



WINGSPAN

2015 Russell Egnor Navy Media Award winning newspaper



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Naval Air Station Corpus Christi, Texas

June 30, 2016



Commissary helping FFF
-- page 3



55 years and counting
-- page 5



Daddies and princesses
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All-Navy Women's Basketball Team are pictured here with a couple of residents of the Corpus Christi Ronald McDonald House. From left are, (front row) IT2 Kasey Weldon ABE3 Paris Leonard, SN Jameika Hoskins, BM3 Talena Faison, (back row) Coach Tonya Strobridge, FN Imani Hudson, IS2 Christie Ayers, AC3 Taylor Jones, EMN2 Tahara Williams, MA2 Kenyatta Gatlin, CT12 Kristina Farmer, SN Shaniqua Bennett, MM3 Kierra Patterson, and Coach Sendra Williams. (Photo by Lt. Lupita Tate)

All-Navy Women's Team plays ball on & off the basketball court

About 20 female Sailors and Coast Guardsmen from various commands throughout the Navy and Coast Guard came together at Naval Air Station Corpus Christi earlier this month to compete for a spot on the 2016 All-Navy Women's Basketball Team.

NASCC MWR's Fitness hosted the camp from June 10-29. Naval Health Clinic Corpus Christi corpsmen also assisted each day with taping and any medical attention the athletes needed.

The final 12 players who made the team have been practicing and scrimmaging in preparation for the Armed Forces Sports Championship being held in San Antonio July 1-7.

The ballplayers underwent a competitive tryout process.

"They were evaluated on their dribbling, shooting, basketball IQ," said Tonya Strobridge, who has been coaching the team since 2012. "It's not just their skills, talent and knowledge of the game, but also how well they come together and work as a team."

The All-Navy Women's Basketball Team will represent the Navy in the Armed Forces Sports Championship, where they will compete against the other services.

Commander, Navy Installations Command

(CNIC) manages the All-Navy Sports program, which allows Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent the Navy at higher level athletic competitions.

Annual All-Navy teams participate in the Department of Defense Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force.

The sports consist of men's and women's basketball, soccer, cross country, bowling, volleyball, golf, softball, triathlon, marathon, rugby and wrestling.

"The Navy teams are operated from a budget provided by CNIC. Their goal is to put the 'best of the best' Navy players on the field, court or alley. They do this through a series of nationwide tryouts in various locations," said James Senn, Navy Sports program manager.

After the tryouts, the teams are picked and, depending on the sport, go through a mini-camp to get ready for the season.

Senn added, "These young Sailors are not just good basketball players and the All-Navy Sports Program is not just about sports."

see *Basketball* on page 7



EMN2 Tahara Williams takes the ball down court during a scrimmage against Lady Game Over held at the NASCC E Street Gym last week. (Photo by Fifi Kieschnick)

Command Master Chief's Column



CMDCM(SW)
Jeffery Tidwell

Howdy! It's that time of year again when Father's Day is upon us, and I wanted to take the time to discuss my views on leadership in comparison to my views on fatherhood.

Admittedly, being a father is the greatest job I have ever had and being a Navy leader is a close second. It's not only a teaching tool or discussion point, it's a study in being adaptive and resilient.

A father and a leader go through many of the same phases of growth and learning. Anyone who is a father will understand when I say becoming a father for the first time is nerve-racking. The new father lives

with the concern of being competent and ready to shape another human life and to teach a new child the basic life skills that every person needs to be productive.

In the same way, the young leader could feel the same apprehension. They may wonder if they are ready. They may ask themselves if they have what it takes or even if they can train Sailors to be successful and survive in combat. Leaders begin to observe the growth in their Sailors and gain confidence in their ability as leaders. In comparison, the father becomes the leader of a teenager. A teenager is someone who has knowledge but still lacks some of the more basic wisdoms of life. The father becomes a mentor to teach wisdom, social skills and showing the teenager how to become a parent. As we become leaders of other leaders, we become the teacher of the next generation of leaders.

Finally, we become the father of an adult, a person who can operate as a full autonomous member of society. It is at this

point that we have become more the advisor than the doer. However, we remain a critical support structure for that adult to begin the process anew.

This is similar to the way a senior leader mentors young leaders as they grow and mentor their Sailors. Both the good father and the good leader find the greatest joy and the greatest pride not in his own accomplishments, but in the accomplishments of those who he taught.

