

Wingspan

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End of an era SAR helos depart NAS for last time

By Lt. j.g. Mitchell Allen

On Monday, May 3, the two HH-1N SAR helicopters of Naval Air Station Corpus Christi began a cross-country flight that marked the end of over 35 years of Naval Search and Rescue service to the South Texas Area. The six pilots, seven air crewman, and 18 ground support personnel that flew and maintained the aircraft will be permanently transferred or reassigned to new jobs onboard the Naval Air Station.

Preparing these aircraft for transfer was no easy task, but the Search and Rescue (SAR) and Organizational Maintenance Division (OMD) team pulled together not only to get the aircraft prepared for the fly off, but also ensured that two quality aircraft were transferred to HMT-303, the H-1 Fleet Replacement Squadron (FRS) at Camp Pendleton, Calif.

For the past three weeks, the maintainers and air crewman removed and installed life-limited components, engines and performed countless aircraft inspections. Upon completion of maintenance, the aircraft were turned over to the Functional Check Flight personnel, who spent the better part of four days in the aircraft ensuring that the engines and flight controls were functioning “as advertised” prior to beginning the estimated three-day ferry flight to Camp Pendleton.

The crews made two overnight stops enroute, one to Biggs Army Air Field at Fort Bliss, El Paso, Texas, and the other at Marine Corps Air Station, Yuma, Ariz.

Pastor shares inspirational message NAS observes National Prayer Day

By JO2 Jeffrey Fretland

NAS military and civilian personnel took time away from busy routines May 6 to indulge in the power of prayer. The National Day of Prayer luncheon at the Bay Club paid tribute to the importance of daily prayer and devotions in peoples’ lives, according to guest speaker Reverend Micah Davidson, pastor of Glendale Baptist Church in Corpus Christi.

“Prayer is something I do every day, and this day is a good reminder to pray often,” said Davidson. “Today should serve as a springboard for people to remember to pray.”

Davidson noted there is a spiritual hunger developing, relative to world events. The Iraq Conflict and terrorism around the world have caused many people to develop a different perspective on life, and the challenges America faces as a nation.

“We have to remember the common bond between all service members and civilians,” said Davidson. “Many of our service men and women are facing traumas they never had to deal with before.”

Davidson’s message dealt with the power of God to challenge and change hearts and minds through the instrument of prayer. The hope and renewal of the country depends on the ability of people to reach out and strengthen their bonds through prayer, and to humble themselves and ask God for forgiveness.

Davidson related the story of Sharon Matthews, a woman who recently lost her husband, Jack. Instead of being angry and disillusioned by her husband’s death, Matthews used his passing to bring two friends closer to God. She explained to them that she told her husband, who was on life support, that she loved him deeply, but it was time for him to go and be with the Lord. Matthews sustained an inner calm and peace through prayer from knowing her husband’s suffering had ended, and he was with God, explained Davidson.

“In the end, God is all you have,” said Davidson. “God is all you need.”

NAS Department of Religious Ministries Division Officer Chaplain Robert Christian read a proclamation from President George W. Bush extolling the virtues of National Prayer



Photo by JO2 Jeffrey Fretland

Search and Rescue (SAR) pilots Lt. Shawn Dark (in front) and Lt. Eric Van Dyke check their instruments and flight plans as they prepare to depart NAS Corpus Christi to fly their HH-1N SAR helicopters to their new home at Camp Pendleton, Calif. The NAS United States Coast Guard Detachment assumed full responsibility for SAR helicopter rescues in South Texas.



Photo by Lt. j.g. Mitchell Allen

Flanked by ground crew personnel, the two HH-1N SAR helicopters prepare for take-off in the early morning sunlight.



Photo by JO2 Jeffrey Fretland

Reverend Micah Davidson from Gardendale Baptist Church in Corpus Christi shares his message concerning the power of prayer during the NAS National Prayer Day Luncheon held at the Corpus Christi Bay Club May 6.

Day. Bush emphasized the continued need for Americans to pray, seek and maintain a strong spiritual relationship with God through prayer and service.

Many people attending the luncheon were impressed with Rev. Davidson’s message.

“He struck a chord with the many of us who serve in the military,” said Christian. “We all need to continue to be support systems for each other, as God told us we should be. Every day should be a day of prayer and thanksgiving. Americans don’t always take stock of all the blessings they have, so it’s all the more important we give thanks and be good stewards to God and each other. When we include prayer in our daily lives, God makes all things possible.”

From the Skipper

Hurricane season requires extra preparation

By Capt. Paula Hinger



Hinger

If you have been paying attention to the weather lately, it may seem as though hurricane season is here. However, it officially begins 1 June and ends 30 November. If you’re not already prepared, it is crucial that you get ready now. Due to our low lying area and proximity to the coast, Naval Air Station Corpus Christi and the surrounding area will most probably be significantly impacted by wind and flood damage if hit by a hurricane. The current “wet” trend we

have been experiencing will only increase the negative impacts of any rain, not just a major storm.

