

Wingspan

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Naval Air Station Corpus Christi, Texas

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Buduo assumes command of HM-15

By Lt. j.g. James Schwarze, HM-15 PAO

Cmdr. Andrew Buduo III relieved Cmdr. Paul A. Lluay as the Commanding Officer of Helicopter Mine Countermeasures Squadron Fifteen (HM-15) during a traditional change of command ceremony April 2 at Hangar 42 on board NAS Corpus Christi, Texas.

A native of Massachusetts, Buduo received a Bachelor of Science degree in Mathematics and Physics from St. Lawrence University in 1984. He received his commission upon graduation from Aviation Officer Candidate School in Pensacola, Fla., in October of the same year. Buduo earned his wings in March 1986 and reported to Helicopter Mine Countermeasures Squadron Twelve (HM-12) for initial fleet replacement pilot training in the RH-53D "Sea Stallion."

In April 1987, he reported to his first fleet squadron, Helicopter Mine Countermeasures Squadron 14 (HM-14), in Norfolk, Va., where he served as Aircraft Division Officer and Staff Mine Warfare Officer. He deployed on board USS Guadalcanal (LPH 7) and USS Okinawa (LPH 3) in support of Operation Earnest Will – the "Tanker War" of 1987/88.

In May 1990, Buduo reported to the Coastal Systems Station (CSS), Panama City, Fla., where he served as a project pilot and



Cmdr. Buduo

the air unit's Aviation Safety Officer. While stationed at CSS, he supported research and development projects including early testing of the Airborne Mine Neutralization System, AN/AQS-20 sonar and MK-105 mod four systems.

In April 1993, he reported aboard USS Belleau Wood (LHA 3), homeported in Sasebo, Japan, and served in a number of



Cmdr. Lluay

billets within the air department. As the mini boss he participated in Operation United Shield - the final withdrawal of coalition forces from Somalia during March 1995.

Following his ship tour, Buduo reported to the Command and General Staff College at Ft. Leavenworth, Kan., where he completed a year of instruction and earned his Joint Professional Military Education Phase

I qualification. He then returned to HM-14, serving as Safety Officer and Aircraft Maintenance Officer.

After finishing his Department Head tour in November 1998, Buduo reported to the Airborne Mine Defense Program Office (PMS 210) in Washington, D.C., where he served as an Assistant Program Manager (APM) for fleet support, Deputy for Operations and APM for Logistics.

In May 2002, he moved to the Chief of Staff, Program Executive Office, Mine and Undersea Warfare billet.

Buduo reported to HM-15 as Executive Officer in March 2003. He is a member of the Acquisition Professional community and has more than 2,000 flight hours and 375 AMCM tow hours.

His personal decorations include the Meritorious Service Medal, Navy Commendation Medal (three awards), Navy Achievement Medal and various unit and service awards.

A native of Annandale, Va., Lluay assumed command of HM-15 in March 2003 while forward deployed in the Central Command (CENTCOM) area of operations supporting Operation Iraqi Freedom (OIF). During his tenure as squadron CO, he executed more than

Assumes Command *continued on page 7*

Going Hollywood... Texas style



U.S. Navy photo by Jane Degonzague

IT1(SW) Corey D. Gill and his wife Roxane, from NAS Corpus Christi; AC2 Justin S. McDermott, from NAS Kingsville; and MA1(SS) Dean L. Jones, from Naval Station Ingleside (from left to right), pose with actor Dennis Quaid in front of the Alamo in San Antonio. The three Sailors attended the world premiere of the movie, "The Alamo," at the Majestic Theater in San Antonio March 27 as the special guests of Walt Disney Company, where they had an opportunity to meet and mingle with the film's stars during the "Texas black tie," invitation-only event. (see story on pg. 5)

Code Green, NHCC staff treat mass casualties

By Bill W. Love, NHCC PAO

Four Naval Hospital Corpus Christi (NHCC) personnel were involved in a simulated "freak accident" that served as a scenario for the hospital's quarterly mass casualty disaster drill conducted March 25 at 2 p.m.

Emergency Preparedness Officer, Lt. Cmdr. Chester E. Chapman, initiated the staged disaster that began when two facility workers, Donald Hammond and Alan Sayles were attempting to repair a high-pressure steam leak in the boiler room and were badly burned. The mishap occurred in building H-106 between Family Practice and the Oasis Pool after the shutoff valve failed while the two were attempting to secure steam to the leaky line. The rupturing valve was heard throughout the hospital.

Hammond received high-pressure steam burns and also suffered a large wound to the neck. The first responders, led by Dr. Nichols from the hospital, found him unresponsive and not breathing.

