

WINGSPAN



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Naval Air Station Corpus Christi, Texas

January 26, 2012

One pair of Wings, three generations of Naval Aviators

Story and photos by Rod Hafemeister

On Jan. 13, Coast Guard Lt. j.g. Matthew Zackman received a set of Wings as a Naval Aviator – Wings that were decades older than the 31-year-old pilot.

“Those are the Wings I bought when I became a Navy pilot, said John Whitehead, Zackman’s grandfather.

He passed them on to his son, James Whitehead, who became a Naval Aviator in December 1974.

“Now they’re on the third generation of a Naval pilot,” John Whitehead said.

It wasn’t always clear that would be the case.

“I wanted to fly when I was younger,” Zackman said.

“But when I got out of school from Embry-Riddle, nobody was hiring – airlines, nothing.”

So he went to work for his family’s business in New York for seven years until he found out he

might be able to fly for the Coast Guard.

He joined the Coast Guard in 2008 – and went to a non-flying billet.

“I went to OCS and didn’t get picked up for flight school right away,” he said. “I went to a unit for nine months.

“I told my command I was right on the borderline of not getting picked up because of age requirements – and I got picked up by the next board.”

Delayed pilot training also is a family tradition.

John Whitehead enlisted in the Navy in February 1943, ready to fly.

“I’d been flying as a civilian since I was 16,” he said.

But the Navy didn’t send him to flight school right away – they sent him to college to study engineering.

Pilot continued on page 6



Coast Guard Lt. j.g. Matthew Zackman’s wife Lindsey pins on his Wings on Jan. 13 while his grandfather looks on. The Wings were the same ones worn by his grandfather and uncle when they became Naval aviators.



February is Black History Month

page 5



Water Rescue

page 3



2012-2015

“Our Flag Was Still There”

First Declared War

Editor’s column, page 2



Winter Holiday Camp

page 4

NASCC opens refurbished ‘Bird Bath’ on airfield

NASCC officials on Jan. 12 cut the ribbon on the refurbished Airfield Wash Rack. (Right, from l. to r.) Randy Startzell, Calidad Services Inc.; XO Cmdr. Dave Dargan; CO Capt. Dave Edgecomb; Ensign Keenan Harris, Public Works; Cmdr. Jeffrey Mullen, Air-Ops; Von Pilcher, Public Works; Lt. Cmdr. James Wallace, Public Works FEAD. (Below) Edgecomb drives the command SUV to inaugurate the reopened ‘bird bath.’

Photos by Rod Hafemeister



Skipper's Column VPP Star = Safer Workplaces

by Capt. Dave Edgecomb



Edgecomb

As you may have heard, NAS Corpus Christi has set a goal of achieving OSHA VPP Star Status.

What is that? The Federal Occupational Safety and Health Administration created the Voluntary Protection Programs 30 years ago to help industry

find ways to reduce accidents.

OSHA is not just a regulatory enforcement agency. OSHA encourages efforts to improve occupational safety and health.

Through VPP, OSHA recognizes workplaces with excellent safety and health

management systems and promotes them as model workplaces.

Achieving VPP Star Status is recognition that an organization has implemented a culture of safety and has reduced preventable mishaps.

According to OSHA, the average VPP worksite reports a lost work day rate that is 52 percent below the average for its industry.

The Star is not about patting ourselves on the back – it's about making sure our people are safe at work.

Beginning in 2003, DoD has promoted VPP to defense organizations; for example, all of the Naval Shipyards are now VPP Star sites.

And you may know that both the Naval Health Clinic Corpus Christi and Corpus Christi Army Depot are now VPP Star sites.

Think "Safety Excellence."

To qualify for VPP Star Status, applicant organizations must have in place an effective

safety and health management system that meets rigorous performance-based criteria.

As a model workplace, we must demonstrate a voluntary, cooperative, proactive safety and health partnership of management, labor, and a federal regulatory agency that benefits everyone.

Safety excellence simply means an organization has integrated their safety program throughout the organization and empowered all employees – managers, supervisors and employees – with meaningful involvement in their worksite safety.

There are four VPP guidelines: 1) Management Commitment, 2) Worksite Analysis, 3) Hazard Prevention and Control, and 4) Safety and Health Training.

The bottom line is the development of a culture that recognizes risks and puts an emphasis on safety.

Skipper continued on page 7

Chaplain's Message

by Lt. Stephen Warne, Chaplain

Have you ever received news that put a lump in your throat or left you asking the question, "Why me, God?"

Maybe it was something you saw on TV or read about in the newspaper. It may have even been a phone call concerning a person you hold dear.

Most assuredly, at some point in your life you will receive such news.

We received such a phone call Sunday morning early. I was preparing for the chapel service that morning when my wife's father called.

I knew something was dreadfully wrong when I saw Ginger's expression change, heard the repeated "no's" in response to some

information on the other end, and watched as pain and emotion entered the face of my wife.

As a chaplain I have seen it many times; those suffering from the news of the death of a loved one.

