



Vol. 68 No. 21

Wednesday, May 23, 2012

SRC sets new bar in taking care of area military

By Jay Cope, NAS Whiting Field Public Affairs

With a bright, sunlit, day, children dancing and smiling, abundant food, and lots of games and prizes, Naval Air Station Whiting Field was a happy place Friday, May 18, as the Santa Rosa County community hosted their Military Appreciation Picnic. More than 100 sponsors, businesses, and community volunteers combined to help make the annual event at the base a memorable affair.

May is Military Appreciation Month, and each year Santa Rosa County comes out in force to show their appreciation for the area military, retirees, government employees, and their families.

“We have a passion for the military here,” said Krystal Kelly a Pen Air Federal Credit Union employee who served as the coordinator for this year’s festivities. “They take care of our country, and this is our chance to do something for them. I truly don’t know of any other base where the military and the community are knitted together so tightly.”

With estimates of more than 1,500 people attending,
- (Cont. on Page 6)



Children watch a clown as he works with balloons to twist them into animal shapes. The clown was one of many attractions, including; a sand art area, a children’s workshop, bouncy houses, inflatable slides, a petting zoo, puppet show, and pony rides; which were set up for children at the Military Appreciation Picnic Friday, May 18 from 3 to 7 p.m. Santa Rosa County merchants and leaders hosted the event to celebrate Military Appreciation Month. U.S. Navy photo by Jay Cope.

Family Fun Fest offers great bargains for shoppers



One shopper stocks up at the Naval Air Station Whiting Field commissary during the Family Fun and Fitness event Friday, May 18. The three day sale offered great discounts for shoppers as well as prize drawings and free samples of fitness products. U.S. Navy photo by Lt. j.g. Tim Mosso.

By Lt. j.g. Tim Mosso, NAS Whiting Field Public Affairs

The second annual Naval Air Station Whiting Field Family Fun and Fitness Festival inspired an enthusiastic response and robust turnout from the air station community. Bargain hunters, outdoor enthusiasts, families, and athletes flooded the display booths and aisles of the base commercial center during the May 17-19 event.

The Navy Exchange and Commissary reprised their 2011 role as the twin pillars of the occasion. Sales and giveaways at each agency headlined the attractions and drove traffic during the three-day festival. Each outlet offered special product pricing, no-cost raffles, and outdoor-themed promotions.

Representatives from major vendors were on hand to offer visitors bulk-size packages, free samples, and exclusive festival discounts.

The crowd was as diverse as it was large. Military retirees, dependents, active duty flight instructors, and
- (Cont. on Page 5)

BBB provides info to help movers avoid scams

According to the U.S. Census Bureau, an average of 37 million Americans move each year. The month of May is the busiest moving season, and is recognized as National Moving Month. Your BBB offers tips to help you avoid moving scams the next time you pack up.

Start your research by getting a list of BBB Accredited movers <<http://www.bbb.org/northwestern-florida/accredited-business-directory/movers>> . Check out their BBB Business Reviews <<http://nwfl.bbb.org/Find-Business-Reviews/>> and find at least three you'd like to research further. You may consider asking your real estate agent for their input at this point as well, since they often deal with moving businesses.

Interstate movers are required to be licensed by the federal government and are assigned a motor carrier number. Verify the license at protectyourmove.gov <<https://www.protectyourmove.gov/>> , the Federal Motor Carrier Safety Administration's website.

Ask potential moving companies for references (and actually call them!). Visit the moving business' office and inspect their moving trucks. How well are their trucks maintained? That might be a good sign of how well your possessions will be handled.

Ask businesses about their background check process. Any business you can trust will perform complete background checks on all their employees, particularly those that

will be handling your possessions and be around your family members for an extended period of time.

