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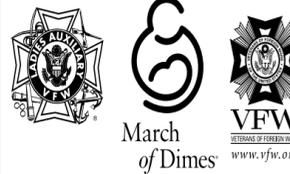
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Wingspan

Vol. 13, No. 16

Naval Air Station Corpus Christi, Texas

Thursday • August 2, 2007

45th Navy Regatta to be held this weekend, featuring the Titanic Cup

by Anne Booher, Editor



Photo by MC2 Paul Hewitt

A contestant in the 2006 Navy Regatta is pulled along by a sail that is rigged to one of the boats in the race.

The 45th Annual Navy Regatta, hosted by the Bay Yacht Club and the Corpus Christi Yacht Club, will be held this weekend, Aug. 4-5. The Regatta will begin on Aug. 3 with a registration party at the Bay Yacht Club. Saturday, Aug. 4, registration continues at the Corpus Christi Marina with the races starting soon after. Later that afternoon starts the Titanic Cup, or the "anything that floats" race, open exclusively to servicemembers on Sunfish Beach. If you're interested in entering this race, you must build a craft that floats, not spend more than \$75 on supplies for the vessel, and sail 500 meters downwind.

"The Titanic Cup is definitely one of the highlights of the Regatta weekend. Everyone looks forward to this," says Monte Reitz, director of the Outdoor Recreation Adventure Center. Saturday evening will bring the Sailors and crews to the Bay Club, where dinner, live entertainment and dancing will follow a trophy presentation for the winners. But this event is open to everyone, so even if you don't race, you can party.

The Bay Yacht Club and the Corpus Christi Yacht Club have invited servicemembers to serve as "crewmen" on their boats as they compete.

"I am just overwhelmed by the support of the Yacht Clubs," Reitz continues. "The community has reached out to the base and is really supporting the troops. They want these Sailors on their boats and for them, it's the more the merrier."

To sign up for the Titanic Cup, find a boat to crew, or for more information, please visit www.nascc.navy.mil/navyregatta or call the Regatta Coordinator at (361) 961-2267.



Photo by MC2 Paul Hewitt

A Sailor in the Titanic Cup sails to the finish line in a homemade boat. The Titanic Cup is held on Saturday afternoon, following a series of sailboat races and is open exclusively to military.

Baker assumes position of Command Family Ombudsman

by Anne Booher, Editor

Barbie Baker saw a need for change. After hearing about a Sailor who served 13 months in Iraq and came back to an empty airport and a cab ride home, she knew she had work to do. Accepting the position of the Command Family Ombudsman for NAS Corpus Christi meant she would do her best to never let another Individual Augmentee (IA) come home without a proper welcome.

The McKinney, Texas native moved to Corpus Christi in May 2005 to be with her husband, Sr. Chief James Baker, Leading Chief Petty Officer for Air Operations. They have four children between the two of them, Britnee, Cameron, Maggie and Megan and share a history of military families.

"The Navy really takes care of each other. They look out for family members and individual Sailors, alike," says Barbie, who used to be in an Army family. "The Navy takes care of its own like nothing I've ever seen before. They'll make sure everything is in place to support even one person in trouble." When financial trouble hit Baker as she was raising a daughter, working full time, attending school, and her husband was deployed to Korea, she didn't know who to turn to.

"When I heard about the Ombudsman program from Maria Cisneros (former NASCC Ombudsman), I just thought, 'That would have been amazing to have back when I was having those

problems.'" Now, Baker is able to offer those who are in similar situations the support they need to make it through tough times.

"If I don't know how to help you, I'll find someone who does," she assures.

Learning about the IA program was pivotal to her knowing how to better support their families and know how to serve as a connection between the sponsor, command and family. She explains, "IAs are taken out of their command and they're sent to augment a Marine or Army unit, for example. First, they ask for volunteers (or 'volun-tolds'). The entire unit doesn't deploy, so it's just on an individual basis. They're connected to the base, but they're serving elsewhere. And I think that's why they end up getting looked over. It's my job to serve as a liaison between the IA's family and the command while their sponsor is gone."

Baker plans on helping these families with a range of issues from TriCare, housing, medical, and legal matters to child abuse, spousal abuse, rape and suicide. "I'm available for the families if they have issues that need to be resolved. The best thing for someone to do if they have a problem is just to call me and ask. If I don't know the answer, I can get it," said Baker. Baker adds that she is easy to contact, day or night, by email or phone and she also has direct contact with the command that other support groups may not.

"A lot of these guys are volunteers to fight in a war. My dad served in Vietnam and he wasn't drafted. It was something that needed to be done. This is an opportunity for me to be an advocate for the families of these guys and gals who are willing to put their lives on the line for us."

Referring back to the story she heard about the Sailor who took a cab home after his year-plus deployment, she said, "In this day and age, there's just no reason for that. You can not support the troops who are involved. And there's certainly no reason for the families to be left out in the cold. These troops are amazing and their families are just as important."

