

Wingspan

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Naval Air Station Corpus Christi, Texas

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Naval hospital contingency training slated

Full services slightly interrupted

By Bill W. Love
NHCC PAO



Photo by Bill W. Love

DECONTAMINATION TENT IS VITAL TO HOSPITAL PREPAREDNESS - Navy Hospital Corpus Christi Commanding Officer, Capt. A. L. Stocks, MC, (left), gets briefed by Emergency Preparedness Officer, Lt. Cmdr. Chester E. Chapman (far right) while Lt. Cmdr. Grant C. Wallace, Treatment Area Supervisor (center) and NHCC Executive Officer, Capt. Eleanor Valentin, look on. The hospital and Branch Medical Clinics' staff will participate in a three-day Disaster Preparedness, Vulnerability Analysis, Training and Exercise Program (DVATEX) beginning Jan. 14. Full services at the hospital and the BMCs will be slightly interrupted.

Training evolutions keep HM-15 aircrew at the ready

By Lt. j.g. Jim Schwarze
HM-15 PAO

The number one characteristic of a naval aviator that distinguishes them from their counterparts in other services is their ability to land an aircraft safely on board a ship, a skill that requires a substantial amount of practice. For the pilots of Helicopter Mine Countermeasures Squadron Fifteen (HM-15), being able to land the MH-53E Sea Dragon on board a moving vessel during the day or night is a fundamental part of their mission.

HM-15 maintains a worldwide, 72-hour Airborne Mine Countermeasures (AMCM) rapid deployment posture and supports a four aircraft forward-deployed AMCM and VOD logistic detachment in the Arabian Gulf. In order to execute this mission, there are many logistics, administrative and operational hurdles that must be overcome. Since the decommissioning of USS Inchon (MCS 12), HM-15 has relied upon ships of opportunity to maintain pilot shipboard landing qualifications. It has been paramount for HM-15's pilots and aircrew to maintain a high level of proficiency with regard to shipboard operations, especially for those personnel who will soon rotate to the Bahrain detachment.

The crew of USS Trenton (LPD 14) was enthusiastic about letting the HM-15 Blackhawks make use of their flight deck while the ship steamed north in the Gulf of Mexico. The Trenton was on its way to a port call in Pensacola, Fla., to enjoy a couple of days of well-deserved liberty. On Nov. 14 Hurricane 04, a helicopter from HM-15, met the Trenton as it approached the Gulf coast. Eight pilots and five air crewmen were able to make use of this training opportunity. This essential mission was repeated on Nov. 16 as the ship departed the port of

In the event of a natural disaster or a terrorist attack many people in the community will depend on the staff at the Naval Hospital Corpus Christi (NHCC) to respond effectively. The healthcare professionals there have an obligation to ensure they are prepared to provide care under any circumstance. That is why NHCC has an emergency management plan in place, and why its staff works hard to make it the best plan possible. And next week they have an opportunity to make sure the emergency response is even better.

A team of emergency preparedness experts will visit NHCC Jan.12-14, 2004 to conduct the Disaster Preparedness, Vulnerability Analysis, Training and Exercise Program (DVATEX). The team consists of staff from the Navy Medicine Office of Homeland Security and nationally prominent civilian leaders in emergency preparedness. Their mission is to help NHCC improve the level of preparedness through training exercise, and by analyzing plans already in place. The team will also provide suggestions for strengthening NHCC plans after speaking with many of the medical staff members about how they plan to conduct operations during an emergency.

The DVATEX team has already visited the National Naval Medical Center; Naval Medical Center Portsmouth; Naval Hospitals Beaufort, Bremerton, Cherry Point, Naples, and Sigonella; Naval Medical Clinics Patuxent River, Pearl Harbor, and Quantico; Naval Ambulatory Care Centers Groton and Newport; and MERCY. According to Cmdr. Shauneen M. Miranda, NC, USN, Head, DVATEX Program, Navy Medicine Office of Homeland Security, Bureau of Medicine and Surgery, "Those commands have found the experience extremely useful and worthwhile by taking advantage of the training opportunities, participating in the exercise as if it were the 'real thing,' and doing their part to improve our emergency response."

