

WINGSPAN



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Naval Air Station Corpus Christi, Texas

September 10, 2009

Civilians can now use NASCC golf course, club and more

by Rod Hafemeister

Naval Air Station Corpus Christi is opening its arms – or at least, some of its recreational facilities – to the general public under a new guest program run by the Morale, Welfare and Recreation program.

The MWR Guest Card Program, which kicked off Sept. 1, allows the general public to purchase an annual guest card that gives them access to selected MWR facilities, including:

- Gulf Winds Golf Course;
- Corpus Christi Bay Club (dining, meeting and banquet facilities);
- Marina and Outdoor Recreation Rentals;
- Shields and Paradise Cove RV Parks;
- Combat City Paintball Range (opening soon).

“This is part of our outreach to the people of Corpus Christi and surrounding communities,” said MWR Director Dave Sullivan.

Guest continued on page 8



The general public can now use the NASCC Marina and other recreational facilities under a new Guest Card program.

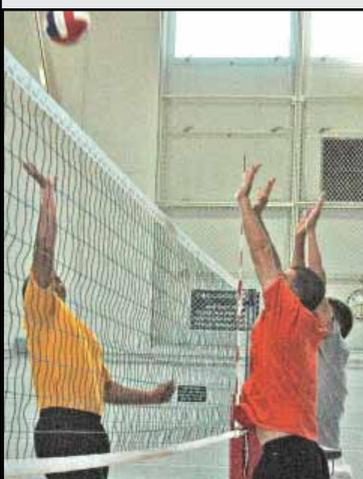
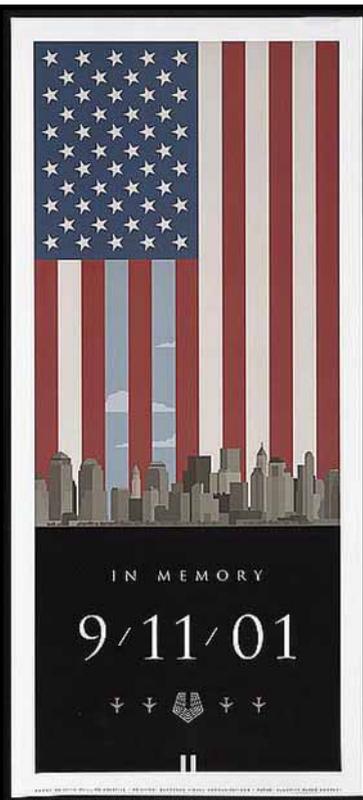
Photo by Bob Torres

Early morning PT on the Lex for Chief Selects



This year's group of Sailors selected for advancement to Chief Petty Officer from Naval Air Station Corpus Christi, Naval Air Station Kingsville and Naval Station Ingleside gathered on the flight deck of the USS Lexington on Aug. 26 for early morning physical training, followed by a run along the shore. More photos on page 12.

Photo by Bob Torres



Sign up for Sports Day
Page 4



Page 5

Skipper's Column

by Capt. Randy Pierson



Pierson

I wanted to be the first to pass some great news for the personnel of Naval Air Station Corpus Christi and also for the citizens of the City of Corpus Christi and the outlying areas.

Two weeks ago, NASCC became one of the few Naval Installations worldwide that is authorized by the Department of the Navy to share key MWR facilities with vetted civilian guests.

Let me assure the DoD civilians and military, to include retirees, great deal of planning has been invested in this program to ensure its success.

The key NASCC facilities that are approved for civilian patronage include the golf course, marina, Bay Club, RV parks and paintball field.

Safeguards are in place to ensure the availability to traditional customers (military, retirees and DoD civilians) will not be significantly impacted.

Let me also assure the new vetted civilians that you are welcome on our base and we look forward to sharing our great facilities with you.

The facilities selected to be available to civilians and their families are included because of Navy policy that those facilities

either break-even or make a profit to remain operational.

Factoring BRAC departures and high utility bills, profits have become very challenging in these "Category C" facilities.

Of course there will be a graduated fee schedule favoring military and DoD Civilians. In addition, there will be a background check, ID card and vehicle sticker requirement that will be offset with a modest fee payable by every interested civilian.

This Guest Card program is a great opportunity for NASCC to gain additional revenue to offset the operating costs and begin recapitalizing our valued MWR facilities.

For more information please surf our web at: <https://cnic.navy.mil/CorpusChristi/index.htm>; click on the "Guest Card" program link.

Welcome Aboard, Guests

Chaplain's Message Are you trapped by your past?

by Fr. John Mc Kenzie, Chaplain

Over the years, I have talked to people who feel that events of their past have held them back.

Many were haunted by a number of misfortunes. Some have blamed family problems, abuse in their younger years, or a number of negative things that happened over time.

Others are afraid to move forward because of possible further setbacks. They might say that they feel like a failure.

A lot can be said about negative events in our life.

However, we do not have to be held back at square one because of our past. Many very successful people had many setbacks. Success and failure are generally temporary.

Abraham Lincoln met defeat all but two times in his political career before being elected president. I have known some very good doctors who were originally turned down several times for acceptance to medical school.

Other successful people did not get into the schools they hoped to get into or they did not get the jobs they hoped to get.

Still, they moved forward; they did not stay at square one and lament their setback.

There are things to consider in dealing with misfortunes.

First, each of us can resolve to not be trapped by our past. We do not have to see ourselves as failures or victims of our past.

This means that we should not live in the victim mode.

While there are those who do want to live in the victim mode, one will never move forward by living in such a mode.

Successful people do not justify their shortcomings on their past. They own up to their shortcomings and move forward.

Second, we should not pretend that past misfortunes did not happen. I never tell someone to put their past misfortunes behind them as if they did not happen. The fact is that they did happen.

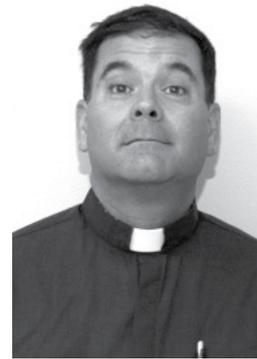
Still, we do not have to let the past stop us from moving forward and taking advantage of opportunities to help us go for the gold.

Third, remember that God does not make abusers, addicts, failures, or losers. He makes people in His image and likeness. He personally cares for each person He created.

He has a plan for each person.

Opportunities do come our way to achieve our goals.

It is important that we make the best use of our present and set our sights on a successful future.



Mc Kenzie

Editor's Corner

by Rod Hafemeister



Hafemeister

There's an old adage about "The best laid plans..."

I fell victim to it with this issue.

Things have finally slowed down from VIP visits, the Regatta and other "must go in the paper now" events.

Since it looked like I'd have room, I planned to put on my old personnel-issues reporter hat and include a number of Big Navy articles that have come out in the last few weeks.

Then the "must go now" items started popping up – and space got tight – and the optional stories started falling by the wayside.

So I'm going to try something a little different: I'm going to go down through the list and give a summary of some of the articles.

My hope is that you can give them a quick read and, if something appears to affect you, you'll go dig up the full story on one of the Navy websites: www.navy.mil and www.navy.mil/local/cnp/.

(Those are great websites for keeping abreast of changes in Navy policies, by the way. I would recommend checking them on a regular basis.)

