

# WINGSPAN



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Naval Air Station Corpus Christi, Texas

May 16, 2013

## Cmdr. Dave Dargan, NASCC XO, retiring on May 23

Story and photo by Rod Hafemeister

Cmdr. Dave Dargan is facing a change: after 26 years as a Navy officer, he's about to become a civilian.

Dargan will retire in a ceremony aboard the USS Lexington Museum on May 23.

He's been the Executive Officer for Naval Air Station Corpus Christi since September 2010.

"It has been the primo job of my career," he said. "My previous jobs have all come together to give me the knowledge and experience and ability to be the XO."

The son of a Navy captain – Supply Corps officer – Dargan wanted to be in the Navy early on.

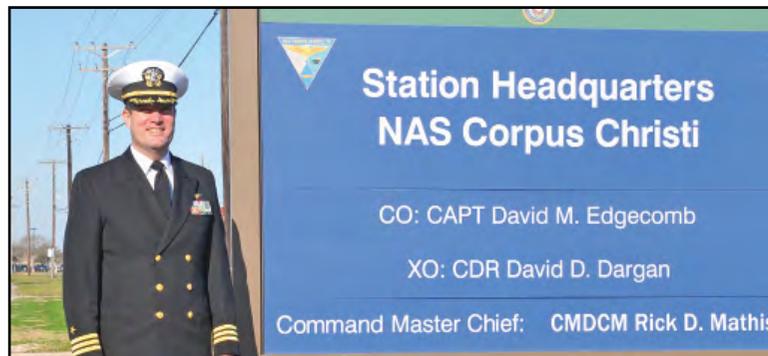
"I wanted to be just like him, except I wanted to fly airplanes," he said.

He got his chance at Virginia Tech.

"I was a member of the Corps of Cadets, in Navy ROTC," he said. "My freshman year was the first year that Naval ROTC came to Virginia Tech, so I was in the first class."

After graduation came flight school, with dreams of becoming a fighter pilot.

"I wanted to fly the F-14; 'Top Gun' had come out the year before,



Cmdr. Dave Dargan next to the NASCC command sign which will soon change names.

but that didn't happen," he said.

"I think I did it to myself. I did fairly well in flight school and there were fighter slots. But I volunteered for instructor pilot right after flight school and spent the next two years at Beeville."

Looking back, and the fact he had recently married wife Shannon, he now says, "I think it was a good thing."

Next came assignment to an A-6 Intruder squadron at Whidbey Island, which turned into a seven-year tour – 1992-1999 – with the A-6 and then the EA-6B.

From there it was the Naval War College, followed by a decision to go for a joint assignment with the

Joint Warfare Analysis Center.

After that came "sea duty without a big gray ship" with a Strategic Arms Reduction Talks (START) monitoring team from 2004 to 2007.

The team, consisting of Army foreign area officers, Air Force subject matter experts and "a couple Navy pilots" would set up for months at a time outside a Russian ballistic missile construction plant and monitor compliance with agreements by Russia and the US to reduce their nuclear arsenals.

"It was a piece of history, and I was glad to be a part of it," Dargan said.

At that point, Dargan was a n

O-5 at the 20-year point and had to decide whether or not to stay in the Navy.

"I was looking for a flying billet, and the CNATRA requirements position was open," he said.

"I jumped on that and it turned out to be a great deal."

A few years later, he transferred to the Air Station XO slot.

He was XO for some major changes at NASCC, but he dismisses his role, saying the department heads and Sailors and Civilians deserve all the credit.

Next comes more decisions; He's looking at the options as a commercial pilot; where to live will depend on the next job.

To him, the end of his career was the best part because, after years of joint assignments and CNATRA staff jobs, he got to finish his career back with Sailors.

"I've loved being with Sailors in a Navy command," he said. "I love letting them know they are so important to the Navy, so important to the mission."

"It's been a real pleasure working with every one of them, the Sailors and the Civilians."

"I'm going to miss being the XO."



Beach to Bay Relay Marathon May 18



Decon Training

page 4



Earth Day Cleanup

page 8

## 'Books on Bases' lands at NAS Corpus Christi Library

from Training Air Wing Four

Laughter and cheers broke the normal quiet of the Library on April 28 as "Books on Bases" landed onboard Naval Air Station Corpus Christi.

Blue Star Families sponsored the event, a program that "promotes literacy among military children by distributing new books to military kids across the country."

The highlight was the dynamic vocal performances of the three guest readers.

Rear Adm. Mark Leavitt, the Chief of Naval Air Training, read "This Is Not My Hat" by Jon Klassen.

Col. David Krebs, Commanding Officer of Marine Aviation Training Support Group 22, followed with

"I Want My Hat Back," also by Klassen.

And Lance Cpl. Sarah Dahn, from the MATSG-22 staff, read "Let's Go for a Drive!" by Mo Willems.

A Blue Star Families brochure states, "The Books on Bases program offers reading material to military children via donations to local and base libraries, Department of Defense schools and military-impacted public schools."

"With generous contributions from corporate and nonprofit partners, Blue Star Families holds donation drives and read-aloud sessions for children to enjoy, connect with other children and

*Books continued on page 13*



Col. David Krebs does character voices as he reads to kids April 28 during the 'Books on Bases' event at the NASCC Library.

