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Naval Support Activity Panama City Fla.

November 24, 2009

On the Inside

NSA PC to save money, page 2

Rear Adm. Townsend signs CNRSE's energy instruction, page 3

Get tricked with Trunk or Treat, page 4

Veterans take to the streets in parade, page 5

NSA PC help Tri-athletes finish, photo page 6

NEX Black Friday Sales, page 7

Panama City burn notice, page 8

Panama City CEL Survey results, page 8

Suicides are preventable

Warning signs of suicide are not always this obvious...

ACT.

ASK - CARE - TREAT

ASK if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREATment**) as soon as possible.

Life counts.

www.suicide.navy.mil

STORY BY NSA PC FLEET AND FAMILY SUPPORT CENTER

In the U.S. someone dies from suicide every 17 minutes. At least 80 individuals die and 1500 make a suicide attempt daily. Over 30,000 Americans die annually from suicide. It is a major national public health problem. Suicide has been the third leading cause of death in the Navy and the 11th highest cause of death in the

civilian population. The Navy experienced 11.6 suicides per 100,000 Sailors during 2008.

All of us are affected by suicide. It is everyone's responsibility. Suicides are PREVENTABLE. Command leaders, supervisors, co-workers, family and friends are all in a position to play an important role in identifying someone who is considering suicide. Start by paying attention to your shipmates, family and friends. Ask them if

something is wrong and if they have a problem. Ask them if they are thinking about suicide. Here are some warning signs to help us know if there is a possibility of a Sailor or family member thinking about suicide:

1. Talking About Dying -- any mention of dying, disappearing, jumping, shooting oneself, or other types of self harm.

2. Recent Loss -- death, divorce, separation, broken relationship, loss of job, money, status, self-confidence, self-esteem, loss of religious faith, loss of interest in friends, sex, hobbies, activities previously enjoyed

3. Change in Personality -- sad, withdrawn, irritable, anxious, tired, indecisive, apathetic

4. Change in Behavior -- can't concentrate on school, work, routine tasks

5. Change in Sleep Patterns -- insomnia, often with early waking or oversleeping, nightmares

6. Change in Eating Habits -- loss of appetite and weight, or overeating

7. Diminished Sexual Interest -- impotence, menstrual abnormalities (often missed periods)

8. Fear of losing control -- going crazy, harming self or others

9. Low self esteem -- feeling worthless, shame, overwhelming guilt, self-hatred, thoughts of "everyone would be better off without me"

10. No hope for the future -- believing things will never get better; that nothing will ever change

Commands can request a suicide prevention and awareness

SUICIDE cont'd pg 6

NSA PC energy projects to save \$149,000 annually

**NAVAL FACILITIES ENGINEERING
COMMAND PUBLIC AFFAIRS**

Naval Facilities Engineering Command (NAVFAC) Southeast awarded two energy projects June 30 for work to be done for Naval Support Activity Panama City (NSAPC) and Naval Surface Warfare Center (NSWC) Panama City Division that will provide a combined annual savings of \$149,000.

“The secretary of the Navy expects a three percent reduction in our total energy usage each year,” said Cmdr. Jessica Pfefferkorn, NSAPC commanding officer. “This project, as well as our several in-house initiatives, are projected to almost double our 2009 energy reduction goal. These upgrades are one piece of our comprehensive energy efficiency program.”

Both projects were awarded to Gulf Power of Atlanta, Ga., and will be developed by Energy Systems Group (ESG). ESG will implement four energy conservation measures (ECMs): high-efficiency lighting retrofits, water conservation measures, solar pool heating and controls upgrades.

The NSAPC project, valued at \$558,000, will provide services to reduce energy consumption, utility operation and maintenance costs at buildings on the installation. The scope of this project will include lighting, water, installing premium efficiency motors, insulating steam-to-hot-water heat exchangers and installing solar pool heating. An annual cost savings of nearly \$58,000 is projected upon completion of this project.

