

Whiting Tower

NAS Whiting Field, Milton, Fla.

"THE WORLD'S MOST EFFICIENT NAVAL AIR COMPLEX"

Vol. 65 No. 37

Wednesday, September 16, 2009

Martinson Receives Key to the City of Milton

By **Ens. Robert Hooper III, NAS Whiting Field Public Affairs**

Chief Naval Air Crewman Dustin Martinson received some rare recognition Tuesday, Sept. 8, at Milton City Hall. He was one of only a handful of persons ever to be presented with a key to the city of Milton - an honor bestowed to him due to his strong record of community service.

"I don't normally hand out keys, you know," said Milton Mayor Guy Thompson. "Only when someone really exemplifies, or displays, a commitment to community service do I give one out. And he really helped us out, especially in the area of code enforcement."

And exemplify commitment the chief has. For the past three years, he has been lending his time to various

projects, including: a Milton neighborhood cleanup program that involved the clean-up of neighborhood spaces and yards, specifically where neglect was present and incurring fines, upwards of \$150 per day; a charity drive for a family in Milton who was in such financial distress that the mother passed out at work due to a lack of eating; and the Blackwater River Foundation's "The Jones House" historical home project which is trying to restore the home to its former grandeur.



AWSC Dustin Martinson

Initially, he worked on a house renovation in Baghdad coordinated by the Navy League. His name was then given to Sharon Holley, code enforcement officer for the city of Milton. Working with her, Martinson began to help the local elderly and needy along with other community service calls from NAS Whiting Field."

When asked, Martinson said that his motivation is simply, "helping people. I chose to help these individuals because they are unable to help themselves and are often too proud to admit that they are in trouble."

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Flu Season Has Arrived to NAS Whiting Field



Former Command Master Chief Joseph Vukovcan prepares to receive his annual flu shot from Hospital Corpsman 1st Class Darrell Mangham on board Naval Air Station (NAS) Whiting Field. Mangham is a preventive medicine technician at the base and is using a needleless system to administer the shot, which uses compressed carbon dioxide to insert the serum under the skin. U.S. Navy file photo.

By **NAS Whiting Field Branch Medical Clinic**

Every year we battle seasonal flu. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something - such as a surface or object - with flu viruses on it and then touching their mouth or nose.

It is mandatory for active duty members to be vaccinated, and the Whiting Field Branch Health Clinic has been fortunate to acquire larger amounts of injectable -- vice flu mist -- vaccine to minimize training downtime. More than 600 vaccinations were administered during the most recent safety stand-down, and the remaining squadrons will have an on site shot-ex during the next stand-down October 9th.

For those active duty members who want to get the vaccine early, it is now available at the Branch Health Clinic Monday through Thursday from 1300 - 1530. Certain people in our population are at "high risk" for serious complications. This includes people 65 years and older, certain

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Navy Marked Ombudsman Appreciation Day Sept. 14

From Commander, Navy Installations Command Public Affairs

WASHINGTON (NNS) -- Ombudsman Appreciation Day was Sept. 14, and events were held by many commands on or near that day, as operational schedules allowed.

"This will be an opportunity for people around the fleet to stand together and give thanks to those who work tirelessly to improve the readiness of commands and the lives of Sailors and Navy families," said Bobbi West, ombudsman at large. "Without them, we could not do what we do as a Navy."

The morale, health, welfare, and efficiency of command personnel are the responsibility of the commanding officer. The command ombudsman assists the commanding officer in carrying out this responsibility.

Ombudsmen are professionally trained information and referral volunteers who serve as a vital two-way communication link between the command and family members. The program enhances the exchange of information and ideas between the leadership of the command and the family members of those serving within the unit.

Navy Family Ombudsman Program provides a labor cost avoidance in excess of \$48 million per annum through volunteerism. Ombudsmen provided information and referral resources to satisfy more than one million inquiries received last year.

