

Active Duty Fund Drive underway for Navy-Marine Corps Relief Society onboard NAS Corpus Christi

by Wendy Olson Killion

The 2006 Active Duty Fund Drive in support of the Navy-Marine Corps Relief Society has begun! The Fund Drive is being conducted from March 1 through March 30.

The Navy-Marine Corps Relief Society provides assistance to Sailors, Marines, and their families in their times of need. In 2005, your NAS Corpus Christi NMCRS office distributed \$398,743 in loans and grants to more than 600 personnel. This included nearly \$108,000 issued in direct assistance for Hurricanes Katrina and Rita. Last year the Fund Drive at NAS Corpus Christi raised nearly \$76,000.

Worldwide the society distributed more than \$35 million in aide including over \$2 million for hurricane relief. The majority of loans and grants provide financial relief during unforeseen emergencies. Many of these grants assist with basic living expenses,



es, emergency leave travel and automobile repairs. Your donated dollars provide relief to fellow service members in their time of need.

Drug-Free Workplace Program staple for enhancing Navy readiness, productivity

by Elva Hernandez

The Department of the Navy promotes a zero tolerance of illegal drug usage. It is committed to having a drug-free workplace, as it not only does it increase a safe working environment, but also improves productivity. Most importantly, it helps keep valuable employees.

Drug testing is not something that the Department of the Navy, your Commanding Officer, specimen collectors, or lab technicians dreamed up. It was mandated by Executive Order 12564 that was signed by the late President Ronald Reagan on Sep. 15, 1986. The order states in part, "The Federal Government, as an employer is concerned for the well-being of its employees, the successful accomplishment of agency missions, and the need to maintain employee productivity."

This statement could not be more applicable in today's time of world turmoil. All of us must be alert, ready, and able to accomplish our mission, whatever it may be.

Employees frequently ask me who should be tested and how employees are selected. Well, the answer is very simple. All Department of the Navy appropriated fund employees in a Testing Designated Position (TDP) and those with a Top Secret or Secret Clearance with access are required to undergo mandatory testing at regular intervals. After all, we don't want medical personnel, fire-

fighters, or employees handling explosives or sensitive documents while using illegal drugs. Can you imagine the consequences? As the Drug Program Coordinator (DPC) for South Texas, I enter the names of these employees into a computer and pool them together by Command. When it is time for testing, the computer randomly selects names to be tested. I then notify the supervisors, who in turn inform their employees of the time and place for specimen collection.

The next question asked is, "What are you looking for?" The drug-testing program is designed to specifically look for illegal drugs such as cocaine, marijuana, amphetamines, opiates, and PCP. These drugs can deter good judgment by creating highs and lows, hallucinations, and in some cases cause death.

Any employee who tests positive for illegal drugs will be immediately removed from their TDP either through re-assignment or detail, referred to the Civilian Employee Assistance Program (CEAP), and subjected to disciplinary action. Removal from Federal service is appropriate if the employee refuses rehabilitation through the CEAP. Removal from Federal service is mandatory for the second offense.

The Drug-Free Workplace Program includes a provision for "Safe Harbor." This **Drug Free continued on page 7**

Donations are accepted in the form of payroll deductions (allotments), checks or cash. Service members are encouraged to contribute by allotment since the donation can be spread over a 12-month period, thereby minimizing the financial impact on a member's budget.

One hundred percent of your donations go back to helping your fellow service members and their families. No part of your donation is used for administrative costs.

For those unable to make a monetary donation, the Society would be pleased to have their assistance as a Society Volunteer. See your command key person for details.

If you have any questions, contact your command key person or the local or regional Fund Drive coordinators. At NAS Corpus Christi, your Fund Drive coordinator is CSC (SW) Larry Lising at 961-2468 and the regional coordinator, also aboard NAS Corpus Christi, is Chief Stanfield at 961-1679. Any other questions can be directed to your local Navy-Marine Corps Relief Society office at (361)-961-3482. We thank you in advance for your donations and support.

Marking Ash Wednesday



NAS Catholic Chaplain Capt. Brian Kelly shares the gospel with parishioners during the Ash Wednesday Mass, as a statue of the Virgin Mary overlooks his right shoulder. Ash Wednesday marks the start of the Lenten season, when faithful Christians prepare for the passion, burial and resurrection of Jesus Christ. (Photo by JO2 Jeffery Fretland)

St. Patrick's Day pays tribute to Irish culture, heritage

by JO2 Jeffrey Fretland

Whenever St. Patrick's Day is mentioned, thoughts of shamrocks, green beer, corned beef and cabbage often come to mind. But there is much more to St. Patrick's Day than most people realize. St. Patrick's Day has come to symbolize the very essence of Irish culture and heritage.

St. Patrick's Day, observed on March 17, is named after Ireland's patron saint of the Roman Catholic Church. He was born in Britain to a socially prominent, well-to-do family. Patrick was kidnapped and captured by a flock of Irish pillagers who destroyed his family's sprawling estate. He was taken to Ireland at the tender age of 16, and subsequently confined for six long years. Patrick found solace laboring as a shepherd when not in a cell, tending herds of sheep and goats. He turned to his Christian faith for comfort, and became highly devout. Patrick, upon his conversion, became bound and determined than ever to proselytize the Irish people to Christianity.

Patrick escaped by boat to Britain. He experienced a revelation, where an angel informed him in a dream to return to Ireland as a missionary. Patrick entered the religious life, and spent 15 years studying fervently.

After his ordination, he returned to Ireland for a fervent, dual mission. He was to share the Word of God with Irish Christians, in addition to promoting Christianity among Irish non-believers.

Interestingly, as he was acquainted with the Irish language and culture, Patrick realized wisely it was beneficial to incorporate traditional native customs and beliefs into Christian teachings, rather than totally removing and eradicating them. Patrick initiated the practice of setting bonfires during Easter services, as the Irish people were accustomed to honoring their gods with fire. Patrick also created the Celtic cross. He incorporated the sun, a strong symbol of the Irish people, in order to symbolize hope, piety, perseverance and strength.

St. Patrick's Day occurs during the Christian season of Lent. Irish families normally attend church in the morning, and feast during the afternoon. Lenten restrictions regarding meat consumption are waived. The celebrations include singing, dancing and a traditional meal of Irish bacon and cabbage.

