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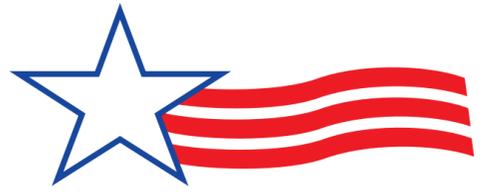


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Wingspan

Vol. 12, No. 07 Naval Air Station Corpus Christi, Texas Thursday • March 30, 2006

Naval Air Training aligns with Naval Air Forces

by Naval Air Force Public Affairs

Chief of Naval Air Training (CNATRA), headquartered in Corpus Christi, Texas, began to align under the San Diego-based Commander, Naval Air Forces (CNAF) in March as part of the Naval Aviation Enterprise's (NAE) continuing efforts to create greater efficiency and synchronization while increasing aviation war-fighting readiness. "CNATRA's mission is to produce the world's finest combat aviators and aircrew on time, in the right number and at the right cost," said Rear Adm. Don Quinn, Chief of Naval Air Training. "This alignment will better synchronize Naval Aviator, Naval Flight Officer and Naval Air Crew production with fleet aviation requirements and resource sponsorship."

According to Capt. Chuck Henry, CNAF Assistant Force Readiness Officer, the transition will be transparent to almost everyone, as there are no planned movements of assets; no base closures as a result of this

alignment; and no personnel changes.

"This is largely an administrative effort that will place all of CNATRA's aviation hardware, budget, and cockpit-related training under the overarching leadership of CNAF and our enterprise partnership," said Henry.

One objective of the re-alignment is to align aviator production with fleet requirements, based on the Fleet Response Plan. CNATRA's aviation metrics will also be aligned with established NAE metrics, which will afford the enterprise greater visibility and overall



control of production and readiness costs.

The alignment will also integrate flight training budgets into the overall NAE budgets (proposed for fiscal year 2007). This will enable naval aviation to better mitigate shortfalls in one area of the enterprise with savings generated in another.

"With the training squadrons previously aligned under the Naval Education and Training Command (NETC) in Pensacola, Fla., we couldn't transfer funding from the fleet into the training pipeline when necessary, nor could we capture

any savings generated by training commands to support fleet requirements," said Henry. "This will enable us to better manage all of naval aviation's requirements."

"With this alignment, we'll preserve the established and proven aspects of NETC training, geared towards classroom instruction and curriculum development," added Quinn. "They're still vital to the overall process, and this will ensure we deliver training using the newest methods and media available."

According to Quinn, the alignment transition plan will take approximately nine months to complete. "We anticipate tremendous synergy in the combining of CNAF and CNATRA training assets and NETC's continued leadership in curriculum support," said Quinn.

NAS Corpus Christi training squadrons participate in Navy Wide Safety Stand Down

Story by JO2 Jeffrey Fretland



An aviation mechanic performs scheduled maintenance on the engine of a T-34. (Photo by LI2 Paul Hewitt)

Safety and mishap reductions were the name of the game recently when Commander, Naval Air Forces Vice Adm. Jim Zortman, initiated a Navy-wide aviation safety stand down March 3 through 10. On board Naval Air Station, squadrons ceased training operations March 9 and 10 to conduct a thorough review of safety procedures. This occurred in the wake of two recent training plane crashes January 14 and 27. The latter

resulted in the deaths of flight instructor Lt. Raul Jimenez and student pilot Ensign Jeremy Drag.

A safety stand down is designed to provide major insight into the overall operating tempo, mission environment, standard operating procedures, maintenance material condition, and significant personal stressors. The result is to identify major risks in Navy units and to initiate corrective

actions to alleviate potential problems. Special emphasis was placed on the safety directives issued, according to Commander, Training Wing Four Chief of Staff Officer, Cmdr. Bernard Kasupski.

"We want to make it clear-mishap reduction equals operation effectiveness," explained Kasupski. "There were several goals mentioned in the guidance Adm. Zortman wanted emphasized. Everyone is expected to work in that direction. No one single action is emphasized, but a million actions taken by the command on a daily basis are what keep us safe."

During the stand down, several key procedures were emphasized among the squadrons. A culture of professional excellence emphasizing integrity, teamwork, responsibility and accountability is essential to mission completion. Secondly, Operational Risk Management is to be strictly adhered to and enforced at all times. In addition, Navy wide standardization toward maintaining and practicing the best safety procedures is also paramount, from plane engine maintenance to safety checks.

"There's been a real push toward the squadron levels to reduce accidents, especially crashes," said Kasupski. "We're on record toward experiencing one of our worst accident seasons in 15 years. We're striving to encourage honest, open communication on ways to improve and enhance safety procedures. The vast

majority of mishaps are caused by human error, so we're constantly seeking new goals and approaches to anticipating and solving potential safety problems. We have safety briefs quarterly, but we're having them more frequently now that the mishap rate is so much higher."

There are approximately 950 instructors and students within the wing. It is divided into four squadrons: VT-27, VT-28, VT-31 and VT-35. The wing also has about 70 civilian personnel.

"Civilians are beginning to play more of a major role in safety, now that more maintenance jobs are being converted from military to civilian billets," said Kasupski. "In the last 10 years, civilians have moved from administrative positions to safety-related jobs. We want them to understand what is expected of them."

Helicopter Mine Countermeasures Squadron 15 also suspended its training routines to review its safety policies and procedures. In addition, seminars were conducted covering such diverse topics as

Spring Ahead! Spring Ahead! Don't forget to set your clocks one hour ahead!



Daylight Savings Time begins Sunday morning, April 2!

Safety continued on page 8

From the Skipper

Looking Forward by Capt. T.E. Coolidge



Coolidge

Spring Break has come and gone and I hope everyone had a wonderful time. It might seem like a South Texas joke because the only "cold" weather we've had this winter, was during Spring Break and the recent couple of days.

Last week a contingent from here on Base and I, took part in a National Incident Management System tabletop scenario with City planners for the upcoming Hurricane Season.

