

Vol. 68 No.41

Wednesday, October 10, 2012

# MWR sponsors third annual Health Expo

Tables were spread throughout the Naval Air Station Whiting Field gymnasium Tuesday, Oct. 2 with displays of complimentary items, informational pamphlets, and more as several base and outside agencies supported the third annual Health and Fitness Expo on the base.

The annual event is held to help inform base personnel and family members on how to lead healthy lifestyles. Topics such as smoking cessation, dental health, cancer screenings, domestic violence awareness, and physical fitness were addressed at various locations within the site. The personal setting enables a direct contact between the vendors and their audience that isn't available with other training venues.

"It's been really good so far," Lt. Jennifer Richardson, from the Naval Branch Health Clinic on base, said as she helped man one of several tables the clinic operated throughout the expo. "Having patients here and being able to give them information in a face-to-face environment has been great."



Calee Chenault pricks Kevin Jackson's finger to check his blood sugar level. Chenault, a dietetic intern from Santa Rosa Medical, was one of several staff members the hospital sent to Naval Air Station Whiting Field's third annual Health and Fitness Expo Tuesday, Oct. 2. U.S. Navy photo by Jay Cope.

- (Cont. on Page 5)

## New MCPON sends birthday message to the fleet

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy Mike D. Stevens sends his 237th Navy Birthday Message to the fleet Oct. 9.

"Shipmates and Navy families,

As we honor the 237th birthday of the United States Navy, I would like to express my deepest gratitude to all Sailors, civilians and family members for your service and dedication to our great Navy.

One of the primary reasons I believe our Navy is so great is because of the way we treat each other with decency and respect and how we conduct ourselves professionally. This is something that we should all actively strive to do every day. It adds value, influences those around us in a positive way, and is truly important to our primary mission of warfighting.

I personally look to our history as a roadmap and a guide to help us stay the course and aid us in navigat-



MCPON Mike Stevens

ing through the challenges we face today. It is these challenges that create the opportunities that allow us to grow as Sailors, citizens and leaders. The Navy's birthday gives us a chance to think about the things that we are doing today and how we are creating history from which future generations can draw courage. In everything that we do, we need to provide future generations something to be proud of and celebrate. This is our time and we are part of a new history. We must seize the day, because if we don't, who will?

To all of our Sailors and Navy families, I would like to wish you a very happy birthday as we celebrate 237 years of excellence and ser-

vice to our great Navy.

All the Best!

Very Respectfully,  
MCPON"

# Operation Homefront taking nominations for MCOY

SAN ANTONIO – Operation Homefront, the national nonprofit dedicated to providing emergency financial and other assistance to military families, has announced that nominations for the Military Child of the Year Awards are being accepted online at MilitaryChildOfTheYear.org through December 15, 2012. Winners will be recognized in April 2013.

The Military Child of the Year Award recognizes children who stand out among their peers. Ideal candidates for the award demonstrate resilience, strength of character, and thrive in the face of the challenges of military life. These young heroes embody leadership within their families and communities.

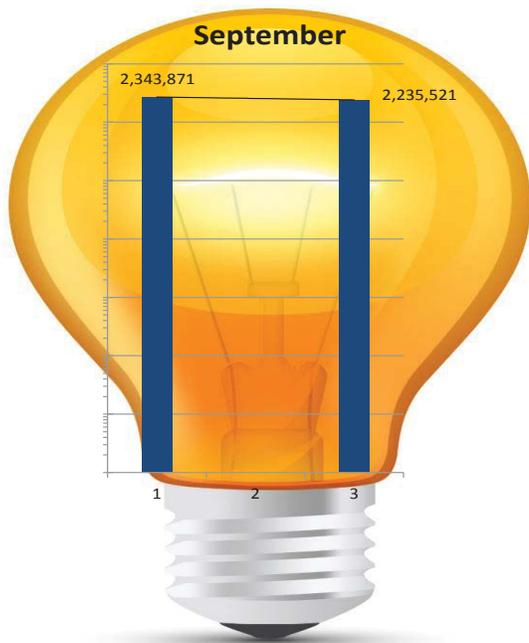
This award is presented to an outstanding child from each branch of service – Army, Navy, Air Force, Marine Corps, and Coast Guard. The winners each receive \$5,000 and a laptop, and are flown with a parent or guardian to



Washington, D.C., for a special recognition ceremony on April 11. In previous years, recipients have had the honor of meeting Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey, and First Lady Michelle Obama, who were guest speakers for the event awards ceremonies.