In recent years, the Ombudsman Program has established communication networks for family members of individual augmentees. They have expanded services to ombuds-

men serving in remote, isolated, or locations outside the close proximity of a Navy installation. The program has also created "Ombudsman Basic Training Orientation" for ombudsmen who are unable to attend Ombudsman Basic Training (OBT) within six weeks of appointment. This Webinar-based training ensures that all command ombudsmen have the most critical basic knowledge to perform their volunteer duties while waiting to attend the standard OBT course.

Future initiatives include the expansion of ombudsman resources and services to individual augmentee families or families of wounded, ill or injured service members.

The Navy's Ombudsman Program is run by the Fleet and Family Support Program, which reflects the program's commitment to promote the resilience and self-reliance of Sailors and Navy families and to help them navigate the uniqueness of military life.

The Ombudsman Program was introduced to the U.S. Navy on Sept. 14, 1970 by then-Chief of Naval Operations Adm. Elmo Zumwalt. In Z-gram 24, Zumwalt adapted his program from a 19th century Scandinavian custom originally established by the king to give ordinary private citizens an avenue to express their concerns to government officials. Zumwalt recognized issues and concerns that are unique to Navy families.

"With the increasing demands of the Navy, of deployments, especially those serving as individual augmentees, we need ombudsmen more than ever," West said. "The performance of our Sailors and the mission readiness of our commands is a testament to the great success of the command ombudsman."

Chalkboard Minutes

Thought for the Day: Tony Blair pointed out that, "...to ensure that no child is prevented from realizing his or her full potential, children need the active involvement and support of their parents throughout the pre-school years and while they are at school." Statistics have shown that the most important piece for you child's educational future is you. Please become active in your child's school; volunteer, meet the teachers, get involved- it could make all the difference!

Upcoming Dates:

23 Oct 09- End 1st Nine weeks grading period

26 Oct 09- Teachers Professional Development Day-No School

October Timeline for College Applicants

8th Grade Year

Practice setting and reaching goals. Volunteer in your community. Learn to or continue using a daily planner and working on your organizational and study skills

Freshmen

If you've wanted to start something new, now is the time. Join the school paper, learn to play golf, or try out the trumpet; expand your abilities and seek out new challenges.

Sophomores Draw up a list of college majors that you think might intrigue you, and review your four-year course load with these majors in mind.

Juniors Take the PSAT to practice for the SAT and to qualify for scholarships from the National Merit Scholarship Corp. Talk to your parents about limits - e.g., financial or geographic - they may set on where you attend college. It may affect your decision about where to apply.

Seniors

Talk with your counselor about college application deadlines. Some state schools have late November deadlines. If you want to take the SAT or ACT tests again, sign up now. The December administration might be your last chance. Mail your early-action or early-decision applications to the respective institutions. Request that your transcripts and test results be sent to colleges. Continue researching scholarships. Begin assembling documents for financial aid applications.

News and Notes

Hazardous Waste Center - The Santa Rosa County Environmental Department is offering a free service to provide citizens an environmentally safe way to dispose of hazardous household waste. The center is located at the entrance of the Central Landfill at 6337 Da Lisa Road in Milton. Mon. - Sat. 7 a.m. to 5 p.m.

Splash & Dash - MWR is hosting a "Splash and Dash" Biathlon at 8:00 a.m. at the NAS Whiting Field Training Pool Saturday, Oct. 3, 2009. The Biathlon will consist of two legs, a 500 yard swim and a 5K run. Prizes will be awarded for First, Second and Third Place winners in the Men and Women Divisions. This event is free and refreshments will be provided after the event. If you are interested, signups are being taken through the day of the event at the following MWR facilities: The Liberty Center, Wings Club, Fitness Center and MWR Athletics Office. For more information, please contact Todd Mooneyham at (850) 665-6102.