Baker recently brought a Community Appreciation Basket she had made to my office. She plans on giving these baskets to the IAs at the airport as they return home. In the short time she has served as Ombudsman, Baker has already contacted a great deal of Corpus Christi businesses and found their support to be overwhelming. The baskets overflowed with contributions from these businesses: from t-shirts and sunglasses to free meal cards and oil changes. "Troops don't realize how much the community supports them. [The community] doesn't realize when they're coming home so it's not like they can go line up at the airport. The businesses I've spoken to have been so helpful. They want to know when the next group of Sailors is com-



Photo by Bob Torres, Public Affairs Officer

Baker

ing home. They're eager to show appreciation, but beyond a 'Welcome Home, Troops' sign, they don't have a way," Baker explains.

Baker is giving them a wonderful way to

Ombudsman continued on page 4

From The Skipper

Summer's coming to a close...
by Capt. T.E. Coolidge

We're going to have a big weekend during the 45th Annual Navy Regatta and I really hope to see a lot of folks out there enjoying the sun and fun of a party on the water. But after the weekend, there are some events that will touch a part of each of our hearts.



Coolidge

HM-15 will be having the Blackhawk Memorial Golf Tournament on Monday, Aug. 6 to commemorate their Sailors who died in a tragic helicopter accident in 2000. Registration fees and donations during the golf tournament at the Padre Isles Country Club will raise money for the Navy-Marine Corps Relief Society.

As you all know, we're closing in on get-

ting ready to go back to school for the coming year. I know a lot of students are not ready yet for school days! I can already hear the groans as children (including mine) will have to wake up to go to school. It's always tough to change the summer habit of sleeping late...and staying up late, playing all day, visiting with friends, going on vacation and just simply enjoying the summer.

It's been a long time since I've had a summer off. I certainly remember when I was going to school just how much fun (read: trouble) I could get into during the summer. As some of you know, my dad was a Marine Officer and I remember more than once his stern look and a raised eyebrow aimed in my direction.

I have to admit that I get a smile on my face when I remember some of the mischief I got into and then got out of with an on-the-fly, but heartfelt, explanation. Of course, I've heard some whoppers from my own two sons. I have to admit I have a hard time keeping a smile off my

face as they create their own on-the-fly, but heartfelt, explanation.

The time is rapidly approaching when we'll get our young charges dressed, fed and sent off by way of a bus or by drive them to school. It's the time of year, I guess, that drives me to remember my summers as I grew up. Of course, I can feel the smiles of Mom's everywhere as their summer vacation (read: work) comes to an end!

Jerry Joachim, our NEX manager, is already stocking school supplies in large quantities. I've noticed the same in other stores in town. Real soon the new Super HEB will be open in Flour Bluff and I'm sure they're planning a big school supply display. After all, HEB always does things big in Texas.

Along with the "joy" (read: "Man, the summer's over already!") that I'm sure we'll hear as our students go off to school, there are

Captain continued on page 12

Chaplain's Column

Called to be God's witnesses

by Chaplain Chin Van Dang

A mugging victim had his watch taken, then his wallet. Finally, his assailants beat him quite fiercely. When he got home his wife asked him, "Why did you just stand there and let them do you that way? Why didn't you do something?" The man replied meekly, "Oh, I didn't want to get involved."

The Golden Rule, "Love your neighbor as yourself," is not just a Christian ideal. Every conceivable religion and culture in the world has the Golden Rule in one form or another: Judaism - "What is hateful to you, do not to your fellow man. That is the law: all the rest is commentary."; Islam - "No one of you is a believer until he desires for his brother that which he desires for himself."; Hinduism - "This is the sum of duty: do naught unto others which would cause you pain if done to you."; Buddhism - "Hurt not others in ways that you yourself would find hurtful."; Confucianism - "Do not unto others what you would not have them

do unto you."

Reading the news story here from news.com.au on July 4, we might wonder what are these people's "Golden Rule?"

Shoppers walk over woman dying from stab wounds "Shoppers in a U.S. convenience store stepped over a woman dying from stab wounds with one stopping only to take a picture on a mobile phone. The incident, captured on surveillance video in a Kansas convenience store on June 23, shows 27-year-old LaShanda Calloway lying bleeding after being stabbed in a robbery that she was innocently caught up in, AP reports.

It took about two minutes for someone to call police to report the crime while five shoppers stepped over the prone woman, police said. After finally being attended to, Ms. Calloway died at a hospital from her injuries. Police at this stage have refused to release the video, saying it is part of their investigation. "It was tragic to

watch," police spokesman Gordon Bassham said. "The fact that people were more interested in taking a picture with a cell phone and shopping for snacks rather than helping this innocent young woman is, frankly, revolting."

"The lack of concern for humanity over this young woman's life is deeply troubling," Mr. Bassham said.