Photo courtesy Blue Star Families

# Skipper's Column Losing an XO, Gaining Another

by Capt. Dave Edgecomb



**Edgecomb**

accomplishments – and to welcome his relief, Cmdr. Curtis Wilmot.

Dave was a major part of the effort to

get NAS Corpus Christi some much needed attention long before I reported here.

His efforts, along with Skipper Pierson's, got us the funding necessary to repair major roads, build a new club, bring a reclaimed water irrigation system to the golf course, and refurbish every hangar supporting Training Wing Four.

Dave also led a diverse and often challenging effort to transform Goliad Airfield into a superb Outlying Field for T-6 training.

Dave has been here pretty much from start to finish on all of these important projects that have greatly improved the capabilities and services of the Installation.

Through all of these changes, Dave has never lost sight of the most important asset on the base: the men and woman who live and

work here. He approaches every challenge with a smile and he has never forgotten that it's all about the people.

I will miss Dave's extensive experience and affable nature, but I would also like to wish him all the best in his transition to civilian life.

Finally I would like to welcome Cmdr. Curtis Wilmot to the NAS Corpus Christi Team.

"Chilly" is coming to us after a tour as the XO at NAS Kingsville. He is familiar with both the job and the unique challenges of Installation management in South Texas.

While he has big shoes to fill, I think we are fortunate to have him on the team and I look forward to working with him over the coming year.

## Chaplain's Message

by Lt. Stephen Warne, Chaplain

Have you ever been in a precarious situation or a place in life where uncertainty seems to be the norm?

I find that life is so fluid and the future so uncertain that this describes the majority of people I encounter.

Being bogged down in life's events is, well.....life.

Too often our circumstances captivate our every thought and the stress and anxiety of the moment wreaks havoc in our lives.

It is during these times that people often make fatal mistakes – choices that effect the duration of their lives, and most certainly the lives of everyone around them.

Lasting effects of divorce, drinking and driving, destructive family behavior, and even suicide, are but a few examples.

These life altering choices usually come due to the stress of the moment and not being

able to see clearly the way ahead.

You may feel that there is no "good" alternative to whatever you're faced with, but let me assure you that there is ALWAYS a way ahead.

If you are unable to find it on your own, let someone help.

If it seems unattainable, know that it's not.

You will never convince me that hopelessness is the only alternative, even in the bleakest of circumstances.

So where does one start, you may ask? Begin by making a list of destructive behaviors and then determine that you will never engage in them.

Preemptively make a resolution about your life choices.

It is much easier to do this with a clear mind, than in the midst of crisis.

## The Way Ahead

Surround yourself with people and resources that can help you through the tough times.

There is a proverb that says, "Pride comes before a fall."

Don't fall into the trap of believing that you can do it all yourself.

Involve others along the way.

Finally, it will take a bit of faith.

The way ahead is not easily seen, and we must trust that if we're heading in the right direction, we will end up in the right place.



**Warne**

## Editor's Corner

by Rod Hafemeister



**Hafemeister**

the difference.

The original plan had been for all the websites under Commander, Navy Installations Command, to switch over to a new "backbone" – the content management system we use to put stuff on the web – last September.

The nature of these things, not

surprisingly, is that initial plans are overly optimistic and "go live" dates tend to get slipped.

This time became especially tricky.

First, we're switching to completely different software, from a different company, with not only a completely different set of commands and way of doing things – it also changes responsibilities for who does what, putting more emphasis on control by the Public Affairs office.

That's not all bad; most Public Affairs offices had been howling since the current design was implemented that it was too rigid, not allowing adjustments for individual bases.

And although there's a steep learning curve, the new software should be much easier to use, once we all understand it.

Second, unlike in 2008-2009, when each region and each installation gradually went from an individual website to a CNIC standard design, this time they'll flip the switches and

## Something's Happening Here

everyone changes at the same time.

Now, the basic design and organization that you see should be the same as it's been the last few years. You might have to look close to spot what's different.

But maybe not; not everything migrated correctly. And in some cases, things migrated that are now hopelessly out of date.

We've been working to clean up what we could, but I expect we will be finding things to change for weeks to come.

And I'll warn you up front: it's going to take me awhile to get the Wingspan archives properly posted to the new site.

The archives didn't migrate, and I'll have to load them individually.

My first emphasis will be getting current and 2013 issues up; then work in reverse chronological order. It's going to take awhile.

In the meantime, if you need an old issue, contact me. I've got everything from 2008 forward.

