



Summer Begins
12:45 a.m. June 21



DDCT CO leaving
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Drinking Water
Report Released

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Fire Safety

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Sailors and families volunteer for Operation Paintbrush

Annual program paints houses for senior citizens and others

by Rod Hafemeister

Almost two dozen NASCC Sailors and family members gave up a Saturday recently to do a good deed: Paint a senior citizen's home.

June 6 was the date for this year's Operation Paintbrush, a one-day blitz to paint 48 homes in Corpus Christi.

Operation Paintbrush is a 25 year Corpus Christi tradition, started and still led by former City Council member Joe McComb.

"There's no tax dollars spent, it's all donations from the community," said AC1 Saddi Frazier, who organized the NASCC effort.

The crew from NASCC – including some from HM-15 – met at 8:30 a.m. and by 9 they were working on a house in the 4800 block of Willowbrook.

"We finished the whole outside of the house by about 1:30," Frazier said. "We had lots of good workers, especially the guys on the front side of the house. They did wonders."

The Operation Paintbrush organization provides paint, water, soft drinks and Wienerschnitzel coupons, but the crews have to bring their own equipment.

The NASCC crew brought personal ladders and the NASCC Detachment Facility provided about 90 percent of the paint rollers, brushes and associated equipment, with most of the rest coming from Public Works, Frazier said.

Frazier has been involved with Operation Paintbrush for several years and was the basewide coordinator in 2007.

But then he deployed to Iraq and, when he returned in October, he learned that no one had picked up the project for 2008.

"I said I couldn't let it slip through our reins again," he said. "But now I'm looking for a replacement to take it over next year."

"I just got my orders – I leave in October for Great Lakes, working at Boot Camp."



(left) AC1 Michael Falcon and MA2 Brian Gutierrez paint the front of a house as part of the citywide Operation Paintbrush on June 6. More photos on page 12.

Photo by Bob Torres

Two NASCC CPOs selected for Senior Chief

Naval Air Station Corpus Christi gained two new Senior Chief Petty Officers in the 2009 advancement cycle: Senior Chief Carlos Doubleday and Senior Chief Isaac Vierra. They received their Senior Chief anchors on June 2.

Pictured from left, Master Chief Daniel Stark, Doubleday, Command Master Chief Pat Flavin, Combined Bachelor Housing Director Billie Harvey, Vierra, and Master Chief Martin Barnholtz.



Photo by Rod Hafemeister

Skipper's Column

Getting the attention...

by Capt. Randy Pierson



Pierson

I wanted to take a moment to emphasize a point of safety and survival for you all.

That point is Fire Prevention.

There have been some very tragic occurrences hitting the military news links pertaining to fatal military family fires, to include

off base and in the workplace.

I ask that you reflect briefly on how priceless your loved ones are and how valuable your homes are – then, what would you do if

you were to lose them?

The thought of the loss is inconceivable, but for a very few it has happened because of an avoidable fire.

So now, I ask, what can you do today to better protect your loved ones and valuables from fire?

In so many cases it is as simple as installing smoke detectors and/or replacing batteries in smoke detectors.

You may also want to stop behaviors that put you at risk, to include cooking when no one is home, deep-fat frying foods in unacceptable cookware and using non-UL approved appliances and extension cords.

Also, there are positive measures to increase your survivability in a fire: 1) Purchase home escape devices to include ladders; 2) Practice good fire prevention and survival techniques.

Some of these include:

- Know and discuss recommended methods to exit a smoke filled room;
- Conduct Home Fire Drills;
- Emphasize no delay in exiting a fire and have a clear escape plan;
- Establish a gathering point for the family after exiting a fire.

Lastly, NASCC Fire Department would like to offer you specific fire prevention and fire survival training opportunities. This serves our Firefighters in keeping their skills proficient, but also helps ensure they don't have to use their firefighting and lifesaving skills in our homes and workplace.

I can make the training happen; just contact our Fire Chief, John Morris at 961-1707 and request the training.

Stay safe!

Chaplain's Message Staying focused takes... focus

by Lt. j.g. Rob Fasnacht, Chaplain

How ironic that as I attempt to write this article about staying focused, my mind keeps wandering.

This is not uncommon. All of my life I have had to work hard to keep distractions at bay.

More than once have I been yelled at by my parents or teachers for not focusing and allowing my mind to wander.

“Rob, aren't you paying attention? Are you listening to me?”

I have a feeling I'm not alone. Are you listening or has your mind already wandered away?

We must focus on focusing. Typically, my mind wants to run down bunny trails about the trials of my day or about the next job or problem that I have to tackle instead of paying attention to the task at hand.

The worst is when I become obsessed with problems that may (or may not) arise in the upcoming days.

Do you have this problem? These problems have not even presented themselves and I am already worrying about them.

My mind slips away to play out the scenarios, weakening my effort to work on the issues that are laid out in front of me today.

As I try not to give myself an ulcer about problems over which I have no control, I am calmed and encouraged by what I find in Matthew 6:34 (The Message):

“Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. “God will help you deal with whatever hard things come up when the time comes.”

All of us have enough troubles for today

that we cannot afford to obsess over the trials of tomorrow.

We must keep our focus on the tasks at hand.

I have found a practical way to help me stay focused. I make lists.

I have a tendency to forget what I need to tell my Chief, even though his office door is ten steps from mine. I must write down what I want to discuss with him as it comes to mind or I will forget by the time I walk all

Chaplain continued on page 15



Fasnacht

Editor's Corner

Looking for a few good Sailors...

by Rod Hafemeister



Hafemeister

An unusual trophy hangs on the wall of my office.

