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# Wingspan

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Naval Air Station Corpus Christi, Texas

Thursday • February 15, 2007

## Lean Six Sigma is implemented throughout Corpus Christi Army Depot

by Jamey Giddens, CCAD Publicist

Hangar 8 employees on the much-heralded Pave Hawk Line were busy the week of Jan. 29 with a 6S Lean Six Sigma event as a part of continual improvement efforts on the line.

The Pave Hawk line has received wide-ranging praise for its phenomenal successes in recent years thanks to the innovative implementation of Lean Six Sigma.

"It has been an amazing last two to three years with the turn-around we've seen on our production lines due the depot embracing Lean Six Sigma initiatives," said CCAD Process Optimization Manager George Kunkle, III.

Implementing Lean Six Sigma on the Pave Hawk Line has resulted in a substantial change in turn-around-time (TAT) for Pave Hawks repaired and recapped at CCAD, in turn saving tax-payer dollars and bringing more work into CCAD.

According to published reports, TAT work done on the Air Force HH60 Pave Hawk was reduced from 240 days (prior to Lean Six Sigma implementation) to an average of 114 days, thus reducing cost to well under scheduled funding levels and allowing CCAD to take on additional workload. Lean Six Sigma has also been credited by depot leadership with producing the first Pave Hawk with a TAT less

than 120 days and \$50,000 under budget.

But don't expect CCAD to rest on its laurels.

"We are tremendously proud of the success we've had on the Pave Hawk line, but improvement is an ongoing process," said CCAD Commander COL Timothy Sassenrath.

To that end the depot is looking forward to the future, taking the necessary steps to keep offering its customers a product that is on schedule, reasonably priced and of the highest level of quality and that all begins with the six S's of Lean Six Sigma.

"The six S's are: Sort—Get rid of what is not needed; Straighten—Organize what belongs; Scrub—Clean up to see and solve problems; Safety—See and fix unsafe conditions; Standardize—Who does what to keep it up; Sustain—Be disciplined in keeping it organized," explains Lean Chief Frances Rosarius.

On Wednesday, Lean facilitators and employees on the Pave Hawk line held an auction as a part of their 6S activities.

"During the auction we basically take unclaimed items, tools and what-not, and give the workers a chance to claim them before they are removed from the area," said Angela

CCAD continued on page 4



Cynthia Platz, a Corpus Christi Army Depot artisan, inspects a Pave Hawk component. With the implementation of Lean Six Sigma, standards of operation have improved, making high-quality products with less turn-around time. (Photo by Jamey Giddens)



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## HM-15 hosts Coastal Bend Classic NJROTC drill meet

Story and photos by Ed Mickley, NMAWC PAO

The Coastal Bend Classic NJROTC Drill Competition, sponsored by King High School, was held at HELMINERON 15's Hangar aboard NAS Corpus Christi on Saturday January 27.

This is the second year HM-15 has provided the venue for this event. More than 60 volunteers from the squadron and base worked at nine different stations as judges, time keepers and recorders.

"It's a terrific venue for the event," King NJROTC High School Commander Bill Hughen said. "The amount of space and the volunteers from HM-15 made this a great day for the cadets."

"Our cadets didn't compete because we hosted the event, but they worked hard with the Navy volunteers at each station," Hughen added.

HM-15 cont. on page 8



A sailor from HM-15 inspects a squad of high school NJROTC students. Students were rated on their physical, academic, and drilling abilities.

## CNRSE kicks off Lean Six Sigma with Green Belt training

by Suzanne Speight, Commander, NRSE PAO

Navy Region Southeast will kick off its first Green Belt training classes in early February for 30 military and civilian personnel. From commands throughout the region, the group will attend the training at locations in Jacksonville, Fla. and Norfolk, Va.

Green Belt training is a major first step in a Navy-wide implementation of Lean Six Sigma (L6S), a problem solving process and mindset that has been proven to significantly improve customer satisfaction, by reducing variability and waste in every aspect of a business. Acclaimed by companies such as GE and Motorola for its ability to develop and deliver near-perfect products and services, L6S will be a critical tool in the mission of supporting the warfighter.

Students will learn the L6S basics and complete an actual process improvement project during the training, which consists of two separate week-long sessions. After attaining the Green Belt certification, responsibilities include: helping direct and conduct process improvement projects; collecting and analyzing data from experiments and business processes; working with process

CNRSE continued on page 4

# From The Skipper

An air show and beach run ... specifically in South Texas!

by Capt. T.E. Coolidge

There are a couple of things coming up at NAS Corpus Christi that can be a lot of fun.



Coolidge

Most of you know that the Blue Angels will be the highlight of our 2007 South Texas Shootout Air Show on April 14-15. Shortly after that, we'll be hosting another Beach to Bay Marathon Relay.

We're not just getting the "Blues" in April. Our Air Show Coordinator, Lt. Asa Taylor, is arranging many more acts for what could be our last Air Show on base. From the sound of it, we can expect to see vintage air-

craft, jets, a wing-walker and several aerobic acts. On the ground we're going to have static displays of military and civilian aircraft, as well as some tactical vehicles. I understand the U.S. Army is going to bring a "climbing wall" for the audience to have fun with. There's lots more in the works...more on that in future CO Columns!

We've also gone to a lot of effort with our Security folks to balance safety with fun. Plans are in place to minimize the time it will take to get to the ramp area. By increasing the entry/exit points, we should all experience shorter lines that move along quickly. Guests will be allowed to bring lawn chairs this year to view the show from the grassy seating areas. Backpacks and coolers will still not be allowed, but cameras and smiles are welcome.