For those of you who were here last year when we evacuated, there were good things and bad things that happened. I'll reiterate by saying that I'm proud of our Sailors and their families who went through the entire evolution with a "can do" attitude.

There were lessons learned from the evacuation, and yes, not everything went smoothly. But when we gathered and did our after-action reports and surveys, there were a lot of GOOD things that were accomplished, because we had good people - thinking of what should happen and simply "got 'er done."

During last week's tabletop scenario evolution, it too was a good learning evolution because we found that we, in the military, use terminology that sometimes does not convert to civilian-speak. And it sometimes doesn't translate to law enforcement vocabulary either.

So after three days of going through simulated scenarios with City personnel, I have a better understanding of what it takes for them to react - to the way we do things. Anytime

there is good communication between organizations, it's easier to work better together.

One incident that comes to mind from last year's Hurricane Katrina evolution was when the Corpus Christi Police Department had pallets of drinking water for the affected displaced persons in New Orleans.

The problem was they couldn't get trucks to get the water there, so Assistant Police Chief Ken Bung called here and within a couple of days he personally drove one of the vehicles with the pallets. Soon they were packed onboard a military aircraft and flown to New Orleans where the water was sorely needed.

That's just one example on how we interact with our civilian counterparts and get things done.

In the next couple of months we'll again be involved with things like the Beach to Skipper continued on page 6

Chaplain's Corner

Marriage: A Commitment of Love by Chaplain Armando Torralva

The following frank article is written especially for female readers.

One day, several years ago, an attractive young lady came to the Chaplain's Office to talk to me. I had never met this young lady before but I could tell by the worried look on her face that she was hurting. Soon after we sat down to talk, she proceeded to tell me some alarming news. "Chaplain, I am here today because I need someone to talk to." Tears began to puddle her eyes. "I don't know what I am going to do...my whole world is crumbling." Now with a lump in her throat, she paused for a moment and said, "I am single and had sex only one time in my life. One time. Only once." Tears were now streaming down her cheeks. As I handed her the box of Kleenex tissues I expected to hear her say that she was now pregnant. Instead, she said, "I have tested positive for HIV! I only had sex one time with one man. Before

that I was a virgin. Now I will probably die of AIDS."

I have often thought about that young lady and of her tragic situation. Here was a young lady that had so much going for her. She was attractive, in her mid-twenties, with a promising career. Unfortunately, she was also lonely and desperately wanted intimacy. There is nothing wrong with wanting intimacy. We all need it. However, people often confuse sexual experience with intimacy. Mere sex is not true intimacy. It can be an important part of marital intimacy, but outside of marriage sex becomes a poison that destroys the seed of male-female intimacy before it has a chance to sprout.

Nancy Dickinson, clinical director of the Human Sexuality Institute in Washington, D.C., says, "People are looking for acceptance. They are looking to be vulnerable without getting slam-dunked. Sex does not

equal intimacy.

"As a woman, you need to realize that sex represents true intimacy only in marriage and that you are in great danger of being "slam-dunked" if you try to achieve that kind of intimacy outside of marriage. Without seriously intending to marry, some men ask women to marry them so that the woman will allow sexual activity. The woman that is deceived by this subtlety has far more to lose."

Except for AIDS, men usually suffer very little from the effects of most sexually transmitted diseases (STDs) and never become pregnant. Ladies, please remember this. The way a man proves his authentic love to a woman is by marrying her. For the sake of your self-respect and your health, Chaplain continued on page 6



Torralva

Healthwatch

Preventing Colon Cancer key to improving health, longevity by Lt. Tricia Slattery



Slattery

March is National Colon Cancer awareness month. Colorectal cancer is the second leading cause of cancer related deaths in the United States, in both men and women. This disease surpasses both breast and prostate cancer in the number of lives it claims each year, and is second only to lung cancer in mortality.

The key to preventing colon cancer lies in screening. Screening tests and procedures exist in which the precursors to cancer are found and eliminated. These precursors, or polyps, are protruding growths on the lining of the colon and rectum, and if left in place, will become cancerous over time. Removing the polyps prevents colon cancer from ever developing. Unfortunately, there are no symptoms associated with the presence of polyps, which is why routine screening is so highly recommended. Routine screening can also save lives by identifying polyps that have already become cancerous. This leads to definitive surgical and medical therapy for cancerous growths in their earliest and most curable stages.

There has been recent research on the role of high fiber diets and regular exercise as an approach to prevention. Healthy diets and regular exercise are certainly encouraged lifestyles for general health and wellbeing,

but it remains controversial whether there is a direct connection in the reduction of the development of colon cancer. At this time, a diet high in fiber and a regular exercise routine are suggested in combination with routine colon cancer screening. Research in this department is ongoing.

Who is at risk? The answer is very simple. Everyone is potentially at risk for developing colon cancer. Colon cancer affects both men and women equally. It affects all ethnicities and the risk of developing the disease increases with age. The current guidelines recommend routine screening to begin at age 50. However, people with risk factors such as a family history of the disease, or other predisposing diseases, such as ulcerative colitis, should be screened even earlier.

All men and women should talk with their health care professional about colorectal cancer and colorectal cancer screening tests. It is also very important to know your family medical history, because colorectal cancer can be hereditary.

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APRIL CALENDAR OF EVENTS

Warning: Nuevo Laredo, Mexico, is designated off-limits to all military personnel in UICs 00216, 31457 and 42094 by the Commanding Officer, NASCC, and Commander, Navy Region South. The ban, in effect since March 4, 2005, is in response to increased violence due to drug trafficking, kidnapping and murders along the U.S.-Mexico border.

Congregation Beth Israel invites Jewish military personnel to a Passover Seder Feast on Thursday, April 13. It will be held at the Corpus Christi Country Club. For reservations, call 857-8181.

A General Fitness Training class will be held April 6 and Friday, April 7 at the Quality of life Conference Room, located in Building 39. Command Fitness Leaders and their assistants are required to attend. MWR Fitness Staff and all other interested parties are highly encouraged to participate.