Both fathers and leaders have difficult days when they have to inflict a punishment or reprimand on someone they truly care about, knowing the person may not fully understand. However, it must be done to make them better. Most leaders and fathers may tell you that all those bad days are worth it when you see your child or Sailor succeed and reach the potential that you have seen in him or her all along. Leaders never stop trying and never stop caring enough to show them what is right.

Chaplain's Message



We hold these
truths to be
self-evident

Father John Vidal

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Most people of my generation are well familiar with these first words of the Declaration of Independence after its introductory paragraph. We are familiar with them because they are so fundamental to who we are as a nation. This is the reason why if you walk into almost any church or synagogue (In all honesty I don't know about other faiths) you will find some recognition of Independence Day. At the NASCC Chapels we will be singing some well known religious patriotic songs such as "God Bless America."

The words are fundamental because these United States of America have always been, and I pray will always be, a place where religious and spiritual beliefs guide us to seek for ourselves, and for our fellow citizens, freedoms which are not granted by any government or person, but rather by "their Creator."

One would think that the convening congress, who were religious people with deep convictions, would have used the word "God" instead of "Creator." But in fact, the very use of the term "Creator" assures us of one of our fundamental rights: Freedom of Religion. The famous author of the day, Patrick Henry, makes that point:

"It cannot be emphasized too strongly or

too often that this great Nation was founded not by religionists but by Christians, not on religions but on the gospel of Jesus Christ. For that reason alone, people of other faiths have been afforded freedom of worship here."

The first amendment of the Constitution drove the point home even more firmly with the clause: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof." People of all faiths have the "Creator given right" to exercise their faith, and to hold firm to their religious beliefs, without interference from the Government or anybody else.

Unfortunately, I believe, the Supreme Court has concluded that the mere recognition by government that a citizen's religious expression as valid, is the same as the endorsement of the same. The result is that it is becoming impossible for people to express their religious beliefs in a way that they can influence their government or even society. Even worse, we now have instances where the expression of religious beliefs is seen as bigoted or even "hateful."

I think this is a tragic development in our history because it makes it less and less possible for communities to establish societal rules that reflect their religiously informed values.

Please don't get me wrong; I'm not suggesting that a community with a majority represented by one faith group should be able to impose their religious beliefs on others. After all, that is the current problem in the Middle East.

At the same time, I am suggesting that it is good and healthy that the religiously-informed values of citizens in a community (or state or nation) should be welcomed and encouraged because they generally build open and diverse communities that are open to all. That is the gift of Patrick Henry's

statement I quoted above.

I fear that a dangerous trend is creeping into our society where minorities, sometimes of one, use the so-called "separation of church and state" to impose their values on the community.

This dangerous trend has been magnified by recent developments where one or all three of the branches of the U.S. government have used "general welfare" arguments (Preamble and Article 1 section 8 of the Constitution) to restrict the exercise of religion by well established and historically recognized faith groups like the Catholic Church, the Southern Baptist Convention and the Mormon Church. In a political environment where the citizenry is sharply divided it is easy to disregard someone's beliefs in order to advance a particular political agenda.

The problem is that eventually the pendulum will swing to the opposing political agenda and those pushing that opposing political agenda will threaten a whole new set of religious freedoms.

If this is allowed to happen, we will essentially have negated the independence we claimed on July 4, 1776. As we come into the elections this fall, I encourage each and every one of us to consider where we stand on this issue and carefully deliberate how to vote. Whether you agree with my position or are of an opposing opinion, I pray you will exercise your vote in such a way that you help protect everybody's religious rights.

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Capt. Steve Banta
Commanding Officer

Fifi Kieschnick
Public Affairs Officer

Lt. Lupita Tate
Public Affairs Assistant



Wingspan



NASCC Facebook



This paper is published for people like Isaac McLaughlin, an electronics technician at NASCC's ground electronics since 2011. McLaughlin is a Charlotte, N.C., native and a former Marine.

Commissary offers options in support of Feds Feeds Families program

Feds Feeds Families is a program that Israel "Izzy" Villanueva, a store associate at Naval Air Station Corpus Christi's commissary finds personal and dear to him.

Growing up in and a native of Kingsville, Texas, he recalls the scorching hot summer days without air-conditioning. His mother -- a single mother of five who worked hard to provide her children with the basic food necessities -- always met their needs.

Villanueva says the family did receive donated items such as cheese, butter and cereals from government programs when available.

