



Vol. 66 No. 47

Wednesday, November 24, 2010

Marine General Visits NASWF to Fly Texan



The Commanding General of the Marine Corps' Training and Education Command (TECOM) was in the Pensacola area Friday and Saturday to fly the Navy's newest training aircraft and attend the Marine Corps Birthday Ball as the Guest of Honor.

Major Gen. Raymond C. Fox, who is currently serving as the Commanding General of TECOM, visited Pensacola Friday and Saturday. While in the Pensacola area he got a firsthand look at the new Navy training aircraft being used at Naval Air Station Whiting Field to teach Student Naval Aviators (SNAs) during primary. He also made an appearance at the Marine Aviation Training Support Group 21 (MATSG-21) Marine Corps Birthday Ball the following day, where he was the Guest of Honor and delivered a speech to the attendees.

Marine Maj. Gen. Raymond Fox, commanding general of TECOM, and Lt. Col. Priest park the T-6B "Texan" following a familiarization flight for Fox. The general, who was winged in 1979, was in the Pensacola area for the Marine Corps Ball, and stopped at Naval Air Station Whiting Field to see the Navy's newest training aircraft. U.S. Navy photo.

Fox, who was winged in 1979 is no stranger to flying. Having completed several tours and deployments with Marine Medium Helicopter Squadrons 262, 265 and 268 Fox also spent time with Marine Helicopter Training Squadron 301. In 1990, Fox deployed

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FFSC Initiates Program to Help Cope With Loss

By NAS Whiting Field Fleet and Family Support Center

Grief is the intense sorrow and unhappiness one experiences as a result of a loss. It's the emotional pain you feel when something or someone you love is taken away. You may associate grief with the death of a loved one – and this does often cause the most intense grief. However loss may come in a variety of ways: Relationship breakups, friendship issues, financial instability, losing a job, a miscarriage, death of a pet, failed dreams or even a lost sense of security after facing a traumatic experience. Many parents experience grief when their children move out of the house to go to school or get married. Military family members can experience grief during deployment or after a PCS move due to loss of a beloved home, neighborhood, school, church or close

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High-Five from on High

Master Chief Petty Officer of the Navy (SS/SW) Rick West high fives Master-at-Arms Second Class Adam Turner during a short visit to Naval Air Station Whiting Field Nov. 10. Turner was one of several Sailors of the Quarter who were able to meet with him before he departed the base. U.S. Navy photo by Jay Cope.

Military Family Month

- FFSC Supports and Praises the Perseverance of Military Families



Bill Lawson

Since 1993 November has been chosen as the month to celebrate the exceptional contributions provided to our nation by Military Families. This month provides opportunity to celebrate military families' contributions to society and recognize the daily sacrifices they make on our behalf.

In my role as Fleet and Family Support Director, I constantly observe the outstanding support they provide for their local communities on and off base, the deep pride they show for their service members and the tough challenges Military Families face as a result of their commitment to support our nation.

Changing schools, multiple moves and deployments, missed birthdays and anniversaries, career interruptions for spouses, fear for their deployed loved ones, war related injuries or death... The list of challenges goes on. And so do our courageous Military Families!

They hold their heads up and persevere through the good and the bad. Sure, there are occasional grumblings, arguments and complaints. But overall, Military Families are a resilient and positive group, oriented to community service and patriotism.

To celebrate National Military Family Month, FFSC has helped coordinate several activities planned by different NAS Whiting Field agencies. On Nov. 20, Fleet and Family Support Center and MWR hosted a Military Family Skating Extravaganza at the Milton Skating Rink for more than two hours. More than 25 people came out and had a great time.

FFSC is also sponsoring Operation Pillowcase every Friday from now until Dec. 17 (except Nov. 27 after Thanksgiving). All you need to do is send or bring your favorite digital family photo and bring an ironed pillowcase to the FFSC. Staff will magically (kind of) transfer your photo to the pillowcase to create a valued family heirloom or at least a snugly keepsake to use during family separations or any other time of your choosing. Sorry, limit is two per family so we'll have enough for everyone.

