

This years selected CPOs find strength in numbers

By Dan Broadstreet
NSWC PC Public Affairs

On September 16, 21 First Class Petty Officers from commands around the activity will exchange their standard blue shirt for khakis.

“Being selected Chief in the United States Navy is a milestone in the enlisted career,” said Naval Surface Warfare Center Panama City’s Command Master Chief Kyle Gaillard.

He described the chief’s position of leadership being traditionally known as “the backbone of the Navy.”

The Chief Petty Officer (CPO) – a rank officially authorized by the United States Navy in April of 1893 – is not just a first-line supervisor, but an entrusted responsibility of leadership and authority. The

service of those selected has been deemed proficient, trustworthy and reliable by their seniors. Prospective Chiefs are put through a voluntary, yet rigorous indoctrination that spans six weeks and covers everything from physical training to an in-depth focus on the Navy’s core values, ethics, and standards.

According to Navy Experimental Diving Unit Command’s Damage Controlman Chief (sel) Jeremy Mullis, being selected and trained as a chief in the U.S. Navy holds a special distinction unlike any other in America’s Armed Forces.

“The shift of responsibility in moving from First-Class Petty Officer to Chief Petty Officer is tremendous,” Mullis

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Photo by Dan Broadstreet

Selected CPOs pictured are (L-R): QMC Marcus Rendon; PNC(AW) Cedric Brant; GMC(SW) James Watkins; ITC(SEAL) Michael Schwarting; BMC(DV) Marc Chase; QMC(EOD/FPS) Blair Ashby; QMC(SEAL) Travis McNeese; DCC(DSW/PJ) Jeremy Mullis; BUC(SCW/DV) Brad Ott; SKC(AW) Juliana Skelton; ENC(DSW/SW) Eric Smith; DCC(DSW/SG) Chris Baker; GMC(DSW/SW) Braden Pevear; DCC(DSW/SW) Wayne Meyer; DCC(DSW) Robert Moran; ASC(AW) Scott Boyce; DCC(FMF/DV) James Parker; STGC(DSW/SW) Chad Wascom; BMC(DSW) Chris Pederson; MMC(DSW/SW) Francisco Hernandez; and not shown: ETC Eric Braceland.

August is Federal Women’s Month

By Brenna Williams
NSWC Federal Women’s Special
Emphasis Program Manager

August has been designated as Federal Women’s Month. This month we take the time to recognize the Federal Women of NSA PC, NSWC PC, and all other tenant commands. In the lobby of Bldg 110 B-wing is a display highlighting the accomplishments of several women found on site. Federal women are found at all levels of the work force. They contribute to the success of each organization every day. They are secretaries, physicists, recreation assistants, engineers, budget

analysts, logisticians, accountants, librarians, police officers, contract specialists, mathematicians, clerks, project engineers, team leads, and branch heads to name a few. They represent all ethnic groups and are a fine example of the vast diversity found in today’s workforce.

In 1967, Executive Order 11375 added sex to other prohibited forms of discrimination such as race, color, religion, and national origin. In response to this, the Office of Personnel Management (OPM) established the Federal Women’s Program (FWP). In

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Photo by Dan Broadstreet

Sponsored by the Federal Women’s Program, the new Touch-Screen Voting Booth was placed inside building 110’s lobby Aug. 18 as part of a Voter’s Registration Drive.

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Navy recognizes importance of sailors' family

"The Navy did not issue you a family." That was the prevailing attitude towards military families just a few years ago. Things have changed, and the Navy has changed. The Navy tries to find every way possible to accommodate families. Some people think that marriage and the military is some new phenomenon, but actually the numbers have remained about the same for a long time. According to a Cornell University study, over the last thirty years, the number of enlisted sailors who are married has gone from just below 50% to a high of 57% in 1995 and is currently about half, so military families are here to stay. In light of that fact, we must as a Navy family do all we can

FROM THE BRIDGE



Cmdr. Hal Harbeson
Officer in Charge
Naval Support Activity
Panama City



to preserve those families of our sailors. Strong families will make a stronger Navy. A Sailor who has a solid home life is able to better focus on doing his or her job when they go to work, which produces better, more efficient results. This enables us to be better

prepared to win wars, and maintain our Sea Warrior presence the world over.

