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Wingspan



Vol. 12, No. 17

Naval Air Station Corpus Christi, Texas

Thursday • August 17, 2006

Marines patrol the streets of San Diego, Texas

By Sgt. Johnathan D. Herring, Marine Forces Reserve



Members of the Inspector & Instructor staff sort through improvised explosive device material July 20. The IED's were used to train Co. C, 1st Battalion, 23rd Marine Regiment, July 20-23 in San Diego, Texas. (Photo by Pfc. Mary A. Staes)

The Marines of Company C, 1st Battalion, 23rd Marine Regiment, were invited to use the town of San Diego, Texas, for their July training evolution, one unlike any other they have ever done. From July 20 to 23, the Marines conducted operations to simulate true Military Operations in an Urban Terrain (MOUT).

Although MOUT training has been around for years, it is very seldom that the exercises are conducted in an actual urban environment with civilians playing key roles. Capt. Steve Ford, a member of the Harlingen, Texas, Inspector and Instructor staff, Detachment C, 1/23, along with Capt. Michael Ogden, I & I staff, were the brainpower behind using a real town for their training. They chose San Diego after doing a funeral detail for a fallen Marine who was from the town. They thought it ideal due to the climate and environment being very similar to that of Iraq.

"We actually looked at quite a few towns in South Texas," said Ford. "San Diego was the one where the people were the most enthusiastic about letting us train in their back yard. They were very positive from the very

beginning. They held a city council meeting to vote on it, and they voted unanimously to allow us to train here. Our Marines get to interact with the local civilians just like they would in Iraq. It's as realistic as we can get without actually being there."

The Marines were excited about using the town because it gave them a chance to train with real civilians in their hometown. "We felt that it would give the Marines a more realistic view of how operations are conducted in a real life environment," says Maj. Michael K. Cagle, a member of the Corpus Christi I & I staff, Company C, 1/23; "For the Marines who haven't been to Iraq, it helps them better prepare, mentally, for interaction with civilians in a hostile environment. This is a great opportunity for our Marines. We're very grateful for the support we received from the great folks here. Also, if all goes well, we could be invited back to do this annually."

The citizens of San Diego were more than enthusiastic about helping the Marines train in any way they possibly could.

Marines continued on pg 4

Fire safety is no joke

By Mark Weil, Navy Region South Fire Department

An estimated 3,675 died from fires in the U.S. in 2005 alone, 96 percent died in the home or highway vehicle fires

In 2005, public fire departments responded to an estimated 1.6 million fires. This included 381,000 reported home structure fires, 130,000 other structure fires, 259,000 highway vehicle fires, 31,000 other vehicle fires, and 801,000 outdoor fires. An estimated half of all fires responded to were outdoors, principally involving brush or rubbish.

An estimated 17,925 people, excluding firefighters, were injured by fire in 2005. This was the second lowest total recorded by NFPA (National Fire Protection Association), slightly higher than the estimated 17,785 injuries reported in 2004.

There was a significant increase of 9 percent in property damage loss from the year prior, but this primarily reflected the unusually low damage toll in 2004. In 2005, fires resulted in an estimated \$10.6 billion in property damage. The damage total was the fourth lowest since the late 1970s, after adjustment for inflation.

Home fires continue to be the number one cause of fire deaths. Home fires also accounted for 74 percent of total reported civilian fire injuries and percent of total reported direct property damage. The NFPA study suggested that fire prevention and safety in the home is key

to continued reductions in the overall fire problem. One strategy that has proven it's self time and time again is to have an escape plan.

Only one-fifth to one-fourth of households (23 percent) have actually developed and practiced a home fire escape plan to ensure they could escape quickly and safely. One-third of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life threatening. The time available is often less. And only 8 percent said their first thought on hearing a smoke alarm would be to get out! Your ability to get out depends on advance warning from smoke alarms and advance planning.

Pull together everyone in your household and make a plan. Walk through your home and inspect all possible exits and escape routes. Households with children should consider drawing a floor plan of your home, marking two ways out of each room, including windows and doors. Also, mark the location of each smoke alarm. For easy planning, you can download escape plan here <http://www.nfpa.org/assets/files/PDF/FPWgrid03.pdf>. This is a great way to get children involved in fire safety in a non-threatening way.

Fire continued from page 5

Local Sailors, many from TAW-4 participated in the 44th Annual Navy Regatta 'Titanic Cup', Aug. 5. As an air horn blasted, it was interesting to see how many of these oddly-designed boats would make it to the finish line.



(Bottom) Ensign Miguel Torres, a student pilot with VT-31, today is the Captain of his own vessel. He sank before the finish line.



More on the Navy regatta on Page 8.

From The Skipper

Saying thanks to a friend that's made a difference at NASCC

By Capt. T.E. Coolidge

I had a meeting the other day with Corpus Christi Police Chief Bryan Smith and dragged the Executive Officer (XO), Cmdr.