Although not truly a Military Family Month event, our Operation ELF (Angel Tree program) is up and running. Any military family assigned to NAS Whiting Field or Tenant who may be having difficulty giving their children under 12 a proper Christmas is encouraged to come to FFSC and sign up for the program. Operation ELF is entirely confidential! No one other than FFSC front desk staff will know the identity of participants. Families need to sign up before Dec. 3.

Sponsors (Elves) are also needed to purchase presents, so spread that word as well. Anyone on the installation is eligible to be an ELF. Sponsors select an ornament from the tree starting on the afternoon of Dec. 3, which identifies only age, sex, clothing sizes and preferred gift items (no names) and go shopping. They drop off unwrapped gifts at FFSC and on Dec. 17 presents will be wrapped and then distributed to the families.

Please call your FFSC staff at 623-7177 for more details.

This Week in Naval History

Nov. 22

1914 - The title "Director of Naval Aeronautics" is established.

Nov. 23

1940 - President Franklin D. Roosevelt appoints Adm. William D. Leahy as U.S. Ambassador to Vichy, France, to try to prevent the French fleet and naval bases from falling into German hands.

Nov. 24

1852 - Commodore Matthew Perry sails from Norfolk, Va., to negotiate a treaty with Japan for friendship and commerce.

1964 - USS Princeton (LPH 5) completes seven-day humanitarian relief mission to South Vietnam which suffered damage from typhoon and floods.

1969 - HS-4 from USS Hornet (CVS 12) recovers Apollo 12's all-Navy crew of astronauts, Commanders Richard Gordon, Charles Conrad and Alan Bean, after moon landing by Conrad and Bean.



Cheers

Retiree Danny Peregrine accepts a sample of one of the spirits on sale from Ryan Miller, a vendor for Sarvis Inc. The distributor is one of the companies on site today and tomorrow for the NEX Package Store "Indoor Tent Sale" The facility will feature discounts, wine and beer tastings, door prize registrations, and the Jack Daniels truck Wednesday, Nov. 24. The Navy Exchange store on base will also be holding a pre-Black Friday sale tomorrow as well. U.S. Navy photo by Jay Cope.

News and Notes

Disney Military Salute - Disney resumed its Military Salute program Oct. 24 through Oct. 1, 2011. The program is for active duty military personnel, reservists, retirees, National Guardsmen, and other military members with valid identification card. The program entitles approved personnel to purchase six tickets for family members or friends at \$135.00 per four day hopper. Spouses can purchase if Military person is not available. Blackout dates do apply for the following dates: Nov. 24-26, 2010, Dec. 26-31, 2010 and April 14-17, 2011. For further information please feel free to contact Marcy or Theresa at ITT - 623-7032 ITT hours of operation are: 9-5 Monday-Friday.

All Girls League - The City of Milton has added an all girls youth basketball league for the 2011 season. Girls in kindergarten through eighth-grade are eligible to participate. Games will be played against teams from Gulf Breeze and Pensacola. Registration forms for girls and boys basketball are being accepted Monday through Friday from noon to 8 p.m. at the Milton Community Center, 5629 Byrom Street. The cost is \$75 per child which includes a jersey and a trophy. The deadline to register is Dec. 10. Teams will be selected Dec. 11 and the season runs through Feb. 2011. For more information, contact Robert Arnold at (850) 983-5466 ext. 4202 or miltonparks@ymail.com.

New Running Surface - MWR is happy to announce that the NAS Whiting Field running track will be getting a new Trackmaster Plus all-weather surface installed in the coming weeks. Installation will require approximately two-weeks to complete (weather permitting). The tentative start date for installation is Nov. 22, but could change based on several factors. Once we have a more definitive date, additional info will be announced, and signage will be posted on-site. It is imperative that there be no traffic on the track once the process begins. We appreciate your cooperation, and apologize for the inconvenience, but we're confident that the resulting improvements will be worth the short down time. If you have any questions or concerns, please call 665-6103.

Voluntary Leave Donation - Ms. Erica Milton, Program



“Shake It Up Baby Now...”

Child Development Center student, Jordan Hamilton, gives it his all as he shakes the container of cream to help make butter. The students worked with the cannisters and an old-fashioned butter churn to help make butter for the CDC’s Thanksgiving feast, Thursday, Nov. 18. Photo courtesy of Lori Barberi.