The shamrock is worn on this day, as a symbol of good luck and Irish unity, and

St. Patrick continued on page 7

From the Skipper

Volunteerism a caveat of Navy service

by Capt. T.E. Coolidge



Coolidge

In the hustle and bustle of this fast paced, modern-technology based world we live in, we often overlook the need to assist others. Part of our Navy heritage and core values requires us to give back of our time and ourselves, in order to assist others, and the community at large. I'm speaking of volunteer efforts, and there are several great opportunities here and around the Coastal Bend where you can contribute your time for the betterment of the community.

First of all, one of the greatest needs for community service is at the USS Lexington (CVA-16) Museum, located on Corpus Christi Bay adjacent to North Beach. Several openings are available for library assistants, tour guides, youth overnight program coordinators, cart drivers, and maintenance personnel (some specialty repairs require a li-

cense). You can volunteer only once a week, or several weekends per month. The point of contact is Maggie Ramsey at 1-(361)-888-4873, or 1-800-LADY LEX.

Another entity requiring volunteers is the Texas State Aquarium, situated just south of the Lexington, adjacent to the Harbor Bridge. The Aquarium is continually looking for volunteers to train as tour guides. It's a fabulous way to experience and share first hand knowledge of the different fish and plant life that inhabit our gulf coast waters. In addition, you'll have the unique opportunity to see many of the critters in an up close and personal fashion.

Other agencies searching for volunteers include the Junior Achievement Program, local Boys and Girls Clubs, (including NASCC and Naval Station Ingleside) the YMCA/YWCA, 4-H Clubs, the American Red Cross, the Corpus Christi Parks and Recreation Department, the Art Museum of South Texas, the Texas Museum of Asian Cultures and a host of other sports, cultural

and civic organizations. You can also be a positive influence in local schools, such as assisting kids with their homework, or reading to them several times a week. Volunteering in the Senior Citizens Centers or Assisted Living Facilities brightens the lives of those who are alone or lonely.

We have a number of organizations on base here requiring the assistance of highly motivated, highly dedicated volunteers. Some of the various agencies include Navy Teens, the Zone Youth Center, and Morale, Recreation and Welfare programs. Providing some of your time, especially to youngsters, is just the antidote to keeping them away from drugs and alcohol. For more information on Navy Teens and other programs, contact Myra Brown at 961-2641.

So give a little extra of yourself, and bring a healthy, happy dose of caring and compassion to others. You may not always know just how deeply you touched other peoples' lives.

Chaplain's Corner

Live a life that matters

by Chaplain Jairo Moreno

Ready or not, some day it will come to an end. There will be no more sunrises, no minutes, hours or days. All the things you collected, whether treasured or forgotten, will pass to someone else.

Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or what you were owed. Your grudges, resentments, frustrations, and jealousies will finally disappear. So too, your hopes, ambitions, plans, and to-do lists will expire. The wins and losses that once seemed so important will fade away.

At the end, it won't matter where you came from or on what side of the tracks you lived. It won't matter whether you were beautiful or brilliant. Even your gender and skin color will be irrelevant.

What will matter is not what you bought,

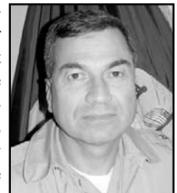
but what you built. It is not what you received, but what you gave. What will matter is not your success, but your significance. What will matter is not what you learned, but what you taught.

What will matter is every act of integrity, compassion, courage, or sacrifice that enriched, empowered, or encouraged others to emulate your example. What will matter is not your competence, but your character. What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone.

What will matter is not your memories, but the memories that live in those who loved you. What will matter is not how long you will be remembered, but by whom and for what you will be remembered.

In the last two-and-one-half months we the people of Navy Region South have experienced lots of pain because of the loss of life. These losses include important people

such as a family member, a friend, a son or daughter. I can count nine of them. To me it has been very difficult to go through this process, especially when we experience the loss of a child. But I question myself over and over: what will be my legacy if I have to go? What it is that I am giving to those who I love, and love me? Then, I have to stop and see the importance of coming out of any struggle that blocks me from understanding what matters. We need to live every minute if that will be your last one. Love and be loved. Give because you love, not expecting to receive. Give because it is the right thing to do. Living a life that matters doesn't happen by accident. It's not a matter of circumstance but choice. Choose to live a life that matters.



Moreno

Healthwatch

Good nutrition essential for healthy lifestyle

by Lt. Nate Ruttig



Ruttig

Good nutrition is one of the keys to good health, and March is National Nutrition Awareness Month. Having "good" nutrition means regularly eating foods that are high in vitamins and minerals and low in fat. Drinking milk everyday for calcium and eating foods high in fiber are also "good" choices. If you are overweight, have diabetes, can-

cer, high blood pressure, high cholesterol, a family history of osteoporosis, than talking with your doctor about nutrition is especially important.

Making dietary changes is not easy. Make small, slow changes, instead of trying to make large, fast changes. Small changes will be easier to make. Every few days, keep track of the foods you have eaten by writing down what you ate and drank that day. Use this record to help you see if you need to eat more from any food groups, such as fruits, vegetables or dairy products. Another good tip is to think about asking for help from a

nutritionist-- especially if you have one of the above medical problems that require you to follow a special diet. When eating away from home, watch out for "hidden" fats, like those contained in salad dressings and desserts and larger portion sizes. Read the nutrition labels on foods before you buy them. If you need help reading the labels, consult your doctor or nutritionist. Drink water or low-calorie beverages such as unsweetened tea and diet soda.

Even if your weight never changes, balanced nutrition and regular exercise are vital keys to a healthy life. This month, celebrate your health by improving it, and don't be afraid to consult your healthcare provider for any questions/concerns that may arise.

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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Wingspan is an authorized publication for members of the military services, civilian personnel and their families. Its contents do not necessarily reflect the views of the U.S. Government, the Department of Defense, Department of the Navy or the Department of the Army, and do not imply endorsement thereof. Wingspan is published every other week by D.J. Young Publishing, 3601 Tripoli, Corpus Christi, Texas 78415, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Air Station Corpus Christi, Texas.