Unlike the civilian world, there are unique factors of being married in the military that can put increased strain on a family. In the Navy, our jobs keep us constantly on the

move. Every two to four years, we must uproot our home and family and move to a new job and location. As if these expected moves did not create enough stress on family life, there are the unexpected transitions. These are becoming more, not less frequent, as deployments happen with more frequency and for extended lengths of time. These deployments may not uproot a family, but they separate a mother, father, husband, or wife for long periods from their role within that family. There are also financial pressures, which become more apparent in a military setting. In the civilian world where both spouses work, you can create a higher income level and expect regular pay in-

creases. The constant moves in the military make it difficult for the non-military spouse to find, keep, and be promoted at a well-paying job. Because of this, the family must live on the servicemember's salary,

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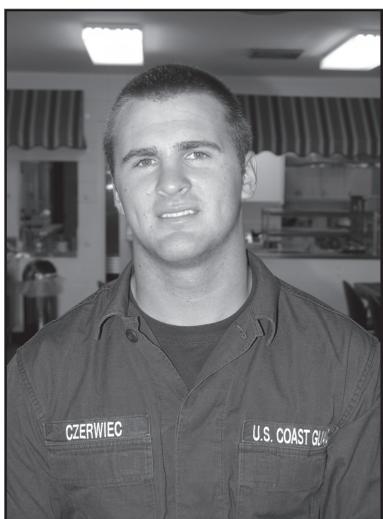
VIEWPOINT:

"What are you doing to prepare for advancement?"



"The MA3 test is fairly easy but I'm looking for some study questions to make it easier."

MASN Mark Hodgkin
Student
NDSTC



"In a couple of months I'm going to the Airman program and I have to get boat crew qualified then watch qualified first."

FN Joe Czerwiec
Fireman
Coast Guard Station PC



"I just got the bib for chief and started doing the military requirements for CPO. I'm not up for chief this year but I'm looking for what I need."

CE1 Ronald Bomar
Self Help Administrator
NSA PC Public Works



"When I was studying I would go through the bibs and hit the highlights and get together with others to have study groups."

MA1 Ret. Kirk Anderson
Federal Police Officer
NSA PC Security Dept.

**COCONUT
CREEK**

**ARMED FORCES COMMUN
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**NEWS
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PROMO
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SELECTED

from page 1

said. "No other Service, and I mean no other Service, has that distinct divide like the Navy does between First Class and CPO."

Fellow selectee DCC (sel) Christopher Baker from NSWC PC's Dive Locker described CPO preparation as a lesson in leadership that combines traits such as humility with integrity, dedication, and most importantly camaraderie.

"No one person is ever going to know how to handle everything, but we can tap into our extended family of expertise to find out how to proceed with whatever problem we might encounter," Baker said, adding that the chief's mess is trained to identify itself, "collectively as one."

Baker and Mullis explained that CPO training demanded that participants, "not slip in carrying out their daily duties." They described the standards of performance during the six-week curriculum as "almost an overload" to test participants' stress tolerance, time management, and teamwork skills.

Indicating the word "challenging" as a fitting description, Baker and Mullis qualified the preparation as "fair and necessary" because they are trained to network and utilize the strengths of the chief's mess on a world-wide scale.

"As far as the chief's mess goes regarding character, they hold us to

the same standards they hold themselves to," Mullis said, "so I could call up any chief in the world, identify myself likewise, and he or she would automatically have a vested interest in my problem."

Looking forward to their pinning ceremony,

Baker said his teammates were proud to have been selected for CPO initiation because it bridged for them a 'Rights of Passage' initiating them into a world-renowned superpower.

