

# Whiting Tower

NAS Whiting Field, Milton, Fla.

"THE WORLD'S MOST EFFICIENT NAVAL AIR COMPLEX"

Vol. 65 No. 39

Wednesday, September 30, 2009

## Whiting Field Celebrates Fire Safety Night



Sparky the Fire Dog shares a hug with two children attending the Fire and Crime Prevention Fair. Several hundred people enjoyed the Oct. 7 event to promote fire and safety programs to members of the Whiting Field family. Sparky was joined by McGruff the Crime Dog, a muppet show, as well as local fire, rescue and police agencies. U.S. Navy photo by Ens. Robert Hooper.

By Ens. Robert Hooper, NAS Whiting Field Public Affairs

Naval Air Station (NAS) Whiting field, along with elements from police, fire, military, and emergency service elements of the local community hosted the 12th annual Fire and Crime Prevention Fair, Tuesday, October 06. The event paired up, as it has in years previous, with the concurrent National Fire Safety Week. The Whiting Pines Community park played host for the event's location.

Dozens of families showed up with children, strollers, pets, and lots of interest. The Fair focused on educational booths and activities based around the ideas of fire prevention and public safety for military personnel and local families. In a repeat show of support from the previous year, Santa Rosa Medical Center supplied hot dogs, hamburgers, and beverages for the event, free of charge to those in attendance. Good weather and a great location facilitated a fun and entertaining atmosphere.

"These are always fun," one mother of two was heard saying, "and my kids are always asking me questions about things

- (Cont. on Page 5)

## MCPON Stresses Heritage In Birthday Message To Fleet

Special from the Master Chief Petty Officer of the Navy WASHINGTON (NNS) -- In recognition of the Navy's 234th birthday on October 13th, Master Chief Petty Officer of the Navy, (MCPON) Rick D. West released the following message to the fleet:

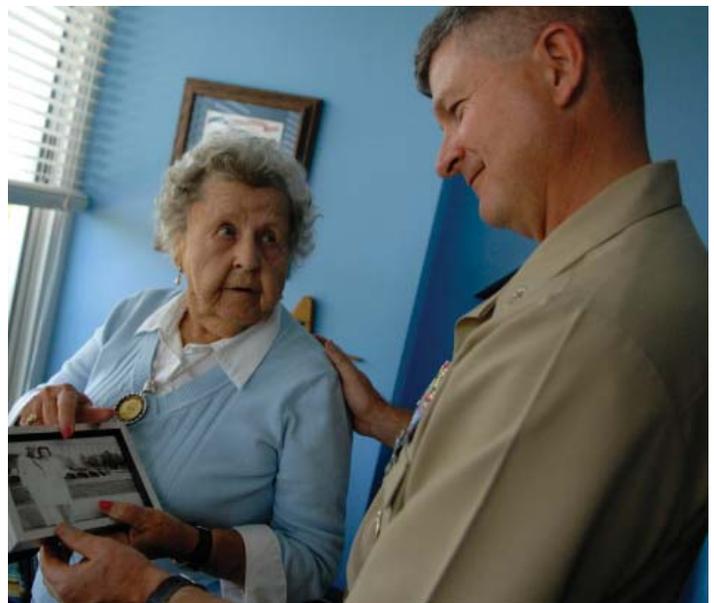
"Very recently I had the honor of visiting Mrs. Ima Black. For those of you who don't know, she is the widow of our first Master Chief Petty Officer of the Navy, Del Black.

In honor of our 234th birthday as a service, I'd like to tell you a little bit about this amazing lady because she represents so much that is right about our Navy and her life so closely parallels our history.

Ima's eighty-eight-years old, an honorary master chief, a proud chief petty officer's wife and an amazing supporter of the American Sailor. From the minute we sat down to lunch she asked about you, about our men and women at sea and about the Sailors serving in Iraq, Afghanistan and other dangerous places around the world.

I told her that I'd never seen so many men and women in uniform with so much passion to serve, so much enthusiasm to represent our nation. We talked about today's Navy

- (Cont. on Page 7)



Master Chief Petty Officer of the Navy (MCPON) Rick West and Ima Black, widow of the Navy's first MCPON, Master Chief Gunner's Mate Del Black, look through old photos of Black during their visit. U.S. Navy photo by Mass Communication Specialist 1st Class Jennifer A. Villalovos.