Buccaneer Days are here again! Don't miss the opportunity to participate in one of the oldest and most anticipated traditions in Corpus Christi! Buccaneer Days runs from April 19 to May 7. The NRCA Rodeo opens the festivities on April 19 at the American Bank Center, and the Parade of Lights occurs May 6. A full carnival will operate along the seawall during the festival. For more information, contact the Buccaneer Days Commission at 882-3232.

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 this Sat., April 1 at the Flour Bluff High School stadium beginning at 9 a.m. For more information, contact Myra Brown at 961-2641.

PALM SUNDAY SERVICES: Catholic Mass - Sunday, April 9-Palm Sunday Mass with distribution of palms 8:30 a.m. Protestant Service - Sunday, April 9-Palm Sunday Service with palm distribution 10:a.m.



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..... Station Spotlight



Maria Gonzalez
Navy Lodge Manager

A native of Chicago, Ill., Gonzalez has been onboard NAS Corpus Christi since October 2004. Prior to arriving in Corpus, she's also worked at the Navy Lodge in Washington, D.C., Great Lakes, Ill., and Jacksonville, Fla. Starting out as a desk clerk with the Navy Lodge back in Florida in 1996, Gonzalez quickly made her way through the ranks becoming the manager for NAS Corpus Christi's Navy Lodge.

When asked what she loved about her job, Gonzalez replied, "Guest satisfaction and my staff make my job worth it."



Marine Lance Corporal Eric Hults
Infantryman, NAS Armed Forces Reserve Center

Gonzalez has served in the U.S. Navy and Army. During her four years in the Navy, she was a Culinary Specialist – formerly known as a Mess Specialist. Though her job title placed her in the galley or working at the barracks, Gonzalez found herself instead working for security. In the Army, she served two years as a medic.

Between work and raising a 12-year-old daughter, Gonzalez finds time to train in Jujitsu. Gonzalez's future goals include working in Japan or Italy, getting her certificate as a lodging manager, and winning the lotto.

A native to Potsdam, N. Y., Hults has been working with the United States Marine Corps for more than six years. He has been working at the Marine Corps Reserve center on NASCC since November 2005.

Hults works with Marine Reservists and assists them as they come in. He enjoys working with other people and learning through them as they train on and off the field.

"The more people you work and talk to, the more ideas you hear and grow from, and that's how you gain experience and knowledge," said Hults.

Hults plans on taking courses at Del Mar College. He is planning on studying photography and he would also like to learn Japanese. Some day he would like to go in to the field as photographer. Hults came into the Marines to achieve in life, and to serve his country.

He wanted to do something in his life that would have meaning and give experience and knowledge. Not only at a job but also in life while meeting new people and learning from them.

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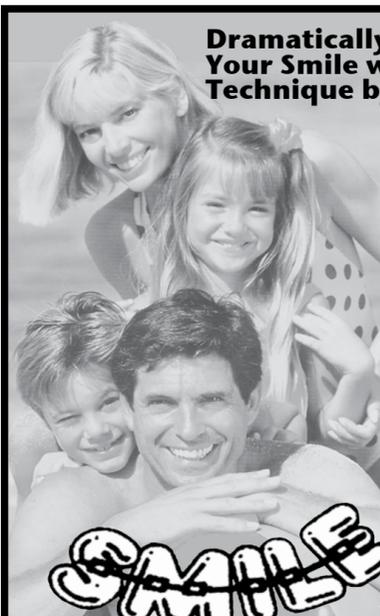

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April designated Sexual Assault Prevention/Awareness Month

April has been designated as Child Abuse Prevention Month by presidential proclamation since 1983. This year's theme, "Cherish Our Children—Strengthen America's Families," was chosen by the Children's Bureau of the U.S. Department of Health and Human Services, Administration for Children and Families.



In the late 1980s, the National Coalition Against Sexual Assault (NCASA) informally polled state sexual assault coalitions to determine when to have a national Sexual Assault Awareness Week. A week in April was selected. Over time, however, some advocates began focusing attention on sexual violence throughout the month of April. In the late 1990s, many advocates began coordinating activities throughout the month of April on a regular basis, promoting an idea for a nationally recognized month for sexual violence awareness activities.

The United States Navy has also adopted April as both Child Abuse Prevention Month and Sexual Assault Awareness Month. All military members are encouraged to increase their knowledge and understanding of these issues.

Sexual Assault is the most unreported crime in our society and in the military. The Navy and the Department of Defense is committed to ensuring victims are protected, treated with dignity and respect. Sexual assault is a crime. It is defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent.

Sexual assault includes rape, nonconsensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts.

Sexual violence can happen to anyone -- regardless of gender, race, age, socioeconomic status, or religion. It is a common misconception that most sexual assaults are committed by strangers. You are more likely to be sexually assaulted by someone you know -- a friend, date, classmate, neighbor or relative -- than by a stranger in a dark alley.

One in four females are sexually assaulted in her lifetime.

One in 10 males are sexually assaulted in his lifetime.

During 2004, there were 1,700 sexual assaults reported across DoD. Of those, 104 cases involved were male victims.

Drugs and Alcohol is the number one factor that leads to non-stranger (date/acquaintance) rape.

Different Expectations: Acquaintance rape often occurs as a result of misunderstood sex role behaviors and/or communication styles. Don't assume that one form of sexual contact opens the door to other sexual contacts. Communicate your sexual expectations with your partner. If you think you are getting mixed messages, ask.

Common sense, situational awareness, and trusting your instincts will reduce your risk of being sexually assaulted. Following the tips below will also decrease your chances of being attacked.

*If you consume alcohol, do so in moderation.

*Do not leave your beverage unattended or accept a drink from an open container or someone you don't know.

*If you feel uncomfortable, scared, or pressured, act quickly to end the situation. Say, "Stop it" and leave or call for help.

*Use the "buddy" system. When you go to a party, go with a group of friends. Arrive together, watch out for each other, and leave together.

*Always be aware of your surroundings.

*Do not allow yourself to be isolated with a person you do not know or trust.