We have a smart, seasoned Air Show

Team doing their best to make this a great Air Show. It won't happen if folks don't come. Please mark the dates on your calendars, invite your friends from in town, and enjoy the 2007 South Texas Shootout!

For those of you who have not started training for the Beach to Bay Relay Marathon (Saturday, May 19), get to it! The weather is getting warmer and the days are getting longer. Line up a team, register, and come out and have some fun! I ran last year and although I did okay, I'm going to try to turn in a faster time this year. I may not be the fastest runner out there, but it sure was fun when I finished my leg (through the base) and I looked around to see a lot of tired people wearing smiles. It's true what people say - after you've run about

Captain continued on page 10

# Chaplain's Column

Words are worthy of consideration

by Chaplain Timothy Gault

I read a Jewish tale on Jewfaq.org about a man who went through his community telling terrible lies about his Rabbi. After a while, he began feeling badly about it. So, he went to the Rabbi to ask forgiveness. He told him he would do anything to make it up. "Take a feather pillow, cut it open, and scatter the feathers to the winds," said the wise teacher.

Though a little confused, the man did just as the Rabbi told him. He hurried home, cut open a pillow and scattered the feathers in the wind. The feathers flew everywhere. The next morning, the man returned to the Rabbi to report what he had done.

"Now, go and gather the feathers. You will sooner gather every last feather before the damage your words have done can be resolved," said the Rabbi. I think the point of this Jewish tale is that a spoken word cannot be undone.

A passage in Scripture (Psalm 64) likens words to arrows. Today, we might liken words

to bullets. Once a gun is fired, the ordnance will find its target.

Whether the person firing the weapon thought through his actions does not matter to the weapon. The gun will fire when the trigger is pulled and the bullet will still fly and potentially injure, maim, or kill the person it strikes even if the person made a poor decision or a mistake.

Spoken words have the potential of their ideas and the power of their delivery to encourage people, to lead people, to build them up or to tear at them and discourage them.

I am sure you agree it is important to be safe with weapons. We should also be safe with words. Think them through. Do not yield to emotions in the heat of a moment which may lead you to say things you will live to regret. Often, the injury caused by hurtful words survives well beyond the effects of the underlying offense.

Another way of looking at this is through the specter of a doctor's knife—a scalpel. A small but very sharp object, the scalpel can

be used to restore good health and life to a dying patient.

Used with skill and understanding, a doctor can make good use of that tool. If, however, the doctor is thoughtless and careless in his procedure, he could end someone's life or bring great pain and suffering to that person. The same person with the same tool can affect very different results. Listen to the advice of King Solomon:

"Speaking recklessly is like the thrusts of a sword, but the words of the wise bring healing" (Proverbs 12:18).

Choose your words wisely. They are worthy of your consideration, for their impact can be far reaching.



Gault

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# Emmy Award winner Sandy Duncan scheduled to perform with Corpus Christi Ballet



Corpus Christi, TEXAS - Emmy Award winning singer and dancer Sandy Duncan is scheduled to perform with the Corpus Christi Ballet in a gala production of "A World of Dance" February 28, at 7pm at the Performing Arts Center at Texas A&M University - Corpus Christi.

"We are thrilled to have Sandy Duncan and Don Correia perform with our company," said Karen McIntire, President of the Corpus Christi Ballet. "This is a once in a lifetime opportunity for the dancers, and for South Texans to see such a unique, and exciting performance."

A World of Dance is a show featuring

company dancers from the Corpus Christi Ballet in a variety of dance styles. Ms. Duncan and her husband, Emmy winner, singer and dancer Don Correia, will share 30 years of their favorite song and dance routines with members of the Corpus Christi Ballet.



Along with Ms. Duncan and Mr. Correia, Broadway-veteran and choreographer, Michael Lee Scott will guest direct the show and will also be the emcee for the event. Scott's performances include Ziegfeld: A Night at the Follies, Rodgers and Hammerstein's State Fair and The Full Monty, The Rocky Horror Show, Never Gonna Dance, and Hairspray.

"I'm just looking forward to entertaining South Texans with a fun, Bob Fosse approach to dance," said Guest Director Michael Lee Scott. "The goal is to weave in narrative about each number, and some on-stage dialogue with Ms. Duncan that will be very extemporaneous."

Rob Flenniken, a Walt Disney dancer from the age of 16, will round out the cadre of guest dancers for the show. His other credits include traveling Europe with the Carl Leighton Pope dancers and the Radio City Music Hall Christmas Spectacular.

An After Show Supper with Ms. Duncan, Don Correia, and other members of the production will be held for sponsors and premium ticket holders at Utopia World Cuisine will begin at 9pm. Tickets are \$35-\$125 per person and sponsorship packages are available from \$1,250 - \$10,000.

For more information or tickets, call the Corpus Christi Ballet at 361.882.4588. Or you may purchase tickets online at [www.corpuschristiballet.com](http://www.corpuschristiballet.com).

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# Health Watch

Diabetes is growing problem with children

by Lissa Wohltmann for LIFELines

Once upon a time, children literally ran around and played outside. They had to be coaxed inside, away from all the physical frolicking, to eat their daily home-cooked, healthful dinner.

The behavior of today's children is quite the opposite, resulting in obesity and poor health.

