

# Wingspan

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Naval Air Station Corpus Christi, Texas

Thursday • November 11, 2004



## President Bush narrowly wins second term, lays out new agenda *Military may benefit from new administration term*

By Jim VandeHei and Dana Milbank, The Washington Post



President George W. Bush holds a press conference in the Dwight D. Eisenhower Executive Office Building Thursday, Nov. 4. (White House photo by Tina Hagar)

Republican President George W. Bush narrowly won a decisive victory over Democratic Party challenger Mass. Senator John Kerry Nov. 3. Bush amassed 51 percent of the popular vote to Kerry's 48 percent, and acquired 286 electoral college votes to Kerry's 242.

With bigger Republican congressional majorities and a decisive victory in the popular vote, Bush heads into a second term with a clearer mandate and greater power than he did in 2000 to put a conservative, free-market stamp on U.S. domestic and foreign policy. The president and his advisers interpreted Tuesday's election results as a ringing endorsement of his goals of reducing the size of government, providing taxpayers greater control over their income, and continuing, if not intensifying, the war on terrorism and other security threats.

A bigger concern for some is the potential for problems in Iraq -- or the emergence of new ones in Iran or elsewhere -- to distract the White House. In the weeks ahead, Bush faces tough choices on spending and troop levels in Iraq, how to deal with the Iraqi elections in January, if they take place, and how aggressively to target insurgents.

One of the most contentious issues facing the administration is a mandated round of military base closures and realignments scheduled for May 2005. Congress voted

to approve the Base Closure and Realignment (BRAC) Commission conference in August 2002. The transfer of troops from several overseas locations over the next ten years could be beneficial to stateside bases, as their populations begin to increase with rotating troops and the full economic impact begins to be felt in neighboring cities and towns.

"The White House is going to move with it quickly," said Michael D. Tanner of the Cato Institute. "Congress is going to have to deal with it, whether they want to or not."

Most important is Bush's vow to keep the nation safe, the centerpiece of his reelection campaign but a promise that could put pressure him to overhaul the intelligence apparatus, as the Sept. 11 commission recommended, beef up homeland security, and maintain military spending levels. Few expect a continuation of the level of activity, and trauma, of Bush's first term. He led the country through the most devastating attack on its soil and into two wars, toppling the Taliban in Afghanistan and Saddam Hussein in Iraq. He also presided over a global al Qaeda manhunt and a massive reorganization and expansion of the government to combat terrorism.

## Naval Station Ingleside chosen as christening site for USS San Antonio

By Mike Antoine, Naval Station Ingleside Public Affairs

NAVAL STATION INGLESIDE, TEXAS -- Assistant Secretary of the Navy (Manpower and Reserve Affairs), The Honorable William A. Navas Jr., joined U.S. Senator Kay Bailey Hutchison of Texas, Oct. 28, to announce that USS San Antonio (LPD 17) would be commissioned here in June or July 2005.

"This is such a special ship," Hutchison said. "I was grateful to be given input on where the ship would be commissioned. I wanted it to be in Texas, because I wanted Texans to be able to see this great ship that's going to be so important to all of us."

"Corpus Christi and Ingleside are such great Navy cities, we knew they would be supportive and enthusiastic about it -- and it's an easy ride for San Antonio residents to make."

Hutchison is the ship's sponsor.

San Antonio, the lead ship of the Navy's new LPD 17 Class, will serve as the functional replacement of four amphibious ship classes -- LPD 4, LSD 36, LST 1179 and LKA 113 -- that have reached or are nearing the end of their service lives.

Cmdr. Jonathan M. Padfield, the ship's prospective commanding officer, was also on hand for the announcement. He's no stranger to South Texas -- he served as the executive officer of the USS Chief (MCM 14), homeported at

Naval Station Ingleside, 10 years ago.

"This is an absolute thrill," said Padfield, who was involved in the planning stages of the ship. "To see it in the design stage to commissioning to being its first commanding officer -- I feel like one lucky guy."

Padfield will lead a crew of approximately 360 officers and enlisted Navy personnel. The ship is capable of embarking a landing force of approximately 700 Marines. USS San Antonio is 684 feet in length, has an overall beam of 105 feet, a navigational draft of 23 feet and displaces approximately 24,900 tons. Four turbo-charged diesels power the ship to sustained speeds of 22 knots.

Naval Station Ingleside is one of the Navy's most modern naval stations with 4,600 total feet of berthing space on its waterfront. It boasts a 1,100-foot state-of-the-art double deck pier. The pier's lower deck has utility connections, such as fresh water, electrical power, sewage and oily waste discharge, freeing the upper deck for safer operations.

Naval Station Ingleside provides logistics and base support to 49 commands, including the 21 ships and 3,900 personnel that make up the mine warfare forces. The station supports all commands of the "Mine Warfare Center of Excellence."



The Honorable William Navas Jr., assistant secretary of the Navy for Manpower and Reserve Affairs, presents the Honorable Kay Bailey Hutchison, U.S. Senator, with a photo of her christening USS San Antonio. Hutchison is the ship's sponsor. To the senator's left is NAVSTA Commanding Officer, Capt. Patricia Jackson. (Photo by Mike Antoine)

Wingspan

## From the Skipper

### Know that you too, are a veteran

By Capt. Paula Hinger



Hinger

At the end of World War I on November 11, 1918, America memorialized the signing of an "Armistice" by the Allied forces with Germans in the Forest of Compiegne, after more than four years of fighting.

The next year, President Woodrow Wilson issued a proclamation that set November 11, as Armistice Day. But it was not until Congress passed a decree in 1938 that "officials display the Flag of the United States on all

government buildings on November 11, and invited the American public to observe the day in school and churches and that the day be dedicated to the cause of world peace ... and that it be known as Armistice Day."

In 1942, at the beginning of World War II, service members who enlisted into the military often STAYED in the military, and overseas -- until the war was over. There was a governmental clause that enabled the services to keep members "for the length of wartime service, plus six months."

