



Thanksgiving dinners on base

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Memorial Service

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Great American Smokeout — Nov. 19

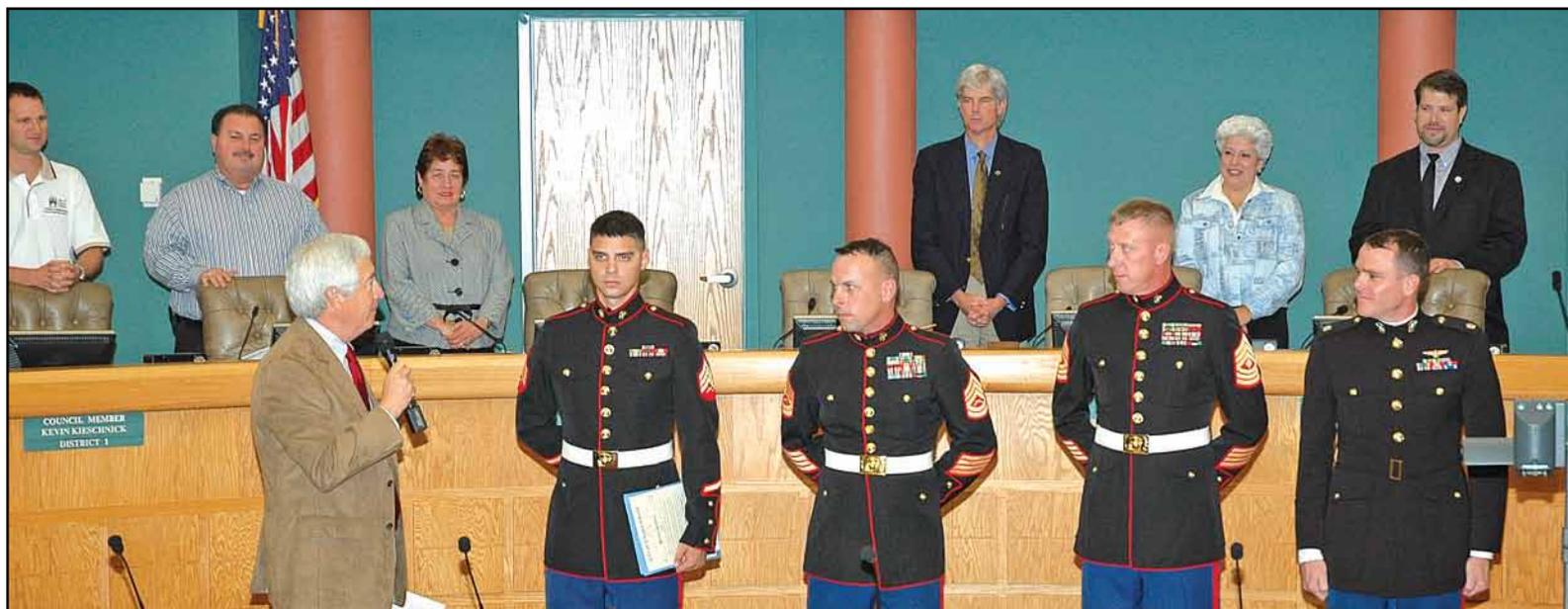
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Navy to play in Texas Bowl — Dec. 31

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Corpus Christi says, 'Happy 234th Birthday, Marines'



Corpus Christi Mayor Joe Adame proclaimed Nov. 10-17 as 'United States Marine Corps Week' on Nov. 10, the Marines 234th birthday. Pictured with Adame and the City council, from left, are Sgt. Josh Boatright, Gunnery Sgt. Weslee Baker, 1st Sgt. Krishtian Nielson and Lt. Col. Gabriel Fabbri.

Photo by Rod Hafemeister

Military Health System officials discuss H1N1 flu on-line

by Rod Hafemeister

The vaccine against the H1N1 influenza – the “swine flu” – is safe, effective and on its way to military bases, medical officials said in a Nov. 10 on-line town meeting.

The meeting allowed individuals to submit questions to a panel of experts with the Department of Defense Military Health System for about an hour.

And one of the first questions, about when the H1N1 vaccine would become available, was fielded by Lt. Col. (Dr.) Patrick Garman, Deputy Director, Military Vaccine Agency.

“The military has already started to receive the H1N1 vaccine,” he said. “Our military treatment facilities (MTFs) have started to receive vaccine intended for non-uniformed beneficiaries through the State distribution system.

“DoD’s deployed forces have received vaccine as well as some DoD beneficiaries living overseas. The vaccine will continue to arrive at DoD healthcare facilities in greater amounts over the next few weeks.

“Contact your local MTF to find out if they have H1N1 vaccine available.”

Garman also explained that not everyone would be getting the H1N1 vaccine, at least not initially – its distribution is prioritized based on risk and needs, he said.

“H1N1 vaccine for active duty servicemembers is targeted for those with existing chronic health problems and pregnant females,” he said. “The DoD further prioritizes by deployed, deploying, on a ship, in basic training, or a healthcare provider.

“After these categories are completed vaccine will be available to all other servicemembers. DoD is well on its way providing vaccine to all active duty servicemembers.”

Lt. Cmdr. (Dr.) Tom Shimabukuro, Pandemic Influenza Vaccine Coordinator, Immunization Services Division, National Center for Immunization and Respiratory Diseases, Centers for Disease Control and Prevention, explained that the vaccine is based on proven

vaccines and manufacturing processes.

The H1N1 vaccines were licensed as a strain change to an existing biologic license application with the FDA, he said – the same way regular flu vaccines are licensed every year – and are expected to have the same level of safety.

“H1N1 vaccines are FDA licensed products,” he said. “They are manufactured using the same licensed processes that are used to make regular flu vaccines. All H1N1 vaccine manufacturers for the U.S. are licensed manufacturers of regular flu vaccines.

Had the H1N1 virus been detected earlier it is quite possible it would have been part of this season’s regular flu vaccine.

“There is no reason to believe H1N1 vaccine would be less safe than the regular flu vaccine which has been used for decades and has an excellent safety record.”

Col. (Dr.) Ted Cieslak, DoD
Flu continued on page 9

To access the complete transcript of the on-line town meeting, go to: www.health.mil/flu.



A medical worker prepares to give a flu shot. Military Health System officials say the H1N1 vaccine is on its way.

Official US Navy photo

Skipper's Column

by Capt. Randy Pierson



Pierson

Dear Sir,
We recently came back from a trip to

There isn't a day that goes by that I am not reminded of the great people who serve and live on this installation.

Recently, an unknown base employee or military member made a visitor's day, as he expressed in the following letter:

NAS in Corpus.

We stayed at the campground (Oct. 1-28).