Mr. Bassham said the district attorney's office would have to decide whether any of the shoppers could be charged but it was uncertain what law, if any, would be applicable. A state statute

Chaplain continued on page 12

Wingspan

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Anne Booher

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Security continued on page 12



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Security Column

Special events access for your guests

by MACS(SW) Brad Volkmer, Security LCPO, Antiterrorism Officer

On June 25, the Naval Air Station's Security Officer approved a new Standard Operating Procedure (SOP) pertaining to special event coordination. The minor changes to the existing policy were enacted in an attempt



Volkmer

to meet two requirements: make it as easy as possible for the person or command sponsoring the event, and see that our security requirements are met in order to ensure the safety and security of the base and its personnel.

The base provides a laundry list of facilities that many of us enjoy sharing with our friends and family. In most situations, the sponsor simply escorts the guest onboard the installation and then remains with them while they are onboard. While this is definitely the easiest and preferred scenario for all involved, larger

evolutions, such as wingings, retirements, weddings, other ceremonies, etc., make one-on-one sponsorship impossible. For these types of situations, prior planning and coordination between the event's coordinator and the Security Department is key.

If you or your command is planning such an event, the procedures are actually quite simple: "The Event Coordinator from the requesting command/organization (or an authorized member organizing a family event) will consolidate a complete guest list, arranged in alphabetical order, last name first. For guests who intend to stay onboard the installation for a number of days, the Event Coordinator will provide the dates the guest(s) will be onboard and a special events visitor pass will be delivered. Once the guest list is complete, it will be delivered (via e-mail, fax, Guard Mail, or hand delivered) to the Pass/Tag Office for security verification and approval."

These lists must be delivered to the Pass and Tag office as soon as possible prior to the event. There are specific requirements that we

in security must meet prior to authorizing non-affiliated individuals un-escorted access to the installation. These requirements take time to be accomplished. While you will probably never hear us tell you "You are too early," you may very well hear "You are too late." As a cut-off, we have established a 48 hour or two-working day rule prior to the event. For clarification, if the event is to be held on a Monday, the list must be received no later than the Wednesday before to allow for two working days, Thursday and Friday. In the event someone on the list provided can not be granted access, the event coordinator will be contacted immediately and questions pertaining to the specific reasons for denial will be addressed by the installation's Security Officer.

On the day of the event, this list will be available at the installation's gate so that the picture ID presented by your guest can be verified on the list by the gate's Sentry. This alleviates the requirement for guest to proceed to the

Security continued on page 12

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Blackhawk Memorial Golf Tournament Aug. 6; honors memory of fallen HM-15 Sailors

by Brandi Byrum, NMCRS Volunteer

The Blackhawk Memorial Golf Tournament was founded by Amy Jacobs, whose husband, Lt. Shawn Jacobs, died in a helicopter crash on August 10, 2000. Shawn and five other crewmembers departed from NAS Corpus Christi and were flying a mission over the Gulf of Mexico. After having been on its mission for about 30 minutes, the crew radioed that there was a mechanical problem and indicated they would attempt a precautionary landing on Padre Island. But that was the last radio transmission that was heard. Shawn's MH-53E helicopter, also known as a Sea Dragon, crashed in 50 feet of water during a training mission, killing four of its six crewmen: Lt. Shawn Jacobs, Lt. Edward Fassnacht, AD1 Jeffrey Paschal and AD2 David Rutherford. The survivors were Sean Polyo, who remained in the Navy, and Jeremy Laklin who was disabled from the accident.

As Amy grieved the loss of her husband, she decided to organize the Blackhawk Memorial Golf Tournament in honor of Shawn, who loved to play golf and was passionate about helping his fellow Sailors. Along with her mother, Lynn Bridges, Amy has organized seven annual tournaments. "I want the Navy and Marine Corps to know how important they are to the Corpus Christi family," says Lynn Bridges. She adds, "The main goal of the Blackhawk Memorial Golf Tournament is for everyone to have fun."

The golf tournament, open to anyone of any skill level, will be held August 6 at the Padre Isles Country Club. Registration begins at 7

a.m. and the four-man scramble will tee off at 8 a.m. There is a \$75 per player entry fee that includes cart rental, driving range practice, putting green practice, beverages, and lunch sponsored by Outback Steakhouse. All the proceeds of this tournament are donated to the Navy-Marine Corps Relief Society.

The Navy-Marine Corps Relief Society is very grateful for this tournament and the donations made by the players. The Relief Society provides need-based financial and educational assistance for Sailors, Marines and their families through interest-free loans. In addition to financial assistance, the NMCRS offers Budget for Baby, the Visiting Nurse Program, Combat Casualty and a Thrift Shop. In 2006, the local Corpus Christi office gave out \$307,179 in interest-free loans, \$31,129 in grants, and raised \$92,723. If you would like more information on the Navy-Marine Corps Relief Society, call 961-3482.

Support your local Sailors and Marines on August 6 and join us at Padre Isles Country Club for a day of golfing, food and fun. To register for the tournament or to make a donation, please call (361) 961-2100.

(inset photo) Lt. Edward Fassnacht, Lt. Shawn Jacobs, AD1 Jeffrey Paschal and AD2 David Rutherford were killed in a training accident aboard NAS Corpus Christi in 2000. (right) Golf carts line the greens of Padre Isles Country Club as 36 teams (almost 150 people) compete in the yearly tournament.