# BBB® Offers Free Shredding During “Secure Your ID” Day

*- Up to 50 Pounds May Be Destroyed to Help Protect Personal Information*

**Pensacola, Fla. (Oct. 5, 2009)** – Your Better Business Bureau® serving Northwest Florida and its national partners, the National Foundation for Credit Counseling and the National Association for Information Destruction invite individuals to take the necessary steps in protecting their identity during this year’s “Secure Your ID” Day shredding event.

BBB is partnering locally with Gilmore Services, Pensacola’s Cat Country 98.7 FM, NewsRadio AM1620 and WEAR TV ABC 3 and Panama City’s WJHG-TV NBC 7 to help individuals take steps to protect their personal information. BBB staff will be on-site to provide expert advice and tips for ID theft protection.

BBB and its local partners will be at Cordova Mall in Pensacola, at Sam’s Club in Panama City and at Gilmore Services new facility in Marianna on Saturday, Oct. 17, to offer free document shredding and advice and resources for protecting personal information.

During our local “Secure Your ID Day” events held last spring, 1,861 people brought approximately 54,000 pounds of sensitive documents to be destroyed by Gilmore Services and to receive information about protecting themselves from identity theft.

Contrary to popular belief, only 12 percent of identity theft is committed online. The majority of identity theft occurs

when the thief has direct contact with the victim’s personal information such as through a stolen or lost wallet, or by rifling through the victim’s mailbox or trash.

“Identity theft is largely a crime of access,” said Norman Wright, President/CEO of your BBB serving Northwest Florida. “Our goal is to make the information less accessible and empower people to be their own first line of defense against identity theft. With community-based BBBs across North America collaborating simultaneously, we’ll have a tremendous coast-to-coast presence that will hopefully, prevent a lot of theft.”

**BBB Secure Your ID Day Details**

Oct. 17, 10 a.m. – 2 p.m.

Cordova Mall, 5100 N. Ninth Ave., Pensacola, Fla.

Sam’s Club, 1707 W. 23rd St., Panama City, Fla.

Gilmore Services, 3553 Industrial Park Drive, Marianna, Fla.

Bring up to 50 pounds of documents to be shredded on site, free-of-charge and take home tips and resources you need to help protect yourself. Please do not tie bags.

For more information on “Secure Your ID” Day, visit [www.nwfl.bbb.org/secureID](http://www.nwfl.bbb.org/secureID) and for additional advice you can trust on protecting yourself against identity theft, start with [bbb.org](http://bbb.org).

**HONORING THE PAST**

**FORGING THE FUTURE**

**NAS WHITING FIELD**  
234TH NAVY BIRTHDAY BALL  
**OCTOBER 10TH, 2009**  
**SIKES HALL**  
1700 - 2400  
Music, Dancing, & Door Prizes

**TICKETS:**  
E4 & Below - \$8.00  
E5 & E6 - \$12.00  
E7 & Above/Civilians - \$16.00

**CONTACT ACC ROWE FOR MORE INFORMATION @ 623-7372**

## Chalkboard Minutes

I would like to take this chance to inform you about a process that is coming. Every October, the school system sends out a Federal Card for your child to bring home. Many of these cards are never returned to the school. I know this can be an inconvenience and that sometimes we receive so much from schools that these are easy to forget. I would like to encourage you to take the time to fill this form out and to ensure it is returned. This is not used to track your child or to “classify” him in some way, as I have heard from some concerned parents. These forms are used by the school district to request Federal Funds to reimburse the School System for the taxes that are lost by teaching those who live or work on federal property. It is not much money as it is presently only funded at 60%, but in these tough economic times, I believe every little bit helps. I truly believe that Santa Rosa County does an outstanding job educating our kids, and I believe we should do our part to help this partnership.

Upcoming Dates:

23 Oct 09- End 1st Nine weeks grading period

26 Oct 09- Teachers Professional Development

Day-No School

Thought for the Day: Statistics have shown that the most important piece for your 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!