Coolidge

Milton Stubbs, along. Usually we discuss "work" at work but getting out of the office is a nice change. Generally, the XO sits in his office "behind the scenes" keeping things moving while I get to walk around and meet with the Commands on base.

When I asked the XO to join me he roger'd up and grabbed his Blackberry. While we were talking, it occurred to me that the XO would be gone in a little over a month! Milton and his family are heading to Millington, TN where he will work at the Bureau of Naval Personnel.

As I look back, my first year in command of NASCC has moved at a fast pace. I look at

how much has been accomplished and, frankly, realize a lot of it wouldn't have been were it not for the XO. Milton remains a step ahead all the time. Maybe that's because he's seen the base from a couple of different aspects. He started off as the Air Operations Officer before moving to the XO's desk. He's seen Navy Region South (NRS) stand up...and will depart as NRS is disestablished and we move to Navy Region Southeast. Milton was the guy validating the numerous BRAC data calls...and has stayed long enough to experience the process as we begin to execute the BRAC decisions.

Milton is incredibly smart so, beware - don't be fooled by his southern drawl. He's quick with a joke to put everyone at ease but he's not afraid to ask the tough questions that will put you on the spot. In other words, he's been perfect as the XO!

So, why am I going on about this? I simply want to take a moment to acknowledge someone who's made a difference at NASCC. Milton has done a lot of work to keep NASCC

operating so all the commands on base meet their mission objectives. He's done it quietly most often but raised his voice when necessary. He's stayed late when the job demanded. He's stayed late for himself, too. You see, Milton is also working on a Master's Degree (which he'll finish in Millington).

I've appreciated the XO's great ideas, sound council, contagious sense of humor and friendship. I appreciate him listening when I vent (we all need a friend like that) and was glad to return the favor. Milton will be missed and I want to wish him and his family the best in Millington!

I hope each one of you has someone with whom you work that you can rely on as much as I have the XO. If so, please remind them that they're doing a great job and that you appreciate their dedication and hard work!

Okay, I'm heading to the beach but I know in a little over a month, Milton will be hangin' 'round his back porch, smokin' a cigar and sippin' a well deserved ice cold beer! Thanks for everything XO!

Chaplain's Column

Walk in God's light

By Chaplain Chin Van Dang

Some lament, "We pray for peace, and God did not answer; we cried, and He remained mute; we wept tears that consumed our hearts; we could have proven to Him that our claims are modest, that they are realizable, since He is the Almighty; yet He was silent. Does God exist at all?"

How are we going to convince such people that God does exist and He is in our midst and He cares for us? Not by giving a philosophical lecture on the existence of God, but by ourselves living as the children of the light as the prophet Isaiah appeals: "Let us walk in the light of the Lord" (Is. 2:5)

What does that mean? It means that we practice in our lives both as individuals and within community the law of love and forgiveness that the Lord has taught us. It is our practice of forgiving love that will draw all people to God and to the knowledge that He

does exist and cares. We should ask ourselves, "Is our church an effective power for pardon and peace? Are we individually instruments of peace and not of division, advocating reconciliation and not discord and violence? Do we walk in the light of the Lord?"

Living with love for all God's children can move people to say, "Come, let us climb the Lord's mountain, to the house of God, that He may instruct us in His ways and we may walk in His paths." If the nations are ever to beat their swords into plowshares, we must beat our own personal feelings of hatred and contempt into love and concern. If the nations are ever to turn their spears into pruning hooks, we must turn our self-seeking into generosity and service.

A Sailor who was a stranger in town was taken to a charity dance at a deaf and dumb hospital by his friend. "But how on earth can I ask a deaf and dumb girl to dance?" The Sailor asked. "Just smile and bow to her," explained his friend who had done it before. So

the young Sailor picked out the prettiest girl, smiled and bowed to her, and away they danced. They danced not only one dance but three, and the Sailor was at the point of asking her for another dance when a strange man approached his partner and said lovingly, "Darling! When are we going to have another dance? It's almost been an hour since I danced with you."

"I don't know, dear," said the girl tenderly. "I don't know how to get away from this deaf and dumb idiot!"

Walk in God's light in our daily lives and being a living witness of God's love and concerns for others.



Dang

Health Watch

Flu season is almost here!

By Lt. Tricia Slattery

Influenza (also called "the flu") is a viral infection in the nose, throat and lungs. About 10% to 20 percent of Americans get the flu each year. Each year, about 130,000 people go to a hospital with the flu, and 20,000 people die because of the flu and complications. The flu may cause fever, cough, sore throat, a runny or stuffy nose, headache, muscle aches and tiredness. Most people feel better after one or two weeks.