The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station, Corpus Christi, Texas. Stories and photos not otherwise attributed are written by the Wingspan staff. The address is: Commanding Officer, NAS Corpus Christi, Attn: Wingspan, 11001 D St. Suite 143, Corpus Christi, Texas, 78419-5021. All news releases should be sent to the above address. Please call (361) 961-2674 for deadline information.

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Worship Services

CATHOLIC WORSHIP SERVICE

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

PROTESTANT WORSHIP SERVICE

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

JEWISH WORSHIP SERVICE

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

ISLAMIC WORSHIP SERVICE

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

STATION SPOTLIGHT



Kenneth Parker
Youth Center Unit Director

A native to Smithfield, Va., Unit Director Kenneth Parker has been working with the Boys and Girls club for more than 8 years. He has been working with the Youth Center at NASCC for nine months. Kenneth interacts with children in the Youth Center and teaches them how to work together. Kenneth enjoys watching the kids grow as individuals and sees how they will become important role models to those around them as they grow into responsible people. Kenneth can be found working hard

American Red Cross Month recognizes volunteer service on board NAS

Story by JO2 Jeffrey Fretland

March has officially been designated National Red Cross month. It is a time to recognize and honor the selfless service volunteers provide to their country in times of urgent need.

Whenever disaster strikes, both at home or abroad, the American Red Cross has been called to assist. The Red Cross has been extremely busy, providing much needed physical and financial resources to earthquake victims in Pakistan, and the tsunami victims in Sri Lanka, India, Thailand, Malaysia, Indonesia and the Maldives. The Red Cross has also aided Hurricane Katrina and Rita refugees, and Philippine nationals affected by the recent mudslides. The Red Cross accomplishes a great deal more than providing disaster relief, however.

The Red Cross stands shoulder-to-shoulder with the United States Armed Forces, providing support missions on military installations. One of these important services includes providing and dispatching emergency messages for deployed service members. The messages are delivered promptly around the clock, 365 days a year. In addition, Red Cross staff members provide briefings to military personnel on support and outreach programs available to them and their spouses. In addition, the Red Cross provided nearly \$1.7 million in financial assistance to spouses and families of military members

deployed overseas during Operation Iraqi Freedom. The American Red Cross also provides first aid and lifesaving training, and water safety. They recruit millions of people for blood donations annually.

The establishment of the Red Cross harkens back to the days of Civil War nurse Clara Barton. She risked her life caring for seriously ill and injured soldiers. Through her determined efforts, Barton established the Red Cross in 1881 through donations to assist widows and orphans financially, in addition to displaced Union and Confederate war veterans. Barton expanded the organization to provide emergency relief during times of imminent natural disasters, such as floods, fires and hurricanes.

In a recent statement, President Bush said, "Over one million Red Cross volunteers help make our country stronger and more compassionate by relieving suffering and saving lives every year. The USA Freedom Corps initiative will provide the Red Cross with even more volunteers to help further its important mission. As we celebrate American Red Cross Month, I call on all our citizens to recommit to serving others in need. Collective acts of kindness and compassion point the way to a brighter future for our Nation and the world."

Volunteer services on board NAS include opportunities working in several different



CS2(AW) Trina Johnson
Administrative Assistant, CMC Office

A native of Davenport, Iowa, Johnson has been onboard NASCC since November 2003. Originally billeted to the Combined Bachelors Quarters, Johnson was the central cashier. In January 2005, she moved to her current assignment as the CMC's administrative assistant.

Some of Johnson's duties are: maintaining files and scheduling the daily routine for the Command Master Chief and coordinating the Military Member of the Year/Quarter Program and luncheon.

"I like working with the old guy," laughs Johnson when asked about what she likes about her job, "I like hearing Master Chief's sea stories. I like mingling with different people and getting to help others."

Johnson is taking college courses in Criminal Justice at Park University.

Johnson enjoys reading, playing the guitar, video gaming, snowboarding, and skiing.

Johnson is currently single with one miniature dachshund named Sammy.

areas of the naval hospital, and other on base locales. For more information, contact Betty Weber, American Red Cross coordinator for resource management at 887-9991, ext. 24. A second point of contact is head volunteer

Edna Everett, 961-2999, or visit her at the Naval Hospital Corpus Christi pharmacy department service desk.

Simulating the effects of drunken driving



Helicopter Mine Countermeasures Squadron 15 recently hosted the Save-a-Life Tour Feb. 16-17 hoping to educate service members about drinking and driving. L12 Paul Hewitt carefully wends his way through the virtual simulated driving environment while Save-A-Life Tour staff member Nathan Ploeg instructs him on his mistakes. The immersive multi-screen state-of-the-art drunk driving simulator allows people to experience firsthand how alcohol impairs driving skills. (Photo by L11 Janell Alvarez)

Morris takes reins as new Navy Region South Fire Chief

Story and photo by JO2 Jeffrey Fretland

He arrived in mid-January, departing Italy on a compressed timeline. He did not leave so quickly that he didn't grab a final capuccino on his way to the airplane! New Navy Region South Fire Chief John Morris shakes his head and smiles slightly now, vividly recalling his arrival to Naval Air Station.

His introduction to the "Corpus Metro" (referring to the NAS Corpus Christi, NAS Kingsville, NSI Ingleside installations) fire department's capability came as two aircraft mishaps occurred within three weeks time, including the tragic loss of two aviators on January 27.

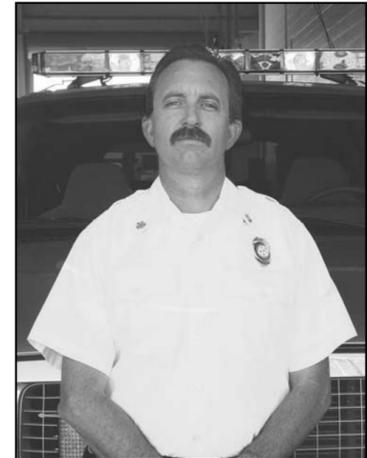
"The op-tempo associated with a training command comes with increased risks simply due to sheer numbers of flights," said Morris. "My impression of the organization was extremely positive. The initial response, coupled with move-ups of personnel from surrounding bases resulted in a well coordinated effort that also included mutual aid from the City of Corpus Christi and Flour Bluff fire departments."