Unrestricted report: Allegations can be reported to your chain of command, base security, local police, healthcare personnel, Sexual Assault Response Coordinator, Victim Advocate, or FFSC Counselor and be investigated. Access to medical care (including a forensic exam), advocacy, intervention, information, and support will be provided for victims.

Restricted report: Sexual assault reports to designated personnel, (SARC, Victim Advocate, military healthcare personnel, FFSC Counselors, and Chaplains), will not be disclosed to command or law enforcement with specified exceptions. Your report will not be investigated but you will still have access to medical care (not forensic exam), advocacy, information and support.

If you would like additional information about the new reporting options regarding sexual assault intervention/prevention, contact your Sexual Assault Response Coordinators (SARCs):

Pat Kapitan, 361-961-1670, DSN 861 pat.kapitan@navy.mil. Brigette O'Reilly 361-961-1785, DSN 861 brigette.o'reilly.ctr@navy.mil.

If you are interested in the **Sexual Assault Victim Intervention (SAVI) Training**, have been designated as a SAVI Advocate or need to get your refresher hours, make plans to attend one of the following trainings:

April 19-21 at the Seabreeze Inn, NAS Corpus Christi

June 7-9 at the FFSC, Naval Station Ingleside

Be certain to mark your calendars for April 13. The FFSC Family Advocacy (FAP) Counselor and the Sexual Assault Response Coordinators (SARCs) are teaming up to give presentations on Child Abuse Prevention and Sexual Assault Awareness/Prevention. Presentation times are 10 a.m. to 11:30 a.m. and 1 p.m. to 4:30 p.m. at the Wings Auditorium. Please make plans to join us and learn how you can make a difference. If you desire additional information, please contact the Fleet and Family Support Center at 961-2372/2875.

NAS Security Blotter Report

NAS Fire and Police responded to the following calls from March 8 to March 19:

NAS Fire/Police responded to five medical assists.

Thirty-two military ID cards and two contractor badges were reported lost or stolen.

Nineteen fire alarms were responded to and answered including one brush fire. Two intrusion alarms were responded to and answered.

On March 10, one male was charged with driving while intoxicated and open alcoholic container in a motor vehicle.

On March 12, one male was charged with possession of a prohibited weapon.

On March 13, two males were charged with underage drinking.

On March 13, one male reported he suspected a former roommate of larceny of personal property after he discovered a utility has been opened in his name without his consent or authorization resulting in an overdue bill.

On March 14, one male and one female were charged with possession of marijuana and possession of drug paraphernalia.

On March 15, a single incident resulted in one male being charged with possession of marijuana and possession of drug paraphernalia, another male was charged with driving while intoxicated and open alcoholic container in a mo-

tor vehicle, one female was charged with three counts of open alcoholic container in a motor vehicle and contributing alcohol to a minor, and another male was charged with public intoxication.

On March 15, one male and one female were involved in an incident of domestic violence.

On March 17, one female reported larceny of personal property after she discovered her purse missing upon returning from a public venue.

On March 18, a single incident resulted in one male being charged with open alcoholic container in a motor vehicle, possession of marijuana, possession of drug paraphernalia, and a prohibited weapon. Another male was charged with open alcoholic container in a motor vehicle, and driving while intoxicated.

On March 18, one female was charged with possession of cocaine, open alcoholic container in a motor vehicle, driving while intoxicated with a child passenger in vehicle, and abandoning or endangering a child.

On March 18, one male was charged with possession of a controlled substance, and possession of drug paraphernalia.

On March 19, one female was charged with driving while intoxicated and possession of drug paraphernalia.



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MWR continued from page 11

Tournament will be held Saturday, April 15. You must have an established handicap to play. An entry fee and regular greens fees/cart fees will apply. Show time is no later than 7:30 a.m. for a 8 a.m. shotgun start.

The Federal Manager's Association is having a golf tournament on Saturday, April 29. The course will open for regular play at approximately 1 p.m.

Organize a golf outing for your unit or organization!

Call Greg at 961-3250 for details and assistance.

Information, Tickets and Travel

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Adult (13+)	\$9.75	\$2.20
Child 5-12	\$6.50	\$0.45

Texas Treasure Casino Cruise		
	\$11.00	\$15.60

Six Flags Fiesta Texas		
Adult/Child	\$28.50	\$16.92
Early Bird Pass	\$49.00	\$8.00
Parking Pass	\$20.00	

San Antonio Sea World		
Adult	\$40.00	\$11.99
Child 3-11	\$31.00	\$10.99
Silver Pass	\$51.00	\$5.15
Gold Pass	\$85.00	\$12.19

Wild Life Ranch African Safari- Texas Style		
Adult	\$11.00	\$4.50
Child	\$5.00	\$1.50

For more information, please call the ITT office at 961-3961.

Youth Activities Center

Join the YA for Pitch, Hit & Run
 Navy Youth Sports and Major League Baseball presents PITCH, HIT & RUN. A national skills program for boys and girls, ages 7-14, to showcase their pitching, hitting, & running abilities.

This event is to encourage youth to experience the "FUN" element of baseball competition. There is not a registration fee and is open to all dependents of Active Duty, DoD, Contractors and Retired Military personnel. It will be held April 29 on the youth baseball fields. The competition will begin at 9 a.m., participants must register before hand. Registration table will open at 8:30 a.m.

For more information contact the Youth Activities at 961-2355.

Youth Activities Monthly Activities

Spring is here and the Youth Activities Center is ready! The month of April is filled with tons of fun activities for everyone to "spring" into at the Youth Activities Center.

- April 1: Dance Revolution Tournament
- April 3: Job Ready: "Resume and Appearance"
- April 4: Animate Your World Cartoon Creation Workshop
- April 5: Knock Out Basketball
- April 6: Ace Keystone Meeting
- April 7: Smart Moves: "Self Esteem and Your World"
- April 8: Pre-Teen Lock In (Ages 10-12)
- April 10: Image Maker Photography Club
- April 11: Art Club
- April 12: Job Ready: "Being on Time"
- April 13: Aviator Torch Club Meeting

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

NHCC spotlights nutrition programs during National Nutrition Month

Story by JO2 Jeffrey Fretland

The old saying that the "military marches on its stomach" certainly holds true for service members even today. Unfortunately for many Sailors, Soldiers, Airmen, Coast Guardsmen (and even a few Marines), they discover that indulging in too much good eating leads to ever expanding waistlines. With physical fitness a key ingredient to maintaining a vigorous fighting force, proper nutrition has never been more important, according to Erin Wilson, dietician at the Naval Hospital Corpus Christi Wellness Center's Nutrition Department.

