

# Coastal Courier



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Naval Support Activity - Panama City, Fla.

March 23, 2007

## Navy's Sea Fighter to arrive here at new home port

Office of Naval Research  
Public Affairs

NAVAL SUPPORT ACTIVITY PANAMA CITY, Fla. – The Sea Fighter, a high-speed Naval craft designed by the Office of Naval Research, is scheduled to arrive next week in Panama City, its new home port. Sea Fighter provides the Navy with a platform to conduct at-sea, operationally relevant science and technology experiments, along with a unique capability to collect and evaluate data and assess performance of advanced developmental programs.

Operated by a commercial crew, the Sea Fighter, which is 262 feet in length, has a beam of 72 feet and a draft of 15 feet and has demonstrated speeds in excess of 50 knots. It was delivered to the Commander of Naval Surface Forces in May 2005 and was used by the Commander of the Fleet Forces Command to evaluate experimental manning and operational concepts from May 2005 to September 2006.

From its original home port in San Diego, Sea Fighter moves to Panama City primarily for ease of access to the



Photo by John Williams, ONR Public Affairs

An MH-60S Seahawk helicopter prepares to land aboard Sea Fighter (FSF-1) during flight deck certification off the coast of San Diego, Calif. Soon to arrive here the Sea Fighter is a high-speed aluminum catamaran that will test a variety of technologies, which will allow the Navy to operate more effectively in littoral or near-shore waters.

ranges and warning areas associated with Naval Support Activity-Panama City, Naval Air Station-Pensacola, and Eglin and Tyndall Air Force bases. Sea Fighter will also be available for use by the Naval Surface Warfare Center-Panama City, one of the

Navy's primary research, development, testing and evaluation sites for littoral combat ship (LCS) developmental technologies, in particular, mine warfare. Planned experiments using the vessel include human factors assessments associated with the

LCS mission module concept, material assessment of the effects of temperature and environment on aluminum fatigue properties, and use of the ship to demonstrate autonomous underwater vehicle operations.

# Are you ‘storm ready?’

What do hurricane season and spring have in common? Tornadoes! Tornadoes are Nature’s most violent storms. We all have been hearing and reading a lot lately about how important it is to have a hurricane disaster plan and supplies. Did you also know that it is just as important to have a tornado disaster plan and supply kit as well? Remember that in 2004 a tornado spawned by nearby hurricane Ivan tore through Panama City Beach, causing damage to the base, homes and businesses up and



down Thomas Drive.

In the spring we all need to be more aware of the changing weather, and be alert for any that is severe. Florida has two tornado seasons. During the summer season, from June until September the greatest number of tornadoes occurs.

This includes those tornadoes that form from land falling Tropical Cyclones.

The spring season, from February through April, is characterized by more powerful tornadoes because of the presence of the jet stream. When the jet stream digs south into

Florida and is accompanied by a strong cold front and a strong squall line of thunderstorms. These powerful storms can move at speeds of 30 to 50 mph, produce dangerous downburst winds, large hail and the most deadly tornadoes.

Debra Forand, Disaster Response Case Manager for the NSA PC Fleet and Family Support Center, has provided me with some basic simple rules I’d like to pass on for you to include in your plan at work and at home

See Ready, pg. 9

## VIEWPOINT: “Why did you donate at the Navy Relief Fund car wash?”



“Of all charities that we could give to, what better way to give back to our Sailors. This one goes directly back to them.”

AWC Jon Wykoff  
SEA  
NSWC PC



“Its important to help those in need. Plus, I needed a car wash.”

Rachal Thomassie  
Mechanical Engineer  
NSWC PC



“Because it’s a nice thing to do.”

Marcy Dryslowski  
Homemaker  
Independently



“I’m a former Army guy, and I’m here to support my Navy friends. Not to mention I want to see Juan Rodriguez scrub my tires.”