Preparation items to keep in mind for the home include: a three-to-five day supply kit to include water (one gallon a day per person), non-perishable food, clothes, blankets, sleeping bags, first aid kit with medications, portable radio and batteries, cash, insurance policies and any special items one might need for infants, elderly or disabled family members. During the entire hurricane season you can call toll free at 1-877-989-6743, in order to receive a recorded message that will contain all the latest information and guidance pertinent to all personnel who live and work aboard Naval Air Station (NAS) Corpus Christi.

Consideration will be given to evacuating the base and the surrounding area if the weather forecasters predict that we might

be hit by a hurricane with winds of 111 miles per hour or greater. There is only an extremely restricted group of personnel that will remain behind and they have been issued special identification cards that identify them as NASCC Emergency Operations Center personnel. For all other active duty military and their dependents, Lackland Air Force Base (AFB) in San Antonio is a designated evacuation site. Lackland AFB will provide lodging and food at no expense to military members. Directions to Lackland AFB are as follows: Take Interstate 37 North to Loop 410 West, drive to the Valley High Drive Exit # Four, turn right on Valley High Drive and you will soon be entering a main gate for Lackland AFB. Continue on base following blue signs marked MILITARY HURRICANE EVACUTATION ROUTE. Park your vehicle in the designated area.

From the Skipper continued on page 3

Chaplain’s Corner

Remember significance of Memorial Day

By Chaplain Alan Snyder

History: What does it mean to us? Is it just stories of what has happened in the past? Is it simply the story of our country, or how our forefathers lived or is it something more? We all have history, a personal history regarding stories of things we wish we could forget and stories that we tell to anyone polite enough to listen. “His story” is the telling of a story, a remembrance of times past and memories that help us shape our future.

Our past is the one thing we have to use to help us determine the future. Our memories and experience can give us dreams about the future. Dreams are important in this life. Dreams and memories drive ambition, and further the improvement of our lives. Memories are important. How does a child remember that dream of being a major

league baseball player without the memory of his first trip to the ballpark?

My father was in the Navy. That influenced my entry into the Naval service. My dad was also an airplane engine mechanic, and one of my brothers does that now for American Airlines. My youngest brother is a welder. It was something my Dad taught him from the time he was twelve. We have all started a future that is in some way connected with our past.

Our personal history reminds us who we are, and our country’s history reminds us who we are as a nation, and gives us direction for our future. The Hebrew children were told to remember what God had done for them in bringing them out of Egypt. They were to celebrate it every year as Passover, and to instruct their children so that they would remember. It has been celebrated ever since.

Our education about God starts with stories regarding Moses and the basket. Sampson, Joshua and the Battle of Jericho,

Paul and the road to Damascus have been told time and again to people learning about God. These stories are our past and teach us about how we are to act in our future. We are taught of God’s awesome power and might. Most importantly we are taught about his love. His love for us caused him to send his Son to be the sacrifice for our sin and bring us back to him. That is something worthy of remembrance.

This weekend take time to remember our lost loved ones, and remember our troops who have given their lives in defense of liberty. Thank those veterans who are around you. Remember that we carry the burden of writing the next chapter in the history of this nation. My prayer is that we honor God and our country as we accomplish it.



Snyder

Healthwatch

Preserve your skeleton!

By Lt. Nate Ruttig



Ruttig

and over 30 percent of women over age 60 develop osteoporosis. Throughout our lifetimes, our bones are continually broken down and remodeled. This process allows us to form entirely new skeletons in about three year’s time.

After age forty, however, the remodeling

process slows down, and more bone is broken down than is replaced. This is what causes osteoporosis and the key to its prevention is building bone mass early in life, before this degeneration process begins. Though the prevalence is lower, men also suffer from osteoporosis.

One out of every three women will have a spinal fracture due to osteoporosis and one out of six will have a hip fracture in their lifetime. Menopause, being underweight, lack of physical exercise, smoking, corticosteroid use (medications used in asthma, ulcerative colitis, transplant patients, and others), as well as poor intake of calcium and vitamin D all increase one’s risk of developing osteoporosis.

The recommended calcium intake for children ages three to eight is 800 mg per day. For children and adolescents ages 9-17,

the recommended intake is 1,300 mg and for adults 1,200 mg daily. Breast-feeding women need the most calcium and their intake should be around 2,000 mg a day. Too much calcium, however, can cause kidney stones.

The body is able to synthesize vitamin D from sunlight exposure, but only to a limited degree. 400 international units of vitamin D is the recommended daily amount. Drinking four cups of milk will give you 1,200 mg of calcium and 400 international units of vitamin D.

Stay fit, obtain your calcium and for more information on osteoporosis do not hesitate to contact your healthcare provider. The National Osteoporosis Foundation has an excellent website www.nor.org and a toll free number: (800-400-1079).

Wingspan

NAS Corpus Christi
“Exceeding Expectations Through
Pride In Performance”

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Public Affairs Officer
Lt. j.g. Daniel Harmon

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Worship Services

CATHOLIC WORSHIP SERVICE

Base Catholic Chapel
Sunday Mass - 10:30 a.m.
Daily Mass:
Monday - Friday – 11:40 a.m.
Religious Education: Sunday – 9 a.m.
Catholic Mass time changes: 8:30 am. beginning Sunday, June 6, and 11:40 beginning week days June 7.

