



**Happy Holidays!**



**CWO3 James Porter retires**

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**Holiday Fund Run**

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## Depot delivers thousands of Toys for Tots

by Ed Mickley, CCAD Public Affairs

Employees of the Corpus Christi Army Depot on Dec. 8 delivered hundreds of bicycles and thousands of toys to the U.S. Marine Corps Reserve for their Toys for Tots Program.

The Marines were very thankful if not slightly overwhelmed, having to make several trips with four trucks to gather all the toys.

The depot provided two trucks to aid in transporting the toys to the Marine Corps' facility.

"It's incredible," said Lt. Col. Angel Cuellar, Officer In Charge, Inspector-Instructor, Co. C, 1st Bn, 23rd Marines.

"I've never seen a donation like this before."

Every year, CCAD employees, contractors and partners fill decorated Toys for Tots boxes scattered throughout the depot to help the Marines provide for underprivileged children in the Coastal Bend. The depot is one of the top five contributors in the region.

"These people support us every year, each year getting better and better," said Cpl. Laura Martinez. "Without them, it's possible we couldn't do it. They help us out every year."

"We do it because we're really fortunate and can help out the kids,"



said Leo Gonzales, Protocol asst. "It's a good feeling to be able to do that."

"We delivered 414 bikes and over 5200 toys. And to everyone at CCAD, thank you for making this a success," said Larry Simone, CCAD's Director of Quality and this year's Toys for Tots coordinator.

"I've had 26 years in the service at this point and been all over the world and never have seen anything like what I've seen at this depot," said Col. Christopher Carlile, CCAD Commander.

"I'm completely amazed and honored to be the commander. I cannot believe the giving spirit of this depot."

In 2009, CCAD filled four three-quarter-ton trucks and a pickup with 1779 toys and 133 bicycles. Marines received a total of 53,491 toys for the 19, 207 children in the Coastal Bend area.



**(top) Hundreds of bikes and thousands of toys donated by Corpus Christi Army Depot employees are stacked on CCAD's flight line, Dec. 8. (above) A depot employee hands one of 414 bikes to Marines.**

Top photo by Charlie Herschbach; bottom photo by Kiana Allen.



## Coastal Bend CFC sets new record

CCAD volunteers with their Eagle Plaque for raising the most during the 2010 Combined Federal Campaign. CCAD raised more than \$670,000; overall, the campaign more than \$1,198,512, breaking the 2009 record of \$1.075 million. Final totals are pending.

Photo by Rod Hafemeister

## Skipper's Column

by Capt. Randy Pierson



Pierson

This past week was very memorable, considering it was three weeks before Christmas after a wonderful Thanksgiving.

There are several reasons for the memorable nature; it concluded a week of entertainment, festivities, and

meaningful milestones.

Let me begin with the week's entertainment...timed perfectly with the approaching cold front, NASCC culminated key fundraising for the Annual Holiday Party.

As many saw a couple of weeks ago, with me safely locked away in the Base Brig, there are many ways to conduct legitimate fundraising as we have proven over the last several weeks.

Ironically, my jailing was so much more about me "bailing" than my "jailing."

Where there is bail there is money – in this case, my personal checkbook.

This week, again thinking out of the box, our holiday party fundraising committee felt it only appropriate to have "Pay to vote" where anyone could vote a co-worker to wear a goofy holiday costume and not only parade in it, but run our Command Physical Training in it.

And with \$1,200 in Sailor votes later, that is what we did...four characters: MACS Scott Atkinson as Father Time, Lt. Cmdr. Jason Greene as Santa Claus, MACM Alexcia Gonzalez as Mrs. Claus and Yours Truly as a

## Racing to the Holiday Season and retiring our Finest

New Year's Baby – all dressed up at 0700, information ready to go.

There was plenty of fun to be had on what was the coldest day of the so far this fall.

The temperature was in the low 40s and 25 mph winds always seemed to be a headwind, no matter which way we ran, (smile).

Finally, "Meaningful Milestones."

Farewell to the Base Security Officer, CWO3 Porter, who retired on Dec. 10.

A true professional, Warrant Porter, in 20 brief months, groomed our security force to the high level of protection and professionalism we enjoy today.

A technical expert, dedicated professional and great leader, Jim has helped us shine and we will miss him, his wife and their children.

Fair Winds and Following Seas, Jim.