Lt. Tony Meekins  
Police Supervisor  
NSA PC Security

### Naval Support Activity

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# Security graduates new ASF members

**MC3 Joseph Moon**  
 Coastal Courier Editor  
 NSAPC PAO

NAVAL SUPPORT ACTIVITY PANAMA CITY, Fla.- A new class of 12 Auxiliary Security Force trainees graduated Feb. 22 here after three weeks of classes and practical weapon instruction.

Sailors from commands around the activity completed the course schedule provided and taught by Homeland Security Solutions, Inc. The courses included, but was not limited to non-lethal weaponry and empty hand control techniques, use of force/deadly force, performing personnel and vehicle inspections, implementation of Oleoresin Capsicum, or pepper spray, (including running a course after having been sprayed), tactical team movements, fundamentals of the M9 service pistol, M500 Shotgun and M-16 service rifle.

Final classes covered NSA PC Security Department essential knowledge, taught by MA2 Adam Dickson, ASF coordinator and a final practical exercise.

This is the first time that a contracted company has instructed an ASF course at NSA PC, so it brought some changes, says Dickson.

“All the students from the different commands were very receptive to the changes made in the course this year,” said Dickson.



Photo by MC3 Joseph Moon  
 EM2 Addenaure Mackenzie, Port Operations boat operator, receives a direct spray of Oleoresin Capsicum (OC) spray directly across his eyes by instructor Roger Cooke before he runs through a training course during his Auxiliary Security Force Training Feb. 8 at the NSA PC baseball field.



Photo by MC3 Joseph Moon  
 ND1(DSWs/SS) William Washburn, life support technician Navy Experimental Diving Unit, instructs his attacker, MA2 Lawrence Dance, to lay flat and face away from his voice. Washburn will continue by telling Dance to put his arms out, palms up and cross his legs.

# SECNAV says safety is critically important

**April Phillips**  
**Naval Safety Center**  
**Public Affairs**

NORFOLK (NNS) — In his role as Secretary of the Navy, Donald C. Winter knows that he bears ultimate responsibility for the hundreds of thousands of Sailors and Marines who serve this country every day on ships and bases across the globe.

Engaged in winning the war against terrorism, he is aware of the crucial importance of the mission. However, Winter said a key element of the mission that often gets overlooked is safety, and he's made it a priority during his tenure as SECNAV.

"I think safety is critically important in everything we do," said Winter during an interview with the Naval Safety Center in February. "The mission is important and safety has to go right along. The men and women of our Navy are the heart of the Navy; and, if we cannot take care of them, then we are not doing what is expected of us."

Winter said he received a real education about the hazards that go along with military service when he was a government contractor. In his opinion, the Department of the Navy does a much better job of caring for its own than civilian organizations typically do.

"Contractor responsibility really ends when the employee leaves the contractor's facil-

ity. In the Navy we have much broader responsibility. It is part of what I think is appropriate and necessary because being able to preserve our Navy family at large is critical to us being able to continue in the important missions we're engaged in," Winter said.

Statistically, Sailors and Marines are safer while actually performing their missions than they are during their off-duty time. Winter said he wants to instill what he calls a "culture of safety" that he believes will reduce the number of off-duty mishaps. He said leadership must be involved.

"I think it starts with the management chain. The commands must understand that we're going to hold them accountable for the safety of the Sailors and Marines that are under their responsibility," he said. "And that's true whether it occurs during duty hours or after duty hours, on base or off base. It is part of what we need to do to instill a safety culture within the Navy and Marine Corps."

Although a large percentage of Navy and Marine Corps fatalities occur behind the wheel of a personal motor vehicle (PMV), the PMV fatality rates are actually well below that of civilian counterparts aged 18 to 34 years. This may be due to the fact that these service members often spend a portion of the year deployed.

Sailors and Marines seem to do a better job of using

operational risk management behind the wheel than civilians; nonetheless, Winter said he won't be satisfied until every single avoidable mishap has been prevented.

"We may be better than national averages at large, but I have to tell you that every time I look at the safety incident reports, I see fatalities and serious injuries that result when Sailors and Marines are speeding and losing control of their vehicles, driving without seatbelts, driving under the influence. These are avoidable, preventable accidents; and, until we eliminate all of them, I will not be satisfied that we've done all that is incumbent upon us to do," he said.