Have each potential mover make an in-home estimate. It's important they do a detailed walk-through to give you the most accurate estimate. An estimate over the phone will likely be a lowball number designed merely to draw you in. Look for an estimator to open cabinets and review the contents and ask detailed questions, such as whether you will be moving your food. This attention to detail is a sign of professionalism that will provide you with an accurate estimate, as moving businesses charge by weight. If a moving business claims to charge by the cubic foot, it is likely a scam.

Once you have chosen a moving business, get a contract detailing all expenses and what is expected of the movers. Reputable businesses won't demand cash payments or large deposits. Paying upfront takes away any control you have over when your things will show up. When creating a contract, ask about the claims process; even the most trustworthy business will drop something from time to time. Businesses you want to work with will have a solid internal claims process. If a business can't provide you with a clear explanation of their claims process right away, consider finding a different moving business.

For additional information and advice you can trust, start with [bbb.org](http://www.bbb.org) <<http://www.bbb.org/>> .

This Week in Naval History

May 23

1850 - Navy sends USS Advance and USS Rescue to attempt rescue of Sir John Franklin's expedition, lost in Arctic.

1939 - USS Squalus (SS 92) sinks off Portsmouth, N.H., with loss of 26 lives.

1962 - Launch of Aurora 7 (Mercury 7), piloted by Lt. Cmdr. Malcolm Scott Carpenter who completed three orbits in four hours, 56 minutes, at an altitude up to 166.8 statute miles at 17,549 mph.

1962 - USS Valcour (AVP 55) provides medical care to a merchant seaman from tanker SS Manhattan in the Persian Gulf.

May 24

1917 - First U.S. convoy to cross North Atlantic during World War I leaves Hampton Roads, Va.

1918 - USS Olympia anchors at Kola Inlet, Murmansk, Russia, to protect refugees during Russian Revolution.

1939 - First and only use of Vice Adm. Allan McCann's Rescue Chamber to rescue 33 men from sunken USS Squalus (SS 192).

1945 - Fast carrier task force aircraft attack airfields in southern Kyushu, Japan.

1945 - Nine U.S. ships damaged by concentrated kamikaze attack off Okinawa.

Learn more at <http://www.history.navy.mil>



Power Outage

Conserving energy continues to be one of the Navy's prime objectives, so each month we will display the energy usage comparisons for Naval Air Station Whiting Field between 2011 and 2012. As you can see, in April, the base consumed 154,951 fewer kilowatt hours of power than in the previous year.

News and Notes

Battle of Midway Remembrance - The Center for Information Dominance, NAS Whiting Field, and NAS Pensacola invite all base personnel to join them as they pay tribute to the heroes of the Battle of Midway at the National Museum of Naval Aviation aboard NAS Pensacola. The ceremony will be held in the museum atrium from 10 to 11 a.m., Tues, Jun. 5, 2012. Highlights of the event will include a wreath-laying, a flyover by CTW-6, and a keynote address by Rear Adm. Donald Quinn, Commander, Naval Education and Training Command. The memorial will be preceded by the Blue Angels performance rehearsal from 8:30 to 9:30 a.m.

Scholarships for Service Members Wives - Operation Homefront and the Women's Self Worth Foundation are proud to announce the 2012 Saban Military Wife Educational Scholarship. The scholarship is offered to wives of uniformed service members to attend vocational training programs in the medical field. Applications will be accepted from April 1 - June 1, 2012 and must be postmarked by June 1, 2012. More than \$200,000 in scholarship money is available for 2012 with scholarship amounts ranging from \$8,500 to \$30,000. The Scholarships will be awarded to recipients on July 15, 2012. For complete details including eligibility, the selection process and a downloadable application, please visit <http://www.operation-homefront.net/scholarship/>.

Free IMAX Movies - The Naval Aviation Museum is offering free IMAX movies on Sunday May 27 as part of Military Appreciation Month. This offer is for anyone with a Military ID Active, Retired or Dependent.