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Photo by Lynn Bridges

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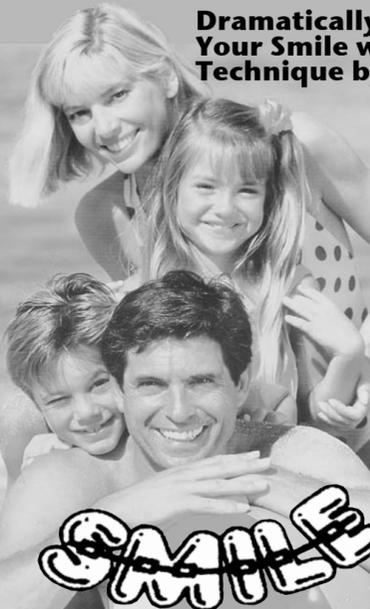
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A cure-all in your cupboard?

by Lt. Wayne Murphey, VT-27 Flight Surgeon



Cinnamon has recently been shown to prevent blood clots, in addition to its many other health benefits.

Even with all the advances in medicine today, sometimes the simplest and best treatments are right in front of us, or in this case, hiding in your spice cabinet. For some time, researchers have been interested in cinnamon for its potential health benefits. Now, evidence is growing that cinnamon is an important supplement to our diet.

Long recognized for its potential anti-clotting effects, it is believed that cinnamon can prevent the abnormal clumping of blood platelets, possibly protecting patients from devastating blood clots. It may also help ease arthritis pain as a result of anti-inflammatory effects. In one study, arthritis patients who consumed cinnamon powder every morning had significant relief of their arthritis pain after only one week and were able to walk without pain after one month. Another study found that smelling cinnamon boosts cognitive function and

memory and other studies demonstrate its antimicrobial properties, making cinnamon an excellent alternative to traditional food preservatives.

However, this spice's favorable effects don't stop there, as it is also a great source of manganese, fiber, iron, and calcium. Studies have shown that cinnamon has beneficial effects, which could prove useful in the treatment of many serious health conditions and has the potential to improve glucose and cholesterol metabolism. In one study, patients with Type 2 diabetes took cinnamon for 40 days and had improved insulin sensitivity and glucose control, suggesting beneficial insulin-like effects. In addition, the same study showed that cinnamon may decrease triglyceride levels 23-30 percent, while lowering "bad" cholesterol a staggering 10-24 percent.

Now researchers are conducting more studies to examine cinnamon's health-enhancing effects. As a result, they have isolated antioxidants which are found naturally in cinnamon, called polyphenols, thought to be responsible for its beneficial effects. They boost levels of key proteins in our bodies, which are crucial in controlling inflammation, signaling insulin, and transporting blood sugar. While more studies are needed to further clarify cinnamon's health benefits, there is tremendous potential for the use of cinnamon in treating serious health conditions such as diabetes, arthritis, high cholesterol, heart disease, and more. Perhaps one day, new medical treatments will capitalize on the polyphenols found in cinnamon, but in the meantime you can enjoy these health benefits the old fashioned way and add a sprinkle of cinnamon to your food.

Gear up for Operation S.O.S.!

It's time again for KRIS and the Coastal Bend to rally in support of Operation S.O.S. (Supply Our Students)! Kids all over South Texas look forward to the excitement of beginning a new school year. Yet when that first day arrives more than 45,000 students in our local communities are faced with embarrassment and sometimes ridicule because unlike other kids, they enter their classrooms empty handed. Through no fault of their own, money to purchase basic school supplies



just isn't available. It's why KRIS Communications is proud to present Operation S.O.S.

AO1 (AW/SW) Richard Zule, president of the NASCC First Class Petty Officers' Association, has set up donation sites across the base including Bldg 2 (Base HQ), Air Ops, Bldg 252 (DetFac), the Marina and the Navy Exchange. They will remain in place until Aug. 17., so come out and donate! Even the smallest bit helps. For more information, please call AO1 Zule at 961-5218.

Ombudsman continued from page 1

welcome home our troops, and is doing it in a way that shows their appreciation without overwhelming the IA. "When these Sailors come home, on top of the 6, 9, 12 or more months they've spent away from their families, they've also just spent a very very long time on a plane," Baker said. "The Community Appreciation Baskets are a way for businesses to show their support without overloading them. Since I'm in contact with the spouses, I know when they're coming home. I can go there, give them their baskets and it isn't too much to handle. I don't have to stick around and be in the middle of their homecoming."

A firm believer in the Navy and what it has to offer, Baker knows her duties to the IAs and her responsibility to their families. "We've got some great Sailors here. Great ones. But if the families aren't happy, we lose the Sailors. With as much as they Navy has to offer, and as well as I know they can take care of their own, they should be happy and taken care of," said Baker.

To those who need her help, she adds, "I am there for them. All they need to do is speak up and don't hesitate to call. You won't know about the resources you have unless you call." To reach Barbie, please call (361) 446-9031 or email her at mrsbaker@stx.rr.com.

