

Wingspa

Vol. 10, No. 06

Naval Air Station Corpus Christi, Texas

Thursday • March 18, 2004



Moore assumes command of VT-28

Cmdr. Will Moore relieved Cmdr. Dave Price as the commanding officer of Training Squadron 28 (VT-28) during a traditional change of command ceremony March 12 at hangar 58 on board NAS Corpus Christi.

Cmdr. Moore, a native of Orange Park, Fla., is a graduate of the University of Florida. He received his commission through the Aviation Officer Candidate School and was designated a Naval Aviator in August 1986.

His first operational assignment was to Helicopter Combat Support Squadron ONE (HC-1) in San Diego, Calif. While assigned to HC-1, he flew the CH-53E helicopter and served as the squadron Assistant Training Officer.

In 1989, Moore reported to Helicopter Combat Support Squadron FOUR (HC-4) in Sigonella, Sicily. During this tour he served as Detachment Officer in Charge, Aircraft Division Officer, Quality Assurance Officer, Assistant NATOPS Instructor, Aerial Refueling Instructor, and Functional Check Pilot. Additionally, while with HC-4, he participated in Operations Sharp Edge in Liberia, Africa; Desert Storm; and Provide Comfort (Kurdish relief mission).



Cmdr. Moore

His next assignment was to Helicopter Training Squadron EIGHT (HT-8) in Milton, Fla. During this tour, he served as a Primary and Advanced Helicopter Flight Instructor, and worked in the Operations, Maintenance, and Standardization departments.

In September 1994, Moore reported to the USS John C. Stennis (CVN 74) where, as a Catapult and Arresting Gear Officer,



Cmdr. Price

he was part of the pre-commissioning team and participated in the initial flight deck certifications in addition to the first shakedown cruise to St. Martin.

In January 1997, he reported to Helicopter Combat Support Squadron TWO (HC-2) in Norfolk, Va., where he served as Detachment Two Officer in Charge (OIC) and squadron Maintenance Officer. While

the HC-2 detachment OIC, he deployed to Manama, Bahrain, for six months and provided logistics support for the U.S. Sixth Fleet in the Arabian Gulf.

Moore's next assignment was to the Naval War College in Newport, R.I., where he earned a Master of Arts degree in National Security and Strategic Studies. Upon completion of the Naval War College, he was assigned to the Headquarters United States European Command in Stuttgart, Germany, serving as a strategic planning officer.

He reported as VT-28's Executive Officer in November 2002.

Moore is married to the former Margaret Hartley Smith of Pittsburgh, Pa., and has two children, Frances and Will III.

Cmdr. Dave Price, a native of San Jose, Calif., is a 1985 graduate of the United States Naval Academy. Following primary flight training in Pensacola, Fla., and advanced maritime training with the Rangers of VT-28 in Corpus Christi, Texas, he was designated a Naval Aviator in January 1987. He then reported to VP-30 in Jacksonville, Fla., for patrol plane pilot training in the P-3C Orion.

His operational flying tours include as a junior officer with the VP-16 War Eagles in Jacksonville, Fla., from 1987-1990 where

Moore assumes command *continued on page 5*

Wingspan

March 18, 2004

2

From the Skipper

Our Naval heritage is important

by Capt. Paula Hinger



Hinger

April 1, 2004 marks the 111th anniversary of the establishment of the Chief Petty Officer grade. By the time you're finished reading this article, some of you will remember that date because it falls near the birthday or anniversary of someone you know, or because it also just happens to be April Fool's Day. Then again, some of you may even forget that date altogether.

Those of you who already knew the significance of the above date and celebrate it in some way, I need your help. Over the past few years the Navy has grown complacent

in teaching our Sailors traditions and history of the Navy.

We use mediums like Navy Rights and Responsibility (NR&R) and General Military Training (GMT) as a teaching tool. These are useful and necessary parts of our training programs, but these should be used to accent the ongoing development of our Sailors and not as the sole source of education. We attend GMT once a month for roughly an hour, and NR&R rolls around once every 24 months. For a Navy that is well over 200 years old, a dozen times a year spent on training doesn't quite seem to cut it. We need to be more proactive in teaching our Sailors about our rich naval history.