During our stay, I needed to mail a letter at your Post Office; while doing so, I dropped my wallet.

A few hours later, I realized I lost my wallet. I went to the security office; however, it was not turned in.

I then returned to the Post Office in a futile attempt to find it, with no success.

I went to the Post Exchange in the hope someone had turned it in there.

To my glorious surprise, some Good Samaritan had turned it in. Nothing was removed from the wallet.

You can imagine the relief to know I now had my driver's license, credit cards and so

Great people

forth.

I know you are aware of the great personnel you have on your base.

I am writing this letter and asking you to perhaps print this information in your base newspaper so the individual who turned in my wallet would know how appreciative I am.

I would like to thank this person myself. Thank you for taking the time to read this.

Thank you for your wonderful base.

Bob Taillefer, CMS (Ret.) USAF

Whoever the Good Samaritan is, the base thanks you and I thank you for touching the hearts of the Taillefer family – and making us all proud.

Chaplain's Message

by Father John Mc Kenzie, Chaplain

Perhaps you might remember someone from your days in elementary school who was a tattler tale.

Such a person might be quick to tell on another student or to tell another student's parents about either their son or daughter getting in trouble in school or not knowing the material covered in class.

I remember one particular 8-year-old who did just that. He got us in trouble by telling our parents different things which he had no business telling. We could not trust this boy.

Several of us told his parents how he was always telling on us. His parents spoke to him about it and they told him that he had to stop that or he would soon regret it.

He paid no attention and continued to get his playmates in trouble. His parents were right. We clammed up when we saw him coming.

The wake-up call for the tattler came one summer day when some of us were going to a

birthday party in the neighborhood.

The tattler said to us, "Where are you going?"

We said to Timmy's birthday party. The tattler said he did not know about a birthday party.

One of the boys said, "That is because you are not invited."

Another said, "Yeah, you're a tattler tale; we don't want you."

Harsh words but true. The tattler ran into the house crying loudly and said, "Mama, Timmy is having a birthday party and I am not invited. Make him invite me."

The mother simply reminded her son that she and his father warned him about telling on others.

This was a tough lesson but the tattler learned quickly to stop telling on others.

Actually, one does not have to look only to a young age group to see tattler tales. They are all around.

This includes the work place, the neigh-

borhood, a party, or wherever people congregate.

Have not such people said to others things which we considered confidential?

Have we not seen people who embarrassed us by bringing up personal things in public?

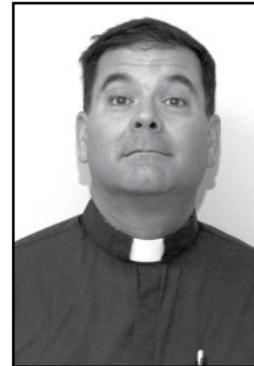
They too are among those whom we do not have to trust.

Discretion is not easy for many but it is the right thing.

It will save you a lot of problems and it will do much to keep your friends.

"He who guards his mouth protects his life; to open wide one's lips brings downfall." (Prov 13:3)

The Lonely Tattle Tale



Mc Kenzie

Editor's Corner

by Rod Hafemeister



Hafemeister

– wrong.

But it's that time of year again, and I'll spend the day gorging on turkey and football – and giving thanks to still being around, after my minor cardiac scare a year ago.

Thanksgiving is typically traced back to

One of the two times each year I miss the cold of the northern Midwest is Thanksgiving.

(The other is Christmas – the only time I want to see snow!)

Somehow, Thanksgiving in shorts and shirt sleeves feels

1621, when the Plymouth colonists (in today's Massachusetts) and Wampanoag Indians shared an autumn harvest feast.

It actually was part of a long tradition for both colonists and Native Americans to celebrate the harvest and give thanks for enough crops to see them through the approaching winter.

Native American groups throughout the Americas, including the Pueblo, Cherokee, Creek and many others organized harvest festivals, ceremonial dances, and other celebrations of thanks for centuries before the arrival of Europeans in North America.

The most detailed description of the "First Thanksgiving" comes from Edward Winslow from *A Journal of the Pilgrims at Plymouth*, in 1621:

"Our harvest being gotten in, our governor sent four men on fowling, that so we

might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week.

"At which time, among other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed upon our governor, and upon the captain, and others.

"And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty."

Have a Happy Thanksgiving!

Giving Thanks

Wingspan

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Memorial Service for VT-28's Lt. Bret Miller - Nov. 6



A Memorial Service was held Nov. 6, for Lt. Bret Miller, a pilot who was lost during a T-34 mishap, Oct. 28. Two Instructor Pilots from VT-28 lost their lives when their aircraft was lost from radar during a routine training mission. At



press time, neither the second pilot, Lt. Joe Houston, nor the aircraft had been recovered although the search continued. The Memorial Service for Miller was well-attended by family and friends at Wings Auditorium aboard NASCC.

Photos by Bob Torres

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Military Members of the Quarter for 3rd Quarter 2009 - Nov. 5



Sailors, Marines and Coast Guardsmen were honored Nov. 5 at the quarterly Member of the Quarter, 3rd Quarter 2009, luncheon. Honorees included: Naval Air Station Corpus Christi Senior Sailor of the Quarter ET1 (PJ/SW) Christopher Armitage; Naval Health Clinic Corpus Christi Senior Sailor of the Quarter HM1 Anderson Nyeche and Blue Jacket of the Quarter HN Adam Sanchez; US Coast Guard Sector Corpus Christi Senior Military of the Quarter SK1 Antonio Contreras, Petty Officer of the Quarter MK2 Scott Barschig, Petty officer of the Quarter VN3 Daniel Cordova and Junior Military of the Quarter SN William Taylor; Marine Aviation Training Support Group – 22 Marine of the Quarter Sgt. Joshua D. Boatright; Commander Mobile Mine Assembly Group Sailor of the Quarter MN1 (SW) Kirk N. Myers. Also pictured, from left, are NHCCC CO Capt. Randy Kelley, Nancy Allen, Jessica Parra, Victoria Prewitt and NASCC CO Capt. Randy Pierson.

Photo by Bob Torres



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Navy Accepts Invitation to Texas Bowl Game — Dec. 31 in Houston

From the Naval Academy Athletic Association

ANNAPOLIS, Md. – Naval Academy Director of Athletics Chet Gladchuk announced, after the Academy football team's victory over Notre Dame Nov. 7, that the Academy has formally accepted an invitation to play in the Texas Bowl.

The Texas Bowl will be played on Thursday, Dec. 31 at Reliant Stadium in Houston, Texas, against a projected opponent from the Big 12.

The game will be televised nationally by ESPN and the game time is set for 3:30 ET, 2:30 in Houston.

The bowl bid is a landmark achievement for the football program as it marks the first time in school history that Navy has gone to seven-straight bowl games.