More than one service member went off to war, and didn't return -- sometimes for two years, others for three and some as much as four years before returning to American soil.

One Marine carried American soil from a beach in California in a pouch with his war gear, from Guadalcanal to the signing of the peace treat aboard the USS Missouri. In his



gear was a note that if he were killed, that he wanted to be buried under American soil. And the soil in his pouch was his insurance for that to happen. After the declaration of war's end, he traveled to Pearl Harbor, Hawaii, where he cast that American soil over the remnants of the USS Arizona -- in honor of those service members who died that fateful day.

At the end of World War II, most veterans had little or no association with the term

From the Skipper continued on page 4

## Chaplain's Corner

### How to avoid coming out of the clouds upside down

By Chaplain Armando Torralva

Learning to fly an aircraft of any type requires faith. The pilot has to have faith in his instruments. It would be very foolish and dangerous to fly a jet while relying only on your feelings for guidance. This is especially true when you are flying "blind." The vibrations of the jet, the engine noise, and the unevenness of the outside air all combine to tell the pilot that his aircraft is doing things that the instruments deny. The instruments -- an attitude indicator or artificial horizon, heading indicator, turn and bank indicator, altimeter, tachometer, airspeed indicator, navigational aids, and multiple UHF/VHF radios -- are all-reliable. They can be trusted. A pilot's physical sensations during a flight cannot be trusted. There are stories of inexperienced pilots who unexpectedly

found themselves in clouds, forced to fly by the instruments. They began to trust their physical sensations more than those instruments, and they came out of the clouds upside down, all the while convinced that they were right side up until they saw the ground. Centuries ago a man named Joshua was cautioned by the Lord to focus his attention on God's "instrument panel." At the death of the Lead Pilot, call sign "Moses," God scheduled a flight into the Promised Land and Joshua, the former Wing Man, was handed the controls of the Israelite "jet."

In the first chapter of the book that bears his name, Joshua records the preflight instructions he received from the Lord. The Lord challenged him not to trust his own feelings, but to observe the instrument panel he had been given and to respond without hesitation to the indications of the divine compass. God said, "Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from

it to the right or to the left, that you may be successful wherever you go. Do not let this Book of the law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." -- Joshua 1:7-8.

Joshua's task was monumental. During Operation Homestead, he had to land his people into the Promise Land. He did not know what to expect. He had never had such responsibility and the stakes were high; like an aviation student attempting to land a T-45 on a carrier for the first time -- it was a scary feeling! However, Joshua did not need to know all the details or what the future held for him. God had already put together

Chaplain's Corner continued on page 3



Torralva

## Healthwatch

### Protect your heart, and save your life

By Lt. Nate Ruttig



Ruttig

Your heart is undoubtedly the hardest working organ in your body. All day long your heart pumps relentlessly, sustaining life by providing oxygen-enriched blood to your tissues. Heart disease is the number one cause of death in this country and more than 12 million Americans have evidence of heart disease. Making the right decisions now concerning your heart can have a profound im-

pact on preventing future heart disease.

Most people know that smoking, being overweight, not getting enough exercise, high cholesterol, high blood pressure, diabetes, getting older, and genetics are all important in causing heart disease. What most people do not know, however, is what their blood pressure readings actually mean and why they are important. The first number in a blood pressure reading is called the "systolic" reading, and is the larger of the two numbers. The systolic reading is the pressure, measured in millimeters of mercury, that the walls of your arteries are experiencing during a heart contraction-when a rush of blood distends the arteries. The second reading, the "diastolic" reading, is the pressure, in millimeters of mercury also, that the walls of your arteries experience when the heart is at rest (the static pressure in your arteries

when the heart is not actively pumping). Both numbers are equally important. A good systolic reading is around 120, and a good diastolic reading is around 80. If either number is much higher, you may have "high" blood pressure, medically termed hypertension. Increased pressure in arteries, whether systolic, diastolic, or both, damages the lining inside blood vessels. When the lining becomes damaged, it is much easier for cholesterol to "stick" to it. Calcium deposits can also form in these areas. The whole process can lead to "clogging" of the arteries and "hardening" of the arteries- medically termed atherosclerosis.

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## Wingspan

NAS Corpus Christi  
"Exceeding Expectations Through  
Pride In Performance"

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## Worship Services

### CATHOLIC WORSHIP SERVICE

Base Catholic Chapel  
Sunday Mass - 8:30 a.m.  
Daily Mass:  
Monday - Friday - 11:40 a.m.  
Religious Education: Sunday - 9:45 a.m.

### PROTESTANT WORSHIP SERVICE

Base Protestant Chapel  
Protestant Worship Service:  
Sunday - 10 a.m.  
Sunday Bible Study - 8:45 a.m.

### JEWISH WORSHIP SERVICE

\*Temple Beth El (4402 Saratoga Blvd.)  
Friday at 7:30 p.m.  
(with dinner to follow)  
For further information call  
Temple Beth El at 857-8181.

### ISLAMIC WORSHIP SERVICE

Islamic Society of South Texas  
(7341 McArdle Rd.)  
Jumah Service - 1:30 p.m.  
For other worship service times,  
call 992-8550.