Sayles suffered burns on his hands, arms, face, neck and chest, and had fallen

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Photo by HM2 Lisa Haswell

After a simulated explosion in NAS Bldg. H106 - Boiler Room, Alan Sayles was rescued by the NHCC Disaster Team and taken to the Family Practice procedure room for more definitive care. Sayles received treatment for his injuries by the Care Team assigned for emergency response. Pictured treating Sayles are Lt. Cmdr. Eloy Ochoa, Jr. (rear, left); Lt. Jose E. Nieves (right); and Lt. Laverne Westmoreland (foreground).

Wingspan

From the Skipper

Let's support Earth Day/Bay Day

By Cpt. Paula Hinger



Hinger

On April 17, 2004, NAS Corpus Christi will host the 6th annual Earth Day/Bay Day celebration from 10 a.m. to 4 p.m. at Sunfish Beach.

Earth Day/Bay Day is an annual outdoor education event presented free to all residents

of the Coastal Bend where people connect with the earth through environmentally friendly educational and recreational activities. The purpose of Earth Day/Bay Day is to educate individuals (both youngsters and adults) on the importance of our unique natural habitats and to urge residents to become partners in protecting our natural resources.

So why do we need to educate the general public to be stewards of the environment?

You don't have to look very far to see

the blatant disregard for our environment to answer that question. Outside the North Gate you may see piles of trash that were dumped on federal property by the pick-up load in the middle of the night by someone who doesn't understand the "Don't Mess With Texas" campaign. Also in that same area, I've seen a magnificent Great Blue Heron wrapped up with fishing line doomed to a painfully slow death because of someone's litter.

On the positive side, there are agencies, organizations and individuals who champion environmental awareness throughout the Coastal Bend.

I am one of them.

Our role is to get the word out that our lifestyles should be a lifelong commitment to be good stewards of the environment. Simple things like not littering, conserving water and taking an active role in reducing, reusing and recycling every day help our earth.

Let's face it folks, as compared to other regions of the United States, we fall behind when we talk about protecting our natural resources.

Chaplain's Corner

Change

By Chaplain Alan Snyder

I am now married; in fact, I have been for two weeks and how my life has changed for the better! However, the house is in complete disarray for our attempt to merge two households into one. We have only been back in town two days and we are getting more stuff from Kentucky this weekend, and I am enjoying every minute of it.

We have at least one constant in this life: things change. In this life we go through many different stages: birth, infancy, childhood, adolescence, adulthood, and finally death. Life is a constant change from one day to the next and how we handle these changes is where we meet the true test of our character.

We can look to the positive in change. We can see the possibilities for the future. We

can see the help that a problem or situation can help others even though it inconveniences us permanently or temporarily. We can see the good in having a good attitude in the face of problems; a good attitude can actually help you to get through these problems.

On the other side of the coin, we can look negatively on a situation. This is always our initial reaction, our natural reaction. We can easily fall into this type of situation. Pity parties, self-defeatism, and giving up can be the order of the day. Do not do it!

So many times in life we are defeated before we even deal with the situation because we give up. We do not have to see change as a terrible thing, but as a catalyst for growth. We can take the grand opportunity to mature and learn; that we can handle the storms of life.

Change we can rarely control, but we can always control our reaction to it. We can

In a past column, I talked about Navy core values. Now I ask, what are your environmental core values?

We all hear those "I remember when" stories that tell about the best fishing, about the bluer than blue skies, about crystal bodies of water that you could see all the way to the bottom, or about abundant species of animals and wildlife. Well, things have changed. We need to change those stories by changing and improving our environmental core values. Our children deserve nothing less. Mother Earth deserves more from us.

For over 30 years, Earth Day events in this country have been educating people of all ages and raising environmental awareness. I invite everyone to attend Earth Day/Bay Day to have fun learning about the truly unique environment you live and work in. I expect to have more than 4,000 visitors with over 50 exhibitors participating in this year's event at NAS Corpus Christi. Come and join the celebration or volunteer at one of the exhibits. By the way, did I mention that Earth Day/Bay Day is free?

Let's make Earth Day/Bay Day everyday!

show our character in how we react and teach others that a good reaction can go a long way to repairing a situation.

Whether it is from having to change a job or changing your schedule, changing your attitude can be the difference between success and failure.

God wants us to have life and have it more abundantly. He wants us to live full and happy lives and rest in him when the storms of life rage. God uses the illustration of the rock in the Bible to show us how strong he is and how dependable he can be if we rely on him. Have your attitude be one of having peace, because God wants the very best for you.



Snyder

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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Editor's Note

I've enjoyed my tenure as editor of the Wingspan, but all good things must come to an end. This is my last issue of the Wingspan, as it's time for me to pack my seabag and get haze gray and underway! The new editor will be JO2 Jeffrey Fretland, who will take over the paper beginning with the next issue. If you would like to submit an article or photo for publication, he can be contacted via e-mail at the following address: Jeffrey.Fretland@navy.mil, or by phone at 961-3420/2674. Until then, take care, and I hope you enjoy this issue of the Wingspan.