Naval readiness though quality healthcare, wellness and training is NHCC's mission - and that includes readiness for contingencies at home as well as in any combat theatre. Staff from the Branch Medical Clinics (BMC) Ingleside and Kingsville will participate with NHCC staff in the training exercise next week to sharpen their skills in helping to improve that mission. Beginning Monday, Jan. 12, and continuing until the afternoon of Jan. 14, limited services will be available at NHCC and the BMCs. Medical information and assistance will still be available at the Health Care Information Line by calling 800-611-2875. All emergencies will be responded to at 911.



The aircrew of Hurricane 04 keep their skills honed by training evolutions such as this one onboard the USS Trenton (LPD 14).

Pensacola. Pilots of HM-15 were able to make 51 total (day and night) landings. For some of the pilots these landings were made to maintain currency but for some of the junior pilots, these were their first night ship landings.

Shipboard landings are inherently more dangerous and difficult. In addition to the normal daytime hazards such as the ship's movement, less maneuvering space, and the close proximity to the water, there is reduced visibility and limited depth perception. Most pilots would agree that these added risks are overcome through increased crew coordination. Just the same, pilots and air crewmen have to be at the top of their game to make safe and successful nighttime approaches to the ship. The aircrew of Hurricane 04 was the right team for the job and made it look easy.



From the Skipper

A New Year, a fresh perspective

By Capt. Paula Hinger



Hinger

As I write this the first thing that comes to mind is that those of you who know me best or at least read my columns know that the title foretells of yet another "mom and apple pie" speech. However, since my daughter's favorite is apple pie, here goes.

Last year my letter was entitled "A CO's wish" and I talked about wanting to make the base a clean haven, devoid of the general trash that frequently accumulates outside the fence line. I have seen that come to fruition and I would encourage you to continue this effort.

I still find myself stopping along my jogging route to pick up a stray cup, can or general garbage. My goal is to run the perimeter and not have to stop once. That will be a great day and hopefully mean that those of us who live and work here have become so accustomed to having the base look clean that we make a conscious effort to keep it that way.

As we start the New Year, I would like to focus on the way ahead. For me, that perspective by necessity means focusing on where we will be in the future, while continuing to solve the crises of today. This past year, 2003, handed each of us, whether we knew it or not, a few challenges that had to be tackled on a seemingly daily, if not hourly, basis. It is very difficult when you are fighting the fires to move beyond the task at hand. This brief respite we call "holidays" gives us the firebreak we need to recharge and reflect.

Over the past couple of days, which have

been less demanding by Jeanne Iturre's standards, I have been trying to find my desk which has absorbed the brunt of data calls and regionalization efforts, with paper flying and wild late night calculations. What keeps coming to the forefront, however, is how incredibly fortunate we are to be alive in this great country; that we are part of an incredible tide of change that is sweeping the military and this is a tremendous opportunity to influence our future. Change brings uncertainty, and with that fear of the unknown. I would like to suggest that change is the solution to meeting new requirements, a solution to an old problem and a means of forging the way ahead. The captain of a vessel establishes the destination, but each member of the crew has not only their obligation to fulfill their responsibilities, but a duty to their captain to make sure they arrive safely without running aground. That more or less sums up

From the Skipper continued on page 3

Chaplain's Corner

Happy New Year!

By Lt. Alan Snyder

It is my prayer that you have had a great holiday season. I hope that this New Year finds you with many new opportunities and successes.

Has anyone made any New Year resolutions? This is the big chance for change in your life. At least, traditionally it is. Wrapped up in the cliché of fresh starts, new beginnings, and a chance to start over we find one of my favorite words: Redemption. With redemption comes change. Change can be most painful and beneficial. Most New Year's resolutions fall into three categories:

1. Longevity - Things to make us look better and have a longer life.
2. Prosperity - Things to make us have more.

3. Peace - Things that will help us to get along with everyone.

Most people would agree that these are great things to aspire to, and I would like to take a look at each of them:

Longevity: I would like to stay around as long as possible. This does not mean simply eating right and staying in shape; I am referring to other things as well. Make a commitment now to drive safely. Be a designated driver. If you think something is a bad idea or unsafe it most likely is. Go with that instinct.

Prosperity: Here, I will not speak of material possessions. We can prosper in many ways. We can prosper in our career, but I think we would benefit greatly if we could prosper in our care for our actions. Too many lives have been changed because of what I like to call "six seconds of stupidity."