The Ventura, Calif., native previously served from 1997-2005 as Assistant Chief of Operations and then Fire Chief at NSA Naples, Italy before taking the reigns as the Navy Region Europe Fire Chief in April 2005. Morris began his fire service career in 1987 with the U.S. Forest Service, and then joined the Navy Fire Service working at CBC Port Hueneme, Calif., in 1989.

Morris indicated one of his major objectives he hopes to accomplish while here is to implement and maintain the best business practices.

"That's our biggest goal," explained Morris. "All the bases are doing extremely well individually, but we would like to operate more as a consolidated organization, focusing on how we can leverage each base's inherent capability to better serve the 'metro' and thus support the Navy mission. We want to provide top-notch service to all the installation CO's, and the people they are responsible for."

Other initiatives Morris would like to see are to continue concentrating on fire preven-



Navy Region South and NAS Assistant Fire Chief John Morris arrived on board in late December.

tion through greater public education.

"We want to capitalize on our successes," said Morris. "We want to teach the young children while they are still reachable. Our Fire Prevention programs reach a significant segment of the population, including military, civilian, dependents and contractor personnel, providing workplace fire safety training as well as age appropriate public education, including indoctrination training for new arrivals as well as various school age programs."

"The Navy Fire and Emergency Services program has benefited over the past couple years as senior leadership has invested in the safety of our personnel," said Morris. "This resulted in major investments in personal protective equipment improvements, including new SCBA's (Self Contained Breathing Apparatus) and turnout gear. Additionally our firefighters continue to see an influx of new fire trucks at all of our installations. NAS Corpus Christi will have three new Airfield Rescue and Fire Fighting (ARFF) vehicles this fiscal year. Quality of life has improved markedly as personnel moved into a brand new Public Safety facility in addition to reoccupying the old fire station following a renovation."

Morris is also concerned about his small contingent of active duty military firefighters. He's strongly encouraging them to study and make rate. He's dedicated himself to making certain they obtain everything they need to succeed both as firefighters and in their follow-on tours.

"I definitely want them to advance and

make rate," said Morris.

Morris says the NAS Fire Department averages three to five calls per day.

"Fifty to seventy-five percent of these are emergency medical call responses," acknowledged Morris. "The most interesting was the T-34 crash Jan. 27. I was impressed with the way all the military and community agencies worked together. It gave me a snapshot view of our entire process, including all facets of the first responder community as well as the other agencies with significant supporting roles."

Morris and his wife, Donata, reside in Corpus Christi. They are becoming used to their new surroundings but still miss Italy.

"I still crave my ten espressos every day!" laughed Morris.

MARCH/APRIL CALENDAR OF EVENTS

On March 18 and 19 the NAS Corpus Christi Commissary will hold one of the largest case sales ever seen on base! There will be a minimum of three tractor-trailers of groceries available, with unbelievable prices. Most of the prices are from 60 percent to 80 percent off regular price. The sale will be located in the parking lot of the Commissary. Don't miss the sale of the year, by size and definitely by price!

Don't miss the South Texas Shootout!! The 2006 Air Show will be held April 1st and 2nd at NAS Kingsville. Headlining the event will be the ever-popular Navy Blue Angels. The event is free and open to the public. For more information, contact the NAS Kingsville Public Affairs Office at (361)-516-6375.

The American Automotive Association /Driver Improvement Program is being offered on March 23, 24, 28 and 29. The classes are free of charge. The course is mandatory for all personnel required to operate government motor vehicles. The course is one day in length and will be held in Building Seven, Room 210. To register, contact the NAS Safety Department at 961-3673, on-line via ESAMS.

Motorcycle safety classes are currently being offered. The Basic Rider Course will be available March 21-22 and the Advanced Course will be held March 31. For registration, visit the Safety Office in Building Seven, or call 961-3673.

The Operation Paintbrush Program is searching for volunteers. This program paints homes for elderly residents or people too seriously ill or injured to maintain their homes. For more information, contact AC2 Ashley Drange at 961-2503.

The South Texas Special Olympics Games are just around the corner. The Special Olympics committee is looking for volunteers. The games will be held Sat., April 1 at the Flour Bluff High School stadium beginning at 9 a.m. For more information, contact Myra Brown at 961-2641.

MWR News and Events

by Laurie Garcia, NAS MWR

Sign-Up for Baseball at Youth Activities

Get your baseball glove and bat ready! It's time for baseball! Navy Youth Major League Baseball registration is ongoing for ages 4 to 9 at the Youth Activities Center. Opening ceremonies are scheduled for Saturday, April 1 at 8:30 a.m. The season will end on May 20. Cost will be \$45 per player which includes a pro cap, jersey and a medal.

To get you ready for this years baseball season, Youth Activities will be hosting its first annual MLB Pitch, Hit and Run Clinic on Saturday, March 25. Come out and test your skills of baseball. Clinic will begin at 8 a.m. and will go until noon. **For more information please call the Youth Activities Center at 961-2355.**

Aquatic News

The training dates and times for Lifeguard, CPR and First Aid courses are as follows:

April 1-2: Noon - 6 p.m.

April 8-9: Noon - 6 p.m.

April 22-23: Noon - 6 p.m.

The Oasis pool will be opening for lap swim on April 4. The hours of operation for the Oasis Pool will be as follows:

Tues. - Fri.: 11 a.m. - 1 p.m.

4 p.m. - 6 p.m.

Sat.: 10 a.m. - 1 p.m.

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

Corpus Christi Bay Club

The Corpus Christi Bay Club sends out a Happy St. Patrick's Day to all of it's members and patrons. Come join the CCBC for their monthly specials celebrating "The Luck O' the Irish".

Specials for March:

March 18: Flaming Kabobs - \$13.95

March 24: Shrimp En Brochette - \$13.95

Special Events For March:

March 17 & 31: Winging designation ceremony will be held in the ballroom at 3 p.m.

March 17: Irish specialties will be available to celebrate St. Patrick's Day.

March 25: A FREE meal for CCBC club members only will be served from 5 p.m. - 8 p.m. Delicious chicken fried steak, mashed potatoes and gravy, mixed vegetables, tossed green salad with ranch dressing, hot rolls and butter, coffee or tea. Cocktails and desserts will be available for purchase. Cost for non-members is \$9.50 per adult and \$4.25 for children ages 5-10.