In fact, obesity has more than doubled in 20 years for 6- to 11-year-olds

and more than tripled in the 12- to 19-year-old category. About 15.5 percent of children ages 12 to 19 and 15.3 percent of children ages 6 to 11 are obese.

The obesity statistics in England is even more harrowing; it has grown almost 400 percent in 25 years. Three-quarters of the adult population is now overweight, 22 percent of the population is obese and the childhood obesity has tripled in the past 20 years.

Other countries such as Japan, China, India and Australia are also following in our fatal footsteps in their growing obesity problem.

Obese children pose a unique problem to society. They are part of "a generation that may not live as long as their parents," said Diane Sarantakos, director of the American Diabetes Association in Oklahoma City. Kids' obesity is directly linked to being diagnosed with type 2 diabetes.

Type 2 diabetes was once called "adult onset diabetes" yet now children as young as 4-years of age are being diagnosed with this potentially fatal disease.

Clinically-based reports and regional studies suggest that type 2 diabetes is being diagnosed more frequently in children and adolescents, yet the nationally representative data that would be needed to monitor diabetes trends in youth by type are not available.

Left untreated, type 2 diabetes increases your risk for serious complications such as heart disease, blindness, nerve damage, and kidney damage.

If the decline rate of health continues as

it is, by the year 2050, one in three people born in the 21st century will have type 2 diabetes, Sarantakos said.

There are a lot of factors contributing to such an increase rate of declining health.

"The most identifiable is the lack of exercise," Sarantakos explained. "Some of the schools are eliminating recess in their schedules. That's insane. We're causing our children to become obese."

Also people are not burning off the excess calories they are eating. It's easier and cheaper to eat the fast, fat-laden, non-nutritious foods, then to carefully select and consume wholesome food.

People want instant gratification, Sarantakos said.

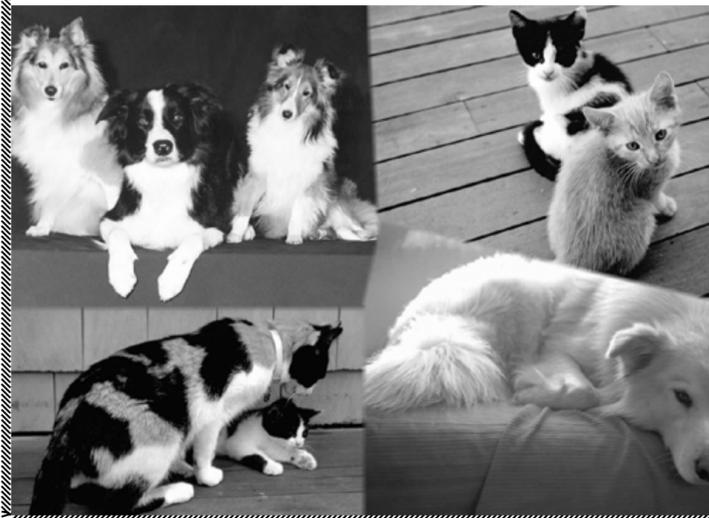
Parents, specifically, are in such a hurry to take their kids to soccer practice, dance practice or a school activity, they forget that good nutrition is just as important as physical activity.

The quick answer to this "big" problem is fairly straight-forward but tough to follow without discipline.

"Diet and exercise," advised Sarantakos.



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## Blue Angels announce officer and enlisted opportunities for the 2008 team

by Lt. Garrett Kaspar, Blue Angels PAO



**Surrounded by crewmembers, a Blue Angels F/A-18 waits to be boarded at NAS Kingsville during the Airshow in April '06. The squadron will soon go through a vigorous selection process to find qualified personnel for their upcoming season. (Photo by LI2 Paul Hewitt)**

The Navy Flight Demonstration Squadron, The Blue Angels, are encouraging qualified Navy and Marine Corps officers and enlisted to apply for the 2008 season.

According to Opposing Solo pilot, Lt. Cmdr. Kevin Davis, who is also this season's Applications Officer, the squadron is looking for three tactical jet pilots, a Marine C-130 pilot and a Maintenance Officer. Additionally, the team is seeking an Administrative Officer for the 2009 season.

The squadron's enlisted applications chief petty officer, AZC (AW) Bob Sadak, said the team has a variety of positions available for Navy and Marine Corps E-5 and above. Outstanding E-4s could also be considered for the following rates/NECs: Aviation Machinist's Mate (AD), Aviation Electrician's Mate (AE), Aviation Structural Mechanics (AM and AME), Aviation Ordnanceman (AO), Aviation Electronics Technician (AT), Aviation Maintenance Administrationman (AZ),

Aircrew Survival Equipmentman (PR), Mass Communications Specialist (MC), Storekeeper (SK), and Yeoman (YN). Also, the team is looking for an E-6 Hospital Corpsman (HM) with an 8406 NEC, and E-7s in the AZ and AM ratings.

Information on how to apply may be found on the Blue Angels' web site under the "How to Apply" page. The application deadline for enlisted applications is April. Applications for officers are due no later than April 30. The official Blue Angels website is [www.blueangels.navy.mil](http://www.blueangels.navy.mil).

"The application process is easy," Davis said. "However, the selection process is what's difficult. It is an extremely fair and time-consuming process, but that is what is required to uphold our 61-year tradition of excellence."

Command Master Chief (AW/SW) Eric Hodge said that enlisted applicants should be exemplary Sailors and Marines who are willing to work outside their area of expertise and enjoy traveling.