It's rather low key – people often don't notice it until the second or third time they're in the office.

And even if they were around last year and know the story behind it, most had never

seen it.

Few realized what it is, what it looks like.

It is the “Titanic Cup” – not really a cup, but actually a polished wooden toilet seat. It's

been awarded annually, since at least 1989, to the team that is the first to cross the finish line in a home-made boat during the Navy Regatta.

The whole idea is to have fun.

These are far from professional boats – last year, our high school intern Anna Fasano and I won with what was basically a raft strapped to two drop tanks.

Two steel uprights supported a square sail (a cheap tarpaulin).

And I “steered” – sorta – with a large panel at the end of a shaft while Anna peeked under the sail and shouted directions to me.

Three of us – Bob Torres, Anna and I – put it together in about four hours of work.

All three of us were surprised that it even held together; winning was completely unexpected.

Losing boats included one made of beer

kegs and a one-man rig made of pool toys that never really left the starting line.

Every day, I see that trophy hanging behind my desk.

And every day, I tell myself someone else really deserves the honor for next year!

Flip open the lid, and a brass plate reads, “Flush for Glory.”

The seat portion is festooned with small brass plates, recognizing past winners: two different training squadrons in 1989 and 1990; the Naval Hospital for four consecutive years; Training Air Wing Four for three and, until last year, it was captured for six straight years by training squadrons, with VT-27, VT-28 and VT-31 each winning twice.

Besides 2008, Naval Air Station won in 1998, 1999 and 2001.

Editor continued on page 9

Wingspan

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Commanding Officer

Capt. R.F. Pierson

Public Affairs Officer

Robert D. Torres

Robert.Torres1@navy.mil

Editor

Rod Hafemeister

rodneym.hafemeister@navy.mil

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Wingspan is published every other week by D.J. Young Publishing, 145 Naples, Corpus Christi, Texas 78404, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Air Station Corpus Christi, Texas.

The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station, Corpus Christi, Texas. Stories and photos not otherwise attributed are written by the *Wingspan* staff. The address is: Commanding Officer, NAS Corpus Christi, Attn: *Wingspan*, 11001 D St. Suite 143, Corpus Christi, Texas, 78419-5021. All news releases should be sent to the above address.

Please call (361) 961-2674 for deadline information.

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Chief Jamie O'Reilly retires, joins Refugio Police Department

Story and photos by Rod Hafemeister

Chief Electronics Technician (SW) Jamie M. O'Reilly demonstrated he was a man of few words at his June 5 retirement.

He walked to the podium, thanked everyone and sat back down.

That was okay, because other people had plenty to say about him.

Capt. Randy Pierson, Naval Air Station Corpus Christi's Commanding Officer, talked about something O'Reilly did in 2007 – before Pierson even arrived at NASCC.

At the time, O'Reilly was in charge of the command's Limited Duty Program.

One of the hundreds of Sailors in the program was a female Second Class Petty Officer.

She had been having a highly successful career when it was interrupted by a diagnosis of cancer.

The young woman was in the hospital in San Antonio, near death, when O'Reilly learned she had been selected for advancement to First Class Petty Officer.

O'Reilly went to her hospital bed to pin on her new rank.

"Chief made her day – and she only had a few left," Pierson. "Chief, I wasn't here when that happened, but let me just say, Thank you – on behalf of the navy, on behalf of the command and behalf of her family and her children.

"What you did was amazing and I think it

most codifies what you stand for in the United States Navy – and that is the Sailors."

After Pierson, retired Air Force Master Sgt. Ken Roe, an O'Reilly family friend, lightened the mood with a good-natured roast of O'Reilly.

The roast turned, in part, on the pattern of Navy ships being decommissioned after O'Reilly had served on them.

O'Reilly was raised in Poway, California, enlisted in the Navy in August 1989 and married Brigette in October 1989.

Most of his career was spent in the Pacific – San Diego, Hawaii and Japan.

The family came to NASCC four years ago and "planted roots in South Texas."

During the past two years, O'Reilly began preparing for retirement by completing the Del Mar Police Academy Night School while running the LIMDU program.

He also began working as a reserve police officer in Refugio.

Brigette started and continues working at the Department of Family and Protective Services, trying to make a difference in the lives of children in South Texas.

On his retirement, O'Reilly is beginning full-time as a Refugio police officer.

O'Reilly's awards include the Joint Service Commendation Medal, Navy Commendation Medal and numerous achievement campaign and service medals.

(right) Chief Jamie O'Reilly receives one of several retirement certificates from NASCC CO Capt. Randy Pierson. O'Reilly is retiring after 20 years in the Navy to become a police officer in Refugio. (below) Pierson presents Brigette O'Reilly with a Navy Spouse certificate, while daughters Georgiana and Jessica look on.



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Rangers reach out to local schools

by Lt. Cmdr. Tobin Basford and Lt. Adam Parish

Training Squadron 28 instructors and student military aviators have visited with more than 500 Corpus Christi-area elementary, middle, and high school students since April, emphasizing that students should set educational and career development goals.

Visits included six separate trips to school classrooms, libraries and cafeterias, as well as hosting the entire fifth grade of West Oso Elementary School at the squadron.

Lt. Cmdr. Dante Terronez, VT-28 Reserve Department Head, and Lt. Adam Parish, VT-28 Public Affairs Officer, led the VT-28 school outreach effort.

Terronez participated in a similar program during a previous tour and sought to duplicate that program's success at VT-28.

"This base and our training activities are a vital part of the local community, but I have learned through experience that many people simply do not understand what we do on a daily basis," he said. "My hope is through interacting with these children that we can raise the awareness of our jobs, and more importantly, encourage them to pursue life goals that they may not have otherwise considered."