With so much importance placed on safety, the secretary of the Navy said it's important to properly fund proven initiatives. However, he said

money isn't everything.

"I think it's more of an issue of ensuring that the priority is safety and the core aspects of safety are fully understood throughout the fleet," he explained. "I think that is what we really need to emphasize."

Winter said this emphasis has to begin early and it's not limited to personal behavior. He said safety must be built into the process of acquiring new aircraft, vehicles, and other equipment for the fleet. He identified two aspects of safety in the acquisition process that must be closely scrutinized — manufacturing and testing.

Ultimately, the secretary said leadership is the most important aspect of ensuring mission readiness is not negatively affected by unsafe behaviors and equipment.

**13th Annual Gulf coast CPO Association**  
**Chiefs Golf Tournament,**  
**Select Shot**  
**Bay Dunes Golf Club**  
**Friday, May 11 @ 8:00 am**

Shotgun Start (show up early)  
\$70 per person/\$280 per team  
\$175 for hole sponsorship  
\$415 for hole sponsorship with team (4 players)

Includes:  
Green fees with cart, light lunch, soda, 2 beer tickets, golf shirt, golf towel, ball, tees, raffle ticket, \$10,000 worth of raffle prizes, 5k hole-in-one, additional prizes for other holes, and lots of fun too

See our website at [www.gccpoa.com](http://www.gccpoa.com)

# The importance of Easter

Christmas was three months ago, and we are through both Martin Luther King Jr. Day and President's Day. That means that Easter is right around the corner. Most people know that Easter is the time that Christians celebrate the resurrection of Jesus Christ from the dead. All across the world, Christmas is celebrated with much fanfare and expectation. Red and green decorations pop up everywhere in December, and at least in some little way, the majority of the world is recognizing the birth of Jesus Christ, whether they are practicing Christians or not. Now comes Easter, which

millions still celebrate; there is even the Easter bunny who attempts to rival Santa Clause. Any onlooker can tell, though, that the amount of attention and preparation time given to Easter is much less than Christmas. Even the average Christian will spend much more time preparing for and celebrating Christmas than Easter. Why is this?

When you look at both of the holidays, which is more important? Both celebrate events in the life of one person, Jesus Christ, yet both do not get the same type of universal recognition. The birth of Christ is important in that there could have been no life without the

## Chaplain's Corner



**Chaplain Ben Howard, Lt., USN Sea Shore Chapel**

birth. However to a Christian it was the death and subsequent resurrection of Christ that brings salvation. Easter, then should be of greater importance than Christmas, at least to those who claim to

be Christians.

Why then is Easter important? A birth is an everyday occurrence. Although it was only once in history that Jesus Christ was born, there are babies born everyday. Someone coming back from the dead is a different story. Besides a demonstration of the power of God, the resurrection shows us that new life is possible. Easter can be a reminder that there can be renewal and new birth in our lives. Many people find themselves caught in situations that seem hopeless and impossible. Easter is a great reminder that God's power can accomplish anything in our lives if we let it. The

same power that can raise someone from the dead can restore a life, change a habit, fix a marriage, restore a relationship, heal a body or supply a need.

The question we each need to ask ourselves then is this. How will Easter make a difference in my life? There will be many churches that will be having special services Easter Sunday, and a service such as this might be the place to start to answer that question for yourself. Will Easter ever rise to the level of Christmas in importance? Probably not, but the importance of it can rise for each person who understands its significance.

**Easter Sunrise Service**

**April 8  
7:00 a.m.**

**at the Marina**

### Fairwinds to land-loving Sailor

ET1 Timothy Koenig walks ashore with his wife Regli, son, Michael, and daughters, Vanessa and Tania at the end of his retirement ceremony Feb. 20 here at the NSA PC Chapel. After 20 years of honorable service in the United States Navy, Koenig retires having never served aboard a ship, but having spent over half of his service overseas.



