



# The Foc'sle



July 2009 - Vol. 17, No. 7

A joint publication of NAVSTA Ingleside and the Ingleside Area Council of the U.S. Navy League

## Alexander impressed with NAVSTA team



Photos by S. L. Standifird

RDML Townsend G. Alexander, Commander, Navy Region Southeast, visited Naval Station Ingleside, July 6, and was greeted with a tour of the various offices aboard the station and welcomed with a South Texas barbecue prepared by the Ingleside Area Council of Navy League of the United States. Above, CAPT BT Taylor, commanding officer, NSI, visits with Alexander in the Port Operations building overlooking the waterfront. Right, Alexander is greeted by CDR James Smith, operations officer, before touring the Port Operations building. Alexander commented that the Sailors and civilians aboard Naval Station Ingleside are a great group of determined and hard-working people.



## Defender Sailors increase damage control proficiency

by MC2 Joshua J. Wahl

Navy Public Affairs Support Element West, Det., Japan

SASEBO, Japan - Members of Sasebo's mine warfare ship USS Defender (MCM 2), completed a main space fire drill June 19, as part of the ship's preparations for upcoming Western Pacific deployment period.

The Integrated Training Team aboard Defender has conducted in port damage control training each week since arriving in Sasebo from their homeport in San Diego early June.

The training teams focus on different roles Sailors have when fighting shipboard fires, according to damage control assistant LTJG John W. Genzler from Carson City, Nev.

"This training is key to maintaining damage control readiness for the ship," said Genzler. "It really does make a difference when you practice. We have only been in Sasebo for three weeks but our progress at every level has been phenomenal. We are prepared for our upcoming underway period."



Photo by MC2 Joshua J. Wahl

USS Defender (MCM 2) arrives in Sasebo, Japan, in June.

Repair locker leader, LTJG Gildardo Lopez, from West Palm Beach, Fla., said coverage for the drills spans a wide range of scenarios in order to maintain all-around proficiency.

*Defender continued on 5 ...*



## Captain's Corner

First, I want to say thank you to everyone who helped out with RDML Alexander's visit this past month. He was impressed with your professionalism, dedication and hard work. He said we have a great team, great facilities and a great plan for the closure.

It is because of you that NSI looks so good. Thank you!

As we do our part to ensure we have smooth and successful final months, keep in mind that the Transition Assistance Center and all their wonderful folks are here to help you take care of you. You are doing a wonderful job taking care of the base; but you need to remember to also take care of your own situations. Call Sue Catherman at extension 4793 to help you get started, if you haven't already done so. Another great source to help the NSI family find employment is each other. Our own PAO, Fifi, made a great recommendation at lunch; we need to talk to each other and exchange resumes, desires, qualifications, etc with each other. There is a chance you may know of a local business that is looking for someone like someone on the NSI team.

We are through the first month of the hurricane season with no activity. With that being said, we can still expect storms to form in the Gulf before the season is officially over. Please do

not let the lack of activity lull you into a false sense of security. Take the time to prepare for an emergency, and that includes doing some research on your own. I suggest you start at [www.nhc.noaa.gov](http://www.nhc.noaa.gov), the National Hurricane Center.

Don't forget to support the Navy Ball fishing tournament on July 25. We are opening the wharf area for anyone that wants to fish the base waters. Come on out and have some fun supporting the Navy Ball. For more information, call extension 4788.

Tickets for the Navy Ball will soon be going on sale and it would be a huge help to the planning committee if you would buy your ticket as soon as possible. This would provide us with a solid head count before we get down to the wire so to speak.

Thanks again to each of you for all the hard work and wonderful things you do daily for Naval Station Ingleside, our Navy and our great country. Until next month, keep your knots up and your powder dry!

CAPT BT Taylor



## 'Scuttlebutt'

Friday, July 3, we lost a superb volunteer, dear friend, and true Navy Leaguer, Grandis Lenken, after a lengthy battle with declining health. She was a life member of our council and Corpus Christi's. We'll miss her.