## News and Notes

**Legal Notice** - Due to manning constraints, the NASWF Legal Office will temporarily be operating on limited hours. Beginning Monday, Oct. 19th, the Legal Office will only be open on Tuesdays and Thursdays, from 0730 until 1600. Please call 623-7231 for more information.

**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. Entry fees are \$25 for adults and \$20 for those under 18. After Oct. 13th, all registration fees are \$30. Registration is available at [www.active.com](http://www.active.com) or forms may be downloaded from [www.santa-rosa.k12.fl.us/sref](http://www.santa-rosa.k12.fl.us/sref). For information call 850-983-5043.

**Haunted House Walking and Trolley Tours** - The Pensacola Historical Society hosts its annual Haunted House and Trolley Tours 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 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. Call 595-1559 for details.

**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. For details call (850) 623-1930.

**Running the Trail** - The Rotary Club of Milton will host its 3rd Annual "5k Running the Trail for Education" Oct. 24, on the



### Volunteering to Help Those Who Serve

Rebecca Rowe and Jamie Christian receive their certificates of completion for their Ombudsman training at NAS Whiting Field's Fleet and Family Support Center. Rowe will support Whiting Field and Christian will help take care of Training Squadron TWO. U.S. Navy photo by Jay Cope.



### Raising the Right Hand

ABHC Derrick Kemp, Crash Division's leading Chief at Barin Field, raises his hand to reenlist for three more years.. Command Master Chief Hari Singh recites the oath for Kemp who will have 24 years of service at the end of his new contract. U.S. Navy photo by Jay Cope.

Blackwater Heritage State Trail in Milton. Check in will start at 7 a.m. at Milton City Hall and the runners will be bussed to the starting point at 8 a.m. The run will start at 9 a.m. There will be an awards ceremony at the Blackwater Bistro immediately after the race. This 5k run/walk is open to adults and children of all ages. Entry fees are \$20 for adults and \$15 for students 18 and under if signed up by Oct. 23. You can register at: [http://www.active.com/event\\_detail.cfm?event\\_id=1794677](http://www.active.com/event_detail.cfm?event_id=1794677)

**Festival of the Arts** - Navarre will host their 4th annual Festival of the Arts Oct. 10 from 9 a.m. to 5 p.m. Artists, crafters, food vendors and entertainers will gather for the annual event. Every year the city present new and different artists, showcasing the wonderful local talented people in the area. This year the festival will be held in Navarre Park on Hwy 98. It is FREE and open to the public. For more information go to: [www.gnbaa.org](http://www.gnbaa.org)

**Fire Prevention** - The Holley-Navarre Fire District is hosting a Fall Fire Prevention Festival and chili cook-off on Saturday, Oct. 10 from 9 a.m. to 4 p.m. at the Days Inn & Suites Navarre Conference Center, 8700 Navarre Parkway. The public is invited. Emergency personnel from various area fire and rescue services, along with displayed equipment, will be on hand for the event. Attendees will be able to watch live demonstrations, learn safety tips and enjoy the food and festivities. For more information, please contact the Holley-Navarre Fire District at (850) 936-5236.

**Ride Your Bicycle** - The Blackwater Bicycle Festival will be held from 0900-1500, Sat, 10 Oct 09, at the Blackwater Heritage Trail Visitor's Center, 5533 Alabama Street, Milton (near the Milton Library). There will be a bicycle decorating contest w/trophies, door prizes, a bicycle parade and refreshments. Please contact (850) 623-2808 for additional information.

**Battle of the Bands** - Come see and listen to the best marching bands of Santa Rosa, Escambia and Okaloosa Counties. Saturday, October 10. Bands throughout the area will compete at the Milton High School Football Stadium from 2 to 8:30 p.m. Tickets are \$5. Call 983-5600 or visit <http://www.mhsbandboosters.info/index.php?menu=event1> for more information.