March 31: Mongolian BBQ will be served.

For more information, please call the Corpus Christi Bay Club at 961-2541.

E-Street Gym

Captain's cup Softball League: Register your team at the E-Street Gym before March 17. Pick up a registration packet and fill it out completely. Late entries will not be considered. A mandatory Manager's meeting will be held at the E-Street Gym on March 22 at 4:30 p.m. Send an alternate if the team Manager cannot make it. Games will be played on Mon. - Thurs. evenings.

Sports at a Glance:

Captian's Cup Golf

Deadline: April 7

Event Date: May - Aug.

Tennis Singles Tournament

Deadline: April 21

Event Date: May - June

Captain's Cup 5K Run

Deadline: April 19

Event Date: April 22

For more information, please call the E-Street Gym at 961-2401.

Fitness Express

Battle of the Bulge: Our new incentive program, Battle of the Bulge, began Jan. 15. Workout time at the Fitness Center converts to points. These points will be accumulated in a log at the front desk. Participants may "buy" prizes with their points from an array of prizes including T-Shirts, sweatshirts, caps and backpacks. Come and join the fun!

Group Fitness Classes: A new Pilates, a stretch and tone class, has started on Tuesday night at 4:30 p.m. We also are offering a new cycling class on Monday night at 5:30 p.m. We have more than 29 regularly scheduled class per week. Please ask about special early morning classes not on the schedule. These

change weekly by request of the Command Fitness Leaders.

Operating Hours: The operating hours for Fitness Express are: 5:30 a.m. - 10 p.m. Monday - Friday, 8 a.m. - 6 p.m. on Saturdays, and noon - 6 p.m. on Sundays and holidays.

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

Gonzalez Liberty Center

Paintball Shop: High pressure air fill station is here! Schedule your paintball game with us. Stop paying those high prices out in town when you can get it all here at the GLC. Field is FREE, air is FREE, and the cost of rentals is close to FREE. If you want to schedule a command tournament, let us know! **For more information on any Gonzalez Liberty Program event, please call 961-6405.**

Information, Tickets and Travel

Take a look at what ITT has to meet all your entertainment needs.

Sea World Season Tickets: ITT now has new Sea World Season Passes available for purchase.

One Year Season Pass \$51

Two Year Season Pass \$85

Fiesta Texas Season Tickets: ITT now has Fiesta Texas Season Passes available for purchase.

Early Bird Adult/Child \$49

Early Bird Season Parking Pass \$20

Late Adult/Child \$60

Late Season Parking Pass \$25

Walt Disney World (Florida): ITT has the following tickets available for purchase.

(3) Day Hopper (Adult) \$205

(3) Day Hopper (Child) \$172

(4) Day Hopper (Adult) \$220

(4) Day Hopper (Child) \$183

(4) Day Hopper (Adult) \$235

No Expiration

(4) Day Hopper (Child) \$198

No Expiration

Sporting events: You can get your tickets through the ITT office located in Bldg. 39.

Hours of Operation: The ITT office is open Mon. - Fri. from 8:30 a.m. - 5 p.m. and is located on the Westside entrance of Building 39. **Call ITT at 961-3961 to find out the complete array of tickets available.**

Lighthouse Lanes

March Specials:

Mondays: 75 Cents per game all day .

Sundays: \$1 per game all day.

Rock N Bowl: \$1 games on Saturday nights 7 p.m. until midnight.

There will be no open bowling between 7 p.m. and 10 p.m. on Tues. - Thurs. due to league bowling. Come to the "300 Fun Zone Game Room" for some video game fun!

March Madness: Watch College and Pro Basketball Games with the Big Screen T.V. located inside the bowling center. Pro shop items available during bowling center hours. We also special order items not on hand. Please call 961-3805 for more information. **For more information, please call Lighthouse Lanes at 961-3805.**

Marina/Outdoor Recreation

Discover the excitement of the sailing experience available in the warm waters of the Laguna Madre and the Corpus Christi Bay. Our developed instruction for Mate "A" will help you gain competency and confidence in developing your sailing skills. Continuing your sailing skills in our Skipper "B" qualification class will move you up to the 19' Flying Scot and the 25' Cape Dory.

New this Spring: 18' Sea Ark, center console fishing boat added to the rental fleet. Two-line trick kites. Fishing Kayak: Outfitted with everything you need. Motor boat Qualification Classes are available: Please reserve your spot in the class. Come by Building #1757, on the waters edge of the Laguna Madre behind the housing office. **For more information, please call ORAC at 961-1293.**

Youth Activities Center

The Youth Activities Center has a month of fun activities planned. Just take a look at what is in store for you .

March 16: Billiard Tournament 6 p.m. - 8 p.m.

March 17: Image Makers 6 p.m. - 8 p.m.

March 18: Teen Lock-In 10 p.m.

March 20: Power Hour 6 p.m. - 8 p.m.

March 21: Keystone Meeting 6 p.m. - 8 p.m.

March 22: Cooking Club 6 p.m. - 8 p.m.

March 23: Fitness Authority 6 p.m. - 8 p.m.

March 24: Madden Tourney 6 p.m. - 8 p.m.

March 25: 3 on 3 Basketball Tour. 6 p.m. - 8 p.m.

March 27: Power Hour 6 p.m. - 8 p.m.

March 28: Cooking Club 6 p.m. - 8 p.m.

March 29: Art Club 6 p.m. - 8 p.m.

March 30: Billiard Tournament 6 p.m. - 8 p.m.

March 31: March Birthday Party

For more information, please call the Youth Activities Center at 961-2355.



CLASSIFIEDS

MAKEUP NOW From the latest on-trend colors to the classics, I can help you create a look for every occasion and every new outfit in your wardrobe. Call today for your complimentary color make-over.

LINEERASER-Minimize the appearance of fine lines around the eyes for smoother, younger-looking skin with TimeWise® Age-Fighting Eye Cream. You'll love seeing the anti-aging benefits.

