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# WINGSPAN



Vol. 14, No. 7

Naval Air Station Corpus Christi, Texas

March 27, 2008

## Wounded Warriors show their 'mettle' during Soldier Ride

by Bob Torres, Public Affairs Officer



(From L to R) PFC Adrian Garcia, Staf Sgt. Matt Lammers, Sgt. Mike Owens, Staff Sgt. Kevin Baker, CW2 Skip DeGaray and SPC Luke Goedert had high spirits as the Wounded Warrior Soldier Race commenced on Ocean Drive, March 15.

Wounded Warriors continued on page 8

### What's Inside



Fire & EMS extrication exercises Page 3



PFAD continues to brighten our days Page 10



Celebrate April, the Month of the Military Child!

## April is Child Abuse Awareness Month

by Ensign Nolan Lucas, Wingspan Contributor

Bonnie Finney took a stand in 1989 after her 3-year-old grandson was abused and killed, and initiated Child Abuse Awareness Month. She encouraged the "blue ribbon campaign" to raise child abuse awareness and to serve as a reminder and testament to children who have suffered and died because of it.

The extent of child abuse is not easily quantified but is a major social issue in America today. Child abuse can occur in several various ways. The two primary forms of child abuse seen in the United States today are abuse and neglect.

Abuse is the deliberate act of either physical or emotional distress to a child. Emotional distress includes the destruction of the child's self esteem and verbal "abuse." Physical abuse occurs when deliberate acts of violence directed toward a child create unnecessary harm.

The second and most common form is neglect. Neglect is characterized by the failure to provide for a child's physical needs. This is not always an intentional act by parents of the children, but often because of immaturity or hardships.

"Statistics show an escalation of children who are abused and neglected every year," said Patti Barclay, director of NAS Corpus Christi's Child Development Center. "Our part is to stop this trend by awareness and training."

"It is important to be partners in the community with the schools, law enforcement agencies, and the business community. Our goal is to become more aware of child abuse and its prevention within the community, and get involved in supporting parents to raise their Child Abuse continued on page 15



Photo by Bob Torres

## Skipper's Column

by Capt. Timothy Coolidge

I hope everyone had a Happy Easter this past weekend. For Christians worldwide, no matter the denomination, this is a special time of year.



Coolidge

As some of you know, last week was a busy one as we prepared for a visit from our boss, Rear Adm. Michael Vitale, Commander, Navy Region Southeast. Vitale has been selected for promotion to Vice Adm. and will take the helm of Commander, Navy Installations Command later this year.

It was Vitale's first visit to Corpus Christi and, unfortunately, the travel part didn't go as planned. Not long after his flight arrived in the Dallas/Fort Worth airport on Tuesday, all outbound flights

### There's a lot to do before summer!

were cancelled due to weather. He and his two Flag Aides wound up spending the night in Dallas. The incoming NASCC Commanding Officer (my relief), Capt. Randy Pierson, was heading in to join us and was also stuck overnight in Dallas. None of the four saw their luggage until it arrive at Corpus Christ Int'l Airport on Wednesday evening! The Admiral and two Flag Aides were traveling in uniform. Capt. Pierson wasn't. Many thanks go out to the Paraloft and others who put together a flight suit with rank and patches, boots and a ball cap for him!

Regarding the Admiral's visit, I was very pleased with the way it went. I feel confident that when he left, he was well-versed in the good things going on here. Thanks to all of you each day for making that happen. I think he is also aware of some of the problems we experience from a base with a 70-year-old infrastructure.

The first brief Vitale heard was our Quality of Life (QOL) Way Ahead. This details our near- and long-term plan to improve the QOL facilities, alter the landscape to put all QOL facilities together, and re-open that part of the base to the general public like it was before September 11, 2001. The changes are significant and complement the other major military construction projects for CCAD and TW-4.

In the long run, we're planning to expand the marina, move the back nine holes of the golf course (left side of Lexington as you drive onto the base) to the vacant area along housing near the Laguna Madre, and build a new All-Hands Club with a golf shop. That won't happen tomorrow, but it will happen.

There are also plans to take down

*Captain continued on page 18*

## Chaplain's Message

Godly faith in action

by Lt. Tim Gault, NASCC Chaplain

When you look in the newspaper, turn on the radio or television, surf the web or talk to someone on the street, it doesn't sound like things are going well. We hear that the dollar continues to slide in its market value, the price of oil is at an all-time high and rising, home prices are plunging, America's enemies seem to be developing, and at least one of our "strongest allies" in Europe said America's "magic is over."

It is tempting at moments like this to become myopic (narrow-minded) and focus on our immediate world with hopes that things of a larger scale will somehow work out in the end. But, focusing merely inward is contrary to godly faith.

The Bible was written over a period of approximately 1,500 years by more than three dozen individuals living in a variety

of locations with an ever greater diversity of experiences. The Scriptures are not limited to good times or to bad times. Their wisdom is not tied to a political philosophy or dependent upon the power of a government or national economy. And, the scope of their counsel extends to us in moments like this, as well.