Analyst of CNRSE Family Readiness Program (Code N91) at NAS Jacksonville, has been approved as a leave recipient for the Voluntary Leave Transfer Program. Ms. Milton will be required to be out of work for approximately six to eight weeks and will exhaust all of her leave very soon. Anyone wishing to donate annual leave under this program may contact Diane Stukes at (904) 542.2283 DSN: 942 or via email at diane.stukes@navy.mil.

Elves on Parade - The Fifth annual Elf Parade will take place 5 p.m. Friday in downtown Pensacola. Children ages 9 and younger can wear elf attire and walk behind Santa Claus during the five-block parade in downtown Pensacola. Children should line up in the parking lot of the T.T. Wentworth Jr. Florida State Museum. Following the parade, children may receive a free cookie in the front of Saenger Theatre, then watch at 5:45 p.m. as the official light-up of downtown lights and decorations takes place. Downloadable elf ear templates and other information may be found online at www.downtownpensacola.com/holidays/parade.asp.

Bring on the Lights - Start the holiday season with Pensacola’s annual light-up on Pensacola Beach. The event kicks off at 6 p.m. Friday. Pensacola Beach will come to life with holiday lights. There will be caroling and refreshments at the beach visitor’s center. Beach businesses and residents will compete for island spirit awards for best holiday lights and decorations. Call 932-1500.

Winterfest Performance Tour - Pensacola’s premier winter event begins Friday from 6 to 8:30 p.m. and continues Dec. 4 from 5 to 8:30 p.m.; Dec. 10 and 17; 5:30 to 8:30 p.m.; and Dec. 18 and 19 from 5 to 8:30 p.m. The annual tour features 12 performances along an hour-long trip through downtown. Singing guides will accompany guests into a world of wonder. Tickets are \$18 for adults, and \$12 for children ages 10 and younger. Horse-drawn carriage rides for 20 minutes also are available for \$15 for adults, and \$10 for children ages 10 and younger. Reservations recommended. Visit www.pensacolawinterfest.org.

Rudolph’s Holiday Stroll - The tour will run at 6, 7 and 8 p.m. Fridays and Saturdays Dec. 3, 4, 10, 17-19. Take a brisk, evening stroll through the Seville neighborhood with Rudolph as a guide. Tickets are \$9 for adults, and \$5 for children ages 10 and younger. Reservations recommended.



Feast Fit for a King

Hospital Corpsman Third Class Aot Mariur dishes her son, J.T., some green beans during the Child Development Center’s annual Thanksgiving dinner with the parents. The cooks began preparations several days before the Nov. 18 meal which gives the chance for parents to enjoy a sit-down lunch with their children. U.S. Navy photo by Jay Cope.

Upcoming Events

Nov. 25 - Thanksgiving

Dec. 3, 1000 - Santa Scramble Golf Tournament

Dec. 3, 1300 - Winging Ceremony - Base Auditorium

Dec. 4, 1800 - Milton Christmas Parade - Stewart St.

Dec. 9, 1000 - Tree City USA Tree Planting - TBD

Dec. 9, 1030 - NASWF Tree Lighting Ceremony

BBB® Offers Advice for Safe Holiday Travels

- Follow These Standard Driving Tips to Help Arrive Alive

Pensacola, Fla. (Nov. 22, 2010) – Every year, holiday travelers take to the skies and ride the rails, but most hit the highways. Last year, AAA estimated that 87.7 million Americans traveled more than 50 miles over the holidays, 85 percent of whom drove. Your BBB offers some tips to stay safe on the road this holiday season.

“Because of increased traffic and the potential for severe weather, staying safe on the roads over the holidays takes a little extra effort,” said Norman Wright, president and CEO of your Better Business Bureau Serving Northwest Florida. “Taking some additional precautions and staying focused while driving can help you get to your destination safely.”