Christine H. Young

Independent Senior Sales Director

Career Opportunities Available

Phone: 361-779-7119

www.marykay.com/chyoung

FULL TIME LIVE-OUT NANNY needed in Portland Care for twin 18 month old boys. If interested Contact Kim 242-4731(d) 777-0559 (eve) or kimandstick@yahoo.com. (1/2)

FOR SALE: 2003 BMW 325i, 32,200 miles, 5-spd, dark grn, tan lthr, 6-disc Harmon Kardon system, excellent condition. Extended warranty to Nov 06. \$24,000. 361-548-6319.

Smokers (trying to quit), Asthma and Emphysema patients. "The Sports Breather" is a must for anyone wanting to increase their endurance, tone abdominal muscles, or just breathe better. AND there is no risk to YOU because of our 100% money back LIFETIME GUARANTEE. www.health-fitness-center.com. 877-419-1729 toll free or 361-852-2474. (mention you saw it in WINGSPAN for your Military Discount).



VERY NICE, LARGE HOME FOR LEASE ON TRENDY SOUTHSIDE \$1750/MONTH AVAILABLE JULY 1

7510 KEELUNG DRIVE

Great two story Mediterranean style home located near Yorktown Baptist Church. 2,100 sq. ft. 4-bedroom, 2.5 bath/2 car garage. 5 minutes from 2 golf courses. Open to lease with option to buy. Purchase price \$200,000. Call 361-510-1778.

Runners, Joggers, Cyclists, Body Builders, Swimmers.

"The Sports Breather" is a must for anyone wanting to increase their endurance, tone abdominal muscles, or just breathe better. AND there is no risk to YOU because of our 100% money back LIFETIME GUARANTEE. www.health-fitness-center.com. 877-419-1729 toll free or 361-852-2474 (mention you saw it in WINGSPAN for your Military Discount).



Career Counselor's Corner

VMET beneficial for occupational searches after leaving military service

by NCCS (SW) Terri Green

A Navy initiative, launched nearly two years ago, has now become reality for all military services. The web site, listed below, allows individual service members to obtain their Verification of Military Experience and Training (VMET) document via their own personal computers.

By going to this address, <https://www.dmcd.osd.mil/vmet> service members can process requests for the DD Form 2586 on-demand. Individual documents are immediately available for download and printing by all service members.

The DD Form 2586 contains education and training data on skills acquired by the service member while serving on active duty. The primary purpose of the document is to assist transitioning military personnel in their civilian job searches by comparing and cross-referencing military skills with civilian job fields. This document is also very helpful in the preparation of job resumes for post-service employment.

For more information, contact the NAS Career Counselor's Office at 961-3611/3612, or visit your command career counselor.

Military Photograph Competition



"Snow" photo contest extended to April 1! Calling all military photographers - need

snow photos! Due to amazing success and continued interest in "SNOW: The South Texas Miracle 2004," Red Cab Publishing launched photo contest II for a possible second book. Deadline for entries has been extended to **Saturday, April 1.** Entries can be mailed to **Red Cab Publishing (807 Craig Street, Corpus Christi, Texas 78404).** For more information, contact Deborah Perry at Perry Communications, (361)-442-4538. **All snow books are available on www.texassnowbook.com.**

Housing Center offers availability, information on base housing, referrals

Story and photos by JO2 Jeffrey Fretland

With the huge change in military housing operations from government to privatized quarters, military families reporting to the Naval Air Station often have questions and concerns regarding availability and eligibility. These worries can often be alleviated by paying a visit to the NAS Housing Referral Center. Located in Building 3600, the Housing Referral and Welcome Center is ready to assist military personnel with housing concerns, according to Gale Dyckman, Housing Installation Program Manager for Navy Region South.

"We want everyone to know we're here and available," explained Dyckman. "It's a big enough hassle, having to move yourself and your belongings from one duty station to another. The last thing you should have to worry about is searching for a place to live. We want to make the transition as smooth as possible for service members and their families. We also do referrals for apartments and homes in the Corpus Christi area."



One of the spacious housing units, located on Wise Owl Drive in the Laguna Shores subdivision. The average floor plan in a Laguna Shores module is 798 square feet.

construction, the wait time for on-base quarters may be up to two years or longer, depending on the type of unit needed."

For a two-or three-bedroom unit, there is a three to six month wait. For a four bedroom unit, potential occupants will have to wait six months to a year, or possibly longer. Presently, there are 51 four-bedroom units, 36 units with two bedrooms, and 70 three-bedroom units. All were constructed in a condominium/townhouse style floor plan arrangement.

The Laguna Shores housing addition, adjacent to the marina, has units that were recently remodeled. First opened in 1997, all of the town homes have brand new carpeting. Appliances are updated and replaced on a regular basis.

In addition, the Coastal Cay and Safe Harbor subdivisions boast all new appliances, including refrigerators, microwaves, and washer/dryer connections. A major between the housing units exists with the floor plans. The Laguna Shores housing has 798 square feet of space, compared to 1,488 ft. on average for the Coral Cays and Safe Harbor subdivisions.

Dyckman noted units for handicapped individuals are available, as well.

"We do have a few of these homes, and all are located on Huey Drive," said Dyckman. "If we do not have any families with members requiring special needs, then we give it

to the first available family on the list. We're not going to turn anyone away without doing everything we can to meet their respective needs."

The bulk of the housing units on board NAS are a PPV venture. The only exceptions are the senior Flag Officer's Quarters, which are still maintained by the Federal government.

"The Senior Officer Housing on King's Row Road and on Ninth St. is really in a state of flux," said Dyckman. "We have 17 units right now, and they are not needed as much. Some of them may be repaired, and others may be torn down. That's a touchy situation, because before any of the old Officer Quarters can be demolished, the Texas State Historical Preservation Office has to be notified. Many of the older homes are considered historical and cultural landmarks."

The PPV homes are arranged on a priority scale, from active-duty military down to civilians.

The lease includes a military clause. The Basic Allotment for Housing is received by the service member, and paid directly to the property manager. The property management company, rather than the government, handles all resident matters, including maintenance.

The military members are required to pay for utilities. Water and trash removal may be included as part of the rent. Electricity and gas may be the service member's responsibility, and may require direct payment.

For more information, contact Dyckman at 961-1702, or by e-mail at gale.dyckman@navy.mil.



Housing Installation Program Manager Gale Dyckman shows off the kitchen cabinets and appliances available in the Laguna Shores subdivision on board Naval Air Station.