Leave Donor Program - Max Tinsley, Supervisory Security Specialist at CNRSE Jacksonville office, has been approved for the Leave Recipient Program. Tinsley will be required to be out of work for approximately four to six weeks and will exhaust all of his leave very soon. Anyone wishing to donate annual leave under this program may contact Jim Harbaugh at CNRSE DSN 942-0041, or Commercial (904)542-0041. Thank you for your participation.

Run the Bridge - The 2nd Annual Mediacom Garcon Point Bridge Run/Walk is seeking participants for the 4.8 mile trek across the bridge Oct. 17. The event will begin at 7:30 a.m. and post race activities will include hamburgers, hot dogs, and drinks for participants. Advance registration is encouraged. Entry fees are \$20 for children under 18 and \$25 for adults. After Oct. 13th, all registration fees are \$30. The first 300 registered participants will receive an official T-shirt. Registration is available online at www.active.com or forms may be downloaded at www.santarosa.k12.fl.us/sref. For more information call 850-983-5043.

Haunted House Walking and Trolley Tours - Be frightened again as Pensacola Historical Society hosts its annual Haunted House and Trolley Tours. Let our costumed guides scare you with horrifying tales of Pensacola's darker history on our annual ghost tours. Brave participants may choose between a walking or trolley tour - if you dare! Tours are Friday and Saturday evenings Oct. 16, 17, 23, 24, 30, and 31. Walking tours leave every 30 minutes from 6 to 8:30 p.m. Trolley Tours leave at 6:30 p.m., 7:30 p.m., and 8:30 p.m. All tours will leave from the Pensacola Historical Museum (115 E. Zaragoza St.) and will last one hour. Tours go on rain or shine! Walking Tour tickets are \$10 for adults and \$5 for children 12 and under. Trolley Tour tickets are \$16 for adults and \$8 for children 12 and under. No refunds will be given. Tickets go on sale Sept. 15 at 10 a.m. Reservations and advanced payment are required. Please call the Pensacola Historical Museum for tickets and information, 850-595-1559.

Deployment Support Group for Children - Children going through deployment may experience many of the same effects as children of divorce. FFSC is offering a deployment/activity support group to provide a place where children can meet with others their same age who share the same worries and fears. The first meeting will take place Sept. 21 from 6 to 7:30 p.m. in the chapel fellowship hall at NAS Whiting Field. For more information call 623-7177.



Chief Warrant Officer Four Rudy Mendiola has his new shoulder boards placed on by his wife Tammy and his son Michael. Mendiola was promoted from CWO3 Sept. 4 U.S. Navy photo by Jay Cope.

Red Dress Extravaganza - There will be a Women's Health Awareness program at the Radford Fitness Center, NAS Pensacola Oct. 2, from 10 a.m. to 2 p.m. Come join us for fun while you learn more about staying healthy. Models will present what's available in active wear at your NEX. Fitness classes such as yoga, spinning and ab classes will be ongoing. Screenings for osteoporosis and blood pressure will be conducted. Exhibits will be presented by : NEX Pensacola, Naval Hospital Pensacola, MWR, Fleet & Family Support Center, Running Wild, Northwest Florida Blood Mobile, West Florida Mobile Mammography Unit, and Sacred Heart Health System Mobile Health Unit. For info, call: 452-6326 x4100

Free Tickets - All active duty and retired military service members can visit their nearest MWR/ITT office October 1st - December 31st with a valid military photo ID and receive a free one-day admission to Wet'n Wild Orlando! Discounted rates available for companions. Open year round with heated pools. *Limit (1) one free ticket per military ID. Restrictions apply. Complimentary ticket valid through 12/31/09 only.

Electronic Recycling Expo - The Greater Navarre Beach Arts Association and Santa Rosa Clean Community System are teaming up to offer an electronic recycling event on Saturday, October 24 from 8 a.m. to 2 p.m. at Navarre Park located at 8513 Navarre Pkwy. The event will include informative tips on recycling, and art created from recycled material by local artists and crafters, as well as food and music. Residents who do not attend the event are invited to bring their used electronics to the central landfill located at 6337 Da Lisa Road in Milton, Monday through Saturday between 7 a.m. and 5 p.m. For details call (850) 623-1930.