I'm suggesting that each work center take the time, less than 30 minutes per week, to conduct informal, organized military training. The training periods could be daily or once a week, depending on the needs of

the work center. Subjects should include naval history, naval tradition, uniform requirements or any naval subject that is educational. Topics can even be taken from bibliographies for rating exams, which will ultimately help those Sailors going up for advancement. There are many official sources for this type of training and most can be accessed on the internet, such as www.history.navy.mil and www.cnet.navy.mil to site a few.

Understanding our history and traditions leads to a greater understanding of how we operate as a service. Many times, lessons learned in blood in the past have found their way into our daily routine. An occasional reminder of our past trials and victories will help us operate better as a team, improve efficiency and foster esprit-de-corps. Don't let the good work of our Navy forefathers go to waste!

Chaplain's Corner

From the Christian prospective

By Chaplain Jairo Moreno

Theme: "Christian - all the time"

In the Gospel of Matthews chapter 5:16 said: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

The eyes of the world are keen in discerning inconsistencies in the lives of those who profess to be Christians. The work cares little for our words, but it has a sharp eye for our works. Men cannot see our fine ideas, our noble purposes or our holy aspirations, but there are countless Christians whose influence is great. These individuals evoke remarks such as this: "If ever there was a Christian, he or she was the one."

To be Christian is to be Christ like. Christians' actions and attitudes as well as their speech convince people they are either

sincere followers of Christ or that they are only halfhearted followers.

God is loving, forgiving and faithful. Some of the characteristics found in the book of Galatians 5:22, 23 expresses the characteristics of Christ. And if we are truly his followers, these characteristics will in some measures also be ours - love, joy, peace, long suffering, gentleness, goodness, faith, meekness and temperance.

The following are some of the ways we can be Christians all the time:

- Be a faithful, cooperative, supportive and worshipful church member.
- Exemplify Christ's likeness to the family at home by being loving, kind, patient, understanding and helpful.
- Be kind to others in all situations.
- Bear one another's burdens (Galatians 6:2).
- Be good to everybody.

- Don't ignore the needy or those with problems such as drug addiction or alcoholism, but show concern and compassion.
- Be honest and fair in all business transactions and don't make unreasonable demands.
- Be courteous to everyone, even the person you deem unimportant.
- Be pleasant on the job even when other employees are rude or uncooperative.
- Pray for those who make your job difficult.

Christians - all the time? None of us have reached perfection, but I keep trying.



Moreno

Healthwatch

Gesundheit!

By Lt. Nate Ruttig



Ruttig

Here in South Texas, the two main allergy culprits are dust mites and cedar pollen. Dust mites are everywhere - in the

carpets, beds, clothing, etc. They thrive in South Texas' coastal, hot, humid environment. Cedar pollen migrates in waves through Corpus, brought down by Northerly winds.

Many other things can cause allergies such as cigarette smoke, air pollutants, cockroaches, stress, changes in temperature, even exercise.

Here are some other things to keep in mind:

A stuffy nose can be caused by almost anything; however, if a stuffy nose lasts more than six weeks, this is a strong indication that it may be due to allergies. Sneezing and itchy and watery or red eyes are other strong indications of possible allergies. Additionally, if you have allergies, mucous

may drip down the back of your throat, leading to cough, sore throat, or having to repetitively clear your throat throughout the day. There is a strong genetic component to allergies and individuals born in the winter months are less likely to have allergies.

There are many good treatment options available for allergies. Nasal sprays, oral decongestants, non-sedating antihistamines and immunotherapy are all available. Many of these medications are also approved for those in a flight status. Flight status is almost never revoked due to seasonal allergies.

See your healthcare provider for more information about allergies. In the meantime...gesundheit!

NASCC Heritage Festival



UNITED WE STAND

Event: NAS Corpus Christi Heritage Festival
When: Thursday, April 1, 2004
Time: 10 a.m. to 3 p.m.
(official kick-off at 10 a.m.)
Where: Grounds in front of Wings Auditorium
Cost: Free. Open to all military and civilian personnel who have access to the base.

Come out and enjoy the entertainment and displays and sample some of the foods from the diverse cultures that make up our local community, workforce and military.

The Corpus Christi Chief Petty Officer's Association is providing free



Navy-Marine Corps Relief Society Fund Drive underway

The Navy-Marine Corps Relief Society Fund Drive runs through March 31. To contribute to this year's active duty fund drive contact your local Navy-Marine Corps Relief Society representative or NAS Corpus Christi's representatives, ATC(AW/NAC) Humberto

Lucero or AZ1(AW) Jeannie Peters, at 961-3795.