“With so much uncertainty living in a military family, from constantly having to move to knowing that a parent is fighting for our country, it is amazing to see how strong these young people are to excel in the face of these challenges,” said Jim Knotts, President and CEO of Operation Homefront. “It’s not just the military members who serve, but their families as well. We think these young patriots deserve to be honored for their sacrifice and their leadership.”

For more information on how to nominate a child in your community, to become a sponsor, or to see photos from past events, please log on to [www.MilitaryChildOfTheYear.org](http://www.MilitaryChildOfTheYear.org).



## 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 September, the base consumed 108,350 fewer kilowatt hours of power than in 2011.

## This Week in Naval History

### Oct. 10

- 1845 - Naval School, later the Naval Academy, opens in Annapolis, Md. with 50 midshipmen and seven faculty.
- 1923 - First American-built rigid airship, Shenandoah, is christened. It used helium gas instead of hydrogen.
- 1944 - Opening of Leyte campaign begins with attack of four Carrier Task Groups of Task Force 38 on Okinawa and Ryukyus.
- 1960 - Navy assigned responsibility for program management and technical direction of Project SPASUR, the first U.S. universal satellite detection and tracking network.
- 1985 - Fighters from USS Saratoga (CV-60) force Egyptian airliner, with the hijackers of the cruise ship Achille Lauro aboard, to Italy, where the hijackers were taken into custody.

### Oct. 11

- 1776 - Battle of Valcour Island on Lake Champlain, N.Y. Although defeated, the American flotilla delayed the British advance and caused it to fall back into winter quarters.
- 1824 - Marquis de Lafayette visits the Washington Navy Yard during his year-long tour of America. He returned to the yard the next day, October 12, to continue his visit.
- 1942 - Battle of Cape Esperance begins: In two-day battle, American task force stops Japanese attack on Guadalcanal and sinks two Japanese ships while losing only USS Duncan (DD-485).
- 1968 - Launch of Apollo 7, the first U.S. 3-man space mission, commanded by Cmdr. Walter Schirra, JR., USN. Maj. Ronnie Cunningham, USMCR served as Lunar Module pilot.

From - [http://www.navy.mil/search/display\\_history.asp](http://www.navy.mil/search/display_history.asp)

# News and Notes

**Whiting Pines Residents' Meeting** - There will be a Town Hall meeting on Oct. 29 for all Whiting Pines residents at 5 p.m. The meeting is being held to answer all questions you may have concerning the Resident Energy Conservation Program (RECP).

**Kennedy Space Center Salute** - We are happy to announce the re-activation of the Kennedy Space Center Visitor Complex Salute to America's Heroes (SAH) program. Offer good through December 18, 2012. The offer invites active and retired U.S. Military Personnel to visit KSCVC for free! See ITT to receive your free ticket and to purchase additional discounted tickets for family/friends; Adult \$44.50 Child (3-11) \$35.50, 850-623-7032 or 850-665-6250.

**Combined Federal Campaign** - The local CFC program, EscaRosa CFC, kicked off Sept. 4. Command/office CFC Activity Chairs and Keypeople have materials in hand and are ready to make contact with eligible base personnel. Until Oct. 31, please see your command/office Activity Chair for your chance to support the non-profit of your choice. Contact Aviation Boatswain's Mate 1st Class Hamilton Bryant at 850-623-7220 with questions or to obtain a CFC worksheet.

**Running the (Air) Field** - The Annual Naval Helicopter Association 5K is coming Thursday, Oct. 25. The race will kick-off at 7:30 a.m. at North Field. Up to the first 200 people who register will earn a "Finisher's Coin" upon completing the course. Fee to register is \$5 per runner. There will also be door prize drawings post race drinks and food as well as a fastest squadron trophy. Contact the HT-8 duty office at 850-623-7188 to register.