Boys & Girls Clubs of the Emerald Coast 5K

Boys & Girls Clubs of the Emerald Coast will sponsor the Inaugural Red Brick Road - Thomas Cameron Memorial 5K at 9 a.m., Saturday, June 2, in East Milton. This run is being held in memory of Lt. j.g. Thomas Cameron, USCG. The 5K will be on the historic State Road 1 Red Brick Road, a part of the Old Spanish Trail that once connected Milton and Crestview. It will begin on Airport Road near Peter Prince Airport and end at the new Boys & Girls Club near the intersection of U.S. Highway 90 & State Road 87. Registration cost thru May 25: \$25 May 26 thru race day: \$30 You can register on line or download a registration form by going to www.redbrickroad5k.org.

Embry Riddle Aeronautical University

Embry Riddle Aeronautical University is now registering for the Summer term through May 28. Hours on board NAS Pensacola are 8 a.m.-5 p.m. Monday through Thursday and 8 a.m.-4 p.m. Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. Hours on board NAS Whiting Field are Wednesdays 9 a.m.-4 p.m. in Bldg. 1417, Room 163. Late registration and add/drop a course for a full refund will be held May 28 thru June 1. Email pensacola@erau.edu for details.



Battle of Midway

After the 4 June mid-morning U.S. Navy attacks on the Japanese carrier force, only the Hiryu remained operational. Shortly before 1100 she launched eighteen dive bombers, escorted by six fighters, to strike a retaliatory blow. At about noon, as these planes approached USS Yorktown (CV-5), the most exposed of the three American aircraft carriers, they were intercepted by the U.S. combat air patrol, which shot down most of the bombers. Seven, however, survived to attack, hitting Yorktown with three bombs and stopping her.

While Yorktown's crew worked to repair damage and get their ship underway, a second force left Hiryu, this one consisting of ten torpedo planes and six fighters. Though the U.S. carrier was moving again by 1430, and even launched more fighters, the Japanese aircraft penetrated heavy air and gunfire opposition to hit Yorktown with two torpedoes, opening a huge hole on her midships port side. The stricken ship again went dead in the water and took on a severe list. Concerned that she was about to roll over, her Captain ordered his crew to abandon ship.

This scene is from the USS Yorktown (CV-5), shortly after she was hit by three Japanese bombs on 4 June 1942. Dense smoke is from fires in her uptakes, caused by a bomb that punctured them and knocked out her boilers. Taken by Photographer 2nd Class William G. Roy from the starboard side of the flight deck, just in front of the forward 5"/38 gun gallery. Man with hammer at right is probably covering a bomb entry hole in the forward elevator. Source www.history.navy.mil.

SECURITY CHECKPOINT

Question: Can I wear a headset (mp3, Bluetooth headphones) while walking or jogging on board NAS Whiting Field?

Answer: NASWFINST 5560.5A - Headsets. The use of cellular phones, portable headphones, earphones, or any other listening device while jogging, walking, bicycling, or skating on roads and streets onboard, to include all Navy Outlying Landing Field's is prohibited except for use on designated bicycle and running paths and sidewalks. This does not prohibit the use of hearing aids, nor does it negate the requirement to wear hearing protection where



conditions so require.

Upcoming Events

May 24, 1300 - Winging Ceremony - Base Auditorium
May 25, 1330 - NASWF Safety Standown - Auditorium
May 28 - Memorial Day

May 28, 1100 - Memorial Day Ceremony - Milton
June 5, 1000-1100 - Battle of Midway 70th Anniversary Commemoration - National Museum of Naval Aviation, NASP

Fleet and Family Support Classes

Credit Management - Thursday, May 24 from 1 to 3 p.m.

The average American family has nine credit cards (1996 American Express Survey); three or four of those are used regularly; the average total balance on those cards is \$3,900 at the interest rate of 18%. Attend this class to find out ways to better manage your credit. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Job Club - Tuesday, May 29 from 10 a.m. to Noon.