NAS Security Blotter Report

NAS Fire/Police responded to the following calls from February 28 to March 7:

NAS Fire/Police responded to six medical assists.

Thirteen military ID cards were reported lost or stolen.

Six fire alarms were responded to and answered.

One intrusion alarm was responded to and answered.

On Mar. 1, a patrol officer received a call from building 37 reporting an alarm. The patrol officers responded and CORDON was set. The Assistant Command Duty Officer and building representative also reported on scene. An interior and exterior search were

conducted. All units were cleared at 4:15 a.m.

On Mar. 2, NAS Police received a call reporting a minor traffic accident without injuries at building 19. The two vehicles involved received minor damage; one with paint transfer the other a dent.

On Mar. 3, NAS Police received a call reporting a minor traffic accident without injuries on D Street. The two vehicles involved received minor damage. One sustained a paint transfer. The two individuals involved traded insurance information.

St. Patrick's Day continued from page 1

of St. Patrick's Day. Leprechauns (Irish fairies) were widely believed to wear the shamrock on their hats, as a distraction to would-be gold seekers. If the captor caught a leprechaun while in search of the leprechaun's pot of gold, the leprechaun used the shamrock as a distraction so the would-be captor would look away. If the captor took his eyes off the leprechaun, it escaped, and all hope of locating the pot of gold would be lost forever, as the legend goes.

During the early 20th century, after years of discrimination, Irish American activists organized strong political alliances. St. Patrick's Day became a "must-do" for political candidates, as the Irish Americans maintained a huge voting block. Their rallies on St. Patrick's Day often resulted in precious swing votes for many candidates, often

swaying the outcome of an election. In their own way, Irish Americans used the holiday to fight against racial discrimination.

Several observances are held across the United States for St. Patrick's Day, from parades (New York City's being the most famous) to the requisite church services. In addition, the Irish government began utilizing St. Patrick's Day in 1995 as a major tourism draw, in hopes of bringing foreigners and badly needed currency to the Emerald Isle. The cities of Dublin, Cork and Limerick host annual festivals featuring street performers, art and craft shows, parades and fireworks. St. Patrick's Day has become such a worldwide phenomenon, that it is even celebrated in such far-flung locales as Japan and Singapore.

Drug Free continued from page 1

means any employee who voluntarily identifies him/herself by other means (and before being officially informed of an impending drug test), has immunity from disciplinary action. The employee must obtain counseling and rehabilitation through CEAP. This same employee must also agree to be periodically tested as required by the Command or a rehabilitation agency during counseling and rehabilitation and during the post-treatment and evaluation phase. In addition the employee must consent, in writing, to the release of his/

her records related to drug counseling and rehabilitation, including urinalysis test results, to appropriate management and CEAP officials, and thereafter refrain from using illegal drugs.

Please contact me for additional information regarding the Drug-Free Workforce Program or Safe Harbor. I can be reached at extension (361)-961-2188 x 121, or by DSN at 861-2188, or via e-mail at Elva.Hernandez@navy.mil.



**Jewish Passover Seder:
Congregation Beth Israel
invites Jewish personnel
to a Passover Seder on
Thursday, April 13, 6
p.m. at the Corpus Christi
Country Club. Please call
857-8181 for reservations.**



AROUND THE STATION

Street Scoop

"Wingspan readers want to know: How do you plan to spend spring break?"



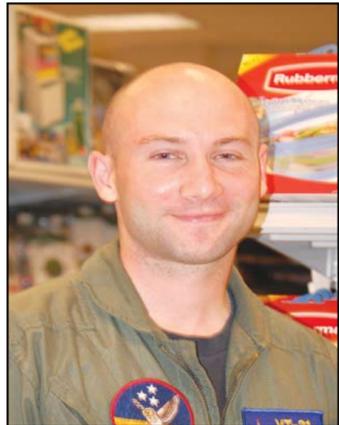
AET3 Sarah Wharton
United States Coast Guard;
NASCC Engineering;
"I'm going to attend a concert."



Lawrence Motez
Navy Exchange Sales Associate;
"My plans are to go surfing, and relax on the beach."



AS2 Theene Bikese,
AIMD NASCC;
"I'm going to hang out with good friends and eat lumpia."

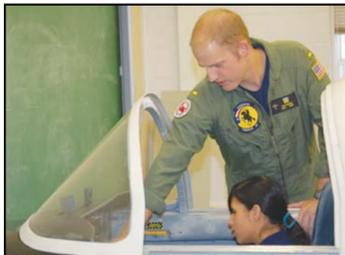


2nd Lt. Sam Robano;
VT-31, NASCC;
"I'm going to stay home and study."

Marines raise the flag on Iwo Jima



Members of the Corpus Christi Young Marines reenact the hoisting of the American flag on Mt. Suribachi Yama during a ceremony marking the 61st anniversary of capture of the Japanese Island of Iwo Jima (left). Veterans of the Marine Corps League, Coastal Bend Detachment stand at parade rest during the ceremony, held Sat., Feb. 18th at Sherrill Park in downtown Corpus Christi (top). Local Iwo Jima veteran and former Marine Corps League Chapter President Loren Wesley Plummer was recognized and honored for his sacrifices, in addition to several other World War II veterans. More than 60,000 Marines were involved in the bloody 36-day assault on the Japanese strong hold during World War II. Nearly 6,000 Marines were killed or missing in action, in addition to almost 900 Navy aviators and seaman. 23,300 Japanese military personnel were killed. (Photo by LI2 Paul Hewitt)



Discovering the love of flying

Ensign Tim Pierce (standing) from VT-28 explains the different navigational instruments to Greiner Middle School student Rebecca Banda, 14, of Dallas. The Greiner students visited the flight simulators at the Training Wing Four Hea quarters on board NAS Tues., March 7. The NJROTC detachment also toured Helicopter Mine Countermeasures Squadron 15, and explored a CH-53 Sea Stallion Helicopter. (Photo by JO2 Jeffrey Fretland)