"This was very helpful and I've never forgotten that," Villanueva said. "There still are many programs and food drives that assist local families in need. This is especially important during the summer time when school is out and there is no access to the reduced or in some cases free meals for our local children and families."

When the local Feds Feed Families program kicked off, the new Commissary Director, Marlin Dotson, brought an idea with him from Scott Air Force Base, Ill. The commissary assembles bags of groceries and personal care products for \$10 each. Patrons have the option to donate individual items or assembled "goody bags." Some of the food bags contain an entire meal, others two meals or even snacks.

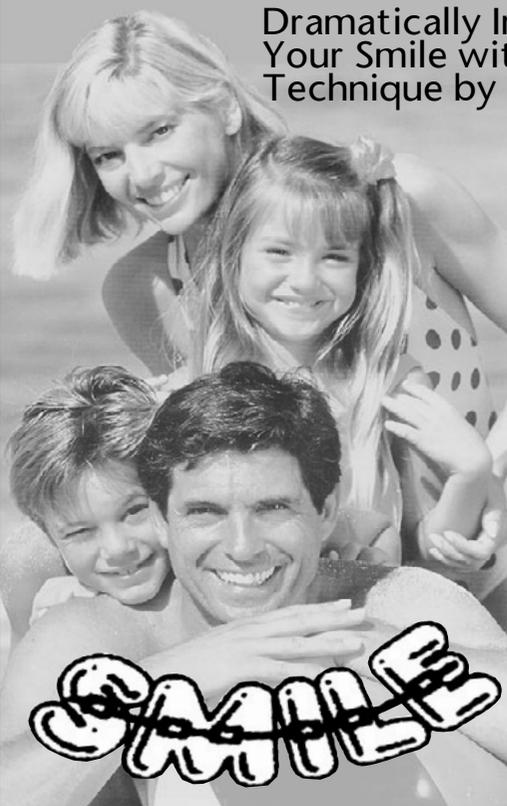
Within the first two weeks of the FFF program, commissary personnel packed up to 570 pounds of products and sold over 25 these bags. By changing the menu and items in these bags periodically gives the patrons an incentive to purchase bags more than once.

Villanueva added, "As a retired Solider and a federal employee, I find it very rewarding creating the menus, accompanying items and assembling these bags. Our goal is for these bags to have the entire meal without having to worry about the burden of needing to purchase other items.

"Most importantly, careful consideration goes into them being kid-friendly and nutrient-conscious as best as possible. Also, consideration goes into the planning that all products are non-perishable so that they sustain transport, storing and the distribution to local food pantries. It's a great feeling knowing these meals are going to a great cause and that others too are taken care of." *(Courtesy of NASCC Commissary)*

Right, Israel Villanueva proudly displays a "goody bag" he has assembled for the Feds Feeds Family program, which runs all summer long. The packages can be purchased at the Commissary for \$10 each.





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Naval Health Clinic Corpus Christi is offering monthly TRICARE For Life (TFL) seminars for enrolled beneficiaries who are approaching their 65th birthday. The one-hour session will be conducted in the clinic's auditorium (located on the first floor) beginning at 9 a.m., on the 2nd Friday of each month.

TFL is Medicare-wraparound coverage for TRICARE beneficiaries who have Medicare Part A and Medicare Part B, regardless of age or where you live.

With TFL, you can visit:

- * Medicare-participating providers
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- * Military hospitals and clinics (space-available care)

If you see a Medicare-participating provider, that provider files claims with Medicare for you. Medicare pays its part and automatically sends the claim to TRICARE for processing. If you have other health insurance (OHI), Medicare will forward the claim to your OHI and you are responsible for filing a claim with TRICARE if there is any remaining balance after your OHI pays. TRICARE pays after Medicare and OHI for TRICARE-covered services.

Understanding Medicare

TFL is managed by the Department of Defense. Medicare is managed by the Centers for Medicare & Medicaid Services. The two agencies work together to coordinate your

benefits. Medicare is a federal entitlement health insurance program for people:

- * Age 65 or older
- * Under age 65 with certain disabilities
- * With end-stage renal disease, Lou Gehrig's Disease (also called ALS) or mesothelioma in limited cases

You must have Medicare Part A and Part B to have TFL.

For more information, contact NHCCC Health Benefits Advisor at (361)961-3838.