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Station Spotlight



MS2(SW) Charles Mack
Supply Petty Officer, CBH

Originally from Columbia, S.C., Mack has been in the Navy for 14 and a half years and has been on board NASCC for two years.

A "people person," his job at the CBH gives him the chance to meet vendors from all over, who "provide me with inspiration and insight with the stories they tell me about the different places they've been to."

Mack's hobbies include playing softball, basketball and football.

His ultimate goal is to be a self-made millionaire, but until then, he's currently pursuing a master's degree in the medical field because "education is very important to me."



Patricia McGee
Mail clerk, Admin

Born in Kingsville and raised in Corpus Christi, McGee has been working on board NAS Corpus Christi in the civil service sector for 19 years now.

She loves her job in the Bldg. 2 mailroom because "I like having the opportunity to meet new people and help them out."

After retiring from the civil service, McGee plans on being an interpreter for the deaf, "wherever I'm needed."

Her hobbies include bicycling, exercising and horseback riding.

McGee, who is single, is the proud mother of a 10-year-old son.

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4,000 mishap-free flight hours, including more than 200 direct combat support sorties in the Northern Arabian Gulf, Suez approaches, and inside Iraq during OIF.

HM-15's ability to rapidly deploy an Airborne Mine Countermeasures (AMCM) and combat heavy lift capability anywhere in the world within 72 hours of notification was put to the test twice during OIF. In February 2003, HM-15 received a deployment order deploying four MH-53E Sea Dragon helicopters, 200 tons of mission essential equipment and 135 personnel, who were airlifted via six C-5A Galaxy aircraft to Bahrain to provide combat heavy lift capability to Commander, Fifth Fleet.

Two weeks later, a second deployment order resulted in the rapid airlift of four additional MH-53E helicopters, 400 tons of AMCM weapons systems and 203 personnel via 14 C-5A's to support Commander, Sixth Fleet AMCM requirements embarked on USS Cleveland (LPD 7). HM-15 conducted AMCM missions in the northern approaches to the Suez Canal to guarantee the unimpeded flow of coalition ships and supplies, transported over one million pounds of equipment and passengers, and executed the first Navy rotary wing combat support missions inside Iraq north of Umm Qasr from March 24-25, 2003. The concurrent deployment of eight aircraft, 338 personnel and 600 tons of equipment via AMC airlift to two separate geographic areas of responsibility (AOR) marked a first in the history of AMCM rapid deployment operations.

In May 2003, the squadron was tasked by Commander, Naval Air Force U.S. Atlantic Fleet and Commander, Mine Warfare Command to assume and maintain a permanent four-aircraft MH-53E AMCM and heavy-lift VOD capability required in the Fifth Fleet AOR. Since assuming the permanent detachment in Bahrain, HM-15 Detachment Two has participated in two high visibility Coalition Mine Warfare exercises: Nautical Union (June 2003) and Mirem 27 (November 03). Both exercises involved heavy AMCM mine-hunting operations in actual Q-routes within the Arabian Gulf and demonstrated the continuing importance of maintaining a fully capable AMCM forward presence in the CENTCOM AOR. In addition to AMCM operations, the squadron provided more than two million pounds of VOD support to forward deployed CSG and ESGs in the Arabian Gulf at distances exceeding 200NM and included oversize cargo too large for H-60 or COD transport aircraft.

Back home in Corpus Christi, HM-15 maintained a busy training schedule supporting deployment workups for upcoming Detachment Two rotations. HM-15's training schedule culminated in the squadron's participation in ESGEX 04-01 from Dec. 4-16, 2003, supporting the USS Wasp (LHD 1) ESG in the Eglin and Panama City, Fla., operating areas. During the exercise, the squadron operated four MH-53E AMCM helicopters in conjunction with surface

and EOD MCM units and provided the Expeditionary Strike Group (ESG) with a variety of AMCM mine hunting and minesweeping missions, clearing an Amphibious Operating Area of exercise mines.

While in command, Lluys was awarded the Bronze Star Medal, for service during OIF, and the Meritorious Service Medal. His next assignment will be Air Warfare Division (N78) Expeditionary Helicopter Requirements Officer on the staff of the Chief of Naval Operations, Washington, D.C.

Cmdr. George Parisi assumed duties as HM-15's Executive Officer. A native of New Jersey, Parisi reported aboard in March 2004. He was previously assigned to the Pentagon where he spent over three years in the Chief of Naval Operations, Expeditionary Warfare Division.

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backwards while attempting to aid his co-worker, striking his head during the fall. He complained of head, face and neck pain when the first responders arrived.

While medical personnel were administering aid to both facility workers, two other hospital employees were also injured.