Garcon Point Bridge Run - The Second Annual Garcon Point Bridge Run, a 4.8 mile run/walk across the Garcon Point Bridge, will be held Oct. 17 with a 7:30 a.m. start. Participants will run/walk from the north end of Garcon Point Bridge to the south end. Post race activities will include hamburgers, hot dogs, and drinks for participants. Advance registration is encouraged. Entry fees are \$20 for children under 18 and \$25 for adults. After October 13th, all registration fees are \$30. The first 300 registered participants will receive an official T-shirt. Register online at www.active.com or forms may be downloaded at www.santarosa.k12.fl.us/sref. For more information call 850-983-5043.

Upcoming Events

Sept. 17, 1100 - Hispanic Heritage Lunch - Wings Club
Sept. 18, 0800 - Navy Ball Golf Tournament
Sept. 24, 1800 - Ombudsman Appreciation Dinner - Wings
Sept. 25, 1300 - Winging Ceremony - Base Auditorium

Oct. 6, 1700 - Fire & Safety Night - Whiting Pines
Oct. 9, 1300 - Winging Ceremony - Base Auditorium
Oct. 10, 1800 - Navy Birthday Ball - Sikes Hall
Oct. 19, 0700 - NHA Fleet Fly-In

Fleet and Family Support Center Classes

Renting - Tuesday, September 22, 1300 - 1500

The purpose of this workshop is to provide complete, objective, and unbiased information so prospective military renters will be confident in their decision whether or not to rent, and be better able to negotiate the potential financial pitfalls they may encounter during the rental process. Class will be held in the FFSC conference room. For more information, call 623-7177.

Time Management - Wednesday, September 23, 1300 - 1400

At the end of the day, do you ask yourself “where did the day go?” and feel like you have accomplished very little on your list of “things to do?” If you answered “yes” to these questions, this class is for you. The information provided in this class will provide you with tools that will help you make the most of your busy and demanding days. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

New Spouse Indoctrination - Monday, September 28, 0800 - 1200

Welcome to NW Florida, NAS Whiting Field, Training Wing Five, and the world of aviation training! Find out what challenges and rewards are in store for you and your flight student and how you can enjoy and thrive in the military lifestyle. Learn about the local culture, recreational opportunities, and support services available to you. For details, contact a Work and Family Life Specialist at 623-7177.

CSB/Redux Option - Tuesday, September 29, 1300 - 1500

Are you nearing your 15th year of military service? If so, which retirement option are you going to choose? Learn about the Career Status Bonus and Redux retirement system and how it could affect your savings long term. Know the differences between the CSB/Redux and the High 3 retirement systems, so that you can make the choice that is right for you and your family. For more information, contact your Financial Educator at 850-623-7177.

TRICARE Note

RETIREE SEMINAR 2009

A TRICARE retiree seminar will be held at the NAS Pensacola Base Theater Building 633 Oct. 17, from 9:00 am - noon. All Military retirees are invited to attend.

The event is sponsored by the Retired Activities Office and the Fleet and Family Support Center. Call (850) 452-5990 for additional details.

Representatives to be on hand to answer your questions from:

- **Naval Hospital Pensacola**
- **TRICARE**
- **Vet Center**
- **MWR**
- **NEX**
- **FFSC**
- **Retired Activities Office**
- **Veteran's Affairs Office**

For your entertainment, McGuire's Irish Pipe Band will be on hand

Suicide Prevention Week Observed

In a nation where more people die by suicide than by homicide, the need for suicide prevention is urgent. The week of September 6th-12th, was set aside as a special week to educate people how to do something to prevent another death.

