



NORTHWEST NAVIGATOR

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MC1 JOAN JENNINGS

Navy Region Northwest Fire & Emergency Services (NRNW F&ES), from Naval Air Station Whidbey Island, participate in a simulated car fire in front of Child Development Center in Oak Harbor as part of Exercise Solid Curtain/Citadel Shield 2012. The annual exercise is designed to enhance the training and readiness of Navy Security Forces to respond to threats to installations and units.

Region bases participate in nationwide exercise

By ST3 Kenan O'Connor
NPASE Det. NW

Commands throughout Navy Region Northwest participated in the annual security training exercise Solid Curtain-Citadel Shield 2012 (SC-CS12) March 19-23.

The weeklong exercise consisted of several simulated scenarios and is the largest anti-terrorism/force protection (AT/FP) training event conducted Navy-wide.

SC-CS12 is designed to enhance

the readiness of Navy personnel in responding to threats to installations and units, leveraging all processes security forces would implement in an actual emergency.

"During the exercise, as we would in a real event, we must be prepared to sustain critical fleet operations while mitigating or responding to a threat or actual attack," said Melanie R. Reeder, Navy Region Northwest director of training and readiness.

Reeder said key objectives this year were the installations' capa-

bility to protect critical assets, the ability of Mission Essential Personnel to gain access to the installation in a timely and efficient manner, to sustain a heightened Force Protection Condition for a prolonged period, and to close the gap in communication and coordination that often exists between ships and shore installations.

To ensure proficiency of key tasks, Reeder said assessments were conducted throughout the exercise.

"It is important to train as you

fight, therefore we [created] robust and realistic scenarios that will stress and test our capabilities," said Reeder.

Realistic scenarios are an essential element of the exercise, allowing those involved the closest feel to an actual situation.

"Allowing first responders and emergency center personnel to respond to live, simulated terrorist attacks allows responders to train in as close to a real conditions as

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Navy crisis management; trust in social media

By AT3 Roger Baty
CNRNW Public Affairs

You can't surge trust, but you can certainly leverage it.

With their feet already wet in social media outlets like Facebook and Twitter, the Department of the Navy has begun to capably excel in the realm of crisis management, and social media is one of their best tools.

The DoN's trust stems from existing avenues of open communication with anybody who seeks it. Their leverage comes from an already established presence inside social media sites, which are ready to feed the appropriate information to everyone involved in a crisis, be they the victims, the rescuers or the coordinators in the background. They become more aware of the actions being taken, reducing the stress and strain of the situation, while increasing vital knowledge.

"Social media is an effective channel to communicate relevant, aligned, and targeted information to the stakeholders that we want to reach, including some



MARK WILSON

An aerial photograph showing flooding at Naval Support Activity Mid-South in Millington, Tenn. Two days of rain dumped more than 14 inches in the area, causing a levee to become overrun, flooding the base and surrounding community. Naval Support Activity Mid-South hosts several commands, including Navy Personnel Command and Commander, Navy Recruiting Command.

we have had a hard time reaching before," wrote Rear Adm. Dennis Moynihan, the Navy's chief of information, in a letter to Navy leaders.

When newspapers are read less and at most produced daily, and TV news prioritizes the information broadcast, social media sites become the catalyst

for quick, clear and effective communication in crises' that require pertinent information and direct responses that can save lives at a moment's notice.

Editor's note: This article is part two in a three part series on the Navy's presence in social media.

"Our social media efforts have allowed an extremely easy and valuable two-way conversation when it's been needed most," said Sean Hughes, public affairs officer, Commander Navy Region Northwest. "The Navy has had great success in social media efforts during emergency or humanitarian support, where two-way communication amongst everyone involved was key."

On May 1, 2010, Naval Support Activities Mid-South experienced floodwaters that displaced over 300 families, single sailors and geographic bachelors, destroyed office buildings, stranded cars and shut off electricity and telephone services.

After the first day's flooding, David Crenshaw, NSA Mid-South's public affairs officer, logged on to the command Facebook page and found the command had yet to utilize it as a means of providing any official word. But the base residents had

been active, uploading their own photos of the flood, sharing stories and asking questions. The "fan" count had gone from less than 900 on April 30 to more than 1,200 in the few hours since the flooding began.

"We decided that if social media was where our base population was looking for information on the flood, then that's where we were going to give it to them," said Crenshaw.

By May 3, "Big Navy" and other commands who had already established Facebook and Twitter pages before the flood, "had begun taking our postings and replicating them on their pages, thus increasing our reach," said Crenshaw.

This implementation of social media in crisis management revealed a valuable and poignant form of communication that is not entirely run by the DoN or its commands. Those affected by the crisis become some of the most important producers of information. They become the DoN's eyes and ears on the ground.