In the current labor market networking is a critical step in finding and increasing employment possibilities. To assist job seekers increase their employment possibilities Naval Air Station Whiting Field's Fleet and Family Support Center is hosting a weekly job club. The formation of a job club will allow several job seekers to pool resources and develop a network for finding employment. The job club is scheduled to meet at 10 a.m. Tuesdays at the Fleet and Family Support Center.

Resume Writing - Monday, June 4 from 9 to 11:30 a.m.

This class will assist you in efficiently creating an effective resume. Learn how to handle sticky resume situations like military-to-civilian transition, age, employment gaps, layoffs, and career change. Learn to use your resume as a marketing tool. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Dating Series #1 - Monday, June 4 from 1 to 3 p.m.

This class will help you engage in a more secure and enjoyable dating process. Topics include: warning signs of a difficult partner, skills essential for a healthy relationship, five key areas you need to explore during the dating process, and how to "follow your heart without losing your mind." For more information, contact a Work and Family Life Specialist at 850-623-7177.

Navy announces approval of uniform changes

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- NAVADMIN 164/12, released May 18, announced the chief of naval operations' (CNO) approval of a number of changes to uniforms and uniform wear policy.

"These uniform changes are the direct result of Sailor and leadership feedback," said Rear Adm. Tony Kurta, director, Military Personnel Plans and Policy. "Updating Navy uniforms is part of outfitting the 21st Century Sailor, ensuring our Sailors have practical uniforms they want and that represent our proud naval heritage while reflecting advances in clothing technology and design."

An improved design of the male E1-E6 Service Dress Blue (SDB) Uniform, incorporating a side zipper on the jumper and a hidden center zipper on the trousers, is approved. The uniform is scheduled to begin distribution in October 2015, at Recruit Training Command, Great Lakes, and Fleet availability is expected by October 2018. Specific details regarding fleet availability will be announced in a future NAVADMIN.

The E1-E6 men's and women's Service Dress White (SDW) jumper approved design improvements include incorporating a side zipper, front and rear yoke, Navy blue piping on the flap, and sleeve cuffs with Navy blue piping and button fasteners. Introduction of the new E1-E6 SDW

will begin October 2015, at Recruit Training Command, Great Lakes. Fleet roll out will begin by October 2018. Specific details regarding Fleet availability will be announced in a future NAVADMIN.

The contemporary design for Service Dress Khaki (SDK) is approved for optional wear. Detailed guidance on the occasion for wear and Fleet availability will be announced in a future NAVADMIN.

A number of changes to the Navy flight suit occasion and manner of wear are contained in the NAVADMIN, including changes to the approved colors for undershirts and aligning the manner of wear of the one-piece flight suit with the Navy Working Uniform (NWU) Type I.

Among the changes to NWU policy approved in the NAVADMIN is the option to wear a nametape on the left shoulder pocket flap of the NWU Type I Parka, beginning July, 17. These nametapes will be purchased at the Sailor's expense during the optional period. Nametapes will become mandatory Oct 1, 2013. Sailors will receive a clothing replacement allowance to help purchase one additional nametape for the parka.

Other changes to the NWU policy include the approval to wear as an optional item a nylon webbing rigger belt and NWU pattern foul weather Gore-Tex trousers. The

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Family Fest

- (Cont. from Page 1)

student aviators took advantage of the fair weather to explore the offerings. Activity at the cash registers surpassed typical weekday traffic by orders of magnitude.

Parents with children in tow leveraged the deals to stock their household supplies for the summer months. Military spouse Rebecca Berthold was preparing in advance for occasions when youthful foot traffic permits the great outdoors to migrate indoors.

"I just wanted to see their selection of cleaning supplies. We go through lots of them at home, especially this time of year. It's great to be able to buy them in bulk today," Berthold declared.

The store's broad selection of food, supplies, and seasonal staples offered ideal options to large families and cooks bracing for Memorial Day barbecue marathons.

Chris Lenze, a sales representative for Webco GP, noted the brisk pace of cookout supplies during the build-up to the holiday weekend.