Let's start with everyone's favorite topic: Money:

News you can use

FY10 SRB Rewards Critical Skills and Top Performance released 8/312009

The good news here is that Selective Reenlistment Bonuses are back for fiscal year 2010, which begins Oct. 1.

The bad news, there will be fewer career fields eligible.

"Selective Reenlistment Bonus (SRB) award levels were announced in NAVADMIN 250/09 for active duty and Reserve full time support Sailors which are scheduled to take effect Oct. 1," the release states.

"Approximately 18,000 Sailors holding 179 critical skills will be eligible to reenlist with SRB awards up to \$90,000 next year."

Navy leaders point out that SRB is an incentive program to encourage Sailors in

Editor continued on page 2

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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For other worship service times,
call 992-8550

Ann Wise is first NASCC School Liaison Officer

Story and photo by Rod Hafemeister

Military parents with school-age children have a new advocate on Naval Air Station Corpus Christi, School Liaison Officer Ann Wise.

SLO is a new position at a number of Navy bases. Wise became the first SLO for NASCC this summer.

"The strength of this program is the powerful on and off-base partnerships that will be developed by the SLO to connect Navy programs to parents, educators and commanders in both our military and civilian communities," Wise said.

The SLO will work closely with local school personnel to identify and resolve issues that impact transitioning military students and serve as facilitator between military families and schools during in and out-processing periods and deployments, she said.

Officials say that Navy children move an average of every 2.9 years and attend up to nine different schools by the time they graduate from high school.

"The military life can be difficult on children and their families," Wise said. "They face leaving friends behind and fitting in at their new school, transfer of grades and class credits from one school to another, worry about deployment, and constant changes in their life.

"It is a stressful time and the SLO will be able to help provide resources, referrals, and support to help maintain the quality of life for our military families need and deserve."

Navy SLOs are to provide six core services:

School Transition Services: Focus is on permanent-change-of-station moves and "leveling playing field" for transitioning military children and youth.

Deployment Support: SLOs will serve as a conduit, connecting educators to the Navy deployment support system to inform educators on the cycles of deployment and tools that are available to assist them when working with Navy children.

Command, School & Community Liaison Communications: The SLO will provide support as the subject matter expert for commanders on K-12 issues to connect command, schools and community resources.

Home School Linkage and Support: SLOs will assist Navy families by gathering and sharing information on home schooling issues, policies and legislation from local school districts. In addition, they will leverage Navy CYP resources to support these families.

Partnerships In Education (PIE): PIE creates a volunteer network of resources to support all installation and community members who have a stake in the success of all youth.

Post-Secondary Preparations: SLOs will leverage installation and school resources to provide graduating military students access to post-secondary information and opportunities.



NASCC School Liaison Officer Ann Wise explains the program and how she can help families at a Newcomers' Welcome briefing Sept. 1.

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Sports Day scheduled for Oct. 8-9

Story and photos from NASCC MWR

Young and old, military, civilian employee or contractor – everyone is invited to join in the fun of the annual All Hands Unit Sports Day Oct. 8 and 9.

Whether you are into team sports or individual athletics, there's something for everyone at Sports Day.

The event is for all-hands to spend the day together playing sports, encouraging teamwork and to promote unit camaraderie.

The competition kicks off Thursday evening with a volleyball tournament, swim meet and a 5k run. The rest of the sports begin on Friday morning, and include a fishing contest, basketball tournament, horseshoe tournament, table tennis tournament (ping-pong), golf tournament, 4-on-4 flag football tournament, tennis doubles and bowling. There also are 1.5-mile runs and 100-yard dash races in both men's and women's categories.

The afternoon competition includes a Sunfish sailboat regatta, kayak doubles race, racquetball tournament, one-pitch softball tournament, and tug-o-war.

Units will compete against each other for points. The top three units will receive large command trophies. Points will be recorded on a scoreboard outside of the Fitness Center. Teams and individuals that place first and second will receive an award at the end of each sport.

Registration forms can be picked up now

at the E-Street Gym and are due back to the Gym before 4 p.m. Sept. 18 – so round up your shipmates and co-workers and get ready for Sports!

Eligibility: Military, civilian and full-time contractors are all invited to join in the fun. Smaller units (under 50) may combine with other small units to form a team. Call the Sports Coordinator at 961-2401 to arrange the union. There are no entry fees for this event.

Tips and Myths:

Sports Day is not a Captain's Cup event.

Pick up the entry form immediately; allow yourself enough time to contact your teammates.

Delegate a captain to coordinate each sport.

Avoid spreading players too thin, which will cause forfeits.

Game time is forfeit time. This is a fast paced event and grace periods will not be given.

Have players stay in the area of competition until winning or being eliminated.

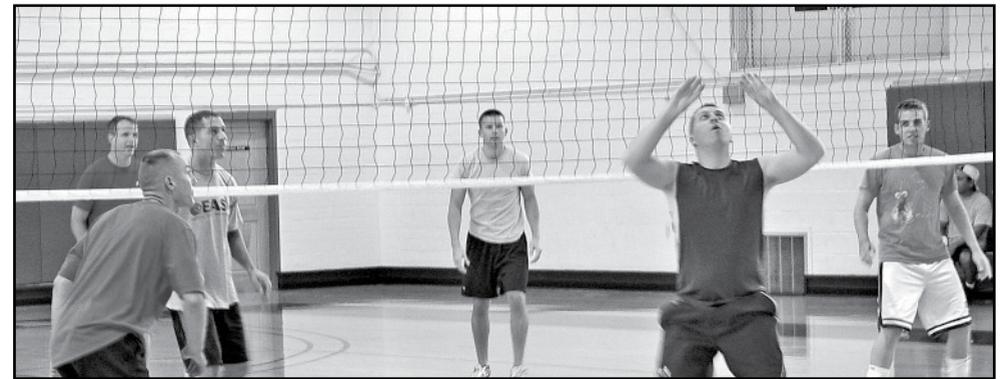
Players should check with the staff person running the event to find out when they play next.

Please be safety conscious at all times, report any unsafe conditions.

The most important thing to do is to.....HAVE FUN!



Whether your preference is for watersports, team sports or indoors sports, there is something for everyone in the annual Sports Day event. Registration is open now and entry forms have to be returned by Sept. 18 - so get to the E-Street Gym ASAP! Or call 961-2401 for more information.




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Come celebrate the Navy's 234th Birthday at the NASCC Navy Ball

If you're planning to attend the Naval Air Station Corpus Christi Navy Ball on Oct. 17, don't hesitate – tickets are on sale now and, with a change in venue from last year, tickets are limited to 300 people.

This year, the Ball is moving to the Corpus Christi Bay Club, rather than being held in a downtown hotel.

As NASCC Commanding Officer Capt. Randy Pierson explained in July, the move was prompted by the dwindling number of active duty Sailors at NASCC, including the move later this month of HM-15 to the East Coast.

Also, with Naval Station Ingleside closing, they decided to hold a final ball of their own, rather than join with NASCC in a combined ball.

A final complication was that this year, the Navy cannot use sponsorships to reduce the cost as it did in 2008.

Moving to the Bay Club saves money, but also means only 300 tickets are available – so get yours now.