Some resources

TRICARE For Life Overview:

<http://www.tricare.mil/tfl>

TRICARE For Life Fact Sheet:

http://www.tricare.mil/~media/Files/TRICARE/Publications/FactSheets/TFL_FS.pdf

TRICARE For Life Handbook:

http://www.tricare.mil/~media/Files/TRICARE/Publications/Handbooks/TFL_HBK.pdf

TRICARE and Medicare Turning 65 Brochure:

http://www.tricare.mil/~media/Files/TRICARE/Publications/BrochuresFlyers/Turning65_Br.pdf

TRICARE and Medicare Under Age 65 Brochure:

http://www.tricare.mil/~media/Files/TRICARE/Publications/BrochuresFlyers/Under65_Br.pdf

New Urgent Care Pilot Program for non-active-duty Prime Beneficiaries

To increase access to care, the Department of Defense launched an Urgent Care Pilot Program for TRICARE Prime beneficiaries May 23. This program allows Prime enrollees two visits to a network or TRICARE-authorized provider without a referral or prior authorization.

The Urgent Care Pilot Program is for:

- * Non-ADSMs in TRICARE Prime, TRICARE Prime Remote or TRICARE Young Adult Prime
- * TRICARE Prime Remote Active duty service members (ADSMs) (including National Guard or Reserve members activated for more than 30 consecutive days).
- * TRICARE Overseas Program beneficiaries traveling in the U.S. (not limited to two visits)

Active Duty Service Members (ADSMs) enrolled in TRICARE Prime are not eligible for this program as their care is managed by their Service. This pilot also excludes Uniformed Services Family Health Plan (USFHP) enrollees.

TRICARE Overseas Program (TOP) enrollees can receive an unlimited number of urgent care visits, but only when they are traveling stateside and seeking care.

There are no Point of Service (POS) deductibles or cost shares for these two urgent care visits if with a network urgent care provider, but network copayments still apply.

Once you receive urgent care, you must notify your PCM about that care within 24 hours or the first business day after the urgent care visit.

Authorization requirements have not changed for follow up care, specialty care or inpatient care.

When you are not sure of the type of care you need, or you require care outside of standard business hours, call the Nurse Advice Line (NAL) at 1-800-TRICARE (1-800-847-2273), and choose option 1. If you call the NAL and receive a pre-authorization for network urgent care, it won't count against your two covered visits. However, if you are enrolled to a military hospital or clinic and there are appointments available or the facility has an available urgent care clinic and you choose to go to civilian urgent care clinic, that visit will count against your two covered visits per year.

If you need more information, please visit the Urgent Care Pilot Program web page on the TRICARE website: <http://www.tricare.mil/Plans/SpecialPrograms/UrgentCarePilot.aspx>

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Bravo Zulu -- Rick Middleton, CNATRA's Flight Training Support Systems (FTSS) Manager, is presented an Award of Service Certificate from the Chief of Naval Air Training, Rear Adm. Dell Bull, June 21. Middleton was awarded by Secretary of the Navy for his 55 years of faithful service to the United States government. (Courtesy photo)

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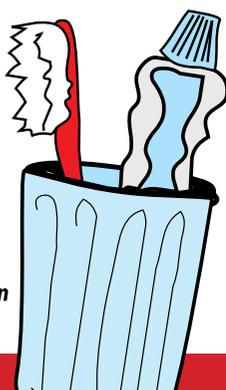
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Astronaut is newest flight training student

By Lt. Stephan Mathos
Training Squadron 28

VT-28 welcomes NASA astronaut, Dr. Tracy “TC” Dyson as its newest student to undergo the primary flight training syllabus in the T-6B “Texan II.” She has flown as a Mission Specialist on Space Shuttle Endeavor (STS-118) in 2007 and spent nearly 6 months on the International Space Station in 2010. She has also performed multiple space-walks, served as CAPCOM for SpaceX CRS-8, and has even performed missions on Russia’s Soyuz spacecraft.

Dyson has accumulated 1,062 hours of backseat time in the T-38 “Talon” NASA jet trainer, with the majority of her training completed via cross country flights within the IFR (Instrument Flight Rules) environment. This training is designed to teach Mission Specialists the fundamentals of radio and instrument flight procedures while exercising good Crew Resource Management (CRM) with the instructor pilot.

Initially offered at Whiting Field in 2009, the astronaut-pilot training program is a relatively new initiative by NASA. Its purpose is to augment the T-38 backseat training syllabus through exposure to the unique responsibilities of performing as pilot-in-command of a complex single-piloted aircraft. The program aims to teach mission specialists the importance of time-critical decision making from the front seat while under pressure with limited information -- a vital skill set when operating a spacecraft at Mach 25 in the vacuum above the atmosphere.