# Station Spotlight



**Sgt. Raul Alonso**  
Administration Clerk, I-I Charlie Co., 1st Battalion, 23rd Marines

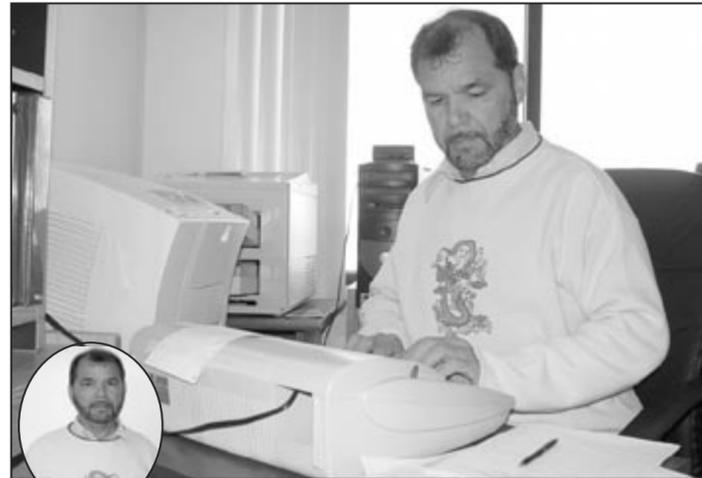
Born and raised in the far West Texas border city of El Paso, Alonso works as an administration clerk. He has been in the Marine Corps for seven years, and has been stationed on board NASCC for two-and-one-half years.

"The thing I enjoy most about my job is getting Marines paid on time," said Alonso.

Alonso's future career goals and plans include becoming a Warrant officer and complete a degree program in Business Management and Human Resources.

Alonso's hobbies include playing basketball and working as a disc jockey on the side.

Alonso is married with a five-year-old son and a baby girl on the way.



**Cristoval Perales**  
Program Relocation Manager, NAS Fleet and Family Support Center

A native of Refugio, Texas, Perales has been on board NASCC for 10 years working in the civil service sector. He spent one year at Laughlin Air Force Base in Del Rio, Texas, in the same occupation before transferring to Corpus Christi. He is also a certified mediator for Navy Region South.

Perales briefs military members and dependants on dealing with the complexities of transferring to new duty stations, especially overseas locations. The Fleet and Family Support Center is located on the fourth deck of Naval Hospital Corpus Christi.

Perales served during the Vietnam War as a member of the 196<sup>th</sup> Light Infantry Brigade.

Perales's future goals include returning to school and earning a Master's Degree in Business Administration, and begin a mediation business in the private sector after retiring from the Federal Government.

In his spare time, Perales enjoys reading, sports, traveling and attending estate sales.

Perales is single with one daughter, Xochitl, 31, and a son, Roel, 21.

### Chaplain's Corner continued from page 2

a superb panel of indicators to guide his flight. In fact, God was also his LSO! All Joshua had to do was trust God's guidance and stop relying on his feelings.

What God made available for Joshua to follow is also available for us today. The navigational instrument is the Word of God. You can trust His Word. It is filled with all the promises, principles and proverbs that we need for a safe flight in life. Regardless of life's weather conditions: fog, ice, snow or rain, God's Word will remain steadfast to settle you and reassure you through all types of turbulence. No matter how you feel

in difficult times, God's presence is there to guide you when you trust His instruments.

If you are unfamiliar with God's instruments, please come see the chaplains.

We will provide you the ground school you need before you take off. Remember, you do not have to come out of the clouds upside down!



### Healthwatch continued from page 2

sis. Smaller arteries, like the ones supplying your heart, are particularly susceptible to atherosclerosis- the effects of which causes heart disease and heart attacks.

High blood pressure can start at any age. There are usually no signs or symptoms of high blood pressure. Oftentimes, diet and exercise are successful in controlling high blood pressure, but many people will need additional prescription medication. Know

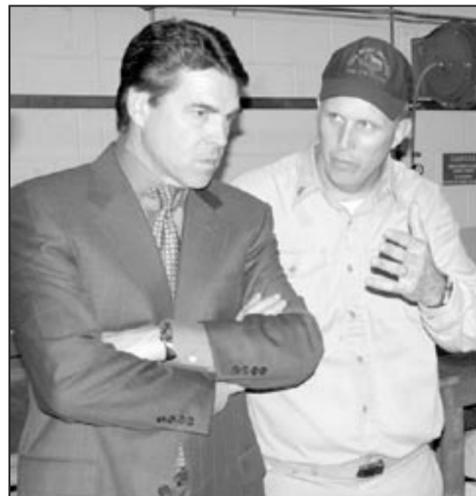
what your blood pressure is and check your blood pressure regularly- it may change. If you have any questions/concerns, do not hesitate to contact your healthcare provider. Checking your cholesterol, quitting smoking, healthy diet and regular exercise are other important measures to protect your heart and help you live longer and stronger.

## Texas Governor visits Naval Station Ingleside

*(Photo by Mike Antoine, Naval Station Ingleside Public Affairs)*



**Texas Gov. Rick Perry is briefed on the operation of the mine neutralization vehicle by MNC (SW) Robert Morrison, of Ingleside. Perry briefly visited Naval Station Ingleside Wed., Oct. 13. Morrison is attached to the Shore Intermediate Maintenance Activity, at Naval Station Ingleside.**



### From the Skipper continued from page 2

"armistice" which means truce. American fighting forces had won the war – period. Years went by and there was discussion among veteran groups until finally, in Emporia, Kansas, during 1953, instead of an Armistice program, there was a Veteran's Day observance.

Because of the impressive, and patriotic event, legislation was submitted and in May 1954, the name of the event was changed and designated by Congress as Veteran's Day, to be celebrated on November 11, of each year.

While these decisions were being made at home, service members were serving in the brutal cold of the Korean War. With legislation similar to that of World War I, when a service member went into a combat zone, he stayed until reinforcements arrived or he didn't make it back. There were no parades or celebrations for many veterans that came back from Korea, until the following November, when they were honored during Veteran's Day.

During Vietnam, service members who served a combat tour, served 12 to 13 months that was considered a "completed tour." However, if a service member elected to extend for another year, he was allowed 30 days of "basket leave" to visit home and family before returning to a hostile area.

In recent history, service members have served in rotating units, where an entire unit deploys for generally, six months and then back to their Stateside home. For instance, during the last Persian Gulf War, members of the Corpus Christi Naval Hospital embarked as a unit to the desert. When their time was up they returned to warm greetings and happy smiles from their families and friends. Ironically, because some military specialties are in high demand, and because of personnel

shortages, some of the same people have been tasked for another assignment – in support of the war.