Slattery

But for some people, the flu leads to serious, even life-threatening, diseases, such as pneumonia. Influenza vaccine (the flu shot) is recommended for people who are more likely to get really sick to protect them from the flu.

Some people have a higher risk of flu complications, like pneumonia. If you are in any of these groups, you should get the flu vaccine every year: children aged six to 23 months, adults aged 65 years and older, women who are or will be pregnant during the flu season, residents in nursing homes and long-term care facilities, individuals aged two to 64 years who have long-term health problems, children aged six months to 18 years who are on chronic aspirin therapy, health care workers who have direct contact with patients, caregivers and household contacts of children less than six months of age, and active duty military personnel.

The best way to avoid getting the flu is to get the influenza vaccine each fall, before the flu season. The vaccine is available by shot or nasal spray. The vaccines work by exposing your immune system to the flu virus. Your body will build up antibodies to the virus to protect you from getting the flu. The

flu shot contains dead viruses. The nasal-spray vaccine contains live but weakened viruses. You cannot get the flu from the flu shot or the nasal-spray vaccine. Some people who get the vaccine will still get the flu, but they will usually get a milder case than people who aren't vaccinated.

Even with a flu vaccine, you aren't 100 percent protected. Each year, the flu vaccine contains three different strains (kinds) of the virus. The strains chosen are those that scientists believe are most likely to show up in the United States that year. If the choice is right, the vaccine is 70 to 90 percent effective in preventing the flu in healthy people under 65 years of age. If you're older than 65, the vaccine is less likely to prevent the flu. Even if you get the flu after being vaccinated, your flu symptoms should be milder than if you didn't get the vaccine. You'll also be less likely

Health continued on page 7

Wingspan

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L12 Paul Hewitt

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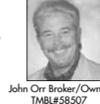
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Legal Corner

Your Rights in Vehicle repossession

By Jonathan Hullihan, NLSO New Orleans

Have you ever had to deal with vehicle repossession? Jonathan Hullihan from NLSO Central Branch Office New Orleans provides helpful insight on the issue.

Vehicle repossession can be a terrifying concept to any person who relies on a car in their everyday lives. Steering clear of this predicament can be as easy as planning a monthly budget and knowing your financial limits with the purchase of a vehicle. Nevertheless, it is important to know your rights in the event vehicle repossession occurs.

Co-Signer Responsibility

When you purchase a vehicle with a car loan, your creditor holds significant rights until you have fully paid the vehicle loan off. In fact, a creditor has the ability to seize a vehicle after just one late payment. Since state laws vary, read your contract to find out what constitutes a default of your loan.

In addition, a co-signer assumes equal responsibility for late or defaulted payments. If you have a co-signer, and your vehicle is repossessed, not only will the repossession appear on the co-signer's credit report, but also they are also legally responsible for any deficient balance.

Often times, divorce judgments specify the division of property, but if a debt is to be jointly owned post-divorce, do not take your name off the title. By removing your name off the title, you are removing ownership but not loan responsibility, a no-win situation to be in.

Paying the Loan Deficiency

If your car is repossessed and sold at auction, you will be responsible for any deficiency of the amount owed on the contract.

In most states, a creditor who has followed the correct procedures for repossession and sale is allowed to sue you for a deficiency judgment to collect the remaining amount owed on your credit or lease contract.

Depending on your state's law, if you are sued for a deficiency judgment, you should be notified of the court hearing. This may be your only opportunity to present any legal defense. If your creditor breached the peace when seizing the vehicle or failed to sell the car in a commercially reasonable manner, you may have a legal defense against a deficiency judgment. An attorney will be able to tell you whether you have grounds to contest a deficiency judgment.

Selling the Car

According to the Federal Trade Commission, once your car has been repossessed, the creditor may decide to keep the car as compensation for the debt owed or sell it in either a public or private sale. If the vehicle is to be sold privately, you may also have a right to know the date and location it will be sold.

In a public or private sale, you may be entitled to buy back or "redeem" the vehicle by paying the full amount owed, plus any expenses associated with its repossession, such as storage and preparation for sale.

Regardless of how a repossessed car is sold, a creditor usually may not keep or sell personal property found inside. State laws may also require the creditor to use reasonable care to prevent others from removing property from the car. If not done in a timely manner, or within the prescribed period, the property is deemed to be abandoned.

If you have any questions call the NLSO to set up an appointment, at 361-961-3765.

Marines continued from pg 1

"The people of this town have been devastated by the war in Iraq," said Alonzo Lopez Jr., the town's mayor. "Three boys from San Diego, a population of only 4,300, have been killed in action. We are all patriots and we are willing to do anything within our power to help these Marines."

To that end, the locals played the role of private citizens for the exercise.