"Our goal is to bring a large contingent of the Brigade of Midshipmen and we expect more than 20,000 Navy fans in the stands," said Gladchuk.

"If you can't make it to the game we ask that Navy fans buy tickets for our Midshipmen and

enlisted personnel, which will allow us to create the usual pageantry of Navy football."

Tickets for the Texas Bowl are on sale now at www.navysports.com.

Tickets can also be purchased by calling 1-800-US4-NAVY or at the Ricketts Hall Box Office.

Tickets range from \$25-\$65.

"It is very important for this game and for future Navy bowl considerations for our fans to purchase tickets through the NAAA," said Gladchuk.

The Naval Academy Athletic Association (NAAA) will discount tickets purchased to sponsor Midshipmen and enlisted personnel and their families from \$40 to \$25 in an effort to encourage support and attendance.

Navy fans unable to make the trip to Houston are encouraged to sponsor four midshipmen for \$100 or two enlisted for \$50.

The tax deductible donation will be administered through the Naval Academy Athletic Association ticket office.



U.S. Naval Academy quarterback Ricky Dobbs (#4) scores a touchdown early in the first quarter during the Oct. 3 game against the U. S. Air Force Academy at the U.S. Naval Academy in Annapolis, Md.

U.S. Navy photo by Oscar Sosa

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NASCC Emergency Services conducts HazMat Exercise



NASCC Emergency Services conducted a hazardous materials exercise Nov. 10. (left) Workers scrub down emergency personnel after they leave the HazMat

area. (right) Medical crew members check personnel who were in the HazMat area for signs of exposure.

Photos by Rod Hafemeister

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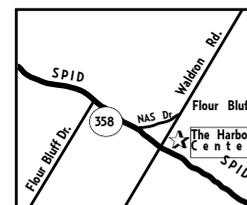


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Nov. 19 is Great American Smokeout 2009

Stop smoking for one day - and start a new habit that will last a lifetime

from CCAD Public Affairs

Thursday, Nov. 19, is the 33rd Great American Smoke-out.

Each year, smokers across the nation take part in the American Cancer Society's Great American Smoke-out by smoking less or quitting for the day.

This event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

The Great American Smoke-out began in 1976 to inspire and encourage smokers to quit for one day.

Now, about 40 percent of the 43.4 million Americans who smoke have attempted to quit for at least one day in the past year.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States.

Today, it is predicted that more than 8.5 million Americans are living with serious illnesses caused by smoking.

Smoking is a leading cause of lung cancer, heart disease and chronic bronchitis and each year smoking accounts for an estimated 443,000 premature deaths.

Half of all Americans who continue to smoke will die from smoking-related diseases. It is also estimated that 38,000 American nonsmokers will die prematurely as a result of secondhand smoke.

Secondhand smoke contains at least 250 chemicals known to be toxic.

Research has established that secondhand smoke exposure causes heart disease and lung cancer in nonsmokers. Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25 to 30 percent and their lung cancer risk by 20 to 30 percent.

People who already have heart disease are especially at a higher risk.

Secondhand smoke exposure causes respiratory symptoms in children and slows their lung growth.

About 13 percent of women who smoke during pregnancy cause health problems

for themselves and their babies, including premature birth, low-birth-weight, stillbirth, and Sudden Infant Death Syndrome.

According to the U.S. Public Health Service, if all pregnant women stopped smoking while pregnant, there would be an estimated 10 percent reduction in infant deaths.

And if a mother stops smoking during her first trimester, it can greatly reduce the risk of having a baby with low-birth-weight.

If you are ready to quit, join us on Nov. 19, 2009 for The Great American Smoke-out.

This can be an opportunity to join millions of other smokers in saying "no thanks" to cigarettes for 24 hours.

You can also check out the video under safety "You Don't Always Die from Tobacco".

Contact your Corpus Christi Army Depot Employee Assistance Program Coordinator, Juandalynn Givhan-Simmons at 961-6570 Ext.396 for information about FREE smoking cessation classes and go to www.cancer.org for information about other stop-smoking techniques.

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Blondie is a 2-year old german shepherd/lab mix. She is spayed, current on shots, housebroken, and walks well on a leash. Blondie is in a home with other dogs and small children and gets along well with both! Blondie has had a hard start in life. She was found wandering down Airline drive, rescued, and then abandoned again when her new owner left her in the backyard after moving to an apartment. However, she is extremely playful, loyal, and loving (especially when you rub her belly!) Blondie gets sad when left alone but does well staying in her crate with a blanket to comfort her. Can you blame her? Right now, Blondie is heartworm positive but will soon be ready for a new home. We are asking for donations to help cover her heartworm treatment. It's time Blondie had some happiness in life! Could you be her forever family?



Website: www.fortheloveofstrays.com  e-mail: fortheloveofstrays@yahoo.com

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 This Love of Stray's ad sponsored by Anna C. Ashley, DDS, PA

Ready for a forever home...361-813-7443



Lani means "heaven" in Hawaiian which is a perfect name for this beautiful one-year old brindle Aussie/ border collie mix. She was found starving and wandering the streets of Corpus Christi. After lots of TLC, Lani is heartworm negative, spayed, current on all shots, and housebroken. She weighs around 30 lbs., is full of energy and loves to please. In her foster home, Lani enjoys playing with other dogs and small children. Lani bonds very quickly to anyone who gives her love and attention. Because she is an active dog, we believe Lani would make a great working dog, Frisbee dog or jogging partner. Lani is desperate to find love and stability in a new forever home. Please call her foster mom at 267-495-6821 for more information on this sweet girl.



Cooper is a 2-year old black and white border collie who loves to please. He is neutered, current on shots, heartworm negative, microchipped and housebroken. Cooper is amazing with small children and other dogs. He loves to play and would be happy in a home with a large yard and another playful dog! Cooper's foster mom drove all night to a town in Central Texas to save his life after learning he was just 24 hours from being put down. Cooper does have hip dysplasia and requires medication for this that costs around \$20 per month. When adopted, he will come with a 2-month supply of meds, vet records, and hip x-rays. Please open your heart and give Cooper a second chance. He desperately needs a forever home.

Each dog will bring their own care package to help them get started in their forever home!



GiGi is a 1-year old tan and black terrier mix. She is spayed, housebroken, kennel trained, heartworm negative and current on all shots. GiGi is good with other dogs and cats but has not been around children. She is an inquisitive, lovable, and snuggly lap dog. GiGi was found starving under the bleachers at the Oso baseball fields. She gets startled by loud noises and is fearful of men. She is overcoming her fears by working with a trainer. Please find it in your heart to give this beautiful girl a forever home. She deserves peace and stability.