One of the benefits of the ECMs for this project can be measured through the array of solar panels that will be installed on the roof of building 350, which houses the 2,800-square-

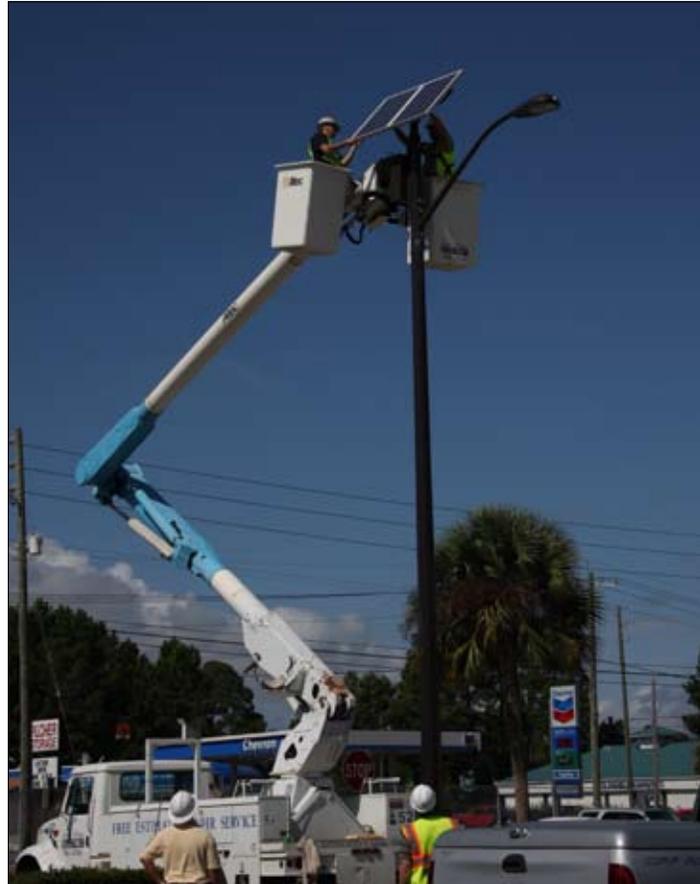


Photo by MC2 David Didier

Contractors from Energy Savings Group install a solar powered street light in the parking lot of building 126 on Naval Support Activity Panama City. The new street light will use solar energy stored during the day to power the light at night.

foot pool that Navy divers use for training. This pool is heated to a temperature range of 82 to 86 degrees, and a natural gas-fired boiler provides heat. The new solar panels will supplement the boiler so less natural gas is used.

The NSWC Panama City project, valued at \$896,000, will upgrade facility infrastructure to enhance energy and operational efficiencies for facilities on that installation. The goals for this project are to achieve energy and water savings through upgrades to building lighting, water conservation, motor retrofits, hot water pump replacement and HVAC upgrades. An annual cost

savings of more than \$91,000 is projected when this project is finished.

Upon completion, the Navy will see a reduction of 5,800 million BTUs and 4.1 million gallons of water annually. The expected completion date for all work on this contract is June 2010.

Energy Systems Group (ESG) is an award-winning energy services company that specializes in delivering sustainable energy solutions which allow building owners to maximize their energy efficiency and operational performance, while reducing their carbon footprint. Through its core business of

performance contracting, ESG provides customers with innovative energy efficiency, technology, and long-term financing solutions for modernization of their facilities and energy infrastructure. To learn more about ESG, visit www.energysystems-group.com.

The Naval Facilities Engineering Command (NAVFAC) manages the planning, design, construction, contingency engineering, real estate, environmental, and public works support for U.S. Navy shore facilities around the world. We provide the Navy's forces with the operating, expeditionary, support and training bases they need. NAVFAC is a global organization with an annual volume of business in excess of \$10 billion. As a major Navy Systems Command and an integral member of the Navy and Marine Corps team, NAVFAC delivers timely and effective facilities engineering solutions worldwide.

**Be
bright
turn
off the
light!**

CNRSE takes energy conservation seriously

NAVAL FACILITIES ENGINEERING
COMMAND, SOUTHEAST PUBLIC
AFFAIRS OFFICE

With his Energy Council present for its first meeting, Rear Adm. Townsend G. Alexander, Commander, Navy Region Southeast (CNRSE), signed the new energy instruction that establishes the energy policy for installations. CNRSE will lead by example with a comprehensive and robust energy strategy to meet all new laws and policies set forth for Energy and Water Conservation with the issuance of this new instruction. "Leadership in conservation will be achieved and sustained with awareness, training and implementation of suitable technologies in energy and water conservation," said Alexander. "As a culture, our behavior will have to change."

