

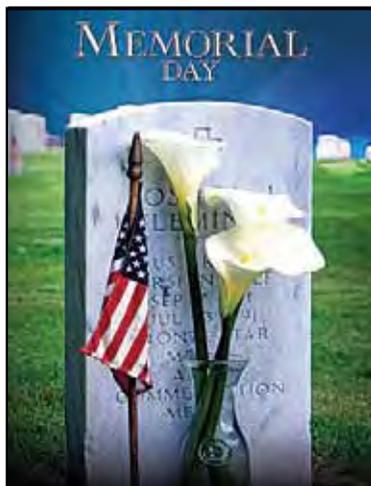
WINGSPAN



Vol. 15, No. 11

Naval Air Station Corpus Christi, Texas

May 21, 2009



Remember - May 25



Rear Adm. Alexander visits NASCC

Page 3, 7



Chief of Navy Reserve flies with Training Wings 2 & 4

Page 4

VCNO visits NAS Corpus Christi and NAS Kingsville



Vice Chief of Naval Operations, Adm. Patrick M. Walsh, talks to NASCC Commanding Officer, Capt. Randy Pierson during a visit to the Air Station, May 4. The VCNO, accompanied by Rear Adm. Michael H. Miller, Chief of Legislative Affairs, and Commander, Navy Region Southeast, Rear Adm. Townsend

“Tim” Alexander, were on a South Texas tour that included NAS Kingsville. Alexander stayed over the next day and participated in various ceremonies and activities and breakfasted with local Sailors before returning to Jacksonville, Fla.

See Skipper’s Column on page 2.

Photo by Bob Torres

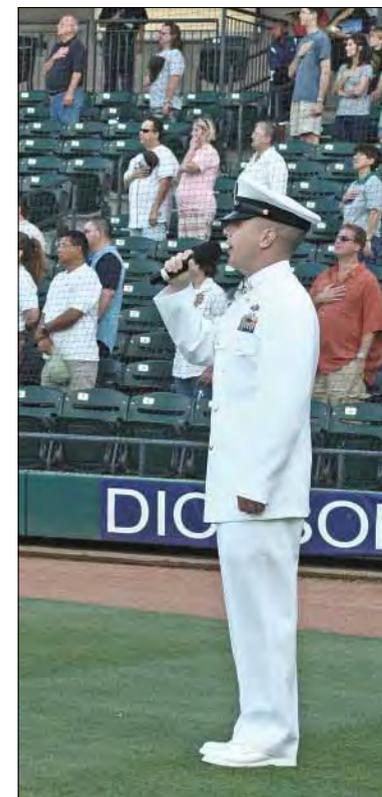
Corpus Christi Hooks hold Military Appreciation Week



(above) Capt. Randy Pierson, Commanding Officer of NASCC, met with local Air Medal recipients during the opening ceremonies of the Corpus Christi Hooks’ Salute to Aviation History on May 11, the first night of a week

of military appreciation events. (right) Chief Petty Officer Charles Kittle sang the National Anthem during opening ceremonies May 12. More photos on page 12.

Photos by Bob Torres (above) and Rod Hafemeister



Skipper's Column

by Capt. Randy Pierson



Pierson

Just two weeks ago, I received four-day notice that the Vice Chief of Naval Operations (Adm. Walsh), the Chief of the Office of Legislative Affairs (Rear Adm. Miller) and my Boss, Commander Navy Region Southeast (Rear Adm. Alexander),

were planning an immediate visit to NAS Corpus Christi.

It was clear to me from the outset that the Vice Chief and his entourage were here

for one primary reason: Their objective, to get eyes on NASCC, talk with our Sailors and Civilians and see first hand the mission we are accomplishing and ensure all our key needs are met.

The tour we developed included Hangar 47 and VT-31, the Corpus Christi Army Depot production floor, Public Private Venture Housing, Private Party and Visiting Quarters Barracks and a "fireman high-line rescue" scenario at our Public Safety Training Facility.

My intent was to maximize the two hours we had with the Vice Chief to best illustrate our mission and our areas that most affect our safety and quality of life.

Adm. Walsh and his fellow Admirals were very complimentary about the mission attainment of NASCC and the relationships we have nurtured amongst the tenant commands. With safety and quality of life on

the forefront, particular interest was paid to the condition of our hangars and our seawall motorcycle safety course.

Keen interest was also paid to our PPV housing and our Barracks.

During the visit, we discussed the need for aggressive preventative maintenance and renovation as necessary in such a hot, humid and corrosive environment that South Texas offers.

I am certain there are high-level take-aways from the Admirals' visit that will greatly assist us as we continue to improve upon our infrastructure, facilities and housing.

The most immediate impact of the visit I had the pleasure to witness was the overwhelming appreciation of 40 Sailors when Adm. Walsh, just before boarding his plane to Washington D.C., offered an impromptu coining ceremony!

Getting the Attention

Chaplain's Message Be Free of Irresponsible Debt!

by Lt. Tim Gault, Chaplain

An ancient proverb says, *My child, if you have made a pledge for your neighbor, and have become a guarantor for a stranger, if you have been ensnared by the words you have uttered, and have been caught by the words you have spoken, then, my child, do this in order to deliver yourself, because you have fallen into your neighbor's power: go, humble yourself, and appeal firmly to your neighbor. Permit no sleep to your eyes or slumber to your eyelids. Deliver yourself like a gazelle from a snare, and like a bird from the trap of the fowler.*

This proverb is ancient. It was written approximately 100 years before Gautama Buddha, 600 years before Jesus Christ, and 1,200 years before Mohammed ibn 'Abdullah.

Yet it is as true today as it was when it was first penned. For the military community

it is something that directly applies to our readiness for service to the nation and to happiness in our homes.

Indebtedness can be a great help to the borrower and a sound business practice for the lender when guarded by strict business rules. But, it can also become a curse.

Much of our nation's financial woes are due to indiscretion in this area. And many of our personal problems are also related to this one issue. Individuals and families at the mercy of lenders are often people living in turmoil. What is worse, the terms of the loans can be changed by the lenders at what seems to be nothing more than whim or greed. This leaves borrowers trapped and at the mercy of strangers.

The Scriptures say, GO...get yourself out of this indebtedness as soon as you can. Don't rest until you are free from it.

In the passage cited above, the wise counselor creates a scenario of a person who has become a "surety" for a stranger. This "stranger" might have been someone whom he did not know well or it could have been someone who lived irresponsibly.

In either case, the "surety" was at risk and in a foolish position.

Chaplain continued on page 19



Gault

Editor's Corner

by Rod Hafemeister



Hafemeister

Monday, May 25, is Memorial Day – the three-day weekend that marks the unofficial start of summer and, for the military, the beginning of its summer safety campaign.