More than 90 percent of people who die by suicide suffer from one or more psychiatric disorders at the time of death. For military personnel, these disorders are often closely linked to the unique hardships they face. However, with appropriate care, the emotional turmoil that sometimes follows can be alleviated and suicide can be prevented.

In honor of Suicide Prevention Week, Military Pathways™ launched an expanded online screening tool that allows service members and their families the opportunity to assess their mental wellbeing, anonymously, and to identify symptoms before a problem becomes serious. Although most depressed people are not suicidal, most suicidal people are depressed. Failure to recognize depression and other mental health issues such as PTSD can have devastating consequences, underscoring the importance of detecting these disorders early.

The tool offers military service members and their families free, anonymous mental health self-assessments at www.MilitaryMentalHealth.org and 1-877-877-3647. Additionally, the National Suicide Prevention Lifeline is available 24 hours a day at 800-273-TALK (8255); active duty members and veterans should press “1” after being connected.

This September, honor the military members and families that you know by encouraging them to seek help if needed. These men and women have served their nation valiantly. Now it is time for us to serve them.

Flu Vaccine

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children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. High risk patients are on a special roster at the Whiting Field Branch Health Clinic and will be called by clinic nurses.

Lastly, in addition to seasonal flu there is a new and very different virus spreading worldwide called, Swine, novel or H1N1 flu. This H1N1 flu situation has received worldwide media attention and is a great to concern to our beneficiaries. To avoid exposure, the following standard precautions are recommended for any type of flu:

- Cover your nose and mouth with a tissue when you cough

Key to Milton

- (Cont. from Page 1)

Finding the time to serve the community in such endeavors is difficult to combine with the hectic, military lifestyle. Martinson works diligently to ensure that the community service doesn't interfere with work, but also that there it is a part of his everyday life.

"I plan ahead and arrange my schedule to ensure that the time is found," he said

Training Air Wing FIVE and the Navy highly encourage military personnel to be active in their communities. However, Martinson goes far beyond the norm and exceeds the impressive standards expected of the Wing's service members.

or sneeze; or into your clothes/shirt sleeve.

- Wash hands often with soap and water; alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone (below 100) without the use of a fever-reducing medicine. If the illness persists, seek medical care from your doctor.

Recognition for such efforts is not the motivation behind Martinson's efforts, but attracting the attention of Thompson and the rest of the city council points to the fact that the recognition was more than merited.

Thompson praised the positive impact Martinson's efforts have on the community and its residents. According to the mayor, he was not recognized due to a singular iteration of outstanding service, but rather a repeated dedication of time and effort in supporting the United Way.

"Volunteering improves peoples' lives," the mayor said, "and we hope that he [Chief Martinson] realizes the appreciation we have for his efforts."

NAS WHITING FIELD
66 YEARS OF FORGING WINGS FOR THE FLEET
ANNIVERSARY CELEBRATION ~ FREE CONCERT FEATURING LONESTAR
OCTOBER 24TH 10 a.m. ~ 6 p.m.

ACTIVITIES INCLUDE:
Military Aircraft Static Displays
Aviation Demonstrations
Military Parachutists
Unmanned Aerial System Flights
Crash and Salvage Team Demonstrations
Navy Band New Orleans Ceremonial Band
Motorcycle Display
Northwest Florida Modelers Association Demos
Air Traffic Control Tower Tours
Kids Play Area
Food Vendors

GATES OPEN AT 8:30 a.m.
Please no backpacks, coolers, cans, glass, alcohol, pets, tents, bicycles, roller blades, skates, skateboards, cooking equipment or weapons of any kind.
Folding chairs, blankets, and handheld umbrellas are permitted and recommended.

FOR MORE INFORMATION CALL (850)665-6011

4 p.m. ~ 5:30 p.m.
FESTIVAL SEATING

YOUR COUNTRY 102.7 WXBM
Soft Rock 94.1
Cat 98.7 Country
PEN AIR FEDERAL CREDIT UNION