The squadron hosted more than 140 West Oso Elementary fifth graders on May 14. Students toured the flight line facilities – a unique educational experience, especially since many of them did not even realize a Navy base was in their hometown.

The tour included a visit to the squadron and maintenance facilities, aircraft tours of a T-34C and T-44C, and tours of air traffic control tower and radar control room.

"Aside from our primary mission of training student aviators, one of our missions is to help strengthen the already great relationship we have with Corpus Christi," said Cmdr. Brian Hoyt, VT-28' Commanding Officer.

"It's nice to give back to the community, and one way is community outreach. It is definitely a pleasure to give tours like these. I know the children really enjoyed it."

At the completion of the two-hour tour, the children had their respective class photos taken in front of a T-34C.

"This is something the children will remember for a long time," said teacher Jayne Roupe. "We are very appreciative for the efforts that VT-28 and the base as a whole put forth to make this event happen."

VT-28 personnel school visits are part of a formalized outreach program seeking to broaden the exposure of local students to future opportunities, and get them thinking about goals.

"We want to talk to kids who are less likely to know how important it is to set goals early in their academic careers in order to open up opportunities down the road," Terronez said. "It's important for them to see men and women in uniform who can talk to them face-to-face about doing well in school,



Ensign Andrew Leone explains the cockpit of the T-34C to a West Oso Elementary School student.

Photo courtesy VT-28

attending college, and having a plan for the future."

The goal is not military recruitment, but to impress upon young minds that there are many avenues they can pursue in their lives, he said.

"The Navy and Marine Corps already have people whose job is to recruit young troops," he said. "While the military is certainly a great career choice, our hope is just to plant the seed of working toward a positive and successful life at a young age."

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CNATRA art on exhibit at Corpus Christi International Airport



A Chief of Naval Air Training photo exhibit depicting current Navy and Marine Aircraft is on display at the Corpus Christi International Airport through September. The exhibit gives a greater awareness of Naval Aviation in South

Texas and throughout the world. In the four months the exhibit will be on display, approximately 200,000 people are expected to pass through the airport and view the images.

Photo by Richard Stewart

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Don't let your meal - and your lives - go up in smoke

by NASCC Fire Chief John Morris

It happens every day: someone starts cooking, gets interrupted and, before they know it, they have a fire in the kitchen.

The Navy is not exempt. In the first eight months of fiscal Year 2009, there have been 135 fires in government quarters throughout the Navy – almost 60 percent attributed to unattended cooking.

One of these fires resulted in the death of a servicemember.

Though other fires did not result in deaths, they still negatively affected servicemembers and their families, cost the Navy and the member money and, indirectly, impacted the mission as personnel were unavailable for duty while recovering from the fire.

The recent surge in fires Navy wide were most often attributed to cooking. But on June 11, we experienced a serious fire in housing that was not cooking related.

Fortunately, the residents were out of the house. They returned home and discovered the fire a little after 2 p.m. and alerted a passing NAS Security member, who immediately alerted NASCC Emergency Dispatch.

The first fire unit arrived on scene in three minutes, and minutes later the fire was declared controlled. Regardless of rapid response and quick control, damage was extensive, with fire damage on the first floor and heavy smoke damage on both floors, leaving the home uninhabitable and the family devastated from this personal disaster.

While still under investigation, the cause of this fire is being categorized as electrical in nature.

Though NASCC continues to enjoy a rate of fire in residential occupancies well below Navy and National levels, with only three loss fires and no injuries during the last three-plus years, a continued proactive approach is critical to maintaining this success.

To that end, we hosted a stakeholders meeting with members from the Public Safety Community and our housing partners from Navy, PPV and the Bachelor Quarters team to discuss how we can optimize our collective efforts to best protect our community through public education, prevention and engineering efforts.

Look for more on this subject in the coming weeks and months as our dedicated members of the Housing Fire Life Safety Working Group (HFLSWG) begin their work!

Statistically cooking related fires are the largest cause of home fires, and NAS Corpus Christi Fire & Emergency Services wants to ensure that our community takes these simple steps to be safer from when cooking.

We all take cooking for granted – turn on the stovetop, add oil to the pan, start frying the onions and then the doorbell rings. You go to the door and a neighbor has a package for you. You start talking and a few seconds turns into a few minutes.

Suddenly you hear your smoke alarms sound. You are experiencing the number one cause of home fires – unattended cooking.

Here are some simple safety tips to avoid a cooking-related fire:

- Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling or broiling. If you have to leave, even for a short time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- You must remain alert when cooking.

You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol as all of these may make you drowsy.

- If you have a cooking fire and are in doubt, just get out and call (911).
- Always keep an oven mitt and pan lid nearby when you're cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner, and leave the pan covered until it is completely cool.

More information on cooking safety can be found at: <http://www.nfpa.org/assets/files/PDF/Public%20Education/Cooking-Safety.pdf>

NASCC Fire and Emergency personnel responded to a residence fire on June 11. Don't let it happen to your home.

Photo courtesy NASCC F&ES



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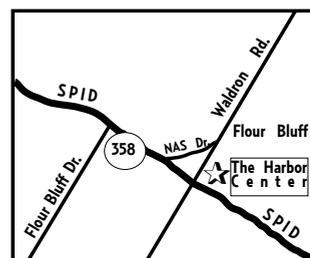
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Maxham to turn over command of DDCT on June 22

from DDCT

Lt. Col. Robert C. Maxham will hand over command of the Defense Distribution Depot Corpus Christi (DDCT) to Lt. Col. Bernard Warrington, Jr. on June 22.