RDML Tim Alexander, CAPT Taylor's boss, visited the base earlier this month. On short order, we hosted a small BBQ to introduce him to South Texas fare. During the evening he asked me to pass on to our council his many thanks for our support of Naval Station Ingleside and the assigned personnel.

I know this is a repeat but it is worth saying again: Did you know that as a Navy League member you have access to the base? We can utilize the Total Fitness Center and Master Miners Inn Galley. Where else can you get a great breakfast, super lunch, or dinner for a price that is untouchable with NO tax?? By the way, the food is delicious!

As I have stated in earlier Foc'sle issues, we are partnering with Naval Station Ingleside in hosting their first, and last,

Navy Ball on the north side of the bay. Yep, mark your calendar, Oct. 23, at North Shore Country Club. Your support is key to making this ball a success.

As everyone knows, money is tight and your Council is working on a bare bones budget for 2009. We need to come up with ideas for fund raisers. If you have any suggestions please contact me. When the base closes in April, we are not going away. We intend to turn our attention to the Coast Guard and the American Flag Merchant Marines.

Please do NOT forget that we are losing **Ingeborg Wobig**, our Secretary, and need a replacement immediately. Please help if you can.

Please review the Member Anniversaries printed later in this publication and renew your membership. Additionally, we always could use

*'Scuttlebutt' continued on 6*



### The Foc'sle

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**Felix Keeley**  
NLUS Ingleside Area Council President

**Fifi Kieschnick**  
Public Affairs Officer

**S.L. Standifird**  
Managing Editor

**MN3 Samantha Hill**  
Public Affairs Assistant

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# FFSC will be here until the final curtain call



by Oswaldo H. Chavez  
Fleet and Family Support Center

Closing a Naval installation is a collaborative and potentially time-consuming effort incorporating many facets. It takes everyone from folks in maintenance to the officers in command to contribute. All these changes can cause distress or other unpleasant feelings such as anger, alienation, confusion, and discouragement. Learning how to deal with these situational life stressors is an important topic to discuss because we are all affected in one way or another.

Here are five key factors to help you deal with stress:

## **Express feelings.**

Talk, laugh, and cry. Many people feel better just by talking or expressing themselves. Having someone who can actively listen to your concerns helps.

## **Relax.**

Too often, people do not take a break to rejuvenate. Read a good book. Listen to music. Or, participate in an activity that you enjoy or hobby that takes the focus away from the problem. This gives your mind an opportunity to rest. Learning some simple relaxation methods such as breathing exercise or guided imagery can be very helpful in dealing with stress.

## **Utilize resources.**

Everyone needs help once in a while. Usually we turn to family, friends, co-workers, and employers to assist us. Sometimes, we may need professional assistance because your normal support system can not adequately provide the help that you need.

## **Exercise and healthy diet.**

Regular exercise is one of the best ways to manage stress. Walking is a great way to get started. Even everyday activities such as housekeeping or lawn mowing can reduce stress.



Oswaldo H. Chavez

Stretching can also relieve muscle tension. Eating three meals a day with a balanced diet helps maintain a proper balance in the body. Drink plenty of water to keep your body hydrated.

## **Maintain a positive attitude.**

The natural tendency is to think about what has negatively affected you such as losing a job, anger at friends, or wondering what you did wrong. When you focus on negative events in your life, you're not allowing the seed of opportunity to be planted in your thoughts. Just think of it this way: instead of spending the energy on things that you can't change, spend the energy on things that you can change such as your future, your goals, and your dreams. Take each situation as a learning experience in which you're stronger and more resilient.

For additional information or assistance, contact the Fleet & Family Support Center at (361) 776-4551.

## Transition Assistance Center

All personnel affected by the BRAC action of closing Naval Station Ingleside and realigning of activities on board NAS Corpus Christi, all appropriated fund & non-appropriated fund, all contract employees, all military personnel, and all military spouses are eligible for assistance.

To schedule appointments with specific representatives, contact them at phone numbers or emails provided.