# Wingspan

NAS Corpus Christi

*"Exceeding Expectations Through Pride In Performance"*

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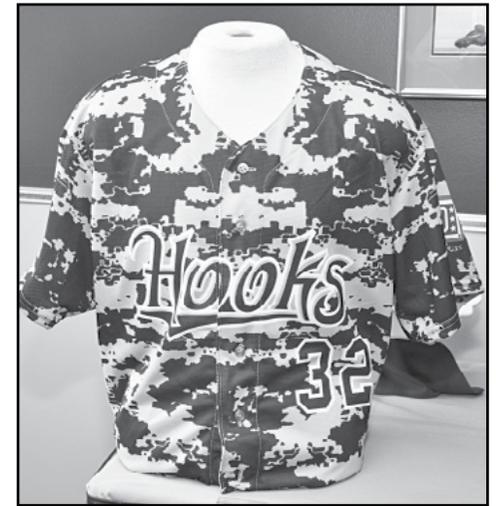
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# Hooks and CPL go to bat for the USO



CPL Retail Energy and the Corpus Christi Hooks on May 6 launched a drive to raise \$25,000 to renovate the USO Lounge at Corpus Christi International Airport. CPL donated \$7,500 to kick off the drive and the Hooks unveiled blue camouflage jerseys (above) they will wear at three home games then auction off. (left) Corpus Christi Mayor Nelda Martinez and Hook's mascot Sammy Seagull help CPL employees pack care packages for troops in Afghanistan.

Photos by Rod Hafemeister

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# DECON Team at NHCCC Trains in First Receiver Operations

Story and photo by Bill W. Love, NHCCC PAO

Twenty-four Sailors from Naval Health Clinic Corpus Christi's Chemical, Biological, Radiological and Nuclear (CBRN) Decontamination Team completed the Navy Bureau of Medicine (BUMED) First Receiver Operations Training (FROT) May 1.

The two-and-a-half-day course is designed to educate U.S. Navy Medical First Receivers on life saving skills required to triage, initiate field treatment, decontaminate and save victims from CBRN, or Hazardous Materials.

It involved a day of classroom instruction with the remainder of time devoted to gear inventory, equipment set-up, utility checks, and a hands-on, timed teamwork drill.

When DECON Instructor and BUMED contractor Theresa Casey gave the start signal, the CBRN team suited up and began paving the way for quickly and efficiently decontaminating mock casualties from a simulated terrorist's weapon of mass destruction (WMD).

Agilely maneuvering among the crew while the minute hand raced forward, Casey methodically evaluated their responsiveness to don hot and uncomfortable personal protective equipment while setting-up

a decontamination station with its pump, electric line connection, heater, plumbing and other necessary gear.

In six minutes they were up and running with shelter and water connections, and within nine minutes they were processing, triaging and fully decontaminating patients.

"They did a great job! Everyone was focused and they knew what their roles were," said Hospital Corpsman 2nd Class (FMF) Joan C. Santamaria, the clinic's Emergency Management training petty officer.

"The team worked together knowing that they had something important to do, they got it done, and they did it quickly!"

Casey also praised the Sailors and their Command.

"It was amazing to see such an enthusiastic team comprised of such junior personnel, especially since this is the first time for them to train together," she said.

"Their outstanding performance makes it obvious that they have a great deal of support from their senior leadership."

Capt. Bill Davidson, acting commanding officer, kept a keen eye on his Sailors' performance during the exercise.

Having deployed in 2003 with Charlie Surgical Company in support of combat operations during Operation Iraqi Freedom, and once again in February 2005 in support of Multi-National Forces West, Al Anbar Province, Davidson is a staunch advocate for routine preparedness and rapid response.

"I expected nothing less. I am very proud of you because I take this seriously," Davidson said of the team's performance.

"I was assigned to one of the first medical teams in Iraq, and during two mass casualty episodes our chemical alarms went off.

"Although both turned out to be false alarms, it still makes you think of the real possibilities.

"That's why we have to be prepared at all times!"

**HM2 John E. Cantu (left center) administers bag valve ventilations while HN Rene Perez (across) checks for nerve agents using a Joint Chemical Agent Detector before decontaminating a mock casualty from a simulated terrorist's attack.**



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## National EMS Week - May 19-25

Story & photo by NASCC Fire Chief John Morris

Sunday May 19, the beginning of National EMS Week, presents an opportunity to honor the men and women who deliver pre-hospital 9-1-1 emergency medical care throughout the United States, including those right here at NAS Corpus Christi.

Nationwide this vital public safety service is provided primarily by cross-trained, multi-role emergency responders who are based in our nation's fire departments.

At NAS Corpus Christi, EMS has been in a continuous state of transformation, dating back officially to FY 2008, when all pre-hospital care was transferred from BUMED to CNIC F&ES.

It actually goes back farther, as NASCC F&ES assisted then Naval Hospital Corpus Christi active duty Navy Corpsman who operated ambulances until 1998, and then the City of Corpus Christi who still provides our "Advanced Life Support" transport services.

The biggest changes began in 2006, with a major training effort resulting in almost all NASCC Firefighters being certified at a minimum as Emergency Medical Technician Basic (EMT-B).

Today we have 43 EMT's, 2 EMT-Intermediates, and 3 Paramedics, a 370 percent increase from those early days when we had 13 EMT's.

FF/EMT-B's staff three structural companies, an ambulance, and four ARFF vehicles, operating from five fire stations at

four geographic locations.

The fire service has a rich history of protecting the health and safety of our communities through an 'all hazards' response model that includes the delivery of pre-hospital emergency medical care. Every day, our dual role firefighter/EMTs respond to medical emergencies affecting the NASCC Community.