Even with her advanced academic degrees and exhaustive NASA training, Dyson is quick to admit that flight training is not easy. “It’s a very different kind of learning process,” she reports. “You have to be able to take book knowledge and transfer it to hand-eye coordination.”

She goes on to explain that “academia and NASA engineering stress the importance of questioning everything and having the ability to defend your answers in great detail.”

However flight training is very different in that “a pilot has to make fast decisions with limited information,” and



Pictured here, NASA Astronaut Dr. Tracy “TC” Dyson as its newest student to undergo the primary flight training syllabus in the T-6B “Texan II.” Below, Dyson is pictured with her on-wing flight instructor, Lt. Dave Larnerd. (Courtesy photos)

that the challenge lies in “prioritizing the right information and trusting your judgment in order to make the quickest and best decision in an emergency.” Dyson also stresses the occasional importance of pressing the proverbial

“I Believe Button” in order to prevent distraction by unimportant minutiae -- a familiar lesson to many student aviators.

Overall, Dyson is very impressed by the flight students’ ability to handle the stresses of flight training and the program’s added benefit of helping them to develop a “tough skin.”

Dyson is visiting from Houston where she lives with her husband George, a VT-28 alumnus himself, who continues to fly in the Reserves in addition to Southwest Airlines. George is also an ordained minister actively serving as the director of ministry at the Galveston Co. Juvenile Justice Center. Dyson made sure to wear the same Ranger patch that her husband wore while he was a student in VT-28 10 years ago.

When not in space or training with NASA, she has been known to occasionally sing lead vocals for the all-astronaut rock band, “Max Q”, a term that describes the regime of “maximum noise” during a rocket launch (otherwise known as max atmospheric dynamic pressure for those engineering types).



Basketball from page 1

Most of the women basketball players who have spent the past few weeks aboard NAS Corpus Christi said they were proud to be a part of the team.

“All-Navy women’s basketball means a lot to me,” said AC3 Taylor Jones, who is with Air Operations at Naval Station Norfolk, Va. “I get to meet new people and build new friendships with people who share the same love for the game as I do.”

Jones has two years U.S. Navy service and is a native of Austin, Texas. It’s her first year playing with the All-Navy team and is a guard.

MA2 Kenyatta Gatlin is a center and forward with the team for two years. The Griffin, Georgia, native is currently stationed aboard USS Kearsarge (LHD 3)

homeported in Norfolk.

“I am thankful for this opportunity to serve my country along with doing something that I love, which is playing basketball.

“I have been doing this for four years (playing All-Navy) and I’m grateful for this blessing,” Gatlin added.

They also took time out of their schedule to visit with children and their families staying at the local Ronald McDonald House.

CTI2 Kristina Farmer, a native of Pensacola, Fla., who is a forward on the team, summed it up. “It shows that we have more to offer the service than what we do in uniform.”



All-Navy Women’s Basketball Team spread cheer at the Corpus Christi Ronald McDonald House last week. They toured the facility, played with youngsters and their family members staying there, showed off some of their basketball skills and had a great time away from the basketball court. Pictured clockwise from top left are: teammates sign a ceiling tile that will be placed in the House’s laundry room as a remembrance of their visit; IT2 Kasey Weldon gives a patient a high-five for his basketball skills; teammates tour the Ronald McDonald House; AC3 Taylor Jones displays her dribbling skills; and CTI2 Kristina Farmer serves as the backboard allowing this young basketball star a chance to make a basket. (Photos by Lt. Lupita Tate and Fifi Kieschnick)

USFF Destructive Decision Workshop brings insight

By MC1 (EXW/SW/AW) Stacy D. Laseter
Navy Region Southeast Public Affairs

What is your definition of a destructive decision? Is it drinking and driving? How about domestic abuse?

U.S. Fleet Forces Command recently visited with Naval Air Station Jacksonville Sailors to get them thinking about just those things.

The event was hosted by Capt. Charles Marks, USFFC Sexual Assault Prevention and Response (SAPR) officer. Commander, Navy Region Southeast Rear Adm. Mary Jackson's opening remarks emphasized the importance of understanding destructive behaviors and how leadership should own them.