The 2009 Navy Ball will include official ceremonies, dinner, and dancing to the band Whiskey Bend.

Uniform is Mess Dress White or Dinner Dress White for E7 and above; Full Dress White or Service Dress White for E6 and below.

Jacket and tie for male civilians, cocktail dress for female civilians.



Couples danced the night away at the 2008 Navy Ball. The 2009 Ball will be held Oct. 17 at the Corpus Christi Bay Club.

Photo by Rod Hafemeister

For more information, please contact ETCM (SW/AW) Barnholtz at 961-3119.

2009 Schedule of Events

Cocktails	5 p.m.
Program	6 p.m.
Dinner	7 p.m.
Dance	8 p.m.

Ticket Information

Tickets went on sale Sept. 1 and can be purchased from your Command Representative or ITT in building 1785.

Ticket prices for 2009 Navy Ball are:

E1-E4, GS1-4, NF1	\$15
E5-E6, GS5, NF2	\$25
E7-O3, GS6-10, NF3	\$40
O4, GS11, NF4 & UP	\$50
Civilian guests (Non DoD civilians)	\$50

Deadlines

To purchase tickets	Oct. 1
(\$5 surcharge after Oct. 1)	
Child care reservations	Oct. 1
(Call 361-961-1165)	

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Defense Department to start H1N1 flu vaccinations

by Jim Garamone, American Forces Press Service

WASHINGTON – All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official announced Sept. 1.

The H1N1 vaccination program will begin in early October, said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for Defense Department health affairs.

The vaccine, which has been licensed by the Food and Drug Administration, will be mandatory for uniformed personnel.

“What we want to do is target those people who are at highest risk for transmission,” he said.

Health-care workers, deploying troops, those serving on ships and submarines, and new accessions are at the top of the list.

“Any place where we take a lot of people, squash them all together and get them nice and close and put them under stressful conditions will get the vaccine first,” Hachey said.

The department will use the usual seasonal flu vaccine distribution chain for the H1N1, Hachey said, noting that while the mass H1N1 vaccinations are new to the general population, the process for vaccinating against seasonal flu is old hat for the Defense Department.

“We’ve been doing this for decades,” he said. “The system is tried and true.”

The department initially will receive 1 million doses of the H1N1 vaccine, and another 1.7 million doses later in October.

Officials don’t know yet whether people will need one dose or two, Hachey said.

“The assumption right now is that people will need two doses, 21 days apart,” he said. “That may change.”

FDA officials still are studying H1N1 and the vaccine, and the results should be known by the end of the month.

Seasonal flu vaccine already is available, and the Defense Department will begin giving those shots shortly, Hachey said.

“That has been our message to immunizers: to try and get as many people as they can immunized against the seasonal flu early,” he said.

Guidelines for giving priority to family members will follow those for the general population, Hachey said. The Department of Health and Human Services is buying millions of doses of the vaccine.

“Installations are going to register with each state as an immunizer,” Hachey said. “They will tell how many people they care for. This includes dependents, retirees and so on.”

The Centers for Disease Control will place the order and will ship the vaccine where needed.

Family members will have multiple opportunities to get the vaccine, whether at

Defense Department medical facilities or off post, Hachey said.

The CDC has established target groups for those at greatest risk for transmitting or being affected by the H1N1. They include pregnant women, health-care workers, those younger than 25 or older than 65, and those with pre-existing health conditions.

Hachey said previous plans are serving the Defense Department well.

“We have been preparing for pandemic flu because of its potential impact on the mission,” he said.

The symptoms of the H1N1 flu are almost the same as the seasonal flu: fever, sore throat, runny nose, nausea, muscle aches and feeling rundown.

The 2009 H1N1 virus – formerly known as swine flu – is a pandemic virus, according to the World Health Organization. U.S. officials call the virus “troubling” and urge communities across the United States to



A Navy Corpsman prepares a vaccination.

take actions to mitigate the effects of it. The federal government is urging states and municipalities to begin preparing now for the fall flu season.

The H1N1 is a never-before-seen combination of human, swine and avian flu viruses, officials said. First detected in Mexico in February, it quickly spread around the world. According to July WHO statistics, there have been 94,512 H1N1 cases worldwide, and 429 people have died from it.

In the United States, 33,902 contracted H1N1, and 170 have died.

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DANIEL TORRES, D.D.S.
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The NASCC Fire Department and Emergency Management are teaming up for the sixth annual observance of National Preparedness Month in September.

This year's focus is on changing perceptions about emergency preparedness and helping Americans understand what it truly means to be **Ready**. <http://www.ready.gov/america/npm09/index.html>

Prepare an emergency supply kit that includes basic needs for survival, develop a family emergency plan, and be informed about the different types of emergencies that may occur where you live and the appropriate ways to respond to them.

In most types of disaster related emergencies, the risk of fire is increased due to loose electrical wires, flooding, broken gas lines, or the lack of electricity. Be fire wise ... **Prepare, Plan, and Stay Informed!**

Prepare for an Emergency

The Ready Campaign and its partner Citizen Corps ask Americans to take these

important steps to prepare: <http://www.citizencorps.gov/>

1. Get a Kit - In a basic emergency supply kit, the Ready Campaign recommends including the following:

One gallon of water per person per day for three days – remember to include enough for your pets too. <http://www.ready.gov/america/getakit/index.html>

- At least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. Also, choose foods your family will eat, such as ready-to-eat canned meats, peanut butter, protein or fruit bars, and dry cereal or granola. Also, pack a manual can opener and utensils.

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

- Flashlight with extra batteries
- First aid kit
- Whistle to signal for help

- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

- Moist towelettes, garbage bags, and plastic ties for personal sanitation

- Wrench or pliers to turn off utilities

- Local maps

And don't forget about the special needs of family members:

- Prescription medications and glasses

- Infant formula and diapers

- Pet food, extra water for your pet, leash and collar

- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container

- Books, games, puzzles or other activities for children

2. Make a Plan - Preparing a family emergency plan is simple. It will help your

family to stay in contact if they are separated during an emergency. <http://www.ready.gov/america/makeaplan/index.html>

The emergency plan includes the physical address, phone number and evacuation locations for work, school, and other most frequented locations. Remember to include phone and policy numbers for doctors, pharmacies, medical insurance, homeowners insurance, and vet or kennels.

Most importantly, the Plan should include:

- Out-of-town contact
- Neighborhood meeting place
- Regional meeting place
- Evacuation location

For a free template of a complete plan, please visit the "Ready" Web site: www.ready.gov

3. Be Informed - Being informed about the different types of emergencies that could happen where you live and the appropriate ways to respond to them will impact the decisions you make and the actions you take. <http://www.ready.gov/america/beinformed/index.html>

In addition, learn about the emergency plans that have been established in your area by your state and local government.

Install smoke alarms on every level of your home, including the basement.

Plan your escape from fire.