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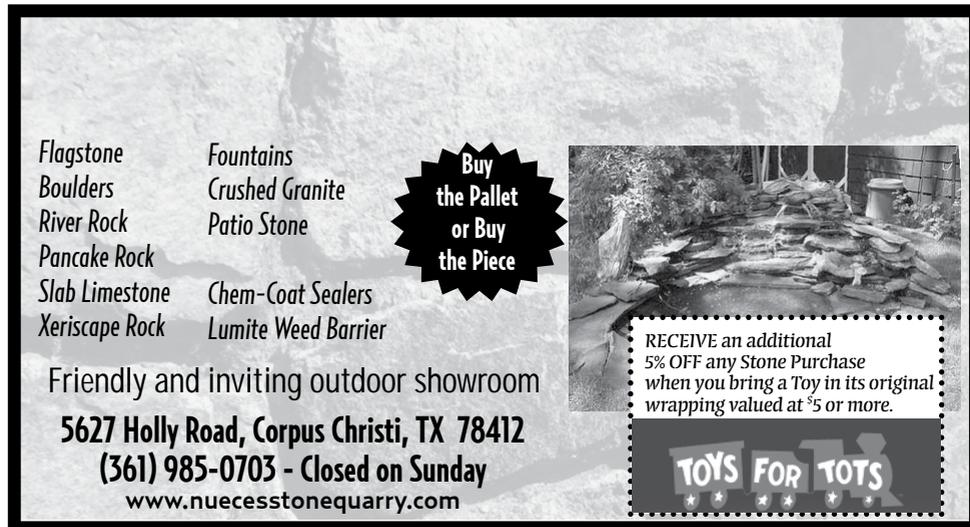
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Staying safe when working up high



Kyle Horne, a representative of SafeWaze, demonstrates a system for safely stopping a worker's fall from a height. Horne put on classes Nov. 10 demonstrating several safety systems, as well as systems that do not safely stop falls, to workers at the Defense Distribution Depot Corpus Christi (DDCT). David Howard, the depot's safety officer, said that workers can be 30 feet or higher above the warehouse when they are pulling stock and must use proper protection.

Photo by Rod Hafemeister



Maj. Gen. James R. Myles, Commanding General, Army Aviation and Missile Command, visits with one of the many exhibitors during the 7th Annual Luther G. Jones Aviation Summit held at American Bank Center, Nov. 4.

7th Annual Luther G. Jones Aviation Summit tees off with fundraising golf tournament, Nov. 3.

Ninety-six golfers participated in the CCAD Army Aviation Association of America Chapter's 8th Annual Scholarship Golf Tournament.

Held at Arnold Palmer designed Newport Dunes Golf Club at Port Aransas, the event raised more than \$13,500 for scholarships for family members within the aviation community.

This year's 1st place team was Mark Bulot, Mike Birmingham, John and Tina Brandon. 2nd place team was Matt Rowe, David Kegley, James Aspell and John Sepulveda. 3rd place team was Robert Aguilar, Patricio Hernandez, Arnoldo Garcia, and Ino Garcia.



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Two CNATRA employees awarded for three-year effort resulting in annual savings of \$774,000

Cmdr. Matt Mullins, CNATRA Assistant Chief of Staff for Aviation Maintenance and Contract Logistics, presents Barbara Moses and Daniel Bundy with their time-off awards.

Photo by Richard Stewart

by Ensign Cassandra Walter, CNATRA PA

Two Chief of Naval Air Training (CNATRA) staff members were recently awarded for their professionalism, perseverance, and valuable service to the command, Naval Aviation, and the Navy.

Barbara Moses and Daniel Bundy were recognized for their extensive, three-year search for quality replacement accumulator gauges used in the Navy's training jet, the T-45 Goshawk.

Accumulator gauges perform an extremely important function for flight in the T-45s by measuring the pressure levels of hydraulic systems, landing gear, and other essential operating components.

In July 2006, Moses, a property administrator, was conducting a logistic review of a T-45 contract at Naval Air Station Kingsville when she noticed that T-45s required 192 accumulator gauge replacements per year.

"The records indicated we were going through a ton of these," said Richard Amo, Moses' supervisor.

The alarmingly high number of replacements astonished Moses. She was further astounded by the cost: \$4,851.50 per repair.

According to Moses' research, the distance to the repair site location in the United Kingdom increased the repair time and added costs, with a negative impact on T-45 aircraft availability.

Moses knew the Navy needed a local provider who could promptly supply accumulator gauges at a reasonable price; but she did not know where to find such a provider.

Moses turned to Daniel Bundy, the T-45 Class Desk, who is the technical expert for all maintenance, logistics and operations of the T-45.

Moses explained the accumulator gauge problems with Bundy and he agreed to help her find a local provider.

Moses and Bundy began by talking with the Naval Aviation Depot (NADEP) and Fleet Support Team (FST) engineers at NAS Jacksonville, Fla.

Initially, Moses sent a used accumulator gauge to NADEP and asked if it could be repaired in the United States.

The FST engineers at NADEP replied that a source for repair in the United States was unavailable and expressed doubt as to whether an in-country alternative source would ever be found.

Bundy persisted and approached Naval Air Systems Command (NAVAIR) with Moses' findings concerning the T-45's accumulator gauges and implored for a viable alternative.

NAVAIR echoed NADEP and responded that alternative methods were unavailable at that time.

Bundy continued talking with FST engineers and NAVAIR, working to find a local accumulator gauge provider within regulations.

"There are lots of rules and regulations," Bundy said. "We had to clear away all of the road blocks... I felt frustration 'big-time' not being able to get through all the barriers fast enough."

Bundy refused to give up until 2009 – when NAVAIR announced that an approved, local provider for T-45 accumulator gauges had been identified.

Circle SGAL Coastal Incorporated located in Corona, Calif., offered to replace the problematic gauges at \$550 each.

The result was an annual savings to CNATRA of more than \$774,000 and a reduced lead-time of three to five weeks.

Gauge continued on page 13

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CNATRA IT Dept. earns CMMI Level 2 rating



Chief of Naval Air Training (CNATRA) Information Management (IM) Legacy Systems N-62 is awarded by the Software Engineering Institute's (SCAMPI) A SEI Process Maturity level 2. Receiving the award, from left to right: Thomas Abro, Donna Rothschild, Angela Clifton, Jeanette DeLeon, Jim Felts, and Capt. James Crabb.

Photo by Richard Stewart

by Kendrea Justice, CNATRA

The Chief of Naval Air Training's Information Technology (N6) department learned Sept. 4 that they had achieved one of their biggest goals: full compliance with Capability Maturity Model Integration (CMMI) Level 2 requirements.

The announcement brought an enthusiastic round of applause from the N6 staff and contractors with Smartnet and CACI International Inc.