P e a c e :

There are many ways people tell you to find peace in this life with others. The one that always seems to work for me is to never lie, always seek to do your best, and to have a genuine care for those that you come in contact with. If you do this then many times you will be forgiven your "six seconds of stupidity."

We can change. We must all have this hope within us. My hope comes from God. We can put away the old habits and create new ones. We can keep the promises that we make to ourselves.



Snyder

Healthwatch



Ruttig

Here comes the sun...

By Lt. Nate Ruttig

One of the most evident physical features of the human body is your skin, which is not only readily visible, but also very vulnerable. Skin cancer is on the rise in the United States,

occurring mostly in people over the age of forty. It is the cumulative dose of sun exposure that matters in skin cancer formation. Over 90 percent of a person's lifetime exposure to the sun occurs before age 18, but it is every little bit of sun exposure thereafter that really counts in preventing skin cancer. Protecting your skin from exposure to the sun is very important, and one way to protect your skin is by using sunscreen.

The sun emits ultraviolet energy in two forms, UVA and UVB. Most sunscreens block UVB rays only. If a sunscreen contains titanium, parsol (a.k.a. parsol) or zinc, then it will provide some UVA protection as well. Look for one of these three ingredients. It is the UVA rays that are most important in causing melanoma. Sunscreens without titanium, parsol, or zinc will protect you from getting sunburns, but will not protect

you from getting skin cancer.

SPF is commonly seen on almost all bottles of sunscreen. SPF is not a value that tells you how much protection you are receiving, but rather the amount of time that the sunscreen protects you before you must reapply the sunscreen. A lower value sunscreen, like SPF 5, must be reapplied more frequently than a higher value sunscreen such as SPF 30. Hats do provide good protection; however, the most common areas of skin cancer are the tips of the nose and the ears. An adequate hat should provide shade for these important areas. Most T-shirts only have an SPF value of about 5. It's a good idea, if you're out in the sun for prolonged periods, to wear sunscreen underneath your T-shirt. Many over-the-counter moisturizing creams provide SPF

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Wingspan

NAS Corpus Christi
"Exceeding Expectations Through
Pride In Performance"

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Station Spotlight



MSI Donna Sykes
Receptionist, MWR

Originally from Sacramento, Calif., Sykes has been in the Navy for 19 years and has been stationed in Hawaii, San Diego, Alameda, New Orleans and Virginia. She would like to retire from the Navy and eventually obtain a Masters Degree in Business Management.

Her hobbies include reading novels and volunteering at convalescent homes.

She enjoys her job at MWR because "I enjoy working with civilians and doing customer service."

Sykes has a 12-year-old son.



Charles Rainey
Mail clerk, MWR

A native of Chickasha, Okla., Rainey has been working on board NASCC for three and a half years, and would like to further advance in the administration field.

"Right now, I do all of the mail for the MWR facilities on the base," he said. "I like this job because I get to travel around the base every day and see all of the new and interesting things happening."

During his leisure time, he likes to fish and is also an aviation enthusiast.

Rainey is married and has two daughters, ages 14 and 10.

Naval Hospital offers quarterly ShipShape certification Deadline nears

By Erin Wilson, R.D., L.D.



What is ShipShape? ShipShape is the Bureau of Medicine and Surgery (BUMED) approved weight management program. The goal of ShipShape is to increase the number of active duty who are living a healthy lifestyle and maintaining a healthy body composition. ShipShape includes six sessions that focus on nutrition education and behavior modification skills to assist participants in reaching a healthy weight.

Who should enroll in ShipShape? Attendance is open to all personnel but is targeted to those who exceed or are close to exceeding body composition assessment standards.

How do I register for ShipShape? Personnel interested in participating should obtain a recommendation from their Commanding Officer or Officer in Charge through their Command Fitness Leader. Self-referrals are also accepted when accompanied by command endorsement. Upon referral notification, the Wellness Center will register participants for the next available class. Class size is limited to 25 participants. Participants who meet attendance criteria will receive a certificate of completion.

When and where are the classes offered? The classes are offered quarterly in the Wellness Center classroom located in Naval Hospital Corpus Christi. This 6-week program consists of classes held on Wednesdays from 1:30 to 3 p.m. The next class begins Jan. 28, 2004.