The Bible says we should know that Almighty God has absolute power over the nations. In figurative language, the Scriptures say, "He is the one who sits on the earth's horizon; its inhabitants are like grasshoppers before him. He is the one who stretches out the sky like a thin curtain, and spreads it out like a pitched tent. He is the one who reduces rulers to nothing; He makes the earth's leaders insignificant," (Isaiah 40:22-23). This is mentioned as a

matter of hope for those who trust in God's justice and goodness. It is also a warning against putting too much faith in human institutions, including big government programs.

God is at work in good times and at tough times. We should not forget that the Lord put His image in us all. He calls us to be mindful of the needs of others and to use our abilities and resources to their benefit, regardless of the strength of

*Chaplain continued on page 16*



Gault

## Security Corner

by Lt. Cmdr. Jason Greene

NAS Corpus Christi will host a team of anti-terrorism experts April 6 through 11 to perform a Joint Staff Integrated Vulnerability Assessment (JSIVA). The JSIVA is a



evaluation that will examine at all aspects of the base's ability to deter and respond to a terrorist attack. This includes

the coordination between all agencies and tenant commands. Most people agree, our facility isn't likely to be viewed by international terrorists as "tip of the spear" or a particularly lucrative target. However, Corpus Christi's proximity to the Mexican border coupled with recent suggestions that terrorists are fostering cooperative relationships with

### JSIVA brings fresh look to NASCC's anti-terrorism efforts

drug cartels and human smuggling operations may change that thinking. Additionally, home-grown terrorism can never be discounted and Corpus Christi needs to be looked at as a whole. Our city is home to a large refinery industry and a high volume of port operations.

The visiting team belongs to the Defense Threat Reduction Agency (DTRA) out of Fort Belvoir, Va., and consists of subject matter experts from all services. These experts represent a wide array of fields including engineering, security, and emergency response, including chemical, biological, and nuclear specialties. The team will inspect everything from fences and other physical security measures to the written plans and procedures for individual commands.

It is also expected that they will scrutinize command websites and attempt to gain information from personal postings on the

internet such as MySpace, YouTube, and other similar sites. One element sure to be emphasized is anti-terrorism training that all service members, DoD civilians, and other direct hire status workers aboard NAS Corpus Christi must complete annually.

This training, called "Level I AT Training," is designed to increase a person's awareness of antiterrorism so if a situation does arise, they will be well-equipped to handle any complications and be less of a target. "Level I AT Training" can be completed through the Navy Knowledge Online website. If you have any questions regarding this training, please contact your command's Antiterrorism Officer or representative.

The most common lesson learned during these security drills is that first alert of suspicious activity comes from persons

*Security continued on page 16*

## Wingspan

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"Exceeding Expectations Through  
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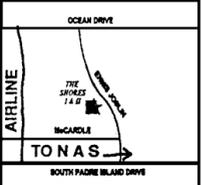
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**Captain continued from page 2**

several of the older houses and buildings and erect cottages along the sea wall near the pool and Bay Club. We believe this will attract more people to visit and stay on base.

There are a lot of moving parts to the plan and it requires cooperation from a number of commands. We hope to have the first steps of the plan approved before the summer is over. The positive impacts of the changes will reach far beyond our fence line. If everyone in Flour Bluff has access to a golf course and our Marina, it could attract more people to live there, which will bring more money to the area and improve the schools and neighborhoods! Everyone wins!

Vitale had a great visit, learned what we do here from the folks who do the work, saw our facilities and learned of our plans to improve the QOL for everyone on and off base. NASCC is successful because of the hard work everyone does, the cooperative spirit shared by all, and pure Navy and Texas pride! Keep up the great work! You're all making a difference!

Be safe and I'll see ya on the beach!

**Army ROTC continued from page 6**

clude a successful completion of a combat first aid course, Army physical fitness test, passing several individual sporting events, 9mm shooting course and 20, 25 or 30 kilometer road march. Only the road march and shooting event determine the level of badge awarded.

Thirty-seven cadets, enlisted and officer staff from four regional universities, along with members from Texas National Guard, arrived at NASCC for the road march. This was a unique opportunity for cadets and staff, since there is virtually no occasion to compete for the badge unless stationed with a German Army unit.

At the end of the event, Hiegl and

Wolfs awarded 14 gold and four silver badges. One particular cadet, Glenn Melin, went above and beyond his requirements. After being one of the first to complete the road march, 30 kilometers, he got back on the course and motivated his fellow cadets towards the finish line, marching the final kilometers in with them. This was highly encouraging to the rest of the group and will be remembered since he completed 40 kilometers by the end of the morning. The four universities participating in the event were Texas A&M Corpus Christi, Texas A&M Kingsville, Saint Mary's University and University of Houston.

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# Veterinary clinic seeing higher volumes of heartworm disease in dogs, cats

by Sgt. Timothy Hair, NAS Corpus Christi Animal Care Specialist

Heartworm disease is a serious and potentially fatal condition caused by parasitic worms living in the arteries of the lungs and the heart of dogs, cats and other species of mammals, including wolves, foxes, ferrets, sea lions and, in rare instances, humans. It is considered a worldwide clinical problem and has been reported in all 50 states, with a higher number of cases reported in the southern states (including Texas). We have diagnosed at least seven cases of heartworm disease in dogs at the NAS Corpus Christi Veterinary Treatment Facility (VTF) already this year.