CNATRA's Information Management (N62) CMMI Project Sponsor, John Carter, said that N62 scored high and is now rated among the top 12 U.S. Navy software development agencies – along with Fortune 500 companies like IBM, Microsoft, and Hewlett-Packard.

CMMI is an initiative of the Carnegie Mellon University's Software Engineering Institute focusing on best practices over the life of products and services.

The CMMI Level 2 compliance is a big step toward N6 Chief Information Officer Thomas Albrow's envisioned goal as a world-class organization, he said.

CMMI is the industry recognized model designed to measure the maturity of software

and systems engineering development. Organizations that have achieved CMMI Level 2 ensure that they apply a proven approach to producing high quality products and services.

Smartnet, Inc. IM Program Manager Richard Pulido credited Information Management (IM) Product Assurance Lead, Donna Rothschild.

"Donna was the major drive," Pulido said, "She made it happen! Without her dedication and knowledge along with her team, we wouldn't have earned the award."

Rothschild's team developed IM processes and procedures for CNATRA. Rothschild and Neal Woods, CACI onsite Project Manager, worked closely with Devon Du Fur, Director, Quality Systems from CACI's Project Resources Group, to verify that all IM project management and support processes would comply with the CMMI model.

Software Engineering Institute Authorized Lead Appraiser Boris Mutafelija led a formal appraisal of CNATRA N62's processes along with an appraisal team composed of Smartnet and CACI contractors, leading to the Level 2 rating.

For Bundy, the achievement was a team effort including the FST engineers.

"Our FST did a great job. They're an outstanding group of engineers," he said.

Moses said she was surprised with the award.

"I feel a sense of accomplishment. It's rewarding to know we saved the Navy money and helped the fleet," she said.

Gauge continued from page 12

For their refusal to give up until a cost-saving solution could be found, Moses and Bundy Moses and Bundy were rewarded with 32 hours of time-off.

"When you look at the total dollar-value saved, I think it was well deserved," Amo said. "If they didn't ever ask the questions, I don't think we'd ever have gotten there."

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USMC Birthday Ball - Nov. 14



The Marines of Military Aviation Training Support Group 22 hosted a ball Nov. 14 to celebrate the U.S. Marine Corps' 234th Birthday. The celebration included a traditional bagpiper (left) and the ceremonial first cut of the Corps' Birthday Cake (right) by the oldest Marine present, World War II veteran Bill Sheka, and the youngest, Cpl. Rita Navarro. (below left) Maj. Gen. Robert E. Milstead Jr., Commanding General, Marine Corps Recruiting Command, and Lt. Col. Gabriel Fabbri, Commanding Officer, MATSG-22, enter the ball to begin the ceremonies. The evening ended with dancing (below right) and (bottom) a group photo of all the Marines present.

Photos by Maria Bullock



Awards and Achievements

Winging — October 30



Photo by Hugh Lieck Event Photography

Winging officials, from left: Bud Harris, Corpus Christi Chamber of Commerce; Lt. j.g. Robert Fasnacht, Chaplain; Cmdr. Patrick Foley, USCG, Training Officer, TW-4; Cmdr. William Hearther, Executive Officer, VT-31; Lt. Col. Robert Blagg, USAF, Commanding Officer, VT-35; Capt. Scott Cooledge, CNATRA; Capt. David R. Price, Commodore, TW-4.

Wingees, in alphabetical order: Ensign Andrea Bassetta, Italian Navy; Ensign Charles Samuel Billhardt; 1st Lt. Justin Allen Brickey, USAF; Ensign Jeffrey Scott Campbell; Ensign William Alexander Flynn; Ensign Thomas Albert Gruber II; Ensign Ryan James Hagness; Lt. j.g. Thomas Earl Humphrey, USCG; 2nd Lt. Andrew Lee Hutchinson, USAF; 1st Lt. Casey Michelle Johnson, USAF; 1st Lt. Paul Brian Kawaguchi, USAF; 1st Lt. Darran Patrick McEuen, USAF; 2nd Lt. Russell Glenn Neice Jr., USAF; Capt. Brian Lindberg Pesta, USAF; 1st Lt. William James Place, USAF; Ensign Christian Ruggeri, Italian Navy; 1st Lt. Matthew Vincent Scardaci, USAF; 1st Lt. Charles Edward Staten, USAF; 1st Lt. Tyler Paul Tipton, USAF; Lt. j.g. Derek David Wilson, USCG; 1st Lt. Keith Rixon Woods, USAF.

NASCC Quarters Awards — Nov. 3



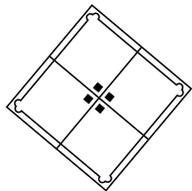
Commanding Officer Capt. Randy Pierson (left rear) with awardees at the NASCC Quarters held Nov. 3. Awardees, from left: Navy and Marine Corps Achievement Medal - AC2 Christal Johnson, DC1 Rehenia Bispham, ABH2 Diane Caragan and MA2 Brian Gutierrez; Letter of Commendation - ET1 Christopher Armitage; Navy and Marine Corps Commendation Medal - NCC Sabino Rodriguez.

Photo by Rod Hafemeister

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Medals for YN2 Hamilton



YN2 (SW) Philip R. Hamilton receives a Navy and Marine Corps Commendation Medal (second award) and a Military Outstanding Volunteer Service Medal (second award) from Rear Adm. Bill Sizemore, Chief of Naval Air Training, on Nov. 5.

Photo by Richard Stewart

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AE2 Thurgood Lane and other members of the NASCC Holiday Party Committee detailed CMC Ken McGlothlin's truck on Nov. 13; McGlothlin donated \$100 to the party fund in return. The NASCC Holiday Party is scheduled for Dec. 10.

Photo by Mary Petrasek

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Homeowners' Assistance Program (HAP) expansion can help when you have to move

From Office of Navy Information

Naval personnel and their families are often afforded the opportunity to travel the world and, with that opportunity, the accompanying relocation.

The Department of Defense and the Navy offer many resources to assist in preparing for the fiscal, physical and emotional challenges that accompany a service-related move.

The DoD Housing Assistance Program (HAP) has been providing financial assistance to military personnel and DoD civilians in one way or another since 1966, most recently at base realignment and closure (BRAC) sites where government action caused a decrease in market home values.

While the HAP is not designed to pay 100 percent of losses or to cover all declines in value, it can help protect eligible applicants from financial catastrophe due to significant losses in their home values.

HAP is designed to assist eligible applicants to avoid extreme financial hardship incurred because of a service-related move, which may result in a financial loss during unusually adverse housing market conditions.

The American Recovery and Reinvestment Act temporarily expands the Homeowners' Assistance Program to partially reimburse eligible military personnel, surviving spouses and federal civilian employees whose service to the nation has required them to relocate and sell their primary residence at a financial loss.