They are in a constant training mode, with continuing education requirements necessary to maintain certification as well as in-service training on new techniques that improve patient outcomes.

Over the years this has resulted in the awarding of numerous CNIC Life Saving Awards to our personnel where their "actions directly made the difference between life and death".

Especially exciting this year is that NASCC F&ES has successfully transitioned from a long history of Basic Life Support services delivered from staffed fire apparatus by our EMT-B's to a tiered system which now includes NASCC F&ES BLS transport services.

Though we still utilize our strong partnership with the Corpus Christ Fire Department for ALS care, we now have flexibility, based on the nature of the call, to send either an ambulance or the ambulance and the nearest engine company. In the case of a dual unit response, the City of Corpus



(l.-r.) Battalion Chief/Paramedic Robert Bethea and 'Plank Holder' Ambulance Crews Lieutenant/Paramedic Arturo Garza, Firefighter/EMT-B Glenn Helwig, Firefighter/EMT-I Austin Walker and Firefighter/EMT-B Weston Beseda.

Christi also dispatches an ALS ambulance.

The addition of the NASCC F&ES ambulance offers a number of benefits; for the non-life threatening emergency we can now initiate patient care and transport 50 percent sooner with no need to wait for the CCFD unit. And for life threatening emergencies we have the option, depending on CCFD ambulance ETA, of transporting immediately and utilizing an intercept model where the patient is transferred to ALS care enroute to the receiving hospital or waiting for the arrival of the ALS unit and initiating transport at the ALS level.

Though these decisions are protocol driven; they rely on the FF/EMT's and hospital medical control assessment as to the best option for the patient.

Though all our personnel respond to EMS calls, and are assigned as needed to the ambulance; I would like to specifically

recognize Battalion Chief/Paramedic Robert Bethea for his tireless work over the past seven years building a solid EMS program.

I would also like to thank our first two "Plank Holder" ambulance crews; A-Shift Lieutenant/Paramedic Arturo Garza and Firefighter/EMT-B Weston Beseda and B-Shift Firefighter/EMT-I Austin Walker and Firefighter/EMT-B Glenn Helwig.

We've already received positive feedback from ER staff at receiving hospitals about our guys which is a testament to their dedication and commitment in providing the best possible patient care.

National EMS Week is a time to pause and say "thank you" to the entire EMS Community, including firefighter/EMTs and firefighter/paramedics - our nation's 'all hazards' response professionals.

Thank you to all at NASCC F&ES, and our partners at the CCFD.

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# Seaside Memorial Park and Funeral Home Memorial Day

Monday, May 27, 2013 1:00 pm



**Join us in honoring all our military heroes...**

## Guests.....

Richard "Dick" Prewett, Lt. Col.  
Infantry U.S. Army (Ret.)/Guest Speaker

Invocation by Msgr. Richard Shirley

Fly-Over by the U.S. Navy  
U.S. Marines

Patriots Band and Honor Guard  
Corpus Christi Fire Dept. Pipe & Drums

Flag display provided by Arnold Leal  
"Snow White" Dove Release

Young Marines DRILL TEAM  
Patriot Guard Riders of South Texas  
Flour Bluff ROTC

Corpus Christi Fire Dept. Station 11  
ARMY SCORPION TANK/Paul Krivoy

Corpus Christi Corvette Club  
Coastal A's & RODS

Wine Cork and Shell Flags created by  
John M. Gonsalves

Quentin Arispe to sing National Anthem and "God Bless the USA"

U.S. Army Reserve 211 Regional Support Group

USS Lexington Museum

The Memorial Day DVD production will be presented on screen.

The DVD is a tribute for all veterans.

The Gold Star Wives, Gold Star Mothers, Blue Star Families, Veterans' organizations and military personnel past and present will be recognized.

**Food will be served after the ceremony.**



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## W . I . S . E . — Women in Service Empowerment

by Dr. Mary Jane Garza, School Liaison Officer

March was Women's History Month, but on board NAS Corpus Christi, a group of women decided to extend it into April – and beyond.

Women in Service Empowerment – W.I.S.E. – was organized to bring women together for networking and learning from each other.

They threw the first of what is a planned annual luncheon on April 18 at the USO.

Besides great food and the company of other women (and military and civilian men, as well), they were encouraged and empowered by guest speakers.

Dr. Mary Jane Garza, the Air Station's School Liaison Officer, was the master of ceremony for the event.



**Lt. Vanita Williams**

Lt. Vanita Williams, currently Command Legal Officer for Navy Medicine Training Support Center Fort Sam Houston, captured the hearts of those listening with the struggles and successes she has celebrated with her military family and her personal family.

Family makes one appreciate the great freedoms we enjoy and the golden opportunities that are available.

Family is there with the highs and the lows but most important are the encouragers to continue our journey of what we can and shall become.

Williams's daughters accompanied her and one could sense the pride they felt as their mother encouraged everyone to continue working in a united and collaborative partnership for the advancement of women.

The program also included a poem by Sgt. Shantica Dawkins and comments from the chair and organizer of the First Annual W.I.S.E. Celebration Luncheon Program, LNI Shante Davidson.

