard M. Molzahn.

VT-22: 2nd Lt. Mohammed G. Aljohani,

Royal Saudi Air Force, and Lt.j.g. Gordon C. Finlay.

BZ and well done to all of our newest Wingees. For a good part of a year, they have toiled and prevailed through flight training, doing it safely and efficiently. From here they will move closer to the "Tip of the Spear" in preparation to one day answering our nation's call meeting the evolving security threats. I wish them all the best in the future and the fleet.

"Pride, Professionalism and Purpose"
Commodore

NEXCOM launches new, improved web store, myNavyExchange.com

By **Kristine M. Sturkie**
NEXCOM Public Affairs

The Navy Exchange Service Command (NEXCOM) announced that it has launched a new web store, myNavyExchange.com.

Partnering with Speed Commerce, the new web store is fully-integrated and features a more user-friendly and contemporary look and feel.

"The mission of the NEX is to provide quality goods and services at a savings and to support Navy quality of life," said retired Rear Adm. Robert J. Bianchi, chief executive officer, NEXCOM. "This new web store will

truly enhance the quality of life for many of our customers, especially those who don't live near a NEX. If you've never shopped on our web store in the past, I encourage you to check it out. I know you'll like what you see."

The new look is just one of the many upgrades customers will see when they visit the new web store.

Other benefits include a lower price on standard shipping, one-time authentication, mobile shopping via smartphone and tablet, enhanced product search and filters, product sharing via e-mail, Facebook, Twitter and Pinterest, the ability to create and e-mail a wish list, the ability to purchase NEX Gift

Cards, and ship-to-store capabilities in select locations.

This is the first phase of a multi-year project. Additional phases will include the addition of Navy military clothing into the same shopping journey, collecting e-mail addresses at point-of-sale and the ability to go on line and verify that an NEX has quantities on-hand before driving to the store.

"We are focused on delivering a seamless consumer experience by making integrated use of all available shopping channels including smartphones, tablets, computers, direct mail, e-mail and social media," said Christine Estes, NEXCOM vice president.



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Bravo Zulu

NASK personnel recognized

Bravo zulu to the following Naval Air Station Kingsville who were recently recognized.

GSMC(SW) John Gross was awarded his four Navy Commendation Medal for serving as MWR Escondido Ranch manager from September 2011 to August 2014. Gross led a team of five hunt masters and managed a highly successful command hunting facility that hosted several Boy Scout troops and Wounded Warrior events. He administered gun safety and state game laws to 450 hunters by providing hunter safety briefs, wildlife management and hunting requirements without incident. Gross spearheaded and managed overhauling ranch resources, perimeter fence boundaries and maintained all vehicles to include construction equipment, resulting in saving the Navy \$245,000.

CS2 Jeff Hall received a Navy Achievement Medal for serving as unaccompanied housing complex and Touch-N-Go Cafe manager on board NAS Kingsville from February 2010 to August 2014. As the unaccompanied housing maintenance supervisor, Hall was vital in the facility receiving its first "A List" accreditation for being the best in customer service and maintaining a superior level of cleanliness. His leadership resulted in a cost saving of more than \$36,000 by identifying more than 320 trouble calls for repair. As the Touch-N-Go manager, he maintained a 94 percent inventory validity for more than 50 line items and a 97 percent passing rate on all inspections. Hall also dedicated more than 400 off-duty hours to the community through the Make-A-Wish Foundation, local VFW, American Cancer Society, Keep-

ing Kingsville Beautiful, and Brooke's Blossoming Hope for Childhood Cancer Foundation.

AC2 Jerald Collier, AC2 Timothy Houck, ABF2 James Symon, AC3 Ryan Fitch, AC3 Austin Graves and ACAN Quade Petsche received Letters of Commendation for serving as members of the Junior Enlisted Association Recycling Committee from November 2013 to July 2014. They were instrumental in rehabilitating the NAS Kingsville Recycling Program, collecting recyclable consumables from 11 locations throughout the base in their off-duty time. Through their efforts, more than 2,00 pounds of consumable items were reclaimed, furthering the command's energy and resource conservation program, and 230 bags of shredded documents were recycled.

