

WINGSPAN



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Naval Air Station Corpus Christi, Texas

August 27, 2009



DRUNK DRIVING
OVER THE LIMIT. UNDER ARREST.
Cops are cracking down.

DUI Crackdown
through Labor Day
Skipper's Column — Page 2



Army Reserve Deploys
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Cmdr. Ser in Afghanistan

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NASCC opens golf course and more to general public

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MCPON and his entourage check Sailor's 'Game Face'

Story & photos by Bob Torres

The Master Chief Petty Officer of the Navy, Master Chief Rick West, began his day at Naval Air Station Corpus Christi, Aug. 12 – running.

He and a contingent of Navy master chiefs joined in the thrice-weekly physical fitness gathering, where Base Sailors led by Petty Officers' Chris Armitage and Matt Dantone spend an hour going through a rigorous circuit-training program.

"Corpus Christi does it right," said Master Chief Joe Curtin, Southeast Region Command Master Chief. "They do PT as part of their weekly program. Other commands could learn from this."

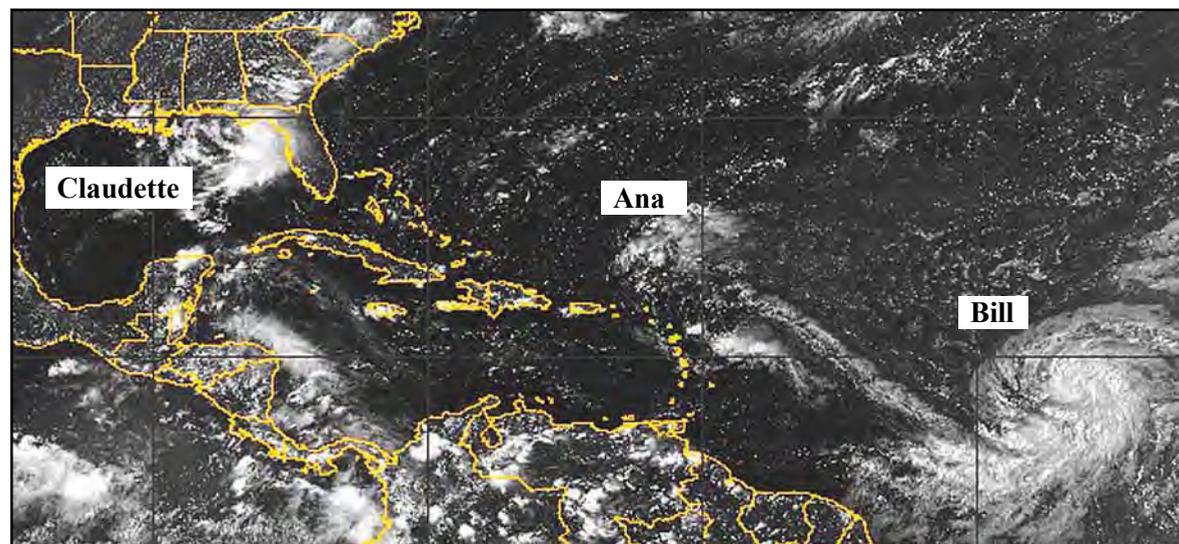
As the sun rose higher in the sky, Sailors in blue and gold PT gear ran, did situps, jumped rope, lifted weights, did isometrics and watched – as the MCPON and his entourage, consisting of Force
MCPON continued on page 8



Master Chief Petty Officer of the Navy Rick West shows Sailors his 'game face' during morning PT as part of his Aug. 12 visit to Naval Air Station Corpus Christi.

Peak hurricane season is here - are you ready?

After slow start, three storms pop in two days Aug. 15-16



A GOES-12 infrared satellite image provided by the U.S. Naval Research Laboratory in Monterey, Calif., shows tropical depressions Claudette and Ana and Tropical Storm Bill at 3:15 p.m. EST Aug. 16. Claudette made landfall near Fort Walton Beach the next morning as a tropical storm. Ana, 95 miles southeast of St. Croix, a hit Florida on Aug. 18 as a tropical depression. Bill, a much more organized storm, was located about 1,160 miles east of the Lesser Antilles and was upgraded to Hurricane Bill on Aug. 17.

U.S. Navy photo

by Rod Hafemeister

The weekend of Aug. 15-16 should have served as a wake-up call for anyone putting off preparing for a hurricane.

Two tropical depressions, Ana and Bill, were kicking up in the Atlantic – with Bill becoming Hurricane Bill the following Monday.

But weather-watchers had been tracking them for days. The surprise was Tropical Storm Claudette, which popped up in a matter of hours and dumped tons of rain on the Florida Panhandle.

Hurricane season may run June through November, but historically mid to late August and September are the most dangerous months, said Fred Thomas, NASCC Emergency Management Specialist.

"This is the time of year we need to watch closely," he said. "These storms can develop quickly and grow rapidly."

Hurricane continued on page 8

Skipper's Column Over the Limit, Under Arrest

by Capt. Randy Pierson



Pierson

I would like to draw special attention to an upcoming national effort to save lives across America, sponsored by the National Highway Traffic Safety Administration.

We will commence a Driving Under the Influence

Crackdown on Aug. 21. After several prior

years of success, many hope this effort, running through Labor Day, will be very successful in preserving lives and futures.

In 2007, almost 13,000 people died in motor vehicle crashes in which at least one driver had a blood alcohol concentration greater than .08 (the legal limit for drivers in the United States).

These alcohol-impaired driving fatalities accounted for 32 percent of all motor vehicle traffic fatalities in 2007.

From Aug. 21 through Sept. 7, law enforcement officers throughout the country will conduct the national Labor Day enforcement crackdown, titled: "Drunk Driving. Over the Limit. Under Arrest."

This nationwide campaign combines high-visibility enforcement of laws against

alcohol-impaired driving with heightened public awareness through advertising and publicity.

As we have seen a recent increase of DUI's here at NASCC, both on and off base, I ask each and every one of you to be mindful of the fragility of life, your significance to your loved ones and the grave consequences we face as victims to drunk drivers and the grave consequences we face when we drink and drive.

Lets stay safe, bring a enjoyable closure to the summer and continue to live healthy and happy.

Ensure we are respecting others that are doing the same – by not exposing them to the dangers of personal indiscretions.

Soon, Happy Labor Day!

Chaplain's Message Loose Lips Sink Ships

by Lt. j.g. Rob Fasnacht, Chaplain

Most of us have heard the motto from WWII – "Loose lips sink ships" – originally written on a wartime poster as, "Loose lips might sink ships."

The intent was to remind Sailors not to accidentally give useful information to enemy spies through casual conversation or communication.