Sometimes lost in all that, even for those in uniform, is

the underlying reason for the holiday: Remembering those who fell in service to their country.

By the end of the Civil War, people on both sides, North and South, had already

begun putting flowers at the graves of war dead, with several towns having some kind of official ceremonies.

Historians debate which town should get credit as the "birthplace" of Memorial Day.

What's not in dispute is that the formal national recognition began in 1868, when Gen. John Logan, national commander of the Grand Army of the Republic, issued General Order No. 11 designating May 30 as an official day of remembrance – a day quickly known as "Decoration Day."

"Let us, then, at the time appointed gather around their sacred remains and garland the passionless mounds above them with the choicest flowers of spring-time; let us raise above them the dear old flag they saved from dishonor; let us in this solemn presence renew our pledges to aid and assist those whom they have left among us a sacred charge upon a

nation's gratitude, the soldier's and sailor's widow and orphan," Logan wrote.

He went on to state, "It is the purpose of the Commander-in-Chief to inaugurate this observance with the hope that it will be kept up from year to year, while a survivor of the war remains to honor the memory of his departed comrades."

The state of New York officially recognized May 30 as a holiday in 1873 and, by 1890, all the Northern States had recognized it.

Southern States, however, kept different recognition dates for their Civil War dead until after World War II, when the holiday was expanded to include those killed in all wars.

Memorial Day moved from May 30 to the last Monday in May as part of the National Holiday Act of 1971.

Editor continued on page 15

Wingspan

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Commander Navy Region Southeast foresees tight budgets near-term



Rear Adm. Townsend "Tim" Alexander, Commander Navy Region Southeast, held a question & answer session with NASCC Sailors following the monthly awards ceremony on May 5

Story and photo by Rod Hafemeister

The Commander of Navy Region Southeast, Rear Adm. Townsend "Tim" Alexander, told NASCC Sailors that tight budgets will be the rule for the foreseeable future, but Navy leaders are trying to ease the worst pressures.

Alexander fielded questions from the command following the monthly awards ceremony on May 5.

Whether the questions were about upgrading emergency radios, retention boards for Chiefs or the current freeze on most permanent change of station moves, the answer always seemed to come down to money.

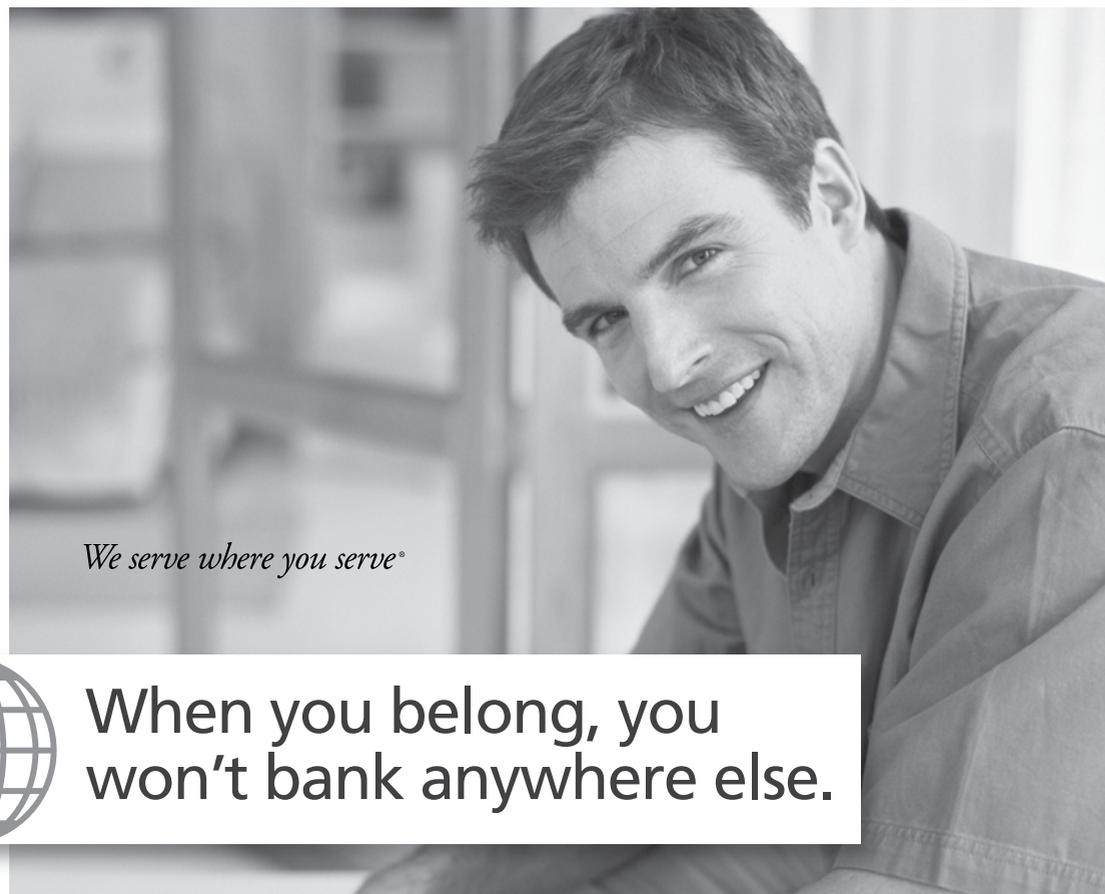
"Leadership is working to get some money in the supplemental (budget request), but we'll have to see what happens," he said.

Personnel costs are a major piece of the budget – and the PCS freeze alone should make up about a third of the expected \$350 million shortfall this fiscal year, he said.

As many as 14,000 PCS moves could end up frozen until after Sept. 30, Navy leaders have said.

Nothing will ease soon, Alexander added, because the Navy is still being tasked to provide about 12,000 Sailors to augment operations in Iraq and Afghanistan.

Alexander, who assumed his position in January, said he was extremely impressed with what the men and women of NASCC were accomplishing.



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Chief of Navy Reserve flies with Training Air Wings 4 and 2

by Lt. Cmdr. Brad Davis, TW-4

The Navy's top Reserve leader, Vice Adm. Dirk Debbink, was hosted May 8 by Capt. (Select) Jim Brown and the 64-member Training Air Wing 4 Reserve Component (RC).

Debbink was the guest speaker at the RC's Third Quarter Mandatory Ground Training Day. Topics covered included current events in the Navy Reserve and FY10 budget and policy issues.

The hour-long session was wrapped up with a lively question and answer period.

"What a cool opportunity – it's not often you get an update from the top like that," said Lt. Cmdr. Kirk Wymore, VT-35's Full Time Support Reserve Department Head.

For Debbink's first visit to Naval Air Station Corpus Christi, several South Texas Navy Reserve commands were invited to participate.