Legislation passed in the Energy Independence and Security Act of 2007 (EISA 2007) requires a 30 percent reduction in energy intensity by 2015, a 20 percent reduction in water intensity by 2015, and an audit each year of one quarter of the facilities identified as the top 75 percent of energy consuming facilities. The National Defense Authorization Act of 2007 (NDAA 2007) states that 25 percent of electric consumption must come from renewable sources. Executive Order (E.O. 13423) for Strengthening Federal Environmental, Energy, and Transportation Management mandates that 15 percent of the existing Federal buildings incorporate sustainable practices by 2015. Additional policies detail guiding principles for sustainable design and establish a LEED Green Building Rating System for incorporating sustainable principles into new facilities and major renovations on existing structures. The Strategy Precepts vital to this effort are



Photo contributed by CNRSE Public Affairs

Rear Adm. Townsend Alexander, Commander Navy Region Southeast, signs CNRSE's Energy Instruction while members of the NRSE Energy Council look on at Naval Air Station Jacksonville, Fla., Aug. 21.

to raise personnel awareness and participation, train energy and utility personnel, implement new conservation based technology, implement life cycle cost effective projects, establish Energy Star rated buildings, integrate energy efficiency into leases and Base Operations Services contracts, increase renewable energy use, and reduce petroleum consumption. Naval Facilities Engineering Command (NAVFAC) Southeast developed a tool kit for conservation that incorporates technology, identification and training of pivotal personnel, high performance building tools, communication and recognition programs, measurement mechanisms and planning for installation commanding officers in the southeast. 'Energy Star' certification will be required on all small and large appliances. Diligence will be paid on addressing and implementing Alternative Fuels for Vehicles and Infrastructure. Personnel will be trained and certified annually on strategies,

construction and sustainment of energy and water conservation best practices. NAVFAC will ensure that new construction and major renovation plans will be reviewed to ensure that leading technology for conservation are implemented. To further publicize these efforts, "Existing buildings re-commissioned as 'Energy Star' or 'LEED' certified will be recognized with a 'ribbon cutting' ceremony." NAVFAC will be monitoring progress closely with a comprehensive web-based metrics program established, maintained, and available for review by leadership on the CNRSE portal. Measurements for success commenced with fiscal year (FY) 2008. The metrics for reporting establish a cumulative target that the fiscal year actual is evaluated against. "We are on our way," said NAVFAC Southeast Commanding Officer Capt. Doug Morton. Financed Energy Projects awarded during FY 2008 included seven Utility Energy Services Contracts (UESC) at

four installations and one Energy Savings Performance Contract (ESPC). FY2009 continues the trend of energy projects with six UESCs at four installations; three ESPCs at three installations; and three Energy Conservation Investment Programs (ECIP) at Kingsville, Meridian, and Charleston. Future plans are on track for FY 2010 calls for 19 projects at eight different installations totaling \$64 million. Region Southeast will see over \$100 million in ARRA Energy funding. ARRA Energy Projects to install Photovoltaic Systems and Advanced Metering are set for Florida, Texas and Mississippi. "It will take the collaborative effort of sailors, family members, personnel and contractors at each of our installations to reach the goals outlined by the President," said Rear Admiral. Alexander. "We all share the responsibility of environmental stewardship - do your part, think smart, conserve energy, and save our precious resources."

TRUNK OR TREAT

Photos by Mass Communication Specialist
2nd Class David Didier



LEFT: Electricians Mate 2nd Class Addenaure Mackenzie and Boatswains Mate 2nd Class Ryan Knoblauch stand by Knoblauch's decorated car ready to hand out candy to children.



RIGHT: NEX employee Jennifer Liveoak and her family came out to the festivities to enjoy some safe and fun trick or treating.



Children search for a "needle in a hay stack" (painted popsicle sticks) at the Balfour Beatty fun booth for a chance to win many prizes.

The Naval Support Activity Panama City Annual Trunk or Treat held October 30, was an evening filled with fun and games for children of all ages. The event included a haunted hay ride, bounce house, games, a large slide and free food. The event also included a contest for best costume and best pumpkin carving.

To finish off the evening, children went from car to car collecting candy in the NEX parking lot where cars were decorated to be as spooky as possible.