Up to \$555 million in funds from the American Recovery and Reinvestment Act (ARRA) has been added to the program to partially reimburse eligible military personnel, surviving spouses, and federal civilian employees whose service to the nation has required them to relocate and sell their primary residence at a loss.

- HAP provides financial assistance by providing reimbursement for partial losses incurred in selling a home and through mortgage pay-off opportunities.
- Eligible candidates receive aid in the following priority: wounded, injured or ill in the line of duty who deployed since Sept. 11, 2001 and are seeking medical care; surviving spouses relocating within two years after the death of their spouse; homeowners affected by 2005 base realignment and closure (BRAC); and service members receiving permanent change of station (PCS) orders dated between Feb. 1, 2006 and Dec. 31, 2009.
- The program is managed by U.S. Army Corps of Engineers for all of the services.

Each of these general categories has more specific eligibility requirements which have been updated at the DoD HAP Web site: <http://hap.usace.army.mil>.

"Expansion of the HAP, especially with today's economy, is timely and demonstrates a strong commitment to taking care of our military members, who are often required to move every two or three years."

**Vice Adm. Michael Vitale,
Commander, Navy Installations
Command**

The application requires the homeowner to submit a variety of documents to show evidence of ownership of the property, occupancy dates, assignment orders, efforts to sell the home (whether or not it was sold), and mortgage details.

HAP administrators will immediately start processing applications.

Potentially eligible personnel who have sold a primary home for a loss or who are considering selling their home are encouraged to visit the DoD HAP Web site to check specific program criteria, and if eligible, apply online.

Relocation Resources

Planning and preparation are key in executing a smoother transition between duty stations.

Several support structures and resources are available to service members and their families to assist throughout the process.

- Fleet and Family Support Center's Relocation Assistance Program provides a myriad of resources which assists in all aspects of service-related moves including financial counseling, pet transportation, installation amenities and school information.
- The Family Employment Readiness Program is available to Navy family members to assist in beginning or maintaining a career throughout transfers. The program provides resources for resume writing, job opportunities, interview strategies, the military spouse preference program, and starting a business.
- Basic Allowance for Housing is a market-based pay provided monthly to Sailors who do not live in military housing. BAH is the primary financial benefit used to offset the cost of housing. The rate is based on rental costs and is adjusted annually. Beginning Jan. 1 however, the amount received will be fixed once payment has begun for a duty station, regardless of market conditions.
- Navy offers affordable temporary lodging worldwide and can be used until permanent housing is available.

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Social networking scams target civilians and military

by Alan Bligh, Better Business Bureau

Millions of people log onto social networking sites such as Facebook and Twitter every day, but the Better Business Bureau warns that scam artists are also on those sites, looking to steal personal information and circulate viruses.

Military members are not immune; the BBB regularly receives complaints from military members who have fallen for a scam online.

Many people rely on social networking sites to stay connected to co-workers, family and friends.

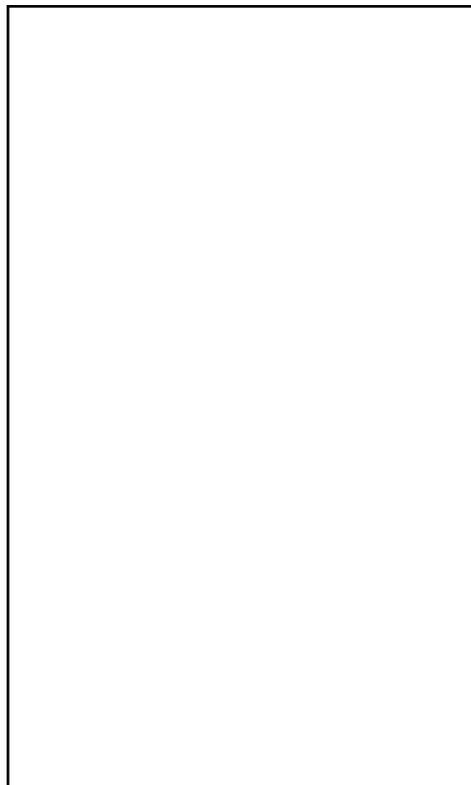
And it is all fun and games until someone hacks into your account to steal your money and your identity.

Social networking is especially attractive to people seeking new relationships.

You can avoid becoming one of the many who become social networking victims.

Here are some of the more prevalent scams currently posing a threat on Facebook and similar sites.

- **Nigerian 419** – This is an old e-mail scam that has been retooled for social networking sites. The schemers break into your site and obtain names and other information about your “friends”. Then the schemer contacts you claiming to be one of your friends. Your “friend” claims, for example, that while traveling in the UK he or she was robbed and now needs you to send him or her \$500 to fly back home to the US.
- **Widget Warrior** – Facebook is famous for its widgets – the third-party applications that you can add onto your account. Sometimes, though, widgets turn into warriors with a single mission: stealing your data. The first of these appeared in 2008 and was called the “Secret Crush” widget. The application, which was supposed to help you find your virtual admirers, instead installed spyware onto your computer. Use extra caution when installing third-party applications. When you accept to install one, malicious or not, you are granting its author access to all the info in your profile.
- **The Koobface Virus** – Once this virus infects your PC, it starts sending messages or wall postings to your Facebook friends, directing them to a



“hilarious video” or some “scandalous photos” of someone you both know. When the user clicks, he is presented with a Web page with a fake Adobe Flash update or a fake codec that needs to be downloaded to view the alleged video. That download is malware.

- **Phishing Scams** – Most of us are familiar with “phishing” from our experiences with computer e-mail scams. These messages direct us to a fake website with the intention of securing our personal information. What is new is that social networking, including texting and twittering is now being used.
- **Employment Scams** – The old offerings of easy money through stuffing envelopes, etc. have made their way to social networking. In addition, there are many new work at home scams promising work that will lead to riches by using Twitter

The best way to protect yourself against these schemes is to limit access to your social networking site. Check preferences that will limit access. Always verify links before downloading or viewing websites.