More questions? Contact Erin Wilson, R.D., and L.D. at (361) 961-6094 or email at ewilson@nhcorpus.med.navy.mil

From the Skipper *continued from page 2*

what I believe our mission to be: performing our daily tasking while scanning the horizon to recommend course corrections to ensure we make our destination safely.

Our destination is a reshaping of the way we do business to capitalize on efficiencies in support of fleet readiness and our tenants. Although it is difficult to see, what we do at NASCC from a big picture view affects the ability of the fleet to respond to a changing environment. The Department of Defense in its entirety is going through a similar transformation. We will need to continue our team effort as we respond. The critical component has not changed: COMMUNICATION. You cannot wear it out and may save yourself an unnecessary headache if you make it a way of life. Don't be afraid to ask hard questions. If it doesn't make sense, then it may not be what was intended.

Last but not least, BE SAFE. I cannot replace any of you. Follow the procedures and take time to review the safety precautions. Your support in 2003 did not go unnoticed and I sincerely appreciate your superb efforts. I guarantee it will be another exciting year; let's make it a great one!

Healthwatch *continued from page 2*

protection and have titanium or zinc in them. Because much of your time is spent driving your car, and much sun exposure occurs here, put some on in the morning before you start your day.

Skin cancer may occur in any ethnic group, in males and females, and at any age. Moles that have been present for years may suddenly turn into skin cancer. If you have a mole that changes in color or size, a skin lesion that doesn't heal, bleeds, or ulcerates, or if you have any concerns about any type of skin lesion, see your doctor promptly. Resolve this New Year to protect yourself and your family by taking care of your skin.

PAID CLASSIFIEDS

Enjoy More Golf. Save money on the purchase of a new set of clubs. 1-3-5 woods and 3-pitching wedge stainless steel irons \$185. Standard size or call for fitting. 991-3122. Also at Cimmaron Driving Range. 3/3

Powder Coating. Durable baked on finishes, over 150 colors in stock. Custom holographic and candy colors available. Protective powder coatings 361-854-7911. www.protectivepowder.com. 12/3

2 BR Duplex-Padre Island. 1 1/2 bath, 1 car. \$700 plus utilities, 1 year lease. Must have good references. (361) 949-9802. Cell 517-206-5189.

2 BR Furnished Condo on ocean. 1 1/2 bath on Padre Island \$1600 includes utilities, 1 year lease. Must have good references. (361) 949-9802. Cell 517-206-5189.

1 BR Furnished Condo-Padre Island. Boat dock, 5 minute walk to ocean. \$600 plus utilities, 1 year lease. Must have good references. (361) 949-9802. Cell 517-206-5189.

FOR RENT Beach Condo, Corpus North Beach, furnished. Heated pools, hot tubs, gated complex, 2 person capacity, all bills paid, \$695 month/300 deposit. Day (210) 710-4185/night (210) 499-1000.

FREE CLASSIFIEDS

For Sale: Queen bed and matching 9 drawer dresser with mirror. Box spring and mattress included. Moving and can't use. \$200 OBO. Call (361) 937-6817.

For Sale: 1997 GMC Sonoma SLE, V6, Ext. Cab, camper shell, 54K miles, mint condition, loaded. A Real Steal at \$6,995. Call 361-758-4692 (Aransas Pass).

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Healthcare benefits still require insurance billing for retirees and family members

By Bill W. Love
NHCC PAO

Letting the hospital staff know whether or not you have insurance, or making certain that your insurance information is accurate and updated annually, is very important to sustaining quality healthcare for you and your family. That is why the staff asks you to complete a third party insurance questionnaire when you check in for an appointment at Naval Hospital Corpus Christi (NHCC), or any other Military Treatment Facility (MTF).

The NHCC staff realizes that questionnaires appear inconvenient, but each MTF is required by law to bill commercial health insurance for care that you receive. Those services include prescriptions, radiology, and laboratory tests that civilian providers request. According to Linda Rice, NHCC Business Office Manager, "the Third Party Collections program (TPC) only applies to family members and retirees with other insurance besides TRICARE." Furthermore, participation in the program can benefit you because it will help you meet your deductibles without any out-of-pocket expense. "You will never be billed for any costs that we cannot collect under your insurance plan, and your insurance rates will not increase because of this program," Rice added. It's important for you to know that although Healthcare is a service benefit, NHCC is still required to bill personal insurance carriers. But understanding a few key points might make the process a little easier to understand.