Brig. Gen. Peter J. Talleri, USMC, commander of the Defense Distribution Command, will preside over the change of command ceremony.

Maxham, a Medical Service Corps officer, has commanded the Depot since July 2007.

Warrington was commissioned as an Infantry officer in 1990 and is currently a Logistics officer.

DDCT, part of the Defense Logistics Agency, serves as the primary wholesale distribution point for major components to support helicopter repair missions for DoD and Foreign Military Sales customers worldwide.

Its primary customer is the Corpus Christi Army Depot.

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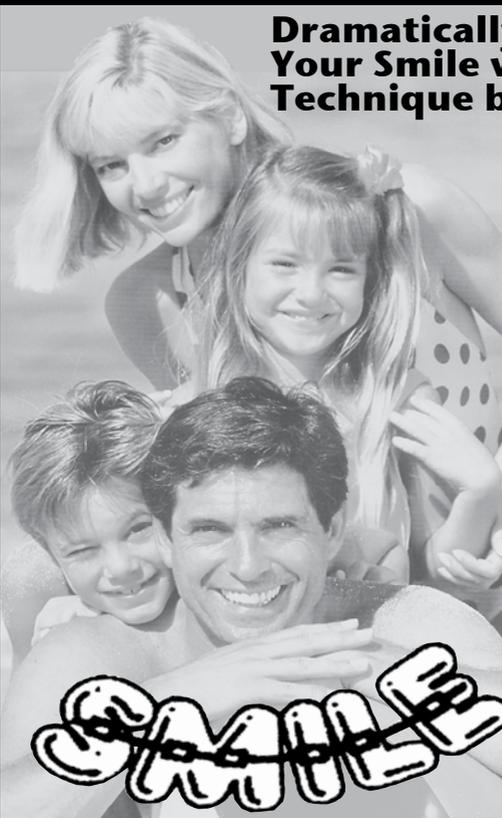
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Editor continued from page 2

Four wins is one more than anyone else – and I'd certainly prefer to see the trophy stay with NAS; I'd just like it to move to a more prominent location.

This year's Regatta is the first weekend in August – and starting to plan now makes more sense than coming up with a boat at the last minute.

Capt. Dave Price, Commodore of Training Air Wing Four, has already issued a challenge to the four training squadrons to get boats in the water and "get that trophy back from the base and into the wing or squadrons where it belongs."

Skipper Capt. Randy Pierson has indicated he'd much prefer NASCC win it a fifth time.

Our problem is, Anna the intern has moved away with her family – and even if Bob and I try to build a boat, I no longer have my pilot.

I know Bob will opt to be on a "real" boat taking photos if at all possible and, frankly, I think I'd prefer to do the same.

Besides, do all you Navy types really want the Marine Corps and the Army to protect your trophy?

So here's the challenge: We need some daring Sailors from NASCC to step forward and start planning.

Bob and I know where to get some of what you need, but some of our boat from last year didn't survive removal from the water – you'll have to work up a way to build one.

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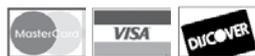
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Have you completed CNO-mandated hurricane readiness tasks?

by Fred Thomas, NASCC Emergency Management Specialist

Hurricane Season is here, and living in a hurricane zone means there is a good possibility of having to evacuate.

Given this, there are four Chief of Naval Operations (CNO) mandated items for all Department of the Navy (DoN) personnel: enrollment in the Defense Travel System (DTS) Web site, obtaining a Government Travel Charge Card (GTCC), updating your Navy Family Accountability & Assessment System (NFAAS) account, and updating your Total Workforce Management System (TWMS) self-service account.

Defense Travel System

Per NAVADMIN 315/08, DTS is the Department of Defense (DoD) mandated electronic order writing system when DoN personnel go on official Temporary Duty Travel (TDY) or if there is a need to evacuate due to a natural disaster.

All military personnel must be enrolled in DTS, or they will not receive reimbursement after an evacuation until enrollment is completed and DTS orders are written.

Military family members and DoN civilians and their family members will be issued separate evacuation orders by their sponsor's command using a different system than DTS.

DTS travel advances and claims will be processed online, and all non-DTS advances and travel claims will be filed with the Jacksonville Travel Processing Center (TPC) by completing a paper travel voucher.

The main advantages of DTS are quick advances for those who are ineligible for a GTCC, as well as quick payment of travel claims upon return of an evacuation, most times within two to three work days, vice two to three weeks with TPC.

See your command/department DTS Representative to enroll today at www.defensetravel.osd.mil.

The DTS Helpdesk can also be reached at 1-800-378-5406.

Government Travel Charge Card

Per NAVADMIN 316/08, all DoN personnel are also mandated to have a GTCC. GTCCs shall be used during all official TDYs

and evacuations to pay for essential needs such as gas for vehicles, food, lodging, tolls, rental car (if needed), and even withdrawing cash advances; however the GTCC SHALL NOT be used for non-essential items such as gifts and entertainment.

All card transactions are recorded, and any fraudulent use is punishable under the UCMJ.

The process to obtain a GTCC can take one to three weeks, so contact your command GTCC Coordinator today.

Navy Family Accountability & Assessment System

During the Navy-wide hurricane exercise held in May, several personnel did not have accurate recall information listed in NFAAS.

NFAAS is used to account for all DoN personnel and their family members during and after a natural disaster.

Updating NFAAS takes only a few minutes and can be accomplished at <https://navyfamily.navy.mil>.

Log in using the sponsor's SSN and date of birth, then click on the "My Info" tab.