Walk-ins are also welcome!

TAC Director, Sue Catherman, sue.catherman@navy.mil (361) 776 – 4793, Monday through Thursday, 7 a.m. to 4 p.m. and Fridays, 7 to 11 a.m.

HR Representative, Sandra Vasko, sandra.vasko@navy.mil, (361) 776 – 4015, Monday through Thursday, 7 a.m. to 4:30 p.m. and Fridays, 7 a.m. to 3:30 p.m.

Workforce Solutions, Stacy Dill, stacy.dill@coastalworksource.com, (361) 776 – 4831, Monday through Thursday, 7 a.m. to 4 p.m.

Texas Veterans' Commission. Call to make an appointment, (361) 882 – 7491x 704.

Veterans' Employment Counselor, Armando Lazarin, armando.lazarin@tvc.state.tx.us.

Small Business Development Center, Ann Fierova, afierova@delmar.edu or Paul Russo, prusso@delmar.edu, (361) 698-1964. Call or email to make appointment.

MWR NASCC, Personnel Specialist, Mary Moyer, mary.moyer@navy.mil, (361) 961-3441.

CNRSE, Personnel Specialist, Diane Long, diane.long@navy.mil, (904) 542-3122.

# Patriot returns to Sasebo, Japan

by MN3 J'myle Koretz  
USS Patriot Public Affairs

SASEBO, Japan -- Avenger Class mine countermeasure ship USS Patriot (MCM 7) returned to Sasebo early on the morning of June 7 after almost four months at sea. The ship's spring patrol included major certifications, a bilateral mine countermeasures exercise, a major maintenance availability, and port visits throughout the Seventh Fleet area of operations.

"This has been the furthest patrol South by a FDNF minesweeper that we know of," said LCDR Robert Y. Shu, Patriot's commanding officer. "We've pushed our limits and I think in the next year we'll see this cruise setting a new standard for how far our minesweepers can go in Asia."

Patriot visited nine ports in six countries since February. The ship represented the U.S. Navy in Exercise Foal Eagle 2009 in Chinhae, South Korea, and made a port visit to Ishigaki, Japan. In May, Patriot became the second U. S. Navy ship to visit Bali, Indonesia, since the terrorist bombings in 2003.

"I'm proud we can represent the Navy so well in so many places," said MN1 Travis Hutchens. "But it's great to pull in and see the smiles on our loved ones' faces."

With less than 100 Sailors on the ship, Patriot Sailors leave fewer spouses and children on the pier, but Mrs. Kelly Tidwell says they make up for numbers with enthusiasm, "Everyone



Photo by MN1 Troy Reed

USS Patriot's (MCM 7) Command Senior Chief, Senior Chief Petty Officer Brent Tidwell, greets his family as Patriot returns to Sasebo, Japan, after a deployment. Patriot visited nine ports in six countries since February, one of the longest deployments made to date by a U.S. Navy Mine Countermeasures vessel in the Western Pacific.

is so enthusiastic here and does so much when the ship comes back. It's definitely great to have everyone back."

Patriot is forward deployed to Sasebo, Japan, and serves Task Force 76, U. S. 7th Fleet's amphibious force. Operating in the Western Pacific and Indian Ocean, the U.S. 7th Fleet is the largest of the forward-deployed U.S. Fleets covering 52 million square miles, with approximately 50 ships, 120 aircraft and 20,000 Sailors and Marines assigned at any given time.

## Preparing for a disaster: having the right plan can make all the difference

In the event of a hurricane, the most important things that you can do is to be informed and prepared.

Disaster preparedness should include developing a family plan, creating a disaster supply kit, having a place to go, securing your home, and having a pet plan.

Having a family plan and creating a disaster supply kit are critical.

Your family's plan should be based on your vulnerability to the Hurricane Hazards. The Coastal Bend is a high vulnerability area. The National Hurricane Center recommends the following actions:

Determine escape routes from your home and discuss places to meet.

Maintain contact with an out-of-state friend or family member, so your extended family has a single point of contact for updates on your status.