This program was a collaborative partnership among the USO, Fleet and Family Support Center and women from the various branches of the military.

Plans have already begun to continue activities throughout the year.

W.I.S.E. members and supporters realize that empowerment is a united effort that involves collaborative efforts.

## May is Motorcycle Safety Month

from NASCC Safety Office

May has been proclaimed Motorcycle Safety Awareness Month by the National Highway Transportation Safety Administration – and by the Department of Defense.

NHTSA says, “Motorcycle Safety Awareness Month is a national initiative aimed at getting motorists and other road users and motorcyclists to ‘share the road’ with each other.”

Basic safety rules for riders and drivers include:

Never drive, bike, or walk while distracted.

A motorcycle has the same rights and privileges as any other vehicle on the roadway.

Allow the motorcyclist a full lane width. Do not share the lane.

Motorcycles are small and may be difficult to see and more difficult to judge speed and distance when approaching.

Remember that a motorcyclist can be hidden in a vehicle’s blind spot or missed in a quick look due to its smaller size.

Remember that road conditions that are minor annoyances to motorists can pose major hazards to motorcyclists.

Allow more following distance -- three or four seconds -- following a motorcycle so the motorcycle rider has enough time to maneuver or stop in an emergency. In dry conditions, motorcycles can stop more quickly than cars.

For more information on being a safe rider – and an alert and safe driver – go to:

[www.defense.gov/home/features/2012/0412\\_militaryrider/](http://www.defense.gov/home/features/2012/0412_militaryrider/)

## NASCC Civilians of the Quarter



NASCC Senior Civilian of the Quarter, Second Quarter, Pat Kapitan (left) and Civilian of the Quarter Elizabeth Atkinson at the May 3 awards ceremony. Photo by Rod Hafemeister

# ONE CARD, A LIFETIME OF REWARDS

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# Cleaning Up



The Air Station held its annual Earth Day Cleanup on May 10 – late by the calendar, but still important. Clouds and light drizzle didn't stop the volunteers from fanning out across the base and down Ocean Drive, collecting everything from simple trash to tires and even an office chair. The morning ended with sandwich lunch on Sunfish Beach – and truckloads of trash heading for proper disposal.

Photos by Bob Torres and Rod Hafemeister



# Awards and Achievements

## Winging — April 26



Photo by Hugh Lieck Event Photography

Winging officials, from left: Foster Edwards, Corpus Christi Chamber of Commerce; Lt. Stephen Warne, Chaplain; Lt. Cmdr. Brian Eckley, USCG, Training Officer, TRAW-4; Cmdr. Todd Copeland, Commanding Officer, VT-31; Col. David Krebs, USMC, Commanding Officer, MATSG-22; Cmdr. J. L. Wood, Executive Officer, VT-35; Cmdr. Albert M. Orgain, Commanding Officer, VT-27; Capt. Rex Curtin, Commodore, Training Air Wing Four.

Wingees, in alphabetical order: 1<sup>st</sup> Lt. Aaron Bradley Anderson, USMC, Lt. j.g. Victor William Cannuscio, Ensign Sean Alexander Conkle, 1<sup>st</sup> Lt. Andrew Charles Jordan, USMC, 1<sup>st</sup> Lt. Carl Edward McCrory, USMC, Ensign Robert E. Q. Newman, Ensign Bradley Joseph Nordstrom, Ensign Casey Daniel Powell, Lt. j.g. Christopher Steven Tucker, 1<sup>st</sup> Lt. Alexander Martin Walsh, USMC, Ensign Nathen Allen Whisler, Lt. j.g. Paul Nasim Williams, USCG, Ensign Eran Charles Wilson.



## N A S C C Awards

The following NASCC Sailors received recognition at the May 3 awards ceremony: Awarded the Navy and Marine Corps Achievement Medal – MA1 Belami Daniel; MA1 Eileen Cabrera; EN1 Jason Velarde; MA1 Nicholas Webster; DC2 Winzel Cabarrubias; MA2 Brooks Gregory and ET3 Duston Odea. Blue Jacket of the Quarter, Second Quarter, MASN Jarrett Covington; Junior Sailor of the Quarter, AC2 Joshua Freeman; and Senior Sailor of the Quarter, AC1 Stephen Howard.

Photo by Rod Hafemeister

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# What's Happening

PLAN NOW TO REGISTER YOUR CHILD FOR THE CORPUS CHRISTI PARKS & RECREATION'S **Summer 2013 Sports Camps -Online Registration Starts May 1!** The Corpus Christi Parks & Recreation Department is offering a variety of **Sports Camps** with professional instruction for boys and girls ages 6-18 from June 3-July 18, 2013 at the Corpus Christi Gym (3202 Cabaniss Parkway), and Cabaniss Sports Complex. The cost for each camp is \$60 per camp per youth.

Registration will be offered **ONLY** on **Wednesdays** from 5pm-8pm at the **Corpus Christi Gym** during May 1 through July 15, 2013 (may register until the first day for each camp). **ONLINE REGISTRATION** is available for an added 24-hour convenience to our customers starting May 1st!