Heartworms are transmitted from animal to animal by mosquitoes. When a mosquito bites an infected animal, young heartworms called microfilaria enter into that mosquito's system, and then are injected into another animal through the mosquito's bite. Throughout the next six months, the infected larvae mature into adults, and eventually migrate through the animal's body reaching the blood vessels of the lungs and heart. As we all know, in South Texas, mosquitoes are everywhere and are a year-round concern.

For both dogs and cats, clinical signs of heartworm disease may not be recognized in the early stages. However, as the disease progresses, infected dogs may eventually exhibit a mild, persistent cough, reluctance to move or exercise, fatigue after only moderate exercise, reduced appetite and weight loss, and possibly death. Heartworm disease in dogs can be verified with blood tests. Cats may exhibit clinical signs that are very non-specific, mimicking many other feline diseases. Chronic clinical signs include vomiting, gagging, difficulty or rapid breathing, lethargy and weight loss. In rare cases, a cat may suddenly die from heartworms. Blood testing in cats requires the use of an outside laboratory and is not always conclusive.

Usually, all but the most advanced cases of heartworm disease can be successfully treated in dogs. However, it is not without risk, and it is a long and costly process. There are no products currently approved in the United States for the treatment of heartworm infection in cats.

Heartworm disease is almost 100% preventable. There are a variety of options for preventing heartworm infection in both dogs and cats, including daily and monthly tablets and chewables and monthly topicals. All of these methods are extremely effective when administered properly and on a timely schedule. Depending on which product is used, you can start your pet on preventative at 6-8 weeks of age.

*Vet Clinic continued on page 17*



Sgt. Timothy Hair, U.S. Army, Animal Care Specialist, treats Ghost, a retired military working dog. NAS Corpus Christi's Veterinary Treatment Facility has seen increasing numbers of heartworm cases and offers well-priced preventative treatment for pets by appointment.

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## Ask Dr. Garcia

**Q:** *My husband and I have been having marital problems for quite some time. We do not have any children. Some friends of mine have suggested that if we have a child, our marriage will be rescued. I'm not sure if I'm even ready to have children.*

**A:** What your friend has suggested sounds like a "marital myth" that, unfortunately, many married couples utilize to gauge their marriage. Marital myths are simply a series of fairly well-integrated beliefs shared by the married couple, concerning each other and their mutual position in the marriage.

Typically, these beliefs go unchallenged by everyone involved, in spite of the reality distortions which they may imply. These attitudes, largely unexpressed directly, run below the surface of the married couple's interactions and help shape its general outline and specific features. They are often found to be important roots of marital difficulty. This is just one of many myths that may prevent further marital dissent and unhealthy decision-making.

*"Marital partners should see eye-to-eye on every issue and should work toward being as identical in outlook as possible."* The first part of this statement is just about impossible to achieve. The second part is of questionable benefit. Recognition of the inevitable differences between you can be helpful and constructive.

Many married couples seem either unwilling or incapable of recognizing their differences with respect to past experiences, basic attitudes, and personality styles. Instead, there seems to be a projection of one's personality attributes, both positive and negative, with little ability to see the other partner realistically.

*"In a marital argument, one partner is right and the other is wrong, and the goal of such fights should be for the partners to see who can score the most 'points.'"* Obviously, this is not the case. When one marital partner wins a fight, it is usually the marriage as whole that loses. Marital competitiveness is not preferable to a cooperative working environment in which no one scores points, and the outcome is such that the marriage and the couple both profit.

*"Marital partners increasingly understand each other's verbal and non-verbal communications, so there is little or no need to check things with one another."* This may certainly be the case in functional, non-problem marriages, but is often strikingly untrue for couples in



Garcia

trouble. Marital partners may assume that what they have said or done was clearly understood. They may also believe they are able to read someone else's mind or know what they mean. In working with couples, my experience has been that when the marital partners specifically check their assumptions with one another, they are often shocked at their own misperceptions and misinterpretations.

*"Positive feedback is not as necessary in a marriage as is negative feedback."* Many marital couples do not reflect and let their partners know when he or she has done something pleasing. However, there is often less hesitancy in commenting on something that has caused hurt or disappointment. Positive feedback increases behaviors that are welcomed in the relationship.

*"...And they lived happily ever after." A good marriage should happen spontaneously and should not need to involve any work on the part of the participants.* This is another carry-over of the romantic idea of marriage as a blissful, dream-like state. The realistic truth, however, is that marriage involves day-to-day and minute-by-minute interaction of those involved, as well as constant negotiation, communication, and problem solving. Unfortunately, more marriages than not spend only a few minutes a week talking with one another about anything meaningful.

Lastly, in response to your concern, *"If a marriage is not working properly, having children will rescue it."* Although the arrival of children may often temporarily make the spouses feel somewhat more worthwhile and give them a new parental role, children are not the cement that will hold poor marriages together. What often happens instead is that children become the victims of marital disharmony.

Dr. Garcia is the owner of the Healing Institute for Marriage and Family Counseling. If you have any questions for Dr. Garcia, please email: [troubadour55@hotmail.com](mailto:troubadour55@hotmail.com) or call (361) 814-4556.

## PPV Housing continued from page 5

Lease education and signing were among the final preparatory steps. Housing is a military benefit, so most residents had never signed leases. To minimize stress during the transition, GMH held town hall meetings to answer questions and conducted lease signing sessions.