## Chaplain's Message

by Lt. Cmdr. Gabriel Mensah, Chaplain

The Holiday Season has finally arrived, and once again the "Christmas/Holiday spirit" will fill us with the feeling of goodwill towards our fellow men and women as we send cards, give gifts, throw parties and greet each other with a cheerful "Merry Christmas!" and "Happy Holidays!"

Have you ever noticed that one of the nicest things about the Holiday Season is the effort that everyone makes to be pleasant, agreeable, kind-hearted and peaceful?

People genuinely go the extra mile to be generous, charming and chummy with their neighbors and co-workers.

After all nobody wants to be another Scrooge at this time of the year.

Parents of young children can attest to the fact that a great number of children are on their best behavior at this time of the year because they know that pretty soon "Santa Claus is Coming to Town."

Personally, I strongly believe that the Christmas/Holiday spirit of love, gift-giving, peace, generosity and goodwill should not be confined to the last two weeks of the calendar year.

Rather, it should endure all year.

Let us ask ourselves: why can't we keep the Holiday spirit in January, February and through all the other months?

I don't think the basic reason of our failure to keep the Holiday spirit all year round

is that we are selfish or don't care about others.

Rather, I believe that our attempt to be peaceful and agreeable, while sincere, is only skin-deep.

Can you imagine what a wonderful place our world would be if we were to spread the Holiday Cheer all year round?

Happy Holidays!

## Spread the Holiday Cheer all year round



Mensah

## Editor's Corner

by Rod Hafemeister



Hafemeister

With this issue, we bid a sad farewell to our Intrepid Intern, Julie Moeller.

Julie's fiancé, Jakob, gets his pilot wings Dec. 17 and, the next day, Julie and Jakob depart NASCC to return to Denmark.

We're going to miss her – she has been a great help during her four short months here, as well as being fun to be around.

She certainly turned out to be more than we expected when she walked in the door in July and asked if she could work for us – for free.

She had a portfolio; the photos were very good, but I had no idea what the writing was like – I don't read Danish!

I told Bob I was willing to give her a try; at a minimum, an extra photographer would be handy. Best decision I've made in this job.

I've been a professional journalist for almost 30 years. I've seen a lot of reporters and worked with many on their writing.

And I have no problem saying Julie is one of the best I've ever had the pleasure of working with.

(Note to Julie: That last sentence is incorrect grammar, but perfect American idiomatic speech.)

To start with, she knows when to ask questions and when to just listen, letting the subject talk.

Secondly, she has a talent that is essential to a good journalist, although many do not

## Farewell to Julie

have it and it's not something that is easy to teach: She knows how to tell a story.

The secret in print is to get the reader to read the first paragraph and want to read the second, then the third, and so on.

That's harder than it sounds; far too many writers start giving the reader either too much or too little.

Julie crafted some great reads. So much so, that it was painful for Ye Olde Editor to have to cut them to fit at times.

But that, too, was something she understood: The practical reality of news, print or broadcast, is that it comes down to "all the news that fits."

From here, she has one more year of school at home, then either a paying job or graduate school.

Either way, I predict great success for her.

Farewell, Julie – and keep in touch.

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# CWO3 James Porter retires on USS Lexington - December 10



CWO3 James Porter, Naval Air Station Corpus Christi's Security Officer since April 2009, retired Dec. 10 in a ceremony onboard the USS Lexington.



(left) Porter presents his wife, Kristy, with his retirement flag. (right) Porter is piped ashore for the final time.

Photos by Rod Hafemeister

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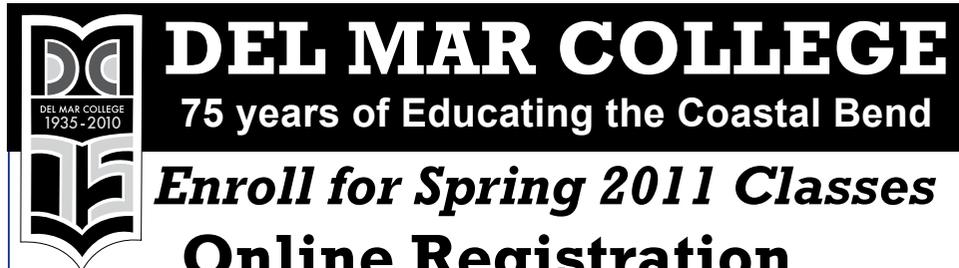
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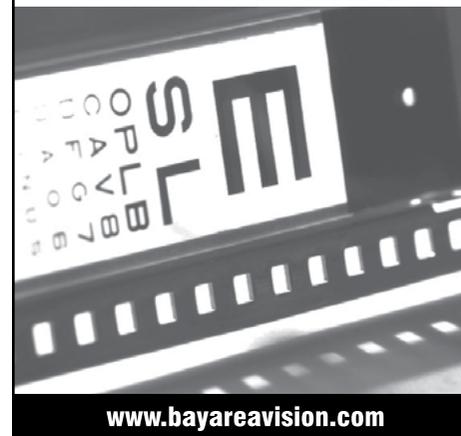