For more information, call the **Corpus Christi Gym** at 826-1726 or the **Athletics Office** at 826-3478, or visit [www.ccparkandrec.com](http://www.ccparkandrec.com) (click 'What's Happening').

Quack! Quack! The Rubber Ducks Are Back...

**South Texas Lighthouse for the Blind's Annual Rubber Duck Round-Up - May 25<sup>th</sup>.** Grab the kiddos and waddle on over to Cole Park for South Texas Lighthouse for the Blind's Rubber Duck Round-Up. "Quacktivities" will be held on Saturday, May 25<sup>th</sup> beginning at 10 a.m. Moonwalks, a petting zoo, pony rides, games, live music and food are just the beginning of the fun! At 12:30, you'll want to find yourself in a front row seat for the big Rubber Duck Race! Those adorable yellow ducks can be "adopted" up to the time of the race. Every adoptive parent receives an adoption certificate and will get to name their ducks! Lucky Ducks finishing the race in 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and last place will win Visa gift cards in the amount of \$150, \$100, \$50 and \$25, respectively. All proceeds from Rubber Duck Round-Up will benefit the programs and services of South Texas Lighthouse for the Blind, a not-for-profit organization in Corpus Christi. The mission of the organization is to employ, educate, and empower our neighbors who are blind or visually impaired. For more information about South Texas Lighthouse for the Blind, its programs and service, or Rubber Duck Round-Up, contact Alana Manrow at 361.693.6183 or visit us on the web at [www.stlb.net](http://www.stlb.net).

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**Veterans and Active Military Personnel and Spouses Dinner - Kingsville Elks Lodge 1926** will be hosting a dinner for veterans and active military personnel and spouses on May 26<sup>th</sup>, 2013 from 5:00pm to 7:00pm. Please come and enjoy the complimentary dinner in our appreciation of your service. RSVP by May 17<sup>th</sup> to [rswan4558@sbcglobal.net](mailto:rswan4558@sbcglobal.net) or call 361-522-4482. Hope to see you!

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*by Tina Konwerski*

Monday, May 27, 2013 at 1 p.m. **MEMORIAL DAY CEREMONY, DAY OF REMEMBRANCE**, Seaside Memorial Park & Funeral Home, 4357 Ocean, Drive, Corpus Christi. FMI 361-992-9411. Join us in honoring our Military Heroes. Food will be served.

Are you or someone you know legally blind and looking for a job? Call South Texas Lighthouse for the Blind at 883.6553 or visit us at [www.stlb.net](http://www.stlb.net).

The Corpus Christi Parks & Recreation Department will sponsor the "Lunch's On Us!" **Summer 2013 Food Service Program**. Lunch and afternoon snacks will be provided at over 25 sites from June 17-August 9, 2013. This program is **FREE** of charge for all youth ages 1 to 18. No pre-qualifications or proof of income are needed. Registration in the Summer Youth Recreation Programs is not a requirement to participate in the Summer Food Program. Lunch will be served from 11am-12pm and an afternoon snack from 3-4pm, Monday-Friday. All sites will be closed July 4, 2013. For more information, call the Summer Food Hotline at 826-3467 or visit [www.ccparkandrec.com](http://www.ccparkandrec.com).

**Below is the list of participating sites:**

- Ben Garza Gym 1815 Howard St.
- Casa De Mañana 4702 Old Brownsville Rd.
- Collier Pool (Tues-Fri) 3801 Harris Dr.
- Del Mar College 101 Baldwin Blvd.
- Garcia Arts Center 2021 Agnes St.
- Joe Garza Rec Center 3204 Highland Ave.
- John Paul High School 3036 Saratoga Blvd.
- La Armada Family Resource Center 1455 Southgate Dr.
- Lantana Square Apts. 5802 Academy Dr.
- Lexington Manor Community Center 3102 Ray Ellison Dr.
- Lindale Rec Center 3133 Swantner Dr.
- LULAC Village Apartments 1417 Horne Rd.
- LULAC West Park Apts. 10702 IH-37
- McKinzie Family Resource Center 2842 McKinzie Rd.
- Molina Neighborhood Center 614 Horne Rd.
- Navarro Family Resource Center 160 N. 19th St.
- North Side Manor Apartments 1401 N. Alameda St.
- Oak Park Recreation Center 842 Erwin Dr.
- Oso Recreation Center 1111 Bernice Dr.
- Samuel Place Apartments 4315 Carroll Ln.
- Solomon Coles Recreation Center & Gym 924 Winnebago St.
- South Pointe Apts. 5725 Curtis Clark Dr.
- Treyway Apartments 2022 Treyway Ln.
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## CCAD deploys Peer to Peer Program

by **Brigitte Rox, CCAD Public Affairs**

Corpus Christi Army Depot (CCAD) may be known for the support they give the joint Warfighter on the field, but they're also supporting the Warfighter off the field.

Peer to Peer, or P2P, is a new mentorship program that helps veterans (and non-veterans) overcome the many challenges they face as survivors.

"Our goal is to help veterans and employees who suffer from PTSD [Post Traumatic Stress Disorder] or suffered traumatic experiences in their lives," said Ruben Ramirez, CCAD's Army Substance Abuse Program (ASAP) Prevention Coordinator.