One of the most important things that you need to be aware of is that your healthcare is paid for with federal tax dollars. Congress enacted legislation authorizing MTF's to recover some of the costs incurred while providing medical care to beneficiaries with health insurance, in order to share the responsibility with the appropriate parties. It also allows MTF's to use the revenue generated through the TPC to enhance services at the treatment facility. For example, they can be used to buy medical equipment, supplies, furniture, renovations, and continuing medical education of staff at Naval Hospital Corpus Christi Branch Clinics.

Health Insurance is defined as an agreement to pay healthcare costs in return for premiums. TRICARE is a military insurance that is not billable by the MTF. Medicare is a federal entitlement that under current law does not have to reimburse MTFs. The MTF is required, however, to collect Medicare eligibility information. Medicaid also does not reimburse Military Treatment Facilities.

Many people are concerned about the possible affects that recovery of the costs will have on their health insurance. Rice advises that health insurance is intended to pay for your medical needs as detailed in your policy. The premiums you, or your employer, pay are coverage for those services. And because an MTF can now collect from your policy, as would any other medical facility, no charge is expected on your individual insurance. Your insurance is being used exactly as it is intended.

Another point of possible concern is billing, and many have expressed an apprehension about the cost of their care not being recovered, thereby resulting in a bill from the MTF or their insurance company. "Not so," stated Rice. The MTF will not bill you for any remainder that the insurance company does not pay. It's true that some insurance companies send you statements or Explanations of Benefits that reflect your share of the payment, but MTFs do not collect these amounts. "Naval Hospital Corpus Christi will not charge co-payments," Rice reassured.

Rice also wants you to be savvy about billing items. For example, in the event that you must be admitted to the hospital, after you receive a bill there may be a food or meals charge, even if you don't eat. "That charge is a Hospital Charge at the meal or subsistence rate. It is not for meals. Instead it is a charge that all inpatients, except retired enlisted, must pay, by law," she said. If you have private sector health insurance that pays for your care, you will not be billed for this charge. This charge is included in the billing to and payment from your health insurance policy.

You should also know what to do in case you receive a check. If your insurance company sends you a check instead of sending it to NHCC, Rice advises that you should mail or bring the check to the NHCC Business Office.

And always keep in mind that insurance information is always required. To collect benefits covered by your insurance, MTF must have the information that appears on your health insurance card(s), carrier's name and address group number, policy number and effective date of the policy. You must have the information with you each time you go to the hospital or any of the Branch Medical Clinics. By having the information with you, your job of verifying the information on file will be much more simple. If for any reason that information changes (your address, policy number, etc.), you must let the business office know.

You should also know about the Third Party Liability Medical Care Recovery Program. In essence, that means that if you were involved in an accident of any type the insurance of another party is liable, you are obligated to provide that information to the clinic or admission staff. Examples are automobile accidents, pro liability, or any other similar accident. Make sure that you inform the MTF of each visit that is related to the accident or injury (this includes Active Duty).

Third Party Collections Program was established by Public Law 101-510 (10 U.S. Code 1095). You can update your information in the clinic or in the Business Office. For more information call the NHCC Business Office at: 961-6079.

5 MWR News and Events

Civilian Morale, Welfare & Recreation Activity (CMWRA):

Celebrate Mardi Gras! Start making plans to take your sweetheart to New Orleans to celebrate Valentine’s Day - Mardi Gras style. CMWRA is hosting a Mardi Gras trip to New Orleans Feb. 13-15. You won’t want to miss out on this fun-filled weekend planned just in time to celebrate Valentine’s Day. Not only will you make your loved one’s Valentine’s Day, but you will also have the opportunity to take in the sights and sounds of the infamous Mardi Gras experience. The cost for this awesome trip is \$150 per person. Just take a look at all you will enjoy with this “Sweetheart of a Deal”:

- Round trip transportation on a chartered bus complete with TV/VCR and restroom accommodations
- Two (2) nights hotel accommodations at the luxurious Hampton Inn, located half a block from Bourbon Street (Based on 4 people per room)

Don’t wait until it’s too late, seats are limited. Payment ensures reservation. Stop by today and sign up for this great Valentine’s Day weekend getaway in New Orleans. Participants must be 18 years or older.