As loose lips can sink ships, they can also sink relationships.

In the Bible, James 1:26 says, "If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless."

Our mouths always seem to be getting us in trouble. It is not only our word choice but also the subject matter that we choose to talk about that gets us into trouble.

James also gives us the advice that everyone should be quick to listen, slow to speak and slow to become angry.

When we do the reverse, being slow to listen and quick to speak, we find anger

just around the corner, for it is when we are quick to speak that lies seem to fall right out of our mouths or insults are hurled upon the other person.

As a parent, I would love for my kids to clean their room without all the "lip." They always seem to have a reason or complaint on why they shouldn't have to do it. Sometimes I just want them to silently obey.

Now I am not advocating a philosophy that children should be seen and not heard. They deserve to be heard and their opinions do matter, but there is a time and place to properly share them.

And the same applies to us, especially within an organization with a clear chain of command.

Our words should not be used to tear people down, but to build them up.

St. Paul tells us in the Book of Ephesians that there should not be obscenity, foolish talk, or coarse joking, which are out of place – but rather there should be thanksgiving.

In the same way that we are careful not to share information about ships or troop movements, we must protect the information that we share about people.

Far too often, our conversation of concern turns into grumbling gossip and another relationship is sunk.

We can create truly positive work environments if our words are filled with thanksgiving instead of complaining. We can create positive homes if our words are filled with love instead of disdain.

We can all make a difference, be better Sailors and better leaders if we will take the advice of James to be quick to listen, slow to speak and slow to become angry.



Fasnacht

Editor's Corner

by Rod Hafemeister



Hafemeister

Where the heck did summer go?

It seems like only yesterday that we were talking about the beginning of summer (and the concurrent h u r r i c a n e season).

Now, kids are back in school, Labor Day is just around the corner, marking the unofficial end of summer, and the stores are full of what passes for winter clothes and goods in South Texas.

I had plans for all kinds of things this

summer, including working on the yard, spending more time swimming as exercise – lots of good intentions.

The best I've managed has been replacing my old charcoal grill with the new one I have been lusting after for years.

I'm still out of shape, and the yard still needs work. Maybe I'll get to some of that when the weather starts to cool off?

In the meantime, I'm reminded that retail stores live on a different cycle than the rest of us.

I recently tried to buy an inexpensive swimming pool for the kids, one of those pop-up circles, to replace the one they had used and abused the last few months.

You can't find one in the stores. If they have any pools at all, it's the expensive ones that haven't sold and are now on closeout.

Where did summer go?

Yet it's still pushing 100 degrees or more daily – and I can reasonably expect the kids will be able to use the pool well into October.

But in the merchandising world, the calendar seems to drive everything.

And as I get older, it seems to time-shift earlier and earlier each year.

It used to be that Thanksgiving was the start of Christmas shopping.

Now, you see Christmas stuff in stores before the Halloween stuff is gone.

I keep waiting for the "Christmas in July" sales to start!

All in all, it wasn't a bad summer.

It just seemed to go by way too fast.

Here's hoping you had a good one – and that the approaching fall is good too.

Wingspan

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Area Army Reservists leave for Afghanistan

Tears flowed freely on Aug. 17 as Reservists from the Detachment 1 of the Army's 453rd Cargo Transfer Company prepared to board a bus to Houston, where they would join their unit for deployment to Afghanistan. Supporters waved and the Patriot Guard Riders provided an escort as the bus left Naval Air Station Corpus Christi. The unit, which handles shipping and receiving cargo, ammunition and food, is expected to be deployed for about a year. (below) A Reservist's child is interviewed by a local television reporter about how it feels to send a parent off to war. (right) Dad gets a final hug before boarding the bus. Photos by Bob Torres



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Working with the Afghans to build a new Afghanistan

by Rod Hafemeister

Cmdr. Mike Ser said that, as an engineer, helping rebuild Afghanistan was “right up my alley.”

Ser, the Naval Air Station Public Works officer, recently returned from a six-month Individual Augmentee deployment.

“I worked for the Combined Security Transition Command - Afghanistan in the Combined Joint Engineer Division,” he said.

“We were stationed in Kabul at a base called Camp Eggers. I was assigned as the program engineer for the Afghanistan National Army for the southern region as well as portions of the Kabul area.

“My job was to oversee the build-up of new facilities to support the growth of the ANA. The long-term goal is to grow, train, and equip the Afghan Army and Police forces so they can take over security of their own country.”

While many Sailors who go on an IA deployment find themselves working outside their rate, Ser got to do exactly what he was trained to do – he’s been a Civil Engineer his entire 16 years in the Navy.

“I got to work actually in the facility side, doing the construction management and the planning and things that I’ve done in my Navy career,” he said. “There was no training involved – you got there, understood what they were trying to do and you just stepped right in.”

With more than \$1 billion worth of construction annually, there was a lot to do.

“The Ministry of Defense building, which we were just getting started on – I was really working more on the planning side and we were doing construction on the initial phase,” Ser said. “But just that building alone was going to be like \$50 million.”

Ser was responsible for about \$200 million worth of construction projects in both the planning and construction phases. Projects included the Kabul Military Training Center, a new hospital addition in Kandahar, expansion of aviation facilities in both Kabul and Kandahar for the Afghan National Army Air Corps, a new headquarters for the Afghan Ministry of Defense, and new facilities for the National Military Academy.

“Once the projects were completed, I performed a final inspection and then ensured the facilities were properly turned over to the Afghans for their use,” he said.

Although U.S. contractors had most of the contracts, most of the work was done by Afghan nationals they hired.

That led to interesting complications, since the Afghans were not familiar with U.S. construction standards – or even amenities.

“People would actually light fires inside the rooms, right on the tile floors, rather than turn on the heater – because they didn’t understand it,” Ser said. “There were unique challenges.”

Ser continued on page 5



Cmdr. Mike Ser, NASCC Public Works officer, and Afghan Army officers cut the ribbon on the new gymnasium at the Afghan National Military Academy during Ser’s six-month Individual Augmentee deployment. Ser served as a construction engineer and manager.