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## Holiday Blues and Suicide Prevention

by Dr. Linda Diaz, Fleet & Family Support Center

The Holidays are upon us and we find ourselves waiting – and we become impatient and irritable with others.

Sometimes our irritability reaches the level of absolute frustration causing an upsurge of anger.

Even if our world has become less complicated through technology, we still find ourselves waiting.

We wait to receive a package we've ordered; we wait in a doctor's office to receive a simple checkup; we are a society of waiting.

Come to think of it, we spend a lot of our time waiting.

To complicate matters, a military family member may be deployed, families are separated by miles due to re-location to another geographical area.

We may be trying to readjust to a new installation and city, or we may be out of touch with our loved ones; so our emotions range from loneliness, sadness, anger, and/or disappointment.

During the holidays, our emotions are magnified.

Consequently, the emotions may lead to depression and/or substance abuse if we do not monitor ourselves.

Suicide knows no boundaries; it touches all ages, ethnic groups, genders, occupations, geographic areas, and socioeconomic statuses.

During the holiday season, it is important to be cognizant of our emotional and physical condition.

Recognize the risk factors that contribute to over indulgence in alcohol and negative feelings.

Suicide is a significant public health issue and the military has experienced an increased rate of suicide.

In 2009, research showed that suicide in the Navy and Marine Corps was the second or third leading cause of deaths among active duty Sailors and Marines in the last 10 years.

My goal is to provide suicide awareness on risk factors that increase suicide ideation, provide warning signs leading to suicide ideation, suggest healthy protective factors

*Suicide continued on page 5*

*Suicide continued from page 4*

that will help reduce the risk of suicide, and provide resource information to help you a suicidal situation.

The leading risk factors to suicide are depression and substance abuse.

If there is a previous family history of suicide attempts and/or if you know of someone who has committed suicide, you are at a higher risk for suicide ideation.

Other risk factors include: strained relationships, loss of a loved one, financial problems, family history of mental disorders, or legal problems to name a few.

***The leading risk factors to suicide are depression and substance abuse.***

Suicidal warning signs could be a preoccupation with death, social isolation/withdrawal from friends and family, an increase in drinking and/or drug use, giving away prized possessions, loss of interest in activities previously enjoyed, severe and prolonged unmanageable stress, feelings of powerlessness, helplessness, and hopelessness, having no purpose in life, resistance to others attempting to help you and/or not taking responsibility to ask for help.

There is help in preventing suicide ideation by making every effort to integrate protective factors, such as: unit cohesion and camaraderie, develop a healthy lifestyle, seek spiritual support, acquire an optimistic and positive outlook, learn effective problem-solving skills, stay connected to family members and friends, and always include, laughter in your life.

The resources provided will help you meet the needs in assisting you or someone you know who may be suicidal.

On base, call NASCC Base Security 961-2375, Naval Health Clinic Hospital Security 961-6035, Chaplain's Office 961-3751, Fleet and Family Support Center 961-2372, and Military One Source 24/7 1800 342-9647.

If you are out in the community, call 911 or go to the nearest hospital emergency room.

The Fleet and Family Support Center family hope you enjoy a happy and safe holiday with friends and family.

Please contact us at (361) 961-2372 should you need any assistance.

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## Fire Inspector Jose Bazan retires



The man his fellow fire fighters call “Mr. B” – Fire Inspector Jose Bazan – retired on Nov. 30 after 47 years of government service. Above, Bazan (second from left) receives a plaque from Fire Capt. Mark Weil and fellow fire fighters commemorating his years of service.

Photo by Rod Hafemeister

## Don't let a fire ruin your holidays

by John Morris, NASCC Fire Chief

As Christmas nears, the decorations go up.