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Captain continued from page 2

a couple of things I'd like you to know about. First, the First Class Association is working with KRIS Communications (Channel 6) in Operation Supply Our Students (S.O.S.). It's estimated that more than 45,000 students in our local communities face embarrassment or ridicule because they enter their classrooms without the proper school supplies. There's simply no money in the household for this.

Our First Class Association teamed up with KRIS to ensure that children in South Texas can look forward to beginning a new school year with all the tools they need to succeed. AO1(AW/SW) Richard Zule, President of the NASCC First Class Petty Officers' Association, has set up donation sites across the base. They will remain in place until August 17th when the donations will be given to the respective schools involved.

Second, the Snack Pack program began a couple of years ago to help children who were attending Flour Bluff schools. Although we in the military don't often draw huge salaries, in a locale like Corpus Christi, there are families who have a lot less. The Snack Pack program began when teachers and counselors noticed that some children ate ravenously when they came to school on Mondays.

It was discovered that some of these children, either because parents were out of work, some were single-parent households and others because of their own doing, were not able to afford food for the family. Our Chaplain Corps decided to do something about it and began the Snack Pack program. The program ensures that children who need food will get it in a Snack Pack before the weekend. There is a list at the Commissary that shows what kind of non-perishable foods go into the package. It's nutritional, tasty, and each pack includes a dessert.

Folks, I urge you to consider sharing some of the good fortune we have to help others in need. You'll help make a difference in a child's life! See ya on the beach!

Chaplain continued from page 2

for failure to render aid specifically refers only to victims of a car accident. Two suspects have been arrested in the stabbing. Cherish M. McCullough, 19, has been charged with first-degree murder. Another suspect, who turned himself in a few days later, had not yet been charged, according to the Sedgwick County prosecutor's office. Wichita Police Chief Norman Williams told US paper, *The Wichita Eagle*, which highlighted the incident after it had gained little media coverage that the callousness on display from the shoppers was 'appalling.'

'I could continue shopping and not render aid and then take time out to take a picture? That's crazy,' said Chief Williams. 'What happened to our respect for life?'

Love speaks to our generosity. It is called forth by the other's distress, and the deeds of love are a gift. Our fellow human being, no matter how depressed, depraved, or deprived, is deserving of our gifts. When we hear a cry for help, we should not pass by. We should be the good Samaritans that today's society desperately needs.

Security continued from page 2

Pass and Tag Office and therefore expedites their entry.

As you can see, the procedure is not actually all that difficult. The keys for making it successful for us, you, and your guest, is prior planning conducted as far as possible in advance, and maintaining an open line of communication for questions or situations that may arise.

Any questions pertaining to this procedure can be addressed to me at (361) 961-1694 or to our staff at the Pass and Tag Office at (361) 961-2376. We will be glad to answer your questions.

Relax your body, calm your mind
Develop resiliency in the face of stress

by Rick Speller, Fleet and Family Services

The nature of stress for modern man is not an occasional confrontation with a saber-toothed tiger or a hostile warrior, but rather a host of emotional threats such as getting stuck in traffic or fights with customers, co-workers, or family members, which often occur several times a day. People are disturbed not just by events, but by their perception of those events. In our fast-paced society, people feel overwhelmed, overworked, and overstressed.



What they are really saying is, "My plate is too full!" "Help, I'm stressed out!" "Stop the world, I want to get off." When there's too much stress, people experience physical, emotional, behavioral, relationship, and work problems. Learning how to manage the challenges

of work and personal life is important for personal and professional success and good health.

On August 24, Fleet and Family Services will offer a seminar that focuses on stress as a personal reaction to changes individuals experience in life events and in everyday hassles. It offers an array of techniques for taking control when possible and learning how to let go when that may be the more effective strategy. The emphasis is on developing personal resiliency in the face of stress. The seminar will be held at the Breezeway Inn (Tejas Room) from 1 p.m. to 3:30 p.m. Registration is required. For more information or to register, please contact Carole Pilgrim at 961-3272 or email carole.pilgrim@navy.mil.

Karl Boyd holds book signing Aug. 2-4 at NEX; proceeds go to Wounded Warrior Project

Compiled from www.karlboyd.com

Author and retired US Air Force Master Sergeant Karl Boyd will hold a book signing at the NAS Corpus Christi NEX Aug. 2-4 for his new release, *Signs of Our Times*.

Much of Boyd's writing is taken from personal experiences while serving with the military in such locations as Bermuda, Iceland, Saudi Arabia, Hawaii, Europe, plus the Middle and Far East. Karl and his wife now reside on the Gulf Coast of Texas where Karl enjoys fishing and writing. They both enjoy traveling and have visited more than 100 countries, islands and possessions over the years. They especially enjoy cruises



Boyd

where Karl gathers many ideas and inspirations.

