



Vol. 66 No. 48

Wednesday, December 1, 2010

# NASWF to be Named Tree City USA for 19th Year

By Jay Cope, NAS Whiting Field Public Affairs

For the 19th consecutive year, Naval Air Station (NAS) Whiting Field has achieved designation from the National Arbor Day Foundation as a Tree City USA for its dedication to conservation and urban renewal. The base will plant a tree to recognize its completion of the requirements and to celebrate the accomplishment Thursday, Dec. 9 at 10 a.m. in front of the base fire house.

The Arbor Day Foundation presents a proclamation and banner to the command to recognize the achievement. Capt. Pete Hall, NAS Whiting Field commanding officer will throw in the first shovelful of dirt.

The ceremony is only the final step in the process. Throughout the year, the NAS Whiting Field Natural Resources team has to: ensure an allocated cost is directed toward forestry projects (this has to exceed \$2 per person on the base), maintain an Urban Forestry Ordinance, and have a board with regular meetings. All of the requirements serve to raise the awareness of how



Members of the Naval Air Station Whiting Field team gather around a live oak tree in 2009 to celebrate the designation of NAS Whiting Field as a Tree City USA for the 18th consecutive year - one of the longer such designations in Northwest Florida. Public Works Department achieved the designation again for 2010 and will host another tree planting in front of the base fire house Thursday, Dec. 9 at 10 a.m. Everyone is invited to view the ceremony and help usher in the 19th year of recognition by the Arbor Day Foundation. U.S. Navy file photo.

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# FFSC Stresses Suicide Prevention All Year Long

By Jay Cope, NAS Whiting Field Public Affairs and NAS Whiting Field Fleet and Family Support Center Staff

Being in the military can be stressful, both physically and mentally, which may increase service members and their families risk for depression. Sometimes depression can escalate and tragically end in suicide. It is important to know the symptoms of depression and signs of suicide so that you can spot them in yourself and others.

A common misconception is that people at risk are more likely to attempt to kill themselves during the holiday season. While the facts don't necessarily back this up, it is a good time to remind service members, family members, and other base personnel about the services and tools available to help them or to use to help others who may be struggling with psychological stress.

According to Laura McLaughlin, an Education Training Specialist from the NASWF Fleet and Family Sup-

port Center the Navy and other services have programs to help promote Suicide Prevention Awareness like Ask-Care-Treat (ACT) and Operational Stress Control (OSC).

Through general military training and safety stand-downs, most people will be aware of the acronym ACT. Ask-Care-Treat are the primary steps to helping an individual who may be at risk. The ACT program is about encouraging people to take active steps in looking for the warning signs and to take action to assist the individual.

ACT encourages everyone to be aware of suicide warning signs such as expressed thoughts of suicide: spoken, written or otherwise; increased use of alcohol and drugs; anxiety or sleep problems; a sense of hopelessness; withdrawal from family or friends; excessive mood changes and reckless behavior. The program emphasizes that any of the warning signs should be taken very seriously and that

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# Navy Housing Residents give Balfour Beatty Communities High Marks

## - NAS Whiting Field Base Housing Listed as a Platinum Level Facility



Balfour Beatty Communities scored "Outstanding" in the 2010 annual independent

survey of housing residents. These surveys determine how well private companies meet the needs of their residents. Annually, CEL & Associates compiles customer satisfaction survey data from thousands of properties across the United States. This year, Balfour Beatty Communities showed improvement in all performance benchmarks within the categories of Service and Condition of Property. As a result, Balfour Beatty's overall score improved by 6.5% to reach 87.5%, exceeding the "Outstanding" minimum score of 85% by which all privatized Navy installations are measured. Additionally, the survey return results exceeded expectations this year with a whopping 45% return.

Each of 11 installations within the Navy Region Southeast Project were surveyed to include Charleston, SC; Kings Bay, GA; Mayport, FL; Jacksonville, FL; Key West, FL; Panama City, FL; Pensacola, FL; Whiting Field, FL; Gulfport, MS; Meridian, MS; and Fort Worth, TX. Balfour Beatty has owned and operated these properties since October 2007.

Holly Costello, Regional Vice President of the Community Management Office was extremely pleased with this year's results, "I'm just thrilled that our staff's efforts are

recognized and that our philosophy of responding promptly and professionally to our residents' needs, creating a welcoming community for our Navy families and managing each community and home as if it were our own is evident and residents appreciate all our hard work."

