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President Obama Speaks to Troops at NAS Pensacola

By Airman Brinn Hefron, Naval Air Station Pensacola Public Affairs

PENSACOLA, Fla. (NNS) -- More than 3,000 Sailors, Marines, Airmen and Soldiers attended a speech given by President Barack Obama at Naval Air Station Pensacola June 15. Obama visited the air station as part of his fourth visit to the Gulf Coast in the wake of the Deepwater Horizon oil spill.

Obama began his speech by thanking local military leaders, including NAS Pensacola's Commanding Officer Capt. Christopher Plummer and Command Master Chief Mike Dollen, along with the governor of Florida and other officials.

"Here in Pensacola, the beautiful beaches are still open," Obama told the service members. "The sand is white and the water is blue. So folks that are looking for a good vacation, they can still come down to Pensacola. People need to know that Pensacola is still open for business."

After speaking to the fact that the American people



President Barack Obama addresses service members at the Naval Air Technical Training Center at Naval Air Station Pensacola. The president recognized continued efforts of military leadership in the war on terror. (U.S. Navy photo by Airman Brinn Hefron/released)

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Safety Seat Installation Inspections Offered by



Steven Hudson, a firefighter with the Fire & Emergency Services Gulf Coast (F&ESGC) practices how to correctly install a booster seat with Ginny Hinton, an instructor from Santa Rosa County Extension Office, helping him. Photo by AN Brinn Hefron

By Lt. j.g. Tyler Watters, NAS Whiting Field Public Affairs

Although they've been around for more than 50 years, 80 percent of child safety seats are still misused today. Proper seat installation and use is vital to your child's safety and could mean the difference between their life and death.

Florida state law mandates that children under the age of five be protected with an approved and properly used child restraint device. In addition, a child under three is required to be in a separate car seat or a car seat that is integrated into the vehicle.

The tragic results that may possibly result from an improperly installed child safety seats are unacceptable to the men and women of Fire and Emergency Service Gulf Coast

(F&ESGC). That's why F&ESGC offers free child seat assistance to parents with authorized base access.

"Four out of five seats are misused nationally, either because people don't follow the safety seat manuals, or because the seats simply aren't used," program coordinator Randal Ebbighausen, one of the child safety seat technicians for the unit and a fire fighter at Naval Air Station Pensacola, said.

According to Ebbighausen, not only should the driver be aware of the recommended seat positions and types based on the child's weight and age, but the techniques for seat installation should be followed as closely as possible to ensure child safety. As one of the seat technicians, Ebbighausen, has given installation assistance and advice

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Naval Safety Center Releases New Firearms Policy

By April Phillips, Naval Safety Center Public Affairs

NORFOLK (NNS) -- The Navy announced a policy change regarding personal firearms to consolidate and clarify the requirements for those who own these weapons.

The NAVADMIN detailing the new policy is available at <http://www.persnet.navy.mil/NR/rdonlyres/BCB24012-BC52-4E88-B20F-A509B1C744B7/0/NAV10196.txt>. The change to OPNAVINST 5530.14E came after a review of existing policy indicated that there were inconsistencies in the way personal firearm regulations were enacted across the fleet, according to Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center.

However, he emphasized that the policy change should not make life more difficult for those who choose to own weapons.

"This policy is more of a clarification than a change," said Johnson. "It's not meant to make owning a personal firearm more restrictive for Sailors. Instead, it aligns policy across the enterprise so Sailors know what's expected of them if they do own a firearm."

One highlight of the new policy is the ability for all Sailors to store their personal firearms in base housing or armories (when space is available), so long as they receive prior written approval from the installation commanding officer. Weapons must be stored in a locked container, a locked

gun rack, or secured with approved trigger locks to keep the weapon from firing.

Weapons are still prohibited in other on-base locations, such as bachelor enlisted or bachelor officer quarters, work centers, and vehicles.