"And it's because of a diversity of expertise that exists solely in the

chief's mess," Baker said.

Mullis emphasized that, "Panama City's group comprises almost every area of expertise available in the Navy."

"Our CPO preparation mirrors the challenge we'll face in our careers," Baker said, but

smiling triumphantly he concluded, "but together we are as one, so collec-

tively we can't be stopped from succeeding."



Photo by JOSN Joseph Moon

The CPOs in-training pulled together to wash cars Friday August 26.

CUNNINGHAM
306301
2 x 10

BILL BYRD KIA
309537
3 x 5

BRIDGE

from page 2

which may not be very high, depending on the servicemembers pay grade. There is also the added financial strain of not having a choice of area to live in. The cost of living in Panama City Beach and Panama City is higher than living in certain other areas of the country, yet the servicemember has little

choice on being stationed here.

The statistics on divorce are hard to pin down, but most research indicates that the divorce rate in the United States is about 50%. The military divorce rates are slightly higher if most research can be believed, and the Navy is usually shown to have the high-

est rate of divorce. With the war on terrorism going on right now in Afghanistan and Iraq, the divorce rate has risen in the military, according to research in the Navy Times. This should be a cause for concern for all of us, and cause us to seek for ways to support military families who may be at risk for di-

vorce. While there are many reasons marriages break up, there are many that could be saved with the right training and intervention. All of the military services have taken steps to provide support to married couples in the form of training, which is offered at most bases. The most widely recognized and

endorsed training in the Navy, as well as the other services, is provided by the University of Denver's Prevention and Relationship Enhancement Program (PREP), which incorporates over 20 years of research and counseling experience. The Navy pays for all of its chaplains to be trained to teach PREP, as well as

many of the counselors at Fleet and Family Services. We will be offering PREP here at Naval Support Activity for six weeks beginning September 8, and I would encourage any husband and wife or engaged couple to take the class if they are able. It will not cost you anything but time; and it may save you more than that in counseling and divorce court. You can call the Chaplain's office for more information or to sign up. Strong families do not just happen; it takes work. At Naval Support Activity, we want to provide your family with the best training and help possible, to build a strong family that will strengthen our whole Navy family.

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HAVA JAVA
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DR. PETER CLAUSSEN
306662
3 x 4

Marriage Enrichment Classes offered

PREP, a six week marriage enrichment/ pre-marriage course will be offered in the Long Glass Conference center on Thursday nights starting September 8. If you are engaged or have been married 30 years, this course will improve your skills as a couple. The six sessions will focus on conflict, communication, commitment, forgiveness, and fun. You will not be bored, will learn a lot to enhance your marriage, and all materials are paid for by the Navy.

PREP or Prevention and Relationship Enhancement

Program is endorsed by the armed services, and will be taught by the base chaplain, Chaplain Howard, with additional lessons from Dr. Cavitt, the base clinical counselor. This course does qualify engaged couples for the reduced rate on their marriage license as well.

We ask that you register for the class so that we can make child care arrangements, if needed. Please call the Chaplain's office at 234-4084 to register or for more information.

Latest Yard of Quarter Winners



Photos by JOSN Joseph Moon

EM1 Timothy (pictured left) and Lysanne Matthews of 263 Peakcock Drive, received the yard of the quarter award as did Lt. Cmdr. James and Michelle Shaver (pictured right) of 428 Osprey lane, by NSA PC Command Master Chief ENCM (SW) Mark Fogarty, for the excellent care each family took of their lawn.

#1 CASH EXPRESS
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MULLIS EYE
297403
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PANHANDLE BEACH
301804
2 x 5

PO FOLKS
307088
2 x 3

KINGSBURY'S AUTO
307080
2 x 3

Single parenting in the military: you are not alone

Being a single parent in any vocation can be a difficult endless task. Some single parents often say that it is a 24/7 chore, time that some military people do not have to give. Yet most single military personnel who have children are successful and caring parents. Regardless of how you became a single parent, the military organizations are more accepting of this status. A single parent can recognize this acceptance by the requirement to fill out certain forms that will ensure the parent has considered all angles of raising a child while on active duty. This information is for benefit of both the parent and the child. Remember it is how you parent your child that counts, not how you came to be a single parent.