The Navy-Marine Corps Relief Society is a non-profit, charitable organization whose purpose is to assist active duty and retired Sailors and Marines and their families in time of need. The Navy-Marine Corps Relief Society provides interest-free loans and grants and services such as budget counseling, food lockers and the operation of thrift shops.

Emergency car repairs, unexpected housing costs or emergency leave expenses can put you in a real financial bind. Each year, the Navy-Marine Core Relief Society helps Sailors and Marines who are faced with these problems. The Navy-Marine Corps Relief Society's programs and services depend on the donations of those able to give so that they may help those in need. Donate your share today so that the society can help your shipmates in the coming year.

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through Pride In Performance"

Commanding Officer NAS CC
 Capt. Paula Hinger

Public Affairs Officer
 Lt. Scott Walters

Editor/Writer
 JOC Rita Chadrick

Wingspan is an authorized publication for members of the military services, civilian personnel and their families. Its contents do not necessarily reflect the views of the U.S. Government, the Department of Defense, Department of the Navy or the Department of the Army, and do not imply endorsement thereof.

Wingspan is published every other week by D.J. Young Publishing, 145 Naples St., Corpus Christi, Texas 78404, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Air Station Corpus Christi, Texas.

The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station, Corpus Christi, Texas. Stories and photos not otherwise attributed are written by the *Wingspan* staff. The address is: Commanding Officer, NAS Corpus Christi, Attn: *Wingspan*, 11001 D St. Suite 143, Corpus Christi, Texas, 78419-5021. All news releases should be sent to the above address. Please call (361) 961-2674 for deadline information.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Navy, the U.S. Army, Naval Air Station Corpus Christi, or D.J. Young Publishing, of the products and services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

To advertise in *Wingspan*, please call D.J. Young Publishing at (361) 814-0866.

Station Spotlight



MS3 Tawanna Webb
Building manager, CBH

Originally from Cleveland, Ohio, Webb has been in the Navy for four years and has been stationed on board NASCC for two years. Her prior duty stations include Naval Station Norfolk, Va., and the USS Incheon.

She is thinking about making a career in the service, but is undecided right now. She loves her job at billeting because "I enjoy the people I work with. That's what makes the job: the people."

Webb, who is married and has two daughters, ages two and a half and one, says her hobby is "keeping busy holding down the fort while my husband, also in the Navy, is deployed."



Mark Tooker
Mail clerk, Admin

Born in Corpus Christi, Tooker spent his childhood traveling around the world with his family, thanks to a father who was in the Navy. He has been working at various places on board NASCC since 1973, including the sewage plant and Public Works, and has been working in the mailroom for the past eight months.

Tooker's hobbies include kickboxing and watching martial arts movies and playing with "the most amazing grandchildren anybody could hope to have."

He has a 21-year-old son; two daughters, ages 23 and 25; and three grandchildren and his immediate goal is to be "the best grandfather in the world."

Safety is paramount



Capt. Scott Proffitt, USMC, VT-27's Instructor Pilot of the Year, poses with a T-34C Turbo Mentor aircraft after flying the squadron's 300,000th mishap-free flight hour. This is an especially significant milestone in the Naval Air Training Command due to the high-risk primary flight training of Navy and Marine Corps student pilots.



Health Care Consumer Council (HCCC) meeting slated at Naval Hospital

Voice your ideas and concerns about your healthcare, and learn about new and upcoming health services at Naval Hospital Corpus Christi (NHCC) on March 24 at 2 p.m. Your participation and input are welcome, in fact vital, at the NHCC Health Care Consumer Council.

Membership includes the following:

- Beneficiaries of NHCC and NBDC
- Commands and organizations within Navy Region South
- Area Command Ombudsmen
- Local retired officer and enlisted associations
- Spouses' clubs
- Other beneficiary groups

Meeting details:

- Dates: Quarterly – 4th Wednesday of the month in March, June, September, and December
- Time: 2 p.m.
- Place: NHCC Auditorium, Room 1509, 1st floor, Building H-100
- Directions: Bldg.H-100 front entrance is at 10651 E Street (behind the Navy Exchange); auditorium entrance through the Wellness Center entrance on the south side of the building.