Photo by MC3 Joseph Moon

## NSWC PC diver named NAVSEA Sailor of the Year

### NAVSEA Press

WASHINGTON — Navy Diver 1st Class (DSW/FP) Timothy T. Alexander was selected as the Naval Sea Systems Command (NAVSEA) 2007 Sailor of the Year.

Alexander works as a Diving Supervisor at Naval Surface Warfare Center Panama City Division.

NAVSEA Commander Vice Adm. Paul Sullivan announced the results of the competition at a ceremony held at the Washington

Navy Yard Catering and Conference Center on March 9. Alexander was chosen from a group of five finalists.

Sullivan congratulated all of the finalists for their accomplishments and for being the 21st Century leaders that the Navy expects them to be.

“You are all here because you excel at what you do. As your commander, I can tell you that I am proud to serve with you,” said Sullivan. “But, I also need to remind you that

we’ll continue to expect great things from each of you.”

Alexander, who has been in the Navy for nearly 16 years, attributed his success to the diverse nature of the Navy and strong mentors who helped him grow as an individual and Sailor. One particular mentor stood out for Alexander.

“I had the honor of working for HTMC(MDV/SS) Lamount King, the fifth African-American Master Diver in the Navy,” said Alexander.

“I worked for King almost eight years, and in that time I was constantly aware that the level of commitment to his junior divers was foremost in his mind.

“He allowed me to make mistakes that led to valuable lessons learned,” he continued. “It’s important to challenge our Sailors with more than they are used to handling.”

The four other finalists were EOD1(EWS/SW) Sean Huber from NSWC Indian Head, Md.; ND1 Jason Cook from Pearl Harbor Na-

val Shipyard and Intermediate Maintenance Facility; HM1(DSW) Michael Lewis from Navy Experimental Dive Unit, Panama City, Fla.; and EN1(SW) Nanette Smith from Puget Sound Naval Shipyard and Intermediate Maintenance Facility in Everett, Wash.

Alexander now advances to the final round of the Navy’s Sailor of the Year competition, which will be held in Washington, D.C. in May.

## CNRSE graduates Green Belt Lean Six Sigma students

**Suzanne Speight**  
**CNRSE Public Affairs**  
**MC3 Joseph Moon**  
**NSA PC**

Naval Air Station Jacksonville, Fla. — Commander, Navy Region Southeast kicked off its first Green Belt training classes in early February. A group of 30 military and civilian personnel from commands throughout the region attended the training at locations in Jacksonville, Fla. and Norfolk, Va.

Green Belt training is a major first step in a Navy-wide implementation of Lean Six Sigma (L6S), a problem solving process and mindset that has been proven to significantly improve customer satisfaction, by reducing vari-

ability and waste in every aspect of a business. Acclaimed by companies such as GE and Motorola for its ability to develop and deliver near-perfect products and services, L6S will be a critical tool in the mission of supporting the warfighter.

It is all about process improvement, said Mary Kay Kassiris, NSA PC management analyst and graduate of the green belt course.

“It is a comprehensive and flexible system for rapidly achieving, sustaining and maximizing business success,” said Kassiris.

Students learned the L6S basics and completed an actual process improvement project during the training, which consisted of two sepa-

rate week-long sessions. After attaining the Green Belt certification, responsibilities will include: helping to direct and conduct process improvement projects; collecting and analyzing data from experiments and business processes; working with process owners to ensure project gains are maintained; and disseminating best practices throughout the Navy.

CNIC has mapped L6S as a permanent course for the Navy’s future, and the CNRSE Green Belt graduates are in a position to lead a successful implementation throughout the organization, military and civilian, at all levels.