In addition to the Reserve Instructor Pilots of TW-4 and TW-2, Officer and Enlisted personnel from NOSC (Navy Operational Support Center) Corpus Christi, Naval Station Ingleside, HM-15, Recruiting District San Antonio and NASCC were on hand to hear the Admiral speak.

Debbink also presented two major Reserve awards to TW-4 personnel: CNATRA's Active and Reserve Integration Award Winner for 2008 to VT-27 and the VT-27 Squadron Augment Unit (SAU) team and Training Wing 4's 2008 Reserve Instructor Pilot of the Year

to VT-31's Lt. Cmdr. Clay Callaham.

This is the first time VT-27 and the SAU have won the CNATRA award.

The SAU is a combination of 22 Full Time Support (FTS) and Selected Reserve (Selres) Navy and Marine Corps instructor pilots. Seamlessly integrated into all aspects of VT-27, it still functions as an autonomous squadron in many aspects.

The Reservists execute nearly 20 percent of squadron flight hours and syllabus events for Student Military Aviator production – including instructional, support and leadership roles for Las Cruces detachments.

The unit has further supported the squadron thru volunteering for multiple Individual Augmentations (IA) to Iraq and Afghanistan.

Debbink also got a 45-minute T-45C orientation hop – with a little aerobatics – courtesy of Training Air Wing 2's Lt. Cmdr. Garrett Krause and an hour-long T-44C glass-paneled instrument ride with Lt. Paul Flusche and SAU Commanding Officer Cmdr. Stan Burns, both of VT-31.

"The flight was smooth and his airman skills were solid" Burns said.

Debbink, a career Surface Warfare Officer who has an FAA commercial-instrument rating, was visibly pleased to fly in both aircraft.

The two flights showcased the wide range of state-of-the-art aviation training

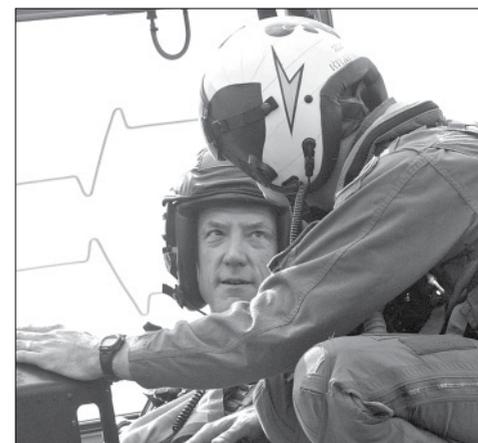


(above, l. to r.) Cmdr. Dennis Crews, CO VT-31; Vice Adm. Dirk Debbink, Chief of Navy Reserve; Lt. Paul Flusche, VT-31 IP; Cmdr. Stan Burns, SAU CO VT-31. (left) Debbink (seated) with Lt. Cmdr. Garrett Krause, TW-2 IP.

Photos by Lt. Bethany King

within the Naval Air Training Command and South Texas.

The two-day visit was wrapped up by an all-hands social with the Admiral at the NASCC Bay Club.



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Ingleside ships rescue fishermen while sailing to new homeport

from USS Warrior and USS Pioneer PAO reports

Ships formerly based at Naval Station Ingleside rescued fishermen in two separate incidents while enroute to their new homeport in San Diego, Calif.

The first came April 5, when USS Warrior (MCM 10), with the assistance of USS Chief (MCM 14) and the Mexican Navy, rescued two fishermen 36 miles off the coast of Mexico.

The pair had been drifting in a small open skiff for two days when Warrior's bridge team noticed someone waving an improvised flaming torch to attract attention.

Commanding Officer, Lt. Cmdr. Joseph Femino, who speaks Spanish, used a megaphone to reassure them of their safety.

Warrior's crew attempted to repair the small boat, but the engine was beyond repair.

Warrior contacted the Mexican Navy and a Mexican Navy Aquario-Class patrol boat arrived at 1:30 a.m. April 6 to return the fishermen and their boat to shore.

The second rescue happened April 25, when USS Pioneer (MCM 9) rescued three fishermen 35 miles off the coast of Mexico,

Pioneer's bridge team saw what appeared to be fishermen waving a flare and strobe light.

The fishermen left port the day prior, scheduled to return the same day, but were stranded when their engine died.

The men did not have a radio and had

no food when Pioneer located them. Sailors from Pioneer boarded the fishermen's boat to make an attempt to repair their engine, but it was beyond repair.

Crew members then transferred sandwiches and water to the boat's crew. Shortly after, with communications assistance from USS Devastator (MCM 6), Pioneer crew member Electronics Technician 2nd Class Caesar Sosa, acting as a linguist, was able to contact the Mexican Coast Guard through a satellite phone.

At approximately 1:30 a.m., the Mexican ship ARM Vera Cruz (PO 154) arrived to return the fishermen and boat ashore.

"I am exceptionally proud of the way my crew addressed this situation with compassion and their usual 'can-do' attitude," said Lt. Cmdr. Mark Stefanik, Pioneer's commanding officer.

"From the officer of the deck's first report to the time we were relieved by Vera Cruz, the entire team showed great determination, despite the weather and long hours."

Warrior and Chief departed Ingleside on March 9 and arrived in San Diego on April 17. Pioneer, Devastator and USS Champion (MCM 4) departed Ingleside on April 20.

The Avenger-Class mine countermeasures ships are being relocated under the 2005 Defense Base Relocation and Closure Commission's decision to close Ingleside and consolidate mine warfare surface assets.



Sailors on USS Pioneer as the ship departs Ingleside Naval Station for the last time April 20

Photo by Fifi Kieschnick

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Guy Williams
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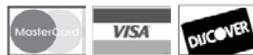


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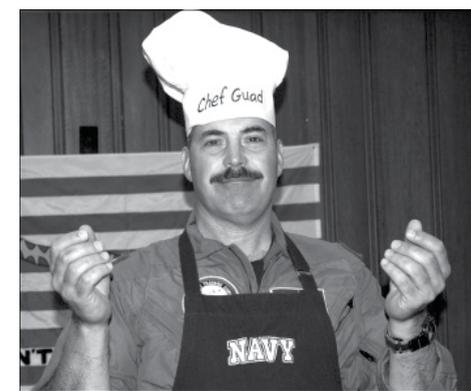
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CNATRA to display culinary skills in 'Cooking with the Admiral'



Rear Adm. Guadagnini will cook May 30 as part of Corpus Christi's Military Appreciation Month

Story and photo by Lt. j.g. Brett Dawson,
CNATRA PAO

Rear Adm. Mark Guadagnini is more than just the Chief of Naval Air Training – he's also one of a long line of Italian cooks dating back 200 years.

That includes his Aunt Olga DiMinco, who was the head chef and head of the cooking school Le Magnolie in Tescara, Italy. He learned to cook from his grandmothers and through the years experimented to perfect his own style.