Meeting format:

- Brief presentations from select health care representatives of current practices, changes in regulations, new programs, and other beneficial information.
- Open forum to stimulate and encourage input from you, our beneficiary. The open forum allows the Council to advise the Commanding Officer, Naval Hospital Corpus Christi, and Commanding Officer, Naval Branch Dental Clinic.

Good reasons to attend:

- Learn of new and upcoming health services that will benefit you and your family.
- Communicate directly to your health care officials at NHCC and NBDC.
- Your ideas and concerns will be heard "up the chain."

Contact: NHCC Customer Service (361) 961-6166 for more information

A new "Black Cloud" in town

From NTMOD

Lt. Marn O. Balolong will relieve Lt. Cmdr. Greg S. Ireton as the Officer-in-Charge of the Naval Training Meteorology and Oceanography Detachment, otherwise known as the weather office, during a Change of Charge ceremony on March 26, 2004 at the Bay Club. The Change of Charge ceremony will also serve to mark the weather office's change of Immediate Superior In Command (ISIC) from the Naval Training Meteorology and Oceanography Facility, Pensacola, Fla., to the Naval Atlantic Meteorology and Oceanography Facility, Jacksonville, Fla. The change is in response to the METOC community reorganization efforts. Lt. Balolong is coming from the Naval Atlantic Meteorology and Oceanography Center, Norfolk, Va., where he served as Fleet Liaison and Mobile Environmental Team Officer. Lt. Cmdr. Ireton has orders to USS PELELIU (LHA 5), where he will serve as OA Division Officer and ESG ONE METOC Officer.



CMDCM(AW/SW) Jimmy Carlisle, HM-15 command master chief (far left) and Cmdr. Paul Lluay, HM-15 commanding officer (far right), stand proudly next to the squadron's Sailors of the Year: AE2 (AW) Ray Longoria, Blackhawk of the Year; AM3 (AW/NAC) Aimee Anderson, Junior Sailor of the Year and AO1(AW) Brian Cribb, Sailor of the Year.

HM-15's top sailors chosen COMHELTACWINGLANT Sea Sailors of the Year

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

Two HM-15 Blackhawks were recently selected as the Commander Helicopter Tactical Wing U.S. Atlantic Fleet's (CHTWL) Sea Sailor of the Year (SOY) and Junior Sea Sailor of the Year (JSOY) for calendar year 2003 (CY03). AO1(AW) Brian S. Cribb and AM3(AW/NAC) Aimee N. Anderson were selected for their unparalleled performance and flawless leadership during a most extraordinary and demanding year for the command. Both Sailors were selected from among seven other CHTWL sea duty aviation squadrons, consisting of more than 2,500 petty officers and airmen, to earn the title of CHTWL's SOY and JSOY.

Petty Officer Cribb's performance in a very demanding chief petty officer billet was the driving force behind the command's execution of more than 4,000 mishap-free training and Operation IRAQI FREEDOM (OIF) combat support flight hours in CY03. As Maintenance Control Leading Petty Officer, he expertly managed the maintenance effort of 300 personnel in 15 production work-centers performing scheduled and unscheduled maintenance on 10 MH-53E helicopters during two major deployments, five shipboard embarkation periods and two highly visible minesweeping exercises. Subsequent to his selection as CHTWL's SOY, Cribb was recently selected as one of five finalists from among 30 Type Wings for Commander, Naval Air Force U. S. Atlantic Fleet's SOY.

AM3(AW/NAC) Anderson was selected as the CHTWL JSOY due to her exemplary performance as a Naval Aircrewman during OIF and as the Corrosion Control Assistant Leading Petty Officer for one of the most complex airframes in the Navy's inventory. She assumed a leadership role in a corrosion control work center that has enabled five successful ASPA inspections and assisted in three separate depot-level repairs. This significant repair effort enabled the squadron to meet worldwide deployment contingencies during OIF and assume responsibility for maintaining a forward deployed permanent detachment in the Fifth Fleet Area of Responsibility. During the past year, Anderson also obtained her qualification requirements for designation as an AMCM First Crewman - a very impressive feat for a third class petty officer. During the squadron deployment during OIF, she participated in over 20 combat support sorties as a Naval Aircrewman, supporting coalition combat operations in the Arabian Gulf and inside Iraq.