"Our command mission is to enhance recruiting and retention efforts," Hodge said. "But we also serve as ambassadors of goodwill and bolster pride and patriotism in American citizens. It takes a special person to be able to do that naturally."

Hodge said that the command is unique because the enlisted selection process includes a majority of input from the Sailors and Marines themselves.

"Essentially, the crew members nominate their reliefs," Hodge said. "Therefore, it's important that we have many applicants to consider."

"It's a common misconception that applicants must have F/A-18 squadron experience," Sadak said. "We have a very comprehensive indoctrination program, and we will properly train our selectees. We're simply looking for the best and brightest young men and women in the naval service. We want team players who are excellent communicators and who really want to be the backbone of the Blue Angels organization."

"We are encouraging all qualified officers to consider applying for the team, or at least visit the application page on our website," Davis said. "Even if they're not interested in this opportunity, they may know of a fellow pilot or shipmate who'd be an ideal candidate and will encourage them to apply instead. The more applicants we have, the tougher it is for us to make a decision - but that's exactly what we want to happen. We have a legacy to uphold, and that is why we hand-pick the most well-rounded, professional and charismatic aviators and support officers in the Navy and Marine Corps."

For more information on the officer application process, please contact Lt. Cmdr. Davis until March 10, 2007, at DSN 658-2658 or commercial (760) 339-2658. After March 11, he may be reached at DSN 922-2583, ext. 3116 or commercial (850) 452-2583, ext. 3116. He may be emailed at [Kevin.J.Davis@navy.mil](mailto:Kevin.J.Davis@navy.mil). For more information on the enlisted application process, please contact AZC (AW) Sadak until March 10, at DSN 658-2075 or commercial (760) 339-2075. After March 11, he may be reached at DSN 922-2583, ext. 3130 or (850) 452-2583 ext. 3130. He may be emailed at [Robert.Sadak@navy.mil](mailto:Robert.Sadak@navy.mil).

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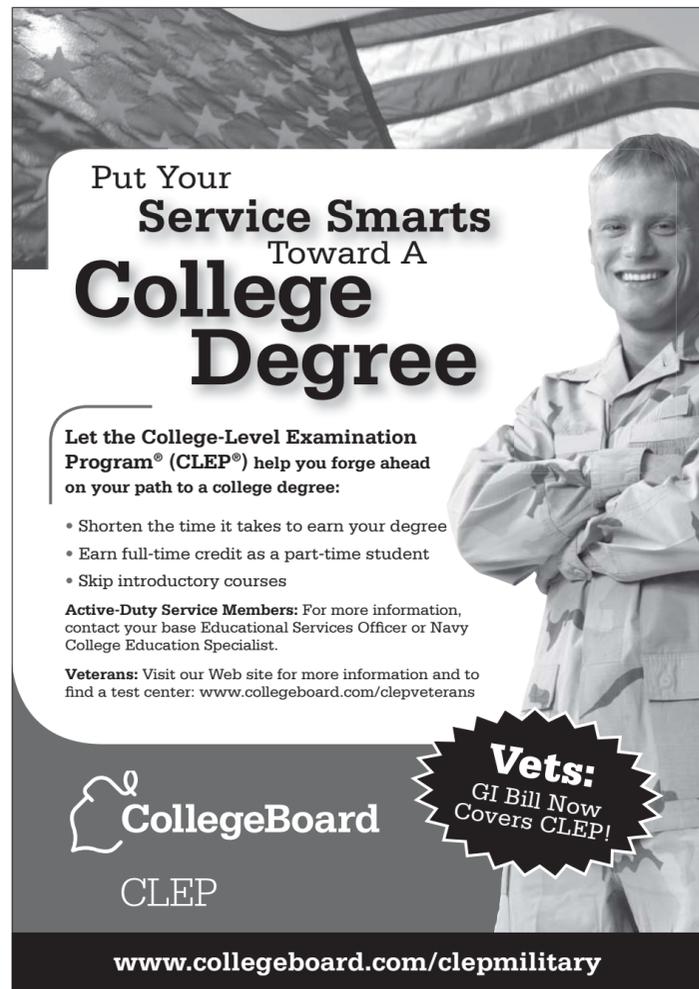
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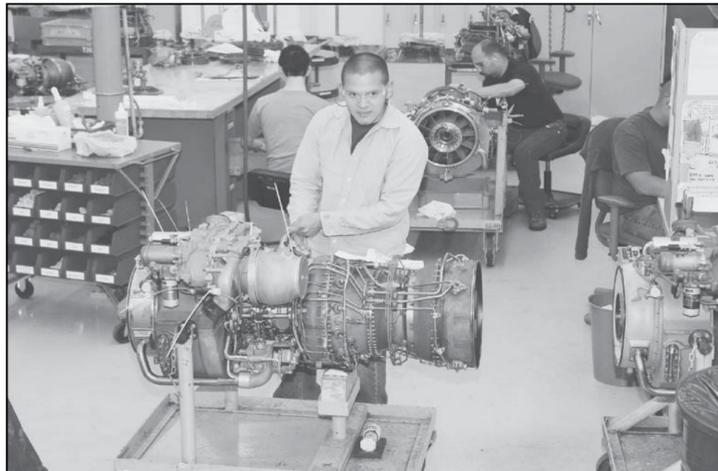
**CCAD continued from page 1**

Gonzales, a Lean Engineer from Texas A&M-College Station who is working in conjunction with CCAD's Lean team.