Your BBB recommends the following tips for stay safe driving this holiday season:

Create a car safety kit. Holiday driving may include the threat of dangerous winter weather. Snow and ice lead to accidents, especially for Florida residents who may not be used to such driving conditions. Prepare for bad weather by creating a safety kit that includes a blanket, flashlight with extra batteries, radio, first aid kit, jumper cables, non-perishable foods like granola bars and nuts, bottled water, and ice scraper and warm gloves.

Take the car in for a checkup. Breaking down



on the side of the road can definitely put a damper on the holiday spirit! Take your car in for a checkup before making the trip. At the very least, check the car’s fluid levels, wipers and tires. If you plan on driving through serious winter weather, consider getting snow tires.

Take your BBB with you. When you’re away from home or in the midst of an emergency, it’s hard to know which businesses – such as tow trucks and locksmiths – you can trust. BBB’s mobile-optimized website (m.bbb.org) <<http://m.bbb.org/Mobile.aspx>> can help you find businesses you can trust when you’re not near your computer.

Start early and slow down. The best way to fight holiday traffic is to give yourself extra time to make the trip and don’t speed. Speeding leads to accidents and traffic tickets, both which delay your trip even more. Anticipate delays and schedule appropriately.

Drop the distractions. According to the National Safety Council, 28 percent of accidents happen when people are talking on their cell phones or sending text messages. When you’re behind the wheel, don’t send or read text messages, use a hands-free headset when talking on the phone and have someone else fumble with the GPS.

TRICARE Notes

FIGHTING FRAUD AND ABUSE

Health care fraud and abuse cost American taxpayers billions of dollars each year. TRICARE and Humana Military are committed to ensuring you receive care from trustworthy providers and that taxpayer money is used appropriately.

What Is Fraud and Abuse?

Fraud is an intentional deception or misrepresentation of fact that enables someone to obtain an unauthorized benefit or payment. Health care abuse occurs when providers supply services or products that are medically unnecessary or that do not meet professional standards. You are an important in the ongoing fight against fraud and abuse within the TRICARE program.

To learn more about how TRICARE and Humana Military combat fraud and abuse, visit <http://www.tricare.mil/fraud/> or www.humana-military.com and click on Beneficiary, then click on Tools and Resources. Click Fraud and Abuse.

Gulf Islands to Hold Candlelight Tours of Fort Barrancas

Gulf Islands National Seashore will present a Candlelight Tour of Fort Barrancas on Saturdays, Jan. 8 and Feb. 12, 5:00 - 7:15 p.m. Superintendent Dan Brown announced today. The free tour highlights Pensacola in the Civil War. In addition, the Fort Barrancas Visitor Center with new museum exhibits, audiovisual programs, and bookstore will be open. Reservations are required and visitors should call (850) 455-5167 for tour reservations

Costumed interpreters will present the history of Pensacola during the Civil War at different stations inside Fort Barrancas. Small groups will depart the visitor center every 15 minutes for the hour-long tour. Visitors should arrive about 15 minutes before their assigned tour time. Although, the fort will be lit with candles, visitors may bring a flashlight. The entrance to the fort includes a steep 90-yard walkway and visitors must use narrow staircases to access different fort levels.

Parking is limited so car-pooling is recommended. Visitors should enter the Naval Air Station through the back gate on Blue Angel Parkway. Dress appropriately for winter weather. Superintendent Brown encourages everyone to enjoy the National Seashore and join us for our ranger-led programs. For a complete program schedule and more information, call 934-2600 or visit their website at www.nps.gov/guis.

Eco-nomics

Dodge The Drafts

According to the U.S. Department of Energy, drafts can waste five to 30 percent of your energy use. Start simple and adopt that old Great Depression fixture -- the draft snake, which you can easily make yourself. Just place a rolled bath towel under a drafty door, or make a more attractive DIY draft snake with googly eyes, felt tongues and the like. You can use any scraps of fabric -- even neckties -- and fill with sand or kitty litter for heft. Make sure drafts aren't giving your thermostat a false reading too.