Sailors such as Cribb and Anderson embody the best of the Navy's future. These Sailors have set the standard within the Navy and are the cornerstone of HM-15's operational success over the past year. Their exceptional leadership and professionalism have made them an inspiration to the entire command, and the Blackhawks are extremely proud of their selection as Commander, Helicopter Tactical Wing U. S. Atlantic Fleet's Sea SOY and JSOY for 2003.

FREE CLASSIFIEDS

For sale- Calallen 3/2/2, 2800 sqft, huge MB and bath, bonus room, skylights, wet bar, 1 acre with 4 stall barn 139,500. (361)438-4354.

ROOM FOR RENT. New 3bdr 2bth waterfront home on Padre Island, over 1600sq ft of living space!!! Two car garage, tile floors, patio in back yard with boat dock on canal. Active Duty owner only home on weekends. Includes utilities and housekeeping service. \$550 per month. Call 361-774-6224.

Motorcycle- 98 RM250-adult owned, garage kept, super fast with extras. Excellent condition. \$1800.00 Call Greg @361-776-1626.

95 Honda Civic DX, 4 dr, CD/am/fm stereo, 4 cyl/auto. Good condition. \$4000obo. Call 361-563-2898/3251.

Home for sale in Jacksonville, FL Beautiful custom built waterfront home-less than 1 yr old in Fleming Island Plantation! 4/3/2, Open floor plan, 2500', oversized kitchen is light and bright with an island, fleck countertops, lots of cabinet and closet space, and a breakfast area w/beautiful view of lake. Spacious family rm has gas FP, lrg tiled foyer. \$234,000. Will consider lease, 1 yr min, \$1600. (904) 859-0327.

97 Ford Ranger XL - great shape in/out only 62,500 mi. am/fm cassette, Dayton raised letter tires, custom grill, chrome fender flares. Great gas mileage. Kelly-retail \$6,250. Only \$5,250 call 960-0136.

95 Ford Windstar LX - beautiful minivan family transportation. New tires, capt. chairs, all power am/fm CD player. 82,000 mi. Needs transmission. Must see to appreciate. \$2,000. Call 960-0136.

HOW TO PLACE A CLASSIFIED AD

Free Classified AD in Wingspan, for all Military and DoD Personnel (non-commercial ads only) submit via e-mail to: nanrantx@yahoo.com or fax to 361-884-9019 or call 814-0866. Please restrict free ads to 25 words or less.

Paid Classified Ads in Wingspan: 50 cents per word - with a 24 word minimum. Mail your AD copy along with a check payable to D.J. Young Publishing, 145 Naples, Corpus Christi, TX 78404 or call 361-814-0866.

Moore assumes command *continued from page 1*

qualified as a Patrol Plane Mission Commander and instructor pilot, and as a department head with the VP-5 Mad Foxes from 1996-98, also in Jacksonville. His department head tour included duty as the Safety/NATOPS Officer, detachment OIC in Keflavik, Iceland, and Aircraft Maintenance Officer. He has made VP deployments throughout the Atlantic and European theaters including Sigonella, Sicily; Keflavik, Iceland; Puerto Rico; and Panama.

Price served on board USS Abraham Lincoln (CVN 72) from 1993-95 as a Tactical Action Officer and Anti-Surface Warfare Officer, and finished his afloat tour as the Combat Direction Center Officer. He deployed twice to the Indian Ocean and Arabian Gulf with the Abraham Lincoln Battle Group in support of Operations Desert Storm and Southern Watch.

His shore assignments include duty as the Maintenance/Logistics Officer on the staff of Commander, Patrol and Reconnaissance Wing Eleven, Jacksonville, Fla., and a short tour as the Public Affairs Officer of Naval Air Station, Alameda, Calif. The remainder of his ashore time included student tours at the Naval Postgraduate School (NPS) in Monterey, Calif., and at the Naval War College in Newport, R.I. He holds an MS in Astronautical Engineering and an MA in National Security and Strategic Studies. While a student at NPS, he was selected as a research associate in the Systems Analysis Branch at NASA's Ames Research Center where he designed a hypersonic deck-launched interceptor. He is a designated sub-specialist in space systems engineering.

Price reported as VT-28's Executive Officer in August 2001 and assumed command in November 2002. He has flown over 900 hours in the T-34C and mentored 15 students through their first solo flights during his tour.