Photos courtes Cmdr. Mike Ser

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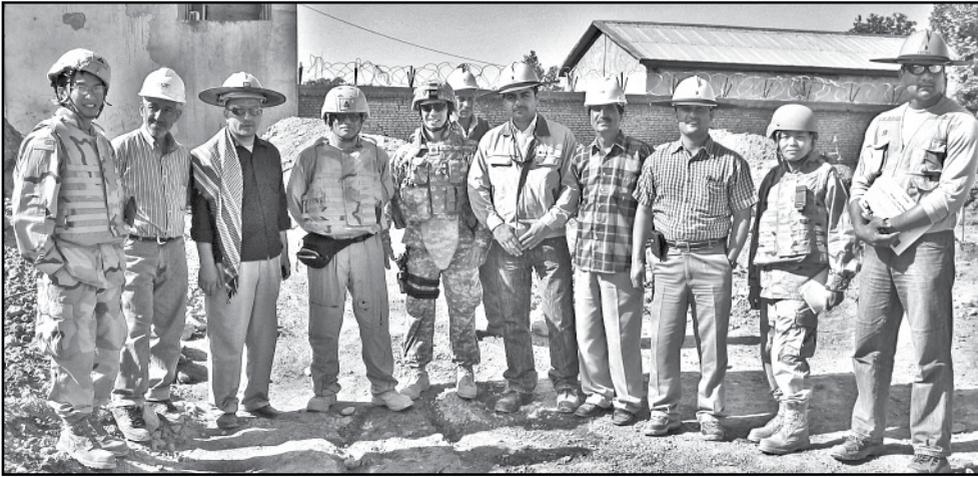
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(above) Cmdr. Mike Ser on site with the contractor and Army Corps of Engineers representatives at the Ministry of Defense project. (right) Inspecting construction of the new garrison for the Afghan Commandos in Kandahar.



Ser continued from page 4

At the same time, the local engineers who Ser worked with were “very intelligent, very well-spoken, very well-educated.”

The modern construction was a sharp contrast to much of Afghanistan, where roads are often just dirt and walking is the primary transportation for most Afghans.

“You see a place like that and it makes you appreciate what we have here even more,” Ser said.

Before coming to NASCC in April 2007, Ser had spent three years in Naples, Italy, in a NATO assignment.

While there, he had done two short

deployments to Iraq – three weeks each – but his IA tour was his first long deployment to the combat theater.

He’d been tapped to head to Iraq in March 2008, but some personnel changes meant someone else filled that billet. In August 2008, Ser got orders for Afghanistan.

“I left on Nov. 23 for a week of in-processing in San Diego, followed by three weeks of training provided by the Army in Fort Jackson, S.C.,” he said.

“The training consisted of weapons training on the M-9 pistol and M-16 rifle, as well as basic first aid, land navigation, and some cultural training. That’s where we also

received our body armor and various other gear.

“We then spent a week in Kuwait for additional training and acclimation to the climate – which bore little resemblance to Kabul, Afghanistan – and finally flew to Afghanistan on Dec. 30.”

Ser had a small promotion ceremony June 1 – more than a year after he had come out on the list for Commander – consisting of replacing the Vecro patch with his rank.

“It was like, rip it off and stick a new one on,” he said, laughing.

Ser returned home July 3, greeted by NASCC personnel and his wife, Jenny, and

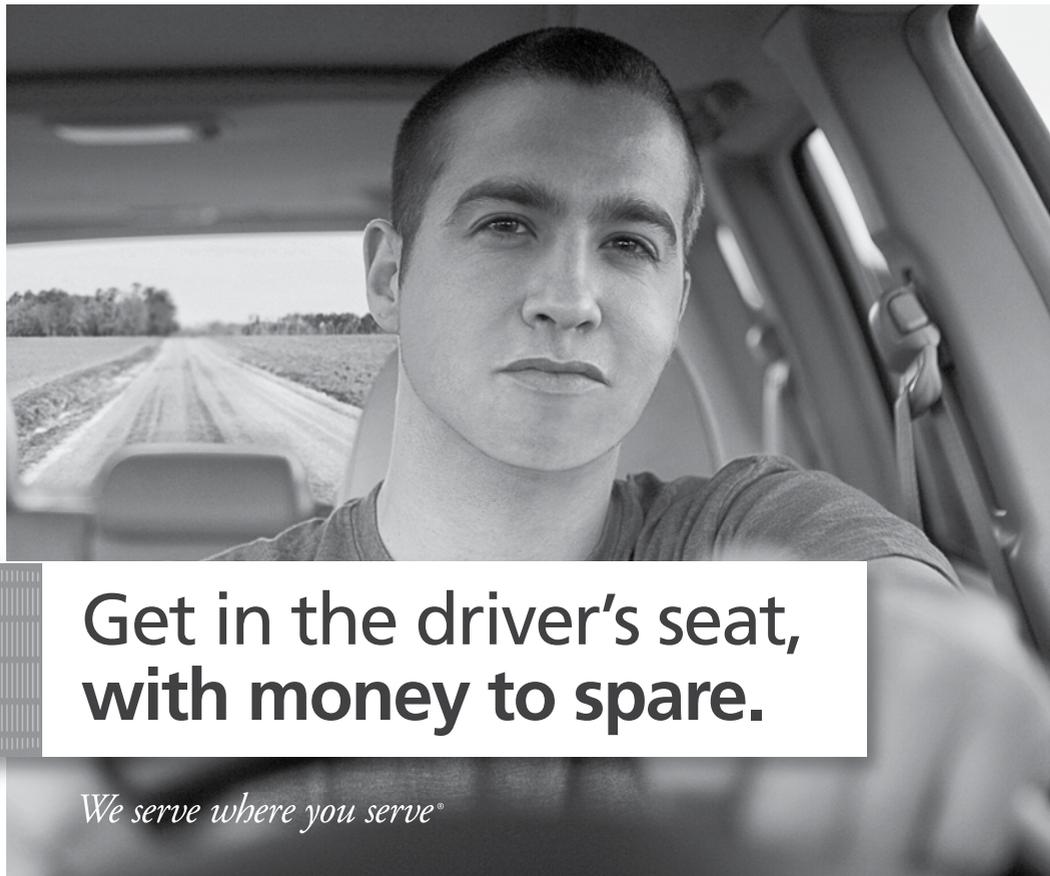
children Juliana, 9, and Jason, 5.

And the first weekend in August, he joined his band, the Deadbeats, to play keyboards at the Navy Regatta dinner.

Ser said he got a real sense of accomplishment during his deployment.

“Overall, I was glad that I was placed in a billet where I could use the facilities knowledge that I have gained from my various experiences in the Navy,” he said.

“The majority of the people in our Division were Seabees and officers in the Civil Engineer Corps, so it was nice to be working with a group of Navy peers in an environment that was mostly Army.”



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Young Eagles – an aviation learning opportunity

by Lt. Brett Dawson, Naval Aviation Training Command PA

The Experimental Aircraft Association's (EAA) Young Eagles took part in an aviation learning opportunity at Corpus Christi on Aug. 8.