Two housekeepers heard the explosion and rushed to render aid from across the street. A passing motorist distracted by the billowing steam and poor visibility struck Kevin George and dragged him ten feet. Tony Abila, the other housekeeper, tripped and fell on the curb while running to his aid. George was alert, but complained of head, neck and bilateral leg pain. Abila had an obvious deformity to the right ankle, a laceration to the forehead and road rash to hands, elbows and knees bilaterally.

For the hospital staff that has never been involved in a mass casualty drill before, "This was truly a learning experience," stated Chapman. Hospital staff can anticipate quarterly drills to hone their disaster response skills. Team Leaders and evaluators were responsive and provided an abundance of critiques and suggestions that will better the Emergency Preparedness Program at Naval Hospital Corpus Christi.

Three Sailors remember "The Alamo" at movie world premiere

By Ingrid Mueller, Navy MWR Communications Group

Three Sailors attended the world premiere of the movie, "The Alamo," at the Majestic Theater in San Antonio March 27 as the special guests of Walt Disney Company, where they had an opportunity to meet and mingle with the film's stars during the "Texas black tie," invitation-only event.

"The Sailors were randomly selected from among Sailor of the Year honorees assigned to South Texas naval installations," explained Jane Degonzaque, field support manager for the Navy Motion Picture Service Branch (NMPS) of the Navy Morale, Welfare and Recreation (MWR) Division. Navy MWR coordinated the logistics and hosted the Sailors and their spouses during the event.

Sailors representing the U.S. Navy at "The Alamo" world premiere included MA1(SS) Dean L. Jones, from Naval Station Ingleside; IT1(SW) Corey D. Gill, from NAS Corpus Christi; and AC2 Justin S. McDermott, from Naval Air Station Kingsville.

"Inviting our military personnel to the Alamo world premiere gives us an opportunity to show our appreciation for their efforts and sacrifices on behalf of all Americans," said Linda Palmer, vice president, Buena Vista Non-Theatrical Sales, a division of the Walt Disney Company. "We look forward to continuing to work with the Navy Motion Picture Service to provide Sailors and Marines with great entertainment and special events."

"The Alamo" tells the true story of the pivotal battle for Texas against Mexico. For 13 days, nearly 200 soldiers and volunteers who believed in the future of Texas defended an old mission known as the Alamo against a Mexican army numbering in the thousands and led by dictator General Antonio Lopez de Santa Anna, ruler of Mexico. When the volunteers were finally defeated, no lives were spared, including Jim Bowie, William Travis and Davy Crockett. The battle fought by these heroic Texans held off the Mexican army long enough to enable General Sam Houston to assemble enough troops and devise a plan to defeat Santa Anna's soldiers.

As the Sailors made their way to the historic Majestic Theater for the movie premiere, they received a warm welcome from the people of San Antonio, who lined both sides of the street and shouted, "Go Navy!" as they passed.

"It was a dream come true to be selected to attend this event," said Jones. "I felt like a celebrity myself."

Before the show began, the Sailors had the chance to mingle with other special guests at the event. Gill and his wife, Roxane, met Faith Hill and Tim McGraw, while Sam Donaldson approached Jones and thanked him for his service.

During a VIP reception following the movie premiere, several of "The Alamo's" stars signed autographs and posed for photos with the Sailors, including Patrick Wilson (William Travis), Emilio Echevarria (Santa Anna), Dennis Quaid (Sam Houston) and Billy Bob Thornton (Davy Crockett).

"I was very honored to represent the Navy," said McDermott. "I want to thank Navy MWR for the outstanding support. It was a once-in-a-lifetime experience."

What's the big deal about mammograms?

By Mary Linhart, RN, NHCC



The American Cancer Society recommends that women in good health over 40 years old get an annual mammogram. However, many women don't. The reasons for neglecting

mammograms vary from fear of pain, fear of cancer and of course denial: "There is no family history of breast cancer." If these reasons sound familiar to you, then here is some information that might help clear the air.

A mammogram is nothing more than an x-ray of your breast. During the procedure each breast is compressed, then x-ray pictures are taken from two different angles to get an accurate view of the breast tissue. While some women find this brief compression of the breast causes discomfort, it only lasts for a few seconds. Women who still have a menstrual cycle should avoid scheduling a mammogram just before or after their period when the breasts are more likely to be tender.

Breast cancer can strike any woman, and men also can get breast cancer. The fact is, one in nine American women will get this disease. It's the leading cancer killer for American women. If your mother, sister or daughter had breast cancer, your chances of being stricken increase. But four out of five women who get breast cancer don't have a family history of the disease. Most women who are diagnosed with breast cancer survive; when it is discovered in the early stage, patients have a five-year survival rate of more than 95 percent.