Several neighborhoods achieved a "Best in The Industry" rating for service satisfaction. Seven of the eleven communities in Balfour Beatty's Navy Region Southeast Project received "Platinum" awards, which score 90% and above; these award winning neighborhoods are located at Gulfport, Jacksonville, Kings Bay, Mayport, Meridian, Panama City, and Whiting Field. Running a close second were the "A List" awards, 85% and above, for service satisfaction at an additional three neighborhoods which are located at Charleston, Fort Worth, and Pensacola.

These outstanding resident satisfaction results follow Balfour Beatty Communities recent award of receiving recognition as an industry leader in supporting the defense community. On 10 Aug 10, Balfour Beatty Communities was selected by the Association of Defense Communities (ADC) to receive the 2010 ADC Private Sector Partner of the Year Award. Balfour Beatty Communities was selected, in part, "for consistently providing a high quality of service that promotes partnership with the military, and for exceeding expectations with the superior services they offer to defense communities throughout the country."

### This Week in Naval History

#### Nov. 29

1890 - First Army-Navy football game (Navy won 24-0).

1929 - Cmdr. Richard Byrd makes first flight over South Pole.

1944 - USS Archerfish (SS 311) sinks Japanese carrier Shinano, world's largest warship sunk by any submarine during World War II.

#### Nov. 30

1942 - In Battle of Tassafaronga, last major naval action in Solomons, U.S. forces stop the Japanese attempt to reprovision the Japanese troops on Guadalcanal. Six U.S. ships are damaged in the action.

#### Dec. 1

1842 - Three crew members of USS Somers, Midshipman Philip Spencer, Boatswain Samuel Cromwell and Seaman Elisha Smallare, executed for mutiny.

1921 - In the first flight of an airship filled with helium, Blimp C-7, piloted by Lt. Cmdr. Ralph F. Wood, left Norfolk, Va., for Washington, D.C.

1959 - The Bureau of Ordnance merges with the Bureau of Aeronautics to form the Bureau of Naval Weapons.

**SOSA**  
SPOUSES OF STUDENT AVIATORS

## 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](mailto:sosawf@gmail.com)  
Or go online at  
<http://sosaholidayboutique.blogspot.com>

For more information about SOSA visit  
[www.cinchouse.com/sosa](http://www.cinchouse.com/sosa)

# News and Notes

**WikiLeaks Restricted to DoD Personnel** - The recent WikiLeaks publicity has spawned many questions related to WikiLeaks and the accessibility to the information. WikiLeaks information is potentially classified and DoD has directed that military, civilian, and contractor personnel should not access the WikiLeaks website.

The WikiLeaks website is not blocked by OSD and attempts to the WikiLeaks site are being monitored by the OSD Computer Network Defense Service Provider (CNDSP).

## REQUESTED ACTIONS

1. Visit the Information Assurance Support Environment website and read the DoD WikiLeaks guidance, [https://powhatan.iiee.disa.mil/webteam/content\\_pages/guidance.html](https://powhatan.iiee.disa.mil/webteam/content_pages/guidance.html)

2. Do not attempt to access the WikiLeaks website or access WikiLeaks information using search capabilities.

3. Inform other DoD military, civilians, and contractor personnel of the DoD WikiLeak guidance.

**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 Com-



### Last Ride Out Yonder

**Capt. Jeff Rogaliner, the deputy reserve component commander for the Chief of Naval Air Training, stands by the T-34 aircraft in which he took his final flight. He took the flight with 2nd Lt. Matt Poynter, USMC, one of Training Squadron TWO's student naval aviators. Rogaliner finishes his flying career with more than 4,100 military flight hours, of which more than 3,000 were flight instructing hours. U.S. Navy photo by Jay Cope.**



### Recognizing Top Sailors

**Air Traffic Controller First Class Aritha Gregory receives her Navy Commendation Medal certificate from Capt. Pete Hall, Naval Air Station Whiting Field commanding officer. The award was presented Nov. 30 in the Operations auditorium. U.S. Navy photo by 2nd Lt. Molly LeBlanc.**

munity 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](mailto:miltonparks@ymail.com).

**Voluntary Leave Donation** - Ms. Erica Milton, Program 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](mailto:diane.stukes@navy.mil).