The policy also clarifies that Sailors must comply with all federal, state, and local laws, and that concealed weapons are never allowed on Navy installations, regardless of local law.

While the policy change co-locates and clarifies firearms policy, Johnson said there's one thing that hasn't changed.

"The decision to own a personal firearm carries with it personal responsibility," said Johnson. "If you do own a weapon, you must understand the basic rules of gun safety and make sure you follow those rules at all times."

The primary rules of gun safety are: Treat every weapon as if it were loaded; never point a weapon at anything you don't intend to shoot; and, keep your finger off the trigger until you're ready to fire.

Johnson adds two other rules that are important to remember.

"Keep weapons out of untrained or underage hands, and remember that guns and alcohol don't mix," he said.

Sea Cadets Retire Flags to Observe Flag Day

- Fleet Reserve Association Helps Cadets Learn the Proper Way to Dispose of Flags

By Lt. j.g. Tyler Watters, NAS Whiting Field Public Affairs

Every year, on the week of Jun. 14, the President issues a proclamation for U. S. citizens to honor the American flag. One tradition that often coincides with flag week is a retirement of the flag. One proud organization, the Fleet Reserve Association, hosted such a ceremony in conjunction with the Naval Sea Cadet Corps.

The ceremony enables the disposal of worn or damaged flags in a way that shows respect and honor to the nation's colors. The flags are carefully cut into strips and burned while the cadets stand at attention and salute the flag.

Sea Cadet Alec LaDoucher has a relative that served as an Army Ranger in Desert Storm. This was LaDoucher's first time to participate in a flag retirement ceremony.

"This was a great feeling, and made me respect the American flag more," he said.

The Sea Cadets is a youth organization that through cooperation with the Department of the Navy, encourages and aids American youth to develop leadership skills, train in sea-going activities, and teach patriotism, courage, self-reliance and kindred virtues. The youth actively participate in Naval customs and traditions which introduce them to the military lifestyle.

LaDoucher hopes to fly for the Navy someday and, at the age of 11, has already spent two years as a Cadet.



One of the Whiting Division Naval Sea Cadet Corps cadets brings forward a flag and presents it to a member of the Fleet Reserve Association for a formal retirement. The two organizations joined together June 14, Flag Day, to properly dispose of damaged and overly worn American Flags. U.S. Navy photo by Lt. j.g. Tyler Watters.

The flag retirement provides an opportunity for the youth and older generations to come together to observe one of our nation's most respected rituals and pay tribute to a symbol of this great nation.

News and Notes

Free Concerts at Seville Square - Pensacola's outdoor concert series returns for its 23rd season of music under the stars. The 2010 series features 14 concerts, satisfying musical tastes from big band to jazz to reggae. Take a lawn chair or a blanket for seating. Evenings in Olde Seville Square begin at 7 p.m. and continue until 9 p.m. each Thursdays through the summer. Admission to the concerts is free. The 2010 schedule includes:

- June 24: Jones & Company and Perdido Brass.
- July 1: The Reunion Band.
- July 8: Chubby Carrier and the Bayou Swamp Band.
- July 15: Don Snowden Big Band.
- July 22: The Swingin' Dick Tracys.
- July 29: The Sawmill Band.
- Aug. 5: Mass Kunfuzion.

Child Safety Seat Services Offered Free - Fire and Emergency Services Gulf Coast (F&ESGC) now offers free child seat install assistance to parents or caregivers that have base access. There are nine nationally certified technicians available to assist with this service. Please call (850) 452-3211 to schedule an appointment with a technician that can assist you free of charge.

Big Band Music - Milton High School will host the Drum Corps International Drum and Bugle Corps show, Thursday, Jul. 29. The show is titled Sounds of the South. There will be seven drum and bugle corps at this event and the DCI corps are the elite of the elite when it comes to marching bands. For more information visit: <http://www.mhsbandboosters.info/index.php?menu=event4> or <http://www.tealsound.org/drumbuglecorps/events/soundsofthesouth/>. Tickets are \$20 for the Super Section and \$15 for General Admission. There is also a \$5 Military discount with ID at the gates. For additional information, please call 207-8206.