Karl began writing more than five years ago and has had several of his short stories published by the local newspaper. *Signs of Our Times* is his latest book and the first one selected for publication by Publish America, located in Frederick, MD. *Signs of Our Times* is a story of a terrorist plot to assassinate the president of the United States and hundreds of thousands of Americans by placing nerve gas canisters disguised as fire extinguishers around the Cotton Bowl during the annual Texas/Oklahoma football game.

Boyd says he has two goals to fund with the proceeds from his books: "One, our church has a sizeable mortgage and if we can, we want to pay it off."

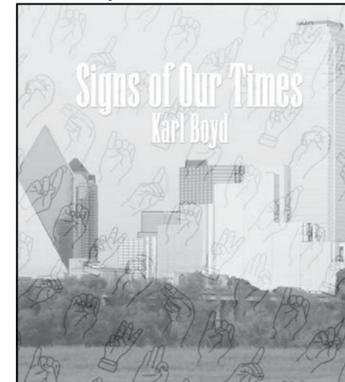
"Two, we are a military family. My wife

and I, along with our daughter, are all retired Master Sergeants from the USAF. Our son-in-law is a retired Lt. Col., and our grandson just enlisted. We are appalled at the lack of medical care for our wounded troops, so we decided we would donate a portion of our profits from the sale of *Signs of Our Times* and any future books to the 'Wounded Warrior Project.' You can read all about the project at www.woundedwarrior.com.

"We will make an initial donation of \$5,000 to this fund. When book sales reach 100,000, we will donate an additional \$15,000. More donations will be made as my other books are published."

"We hope many of my readers will join us in this effort. Our troops deserve more than 'lip service,'" he continued.

Come to the NEX on Aug. 2-4 for a chance to meet and speak with the author. For more information on the author, please visit www.karlboyd.com.



Karl Boyd's upcoming thriller/suspense will be available for purchase and signing.



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How Lean Six Sigma works in industry and Navy Region Southeast

by Navy Region Southeast Public Affairs with contributions from Rear Admiral Hugh Blackwood
Deputy Commander, Navy Region Southeast Rear Admiral Hugh Blackwood has led a distinguished career in civilian industry in addition to his accomplishments as a Naval Officer. This experience includes transforming institutions through Lean Six Sigma processes. Over the course of his career, he has witnessed many significant successes within industry, attributable to LSS, that are



Blackwood

in the hiring process. These personnel brought valuable insights to HR. In addition to improving the time it took to hire a new employee, the team reduced employee turnover by 30 percent. LSS broke an accepted paradigm that half the employees won't stay. "It's amazing what can happen when the process is truly owned by the team," Blackwood said.

Finance is another field in which Blackwood witnessed LSS making significant improvements in work processes. His employer was taking a long time to close out the books and make their monthly and quarterly reports, a situation negatively impacting the stock ratings.

"People initially said, 'That can't be done,' but they were only looking at the existing process," said Blackwood. "Through LSS methods, we used new technologies, redesigned systems, and stream lined reports."

Now, it takes the global company of 140,000 employees fewer than eight hours to close out its monthly and quarterly reports.

"People went proactive," Blackwood said.

In a third example, an aluminum caster (a piece of machinery that shapes aluminum) was unreliable - or so management thought. It operated only 20 days per month. A floor-level LSS team set a goal to reduce the downtime from 10 to six days. This reduction of four "down days" per month would cause yearly profits to rise by \$500,000 at this plant alone.

The team explored ways to eliminate breakdowns. Using LSS tools, they discovered the problem was not only due to mechanical failures but to lack of operator training, poor quality, and product scheduling. Either the product was "off analysis," not checked, or incorrect. Occasionally, there was no demand or no operator, so the machine sat idle. After completing a "value stream map," the team redesigned machine scheduling with internal customers. Also, they involved marketing personnel, floor-level operators and maintainers.

No one had ever thought of asking the operators for their input, but as a result, the LSS team changed the way the casting machine was operated, scheduled, and maintained. "Down days" went from 10 per month to only four. Consequently, factory's year-end profit rose by greater than \$500,000 as a result of plant management empowering employees and providing them the tools to fix something they had endured for years.

"Management needs to give people the confidence that they can make a difference," Blackwood said. "To be successful, LSS must be supported from the top but led from the bottom. The keyword here is trust."

LSS is deeply democratic and egalitarian. It works when input is solicited and given from all levels of an organization. From the new YNSN just out of "A" school to our senior civilian program directors, everyone has an equal share in using LSS to improve operations at Navy Region Southeast. Green Belt, Yellow Belt, White Belt - anyone who has an idea on how to improve processes and procedures is a vital player in LSS. LSS works for everyone who makes LSS work!

equally achievable within Navy Region Southeast.

A particular LSS success story occurred in a field highly relevant to the mission of Navy Region Southeast: Human Resources. The hiring process at an aluminum plant had become a lengthy and complex process unable to meet the future needs of the operating departments. Many employees were planning to retire within the next three or four years. Hence, the hiring process that had worked during previous years (of low turnover) needed to be significantly improved and more responsive. Lean Six Sigma enabled a cross functional team of HR and plant workers to make a significant and sustainable improvement in reducing the time it took to acquire new employees.