As the event continued, Pave Hawk workers and the Lean Team forged a mutually respectful and cooperative partnership to find

the best way to remove waste from their workspace and processes, thus increasing productivity.

For more information on the 6S's of Lean visit the Lean Team's site on the CCAD Intranet at <http://ccadc2intweb/lean/index.htm>.



**Ruben Teran constructs a helicopter transmission in the CCAD. Lean Six Sigma has increased productivity and reduced waste throughout the depot.**

**CNRSE continued from page 1**

owners to ensure project gains are maintained; and disseminating best practices throughout the Navy.

Ron Griffith, GS-12 has been selected from NAS Corpus Christi to attend the training and bring back the tools necessary to keep base processes as up-to-date as possible.

Kordeen Kor, a civilian from NAS Kingsville, says she is looking forward to the training. "Rapid expansion in technology in today's market place, such as communications, shipping, and internet capabilities, dictate that we as government agencies review old methods of doing business and incorporate changes," she said. "It's exciting to be a part of a team that looks at processes, works with people and helps them identify methods to improve how they do business."

The Chief of Naval Installations Command (CNIC), Vice Adm. Robert T. Conway, Jr., has mapped L6S as a permanent course for the Navy's future, and the CNRSE Green Belt

candidates will be in a position to lead a successful implementation throughout the organization, military and civilian, at all levels.

"I am excited about the fact that higher ranking Navy personnel are receiving this training and apparently will not only be using these skills, but will encourage others — up and down the chain of command — to do so as well," said Cmdr. Barry Murphy of Naval Weapons Station Charleston. "In the past, these kinds of things - new skills, new methods of doing business, better ways to communicate - have been taught and adopted at lower levels within the Navy; however, I think senior Navy leaders were often unaware of these new techniques and thus, all of us were not on the same page." Murphy said he felt interactions between these two "camps" were often out of sync. "I really think L6S will be the remedy and will be the 'glue' that binds our entire Navy Team into one very cohesive unit."

**Enjoy an Ethnic Festival and family fun this Saturday!**

St. Paul the Apostle Catholic Church on 2233 Waldron Road is celebrating its annual Ethnic Festival on Saturday, Feb. 17 from 11 a.m. to 5 p.m. World cuisine from Germany, Philippines, Ireland, Puerto Rico, Mexico, France, Italy, Poland, Korea, and the US are the highlights of the day. Also enjoy car and RV shows, martial arts demonstrations, Country Store, raffle with prizes worth \$10,000, Ice Rayz' Mascot "Sugar Ray", Irish and Pacific Islander dances, and music by the Roland Gomez Trio. Children's games are also available. Come to St. Paul's on Saturday, Feb. 17 and enjoy a cultural and appetizing taste of the world! No cover charge. Carry-outs are available. A special Ethnic Mass participated by the ethnic groups in their respective costumes will be held at 11 a.m., Sunday, Feb. 18. Call (361) 937-3864 or (361) 949-0851 for more information.

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**MWR News and Events**

MWR is looking for Private Organizations to help with the concessions at this year's Air Show scheduled for April 14 through 15. Please contact Monica Zamorano at 961-2655 for more information.

MWR is making I.D. Cards for retired DoD and NAF employees. We will be issuing I.D. Cards on the first Wednesday of every month from 9 a.m. to 12 noon at the pass and tag building. **For more information please call 961-2268.**

**ORAC Welcome's Winter Texans**

Welcome Winter Texans! Shields Park has 68 RV sites, picnic areas, and campgrounds. Dedicated to providing recreational opportunities to base personnel, their families and other eligible patrons, MWR is always looking to improve and expand its program and facilities offerings.

Corpus Christi is a beautiful area and whether you're here for just a short time or more permanently, we know you'll enjoy recreating in this area. Our MWR facilities are here for recreational use by active duty, retired military, active reservists, current and retired DoD civilian employees (civil service and non-appropriated), family members. We hope you'll visit our facilities and take advantage of the many activities and services.

For more information, call the Marina at 961-1293.



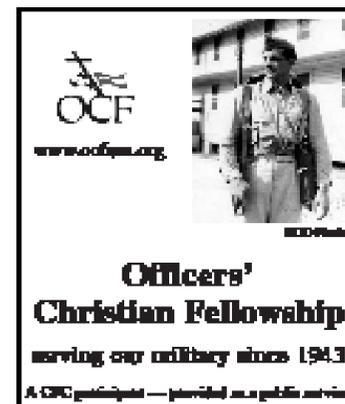
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For additional information and for a visiting schedule, contact Local Representative Nancy Bulges: [coastlinectx@yahoo.com](mailto:coastlinectx@yahoo.com) Phone: (361) 244-1522  
Office hours also at NAS Corpus Christi and NAS Kingsville  
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## MWR News and Events

by Laurie Garcia, NAS MWR

### Bay Club

Specials for February:  
 Feb 17: Shish Kabobs - \$16.95  
 All the above specials are served along with the A la Carte from 5 p.m.-8:30 p.m. Prices are for Club Members. An additional \$1 per person is added for non-members. Salad, Ice Tea or Coffee are included with all meals. Reservations are required for the specials in order to serve you better.  
 Special Events For February:  
 Feb 16: Winging Designation ceremony is scheduled in the main ballroom at 4 p.m.  
 Feb 16 & 23: Mongolian BBQ  
 Reminder: The club will be CLOSED on Feb. 19 in observance of President's Day.  
**For more information, call The Club at 961-2541**