"Household supplies are a popular bulk item because supplies never go bad, and we've seen a lot of paper plates, utensils, and napkins going as families prepare for Memorial Day picnics and cook-offs. Bottled water has been really big," Lenze observed.

The sheer volume of visitors and sale-seekers became an attraction in its own right.

Ensign Kyle Frank of Training Squadron THREE had been unaware of the occasion until he drove past. Frank offered a succinct summary of his festival experience as he wheeled a cartload of picnic foodstuffs toward checkout.

"I saw a giant line of people outside the Commissary. I grabbed bulk chips and Powerade," he said.

Commissary Officer Kim Jackson revealed that attendance at the event exceeded the inaugural edition and agreed with Lenze that the family holiday preparations propelled sales of picnic staples.

"It was a great turnout; we probably had about 200 people in line before the doors opened, 844 on the first day... it was more than last year. Large families were driving the sales of bulk food and cleaning items.

"The canned vegetables were going by the case, and we sold over \$4,100 worth of them over the three days. Powerade, snacks, Coke, and bottled water were popular, being this close to Memorial Day," Jackson recalled.

The Naval Exchange enticed visitors with discounts on fitness gear, energy foods, and outdoor equipment. Displays



Ensign Kyle Frank from Training Squadron THREE hits the commissary case lot sale before all the bargains are gone. U.S. Navy photo by Lt. j.g. Tim Mosso.

of free energy products and sports drinks allowed customers to sample the store's selection. Base personnel arrived from their gym workouts and trail runs to seize this unique opportunity.

"We usually sell a great deal of our energy bars for snacking, but during the sale we were getting a lot of runners who had come in from their runs on base. The free Life Water bottles were a big hit with the runners, and they really liked the free Oatmeal Raisin Clif Bars we were giving away," Naval Exchange Sales Supervisor Amanda Powell said.

The air station became a hotbed of family-friendly activity Friday, May 18 as the Fun and Fitness Festival ran in parallel with the Military Appreciation Picnic. The concurrent events enjoyed a synergistic boost as revelers stopped to shop and shoppers stayed for the party.

"On Friday, we got quite a bit more people than normal. People came and tried the free food, and they were buying more of the sneakers, clothes, exercise gear, and CamelBak

[hydration packs] than we would normally sell at such a small NEX, even more than a normal sale," Powell recalled.

Commissary traffic also swelled as Santa Rosa County's military community flocked to the air station to enjoy the party at the picnic. Jackson noted that customer traffic was distinctly different on Friday. Whereas most case-lot sale customers tend to arrive early and front-load Commissary crowds, a steady flow of picnic goers kept the store flush late into the afternoon.

"It wasn't the usual big group all at once; it was clearly driven by the other event taking place on base," Jackson explained.

Base agencies attended the festival in force. Representatives from the Fleet and Family Support Center, Morale, Welfare, and Recreation, and the Fire Department were on hand to engage with military families and offer summertime safety guidance.

FFSC Work and Family Life Specialist Wanda McDaniel described the event as an ideal opportunity to showcase the services that NAS Whiting Field activities offer to all members of the area's military community.

"It was a great event. We saw a lot of the retired military members, and we like to let them know that we have Retired Activities Office, for instance.

"Events like this give us and the other groups like MWR an opportunity to introduce ourselves and get to know the community; we get to meet the Whiting Field families and introduce ourselves."

Military appreciation

- (Cont. from Page 1)

the picnic was the biggest yet. The NAS Whiting Field sports complex was filled with vendor tents, inflatable games for the kids, a project area, a petting zoo and of course, lots of food. As in years past, Santa Rosa Medical Center provided the food for the event with the Santa Rosa County Sheriff's office volunteering to serve as the chefs. Covenant Hospice even agreed to serve the food to the service members. Kelly appreciated all the support.

"I would like to thank all the community volunteers. They really stepped up to take care of our military folks," she said.