Some of our own Navy shipmates here at the Station are receiving orders – sometimes with as little as a week's notice for assignments in support of the war. One thing that we who are on active duty need to realize is that each of us can be called at a moment's notice to deploy.

If that happens, it is not the time to worry about whether or not all your "paperwork" is in order for deployment. If the car battery can last another year, or if the car's brakes will last for the six months that a member is deployed, go that route.

Believe me, if you're a sailor with a family, and you're not sure that the car, or the house, or the children are well-cared for, as soon as you leave, Murphy's Law will likely kick in.

The battery goes dead, and that tire that you thought might need replacing – goes flat. The eyeglasses that you and the wife spoke of buying, weren't purchased and now there are sight problems for your child. I encourage all of us, to take stock in where we are today – in case any of us are deployed. Like veterans of yester-year, we might not know when we will be called to serve at a moment's notice, or when we'll be back.

So prepare now, for in the event you're called, it won't be an unhappy surprise. Fleet and Family Services is providing a series of conferences for all personnel and their dependents to help you plan now for the inevitable possibility of a spouse deploying unexpectedly. Please attend one of these classes. Information can be obtained at 961-2326. The information is useful whether deployed or not. Please celebrate Veteran's Day in a proud and safe way.

## November Calendar of Events

**Oct. 1 to Dec. 15:** The annual Combined Federal Campaign is now underway. This annual fund raising drive allows nearly four million employees to donate to thousands of local and non-profit organizations. Donors may designate which charities receive their money by filling out pledge cards. Contributions may be made by cash, check or payroll deduction. The CFC Website is at [www.opm.gov/cfc](http://www.opm.gov/cfc).

The next motorcycle classes are scheduled for Nov. 22-23 on board NAS Corpus Christi. The course is mandatory in order to acquire a permanent DOD decal for motorcycles. Seating is limited. For enrollment contact Petty Officer Robert Ramirez at the NAS Safety Office, 961-3673/2498 or e-mail at [Robert.ramirez1@navy.mil](mailto:Robert.ramirez1@navy.mil).

The Navy Fleet and Family Support Center, NAS Corpus Christi, has begun a series of 10 workshops rotating every ten weeks, beginning at the NAS Family Housing Office from 6 p.m. to 7 p.m. The workshops are designed to ease the stressors and difficulties affecting military family lifestyles. All military members and families are encouraged to attend. For more information and registration, call Cristoval Perales at 961-2372.

The next NAS Safety Committee meeting is scheduled for the Headquarters Building Two conference room on Nov. 18 at 1 p.m. For more information contact the NAS Safety Department at 961-3673.

**It's Poinsettia Time Again!** Each year the Island Foundation beautifies Padre Island and the Corpus Christi Area by offering gorgeous direct-from-the-grower poinsettias plants in a variety of colors & styles. These plants are of the highest quality and guaranteed to bring Holiday Cheer. Starting at just \$10, they're a perfect, high-quality gift idea. Best of all - we offer free local delivery on December 1 & 2. See full-color photos of all our selections on our website: [www.islandfoundation.com](http://www.islandfoundation.com) Ordering is easy - call our office at 361-949-0076.

The NAS Navy Exchange is extending its hours for the Christmas holiday season. Beginning Nov. 26, the store will open for its "Early Bird" specials sale at 6 a.m. Specials will run hourly, with the store closing at 8 p.m. From Nov. 26 to Dec. 23. **The main store will be open Monday to Saturday from 9 a.m. to 8 p.m. and on Sundays from 10 a.m. to 6 p.m. Christmas Eve hours (Dec. 24) will be from 9 a.m. to 5 p.m. The store will be closed Christmas Day. Regular hours resume Dec. 26.**

The next NAS Safety Committee meeting

## PAID CLASSIFIEDS

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**FOR SALE Beautiful Southside home 2-story, 3/2.5/2, 1828 sf large master w/ cathedral ceiling, garden tub, ceramic tile/carpet, large backyard. \$134,000. Call 548-0450.**

**PET SITTING...DOG WALKING... BIRD WATCHING... KITTY PETTING ... FISH FEEDING** If you need someone to care for your pets while you're at work or out of town, I can do it! I will give your pets the love and care they need while you're away. I will feed, water, walk, give medications, and care for your pets for only \$10.00 a day. My name is Casey, and you can call me anytime at 442-6039 to book an appointment. Your pets will love you for it.

Clinic, room 1183. Everyone is invited. One of the featured topics will be how to prepare diabetic friendly foods. If you have

Diabetes, or you know of someone who has, and you want to learn more about the recommended kinds of foods to eat, then plan to attend. For more information contact Lt. Daniel Rice (internally) at extension 3-6301, or 961-2688 from outside the hospital.

*Capt. Hinger also submitted this poem she wrote in 2002 on the importance of emphasizing Veteran's Day:*

## Veteran's Day Remembrance

What kind of men and women serve In the Active Forces, Guard and Reserve?

They look just like you sitting here, They share your dreams or even your fear.

Some are young, some are old, You see there really is no mold. For whatever the reason they raised their hand,

They took an oath to defend our land. And over time they come to know How important it is that they must go. To serve our country both near and far

To preserve our freedom in peace and war.

Serve our country they do with pride Continuing the work of those who died. With honor, courage and duty. You see,

Each is required to keep us free. When flags are burned, tears are shed, For the lives it cost to weave each thread.

They see their nation's blood in red, In white their values can be read. And every star a home they beam, Put all together one mighty team.

But I remind you now, lest you forget Real people they are, America's Vet. There are families they love

with bills to pay And kids that cry when they go away. So pause for a moment and silently pray

For those who could not make it back today.

And further give thanks to the vet who is living

For sacrifices made in their honorable giving.