When takeover day arrived, 100 percent of leases were already signed. Overall, 4,126 homes were occupied, and residents were well aware of who to contact for all their needs. Thanks to advance preparation by GMH and the Navy housing staff, the transition went smoothly, and was a success for residents and managers alike.

"This dramatic improvement in housing conditions for service members and their families is already increasing their quality of life, readiness, morale, and retention," Wolff added.

GMH Military Housing and the Navy earned each others' trust and commitment by making teamwork and communication a top priority. It also laid the groundwork for the overall project, and kept everyone focused on upcoming objectives.

For their distinguished commitment to the PPV agreement and their professionalism in all aspects of military housing and lodging management, the Navy Region Southeast Housing program was awarded the Professional Housing Management Association (PHMA) 2008 Group Award.

"As a former Regional Commander in Hawaii," said Rear Adm. Michael C. Vitale, Commander, Navy Region Southeast, "I have been involved in public-private venture (PPV) housing projects first-hand and know the significant quality of life benefits it affords our service members and their families.

"GMH has a proven track record in managing and maintaining quality housing and is dedicated to outstanding customer service. As partners, the Navy and GMH are committed to making the Southeast Region's PPV successful for every resident in GMH Military Housing."

## Vet Clinic continued from page 3

The American Veterinary Medical Association recommends a blood test for existing heartworm infection before beginning a prevention program to confirm that your pet is not already infected with the disease. In addition, annual re-testing is recommended to check your pet's status and ensure that the appropriate medication is being prescribed.

NASCC's VTF policy is to test dogs at six months of age or older and annually thereafter.

The VTF is located by the hospital and is open Monday through Friday, 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m. We are authorized to provide services to those persons enrolled in the Defense Enrollment/Eligibility Reporting System (DEERS). Heartworm testing and preventatives are available at the VTF and your local area veterinary clinics. Pets are seen by appointment only; to schedule, or if you have any questions, please call (361) 961-3952.



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**Chaplain continued from page 2**

the economy or the state of our politics. James, Jesus' half-brother, wrote, "Faith without works is useless," (James 2:20). In another place, he wrote, "Pure and undefiled religion before God the Father is this: to care for orphans and widows in their misfortune and to keep oneself unstained by the world," (James 1:27). Tough times could be considered the best times to act as "salt of the earth" and as a point of "light" in the world, as Jesus taught in Matthew's gospel, Chapter 5.

Jesus taught us to come to God with our needs. "Ask and it will be given to you; seek and you will find; knock and the door will be opened for you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened," (Matthew 7:7-8). Human provision is not enough to meet the needs we have or the needs of others. We should always be involved in praying, and we should be praying together.

These principles are at work in our base chapels. We have members, who were once discouraged, encouraged now with the company of praying partners; members, who were once facing difficult illnesses, now experiencing God's healing; members who were once looking for a way to be a blessing, becoming a blessing; members who were once feeling lost, finding fulfillment; members who were once feeling disconnected, getting connected; members who were once unsure of faith, discovering faith anew. There is no magic involved. It is the faith of our country's founders at work in a real and personal way. It is godly faith in action.

**Security continued from page 2**

who are not associated with the Security Department. Everyone must be vigilant and continue to monitor their areas. Any time suspicious activity is observed, all hands are advised to never assume it is part of an exercise or assessment and should therefore report it immediately. Call (361) 961-3333 to reach base Emergency Operators to report suspicious activity or any emergency. Please note that dialing 911 from on or off base, including your mobile phone, will connect you to the city's emergency operator instead of the base operator. NASCC Emergency Services share a very close relationship with city police and fire departments and will coordinate the response together. However, if an incident occurs on base, calling 911 rather than 961-3333 can lead to unnecessary delays.

The upcoming assessment promises to justify attempts to correct vulnerabilities that many here have known for years. The team's report will be used to compete for funds and is expected to validate our repeated requests for money and manpower. The true benefit comes from their expertise and fresh look enabling them to identify threats we may never have imagined.

For more information on the JSIVA, please call MAC Charles Kittle, NASCC Antiterrorism Officer (ATO), at (361) 961-1699.

**Specialized extrication exercise keeps NASCC F&EMS up-to-date**

by John Morris, NASCC Fire Chief

Twenty firefighters from NAS Corpus Christi and 12 from Naval Station Ingleside participated in an intensive vehicle extrication course hosted by NASCC and taught by Jason Feinstein of L.N. Curtis & Sons, Rescue Division.

Training included morning classroom sessions that covered new automotive technology and construction that has made many of the "old ways" ineffective and even dangerous on today's lighter and, in some cases, stronger vehicles. Also covered were hazards associated with the new "Hybrid" cars, as well as more common hazards such as airbags commonly found in most cars today.

Following the classroom portion, personnel moved out in the field to what looked like a major pileup with four cars and a van in various positions to challenge rescuers. Aside

from the more common door and roof removal from cars that were still on four wheels, students utilized a new strut system that allowed stabilization of vehicles involved in rollovers. Other situations involved the vehicles being unstable and as such, presented a significant hazard to rescuers and entrapped victims.

Rescue scenarios included "tunneling" into the passenger compartment from the trunk and the underside of a vehicle. This latest specialized training better prepares these firefighters to "Protect Those Who Defend America" when one of our service members, civilian employees or their families are involved in a vehicle accident on or off base.