On May 30, he'll demonstrate that style as he prepares Fighter Pilots Chicken with Helicopter Rice as part of Corpus Christi's Military Appreciation Month.

Guadagnini will be cooking from 10:30 a.m. to noon in the Historic Galván House at Heritage Park, hosted by the city's Parks & Recreation Department's Cultural Services Division.

The "Cooking with the Admiral" Demonstration costs \$7 per person, which includes food samples, drinks, and recipes.

Reservations are requested as seating is limited; call 361-826-3449 to reserve space.

Guadagnini graduated with distinction from the U.S. Naval Academy in 1980, earning a Bachelor of Science in Economics.

After a brief tour with the Navy Fighter Weapons School, he entered flight training, earning his wings in 1982. He was the first Navy pilot to fly the A-6F.

Guadagnini assumed command as Chief of Naval Air Training on Aug. 15, 2007.

He has more than 4,500 hours of flight time in 50 different aircraft and has flown 95 combat missions.

The Cultural Center is located in the beautifully restored Galván House in Heritage Park at 1581 N. Chaparral.

Hours of operation are:

Monday–Thursday, 9 a.m. – 5 p.m.,
Friday 9 a.m. – 2 p.m., and Saturday 11 a.m. – 2 p.m.

For more information, call or visit the Corpus Christi Parks & Recreation Department's Cultural Center at 361-826-3410 or www.ccparkandrec.com.

NASCC Sailors receive awards from Commander Navy Region SE



Rear Adm. Townsend "Tim" Alexander, Commander Navy Region Southeast, presided over the monthly NASCC awards ceremony on May 5. (above) Alexander presented Lt. Cmdr. Jon Sweeten with a Navy and Marine Corps Commendation Medal. He then presented Navy and Marine Corps Achievement Medals to NCC Michael Howard (center) and AC2 Russell Long (bottom).

Photos by Rod Hafemeister



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The Housing Office is a great source of information for current and up-to-date listings of off-base housing (rentals, sales), on-base housing, utility information, area maps, website information and local property management contacts.

Military personnel familiar with AHRN (Automated Housing Referral Network) will now find the site activated for Corpus Christi, Kingsville, and Ingleside.

For more information call Carla at 961-1704.

Military families who prefer to reside on-base housing can submit their applications to the Housing Office.

On-base housing is privatized, with the Navy Housing Office responsible for accepting applications, maintaining wait lists, and providing referrals to the PPV office for available units.

PPV Management is responsible for day-to-day operation of the on-base housing, including rent collection, maintenance, and utility billings.

You can visit the Navy One Stop website (www.housing.navy.mil/onestop) to view floorplans/photos/general information. For more information call Margie 961-3337.

Hours of operation:
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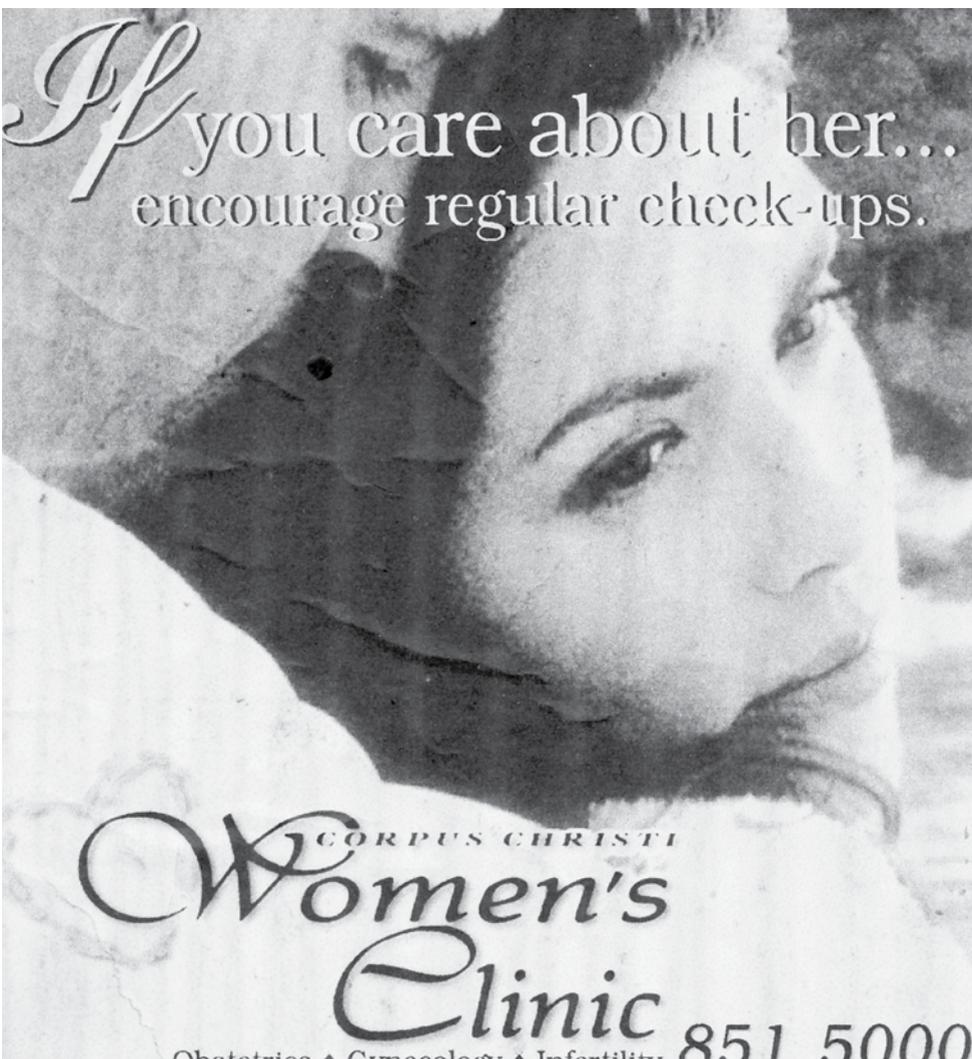


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Hurricane Preparedness Week May 24-30



2008's Hurricane Ike left both fire and water in its wake along the Texas Coast Grab'n'go kit: Essential items to pack in case of evacuation

from Navy Operation Prepare

June 1 marks the official start of Hurricane Season.

The Navy's Operation Prepare campaign urges you to know the vulnerabilities and the actions you and your family can take, both before a hurricane and if one nears.

Corpus Christi has not been hit recently, but Hurricane Ike's devastation of Galveston last year is a reminder that you should have plans for securing your home, evacuating to shelter, and maintaining communications.

A critical step in hurricane preparedness is assembling a grab'n'go kit – a stash of emergency supplies ready to snatch when you have to seek a safe place to ride out the storm.