Make a plan for what to do with your pets, if you need to evacuate.

Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.

Know basic First Aid and/or CPR.

Check your insurance coverage to see what is included in your policy.

Also, create a disaster supply kit.

There are certain items you need in your kit regardless of where you ride out a hurricane.

Your kit should include the following items:

At least one gallon of water per day per person for three to seven days.

Enough food, per person, for three to seven days. That should include non-perishable packaged or canned food and juices, foods for infants or the elderly and snack foods. It should also include items needed to prepare or consume the food. Such as a non-electric can opener, cooking utensils,

*Prepare continued on 5 ...*

## MCPON visits forward deployed mine countermeasures Sailors in Japan



Photos by MNSN Ricardo Flores

Master Chief Petty Officer of the Navy Rick West is introduced to MN3 Jeremy Holloway on board USS Patriot (MCM 7) by Patriot's Command Senior Chief, GMCS Brent Tidwell. Above, MCPON Rick West meets with MNC Hugh Griffis and the rest of the Chief's Mess on board USS Patriot (MCM 7) during a visit with the forward-deployed mine countermeasures forces in Sasebo, Japan.

... *Defender continued from 1*

“On a MCM ship it is the utmost importance that ever single Sailor should be proficient in damage control,” said Lopez. “The fact we are on a wooden ship makes it so much more important to us.”

According to ENS Christopher B. Cupp from Sulphur, La., new Sailors are taking leadership roles on the ship ensuring the level of knowledge is kept up to par.

“You are not always going to have the same people running the drills,” said Cupp. “With a crew of about 80 people everybody needs to know how to respond to a situation.”

Sailors who participated in the drill agree with the benefits of maintaining a proficient crew.

“Today I saw us really come together and work as a team,” said DC2 Eduardo A. Quinteros, from Queens, N.Y. “When you’re out there at sea and something goes down you want to be ready. The way we practice during our training is how we will perform in real scenarios.”

Defender is the first of two mine countermeasures ships that will conduct a Western Pacific (WESTPAC) deployment this year.

... *Prepare continued from 4*

camping stove with fuel, paper plates, and plastic utensils.

Blankets, pillows, and any items needed for comfortable sleeping conditions.

Clothing. Remember to include the proper clothing for the season and the weather. Also include good, sturdy shoes.

First Aid Kit with any medicines and prescription drugs.

Hygiene items and toiletries.

Flashlight with extra batteries.

Battery-operated National Oceanic Atmospheric Administration (NOAA) approved weather radio.

Toys, books and games to entertain your children.

Fully-charged cell phone with extra battery and a traditional (not cordless) telephone set.

A basic tool set. It could be as simple as a multi-tool pocket knife.

Cash, with some small bills, and credit cards. Banks and ATMs may not be available for extended periods.

Important documents in a waterproof container or watertight resealable plastic bag. Those include insurance cards, medical records, bank account numbers, Social Security cards, etc.

Don't forget about your pets needs. Ensure you have enough food,

medications, toys and pet related items to get you through the disaster. Animals brought to a pet shelter are required to have certain items, so call ahead and determine what is necessary if there is availability.

There are a number of web sites and organizations that can provide valuable information to assist you in preparing for a disaster.

Take the time to gather information and to prepare.

It's not a matter of if, but when.

All information for this article was gathered from the National Hurricane Center's website at [www.nhc.noaa.gov](http://www.nhc.noaa.gov).



**Congratulations to the officers and Sailors of MCM Crew Dominant on their selection as 2008 CNO Afloat Safety Award winners’.**

**Upcoming Fleet & Family Support Center Events**

For more information or to register, call 776-4551

July 20, 7:45 a.m. to 3:30 p.m., Transition Assistance Seminar.

July 20, 8 to 11 a.m., VA Benefits (TAP, open to all).

July 20, 1 to 4 p.m., VA Appointments.

July 20, 1:30 to 3:30 p.m., SBP/Tricare/Delta Dental Brief.