Like any other diagnostic procedure, mammography is not 100 percent fail-proof. A mammogram detects *most* changes in breast tissue. The radiologist is trained to review the films. You and your doctor will be notified if a change has been found. If something out of the ordinary appears on your mammogram, you may have to have additional mammogram views or other tests to confirm a diagnosis.

If you are 40 or older and have not had a mammogram in the last year please call your healthcare provider. It is important to see your provider for a clinical breast exam before a mammogram. If the provider feels a change in your breast tissue, special mammogram views can be ordered.

If you have any questions concerning breast health call Mary Linhart, RN, Breast Health Educator at Naval Hospital Corpus Christi, at 961-6076.

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FOR SALE: 1989 Pontiac Sunbird blue, need fixing; call for details. \$400 OBO call after 5pm (361) 852-8546

For Sale: Kenmore side-by-side refrigerator (white). Space saver ice maker with "acceler-ice" feature. Only 2-years-old. Immaculate. \$600. (361) 992-3428. Leave message.

FOR SALE: Jack Dempsey Fish approximately 7 inches \$25.00. Cell (361) 774-9805.

For Sale: 2003 Godfrey Hurricane FunDeck GS 170. 90 Horsepower Johnson. Under 20 hours. Several extras. \$16,600 Call David Potter (361) 443-2653.

For Sale: 2003 Suzuki V-Strom, 2400mi, awesome sport touring bike with hard luggage. \$7300 Call 361-980-0509.

HOUSE FOR SALE. Quiet & safe neighborhood. 3 BR & 2 baths. 2 car garage. Minutes from schools, malls and island. SS location. Call (361) 688-4445.

FOR SALE: 1992 Allegro Bay 30' Class A motorhome. 62K miles. Loaded. \$20,000 OBO. 729-2429.

Waterfront TOWNHOME for LEASE 3 BR, 2.5 baths, boat lift, 1 car garage, jacuzzi, washer/dryer, and fridge. 12 minutes to NASCC and CCAD. 13901 Mingo Cay Ct. #4. Deposit: \$1000 Rent: \$1395/mo H: (361)949-8081 C: (361)215-3651

MWR News and Events

Aquatics: The Oasis pool is now open for lap swim. Hours of operation are as follows:

Lap Swim:
Sunday and Monday: Closed
Tuesday-Friday 10 a.m. to 1 p.m.
Saturday
 6 a.m. to 8 a.m.
 11 a.m. to 1 p.m.
 4 p.m. to 6 p.m.

Pool parties:
 1 p.m. to 3 p.m.
 7 p.m. to 10 p.m.

For more information, call Earl Olsen at 961-3260.

Auto Skills Center:

Hand Tool Safety Seminar: The Auto Skills Center, in conjunction with Snap-On® Industrial, will be conducting a seminar on hand tool safety at 3 p.m. on April 21 at the Auto Skills Center. The seminar will cover safety, proper technique and choosing the correct tools for the job. This seminar is free to all military, DoD, retirees and family members.

Hours of operation:
 Wednesday-Friday: 10 am to 6 p.m.
 Sat-Sun: 9 a.m. to 5 p.m.
 For more information call the Auto Skills Center at 961-3470.

Ceramic Shop: Come by and see the “best kept secret” on the base. The ceramic shop is located next door to the Auto Skills Center. Learn all about ceramics, from casting all the way through to the finished product. These products are oven proof and food safe. You can glaze in all colors of the rainbow. You can be very imaginative in painting or carving your own designs on your projects. Fees for classes begin at \$12.50; the price includes slip, cleaning tools, mold tool, and cleaning sponge. The first class is for 3-4 hours. Participants for the pouring class must be 12 years or older. For more information, call Lorraine or Janie at 961-2459.

Hours of operation:
Sunday and Monday Closed
Tuesday 9 a.m. to 9 p.m.
Wednesday, Friday and Saturday
 9 a.m. to 4 p.m.
Thursday Noon to 8 p.m.

Corpus Christi Bay Club:

Specials for April:
April 17: Chateaubriand Flambe for two - \$29.95
April 23: Shrimp en Brochette - \$13.95
April 24: Prime Rib - \$17.95

The above specials are served along with the a la Carte from 5 p.m. to 9:30 p.m. Prices are for club members. An additional \$1 per person is added for non-members. Salad and beverage (ice tea or coffee) are included with all meals. Reservations are required for the specials.

Special events for April:
April 16: All you can eat Shrimp-A-Peel - \$15.95
April 16: Winging designation ceremony will be held in the main ballroom at 3:30 p.m.
April 16: Members Appreciation Night, with all-you-can-eat shrimp in the main dining room from 5 p.m. to 9 p.m. Cost for members is &14.95; non-members \$16.95
April 21: Secretary’s Day luncheon specials – reservations are advised.
April 30: Mongolian BBQ

E-Street Gym:

5K Run Club Schedule:

Event	Date
Earth Day 4.4 Mile Run	April 17
Summer Starter 5K Run	June 26
NAS 5K Run	August 21
Autumn 5K Run	October 30

Fitness Express:

Group fitness: Our schedule includes fitness classes for every level of conditioning. Join

our early morning workouts to start the day productively! Come by the fitness center today to get a new schedule of fitness classes!