The Young Eagles spoke with different pilots, military and private, including Training Squadron (VT) 27 Instructor Pilot, Lt. James Faasau.

Some students were there specifically to earn one of the major requirements for the coveted Boy Scouts Eagle badge: to fly in a small plane. Others were there so they could experience the excitement and joy of flying.

Jose Rodriguez had a hard time containing his excitement as he got aboard a small plane, flown by one of the private pilots supporting the local program. Jose is one of the teens who quite possibly would never have had the chance to fly if he had not been invited to the morning's activities.

Jose, from the small community of Banquete, knows from the adults involved that if he stays in school and gets good grades, he could qualify for college or a military academy education and later be qualified to fly for the Navy.

His friend, Jon Skoruppa says he definitely wants to do that one day. Both boys got to hear directly from Faasau why he is a pilot in the Navy and what it takes to get there.

Ryan Claus learned about the Young Eagles program through his dad, who works for Corpus Christi Army Depot. He will enter

John Paul High School in Corpus Christi this year.

He says he has loved planes since he was a little kid. Ryan already has plans to seek an aeronautical engineering degree from Emory Riddle University in Prescott, Ariz. after high school.

Getting to fly on Saturday morning was "the best" thing ever to happen, he said.

Justin Dear, from Odem, is interested in attending the Naval Academy. So getting a chance to fly was right in line with his ambitions and plans for the future.

In 1991, EAA members were surveyed to determine the organization's future priorities. Ninety two percent said their primary objective should be to involve more young people in aviation.

Several months of planning later, EAA Young Eagles Program was announced at a news conference in DC.

EAA's mission is to provide a meaningful flight experience, free of charge, in a general aviation aircraft for young people ages 8-17. The program now is worldwide and supported by EAA members.

Brig. Gen. Chuck Yeager is Chairman Emeritus for the EAA Young Eagles Program. He served as Chairman from 1994-2003. It must be noted that through this program and the general's efforts and enthusiasm, many young people have been inspired to pursue aviation careers.



VT-27 Instructor Pilot Lt. James Faasau explains the workings of the T-34C Turbo Mentor aircraft to students in the Experimental Aircraft Association's Young Eagles program.

Photo by Richard Stewart

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How you dial your office phone changes Aug. 31

by Rod Hafemeister

Prepare to learn how to dial your government phone all over – a new dialing plan goes into effect for Naval Air Station Corpus Christi at 6 p.m. Aug. 31.

Fred Celaya at the Base Communications Office said the change is being made to comply with the Defense Switched Network (DSN) standardized dialing plan.

“This dialing plan change is required by Chairman of the Joint Chiefs of Staff Instruction (CJCSI) 6215.01C,” he said.

“The new dialing plan changes station to station calling from 5 to 7 digits and utilization of access codes for local, long distance, DSN, toll free and international calling.

“Emergency 911 calling will remain the same.”

What’s it all mean? First, you keep your current phone number on your office phone.

Basically, the change means you’ll have to dial some extra numbers, whether you’re calling someone in the same building or someone overseas.

On base, you’ll now dial all seven digits of a phone number, either 961-XXXX if calling commercial or 861-XXXX if using DSN.

To dial a local Corpus Christi number, you’ll now dial 99 + the seven-digit number.

Long distance is now 98 + 1 + area code + seven digit number.

Toll-free numbers can be reached by dialing 99 + 1 + 800/866/877 –XXX-XXXX.

So if you have programmed any autodial or speed dial functions on your telephone, faxes or modems, you will need to update them to comply with the new dialing plan.

Confused?

There’s a web site that can help: www.shoretelephonytraining.com.

Go to it and click on ‘Corpus Christi, TX’ under supported locations. It will take you to a collection of quick reference guides and additional useful information regarding this change – including a “Dialing Plan Cheat Sheet” you can print out that includes examples of how to dial for on-base, off-base, DSN and overseas numbers.

Any questions or concerns can also be directed to the Base Communications Office’s help desk at 961-0100.

(right) Alexander Graham Bell speaking on the telephone in 1892. (He didn’t have to dial any digits!)

From the Gilbert H. Grosvenor Collection, Prints and Photographs Division, Library of Congress.



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Master Chief (FORCM) Stephen Markum, Commander Navy Installations Command; FORCM James Delozier, Commander, Naval Air Forces Pacific; Command Master Chief (CMDM) John Walker, Office of the Chief of Naval Operations, and CMDM Joseph Curtin, Regional Command Master Chief, Navy Region Southeast, ran step by step with the Base Sailors.

No one fell out. An hour of rigorous activity later, sweat was pouring from each body and the MCPON took center stage.

"I'm proud of what you're doing here," he said, his face glistening from exertion.

"I'm proud to see all of you out and I'm going to ask for one thing. I want to see Corpus Christi's 'game face.' I want to see what the world will see when they think of you."

With that, the MCPON gave an Arnold Schwarzenegger pose, dropped his arms into a muscular pose and growled. The entire group of Sailors gave a similar pose and an ominous growl was heard. It was motivation from the "top of the food chain!"

Later, the group of master chiefs, whose combined years in service accounted for more than 120 years of experience, made an effort to see and talk to Sailors from the Base, tenant commands and neighboring Naval Station Ingleside and Naval Air Station Kingsville.

During an "All Hands" meeting at Wings auditorium that afternoon, the MCPON spoke about the Navy today versus that Navy that he joined, almost three decades ago. And he took questions. There was no question too difficult to address.

One of the final things the contingent of master chiefs did was join the Chief Petty Officer Mess for dinner. Among those in attendance were new Chief-Selectees who had recently found out that they'd been selected for that coveted rank.

"How many of you have received a letter of congratulations from me," queried the MCPON. One hand rose from the group.

"Well, you'll *each* get a letter from me, because I'm proud of you and what you've accomplished," he said.

And after words of encouragement and a caution that each new Chief-select would be expected to play a role in shaping tomorrow's Navy, the MCPON took time to personally sign each Chief's "charge book" before he sat down to dinner.

With a captivating grin and hand shake for Sailors who stepped forward to greet and then say goodbye to the MCPON, the contingent departed to the airport, where the MCPON's message would spread to other Navy commands.

And surely he'll ask then – to show their game face.

Hurricane continued from page 1

"People need to make sure they have a family plan and go over it – it's their responsibility to have a plan for their family."

Thomas and his staff have provided a wealth of information on how to prepare and what to do before, during and after a storm, on the Naval Air Station Corpus Christi web site: <http://www.cnic.navy.mil/CorpusChristi/index.htm>. Click on

the "Emergency Preparedness" logo on the right column.