Checklists for supplies are easy to find online and is included with the Operation Prepare information on the CNIC website at <https://www.cnic.navy.mil>.

Here is a list based on recommendations from NOAA's National Hurricane Center:

- Water – One gallon per person per day for three to seven days, for drinking and sanitation;
- Food – enough nonperishable packaged or canned food/juices for the family for three to seven days, including snacks and foods for infants or the elderly;
- Manual can opener, cooking tools/fuel, disposable plates and utensils;

- Wet wipes, toiletries, hygiene items;
- First aid kit, medicines, prescription drugs;
- Seasonal clothing and rain gear, sturdy shoes;
- Blankets, pillows, etc.;
- Battery-powered or hand-crank radio and a NOAA weather radio with tone alert, flashlight, and extra batteries;
- Fully charged cell phone with extra battery;
- Cash with some small bills and credit cards (banks and ATMs may not be available);
- A waterproof container of important documents—driver's license, Social Security cards, proof of residence, insurance, medical records, prescriptions, bank account numbers, birth and marriage certificates, deeds, wills, tax records, etc.;
- Extra keys;

Include unique family needs, such as infant and pet supplies. Don't forget a supply of toys, books, and games for children.

Store your supplies in one or two easy-to-carry containers – plastic bins, backpacks, or duffel bags – and make sure everyone in the family can access them.

Keep maps and a toolset in your vehicle, and don't wait to the last minute to fill the gas tank.

Is your pet ready for Hurricane Season?

from U.S. Army Veterinary Treatment Facility, NASCC

Have you included your pets as part of your hurricane planning?

The Humane Society of the United States and FEMA offer disaster-planning tips:

If you evacuate, take your pets with you. But pets are not usually allowed in public emergency shelters, so prior planning is essential. If you have a trained service dog, check with local emergency management.

Prepare a pet survival kit. Have a secure pet carrier, leash, or harness. You will need a pet carrier that your pet can stand in and turn around inside. Train your pet to become used

to the carrier prior to a disaster by feeding it in the carrier or placing a favorite toy or blanket inside.

Ensure your pet has a properly fitted collar with an up-to-date identification tag, license, and rabies tag. If possible, include the address and telephone number of where you will be evacuating to on the tags.

If your pet normally wears a chain link or choke chain collar, you need a nylon or leather collar that can be left on your pet for several days. Pets could become tangled, trapped, or

Pets continued on page 11

Pets continued from page 10

strangled if left alone with a chain collar.

Include a picture of your pet in your home emergency kit to aid in identifying him later. Microchipping your pet is strongly encouraged prior to a disaster.

Include a week's worth of food, water, kitty litter, and any medications, to include flea, tick, and heartworm preventatives. Pack a first aid kit, food and water dishes, a litter pan and a can opener, if needed.

Include emergency numbers (vet, animal control, Red Cross, etc.) and a copy of your pet's medical record, including current vaccinations.

Dogs sheltered or boarded require a current Bordetella (kennel cough) vaccination. Bordetella vaccinations are effective for six months.

Do not wait till the last minute to get vaccinations or copies of your records. Remember, during an emergency, your local veterinary staff may be preparing to evacuate as well.

Do not wait until the last minute to evacuate with pets. Once disaster is imminent, the only way out may be by official rescue transport and officials may not allow you to bring pets with you.

Call ahead to motels and hotels in safe areas to see if they will allow you to bring pets. If you and your pet cannot stay together when you evacuate, contact family, friends, veterinarians and boarding kennels in safe areas to arrange for care.

Pets are unlikely to survive on their own, so if at all possible they should not be left behind unattended.

If you must leave your pet behind, decide on safe locations in your home, such as utility areas or bathrooms which have access to water, rooms with few or no windows or rooms with counters or areas where animals can climb to safety in case of flooding. **NEVER** leave an animal chained outside.

Leave out plenty of dry food (self-feeders work well) and put water in a no spill container. Large animals can get water from a filled bathtub or if possible, a faucet can be left slightly open to drip into a large container.

Separate multiple pets — the anxiety associated with an emergency may cause animals that normally get along to not.

A pet bird must eat every day to survive. Obtain an automatic feeder and cover the cage with a thin cloth or sheet to provide security and filtered light.

Finally, post a note outside in a visible location stating where pets are inside and your contact information.

When a disaster begins, bring pets inside immediately to stop them from running away; animals often try to isolate themselves in severe weather.

Watch for behavior changes before and after the disaster. Usually quiet and friendly pets may become aggressive or defensive.

Helpful websites include:

www.fema.gov/plan/prepare/animals.shtm

www.hsus.org/hsus_field/hsus_disaster_center/

www.peteducation.com/articlecfm?cls=2&cat=1677&articleid=2886

You are cordially invited to attend a Day of Remembrance.

Memorial Day

Monday, May 25th

1:00 p.m.



No admission charge. Just bring your respect and appreciation of America! Please come help us give honor to our veterans, military troops and families. There will be tents for shade and food will be served after the ceremony.



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C.C. Hooks Honor the Military



The Corpus Christi Hooks, the AA affiliate of the Houston Astros, hosted Military Appreciation Week May 11-16, with different events each day. (above) The Aransas Pass High School Navy Junior Reserve Officer Training Corps were recognized before the May 12 game. They took first place overall in both the armed and unarmed drill categories May 2 at the Grand National Junior Reserve Officer Training Corps Drill Meet in Daytona, Fla. They also placed first in three sub-categories, and several second and third place finishes in personnel inspection, basic drill, exhibition drill, and color guard in their division. They competed against 57 JROTC teams from all the armed services from all over the nation. (left) NASCC CO Capt. Randy Pierson and, from left, daughters Shelby and Alyssa, wife Sherri and daughter Brooke with Sammy Seagull, one of the two Hooks mascots.

Photos by Bob Torres (left) and Rod Hafemeister

Servicemembers of the Quarter - May 8



Photo by Rod Hafemeister

The Servicemembers of the Quarter for the 1st Quarter of 2009 were honored at a May 8 luncheon. By organization, they are: NASCC – Senior Sailor QM1 Matthew Dantone, Junior Sailor ET3 Adrienne Campbell; NHCCC – Senior Sailor PS1 Bennett Schornak, Junior Sailor HM3 Brian Knight; NOSC (not pictured) – Petty Officer CS1 Scott Henderson, Senior Selective Reservist MA1 Michael Ivey; HM-15 – Senior Sailor AT1 (AW) Rodney Fritch, Petty Officer AE2 (AW) Robert Pichette (not pictured), Junior Sailor SA Amanda Morgeson (not pictured), Senior Selective Reservist ABH1 (AW) Rodolfo Garcia, Selective Petty Officer Reservist PR2 Julio Zamora, Junior Selective Reservist AMAN Shaun Graham (not pictured); USCG Sector Corpus Christi – Senior Coastguardsman YN1 Celeste Corrigan, Coastguardsman MST1 David Deases, Junior Coastguardsman SN Dallas Shaw; 1st Bn Marines – Marine of the Quarter Sgt. Alfredo Salazar.