Personnel from both bases respond off-base via respective mutual aid agreements with the surrounding community.



Photo by NASCC F&EMS

Military firefighter PO2 Robert Ohms operates a cutting tool while inside an overturned car.

**Navy Region Southeast and GMH housing transfer a success**

by Richard Wolff, NRSE Housing Director and Robert Shepko, Sr. Vice Pres. of Proj. Mgmt. for GMH

The recent transfer of military housing at 11 Southeast Naval bases in five states from the Navy to the private sector implemented the Navy's largest single PPV (public/private venture) agreement to date. The project's six-year initial development period, which includes design, renovation, and construction, has been valued at approximately \$700 million. GMH will be responsible for the management and maintenance of the project for the next 50 years.

"Many factors, including a shrinking housing budget, aging units, and maintenance backlogs have made it difficult for the Navy to provide quality housing of service members," said Richard Wolff, Navy Region Southeast Housing Director. "This partnership makes it possible for the Navy to renovate and construct family housing quickly and affordably."

The Navy Region Southeast Housing

Team, comprised of region headquarters staff and installation program managers, balanced the privatization partnership with GMH and the daily management of approximately 11,000 family housing units and 32,000 bachelor housing spaces. To ensure a smooth transition and partnership, GMH staff shared office space with Navy housing personnel. This allowed immediate referrals, better customer service, one-stop shopping, easier accessibility, and guaranteed prompt service.

The next step was to contract essential services, such as garbage collection, cleaning, facility maintenance, landscaping, and pest control. Dozens of management documents, including operations and management, environmental, and disaster plans, as well as leases, addendums, and resident guides were drafted, reviewed, and approved.

PPV Housing continued on page 17

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### At a Glance

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## Texas Army ROTC Units qualify for Proficiency Badge

by Ensign Nolan Lucas, Wingspan Contributor



Five ROTC cadets sprint towards the finish line in unison after completing 30 kilometers on March 10.

The Army ROTC unit at Texas A&M Corpus Christi sponsored a regional area qualifier for the German Armed Forces Proficiency Badge on March 10. Those who were aboard NAS Corpus Christi that morning saw the unusual sight of rut sacks and camouflage utilities marching around the perimeter of the base.

This badge is one of few Foreign Service badges authorized for wear on the dress uniforms for cadets, enlisted personnel and officers. It is awarded and certified by German Liaison officers who are stationed throughout the United States.

Lt. Col. Hiegl and Sgt. Major Wolfs, both German Army Liaison Officers from Fort Sill, Okla., administered this particu-



Members of the TAMUCC Army ROTC relax and allow their legs and feet to rest after the march.

lar certification, which is awarded in bronze, silver and gold levels. The requirements for obtaining the badge in-

*Army ROTC continued on page 18*

## Health Care Consumer Council Town Hall Meeting scheduled

by Bill Love, NHCCC Public Affairs Officer

Voice your concerns about healthcare and find out about new and upcoming health services at Naval Health Clinic Corpus Christi (NHCCC) at the Health Care Consumer Council town hall meeting April 10, at 10 a.m. Your participation and input are not only welcome, but, in fact, vital.

"The forum will give our beneficiaries an opportunity to personally say what is on their minds," said Captain Robert B. Sorenson, MC, the commanding officer at NHCCC.

The forum will take place in the NHCCC Auditorium, Room 1509, 1st floor, Bldg. H-100. The auditorium entrance is easily accessed through the Wellness Center entrance on the south side of the building. Brief presentations from select health care representatives of current practices, new policies and programs, and other beneficial information are on the agenda.

Sorenson acknowledged the benefits of using information vehicles such as the Inter-

active Customer Evaluation (IC) system, or participation in DoD surveys to provide healthcare input. However, he also stressed the value of a live forum where questions can be asked. "This setting is a great opportunity because of my background in family medicine and my experience with providing patient consultations," said Sorenson.

The Health Care Consumer Council is an open forum to stimulate and encourage your input. This is also an opportunity for you to learn about new and upcoming health services that. Anyone is welcome to attend the forum and have their chance to communicate directly with the NHCCC Commanding Officer and other health care officials. Sessions will also be held throughout the rest of the year, on June 26, Sept. 18 and Dec. 11, all at 10 a.m.

For more information, please contact NHCCC Customer Service (361) 961-6166 or visit <https://www.nhccpushcs.med.navy.mil/>

Photos by Ensign Nolan Lucas

### Child Abuse continued from page 1

children in a safe, nurturing environment," Barclay continued.

Recognizing child abuse is important in helping a child who is suffering from it. There are common signs for physical and emotional abuse of children. These signs can help determine the types of abuse, but are not all-encompassing or needed for abuse to be occurring.

Each case of child abuse is unique and needs to be approached specifically and correctly. Physical indicators of child abuse include unexplained welts and bruises on the face, throat, upper arms and buttocks, unexplained burns, such as cigarette burns, rope burns and any infected burns on the body of the child.

Behavioral indicators include extreme emotional behavior; for instance, depression, withdrawal and aggression, excessive fear towards guardians or caretakers, anti-social behavior, and inconsistent explanations of injuries. Neglect is often characterized by poor hygiene, malnutrition, speech disorders habit disorders, behavioral extremes and inappropriate behavior. If you recognize these signs in a child, the most significant way you can help them is taking charge and getting involved.