Veterans make up 53 percent of CCAD's workforce and that number is on the rise due to a strong push to hire veterans from Operation Iraqi Freedom and Operation Enduring Freedom.

"Forty-six years after leaving Southeast Asia, many of us still deal with [PTSD] on a daily basis," said Chris Soto, a Vietnam veteran and union representative for the American Federation of Government Employees.

Soto was one of the first to volunteer for the P2P program.

He found that the training not only prepared him to help others – it also gave him insight into his own past trauma.

"If only this type of [P2P] training had been available to all back then," he thought, "I might not have lost so [much] in my life."

Historically, "services were limited to the

VA and Vet Centers, which most veterans shun for fear of being labeled, or the stigma that's associated with them," Ruben Ramirez said.

"Many times employees are reluctant to share their issues with their supervisor. Having the opportunity to talk to a peer whom they trust that is trained allows them to get help without getting a supervisor involved.

"Sometimes they just need to talk."

Despite the emotional and psychological setbacks he endured from the war, Soto considers himself a survivor.

"The bottom line is, you want to survive this day and to live the next day productively," he said.

To become a certified P2P assistant, volunteers undergo 32 hours of classroom training that includes exercises, role play, individual and group training, visits by clinicians and service providers, and resource awareness.

Each student must pass a proctored, written exam before receiving certification as a CCAD P2P assistant.

So far, CCAD has certified 30 P2P assistants who are already hitting the shop floors and making a difference.

Now other local military facilities are asking how they can use P2P at their work. In response, ASAP is scheduling another round of training and taking volunteers.

To learn more about the P2P program and how you can get involved, contact Ruben Ramirez at his ASAP office at 961-5464.



Depot employee and combat veteran, Jeffrey Churchill talks with other volunteers in Corpus Christi Army Depot's new Peer to Peer program. The program trains employees to mentor veterans and co-workers struggling with PTSD.

Photo by Ervey Martinez, CCAD PA

## NEX rewards students with A-OK Student Reward Program

The NEX wants to help its customers finance their children's college education through its A-OK Student Reward Program.

All qualified students will participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter.

The next drawing will be held at the end of May 2013.

Any eligible full-time student that has a B-grade point average equivalent or better,

as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade.

To enter, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average.

Fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

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Books continued from page 1



Rear Adm. Mark Leavitt, the Chief of Naval Air Training, reads 'This Is Not My Hat' during the 'Books on Bases' event. Photo courtesy Blue Star Families

experience the warmth of adults who care."

As part of the "Month of the Military Child," local Blue Star Families volunteers Lisa Curtin and Kim Krebs brought this popular national program to life in Corpus Christi, assisted by their children Ryan, Michael and Sean Curtin and Allison and Paige Krebs.

Along with the NASCC Library staff, led by Kristin Ferguson, the volunteers showcased the recently renovated base library.

Hundreds of military family members took part in the literacy celebration and book giveaway – more than 100 new, hardcover books were distributed to military children.

The remaining books were donated to the base library for gifting at an upcoming literacy event. Additional items such as coloring books, pencils, bookmarks, and treats were also provided for the children by Blue Star Families and their volunteers, as well as a book bag supplied by corporate partner, [www.AutoTrader.com](http://www.AutoTrader.com).

Military children face many challenges they didn't sign up for: frequent moves, striking up new friendships and parents in dangerous jobs often involving combat assignments.

These things add stress to the lives of military children. Any measure to add stability and structure amidst the constant change military children endure is welcome.

Books and literacy aid in adding stability as well as an opportunity to draw service members closer to their children through reading.

Books provide a tool to achieve literacy, building skills and self confidence, which translates to strength and bonding.

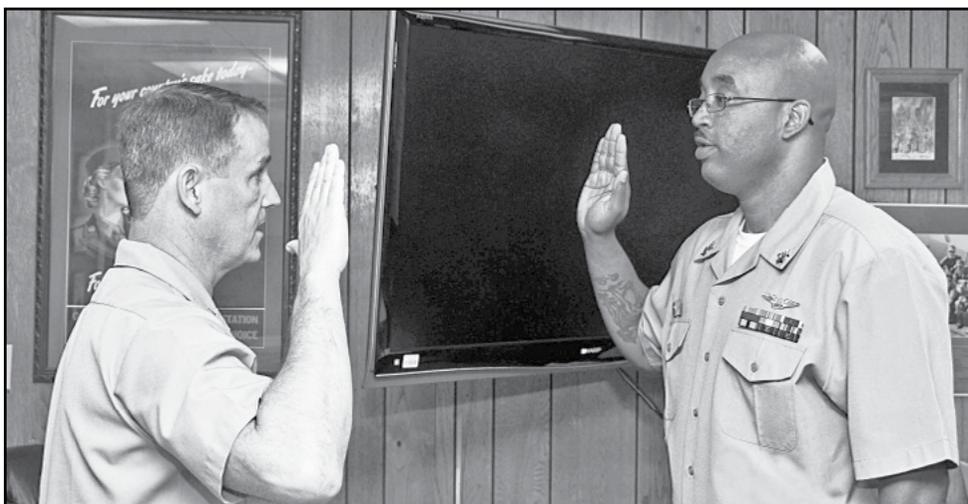
According to their website, [www.BlueStarFam.org](http://www.BlueStarFam.org), "Blue Star Families is a non-profit organization passionately dedicated to helping military families across America.