## Upcoming Events

Oct. 8, All Day - SR County Day of Caring  
Oct. 9, 0730 - NASWF Safety Standown - Sikes Hall  
Oct. 9, 1300 - Winging Ceremony - Base Auditorium  
Oct. 10, 1700 - Navy Birthday Ball - Sikes Hall

Oct. 19, 0700 - NHA Fleet Fly-In  
Oct. 24, 1000 - NASWF 66th Anniversary Celebration  
Oct. 24, 1600 - Lonestar Concert - North Field  
Oct. 31, 1600 - Halloween Party - Aces Lounge

# Fleet and Family Support Center Classes

## Parenting: 6-18 y.o. - Tuesday, October 8, 1800 - 2000

Common Sense Parenting: Unfortunately, children do not come with instruction manuals. As a result, FFSC is holding a class that will provide you with tools that will equip you with the skills for raising responsible and well-adjusted children. This class is for any parent who wants to "brush up" on their parenting skills or new parents that are not sure of where to begin. For more information, contact a Work and Family Life Specialist at 623-7177.

## Developing Your Spending Plan - Tuesday, October 13, 1300 - 1500

This class is not designed to tell you what to do with your money; this class will challenge you to think before you spend. There is no patent on the "right" way to handle your money, but there are better ways to get your dollar's worth. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## Credit Management - Tuesday, October 20, 1300 - 1500

The average American family has nine credit cards (1996 American Express Survey); three or four of those are used regularly; the average total balance on those cards is \$3,900 at the interest rate of 18%. Attend this class to find out ways to better manage your credit. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## Anger Management - Wednesday, October 21, 1300 - 1400

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

## TRICARE Note

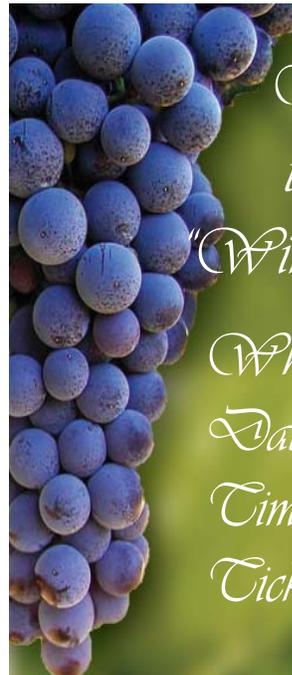
### HUMANA-MILITARY.COM GETS A FACELIFT

Humana Military Healthcare Services, Inc. (Humana Military) has redesigned its web site to make finding the information you need easier than ever. Visit [www.humana-military.com](http://www.humana-military.com). Then log on to "MyHMHS" to do any of the following:

- Check claims
- Check referral/authorization status
- Compare hospital quality
- Print temporary TRICARE Prime verification
- Request TRICARE Prime enrollment cards
- Request an address change
- Request a primary care manager (PCM) change
- Verify eligibility

From the main Beneficiary page, you can choose any one of the following four tabs:

- Enrollment
- Health & Wellness
- Tools & Resources
- TRICARE Plans - TRICARE Prime, TRICARE Prime Remote (TPR), TRICARE Standard and TRICARE Extra



*You are invited  
to an evening of  
"Wine and Conversation"*

*Where: Ace's Bar  
Date: October 29th  
Time: 1630 - 1900  
Tickets: \$15.00*

*Tickets purchased after the 23rd or at the  
door will be \$20.00.*

*R. S. V.P. to Wings Club at 623-7311.*

*Cost covers Wine sampling and light hors d'oeuvres  
Cash bar open for beer and cocktails*

# \$555 Million DoD Homeowners Assistance Program Details Announced

## From Department of Defense

WASHINGTON (NNS) -- The Department of Defense (DoD) announced Sept. 30 details for the temporary expansion of the Homeowners Assistance Program (HAP).

Using \$555 million in funds from the American Recovery and Reinvestment Act (ARRA), this program is designed to partially reimburse eligible military personnel, surviving spouses, and federal civilian employees whose service to the nation has required them to relocate and sell their primary residence at a loss.

Potential eligible personnel include: active and former service members of the Army, Navy, Marine Corps, Air Force, and Coast Guard; civilian employees of the DoD, Coast Guard, and non-appropriated fund activities; and surviving spouses of both fallen service members and civilian employees.

Potential eligible personnel who have sold a primary home for a loss or are considering selling their home are encouraged to visit the DoD HAP Web site <http://hap.usace.army.mil> to check specific program criteria, and if eligible, apply online.