Change Furnace Filters

Yes it's easy to forget, but it's important to replace or clean furnace filters once a month during the heating season. Dirty filters restrict airflow and increase energy demand. Here's a worry-saving tip: mark a monthly check on your calendar. Better, consider switching to a permanent filter, which will reduce waste and hassle. Did you know that disposable fiberglass filters trap a measly 10 to 40 percent of debris? Electostatic filters trap around 88 percent, and are much better at controlling the bacteria, mold, viruses and pollen that cause illness and irritation. They cost \$50 to \$1,000 or more. Another good choice is a genuine HEPA filter, which can remove at least 99.97 percent of airborne particles. But avoid "HEPA-like" filters, which can be vastly less effective.

See www.thedailygreen.com for more tips.

NAS Whiting Field SANTA SCRAMBLE

December 3rd Tee off @ 10:00

**4 Person Golf Scramble
\$35.00 per person**

**First, Second & Third Place prizes
Closest to the Pin
Longest and Shortest Drive**

Pay the day of the tournament.

Contact ACCS Trevor Rowe @ 623-7372 email trevor.rowe@navy.mil
or ACC Carl Proffen @ 623-7045 email carl.proffen@navy.mil

General Fox

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with the 11th MEU to Desert Shield/Desert Storm and later served as the Executive Officer and then Commanding Officer of Marine Medium Helicopter Squadron 163.

Since 2000, Fox has twice served with the Joint Staff, once in the Joint Requirements Division and once as the Deputy Director of Resources and Acquisition.

On Friday, Nov. 5, Fox was driven to NAS Whiting Field. There he was briefed on the T-6B Texan. The T-6B is being used to replace the T-34C Turbo Mentors that have been used to train past SNAs. The T-6B is scheduled to completely replace the T-34C within the next three years. The T-6B is equipped with a more powerful engine than the T-34C and has a revamped cockpit as well. Perhaps the most important upgrade is the digital control panels which will allow student pilots to make an easy switch to their follow on aircraft platform.

After the brief, Fox took the opportunity to fly the new aircraft and get a feel for what new SNAs are experiencing in the cockpit. Lt. Col. Thomas E. Priest, who flew with Fox, commented on the great flight conditions and noted that Fox was able to use the majority of the flight to become familiarized with the capabilities of the aircraft. The flight lasted nearly four hours and included stops at both Choctaw and Evergreen Fields.

Coping With Loss

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friends.

Often this can feel confusing. You may not even be aware of why you feel the way you do, but it is important to know these are normal responses to new situations. Grieving is an extremely personal process. Everyone reacts differently due to many factors, including your personality and coping style, your life experience, your faith, and the nature of the loss. For some it lasts years and others, it is weeks or months.

Grief may come and go and then return at unexpected times. As the holiday season approaches grief may return or become more intense. Reminders of anniversaries, birthdays, events and even smells, sights and sounds may trigger memories of a loss. Being prepared for the return of grief can open up new opportunities for healing. During the time when you are likely to experience grief schedule a distraction, for example, time with friends or an activity. Reminisce about the positive experiences with the loved one you lost. Start new traditions or create a new ritual to honor the loss. Take time to connect with others who share similar experiences with loss. Most importantly allow yourself to feel the range of emotions.

There may be times when grief becomes unresolved or affects one's ability to function at home, work or in social settings. Seeking professional help from a counselor or spiritual leader will help regain a sense of control and healing.

On the second and fourth Tuesday of each month, from 2 to 3 p.m., your Fleet and Family Support Center on NAS Whiting Field hosts a Grief and Loss Support Group. A support group offers a warm and safe place to learn and improve coping skills and to connect with others who have also experienced a loss. Of course personal counseling is also available.

If you would like more information, please contact Pat or Julie at 850-623-7177 or by email: patricia.dillenback.ctr@navy.mil or julie.larow.ctr@navy.mil



SOSA
SPOUSES OF STUDENT AVIATORS
www.cinchouse.com/sosa

Holiday Boutique 2010

Spouses of Student Aviators (SOSA) will be showcasing local military artisans and home based business owners at Milton's First Friday Festival!

**Friday, December 3rd
from 5-9 pm**

Mainstreet Café
6820 Caroline Street
Downtown Milton

For More Information
Email: sosawf@gmail.com
Or go online at
<http://sosaholidayboutique.blogspot.com>

For more information about SOSA visit
www.cinchouse.com/sosa