Also on the web site, right below the logo, is a link to NFAAS, the Navy Family Accountability and Assessment System, that will be used to muster and account for people in the event of an evacuation.

If you haven't updated your information in NFAAS, do it now – before the 'big one' hits.

Log On to NFAAS as Part of Disaster Preparedness

by Bruce Moody, Commander, Navy Installations Command Fleet and Family Support

WASHINGTON (NNS) – Sailors and Navy families are reminded to become familiar with the Navy Family Accountability and Assessment System (NFAAS) – and to update personal information now.

If a Navy community is evacuated because of a hurricane, the Navy will use NFAAS to account for evacuated Sailors and Navy families. The Navy will also use NFAAS to find out if Sailors and families are okay, where they are and how to reach them if they need help. NFAAS is also used to manage and monitor their well-being and recovery process.

The Navy calls an area affected by a disaster a geographic area of interest (GAOI). After a disaster, all Navy personnel and their families residing, deployed to or working within a GAOI are required to check in at the first available opportunity. There are three options available to check in:

Directly with their commands. (This is the primary way.) Commands will upload the information into NFAAS.

If unable to reach their command, Sailors can muster on NFAAS at <http://>

navyfamily.navy.mil. If unsuccessful, the third option is to account by phone through the Navy Emergency Coordination Center at 1-877-414-5358 or 1-866-827-5672 (TDD 1-866-297-1971).

After mustering, it is equally important that Sailors complete a needs assessment in NFAAS if they are impacted by the event.

If a Sailor or Navy family need help following a declared disaster, the Navy has resources that can support them during the emergency. NFAAS has a user-friendly assessment tool to coordinate and prioritize disaster-related needs. The system allows families to assess their needs in 19 categories including, medical, missing family locator, transportation, housing and personal property, financial, employment, child care, education, legal services, counseling and mortuary and funeral assistance.

Once disaster-related needs are identified, a case manager from a Fleet and Family Support Center is assigned. The case manager will contact the Navy family member to assist them with support that ranges from the urgent to the informational.



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2009 Benefits Delivery at Discharge (BDD) Schedule

Sept. 2; Oct. 14; Nov. 4; Dec. 2

2009 Transition Assistance Program (TAP) Schedule

Retirees
 Oct. 27-30
 Dec. 08-11
Separatees
 Sept. 22-25
 Nov. 17-20

Ombudsman Meeting

Sept. 28, 6 p.m.

Notable Events:

Patriot Day (Sept. 11) – A memorial service will be conducted at Wings auditorium in honor of 9/11.

September is Ombudsman appreciation, a special dinner will be held in honor of our Ombudsman on September 12 at the Bay Club.

Gold Star Mother's Day (Sept. 27) - mothers who have lost a son or daughter in the service of our country.

Suicide prevention month.

Navy Suicide Statistics*

2009 YTD Suicides: 24
 July Suicides: 4
 *last updated Aug. 4

Key Leader Resources

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<http://www.militaryhomefront.dod.mil>

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<http://www.militaryonesource.com>

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2009 Navy Ball

Celebrate the U.S. Navy's 234th Birthday at the 2009 Navy Ball, Saturday, Oct. 17, at the Corpus Christi Bay Club. The Schedule of events is:

Cocktails	5 p.m.
Program	6 p.m.
Dinner	7:30 p.m.
Dance	8:30 p.m.

Tickets go on sale Sept. 1 and can be purchased from your Command Representative or ITT in building 1785. Ticket prices for 2009 Navy ball are:

E1-E4, GS1-4, NF1	\$15
E5-E-6, GS5, NF2	\$25
E7-O3, GS6-10, NF3	\$40
O4, GS11, NF4 & UP	\$50
Civilian guests	\$50

The 2009 Navy Ball will include official ceremonies, dinner, and dancing to the band Whiskey Bend.

For more information, please contact ETCM (SW/AW) Barnholtz at 961-3119.

Aquatics

961-3260

Beginning in September, Bayside pool is closed during the week and open on weekends thru Sept. 27.

Bayside pool hours of operation are:

Saturday	12 p.m. - 6 p.m.
Sunday	1 p.m. - 6 p.m.
Labor Day, Sept. 7, 1	- 6 p.m.

Oasis Pool is open for lap swimming.

Oasis pool hours of operation are:

M - F	11 a.m. - 1 p.m. & 4 - 6 p.m.
Sat. & Sun.	11 a.m. - 1 p.m.

Fitness Express

961-3164

New usage fees

Active, Reserve, Retired Military including dependents - FREE
 DoD Employees - FREE
 DoD dependents - \$3 a day (includes all Group Fitness Classes for that day)
 Contractors - \$3 a day (\$30 month)

Available services

Personal Training and Fitness Assessments (free for Active, Reserve, Retired including dependents).
 Martial Arts Instruction
 Group fitness classes (now free for DoD employees, does not include martial arts instruction)
 Hour long orientation (free for all patrons). Includes a demonstration and explanation about the uses and benefits of the equipment. Request your free tailored workout/exercise plan from a personal trainer.

Back to School 5K - Sept. 18, 7:30 am.
 Sign up at the Fitness Express

Better Body Boot Camp

Orientation for the new Better body boot Camp will be held on Wednesday, Sept. 23 at 5 p.m.

We have opened the enrollment for more participants. This is an eight-week program which includes a pre & post-assessment, weekly motivational E-mails, and weekly fitness classes.

Prizes will be awarded to 1st, 2nd, and 3rd place winners based on percentage of body weight lost, inches lost, classroom participation and essays.

Each participant receives a certificate of completion.

Holiday Hours

Our Labor Day holiday hours on Monday, Sept. 7 will be 10 a.m. to 6 p.m. No group fitness classes will be held on holidays.

We are open 365 days a year, Monday through Friday 5 a.m. to 10 p.m., Saturday 8 a.m. to 6 p.m. and Sunday Noon to 6 p.m.

Gulf Winds Golf Course

961-3250

MWR Appreciation Weekend: The Gulf Winds Golf Course would like to thank all MWR employees for their patronage!

MWR Employees please come out and enjoy 50 percent off golf and cart fees September 4 - 6.

Labor Day Special: Monday, Sept. 7, come out and enjoy 1/2 price carts all day!

The monthly **Gulf Winds Golf Association** tournament will be held Saturday, Sept. 19. You must have an established handicap to play. An entry fee and regular greens fees/cart fees will apply. Showtime is no later than 7:30 a.m. for an 8 a.m. shotgun start.