This event provided families and children with a great opportunity to come together and have a fun and safe trick or treating experience, and it also provided children the opportunity to celebrate Halloween for two days and get twice the candy.



The haunted hayride created frightening fun for children of all ages as zombies fought for the fresh batch of brains with every ride.



Children jump and play in a bounce house at Trunk or treat.

★ PANAMA CITY VETERANS DAY PARADE ★

Photos by Mass Communication Specialist 2nd Class David Didier



LEFT: Members of the NSA PC Honor Guard Logistics Specialist 2nd Class Kurt Carmody, Boatswains Mate 2nd Class Derek Craine, Gunners Mate Seaman Recruit William Nalley, Boatswains Mate 2nd Class Kayon Ricketts march down Harrison Avenue as they proceed the Grand Marshal Cmdr. Jessica Pfefferkorn, NSA PC commanding officer.

BELOW: NSA PC Commanding Officer, Cmdr. Jessica Pfefferkorn waves as the Grand Marshal of the Panama City Veterans Day Parade November 11. The classic 1975 Cadillac El Dorado was provided and driven by Ron Stonecypher, NSWC Panama City Division.



RIGHT: A Boy Scout and his mother look at each other as members of the Panama City Pipes and Drums perform Amazing Grace at the Panama City Veterans Day Parade.



Logistics Specialist 2nd Class Kurt Carmody and Boatswains Mate 2nd Class Kayon Ricketts salute during a wreath laying ceremony in dedication of U.S. Army Spc. Charles Jankowski who was killed while serving in Iraq.



A Veteran sits and listens to the speech given by Cmdr. Jessica Pfefferkorn after the Veterans Day Parade.

Suicide

Cont'd from page 1

briefing from the installation Chaplain. Suicide awareness and prevention displays can be found this month in the galley lobby and at the Fleet and Family Support Center. For more information, contact your Fleet and Family Support Center, bldg 304, room 121, 235-5800.

**Stay Alive,
Don't
Drink and
Drive**



**The Coastal Courier
Naval Support Activity
Panama City**

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Photo by MC2 David Didier

Acting President of the North Bay Creek Indian Clan, guest speaker Carl Bush talks with members of the NSA PC community about the historical relationships of Native Americans and the military during a National American Indian and Alaskan Native Heritage Month ceremony held November 19 in the Galley.



Photo contributed by Kevin Hall

On Saturday, Nov 7th members of Naval Support Activity Panama City, Naval Surface Warfare Center Panama City Division, Navy Experimental Diving Unit, Naval Special Warfare Advanced Training Command, and Boy Scout Troop 302 supported the 2421 Tri-athletes who participated in the 11th Annual Florida Ironman Triathlon. The members operated Bike Station #2 located at Ebro City Hall, which was approximately 23 miles into the 112 mile bike ride. Members began setting up the station at 6:00 a.m. and were ready as the first Tri-athlete rode by at 8:10 a.m. The last Tri-athlete passed the station at 11:10 a.m. The members handed out drinks, bananas, and energy bars as Tri-athletes sped by on their bicycles.

Come & See What Your Local NEA Has To Offer Great Deals On Friday, November 27th

Sale! 50% off
our everyday low prices on ENTIRE STOCK of
BOARD GAMES

LOWEST PRICE EVER! Sale! 25% off our regular prices on ENTIRE STOCK of
YANKEE CANDLE
Excludes All Fragrances of the Month

10% Off All Televisions
Limited to Stock
On Hand

Sale! 50% off
our everyday low prices on ENTIRE STOCK of
MULTIPACK BATTERIES
FROM DURACELL

M&R, M&E, O-4, D-4, R-2

10% Off TomTom 1405

Regular Price \$199.99

Sale! 20% off our everyday low prices on ENTIRE STOCK of
SUNGLASSES

FOSSIL
GUCCI
COACH
GUESS AND MORE

Prices good from 9:00AM to 12:00PM

*Assorted Sweet Shop
Assorted Candies
In Glass Bowl*

Large Selection Of Gift Sets to Choose From

Store Hours

November 27th 9AM - 6PM
 November 28th 9AM - 5PM
 November 29th 10AM - 4PM

Sale! 25% off
our everyday low prices on ENTIRE STOCK of
Goody HAIR ACCESSORIES

SALE 59¢-7.49
Reg. 79¢-9.99
Limited stock
on hand

All Day Saturday
In House Special

50% Off of All Revlon

Naval Support Activity Panama City to conduct prescribed burns

**NAVAL SUPPORT ACTIVITY
PANAMA CITY PUBLIC AFFAIRS
OFFICE**

Bay County residents living near the Naval Support Activity Panama City may soon see plumes of smoke rising from the station again as the Navy conducts controlled burns of undergrowth in its forested areas.