"We wanted the citizens to interact with the Marines as much as possible, just like they would in Iraq," said Creamer. "Winning over the hearts and minds of the local populace is one of our key missions. If you have the people's trust, you have a better opportunity of gathering vital intelligence."

In the training evolution, the Marines set up a Forward Operating Base (FOB), which they named FOB Heat, where they staged all

personnel, vehicles and logistical support. Each platoon went on patrols to disrupt mock terrorist activity."

"None of this would've even come about if it weren't for Lt. Col. Robert M. Heidenreich (I & I, 1/23). He is the one who allowed us to take a risk and made this happen," said Ogden. "And the reservists, led by Capt. William Creamer, (commanding officer, Company C, 1/23), are the ones who made this all possible. Of course, we have to give credit where credit is due, and that goes to the I & I staff, who made this a reality from conception to completion."

At the conclusion of the training evolution, the Marines ate lunch with the town officials where they tried to show the same hospitality the town had shown them. The Marines of 1/23 impressed the people of San Diego so much that they have been invited to return next year.

MWR News and Events

By Laurie Garcia, NAS MWR

Have your A/C Serviced at the Auto Skills Center

The intense South Texas summer heat is just around the corner. Is your vehicle cooling as good as it should be? If not, stop by the Auto Skills Center to have one of our Certified Air Conditioning Technicians have a look. Just come in and ask for an AC Service and we will check all of the following:

- Proper high & low side pressure readings
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- Check all AC hoses and belts
- Check for proper operation of fans
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The Auto Skills Center is offering this service for only \$15 plus the cost of freon. Service is delivered on a first-come, first-serve basis, so come in early and take advantage of the top notch expertise of the Auto Skills Center technicians. You don't even have to wait around while the work is performed on your vehicle. You can simply drop off your vehicle and pick it up once the work is done.

Hours of operation: Tuesday-Friday 10 am-6 pm Saturday-Sunday 9 am-5 pm

The Auto Skills Center is located to the west side of the Navy Army Credit Union in Bldgs. 1713 and 1737.

For more information on this and other services provided by the Auto Skills Center, call 961-3470.

Bayside & Oasis Pools

Bayside pool hours of operation are Wednesday through Friday 12 pm-6 pm, Saturday from 12 pm-6 pm, Sunday from 1 pm-6pm and Closed on Monday and Tuesday. The Bayside pool is a family recreation pool with a slide and baby pool. The Oasis Pool hours of operation are Tuesday through Friday 11 am-1 pm, 4 pm-6 pm and Saturday from 10 am-12 pm.

Swimming Pool Fees:

All lap swimmers: No charge
Active duty military and active reserve card holders: No charge
Dependents (E1-E6): \$1 daily fee.
DoD Civilians & Dependents: \$1.50 daily fee.

Guests: \$2 daily fee
Children under 2: No charge. Must wear swim diaper
Starting on August 13 the Bayside Pool will be open for weekends only through Labor Day (September 4, 2006). The

MWR continued on page 14

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Fire continued from pg 1

Make sure that you have at least one smoke alarm on every level of your home.

Everyone in the household must understand the escape plan. When you walk through your plan, check to make sure the escape routes are clear and doors and windows can be opened easily.

Choose an outside meeting place (i.e. neighbor's house, a light post, mailbox, or stop sign) a safe distance in front of your home where everyone can meet after they've escaped. Make sure to mark the location of the meeting place on your escape plan.

Have everyone memorize the emergency phone number of the fire department. That way any member of the household can call from a neighbor's home or a cellular phone once safely outside.

If there are infants, make sure that someone is assigned to assist them in the fire drill and in the event of an emergency. Assign a backup person too, in case the designee is not home during the emergency.

Be fully prepared for a real fire: when a smoke alarm sounds, get out immediately.

Once you're out, stay out! Under no circumstances should you ever go back into a burning building. If someone is missing, inform NAS Corpus Christi Fire Rescue fire dispatcher when you call. Firefighters have the skills and equipment to perform rescues.

Putting your plan to the test

Practice your home fire escape plan twice a year, making the drill as realistic as possible.

Allow children to master fire escape planning and practice before holding a fire drill at night when they are sleeping. The objective is to practice, not to frighten, so telling children there will be a drill before they go to bed can be as effective as a surprise drill.

It's important to determine during the drill whether children and others can readily waken to the sound of the smoke alarm. If they fail to

awaken, make sure that someone is assigned to wake them up as part of the drill and in a real emergency situation.

If your home has two floors, every family member (including children) must be able to escape from the second floor rooms. Escape ladders can be placed in or near windows to provide an additional escape route. Review the manufacturer's instructions carefully so you'll be able to use a safety ladder in an emergency. Practice setting up the ladder from a first floor window to make sure you can do it correctly and quickly. Children should only practice with a grown-up, and only from a first-story window. Store the ladder near the window, in an easily accessible location. You don't want to have to search for it during a fire.