What's a holiday party or even the traditional Christmas scene itself without a beautifully decorated tree?

If your household, as those of more than 33 million other American homes, includes a natural tree in its festivities, take to heart the sales person's suggestion: “Keep the tree watered.”

That's good advice and not just to create a fragrant indoor winter wonderland atmosphere.

Christmas trees account for 200 fires annually, resulting in six deaths, 25 injuries and more than \$6 million in property damage.

Typically, shorts in electrical lights or open flames from candles, lighters or matches start tree fires.

Well-watered trees are not a problem.

Dry and neglected trees can be.

Allow me to echo this advice from the United States Fire Administration:

“As we enter this traditionally dangerous time of year, Christmas decorations, natural trees and candles coupled with the potential for cold weather increase the risk of household fires.

“There are some sobering statistics that include that real and artificial Christmas trees are the first items ignited in an estimated 210 home fires annually, according to the most recent NFPA statistics.

“Additionally Christmas Day has the highest number of fires started by candles, though in an average year there are 15,600 home structure fires caused by candles reported to local fire departments.

“These fires caused an estimated 150 deaths, 1,270 injuries and \$539 million in direct property damage.

“Couple this with increased use of space heaters and fireplaces for supplementary heating and your individual risk profile increases.”

We recommend that if you put up your Christmas tree right after Thanksgiving, it needs to be taken down the week after Christmas.

After New Year's, even well-watered trees can become a fire hazard.

While the tree is up, you need to commit to taking care of a fresh tree, and keep flame sources away from plastic trees, to reduce the risk of their tree being involved in a home fire.

How fast can a Christmas tree go up in flames?

USFA has a chilling video demonstration: <http://www.usfa.dhs.gov/downloads/media/tree3202402web.mov>.

Because of this high risk, Underwriters Laboratories and the NFPA urge people to practice a few safety precautions before, during and after their celebrations:

- Regularly check your tree for fresh, green needles. Trees that have dried out over several weeks burn faster than fresh, well-watered trees. Remember to keep your tree watered at all times.
- Always keep candles, as well as matches and lighters, out of the reach of children, and don't leave children unattended in a room with lit candles.
- Look for the holographic UL Mark on

*Fire continued on page 7*

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**Fire continued from page 6**

light strings and electrical decorations. The UL Mark means that UL engineers have tested samples of the product for safety hazards.

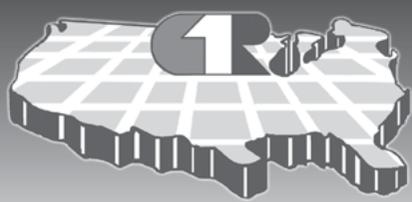
- Green holographic UL Mark = Indoor-only use
- Red holographic UL Mark = Indoor and outdoor use
- Carefully inspect each electrical decoration - new or old - before plugging it in. Cracked sockets, frayed, bare or loose wires can cause a serious electric shock or start a fire.
- Replace damaged items with new, UL-Listed decorations.
- Take down holiday lights after 90 days of use to prevent damage from weather conditions and neighborhood animals.

# Remembering Pearl Harbor



Veterans raise the flag Dec. 7 at the annual commemoration in Sherrod Park of the anniversary of the 1941 attack on Pearl Harbor. Photo by Bob Torres

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# NASCC Holiday Fund Run



Naval Air Station Corpus Christi Sailors and Civilians bid on which leaders would wear holiday themed costumes for the morning physical training run on Dec. 8. Although the bidding started slow, the last day saw a rush of donations resulting in Skipper Capt. Randy Pierson being voted into the New Year's Baby attire, while NASCC Security received the 'honor' of the other three costumes: Lt. Cmdr. Jason Green as Santa, MACM Alexcia Gonzalez as Mrs. Claus and MACS Scott Atkinson as Father Time.

Photos by Bob Torres



# Awards and Achievements

## Winging — December 3



Photo by Hugh Lieck Event Photography

Winging officials, from left: Foster Edwards, Corpus Christi Chamber of Commerce; Lt. Robert Fasnacht, Chaplain; Lt. Col. W.J. Maclean, USAF, Executive Officer, VT-35; Cmdr. Antonio Tellado, Executive Officer, VT-31; Cmdr. Kevin McGee, Commanding Officer, VT-35; Cmdr. William Hearther, Commanding Officer, VT-31; Col. Marshall Denney III, USMC, Commanding Officer, MATSG-22; Cmdr. Christopher Sund, Guest Speaker.