It is a new kind of intelligence gathering, and it works.

Whidbey Island's aviation supply team earns Blue 'E'

'Can't fly
without supply'

By Lt.j.g. Brenton Breed
ASD Whidbey Island

Whidbey Island's Aviation Support Department (ASD) and Naval Supply Systems Command Fleet Logistics Center Puget Sound earned Naval Air Forces' (CNAF) 2011 Ashore Blue "E" Supply Excellence Award.

The Blue "E" highlights ASD's professionalism and dedication to keeping planes flying and mission ready.

At the heart of ASD are personnel from Electronic Attack Wing, U.S. Pacific Fleet (CVWP) and NAVSUP Fleet Logistics Center Puget Sound (FLCPS). The civilian and military team worked aggressively

to bring the Blue "E" back to NAS Whidbey Island, following a 16-year hiatus of the program.

"ASD is an integral silent partner in our success. We cannot do our job without the Supply Department," said Capt. John Springett, deputy commander, Electronic Attack wing, U.S. Pacific Fleet. "Whidbey's (ASD) is a unique operation unlike any other. The Blue 'E' represents the outstanding job and support that you do for the Fleet every day."

The Blue "E" is the result of a yearlong evaluation of supply and material management including financial management, inventory control, and management of aviation-related repairable components concluding with the Supply Management Inspection, where Whidbey Is-

land scored an "Outstanding," the highest grade possible.

"This really has been a milestone year for ASD, and the Blue 'E' only serves to tie all the hard work and accomplishments of the past year together," said Cmdr. John Duenas, Whidbey Island supply officer. "I could not ask for a better team of individuals to manage and support continuous P-3C and EP-3A deployments, the maiden deployment of expeditionary EA-18Gs, and the rigorous training tempo for our carrier-based squadrons. This civilian and military team is always focused on taking care of the customer, keeping them mission ready, and providing the best logistics support possible."

Always on duty and ready to support the Fleet, ASD is

a 24/7/365 operation supporting customers here at Whidbey Island and deployed throughout the world. ASD's personnel are dedicated to maintaining operational readiness which includes "cradle to grave" tracking of parts; from its removal from an aircraft, its repair locally or off-station, to either its return to the aircraft or storage at the FLC Puget Sound warehouse to await future use.

"Bravo Zulu to the NAVSUP Fleet Logistics Center Puget Sound ASD Whidbey Island team. You continue to reach new levels of supply management excellence," said Capt. Bill Power, NAVSUP FLC Puget Sound commanding officer. "You have raised the bar and set a new standard for aviation logistics support."



COURTESY PHOTO

Capt. John Springett, deputy commander, Electronic Attack Wing, joins members of Whidbey Island's Aviation Support Department and Naval Supply Systems Command Fleet Logistics Center Puget Sound to commemorate winning the Commander, Naval Air Forces Ashore Blue "E" Supply Excellence for 2011.

VIEWPOINTS

The Chief's Fouled Anchor

The Fouled Anchor is the emblem of the Rate of Chief Petty Officer of the United States Navy. Attached to the Anchor is a length of chain and the letters U.S.N. To the novice, the anchor, chain and letters only identify a Chief Petty Officer of the United States Navy, but, to a Chief, these have a more noble and glorious meaning.

The "U" stands for Unity, which reminds us of cooperation, maintaining harmony and continuity of purpose and action.

The "S" stands for Service, which reminds us of service to our God, our fellow man and our Navy.

The "N" stands for Navigation, which reminds us to keep ourselves on a true course so that we may walk upright before God and man in our transactions with all mankind, but especially with our fellow Chiefs. The Chain is symbolic of flexibility and reminds us of the chain of life that we forge day by day, link by link and may it be forged with Honor, Morality and Virtue.

MISSION

Provide leadership to the Enlisted Force and advice to Navy leadership to create combat-ready Naval Forces.

VISION

A senior enlisted force that serves first and foremost as Deck-plate Leaders committed to developing Sailors and enforcing standards; remains responsive, aligned and well-connected to both Leadership and Sailors; and conducts itself in a consistently professional, ethical and traditional manner.

GUIDING PRINCIPLES

Deck-plate Leadership — Chiefs are visible leaders who set the tone. We will know the mis-

sion, know our Sailors, and develop them beyond their expectations as a team and as individuals.

Institutional and Technical Expertise — Chiefs are the experts in their field. We will use experience and technical knowledge to produce a well trained enlisted and officer team.