PROTESTANT WORSHIP SERVICE

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

JEWISH WORSHIP SERVICE

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

ISLAMIC WORSHIP SERVICE

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

Station Spotlight



ET1(SW) Michael A. Kalman
Weather, Communications and Radar Supervisor,
Ground Electronics Maintenance Division

A native of Arlington, Texas, Kalman has been in the Navy for eight years. He has been on board NASCC for two years. He previously served aboard USS Chosin (CG 65). Kalman's future plans include becoming a commissioned officer in the special operations community, earning a Master's Degree and retiring from the Navy after 20 years of service. Kalman plans to teach math and electronics. Kalman enjoys his job at the Ground Electronics Maintenance Division because of its unpredictability.

"I never know from one day to the next what I will have to deal with," said Kalman. "It usually takes at least two or more technicians pulling together to make things happen."

Kalman is married and has a six year-old boy and a two-year old girl. He likes spending free time with his family.



ABE1 (AW) Angelique Trudeau
Assistant Leading Petty Officer,
NAS Detention Facility

Raised in Seattle, Wash., Trudeau has been working hard on NAS since May 7, 2003. She has been in the Navy for eight years. Her previous duty station was aboard the USS Abraham Lincoln (CVN 72).

"The best part of my job is meeting new people," said Trudeau.

Her future goals include finishing up a degree in Computer Information Systems, and starting a family.

Trudeau's hobbies include working jigsaw puzzles and playing video games. She also enjoys watching the television series "Alias" on Sunday evenings.

Trudeau is engaged to be married. Torres has a 31-year-old son.

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to the proper sites for initial check-in and lodging.

All active duty military personnel assigned to Navy commands at NAS Corpus Christi are required to fill out or update a hurricane evacuation data form. Your command or department designated disaster preparedness representative should have these forms available. If you don't know whom your disaster preparedness representative is then call the NAS Corpus Christi Disaster Preparedness Office at 961-2385 for guidance. The evacuation data forms will contain information such as the names of your family members, recall information, and information pertinent to special medical requirements and any other special needs. All data is to be used only for evacuation purposes. Should the base be evacuated during a hurricane, return to the base will be through the detachment established at Lackland AFB, so it is crucial that they are able to locate you. Personnel will not be allowed to return to the station before that determination has been made and passed by the EOC personnel.

In order to better understand weather and news announcements during hurricane conditions, keep the following terminology in mind. Hurricane Categories are as follows:

Category One winds are 75-95 mph, Category Two winds are 96-110 mph, Category Three winds are 111-130 mph, Category Four winds are 131-155 mph and Category Five winds are above 155 mph.

Also around the base there are Tropical Cyclone Condition signs with explanatory numbers as follows:

Condition Five will be set from 1 June to 30 November and this basically acknowledges that we are in hurricane season. Condition Four indicates destructive winds of 50 knots or greater are expected within 72 hours. Condition Three means that destructive winds of 50 knots or greater are expected within 48 hours. Condition Two indicates that destructive winds of 50 knots or greater are expected within 24 hours, and Condition One means that destructive winds of 50 knots or greater are expected within 12 hours or less. These signs are updated as the conditions change, so stay alert for any changes as you travel into the station.

Further questions or concerns can be addressed by referencing Naval Air Station Corpus Christi Instruction 3730.2X (Hurricane Bill), or by contacting my Disaster Preparedness Officer (DPO), DC1 (SW) Randy Molina, at (361) 961-2385 or email Randy.Molina@navy.mil. The DPO office is located at Bldg 1730 (PSD/Safety Building), 2nd floor, room 210B.

Please make this a safe and enjoyable summer, and be prepared for some stormy weather as well.

One last hurrah Marine Corps Reserve unit gets marching orders

By JO2 Jeffrey Fretland

Marines, their family members and friends congregated at the NAS Shields RV Park Saturday, May 15 to celebrate, reflect and enjoy each other's company during the Charlie Co., 1st Battalion, 23rd Marines Family Day picnic. The unit has been notified they have been activated for duty in Iraq in the coming months.

The unit drills at the Armed Forces Reserve Center aboard NAS. Split evenly between Corpus Christi and Harlingen, company members departed Monday, May 17, for their two-week Annual Training (AT) at Ft. Polk, La.

The unit is slated to travel to June 1 to Twentynine Palms, Calif., for advanced training and then deploy to Iraq. The unit is expected to remain on duty for six to seven months, according to Charlie Company 1st Sgt. Donald Hoover.

"We've had a mostly positive response to the whole situation," Hoover explained. "There have been a lot of concerned parents, especially the ones who have sons or daughters 18 and 19 years old. Fortunately, we have a strong Family Readiness Support program. We try to keep them informed and explain what is occurring as we receive information. We assure them that the best way we care for our Marines is to make certain they are properly trained."

Maj. Larry McFall, rear site commander, indicated he was doing everything possible to keep morale high.

"Taking care of our Marines and their families is my biggest priority and responsibility," said McFall.

The Family Day picnic afforded Marines and their families an opportunity to relax and unwind. Pony rides, tire races and other events contributed to the old-fashioned fun. Despite the overall festive atmosphere, there were undertones of concern and fear.