The following Sailors received their first Good Conduct Awards: **AC2 Joseph Appling, AC2 Meghan Thrasher, AC2 Jerald Collier, AC3 Matthew Lash and AC3 Caleb Fearing.**

David Gearin, of Security, was awarded Civilian of the Quarter for the Second Quarter of 2014.

Jason Rodriguez, of the Fire Department, was awarded Sr. Civilian of the Quarter for the Second Quarter of 2014.



Appling



Collier



Fearing



Fitch



Graves



Gross



Hall



Houck



Lash



Petsche



Symon



Thrasher



Capt. Christopher Misner, NAS Kingsville commanding officer, presents Jason Rodriguez his Sr. Civilian of the Quarter award.



Capt. Christopher Misner presents David Gearin his Civilian of the Quarter award for the second quarter of 2014.

Wings of Gold --

A winging ceremony was held Sept. 12, at the NAS Kingsville Captain's Club. Congratulations to the Student Naval Aviators who earned their coveted Wings of Gold. Pictured above are leadership and students who were winged. From left are (front row) Capt. Chris Misner, CO, NAS Kingsville; Lt.j.g. Joseph Calvi; Lt.j.g. Ryan Mahon; 2nd Lt. Mohammed Aljohani; Lt.j.g. Gordon Finlay; Lt.j.g. Richard Molzahn; Capt. Donald Nisbett, Commander, TW-2; Lt. Col. Robert George, XO, VT-22; (second row) Cmdr. Charles Stahl, CO, VT-21; Cmdr. Natesh Rao, CO, VT-22; 1st Lt. Martin McDonald; 1st Lt. Jared Cox; Maj. Joshua Zager, Senior Marine, TW-2; Cmdr. Corey Plocher, XO, VT-21. (Photo by Richard Stewart, CNATRA Public Affairs)





Above, ACAN Tyler Dusenbery places the national ensign in a memorial wreath as the Friends of Kingsville look on.

Top, right photo, AC2 Ashley Smith and ACAN Tyler Dusenbery present a memorial wreath during the 9/11 Remembrance Ceremony held at the Captain's Club.

Pictured right, the NAS Kingsville Honor Guard presented the colors at the beginning of the ceremony. Hundreds of people from the air station and the community attended the ceremony that paid tribute to those who lost their lives on Sept. 11, 2001. (Photos by Fifi Kieschnick)



Tribute from page 1

that character is, in the long run, the decisive factor in the life of individuals and nation alike. That was never truer than on Sept. 11, 2001, and the days that followed," Richardson said.

Chief Ricardo Torres, of the Kingsville Police Department, spoke about courage. Courage the men and women portrayed on Sept. 11.

"As Americans were glued to their television sets for days, the stories of unbelievable acts of courage in the face of unspeakable terror began to emerge and provide us a sense of hope for a better tomorrow and renewed our sense of pride and patriotism," Torres said.

Pastor Jack Willoughby, of First Baptist Church Kingsville, spoke of compassion. He admitted that the memories of that day are so disturbing that he found it difficult to watch the videos or news features that display the images of the 9/11 attacks or the people who perished.

"That's why I believe that God's word for us 13 years later is a word of compassion. Each year we make a decision – will 9/11 make bitter or better people," he added. "Compassion is not weakness, but controlled power."

As the Friends of Kingsville sang "God Bless America," the NAS Kingsville Honor Guard made a flag presentation. Capt. Donald Nisbett, commander, Training Air Wing TWO; Judge Juan Escobar, Kleberg County; Mayor Tem Miller of Bishop; and Mayor Sam Fugate of Kingsville made a wreath presentation. And, Pastor Cliff Abshier, of First Baptist Church Bishop, concluded the ceremony with a benediction.