"When we start to peel back the layers of what a destructive decision is, different things come to mind, including suicide, suicidal behavior, and alcohol. Even small things, such as the fast-paced and global way we communicate can be contributing factors to destructive behavior," Jackson said. "We have come to the point where we realize that there are linkages between all of these destructive behaviors. As Sailors, we have to figure out how we are going to get in front of this."

Navy statistics show that an estimated 15 percent of Sailors wrestle with some form of destructive behavior: suicide or suicidal ide-

ations, alcohol incidents, domestic violence, sexual assault, or prescription drug abuse. The Navy is working to help Sailors avoid destructive conduct by giving them and their leaders the tools needed to treat themselves and others with respect.

The goal of the workshop is to teach Navy leaders prevention and awareness. According to Marks, the leadership teams of the CPO mess and wardroom should engage in a deckplate effort to reduce the number of destructive behaviors.

"Culture change is not easy," said Marks to the gathered leaders and Sailors. "It requires all-hands participation, starting with each of you."

The workshop contained content tailored to deckplate supervisors, command triads, and program managers, including command climate specialists, equal opportunity officers, drug and alcohol program advisors, sexual assault prevention and response points of contact, family advocacy program coordinators, and suicide prevention coordinators.

YN2 Reaunta Evans, who attended the deckplate supervisor training, said that what she took away was a renewed sense of what could be considered destructive.

"You don't always think about the internet being destructive," said Evans. "But if you stay up late browsing and come to work



Commander Navy Region Southeast Rear Adm. Mary Jackson speaks to a group of Sailors during the Destructive Decision Workshop. The workshop is geared toward awareness and prevention of destructive decisions. (U.S. Navy photo by MC1 Stacy D. Laseter)

late repeatedly, that is definitely not a good behavior, and needs to be addressed."

Janine Latus, author of "If I am Missing or Dead: A Sister's Story of Love, Murder and Liberation," was the keynote speaker and spoke about the physical abuse she endured, and the loss she felt when her sister was murdered by an abusive boyfriend. She explained the warning signs of an abuser. For example, isolation, either emotional or economic, as well as sexual abuse, can be part of an abuser's pattern. An abuser may also use children, make threats, intimidate or may use male privilege to break down a significant other.

During the second day of the workshop, motivational speaker and son of legendary boxer Sugar Ray Leonard, Ray Leonard Jr.,

spoke about his family and the destructive decisions that shaped his life. He explained how his father once beat his mom and how he felt guilty by not being able to step in to help her. He also spoke about his mother's suicide attempt, and how he is now learning to use these stories to help others.

"It's about being strong," said Leonard. "And coming from a boxing family, I don't mean just physically. You have to be strong emotionally, and stand up. Become a beacon for someone else."

By changing approaches on interpersonal relationships and empowering Sailors with knowledge of their rights and boundaries, U.S. Fleet Forces Command is committed to positively changing these behaviors.



Feeding Your Baby

Presented by:
New Parent Support Program & NMCRS Visiting Nurse Program



What do I need to know about breastfeeding and bottle feeding my child? What items do I have to have? Where can I go if I have questions?

Join us to address these questions and more. If you are an expectant parent or have had a child in the last few months, join us to learn about how to feed your baby, and overcome any issues you may be having.

We welcome you for the three week course to get an overview.

Individual sessions are available.



Dates: July 20, 27 & August 3

Time: 1300-1500

FFSC Classroom, NAS
Corpus Christi Naval
Health Clinic, 5th Deck

- Class 1 and Class 2—Information for Pregnant Parent
- Class 3—Information for Non-pregnant Parent

Call or Email to Register:

Phone: 361-961-3482 NMCRS
361-961-1024 NPS
361-961-2368 NPS

Email: cheryl.mills@nmcrcs.org
charlene.hackett.ctr@navy.mil
jane.ramsey.ctr@navy.mil

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- NMCRS Visiting Nurse Program
- Bringing Baby Home
- Expectation Versus Reality
- Balancing Work and Family Life

Boot Camp at *NAS Corpus Christi*

July 13, 2016



Every eligible baby will receive his or her own "Baby's 1st Seabag" full of baby gear provided by NMCRS!

The layette is valued at \$100 and includes a handmade baby blanket.

Plan of the Day:

Report/Check in: 0815-0830

Training: 0830-1230

Individual Consultations available 1230-1300

Please sign up 5 days in advance of class by calling 961-3482 or DSN 861-3482.

Please no young children, babies allowed.

Bring your spouse/partner!