The Tennyson Center for Children has provided some guidelines and suggestions in preventing child abuse. Volunteer your time to your child and children of the community. Abuse can only occur if you allow

it to happen. Examine your own behavior and make sure that you are not emotionally abusing a child unintentionally.

Educate yourself and others on the signs of abuse. Teach your children their rights so they understand if abuse may be occurring outside the household. Mostly importantly, speak up and report abuse.

"The Child Development Center cares very much about children and making our community aware of child abuse and its' effects," said Barclay. "Citizens who are concerned about the problem of child abuse and neglect are asked to wear blue ribbons as a symbol that they can make a difference. Please join us as we take a stand against child abuse."

*If you know or are a child affected by physical/emotional abuse or neglect, please contact the Child Abuse Hotline at (800) 336-4582. You can also contact Family Advocacy at (361) 961-3862.*

*For information on the Blue Ribbon Campaign, please visit their website: [blueribbonsonline.wi.gov/](http://blueribbonsonline.wi.gov/)*

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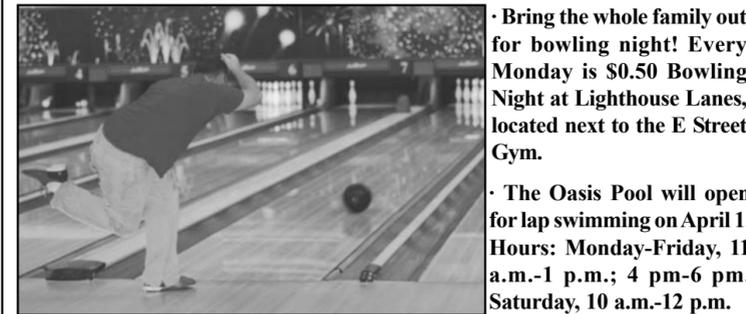
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**Volunteer recounts time at NMCRS**

by Tambi Parker, NMCRS Director



Start with a non profit, volunteer service organization that's been around for 104 years, mix in a mission of commitment to service members, and add a handful of energized, "ready to serve" individuals and what do you get? The Navy Marine Corps Relief Society, NAS Corpus Christi. Amy Pincelli, NMCRS Corpus Christi's Chairman of Volunteers, answers questions you may have about volunteering and ways you can make a difference in the life of a service member.

Pincelli started volunteering for NMCRS in 2003. "We had relocated, yet again, and I wanted to get involved in some type of volunteer work. I researched Big Brothers/Big Sisters and the March of Dimes, but I wanted to help out my fellow military families in some respect. That day, I received my Spouse's Club newsletter in the mail and saw that NMCRS on base was looking for volunteers.

"I pulled up their website at www.nmcrs.org to research the organization and it seemed like a great fit for me. I am so glad that I did because I love volunteering for NMCRS. They also pay for my child care needs during volunteer hours and my mileage. You can't beat that!"

It's up to the individual how much time they wish to devote to volunteering. "I volunteer, on the average, about 12 hours a week," says Pincelli. "We have some volunteers who come in once a week, some who come in twice a week, and some who volunteer once a month. The organization is just happy to have you volunteer your time!"

"There are a lot of different opportunities," she continued. "We have financial casework, reception, thrift shop duties, publicity, public speaking, and the list goes on. There really seems to be a fit for just about everyone! I love it to because you get some great training along the way. NMCRS has area trainers who visit every three months to keep volunteers up to speed and comfortable with their chosen positions."

Another benefit to NMCRS is that when you relocate, you won't have to be retrained at another Society. Just about every duty station will have an office, so you can continue with the same organization in the same capacity.

"I love having that continuity because as a military spouse, we expect to have to 'start over' every couple of years," says Pincelli. "New house, new schools, new job...but with NMCRS, you can just jump right back in. Sometimes I wish everything was that easy with a move!"

If you are interested in volunteering with NMCRS, please contact Amy at (361) 961-3482. It is a great way to meet some wonderful people and help out those in need.



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Wounded Warrior continued from page 1

His arm muscles bulged like coiled snakes opening and closing as he peddled his bike beginning the 25-mile portion of the Wounded Warrior Bicycle Ride on March 15.

Army Staff Sgt. Matt Lammers, who lost both legs and his left arm due to an Improvised Explosive Device (IED) in Iraq, participated in the event beginning at the NAS Corpus Christi Ocean Drive gate, with 17 of his service member buddies. They are only a small portion of wounded veterans that fill our military and Veteran's Clinics throughout the U.S.

"I was on my second tour in Iraq," said Lammers, a 25-year-old, Olathe, Kan., native. "I was with the Army infantry. Now I live in the hospital (Brooke Army Medical Center) in San Antonio."

Although Lammers said now he's "half man and half machine," his positive spirit and self-induced motivation is a source of inspiration for others. A wire that connected his prosthetic arm down to his hand broke, so Lammers simply had his hand taped to the handlebars so that he could "row" his way through the race.

A mound of tape held his left hand to the handlebar and that was enough to put a smile on Lammers' face. He was ready to ride.