Beach to Bay Marathon readiness: Do you need a plan to help achieve your best possible time during the Beach to Bay race? Ask the various trainers at the Fitness Express about tips to enhance your running time. While you’re there, you can sign up for the various 5K runs to tune up for Beach to Bay!

Weight training equipment: The fitness center has variable weight and plate loaded equipment in addition to traditional dumbbells and barbells. Personal trainers and recreation specialists are also on staff to guide you in accomplishing your fitness goals. Towel coins: For \$1, you may purchase a towel coin. This coin may be traded for a towel when you arrive. When you bring the towel back to the front counter, your towel coin will be returned to you. For more information, call the Fitness Express at 961-6405.

Gonzalez Liberty Program: The Gonzalez Liberty Program has planned a month of fun activities and events for you to participate in. Choose one or all and have a great time with your friends at the Liberty Center!

April 25: Movie & Pizza Night – Come join the GLC at 4 p.m. and watch your favorite movie with a slice of pizza (beverages not included).

April 26: Pool Tourney Playoff – It’s time for the best of the best to play against each other to see who comes out on top! Come out and see who will take the title of champ. The tourney will begin at 6 p.m.

April 29: Last Buck Night – It’s that time again when we are stretching that last buck in our pockets. Let the GLC help you stretch your buck a little longer. All active duty and Reserve are invited to join the GLC for some super south of the border style food. The fun and food will start at 6 p.m.

Keep an eye open for the following upcoming events being sponsored by Gonzalez Liberty:
 3rd Annual Survival Weekend – May 28-30
 Texas Golf – Golfing trips to south Texas and central Texas region golf courses.
 For more information on these or any other GLC events, please call 961-6405.



Volunteers needed for base events

Dare to Dream:
 Students from more than a dozen Coastal Bend school districts will visit NAS Corpus Christi on Friday, April 16 from 8 a.m. to 2:30 p.m. to attend the Dare to Dream Armed Forces Exhibition. More than 10,000 children are expected to attend. There will be military aircraft flyovers and static displays from the Navy, Marine Corps, Army, Air Force and Coast Guard. This event is *not* open to the general public; only to students of the south Texas region. Volunteers are needed to assist with set-up, direct traffic, provide crowd control, etc.

Earth Day/Bay Day:
 NAS Corpus Christi will be hosting an Earth Day/Bay Day open house on Saturday, April 17. There will be a 5k run, as well as environmental awareness activities. Volunteers are needed to assist with set-up, direct traffic, provide crowd control, etc.

Beach to Bay:
 The 29th annual Beach to Bay Relay Marathon is scheduled for Saturday, May 15. The Beach to Bay is an annual 26.2- mile point-to-point Relay Marathon that is divided into six legs of approximately 4.4 miles each. The relay stretches from South Padre Island Beach Access Road 6, to the Cole Park Amphitheater in downtown Corpus Christi. NAS CC will be hosting runners through the third and fourth leg of the marathon. Volunteers are needed to hand out water and assist with set up.

If you are interested in volunteering for any of the above events, contact NAS Corpus Christi’s volunteer coordinator, PH1 Charlo Whorton, via email at charlo.whorton@navy.mil.

Protect yourself against sexual assault

By Lisa Scheerer, Fleet and Family Support Center

Sexual Assault Awareness Month is observed in April to increase our awareness of the prevalence of sexual violence in our society, and to emphasize active citizen involvement in ending sexual violence.

When a person is forced into sexual acts without consent, they are being sexually assaulted. Holding them down, using restraints, physical violence, weapons, or communicating threats, constitutes force. If that person does not give permission freely, then the answer is definitely “no!”

Sexual assault violates a person’s trust and their feeling of safety and well-being. Research indicates that we are more likely to be assaulted by people we know. In 80 percent of the cases, the victim is acquainted with the attacker and may have seen that person on a regular basis. When we are around familiar people we let our guard down, especially because we are not looking for danger, and that in turn makes us vulnerable.

Here are some tips on protecting yourself from becoming a sexual assault victim:

- Make a decision about having sex or not having sex before the question is asked of you. Don’t wait until the last minute.
- Communicate that decision. Say it verbally and with body language... no mixed messages.
- Listen to the message you are receiving from others. Don’t hear what you want to hear, listen to what is being said.
- Trust your gut feelings. If you think something doesn’t seem right about a person or situation, you are probably right. Find an immediate way out.
- Pay attention to other people’s behavior. Most perpetrators think their behavior is normal and reasonable. If someone makes you uncomfortable, doesn’t seem to listen to your opinion, has a negative attitude of the opposite sex, or believes they are entitled to something from you, then leave immediately.
- Be assertive, not aggressive. Be in charge of what is happening around and to you from the beginning.
- Learn more about the Sexual Assault Victim Intervention (SAVI) program.