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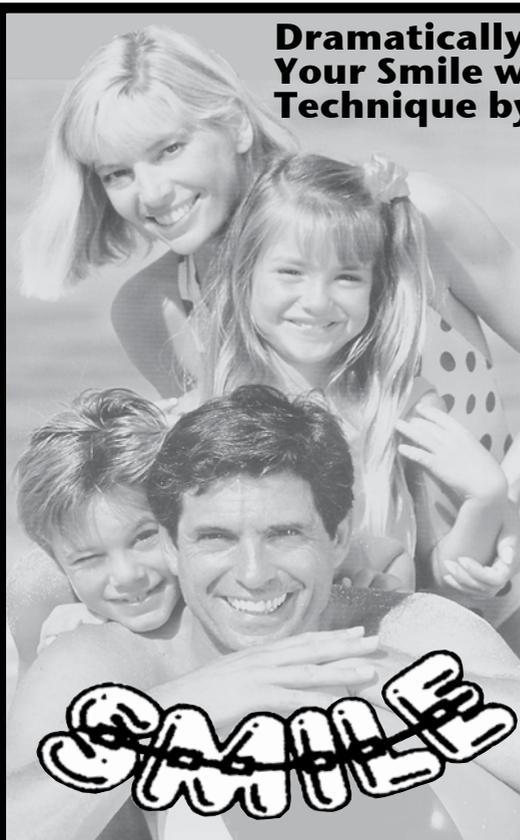
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Guest continued from page 1

"We work on a daily basis with Corpus Christi and the surrounding area for things like mutual aid for fire and police emergencies. But in the past, we haven't been able to share our recreational facilities with the public.

"Now with this program, we can offer the public the opportunity to see how we work and where and how we play."

Anyone interested in the program needs to start with an application, which is available on the NASCC website at <http://www.cnic.navy.mil/CorpusChristi/index.htm>.

After passing a criminal history check, people wishing to use the facilities will receive a picture ID and sticker for their vehicles, allowing them access to NASCC to use those specific facilities.

The card and sticker cost \$20 - \$10 for those 16 years of age and younger - and are valid for one year. Children 3 and under are free and do not require a card.

Drivers coming on base will be required to have a valid driver's license, current proof of insurance and vehicle registration with them.

Why is NASCC opening these facilities to the public?

Besides the obvious "good neighbor" aspect, it allows MWR to utilize some excess

capacity and bring in some extra income.

MWR facilities are primarily intended for servicemembers and their dependents as ways to improve quality of life. Most are funded through what are called "nonappropriated funds" - government funds other than those appropriated by Congress, such as earnings from base exchanges.

But certain programs, called Category C, are expected to bring in sufficient revenue to cover their operating costs.

With Naval Station Ingleside closing and other units leaving the Coastal Bend because of Base Realignment and Closure actions, the number of Sailors and family members using the facilities is decreasing, leaving some facilities under-utilized and revenues down.

Because of that, the NASCC MWR office applied for and received permission to open those programs up to the general public.

Because priority still goes to servicemembers and families, there may be some restrictions on available tee times, number of boats available for rent and so on.

But MWR officials say they expect to have plenty of room for the public as well.

So whether your sport is golf, fishing, sailing - or just having a fine meal - Naval Air Station Corpus Christi is saying, "Welcome Aboard."



The new NASCC MWR Guest Card will include access to the newly rebuilt Combat City Paintball Range, opening soon. The Guest Card also provides access to the Corpus Christi Bay Club, Gulf Winds Golf Course, Marina and RV Park.

Photo by Bob Torres

MWR Guest Card Program

Eligibility:

Any individuals who meet the criminal history check and requirements. Minors 16 years of age and under must be accompanied by an adult MWR Guest Card holder at all times.

Costs:

The MWR Guest Card costs \$20 per year; \$10 for children 16 years of age and under and is valid for one year from the date of issuance.

How to apply:

It's Simple to apply for the MWR Guest Card! Visit the Pass and Decal Office aboard NASCC between the hours of 8 a.m. - 4 p.m., Monday through Friday, complete the application and pay the MWR Guest Card fee.

Application can also be printed online at <https://www.cnic.navy.mil/CorpusChristi>. Criminal History Check will be conducted and takes approximately five days to complete.

Once approved, each applicant will be notified by phone and asked to come to the Pass and Decal Office to be issued their picture ID card, and MWR Guest Card Sticker that will allow them access into NASCC to visit the eligible facilities.

MWR Guest Card and MWR Guest Card Sticker will be valid for a period of one year.

If you have further questions, regarding the MWR Guest Card Program, please call (361) 961-3961.

CNRSE, NAVFAC SE, FISC Jacksonville and AFGE reach agreement on new labor contract



Management and labor teams pictured during a break in negotiations at the FAA Center for Management and Executive Leadership in Palm Coast, Fla.

by Mary Anne Broderick Tubman, CNRSE Public Affairs

On Aug. 8, Navy Region Southeast (NRSE), the Naval Facilities Engineering Command (NAVFAC) Southeast, and the Fleet Industrial Supply Center (FISC) Jacksonville reached agreement with the American Federation of Government Employees (AFGE) on a new master labor contract that will cover approximately 4,000 personnel at installations throughout the region.

Six parties, representing management and labor for NRSE, NAVFAC SE, and FISC, utilized a process known as interest-based bargaining, which replaces traditional positional bargaining with a process of joint problem solving.

The six-day session, which was held at the Federal Aviation Administration Center for Management and Executive Leadership in Palm Coast, Fla., was facilitated by the Federal Mediation and Conciliation Service (FMCS), an independent agency headquartered in Washington, D.C., which provides mediation services to industry, government agencies, and communities through the promotion of labor-management cooperation.

The current contract, negotiated in 2001, was a master labor agreement for NRSE before the region was consolidated with Navy Region Gulf Coast and Navy Region South in the 2005 BRAC.

The proposed master labor contract, which incorporates 14 AFGE labor agreements in effect at various installations, was renegotiated at the request of AFGE to include NAVFAC and FISC.

"We're all very pleased with the end product of our negotiation process," said Mark McCabe, chief negotiator for AFGE and local union president at NSB Kings Bay. "The new agreement is much more employee-friendly than the last, in spite of the fact that it covers a significantly greater number of people and is more focused on a regional picture."

The proposed agreement will serve as a master labor contract for AFGE members at NRSE Headquarters; Naval Air Station Jacksonville, Fla.; Naval Station Mayport, Fla.; Naval Submarine Base Kings Bay, Ga.; Naval Support Activity Orlando, Fla.; Naval

Air Station Key West, Fla.; Naval Support Activity Panama City, Fla.; Naval Air Station Whiting Field, Fla.; Naval Air Station Pensacola, Fla.; Naval Air Station Meridian, Miss.; Construction Battalion Center Gulfport, Miss.; Naval Air Station Joint Reserve Base Ft. Worth, Texas; Naval Air Station Kingsville, Texas; Naval Air Station Corpus Christi, Texas; and Naval Weapons Station Charleston, S.C.

A total of 38 articles related to conditions of work are contained in the proposed contract. They include labor/management relations and training, safety, job and position descriptions, employee/employer/union rights and responsibilities, hours of work, overtime, grievance procedures, and use of the alternative dispute resolution (ADR) process.

The proposed agreement will serve both management and labor across multiple command lines.

"While all contract negotiations are demanding, this one was successful because we were able to work toward a middle ground to create a contract that will serve both management and labor," said Jim Rountree, regional business manager at NRSE and principal negotiator for the management group. "Having a relationship built on mutual respect allowed us to talk freely with each other and find solutions of interest to all parties."