Lance Cpl. Juan Longoria of Corpus Christi, an anti-tank assault man and demolitionist, has mixed emotions about journeying to Iraq.

"I'm looking forward to it, and I feel a really strong sense of purpose," said Longoria. "I think I can make a difference in making things work in Iraq. I feel obligated to keeping our country safe, but I worry about my family. They support me, so that keeps me going."

June Calendar of Events

June 4-6: Aransas Pass is holding their annual Shrimporee Festival June 4 to Sunday, June 6. Volunteers are needed to man the gates during the event. Two volunteers per gate per shift are required. Shifts run approximately two-and-one-half to three hours in length. Shifts available to work include Friday from 6 p.m. to 8:30 p.m., and 8:30 p.m. to 11 p.m., Saturday from 10:30 to 1:30 p.m., 1:30 p.m. to 4:30 p.m., 4:30 p.m. to 7:30 p.m., and 7:30 p.m. to 11 p.m., and Sunday from noon to 3 p.m., and 3 p.m. to 6 p.m. All that is required is ensuring festival attendees have wristbands upon entering and that alcoholic beverages are not carried out of the festival grounds. All volunteers will receive a free T-shirt and wristband, which will give them free entrance to the event. The festival includes great food, music and scheduled events. If you want to volunteer, or for more information, contact Fifi Kieschnick at 776-4205.

May 17-June 8: Registration is now going on for Summer Session one classes at Saint Leo's University branch campus at Naval Station Ingleside. The summer semester begins June 7 and ends July 31. Several different Associate and Bachelor degree programs are available, including Business Administration and Criminal Justice. Tuition fees are \$118 per semester hour, and \$354 per course. Tuition Assistance is available. Classes are open to all active duty military personnel and their dependants, and DoD employees. For more information, contact the Saint Leo's University Office located at the Navy College Center, building 101 at Naval Station Ingleside, 776-2808. Their fax number is 776-2375.

Navy One Source highlights assistance, services One stop shopping for all your military concerns

By JO2 Jeffrey Fretland



Photo by JO2 Jeffrey Fretland
Mr. Bob Bransford from Navy One Source explains the advantages of the new program designed to assist Sailors with almost any problem. Bransford spoke about the accessibility of the new program during a conference at the Naval Hospital Corpus Christi auditorium May 12 and 13. A Town Hall meeting was also held at the Gulf Stream recreation center.

Sailors now have access to a new program designed to provide information on virtually all issues, concerns and problems important to them. The Navy One Source program became available in February, and is designed to assist Sailors with everything from relocation to financial matters. The program is being marketed Navy wide, and explained during briefings April 12 and 13 at the Naval Hospital Corpus Christi auditorium and the Fleet and Family Support Center. The service is available at no cost to Sailors and their dependants, said Robert Bransford, program director.

"We are spreading the word about Navy One Source," said Bransford. "We want to be certain everyone can take advantage of and use this program to assist them with problem solving."

In addition to an on-line website, trained staff and counselors are available to answer questions by phone. Staff obtain information regarding the problem from the customer, and then will route the client to the appropriate person or agency for assistance. Follow-up usually occurs within a three to seven-day time frame, depending on then situation.

The Navy One Source program assists with problems involving deployments, education and health and welfare. Sailors are assured of being treated in a prompt, courteous manner by a dedicated and caring staff.

Navy One Source operates three call centers-in Philadelphia, Minneapolis, and Miami. The Miami center provides multi-cultural, multi-lingual staff to provide translations for dependent family members who cannot speak or have difficulty understanding English.

TTY and TDD operators are also available for military family members who are hearing-impaired. On-line accessibility is available for blind and low vision viewers.

Various CDs and programming material, in addition to on-line information can be ordered on-line at www.navyonesource.com.

To contact the Navy One Source hotline by phone, call 1-800-540-4123 in CONUS, 1-800-5404-1233 outside the U.S., or collect 1-484-530-5914.

Moving to the head of the class

Navy College Center dedicates new classroom building

By JO2 Jeffrey Fretland



Earning a college degree became significantly easier when the Navy College Center dedicated a brand new classroom annex building Monday. The refurbished facility is located just south of the Naval College Center office.

The new 19,000 square ft. annex contains 19 classrooms, one of which is used for information technology and the other for accommodating large classes and group meetings. The smaller rooms were designed to provide more one-on-one individualized and hands-on learning and instruction.

NAS Commanding Officer Paula Hinger dedicated the new annex during an official ribbon-cutting ceremony. On hand were NAS Executive Officer, Cmdr. Al Alabata, United States Coast Guard Detachment Executive Officer Cmdr. Richard McBride, Navy College Center director Dan Wyatt, and several representatives from Park College, Emery-Riddle University, and the University of Phoenix.

The new classrooms are a welcome and much-needed augmentation to the Navy College Center, according to Ellen Murphy, education technician.

"It will be a great accession for the base," said Murphy. "We've greatly enhanced our ability to provide quality education for Sailors, Marines, Coast Guardsmen, soldiers, and DoD dependants and employees. We want to continue the Navy's policy of life-long learning."