The DoD HAP has been providing financial assistance to military personnel and DoD civilians since 1966, mainly at base realignment and closure (BRAC) sites where government action caused a decrease in market home val-

ues. While the HAP expansion is not designed to pay 100 percent of losses or to cover all declines in value, it can help protect eligible applicants from financial catastrophe due to significant losses in their home values.

Supporting military families is one of administration's highest priorities and includes leadership and engagement by Michelle Obama and Jill Biden. In February 2009, the Congress provided ARRA funding for a temporary expansion of the HAP to address unique economic pressures faced by military personnel who are forced to relocate during these unusually adverse housing market conditions. After conducting an extensive analysis to determine how best to prioritize the finite funds available while maximizing assistance to as many people as possible, the DoD developed specific eligibility criteria designed to take care of people in the greatest need. These program details have been published in the Federal Register and are now available for public comment.

ARRA funding allows the DoD to temporarily expand HAP to partially reimburse losses from the sale of a primary residence in the following priority order:

1. Homeowners wounded, injured, or ill in the line of duty while deployed since Sept. 11, 2001, and relocating in furtherance of medical treatment;

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**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  
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, rolling 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**

Logos for: YOUR COUNTRY 102.7 WXBM, Soft Rock 94.1, Cat 98.7 Country, and OPEN AIR FEDERAL CREDIT UNION.

# Congrats TRAWING-5 Wingers and Scholars



First Row: Lt. Col. C. A. Stackhouse, USMC; 1st Lt. Joseph Starnes, USMC; Ens. Andrew Myers, USN; Lt. j.g. Chau Hoai Luu, USN; 1st Lt. Jonathan Hoy, USMC; Lt. j.g. Nathan Ferree, USN; 1st Lt. Carl Tutt, Jr., USMC; and Capt. Ronald Robinson, USN. Second Row: Cmdr. Mark Murray, USN; Lt. j.g. Jesse Joyce, USN; 1st Lt. Cory Baxter, USMC; Lt. j.g. William Queen, USN; Lt. j.g. Victoria Marum, USN; Lt. j.g. Michael Buehler, USN; Ens. Ali Fahad Alsulami, RSNF; and Ens. Abdulaziz Aldhaban, RSNF. Third Row: Cmdr. Michael Fisher, USN; 1st Lt. John Freeburg, USMC; 1st Lt. Russell Hromadka, USMC; 1st Lt. Brian Kennedy, USMC; Lt. j.g. Andrew Murtaugh, USN; 1st Lt. Adam Shirley, USMC; Ens. Mosaed Alkhayyat, RSNF; and Lt. j.g. Timothy Henken, Jr., USN. Fourth Row: 1st Lt. William Heck, USMC; 1st Lt. Sean Walker, USMC; 1st Lt. Tyson Alexander, USMC; 1st Lt. Steven Adcock, USMC; 1st Lt. Tyler Robinson, USMC; Lt. j.g. Darin Stockman, USN; and Col. Scott Walsh, USMC.



Left Photo: 1st Lt. Brandon D. Kelly, USMC; 1st Lt. Daniel E. Alger Jr., USMC; Ens. Patrick J. Wright, USCG; 2nd Lt. Andrew C. Britten, USMC; 2nd Lt. Jason D. Graul, USMC; and Lt. Joseph R. Semke, USCG; receive their Academic Achievement Awards from Training Air Wing FIVE Sept. 25. Right Photo: Ens. Eric C. Page, USN; and Lt. Brian J. Birch, USCG; proudly display their Academic Achievement Awards from TAW-5. Photo courtesy of Training Air Wing FIVE.

# Homeowners Assistance Program

- (Cont. from Page 4)

2. Surviving spouse homeowners relocating within two years after the death of their spouse;

3. Homeowners affected by the 2005 BRAC round, without the need (which existed under previous law) to prove that a base closure announcement caused a local housing market decline; and

4. Service member homeowners receiving orders dated on or after Feb. 1, 2006, through Dec. 31, 2009, for a permanent change of station (PCS) move. The orders must specify a report-no-later-than date on or before Feb. 28, 2010, to a new duty station or homeport outside a 50-mile radius of the service member's former duty station. These dates may be extended to Sept. 30, 2012, based on availability of funds.