How significant? The team reduced the hiring process from 90 to 30 days by using LSS to identify delays in hiring, reviewing the sources of advertising, and targeting "waste" delays.

Several institutional improvements included making the end user more a part of the hiring process by having the actual floor level operators do the interviewing. They altered the entire corporate culture of how to solicit and hire employees.

As a testament to the power of the LSS process, when the initial goal of a 60 percent reduction in the hiring process was reached, the team refused to disband. Energized by their accomplishments, they further reduced the time to 15 days in some instances.

"Just when you think the team has achieved everything and more, they'll surprise you," said Blackwood. "They defined the problem, took out waste, and then rewrote the entire process, rather than just improving on what existed."

The LSS team thought outside the box by involving employees from the factory floor

said. "The sameness was a constant."

There were a lot of things Lee saw in Iraq that he'd like to forget, but one particular event will remain with him forever.

As Lee describes it, he was in the rear of column of three Humvees when the middle vehicle blew a tire in the center of an Iraqi neighborhood.

The members of the convoy immediately went into a "protective mode," with weapons aimed in every direction should an attack come.

In Lee's line of vision was a child around six years old, standing in a doorway and handling an AK-47.

"He wasn't aiming it or anything. It just looked like he was trying to hold it," Lee said. "What ran through my mind was 'What kind of parent would let his kid play with a gun like that?'"

Suddenly, it looked as if the child was about to get a handle on the weapon, and if he aimed it at the convoy, Lee knew what would happen, what had to happen.

Then another thought went through Lee's mind. "I suddenly felt like I didn't want to be there anymore. I didn't come all the way to Iraq to shoot a child. Thankfully, a hand snatched the boy out of the doorway just as he was about to point the AK-47 at us," said Lee.

It was a close call for that youngster, but Lee, too, experienced some close calls. As he relates it, there were a few times that areas in the Red Zone were targets of terrorist attacks minutes before or after he was there.

Lee says he's glad to be back in South Texas again. He recently received a Joint Service Achievement Medal for his service from September 2006 to January 2007 to remind him of that tour of duty.

He did what he was sent to do, and he knows that the Iraqis are capable of using the techniques of "evidence exploitation and collection" that he taught them, but wonders, when the time comes, will they do it?

There's always the possibility that Lee could be sent back again. After all, he's got all the skills to do the job as well as the experience. But Lee says he hopes that other qualified investigators get the opportunity to work with the Iraqis first.

In the meantime, he has a medal and a picture-box full of memories of a country in shambles to remind him of how great it is to be an American.



MA1 Jeffery Lee takes fingerprints at Naval Station Ingleside. Lee's duty in Iraq included teaching Iraqi soldiers how to collect evidence to convict criminals.



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Ingleside Sailor recalls Iraq duty

Photo and story by Mike Antoine, Naval Station Ingleside Public Affairs

MA1(SW) Jeffrey Lee reported for duty aboard Naval Station Ingleside in May 2006.

Four months later, he stepped off a plane in Kuwait City, into 132 degree temperatures, en route to Baghdad to serve as a Naval investigator at the Central Criminal Court of Iraq-Liaison Office, Task Force 134, Multinational Force-Iraq in Baghdad.

The 16-year Navy man was chosen for this Individual Augmentee assignment because of the need for personnel with his skills and abilities as a Naval investigator. According to Lee, there are roughly 300 to 400 Sailors who have the "Investigations" classification.

He spent the first three weeks of his Iraq experience escorting American lawyers who were prosecuting cases at the courthouse in the Red Zone - a place Lee says looked like a scene from the wild West, because practically everyone carried side arms or was holding a rifle.

Escorting officials to the courthouse in the Red Zone meant full battle gear: Kevlar, helmet, plus a locked and loaded M-16.

"Working there in the court setting helped because I learned what kinds of evidence the prosecuting judges were looking for," he said. "Though, in some cases it seemed like the judges were eager to find ways to get cases dismissed."

The justice system in Iraq differs from that of the United States. The way Lee describes it, a judge will interview a person in custody along with the arresting officer. The officer will then show whatever evidence he has to the judge, who then decides if the evidence warrants the individual going to trial or not. If the judge decides there's not enough evidence, the individual will be released. Otherwise, the individual will be tried by a three-member panel of judges in a trial that typically lasts just a few hours.

Lee's primary role in Iraq was to teach U.S. and Iraqi soldiers how to collect evidence to help convict criminals. Basically, as Lee puts it, to show them what kinds of stuff they should be looking for.

"It was like shooting in the dark a lot - or rolling the dice," Lee said. "You never knew if you were going to get a conviction, not even with what seemed like airtight evidence you might have collected."

In the relative calm of whatever Forward Operating Base (FOB) he was staying at the time, Lee lived out of a rucksack and backpack. It is amazing what Lee was able to stuff into those bags: clothing, toiletries, uniforms, shower shoes, portable DVD player, an iPod, medical records, and "Page 2" information.