Information, Tickets & Tours (ITT)

961-3961

Information, Tickets & Tours (ITT) in building 1785 has tickets on sale to the following concerts at Old Concrete Street Amphitheater:

Hinder & Papa Roach, Sept. 11 - \$33.75
 Chickenfoot, Sept. 17 - \$39.50

Hurry in and purchase your tickets! Supply is limited and unsold tickets must be returned to Concrete Street three days before each concert.

Liberty Center

961-3768

Lets Play Ball!!!!!!!!!!!!

Come join the Liberty Program as we host a trip to see Corpus Christi Hooks take on the San Antonio Missions on Sept. 5, at 7:05 p.m.

Come on out for Curve Balls, Grand Slams and Home Runs!

Muster at the Liberty Center at 5:45 p.m. and the van departs at 6 p.m. Space is limited, so please sign up early at the Liberty Center!

This program is FREE and open to all Active Duty, Active Reserves and National Guard Members.

Last Buck Night/Pizza & Bowling

Come join the Liberty Program as they host a trip to Lighthouse Lanes on Sept. 9 at 6 p.m. for a night of pizza and bowling.

All single-sailors down to their last buck are invited to come out for Strikes and Gutter Balls along with free pizza and cold soda!

Transportation is available from the Liberty Center and will depart at 5:45 p.m. Space is limited, so please sign up early at the Liberty Center.

This event is FREE and open to all Active Duty, Active Reserves, and National Guard members.

Monday Night Football!!!!!!

Are you ready for some football?

Come join the Liberty Program for Monday Night Football starting on Sept. 14, then again on the Sept. 21 and 28.

Not only will the game be on, but you can come and get your grub on – food and cold sodas will be served.

Come on out and enjoy Field Goals, Passes and Touchdowns!

This event is FREE and open to all Active Duty, Active Reserves, and National Guard members.

Lighthouse Lanes Bowling Center

961-3805

Come join the fun at Lighthouse Lanes!

Join a Fall Bowling League Now.

Leagues Starting:

Wednesday Mixed League will start Sept. 9 at 7 p.m.

Thursday Mixed League will start Sept. 10 at 7 p.m.

Friday Mixed League will start Sept. 18 at 6:30 p.m.

Winter Hours begin September 1st:

Mon. - Thur. 2 - 10 p.m.

Fri. - Sat. 12 - 11 p.m.

Sun. 12 - 8 p.m.

Holiday 2 - 10 p.m.

September Specials:

Mondays: \$1 games all day.

9 Pin No-Tap Tournament: Sept. 19 at 7:30 p.m.

Holiday Hours for Labor Day, Sept. 7: 2 - 10 p.m.

Back to School Ladies Golf Clinic

Gulf Winds Golf Course invites you to participate in their Back to School Ladies Golf Clinic on Tuesday, Sept. 15, at 9 a.m. Cost is only \$15.00.

The instructor will be Tim Hofstetter, a Certified Professional Golf Instructor.

Register at Gulf Winds Golf Course Pro Shop by Sept. 11. Class is limited to 20 participants, so please sign up early. Wear golf attire and bring a 6 iron, if you have one.

For more information, call Gulf Winds Golf Course at 961-3250.

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AROUND THE BASE

Master Chief Petty Officer of the Navy Rick West visits NASCC



During his visit to Naval Air Station Corpus Christi, Master Chief Petty Officer of the Navy Rick West spoke to a luncheon for Sailors of the Year from NASCC, NAS Kingsville and Naval Station Ingleside and their supporters from the USO and Navy League.

Photo by Bob Torres



Master Chief Petty Officer of the Navy (MCPON) Rick West gets the attention of a youngster in the waiting room of the Naval Health Clinic Corpus Christi (NHCCC) Pediatrics Clinic. West visited NHCCC during his familiarization stopover at Naval Air Station Corpus Christi.

Photo by Bill Love, NHCCC PA

Training Air Wing FOUR – Aug 14



When Capt. Dave Price, Commodore of Training Air Wing Four, scheduled a quarterly Safety Stand-down for Aug. 14, he realized he also had the opportunity to capture a photograph of the current wing staff and student population gathered in front of the Wings Auditorium.

Photo by Richard Stewart

AWARDS AND ACHIEVEMENTS

Winging — August 14



Photo by Hugh Lieck Event Photography

Winging officials, from left: Lt. j.g. Robert Fasnacht, Chaplain; Foster Edwards, CEO and President, Corpus Christi Chamber of Commerce; Lt. Col. Chuck C. Taylor, USAF, Operations Officer, TW-4; Cmdr. Kevin P. McGee, Executive Officer, VT-35; Cmdr. Dennis R. Crews, Commanding Officer, VT-31; Capt. Robert J. Paulison, Commanding Officer, US Coast Guard Sector/Air Station; Capt. James B. Hoke, Commander, Patrol and Reconnaissance Wing Five; Capt. Dave Price, Commodore, TW-4.

Wingees, in alphabetical order: Ensign Anthony Michael Cortese; Lt. j.g. Travis Ronald Gagnon, USCG; Lt. j.g. Matthew James Mendiguren; Lt. j.g. Austin Montanez, USCG; 2nd Lt. Patrick Weber Newton, USAF; Ensign Mircea Cristian Pamfil; Ensign Joshua Ryan Pritt; Ensign Brandon Lee Rohde; Ensign Robert Leslie Seeney; 1st Lt. Jonathan James Slottje, USAF; Ensign Nathaniel Ryan Whiteman; Lt. j.g. Jonathan Dennis Wood.



Emergency Vehicle Training

Seven Firefighters from NAS Corpus Christi and NAS Kingsville, as well as four Masters-at-Arms from NASCC Security recently participated in an Emergency Vehicle Operators Course (EVOC) Train-the-Trainer course taught by Master Instructor Fire Captain Curtis Heffner of NASCC Fire & Emergency Services. Participants completed classroom and field exercises that prepared them to teach and certify area emergency responders in EVOC. This training is a critical element in reducing the inherent risk associated with operating vehicles such as fire trucks, ambulances and police cars in an 'emergency mode' both on and off-base.

Pictured at left: NAS Corpus F&ES Master Instructor Curtis Heffner, Glenn Helwig, Eric Trujillo, Jeremy Massey; NAS Corpus Security MA1 Jimmy Longoria, MA1 Thomas Mayhew, MA2 Jay Knox, MA2 Jason Williams; NAS Kingsville F&ES Omar Soliz, Pete Gonzales, Alan Morales and Ivan Leal.

Photo courtesy NASCC F&ES

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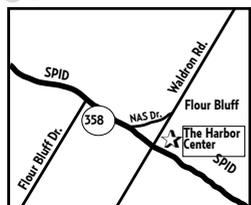
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Active-duty servicemembers with families have priority, but single servicemembers are also considered eligible.