His awards include the Navy Commendation Medal (3) and Navy Achievement Medal (2) in addition to various service and unit awards.

Price is married to the former Susan Ann Schneider of Arlington, Va. They have two sons, Sean and Nicholas.

His next duty assignment will be at COMCRUDESGRU 2, Norfolk, Va.

Worship Services

CATHOLIC WORSHIP SERVICE

Base Catholic Chapel
Sunday Mass - 10:30 a.m.
Daily Mass:
Monday - Friday – 11:30 a.m.
Religious Education: Sunday – 9 a.m.

PROTESTANT WORSHIP SERVICE

Base Protestant Chapel
Protestant Worship Service:
Sunday - 10 a.m.
Sunday Bible Study – 8:45 a.m.

JEWISH WORSHIP SERVICE

*Temple Beth El (4402 Saratoga Blvd.)
Friday at 7:30 p.m.
(with dinner to follow)
For further information call
Temple Beth El at 857-8181.

ISLAMIC WORSHIP SERVICE

Islamic Society of South Texas
(7341 McArdle Rd.)
Jumah Service – 1:30 p.m.
For other Worship Service times,
call 992-8550.

MWR News and Events

Aquatics: Summer is just around the corner and MWR is ready. The Oasis pool will be opening for lap swim on April 1, 2004. The hours of operation for the Oasis Pool will be as follows:

Tuesday-Friday	Saturday
6 a.m. to 8 a.m.	
10 a.m. to 1 p.m.	
11 a.m. to 1 p.m.	
4 p.m. to 6 p.m.	

Lifeguard training dates and times are:

March 20-21: Noon to 6 p.m.
March 27-28: Noon to 6 p.m.
April 3-4: Noon to 6 p.m.

For more information, call Earl Olsen at 961-3260.

Auto Skills Center: The MWR Auto Skills Center is located to the west side of the Navy Army Federal Credit Union in Bldgs. 1713 and 1737. The Auto Skills Center has just about all the tools you would need to make repairs on your vehicle. Not sure how to complete a job? Don't worry; the Auto Skills Center has ASE Certified mechanics on staff to assist you. Some of the awesome services provided include:

- A/C servicing
- Rotor & drum resurfacing
- Coolant flush
- Texas state vehicle inspections

Hours of operation:

Wednesday-Friday: 10 am to 6 p.m.
Sat-Sun: 9 a.m. to 5 p.m.

For more information call 961-3470.

Civilian Morale, Welfare and Recreation (CMWRA):

Viva Las Vegas! Fly her away to Las Vegas for a Mother's Day getaway. CMWRA is sponsoring a trip to fun-filled Las Vegas on Mother's Day weekend, May 8 thru May 11. Don't gamble on waiting 'til the last minute to reserve your seats. Not sure if this is the trip for you? Well, you can bet your bottom dollar that you will have a weekend full of fun and excitement. The package price for this trip is \$375 per person. The package includes the following:

- Round trip ticket on Southwest Airlines
- Three night accommodations at the Excalibur Hotel (based on two people per room)

Points of interest:

- 24-hour shopping, shows, attractions
- 24-hour casinos
- Daytime sightseeing
- Nighttime desert neon glitz and glamour at the neon center of Las Vegas
- Fremont Street Experience – one of a kind light and sound show featuring more than two million lights and 540,000 watts of concert quality sound.

For more information, please call the CMWRA office at 961-3476.

Corpus Christi Bay Club:

Special for March:

March 20: Flaming Kabobs - \$13.95

The above special is served along with the a la Carte from 5 p.m. to 9:30 p.m. Prices are for club members. An additional \$1 per person is added for non-members. Salad and beverage (ice tea or coffee) are included with all meals. Reservations are required for the specials in order to serve you better.

Special events For March:

March 19: All you can eat Shrimp-A-Peel will be served.

March 26: Mongolian BBQ will be served.

March 27: A FREE meal for CCBC club members only will be served from 5:30 p.m. to 9 p.m. Delicious chicken fried steak, mashed potatoes and gravy, mixed vegetables, tossed green salad with ranch dressing, hot rolls and butter, and coffee or tea. ☐

For more information and catering, please call the CCBC at 961-2541 or 961-2542.