Don’t forget to turn in your receipts. Now that the holidays are over, it’s time to get back on the paper trail. CMWRA is sending out this friendly reminder to everyone who received funds that all unit allocation receipts and /or leftover money is due back to the CMWRA office. Failure to comply with these guidelines will put your department/directorate in a delinquent status with the CMWRA office.

If you have any questions or need further assistance in other matters, please contact the CMWRA coordinator at 961-3476.

We hope you had a wonderful holiday season! Remember, CMWRA is here for you all year long.

CORPUS CHRISTI BAY CLUB:

Start the New Year off with some great specials at the Corpus Christi Bay Club. The specials for January are:

January 10: Flaming Kabobs - \$13.95
January 17: Chateaubriand Flame for two - \$29.95
January 24: Surf n’ Turf - \$14.95

The above specials are served along with the “a la Carte” from 5 p.m. to 9 p.m. Price is \$1 extra for non-members of the club. Iced tea and coffee are included with the meals. Reservations are required for these specials in order to serve you better.

Special events at the Corpus Christi Bay Club:

January 9, 16 & 23: All you can eat shrimp-a-peel
January 16: Member’s and Winter Texan’s appreciation night with all you can eat shrimp-a-peel will be held from 5 p.m. to 8:30 p.m. Cost for members is \$14.95 and \$16.95 for non-members. Salad bar, iced tea or coffee are included with the buffet.
January 23: Winging Ceremony will be held in the main ballroom at 3:30 p.m.
January 30: Mongolian BBQ

Reminder: The club will be CLOSED on Jan. 19 in observance of Martin Luther King, Jr. Day.

The Corpus Christi Bay Club would like to extend a very sincere “Thank You” to everyone who chose to have their holiday parties at the club. We would like to also take this time to thank you for your support through out the whole year.

Fitness Express:

Need help with your New Year’s resolution? The hard part is getting started, so let the Fitness Express get you going on a New Year’s fitness program that will help you feel great all year long. Trainers are ready to schedule your FREE appointment for a weight training program. Fitness Express can design a workout to accommodate your goals and activities. Just call the Fitness Express to arrange a session with a trainer.
Get Fit Program: This is another terrific way to get your year started off right. Ask about the new incentive program that began on Jan. 2. Here is your chance to get in shape and win a prize for bragging rights.
Welcome Command Fitness Leaders: On Jan. 21 and 22, future command fitness leaders will receive training at Fitness Express. These individuals will be responsible for administering the PRT exercises and keeping their commands in shape.

Towel Coins: For \$1, you may purchase a towel coin. This coin may be traded for a towel when you arrive at the fitness center. When the towel is brought back to the front counter, the coin will be returned.

Fees: Bring your guests with you for a workout for a \$3 guest fee. A fitness center usage fee will not be charged for active duty, retired or reserve military members and their dependents. Monthly membership fees include unlimited group exercise. The fees are \$15 for DoD/NAF working on base, \$25 other government employees and Navy League members, \$5 unlimited group exercise for retired military and all dependents, \$3 guest/daily charge, and locker fees from \$3 to \$5 per month. For more information, please call the Fitness Express at 961-3164.

Gonzalez Liberty Center and Program:

The Gonzalez Liberty Center and Program is here to meet the recreational needs of all our Sailors. As always, the Gonzalez Liberty Center has a fun-packed month of awesome activities and events. Mark the following dates on your calendar so you won’t miss out on any of the fun:

January 14: Last Buck Night (Active Duty only) - Still trying to pay off that Christmas debt? Don’t worry. If you are down to your last buck, put it back in your pocket and let the Liberty Center take care of you. Stop by the center from 6 p.m. to 9 p.m. and enjoy some good food and even better company with all your friends at the GLC.

January 15: Paintball Games - Round up all your friends and head on over to the paintball fields for some paintball fun from 4 p.m. to 9 p.m. Enjoy 500 rounds of paintball for only \$10 per person.

January 20: Sumo Night - Come by the Gonzalez Liberty Center and have some fun duking it out with your friends with the new Liberty sumo suits. The fun will begin at 6 p.m. at the Gonzalez Liberty Center.

January 29: Last Buck Night (Active Duty only) - It’s the end of the month and the day before payday. Are you wondering what to do? Well, wonder no more! Come by the Gonzalez Liberty Center and have some FREE food and some fun. Play some games, listen to some music or watch a movie while enjoying some good food with your friendly staff at the GLC from 6 p.m. to 9 p.m. For more information, call the GLC at 961-6405.