Each of these general categories has more specific eligibility requirements which have been updated at the DoD HAP Web site (<http://hap.usace.army.mil>). The U.S. Army Corps of Engineers executes the program for all the military branches and HAP administrators will immediately start processing applications

# Fire and Safety Night

- (Cont. from Page 1)

afterwards. It makes them learn." She smiled at her son as she placed one of the complimentary fire hats on his head.

The event kicked off with a procession of police, fire (accompanied by Whiting Field's own commanding officer, Capt. Enrique Sadsad), and coast guard auxiliary. The vehicles used to announce the official start of the event were on display afterwards, attracting a number of curious children and parents. After opening remarks from Sadsad, when he thanked the supporting services, the crowd began to wander through the festivities, several of which were provided by NAS Whiting Field. Fleet and Family Support Services, Security Department, and even some of the student and instructor pilots from various helicopter training squadrons were present with a static display TH-57 Sea Ranger.

Santa Rosa Sheriff's Office had multiple tables, handing out community safety literature, giving free fingerprinting records to children, and offering child car seat safety inspections. Similarly, the Coast Guard Auxiliary was in attendance, offering information about recreational water safety and regulations along with other emergency service personnel.

The highlight of the evening was a puppet show for children. The show featured various colorful puppets and a variety of fun and engaging songs. For all the entertainment value, however, the obvious purpose was education. Children danced and sang and wanted to play with the puppets, but by the conclusion, children were saying, "duck and crawl to get away from smoke!" and "always call in a fire!"

To reinforce the safety oriented behavior, the fire departments demonstrated fire safety equipment like helmets, extinguishers, and a full compliment of rescue vehicles. Also, Gruff the Crime Dog and Sparky the Fire Dog made their way through the crowds, high fiving children and giving them the thumbs up when they recited a piece of safety knowledge they'd heard previously.

After twelve events to promote community welfare, fire safety, and public awareness, the Fire and Crime Prevention Fair shows no signs of deterioration in importance or interest.

"We love doing this," Chief Fire Inspector Craig Lewis said, "it's always a good time, and it's always a success."

# MCPON Message

- (Cont. from Page 1)

and she told me some stories about the Navy she joined in 1943.

Mrs. Black lives in a retired community in Florida, in a small apartment overlooking a little lake. She's surrounded by friends and is quick to point out that every once in a while a few Sailors drop by to see how she's doing. Her apartment is a tribute to our first MCPON. Pictures, uniform items, anchors...all mementos from Del Black's amazing career. But if you look closely, you'll see that it's much more. It's a living history of our Navy.

There are pictures of a young Seaman Del Black when he was aboard USS Maryland in Pearl Harbor, just before the fleet was attacked December 7th, 1941. Photo albums hold letters written from several more ships over the course of his career. One picture shows MCPON Black, Ima and Admiral Elmo Zumwalt, the Chief of Naval Operations

from 1970 to 1974. Look closely at another and you'll see him at his most comfortable, surrounded by Sailors on the mess decks of a ship.

He took care of Sailors at a time when our Navy had no idea what or who a MCPON was. He went where the fight was, to Vietnam. And he went where the fleet was, to our ships at sea.

On our 234th birthday, I ask that you remember MCPON Black and you consider that there are thousands of men and women just like his wife Ima who keep our Navy's history alive. Seek them out. Talk with them and your lives will be richer for it.

Happy birthday shipmates. You are part of a legacy that grows stronger each day due to your effort, your initiative and your willingness to serve.

HOYAH Navy."



### 2009 Fire Prevention Week Proclamation

"Stay Fire Smart! Don't Get Burned"



#### Naval Air Station Whiting Field

WHEREAS, Naval Air Station Whiting Field is committed to ensuring the safety and security of all those living in and visiting our Installations; and

WHEREAS, fire is a serious public safety concern both locally and nationally, and homes are the locations where people are at greatest risk from fire; and

WHEREAS, roughly 3,000 people die as a result of home fires and burns, more than 200,000 individuals are seen in the nation's emergency rooms for burn injuries; and

WHEREAS, Thermal burns outnumber scalds nearly two-to-one, but for children ages five and under, scalds outnumber burns roughly two-to-one.