The people who attended the picnic seconded that sentiment. Master-at-Arms First Class Kenneth Pratt's family, wife Sarah and kids Gracie, 4, and Carleigh, 2; attended Military Appreciation Day. The two girls enjoyed their afternoon with the games and the bouncy houses, but they especially enjoyed the petting zoo – chasing and petting the ducks and chickens. He praised the coordinators' efforts in improving on an already popular event.

"My wife said the event was even better than last year's," Pratt said. "I went to Pen Air just to thank them for everything they did and for coordinating all the prizes, vendors, and especially all the volunteers who did the work. It was a nice day for all the military guys to take it easy and have a really great day of fun."

The picnic was capped off with a concert by Pensacola-based cover band Superheroes. The group played two short sets as their alter-egos Doug Driggers, Austin Ingerman, Eric Mazzone, Matt McKinney, and Sean Phillips, but played the final hour of the show as Flash, Robin, Green Lantern, Superman and Batman. The band played a variety of classic rock tunes ranging from "I Love Rock and Roll" to "Crazy Train." As much as the picnic-goers enjoyed having the group play, the band liked being part of a military event.

"It was a no-brainer for us to come. We dedicate a song to the military every show. We really respect our military," lead vocalist Doug Driggers stated. "Like we say on stage, 'they are the real heroes.'"



See more photos from the Military Appreciation Picnic on Page 9 of this week's Whiting Tower. U.S. Navy photo by Jay Cope.



JUKEBOX SUPERHEROES

Pensacola based Jukebox Superheroes is actually two bands in one. The members perform as Jukebox Heroes for most of their performances, and as Jukebox Superheroes for their larger or more special venues. Coming up on two years as a band, the group consists of vocalist - Doug Driggers (Flash), guitarist - Austin Ingerman (Robin), and drummer – Eric Mazzone (Green Lantern) in both the plain clothes and the alternate identity versions of the group. Robb Rudd plays base for Heroes while Sean Phillips, a new addition to the group, is Batman for the costumed, Superheroes, and guitarist, Matt McKinney portrays Superman.

Heroes first formed in June 2010 as a cover band playing hits from the 1970s to current popular rock. However, the band wanted to do something a little different, and as comics fans, they decided to debut as a new incarnation of Superheroes New Years Eve 2010. Heroes holds on to its widely varied format, while Superheroes limits its two and one-half hour show almost exclusively to the 1980s rock era featuring songs from bands like Van Halen, Poison, Motley Crue, and Guns and Roses.

Superheroes, obviously has a kid-friendly premise and the band loves seeing young kids react to the music. "It's a lot of fun watching kids dance to music that was popular 20 years before they were born," said Driggers. "We try to maintain a kids friendly show and introduce them to rock at an early age."

However, for older audiences, the band expands to include Wonder Woman and Catwoman as the back-up dancers for the band. "We try to maintain a party atmosphere for our shows," Driggers emphasized. "It's all about having fun." To expand on the show's appeal, the band is even looking to expand its array of costumed crime fighters by introducing characters such as Captain America and Spiderman to the show.

While the new line-up of superheroes will not be in place yet, the band will be performing May 31 at the Billy Bow Legs Festival in Fort Walton Beach and July 1 at the Boat Rendezvous in Biloxi, Miss. Additionally, they will be playing a benefit show at Vinyl Music Hall with several other bands June 3. However, for those who didn't get a chance to see the band at the picnic, check out <http://www.youtube.com/watch?v=qWxCVa2T3Es> for a video promo of them performing live.

Uniforms

- (Cont. from Page 4)

optional rigger belt will be a one and three-fourth inch wide, one-piece adjustable nylon webbing, metal or plastic buckle. Belts worn by E-1 through E-6 personnel will be black, while belts worn by E-7 and above will be tan/khaki.

Sailors will be able to buy the NWU pattern foul weather Gore-Tex trousers for wear during inclement weather to and from home and work. Personally purchased trousers will not be worn to perform official or assigned duties. The trousers will be available for purchase at selected Navy Exchange Uniform Centers, on-line and 1-800 call centers beginning Oct. 1.