### Gonzalez Liberty Center

Stop by and visit the Gonzalez Liberty Center and watch one of the many Navy Motion Picture Service movies offered. "New releases" include: A Good Year;

Operation Stormbreaker; Borat; Deck the Halls; Flags of Our Fathers; Little Miss Sunshine; Man of the Year; Stranger Than Fiction; The Grudge 2; The Prestige; The Santa Claus 3.  
 February Programs:  
 Feb. 22, get your cues polished up and your game face on as the GLC hosts a pool tournament, which will start at 6 p.m. Come in and sign up at the GLC by Feb. 15. Must be 18 years old to participate.  
 Feb. 28: Last Buck Night: Dinner & Movie at 5 p.m.  
 Paintball Shop: High Pressure Air Fill Station is HERE! Schedule your paintball game with us. Stop paying those high prices out in town when you can get it all here at the GLC. Field is FREE, Air is FREE, and the cost of rentals is close to FREE. If you want to schedule a command tournament, let us know!!!  
 For more information on any Liberty Program, call the GLC at 961-6405. The Gonzalez Liberty Center is located in Building 1260 on E Street. Hours of operation are Sunday—Saturday 11 a.m.-10 p.m.

## Author of Freddy Gonzalez story to hold book signing at NEX

John Flores, author of *When the River Dreams: The Life of Marine Sgt. Freddy Gonzalez*, will hold a book signing on Wednesday, Feb. 28 from 10 a.m. to 2 p.m. at the Navy Exchange. The book is based on the life of Gonzalez, a decorated war hero who served two tours in Vietnam and died on the battlefield at the age of 21. He is the namesake of the Gonzalez Liberty Center here at NAS Corpus Christi.

## Clothes dryers and in-home fire safety

by John Morris, NAS Fire Chief

NAS F&ES's number one goal is protection of lives. For most households, the clothes dryer is an indispensable convenience and necessity. However, if clothes dryers are not properly installed or maintained, fires can occur often with tragic results. Using the last three years of national fire data, from 2002 to 2004, the yearly national fire loss for clothes dryer fires in structures is estimated at \$99 million. Each year, these losses result from an estimated 15,600 fires that required a fire department response. These clothes dryer fires cause an annual average of approximately 400 injuries and 15 fatalities.

By observing a few simple indicators of poor system performance, one can examine the dryer components for any blockage or excessive heat. If you notice heavy clothes such as blue jeans or towels taking a long time to dry, or clothes feel hotter than usual at the end of the cycle, a clogged dryer vent exhaust is likely the problem.

Disconnect, clean, and inspect the dryer duct and venting every couple of years, or hire a professional company to clean the components. Some dryer vents may need more frequent inspection, such as in-homes with complex construction where the vents exceed six feet from the outside, or with smaller, stacked dryers and ones that are older and do not have moisture sensors or high temperature safety limit controls. This will reduce the fire risk and increase the dryer's efficiency.

Outside wall dampers should have a covering that will keep out rain, snow, and dirt. However, do not use wire screen or cloth of any kind to protect the exhaust opening. It can collect lint and clog areas of the dryer vent. In order to deter birds and small animals from nesting in vents, make sure the dryer vent system and damper are working suitably.

Here are a few recommendations for clothes dryer safety: Never put synthetic materials such as rubber, plastic, foam, or pieces  
**Fire continued on page 10**



On average, dryer fires cause 400 injuries and 15 fatalities per year. (Photo available through public domain)

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**'Military OneSource' offers free services to military personnel and their families**

by Anne Booher, Editor

Before you start searching through the phone book to find a lawyer, therapist, child care center, or anything, really, it's in your best interest to contact Military OneSource first. A free service available 24 hours a day, 365 days a year, anywhere in the world, these people have military experience and are trained to answer any questions you have, no matter if the issue is big or small. When you call their toll-free number, you're immediately connected to a person (no automated systems) who directs your call to a licensed civilian with experience in your branch of the military.

Here's just a sampling of the hundreds of free services you'll find through their phone number and website: legal matters including finding a lawyer, buying/selling a home, marriage, divorce, custody, adoption, and family law; finding a job, dealing with job loss, management skills; financial matters including budgeting, bankruptcy, investing money for the future; emotional well-being, living with disabilities, dealing with a family member's deployment, living abroad, military relocation; dealing with violence, rape, domestic abuse, or suicide; addiction and recovery; and adjusting to civilian life.

They also set up short-term counseling sessions for all types of issues with a professional in your area at no cost to you.

You'll find helpful documents from Military OneSource right here at Corpus Christi Naval Hospital in the Fleet and Family Services department. Explaining military life to children can be difficult for any parent. Military OneSource, via the Ceridian Corporation, distributes short texts on explaining violence and war to your children, recovering from trauma or major life changes, and even Sesame Street is involved. The free DVD, called "Talk, Listen, Connect," follows Elmo's family when his father is sent on deployment. The story helps alleviate and explain the emotions children can experience when a family member is