The membership of each AFGE local chapter has until Sept. 16 to vote on the proposed contract. If ratified, the contract will be signed by members of management and the union, and forwarded to the Office of the Secretary of Defense (OSD) for approval.

The contract could become effective by the end of October and remain in effect for three years, with the option to extend through the mutual agreement of all affected parties.

Comprehensive training covering every aspect of the new agreement will be provided.

The contract will also be posted on the CNIC Gateway and distributed on CD to employees without NMCI access.

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Classified Ads..... starting on page 18

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Naval Health Clinic Corpus Christi Public Affairs Office

Speak Up: Prevent Errors in Your Child's Care

By Naval Health Clinic Corpus Christi Public Affairs Office

The Speak Up campaign aims to help parents make a difference in their child's care by asking the right questions and being actively involved, whether it's at the doctor's office, in the hospital, or even at home.

Speak up if you have questions or concerns. If you still do not understand, ask again. It is your body and you have a right to know.

Pay attention to the care you get. Always make sure you are getting the right treatments and medicines by the right health care professionals. Do not assume anything.

Educate yourself about your illness. Learn about the medical tests you get, and your treatment plan.

Ask a trusted family member or

friend to be your advocate (advisor or supporter).

Know what medicines you take and why you take them. Medicine errors are the most common health care mistakes.

Use a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out.

Participate in all decisions about your treatment. You are the center of the health care team.

Your health care is a top priority at Naval Health Clinic Corpus Christi and the staff will do everything possible to make your visit as comfortable as possible.

Visit NHCCC website for more information: <http://www.med.navy.mil/SITES/NHCCC/Pages/default.aspx>

Disaster preparedness includes periodic insurance policy reviews

from CNIC Public Affairs

WASHINGTON (NNS) – The Fleet and Family Support Program recommends that Sailors and Navy families review their personal insurance policies each September as part of Disaster Preparedness Month.

Local Fleet and Family Support Centers can help review insurance policies and accompanying documentation before a disaster strikes.

“The effort of getting your policies in order is what is going to get you through a disaster, because it’s a very emotional time,” said Carl E. Weiscopf, director, Fleet and Family Support Center San Diego.

“What you want to do is eliminate the financial issues that might be associated with it. So, you have to know what you have in the way of insurance, how you go about purchasing it and how you file a claim after a disaster. It’s so important. Everyone needs to consider this.”

Weiscopf, a retired Navy captain, speaks from personal experience. He lost his home during the October 2003 Cedar wild fire in San Diego. He and his family had 20 minutes to evacuate. They left with the clothes on their backs, their cat and a few pictures. They evacuated at 8:30 a.m., and at 10:30 a.m. they saw their burning house on television.

Weiscopf describes the day of the fire as one of the darkest of his family’s lives. Today, they consider themselves as survivors, not victims. They rebuilt on the same lot and financially are about the same as when the fire occurred.

Not having an insurance plan or a poorly managed policy in place can be a financially and emotionally costly mistake.

Insurance planning begins with a detailed assessment of insurance needs, which change as lives change. Major events in life have an impact on insurance needs. It is important to make changes to policies as necessary when major events occur.

Weiscopf said people often don’t pay attention to the amount of and value of the electronics and games they acquire over time.

Look carefully at all the ‘fine print’ to find provisions that can save a lot of money after a disaster, such as demolition coverage, dislocation coverage and landscaping coverage. It is also important to provide documentation of home improvements, such as a new roof or patio cover.

Although local FFSCs won’t act as insurance agents, they can provide information to help you determine insurance needs and analyze policies.

The Fleet and Family Support Program provides information about insurance to single Sailors as well as married Sailors and their families members.

It is part of the Personal Financial Management program, designed to prevent personal problems that cost time and money and detract from mission readiness.

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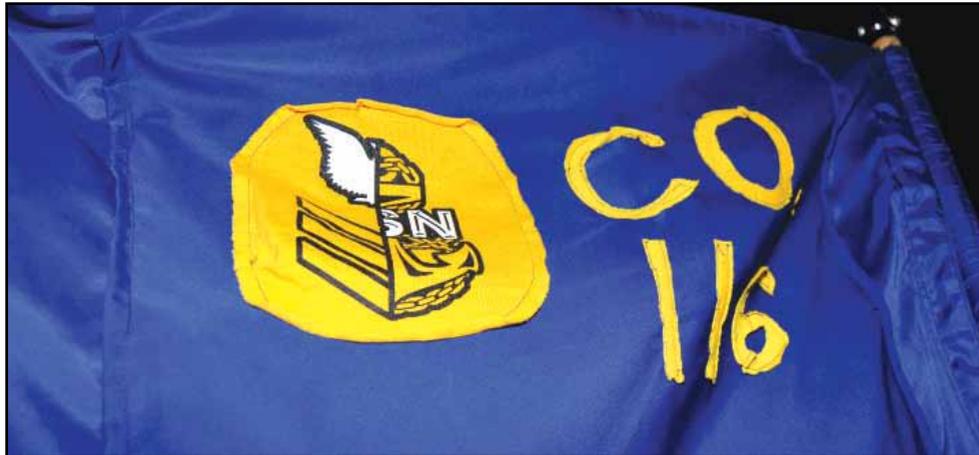
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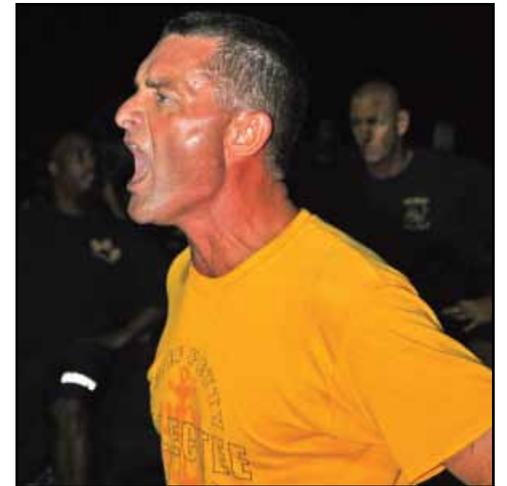
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CHIEF SELECTEES PT ON THE LEX



As part of their induction process, Sailors selected for advancement to Chief Petty Officer from NAS Corpus Christi, NAS Kingsville and NS Ingleside traditionally have an early morning physical training session on the USS Lexington, followed by a run along the shoreline. This year's group of Selects had their session on Aug. 26, with the full attention of the Chiefs' Mess from the three installations.



It's all part of earning the Fouled Anchor of a Chief!



AWARDS AND ACHIEVEMENTS

Winging — August 28



Photo by Hugh Lieck Event Photography

Winging officials, from left: Lt. j.g. Robert Fasnacht, Chaplain; Sean Murphy, Corpus Christi Chamber of Commerce; Lt. Col. Gabriel J. Fabbri, Commanding Officer, MATSG-22; Lt. Col. Bob Blagg, USAF, Commanding Officer, VT-35; Cmdr. Dennis R. Crews, Commanding Officer, VT-31; Capt. Robert J. Paulison, Commanding Officer, US Coast Guard Sector/Air Station; Col. Dave A. Kasberg, USAF, Commander, 19th Operations Group, Little Rock AFB; Capt. Dave Price, Commodore, Training Air Wing 4.