Their mission is simple: to support, empower and connect military families to each other, their communities and local and national policy-makers."

Blue Star Families depends on the energy, passion and commitment of military volunteers across the country and on donations from individuals, foundations and corporations.

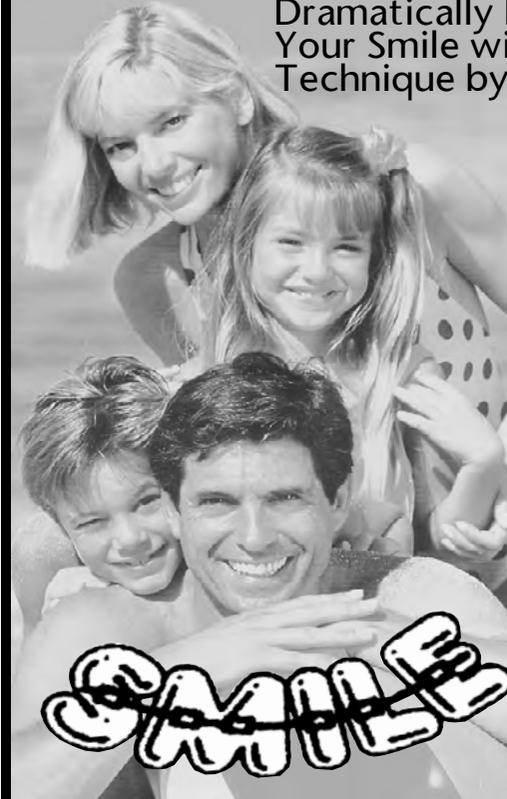
To learn more about Blue Star Families and their many military family support initiatives and programs, visit them at [www.BlueStarFam.org](http://www.BlueStarFam.org) or write to them via email at [Books@bluestarfam.org](mailto:Books@bluestarfam.org).

## CNATRA's MN1 Lewis reenlists



MN1(AW) Quenton Lewis (right) recites the Oath of enlistment as CNATRA Chief of Staff Capt. Chuck Hollingsworth reenlists him for six more years on April 24. Photo by Richard Stewart, CNATRA PA

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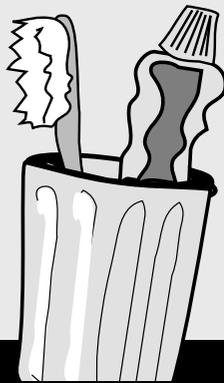
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# AC3 Reau reenlists



AC3 Nikita Reau reenlists for three years as Lt. Larry Sommers administers the oath of reenlistment at the Air Operations Conference Room on May 3.

Photo by Bob Torres

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**Monday, May 27, 2013 at 1 p.m. MEMORIAL DAY CEREMONY, DAY OF REMEMBRANCE,** Seaside Memorial Park & Funeral Home, 4357 Ocean, Drive, Corpus Christi. FMI 361-992-9411. Join us in honoring our Military Heroes. Food will be served.

**Veterans and Active Military Personnel and Spouses Dinner** - Kingsville Elks Lodge 1926 will be hosting a dinner for veterans and active military personnel and spouses on May 26th, 2013 from 5:00pm to 7:00pm. Please come and enjoy the complimentary dinner in our appreciation of your service. RSVP by May 17th to [rswan4558@sbcglobal.net](mailto:rswan4558@sbcglobal.net) or call 361-522-4482. Hope to see you!!

**FREE non business Classified ads in this newspaper for Active Duty, DoD Personnel and Retired Military.** Examples of FREE Classified ads include "Car for Sales" - "Sofa for Sale" - "Garage Sale." Business ads are NOT FREE ... Real Estate are NOT FREE. Go to [www.DJYoungPublishing.com](http://www.DJYoungPublishing.com) select CLASSIFIED and place your ad exactly as you would like to see it in print. No phone calls for Classified Ads.

**Are you or someone you know legally blind and looking for a job?** Call South Texas Lighthouse for the Blind at 883.6553 or visit us at [www.stlb.net](http://www.stlb.net).

**Serve those who served! Veterans of Foreign Wars Post 8932 in Flour Bluff is looking for volunteer bartenders.** Our friendly members will tip you well! For more information call Tom at 361-937-9999 or 361-867-1847.

**Donate Plasma. Earn up to \$100 this week. Donate today!** Talecris Plasma Resources, 4244 Ayers Street, Corpus Christi (361)855-0310 [grifolplasma.com](http://grifolplasma.com)

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**To ADVERTISE YOUR BUSINESS in the Classified Section of this newspaper:** go to [www.DJYoungPublishing.com](http://www.DJYoungPublishing.com) SELECT PAID Classified. You will be asked for your credit/debit card information. Enter the ad exactly as you would like to see it in print. Classified ads are ALL words, no photos or pictures.

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