I waited for her conversation to end, dreading to hear the news but wanting to know who it was and what had happened.

To my shock, the 15-year-old son of some of our closest friends had apparently taken his own life.

I reacted as I have witnessed many others react. There must be some mistake. The information isn't true. It just didn't make sense.

Dreaded news

There is a certain amount of shock and the inability to accept a situation when it first occurs. It is the body's way of preventing mental and emotional overload.

At some point, however, acceptance begins to find its way into the situation and the grief process begins.

Chaplain continued on page 7



Warne

Editor's Corner The USA's first declared war

by Rod Hafemeister



Hafemeister

If you're like most people, you probably don't remember much about the War of 1812 from your history classes.

You might recall the White House got its name from the whitewash used to cover the burn scars after the British torched it.

You probably know that Francis Scott Key wrote "The Star Spangled Banner" watching the naval siege of Fort McHenry.

Maybe you remember the short version of cause – the British forcing sailors on American ships into military service.

Navy folks, of course, should know how

"Old Ironsides" got its nickname.

And if you're approaching geezer status, you know Johnny Horton's recording of "The Battle of New Orleans."

The War of 1812 typically doesn't get a lot of emphasis in high school and even college history classes.

Heck, most people don't even realize that the name is incorrect – it should be "The War of 1812 – 1815."

For the Navy, that's about to change: 2012 marks the 200th Anniversary of the start of the War of 1812.

And the Navy is planning to make a big deal out of it.

Beginning in April 2012 and continuing through 2015, the US Navy, US Marine Corps, US Coast Guard will commemorate the Bicentennial of the War of 1812 and The Star Spangled Banner.

The Navy has partnered with the International Council of Air Shows, the Navy

League, the Naval Historical Foundation, and Operation Sail (OpSail) to create world-class events around the country, with signature events in New York, Baltimore, Norfolk, New Orleans, Boston, Chicago, and Cleveland, and smaller events in other cities.

These events will include Blue Angels air shows, visits by ships of the US Navy and international navies, parades of tall ships and "Galley Wars" cook off events.

Why all the fuss?

First, because it was the first war declared by the US Congress and solidified US independence from Britain.

And second, it marked a change in the Navy. Before this, most naval actions involved protecting merchant ships.

This time, it was war – combat ships against combat ships.

I'll go into more detail in the future, but if you're interested, check out the Navy website at <http://www.ourflagwasstillthere.org/>

Wingspan

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Commanding Officer

Capt. D.M. Edgecomb

Public Affairs Officer

Robert D. Torres
Robert.Torres1@navy.mil

Editor

Rod Hafemeister
rodney.hafemeister@navy.mil

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* All services will be held at the Catholic Chapel, Our Lady of Guadalupe, Bldg. 332, due to renovations to the Protestant Chapel, Bldg 117. **Protestant Bible Study is cancelled until further notice.**

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Joint effort rescues teen boaters

Story and photo by Bob Torres

Emergency personnel from the base and the city turned out Jan. 21 when four teen-aged boys rented a couple of two-man kayaks from the MWR marina and did not return after dark.

Susanna Perez, the mother of Armando, had checked out the kayaks for the boys.

She became concerned when they were late returning and called NAS Security, who initiated a search for the teenagers.

Security personnel, US Coast Guard, Customs and Border Protection, Flour Bluff Fire Department and the CC Police Department joined together in a combined effort to locate the boys.

Customs, using night-vision equipment, picked up four small heat signatures on land.

But their vessel could not get to them because the water was too shallow.

The Coast Guard vessel was able to get to them, and radioed that they had them on board, just as the Flour Bluff Fire Department had launched their own flat-bottomed boat at Sunfish Beach.

The Fire Department's boat returned to shore and the Coast Guard transported the cold and wet boys to Marker 37, where CCPD stood by until parents arrived to collect their children.

Corpus Christi EMS personnel collected the boys from the Coast Guard and took them to a waiting ambulance where each boy was evaluated.

Each was found suffering from mild hypothermia and eventually released to his parents.

Hours after the search began, the combined efforts of numerous entities ensured that the cold, wet and scared boys were home safe.

Four teen boys who became stranded on a small island off NAS Corpus Christi with their parents after being rescued and treated for mild hypothermia. By the time the boys were brought home, several agencies were involved, including CBP, Coast Guard and city Fire and Police.



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Winter Camp gives children fun – and parents a break

Story and photo by Tiffany Dove, Youth and Teen Center

School was out for the holidays, but parents still had to work, shop, prepare...

So NAS Youth Activities held a Winter Camp Dec. 19 -30 for children ages 5 to 12.

With parents rushing to do some last-minute shopping, the NAS Youth Activities held a Winter Camp for 30 registered children at the Youth & Teen Center through the school holiday break.

Parents were able to drop their children off as early as 5:30 a.m. and leave them until as late as 6 p.m.

The youth had the options of participating in several high-active and low-active structured activities, arts & crafts and recreational games.