“I am excited about the fact that higher ranking Navy

personnel are receiving this training, and apparently will not only be using these skills, but will encourage others -- up and down the chain of command — to do so as well,” said Cmdr. Barry Murphy, of Naval Weapons Station Charleston. “In the past, these kinds of things - new skills, new methods of doing business, better ways to communicate, etc. - have been taught and adopted at lower levels within the Navy; however, I think senior Navy leaders often were unaware of these new techniques, and thus all of us were not on the same page.” Murphy said he felt interactions between these two “camps” were often out

# New PERSTEMPO instruction preserves quality of service

**Public Affairs Office  
 Commander U.S.  
 Fleet Forces Command**

Washington (NNS) - A review of how the Navy deploys forces to meet increased operational demand has led to the release of a new Personnel Tempo (PERSTEMPO) instruction. Signed by the Vice Chief of Naval Operations, Admiral R. F. Willard, on January 16<sup>th</sup>, these changes update deployment policies and account for all days away from homeport to ensure quality of service is preserved.

“Family readiness is tied to Fleet Readiness. That is the vital link the PERSTEMPO effort is trying to preserve. We must make it clear that, while we remain a warfighting, sea-going service, we value the contributions and sacrifices of our Sailors and their families. This new instruction helps us do that,” said Chief of Naval Operations (CNO) Adm. Mike Mullen.

The PERSTEMPO program was first initiated in the mid-1980s to provide a process to balance support for national objectives with a rea-

sonable operating tempo (OPTEMPO) for Sailor’s quality of life.

The instruction revises definitions, sets limits on deployments, and formalizes metrics for reporting and tracking unit employment to better account for time away from homeport.

Under the new instruction, the previous 56-day requirement for deployment credit has been eliminated and units will not drop below 50% time in homeport over an Employment/FRP Cycle without CNO approval. Units will also

not deploy again after return until being home for at least as long as the previous deployment.

These changes, coupled with revised policies to improve maintenance and training procedures, allow the Navy to better respond to the increased demand for the unique capabilities provided by naval forces.

The plan also allows for the flexibility of increasing some deployments up to seven months to support operational commitments around the world.

## *In Memoriam*

**Robert D. Inman**, 74, of Parker, Fla., passed away Saturday, March 10, at his home. He was born in Rowland, N.C., on Tuesday, Feb. 23, 1933, to



Joseph Raymond Inman and Annie Amelia Thompson Inman. He joined the Navy at 17 and served in the Navy and Air Force in the Korean and Vietnamese wars retiring after 20 honorable years. He completed his civilian career at the Navy base in Panama City, Fla., retiring in 1992. He is survived by his wife, Brenda; sons, Timothy and wife, Trudy, of Wetumpka, Ala., John of Ketchikan, Alaska, David and Phillip; daughters, Rachel and husband, Barry Mitchum, and Rebecca and husband, Sam Acton; and other beloved relations. In accordance with his wishes he will be cremated and his ashes eventually will be buried with his wife in Rowland, N.C.

## *In Memoriam*

**SMC Robert D. Ryburn**, 86, of Panama City Beach, Fla., passed away Thursday, March 15, in his home.



He was born April 13, 1920, in Webb City, Mo. He was a retired chief from the U. S. Navy. He was a member of the Pearl Harbor Survivors’ Association and participated in Pearl Harbor commemorations held at NSA PC over the years.

He is survived by his wife, Pam Ryburn; brother, Billy Ryburn, of Alabama; and several nieces, nephews, great-nieces and great-nephews. A memorial service will be held at a later date. Call 785-5272 for information.

In lieu of flowers, donations may be made to Covenant Hospice, 107 W. 19th St., Panama City, FL 32405, in memory of Robert Ryburn.



## **Blessing of the fleet**

\*The Panama City “Blessing of the Fleet” is held each year to allow religious representatives from different denominations an opportunity to bless commercial vessels and privately-owned small boats used in the Bay County local waters.

NSA PC’s Chaplain (LT) Ben Howard will be one of the officiating clergy at the event, to be held March 31 at the Panama City Marina starting at 9:30 a.m.

This year Naval Diving and Salvage Training Center (NDSTC) will not only support the Blessing of the Fleet event, but will support pier side tours of YDT-18 the Diving Training Craft from 11 am - 2 p.m. at the Panama City Marina.