Rents are based on the servicemember's BAH at the With-Dependent rate, and include a pre-determined Utility Allowance.

A Fair Market Rent has been established for single personnel and includes a similar Utility Allowance. Rent specials and discounts may be offered by the PPV Leasing Office for certain styles of units.

All units have a single-car garage with storage area, fenced backyard, central air/heat, washer/dryer connections, and come with a frost-free refrigerator w/icemaker, range, dishwasher, and microwave oven (in most units).

Application packages can be submitted to the Navy Housing Office at Bldg 3600, corner of Dimmit and E Streets, Monday through Friday, between the hours of 7:30 a.m. and 4 p.m.

Packages should include a completed DD1746 Application for Housing, a copy of the active-duty member's orders to the local area, and a document certifying the member's dependents (i.e. Page 2/Record of Emergency Data, etc.).

For more information, contact the Navy Housing Office at 961-3337.

DOD Civilians interested in living on-base in PPV Housing may contact the South Texas Military Housing office at 937-0190 for eligibility and general information.

NASCC invites public to golf and more

Beginning Sept. 1, the general public will be able to visit Naval Air Station Corpus Christi under a new program.

The visitation program sponsored by NASCC Morale Welfare and Recreation (MWR) will enable visitors to use select recreation facilities including the Gulf Winds Golf Course, Marina and Outdoor Recreation rentals, Bay Club and Shields RV Park.

Civilians can apply for a special pass and vehicle sticker granting access to use the selected facilities. Applicants will provide information for a basic background check and pay a \$20 fee to cover administrative costs. For more information, call MWR's Information, Tickets and Tours office at 961-3961.

Navy League of the United States - Corpus Christi Council

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NEWSLETTER OF THE CORPUS CHRISTI COUNCIL, NAVY LEAGUE OF THE UNITED STATES

27 August 2009 ISSUE



USS CITY OF CORPUS CHRISTI (SSN 705)

RULES FOR MWR ACCESS

NLUS members may apply for a MWR Access Card with picture. The expiration date will be equal to the expiration of their Navy League Card/ not longer than 3 years.

To simplify the process, NLUS members may email 1) NAME - 2) Date of Birth 3) Driver's License Card Number / State to CorpusNavyLeague@aol.com. This will be forwarded to Base Security and back to you with your NLUS Member Number. After 3 days - check at Pass and Tag / Flour Bluff Gate - to see if your card has been approved. Be prepared to show your Drivers License, current proof of insurance, and registration.

This card is not needed by Military Dependents/ Retirees who already have an issued Military ID Card.



Corpus Christi Council

Established -1947

"The objective and purpose of the Navy League is simple - to educate & motivate the American people with regard to the role of sea power"

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Please become a part of our Navy League family... The Navy League of the United States is a non-profit organization dedicated to educating our citizens about the importance of sea power to U.S. national security, and supporting the men and women of the sea services and their families.

As the spouse of an active duty service member, you have a unique personal understanding of the needs of the military families we support. As a civilian spouse of an active duty military member, you have the inside perspective on what is currently challenging to the men and women of our sea services, and you may face many of those challenges yourself. The Navy League offers you the opportunity to surround yourself with people who share a passion for the men and women of our sea services, their families, and their communities. Every day, in the U.S. and around the world, over 260 Councils stand ready to assist in community activities, ship Christenings, welcome home receptions, youth scholarships, and so much more.

Won't you join us today and help us as we support your wonderful and brave community? As a token of our appreciation, we are extending you a very special membership rate of only \$30, and with it, access to all of our membership benefits – including a subscription to SEAPOWER magazine (a \$58 value)! You are important to us, and, whether you join the Navy League or not, we thank you from the bottom of our hearts for the sacrifices you make every day.

NEXT ISSUE - All the Activities that your Corpus Christi Navy League Council is doing AND our partnership with the Kingsville Navy League to bring the 2009 Navy League National Convention to Corpus Christi (27 Oct ~ 1 Nov at the Omni)

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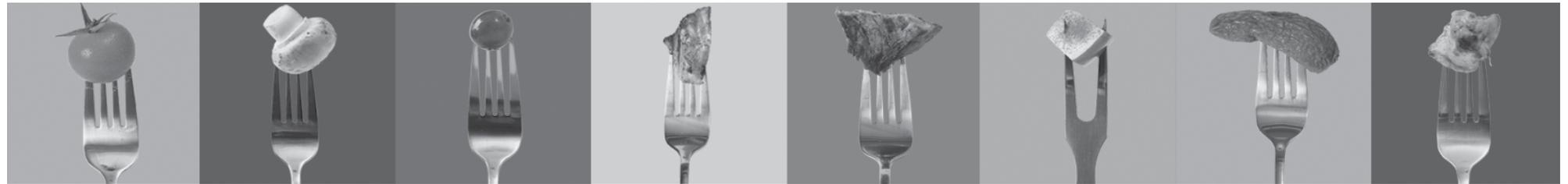
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Advertorial by Tina Konwerski

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Every Tuesday at 7 p.m. Acoustic Music Jam -Musicians, singers and audience members invited. Free Admission. Rialto Theater and Gallery, 327 S. Commercial Street, Aransas Pass, TX Information: 361-758-0383 www.rialtotheater.org/calendar.

Open Mic Friday Nights @ Stingers Coffee 8pm-12am!! Open mic night at Stingers Coffee in the Gulfway shopping center located at Airline and McArdle - outside on the patio! All musicians welcome, Sign up today @ Stingers on Airline!

Labor Day, September 7, 2009 – 10 a.m. to 2 p.m. RUBBER DUCK Round-UP at Cole Park Pier, benefiting South Texas Lighthouse for the Blind. Festivities include Rubber Duck Race, live music by "Blissful Noise" and "Texas Fever." Food, Inflatable Games, Face Painting, Kid's Games, Noisy the Clown, Sammy the Sea Gull, Raffles and other "Quackitivities."

Parkinson monthly support group meets at the YWCA on the last Saturday of each month. The next meeting is April 25th at 10:00 a.m. and Dr. Bohomon, Neurologist will speak. 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.

September 18-19, 2009 - Living the Life Women's Conference "Draw Me Nearer" at the Selena Auditorium. Come and join women from all over South Texas for a high quality, life inspiring and spiritually transforming weekend! For more details and to register, visit us at www.LivingTheLifeCC.com.