Always choose the escape route that is safest—the one with the least amount of smoke and heat—but be prepared to escape through toxic smoke if necessary. When you do your fire drill, everyone in the family should practice crawling low on their hands and knees, one to two feet above the ground. By keeping your head low, you'll be able to breathe the "good" air that's closer to the floor.

It's important to practice crawling on your hands and knees, not your bellies, as some poisons produced by smoke are heavier than air and settle to the floor.

Closing doors on your way out slows the spread of fire, giving you more time to safely escape.

In some cases, smoke or fire may prevent you from exiting your home or apartment building. To prepare for an emergency like this, practice "sealing yourself in for safety" as part of your home fire escape plan. Close all doors between you and the fire. Use duct tape or towels to seal the door cracks and cover air vents to keep smoke from coming in. If possible, open your windows at the top and bottom so fresh air can get in.

For more information please contact NAS Corpus Christi Fire Prevention at NAS_CC_FD_fireprevention@navy.mil.



Are you ready for some football! The Pizza Sub Pub is now open evenings beginning Aug. 14. The new hours are Monday through Friday 10:30 a.m. - 8 p.m. You might not catch the whole game, but pop in for some pizza and a cold drink. Then if you want to catch the rest of the game - shoot over to the Gonzalez Liberty Center and watch the rest of the game with your friends on a big screen. If enough folks start making the Sub Pub their "football gathering place" management will consider keeping it open later. Grab your friends, have some pizza and come hang out at the Sub Pub.

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Freedom is not free, Neither is TRICARE

By Cmdr. Cheryl A. Mosley, NHCC Director of Health Care Operations

Listening to a 30-60 minute blurb about TRICARE or services at the Naval Hospital Corpus Christi may not be a priority today. Unfortunately, health care benefits can quickly become a top concern if you seek care in the private sector and unexpectedly receive a bill.

Access to care at the hospital only becomes a problem when you need an appointment but can't get it when you feel you need it or simply don't know where to go. This often results in a trip to the Emergency Room, coupled with a long frustrating wait, and the risk of a bill for care that is determined to be non-emergent.

The benefits of a health care plan do not stand-alone. They are peppered with rules that expect beneficiaries to assume some degree of responsibility for their health and use of their plan. Making an appointment and keeping an appointment is a perfect example.

Military Treatment Facilities closely monitor the volume of "No Shows", people who neither keep nor cancel an appointment, because they have such a negative impact on access to care. In the civilian sector, some medical offices bill the patient for a visit when they do not keep or cancel an appointment. If this happens to you as a TRICARE beneficiary, TRICARE will not pay the claim, and the cost of that visit becomes your responsibility.

The annual unified DoD medical budget is \$36 billion. That's a lot of money for taxpayers to shoulder. For now, we are privileged to have the most robust health care program in the world, void of premiums, deductibles, or co-pays for active duty members and their families. Each day, we concern ourselves with measures of conservation that save us money. Turning off the lights, fixing water leaks, recycling garbage, and saving gas have been integrated into the normal course of our lives. But what are we doing to conserve our benefits?

Increased demand for care by beneficiaries has contributed to increased health care costs. Investment in a healthy lifestyle can save visits to the doctor across your lifetime, thereby reducing the demand the care. Reducing or eliminating health risk factors that lead to injury and illness can be accomplished by adopting a healthy lifestyle. Smoking cessation, diet, or exercise are often the first steps. The Wellness Center at Naval Hospital Corpus Christi can help identify your health risk factors and offers a multitude of group or individualized education and intervention programs to start you on the right path to living well.

Another step is to know how your TRICARE program works. We encourage you to learn as much about your benefits as possible, before you need to use them. Commonly encountered problems include use of the Point of Service benefit for emergency room services, use of urgent care centers, or seeking care with a civilian specialist following an emergency room evaluation. Any of these situations can lead to a bill for which you may be held responsible.

The TRICARE Service Center located at the Naval Hospital Corpus Christi is here to help. The Naval Hospital also offers periodic briefs to all beneficiaries to provide them with information about TRICARE.

The next TRICARE and NHCC Brief will be held Aug. 31, in the Hospital Auditorium on the 1st floor from 9 - 10 a.m.



NCCS(SW) Terri Green

Do you know how to be Navy COOL

By NCCS(SW) Terri Green

The Navy has come out with a new training website in assisting military personnel. It is called, "Navy COOL", which stands for Credentialing Opportunities On-Line. It was established to help enlisted personnel pursue personal and career goals. Let's face it once you are done with your career finding a job will be crucial. The job market is competitive and if you don't have the right training, or certification it will be tough. This website is design with comprehensive information to guide sailors in pursuing the occupational credentials related to their work experience and training. Employers are always on the look out to hire military personnel. Why? The training you receive, discipline and skills are sought out no matter the area of expertise. The availability of this website, allows you to get detailed information on any certifications, qualifications, licenses, apprenticeships and growth opportunities from every rate in the Navy. The website also offers links and cross references programs such as Tuition Assistance (TA), Montgomery GI Bill and United Services Military Apprenticeship Program (US MAP) to mention a few. There are numerous programs you can use to increase and develop skills. Navy Cool is one of the many tools you will use to succeed when you have completed your time in the Navy.