NSA PC Environmental officials requested authorizations through the Florida Division of Forestry to burn areas with overgrown vegetation at several locations on the Navy's property between the Hathaway Bridge

and Magnolia Beach Road. The first burn may take place as soon as Tuesday, Dec. 8.

With proper weather conditions, a "prescribed" burn could be conducted during any favorable weather period from now through August 31, 2010. Ideal weather conditions include a north to south breeze, moderate humidity, and ground effects that would dissipate the smoke and ash vertically.

Florida's 1990 Prescribed Burning Act outlines the requirement to conduct controlled burns using acceptable practices that benefit the public and the

environment. The Florida statute requires the use of prescribed burning to protect property and save lives, but also for ecological, forestry and wildlife management.

Prescribed burning is an excellent way to reduce the undergrowth, according to NSA PC Natural Resources Manager Jonnie Smallman. "By prescribed burning, we reduce the fuels that feed wildfires, lessening the chance that someday the forested areas could suffer a catastrophic fire," Smallman said. Prescribed burning is an efficient and economic tool for wildlife habitat

enhancement and management dependent upon periodic, low intensity fire for maintenance of biological integrity.

The burning will be done between 6 a.m. and 5 p.m. For Navy employees and housing residents, everyone is requested to stay well clear of the areas being burned. NSA PC and Division of Forestry Personnel with responsibilities inside the burn area will be permitted past checkpoints.

NSA PC on CEL "A list" for 2009

**CHRISTOPHER CARSON,
P.E.**

**NAVAL FACILITIES SOUTHEAST
BUSINESS AGREEMENTS
MANAGER**

Naval Support Activity Panama City has been named in CEL & Associates' National Real Estate "A List" Awards for Service Excellence, awarded to Property Managers that provide a superior level of service. As a result of the 2009 survey, 11 properties received "A List" certificates for the excellent service provided to residents in those neighborhoods.

A survey is conducted each year by an independent company, CEL & Associates, and is the most widely recognized benchmark used to measure resident satisfaction in the private and public sectors.

The three primary benchmarks by which properties are evaluated are Overall Satisfac-

tion, Property Satisfaction and Service Satisfaction. An 'Average' rating is defined by CEL & Associates as neither good nor bad with considerable room for improvement. A 'Good' rating is defined as a reflection of 'a steady, stable and consistent level of satisfaction and performance' with opportunities for improvement. 'Very Good' indicates that there is some room for improvement to attain a higher rating and 'Outstanding' indicates a property considered among the best in the industry.

Summarizing the survey year, a total of 4,264 surveys were distributed and 927 returned for a modest 21.7% survey return rate. The survey shows a steady increase in scores at most locations with declines predominantly in areas with older homes where residents are experiencing the disruption of construction or renovation. Focusing on the Overall ratings, a very strong 91% of the

installation ratings were in the 'Good' to 'Outstanding' range with 70% of those rated 'Very Good' to 'Outstanding.' Only one installation – SUBASE Kings Bay – received a rating of 'Average.' Balfour Beatty will focus improvement efforts most aggressively on those areas with the lowest ratings while maintaining a high level of service at all locations.

Other individual neighborhoods with Service ratings of 85 or better include NAS-JRB Fort Worth; Juniper Ridge and Pine Crest at NAS Meridian; NAS Pensacola housing areas that include the following locations: Barrancas, Billingsley, Hospital, North Avenue; Cabannis, Duplex and Andrew Jackson; Nickel Creek and Woodlands at NCBC Gulfport and both neighborhoods at NAS Whiting Field.

A Holiday Meal is scheduled to be provided at the Galley for all CAC Card carrying members and there immediate family to attend from 1400-1700 November 26.

Cost will be \$7.00 per person

A traditional Thanksgiving menu will be served including turkey, cranberry sauce, pumpkin pie and much much more.