1st Lt. Kyle Craig Alderman, USAF; Lt. j.g. Derek Lee Bader; 2nd Lt. Aaron Calvin Bunn, USAF; 1st Lt. Caitlin Tess Butterfield, USAF; 1st Lt. David Jerred Cooper, USAF; 2nd Lt. Brian James Dendy, USAF; Lt. j.g. Marco Genta, Italy; 1st Lt. Anthony Taylor Hearrean, USMC; Lt. j.g. Robert John Kenning; Lt. j.g. Daniel James Kuriluk; Lt. j.g. Shaun Patrick Lardie; 1st Lt. Eric Anthony Liscar Jr., USAF; 1st Lt. George William Metros, USAF; Lt. j.g. Shawn Eugene Murray; Lt. j.g. Scott Eugene Opheim, USCG; 1st Lt. Matthew Cole Salkowski, USAF; Maj. Jared K. Stone, USMC; Lt. Steven Bryant Vanderlaske, USCG; 1st Lt. Christopher Michael Warms, USAF; 2nd Lt. Frank Walter Zientek, USAF;



Orthopedic Surgeon Navy 'Doc' promoted to commander

Cmdr. Stephen J. Bell, Medical Corps, Naval Health Clinic Corpus Christi Orthopedic Surgeon, got plenty of help with his new shoulder boards Aug. 27 from his wife, Kirsten, and Capt. Ed Perez-Lugo (right), NHCCC Acting Commanding Officer, while Bell's son, Nate keeps an eye on things. Bell hails from San Antonio and is a 1993 graduate of the United States Naval Academy. He reported to NHCCC for duty in August 2007 from Naval Hospital Rota Spain.

Photo by Bill Love, NHCCC PA



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Achievement Medal for CS2 Gutierrez



Capt. Randy Pierson presented the Navy and Marine Corps Achievement Medal (third award) to Culinary Specialist Second Class (SW/AW) Fabian J. Gutierrez at the Sept. 1 Naval Air Station Corpus Christi quarters ceremony. Gutierrez was recognized for "professional achievement as Leading Petty Officer for Combined Bachelor Housing" from October 2006 to September 2009, a period that included the CBQ receiving the Five-Star Zumwalt and Gold Pineapple Awards.

Photo by Rod Hafemeister



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QM2 McCormack-Whittemore honored



Capt. Randy Pierson presented the Navy and Marine Corps Achievement Medal (second award) to Quartermaster Second Class Joshua M. McCormack-Whittemore at the Sept. 1 Naval Air Station Corpus Christi quarters ceremony. McCormack-Whittemore was recognized for “professional achievement as Corrections Specialist and Urinalysis Program Coordinator” for the NASCC Detention Facility from November 2006 to September 2009.

Photo by Rod Hafemeister



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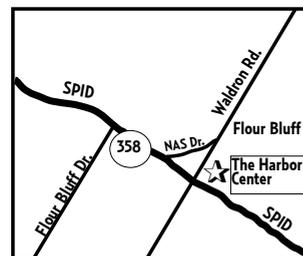
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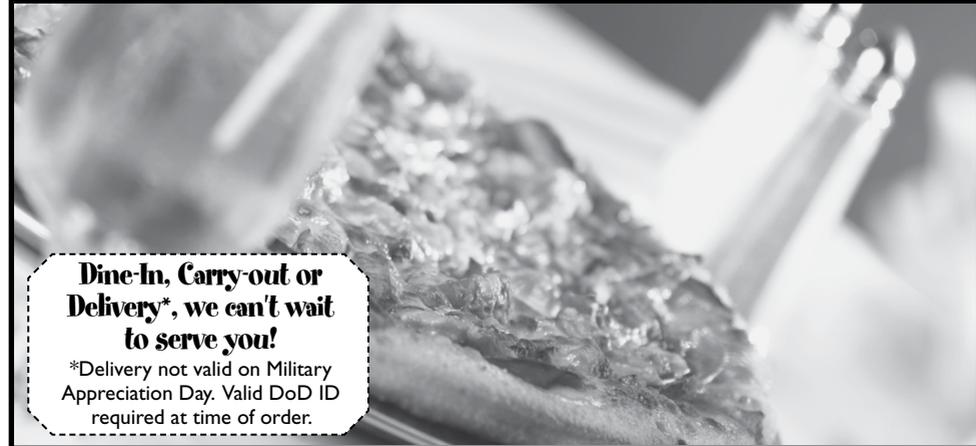


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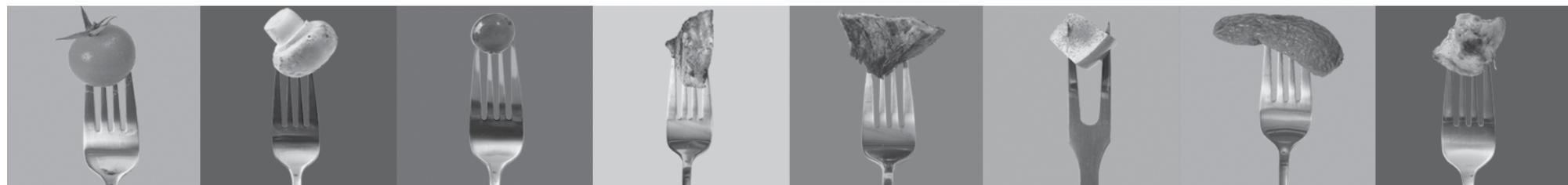
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BEST BITES DINING GUIDE

What's Happening

Advertorial by Tina Konwerski

The 2009 Veteran's and Military Summit will be held from 9 a.m. to 3 p.m. Saturday, Sept. 26 in the American Bank Center, 1901 N. Shoreline Blvd., Corpus Christi. Representatives with the U.S. Department of Veterans Affairs and the State of Texas will be there to speak to veterans and active military personnel about benefits, retirement and medical services available to them. Workshops will be held for veterans on benefits, employment opportunities and business development. The summit will host a job fair, a health fair, exhibits, door prizes and refreshments. **FREE!** open to Veterans, Active Duty, their families and the public.