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Staying Navy -- MA1 William Peoples, assistant anti-terrorism officer, had the opportunity to reenlist aboard USS Lexington Museum recently accompanied by his friends, family and peers. The Centralia, Ill., native has nine years of Naval service and reenlisted for five more years. Ensign Carlos Jones, assistant security officer, gave Peoples his oath of enlistment. (Photo by FC1(SW) John Sessions, NAS Kingsville Public Affairs)

Jackson signs proclamations

By Twilla Smith
Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, signed two proclamations recently: one, recognizing September as Suicide Prevention Awareness Month, and the other proclaiming Sept. 14 as Ombudsman Appreciation Day.

The proclamation recognizing September as National Suicide Prevention Awareness Month is intended to raise suicide awareness prevention throughout the Southeast Region.

According to the American Foundation for Suicide Prevention, in the United States, one person dies by suicide every 13.3 minutes. Annually, more than 30,000 lives are lost in our country, making death by suicide one of the most disruptive and tragic events a family and a community can experience. It is estimated that for every suicide, there are from eight to 25 attempted suicides.

"The Navy's choice of 'Every Sailor, Every Day' as the theme for Suicide Prevention Month emphasizes that the loss of one Sailor to suicide is one loss too many," Jackson said. "The Navy has a great tradition of looking out for shipmates, but we can always do more. We should always be looking for ways to help Sailors help themselves and come to their aide any time when they show signs of distress, not just during Suicide Prevention Month."

The proclamation in support of the Navy Family Ombudsman Program declared Sept. 14 as the 44th anniversary of the program, which was launched on Sept. 14, 1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist commands in maintaining the morale, health and welfare of Navy



Rear Adm. Mary M. Jackson, surrounded by personnel from Navy Region Southeast Fleet and Family Support program, signs Suicide Prevention Month and Ombudsman Appreciation Day proclamations. (Photo by Public Affairs Assistant Twilla Smith, CNRSE)

families. Ombudsmen are military spouses who understand the challenges that often come with the military lifestyle. Although they do not wear military uniforms, they stand firmly beside Sailors and their families to help any way they can.

According to Dianne Parker, Navy Region Southeast deployment support program manager and ombudsman program coordinator, the importance behind the proclamation is that it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

"When Navy families are dealing with everyday life issues, it is always great to know you have someone in your corner," Parker said. "That is what an ombudsman does and why she or he is an important part of the command support team. The daily efforts in ensuring families know where to find the resources available to them is invaluable."

Housing CEL Survey opens this month for PPV residents

CEL Surveys will arrive at the Public-Private Venture (PPV) properties -- Hawks Landing and Hunter's Cove -- and the two on-base units this month.

Once residents receive the survey, they are asked to complete it and return it quickly.

You may complete your survey on the form provided in your mailbox or go on-line and complete it. The website and pass code is located in the top right hand corner of each survey.

Residents who return completed surveys or complete the survey on-line, will be eligible for any weekly and /or grand prize drawings.

Each PPV will announce the types of prizes, gift cards etc that will be available at their respective properties. The CEL Survey. CEL does not identify any personal information but only response numbers to each question. Don't forget to get your survey in.

NAS Kingsville Housing Office looks forward to a great CEL Survey response rate this year. For more information, call the Housing Office at (361) 516-6448.

Prepare from page 1 _____ cash, so they were able to purchase food and formula for the baby.

She said that the Girgan family -- herself, husband MA1 Daniel Girgan, and their two children -- go through their supply bins periodically to make sure the food they have stored has not expired. They make sure the flashlights work, change batteries if needed, and also have candles and matches, and have at least three gallons of water per person and animals for three days. They also update paperwork that they may need and store them in a water-tight container.

She suggests that everyone have a plan for any type of disaster at all times. "Make your kit and don't forget to put food for all your animals in there too. I also learned to have things to do for your kids, like coloring books, cards and board games. We also make sure we have charcoal for our grill to cook everything on."

The Brooksville, Fla., native says that her children know what to do in case of a storm or fire and have a list of phone numbers to contact in case of an emergency. "My daughter also has them saved in her phone. My kids know that every time we move, we have to change the fire exits and our storm plan. And, they know where our meeting place is if we all don't get out of the house at the same time."