July 20, 8 a.m. to 4 p.m., Command Financial Specialist Training.

July 21, 2 to 2:45 p.m., Smooth Move (TAP, open to all).

July 22, 8 a.m. to 3:30 p.m., Employment Readiness Program (TAP, open to all).

July 22, 8:30 a.m. to 4 p.m., Benefits Delivery at Discharge.

July 24, 1:30 to 3:30 p.m., Overseas Transfer Workshop.

July 28, 8:30 a.m. to 12:30 p.m., Building Effective Anger Management Skills.

July 29, 3 to 5:30 p.m., Federal Resume Writing.

July 30, 1 to 3 p.m., Family Advocacy Leadership Training.

Aug. 3, 3 to 4 p.m., Job Goal Setting.

Aug. 3, 4 to 5:30 p.m., Job Search Strategies.

Aug. 12, 3 to 5:30 p.m., Resume Writing.

Aug. 14, 9 to 11 a.m., Relocation PCS Brief.

Aug. 19, 3 to 5:30 p.m., Federal Resume Writing.

Aug. 21, 9 to 11 a.m., SAVI Refresher Training.

**Sailors encouraged to participate in SAVI study**

by Bruce Moody

Fleet and Family Support Program

The Navy encourages active-duty Sailors to participate in a sexual assault study to assess the effectiveness of the Navy’s Sexual Assault Victim Intervention (SAVI) program.

The Office of the Naval Inspector General (IG) is conducting the survey, which is available at [www.ig.navy.mil/sastudy.htm](http://www.ig.navy.mil/sastudy.htm). The survey was designed for active-duty personnel, is confidential, anonymous, and will be available for participation through Sept. 30.

The Navy’s SAVI Program is managed by Commander, Navy Installations Command’s Fleet and Family Support Program. The Fleet and Family Support Program manages a wide variety of programs, including SAVI. These programs enhance Sailor readiness and family preparedness, directly contributing to mission readiness.

“Sexual assault is a crime and will not be tolerated,” said Paul Finch, SAVI’s program manager. “It is a criminal act, incompatible with the Navy’s core values; it dramatically affects morale and operational readiness. Senior leadership is committed to an effective and responsive SAVI program in order to ensure prevention, quality victim care and response to holding offenders accountable.”

In working toward this commitment, the Navy is sustaining a robust sexual assault prevention and response policy, identifying and eliminating barriers to reporting, ensuring that care is available and accessible to victims of sexual assault, and providing continuous, relevant, and effective training and education to all service members.

All Navy commands have a 24/7 sexual assault response capability focused on victim support. Commanders ensure that sexual assault victims (or survivors) have access to the assistance and resources to meet their needs and to provide a safe and professional work environment.

For more information about Naval Station Ingleside’s SAVI program, contact your SAVI representative, ENC (SW) Daniel Weyant at extension 4244.

*‘Scuttlebutt’ continued from 2* more members:  
Encourage your friends and neighbors to join the Navy League. We have just over nine months of continued support for our base and its Sailors. After that we will shift more of our focus to the Coast Guard, American Flag Merchant Marines and Youth Programs. We need your support!  
**THANK YOU!**  
Felix Keeley

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# WELCOME ABOARD!

New Ingleside Area Council members:

Renewals this month: Sylvia D. **EARNEST**, Don B. **HANKS**, Elizabeth A. & Charles R. **HIGGINS**, DiAnne & Jerry G. **LEWIS**, Meghan A. & Steven M. **YOUNK**.