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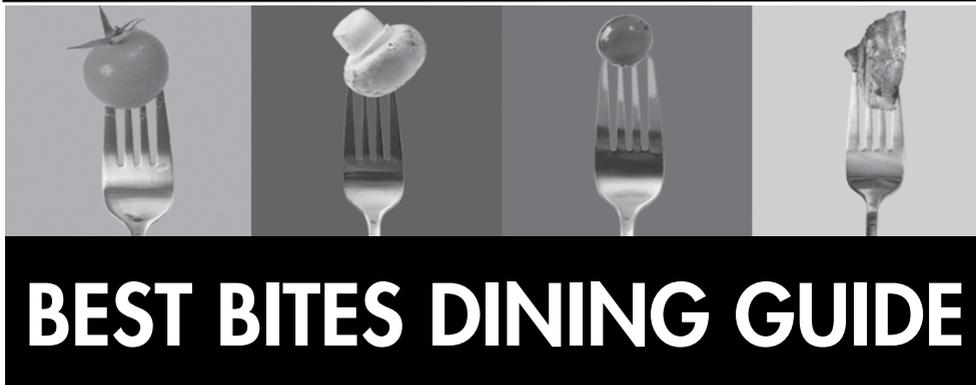
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Cutting the ribbon for ITT



(From left) NASCC MWR director Dave Sullivan, Commanding Officer Capt. Randy Pierson and MWR Assistant Director Master Chief Martin Barnholtz cut the ribbon on the new Information, Tickets and Tours (ITT) office on Aug. 14. ITT hosted a Grand Opening of their new location in Building 1785, next 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, for all your ticket & travel needs or call them at 961-3961.

Photo by Rod Hafemeister



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Col. Clark departs MATSG



Colonel Thomas S. Clark III (far right) relinquished command of Marine Aviation Training Support Group 22, on Aug. 7, to Lt. Col. Gabriel J. Fabbri, at the Bay Club during a traditional ceremony. Clark had been the commanding officer of the Marines here since August 2007. During his tenure, he brought the Commandant of the Marine Corps, Gen. Tim Conway, and the Assistant Commandant of the Marine Corps, Gen. James F. Amos, as well as other dignitaries to visit with Marine student pilots at Training Air Wing-4. His next assignment is to Central Command at McDill Air Force Base in Florida. Fabbri comes from Marine (All Weather) Fighter Attack Squadron -121, Miramar, Calif. He is married to the former Lucy Perez from Corpus Christi, TX.

Photo by Bob Torres



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NASCC Skipper sets tone for Morale Day



Commanding Officer Capt. Randy Pierson decided that the men and women of Naval Air Station Corpus Christi deserved a break after months of intense effort to support the 2009 Air Show, the 47th Annual Navy Regatta and several VIP visits. So when Training Air Wing Four declared a safety stand-down for Aug. 14, the Skipper took advantage the minimal requirement for flying support and declared a 'Morale Day,' to be held at Sunfish Beach. Then he led the way, putting his speedboat in the water and taking several Sailors for wakeboard rides. Then it was the kids' turn - Pierson and his daughters hooked up two float tubes, kids piled on and the Skipper hit the throttle!

Photo by Rod Hafemeister

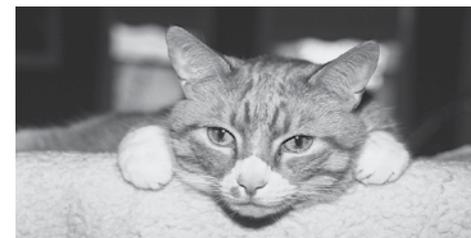
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Sailing, sun and food at Morale Day



MWR brought out the kayaks and windsurfing gear and provided lessons for 'Morale Day,' as well power boat rides. The free food included be hamburgers and hotdogs, baked beans, potato salad, chips and assorted sodas. Photo by Rod Hafemeister

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Ask Dr. Garcia



Garcia

Q: I would like to end my relationship with my boyfriend without all the drama that goes with it. Is there a way that I can do this without hurting him?

A: Breaking up a relationship – and perhaps making someone you care for unhappy or perhaps angry – can be very uncomfortable.

The best way to minimize the pain is through mutual discussion rather than a one-sided conversation, which is the course many are tempted to take.

Following are some guidelines to consider when you are thinking of breaking up a relationship:

1. Think very clearly about why you want to end the relationship; weigh the pros and cons very carefully before you make your decision.
2. If you want to maintain the relationship but are troubled by unresolved issues, consider counseling to see if the problems can be resolved before you make the final decision.
3. Discuss your feelings and doubts with your partner as truthfully and tactfully as possible, without putting blame on him. The other person deserves to know why you need to end the relationship rather than make a one-sided decision that you force the other person to accept.
4. Don't hesitate to bring up the subject of breaking up for fear of hurting the other person. Fear of hurting your partner is no reason to continue an unsatisfactory relationship. It is even possible that your partner will be relieved that you brought up the subject.
5. Break off cleanly; don't try to maintain an on-again, off-again relationship. It merely makes the pain worse. Get back together only if you have obtained counseling and have resolved your problems.

Water Conservation Tip

Wet your toothbrush, turn water off. Brush your teeth. Turn water on and rinse. Turn water back off. This simple act can reduce water usage 75 percent.

Q: What are some ways my husband and I can invest in our relationship?

A: Several authors who have studied this topic extensively offer the following guidelines that are helpful in building a healthy marital relationship:

1. Keep the lines of communication open. Share feelings, disappointments, and unmet expectations, as well as positive emotions. Major problems arise usually as the result of a series of small, unresolved issues that build up over time. Solve small problems as they arise by learning to discuss them rationally, calmly, and sympathetically.
2. Find out what the needs of your partner are, take them seriously, and strive to meet them.
3. Learn to be loving and affectionate, frequently expressing warmth and physical affection.
4. Get therapy to help you work through any unresolved personality faults and problems.
5. Commit yourself to your relationship and your partner, and live by that commitment.
6. Show respect and appreciation for and approval and acceptance of your spouse.
7. Avoid situations that are conducive to extramarital involvements. Keep your business associations on a professional basis. Avoid one-to-one meetings for social purposes. Avoid compromising situations.
8. Establish accountability with your partner. Be open in your marriage concerning any weaknesses you may have (e.g., being attracted to someone other than your spouse, gambling, pornography, alcohol/drug use) and don't try to hide anything.
9. Strive for variety and imagination in your lovemaking.
10. Be concerned about each other's sexual preferences and desires.

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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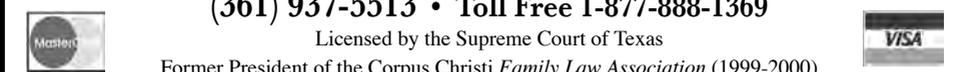
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