**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](http://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.

**"The Informant" to visit UWF** - Mark Whitacre, the subject of the movie "The Informant," starring Matt Damon, shares the story of his life, Wednesday, Jan. 12 at 6 p.m. Whitacre will share the compelling story of his life as a corporate whistleblower at the University of West Florida Conference Center, Bldg. 22. Limited seating is available. The presentation will be about 30 to 45 minutes followed by Q&A. For more information, contact UWF Internal Auditing at 850-474-2636 or email [bbowers@uwf.edu](mailto:bbowers@uwf.edu).

## Upcoming Events

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  
Dec. 11, 1800 - NASWF Christmas Party - Sikes Hall

# BBB® Advice: Give Wisely This Holiday Season

*- Both How You Give and What You Give Are Important This Holiday Season*

**Pensacola, Fla. (Nov. 29, 2010)** – The downturn in the economy combined with advances in technology mean charities are getting creative in how they raise money, as are scam charities. Your Better Business Bureau Serving Northwest Florida encourages donors to do their homework and give wisely this holiday season.

“Despite the downturn in the economy, people still want to help those who are less fortunate over the holidays,” said Norman Wright, president and CEO of your BBB|Northwest Florida. “However you decide to give, it’s important to research the charity thoroughly to make sure your donation will be used the way you intend.”

Your BBB evaluates charities against BBB Wise Giving Alliance’s 20 Standards for Charity Accountability. Results of these evaluations are available, free-of-charge, by starting with [bbb.org](http://bbb.org) or calling your BBB at 850.429.0002 or 800.729.9226.

How you give, and not just what you give, matters. Your BBB discusses five common ways people can support charities over the holidays and points to consider for each:

**Give items:** Many organizations solicit for donations over the holidays, including seasonal items such as coats, toys and canned goods. Whatever you’re donating, make sure the items are in good condition and that the recipient charity accepts such items; otherwise you’re just creating more work for an already busy charity.

**Give when you shop:** Cause-related marketing –



when businesses donate a portion of the purchase price of certain items to a charity – is often a success for the business and the charity. Make sure the promotion identifies the actual or anticipated amount of the purchase price the charity will receive. Embedded giving allows businesses such as grocery stores to add a specified amount to your receipt to benefit a charity; make sure the embedded promotion states which charity will receive the collected funds.

**Give online:** Giving online with a credit or debit card is one of the most efficient ways to support a charity. However, make sure you review the organization’s privacy policy and verify that the organization has appropriate security measures in place before you supply your

financial information.

**Give via text message:** After texting a message to a specified number, your donation is tacked on to your cell phone bill. While quick and easy for a donor, it may take months for the donation to reach the charity. If the need is urgent, consider donating directly to the charity instead.

**Give your time:** In today’s tight economy, you may not have money, but you can donate your time. And in today’s tight economy, charities are often doing more with less and may appreciate your time even more than usual.

To review charity evaluations and to get additional information and advice you can trust this holiday season, start with [bbb.org](http://bbb.org).

## TRICARE Notes

### ACCESSING URGENT & EMERGENCY CARE WHILE TRAVELING

#### Active Duty Service Members

If you need urgent care while traveling in the United States, you must seek care at a military treatment facility (MTF), if one is available. If no MTF is available, a primary care manager (PCM) referral is required before you receive nonemergency care. Active Duty Service Members (ADSM) traveling overseas and in need of urgent care should contact the TRICARE Global Remote Overseas (TGRO) Alarm Center before seeking care or making a payment.

#### All Other TRICARE Prime Enrollees

If you need urgent care while traveling in the United States, you must contact your PCM for a referral or call Humana Military at 1-800-444-5445 for assistance before you receive care.

If you experience an emergency while traveling, you do not need to contact your PCM or Humana Military before receiving care. However, you must notify your PCM or Humana within 24 hours or the next business day to ensure proper authorization and to coordinate ongoing care. Contact Humana Military at 1-800-444-5445 for assistance.

If you need urgent or emergency care while traveling overseas, contact the TGRO Alarm Center where you are traveling, or the closest U.S. Embassy Health Unit to help find a host nation provider.

# 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](http://www.nps.gov/guis).

**Ec**  **-nomics**

## *Recycle More Cans*

It may not be immediately obvious, but one of the benefits of recycling is saving fuel that would otherwise be used to extract and process virgin materials. A typical family consumes 182 gallons of soda, 29 gallons of juice, 104 gallons of milk, and 26 gallons of bottled water a year, and all those containers add up! Recycling one aluminum can saves enough energy to run a TV for three hours -- or the equivalent of half a gallon of gasoline. So if you recycle two cans a day that would save 365 gallons of gas a year.