Awards and Achievements

Winging on USS Lexington — April 30



Photo by Richard Stewart

Official party, from left: Cmdr. Mark F. Springer, CO VT-35; Gen. James Amos, Assistant Commandant of the Marine Corps; Capt. David R. Price, Commodore Training Wing 4; Col. Thomas S. Clark III, CO MATSG; Cmdr. Dennis R. Crews, CO VT-31.

Lt. j.g. Adam Michael Boland; 2nd Lt. Joshua Vernon Neiahmiah Crockett, USAF; Ensign Michael Edward Dark; 2nd Lt. Zachary Alan Fulton, USAF; 2nd Lt. Trevor Ryan Millette, USAF (not pictured); 2nd Lt. Kyle Patrick Mottem, USAF; 2nd Lt. Daniel Scott Oldham, USAF; Lt. j.g. Brian Robert Piggrem; 2nd Lt. George Raymond Price, USAF; Ensign Nicholas Joseph Rank; Ensign Susan Veronica Richardson; Ensign Jeffrey John Riggs, Jr.; 1st Lt. Kimberly Hill Sercel, USAF; 2nd Lt. Leonard Joseph Spigel II, USAF; 2nd Lt. Luke Wayne Wascovich, USAF; Ensign Adam Douglas Watters; Ensign Noah Daniel Willkom; 2nd Lt. Christopher Marcus Woodward, USAF.

Beach to Bay Relay Marathon — May 16



Runners on the fourth leg of the annual Beach to Bay Relay Marathon entered NAS Corpus Christi at the Main Gate (above left) and passed the baton to the next runner at the Ocean Drive Gate (right, Corpus Christi Young Marines team). Base volunteers offered water sprays and drinks to runners doing the 4.69-mile route, the longest of six legs in the race. Complete results at www.beachtobayrelay.com.

Photos by Rod Hafemeister (l.) and Bob Torres



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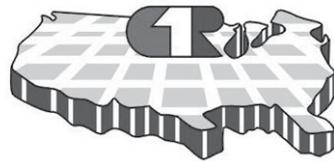
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June 22 (6 p.m.) – Round Table Discussion

Sexual Assault Victim Advocate

June 24 – 26 8 a.m. – 4 p.m.

Texas Association Against Sexual Assault

June 25 8a.m. – 4 p.m.

Resume Workshops

Servicemembers – June 9 & 16
Dependents – June 11 & 18

2009 Transition Assistance Program (TAP) Schedule

Retirees

June 23-26 Aug. 25-28
Oct. 27-30 Dec. 08-11

Separatees

July 28-31 Sept. 22-25
Nov. 17-20

Key Transition Web Sites:

<http://dodtransportal.dod.mil>
<http://turbotap.org> – Open to retirees

2009 Benefits Delivery at Discharge (BDD) Schedule

June 10; July 1; Aug. 12; Sept. 2;
Oct. 14; Nov. 4; Dec. 2

Eligibility: The workshop is for active duty members with service connected disabilities.

The workshop provides VA claims requirements, medical record review, submission of application, and information on the VA "Fast Track" Program.

You must be within 60 to 180 days from your separation date at the time the application is received by the VA.

Upcoming IA Family Events

June 13 – Kayaking
July 18 – Family swimming

Upcoming Programs

Ombudsman Basic Training
July 11 - 12

Family Welcome Aboard
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July 14

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Aug. 17 - 21

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Round Table Forum
Aug. 21 1 – 2:30 p.m.

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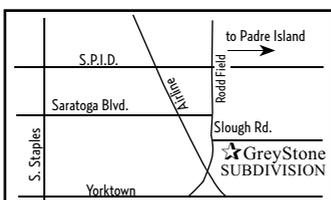
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"I just wanted to thank you for going above and beyond to help us settle our debt." D.R.

Editor continued from page 2

Efforts by veterans organizations to return it to May 30 have made little headway.

Red poppies have become a symbol for Memorial Day, but most people don't know why. It goes back to the World War I poem, "In Flanders Fields," with its closing lines:

To you from failing hands we throw the Torch; be yours to hold it high.

If ye break faith with us who die, we shall not sleep, though poppies grow in Flanders Fields.

The poem struck a chord with Moina Michael, who was working at the YMCA Overseas War Secretaries' headquarters in New York as the 1918 Armistice approached. She vowed to wear a red poppy to "keep the faith" with those who died – and quickly wrote her own poem, "We Shall Keep the Faith" on the back of an envelope, including the lines:

*We cherish, too, the poppy red
That grows on fields where valor led;
It seems to signal to the skies
That blood of heroes never dies...*

On Nov. 9, 1918, Michael used a donation to buy red silk poppies to decorate the headquarters and began a campaign for the Memorial Poppy.

By the early 1920s, both the American Legion and the Veterans of Foreign Wars had adopted the poppy, with the VFW selling artificial poppies made by disabled veterans.

Besides wearing the poppy, veterans organizations suggest:

- visiting cemeteries and placing flags or flowers on the graves of our fallen heroes.
- visiting memorials.
- flying the U.S. Flag at half-staff until noon.
- flying the "POW/MIA Flag" as well
- participating in a "National Moment of Remembrance" at 3 p.m.
- renewing a pledge to aid the widows, widowers, and orphans of our fallen dead, and to aid the disabled veterans.

I'm not one for group memorial events – probably a byproduct of having to cover too many as a reporter over the years.

But I try to take some "alone time" on Memorial Day to hoist a beer for those I knew personally who didn't make it home.

I've been lucky in recent years in that no one I knew personally has been killed in the Global War on Terror.

But there were too many before that, like the guy who died at the Pentagon on 9/11.

And others.

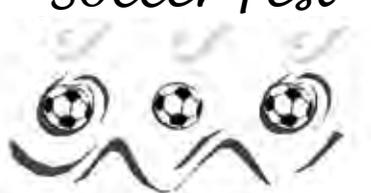
I served with one of the Delta guys who received a posthumous Medal of Honor for the 1993 battle in Mogadishu. I knew a couple more who were killed in Desert Storm in 1991. Grenada, in 1983, took the lives of a few more.

And the Wall – the Vietnam Veterans Memorial – contains the names of some high school classmates.

So enjoy the holiday, but take at least a few minutes to remember what it's really about – honoring fallen comrades.

I'm setting my watch alarm for shortly before 3 p.m. – and a bottle of "Ranger Black" homebrew is in the fridge, boys.