Professionalism — Chiefs will actively teach, uphold, and enforce standards. We will measure ourselves by the success of our Sailors. We will remain invested in the Navy through self-motivated military and academic education and training and will provide proactive solutions that are well founded, thoroughly considered, and linked to mission accomplishment.

Character — Chiefs abide by an uncompromising code of integrity, take full responsibility for their actions and keep their word. This will set a positive tone for the command, unify the Mess, and create esprit de corps.

Loyalty — Chiefs remember that loyalty must be demonstrated to seniors, peers and subordinates alike, and that it must never be blind. Few things are more important than people who have the moral courage to question the appropriate direction in which an organization is headed and then the strength to support whatever final decisions are made.

Active Communication — Chiefs encourage open and frank dialog, listen to Sailors and energize the communication flow up and down the chain of command. This will increase unit efficiency, mission readiness, and mutual respect.

Sense of Heritage — Defines our past and guides our future. Chiefs will use heritage to connect Sailors to their past, teach values and enhance pride in service to our country.



TONIA CAUCHON

Good eats | Clyde and Esther, a pair of resident Mallard ducks, take a break from "guard" duty at the Fleet Gas Station at Naval Base Everett and enjoy a few Cheerios from Everett Sailor Ken Morrison. Exchange employees say their two feathered friends have been living nearby for several years and come by everyday to greet customers and snag a snack or two.

YOUR TWO CENTS

What is your favorite quote by a CPO?

WE'RE HUNGRY!

Readers of the Northwest Navigator may have noticed that the weekly Your Two Cents question has gone live. Now everyone has the chance to give us their answers at:
www.thenorthwestnavigator.com/yourtwocents.

We want to hear from you, a lot. Not only can you answer the question of the week, but you can enter your comments on any Navigator story that appears online at:
www.thenorthwestnavigator.com. Yes, any one of them.

So check us out on the web and help feed our hunger for your thoughts.
We definitely want to hear from you.

The Northwest Navigator

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Submit ideas online at: <https://www.cnic.navy.mil/cnrnw/Newsroom/NewsTip/index.htm>

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Want to save time and gas money?

Have medications mailed to your home

By Sharon McIntyre
NHOH Public Affairs

Are you taking medications for allergies, diabetes, high cholesterol or other health maintenance drugs? If you answered yes, you can save time and money by having those same medications delivered to your home.

Retail pharmacies, the most expensive pharmacy option for beneficiaries, cost Naval Hospital Oak Harbor approximately \$4 million last fiscal year. How can you save? Beneficiaries pay the same co-pay for a one-month supply at a retail pharmacy as they would for a 90-day supply from TRICARE home delivery and generic medications are free through the mail order program.

How much savings? Check out this comparison:

For a 30-day supply from a Network Retail Pharmacy you'll pay \$5 for Generic, \$12 for Name Brand and \$25 for DoD Non-Formulary.

For a 90-day supply using TRICARE Home Delivery you'll pay nothing for Generic, \$9 for Name Brand and \$25 for DoD Non-Formulary.

Medications obtained from a retail non-network

pharmacy cost significantly more. TRICARE Prime beneficiaries are responsible for a 50 percent cost share after the point-of-service deductible is met. All other TRICARE beneficiaries are responsible for 20 percent cost share or \$12 co-pay (whichever is greater) per prescription after the annual deductible is met for Uniform Formulary medications.

For non-formulary medications there is a 20 percent or \$25 co-pay (whichever is greater) after the annual deductible is met per prescription. These cost shares cover up to a 30-day supply.

Transferring your current retail pharmacy prescriptions to home delivery is simple. Visit www.tricare.mil/homedelivery to register or call (877) 782-8731 and speak with a representative to start the process.

Need to refill your medication? Be sure to submit your refill request at least one day prior to when you want to pick it up. You may call in your refill, (360) 257-9701/9705. You may also request a refill online.

If you have any questions or concerns, please call the Pharmacy at (360) 257-9707.

Net gains and losses test patience

Getting that hard-to-find prize fish into the landing net will test your patience and at minimum will be a guaranteed heart pounding moment. I put netting anxiety up there with a baton pass during a championship relay race or a last second winning reversal move during the state wrestling finals.

Knowing how to net is perhaps the most important, least understood, and most clumsily performed of all the arts of fishing. Three out of four fish are lost at the net because we attempt to land them "green." We are excited to land the fish and the adrenaline pumping through our bodies passes to the rod and reel. The furious cranking of the reel can cost us the fish, so slow down, keep steady constant pressure on the hook in the fish's mouth and play the fish out a little bit.

Be ready for a last second run. Coho salmon are known for this. At initial hook-up, Coho jump and spin, pull and tug, and then seem to give up. But don't let your guard down. They still have a lot of steam left.