Wingees, in alphabetical order: 1<sup>st</sup> Lt. Edward Lawrence Adams Jr., USAF; 2<sup>nd</sup> Lt. John Arden Ahnefeldt, USAF; 1<sup>st</sup> Lt. Derek Thomas Ancira, USMC; 1<sup>st</sup> Lt. Jonathan D Buckland, USMC; Ensign Jayson Patrick Cannon; Lt. j.g. Terry Michael Lane Jr.; 2<sup>nd</sup> Lt. Thomas Christian Lide, USAF; Capt. Joey Patrick Lubbers, USAF; Lt. j.g. Jonathan Roy Mason; Ensign Austin Michael Nasca; 1<sup>st</sup> Lt. Timothy Edward Osterhout, USMC; 1<sup>st</sup> Lt. Matthew Brock Reedy, USMC; Lt. j.g. Michael Edward Tem; Lt. j.g. Jared Steven Wedel.

## NASCC Military/Civilian Awards — December 2



NASCC held a combined military and civilian awards ceremony Dec. 2. Awardees, pictured with NASCC Co Capt. Randy Pierson (far right) included: Lt. Jack Stanley, (Navy Commendation Medal); ET2 David Lane, (Navy Achievement Medal); ABH2 Manuel Ariasraig, (Flag Letter of Commendation); AC2 Omowale Browne, DC2 Winzel Cabarrubias, MA2 Trevor Clarke, AC2 Brittany Dietert, DC2 April Smith, AC3 Matthew Anderson, AC3 Joel Dowdy, AC3 Michael T. O'Donnell, AC3 Samuel Smeltzer, (Frocking Letter). Civilian Length of Service: Lynn Anderson, Kirk J. Delgado (10 Years); Mary Lynn Hall (15 Years); Mary Lynn Hall, Jeffery L. Hammond, Troy M. Vella (20 Years). Special Recognition, Ron Gonzales; Civilian of the Quarter – Larry Garza; Senior Civilian of the Quarter, Douglas Lange.

Photo by Bob Torres



# BEST BITES DINING GUIDE

## CRANBERRY-PINEAPPLE HOLIDAY PUNCH

1/2 cup sugar

1/2 cup water

2 cups cranberry juice, chilled

1 cup fresh orange juice, chilled (about 3 oranges)

1 cup unsweetened pineapple juice, chilled

3/4 cup fresh lemon juice, chilled (about 4 lemons)

1 2-liter bottle ginger ale, chilled

Cranberries and lemon slices (optional)

1. For syrup, in a small saucepan combine the sugar and water. Cook and stir over medium heat until sugar is dissolved. Transfer to a small bowl or 1 cup glass measure. Cover and chill for 1 hour.

2. In a large punch bowl stir together the cranberry juice, orange juice, pineapple juice, lemon juice, and chilled syrup. Stir in ginger ale and serve immediately. Garnish with cranberries and lemon slices if desired.

Makes 14 (about 8-ounce) servings.



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### What's Happening

by Tina Konwerski

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**Calling All Seniors: 2.5 Million Texas Seniors need your help!** Come join us for "Senior Day at the Capitol" a biannual event sponsored by the Texas Senior Advocacy Coalition. On February 8, 2011, thousands of Seniors from across Texas will meet at 10:30 a.m. on the front steps of our State Capitol in Austin, Texas. The purpose of this event is to show our legislators that Seniors of Texas care about issues affecting them. These will be the issues addressed: Mandatory Geriatric Training For Health Care Practitioners, Funding For Assisted Living Ombudsmen, No Cuts in Medicaid Reimbursement, Reinstate Utility Assistance For Seniors of Modest Means, and Full Funding For Home-Delivered Meals. Seniors will meet with our State Officials and be recognized for the contributions made by Texas Senior Citizens. The City of Corpus Christi's RSVP and Senior Companion Programs

See What's Happening, Page 11

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# BEST BITES DINING GUIDE

## What's Happening, from page 10

are the local sponsors for this bus trip to Austin, Texas. 02/08/11 a bus will depart from City Hall at 5:30 a.m. \$40.00 per person. **Full payment is due by January 7, 2011. First come, First Served.** Fmi 361-826-3199 or visit [www.ccparkandrec.com](http://www.ccparkandrec.com).