## Diabetes clinic focuses on proper diet and "Friendly Food"

By Bill Love, NHCC Public Affairs

The Naval Hospital Corpus Christi Diabetic Clinic will conduct an open house Friday, Nov. 12 between 11 a.m. and 3 p.m. in the Internal Medicine

## Career Counselor's Corner STAR program great reenlistment incentive for Active Duty Sailors

By NCC (SW) Terri Green



The Selective Training and Reenlistment (STAR) Program offers first term enlisted Sailors who reenlist guaranteed assignment to an appropriate Class "A" or "C" school, but not both. Possible advancement from third class to second-class petty officer depends upon completion of a Class "C" school or request package, which is located in the Career Schools Listing (CSL). Selective reenlistment bonuses are available if the service member is eligible, but they are not guaranteed.

The requirements for the STAR program are as follows:

- Be recommended by the member's commanding officer.
- Be a petty officer second or third class on a first enlistment or a designated seaman (E-3) and be eligible in all aspects for reenlistment.
- Agree to reenlist or enlist in the Navy for a period of four to six years, as required. The reenlistment or entitlement will not be executed and implemented until final approval has been received from the Navy Personnel Command.
- Meet the minimum test score requirements for entrance into proper "Class A" or "C" school, as prescribed in NAVEDTRA 10500 or NAVPERS 15909F. When fully documented by the commanding officer, a waiver of minimum exam scores may be requested from Naval Personnel Command.
- Have no record of conviction by courts-martial, civil conviction, or non-judicial punishment for 18 months preceding date of application.
- Members must have no alcohol related incidents or documented drug abuse for 18 months prior to date of application.
- Have a cumulative evaluation grade average of not less than 2.5 with no grade below 2.0 for two years prior to request for STAR reenlistment.

STAR program applications are forwarded to Navy Personnel Command. STAR request packages should be submitted at least 60 days prior in advance of the desired enlistment or reenlistment date.

For members who have completed a CSL "C" School, a STAR request may be submitted prior to reenlistment for the completed school. Members whose End of Active Obligated Service (EAOS) is within six months of the approval date will be required to reenlist no later than their normal EAOS.

Contact your Department Career Counselor, or your Command Career Counselor at 961-2861/2862 for more information.

## Department of the Navy, Disabled Veterans Assistance phone line available for assistance Provides valuable employment, educational information, opportunities

By JO2 Jeffrey Fretland

The Department of Navy has established a Disabled Veterans Assistance Phone Line to provide employment and referrals for returning disabled service members, recently medically retired service members, and their spouses. Specifically, this phone line is to support the Disabled Veterans of Operation Iraqi Freedom, Operation Enduring Freedom, and all disabled veterans of other conflicts, campaigns, and wars.

The primary mission is to assist these individuals in their search for employment opportunities with the Department of the Navy, as well as with other Federal and State agencies.

The secondary responsibility is to provide resource and referral assistance to the target group. Referrals include the Veterans Administration, Department of Labor, and other Department of Defense agencies for the purpose of meeting and addressing needs that are outside of DoD jurisdiction.

The assistance phone line has been established. The phone number is (800)-378-4559 and will be staffed by a Human Resources Specialist. If the specialist is unavailable to take the call, the caller will receive a prompt reply within one business day.

In addition to the phone line, there will be an email address implemented where the target group can directly communicate with Human Resource Specialists via email if they prefer. In addition to the phone line and email address, information will be posted on our website at <http://www.donhr.navy.mil/>. Once these two additional methods of communicating with our disabled veterans have been deployed you will be notified by e-mail.

To support the mission, a Human Resources Specialist will take a case management approach with each caller. The referrals are designed to:

- The focus group will receive customized service depending on his or her needs.
- They will track the focus group from initial call through employment, which includes a follow up six months after employment.
- They will also implement a system to record and capture our progress with accomplishing our mission.

In order to accomplish this mission successfully, we need your support. Some of the areas that your command or activity could provide support would be through:

- Review of your Disabled Veterans Affirmative Action Plan (DVAAP) to ensure that it includes active recruitment as well as ensures proper consideration is

given to the focus group.

- Job identification providing employment opportunities for the focus group.
- Informing managers of the many programs available to them in the placement of candidates from the focus group.

For more information on the Disabled Veterans Assistance Phone Line, please contact Mr. George Mendoza directly at (360) 315-8124 (DSN: 322-8124) or email at [George.Mendoza@navy.mil](mailto:George.Mendoza@navy.mil).

## NAS Family Center sponsors stress courses Classes deal with military stressors, coping techniques

By Cristoval Perales, NAS Fleet and  
Family Support Center

The Naval Air Station Corpus Christi's Fleet and Family Support Center (FFSC) has began a series of 10 courses involving Family Information Workshops designed to ease the stressors (children, financial, emotional, etc.) and difficulties affecting the military family lifestyle.

The FFSC believes that the best way to deal with change and the stressors associated with it is to both understand the change, as well as to prepare for the future by planning and staying informed.

The weekly Thursday workshops, held from 6 p.m. to 7 p.m. at the Family Housing Welcome Center, are intended to give service members and their families the knowledge and skills to successfully manage the challenges facing them everyday as they navigate the winds of present and future changes.

For many Navy service members and their families, military life has both positive and negative effects on their personal, family, and financial well-being. In turn, this affects operational readiness, morale, and retention, both positively and negatively.

The workshops are designed to prevent potential personnel and family problems associated with Navy life, to enhance the positive aspects of military family life, and to ultimately contribute to individual and command readiness.

The goals of the Family Information Workshops at the FFSC are:

- Develop and implement services that assist Navy personnel and their families in adjusting to the stressors of military life.
- Permits service members and their families to better manage their lives by increasing their knowledge and developing new skills to cope with the demands and stresses of everyday life.
- Provide a continuum of FFSC programs and services appropriate to service members and their families.
- Assist the service members and family through the "maze" so the service member can quickly focus on his/her Navy duties.
- To make Navy life easier by providing tangible and informative services and support.
- Reduce the stress that can accompany everyday military life.
- To demonstrate to military members and their families the Navy's commitment to "taking care of its own."