Murphy added former NAS Commanding Officer Capt. (Ret.) Richard Marcantonio was instrumental in initiating the project.

"We walked around, searching for just the right spot with space availability," said Murphy. "We finally decided on remodeling the annex, so we would have the necessary space to offer more classes and accommodate more students."

Hinger is pleased with the expansion of the Navy College Center facilities.

"We now have the increased capability to improve the technology, and provide the opportunity for service members and dependants to further their education," said Hinger. "I encourage everyone to take advantage of it."

The annex cost \$1,300,000 to reconstruct. Amigo Building Corp. from San Antonio began construction work began in July, and the project took ten months to complete.

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For Sale: Uniforms - BDU's, CNT's (winter/summer), CPO choker whites, covers. Medium and large sizes. Call 825-4278.

96 Honda Accord EX, 2 dr, sunroof, cd player, interior and exterior in great shape. One owner with 139k miles. Overall it has been a great car. \$5100 firm, call (361)548-5271.

Need Flexible Assistant at Island Storage Co. Afternoons and week-end hours. Low stress atmosphere. Starting pay \$7/hr. Call 949-2229.

FOR SALE: Lg. air hockey table \$150.00. Upright freezer \$100.00. Lg. pink & blue cozy cottage playhouse \$125.00 like new. Call (361)643-4149.

For Sale: 2 piece queen size sectional sofa with bed. Light with pastel color patterns. Like new, see to appreciate. \$300 obo. 361-937-0647. Leave message.

HOW TO PLACE A CLASSIFIED AD

Free Classified AD in Wingspan, for all Military and DoD Personnel (non-commercial ads only) submit via e-mail to: nanrantx@yahoo.com or fax to 361-884-9019 or call 814-0866. Free ads subject to number of words and space limitations. Please limit free ads to 25 words or less.

Paid Classified Ads in Wingspan: 50 cents per word - with a 25 word minimum. Mail your AD copy along with a check payable to D.J. Young Publishing, 145 Naples, Corpus Christi, TX 78404 or call 361-814-0866.

MWR News and Events

Aquatics: Bayside Pool is scheduled to open on May 29! The family recreation pool has a water slide and a baby pool. The hours of operation are as follows:

Wednesday-Saturday:

Noon to 6 p.m.

Sunday

1 p.m. to 6 p.m.

Monday and Tuesday: Closed

The Oasis Pool is open for lap swim. Hours of operation are as follows:

Lap Swim:

Sunday and Monday: Closed

Tuesday-Friday

Saturday

6 a.m. to 8 a.m.

10 a.m. to 1 p.m.

11a.m. to 1 p.m.

4 p.m. to 6 p.m.

Pool Party:

Bayside Pool:

Wednesday-Sunday

7 p.m. to 10 p.m., Rentals: \$40 per hour (3 hour maximum). **Baby Pool:** \$10 per hour

Oasis Pool:

Sunday

1 p.m. to 10 p.m.

Tuesday-Saturday

7 p.m. to 10 p.m.

Pool Fees: Active Duty are free, and military dependents are \$1, Department of Defense employees \$1.50 and guests \$2. Monthly passes are available at Bayside Pool. Swimming lessons are available. **For more information, call Earl Olsen at 961-3260.**

Ceramic Shop: Are you looking for a special Father’s Day gift? Well, look no further. Stop by the Ceramic Shop located on “E” Street (next to the Auto Skills Center) and make a box for dad. These gifts mean so much because they are hand made by you. You can cast it, purchase green ware, or ready to finish bisque all at reasonable prices. Glazing classes are also available. The cost for the courses is \$12.50, and includes all supplies. The first class will last between three to four hours. Participants must be 12 years or older. **For more information, please call Lorraine or Janie at 961-2459.**

Hours of Operation:

Sunday and Monday Closed

Tuesday 9 a.m. to 9 p.m.

Wednesday, Friday and Saturday 9 a.m. to 4 p.m.

Thursday

Noon to 8 p.m.

Child Development Home Accreditation

A huge congratulations goes out to Child Development Home Provider Gloria Delgado. She achieved one of the highest honors a CDH provider can receive. Mrs. Delgado acquired the Military Family Child Care Home Accreditation. She is the first CDH provider at NASCC to be awarded this honor. In order to achieve this goal, Delgado had to prepare her home and pass a validation visit. Providers that apply for and achieve accreditation show a total commitment to providing care because this is an extensive and time-consuming process. For more information on how to become a CDH provider, please contact Leonora Apiado or Ann Wise at 961-1165.

Corpus Christi Bay Club

Specials for May:

May 28: Mongolian BBQ

May 29: Medallions of Beef Bernaise \$14.95

Specials are served along with the A La Carte from 5 p.m. to 9:30 p.m. Prices are for club members. An additional \$1 per person is added for non-members. Salad, ice tea or coffee is included with all the meals. Reservations are required for the specials.

Special Events for May:

May 28: Winging designation ceremonies will be held in the ballroom at 3:30 p.m.

Note: The Club will be **CLOSED** May 31 in observance of Memorial Day.