"It's a recurring problem with service members and their families," explained Wilson. "We have several programs available here at the hospital to assist them with proper diet and weight loss initiatives. One of the most popular is the Ship Shape Program, which we start each January, and runs throughout the year."

The Ship Shape Program is an eight-week course designed to teach at risk service members how to make health conscious choices when purchasing, preparing and eating meals. The curriculum consists of several courses involving comparison brand shopping; reading food labels carefully (especially for carbohydrate and fat levels, which contribute substantially to weight gain), meal preparation, the new food pyramid, physical fitness, maintaining weekly meal and caloric journals and other important topics. Potential service members deemed at risk due to weight issues, body fat problems or poor Physical Fitness Assessment performances are recommended through their prospective chain of commands. Other individuals may participate if space is available.

"Our aim is to try and improve the service member's dietary habits, so they will not be discharged due to poor body weight and fat standards," said Wilson. "We also counsel military family members, especially spouses,

who may have recurring weight issues, too. We attempt to give them as much support as we can."

Another option is the Cruise Into Shape/ Navy Environmental Health Program. Wilson indicated it functions through team support and peer pressure.

"This course is offered every spring," said Wilson. "The enrollment closes at the end of February. This program allows interested individuals to form teams. They designate a team leader, who maintains a journal of the team's exercise and eating experiences. Customized food pyramids can be developed for each individual. The program promotes healthy eating habits with plenty of exercise. The team members offer emotional and physical support. They act as mentors for each other."

The program is available Navy wide, and everyone is eligible to participate. Individual commands that actively promote and support the program are eligible to receive awards.

Wilson is quick to add that group activities aren't always successful for some clients.

"If I feel the behavior modification changes aren't working as well, I recommend setting up individual counseling appointments with me," explained Wilson. "We can then figure out how to properly tweak the current diet exercise regimen, and see if we can identify and correct the problems. Usually it requires a simple fix, like removing or cutting back on a particular food or adjusting an exercise routine."

For more information, or to arrange an appointment, contact Wilson at the NHCC Wellness Center, located on the first deck of Naval Hospital Corpus Christi. The phone number is 961-3914, or 961-6094. You may also contact Wilson at EWilson@nhcorpus.med.navy.mil.

Families First Program dedicated to analyzing, improving move experience

by Charles Wilson

Frequently, I've come across service members who say, "I have never had a bad move, and everything went just right." Then there are others who will say, "Those movers should not even be in business because they were so bad!" Under the Families First Program, you can grade the carrier. That grade and others given by other members can have a great impact on the carrier's ability to acquire bookings for other Department of Defense (DOD) shipments.

The clincher is that at present the system is not getting enough participation from the member. A current statistic showed that only 15 percent of those who had moves have responded to the surveys. This has caused some carriers to not be graded at all. The number of surveys submitted needs to meet a "statistically valid" benchmark in order for customer feedback to be used as a basis for a grade. This allows an administrative score to be assigned that may not be indicative of their performance.

So, it is very important that members respond to inquiries by email or phone to grade the carrier, even if your move progressed smoothly. It will not take long. This will assist the DOD and other members by insuring only the top performers get to handle DOD moves.

Whenever you set up your move at the Personal Property Office (or TMO) or online in Smart Web Move, make sure you provide an email contact and a telephone contact at destination that you will monitor. If you do not know it until you get to your destination, call or visit the Personal Property Office there and ask them to enter the e-mail and telephone number in the TOPS system. This way there will be a contact for the survey after your household goods have been delivered.

Presently, this does not include Non-Temporary Storage shipments (NTS), Local Moves and some baggage shipments moved via Military Airlift Command flights.

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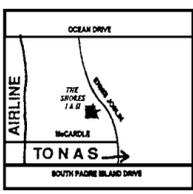



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Chaplain's Corner continued from page 2

avoid being manipulated. I realize that marriages are not perfect and never will be – because people are imperfect. But marriage is better than any of the other sexual alternatives available to us. The fact that God designed marriage has something to do with it. If you are already involved in a non-marital sexual relationship, I encourage you to stop further intercourse until you are married. I realize this is a very difficult decision, and you will probably hear a lot of complaining from your partner. But it will accomplish two things. First, it will protect you from a sexually transmitted disease if he is also having (or has had) sex with another woman (or man) without telling you. Secondly, it will also show if he is truly interested in all of you. Wouldn't it be nice to know

you are loved for who you are as a whole person and not just for your body? Many men will avoid marital bonding as long as they can. If they can get what they want without assuming the obligations of marriage, many men will sidestep the commitment as long as possible. A man may truly love you and want to be close to you through intercourse, but he can have that and more the day he marries you – and not a day before. In this way, both of you are assured of getting what is needed for a sound and lasting relationship – commitment, intimacy, affection, family, and the opportunity to give of yourselves for the sake of the other. This is what is best for you. It is also what is best for him.

BRAC meeting Thursday at Wings auditorium

Navy Region South will host a BRAC-related brief on the Housing Assistance Program (HAP) on Thursday, April 6. The brief will be presented by personnel from the Army Corps of Engineers and will take place at the Wings Auditorium (base theatre) aboard Naval Air Station Corpus Christi from 10 a.m. - 11 a.m.

The guest speaker will be Mrs. Jean Dillon from the Corps of Engineers HAP office out of Fort Worth. The purpose of the brief is to inform personnel about homeowner assistance and benefits that are available

under HAP. A question and answer session will follow the brief.