"I loved to play outside, do arts and crafts, and make yummy treats!" said Jade Moreno, 6. "I also liked it when we had free play and played games on the Wii."

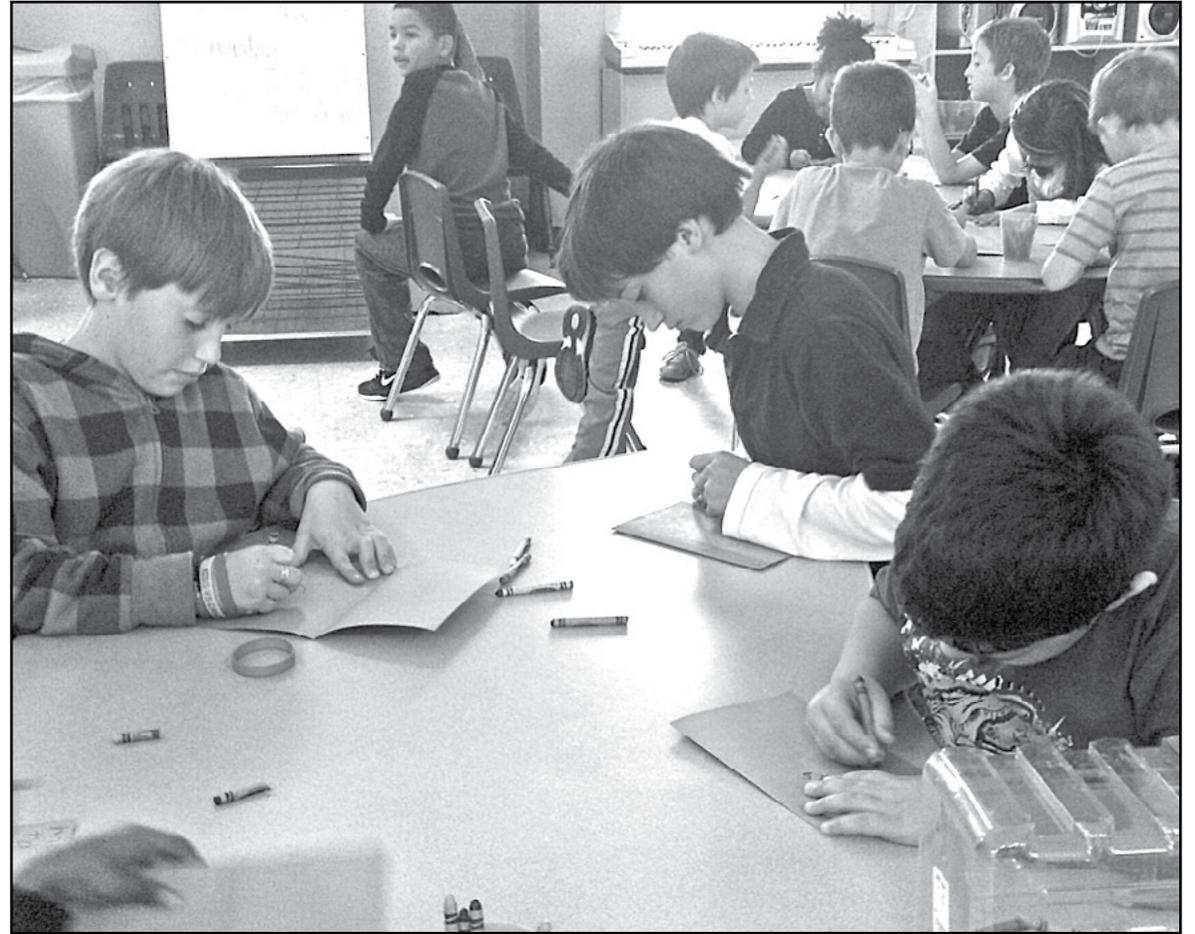
Activity and food choices were offered throughout the day with breakfast, lunch and snack being served under USDA Regulations.

They also participated in a daily Cooking Club that consisted of several different kid-friendly recipes.

"I loved winter camp because I had more time off and we did candy projects and sang carols," said Ty Ware, a 9 year-old camper.

"Day Off Day Camps" occur throughout the year during student holidays. They offer youth a social atmosphere while also learning health and life skills, technology, career and education, character & leadership, and the arts.

If you are interested in registering your child, please visit the Youth & Teen Center, Building 1756.



Winter Camp provided kids a safe environment of learning and fun during the holidays.

Upcoming "Day Off Day Camps": March 12 -16; April 6.

For more information about the Child Youth Programs, sports and events, please call 961-2355. Also, check out our upcoming Youth Basketball League for youth ages 5-12.

Please visit our Facebook Page at: www.facebook.com/nascorpusya.