There are many challenges in being a single

parent on active duty:

1. Adjustment – The military parent must always ensure their child(ren) are well cared for and yet meet the requirements of their military duties. Even those commands that bend over backward to entertain your special needs cannot forever allow someone else to carry your load. Your family time schedule may require change to allow you to perform your military duties. Nontraditional childcare, with special time schedule, may become necessary. I recommend that you meet with someone whose opinion you respect and brainstorm all the issues that may arise due to being a single parent in the military. Seek out those who have successfully done it.

2. Keep you children advised – Start early talking to your child about your special job as a military



person. Then it will be easier for them to understand frequent moves, extended separations, week-end duty, frequent sleepovers at a caregivers house and, time schedule differences such as eating, sleeping, entertainment, etc.

3. Be a strong person and then you can be a

strong parent — Don't constantly complain to your children, friends, relatives, and especially command members about the hardships of single parenthood in the military. If you need help, respectfully ask for it (don't demand). Your parenthood is your responsibility, but the military takes care of its own. Always remember though, the mission of the command is paramount.

4. Get professional help when needed — Tyndall Air Force Base offers many services directed toward parenting. Dr. Bill Cavitt our Clinical Counselor (636-6106) is trained in both childcare and the military. However, neither he nor Tyndall AFB has the authority to relieve single parents of their military duties, but can help you decide the best approach to accomplish both parental and military responsibilities.

5. Remember you're

not the only single parent on active duty — For every problem there is a viable solution. Don't arbitrarily make decisions and take action concerning your children and the military without a well thought plan with some specific goals. Ask for suggestions when ideas are needed.

Becoming a single parent in the military brings attention to all the issues that must be addressed by couples raising children. However, these issues are intensified for single parents because the same parenting chores exist with half of the labor force. The active duty single parent usually does not have the flexibility to call on a husband or wife to step up and help during those unanticipated events that are common in the military. Therefore, planning is the invaluable key to being both a successful parent and a successful military person.

The MWR Fitness Center offers a health screening process using the Polar - BodyAge system. It is used to determine a person's current state of health and assess disease risk. Your chronological age is compared to your body age. A FREE BodyAge assessment is available for active duty, retired military, military dependents, and MWR Fitness Center members. For Appointments Call 234-4370

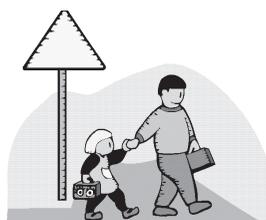
✝ Seashore Chapel invites all to a casual relaxed atmosphere of blended worship which appeals to all ages and traditions. Building 110 auditorium.

✝ Worship with us Sundays at 10 AM
✝ the Sea Shore Chapel is located in Building 304 with the Housing welcom Center

For more information call Chaplain Howard at 234-4084

Length of Service Recipients August 2005

Kenn S. Davis	35	Arthur H. Degroat	20
Judith A. Lee	30	Patsy L. Hiteshew	20
Marjorie A. Dulatt	25	Nyal S. Jennings	20
Steven E. Gorin	25	Donna V. Manni	20
John D. Lathrop	25	Jennifer A. Spooner	20



Volunteer Community Service

The Bay County Guardian ad Litem Program is seeking volunteers to serve as advocates for abused and neglected children. If you have been

searching for a unique way to help the children in our community, and can volunteer a few hours a month, please call 747-5180 for more information and an application.