This brief is open to all homeowners and personnel (military, civilian and NAF) from Navy Region South, Naval Air Station Corpus Christi, Naval Air Station Kingsville, Naval Station Ingleside and their tenant activities who may be affected by BRAC.

For information call the BRAC Execution Team Office, Mr. Lysle Graham, at (361) 961-3546, DSN 861-3546 or email at lisle.graham1@navy.mil.

Skipper continued from page 2

Bay Run, the Buccaneer Days events and a myriad of other activities that occur in South Texas.

We in the military sometimes get so consumed in our everyday lives that we neglect to take advantage of the places where we live, as we travel the world. For instance, here in South Texas we have the beaches nearby, the parks in town and the food in local eateries found no where else. I even heard that there is a local business that you can rent a guide and be driven down the beach, all the way to Mansfield Pass. That's almost 50 miles of four-wheel-drive beach

that even the locals rarely see.

Guess what I'm rambling about is for us to get out and enjoy what we have here, because according to some weather prognosticators, this year could be a bad one for weather. And sometimes we won't be able to make good things happen - like we practiced on the tabletop scenarios last week. But we'll work at making good things happen for as long as we can.

Get out and enjoy our summer, but please remember to do it safely. See you on the beach!

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MWR continued from page 10

Captain's Cup 5 K Run: Register at the Fitness Center before April 19. The event will be held on Saturday, April 22. Check-in time will be 7:30 a.m., race time is 8 a.m. There are four divisions: 34 years of age and under or 35 years of age and over for men and women. Stop by the Fitness Center for course directions or call 961-3164.

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

Fitness Express
General Fitness Training for Command Fitness Leaders: A new 2-day seminar will be held quarterly for Command Fitness Leaders and their assistants in developing and running Fitness Enhancement Programs (FEP). During the course, the CFL will become more informed in the areas of warm-up, strength training, cardiovascular training and nutrition. By having the general knowledge of fitness, the CFL will be able to plan and develop successful FEP programs to aid the Sailors to achieve and maintain standards. The

next class will be held April 6 & 7 at 8 a.m. To register for the course contact Gail Marsh at 961-3164.

The operating hours for Fitness Express are:
 Monday – Friday: 5:30 a.m. – 10 p.m.
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For more information on any Gonzalez Liberty Program or event, please call 961-6405.

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MWR continued on page 12

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"Career Opportunities Available"

CONVENIENCE RETURNS!

Construction has ended! So c'mon over and enjoy our usual fast, friendly service. And to make it even better, use the money-saving coupons below at our **Campus location at 6106 Ocean Drive/Alameda**. Just our way of saying "thanks" for your patience.

LIVE! KNCN C101 RADIO REMOTE! Thursday, April 6 1pm - 3pm
 Circle K at 6106 Ocean Dr./Alameda

LIVE! KRYS K99 RADIO REMOTE! Thursday, April 6 11am - 1pm
 Circle K at 6106 Ocean Dr./Alameda

Come Out For a Chance to Win General Admission Tickets to the Hooks Opening Game!

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FREE 44 oz. Thirst Buster
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MWR News and Events
by Laurie Garcia, NAS MWR

Great News!!!
The Pizza Sub Pub will remain open!!!
Hours of Operation are:
Monday - Friday: 10:30 a.m. - 2 p.m.
Come and join them for Lunch!
For more information or to place an order, please call 961-2249.

Aquatic News
Lifeguard, CPR and First Aid training dates and times are:
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 swimming on April 4. The hours of operation are:
Tuesday - Friday: 11 a.m. - 1 p.m.
4 p.m. - 6 p.m.
Saturday: 10 a.m. - 1 p.m.
For more information, call Earl Olsen at 961-3260.

Corpus Christi Bay Club
The Corpus Christi Bay Club would like to invite everyone to come and join them for all the specials that are planned for April.

Specials for April:
April 1: Medallions of Beef Bernaise - \$15.95
April 7: Shrimp A Peel (All you can eat) - \$15.95
April 14: Seafood Platter - \$15.95
April 21: Chateaubriand Flambe for Two - \$31.95
April 22: Prime Rib - \$17.95
April 29: Surf N Turf - \$14.95
Special Events for April:
April 14 & 28: Wining Designation Ceremonies will be held in the main Ballroom at 3 p.m.
For more information on specials, catering, please call the Club at 961-2541.

E-Street Gym
Captain's Cup Golf League: Registration will end April 7. Registration packages will be available at the E-Street Gym and the Gulf Winds golf Course. A mandatory Captain's meeting will be held at the Golf Course Club House on April 12 at 3 p.m. Late rosters may be submitted at the meeting. Matches will be played on Thursday afternoons (3:15 p.m. tee time), May-August. Twilight fees will apply. Call Mike McClure at 961-2401 for handicap information.
Captain's Cup Tennis Singles Tournament: Register at the E-Street gym before April 21. The tournament will begin in May and end in June. This is a self-directed activity. Players schedule their own matches and are given 4 days to complete each match.

MWR continued on page 11

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'Wings over South Texas' at NAS Kingsville this weekend!

Career Counselor's Corner

USMAP designed to enhance career, civilian opportunities

by NCCS (SW) Terri Green



The United Services Military Apprenticeship Program (USMAP), formerly known as the Navy's National Apprenticeship Program (NNAP), allows for registered certification of a Sailors military training and work experience to achieve recognition equal to his civilian counterpart. A Sailor enrolled in the USMAP documents work experience accomplished while performing regular military duties.

The USMAP work is performed in unison with the Sailors job and is not a program to be worked after hours. The USMAP objectives are to develop highly skilled, Sailor-oriented

journeymen who will continue to utilize their technical skills and knowledge while serving in the Navy, and who will qualify for employment in a recognized civilian occupation upon leaving the Navy. Involvement in this apprenticeship program also reinforces values leading to military career advancement.

Check this information out at <http://neds.nebt.daps.mil>. Specific information for this program can be found at <https://www.cnet.navy.mil>, click on Professional Development then click on United Services Military Apprenticeship Program (USMAP). Personnel desiring to submit an application for this program must have attended "A" school or an acceptable equivalent. For more information, contact the Career Counselor's Office at 961-3611/3612, or visit your command career counselor.