**TOTAL 244**

**WE TRULY APPRECIATE YOUR SUPPORT!!**  
**Every renewal is worth its weight in gold. Thank you!**

## MEMBER ANNIVERSARIES:

(Years as member, Anniversary date)

**Please note that Naval Station Ingleside, though scheduled for closure, will be “up and running” for just over the next NINE MONTHS! We need your support!**

Shayla M. **ADAMS** (1 year, 04/30/09), Kit **ALSOP** (3 years, 08/31/09), Dinah **BOWMAN** (12 years, 08/31/09), Vicki & Jean-Phillip **CASSAR** (1 year, 08/31/09), Terry G. **COLLINS** (2 years, 08/31/09), Tom J. **CURLEE, Jr.** (1 year, 08/31/09), Delbert D. **DIETZ** (2 years, 05/31/09), Maria Oraline O. **DOMINGUEZ** (1 year, 05/31/09), Dwain **DOUGLAS** (1 year, 05/31/09), Linda N. **FOSS** (10 years, 08/31/09), Jim J. **FOWLER** (4 years, 04/30/09), Jeff **FREED** (8 years, 08/31/09), Juan M. **GARCIA** (2 years, 03/31/09), Mark **GILLIAM** (6 years, 05/31/09), Michelle & Steve **HALE** (2 years, 08/31/09), Dorris **HAMMIT** (8 years, 08/31/09), Leon **HAMPTON** (1 year, 07/31/09), Caroline M. **HARDY** (1 year, 06/30/09), Al **HAYNES** (8 years, 08/31/09), Jennings G. **HERRINGTON** (10 years, 08/31/09), Tina **HILL** (4 years, 04/30/09), Mary K. and Tim **HOFSTETTER** (2 years, 07/31/09), Joanne M. **INGMIRE** (1 year, 06/30/09), Randol M. **ISLES** (3 years, 08/31/09), Jennifer H. & William **JANOTA** (6 years, 06/30/09), T. **LAMAS** (3 years, 06/30/09), Robert **LAUDERDALE** (8 years, 08/31/09), Donna D. & Artemio L. **LINCHANGCO** (8 years, 07/31/09), Shirley A. & Bill A. **McALLISTER** (11 years, 07/31/09), David **McFADDEN** (8 years, 08/31/09), Ester **PIFER** (8 years, 08/31/09), Teresa **PIFER** (8 years, 08/31/09), Carol G. **REGNIER** (12 years, 06/30/09), Kathy J. & Herman Lee **ROMERO** (2 years, 08/31/09), Deana Collins **RAUQUETTE** (11 years, 06/30/09), George **SALDIVAR, Sr.** (8 years, 08/31/09), Brandy D. **SCOTT** (1 year, 04/30/09), Erica J. **SCOTT** (2 years, 08/31/09), Rodney **SMITH** (8 years, 08/31/09), Ronald **SPRABARY** (8 years, 08/31/09), Lorraine S. & Tom V. **STEHN** (11 years, 06/30/09), James **THOMPSON** (8 years, 08/31/09), John R. **VALEGRA** (1 year, 07/31/09), Norma F. **VANCE** (12 years, 04/30/09), Ken **WILLIS** (1 year, 04/30/09), Ronald G. **YOUNG** (3 years, 07/31/09).

**IF THERE IS AN ERROR ABOVE please contact Bull Walker (790-7337 or dustybull@charter.net) as soon as possible.**

## Navy League Upcoming Events:

- Aug. 4 United States Coast Guard Birthday
- Aug. 6 Ingleside Area Council Director’s Meeting, Naval Station Ingleside Conference Room, 1130
- Aug. 19 Naval Aviation Day
- Oct. 23 Navy Ball, North Shore Country Club
- Oct. 27-Nov. 1 NLUS National Convention, Corpus Christi, Texas

### 2009 Ingleside Area Council Officers

**Felix Keeley**, President  
**Dusty Walker**, Vice President  
**Chris Mueller**, Treasurer  
**Ingeborg Wobig**, Secretary  
**Josephine Miller**, Judge Advocate  
**Pete Perkins**, Past President  
**Bull Walker**, National Director

### 2009 Ingleside Area Council Directors

**“Babe” Crouch**      **Frank Hametner**  
**Merlin Hartdegen**      **Bill Janecek (Honorary)**  
**John Miller**      **Steve Morehead**  
**Jude Powell**      **Dennis Roberts**  
**Suzy Williams**

You can also check us out online at <http://www.navyleagueingleside.org/newsletter.htm>

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