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Don't have the Internet? No problem, there is a portable copy called "COOL to go." This file is downloadable and has the same information, minus connectivity to external sites, as Navy COOL. This will eventually be a two-phase system. The second phase will take about 14 months to complete and should be available around September 2007. The phase II updates will be added to the site continually over an 18-month period. It will have detailed comparisons of Job Task Analysis (JTA) for each navy rating. The Phase II portion of this website will have credentialing information! It will also provide the person with outlines on achieving them. Whether you're a Naval Officer or Enlisted Navy Cool can help you pursue your personnel and career goals. The only limit is the restrictions you set on yourself. Remember you shouldn't have to wait to plan out your

Employment futures START NOW you have the tools use them.

For more information refer to NAVADMIN 193/06, or contact Navy Credentials Program Office at erry_cqcredentials@navy.mil. If you have any questions about the Navy Cool website you can contact your divisional career counselors, or stop by the Command Career Counselors office.

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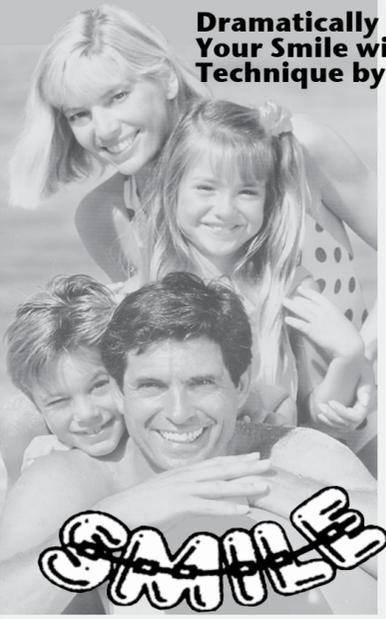
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Naval Hospital Corpus Christi offers TRICARE E-Team

By Cmdr. Cheryl A. Mosley, NHCC Director of Health Care Operations

Voice trees and voice mail can be exasperating when you need to speak to someone about a TRICARE issue. Playing phone tag only adds to the frustrations. The Medical Management staff of Naval Hospital Corpus Christi is making an effort to improve our response to your needs. We are offering two additional local resources that can enhance direct access to a TRICARE assistant.

We still highly encourage the use of Humana's toll-free number, 1-800-444-5445, because it is an excellent comprehensive resource that can sufficiently address most issues. But for less urgent matters, try our online TRICARE E-Team. You can submit questions 24/7 and expect a response by the next business day. Replies are often rendered on the same business day. You can find the TRICARE E-Team on the Naval Hospital Corpus Christi public homepage under Patient Resources:

<https://www.nhccpushcs.med.navy.mil/Resources-TRICARE.shtml>

For easy access click the first TRICARE

link to display a list of on-line help options.

The online resource should prove to be a very valuable tool for you. When faced with complex problems or issues with extenuating circumstances, it is easier to keep the facts straight by putting them in writing. Information is not lost in translation and is less subject to misinterpretation. Through online correspondence, we can request more information if it is needed and will keep you posted on the status of your inquiry.

Health Benefits Advisors are the designated telephone points of contact for local TRICARE questions and can be reached at (361) 961-2810 or (361) 961-4955. If you need immediate assistance and are unable to reach an HBA, the Referral Management Center now has a TRICARE assistant available by pager from 7:30 a.m. to 6 p.m. Monday through Friday. Simply call the hospital Quarterdeck at (361) 961-2688, provide a good phone number to which we can return your call, and ask them to page the TRICARE assistant. We will return your call promptly.



Naval Hospital Corpus Christi as seen from an aerial view. (Photo by Bill Love)

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The flu vaccine is safe. There are very few side effects. If you got the flu shot, your arm may be sore for a few days. You may have a fever, feel tired or have sore muscles for a short time. If you got the nasal-spray vaccine, you may have a runny nose, headache, cough or sore throat.

If you are pregnant during flu season, you cannot get the nasal-spray vaccine. However, it is recommended that women who will be pregnant during flu season get the shot, except during the first trimester. Pregnancy can increase your risk for complications from the flu. It is also safe to get the flu shot while breast-feeding your baby. The flu shot cannot cause you or your nursing baby to get sick.