## Classified Ads

**5 Piece living room.** Queen sleeper sofa, love seat, chair, and two end tables. Light color rattan with pastel floral cushions. Good condition. \$125 Also 5 piece dinette or breakfast room set. Rectangular table - white w/ wood top table and 4 chairs. Excellent condition. \$100. Can email pictures. 814-9286. (6)

**Two 2006 Honda CRF 100 Motocross / Trail Bikes.**

Low Hours, Excellent Condition, Garage Kept. 3k for both or \$1600 each. 319-1240 (6)  
**2000 Toyota Celica GT,** Sporty Reliable & Affordable - 110K miles, automatic, PW, PL, AM/FM CD, Cold Air, does have cosmetic damage but runs great (just like a Toyota should.). Asking \$3,500 call 769-2726 or 814-9992 (6)

**2004 White Chrysler Crossfire,** 6 Speed with low profile tires, Low Mileage 9,143, Infinity Stereo/CD player, \$18,000, 819-4335 or 819-4341 (6)

**For rent,** Cedar Grove (close to hwy 231 and East Ave, mall), 2 bd/1 1/2 ba, nice, clean townhouse, end unit, fenced yard, washer/dryer, absolutely no smoking/no pets \$800 per month, plus security deposit. 6 mo or 1 yr lease. 3124 Debra Blvd, available around April 15. 277-0513.

**1 Bd/Ba Waterfront furnished condo @ Sun Harbor Marina** near Navy Base. Very comfortable and attractive setting. Some util. incl. No smoker/pets \$725/mo. \$600

dep. 234-4674 or 763-8028, Avail. beginning of April (6)

**Chinese Crested Puppies** 2 powder puffs/7 hairless, avail. Mar 17th, Non-shedding, 10-12 lbs grown. Sire/dam on premises. Dewormed, 1st shots & health certificate provided when released. Accepting deposits of \$150, at 8 wks remainder \$250 due. Non-refundable deposits. Call 960-5499

**Evenflo black and silver double stroller;** any infant carrier compatible. Excellent condition, hardly used \$60. Call 265-2135. (4)

**1999 Oldsmobile Silhouette** Premiere Edition, auto trans/6-cylinder engine, van has new transmission, fuel pump, alternator, tires, battery. \$5,500 OBO, call 252-5551

**International Harvester Scout,** 1966 model 800, 4WD, 4-196, 3 spd, 8000LB winch, winch bumper, 10x31x15 tires, has roll bar available, full top. Includes 1962 International Harvester Scout strictly for parts. Asking \$2K, 769-2726 or 814-6994 (4)

**2002 Harley Davidson FXSTI,** Softail Standard Fuel Injected. Stage one kit installed, Vance & Hines exhaust, Kuryakyn pegs and grips. Many extras. Asking \$14,000. Call 230-7177 or 236-5995.

**GE Washer & Dryer,** extra large capacity, good shape, \$300 OBO. Call 235-5401 or 867-1805. (3)

**For Sale- Palmetto Trace Townhouse** 2 bd, 2 ba, 1350 sq ft., tile and carpet floors. Screened patio, 1 car garage, private pool/clubhouse. 1/2 mile to beach, Pier Park, Frank Brown Park. Very nicely maintained. 29 Park Place. \$239,000 Call 706-888-7887 (3)

**Room 4 rent in Kingspoint** executive home. \$400/mo & 1/3 utilities. Garage available. No pets/smoking. 866-4337.

**1996 Thor Millennium Camper,** totally remodeled, everything Works. \$6995 OBO249-3810 (1)

**St. Andrews apartment for rent.** Nice 2 bd, 1 ba, apt. with water & sewage furnished. 1 year lease req. Rent is \$650/mo with \$550 deposit. Call 234-5734 for more info or appointment. (1)

**For Rent - Palmetto Trace Townhome** 2 bd, 2 ba, 1350 square feet, 2 years old with Florida room, granite and tile floors, 1 car garage, private pool and clubhouse. Pets negotiable. \$1150/mo neg. includes yard maint./trash. 1/2 mile to beach, Pier Park and Frank Brown Park. Primary: (305) 942-1475, Alt. (305) 731-3360 Jeff or Jennifer (1)  
**Custom-made Computer Armoire.** Solid oak, excellent condition. 80"W x 71"H x 26"D. Go to <http://forsale.baycg.com> for details and pictures. \$1500/OBO. 265-6215.