The NAVADMIN includes a list of additional commands authorized to wear the NWU Type III (Woodland) for daily and deployment and deployment training wear, as well as further guidance on approval authority for the wear of this uniform. Fleet Commanders (USFF and PACFLT) will now be the authorizing authority for wear of the NWU Type III for deployment and pre-deployment work up/training. When not in a deployment or pre-deployment training status, personnel will wear the NWU Type I or service uniform as appropriate.

In June 2013, an optional redesigned khaki maternity blouse with adjustable waist tabs and slightly shorter length will be available in regular and long sizes. The blouse will become a mandatory, as needed, item in 2015.

The NAVADMIN also approved several insignia and badge additions and changes including standardizing the design and reducing the number of Navy Security Forces Identification badges from eight to three badges: U.S. Navy Security Forces, U.S. Navy Corrections Specialist and U.S. Navy Master-at-Arms.

A Strategic Sealift Officer Warfare Insignia (SSOWI) for wear by officers who have successfully completed the qualification requirements will be available May 2013. The United States Cyber Command (USCYBERCOM) identification badge is authorized to be worn by officers and enlisted assigned to USCYBERCOM beginning July 17.

Also beginning July 17, the

Marine Corps Combatant Diver (MCD) breast insignia is authorized for wear on Navy uniforms by Sailors that successfully meet all qualification requirements stipulated in MILPERSMAN article 1220-101, (U.S. Marine Corps Marine Combatant Diver Breast Insignia and Designation).

Illustrations of the new uniform items and insignia, as well as instructions on how to submit uniform changes to the Uniform Board, can be found on the Navy Uniform Matters Office website at <http://www.public.navy.mil/bupers-npc/support/uniforms/pages/default2.aspx>.

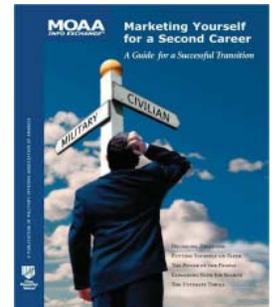
For complete information on the approved uniform policy changes read NAVADMIN 164/12 at www.npc.navy.mil.

“Marketing Yourself for a Second Career”

A professional development lecture for officers and senior enlisted who may be in transition, or will mentor/counsel a subordinate through the process. Spouses are cordially invited.

LEARN ABOUT

- Your competition for finding a job.
- Perceptions civilian employers have of military personnel.
- A plan for your job search.
- Resumes, cover letters, broadcast letters, etc.
- How employers read your resume.
- Networking and penetrating the hidden job market.
- Preparing for and conducting a successful interview.
- Salary negotiations and benefit packages.



COMMENTS BY ATTENDEES ON THE PRESENTATION

"DYNAMIC."

"THE MOST CONCISE, INFORMATIVE, AND UP-TO-DATE PRESENTATION OF ITS KIND I'VE EVER HEARD."

"A REAL WORLD, POWERFUL, UPDATED PRESENTATION BY ONE WHO WAS ONE OF US AND HAS SUCCESSFULLY MARKETING HIMSELF AFTER TRANSITIONING."

LECTURER - Colonel Brian Anderson, USAF (RET)

- Served 26+ years on active duty.
- In-depth experience in the officer assignments and compensation policy areas of military personnel.
- Extensive research, writing, and lecturing about programs affecting military personnel transitioning to the civilian work force.

Date: Friday, 1 Jun 2012

Time: 0900-1130

Location: Atrium Building 1417, Training Room 169-A

Project Officer: Ms Terri Maddox

Phone: (850) 623-7177

DEFY encourages fitness / nutrition during final trip

By NAS Whiting Field DEFY

For their final activity before graduation, the Naval Air Station Whiting Field Drug Education for Youth (DEFY) group enjoyed a day at the base focused on fitness and nutrition. The Navy supported program seeks to encourage youths toward a healthy and happy future without drugs and help encourage strong and independent future citizens.