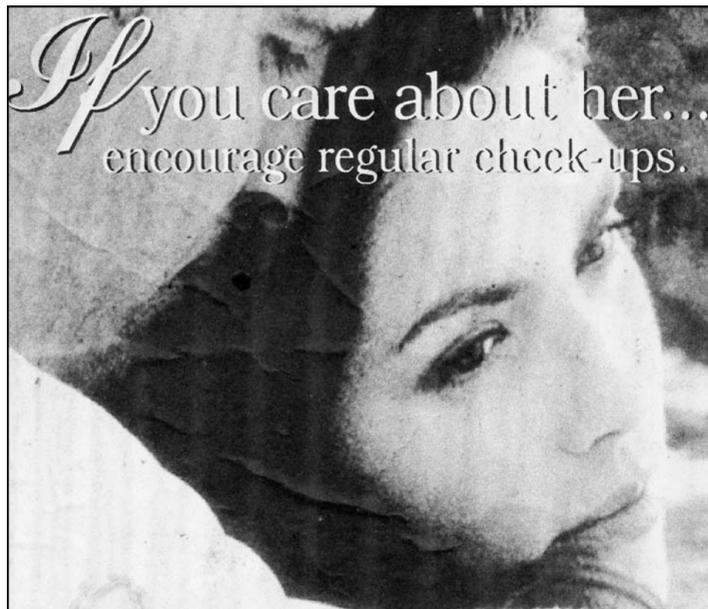
gone for an extended period of time. This company is truly an asset to military service members and their families. Devoted to the men and women who serve our country and the families who support them, they will go above and beyond to make sure you get the answers you need when you need them. To learn more about Military OneSource, visit their website at [www.militaryonesource.com](http://www.militaryonesource.com) or call toll-free at (800) 342-9647.



Private counseling sessions are available for dealing with a broad range of issues, from finances and law to childcare and deployment. These services are available free of charge through Military OneSource and can be set up with Fleet and Family services at Naval Hospital Corpus Christi. (Photo by Lt. j.g. Caleb Booher)

**REMEMBER ASH WEDNESDAY  
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**Captain continued from page 2**

20 minutes, you just feel good!

I know that I'm throwing a lot at you, but the last thing I want to hit on is saving money. This is a fundamental life-long practice that everyone should embrace. If you or your family does not have a plan to save some money every month, consider making one. A great place to go to learn about saving is the Navy-Marine Corps Relief Society (NMCRS). They teach a step-by-step process that will help anyone, as an individual or a family, save money. Talk with your Command Financial Specialist, too! Remember, the dollars you put away today will be the nest egg you can rely on when you retire.

To drive the point home a bit, I recently had a Sailor in my office for Captain's Mast that had a whole litany of financial problems. The bottom line was that he hadn't been managing his money correctly. This had an impact on him (obviously) but affected his family, too. He may or may not stay in the Navy, but he seems to have realized that it takes careful thought and commitment to maintain a comfortable financial foundation at home. And part of that is having enough money to support your family.

The week of Feb. 25 - March 4 is Military Saves Week. Your Command Financial Specialist will encourage each service member to pledge to his/herself to save. We'll all learn more about this as the week gets closer, but the objective is to get everyone thinking about today...and plan for tomorrow!

Well, from the sky to the beach and a little in between, I hope everyone is looking forward to warmer weather and bright sunshine! It's right around the corner.

See ya on the beach!

**Fire continued from page 5**

of cloth that have been used to sponge up flammable liquids in the dryer, even if previously washed; Clean the lint out of the exhaust pipe and the rear of the dryer regularly; Inspect your lint filter for rips each time you use it. If you see any rips, replace immediately; Make sure the exhaust pipe is as short as possible and has limited bends to allow for adequate airflow; The American Household Appliance Manufacturers Association (AHAM) recommends the use of UL-approved rigid aluminum or steel duct or spiral-wound aluminum flex hose, NOT white vinyl hose.

If you would like more information or need to contact the Fire Department, please call Fire and Emergency Services at (361) 961-3491.

**Fire Report for January**

By John Morris, NAS Fire Chief

In the month of January, there were no fires on the installation, though we responded to sixty-nine emergencies, including 13 EMS calls and 18 hazardous conditions. One of these required the response of our hazmat team and the majority of our on-duty force to mitigate a hazardous materials release at CCAD. Training and preparation paid off as multiple entities worked to safely and effectively mitigate the spill. No injuries were reported as part of this response. Firefighters responded to an additional 38 calls, including public service calls and accidental or system malfunctions resulting in the activation of a fire alarm. Each is treated as an emergency until responders arrive on scene.

**Coast Guard medevacs two-day-old infant in critical condition**

by Lt. Lane Steffenhagen, Coast Guard PAO

A two-day-old infant in critical condition was airlifted by the Coast Guard Feb. 1<sup>st</sup> from Brownsville, Texas to Corpus Christi.

At approximately 6:30 p.m., a Coast Guard HU-25 Falcon jet crew was dispatched from NAS Corpus Christi after receiving a call to airlift a two-day-old infant boy suffering from cardiac and respiratory complications. The boy was in shock and required immediate transport. The jet crew arrived in Brownsville at approximately 7:20 p.m. The boy and his mother were flown to Corpus Christi International Airport where a team of medical personnel were waiting to transport the boy to Driscoll Children's Hospital via ambulance. The jet crew arrived at the Corpus Christi airport at 8:35 p.m.

The Coast Guard jet crew was about to take off on a routine patrol but turned back

from the runway in order to drop off one crewman to make additional room for medical personnel from Brownsville. When the jet crew arrived in Brownsville to pick up the boy, the crew had to quickly remove all of the rescue equipment from the jet in order to make room for the additional medical specialists and the incubator that was keeping the boy alive.

Due to the number of medical personnel and the size of the incubator, the boy's mother was not going to be able to ride with her son. One of the Coast Guard crewmen volunteered to stay behind making room for her to ride in the jet.