AUGUST _____ **from page 1**

1969, Executive Order 11478 integrated the FWP into the Equal Employment Opportunity (EEO) Program and placed the FWP under the direction of EEO for each agency. OPM regulations implementing Public Law 92-261 require that Federal agencies designate a FWP Manager to advise the Director of EEO on matters affecting the employment and advancement of women. This law also requires that Federal agencies allocate sufficient resources for their Federal Women's Programs.

Your Federal Women's Program Manager is Brenna Williams and can be reached at x5615.

40th Anniversary of the Voting Rights Act of 1965

The Voting Rights Act of 1965 helped ensure that all citizens would have the opportunity to vote, regardless of race. As President Lyndon Johnson said when he signed the Act, "Millions of Americans are denied the right to vote because of their color. This law will ensure them the right to vote."

Women's Equality Day

Women's Equality Day is celebrated each year on August 26 to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. The observance also

calls attention to women's continuing efforts towards full equality.

Voter's Registration Drive

As a celebration of the Voting Right Acts of 1965 and the 19th

Amendment, a Voter's Registration Drive was held on August 18 in the Lobby of Building 110. The Bay County Supervisor of Elections office was there to register voters and to update addresses.

Leave Donor Update

The following employees are approved Leave Donor Program recipients:

Steve Horton, Code E06
 Jeremy "Shane" Dunn, Code XPE
 Ron Oglesby, Code A84
 William Tate Ingles, Code PCXD60

MULLIS EYE
297405
2 x 6

PEOPLES FIRST
297448
3 x 5

CLASSIFIED
PROMO
308009
3 x 6

CLASSIFIED PROMO
291733
6 x 11.5

CLASSIFIED PROMO
285171
6 x 11.5

CLASSIFIED PROMO
264102
6 x 11.5

Classified Ads

For Sale - Custom-made Computer Armoire. Solid oak, excellent condition. 80"W x 71"H x 26"D. Go to forsale.baycg.com for details and pictures. \$2500.00. 265-6215. (17)

For Sale - Floral print sectional, \$100.00, 25" Console Television, \$50.00, Custom built wooden swing set w/slide, \$75.00. Call 271-8798. (17)

For Sale - 1992 Ford Explorer Sport, 115K miles, good condition mechanical condition, AM/FM cassette, power locks/windows. \$1,500 firm. Call Carl 774-7903. (17)

For Sale - 18' SeaRay - 1998, 180 bow rider. 4 cylinder, 3.0 liter, 135 hp Mercruiser engine. Upholstery and bimini top w/boot are in excellent condition. Stainless steel prop, VHF and USCG ready. Shorelander trailer. \$10,500. 850-748-5571. (17)

For Sale - Beautiful solid wood light oak Dining Room Set with China Cabinet. Includes 8 wheat-backed chairs (six regular and 2 arm chairs). Table is 75" x 48", expands to 105", with two 15" table leaves. China cabinet has top unit with two glass doors, bottom unit with two solid doors. \$800. Call Karen at x7088 (day) or 271-1144 (evening) (16)

For Sale - Alluriam Stacked Stone - approx 35 sq. ft. and 8 linear feet (corner pieces) for Atlanta Brown style stacked stone. Style can be seen at www.alluriamstone.com. \$115. 850-215-4104. (16)

For Sale - 1995 Nissan Maxima GXE, 145k miles. V6 3.0L, maroon with grey cloth interior. Keyless entry and security system. Runs great, looks great. \$3990. (850) 234-2782. (16)

For Sale - Kids bicycle. Trek Mystic 12. Good for 3-4 year olds. Basket. Training wheels. \$40.00. Call Mike at 532-0474. (15)

For Sale - 1969 VW Baja Bug. New engine. New brakes and tires and much more. \$3,500 OBO. Call Harry 624-6205 (15)

For Rent - House on the water in Massalina Bayou. 2 BD/2 BA w/

Jacuzzi and small office. Very nice. \$950/ month. Please call (706) 339-6499 Billie Jean Powell. (15)