There are many potential emergencies that families can prepare for -- hurricane, floods, fires and black outs. But the first step is to get an emergency supply kit, make a family emergency plan and be informed about the different types of emergencies that could occur and their appropriate responses.

"Natural disasters don't just happen during the season," Girgan added. "We know to be prepared all year long."

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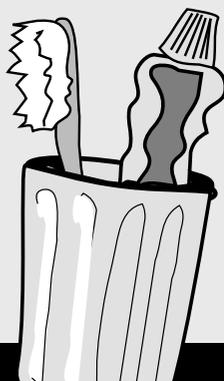
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Domestic Violence

What does an abusive relationship look like? Does your partner ever...

- * Embarrass you with put-downs?
- * Control what you do, who you see or talk to or where you go, the money?
- * Look at you or act in ways that scare you?
- * Push you, slap you, choke you or hit you?
- * Stop you from seeing your friends or family members?
- * Tell you that you're a bad parent or threaten to take away your children?
- * Prevent you from working or attending school?
- * Act like the abuse is no big deal, deny the abuse or tell you it's your own fault?
- * Destroy your property or threaten to kill your pets?
- * Intimidate you with guns, knives or other weapons?
- * Threaten to commit suicide, or threaten to kill you?

If you answered "yes" to even one of these questions, you may be in an unhealthy or abusive relationship.

Don't hesitate to call 1-800-799-SAFE, if you have any concerns about your own relationship or that of someone you know.

SAPR

Safe Helpline can provide you with referrals by text to your mobile phone. You can text your zip code or installation/base name to 55-247 (inside the U.S.) or 202-470-5546 (outside the U.S.), and Safe Helpline will text back contact information for the SARC on your installation and other resources available on and off base.

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.

Sometimes Sailors and their families would prefer to trust and confide in a Navy Chaplain to receive guidance or help seeing things more clearly. Chaplains are available to talk 24/7, just a click or phone call away through Navy311. Communication with Navy Chaplains are 100 percent confidential unless the service member decides otherwise.

Alcohol

You've worked hard for your career as a Sailor. Only one-third of 17-to-24 year-olds in the United States are even eligible for Navy service, and even fewer are capable of enduring the physical and emotional

challenges of being a Sailor. From boot camp to advancement exams, job training and deployments, you have conquered them all through hard work, sacrifice and dedication.

Making responsible drinking choices is an extension of that dedication. Just one bad decision while drinking alcohol can jeopardize everything you've earned. Sailors involved in alcohol related incidents face serious consequences, including:

- * Loss of rank, rate or pay,
- * Separation from the Navy, and
- * Civilian consequences, such as fines and jail time.

Irresponsible drinking not only threatens your health and career, it threatens the Navy's ability to be mission-ready.

Drug Use

According to a recent survey conducted by the Department of Defense, one in eight active-duty military personnel are current users of illicit drugs. This is largely driven by prescription drug abuse, reported by one in nine service members — more than double the rate of the civilian population!

Here are some facts:

* 1 in 8 active-duty military personnel are current users of illicit drugs.

* 60 percent of the 140,000 veterans in Federal and state prisons struggle with substance abuse.

* \$541.7 million dollars in Federal funding has been requested for veterans' treatment programs in fiscal year 2012.

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:

- * Recycle when you can!
- * The energy saved from recycling one glass bottle will light a 100-watt bulb for four hours.
- * Recycling and reusing the material in tin cans reduces related energy use by 74 percent; air pollution by 85 percent; solid waste by 95 percent; and water pollution by 76 percent.