A Coast Guard watchstander received the request for assistance from Driscoll after HALO experienced mechanical issues in both of their helicopters.

The boy is reported to be in critical, but stable condition.



A HU-25 Falcon jet, such as the one seen above, was used in the Medevac of the infant. (Photo available through public domain.)

**Your Leave and Earnings Statement**

by Elva Hernandez, Human Resources Office NASCC

Now that the New Year is here, make it a point to read your Leave and Earnings Statement (LES) each time you receive it. This is to ensure information is current, your name and social security number are correct, and that your pay plan, series, grade, and step are what they should be. Are correct deductions being made for the life insurance coverage? How about your health insurance plan, retirement, and TSP?

Last year, various errors were discovered during my discussions with several Federal employees. One employee did not know if he had a health plan. Another had the wrong health plan code, which caused him to pay higher premiums than he should have been for the past five years! Another employee did not know she had life insurance coverage, yet never questioned the deductions. Another could not understand why, after having worked for many years, there were only a few dollars in his retirement fund. Another employee had been divorced for twenty years, never re-married, but was still paying full premiums for fam-

ily coverage.

Most employees, myself included, just want to know our leave balances and how much money we can spend before the next paycheck comes in. Do you ever question why your salary increased? I bet you do when it decreases, right? It is your responsibility to know and understand all those deductions. If you are paying for something you should not be, ask that it be corrected. Or, if something should be deducted and is not, chances are you won't be getting what you thought you were paying for.

By the way, do you have an LES File? If not, perhaps it is time you started one because one day you may be asked, "When did you notice this error?" Would you be able to answer or prove when the error began?

If you do have questions about your LES, give me a call at the Kingsville Office using extension 6101 or the Corpus Christi Office at 3129, send me an e-mail at Elva.Hernandez@navy.mil, or better yet, come see me with a copy of your latest LES.

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# AROUND THE BASE IN 2007

## HM-15 hosts Coastal Bend Classic NJROTC drill meet



Students from Spring Branch High School NJROTC gather in front of an MH-53 helicopter in the HM-15 hangar.



Marine NJROTC students from Laredo compete in drill competition.

### HM-15 continued from page 1

Eighteen high school JROTC teams amassing more than 600 students from all over South Texas competed for two spots at the statewide competition. Teams were judged on academics, personnel inspection, armed drill/basic, unarmed drill/basic, armed drill/exhibition, unarmed drill/exhibition, color guard, push-ups, curl-ups, 1600 yard relay, tug-of-war, and the all-encompassing "knockout" drill.

"This event is really important—it gives them a glimpse of the real military," said ATC Jeremy Sturgeon HM-15's event and volunteer coordinator. "These kids are the future of our country. We'll do any part we can to help develop their skills."

"These students—you could tell they've been practicing—were very good," Volunteer Color Guard judge ABH1 Richard Smith mentioned. "In fact, they made me think about my military bearing."

Aransas Pass High School's team of 40 cadets earned first place overall along with winning a slew of individual trophies. It's Aransas Pass's sixth year to advance to the statewide competition, but it's always a challenge, says Cmdr. Louis Cortez, the group's instructor, adding there were 22 freshmen in his outfit.

Clements High School, located in Sugar Land, won second place and San Antonio's John Marshall High School came in third. Clements and Tuloso-Midway will advance to the statewide competition because Aransas Pass and John Marshall qualified for the state competition in previous tournaments.



High school NJROTC students stand in formation prior to physical fitness competition.

# AWARDS AND ACHIEVEMENTS



Hospital Corpsman 3rd Class Juan A. Sevilla (right), earned the Fleet Marine Force (FMF) Enlisted Warfare Specialist designation, Feb. 1 at Camp Fallujah, Iraq. Pinning the new device on Sevilla's uniform is Lt. Laarni D. Russell, NC, CLB-5 Surgical Company Emergency Medical Nurse. Behind Russell are Marine Colonel Bristol (front), I Marine Expeditionary Force Headquarters Group Commanding Officer, and Marine Sgt. Maj. O'Connell. An unidentified individual (rear center) reads the orders. Sevilla, 24, from Houston, Texas, joined the NHCC team June 15, 2005. He and Russell are both assigned to the Naval Hospital Corpus Christi Family Practice Clinic. (Photo by Lt. L. D. Russell)



Wes Atwood (left) presents AC1 Walker, Sailor of the Year with the Dale Carnegie Scholarship on Feb. 2. The scholarship allows AC1 Walker to attend the 8-week Dale Carnegie Course, initiated by the author of "How to Win Friends and Influence People." The course is designed to teach students effective communication, leadership, and confidence.



2006 Navy Medicine East Sailor of the Year HMI (FMF) Edwin N. Guingab, (left) beams with pride as Commander, Navy Medicine East and Commander, Naval Medical Center (NMC), Portsmouth, Va., Rear Adm. Thomas R. Cullison, Medical Corps, congratulates him Jan. 17 in NMC's Sandbar Club. Guingab is the leading petty officer of Laboratory Services at Naval Hospital Corpus Christi, Texas. (Photo by MC1 Eric Deatherage.)



Jessica Hasson, 13-year-old daughter of retired Navy E-6 Fred Hasson, received 1st place in her division and a showmanship award for her hand-carved gun cabinet at the Nueces County Livestock Show in Robstown last month. The cabinet took Jessica 1400 hours to build, from January 30, 2006 to January 5, 2007, and was sold at the competition for \$2500.