Brunch will not be available after Mother’s Day, until January 2005. **For more information on specials catering, and Club inquiries, please call The Club at 961-2541.**

E-Street Gym:

5K Run Club Schedule:

Event:	Date
Summer Starter 5K Run	June 26
NAS 5K Run	August 21
Autumn 5K Run	October 30

Summer Starter 5k: The Summer Starter 5k run will be held on June 26, 2004. Participants must register by June 23, 2004.

Intramural Sports Program: All Captains’ cup sports are unit competitions. Participants must compete with their unit. Military, military dependents 18 years of age and older and DoD/NAF employees working at NASCC may participate. Contractors and civilians from other bases will be assessed an entry fee. Women are encouraged to participate in all sports. Please register on time and show up to mandatory coach’s meetings.

2004 Captain’s Cup Volleyball League: Six teams participated during this one-month league competition. At the end of the regular season, the United States Coast Guard team finished first with the HM-15 Blackhawks and the VT-31 Wiseowls placing second and third respectively during the regular season..

During the playoffs, the USCG team remained undefeated until they encountered VT-31 for the championship match. VT-31 won the championship game, but with the Coast Guard having lost their first match, both teams clashed again in a consolation match. The VT-31 Wiseowls pulled off another upset win, and ended up being designated the play-off champs. *(See photos on page 13)*

Hours:

May 31, 2004 Memorial Day

10 a.m. to 6 p.m.

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

Fitness Express:

Group Fitness: Our schedule includes fitness classes for every level of conditioning. Join our early morning workouts to start the day productively. Come by the fitness center to pick up a new schedule of classes.

Get Fit Incentive Program 2004: Get started on this great fitness incentive program. For every visit you make to the Fitness Express Center you will accumulate points towards this program. Your points will then be turned into PRIZES. Please register for this awesome program at the front desk.

Water Aerobics: Get your water aerobics card now for only \$5 at the Fitness Express Center. The class will begin June 1st and will be held on Tuesdays and Fridays from 9:45 to 10:45 am and on Wednesdays and Thursdays from 6 to 7 p.m. at the Oasis Pool. There is no charge for Active Duty and Reserve. A \$3 charge will be assessed for daily or guest usage.

Weight Training Equipment: The fitness center has variable weight and plate loaded equipment in addition to dumbbells and barbells. We have personal trainers and recreation specialists to guide you in accomplishing your fitness goals.

Fees: The fees are \$15 for DoD/NAF working on base, \$25 for other government employees and Navy League members, \$5 unlimited group exercise for retired military a guest/daily charge, and locker fees from \$3 to \$5 per month. Bring your guests with you for a workout for a \$3 guest fee. A fitness center usage fee will not be charged for active duty, retired or reserve military members and their dependents. Monthly lockers may be rented for a small fee. Daily lockers are available free of charge. Please bring a lock to secure your locker.

Towel Coins: You may purchase a towel coin for \$1. This coin may be traded for a towel when you come to the fitness center. When you bring the towel back to the front counter, your coin will be returned. **For more information please call The Fitness Express at 961-3164.**

Gonzalez Liberty Program Center Events: Watch out for the following upcoming events being sponsored by Gonzalez Liberty Center:

May 27: Last Buck Night: It is pizza and movie night! Stop by and enjoy some great pizza and a movie at the GLC at 5 p.m. This event is **FREE** for all active military duty personnel **For more information, please call 961-6405.**

Lighthouse Lanes Bowling Center

The Lighthouse Lanes Bowling Center has a month full of “cool” specials. Don’t be left out in the heat. Visit the coolest place in South Texas!

May 31: Memorial Day: Visit the LHL bowling center on Memorial Day for \$1 games all day. The hours of operation for the Memorial Day Holiday are Noon to 10 p.m.

Rock ’N Bowl 300: Come to the Lighthouse Lane on Fridays and Saturdays from 9 p.m. to midnight, and enjoy all you can bowl for \$10.

Summer Leagues: The Lighthouse Lanes Bowling Center is getting ready for the summer. Leagues are now forming so stop by today and get signed up for these super summer leagues.

Unit Parties: Have your party at the “Coolest Place In South Texas”, the Lighthouse Lanes Bowling Center. You can reserve the whole facility for \$100 per hour, which includes all you can bowl. There is also an open bar available upon request. **For more information, please call the Lighthouse Lanes Bowling Center at 961-3805.**

Outdoor Recreation Activity Center (ORAC)

ORAC is ready for summer and wants to get you ready too! Take advantage of all the super summer classes that ORAC is offering. There is something for everyone.

Sailing and Motor Boat Classes: These classes will be offered on a day-to-day basis in order to meet the needs of our customers. Please call the marina to find out specific time and dates for these “must take” summer classes. Group and/or private classes will also be available.

Scuba Classes: ORAC will also be offering scuba classes. These classes cover all levels from beginner to advanced scuba diving.

Windsurfing Classes: Don’t stop with motorboats and scuba classes. Go for the gusto and take the windsurfing classes also. You will be the talk of the beach with all your skills in these fun summertime activities.