For more information on the workshops, please contact the Fleet and Family Support Center Relocation Program Manager at 961-2372. The Fleet and Family Support Center is located on the fourth deck of Naval Hospital Corpus Christi, Building H-100.

## MWR News and Events

By Mel Erebia, NAS MWR Office

### Aquatics

The Oasis Pool is closed for the season. It will resume operations beginning April 2005. *For more information, please contact Earl Olsen at 961-3260 or The Oasis Pool, 961-4357.*

**Corpus Christi Bay Club** - The Corpus Christi Bay Club has a month full of delicious special just for you. Stop by and enjoy some tasty dishes and good company at the Bay Club.

### Specials for November:

**Nov. 13: Surf and Turf \$14.95**

**Nov. 20: Chateaubriand for Two \$29.95**

**Nov. 27: Seafood Platter \$13.95**

All the above specials are served along with the A La Carte from 5 p.m. to 9 p.m. Prices are for club members. An additional \$1 per person is added for non-members. Salad, ice tea or coffee is included with all the meals. Reservations are required for the specials in order to serve you better.

### Special Events for November:

**Nov. 19: Winging Designation Ceremony will be held in the main ballroom at 3:30 p.m.**

**Nov. 19: Mongolian BBQ**

**Nov. 25: Our traditional Thanksgiving Day buffet** is scheduled from 11 a.m. to 2 p.m. with a huge menu including corn chowder and French onion soups, roast turkey with giblet dressing and gravy, pecan and mincemeat pies, and coffee or tea. The price for members is \$14.95 and for non-members \$15.95, \$6 for children ages three to 10, and free for children under three years of age. Reservations are required in order to serve you promptly.

**Holiday Parties:** The holidays are right around the corner. Start planning your party, but let the Corpus Christi Bay Club take care of your catering needs. Deliveries for home and office on base and full catering at The Bay Club and The Recreation Center are available. For more information call The Bay Club today. **Reminders: The Corpus Christi Bay Club will be closed will be closed on Nov. 11 in observance of the Veteran's Day holiday, and on Nov. 26. For more information, please call the Corpus Christi Bay Club at 961-2541.**

### E-Street Gym

The E-Street Gym has some great leagues gearing up. Take a look at what is coming up this month and mark your calendars for the following events.

**Rules for Both Basketball Leagues:** Both leagues are unit competition. Teams must be comprised of players from the same unit. Players from other units placed on your team roster will not be considered. Players from units that do not have a team in the league MUST sign up on the player pool list. The athletic director will place players from the list on teams that need players to complete the team. Captain's Cup League games will be played on Monday and Wednesday evenings. Over 35 league games will be played on Tuesday and Thursday evenings.

**League Fees:** DoD Civilian and Contractors will pay an entry fee. DoD Civilian employees are eligible for sponsorship through CMWRA (when funds are available). For more information, call 961-3476.

**Captain's Cup Sports Program:** All Captain's Cup sports are unit competition. Participants must compete with their unit. Military, military dependents 18 years of age and older, DoD/NAF employees and full time NASCC contractors are eligible to participate in the sports program. DoD/NAF civilian employees and full time

NASCC contractors will be assessed a league fee. Women are encouraged to participate in all sports. Please register on time. Registration packages are available at the E-Street Gym on month before the registration deadline. Coaches meetings are mandatory. Awards are given to first and second place winners in each sport. Sports are played Monday to Thursday evenings. *For more information, call the E-Street Gym at 961-2401.*

### Fitness Express

**Cardiovascular Machines:** Treadmills, upright and recumbent bikes, stair climbers, rowing machines, and elliptical orbiters are available to increase your physical fitness. We even have an upper body machine on which you can maintain and strengthen your endurance if you sustained a leg injury.

**Other Fees:** The fees are \$20 for DoD/NAF employees working on base, \$30 for other government employees and Navy League members, \$10 unlimited group exercise for retired military and all dependants, a \$6 guest fee per day charge, and locker fees from \$3 for women to \$5 for men per month. In addition, Navy League and other government employee family memberships are \$45. There is no fitness center fee charge for active military, retired or reserve military members and dependants. Daily lockers are available free of charge. Bring a lock to secure your locker.

**Personal Training:** Our certified fitness trainers give you a workout to get you started on a weightlifting program, refresh an existing training program or supercharge the intensity of the old program. The sessions are free of charge, and fitness assessments are also free.

**Taekwondo Classes:** These are available for children ages three to 16 on Tuesday and Thursday nights at 5:30 p.m. The cost for these classes is \$35 per month.

**Towel Coins:** You may purchase a towel coin for one dollar. This coin may be traded for a towel when you arrive. When you bring the towel back to the front counter, your coin will be returned.

**Weight Training Equipment:** The Fitness Center has variable weight and plate loaded equipment in addition to dumbbells and barbells. We have personal trainers and recreation specialists to guide you in accomplishing your fitness goals.

### Operating Hours:

**Monday through Friday:**

5:30 a.m. to 8 p.m.

**Saturday:** 10 a.m. to 6 p.m.

**Sunday:** Noon to 6 p.m.

**Holiday Hours: Operating hours will be from Noon until 6 p.m. Veteran's Day, Nov. 11, and Thanksgiving Day, Nov. 25.**

*For more information, call the Fitness Express at 961-3164.*

### Gonzalez Liberty Center

The Gonzalez Liberty Center is here to meet your recreation needs. There are many fun activities planned for the upcoming months, along with ongoing activities at the GLC to fill your month with non-stop excitement. Are you ready for some football? Well, your friends at the Gonzalez Liberty Center are! Come see your favorite team play on the big screens each Monday night and enjoy the games and some FREE popcorn (upon request). *For more information, contact the Gonzalez Liberty Center at 961-6405.*

### Gulf Winds Golf Course

November should bring cooler temperatures so come out and enjoy a round of golf with your friends at the Gulf Winds Golf Course. Twilight golf starts at 3 p.m. and you just can't beat the price! For active duty or retired military, the cost is only \$7 and \$8 for DoD Civilians and guests. The "Blitz" plays every Saturday, Sunday and holidays at 7:30 a.m. and on Fridays at 11 a.m. All you need is an established handicap to play. Bring

your own foursome or play as a single, and we'll pair you up. *For tee time reservations or more information, call the Pro-Shop at 961-3250.*

### Information, Tickets and Tours (ITT)

Stop by ITT today to get your tickets to the best fall time fun around. There is something for everyone, including food, music, sports, and a whole lot more. **ITT also has tickets to the following Dallas Cowboys' games:**

**Nov. 25: Dallas Cowboys vs. Chicago Bears**

**Dec. 26: Dallas Cowboys vs. Washington Redskins**

ITT has available tickets for San Antonio Spurs home games.