FFSC Classroom

5th Deck, Naval Health Clinic

- Refreshments Provided -

Sponsored by:

Fleet and Family Support Center

Navy Marine Corps Relief Society



What's Happening?

On-Going

Volunteer opportunities
via Coastal Bend Connection
www.cbvc.org

Wednesdays

Downtown Farmers Market,
5-8 p.m. Art Center, free,
growlocalstx.com

Thursdays

Bay Jammin' Concert Series
8-10 p.m. through Aug. 25
Cole Park Amphitheater
Live music.
Free, (361) 826-3417

Fridays

Bay Jammin' Cinema Series
Nightfall through Aug. 19
Cole Park Amphitheater
Family-friendly movies. Free,
(361) 827-3417

July 1-2

47th annual Rockport Art Festival
Saturday, 10 a.m. to 6 p.m.
Sunday, 10 a.m. to 5 p.m.
www.rockportartcenter.com
Call (361) 729-5519

July 4

Mayor's Big Bang Celebration
Parade at 11:30 a.m., fire-
works at night
www.bigbangcorpuschristi.com

July 6

South Texas Botanical Gardens & Nature Center
Kids birding camp
(361) 852-2100

July 14

Woofstock – Dogs & Music
House of Rock, 7-11:59 p.m.
Benefits For the Love of Strays

July 30

Port Aransas Sand Crab 5K/10K Nighttime Beach Run
Magee Beach Park, Port A,
8:30 p.m.
www.runintexas.com

If you have or know of an event to list, e-mail nascc-pao@navy.mil.



A night of enchantment -- The Daddy-Daughter Dance was one of the events held in celebration of Father's Day. Events included USO Donuts and Coffee, Game Night at the FFSC, bowling, Fire Station open house, fishing, paddle boats and more. Pictured here, fathers and their princesses enjoy a night of enchantment at the NASCC Catalina Club. (Photo by Rachele Robles)

Look for
the next
issue of
Wingspan
coming
July 14,
2016.

Upcoming Community Events

Christmas in July Bazaar

St. Theresa Catholic Church CHRISTMAS IN JULY GIFT & CRAFT BAZAAR will be held from 9 a.m. to 5 p.m., Saturday, July 16, 2016 at 1212 Lantana, CC, TX. Admission is Free and open to the public, and door prizes will be awarded. Breakfast, lunch and snacks will be available for purchase at the concessions. For Bazaar or Vendor Information contact:

Celia Quesada 361.289.7092 or Dora Benavides 361.883.2370

or email CHRISTMASINJULY@LIVE.COM

Sewing Guild Welcomes New Members

Corpus Christi American Sewing Guild is a group of ladies who's mission statement is: Advancing Sewing as an Art and Life Skill.

We are welcoming new members.

Membership meets the second Tuesday of every month, 10:00 am-noon, at the Singer Educational Center at 6034 South Padre Island Drive. The neighborhood group meets, 10:00 am - noon, the last Saturday of the month Jan. through October at the Ronald McDonald House at 3402 Fort Worth. Programs and workshops for 2016 can be located on our website: www.asg-corpuschristi.com. Also visit our facebook page at <http://facebook.com/ASGCorpusChristiTX>.

TO HAVE YOUR EVENT INCLUDED IN THIS SECTION, EMAIL AFRENCH@PLWAVE.COM. THE DEADLINE TO SUBMIT EVENTS IS 10 A.M. THE FRIDAY BEFORE PUBLICATION. UPCOMING EVENTS ARE PUBLISHED AS SPACE PERMITS THERE ARE NO GUARANTEES AS TO HOW MANY TIMES AN EVENT WILL RUN. QUESTIONS REGARDING EVENTS SHOULD BE DIRECTED TO ASHLEY AT 361-746-4341.

If you care about her... encourage regular check-ups.



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Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

• Get to a cooler, air conditioned place
 • Drink water if fully conscious
 • Take a cool shower or use cold compresses

CALL 9-1-1

• Take immediate action to cool the person until help arrives

CAVE QUEST

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**Come Hang Out With Us at...
NASCC Vacation Bible School**

A fun-filled time of making new friends, amazing experiments, spelunker sports, lip-smacking snacks, surprising adventures, and incredible music. Vacation Bible School is for all children between Pre-Kindergarten through the completion of fifth grade. Registration is open online, as well as in the Chaplain's Office, 5th deck of the Naval Clinic.