Also Available: ORAC not only offers classes, and also meets all your fishing, camping and fun time needs. You can stop in and get all the gear you need for fishing, camping and kayaking excursions. Don’t wait any longer. Please stop by today and take advantage of the opportunities offered to you by the ORAC marina. For more information, please contact your friendly ORAC staff at 961-1293.

South Texas Institute for the Arts

Active duty personnel will receive free museum admission! Thanks to a generous donation by museum patrons George and May Leyendecker, 500 active duty military personnel and their families will be able to enjoy free admission to the Art museum of South Texas this summer. The donation, made in the name of EW3 Bryan Leyendecker, is designed to honor and support service men and women who are stationed away from home.

The museum is located at 1902 N. Shoreline Blvd. in downtown Corpus Christi, and is open from 10 a.m. to 5 p.m. Tuesday through Saturday, and from 1 p.m. to 5 p.m. on Sundays. Active military personnel only need to show their military identification card to the museum admissions desk to gain free entry. Immediate family members who have identification cards are also included in this program. The offer began May 1 and will continue through the summer until funds are expended. **For more information, please call 825-3513.**

Youth Activities Center

Attention all parents! Summer is just around the corner, and the Youth Activities Center is ready with another summer of fun with your child. Don’t let your child miss out experiencing the best fun on NAS! Stop by the Youth Activities Center and pre-register your children, from ages five to thirteen, for Summer Camp 2004 at the Zone Youth Activities Center.

Pre-registration will ensure your child has a safe place to experience a wonderful summer with plenty of interesting things to do every day. The Youth Activities Camp will be held from 6 a.m. to 6 p.m. Monday through Friday. It is easy, safe, and fun, so call and have your child registered today. **For more information, call 961-2355.**



The VT-31 Wiseowl volleyball team finished in second place during the regular season. The Wiseowls defeated the USCG team in an upset consolation match to take first place overall at the MWR Volleyball Tournament.



The United States Coast Guard Detachment volleyball squad finished first during the regular season, and landed a second place finish during the MWR Volleyball Tournament at the E Street gym.

NASCC Security to enforce seatbelt crackdown

Aim to surround young people with safety belt enforcement message

By MA1 (SW) Jose Olivencia, NAS Security Department



Texas teenagers and young adults are going to be surrounded with the strong message, “Click It or Ticket.” If you won’t buckle up to save your life, then buckle up to save yourself a ticket, as the NASCC Security Department joins more than 13,000 law enforcement agencies in a nationwide crack down on seat belt law violators. The message to teens and young adults will be seen and heard in television and radio ads, across college campuses, over public high school public address systems, and through enforcement in locations where young people congregate – such as schools and sporting events.

The two-week enforcement wave, which runs from May 24 through June 6, will be supported by more than \$30 million in congressionally funded national and state advertising. It is based on a proven public health model to increase belt use called “high visibility enforcement.” Last year, the national Click It or Ticket push, with paid advertising, increased seat belt use by four percentage points – to 79 percent, the highest rate ever recorded.

“The only proven way to get significant increases in belt use among young people and ultimately save lives, is through high visibility enforcement, including targeted and intense advertising to alert people to the enforcement,” said Olivencia. “Teens and young adults are killed at far higher rates in crashes because they are caught in a lethal intersection of inexperience, risk taking and low safety belt use. These tragedies are predictable and therefore preventable, using proven techniques like high visibility enforcement mobilizations.”

According to the National Highway Traffic Safety Administration (NHTSA), 4,530 teenagers from the ages of 16-19, died and some 320,000 more were seriously injured in traffic crashes in 2002. While young drivers ages 15-20 account for 6.6 percent of licensed drivers (12.6 million), they represented 14 percent of all drivers involved in fatal crashes and 16 percent (1,862,000) of police reported crashes in 2001.

Teen seat belt use in states with strong belt laws is consistently and substantially higher, presenting compelling evidence of the need to enact primary laws throughout the United States, according to a new analysis of government fatality data.

The analysis was based on data from the Fatality Analysis Reporting System (FARS), the NHTSA database that contains information on virtually all-fatal crashes on public roads in the U.S. FARS data are deemed very precise because belt use at the time of a fatality is determined and recorded.

The data showed that teenage drivers in states with a secondary seat belt law were far less likely to be buckled up in fatal crashes. Forty-nine percent of fatally injured teenage drivers were buckled up in crashes occurring in primary law states, compared to 30 percent in secondary law states. This underscores the need for both the enactment of primary laws and their continued strict enforcement.

During the national Click It or Ticket Mobilization, officers will intensify enforcement of safety belt laws and child passenger safety laws by setting up checkpoints or saturation patrols. Drivers failing to restrain themselves and their child passengers will be ticketed according to the law.

High visibility enforcement relies on periods of intense enforcement of seat belt laws coupled with aggressive advertising and media outreach to let people know about the enforcement. For many non-seat belt users, and especially young people, the threat of a ticket has proven to be a greater inducement to buckle up than the threat of injury or death.

“This mobilization is designed to get the enforcement message out to our most vulnerable populations, but it is a reminder to all of us that buckling up can save us a ticket and may save us our lives,” said Chuck Hurley, Executive Director of the Air Bag and Seat Belt Safety Campaign.