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What's Happening

Advertorial by Tina Konwerski

Wednesday and Thursday, May 20/21 at 7 p.m. and **Sunday, May 24, 2009** at 4 p.m. – Auditions for “Pure as the Driven Snow” a Melodrama. Rialto Theater, 327 S. Commercial Street, Aransas Pass, TX - for more info 361-758-0383. Performances will begin at the Rialto on July 16 through August 1 – Actors needed: 5 men and 8 women.

Memorial Day - Monday, May 25, 2009 at 1:00 p.m. You are cordially invited to attend a day of remembrance at Seaside Memorial Park, 4357 Ocean Drive. A tribute DVD will be featured honoring those who have served our Nation, past and present. Navy fly over, Tents, Food, Motorcycles, Corvettes – come early and bring your family.



Saturday, May 30th – 9 a.m. to 5 p.m. BIRD & Reptile MART – Al Amin Shrine Pavilion, 2001 Suntide Road, Corpus Christi. Admission is \$3.00, Kids under 12 FREE – 361-241-6243, www.cb-birdclub.com email: cbbirdclub@aol.com Everything you are looking for! Birds, Cages, Feed & Seed. FANTASTIC PRICES!

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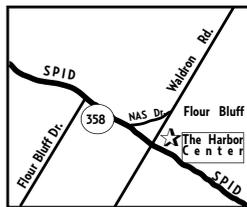
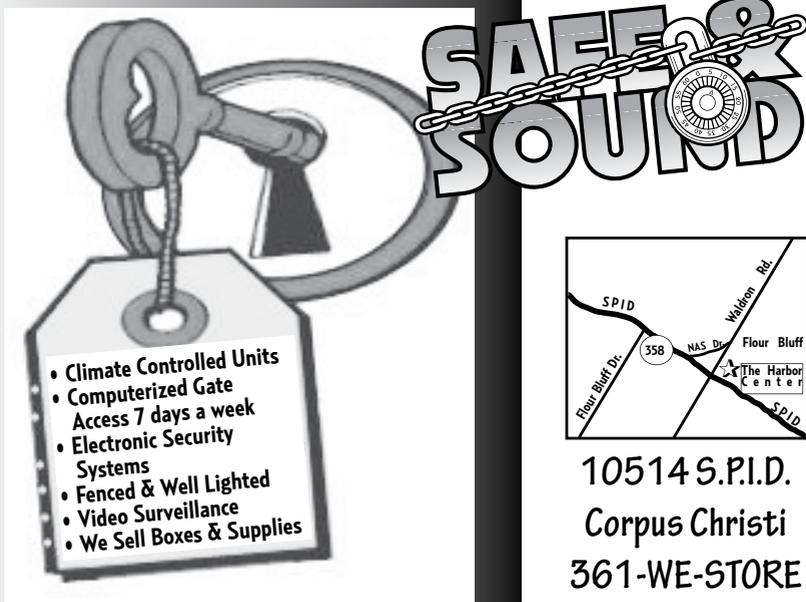
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Ask Dr. Garcia



Garcia

Q: As a couple, we have a big problem effectively resolving issues in our marriage. How can we overcome it?

A: In their book, *The Making of a Marriage: Building Healthy, Whole People and Marriages that Last a Lifetime*, authors Brent and Janis Sharpe have come up with the top ten resolution guidelines.

1. The discussion should be held in order to reach a solution, not to gain a victory. Most of us want to win. We want our own way. But think of it this way: if you win an argument over your partner, you have actually lost. If your partner loses, you do too.

2. Discuss one issue at a time. Not following this guideline will only escalate the couple's frustration level and eventually the conversation will just stop because everyone is so frustrated.

3. If the discussion is a question of fact, then it's your duty to get the facts. However, if the discussion is a matter of opinion, you must recognize it as such and realize that a compromise is the only solution. Some things can be verified as facts – if there is a conflict over how much the sofa cost, that “fact” can be verified by locating the receipt or by calling the store where it was purchased. But if you are having a conflict over an opinion (e.g., was the sofa too expensive?), you need to recognize it as such and realize that your partner's opinion is just as valid as your own.

4. Don't try to mind read. It is impossible to read the mind of another person. Don't even try.

5. Don't play archaeologist. We must learn to let go of things that have happened in the past and been dealt with already.

6. No name-calling. This includes profanity or comments such as, “You're just like your father,” or “If you were really a husband/wife.”

7. You cannot refuse a discussion. Married couples need to feel free to talk with each other about any and all concerns they each may have.

8. No emotional blackmail. Statements like, “If you really cared about me...,” or, “If you really loved me, we wouldn't be having this problem,” tend to degrade and depreciate our partners.

9. State your perspective and your opinions with observational “I” statements, rather than judgmental “you” statements. “You” statements (“You” did this or “You” did that) will be perceived as attacking and will put your partner on the defensive. “I” statements (“When this happened, I felt this way), on the other hand, expresses the partners feelings and concerns without coming across as critical or judgmental.

10. Never interrupt. Each person should have the right to go ahead and say what he or she needs to say without interruption.

Q: Should I date while separated from my husband?

A: How many times have I heard that question? And, how many times have I given a hard answer?

“If you are not free to marry, you are not free to date!”

I realize that you have needs; you are lonely. I know that dating while separated is accepted, even encouraged, in our society. But most of those who are dating will never be reconciled. They will be divorced.

Dating is a prelude to remarriage, not therapy for reconciliation. You need mature and stable friends, a listening ear, and people who will care and help bear the load. You are extremely vulnerable during these days of separation.

Unfortunately, there are those of the opposite sex who would like to take advantage of your vulnerability. Although pretending to be concerned about you, they are busy satisfying their own desires. I have seen many men and women devastated by such an experience. Your own emotions are erratic, and it would be easy for you to get infatuated with anyone who treats you with dignity, respect, and warmth.

Ruben G. Garcia, Ph.D., LMFT is a Licensed Marriage and Family Therapist and co-founder of The Healing Institute. Submit your questions to Dr. Garcia via email at troubadour55@hotmail.com. You can also contact Dr. Garcia at (361) 814-4556.

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Chaplain continued from page 2

The answer, said the wise counselor, is to take such strong action that failure is not an option.

For us, this means something like Dave Ramsey, personal finances guru on Fox Business Channel, suggests. He says that the prerequisite to getting out of debt is to make a personal decision that the indebtedness must be eliminated immediately – and then to take all reasonable action to pay off the debt.

This means forgoing a few luxuries for a while, but the payoff comes when one's pay is actually his and not the property of the credit card company.

He says it this way, "Live like no one else so that you can live like no one else."

It is sound advice. It is biblical. It is wise.

Sometimes debt cannot be avoided. For example, not very many people can pay cash for a house. And, there is no Scripture that says indebtedness itself is sin.