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E-STREET GYMNASIUM – BLDG. 102
961-2401

Monday – Friday 5 am - 10 pm
Saturday 8 am - 8 pm
Sunday 10 am - 6 pm
Holiday Hours: 10 am - 6 pm

FITNESS EXPRESS – BLDG. 103
961-3164

Monday – Friday 5 am - 10 pm
Saturday 8 am - 8 pm
Sunday 10 am - 6 pm
Holiday Hours: 10 am - 6 pm

GULF WINDS GOLF COURSE
BLDG. 1272
961-3250

Pro Shop Hours:

Monday – Sunday 6 am - 6 pm
Holiday Hours: 6 am - 6 pm
(Closed Christmas Day)

Snack Bar Hours:

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Holiday Hours: 6 am - 6 pm
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Sunday CLOSED
Holiday Hours: CLOSED

**LIBERTY PROGRAM – BLDG. 1281
961-3768**

Sunday – Saturday 11 am - 10 pm
Holiday Hours 12 pm - 8 pm

**LIGHTHOUSE LANES – BLDG. 1707
961-3805**

Sunday 10 am - 8 pm
Monday – Thursday 11 am - 10 pm
Friday & Saturday 12 pm - 11 pm
Holiday Hours: 2 pm - 10 pm
(Closed Christmas Day)

**NASCC CERAMIC SHOP
BLDG. 1738
961-2459**

Sunday & Monday CLOSED
Tues., Wed., Fri. & Sat. 10 am - 4 pm
Thursday 12 pm - 8 pm
Holiday Hours: CLOSED

**MARKETING – BLDG. 39
961-2268**

Monday – Friday 8 am - 5 pm
Holiday Hours: CLOSED

**MARINA (ORAC) – BLDG. 1757
961-1293**

Monday – Thursday 7 am - 7 pm
Friday – Sunday 6 am - 7 pm
Holiday Hours: 7 am - 7 pm
(Closed Christmas, New Year's Day & Thanksgiving)

**OASIS POOL – BLDG. 856
961-4357**

(Reopens April 1, 2010 for lap swim, fitness swim & water aerobics)
Mon. – Fri. 11 am - 1 pm, 4 pm - 6 pm
Sat. & Sun. 11 am - 1 pm
Holiday Hours: CLOSED

**PERSONNEL – BLDG. 39
961-3187**

Monday – Friday 8 am - 5 pm
Holiday Hours: CLOSED

**PIZZA PUB – BLDG. 149
961-2249**

(Opening Soon)
Monday – Friday 6 am - 9 pm
Saturday 9 am - 9 pm
Sunday 9 am - 6 pm

**SUBWAY – BLDG. 1707
939-9544**

Monday – Thursday 9 am - 10 pm
Friday 9 am - 9 pm
Saturday 10 am - 8 pm
Sunday 10 am - 7 pm
Holiday Hours: 10 am - 7 pm
(Closed Christmas, New Year's Day & Thanksgiving)

**VETERINARY CLINIC – BLDG. H101
961-3952**

Mon. – Fri. 8 am - 12 pm, 1 pm - 4 pm
Holiday Hours: CLOSED

**YOUTH ACTIVITIES CENTER
BLDG. 1756
961-2355**

June – August. Summer Camp:
Monday – Friday 5:30 am - 6 pm
Open Recreation: Saturday 3 pm - 8 pm
School Age Care: 5:30 - 8 am, 3 - 6 pm
Holiday Hours: CLOSED

Thanksgiving Day Meals

Liberty Center

The Liberty Staff would like to invite all Active Duty, Active Reserves and National Guard patrons to enjoy Thanksgiving Dinner at the Liberty Center on Nov. 26 at 11:30 a.m. We will be serving a FREE traditional turkey dinner and all the fixings!

Attention All Commands: If you have personnel on watch please contact a Liberty staff member at 961-3768 to RSVP by Nov. 23 and we will deliver a Hot Thanksgiving Dinner to your personnel.

Volunteers needed: If you would like to help deliver or prepare plates for this event, please sign up at Bldg. 1281 Liberty Center or email carol.winkler@navy.mil

Corpus Christi Bay Club

The Corpus Christi Bay Club will be serving a Traditional Thanksgiving Buffet from 11 a.m. to 2 p.m. Nov. 26. The "Bountiful Menu" includes corn chowder and shrimp bisque, fresh garden salad bar, holiday fruit salad, roast turkey with dressing, giblet gravy, baked ham, cranberry sauce, fluffy whipped potatoes, honey glazed yams, mixed vegetables, green bean casserole, hot rolls with butter, homemade bread pudding, pumpkin, apple and pecan pies, iced tea, coffee and fountain soda. Champagne, Wine and Bloody Mary's will be available for purchase from your server.

Price is \$14.95 for adults; \$6.95 for children 4-10 and free for children 3 and under. Reservations are required; walk-ins will be taken on a space available basis. Please call 961-2541 to make your reservations.

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Payment deadline: 6:30 p.m., December 16

*Closed November 26-28

Classes start January 11, 2010.

Admissions information:

361-698-1255 or 1-800-652-3357

Registration Help Line: 361-698-2330

www.delmar.edu

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What's Happening

by Tina Konwerski

Consider taking a break from your busy schedule, and make time to stop by and enjoy the beautiful art on display. The rewards of supporting the Art Center are clearly evident with each and every work in our galleries. Please share the joy by bringing a friend...or two. Most works in our galleries are for sale and would make a lovely addition to your collection or inspire you to start a collection, become an artist or inspire someone you know to get creative. For more information on works for sale contact info@artcentercc.org. The Art Center, 100 Shoreline Blvd., Corpus Christi, TX 78401 (361)884-6406.

NOW Through January 12, see Inside Peanuts: The Life and Art Of Charles M. Schulz. The Art Museum of South Texas, 1902 N. Shoreline Blvd. The exhibition follows Schulz from his Minnesota roots to his life in California and tracks the development of the characters that make up the unique world of Peanuts. fmi 361/825-3500.
E-mail: artmuseum@tamucc.edu

NOW through December 7th -- Holiday Mail for Heroes campaign ensures that your cards will reach our soldiers so that together we can convey our gratitude for their enduring sacrifices to protect our freedoms." The American Red Cross and Pitney Bowes Inc. will partner for the third year to provide screening of all mail sent to the following address: Holiday Mail for Heroes, P.O. Box 5456, Capitol Heights, MD 20791-5456 Due to security restrictions, Walter Reed Army Medical Center and other care centers cannot accept generic mail addressed to "A Recovering Soldier" or "Any Soldier." Holiday Mail for Heroes was created so that Americans hoping to express gratitude and support to those working and receiving care at Walter Reed or serving

Continued next page

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Entertainment Events



BEST BITES DINING GUIDE

What's Happening

our nation in another capacity could have a central location to send letters where they could be screened for security reasons and distributed. People should not send cards directly to Walter Reed unless they are addressed to a specific wounded warrior. Cards should be postmarked no later than December 7th in order to reach service members recovering at Walter Reed. For more information, visit www.redcross.org/holidaymail.

Cleaning for a Reason - If you know any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning - 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code arrange for the service.

www.cleaningforareason.org/index.html

YOUR EVENT HERE - FREE

Churches, Schools and Non-profit organizations, submit your next event (at least 3 weeks prior to the event) 50 words or less. We will share the information (based on space availability) with our readers by including in What's Happening. email to publisher@coffeeneWSCorpusChristi.com Please use discretion. Event information should be suitable for child(ren)'s viewing.