Location: NASCC Protestant and Catholic Chapels
Dates: July 11-13, 2016
Times: 0830-1200 (Wednesday Family Fun beginning at 1215)
Contact: Chaplain's Office, (361) 961-3751 or (361) 961-3752
 Email: Kristofer.morgan@navy.mil

Also visit our page at: <https://www.groupvbspro.com/vbs/ez/nascc>




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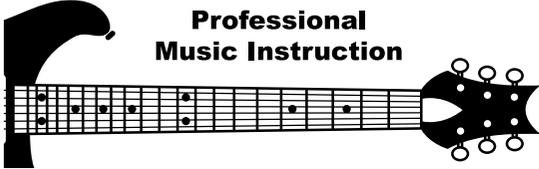
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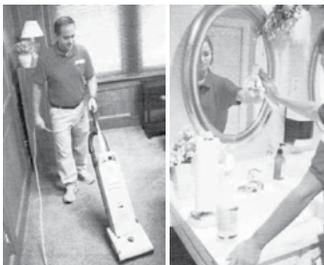
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Navy Medicine releases video with helpful tips for mosquito season

By Jazmine Wise

U.S. Navy Bureau of Medicine and Surgery Public Affairs

Navy Medicine released a mosquito awareness video for Sailors, Marines and their families, June 24.

Although the Zika virus has not been spread by mosquitoes in the United States, it could occur.

The new video demonstrates how to take extra protective measures during mosquito season, including measures to safeguard your home such as avoiding the use of mosquito attraction devices.

“The Navy is actively conducting mosquito surveillance and testing on board installations along the U.S. Gulf and Atlantic coasts,” said Cmdr. Alan Lam, deputy associate director, U.S. Navy Bureau of Medicine and Surgery (BUMED) Public Health, Emergency Preparedness and Response. “Being educated and aware of preventive measures is vital in avoiding the transmission of the virus.”

Female mosquitoes lay eggs in small pools of water. To reduce mosquito breeding, eliminate standing water in flower pots, clogged rain gutters, children’s pools, tarps and abandoned tires. Install screens on windows and doors and ensure they are in good condition to keep mosquitoes outside.

Look for insect repellants that contain

20-35 percent DEET, the most common active ingredient in insect repellant, or 20 percent picaridin.

Repellants containing permethrin can be used to treat clothing and are safe for pregnant or nursing mothers and their

children. These repellants can be purchased through online retailers and local sporting goods stores.

Additionally, long sleeve, light-colored shirts protect from mosquito bites and sun exposure. Mosquito netting should be placed

over infant carriers to prevent contact.

Zika virus is transmitted to humans by Aedes mosquitos and blood transfusions. Infected males can also pass the virus on to partners through unprotected sex.

According to the Centers for Disease Control and Prevention (CDC), 4 in 5 people infected do not develop symptoms of the virus. Symptoms include fever, rash, headaches, joint and muscle aches, and conjunctivitis.

“Avoiding mosquito bites is the best way to prevent infection,” Lam said. “Mosquitos carrying Zika bite mostly during the day. There is currently no specific antiviral treatment, vaccine or drug for the virus.”

The Zika mosquito awareness video can be found here: <http://www.youtube.com/watch?v=KyRluBepw60/>.

For the most current information about the Zika virus, visit the Navy and Marine Corps Public Health Center’s website at <http://www.med.navy.mil/sites/nmcphc/Pages/Home.aspx/>.

Navy Medicine is a global health care network of 63,000 personnel that provide health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.



The aedes albopictus mosquito is the primary carrier for the chikungunya virus, also known as CHIK, in the temperate climates of the United States. While Joint Base Myer-Henderson Hall officials test regularly for the presence of West Nile Virus in local mosquitoes, joint base residents can take a number of preventative steps to help stem mosquito breeding and activity near residences on the joint base. (U.S. Army photo)

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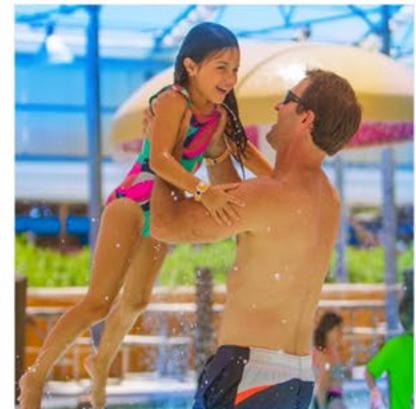
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