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Commissary honors MLK; Black History Month events in February

In honor of his birthday holiday, the NAS Corpus Christi Multi-Cultural Diversity Committee set up a display table in honor of Dr. Martin Luther King Jr. at the Commissary Jan. 13 -19. It was a preface to Black History Month events in February. On Feb. 8, Coast Guard Sector Corpus Christi will be hosting Air Force Maj. Gen. Darren W. McDew, Commander, Air Force District of Washington, Andrews Air Force Base, Md., for a Black History Month event, including an 'All Hands Invited' speech in the Wings Auditorium at 8:30 a.m. A week later, on Feb. 15, the MDC will sponsor a Black History Month Celebration from 11:30 a.m. to 12:30 p.m. at the Bay Club.



Photo by Rod Hafemeister

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Pilot continued from page 1

He graduated from MIT in February 1946.

"After I graduated, they sent me down to the Naval Aircraft Modification Unit, which was just outside of Philadelphia," he said.

"They took certain airplanes and modified them, or did crazy things with them – really a test place.

"I was an aeronautical engineer, so they put me use."

It took him a few years, but in February 1949 the Navy sent him to Pensacola – where he became a Navy pilot.

"I flew the F8F Bearcat at Cabaniss Field for advanced training," he said.

He spent 11 years in the Navy, flying the F8F and F9F, including from carriers.

"I went to work for Grumman Aircraft as a test engineer," he said.

Projects he worked on included the Lunar Module, the A-6 and the F-14.

"I was there for a little over 20 years and then retired at the age of 50," he said.

James Whitehead, brother of Zackman's mother, knew where he was headed at an early age.

"Since I was probably about three or four, I knew I was going to fly in the Navy," he said.

"I taught this guy how to fly, originally," his father said. "Then he really learned how to fly in the Navy."

Like his father, James Whitehead didn't make a career of the Navy.

"I flew the P-3s and then came back here, to Corpus Christi, as flight instructor with VT-31 my last year in the Navy," he said.

"I actually flew the plane Matt's flying right now, the T-44. I was one of the first guys to fly that as an instructor."

In 1979, he began a civilian career with the airlines, at the beginning of the mergers and restructuring, starting with North Central which merged with Southern Airways to

become Republic Airlines.

"I was hired by North Central but by the time I got on the line, it was Republic," he said, "which later became Northwest.

"When they were bought out by Delta is when I took my early retirement."

He retired in September 2008 as a Captain on the Airbus 320.

At 31, Zackman is a little older than most of his fellow student pilots; he and wife Lindsey have three daughters: Samantha, 11; Abigail, 7; and Delaney, 18 months.

His next stop Coast Guard Air Station Miami, where he'll begin training on the newest Coast Guard aircraft, the HC-144A Ocean Sentry.

It's a twin-engine fixed-wing Medium Range Surveillance (MRS) Maritime Patrol Aircraft (MPA).

Although Zackman received the oldest set of Wings, three of his fellow students also were "legacy" aviators, receiving Wings worn previously.

Lt. j.g. Matthew Charlton received Wings worn by his grandfather, Lt. Col. Al Charlton, USMC (Ret), who was winged in October 1954, and went on to fly the F-8 Crusader, UH-1E Huey, and F-4 Phantom.

Ensign Brett Cook's Wings were worn by his father, Capt. William Cook, USN (Ret), who was winged in October 1981, and went on to fly the F-14 Tomcat.

And Lt. Jesse received Wings worn by his family friend, Cmdr. John Aunchman, USN (Ret), who was winged in September 1968, and went on to fly the HU-16 Albatross.

"At every winging we see the legacy aviators, young men and women who follow in the footsteps of other family members," said Capt. Scott Cooledge, Commodore of Training Air Wing Four.

"They grow up immersed in this culture of service and are naturally drawn to it. It is, after all, a 'family business.'"



Three generations of Naval Aviators: Coast Guard Lt. j.g. Matthew Zackman with his uncle James Whitehead and grandfather John Whitehead.

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Skipper continued from page 2

It is a culture where anyone from the CO on down to the newest Sailor can raise attention when they see an unsafe act or condition and find ways to eliminate or minimize risks.

It starts with me; as commanding officer, my job is to ensure everyone has the tools and the support to implement the culture of safety.

Toward that end, NASCC has established a framework to achieve Star Status – an implementation team with representatives from throughout the installation will be assisting in the integration of the VPP Tools.

By accepting the challenge to achieve Star Status, we can save lives, increase productivity, and improve the working environment of our organization.

Chaplain continued from page 2

Finding the right words to say is often a challenge and ministering to those who have experienced loss due to suicide is almost impossible.

Think about this: this young man's parents will undoubtedly wonder what went wrong for the rest of their lives.

His two younger sisters will learn to live with the new stigma of having lost a brother to suicide and will probably blame themselves to some extent.

His closest friends and classmates will question the validity of their own lives.

The shame and stigma associated with suicide will follow this family for years.

The impact of this event on his church, his town, and his school will be far greater than what we can possibly imagine.

And it goes on and on....

It is not taboo to discuss suicide and it is never shameful to ask for help or involve others.