September 11-13 - the 10th Annual Home & Garden Show ... with **FREE ADMISSION** on Friday, September 11th for Seniors 62+ and **MILITARY** with I.D. See the back cover of this issue of WINGSPAN for more details

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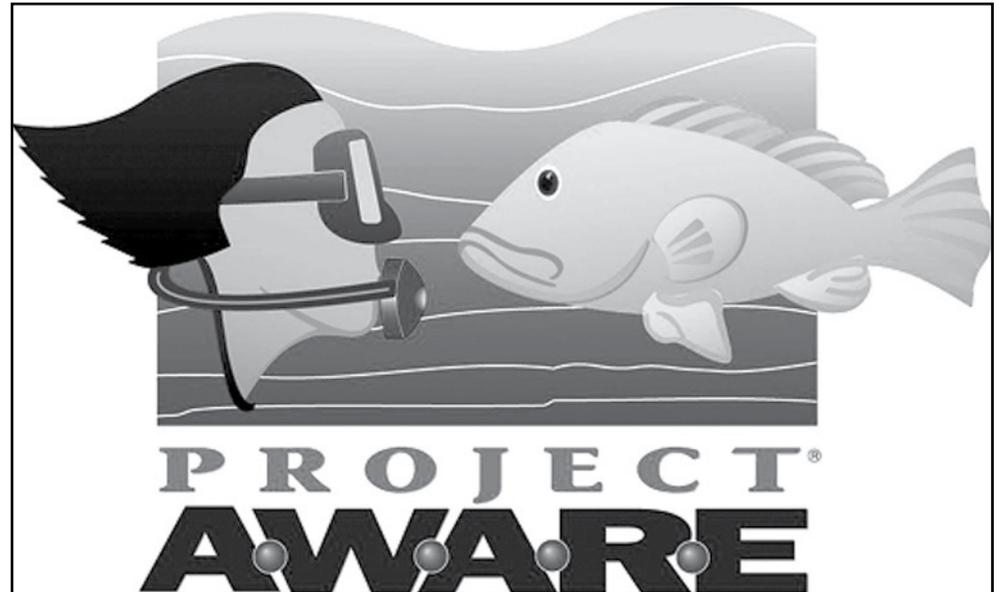
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FCPOA sponsoring beach cleanup



The First Class Petty Officer Association is sponsoring a beach cleanup on Sept. 26 along Ocean Drive – and looking for volunteers.

The cleanup starts at 9 a.m. Volunteers will work in two-person teams, with prizes awarded for the largest item found, the most trash collected by weight and the most unusual item.

The cleanup is part of an international effort by the Project AWARE Foundation, nonprofit organization dedicated to conserving underwater environments through education, advocacy and action. With headquarters in the United States and offices in Australia, Japan, Switzerland and United Kingdom, Project AWARE combats challenges facing aquatic resources in 175 countries and territories with direct support from divers and water enthusiasts worldwide.

While most cleanups include divers working underwater, the Ocean Drive area is too shallow and murky, said cleanup coordinator MA1 Ryan Radtke. Instead, volunteers will work the shore line and shallows.

To volunteer or for more information, contact Radtke at ryan.l.radtke@navy.mil or 961-2288.

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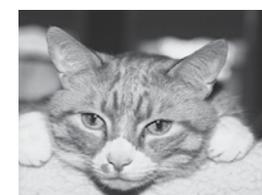
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MCPON Rick West flies with VT-28



Master Chief Petty Officer of the Navy Rick West (center) with Cmdr. Bill Cox, Executive Officer of VT-28, (left) and VT-28 Commanding Officer Cmdr. Brian Hoyt. West flew in a T-34C with Cox for an orientation flight during his visit to Naval Air Station Corpus Christi on Aug. 12. Command Master Chief John Walker from the Office of the Chief of Naval Operations flew with VT-27's commanding Officer, Cmdr. Mark Edwards. 'The flight gave the MCPON an exclusive look into the Naval flight training program, including precision aerobatic and basic flight maneuvering characteristics that comprise the core of our training syllabus,' Cox said.

Photo courtesy VT-28

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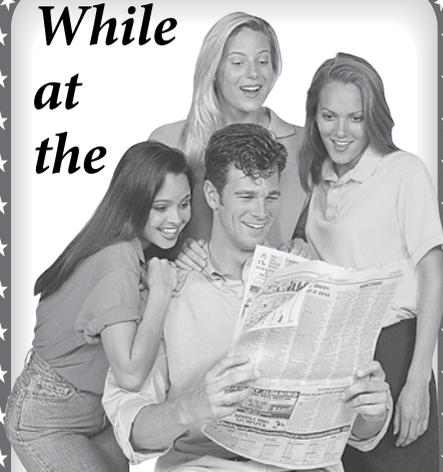
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Ask Dr. Garcia



Garcia

Q: What can cause marriages to breakup?

A: Based on the research on divorce and marital satisfaction, there appear to be two critical times in a marriage when divorce is most likely: (1) the first 7 years of marriage, during which half of all the divorces occur, and (2) at midlife, when people often have young teenage children.

The latter period has been described by some researchers as possibly the lowest point in marital satisfaction during the life course.

In an article published in the *Journal of Marriage & The Family*, researchers studied the predictors of divorce in these two critical periods of a marriage.

They found that different sets of variables predicted early divorce and later divorce.

Negative affect during conflict (e.g., criticism, contempt, defensiveness) predicted early divorcing, but it did not predict later divorcing.

By contrast, the lack of positive affect in discussing the events of the day (e.g., being excited or showing interest in what a spouse had to say) predicted later divorcing, but it did not predict early divorcing.

Thus, it could be the case that marriages characterized by criticism, contempt, and intense fighting dissolve sooner than do those without positive affect.

In marriages without positive affect, people may stay together but become emotionally detached and postpone divorce until their loneliness becomes unbearable and they no longer feel the need to remain married for the sake of the children.

Q: My husband and I are considering marital counseling. What if it doesn't work?

A: Marriage counseling sometimes may not succeed for the following reasons:

One of the spouses doesn't want the counseling to succeed.

They may have become so tired of the marriage that they absolutely

don't want to continue. They may not believe that counseling will succeed, so they do everything possible to sabotage it.

The couple lacks commitment to the counseling process.

They don't really try. There is no motivation. Without spouses' strong willingness to try to do their very best, counseling cannot succeed.

Each spouse blames the other and refuses to take personal responsibility.

Each spouse believes that the entire problem lies with the other person. Or they refuse to admit that there is a problem.

One of the spouses is too immature.

A spouse may be so insecure, unstable, irresponsible, or angry or hostile that he or she causes a great disruption in the relationship and destroys anything valuable in it.

The couple doesn't come to counseling long enough to achieve success.

They may expect instant results and quit coming before the counseling can be of permanent help.

Spouses listen to wrong advice from family or friends.

Instead of making their own decisions, they try to follow what other people tell them to do. Many times, the advice is exactly the wrong way for them to work out the relationship.

The couple selected the wrong counselor.

Each counselor has particular skills, qualifications, education, and specialties. The couple needs to select the person with the appropriate education, background, and interests to deal with their particular problems.

Marriage counseling can encourage a commitment, motivate the couple to take responsibility, encourage change, and improve communication.

In some instances, it may not be possible to help, but only by giving marriage counseling a chance can its potential benefits be discovered.

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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MilitaryHOMEFRONT is the Department of Defense website for official quality of life information, resources, policy, and guidance designed to help service members, families, leaders, and service providers.

Visitors to **MilitaryHOMEFRONT** will find great tools and features uniquely designed for the military community.

Service members & families – find resources to support parenting, child care, deployment, transition, employment, moving, and special needs.

Leadership – find clear, concise, and up to date (branch specific) information on top issues that affect your command.

SPECIAL FEATURES:

MilitaryINSTALLATIONS is a searchable directory of programs and services on military installations, allowing you to quickly find contact information, websites, installation overviews, maps, and directions before you even arrive at your new installation.

PlanMyMove lets you create customized moving tools, such as calendars, to do lists, and arrival checklists, all intended to help you get organized and to make your next move as smooth as possible!

Both of these tools will also connect you to reliable sources for information about programs and services outside the gate.