But, this proverb clearly teaches us to live as free people who avoid the trap of foolish indebtedness.

If you have debt, determine today to take steps to eliminate it as soon as possible. Make a plan and don't settle in your efforts until you have achieved financial freedom from it. You will be happier and more ready for service to our blessed nation.

Navy Feeling Impact of High Retention, Low Attrition

by MCC (SW) Maria Yager, NPC

The Chief of Naval Personnel (CNP) discussed the future of the force and the hold on permanent change of station (PCS) moves with Sailors and civilians during a visit to Navy Personnel Command May 7.

"We started this fiscal year with an end strength of about 332,230 active-duty Sailors," said Vice Adm. Mark Ferguson. "We sit today at about 332,280 active-duty Sailors."

"We have stopped reducing the size of the force, and we are stabilizing in response to a strain placed on watch standers in the fleet and the individual augmentee demand."

The Navy has been reducing the size of the force at a rate of approximately 10,000 Sailors annually, but according to Ferguson the time has come to level off. Now, the goal is "to shape the Navy of the future and retain the best Sailors with the right skills."

The Navy has introduced several performance-based measures designed to help stabilize the force including controlling short-term extensions, time in grade waivers, senior enlisted continuation boards and Perform to Serve expansion.

These programs allow the Navy to keep a balanced force based on experience, skill sets and seniority matched to the requirements, Ferguson said.

"You are worth every penny and every benefit you have earned through your service. What we ask in return is a commitment to the organization — performance. I think it is a pretty fair trade," he said.

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The Fitness Express will be holding the Better Body Boot Camp (B.B.B.), an eight-week lifestyle and weight management challenge program, starting in June.

Classes will be held in the Fitness Express aerobics room every Wednesday from 6:30 to 7:30 p.m., June 3 through July 29.

The camp is free to active duty members and only \$10 for all other participants.

Participants will receive a T-shirt, weekly motivational e-mails, a pre- and

post-fitness assessment, and nutritional guidance.

At the end of the camp, prizes will be awarded for first, second, and third place winners.

Sign up today at the Fitness Express front counter; space is limited, to the first 50 participants.

Children ages 13-16 can also join but they must be accompanied by an adult.

For more information, please call Terry Serna at the Fitness Express at 961-3164.



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Assistant Commandant of the Marine Corps lands at NASCC



The Assistant Commandant of the Marine Corps, Gen. James Amos, was greeted by Col. Thomas Clark, CO of Marine Air Training Support Group-22; Capt. Dave Price, Commodore of Training Air Wing-4; Cmdr. Bo Lankford, NASCC Executive Officer; and Cmdr. Tim Dry, TAW-4 Chief of Staff, at the NASCC flightline April 30. Amos was the guest speaker for the Joint Winging Ceremony (TAW-4, TAW-2) on the USS Lexington on April 30.

Photo by Bob Torres



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COMOMAG hears dangers of drinking and driving



From left: Abelino Farias, SK2(SW) Gabriel Nunez, and CCPD Senior Officer David Conner

Photo by YN2 Karl Heitschmidt

The Sailors from Commander Mobile Mine Assembly Group and Naval Mine and Anti-Submarine Warfare Command received an up-close-and-personal message about drinking and driving recently.

Senior Officer David Conner, from the Corpus Christi Police Department, explained Texas laws regarding alcohol-related offenses, the effects and potential consequences of alcohol consumption.

His presentation took on a serious and

personal touch as Conner showed graphic accident photos and described his heartfelt concern about nearly losing a very close friend in a drinking and driving accident.

His friend, Abel Farias, then addressed the command on the mistakes he made and the long road he endured, recovering from his injuries.

The presentation was part of COMOMAG's self-initiated Alcohol Awareness Campaign.

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CNATRA art on display



Cmdr. Patrick Foley, training officer for Training Air Wing Four, looks over Aviation Art Exhibit photographs being displayed at the Galvan House in Corpus Christi. The exhibit, which runs through May 29, is part of the on-going effort from the Chief of Naval Air Training (CNATRA) to educate the local community that the Navy has been involved in the local community for more than 70 years.

Photo by Richard Stewart

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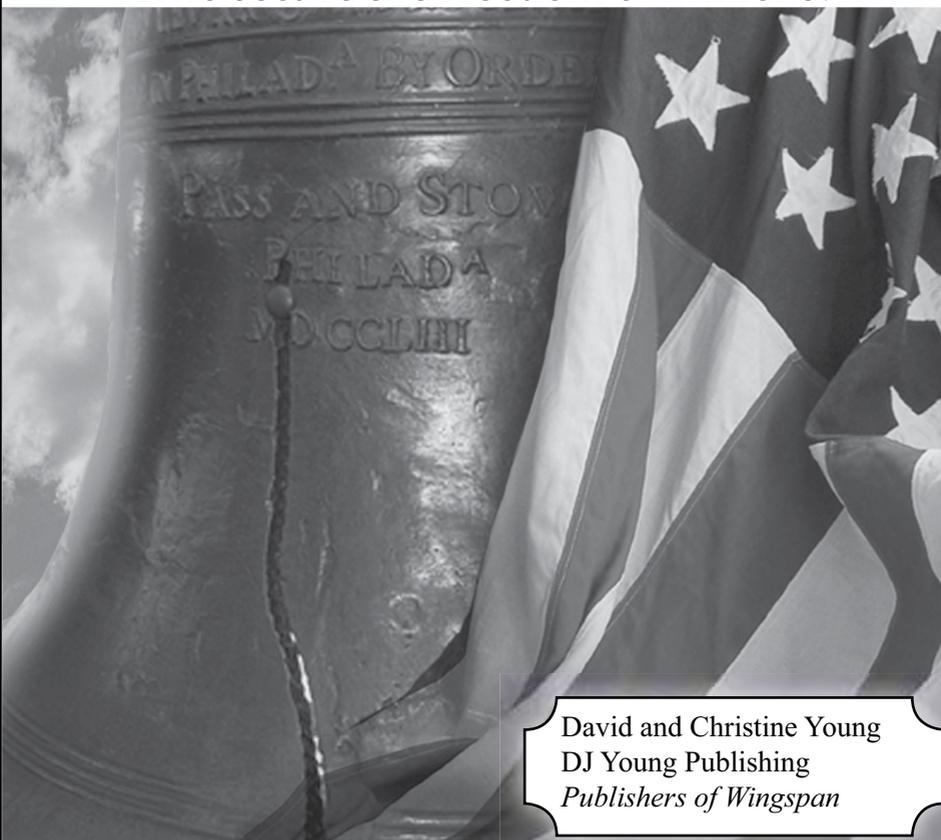
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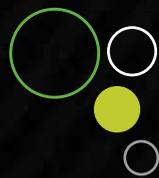
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