I can only pray for the family now and pray even harder that I will never again face such a tragedy with those I love.

[This article is dedicated to the memory of Jordan K.]

Dinner with former Director of British Special Forces

Richard MacNamee, former Director of Special Forces in the British Army, will be the guest speaker on Feb. 16 at Sixth Annual Patriotic Speaker Dinner of the Maxine Flournoy 3rd Coast Squadron of the Commemorative Air Force.

The event will be at the Solomon P. Ortiz International Center from 5:30 to 9 p.m. and includes dinner and a cash bar.

Tickets start at \$65; group tables are available. Proceeds support the 3rd Coast Squadron, a non-profit organization honoring American military aviation.

For more information, contact Don Campbell at 361-937-3784 or (cell) 361-774-0758.

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Welcome Home

Although not as frequent as a few years ago, Individual Augmentees are still returning to Corpus Christi International Airport from deployment. And when they do, NASCC leaders join friends and families in welcoming them home. Also on hand, every time, is the Honor Guard of the Patriot Guard Riders. On Jan. 11, they surprised Aviation Structural Mechanic (AM2) Drew Paden when he returned from an 11-month deployment to Guantanamo Bay, Cuba. After greeting shipmates, Patriot Guard leader Eric Thomas announced Paden's return and the Honor Guard saluted him. Like all returnees, Paden signed the Patriot Guard's flag.

Photos by Bob Torres



Awards and Achievements

Winging — January 13



Photo by Rod Hafemeister

Winging officials, from left: Lt. Stephen Warne, Chaplain; Clarissa Beltran, Director, Corpus Christi Chamber of Commerce; Lt. Col. Nathan Neblett, Executive Officer, MATSG-22; Lt. Cmdr. Brian Eckley, USCG, Training Officer, Training Air Wing Four; Cmdr. Brian Hamling, Executive Officer, VT-31; Lt. Col. William MacLean, USAF, Commanding Officer, VT-35; Cmdr. Peter Morse, Commanding Officer, VP-69; Capt. Scott Cooledge, Commodore, Training Air Wing Four.

Wingees, in alphabetical order: 1st Lt. Caleb Alexander Barker, USAF; 2nd Lt. Thomas B. Bernard, USAF; 2nd Lt. Kirk P. Bingaman, USAF; 2nd Lt. Peter William Callo II, USAF; Lt. j.g. Matthew John Charlton; Ensign Brett M. Cook; Lt. Aaron Michael Cmiel, USCG; 2nd Lt. Gregory A. Fromknecht, USAF; 1st Lt. Eduardo A. Gonzalez Jr, USMC; Ensign Jacob A. Jahr; 2nd Lt. Craig M. Johnson, USAF; Lt. Jesse Daniel King; Ensign Anthony M. Matheus; 1st Lt. James A. O'Hara, USMC; Capt. Matthieu A. Rigollet, USAF; 2nd Lt. Matthew B. Sartin, USAF; Lt. j.g. Matthew F. Sumner; Ensign Bradley Jon Toman; 1st Lt. Christopher M. Ulcak, USMC; Lt. j.g. Matthew E. Zackman, USCG.

Albro retires from CNATRA



Chief of Naval Air Training's Information Technology Assistant Chief of Staff Tom Albro receives his retirement certificate from Chief of Naval Air Training Rear Adm. Bill Sizemore for 25 years of civil service during a ceremony held Dec. 29.

Photo by Richard Stewart, CNATRA PA

Surprise frocking for Shell



Capt. Dave Edgecomb and DCC Matt Poire pin ABH2 rank on Adrian Shell on Jan. 17 in front of Fire and Emergency Services crews. Shell was surprised with the late frocking after a review of his records uncovered additional points that made him eligible for advancement.

Photo by Bob Torres



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Three important New Year's Resolutions for your Federal job search

from Rick Speller- Fleet & Family Support Center Work and Family Life Specialist
The following, by Katherine Troutman of Resume Place, is used with permission.

Do you know the top three New Year's resolutions for Americans in 2012?

- #1 Lose Weight
- #2 Reduce Stress
- #3 Financial Management

I also recommend the same three basic resolutions for your 2012 federal job search.

Here's what I mean:

#1 Lose Weight - Make your resume lean and mean.

Every day, we see federal resumes that are 10 pages or more in length and *still* do not clearly hit the important information critical to a successful resume.

Trim your resume down by cutting out the irrelevant information. Then make your resume mean: flex your best muscles by focusing your resume on what the hiring officials are actually seeking in a potential applicant: your accomplishments and specialized experience.

Your resume should be five to seven pages in (printed) length and targeted for *each* vacancy announcement for which you are applying.

#2 Reduce Stress - Knowledge is power.

Doing something over and over with

little result is stressful, especially when it comes to job hunting and if you are not currently employed.

Repeated application failure and financial pressure can easily wear down even the strongest person. Is all that stress really necessary?

To reduce your job search stress, take the guesswork out and take real control of your federal job search.