Almost a dozen Corvette's from the "Vette Club," rode in procession with the Wounded Warriors at the beginning of the race. Introductions, interviews and the Flour Bluff NJROTC color guard and National Anthem took place at noon, and then the Patriot Guard led the riders along the route on Ocean Drive.

"I've got a sore throat and didn't feel real good this morning," said a bicyclist who drove up from Brownsville, Texas, to participate. "But when I think of what these service members have gone through, and yet they're riding, I just knew



Photos by Bob Torres, Public Affairs Officer

Capt. R.B. Sorenson, NHCCC Commanding Officer, greets his loyal 'fans' during the Wounded Warrior Bike Ride on March 15.

I wanted to do this." This female bicyclist rode the 40-mile portion of the race from the Ocean Drive gate to another loop on Ennis Joslin Rd, before returning to the starting line to compete her portion of the ride.

Close to 200 riders joined in to enjoy the warm day in support of the project. Ride organizer Eric Gardner, who volunteered to do this segment of the nationwide event, said, "It's been amazing how the people in Corpus Christi and surrounding areas have turned out with volunteer and financial support."

"The line last night was around the corner, and down into the parking lot," said volunteer Diane Lee. "We got almost 200 riders just in one night! This really is a worthwhile event."

The ride, designed to help wounded service members return to a more active role through cycling, kayaking, and other activities, has had a positive effect on veterans. Proceeds from rides like this also provide the service members with opportunities to participate in activities like hunting and skiing trips.

And through it all, the muscles on Lammers' right arm keep on coiling and bunching as he rows his way along the route. One revolution at a time, for other wounded veterans.



PFC Adrian Garcia gives a thumbs up before the race begins.

Iraqi Air Force increasing sorties, fleet

by John Krugel, American Forces Press Service  
 Iraq's air force, with help from a U.S. transition team, attained a tenfold increase in its number of weekly sorties and doubled the size of its fleet over the past year, a military official said on March 17.

Air Force Maj. Gen. Robert R. Allardice, commander of the Coalition Air Force Transition Team, said in 2007, the Iraqi air force evolved from flying 30 sorties a week to 300 by the end of the year. The force's fleet also grew from 28 airplanes to 56.

"The Iraqi air force began the movement from just a dream on paper to a force that will eventually become a credible air force serving the nation of Iraq," said Allardice.

The general also noted that the number of Iraqi airmen grew in the past 14 months from about 700 to roughly 1,350, plus 450 operators currently undergoing training.

Now in the 12th month under his command, Allardice lauded the "absolutely remarkable" progress of the coalition team responsible to the Multinational Security Transition Command Iraq for standing up the Iraqi air force.

"When I showed up, the Iraqi air force was just barely starting their growth spurt," he said. "Thanks to your United States Air Force, largely, with an infusion of 360 people and a lot of hard work on the Iraqi and multinational security transition corps (fronts) here, we've actually seen the Iraqi air force grow significantly in the past 12 months."

In 1991, Iraq had the world's sixth-largest air force. But coalition forces largely obliterated the corps during operations Desert Storm and Iraqi Freedom. Rebuilding Iraq's air force began recently, the general stated in a previous news conference, with the first serious efforts beginning in earnest in 2005.

In the past year, the transition team has transformed the Iraqi air force from a fledgling corps to an active force that regularly carries out critical transportation, supply and surveillance missions. On the ground in the meantime, the Iraqi air force established an operations command center and a pilot school, plus a technical training school and an academy that has graduated its first class of basic trainees.

Allardice said the current focus is on building an Iraqi air force capable of further supporting the counter-insurgency effort by the end of 2008, with an expected 100 aircraft flown by operators capable of providing three times the current level of surveillance and intelligence. By 2009, Allardice said, he expects Iraqis to be able to defend their air sovereignty, which he characterized as the next strategic milestone.

"We are also focusing on building the institution that can actually perform the management (and) leadership functions of that air force," he said. "And it's a pretty exciting thing, but it's also a very challenging effort."

As the Iraqi air force reaches for new heights in counterinsurgency and combat capabilities, the current fleet continues to inspire the citizens of Iraq.

"The first time I flew on a Huey, it was the look on the face of the Iraqis that I could see as I flew over them that made me fully appreciate the impact of having an Iraqi aircraft in the air visible to the Iraqi people," he said. "That, in my mind, is more important than shooting somebody from an airplane."

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# AROUND THE BASE IN 2008

## Pilot for a Day receives visit from F-18, special recognition from NASCC Fire House



Photo by Bob Torres

(left) Pilot for a Day Izrel Saldivar explores an F/A-18A "Hornet" with Capt. Benjamin Chamberlain, a member of the VMFA-112 Cowboys from NAS Fort Worth. (above) Kevin Leary from L.N. Curtis & Sons visited NAS Corpus Christi to present a plaque to Izrel. L.N. Curtis is a well-known fire safety equipment supplier and generously offered to sponsor the NASCC F&ES portion of PFAD through a donation to Driscoll Children's Hospital.

Photo by NASCC Fire and Emergency Services



Photo by Francis Fowler

Residents and guests of Shields Park get ready for summertime with a Luau on March 15. Shields Park hosts many gatherings each week, including a day-trip to the Big Fisherman restaurant in Rockport on Tuesdays, and a breakfast every Thursday from 7 a.m. to 10 a.m. at the Marina.