Free Museum Entrance - The American Association of Museums, in conjunction with the National Endowment for the Arts is offering free admission to various museums across the United



Tee It Up!

Jackson Reeves hits a driver on hole number 5 during the First Tee program hosted by Morale Welfare and Recreation. He was one of 25 youths who participated in the program which is the pre-eminent youth development organization for teaching life skills and character education through golf. Photo courtesy of Wayne Short.

States this summer to active duty military personnel and their immediate families. More than 700 museums across the 50 states are participating in the program from Memorial Day, May 31, through Labor Day, Sept. 6. Free admission extends to up to five immediate family members. The program also supports National Guard, Reservists, and Coast Guardsmen. The link to the website is: <http://www.nea.gov/national/bluestarmuseums/index.php>.

Military Discount - The WWE Smackdown World Tour at the Pensacola Civic Center Jul. 4 is offering a \$5 military discount to the 5 to 7 p.m. event. Just present a valid military ID at the Civic Center Box office or any Ticketmaster Outlet. For more event info: http://www.pensacolaciviccenter.com/index.php?option=com_content&task=view&id=165&Itemid=1

ID Card Appointments - Beginning Mon, May 17, the ID card office began utilizing a new electronic appointment scheduler system: There will be 1 appt. slot available every hour. Walk in customers will be seen in between appt times. This will shorten wait times for any customer who decides to take advantage of the scheduler. Please be advised - there will be no same day appointments available. Walk-ins are always welcome. Please go to <https://es.cac.navy.mil/signup.pl> to make your appointment. Click on Naval Air Station Whiting Field ID Office, FL. Then click on the "Make an appointment" button and go from there. You can also "Look up an appointment" or "Cancel an appointment".



DEFY Drugs

Capt. Pete Hall presents a DEFY graduation certificate to Friday, Jun. 18. The DEFY (Drug Education For Youth) program promotes youth development through character, leadership and positive role model mentoring. The goal is to create strong willed, confident young people who won't feel the need to turn to drugs. U.S. Navy photo by Lt. j.g. Tyler Watters.

Upcoming Events

Jul. 02, 0800 - NASWF Safety Stand Down - Sikes Hall

Jul. 02, 1300 - Wining Ceremony - Base Auditorium

Jul. 03, 1830 - Milton Stars and Stripes Parade

Jul. 04 - Independence Day Holiday

Jul. 16, 1300 - Winging Ceremony - Base Auditorium

Jul. 30, 1300 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

How to Apply for a Federal Job - Mon, 28 Jun., 0800 –1000

Is it worth your while to invest your time and effort in searching and applying for a Federal Job?" If your answer is "yes", then you need to attend this class in order to learn how to prepare the best application possible. You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listings for keywords, and how to apply for jobs. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

Smooth Move Workshop - Wednesday, Jun. 30 1400 - 1600

Make your next change of duty station move a smooth one. Learn what resources are available to you and five key steps to minimizing stress during the relocation and transition period: 1) Get to Know Your FFSC Relocation Assistance Program Specialist. 2) Develop A Plan of Action. 3) Know Your Benefits. 4) Manage Your Moving Day. 5) Make it a Family Affair. For more information, call NAS Whiting Field Fleet and Family Support Center at 623-7177.

Challenges of Flight School & Marriage - Wednesday, Jun. 30 1800 - 2000

Being in Flight School is hard! Being married in Flight School is even harder! This class will help you and your spouse avoid the common pitfalls the unique challenges Flight Schools offers. For more information call 623-7177.