**ERAU Registration** - Embry Riddle Aeronautical University is now registering through Oct. 15. 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 Oct. 15 - 21. Everyone is encouraged to register early. Classes begin Oct. 15. New Student Orientation will be held Wednesday, Oct. 10, 2012 5 - 6 p.m. on board NAS Pensacola in Bldg. 634, Suite 033. Email pensacola@erau.edu, visit www.embryriddle.edu/pensacola or call 458-1098 for details.

**Military Engineer Business Breakfast** - The Pensacola Chapter of the Society of American Military Engineers (SAME) is hosting a Business Opportunities Breakfast at the Lighthouse Point restaurant on Friday, Oct. 19 at 7:30 a.m. The event features speakers from NAVFAC Southeast, the Army Corps of Engineers Mobile District and the UWF Small Business Development Center. All topics are focused on small business contracting and business opportunities with the federal government. The registration cost is \$25 per person. For more information contact pensacola.post@gmail.com.

**Golf Specials** - Naval Air Station Whiting Field's Morale Welfare and Recreation department is promoting some new golf specials for the base course. Mondays now feature special \$18 fees for all players - cart is included. Each foursome can now have one member play free each Wednesday, and Fridays now feature unlimited play with cart for only \$24. Call 623-7348 with any questions or to check on restrictions.

**Monster Dash** - The 2nd Annual Monster Dash 5k Fun Run



## Bravo Zulu

NAS Whiting Field Commanding Officer Capt. Matthew Coughlin presents a Flag Letter of Commendation to Air Traffic Controller 3rd Class Darrah Crow. The recognition, which was presented on behalf of Commander, Navy Region Southeast Rear Adm. John Scorby, lauded Crow's efforts in support of the air station's Drug Education For Youth program. The year-long activity challenges area youths to build the confidence and ethics required to lead lives free of drugs. Crow instructed, managed the program budget, and promoted DEFY through photo and written journalism. U.S. Navy photo by Lt. j.g. Tim Mosso.

through Milton will be held on Saturday, Oct. 27, 2012. The race will begin at 5 p.m. and will start & end at Milton High School track. The course will include a creepy stroll through the Milton Cemetery. This will be a family friendly event and children are invited to participate with their parents on the run or in the Kids Mini-Monster Dash on the track. The festivities will conclude with a Post Race Monster Bash. Pre-registration is \$20.00 and includes a Dri-fit shirt. Participants can register at The Open Rose Florist or online at [www.Active.com](http://www.active.com) <<http://www.active.com/>>. Registration on the day of the event is \$25.00. The Kids Mini-Monster Dash is \$10.00. Group discounts are also available. Packet pickup and day of registration will begin at 4 p.m. In addition to the First, Second and Third place prizes, the post run party will include awards for Last Place, Best Costume, Best Group Costume and Most Creative Costume. For details call (850) 626-1796.

**Prep Marriage Communication/Enrichment Workshop** - PREP is a workshop for couples, married or engaged, that helps develop communication skills within a relationship and that provides valuable marriage enrichment information. The next workshop will be offered on Friday, November 2, 2012 (registration ends COB Tuesday, October 30, 2012). For more information or to register, please contact the Chaplain's Office at 623-7211.

**Pumpkin Patch** - Oliver's Nursery in Holt, Fla. will hold their 4th Annual Pumpkin Patch event Oct. 13 & 20. The event will feature hay rides, face painting, sand art, a petting zoo, games, photo opportunities and more for the kids. There will also be a band playing on Oct. 20. The event will run from 10 a.m. to 6 p.m. Check out [www.oliversnurseryinc.com](http://www.oliversnurseryinc.com) or call 850-537-9992.

## Upcoming Events

Oct. 12, 0900 - Navy Birthday Bell Ringing - Bldg. 1401

Oct. 13, 1800-2200 - Navy Ball - Atrium

Oct. 23-26 - NHA Fleet Fly-In

Oct. 26, 1300 - Winging Ceremony - Base Auditorium

Oct. 29, 1700 - RECP Town Hall Meeting - Base Auditorium

Nov. 2, 1000-1600 - Blue Angels Air Show - NAS Pensacola

# Fleet and Family Support Center Classes

## Holiday Spending - Friday, October 12 from 9 to 11 a.m.

It's that time of year when stores display holiday decorations, increase their inventory, and gear up to convince you to spend your money. Attend this class to learn techniques to control your holiday spending. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

## Dating Series #1 - Monday, October 15 from 1 to 3 p.m.

Learn about the warning signs of a difficult partner, relationship skills essential for a healthy relationship, five key areas that you need to explore during the dating process, the difference between "acting like a jerk" and "being a jerk," and how to follow your heart without losing your mind. For more information, contact a work and Family Life Specialist at 850-623-7177.