Working to develop healthy eating habits, an emphasis on physical activities, and a goal oriented lifestyle, DEFY met at 9 a.m. and delved into its academic session on Goal Setting. Air Traffic Controller Second Class Ayanna Gregg instructed the class on the steps toward setting achievable and measurable goals. The class also encouraged the kids to share some of their long term and short term goals, as well as one bad habit they felt they should change. Haley Bartell, one of the youths, offered that he should, "start to clean my room instead of making my mother clean it for me."

The class stressed that acknowledging the behavior to be changed is the first step in creating a goal to change that habit.

Following the class, the students were released for 30 minutes of physical activity. Some played volleyball with Senior Chief Air Traffic Controller Trevor Rowe, while others opted for football with Air Traffic Controller Second Class Barbier. Several students headed for the playground equipment and one kid took a liking to Air Traffic Controller First Class Nina Buruca's dog, Joshua Blue, and took him for a walk. The kids weren't tied to any one specific activity just as long as they were active. The point was to emphasize that there are many ways to become and stay fit, and that the kids should find activities they like and continue to pursue them.

In keeping with the nutrition lesson, Subway provided sand-



A Drug Education for Youth student enjoys a little time with two mentors and "mascot for the day" Joshua Blue. Photo by DEFY.

wiches with sliced apples for lunch. During the break, Barbier taught the second lesson on Good Nutrition and Healthy Eating Habits. He stressed several of the points on vitamins and minerals using the fruit he brought for their after lunch snack. The lesson brought out facts on the health benefits of certain foods, how those foods can help fight off diseases, the importance of the food pyramid, and how to read food labels.

The children were then released again to engage in physical activities until the end of the session. Youth mentors continued to relate the benefits of fitness and how physical activity can help prevent disease and encourage a better life.

DEFY's purpose is to produce 9-12 year-olds with character, leadership, and confidence so they are equipped to engage in a positive, healthy lifestyles as drug-free citizens and have the necessary skills to be successful in their lives through coordinated community participation, commitment, and leadership.

The program develops youths through drug education, leadership and character development, positive role model mentoring, and community outreach to enhance the quality of life for military personnel and their families. Through application of the DEFY curriculum, the program strengthens protective factors in youth and families and reduces those risk factors identified with substance abuse, gang involvement, and crime. By strengthening families through encouragement and development of positive life skills in youth, Navy and Marine Corps members are better able to concentrate on their mission and ultimately help ensure mission accomplishment.

If you would like to know more about this FREE program that includes a summer residential camp, please contact ACCS Rowe at 623-7372 or AC1 Buruca at 623-7755.

Weekly Spotlight - Thomas (Tom) K. Stephenson

Branch of service: US. Navy (TOC Retired)

Hometown: Fort Worth, Texas

Job title: NAVAIDS Electronics Technician

Command: NASWF / Ground Electronics

Years with the Federal Government: 56 years

What is the best part of working with the Navy?

Co Workers; their talent, experienced and high integrity

What do you see yourself doing in five years?

Still working!



A great start for summer fun



Upper Left: The cyclotron, a ride provided by MWR Pensacola, spins around a couple of picnic attendees, much to their delight.

Above: The City of Milton Fire Department provided a puppet show for the children, that while entertaining, also teaches about fire and personal safety.

Above Left: Sand art was one of the popular stations where kids could work on a project to take home with them after the picnic.

Left: One of the game volunteers help a young family member try to ring the bell with the hammer.

Below Left: A wandering puppet show meanders through the crowd entertaining the younger audience.

Below: Lisa Walsh from Santa Rosa Medical accepts an appreciation plaque from the event coordinators for the hospital's role in sponsoring the event.

Below Right: One of the sheriffs from the Santa Rosa County Sheriff's Department watches the grill during the picnic. The Sheriff's Department cooked the hamburgers and hot dogs for the event.