Prepare tax forms early as deadline looms April 15th

Story by JO2 Jeffrey Fretland

The end of the tax season is just around the corner, so now is the time to prepare those income tax returns, and submit them as soon as possible. The Internal Revenue Service begins imposing interest and penalties to those individuals who fail to file their income taxes by the April 15 deadline. Extensions can be granted, depending on the mitigating circumstances involved.

Several tax options are available, most notably the Volunteer Income Tax Assistance (VITA) program. Staffed by professional volunteers, the program is designed to enhance tax preparation electronically as quickly and as expeditiously as possible. The service is free of charge. The VITA Tax Service is available at the Navy Legal Service Office. It is located in Building Three on board NAS. For more

information, contact the Navy Legal Service Office at 961-3194/3531.

Other tax filing options include the TurboTax, Rapid Tax, Tax Slayer and Express Tax Service programs, where taxes may also be filed online. Contact them at www.TurboTax.com and www.wrHourTaxRefund.com, www.TaxSlayer.com and www.ExpressTaxRefund.com. H&R Block also offers several locations, where taxes may be prepared and filed for a fee. You can also file online with H&R Block at www.hr-block.com. The Internal Revenue Service Website is also available to assist customers with tax preparations and to answer tax-related questions. For more information, contact the IRS at 1-866-889-6777, or log on to www.TaxCarePros.com.

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Current and Retired Military Personnel, Veterans and Their Immediate Family Members Receive An Additional \$500 Military Cash Allowance* On The Purchase Or Lease Of Any New Jeep Vehicle



\$199 a mo. for 36 mos.^{[1] [9]}
\$1,808 due at signing[†]
INCLUDES \$500 MILITARY CASH ALLOWANCE*
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\$219 a mo. for 36 mos.^{[2] [9]}
\$1,439 due at signing[†]
INCLUDES \$500 MILITARY CASH ALLOWANCE*
TAX, TITLE AND LICENSE EXTRA. NO SECURITY DEPOSIT REQUIRED.

\$269 a mo. for 36 mos.^{[3] [9]}
\$1,379 due at signing[†]
INCLUDES \$500 MILITARY CASH ALLOWANCE*
TAX, TITLE AND LICENSE EXTRA. NO SECURITY DEPOSIT REQUIRED.

\$299 a mo. for 36 mos.^{[4] [7]}
\$918 due at signing[†]
INCLUDES \$500 MILITARY CASH ALLOWANCE*
TAX, TITLE AND LICENSE EXTRA. NO SECURITY DEPOSIT REQUIRED.

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Hurry, these offers end March 31
See Your Jeep® Dealer



*Must present current military ID, retirement or discharge papers at time of purchase. To be eligible, retirees must have had at least 20 years of service. See your dealer for details. Financing for 60 months = \$16.67 per month per \$1,000 financed. Financing for qualified buyers with 10% down. Not all buyers will qualify. See dealer for delayed payment details. Residency restrictions apply. [1] Wrangler: Amounts based on an MSRP example with a 23N package after a \$500 lease cash allowance, \$1,000 CFC Bonus Cash and \$500 Military Cash Allowance. Total due at lease signing is \$1,808, which includes a down payment of \$1,609 and first month's payment of \$199. Offer requires dealer contribution of \$1,020. 36 monthly payments equal \$7,173. [2] Liberty: Amounts based on an MSRP example with a 29B package after a \$2,500 lease cash allowance, \$1,000 CFC Bonus Cash and \$500 Military Cash Allowance. Total due at lease signing is \$1,439, which includes a down payment of \$1,220 and first month's payment of \$219. Offer requires dealer contribution of \$968. 36 total monthly payments equal \$7,891. [3] Grand Cherokee: Amounts based on an MSRP example with a 26E package after a \$2,500 lease cash allowance, \$1,000 CFC Bonus Cash and \$500 Military Cash Allowance. Total due at lease signing is \$1,379, which includes a down payment of \$1,110 and first month's payment of \$269. Offer requires dealer contribution of \$1,699. 36 total monthly payments equal \$9,696. [4] Commander: Amounts based on an MSRP example with a 26S package after a \$1,000 lease cash allowance, \$1,000 CFC Bonus Cash and \$500 Military Cash Allowance. Total due at lease signing is \$918, which includes a down payment of \$619 and first month's payment of \$299. Offer requires dealer contribution of \$1,593. 36 monthly payments equal \$10,776. † Security deposit is waived for qualified lessees. Tax, title and license extra. Pay for excess wear and mileage of \$.20/mile for each mile over 12,000 miles per year plus a \$450 lease turn-in fee, if vehicle is returned at end of term. Option to buy or lease end at pre-negotiated price plus a \$150 purchase option fee. Each participating dealer's actual term may vary. [5] Offer through Chrysler Financial. Residency restrictions apply. Must take delivery by 3/31/06. Jeep is a registered trademark of Chrysler Financial. DaimlerChrysler Corporation.

AROUND THE STATION

Street Scoop

Wingspan readers want to know: What do you think of the new Navy uniforms?"



AWAN Cassidy Alberta, HM-15, Billings, Mont.
"This will lower the cost of uniform items and we will look more professional."



AWAN David Herrington, HM-15, Parma, Mich.
"I'm happy to be getting rid of the utilities, and to be getting into something more comfortable."



AN Michelle Walker, HM-15, Salt Lake City, Utah
"I like the camouflage uniforms but I'm not excited about them."