Gonzalez Liberty Center Hours of Operation:

Sunday-Thursday: 11 a.m. to 9 p.m.
 Friday & Saturday: 11 a.m. to 10 p.m.
 Holiday hours: Noon to 8 p.m.

Information, Tickets and Travel (ITT):

What is ITT? Located on virtually every naval installation around the world, Navy Information, Tickets and Travel (ITT) offices are the key to savings for Sailors and their families looking for discounted tickets to local and national attractions and special events. Your local ITT office provides information on the types of programs and services that MWR offers on the base, as well as details on community events and any national or local ticket items that ITT has been able to negotiate at a discounted price.

Where does the money go? Like other MWR programs, proceeds from ITT sales are put back into supporting the local MWR operation. So support your local ITT and put the money back into your MWR program. It’s a win-win situation for everyone!

Going Overseas? Look for your ITT office right away and take advantage of what they offer. Overseas ITT offices primarily focus on international trips and tours to help Sailors and their families experience the area in which they are stationed and provide them with the opportunity to learn about new cultures and people. Each year, about 30,000 Sailors and their families take advantage of international trips available through overseas ITT offices.

ITT’s commitment to you. No matter where you are stationed, ITT is committed to providing the best possible programs to its customers while ensuring that Sailors get the biggest bang for their buck. ITT is here to help Sailors make good leisure choices while providing them with interesting and fun things to do which are affordable.

Take a look at what your local ITT has to offer during the month of January:

Entertainment Books: Your local ITT office still has Entertainment books available. These books are valid thru November 2004 and are filled with many discount coupons to local and surrounding area restaurants and attractions. The cost for this great book of savings is only \$20.

San Antonio Spurs: Get your tickets for the following San Antonio Spurs games.

January 10 - Spurs vs. Pacers
 March 5 - Spurs vs. Mavericks

Seaworld Season Passes: You can now purchase your Seaworld season passes at the following rates.

Silver Passport (1 Year) - \$ 50.00
 Gold Passport (2 Years) - \$ 77.00

Fiesta Texas Early Bird Season Pass: The Fiesta Texas Early Bird Season Passes are now available at the following rates:

1 year - \$47.50 - Parking Pass for 1 Year - \$16.25

ITT Hours of Operation:

Monday-Friday: 8 a.m. to 4 p.m.

For more information, please call your local ITT office at 961-2267.



Health Net
 Federal Services

New Maternity NAS requirements

When you’re pregnant, making sure you and your baby receive all the necessary prenatal care is important. Now with the changes in non-availability statement (NAS) rules and procedures, prenatal care can be received at your local MTF, or by a civilian provider. What is an NAS? It’s a certification issued from a military treatment facility (MTF) that a specific medical service is not available at the time care is needed. If an MTF cannot provide needed care, it will issue an NAS to allow a patient to receive care from a civilian source.

NAS for maternity care

On Dec. 28, 2003, the NAS requirement for maternity care was eliminated. This change affected TRICARE Standard beneficiaries residing within MTF catchment areas (if their residence is within 40 miles of an MTF). Beneficiaries enrolled in TRICARE Prime will still need to obtain a referral from their Primary Care Manager to avoid Point-of-Service charges.

Maternity patients who began prenatal care *before* Dec. 28, 2003 - were required to obtain an NAS for all of the maternity care associated with the pregnancy. The NAS remains valid for 42 days (six weeks) following the delivery. If an NAS was not obtained for prenatal visits through Dec. 27, 2003, TRICARE will not cover any portion of the care received during the pregnancy, including care related to delivery. Women who began prenatal care *on or after* Dec. 28, 2003 - are not required to obtain the NAS. In an emergency situation NASs are not required; patients should go to the nearest emergency room.

Patients who have other health insurance that pays before TRICARE, or are family

members of a member of the National Guard or Reserves who is called to active duty and qualify for the TRICARE Reserve Family Demonstration Project do not need an NAS.

TRICARE benefits cover maternity care during pregnancy, delivery of the baby, and up to six weeks after the baby is born.

If it is necessary to receive care from a civilian hospital or doctor during pregnancy, finding a provider who participates in the TRICARE network or who is an authorized provider is the most cost-effective. Providers can be located through www.hnfs.net, or by calling (800) 406-2832.