**MP3 & Kids toys:** MPIO FY200 model MP3 player - white 256MB. Brand new in

unopened box includes necklace lanyard and arm band. Also works as thumb drive. Retail for \$40, asking \$25 .  
**FISHER PRICE toy sets** - talking cash register with groceries (\$10), Little People Barn (\$10), Little People Doll House (\$10) and Little People Zoo with extra animals and fence (\$15). All sets complete & in great condition, can e-mail pictures. Call 747-1531 leave message.

**Twin Bed** Includes headboard, mattress, box springs and frame which were in a guest room and seldom used. Will deliver if necessary. Asking price is \$100. Please call 277-2359. (1)

The Coastal Courier accepts free personal 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](mailto:joseph.moon@navy.mil) or call MC3 Joseph Moon at (850) 234-4803 for details.

**Ready**

from page 2

that can possibly save your life in the event a tornado is headed your way.

Stay informed by listening to NOAA Weather Radio, local radio, and television for the latest tornado watches and warnings. At work watch your email if possible for weather alert emails from your command.

When conditions are favorable for severe weather to develop, a severe thunderstorm or tornado watch is issued. A Tornado Watch indicates that conditions are right for a tornado to develop. Be alert to changing weather conditions.

A Tornado Warning indicates a tornado has been sighted or that radar indicates

one has developed or could develop within minutes. Warnings will give the location of the tornado and the area immediately affected by the warning. When a warning is issued, move quickly to shelter. The safest place to be during a tornado is a basement. If the building has no basement or cellar, go to a small room (a bathroom or closet) on the lowest level of the structure, away from windows and as close to the center of the building as possible.

Be aware of emergency shelter plans in stores, offices and schools. If no specific shelter has been identified, move to the building's lowest level. Try to avoid areas with large glass windows, large

rooms and wide-span roofs such as auditoriums, cafeterias, large hallways or shopping malls.

If you're outside, in a car or mobile home, go immediately to the lowest level of a nearby sturdy building. Sturdy buildings are the safest structures to be in when tornadoes threaten. Winds from tornadoes can blow large objects, including cars and mobile homes, hundreds of feet away.

If there is no building nearby, lie flat in a low spot. Use your arms and hands to protect your head. It is not safe to seek shelter under highway overpasses and bridges.

Each year, many people are killed or seriously injured

by tornadoes alone despite advance warning. Being prepared combined with timely severe weather watches and warnings could save your life in the event a tornado, hurricane or severe thunderstorm threatens your area. After you have received the warnings, you must make the decision to seek shelter before the storm arrives. It could be the most important decision you will ever make.

If you would like more information on how to prepare for a tornado, hurricane, or other disasters call or visit the Disaster Response Program Manager Debra Forand, X4898, at the Fleet and Family Support Center in Bldg. 304, Rm. 126.

**Lean** from page 7

of sync. "I really think L6S will be the remedy, and will be the 'glue' that binds our entire Navy Team into one very cohesive unit."

More information about L6S may be found at the following Web sites:

**Free Six Sigma Lessons:** <http://www.motorola.com/content.jsp?globalObjectId=3069>

**Six Sigma Dictionary:** <http://www.motorola.com/content.jsp?globalObjectId=3074-5804>

**Further Articles:** <http://www.motorola.com/content.jsp?globalObjectId=3070-5788>

**Frequently Asked Questions:** <http://www.motorola.com/content.jsp?globalObjectId=3075-5805>



**2007 Tyndall AFB Gulf Coast Salute of America's Heroes Airshow**

Saturday March 24

Gates open at 9:00 a.m.  
Free admission

Come see:  
US Army Black Daggers parachute team  
Aerostars Aerobatic Team  
F-22A Raptor  
Patty Wagstaff Aerobatics  
the **US Navy Blue Angels**  
and much more!