**December 3: San Antonio Spurs vs. Detroit**

**January 14, 2005: San Antonio Spurs vs. Dallas**

**February 26: San Antonio Spurs vs. Memphis**

**March 27: San Antonio Spurs vs. Houston**

*Tickets range from \$22 to \$51 per person for each of the games.*

**The new 2005 Entertainment books are in and can be purchased for \$20 per book. They contain a variety of entertainment and restaurant options in Corpus Christi for you and your family to enjoy.**

*For more information on schedules, ticket prices and other services available, please call ITT at 961-3961 between the hours of 8:30 a.m. and 5 p.m. Monday to Friday.*

### Lighthouse Lanes Bowling Center

The Lighthouse Lanes Bowling center held their ribbon cutting ceremony of the NEW enlisted club on Sept. 13. Come check it out and join your friends for Monday Night Football and FREE PIZZA in the club at 8 p.m. If football is not for you, the Lighthouse Lanes has a special that is "right up your alley".

**Rock and Bowl:** Friday and Saturday from 9 p.m. to 12 a.m. \$10, all you can bowl.

*For more information call 961-3805.*

### Outdoor Recreation Center (ORAC)

ORAC is ready for fall and wants to get you ready too! Take advantage of all the classes that ORAC is offering. Some of the classes offered at the ORAC Marina include:

**Sailing and Motor Boat Classes  
Scuba Classes - Windsurfing Classes**

**Also Available:** ORAC not only offers classes but meets all your fishing, camping and fun time needs. You can stop in and get all the gear you need for fishing, camping and kayaking excursions.

Hours of operation for the Outdoor Adventure Recreation Center are:

**Thursday to Monday:** 7 a.m. to 7 p.m.

**Tuesday and Wednesday:** 11 a.m. to 1 p.m.

*For more information contact the ORAC staff at 961-1293.*

### Pizza Sub Pub

The Pizza Sub Pub is offering these specials: Lunch delivery is available between 11 a.m. and 1 p.m. with a \$10 minimum purchase. Lunch cards are also available. Have it stamped every time you purchase a lunch between 11 a.m. and 1 p.m. (must be \$3.95 minimum or more). After purchasing seven lunches, your eighth one is free. The Pizza Sub Pub menu includes pasta dishes, salads, sub sandwiches, pizza, and beverages. *To call in your order dial 961-2249.*

# AROUND THE STATION

## Navy Exchange opens new Toyland Store for holidays *Santa Claus to make special visit, other activities planned*

Story and photos by JO2 Jeffrey Fretland

Christmas shopping for the kids just became considerably easier with the opening of the new NAS Navy Exchange Toyland Store. Located next to the NAS Post Office, in building 1785 adjacent to the main exchange, the new 80 ft. by 160 ft. retail facility opened Oct. 13. It is slated to remain open through the holiday season, and close after New Year's, according to Jeff Dougall, NAS Navy Exchange manager.

"We decided we needed to move the toy department out of the main exchange because there simply wasn't enough room with all our expanded merchandise," explained Dougall. "We were looking for a more suitable location to operate out of for the holidays, and fortunately the Morale, Recreation and Welfare Department came to our rescue. We now have this space to stock our merchandise properly. Our military families will have better access and a quality place to shop for Christmas gifts. We're very grateful and appreciative of MWR for loaning this space out to us."

The store is staffed with two employees, although other sales associates from the Main Exchange frequently come over to help stock and inventory merchandise.

Toyland store manager Lynn Godfrey said the store is well stocked, with 54 brand name items, and more shipments arriving daily.

"We have more baby and toddler learning products in stock now," said Godfrey. "We really stocked up on the infant products. There is a continuous demand for them. There's a really big demand for superhero action figure toys, especially the Incredible

family. We also stock Hasbro, Leggo, Mattel and other famous name brands."

Store employee Missy Smith enjoys the larger space the new store provides.

"This is great because we have one-stop shopping, and it's situated close to everything," said Smith. "It's handy being next door to the post office, so people can mail their gifts, too."

A certain jolly old elf from the North Pole dressed in a red suit is due to make an appearance during the Toyland's Children's Day Sat., Dec. 4 from 9 a.m. to 2 p.m. Santa Claus is due to arrive by fire truck, and Breakfast with Santa is being scheduled at the NAS McDonald's Restaurant. In addition to special games, coloring and Christmas card contests for the kids, refreshments and treats will be served.

"The little ones will be excited to see Santa," added Godfrey.

Coast Guard and Corpus Christi Army Depot retiree Armando Guerrero of Corpus Christi eyed several toys carefully as he shopped for his grandkids.

"I always like coming out here to shop," said Guerrero. "The prices are much cheaper than what you can get out in town at Wal-Mart or Costco, and they have a good selection, too."

The NEX Toyland is open Mon. to Sat. from 9 a.m. to 7 p.m. until Thanksgiving. Its hours will extend to 8 p.m. from Thanksgiving to New Year's Day, and Sundays from 10 a.m. to 5 p.m., extending to 6 p.m. after Thanksgiving.