SAVI strives to: (1) create awareness and teach prevention; (2) provide advocacy for victims and their family members; and (3) assists with proper reporting requirements. SAVI provides the advocacy by training military personnel and family members to respond when a report of sexual assault is received. Advocates help victims and their family members through the difficult and often long process of dealing with a sexual assault.

You can be a volunteer and spread the word about ending sexual assault in our community. For more information, contact Lisa Scheerer at the Fleet and Family Support Center at 961-2372.

If you are a victim of sexual assault, the following Navy and community resources can assist you:

Base Security (361) 961-2480
 Sexual Assault Victim Intervention (SAVI) program (361) 961-2372
 FFSC counseling (361) 961-2372
 Chaplain’s office (361) 961-3751
 The Women’s Shelter (361) 881-8888
 Crime Victim’s Services (361) 852-7540

Asthmatter of fact

Naval Hospital Pediatric Clinic offers help

By Dr. Rebecca Hutfilz, NHCC pediatric clinic

Asthma is the most common preventable cause of ER trips and morbidity in children. Over 15 million people in America have it, and most are under treated. Well-treated asthmatics can almost always live a normal life on their medications...some studies show that up to 25% of gold-medal athletes have (or had) asthma in their lives, and even Jackie Joyner Kersee was on multiple asthma medications when she won her gold medals. Asthma should never be an “excuse” not to exercise or not to play. There are lots of good asthma medications and good communication and planning between the patient and their doctor or specialist can be great!

Most patients do not need to see the specialist if their clinic can support them, and even our Driscoll pulmonologists have about a three-month wait list for new patients. However, the Coastal Bend Asthma Initiative hopes to improve the care of all asthmatics, not just the ones severe enough to see the specialist.

To that end, NHCC will begin an asthma initiative for both children and adults who carry a diagnosis of asthma.

The first program is a monthly asthma class; their first meeting will be tonight at 6 p.m. in the Pediatric Waiting Room at the NHCC. This class is targeted at patients or parents of patients to help them to understand what asthma is, what triggers it, how to help prevent it, what the medications are and how they work, and strategies to deal with asthma while keeping their lives “normal.” There will be an opportunity to ask questions. There will be no childcare at this function, and it will primarily be a lecture for an hour, then time to stay and ask questions, so I have to ask that only children over 12, or over eight years old if very well behaved, attend so that we can complete the class. We are working on a plan to have asthma classes for children, but do not have resources for that just yet.

The other asthma enterprise is a camp. Navy children are welcome to inquire about and enroll in Camp Easy Breathers, which is a summer day camp for children with asthma hosted by the Coastal Bend Asthma Initiative, run primarily by Driscoll Children’s Hospital. It is for children ages 7-12 and helps them learn about asthma, play and exercise, and gives them a feeling of having “partners in crime” with regards to their disease. The camp is scheduled from June 7-11, and parents must register and come to the orientation for their child to be able to attend. It is targeted at children who need to use one or more medications daily to control their disease. There is a \$75 registration fee for the week. All lunches are provided, but the cost is \$100 if you register after May 1. Contact Shelly or Yadira at 361-694-4580, or villara@driscollchildrens.org for more information. The hospital is trying to help promote this camp on our base and in the community, and it will be held at Del Mar East Campus.

If asthmatic families or patients can find a way to schedule their routine asthma visits on Friday mornings and remember to bring their medication and equipment (peak flow meter, inhalers, Advair diskus, albuterol, home action plan, aerochamber), then there will be “extras” for asthmatics on those mornings! After they meet with their provider to discuss the medications, they will be able to meet with the respiratory therapist to help check that their technique using the medications is good, that they understand their home action plan and get them started on one if they don’t have one, review the peak flow technique in older children and adults, and make sure you’re comfortable before you go. This may make the visit quite a bit longer, but so much of asthma management consists of understanding it and feeling comfortable!

We would like you and your child to be able to stay out of the ER, and to feel good enough to do all the things adults and children should be able to do in their free time. We are excited to begin this program. All physicians at NHCC plan to participate. Please call ahead, because Friday morning appointments may fill up faster than usual as we begin this program. The first day is April 16, right after the first asthma class.