For Sale - Set of 4 brand new Truck/SUV tires. M + S P265-70R16. Florida Gator tires made by Goodyear. \$375 OBO (850) 774-8918. (15)

For Sale - 1999 Ford Taurus, 92K miles, Great Condition, AM/FM Cassette, Power Locks/Windows \$4,000.00. Call 866-0460 (14)

For Sale - 2 golf push carts \$8 each or \$15 for both. Call 784-4334. (14)

For Sale - Recliner chair: Comfortable, compact size, tweed burgundy/tan fabric, medium brown real wood construction chair with extending footrest. Good condition, \$35. Call Russ @ 814-8567. (14)

For Sale - 1998 Pontiac Firebird, V6, dual exhaust, PS/PW/PL, AM/FM/CD. Green with charcoal gray interior. Low miles 68K. Good condition. \$7300.00. Call (850) 319-5235. (14)

For Sale - POOL TABLE: 8' Leisure Bay Winchester w/accessories, Navy Blue Cloth, 3/4 Inch Slate, Excellent Condition. Paid \$2500, asking \$1500 OBO. Call Janice 850-624-3402. (14)

For Sale - Queen size sleigh bed frame. \$175 Like new, solid pine. Call 236-0466 (14)

For Sale - 1997 Chevy Silverado Z71, 5.7L V8, AT/PS/PW/PL, extended cab w/ 3rd door, tow package, bed liner, AM/FM/Cassette/CD, white with gray interior, 172,313 miles. Good mechanical condition. Below book at \$7500. Offers considered. Call John at 819-4349 or Tina at 819-6835. (15)

For Sale - RBCS reloading dies of various calibers, \$5 each. Sears weight bench and weights \$30. Call 914-0360. (13)

For Sale - Set of gym lockers with locks and keys, 5 units wide by 2 units tall. Measures 79 inches long, 64 inches high. \$135 OBO (850) 233-5251 (13)

For Sale - Ideal 1031 Exchange Property! Panama City Beach Annabella Townhome pre-construction deal. \$35K reserves this NEW 1700 sq. ft, 3/2.5, 2-car garage unit. Hard contract

Coast Guard celebrates 215th anniversary



Photo by Carmen Cato

Community leaders from the Bay County Military Affairs committee celebrated the US Coastguard's 215th birthday on August 4 at the Edgewater Resort. John Raffield presented Master Chief Kurt Rommerdahl, Officer in Charge of the Panama City Station, with a binder of news clippings, photos and other historic documents on the Coast Guard's history in Panama City. Raffield is writing a book on the Coast Guard presence in Bay County.

signature for \$285K unit (w/ 10% down) due NLT JUNE 30. Serious investors call 234-4132. (12)

For Sale - '79 Chris Craft 25' Catalina. 350 w/less than 10hrs. Hull is perfect, needs exhaust tube and minor interior repairs. Original 305 with lots of extra parts, \$5,500 neg. Call 890-0606 (12)

For Sale - 2001 Ford Expedition XLT, only 56K miles. Triton V-8, Black, power seat, windows and locks, third row seating, rear air, multi CD, sun roof, running boards, roof rack, tow package, alloy wheels, gray leather interior, very clean, \$18,200 OBO. Call (850) 235-9698. (12)

For Sale - Popup, 1999 Starcraft, light weight model, loaded with air, heat 2 awnings and more. \$2,800 OBO. Mark @ 234-4055. (12)

The *Coastal Courier* accepts free per-

sonal classified ads from personnel of Naval Support Activity Panama City, tenant commands, retired military personnel, personnel assigned to Tyndall Air Force Base units, and adult family members of those people. Articles offered for sale must be the personal property of the person placing the ad. Ads for any commercial enterprise are not permitted. All items, services, etc., advertised shall be made available without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser. Classified ads are published on a space-available basis in three consecutive issues and are subject to approval by the editor. Send ads to joseph.moon@navy.mil or call JOSN Joseph Moon at (850) 234-4803 for details.