Master Chiefs pay visit to NASCC



The Force Master Chief from CNIC, FORCM Kevin Licursi (second from right) and Region Southeast Master Chief, CNOCM Rick Trimmer, (far left) were both on board NAS Corpus Christi doing a site visit. Both Master Chiefs chatted briefly with NASCC Commanding Officer Capt. Timothy Coolidge (second from left). NAS Corpus Christ Command Master Chief, CMDCM Mike Cisneros, (far right) provided a windshield tour of the installation. The areas visited included housing, combined bachelor's quarters, air traffic control tower, the golf course, and marina. They also stopped at the auto hobby shop, Gonzales Liberty Center, and the Bay Club, in addition to an overall tour of the base. (Photo by LI2 Paul Hewitt)

Supporting our Sailors



COMINEWARCOM's Blue Jackets Association teamed up with NASCC's First Class Petty Officers' Association to serve breakfast items to Sailors taking the Petty Officer exams. YN3(SW) Matthew Herndon, CS2(SW/AW) Darin Rogers, and AG3(SW) Yettys Castillo (r. to l.) of the Blue Jackets Association greet a fellow Sailor waiting to take the E-4 exam. (Photo by LI1 Janell Alvarez)

Supporting Texas Public Schools Week



Coast Guardsman AMT3 Josh Wigley, HH65 Dolphin Flight Mechanic, demonstrates the rescue basket for students at Ella Barnes Elementary School in Corpus Christi, in honor of Texas Public Schools Week March 6-10. The helicopter rescue crew spent the morning showing the students various aspects involved with using the Dolphin helicopter for rescues. More than 700 students participated in the festivities. (Photo by Lt. j.g. Lane Steffenhagen, USCG Public Affairs)



Pilot Lt. Chris "RIGGS" Burks (right) safety checks his co pilot, Ensign T. G. Zubick's (left) flight gear prior to their training flight. (Photo by LI2 Paul Hewitt)

Safety Stand Down continued from page 1

military to civilian billets," said Kasupski. "In the last 10 years, civilians have moved from administrative positions to safety-related jobs. We want them to understand what is expected of them."

Helicopter Mine Countermeasures Squadron 15 also suspended its training routines to review its safety policies and procedures. In addition, seminars were conducted covering such diverse topics as motorcycle safety, driving while intoxicated, Operation Security, and tool control. Several key issues were raised during the briefings, according to HM-15 Public Affairs officer Lt. j.g. Mitchell Grant.

"We looked at several key points," explained Grant. "For example, we asked ourselves if training requirements were

being fulfilled. We checked to see if there was complacency in any area. We examined whether or not risks were being identified at all levels, and if safety standards were being followed. We also looked to see if our peoples' expectations were being met. We came out with a much better understanding of basic and major core problems. We were able to at least identify, remedy and fix them."

Since the beginning of fiscal year 2006 the Navy has experienced nine class "alpha" mishaps in five months. By the same token in 2005, the Navy had only eight. A class alpha mishap is separated into four distinct categories: loss of an aircraft; any incident greater than \$1 million in damage; loss of life or a permanent disability.

AWARDS AND ACHIEVEMENTS



Aviators soar across the heavens

The following pilots received their "wings," designating them as aviators, during graduation ceremonies Friday, March 17. The winging ceremony was held at the Corpus Christi Bay Club on board NAS. In alphabetical order they are as follows:

Lt. j.g. Lisa Aguirre, USCG; 2nd Lt. Ryan Alter, USMC; 2nd Lt. Eric Bottoms, USAF; Lt. j.g. Steve Brunache, USN; Lt. j.g. Justin Cassell, USCG; 2nd Lt. Dan Crow, USAF; Ensign Steve Froelich, USN; 2nd Lt. David Gibbons, USAF; Ensign Emily Johnson, USN; Ensign Ramses Leon, USN; Lt. j.g. Kyle Malone, USN; 2nd Lt. mark Pietrykowski, USAF; Lt. j.g. Darren Randolph, USN; 2nd Lt. Gary Ruehs, USAF; Lt. j.g. Christopher Selagel, USN; 2nd Lt. Corey Smith, USMC; Ensign Jonathen Smith, USN and Lt. j.g. Kenneth Wasko, USN. (Photo by Hugh Lieck)

Hard chargin' warrior



Aviation Intermediate Maintenance Detachment Officer-in-Charge Lt. Cmdr. Todd Becker (left) presents an Enlisted Aviation Warfare Specialist Certificate to ASI(AW) Randall Hamilton (right) during ceremonies held March 10 in the AIMD Traux Field Production Control Office on board NASCC. (Photo by YN1 Larry Clark)

Wilson re-ups for five years



Chief, Naval Air Training (CNATRA) Detachment Officer-in-Charge Lt. Johnny Barnes, (left), presents a certificate of discharge to Leading Petty Officer ABF2 (AW) Lonnie Wilson (right) during Wilson's reenlistment ceremony. It was held March 15 at Building 89, located on board NAS. (Photo by LI2 Paul Hewitt)

Blake reenlists for two more years



NAS Air Operations Administration Officer Lt. Asa Taylor, (left), reenlists YN1 Elizabeth Blake, (far right), during ceremonies held March 15. The ceremony was held at the NAS Air Operations Administration Office. Lt. Taylor presents Blake's daughter (center) with a certificate. Blake reenlisted for two more years. (Photo by JO2 Jeffrey Fretland)

Waite discovers aviator life



Pilot for a Day designate Jubilation (Jubi) Waite checks out the cockpit of an MH-53 Sea Stallion helicopter with pilot Lt. Jason Urrina during her visit to Helicopter Mine Countermeasures Squadron 15 on March 14. Waite had the opportunity to visit several NAS tenant commands, and experience a taste of military pilot life. Jubi says one of her favorite parts of the day was to see the planes up close. NASCC participates with Driscoll Children's Hospital in the Pilot for a Day program. It is designed to provide seriously ill or injured children the chance to discover life on a working military base. (Photo by JO2 Jeffrey Fretland)

Learning the concepts of mine warfare



AMI(AW) Christopher DeSantiago (far right) of Helicopter Mine Countermeasures Squadron 15 explains the functions of various mine sweeping equipment sled to NJROTC cadets and faculty from LaVega High School in Bellmead, Texas. The display equipment included an AN ASQ14 Sonar (used to detect mines); MK 105 Minesweeping Sled and the MK-104 Acoustic Mine Sweeper. The LaVega High School students also toured the airfield, and practiced on the flight simulators during their March 14 visit. (Photo by JO2 Jeffrey Fretland)