The mobilization is conducted by NHTSA with support from the Air Bag and Seat Belt Safety Campaign of the National Safety Council, and in conjunction with law enforcement agencies, state highway safety offices, and the National Transportation Safety Board.

AWARDS & ACHIEVEMENTS

Spouses club donates to charity



Photo by JO2 Jeffrey Fretland

Debbie Young, (left) president of the Coastal Bend All Officers Spouses Club, presents a check for \$100 to Beth Dembski from the Kingsville Boy Scouts Association. The Spouses Club also presented a \$400 charitable donation to Evelyn Abbadusky from the Corpus Christi House, during their annual spring Madhatter's Party and Luncheon held May 6.

60 years of warrior pride



Photo by Lt. Scott Walters

Mr. Bob Otto, representing the members of the World War II Naval Patrol Bombing Squadron VPB 116, "Blue Raiders" presents an appreciation photo to NAS Commanding Officer Paula Hinger during their sixtieth anniversary squadron reunion banquet held at the Bay Club May 8. The squadron members toured NAS and also enjoyed a reunion luncheon aboard the USS Lexington.

New aviators graduate



Photo by Ensign Catherine Dow

The following individuals received their "wings," designating them as aviators, during a "winging" ceremony at the Corpus Christi Bay Club May 7. In alphabetical order: 2nd Lt. Samuel Brewer, USAF; 1st Lt. Matthew Bubar, USAF; 2nd Lt. Cass Cheslak, USAF; 2nd Lt. Eric Colter, USAF; Ensign Harry Feigel, USN; 2nd Lt. Kristina Guerrero, USAF; 1st Lt. John Hecker, USMC; 2nd Lt. Andrew Hunt, USAF; Capt. Adam Jung, USAF; 2nd Lt. Kelly Kitchens, USAF; 1st Lt. Christopher Mays, USAF; Capt. Hector Roman, USAF; Ensign Nicholas Rotunda, USN; 2nd Lt. Jason Shellock, USAF; 2nd Lt. Phillip Villeza, USAF; 2nd Lt. Todd Wasilewski, USAF; 2nd Lt. Colie Whitaker, USAF; and Ensign Mark Yedlowski, USN.

NAS hosts Beach to Bay...all the way!

Photos and story by JO2 Jeffrey Fretland



Teammates pass the baton between each other at the NAS north gate. The first runners began arriving at the north gate at 8:20 a.m.

Camaraderie was the order of the day as 7,500 runners participated in the 29th annual Beach to Bay marathon. Cloudy skies and cool temperatures aided joggers who might otherwise have suffered serious heat injuries. No serious medical complications were reported.

The 26-mile contest started at 7 a.m. at Bob Hall Pier on Padre Island, with the first runners arriving at the south gate of Naval Air Station shortly before 8 a.m. The four-mile course wound through the housing areas, past the marina and behind the Corpus Christi Bay Club, up King's Row to Ocean Drive, and past the Corpus Christi Army Depot (CCAD) Helicopter Maintenance Facilities and the Coast Guard Detachment Headquarters to the north gate. The race ended at Cole Park in downtown Corpus Christi.

The LaredoHeat.com relay team took first place in the men's division. The Hermann and Hermann team grabbed the top honors in the women's division.

Delgado recognized for child care



Photo by JO2 Jeffrey Fretland

NAS Commanding Officer Capt. Paula Hinger presents Gloria Delgado with a certificate signifying her as the first accredited Military Family Child Home Care Provider on board NAS Corpus Christi. Delgado was recognized and honored for her achievement during an awards ceremony and appreciation night May 7 at the Lighthouse Lanes for personnel from the Youth Center, the Child Development Center, and Child Development Homes.



Runners pound the pavement of Ocean Drive as they pass through the north gate during the NAS leg of the Beach to bay marathon. Over 1,500 runners participated in the NAS section of the race.

Semper Fi



Photo by JO2 Jeffrey Fretland

Marine Aviation Training Support Group Twenty Two Commanding Officer Col. Michael Sawyers (left), presents a Meritorious Service Medal to Chief Warrant Officer Three Danny D. Vega during his retirement ceremony May 14 at the Gulf Stream Auditorium. Vega retired from the Marine Corps after 24 years of service.

Rodriguez says good-bye



Photo by JO2 Jeffrey Fretland

NAS Commanding Officer Paula Hinger presents a certificate of retirement to Culinary Specialist (SW) Henry Rodriguez, Jr. during a ceremony at the Corpus Christi Bay Club May 14. Rodriguez transferred to the Fleet Reserve after 20 years of service.

ROICC honors corporation for support



Photo by PH1 Charlo Wharton

(From left) NAS Public Works Center employees Walter Muffoletto, Charlotte Cummins, Engineering Field Division South Resident Officer-in Charge-of-Construction Capt. Paul McMahon, NuWay International President Arthur Casillas III, NuWay International Project Superintendent Joe Ray Casillas and Public Works Center employee Carl Balansay display the Letter of Appreciation award for meritorious service involving restoration of the seawall adjacent to Sunfish Beach. McMahon presented the award to the NuWay International Corporation during a ceremony May 10.