BBB® Issues Red Flags Regarding Investment Seminars

- Financial Scams Offer Inflated Returns with Little Risk to Investors

PENSACOLA, Fla. (June 16, 2010) – Investors are increasingly being targeted with numerous financial scams involving unregistered securities and Ponzi schemes, all promising inflated returns with minimal risk. Most people might not see the harm in sitting through an investment seminar. However, your BBB recommends researching the investment company first, rather than running the risk of falling for a financial scam that could cost you much more than lunch would have.

Investment schemes come in many forms and a common technique to lure people in is the offer of a free financial seminar over lunch. The invitation may stress that it is strictly an educational seminar and that "nothing will be sold," but the attendees should be aware that the primary goal of the sponsor of the seminar is to obtain new customers and sell investment products.

Florida regulators recently sued three individuals who conspired to obtain money from investors by fraudulently representing the "risk-free" investment opportunity they were selling. Many of the victims were senior citizens who had invested their life savings in the scheme. For related stories and how Florida is targeting these schemes, visit www.myfloridacfo.com.

The bottom line is: informed investors should never be rushed. Rarely should you have to make an investment decision on the spot. "A free lunch can be enticing," said Norman Wright, president and CEO of BBB|Northwest Florida. "But typically, there is no such thing. If it sounds too



good to be true, then it probably is, so always do your homework before making an investment," added Wright.

When listening to an investment pitch, BBB recommends being aware of the following red flags:

- * Requires a large up-front investment. Untrustworthy schemers might try to convince investors to pay a lot of money upfront so they can get out of town with a large haul, rather than wait for the funds to trickle in.
- * Promises high returns for low risk. Every investment comes with a level of risk. Typically the amount of risk increases in line with the potential return on the investment. Beware of promises of high return with little or no risk even if it is accompanied by a money-back guarantee.
- * Employs high pressure sales tactics. They might claim that there are only a few spots left or that you need to get in on the ground floor today to see the largest earnings. Any reputable investment company will let you take your time and do your research in order to make an informed decision.
- * Relies on off-shore investments. Many hucksters try to give their scheme an air of sophistication by relying on overseas investments such as foreign currency, property, stocks and bonds. They also might claim—incorrectly—that you can avoid taxes by investing overseas.

For additional information on financial planning and investing you can trust, start with bbb.org.

Obama

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are being encompassed in an "unprecedented environmental disaster" Obama acknowledged the hard work that the military members continue to do.

"That includes mobilizing the key sources of the greatest military in the world. Here at Naval Air Station Pensacola, you've been one of the major staging areas. You've helped to support the response effort. ... And all along the Gulf Coast, our men and women in uniform -- active, guard and Reserve -- from across the country are stepping up and helping out. They're Soldiers on the beaches putting out sandbags, building barriers and cleaning up oil. And helping people process their claims for compensation from BP. They're Sailors and Marines offering their ships and their skimmers, their helicopters and miles of boom. They're Airmen overhead, flying the equipment, and spraying the dispersant. And of course there are Coast Guardsmen and women, on the cutters in the air, working around the clock," Obama said.

He added that service members continuously prove themselves indispensable.

"That spirit of resolve and determination and resilience, that's the same spirit we see in all of you, the men and women in uniform, the spirit we will need to meet other challenges of our time. ... Our nation is at war, and all of you have stepped forward. You volunteered. You took an oath. You stood tall and said 'I will serve,'" he said.

Obama also restated his commitment to those who

serve the nation in uniform.

"As your commander in chief I want you to know something: I will not hesitate to use force to protect the American people or our vital interests. But I will also never risk your lives unless it's absolutely necessary. And if it is necessary, we are going to back you up to the hilt with the strategy, and the clear mission, and the equipment and the support that you need to get the job done right.

"We are poised to end our combat mission in Iraq this summer, on schedule," he said -- with the result of cheering from the troops and their families.

Obama also mentioned that as America pulls its forces out of Iraq, more effort will be put forth in helping the Afghan government and protecting the Afghan people.