CNATRA accepting applications for Navy Flight Demonstration Squadron CO

By Lt. Robert Lyon

CNATRA PAO

The Chief of Naval Air Training (CNATRA), Rear Adm. George Mayer, announced that applications for the position of Commanding Officer (CO) of the Navy Flight Demonstration Squadron (NAVFLIGHTDEMRON) are now being accepted and should be received no later than March 19.

Applicants must have 3,000 flight hours and be in command or have had command of a tactical jet squadron. The Letter of application should include experience, qualifications, complete biography and a completed CNATRA form 1331/1, which can be obtained by calling CNATRAadmin at DSN 861-3624 or can be obtained directly from the NAVFLIGHTDEMRON Web site at www.navy.com/blueangels or by calling NAVFLIGHTDEMRON admin in El Centro, Calif., (Jan.-March) at DSN 658-2505/2502 or commercial (760) 339-2505/2502.

Officers interested in the position of Commanding Officer, NAVFLIGHTDEMRON must submit requests for consideration to their immediate reporting senior to Chief of Naval Air Training, 250 Lexington Blvd., Suite 102, Corpus Christi, Texas, 78419-5041, with info copies to the Commanding Officer, Navy Flight Demonstration Squadron, 390 San Carlos Road, Suite A, Pensacola, Fla., 32508-5508, and the Chief of Naval Personnel (PERS 43).

Letters of endorsement or recommendation from persons other than reporting senior are encouraged and will be incorporated into applicant’s jacket. The selection process for finalists will include a personal interview by the Chief of Naval Air Training and a handpicked group of aviation leaders the week of April 20.

Questions may be directed to CO, NAVFLIGHTDEMRON at DSN 658-2506 or to the CNATRA Chief of Staff at DSN 861-2278/2671 or commercial (361) 961-2287/2671.

Tentative selection is made by CNATRA, with final approval of the Deputy Chief of Naval Operations (Air Warfare N78) in the spring.

AWARDS & ACHIEVEMENTS



Photo by PH1 Charlo Whorton

Cmdr. Al Alabata, NASCC executive officer, awarded a Navy Achievement Medal to ABEC(AW) Stephen Phillips during a ceremony at DETFAC.



Photo by YNSN Michael Muslovski

Cmdr. Paul Lluy (I), HM-15 commanding officer, recognizes AM3(AW/NAC) Aimee Anderson as HM-15's Junior Sailor of the Year during a recent ceremony at the squadron.



Photo by Bill W. Love

IRAQI BOUND...BUT WITH A SMILE – Hospital Corpsman First Class (SW/AW/FMF)-turned-Ensign Scott Andrus Woosley, Medical Service Corps, is all smiles as Capt. Eleanor V. Valentin, Naval Hospital Corpus Christi executive officer, pins him with his new officer devices. A nine-and-a-half year Navy veteran from Fallbrook, Calif., Woosley reported for duty to the naval hospital seven weeks ago after serving three years aboard the USS Essex (LHD-2) and before learning that he had been selected for a commission in the Medical Service Corps through the Navy's Health Professions Accession Program. His short-lived preventive medicine technician assignment here was preempted by his commissioning and some new marching orders to the Marine's 1st Field Service Support Group, Alpha Company. Woosley reports in February. He and his wife, Dana, have two daughters, Mikayla, 6, and Angelica, 4.

Commodore's List

Photos by SK1(SCW) Bill Samuels

Congratulations to the following individuals who made the Commodore's List:



From left to right: Commodore Gabriel Salazar; Ensign Michael Galdieri, VT-28 (Commodore's List with Distinction); Ensign Matthew Gerber, VT-27; 2nd Lt. Alexander Espinoza, VT-27; 2nd Lt. Robert Deis, VT-28; and Lt. Robert Ballard.



2nd Lt. John Morgan (c), VT-31, flanked by Commodore Gabriel Salazar (I) and VT-31 Commanding Officer Cmdr. Jerry Nyberg.



Capt. Robert Fenrick (c), VT-35, flanked by Commodore Gabriel Salazar (I) and VT-35 Commanding Officer Cmdr. William Mosk.



Ensign Adam Green (c), VT-27, flanked by CTW-4 Chief Staff Officer Cmdr. John Minners (I) and VT-27 Commanding Officer Cmdr. John Griffin.