Antiviral flu drugs are prescription medicines that can be used to help prevent and/or treat the flu. There are four antiviral flu drugs: amantadine (Symmetrel), oseltamivir (Tamiflu), rimantadine (Flumadine) and zanamavir (Relenza). All four of these antiviral drugs have been approved to treat the flu. If you take one of these drugs within two days of getting sick, it can lessen your symptoms, decrease the amount of time you are sick and make you less contagious to other people. However, most healthy people who have the flu get better without using an antiviral flu drug. Your doctor will decide whether one of these medicines is right for you.

Always talk to your doctor first to see if you are eligible to receive either the flu shot or the nasal spray. There are certain risks associated with each and these vaccinations are not always indicated in all individuals. Active duty military personnel on flight status are required to get the flu shot versus the nasal spray. Contact your physician for more information.

The CPOA will be hosting the 2nd annual Art Auction Benefit

By ACCS Tonya Osgood

It's that time of year again when the Al Amin Shrine and the Corpus Christi Chief Petty Officers Association will host the 2nd annual Art Auction Benefit.

The Auction will take place At The Al Amin Shrine Center, 2001 Sunside Road, on August 26th with a preview at 6 p.m. and the Auction starting at 7:30 p.m.

There will be a Next Day Sale and art pickup from 10a.m. to 1 p.m.

An exciting variety of custom framed art will be on display and available for auction at this gala event. Tickets are \$5 per person and may be purchased from any CPOA member or at the door on August 26th.

There will be Wine tasting and Hors d'oeuvres. One free glass of Wine with each \$5 Ticket. The selection will include a broad range of decorative art, in addition to works by popular artists such as Wooster Scott, Buckels, Wyeth, Raad, Grant, Kinkade, Emanuel, Goyo, Neiman, Adams, hand painted charts, animation art, wildlife art, and others. You will find there is something for every taste, priced from \$35 to several thousand dollars.

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AROUND THE STATION

Sails, spinnakers, and ‘What is that?’ all part of the 44th Annual Navy Regatta

Story by Bob Torres, photo's by LI2 Paul Hewitt



The winner of this years Regatta, is the simple designed boat from VT-31. (Photo by LI2 Paul Hewitt)



Off course, the crew of this odd vessel are frantically trying to push off the spectators yacht they have crashed into. (Photo by LI2 Paul Hewitt)



VT-31 personnel carries their boat to to the end of the dock to be towed to the starting line. (Photo by LI2 Paul Hewitt)

Men and women in a harness took turns on a “spinnaker sail” as part of the fun of the 44th Annual Navy Regatta, Saturday, Aug 6, here at the Naval Air Station’s Sunfish Beach.

The event kicked off with a rally Saturday morning at the Corpus Christi Yacht Club, with the race beginning at noon as Sailors and military “crew” in sailboats of all sizes and classes depart from the Yacht Club and raced to the finish line here at Sunfish Bay.

Children splashed and Sailors jostled and yelled taunts at each other as they raced sometimes in sleek sailboats and another time in makeshift “sailing vessels” in an event know for it’s fun in the sun.

“I’d like to register the Coast Guard’s entry into the “Titanic Cup,”” announced Lt. Mike Danish at the last minute, as his crew schemed to bring in a “ringer vessel” he figured would win.

After the boat was registered, a large truck with a closed trailer backed up to the boat ramp and equipment and material were off-loaded. Huge bladders comprised of an oil sign, were filled with air and a plywood contraption was employed with an aluminum ladder and sail were assembled on the ramp.

Soon a huge wallowing “sailing vessel,” larger than some of the ocean-going sailboats was completed, and Danish, with a smug smile on his face was ready to race.

As the five vessels, primarily made up of student pilots from Training Air Wing 4, were assisted to the fishing pier to begin the race, people appeared on the beach and under the Sunfish Bay covering to cheer, and jeer, the participants.

“I’m pretty sure who the winner will be,” said TAW-4 Commodore Dave Maynard, referring to the former squadron he commanded, VT-31. There were other comments made from other squadron commanders – not fit for a family newspaper.

As racers lined up, a horn blasted – and the race was on. Soon the VT-

31 “sailing vessel” had made up the difference of the 45-foot-long Coast Guard entry and catching good wind out-distanced the competition.

The sailing vessels from two squadrons ran into each other and the Coast Guard entry caught wind in it’s sail AND the floating air bladders and careened off course and struck a sailboat moored to watch the race. However, since the bladder was virtually captured “hot air” there was no damage done to either vessel, just to Coast Guard pride.

“I formally protest the winner,” announced a spectator. “There was supposed to be more than one crewmember on each vessel.”

VT-31’s vessel, the winner, was comprised of a flat floating surface, a sail and a Sailor holding on that is very similar to a wind-surfer.

“It was a good race, a fair race,” commented Chief of Naval Air Training, Rear Admiral Don Quinn, who served as the Titanic Race judge. “But we won’t announce the winners until after tonight’s Luau dinner.”