NAS Navy Exchange Employee Missy Smith inventories a new stock of Matchbox cars on display in the new Navy Exchange Toyland Store. The store carries a wide array of children's toys and products.



Retiree Armando Guerrero of Corpus Christi mulls over a potential purchase. The Toyland section of the Navy Exchange moved into new quarters due to lack of space for other merchandise during the holiday season.

## NAS welcomes new Public Affairs Officer

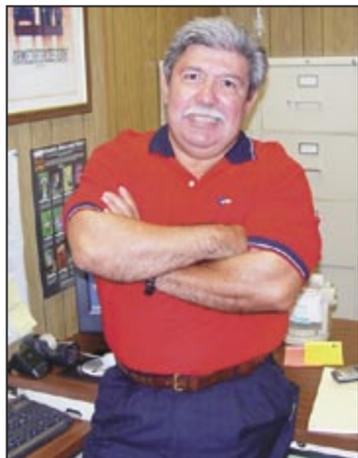
Well he's back. Bob Torres, the former Editor of the Wingspan is now back serving as the Base Public Affairs Officer. Torres replaces Lt. j.g. Daniel Harmon, who assumed the duties of Base Realignment and Closure (BRAC) coordinator.

A "local" product Torres attended and graduated from Flour Bluff Schools and attended Del Mar College and Texas A & I University (Kingsville) before enlisting in the Marine Corps in 1972.

For a majority of his career, Torres served in the Public Affairs field, first as a journalist, then editor, press chief, bureau chief, photojournalist and public affairs chief. During his more than 21 years of service, he served throughout the United States and overseas receiving numerous awards in journalism and photojournalism.

When Torres retired during 1993 in Los Angeles, he soon found employment in Beverly Hills with the enormous Petersen Publishing firm as an Associate Salesman for Guns & Ammo magazine. From there he moved to advertising sales with Petersen's Hunting and Petersen's Bowhunting magazines.

In March 2001, Torres moved back to Corpus Christi to be close to a close-knit family. More than 30 years of traveling made him consider where he wanted to lay down roots.



Torres served as a substitute-teacher for the Corpus Christi Independent School District until November 2002, when he took over as the Editor of the Wingspan.

In October 2003, when fiscal monies ran out for the contracted position, Torres took a civil service position at the NAS Air Operations Weapons Division, where he served as a Material's Handler.

An avid outdoorsman, Torres can be found in his spare time, teaching Hunter Safety Classes, volunteering with the Texas Parks and Wildlife Youth Hunts Program, and writes for several outdoor magazine publications.

## Marine Corps Ball slated for November 20

By JO2 Jeffrey Fretland

Attention Marines and friends of the Marines! Mark your calendars! Come and join your fellow Marines and celebrate the United States Marine Corps 229<sup>th</sup> birthday. This year's festivities will be held at the Omni Bayfront Hotel located at 900 N. Shoreline Blvd. in downtown Corpus Christi. Tickets will be on sale until Fri., Nov. 19. They may be purchased from Marine GySgt Eric Vance or Marine MSgt. Phillip Torres at Marine Aviation Training Support Group located in building 3, second floor at NAS.

Tickets for the 2004 Marine Corps Ball are as follows: E-1 to E-5 is \$30, and E-6 to

E-9 is \$35. Officers, civilians and retirees will be charged \$40.

Attire for the evening consists of the following: Marine Officers and Enlisted, dress blue or mess dress blue uniforms, for all other military, dress blues or their equivalent. Civilians and guests are expected to be in black tie or formal attire.

The Omni Bayfront Hotel will be offering discounted hotel room rates to all Marine Corps Ball attendees, with standard rates starting at \$59. To make reservations, contact the Omni Bayfront at 1-800 THE OMNI, or 1-800-843-6664, and reference the Marine Ball function.

Marines, Sailors and other military personnel from NASCC, NASK and NS Ingleside are highly encouraged to attend. For more information, contact GySgt. Vance or MSgt. Torres at 961-1307/1308.

# AWARDS AND ACHIEVEMENTS

## Aviators graduate with wings



Photo by Ensign David Van Kampen

The following individuals received their "wings" designating them as aviators, during a "winging" ceremony held Fri., October 22 at the Corpus Christi Bay Club. In alphabetical order: 1st Lt. Anthony Campbell, USAF; 1st Lt. Bradley Davis, USAF; 2nd Lt. Harald Grindheim, Royal Norwegian Air Force; 2nd Lt. Simen Hovengen, Royal Norwegian Air Force; 2nd Lt. Lance Hupp, USAF; Ensign Ethan Harp, USN; 2nd Lt. Bjorn Kveli, Royal Norwegian Air Force; 2nd Lt. Danielle Lewis, USAF; 1st Lt. William Lord, USMC; 2nd Lt. John McCoy, USAF; 2nd Lt. Jaran Meizen-Derr, USAF; Ensign Erik Phelps, USN; Ensign Nathan Rellergert, USN; 2nd Lt. Brandon Retherford, USAF; 2nd Lt. Terge Ringsby, Royal Norwegian Air Force; Ensign James Turner, USN; Ensign Paul White, USN; Ensign Mike Winters, USN; Lt. Michael Woodrum, USCG, and Ensign Curtis Zacker, USN.

NAVAL HOSPITAL CORPUS CHRISTI

## NHCC celebrates reenlistment, frocking



OS2(SW) Brian "Scoop" Mitchell shares his reenlistment certificate with Capt. Valentin. Mitchell reenlisted for six years and an assignment to the Pre-commissioning Unit for USS David G. Farragut, one of the Navy's newest Arleigh Burke class guided-missile destroyers. (Photos by Bill Love, NHCC Public Affairs Office).



Sonar Technician Submarine 1st Class Rusty A. Dailey receives his certificate of promotion after being frocked by Capt. Eleanor Valentin. Dailey missed advancement from the March exam by two points, but a late personal award from his previous command gave him enough points to take him over the top for promotion.