E-Street Gym:

Captain's Cup Golf League: Registration packages will be available at the E-Street Gym and the Gulf Winds Golf Course. The registration deadline is March 26. A mandatory captain's cup meeting will be held at the golf course clubhouse on March 31 at 3:30 p.m. Matches will be played on Thursday afternoons, May thru August. Twilight fees will apply.

Beach to Bay Relay Marathon: The fitness center is searching for a six-person team to represent Navy Region South in this event. The team will be entered in the military/law enforcement category. MWR will enter the team and pay the entry fee. This is the 29th annual Beach to Bay run to be held on May 15. The event is a 26.2-mile point-to-point relay with six legs of 4.4 miles each. If you are a serious runner with a good 5K time, contact the team coordinator, Lito Miranda, at 961-3164. The team needs to be registered before March 26.

Intramural Sports Program: All Captain's Cup sports are unit competition. Participants must compete with their unit. Military, military dependents 18 years of age and older, DoD/NAF employees, and contractors working at NASCC are eligible to participate. Contractors and civilians from other bases will pay an entry fee. Women are encouraged to participate in all sports. Awards are given for 1st and 2nd place in each sport. Register on time. Team registration packages are available at the gymnasium. Coach's meetings are mandatory.

For additional information, call the E-Street Gym at 961-2401.

Fitness Express:

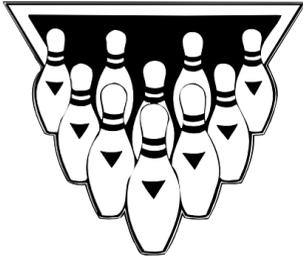
Turbokick is here: Turbokick is the newest group fitness class at Fitness Express. Instructor Mara Greenwood is a nationally certified instructor to other instructors and she brings her enthusiasm to this class to offer you an awesome cardio workout. The class will be held on Monday and Wednesday evenings at 6 p.m. Come by and experience the great Turbokick workout!

State of the art fitness equipment: The Fitness Express fitness center has state of the art treadmills, stairmasters, cycles, ski machines and elliptical orbiters to meet all your fitness needs. Do you have a leg injury? No problem, the fitness center has the perfect upper body cardio machine to keep you in shape while you recover.

Weight training equipment: Also available at the fitness center is variable weight and plate loaded equipment in addition to traditional dumbbells and barbells. Personal trainers and recreation specialists are also on staff to guide you in accomplishing your fitness goals.

Group fitness: The Fitness Express offers a variety of group fitness classes on a regular basis. A printed schedule may be obtained from the front counter at the fitness center. These classes change to reflect the needs of the members so please call 961-3164 to find out what the latest group classes consist of.

Towel coins: For \$1, you may purchase a towel coin. This coin may be traded for a towel when you arrive. When you bring the towel back to the front counter, your coin will be returned to you. For more information, call the fitness center at 961-3164.



Lighthouse Lanes Bowling Center:

Stop by and take a look at the newly remodeled Lighthouse Lanes Bowling Center with their new state of the art equipment. While you're there, you can take the time to relax and play a few games in the new video room. There's also a smoking room and a new pool table in the All Hands Pub. It's not called the "Coolest Place In South Texas" for nothing...come by and see for yourself! Take a look at the cool things going on at the Lighthouse Lanes:

March Madness - March 18-31:

Have fun bowling \$1 games during open bowling except rock 300 bowl and watch the NCAA men's tournament in the All Hands Pub on their awesome 61" TV and three 21" TVs.

Rock 300 Bowl: Nothing is better than Rock 300 Bowl! It's bowling to loud music, black lights, laser lights and a fog machine. You won't want to miss out on this really "rockin" experience.

Friday: \$2 per game - 7 p.m. to 11 p.m.

Saturday: \$10 per person - 8 p.m. to 11 p.m. - all you can bowl

For more information, please call the Lighthouse Lanes Bowling Center at 961-3805.

Hours of operation:

Sunday: 12 p.m. to 8 p.m. - Monday – Thursday: 2 p.m. to 10 p.m.

Friday & Saturday: 12 p.m. to 11 p.m.

Outdoor Recreation Activity Center (ORAC):

ORAC marina offers motorboat qualification classes every Saturday at 10:00 am. Don't wait until summer to take advantage of these classes; stop by the marina and sign up for your motorboat class today. While you're there you can also sign up for scuba classes. These classes range from beginner to advance levels. Don't forget that the marina also has a variety of equipment to meet all your fishing and camping needs. For more information, please call 961-1293.