NASCC says good-bye to Jose



NASCC Aviation Maintenance Detachment Officer-in-Charge Todd Becker (left) presents Navy and Marine Corps Commendation Medal (Gold Star In Lieu of Third Award) to AMC (AW) Noel Jose (right) at his Retirement Ceremony Feb. 17. Jose was cited for meritorious service as Leading Production Control Chief Petty Officer and Quality Assurance Officer while serving in Aircraft Intermediate Maintenance Detachment Trux Field from May 2003 to February 2006. He was also recognized for his many distinctive accomplishments, culminating in a career spanning 22 years. (Photo by YNI (AW) Larry Clark, AIMD Public Affairs)

SOYS experience touch of western hospitality

At the Corpus Christi Museum of Science and History, Commander, Mine Warfare Command Sailors of the Year SK1 (SW/AW) Jerilyn Pruske, IT1 (SW) Scott Krob, HMI (SW/AW) Brian Campbell and QMI (SW) Richard Greene enjoy a ride in the Western History section! The four exceptional Sailors participated in several activities, including a visit to the USS Lexington (CVA-16) Museum on the Bay. The four Sailors were chosen on the basis of their leadership ability, character, uniform appearance, professional knowledge and other attributes. (Photo by Amanda Bell, CMWC Public Affairs)

AWARDS AND ACHIEVEMENTS

Military Members of Quarter honored at luncheon

Twenty-one Sailors, Marines, Coast Guardsmen and Airmen were recently recognized for outstanding service and contributions during the Military Member of the Quarter Luncheon. It was held Feb. 16 at the Corpus Christi Bay Club on board NAS. The honorees are: Military Member of the Year: AZ1(AW) Shannon Thomason; AM2(AW) Shawn Sartin; ASAN Raymund Zabala; AM1(AW/NAC) Thomas Andrews; AM2(AW) Paul Chapman; SKSN Maribel Sanchezpropero; Cpl. Robert Franklin; Lcpl. John Ayala; MA1(SW) Jose Olivencia; AC3 Adam McGinnis; HMI(FMF) Edwin Guingab; HM2(FMF) Mathew Lawson; HN Korrin Webb; SK1(SW/SCW) Jose Diaz; DC1(SW) Robert Alejandro; EN2(SW) Eric Diaz; SK3 Selina Goings; PS1(AW) Mindy Schornak; QM2(SW) Caroliann Castanon; SSGT. Rosieann Burlingame; MST3 Eric Capestancy; AMT1 Martin Keil; and AG1(AW/SW) Gary Thies Military Member of the Quarter: AS1(AW) Felipe Martinez; ASAN Raymund Zabala; AM1(AW/NAC) Thomas Andrews; AM3(AW) Jaime Rodriguez; SKSN Maribel Sanchezpropero; Sgt. Michael Rodriguez; Lcpl. Veryl Carter; MA1(SW/AW) Misty Galang; AEAN Cody Roesner; HMI(FMF) Edwin Guingab; HM2 Adam Ray; HM2(FMF) Mathew Lawson; HN Korrin Webb; DC1(SW) Robert Alejandro; HMI(FMF) Juan Arreola; AG1(AW/SW) Jennifer Hubley; PS1(SW/AW) Hugo Davila; PSSN Albert Mitchell; MK3 Stephen Demarcus; AMT2 Christian Hunt. (Photo by Richard Stewart)



Pilots earn wings of gold, silver

The following pilots received their "wings" (gold for Navy, silver for Air Force) designating them as aviators, during a "Winging" ceremony held Feb. 24 at the Corpus Christi Bay Club. In alphabetical order they are as follows: Lt. j.g. Erin Borozny, USN; Capt. Christopher Bray, USAF; 2nd Lt. Marci Freund, USAF; Ensign Nicholas Hvozda, USN; 2nd Lt. Clifton Johnson, USAF; 2nd Lt. Adam King, USAF; Ensign Luca Lovascio, Republic of Italy Navy; 2nd Lt. Matthew McCants, USAF; Lt. j.g. Stephen Milloway, USN; 2nd Lt. Matthew Mills, USAF; Ensign Michael Misch, USN; 2nd Lt. James Morgan, USAF; 2nd Lt. Bill Morrison, USAF; 2nd Lt. Dallas Mullock, USAF; 2nd Lt. Matthew Niblett, USAF; 2nd Lt. Stephen Rauza, USAF; 2nd Lt. Juan Salazar, USAF; 2nd Lt. Anthony Scheidel, USAF; 2nd Lt. Nestor Badillo, USAF; 2nd Lt. Daniel Wassmuth, USAF and Lt. j.g. David Winchester, USN. (Photo by Hugh Lieck)

Black History Month Celebrations at NAS emphasize culture, heritage



Helicopter Mine Countermeasures Squadron 15 hosted the first observance Feb. 17 at the Wings Auditorium/Theatre. Featured speaker was Dr. Dana "Truth" Andrews, (above, center), marriage and family counselor and educator at Delgado Community College in New Orleans. Dr. Andrews is shown here with HM-15 Commanding Officer Cmdr. George Parisi (standing behind Andrews) and members of the HM-15 Black History Month Committee. Andrews spoke on how calamitous events shape and change people's lives for the better. Andrews received several awards from Cmdr. Parisi at the conclusion of the festivities. The program also featured skits, songs, poetry and a retrospective of prominent African Americans. (Photo by Lt. j.g. Samuel Brake)



Veselka reenlists for four more years



MNI (SW) Kirk Veselka, (center, right) recently re-enlisted for another four-year stint at the Lighthouse Lanes on board NAS Feb. 3. Flanking Veselka are (from left to right) Mr. Larry Lee, Commanding Officer, Mobile Mine Assembly Group, Lt. Cmdr. Tom Mathison, Veselka's wife, Taddie, and son Kurtis. (Photo by MNCS (SW) David Ostrom)

The Black Employment Program Committee chaired by Sandra Jackson-McGill, held a Black History Month Tribute to commemorate African Americans in politics, education, and government on Tuesday, Feb. 28th. Dr. Helen Gurley, Faculty Chair for Emory Riddle Aeronautical University, spoke to a group of employees gathered in the lobby outside the Subway Restaurant in Bldg 8. Gurley not only paid tribute to all African Americans in positions of power, but asked that we lift up all races and work together to become one, specially in the times we are facing today. Gurley then asked everyone gathered to sing "Lift Every Voice and Sing," a song considered to be the Negro National Anthem. (Photo by Lois Contreras, CCAD Public Affairs)