As thankful as Lee was for the relative safety and calm of the FOBs, there were the occasional water shortages, port-a-potty facilities, no TV, intermittent communication blackouts, and air conditioning breakdowns.

"And you don't want to be in one spot much more than 20 minutes when you're outside of your FOB. It's just not safe. You'd become an easy target," he explained.

Sometimes, you could be a target inside the FOB. Lee said he had many sleepless nights when he was at any of more than a dozen FOBs he stayed at during his time in Iraq. A mortar once struck a few hundred yards from his trailer.

As bad as mortar shelling can be, the heat was a constant enemy. "Over there, it's so hot you don't sweat. Your sweat evaporates immediately. You're continuously drinking water."

Time wasn't much of an ally either. It seemed to drag its heels for Lee while he was in Iraq.

"A week seemed like a month there," Lee said. "Every day was the same clothes, same people, same surroundings, same routine," he



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2 Months Free Offer: Bill credit applied after 3 months of service. Offer expires 8/31/07.

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AROUND THE BASE IN 2007

Medical Service Corps • 60th Anniversary



Photo by Bill Love, NHCC Public Affairs

Medical Service Corps Officers representing Naval Hospital Corpus Christi on the occasion of the MSC 60th Anniversary. (Pictured from L to R) Lt. Cmdr. Robin M. Lewis, Dept. Head, Mental Health; Lt. Mark D. Wakefield, Comptroller; Cmdr. Maria K. Majar, OIC, BHC Ingleside; Lt. Cmdr. Dawn M. Hardin, OIC, BHC Kingsville; Cmdr. David D. Mullarkey, Director of Health Care Operations; Lt. Cmdr. Gerard J. Woelkers, Director for Administration; Capt. Don Cenon B. Albia, Executive Officer; Lt. j.g. Garth W. Aldrich, Patient Admin Officer; Lt. j.g. John J. Gardner, Environmental Health Officer; Lt. José Luis Sanchez, Dept. Head, OPMAN; Lt. j.g. Rudy D. Medina, Business Manager.



Photo by Coast Guard Sector Corpus Christi Public Affairs

“Camp Lex,” a weeklong summer camp aboard the USS Lexington, featured a carrier landing by the U.S. Coast Guard Sector Corpus Christi on July 11. 63 students attended the camp, which was intended to give the students a different perspective on Navy life with some of them sleeping aboard the Lexington.

Thank You, Troops!



Photo by Lt. j.g. Caleb Booher, Asst. Public Affairs Officer

A table is covered with “Thank You” notes from the Holmgreen Center at Trinity Towers, a retirement community in Corpus Christi. Notes will be sent to servicemembers who are deployed overseas.



Photo by Lt. j.g. Caleb Booher, Asst. Public Affairs Officer

In preparation for the arrival of Inshore Boat Unit 15, design and construction upgrades were made to the Seaplane Ramp on Sunfish Beach, including a few days worth of dredging. This included taking the depth of water to about six feet. The depth had previously been between 2-3 feet and would not accommodate Inshore Boat Unit 15.

AWARDS AND ACHIEVEMENTS

Commodore’s List



Photo by Lt. Brady Scher, VF-28 Public Affairs

(Pictured from L to R) Congratulations to Ensign John Reeves, 1st Lt. Brian Hansell, Ensign Tyler Wilson, and Ensign Mike Feagans. On July 19th, Wilson received Commodore’s List recognition for a primary flight training performance among the top 10 percent of Training Wing 4 Primary Flight Students, while Reeves, Hansell, and Feagans received Commodore’s List with Distinction for performing among the top five percent.



Photo by Bob Torres, Public Affairs Officer

Commanding Officer of HM-15, Cmdr. Frank Dowd, presents the “Yellow Rose of Texas” plaque, signed by Governor Rick Perry, to Leticia Ruiz during the July 13 retirement ceremony for her husband, Aviation Electrician’s Mate First Class (AW) Donald R. Ruiz. They are joined by their daughter, Christina. Ruiz retired with 20 years of service.

Meritorious Service Medal



Photo by Bill Love, NHCC Public Affairs

NASCC Commanding Officer, Captain Tim Coolidge (left) congratulates Captain Robert Sorenson, Medical Corps, after presenting him the Meritorious Service Medal, Third Award, on July 12 in a ceremony at morning formation. Captain Sorenson was praised for meritorious service while serving as Executive Officer, Naval Hospital Beaufort, South Carolina from June 2005 to April 2007.



Photo by Public Works Department

Mr. Richard Alvarez (center) stands with his wife, Diana, and Lt. Cmdr. Mike Ser, Public Works Officer, during his retirement ceremony on June 30. Alvarez served 22 years federal service as a PWD Corpus Christi locksmith.



Photo by Public Works Department

Mr. Robert Achuff (left) receives a certificate for his selection as Employee of the Month for June 2007 from Lt. Cmdr. Mike Ser. Achuff serves as a PWD Corpus Christi painter.