Then with a smile he quipped, “It could change, because I can be bought.”

The civilian Sailors that had competed on the more serious sailing race, with strategy and tacking secrets thrown in, could probably only shake their heads in amazement of what they saw that afternoon.

On Sunday, they would race back toward downtown Corpus Christi, with military Sailors serving as captains during the Military Cup portion of the regatta race. Some had doubts as to the worthiness and capabilities of these Sailors after what they’d witnessed that afternoon.

On the military side, there was already scheming and bets being made – for next year’s competition.



Watching from high in the sky, boaters are not the only ones having fun in the water. (Photo by LI2 Paul Hewitt)



Spectators crowd around the to see the first boat to finish be towed in. (Photo by LI2 Paul Hewitt)



The race is off and the crew of this boat are trying to keep their sail from letting flying loose. (Photo by LI2 Paul Hewitt)

AWARDS AND ACHIEVEMENTS

Military Of the Quarter awards



These following Sailors were awarded during the Military of the 2nd Quarter Luncheon, there names are as follows by command. Aircraft Intermediate Maintenance DET, Senior Sailor of the Quarter, AE1 (AW) Fred Warren, USN; Junior Sailor of the Quarter, AT2(AW) Dusty Riley, USN; Helicopter Mine Countermeasure Squadron 15, Military of the Quarter, AD1 (AW) Samuel D. Bartels, USN; Junior Sailor of the Quarter AE2 (AW) David Thurnvalsasina, USN; Blue Jacket of the Quarter, AD3 Joseph Arpin, USN; Senior Selective Reservist of the Quarter, AME1 (AW) Lisa J Musick, USNR; Junior Selective Reservist of the Quarter, ABH2 Ruben Sanchez, USNR; Marine Aviation Training Support Group 22, Lance Cpl. Abel D. Zendejas, USMC; NASCC, Senior Sailor of the Quarter, AC2 Ashley Drage, USN; Junior Sailor of the Quarter, ACAN Joshua Hill, USN; Naval Hospital Corpus Christi, Military of the Quarter, HM1(FMF) Robert W. Hickey, USN; Petty Officer of the Quarter, HM2 (FMF) Sergio S. Flores, USN; Junior Military of the Quarter, HN Abel B. Martinez, USN; Navy operation Support Center NASCC, Staff Petty Officer of the Quarter, YN2 Joe A. Flores, USN; Naval Training Meteorology and Oceanography Corpus Christi, Junior Sailor of the Quarter, AG2(AW/SW) Jennifer L. Hubley, USN; PERSUPDET, Military of the Quarter, MN1(SW) Joseph J. Solis, USN; Petty Officer of the Quarter, PS3 (SW/AW) Kumash N. Joshi, USN; United States Coast Guard Sector Corpus Christi, Military of the Quarter, DC1 Joseph Robinson, USCG; United States Coast Guard Air Station Corpus Christi, Military of the Quarter, AET1 Eric Reinertsen, USCG; CNATRA Staff, Sailor of the Quarter, AZ2 (AW/SW) Gregory Cohen, USN. (Photo by Richard Stewart)

Corpus Christi Hooks Celebrate Military Appreciation Day



The Corpus Christi hooks made the military feel welcome during Military Appreciation Day, Aug. 3. Before the game, a group of servicemembers reenlisted and then each service individually “threw out the first pitch” to begin the game. As the national Anthem was played, a Joint Forces Color Guard presented our National ensign and the flags of each service. (Photo's by LI2 Paul Hewitt)

Vacation Bible School is a hit



The chapel fellowships worked hand-in-hand to put together a highly successful Vacation Bible School last week. Perhaps you saw the children in their “indigenous” dress as you drove by the chapel complex such as Nicole Evertson (left) and April Furman (right). Altogether, there were over 70 children who participated in the week’s activities with 45 volunteers facilitating various events. The theme of the VBS was “Holy Land Adventure: Bethlehem Village.” Students received an opportunity to hear accounts of life in ancient Bethlehem, taste foods native to Israel, interact with Bible “characters,” meet animals in a petting zoo, and visit a number of “sites” and “shops” where they could make crafts, hear lessons and learn about life in Bethlehem at the time Jesus was born.

Each child was registered as a member of one of twelve groups arranged by age and named after the original 12 tribes of Israel. They formed up each morning in their appointed places, donned their tribe’s colors and a tunic, and set out for a few hours of fun and exploration.

Thank you, volunteers. Your selfless efforts are responsible for the success of this VBS. We hope all who were involved had a wonderful time. Thank you, students, for your enthusiasm and positive spirit. You are a great group of young people. Next year’s VBS will be even better. If you were not able to participate this year, plan for next year. You’ll be glad you did!