Make sure you have the right resume, the right strategy, and that you are applying for the right jobs.

With today's stiff competition for the federal jobs, anything less will likely not be successful.

#3 Financial Management - Time is money.

Do you really want to spend this upcoming year applying unsuccessfully for federal jobs?

Doesn't that mean a potential huge loss of income, benefits, and retirement savings?

Many people view the price of getting professional help with their resume as expensive, but we also think that not getting professional help with your resume has some serious financial costs.

Tax Center opens

by ET1 Steven Short, NASCC VITA Officer

Due to new guidance from Washington D.C., we have some corrections to previous e-mails and publications related to NAS Corpus Christi's Free VITA Tax Service.

We apologize in advance for any inconvenience:

The Tax Center is located in the Navy Legal Service Office, Bldg. 3, aboard NAS Corpus Christi. It is open Monday- Thursday, 8:30 - 11:30 a.m. and 1-3 p.m.

Active Duty can receive assistance from Jan. 23 through April 17. All other eligible individuals can come in as of Feb. 1.

Per NAVADMIN 357/11, the VITA program is now Self-Service, meaning that walk-ins are helped on a first-come, first-served basis.

The ONLY individuals who are eligible for Full Service are wounded warriors, those with physical limitations, those who have not filed the prior year tax return, and those who

VITA

Volunteer Income Tax Assistance

are claiming the First Time Home Buyers CREDIT (not repayment).

Retirees and their dependents whose Adjusted Gross Income is more than \$58,000 are not eligible for VITA Services.

If you are eligible for Full Service please call 361-961-3765 to set up an appointment.

*Eligible Individuals include:

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For more information contact Kathleen Schmidt (361) 961-4337 or email kathleen.schmidt.ctr@navy.mil

Ask Dr. Garcia



Garcia

Q: I was sexually abused as a child and haven't told anyone about it. Now I think it might be affecting my relationship with my husband. Should I talk to my husband about it?

A: From your question, I can see that it has already affected your relationship with your husband.

When I provide premarital counseling to an engaged couple, I sometimes ask them if there has ever been any kind of sexual, physical, or emotional abuse in their lives.

I bring the topic out because I want them to understand that they must begin dealing with their pain of abuse *before* they marry.

This is not a secret to hide from your spouse. It is also not a secret to keep inside of you.

Here is what I tell people who have been victims of sexual abuse:

- *It is not your fault.* Far too many people feel much shame that they actually blame themselves for what happened.
- *Seek help – do not suffer in silence.* If you don't get the help you need your pain will move into the emotional, spiritual, and relational areas of your life and affect you in a negative way.
- *There is hope.* You are not alone. Hundreds of thousands of people have been sexually abused. People who seek help do find hope and healing. The pain of the trauma doesn't magically go away, but with the right assistance you can

live a very productive life and have an excellent relationship with your husband.

I urge you to get the help you need to move toward healing and to also talk with your husband about this painful part of your life.

Q: My wife has a poor self-image. No matter what I do, it seems like she just can't overcome the negative way she looks at herself. Do you have any suggestions?

A: I don't have any magic solutions, but it is very possible for your wife to reconstruct the way she looks at herself. And you can help her greatly with this very important task.

A poor self-image often has its roots in childhood. You probably weren't around your spouse when she was growing up, but it is important to understand the tapes of her family system that might be playing in her head.

For example, a person who was raised in a pessimistic home that withheld approval will often view her in a much more negative and critical manner.

Your job as her husband is to surround your wife with *affirmation* and *encouragement*. Be her greatest cheerleader and encourager.

Helping your wife develop a positive self-image is a worthy lifelong process. Help her find meaning and value in serving others.

I am a firm believer that when you start to focus on others instead of yourself, you will begin to feel much better about *you*.

Help your wife to be slowly transformed by the power of taking positive steps forward.

Ruben G. Garcia, Ph.D., LMFT is a Licensed Marriage and Family Therapist and co-founder of The Healing Institute. Submit your questions to Dr. Garcia via email at troubadour55@hotmail.com. You can also contact Dr. Garcia at (361) 814-4556.

Free Super Bowl Party

Corpus Christi Bay Club, Sunday, Feb. 5, 4 p.m.

Game will be shown on seven TV's including the Giant Projection Screen!

It's Super Bowl time! Come watch the Giants vs. Patriots battle it out in the Big Game at the Bay Club on Sunday, Feb. 5. Doors open at 4 pm.

Catch the Super Bowl action on the Bay Club's seven TV's including the giant projection screen. There will be free tailgating food favorites and beverage specials!

This event is open to all military, retirees, Dependents, DoD civilians, contractors.