Total Workforce Management System

Finally, all DoN military and civilian personnel must update their TWMS information as well. This is where family information is pulled from to draft evacuation orders for military and Navy civilian family members. Login to <https://twms.nmci.navy.mil/self-service/>. In the left-hand column, click on "Personal/Recall Information."

Links to NFAAS and TWMS also are located on the Naval Air Station Corpus Christi, www.enic.navy.mil/CorpusChristi/.

One of the biggest concerns for Navy members evacuated during Hurricane Ike and other storms, aside from accounting for personnel and family members, was having sufficient personal funds.

Be sure you and your family are prepared now.

Remember, it's not a question of "if" a hurricane will affect the Coastal Bend; it's a question of "when."

New home for ITT



As of June 8, the Information, Tickets & Tours (ITT) office has relocated to Building 1785, adjacent to the Post Office in the NEX parking lot. Visit the ITT office between 8:30 a.m. and 5 p.m., Monday through Friday, and for all your ticket & travel needs!

Drinking Water Report released

from NASCC Environmental Dept.

The Naval Air Station Corpus Christ Environmental Department has released the annual Drinking Water Quality Report.

The report provides a summary of the quality of water provided to residents and workers at NASCC during 2008.

The key point is, NASCC drinking water meets or exceeds all federal Environmental Protection Agency drinking water requirements.

However, some people may be more vulnerable to contaminants in drinking water than the general population.

Immuno-compromised persons, some elderly, and infants can be particularly at risk from infections.



These people should seek advice about drinking water from their health care providers. The EPA/Centers for Disease Control and Prevention (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

The report lists the amounts of various organic and inorganic contaminants in the water, including the sources of the contaminants.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals, and in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water before treatment include: microbes, inorganic contaminants, pesticides, herbicides, radioactive contaminants, and organic chemical contaminants

NASCC purchases its water from the City of Corpus Christi and disinfects the purchased water on an as-needed basis.

Corpus Christi's primary supply of water comes from surface water resources. The Atascosa, Frio, and Nueces Rivers supply water to Lake Corpus Christi/Choke Canyon Reservoir System. Water from Lake Texana is transported through the 101 mile long Mary Rhodes Pipeline.

NASCC has not scheduled any public discussion on the report, but questions should be directed to them at (361) 961-3776.

The City of Corpus Christi will hold its annual public meeting on drinking water quality on June 30 at the Water Utilities Conference Room, 2726 Holly Road, Corpus Christi; Phone: (361) 826-1879 (Water Utilities Lab).

The complete report is available online at: www.cnic.navy.mil/CorpusChristi/.



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OPERATION PAINTBRUSH—JUNE 6

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Sailors and their families descended on a house on Willowbrook a Saturday morning, armed with paintbrushes and rollers. By the time they finished that afternoon, one senior citizen had a house with a fresh coat of paint. Citywide, more than 635

volunteers painted 48 homes in a one-day blitz of pigments. (above left) AC1 Michael Falcon works on the eaves of the house. (above right) AD1 Freddy Chamorro and AZ2 Cosme Lucio work on the house's patio. (below left) Daiichi, Raena, Ira and Kazuko

Frazier work on a wall. (below center) AC3 Michael O'Donnell and AC2 Jamie Beall study the fine points of painting a door. (below right) AO1 Jose Robles works with wife Jessica, daughter Marina and son Izaiah.

Photos by Bob Torres



OPERATION
paint brush



NASCC COMMAND QUARTERS—JUNE 2



(left) AC1 Eric Anderson worked to hold back tears as he thanked the Chiefs who mentored him and the Sailors who worked for him during the June 2 Quarters Ceremony. The ceremony was Anderson's last before retiring after 20 years in the Navy. Anderson had declined a formal retirement ceremony, but NASCC CO Capt. Randy Pierson called him to the podium after presenting him with a Navy and Marine Corps Commendation Medal. Anderson's two tours at NASCC included serving as Leading Petty Officer for Air Traffic Control and he was selected as the NASCC Sailor of the Year for 2007.

Pierson also presented three Navy and Marine Corps Achievement Medals to (below left) Master-at-Arms First Class Christopher A. Siford, (below center) Air Traffic Controller Second Class Jesse R. O'Neal and (below right) Air Traffic Controller Second Class Joseph D. Rodriguez.

Photos by Rod Hafemeister



NASCC Vet Clinic visits Summer Youth Program — June 9



(left) NASCC Veterinary Assistant Shauna Moyer and Border patrol Agent Eddie Flores demonstrate Flores' dog Besy finding someone hiding. (center) Flores passed out stuffed dogs to children correctly answering questions. (below right) Moyer passed around a box showing magnified germs in a sandbox while explaining the importance of hand-washing to prevent disease.

Photos by Rod Hafemeister



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Ask Dr. Garcia



Q: I am considering breaking it off with my boyfriend. Is there anything I need to know about breaking up a relationship?

A: Breaking up a relationship can be very painful, especially if the breakup is unilateral, with only one person wanting to end the affair.

In an article written in the *Journal of Personality and Social Psychology*, researchers concluded that women more often break off relationships than do men – perhaps because men fall in love more readily than do women.

Men are also more likely to report that they feel depressed, lonely, unhappy, and less free than are women who have broken up.

Apparently, the women take a practical approach to the situation. They cannot allow themselves to fall in love too quickly, nor can they afford to stay in a relationship with the wrong person.

After carefully evaluating their partner's strengths and weaknesses and comparing them to other potential partners, they make a decision about whether to continue the relationship.

Q: How important is companionship in a marriage?