## VA Representative - Friday, October 19 from 8 a.m. to Noon. (850-623-7177 for Appointment)

## Anger Management - Wednesday, October 24 from 1 to 2 p.m.

Is anger affecting your health, your relationships, or your work performance? Learn to understand the causes and effects of unhealthy anger and how to express and release that anger in a healthy way! Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

## Smooth Move - Wednesday, October 24 from 1 to 3 p.m.

Make your next change of duty station move a smooth one. Learn what resources are available to you and the five key steps to minimizing stress during the relocation and transition period: get to know your FFSC Relocation Assistance Program Specialist, develop a plan of action, know your benefits, manage your moving day, make it a family affair. For more information, call NAS Whiting Field Fleet and Family Support Center at 850-623-7177.

# 2012 Fleet Fly-In Annual

5K Presented by **Raytheon**



(Coin Front)



(Coin Back)

**Finisher Coins are NOT FOR SALE. Registrants must finish the race to get the coin.**

**Thursday 25 OCT 2012**

**KNDZ (South Field)**

**Race starts at 0730**

**\*Registration: \$5/Runner**

- ◆ Fastest Squadron Challenge
- ◆ Post Race Raffle Prizes
- ◆ Free Post Race Food and Drink

\*Register in the HT-8 Duty Office or see LCDR Gabe Somma or LT Jackie Felber for details.

# Navy Housing Service Centers offer free issue resolution

WASHINGTON (NNS) -- As many service members and their families are aware, Navy Housing Service Centers are a resource to help them find on and off-base housing when they are moving to their next duty stations.

HSCs offer issue resolution services to all Sailors and their families, whether they live on-base, in privatized military housing, or out in the community. All HSC services are provided free of charge.

In a recent blog by Vice Adm. Bill French, Commander, Navy Installations Command, he stated, "As a Navy leader - and someone who lives in Navy housing - I am committed to ensuring service members and their families have suitable, affordable and safe housing. Recent events pertaining to mold in Navy barracks and government owned and family privatized housing, indicate a need to more clearly communicate assistance available on all issues, but particularly when pertaining to health or safety issues."

"This is a personal issue for me. I am determined to ensure we are providing the very best housing throughout the fleet - but I also need your help. If you help me by reporting your housing issues, we can help ensure you maintain a house or barracks room that you can feel proud to say is your home," French added.

"The HSC is prepared to serve as the Sailor's advocate when housing maintenance, health, or safety issues arise. For families living in family privatized housing, we can also assist as an independent facilitator to help you and your landlord communicate when there is an issue and assist with coming to a resolution on a dispute," Corky Vazquez, CNIC N93 Housing Program Manager, said.

"Our Housing Service Center staff has professional relationships with both the privatization partners and many community landlords," he said. "We want to work with service members and their families to assist them in finding effective housing options wherever they choose to live."

Service members and their families can contact Navy Housing and find information through our active social media sites: Facebook - [www.facebook.com/NavyHousing](http://www.facebook.com/NavyHousing), Twitter - [www.twitter.com/NavyHousing](http://www.twitter.com/NavyHousing), or YouTube - [www.youtube.com/NavyHousing](http://www.youtube.com/NavyHousing)>. The website offers plenty of resources for Issue Resolution services that may be required: [www.cnic.navy.mil/housing](http://www.cnic.navy.mil/housing). Customers can find a listing of HSCs contact information at [www.cnic.navy.mil/housingquickreference](http://www.cnic.navy.mil/housingquickreference).

## Health expo

- (Cont. from Page 1)

Other groups hosting tables at the site included: Fleet and Family Support Center, the Navy Exchange (which handed out nutritious snacks), Morale Welfare and Recreation, Pensacola State College, and Santa Rosa Medical.