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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What's Happening

26th Annual Hummer Bird Celebration:

Celebrate the Ruby-throated Hummingbirds and all fall migrants at the 26th Annual HummerBird Celebration in Rockport and Fulton, Texas Sept. 18-21. Many opportunities exist to see and learn more about these delightful airborne creatures during bird banding, bus/boat and nature tours, field trips, lectures, workshops, outdoor exhibits, butterfly exhibit and of course, Hummer Home tours. The event features over 80 vendors of bird and nature-related merchandise. For complete HummerBird Celebration details and activities visit www.rockporthummingbird.com or call 800-242-0071. Information on Rockport-Fulton visit www.rockport-fulton.org

Island in the Sun United Methodist Church will hold a "Fabulous Fall" Arts and Crafts Sale on Saturday, September 27, 2014 from 9:00 AM until 3:00 PM. COME SHOP 'TIL YOU DROP and get your holiday shopping done EARLY with many unique products from a variety of vendors. Island in the Sun UMC is located on Mustang Island at 10650 Highway 361, between Newport Pass Road and Beach Access Road #3, Corpus Christi.

ALL SAINTS' ESPICOPAL CHURCH - Rummage Sale on Saturday, October 4, 2014 from 8 am to 1 pm at 3026 S Staples St., Corpus Christi. We will have: household items, toys, furniture, electronics, holiday decorations, books, DVDs, bric-a-brac, and clothes. Come early to get the best selections.

BIRDIES FOR THE BLIND CHARITY GOLF SCRAMBLE South Texas Lighthouse for the Blind cordially invites you to join us for our 5th annual charity golf scramble, Birdies for the Blind on Friday, November 7th at Corpus Christi Country Club. Lunch and Registration start at 11 am with a shotgun start at Noon. All proceeds will help South Texas Lighthouse for the Blind to build a training center that will allow us to provide training opportunities for our neighbors who are blind or visually impaired. This is a four-man scramble, but if you don't have a team, we will be happy to put one together for you! For more information, please visit www.birdiesfortheblind.com or call Alana at 361.693.6183. Sponsorship opportunities and registration form are available on the website.

Would you like to stop changing from Daylight Saving Time to Standard Time and stay on one or the other. Which do you like best: DST or Standard Time? Plan to join us on the South Steps of the Capital on March 10th, 2015 at 1 pm. Like the Facebook page at <https://www.facebook.com/EndSPRINGForward> to keep current on the campaign. TEXAS Daylight Saving Time: 100% DST or END IT! <<http://www.youcaring.com/other/texas-daylight-saving-time-100-dst-or-end-it-/230329>>

Students in Grades 7 through 12 - FRA Branch #94 Seeks Entries in Americanism Essay Contest (Deadline to enter is December 1, 2014) - Members of FRA (Fleet Reserve Association) Branch #94 invite all students in grades through 12 to participate in the Association's 2014-2015 Americanism Essay Contest. Participants are invited to submit a 350-word essay centered on this year's theme: Why I am Proud to be an American. This national contest, sponsored by FRA to promote a spirit of patriotism among America's youth, offers a Grand National Prize of \$5,000, with other recognition in each grade category. Winners are elected at the branch level in each grade category, which are forwarded to compete in one of FRA's eight regions. Regional winners are then forwarded to the Association's National Americanism Committee, where first-, second- and third-place winners are selected in each grade category. The Grand National Winner is selected from this elite group of writers and receives a \$5,000 cash award. Essays must be legibly written or typed on one side of the paper and each entry must include a separate sheet stating the entrant's name, address, telephone number, name of school or "home schooled" and grade, the number of words in the essay, and name of the sponsoring member or branch. FMI about FRA's Americanism Essay Contest, contact Mary Reynolds at (361) 779-8245 or reynolds@davlin.net. FRA National Web site www.fra.org

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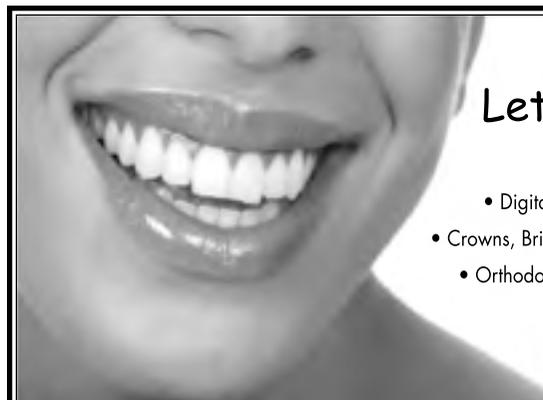
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