Exhibiting at the Art Center

If you are interested in exhibiting in one of the Art Center's spacious galleries, please bring your portfolio by or send your portfolio to the Art Center by U.S. mail. Need more info, email exhibits@artcentercc.org or call (361)884-6406 100 N. Shoreline Blvd., Corpus Christi, TX 78401.

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Ask Dr. Garcia



Garcia

Q: How can my husband and I work more effectively through the issue of "balance of power" in our marriage?

A: If you have been married for any length of time you know it's impossible to share every task and responsibility equally.

You each have different skills and abilities.

However, one goal of marriage is to empower your spouse.

Empowerment means establishing power in the other.

The way you do this is to recognize the strengths your spouse brought into the marriage and encourage him or her to use these skills.

Urge your spouse to become all he or she can become.

Where there is a weak area in your spouse, work to strengthen it rather than tearing it down.

The goal is for two people to empower each other to live up to their full potential.

In marriage, you are to lift up your spouse, encourage him or her, forgive, and enable emotional and spiritual health.

Empathy is about putting yourself in the shoes of someone else, understanding their issues from their point of view.

Couples need to address power issues by feeling each other's pain.

Because you and your spouse are different and come from different experiences, you need empathy.

You may lack it because you are unaware of each other's experiences, or you prematurely attempt to solve problems before understanding all the elements of the problem, or because you have negative expectations of each other.

Couples must realize that men have been raised as men and women as women.

As obvious as this statement is, it means you and your spouse come from different gender biases.

You need to appreciate these differences and work through them.

Couples who share their gender experiences and feel listened to do well together.

Q: I married my husband and not his family. How can we work through the "in-laws" issue?

A: You probably didn't pay that much attention to your spouse's family when you married.

If you did, no doubt it was only for a second.

If you were like me, you didn't concern yourself at all with how the extended family behaved.

After all, you were enamored with your new love.

You only had to put up with the larger group on special occasions.

While your extended families may not be physically present in your home, they do show up in the thoughts, beliefs, and actions of you and your spouse.

You both act in ways that support what you've learned growing up.

Sure, you might sometimes rebel and try to oppose that training in the process of becoming you.

But that process involves integrating parts of the family into who you are.

You take on good parts and not-so-good parts.

It's the not-so-good parts that usually cause problems.

While you try to integrate all the parts of self into a whole person, you must also work on separating from your extended family.

This emotional and physical separation is tricky business.

It takes great skill to be your own unique person while still remaining attached to the larger extended family.

The better you are able to separate emotionally and still keep your family connection, the better marital partner you will make.

It is necessary to develop a strong sense of self.

Otherwise you'll expect your partner to complete the missing parts.



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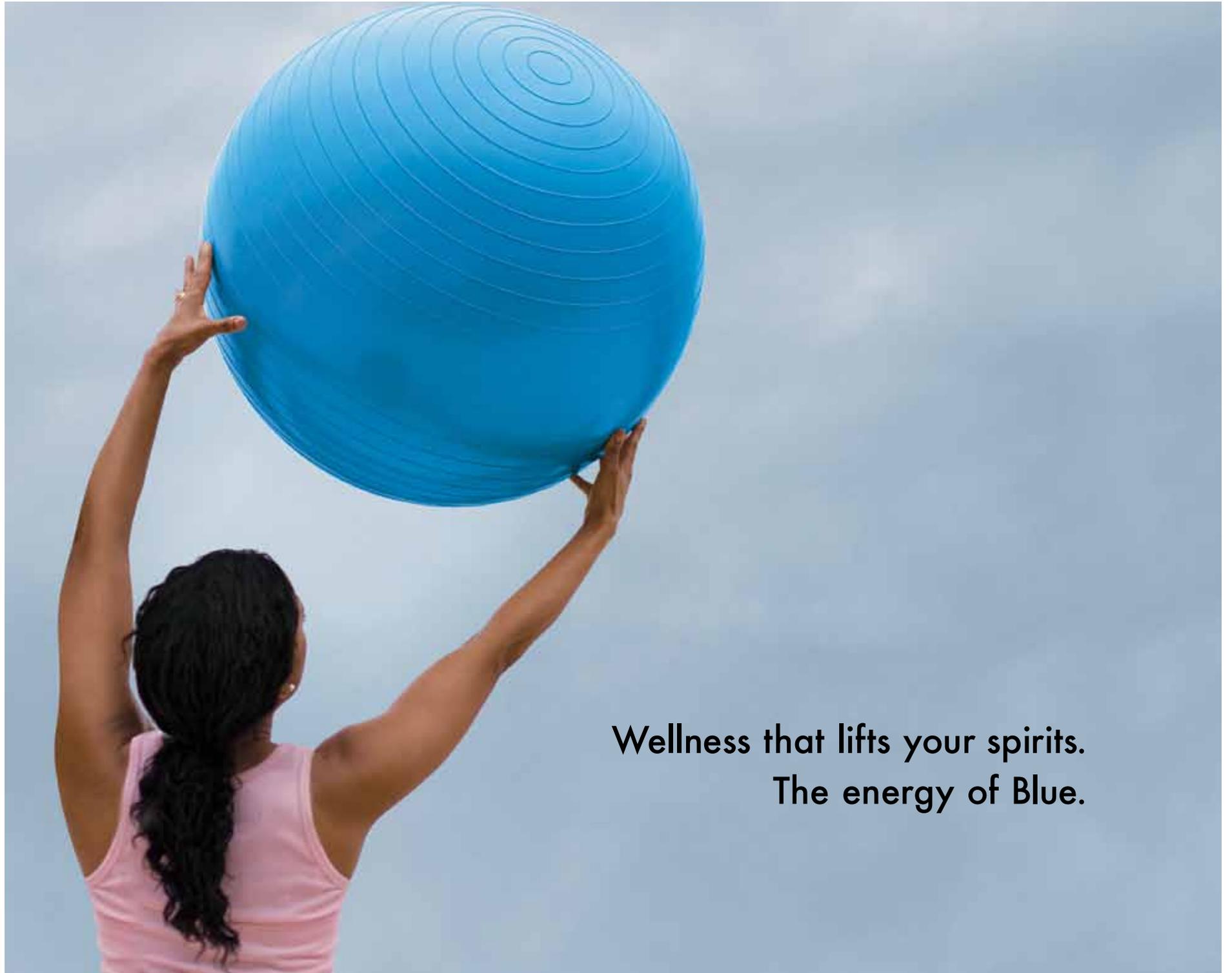
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Former President of the Corpus Christi Family Law Association (1999-2000)

Selected as a Texas "Super Lawyer" in November 2003, October 2004, and October 2005 issues of *Texas Monthly*

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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