Santa Rosa Medical has been one of the primary sponsors for each of the three events so far, and each year it offers screenings to help inform people of potential risk factors. While the organization provided blood sugar level screenings and cholesterol testing, their big push was to inform people about the need for prostate cancer screening. It is all part of their overall outreach effort to help take care of the local residents.

"We are here for those who need us," Lisa Walsh, Santa Rosa Medical's director of marketing and business development said. "We want to provide a service and we're glad to be here to help our military community."

Pensacola State College's massage therapy class was the most popular booth in the expo, by far. The five-minute massages kept the chairs full, and more than 40 people had already received a massage before the doors to the health fair had even been open 90 minutes. Not only did the fair-goers enjoy a relaxing and therapeutic massage, but the students liked the experience of practicing on new people.

"This is just our second outreach. Normally, we work on each other in class, and it definitely helps to have a variety of body types and client interactions to work with," said Anna Godwin, one of the students in the class.

PSC also provided free blood pressure checks at a table near where the medical center was performing the cholesterol screenings and the finger pricks for the glucose checks.

In all, it was an eventful, but productive day according to MWR's fitness director, Terence Edgar, who has coordinated the event all three years.

"We wanted to get health information and fitness information out to our military community. We also wanted to inform base personnel what services are offered by the vendors here on site," he said.

More than 100 people attended the event so Edgar is hoping to expand both the size of the expo and the number of attendees for 2013. He sees it as a valuable event that is enjoyable for everyone involved.

"I think the information we presented got out to people who attended," he said. "Having everybody interact and work together to help people learn something new, it's a lot of fun."



The reality is that when fire strikes, your home could be engulfed in smoke and flames in just a few minutes. It is important to have a home fire escape plan that prepares your family to think fast and get out quickly when the smoke alarm sounds. What if your first escape route is blocked by smoke or flames? That's why having two ways out is such a key part of your plan. This year's theme, "Have 2 Ways Out!" focuses on the importance of fire escape planning and practice.

Fire Prevention Week takes place once a year, but Fire Prevention Practices should be in effect year round. Don't think the old adage that "It Will Never Happen To Me" or "It Always Happens To Someone Else" is true - Fire can happen to anyone including you. Over the next several weeks we will be having articles in the Gosport, please take the information seriously and to heart. For questions on Fire Prevention & Safety related matters, Fire Station Tours or Presentations please contact Fire Prevention at 623-7856.

Be Fire Safe and Thank You.

Craig Lewis

## TRICARE notes

### PHOTOCOPYING BENEFICIARIES' ID CARD IS LEGAL

To give you the care you need, your doctor, pharmacist or other qualified medical provider must verify your TRICARE eligibility. He or she will ask you to present a valid uniformed services identification (ID) card or Common Access Card (CAC) and may ask for your sponsor's Social Security number. To speed up your care, make sure your card has not expired. You may also want to keep a personal copy of your ID card in a safe place for your records.

Although it may concern you that your provider has requested to photocopy your ID card, please keep in mind that photocopying your ID card for authorized purposes is legal. Authorized purposes include medical care eligibility determination and documentation. Unauthorized use occurs when someone uses an ID card to obtain benefits, privileges, or access to which he or she is not entitled.

Also remember that an ID card alone does not verify TRICARE eligibility. You must ensure your eligibility by registering with DEERS and keeping your information up to date. For more information about TRICARE eligibility, visit [www.tricare.mil](http://www.tricare.mil) or you may call DEERS at 1-800-538-9552.

### FIGHTING THE FLU: GET VACCINATED

TRICARE covers the flu vaccine based on the Centers for Disease Control and Prevention's current flu season guidelines.

The flu shot is approved for people age six months and older, and the nasal-spray vaccine (FluMist®) is an option for healthy people ages 2-49 years who are not pregnant.

Protect yourself and your family from the flu this season – make an appointment with your health care provider today to get vaccinated.

## SECURITY CHECKPOINT



**Question:** I'm civil service and I own a business outside the base. Can I get a decal (DD FORM 2220) for a company vehicle?

**Answer:** Yes, you can place a decal (DD FORM 2220) on a business vehicle as per NASWFINT 5560.5A - (7) Eligible personnel who own a business in the civilian community or who have exclusive privileges to a company-owned vehicle with written permission of the company may register such vehicle in the same manner as privately owned vehicles. Such registration will be limited to one vehicle.