AWARDS & ACHIEVEMENTS

Commissioning



Photo by PH1 Charlo Whorton

Capt. Paula Hinger, NASCC commanding officer (left), presents Ensign Karla Bennett with a certificate appointing her an ensign during Bennett's commissioning ceremony March 1 on board the USS Lexington Museum. Bennett, a former master-at-arms chief petty officer, will begin her new career as a "mustang" at Naval Air Station Keflavik, Iceland.

Fair winds and following seas



Photo by Travis Johnson

CS1 Donna Sykes (second from right) receives a shadow box from members of the First Class Petty Officer's Association during a ceremony marking her transfer to the Fleet Reserve. Presenting the shadow box are YN1 Daniel Silguero, EN1(SW) Sean Davidson and PN1 Pam Davis (left to right).

Congratulations new aviators!



Photo by Ensign Catherine Dow

The following individuals received their "wings," designating them aviators, during a winging ceremony at the Bay Club on March 5. In alphabetical order: 2nd Lt. Matt Anastas, USAF; Lt. j.g. Alberto Arvizzigno, USN; 2nd Lt. Joseph Borrell, USAF; 2nd Lt. Shaun Brown, USAF; 2nd Lt. Micah Chollar, USAF; 2nd Lt. Mikal Elder, USAF; 2nd Lt. William Fedorka, USAF; Capt. Joshua Hartig, USAF; Ensign Jeffrey Hathorn, USN; 2nd Lt. Joshua Jackson, USAF; 2nd Lt. Thomas Jenkins, USAF; 2nd Lt. Justin Long, USAF; Ensign Jonathan Pohnel, USN; 2nd Lt. Jason Powell, USAF; 2nd Lt. Dennis Slowinski, USAF; 2nd Lt. Richard Southworth, USMC; Lt. j.g. Antonio Strina, USN; Ensign Scott Williams, USN.

Staying Navy



Photo by PH1 Charlo Whorton

Lt. Michael Nielsen (left) administers the oath of enlistment to ACC(AW) Joe Roberson, who reenlisted in the Navy for six years on Feb. 20.



Photo by PH1 Charlo Whorton

Lt. Cmdr. Joseph Harmon (left), Air Ops officer, administers the oath of enlistment to AT2(NAC) Donald Gillis while his wife, Kristen, looks on. Gillis reenlisted in the Navy for six years on Feb. 20.

Aircrew wings

HM3 Brian J. Clark, Naval Hospital Corps Christi Occupational Health, approves of the positioning of his newly acquired Naval Aircrew wings. His wife, HM3 Emily R. Clark, NHCC Aviation Medicine, does the honors in front of the hospital March 10. Naval Air Crew candidates have 18 months to complete their requirements; Clark qualified in seven. He is on the National Register of Emergency Medical Technicians, Basic, and according to Clark, the prospect of caring for patients being transported by helicopter is the most exciting aspect of earning his new badge.



Photo by Bill W. Love

Defense Meritorious Service Medal

Naval Hospital Corps Christi Command Master Chief, HMCM (SW/FMF) Robert E. Fanger, accepts the Defense Meritorious Service Medal from Capt. A. L. Stocks (right), NHCC commanding officer. Fanger distinguished himself while serving as Senior Enlisted Liaison and Chief, Non-Catchment Operations, TRI-CARE Southwest Department of Defense Health Services Region 6 from March 30, 2001 to Nov. 6, 2003. He strengthened the region's provider network and coordinated over 400-thousand dollars in claims with network hospitals, and his expertise for over 30 contract items in a 2.2 billion dollar contract produced accurate and timely advice to the region's Executive Staff of which he was a member.



Photo by Bill W. Love

Commodore's List with Distinction



Photo by Ensign Catherine Dow

Capt. Joshua Hartig, USAF (center), flanked by Commodore Gabriel Salazar (left) and VT-31 Commanding Officer Cmdr. Anthony Chatham, received a certificate for making Commodore's List with Distinction.

Commodore's List



Photo by Ensign Catherine Dow

2nd Lt. William Fedorka, USAF (center), flanked by Commodore Gabriel Salazar (left) and VT-31 Commanding Officer Cmdr. Anthony Chatham, received a certificate for making Commodore's List.