When it comes to plastic, recycling saves twice as much energy as burning it in an incinerator. And the 29 billion water bottles we use a year require 17 million barrels of oil to make, enough to keep a million cars going for twelve months. We also use 25 billion Styrofoam cups a year, which are difficult to recycle. The energy saved from recycling one glass bottle is enough to run a 100-watt light bulb for four hours or a compact fluorescent bulb for 20 hours. Savings: 365 gallons of gas equivalent per year.

See [www.thedailygreen.com](http://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](mailto:trevor.rowe@navy.mil)  
or ACC Carl Proffen @ 623-7045 email [carl.proffen@navy.mil](mailto:carl.proffen@navy.mil)

# Suicide Prevention

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early intervention is the key.

Don't be afraid to ask. The ACT process stresses that asking definitely does not increase the chance of suicide and is the only real way to find out what they are thinking. Don't be judgmental. Caring means listening to them and letting them know they aren't alone. Don't argue. Let them know what they are feeling is temporary and can be treated. Finally, help them get treatment. That can mean a crisis intervention program, emergency room, chaplain, or one of the counselors at the FFSC. Never leave a person with suicidal ideations alone.

The second program is Operational Stress Control. Managing stress is a constant issue within everyone's lives. OSC offers guidelines to help service members and their families understand when their stress is manageable and productive versus destructive. The effort is being led by Navy medicine (BUMED) and is divided into four categories-ready, reacting, injured, and ill. The program doesn't just look at individual stress, but also family and command stress and lists traits that help people understand how stress may be affecting them. It also lists activities that can be taken to help promote healthy levels of stress or treat levels that are troublesome.

The inability to deal with stress is one of the primary indicators of a person who may be at risk of suicide.

Both programs are informational initiatives designed to help members of the Navy team understand the potential dangers, warning signs, and ways to obtain help. Help is readily available through the FFSC, Chaplains and Navy Medicine, but getting people to that help is imperative. To help in those efforts, OSC and ACT programs are now part of the indoctrination process for student-pilots. For everyone else, these programs are now part of General Military Training.

"We need to get every person on base trained in the OSC and ACT models," McLaughlin said. "We want everyone to be capable of intervening with someone at risk. It is all a part of preventing unnecessary loss of life."

See [www.Suicide.navy.mil](http://www.Suicide.navy.mil) or [www.npc.navy.mil](http://www.npc.navy.mil) or call 623-7177 for more information.

## Tree City

- (Cont. from Page 1)

important trees are to our society. Not only do they provide a natural beauty, but trees also give shade, help to lower temperatures in urban areas, increase the oxygen level in their areas, and help to cleanse pollutants from groundwater and the air.

Base forestry programs in 2009 nearly reached \$90,000 of maintenance for existing woodlands and more than 300 pine seedlings were planted with the help of local Boy Scouts. The amount invested in maintenance was approximately 10 times the necessary amount to qualify for the program.

Additionally, the base will celebrate the Christmas season with the lighting of the base tree in front of the command building immediately following the Tree City ceremony. Children from the base Child Development Center will hang their handmade ornaments, sing a couple of carols, and help Capt. Pete Hall throw the switch to light the tree.



**the giving type.**

**Whiting Field**

**BLOOD DRIVE**

**Friday, December 03**

**10:00 AM - 3:00 PM**

Sponsor Code WSW01

Everyone who donates between June 11th and December 31st will be registered to win a KIA SUV.



Rush in to give blood and save lives and you will receive a gift. PLUS donate twice between September 1st and December 31st and be entered to WIN 2 TICKETS TO "THE BIG GAME" INCLUDING AIRFARE & ACCOMMODATIONS in Dallas, TX on Sunday, February 6, 2011. \*Restrictions Apply. Visit [fbsblood.org](http://fbsblood.org) for all the details.





**NORTHWEST FLORIDA BLOOD SERVICES**  
A Division of Florida Blood Services

Northwest Florida Blood Services is your community blood center providing blood for patients in over 20 hospitals in Northwest Florida. One donation can save 3 lives. Please give blood today!

850-473-3853 or 1-800-682-5663

Make an appointment for your next donation at [www.nfbsdonor.org](http://www.nfbsdonor.org)

Photo ID is required • Age 16 with parental consent • Must be a minimum of 110 lbs • Must be in good health  
A not-for-profit healthcare provider.