A: We all need companionship – the company of someone to love, to talk to, and to share life experiences with, both positive and negative.

Most of life's happiest experiences are more enjoyable when we are in the company of someone else. Most of life's saddest moments are less difficult if we have a companion to help ease the burden.

If we were to ask partners why they want to get married, most would say "for love and companionship."

Research indicates that partners who share interests, who do things together, and who share some of the same friends and social groups derive more satisfaction from their relationship than do partners who are not mutually involved.

However, it's not just the amount of time spouses spend together that is a key criterion of

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marital satisfaction, but the quality of the relationship they enjoy when they are together.

In a journal article entitled, *Leisure-Activity Patterns and Marital Satisfaction: A Further Test*, researchers Holman and Dao note that marital satisfaction increases when communication is high during shared leisure time.

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.

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Chaplain continued from page 2

the way down the hall to his door and discuss something totally different.

I am also disciplining myself to try to do one thing at a time and to do that one thing well.

When I have too many projects going on all at once, each one only gets a portion of my attention instead of the whole thing.

When I can focus on one task at a time, I can provide a better finished project.

And I must prioritize my activities. I have learned to do the most important things first.

Each day as I make my list, I decide which things get done first.

The items at the bottom of the priority list that do not get finished today simply move to tomorrow's list.

And when I focus on the bigger, most important tasks first, I find that I'm actually able to finish more work than if I save them for last.

No one wants to make it all the way to the end of the day only to realize that the most important task we were given that day was left undone.

I encourage you to focus on keeping your focus!

You will get more projects accomplished, you will be more control of your schedule, and you will worry less about problems that are out of your control.

This provides for a much better work environment, and those around you will be able to better focus on what they need to do, as well.



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Wednesday, June 24, 2009 Coastal Bend Career Fair “Responding to Change.” Congressman Solomon P. Ortiz International Center, 402 Harbor Dr., Corpus Christi 10 a.m. to 6:00 p.m. There will be 100 plus local, state and national employers there. For additional info contact Frances Benavidez, 361-882-7491.

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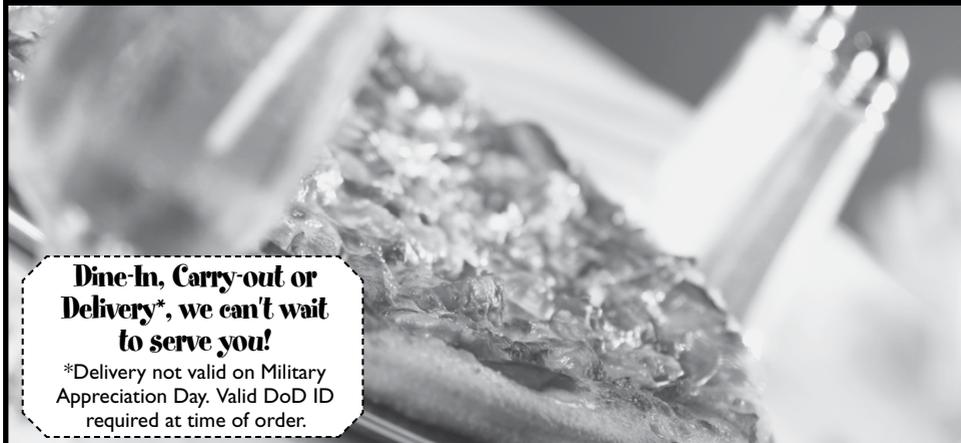


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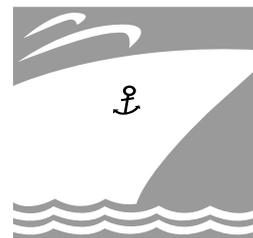
*Delivery not valid on Military Appreciation Day. Valid DoD ID required at time of order.



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Bayside pool hours of operation are:
Mon - Fri 12 p.m. - 7 p.m.
Sat 12 p.m. - 6 p.m.
Sun 1 p.m. - 6 p.m.

Oasis Pool is open for lap swimming.
Oasis pool hours of operation are:
Mon - Fri 11 a.m. - 1 p.m.
4 p.m. - 6 p.m.
Sat - Sun 11 a.m. - 1 p.m.

Books N More Library

(361) 961-3574
Summer Reading Program
"Read on the Wild Side"
through Aug. 21

Open to ages 5 - 17.
Library hours of operation:
Mon - Fri 9:30 a.m. - 6 p.m.
Sat - Sun CLOSED

Fitness Express

(361) 961-3164
Join Water Aerobics at Oasis Pool (behind Health Clinic).
Tues - Thurs 6:10 p.m. - 7:10 p.m.
Tues - Shallow Water Aerobics
Wed - Fitness Swim (Please bring your own fins)
Thurs - Deep Water Aerobics
Instructor - Noel Westerkom (expert swim instructor and coach)

Family Housing

(361) 961-3336/7
Hours of operation:
Mon-Fri 7:30 A.M - 4 p.m.

A number of on-base homes will be available for move-in this summer. Projected wait time may be within 30-days of application. Single service members considered! Specials and discounts may be offered on certain units.

Application packages can be submitted to the Housing Office. Packages should include a Application for Housing (DD1746), copy orders, and Page 2/ Record of Emergency Data verifying dependents.

Visit the Navy One Stop website (www.housing.navy.mil/onestop) to view floor-plans/photos/general information.

George Herbert Walker

BUSH
FAMILY HOUSING

Cost of this program is included in the monthly aerobic fee of \$10 or monthly membership fee of \$30. Aerobic/monthly membership fee includes all the classes on our Group Fitness Schedule.