Boosting the morale of the uniformed services, Obama said, "As you meet the missions we ask of you, we're going to make sure you're trained and equipped to succeed. That's why we halted reductions in the Navy. That's why we increased the size of the Marine Corps. That's why we're investing in the capabilities and technologies of tomorrow. And as we come up on the 100th anniversary of naval aviation next year, we're committed to the next generation of aircraft. We're going to keep you the best-trained, best-led, best-equipped military that the world has ever known."

At the conclusion of the event, Obama came off the stage and entered the crowd to take photos and shake hands with service members in attendance.

TRICARE Notes

"THAT GUY" CAMPAIGN RECOGNIZED FOR SUPERIOR ACHIEVEMENT

Accolades and awards continue to roll in for "That Guy" as it recently won the top SABRE (Superior Achievement in Branding and Reputation) award for a government agency. "That Guy" is an educational campaign initiated by the Department of Defense and TRICARE Management Activity to promote responsible alcohol consumption.

Users of www.thatguy.com can navigate through a virtual city featuring "That Guy" evolutionary stages such as "brainmaximus," "motorskillsnotworkmuch" and of course, "sloberous sweatoomuch." MTV-style man-on-the-street interviews with "That Guy" observers and even "That Guy" war stories can be found on the site. The site also has advice on where to go for help if a service member thinks he or she might be "That Guy."

Editor's Note: The "That Guy" program sponsored the Comics On Duty Tour stop at NAS Whiting Field earlier this year.

Ec-nomics

If you must dry clean, try to go less frequently. You will not only save on drive time and fuel, you'll save plastic. Dry cleaners bunch items together into plastic garment bags, so the more you bring once, the better. If one in ten households took one less trip to the dry cleaners per year and saved two plastic garment bags, the plastic saved could be stitched together to make more than nine thousand hot air balloons.

Try recycling your phone books. Better yet: call to stop the phone book delivery and then use an online telephone directory instead. Telephone books make up almost 10 percent of waste at dump sites.

Set warm wash and cold rinse cycles, and save 90 percent over the energy used when machine washing in hot water only. Together, all U.S. households could save the energy equivalent of one hundred thousand barrels of oil a day by switching from hot-hot to warm-cold cycles.

Child Safety Seats

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to more than 300 people during the eight years that he performed seat assistance. He stated that out of those 300 inspections, only three were installed correctly.

“Some of the most common misconceptions and misuses involving child car seats are that the seat is allowed to move more than an inch back and forth or side to side, or the harness can be pinched because it is too loose. If the harness is not snug enough, the child could be thrown from the seat in the event of a collision”, Ebbighausen said.

One major improvement for installing safety seats is the LATCH (Lower Anchors And Tethers for CHildren) system, which is available for installing the newer safety seat models into the newest vehicles. The CarSafety.org website offers many tips and commonly asked questions to people who are unfamiliar with the LATCH system or child safety seats in general. Today’s safety seats are relatively inexpensive, ranging from \$15 for the backless booster seats

to \$400 for the higher quality seats. On average, though, seats usually cost about \$60, and all seats sold at legitimate retailers are crash tested.

For people without access to base seat services, the National SAFE KIDS Campaign (safekids.org) offers a few seat tips. With all passengers, the harness should be snug and should never contact the neck area. Infants less than one year and twenty pounds should always be put in rear-facing child safety seats. The seat should be reclined so the infant’s head rests flat against the seat’s shell, and should never be placed in a seat with an active air bag.

For children over a year who weigh between twenty and forty pounds, the seat should face forward and should be upright.

If the child weighs more than forty pounds, he or she is no longer required to be in a safety seat. The child should use a booster seat with or without a high back belt-positioning seat. Your

child is too small for an adult belt if it crosses the neck or the child cannot sit with their back against the seat without the knees bent over the edge.

After your child reaches an age where the adult belt can fit correctly, usually around age eight, the lap and shoulder belts should be used.