WHEREAS, cooking is the leading cause of home fires and home fire injuries, while heating equipment and smoking are the leading causes of home fire deaths; and

WHEREAS, Naval Air Station Whiting Field first responders are dedicated to reducing the occurrence of fires and fire injuries through prevention and protection education; and

WHEREAS, Naval Air Station Whiting Field residents are responsive to public education measures and are able to take personal steps to increase their safety from fire, especially in their homes; and

WHEREAS, residents who have planned and practiced a fire escape plan are more prepared and will therefore be more likely to survive a fire; and

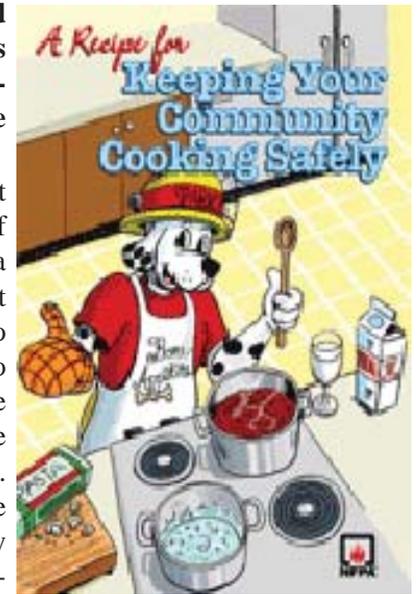
WHEREAS, the 2009 Fire Prevention Week theme, "Stay Fire Smart! Don't Get Burned" effectively serves to remind us all of the simple actions we can take to stay safer from fire during Fire Prevention Week and year-round.

THEREFORE, I, Captain Enrique L. Sadsad, Commanding Officer of Naval Air Station Whiting Field, do hereby proclaim October 4-10, 2009 as Fire Prevention Week throughout this Command, and I urge all the personnel of Naval Air Station Whiting Field to protect their homes and families by heeding the important safety messages of Fire Prevention Week 2009, and to support the many public safety activities and efforts of the Navy's fire and emergency services.

*E. L. Sadsad*  
E. L. SADSAD  
CAPT, USN

## Fire Prevention In The Kitchen Keeps Cooking Safe

### Information and Illustrations used with permission of the NFPA



Most people think of cooking as a routine task that we all have to do from time to time, whether we find it enjoyable or bothersome. Those in the fire service enjoy cooking also, especially in the firehouse, but they know it has potential dangers. Unattended cooking is the leading cause of home fires in the United States.

Cooking safety begins with the careful behavior of the cooks themselves. NFPA studies have found the most common cause of cooking-related fires is unattended cooking, especially around the holidays, when homes are filled with people and activities.

What's the answer for Fire Prevention in the Kitchen? Just follow these rules: 1) Don't cook when you are drowsy or under the influence of alcohol or medication. 2) Pay attention while you're cooking. 3) Don't leave the room or turn away from your cooking equipment. 4) Keep potholders, dish towels, food packaging and other clutter away from the stovetop. 5) Roll up your sleeves or wear short or close-fitting sleeves. 6) Keep pot handles turned inward to avoid spills. 7) Keep children and pets away from the cooking area. 8) Don't overload electrical outlets.

If a fire starts follow these rules: Smother a grease fire – never pour water on a grease fire. If a pan of food catches fire, carefully slide a lid over the pan and turn off your stove burner. If a fire starts in your oven, do not open the oven door and turn off the heat source. If the flames do not go out immediately, call the fire department. Just remember when a cooking fire occurs, much more than dinner may be destroyed. It's especially heart-breaking to find a home gutted by fire not to mention the loss of lives reported each year.



Naval Air Station Whiting Field Commanding Officer Capt. Enrique Sadsad signs the Fire Prevention Week proclamation for the base with Gulf Coast Fire and Emergency Services Fire Chief Lewis Monti and Fire Prevention Chief Craig Lewis. The proclamation was signed Sept. 23 to promote Fire Safety on the base. U.S. Navy photo by Jay Cope.