Liberty Center/Liberty Program (361) 961-3768 (Bldg 1281)

Open to Active Duty, Active Reserves and National Guard

FREE - Hook's Baseball Game!
CC Hooks vs. San Antonio Missions
June 25 at 7:05 p.m.
Van departs Liberty Center 6:15 p.m.
Sign up at the Liberty Center.

Last Buck Night/BBQ
Last Buck Night Barbeque - June 30 5:30 p.m. Come enjoy FREE grilled Fajitas, Smoked Sausages and Tortillas.

Lighthouse Lanes Bowling Center

(361) 961-3805
June Specials:
Mon \$1 Games All Day
Fri \$1 Games 5 p.m. - 11 p.m.
Mon-Fri *FREE* for Military in uniform
11 a.m. - 1 p.m. through Aug 31.

Outdoor Recreation

(361) 961-3164
Hours of Operation:
Mon - Thur 7 a.m. - 7 p.m.
Fri - Sun 6 a.m. - 7 p.m.
June Specials
Motor boat qualification classes are 1/2 price! Reserve your spot today!
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Housing
Bachelor
Housing



Fire is the single greatest threat to the residents in Bachelor Housing. Common problems that should be avoided include:

- Blocked fire exit - furniture arrangements within the rooms, hampering egress from the room
- NO SMOKING IN ROOMS.

Smoking is prohibited in all buildings except in "Designated Areas ONLY" These areas are located at all Gazebos around Bldgs. 1281, 1736, & 1787.

- Dispose of all cigarette butts in proper containers
- No Candles allowed.

If you find "ANY" evidence of MOLD (no matter how small), notify a Building Manager or Resident Advisor "Immediately."



Fleet And Family Support Center (FFSC)

(361) 961-2372
Registration required for all training & workshops

Family Welcome Program
All branches invited
July 7 10 a.m. – 1 p.m. (FREE Lunch)

Khaki/Ombudsman Meeting
July 27 (5:30 p.m.) – Topic: IA

Ombudsman Basic Training
July 11 - 12

Resume Workshops
Service Members Dependents
July 7, 14, & 21 July 2 & 16

2009 Transition Assistance Program (TAP) Schedule

<i>Retirees</i>	<i>Separatees</i>
Aug. 25-28	July 28-31
Oct. 27-30	Sept. 22-25
Dec. 08-11	Nov. 17-20

Key Transition Website:
<http://turbotap.org> – Open to retirees

2009 Benefits Delivery at Discharge (BDD) Schedule

July 1; Aug. 12; Sept. 2; Oct. 14; Nov. 4; Dec. 2
Call for class eligibility requirements

Upcoming Programs
Register now for the Command Financial Specialist training:
Aug. 17 – 21

Command Financial Specialist Round Table Forum:
Aug 21 1 p.m. – 2:30 p.m.
Contact Lora Meza, 961-1127 or Lora.meza.ctr@navy.mil

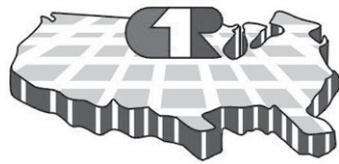
Child Development Center (CDC)

(361) 961-1165
Hours of operation:
Monday - Friday 5:30 a.m. – 6 p.m.
Eligible patrons include military personnel, DOD civilian personnel paid from appropriate or non-appropriate fund, reservists on active duty or inactive duty for training, DOD contractors, and active duty Coast Guard.

Child Development Home Program (CDH)

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	1011 Ennis Joslin #107 2/1.5.....	\$895
	3622 Marion 3/1/2	\$925
	5817 Corsica 4/2/2.....	\$1600
	357 Quetzal #3 1/1.....	\$450

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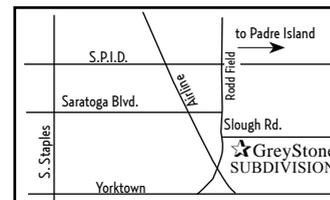
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*Additional parts may be required on all sale items.

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Good Conduct Medal for AC2 Long



Capt. Randy Pierson present the Good Conduct Medal and Certificate to air Traffic Controller Second Class Russell J. Long at the June 2 Quarters Ceremony.

Photo by Rod Hafemeister



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FOR SALE: 52" projection TV HD ready \$600 only 4 years old. Pioneer stereo system, w/ double cassette, 5 changer cd, tuner, and turntable, \$200 with two standing speakers. Call 361-946-2337.

FOR SALE: Refrigerator Roper good condition - \$75. Dishwasher G.E. good condition - \$75. Electric stove good condition - \$75. Call - 563-2833.

FOR SALE: Glass table - \$35 Weed eater - \$15. Band saw - \$100 Or OBO. Call - 361-937-3375.

HANDGUN FOR SALE - Sig Sauer P226, .40 S&W, includes three 15 round mags, 20 rounds, trigger lock, and case. \$750. 361 946-2844.

HOMES - SALE OR LEASE

HOUSE FOR RENT IN KINGSVILLE, 2050 sq.ft., 4 bedrooms, 2 1/2 bath, kitchen, dining room, living room with fireplace, sun room; new refrigerator, washer, and dryer; plus one bedroom and bath with a separate entry; new interior paint, tile floor, one level, central A/C, fenced back yard, two-car garage, quiet neighborhood, \$1400 (plus \$350 for the apartment); 817-437-7311.

House for sale in Corpus Christi : 3 Bedroom, 2 Bath, 2 Car Garage located in Country Club on a cul-de-sac. House features a wonderful open kitchen with concrete counters that are steel enforced. Wrap around garage. Open patio area with fruit trees. 4810 Olympia \$175,000. Betty Black Realty call Tana 361-654-5555 or 361-774-6987.