**Available 24/7** The Corpus Christi Public Libraries now has eBooks available for download go to [www.cclibraries.com](http://www.cclibraries.com).

**EVERY TUESDAY - "Rialto Rhythms"**  
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**CORPUS CHRISTI PARKS & RECREATION IS Seeking Presenters for Monthly Cooking Demonstrations** for the general public. The demonstrations are held on the second Wednesday of each month from 10:30am - 12:00 p.m. at the Galván House in Heritage Park. 25 to 30 people attend these demonstrations and presenters are welcome to bring materials to help promote their business. Past demonstrations have featured the following wide variety of cultural cuisine: German, Jewish, Mexican, French, Native American, Chinese, Cajun and many others. The program expanded to include alternative, health conscience, and vegetarian dishes, which are also crowd favorites. **For more information about this program or to schedule a demonstration, please call 361-826-3417.** The Cultural Center is located in the Galván House in Heritage Park at 1581 N. Chaparral, Corpus Christi.

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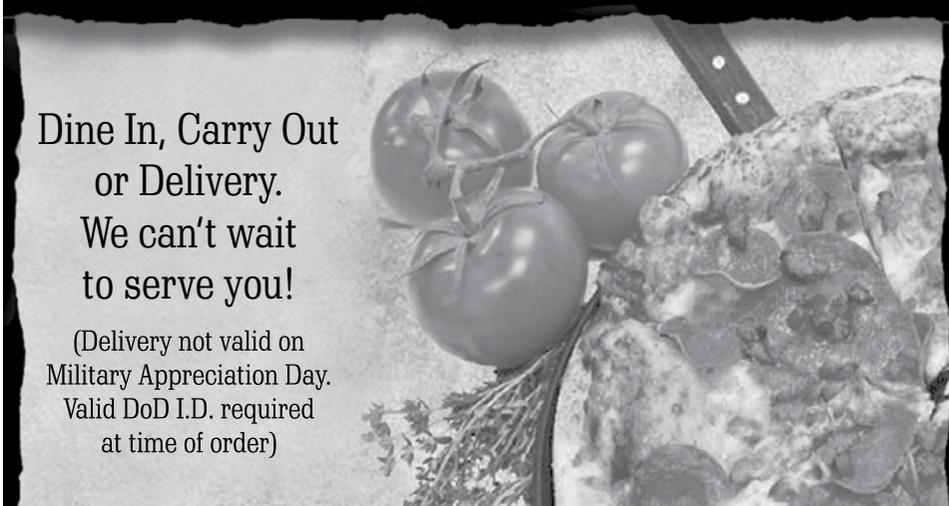
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## MA1 Jason Walters reenlists



MA1 Jason Walters (right) receives his Honorable Discharge from CWO3 James Porter just prior to reenlisting on Dec. 3.

Photo by Bob Torres



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# EN1 Jason Kreger reenlists



EN1 Jason Kreger (left) receives a "Thanks" from NASCC CO Capt. Randy Pierson while Kreger's family looks on. Kreger reenlisted Dec. 3.

Photo by Bob Torres

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Sometimes a bride and groom enter into marriage with an array of private assumptions and false expectations about how their new life will be.

When these assumptions don't line up, major conflict can occur soon after the wedding.

For example, perhaps one spouse wants to adopt foster kids, and the other spouse doesn't.

More than likely, each will tend to think the other will eventually come around to his or her point of view.

The spouse who wants foster kids may think, *He [she] will eventually want foster kids*; the other spouse thinks, *He [she] will eventually get over the idea of having foster kids*.

Hence, one of the primary purposes of premarital counseling is to identify the assumptions each person holds and work through the areas of potential conflict.

After premarital counseling, some couples may decide not to continue with the plan for marriage.

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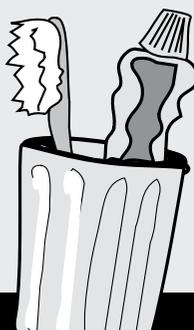
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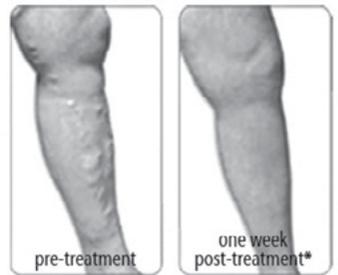
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