There are nine nationally certified technicians attached to F&ESGC who can give assistance with this service. It is important for these services to be provided for safety and the convenience of having a certified technician available.

Family members should call to schedule an appointment. One of five appropriate fire departments will be assigned to the driver based on his or her location. The appointments include a complete installation by the technician, followed by another installation by the guardian. The process takes about 30 minutes on average. Call (850) 452-3211 to schedule an appointment.

Adventures Unlimited: Fun With a Military Touch



Individual Augmentee family members enjoy a day on Coldwater Creek during an Morale Welfare and Recreation department sponsored "Family Day" at Adventures Unlimited. Kayaking, canoeing, and tubing are just a few of the activities available at the popular recreation area. Photo courtesy of Wayne Short.

By Jay Cope, NAS Whiting Field Public Affairs

Approximately four miles north of Naval Air Station Whiting Field sits one of the most exciting tourist destinations in Northwest Florida. The site combines terrific outdoor scenery with activities such as canoeing, kayaking, camping, and more. Best of all, the owner's love for the military hasn't waned at all in the 34 years of the facility's existence.

Adventures Unlimited, nestled next to Coldwater Creek is the premiere attraction in northern Santa Rosa County. Owned by former instructor pilot Jack Sanborn, the facility has had military ties from its very inception. According to Sanborn, he opened the business with his wife in 1976, with "an Oldsmobile and two canoes." Since then, it has expanded to include inner tubes, kayaks, primitive and powered campsites, cabins, two ropes courses, a large selection of canoes, and just recently, possibly the longest zip line course in the southeast.

"All of our first customers were staff at Whiting Field," he said. "Early on, we doubled in size every year. The river is perfect for canoeing and kayaking. It's just an ideal place."

As a Marine aviator, Sanborn earned his wings in 1974. He came to the area for three years in 1976 to teach the next generation of pilots. By the time he had 13 years in service, he transferred to the reserves so he could devote more time to the growing business. However, his location enables him to keep close to a military environment which he loves tremendously.

Adventures Unlimited functions as the site for a number of squadron parties, hail and farewells, and team building for the units on the base. The facility also often offers military specials and group discounts for base members. It is an attraction that the Morale Welfare and Recreation department for Whiting Field hopes to use more often.

Recently, the facility was used by MWR as the host location for a weekend party for the families of Individual Augmentees (IAs) either deployed or recently returned. The event provided tubing, canoeing and kayaking for the families in the morning and use of the zip line trail in the afternoon. The all day event was paid for using an MWR Family Readiness Event Grant through Commander Naval Installations Command, and assists the MWR and FFSC efforts to care for those members of the Whiting area team.

"The day was literally an adventure," said Ashley Platts, MWR's Liberty Program Coordinator. "It was a fun-filled time for the families and every person had smiles on their faces."

MWR is planning to partner with Adventures Unlimited for future functions and will hopefully be able to provide discounted access to the facility for base members. Adventures Unlimited has greater resources and can provide access to activities MWR cannot.

"We can't provide everything to everyone, so we try to create partnerships with those businesses who can provide what we can't," Wayne Short, MWR Recreation Manager, said. "Adventures Unlimited is one of those areas where we can create opportunities for military and their families to enjoy those things they can't get through MWR."

The facility is not exactly unknown to many military families stationed in the area. A significant portion of his patronage are military families. Sanborn also employs a number of military family members at the facility, and retirees, like him, are a common sight. Sanborn thinks the qualities that make good military people, also make good employees.

"The military personnel and their families bring a great work ethic to the job. Many of the young people I hire join the military as well. I am indebted to the military for our freedoms, and if they needed me back, I would be ready to go."

For more information, see their website at <http://www.adventuresunlimited.com/>.



Morale Welfare and Recreation employee Wayne Short clips the tree tops as he cruises down the zip line at Adventures Unlimited. The two-month old course is the newest addition to the facility. U.S. Navy photo by Jay Cope.