Photo by Bob Torres

AC1 Eric Anderson, CNRSE's Sailor of the Year, receives his trophy from Rear Admiral Michael C. Vitale during an All-hands ceremony on March 20. This is the second consecutive year a Sailor from Air Operations has won the base distinction.

# AWARDS AND ACHIEVEMENTS

## Leadership, mentorship, and friendship: Captain of 'ships' departs NHCCC

by Bill Love, NHCCC Public Affairs Officer

Bidding farewell is a part of military life that few relish. It is tough simply because we are not just team members—we are family. Moreover, family members generally stick together, so when one departs, especially the good ones, it is not difficult to imagine that the rest of us are left feeling like something is missing.

Such is the case with Captain Don Cenon B. Albia, MSC, Naval Health Clinic Corpus Christi's executive officer, whose two year tour came to a close on March 21.

Jeanine Hardwick, Lean Six Sigma Command Black Belt says that she will miss him because, "he has influenced me...offering his faith and trust in the job that I do, while...being there to mentor [us] along the way as needed." There is little doubt that anyone who knows Captain Albia would disagree with Ms. Hardwick.

Enlisting in May 1974 at U.S. Naval Base, Subic Bay, Philippines, Albia began his career as a deck seaman. Ten years later, he was already wearing the Chief's hat and anchor.

With his eyes always on self-improvement, he did not rest after making Chief. Instead, and went on to earn a commission. In 2005, he became the first Fili-

pino recruited in the Philippines to rise to the rank of Captain in the Medical Service Corps of the United States Navy. You will hear Albia profess to others that they should never forget where they came from.

"My enlistment process began when I sent a 2"x3" picture with my name, date of birth and address on the back of it. I received a card with the number 13441 and the time and date to show up at U. S. Naval Base Subic Bay, which was ten hours by train from my home," Albia said. "No explanations were given about what the number meant or what was going to happen when I reported."

He first took a written exam, along with 300 other U.S. Navy hopefuls. Based on the results, only 25 progressed to the oral interviews. Five were eliminated because of their lack of English-speaking skills. The young men were never addressed by their first or last names, but were only called by their calling card number and had to respond immediately. There were no second chances.

"If I had not remembered the number 13441, or if I had not heard them call it because I had gone to the bathroom, there would not be a Captain Albia today," he remarked with a chuckle. "I would prob-

ably be harvesting rice now instead of running a hospital."

Don Albia was one of the fortunate twenty who passed the screening process and boarded a plane bound for sunny California boot camp and a life full of opportunities.

This month, 34 years later, he will return to California to serve as the Commanding Officer of Naval Hospital 29 Palms.

"Somebody was watching out for me," he confesses. "That somebody was either a supervisor, the leading petty officer, and also family."

Turning his XO reins over to Captain Edgardo Perez-Lugo, MSC, Captain Albia reminds us that although his time here was very short, he did his very best to make a difference.

"I hope that I have influenced enough people to do the right thing," he offered. "I hope that they will be able to say, 'He took care of me, I wanted to ask him something and he took the time.'"

**Capt. Don Albia, NHCCC XO, shows off the "easy button," which he used frequently to let**

**others know that challenging tasks are not as difficult as they appear. Albia left NASCC on March 21 to serve as CO of Naval Hospital 29 Palms, California.**

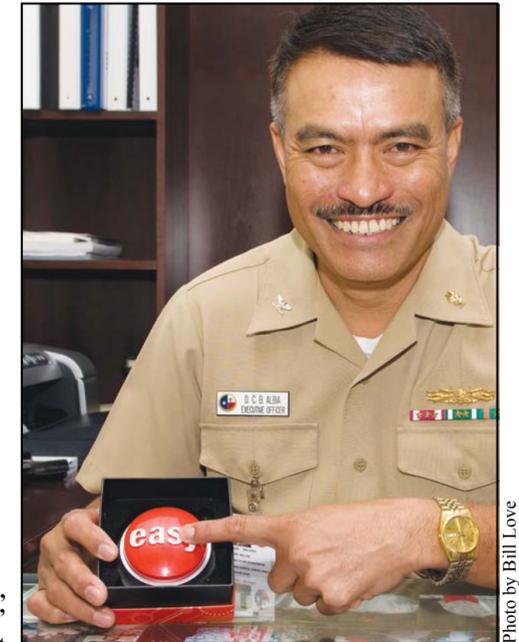


Photo by Bill Love

## Surface warrior awarded Mineman of the Year for NMAWC Thomas receives Navy Commendation Medal for 24 years service



Photo by Ed Mickley

Captain Terry Auberry, Chief of Staff for Naval Mine and Anti-Submarine Warfare Command (NMAWC) presents the "2007 Active Duty Mineman of the Year" Award to Mineman (SW) 1st Class Favian Garcia of the Mine Warfare Training Center. The ceremony was held in the MWTC auditorium where friends and family congratulated Garcia.



Photo by Bill Love

Chief Hull Maintenance Technician (SW) Fred L. Thomas (left) culminated a distinguished 24 year career and was awarded the Navy Commendation Medal on March 10 by Capt. R.B. Sorenson. The award was presented for meritorious service while serving as Senior Enlisted Leader, Command Suite and Directorate of Health Services, Naval Health Clinic Corpus Christi from May 2004 to April 2008.