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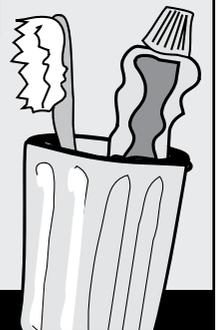
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What's Happening

Naval Health Clinic Corpus Christi Diabetes Support Group-Meetings the 2nd Thursday from 10 a.m. to 11 a.m. and the 4th Thursday from 2 p.m. to 3 p.m. (excluding holidays) in the Education and Training Department (3rd floor) of the Clinic. Come learn or share strategies to overcome the daily challenges of living with diabetes. You CAN overcome the challenges and take control of your diabetes. For more information, contact (361) 961-6000 ext 36372 or ignacio.donez@med.navy.mil.

January 28, 2012, 8 a.m. - 2 p.m. ... Women of the ELCA - RUMMAGE SALE, St. Mark's Lutheran, 4620 S. Alameda, Alameda near Airline

Low-Cost Spay/Neuter Clinic Opens -- The Cattery's Mash Clinic Hopes to Sterilize 5,000 Dogs and Cats in the first year. Spaying and neutering pets is necessary to reduce the homeless pet overpopulation problem in Corpus Christi. Anyone interested in getting their cat sterilized can make an appointment by calling 361-445-4FIX (4349). Proof of rabies vaccination is required by state law. If a cat needs a rabies vaccination, one can be provided on the day of the surgery for \$10. Spay/neuter surgery fees will range from \$10-\$40, depending on the size, gender and type of pet. Financial assistance is available for those who qualify. "It's a safe and simple procedure performed by highly-skilled surgeons." Sterilizing pets also provides health benefits and reduces unwanted behaviors, like spraying and wandering.

Ongoing weekly programs at the Garcia Public Library. Mondays @ 11 a.m. Preschool Story & Craft Ages 3-5. Story, songs and craft. Tuesdays @ 10:30. Little Tot Storytime. Ages 0-3. Stories, songs and fingerplays Wednesdays @ 7 p.m. PJ Storytime with stories and songs. FMI 361-991-0464

First Annual Valentine's Extravaganza, Benefitting The Independents Artist Group Feb. 2 -- 6-8 p.m. Art Center of Corpus Christi, 100 N Shoreline Blvd. Wine and Cheese Tasting, Sweets, Door Prizes. Gift-able Art for sale, Music. Fun. Love \$10 per person \$15 per couple

February 18, 2012, Saturday - MARK YOUR CALENDAR NOW for the Annual Ethnic Festival at St. Paul the Apostle Catholic Church on 2233 Waldron Road in Flour Bluff; 11 a.m. to 5 p.m., in the Parish Hall. Highlights are the World Cuisine (American, Italian, Filipino, Polish, Irish, Mexican, Korean, Cajun, and Puerto Rican); raffle tickets with a 2011 Kia Rio grand prize; silent and live auctions that include 4 Southwest Airlines tickets; big car display; arts and crafts, country store, children's games and entertainment. Come to St. Paul's on Saturday, Feb 18, and meet people, enjoy the camaraderie, and have a cultural and appetizing taste of the world! A special Mass participated by the ethnic groups in their respective costumes will be held at 11:00 a.m., Sunday. Admission is free. Take-outs available. Call 937-3864 or 353-4233 for more information.

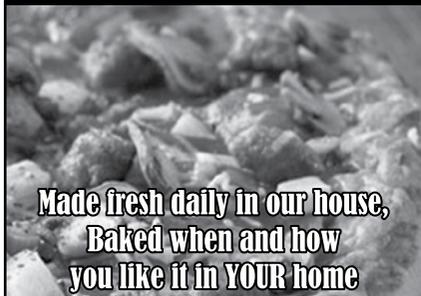
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----- by Tina Konwerski

Sunday, February 19 2012 - 7:30 a.m. to 1:00 p.m. -- "Fat Sunday" Pancake Breakfast/Lunch (3 Pancakes, 2 Sausage, Coffee or Orange Juice) Price: \$5.00 presale \$6.00 at the door at Ingleside United Methodist Church Fellowship Hall, 2725 Church Street, Ingleside Sponsored by: TOPS (Take Off Pounds Sensibly) There will be regular and sugar-free pancake syrups available.

Kids Zone - Now you can experience a National Park even if you are not able to visit it in person! Sign up today to become a member of a growing group of young people who are interested in the world around them and in becoming involved with their nation's heritage. Kids Zone is packed with fun games and activities about our nation's parks! All you have to do is visit <http://www.nps.gov/kidszone/> to start.

The following if there is room
February 5 - 6 - Bountiful Bowl Pottery Fair fmi 361 -729-5352 Rockport-Fulton High School Commons Area Rockport, Texas. World class potters from around the world will display their works for sale to the public.

Recognition is an important acknowledgement of professional success. That's why the YWCA recognizes women who make significant impacts in their career field through the Y Women In Careers Award. This year's honorees will be recognized at the **32nd Y Women In Careers Awards Banquet Thursday, March 1, 2012 at 6 P.M.** at the YWCA, 4601 Corona. Seats are \$80; reservations and sponsorships are available at ywca.org/corpuschristi. For more information, contact 857-5661 X 17 or devywca@ywacc.org. As one of the YWCA's major fundraisers, Y Women In Careers offers invaluable support for the YWCA programs and communicates the vital role the YWCA plays in our community.