HOMEFRONTConnections provides a social networking environment for those who are in the military, in a military family or who support the military and their families.

HOMEFRONTConnections provides a password protected location to meet online. Within the site, groups (or Communities) can share best practices, post pictures and videos, or just talk about the work they are doing with others who are also supporting our service members and their families.

For more information about this and other great resources, call the NASCC Fleet & Family Support Center at (361) 961-2372.

Budget for Baby Class offered by NMCRS

Expecting a new member of your family?

Come explore topics related to the financial aspects of your new addition at the Budget for Baby Class sponsored by the Navy Marine Corps Relief Society.

The class will be held at 10 a.m. on Sept. 30 at the USO on Naval Air Station Corpus Christi.

Refreshments will be provided.

Every eligible parent (one per family, enlisted and officer) will receive a "Baby's First Seabag," which includes a layette valued at \$100 and a handmade baby blanket.

For more information, call the NASCC NMCRS office at 961-3482.

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Editor continued from page 2

critical skills to reenlist. And with retention up across the board, there's not as much need for the incentive. But they are targeting SRBs more carefully.

"For the first time, Sailors who receive an 'early promote' rating on their most recent regular evaluation may reenlist early for SRB anytime during the fiscal year (FY) of their end of active obligated service (EAOS)."

Rules for Extensions to Change This Fall released 8/25/2009

The Navy is tightening up the Short Term Extension (STE) policy Oct. 1, affecting obligated service (OBLISERV) rules for enlisted personnel because the number of STEs has "risen substantially" in recent years.

Currently, a Sailor has to obligate for 12 months when they receive orders to sea duty, unless DoD area requirements are greater. The new policy will require 24 months of obligated service, with some exceptions.

And you now can have a maximum of only two STEs per enlistment contracts, with individual extensions limited to a maximum of 23 months; the total of all extensions cannot exceed 24 months.

"Sailors choosing not to obligate for the required 24 months but have more than 12 months of contract time left will be assigned based on the 'needs of the Navy' or, if eligible, will be encouraged to voluntarily separate at end of obligated service {EAOS} or projected rotation date {PRD}, whichever is closer. Those assigned 'needs of the Navy' orders will not necessarily stay at their present command."

Orders Negotiation Window Shrinking; Sailor Involvement Key released 8/27/2009

The window to negotiate orders is getting smaller. Currently, you negotiate from nine to five months prior to your projected rotation date (PRD). Now, the window will be nine to seven months prior – a three-month window before you are considered eligible for an involuntary "needs of the Navy" assignment.

Navy leaders say the change should provide earlier orders for a permanent change of station, making life a little easier both for the Navy and the Sailor's family.

The change is being phased in to ensure no one has less than three months to negotiate.

Most 'Fall Rollers' Won't See Orders Until October released 8/27/2009

If you've already got a PCS move scheduled for fiscal year 2010 and are wondering where your orders are, don't fret – a policy change means the orders can't be issued until the FY 10 funding is in place.

That means about 14,000 Sailors won't get a hard copy of their orders until after Oct. 1 as the Navy's current PCS funding account runs dry.

It's all the result of a policy change last year that affects all services.

Called the PCS Obligation Policy Change (POPC), it requires that funding must be provided at the time the PCS orders are written.

Previously the Navy could issue orders once a PCS move was negotiated and supply funding when the move occurred.

PROTECT PETS

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NEWSLETTER OF THE CORPUS CHRISTI COUNCIL, NAVY LEAGUE OF THE UNITED STATES

10 September 2009 ISSUE



USS CITY OF CORPUS CHRISTI (SSN 705)

RULES FOR MWR ACCESS

NLUS members may apply for a MWR Access Card with picture. The expiration date will be equal to the expiration of their Navy League Card/ not longer than 3 years.

To simplify the process, NLUS members may email **1) NAME - 2) Date of Birth 3) Driver's License Card Number / State** to CorpusNavyLeague@aol.com. This will be forwarded to Base Security and back to you with your NLUS Member Number. After 3 days - check at Pass and Tag / Flour Bluff Gate - to see if your card has been approved. Be prepared to show your Drivers License, current proof of insurance, and registration.

This card is not needed by Military Dependents/ Retirees who already have an issued Military ID Card.



Corpus Christi Council

Established -1947

"The objective and purpose of the Navy League is simple - to educate & motivate the American people with regard to the role of sea power"

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(NAVY~ MARINES CORPS ~ COAST GUARD ~ MERCHANT MARINE)

PARTNERING with the City of Corpus Christi 2009 VETERAN'S AND MILITARY SUMMIT

What: 2009 Veteran's and Military Summit

When: 9 a.m.-3 p.m. Saturday, Sept. 26

Where: American Bank Center, 1901 N. Shoreline Blvd., Corpus Christi, Texas 78401

The 2009 Veteran's and Military Summit is co-hosted by City of Corpus Chirist & U.S. Rep. Solomon P. Ortiz, who is scheduled to speak at the summit during the opening ceremony from 9 to 10:30 a.m.

Representatives with the U.S. Department of Veterans Affairs and the State of Texas will be there to speak to veterans and active military personnel about benefits, retirement and medical services available to them. Workshops will be held for veterans on benefits, employment opportunities and business development. "Topics that will be discussed are employment, healthcare, and business development," Ortiz said. "This summit is for you—the veterans—who have served our dear country so willingly and put your life at stake for ours. If anything, this summit is a small token of appreciation for what you have done for us."

The summit will host a job fair, a health fair, exhibits, door prizes and refreshments. For more information about the 2009 Veteran's and Military Summit, contact Joel Munguia, grants and special projects coordinator, at (956) 541-1242, or joel.munguia@mail.house.gov.

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Husband/Wife Life - \$750

Community Affiliate - \$400
(4 memberships + 1 year advertising)





CORPUS CHRISTI REGIONAL
TRANSPORTATION AUTHORITY



Go Green

Save Money. Get Fit.
Help the Environment.

GOING PLACES TOGETHER

You may have noticed RTA's new look around town. The entire fleet will share the exciting transformation. Don't wait any longer...leave your vehicle at home and ride with us for less!

For additional route information give us a call at 361-883-2287 or visit us online at www.ccrta.org.



The Corpus Christi Regional Transportation Authority
Enhancing the quality of life for our community.

10th Annual

Fall HOME & GARDEN Show

SEPT. 11-13

AmericanBank CENTER.

FRI. 2-7 • SAT. 10-7 • SUN. 11-6

Compliments by



LIVE Saturday

Ali Azhar
DESIGN @ DIME



expoltd.com 882-2071



FREE ADMISSION FOR MILITARY ON FRIDAY

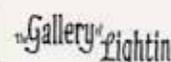
MILITARY DISCOUNTED
ADMISSION SAT. & SUN.

Register to WIN Daily Grand Prize Giveaway

Friday:
\$ 1,800 Phone & Travel Package

Saturday:
\$ 2,700 Home Theater Package

Sunday:
\$ 2,000 Lighting Package



AD ADMISSION PROMOTION. MUST BE 18 YEARS OF AGE. SOME LIMITATIONS APPLY. VISITING TV AND BOOK STORE.

ADMISSION ONLY \$ 5.00 * KIDS ARE FREE