AWARDS & ACHIEVEMENTS

Air Ops awards



Photo by PH1 Charlo Whorton

Bravo Zulu to the following Air Operations personnel who were presented with their respective awards during a ceremony April 8 at hangar 58. In alphabetical order: AME1 Michael Alberts, Navy Achievement Medal (NAM); AD2 Kevin Brocius, Letter of Commendation (LOC); Lt. Heather Coats, Letter of Appreciation (LOA); Lt. Kevin Coryell, LOA; PR2 Paul Crampton, LOA; AC2 Saddi Frazier, NAM; AD2 Cruz Mascorro, LOC; AT2 Christopher Rowland, LOC; AT2 Todd Teasdale, LOA.

Congratulations and good luck!



Photo by JOC Rita Chadrick

Cmdr. Al Alabata, NASCC executive officer, presents a Certificate of Retirement to Dorothy "Jeannie" Wilson upon her retirement from the civil service sector on April 2 after 37 years of Federal service.

Staying Navy



Photo by JOC Rita Chadrick

Lt. Cmdr. Joseph Harmon (left) presents a Certificate of Reenlistment to AM2 White, who reenlisted in the Navy for six more years on March 26.

NASCC HERITAGE FESTIVAL

Event showcases diverse cultures of NAS Corpus Christi

By JO2 Jeffrey Fretland

The aroma of tasty food samples and the sounds of lively mariachi singing drew a crowd of several hundred base personnel to the grounds of the Wings Auditorium April 1 when NAS Corpus Christi held its first ever Heritage Festival.

The celebration, organized and sponsored by the station's Equal Employment Opportunity (EEO) Advisory Committee, combined several annual federally mandated cultural observances into one large celebration to bring the whole base together.

"The Navy is such a big combination of multiple cultures," said Capt. Paula Hinger, NASCC commanding officer. "We reflect the military and civilian environment on the base and across the country. This festival is a great way people can come and experience several of the different cultures."

The day's entertainment included dancers from the Las Coronelas Folklorico dance group; a performance on the bagpipes by Dan Shepard from the Corpus Christi Fire Department; hula dancers from the Corpus Christi Pacific Islanders dance ensemble; mariachi singer Teresa Rico; and members of the Cherokee Nation of Texas Reservation, who captivated the crowd with their Native American chanting, dancing and colorful attire. Following the Native American performance, members of the New Eagle Eye Clan presented a ceremonial pipe to Cmdr. Al Alabata, NASCC executive officer, as a sign of peace and friendship.

"It's our way of saying thank you to the military for allowing us to share some of our heritage and culture," said William "Walking Buffalo" Truax, vice chief of the clan.

Marvelle Ross, a volunteer in the African-American History booth, enjoys the camaraderie and fellowship that comes from sharing and learning about other cultures during events such as this one.

"This festival is very important because it indicates togetherness," said the retired domestic worker. "It would be a much better world if we all learned to work and live together better, and teach this concept to the younger generations, too."

PN2 (AW) Joyce Roberson, from HM-15, agreed. "You get the opportunity to learn about different cultures, and it makes you appreciate the fact that many different people originated from somewhere else," she said.

With this first Heritage Festival being a definite success, the EEO Advisory Committee hopes to make it an annual event.



Photo by Bill W. Love

Maria Villagomez, NHCC Professional Affairs Coordinator (right), and Juanita Martinez, dancers representing Mexico, were featured during the opening ceremonies of the Heritage Festival.



Photo by JO2 Jeffrey Fretland

Dan Shepard, from the Corpus Christi Fire Department, demonstrates his prowess as he plays "Amazing Grace" on the bagpipes during the festival. Shepard also performed several other numbers for the crowd. He took up the bagpipes as a hobby, and began performing for local audiences five years ago.



Photo by JO2 Jeffrey Fretland

Members of the Cherokee Nation of Texas Reservation wave eagle feathers as a token of respect during a ceremony publicly proclaiming First Chief Evening Star Elizabeth Bouse and Deputy Chief Morning Glory Leana Bouse the first two female chiefs of their Nation ever in Texas history.



Photo by JO2 Jeffrey Fretland

Cathy Osborne, from NAS Public Works, prepares cascarones (Mexican Easter eggs) for display in the Hispanic Heritage booth. Enjoyed by children in Mexican and Latin American countries, the confetti-filled eggs are broken over the head to bring good luck.



Photo by JO2 Jeffrey Fretland

Members of the New Eagle Eye Clan, led by Vice Chief William "Walking Buffalo" Truax (far right), present a ceremonial pipe to Cmdr. Al Alabata, NASCC executive officer (far left), as a sign of peace and friendship.



Photo by JO2 Jeffrey Fretland

Mariachi vocalist Theresa Rico captivates the audience with her rendition of a passionate love ballad. A native of Corpus Christi, Rico has performed at various military and civilian functions throughout the area.



Photo by JO2 Jeffrey Fretland

Air Force Master Sgt. Dennis Terrel (left), from Training Wing Four, proved to be quite the hula dancer during an impromptu lesson given by Carrie Coursey of the Corpus Christi Pacific Islanders dance group.