FOR RENT: SOUTH SAN DIEGO
Beautiful 5 bedroom/2 bath, featured at www.ahrn.com. Quiet cul-de-sac, renovated, all new kitchen appliances. Porcelain flooring throughout, washer/drier, new horizontal blinds, large front yard, large gated back yard, RV space, close to Naval Base San Diego and commissary. \$2,250 month. Please call (619) 804-8142.

**24/7 Wingspan on line at
www.cnmc.navy.mil/corpuschristi
Scroll down to the Wingspan Logo**

Good Conduct Medal for MA3 Harmel



Capt. Randy Pierson present the Good Conduct Medal and Certificate to Master-at-Arms Third Class Jason K. Harmel at the June 2 Quarters Ceremony.

Photo by Rod Hafemeister



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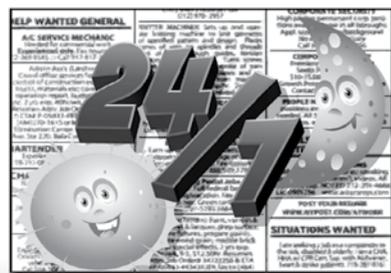


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VEHICLES FOR SALE

FOR SALE: 2004 Kawasaki 1600 Classic, like new, under 7K miles, over \$2,200 accessories. Garage kept, Power Commander, Windshield, Engine guard, Hard Chrome 3" pipes, Backrest, Pad and Sissy Bar and more. Asking \$6,500 OBO (361) 368-3132.

FOR SALE: Mercedes Benz 1997 – Dark Blue. Tan leather. Only 46,220 miles. Adult driven, local car. Dealer Maintained. ALL Books and records. Outstanding Condition. \$11,995. 774-4162.



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Items for sale and vehicles for sale are examples of FREE Classified Ad when placed by Active Duty, CCAD and Retired Military Personnel. Active Duty and CCAD please indicate who you are assigned to when you place your ad. Retired Personnel please indicate where and when you retired (BASE and DATE). Commercial ads include Homes for SALE or for Lease and services for a fee are examples of commercial ads and are not FREE.

Email your ad copy exactly as you would like it to appear to:
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 25 words or less please
 Your ad will appear in the next two issues.
 Next issue date: July 02
 Deadline to receive your ad copy: June 28
 NO phone calls please



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'Safety Shoes on Wheels' at DDCT



The Defense Distribution Center (DDCT) aboard NAS Corpus Christi has begun a program to bring the safety shoe store to its workers by monthly visits from a shoe store built into a van. By union contract, workers are entitled to one pair of paid safety shoes per year, up to a value of \$120. Above, Peter Llanes examines a pair of boots.

Photo by Rod Hafemeister

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DAY JUNE 18, 2009.



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JUNE 2009

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40 words or less. Your ad will run for two issues. Your cost is \$45. AFTER you email your ad copy, please call 361-814-0866 with debit/credit card number.

In the interest of accuracy, we do not take ads over the telephone.

The next issue date is: July 02

Submit your ad copy and call with credit/debit card number by June 26.

PAID ads are ... ALL ads placed by individuals other than Active Duty Military, CCAD and Retired Military. All ads for Homes for RENT/LEASE and SALE. All service ads. All business ads.

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CNATRA Cooks, Son Assists



Rear Adm. Mark Guadagnini, Chief of Naval Air Training (r.), and his son Ensign Mark Guadagnini demonstrate how to make fighter pilot chicken and helicopter rice to about three dozen Corpus Christi residents on May 30. The "Cooking with the Admiral" demonstration was hosted by the City of Corpus Christi Parks and Recreation at the Galván House in Heritage Park in conjunction with Military Appreciation Month.

Photo by Lt. Brett Dawson

CLASSIFIEDS

ANNOUNCEMENTS

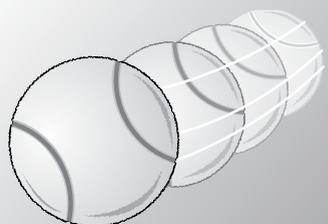
Mark your Calendar: Saturday, June 20, 2009, from 10:30 a.m. to NOON. "Summertime Baking" by Martha Gonzales at Galvan House, Heritage Park. Learn how to prepare Angel Biscuits, Iced Raisin Cookies and Ice Box Chocolate Chip Cherry Cookies. Cost is \$7 per person, includes the demonstration, recipes and food samples. Reservations are requested as seating is limited, call 361-826-3414 or 361-826-3410. Galvan House in Heritage Park is located at 1581 N. Chaparral.

ISE is looking for host families to host our foreign exchange students. If you would like to know more information about hosting one of our students contact the area representative at (361) 563-8354 or check out our website at www.culturalexchange.us

VOLUNTEERS NEEDED. The USS LEXINGTON Museum on the Bay has volunteer slots open for cart drivers. All shifts - morning, afternoon, and evening events included. Training provided. Must be 21 years old to apply. Contact Maggie Ramsey at 361 888-4873 extension 302 or e-mail maggieramsey@usslexington.com for more information.

SECOND SATURDAY OF EACH MONTH - The United States Submarine Veterans, Inc., meets at 11 a.m. at the Silverado Smokehouse on Weber. Contact: SubVetBoddy@gmail.com or 361-876-0042.

LAST SATURDAY OF EACH MONTH - Parkinson monthly support group meets at the YWCA. This group is for caregivers, patients, friends, and/or families. Reservations are not required, but if anyone needs further information, we can be contacted at 949-7719.



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