Continuing through Wednesday, February 29 - **CELEBRATION OF QUILTS 2012** will be on display in the John E. Conner Museum, Kingsville, TX The museum is open from 9 a.m. to 5 p.m. Monday through Friday and 10 a.m. to 4 p.m. Saturday. Admission is free, but donations are accepted. For more information, call 361-593-2810.

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Sailors will see improved opportunities as force balance improves

from Chief of Naval Personnel Public Affairs

WASHINGTON (NNS)-- Top-performing Sailors will see more opportunities to convert, reenlist, and advance as a result of the Navy's use of force management tools such as the Enlisted Retention Board and Perform-to-Serve, Navy leaders said Jan. 3.

"We have the highest quality Sailors and the most capable force in our Navy's history," said Chief of Naval Personnel Vice Adm. Scott Van Buskirk.

"Sailors are increasingly looking at our Navy as a great long-term career choice. While high retention is positive and has resulted in the best trained, most capable, and most highly motivated force in our history, we must continue to ensure we retain the right mix of people so that our workforce matches our warfighting requirements, now and into the future.

"Programs such as Perform-to-Serve and the Enlisted Retention Board have enabled those mutual goals."

"Because of the strides made by PTS and ERB in balancing the force, barring significant changes to our force structure, the Navy will not need to conduct an ERB in 2013 or 2014."

High retention and low attrition within the Navy led to some ratings being overmanned, which resulted in hardworking, experienced Sailors not being able to advance or reenlist in their ratings.

At the same time, the Navy still lacked Sailors in ratings critical to meeting its mission. Increasing the challenge, the Navy has recently shifted nearly 6,800 billets back to sea, changing the mix of skills and experience required of Sailors.

In addition to voluntary separation programs, the Navy uses programs such as PTS to help balance the force by matching the workforce to the fleet's job requirements. PTS is the Navy's primary system for managing personnel to ensure the Navy maintains a balanced, experienced force.

PTS manages balance between ratings so that each rating has their authorized share of personnel. PTS also manages balance within a rating by keeping the right number of top performers in each year group to match experience with mission requirements without gaps. PTS also ensures the highest-performing Sailors have the opportunity to convert, reenlist and advance.

Yet, with so many Sailors desiring to stay Navy, PTS was becoming over-burdened. Many overmanned ratings had limited PTS opportunity, which meant even the strongest performing Sailors faced tough competition and reduced chances to re-enlist and advance. Because PTS only affects those Sailors approaching a re-enlistment decision or requiring additional obligated service, timing had become a critical factor, adding pressure to the PTS system.

To relieve the pressure on Sailors in a PTS reenlistment window, the Navy created

the ERB as an additional force management tool. The ERB became necessary to ensure the Navy could reduce the overmanned ratings while converting many Sailors to undermanned ratings to fill gaps.

The ERB reviewed the records of roughly 16,000 Sailors in the 31 most overmanned ratings to fill a limited number of retention quotas. Unlike PTS, the ERB considered all eligible Sailors in these ratings, not just the ones in a PTS window.

According to Van Buskirk, Sailors will see significant changes in advancement opportunity due to the ERB.

"Before we conducted the ERB, opportunities for Sailors to advance to E5 and E6 in the 31 eligible ratings were extremely limited," said Van Buskirk. "Because the ERB will reduce overmanning in these ratings, more Sailors will advance to E4, E5, and E6 in the coming advancement cycles.

"In fact, advancements in the ERB ratings are projected to be slightly above the Navy-wide average for the next two to three cycles."

ERB and PTS have also placed many talented Sailors in undermanned ratings, a step that was critical in meeting the mission, said Van Buskirk.

"Because we have reduced our overmanned ratings, the Navy is making strides in improving undermanning in other ratings," said Van Buskirk.

"Through PTS and the ERB, nearly 1,200 Sailors have converted from overmanned to undermanned ratings in the past year. Putting talented Sailors into these undermanned ratings enables us to meet our mission requirements while easing the unusually high operational demands on Sailors currently in these ratings."

Sailors are also seeing increased opportunities in PTS. PTS was significantly changed in October to refocus on performance and reduce the impact of a Sailor's timing on re-enlistment approval. Top performers in every rating and year group will now have the opportunity for reenlistment approval, even when a rating is overmanned.

"While PTS and ERB have been difficult pills to swallow for our Sailors, they are necessary tools to balance the effects of excessively high retention," said Van Buskirk.

"We are beginning to see increased reenlistment opportunity and better advancement opportunity as a result of improved force balance, but we know that these benefits are of little comfort to Sailors and their families who are separating. That is why we're committed to providing Sailors who must separate the best transition support tools and assistance possible so they can succeed in their civilian careers."

Sailors can learn more about PTS, ERB and advancement opportunities by visiting <http://www.npc.navy.mil/>.

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