Always wait to expose

ISLAND ANGLER

By Tracy Loescher



the net to the fish; move in slowly, the only quick movement should be when the fish is headed into the net. Try to position yourself for a scoop-and-lift action. Try never to sweep the fish into the net; always try to net head first.

The only time I will try netting tail first is in swift running water where the fish is being tugged upstream. The swift water will also open the net downstream to except the fish, but in still waters if the fish feels the

net touch his tail he will explode away from this unusual feeling.

An oversized net is worth the money, and I favor a hoop with a flat nose. This gives you an advantage if the fish happens to be landed near the bottom. Select a net that has a sturdy handle. The weak spot on a net is where the hoop joins the handle so care should be taken when lifting a large fish from the water.

Here is a technique I use: after the fish is securely in the net, point the handle skyward and then lift. This will reduce stress at the hoop to handle area. Put some forethought into who is going to be the netter.

Teach your kids how to net early. I remember my

son once said after knocking off a fish, "Dad you taught me how to fish, not how to net."

After a day of fishing be sure to rinse off the net, especially in saltwater, and inspect the net for any broken webbing. I have seen a few custom frames where the net was removed and the hoop was painted black or wrapped in black electrical tape to reduce the reflection of the net in the water. There will be times despite our best efforts will lose a savory fish dinner at the net; don't fret, just stay focused on fishing, and realize that net loss may have gained you some more fishing time.

Clean and oil your gear now as spring fishing is just around the corner.

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NAS WHIDBEY ISLAND CHAPEL

Easter Holy Week Services

CATHOLIC

Stations of the Cross, every Friday through April 6, 6 p.m.

Palm Sunday, April 1, 9 a.m.

Holy Thursday, April 5, 6 p.m.

Good Friday, Solemn Passion, April 6, noon

Easter Solemn Mass, April 8, 9 a.m.

PROTESTANT

Good Friday, April 6, 7 p.m.

Easter Sunday Service, April 8, 11 a.m.

NEWS ONLINE AT WWW.THENORTHWESTNAVIGATOR.COM

IDIPIC here for you

*Impaired Driving Impact
Panel of Island County*

Wouldn't it feel good to do something that has the potential to save lives?

You can if driving under the influence has affected your life in a personal or work-related way.

Sharing your experience as a speaker for the Impaired Driving Impact Panel of Island County is a community service that can powerfully connect with people and help prevent needless injuries and deaths on our roads.

Speakers are the heart of IDIPIC's heart-to-heart organization and impacts local court-ordered residents, military personnel, driver's education students, their

parents and the general public.

North Whidbey panels are held once a month in Hayes Hall 137 in the Oak Harbor Library building. The two-hour interactive presentations are open to the public and free for those not court- or attorney-ordered.

North Whidbey panels are also held aboard Naval Air Station Whidbey Island as stand-alone safety stand downs at the station theater as reserved by tenant commands.

We're together on the roads; let's be together in the cause to keep our roads safe from DUI.

For more information on IDIPIC, its panels and other community service, please visit www.idipic.org

WHIDBEY BRIEFS

Sign up now for NMCRS golf tourney

As part of the Navy Marine Corps Relief Society fund drive, a golf tournament is being held at NAS Whidbey Island's Gallery Golf Course on Friday, April 13. Check in at 7 a.m. for a "Shotgun" start at 8 a.m.

Entry fees, \$200 for four-person team or \$50 per individual, cover green fees, closest-to-pin challenges, longest drive, chipping and putting contests and post-tournament barbecue lunch. Participants have a chance to make a hole-in-one and win a Panasonic 32-inch LCD TV or \$500 Visa gift card. All participants will receive a \$50 gift card coupon to 100things to buy.com

Deadline to enter is Friday, March 30. Sign up today with MAC Jason Willoughby, (360) 257-4197 or Jason.willoughby@navy.mil.

Alcoholics Anonymous meetings set

Come join in the fellowship of men and women who share their experiences, strength and hope with each other as they solve their common problem and help others to recover from alcoholism. The group is now meeting

on Tuesdays at noon and Thursdays at 6 p.m. in the NAS Whidbey Island base chaplain classrooms 1 and 2. For questions, call 257-2414.

Safety tips for Sailors with spring fever

By April Phillips
*Naval Safety Center
Public Affairs*

Naval Safety Center offers tips for Sailors in advance of spring vacations.

The biggest stereotypes about spring break revolve around alcohol abuse. While movies and television may glamorize binge drinking, the Centers for Disease Control (CDC) report that this behavior can be deadly. They define binge drinking as a male consuming five or more alcoholic beverages or a woman consuming four or more alcoholic beverages within a two-hour period. They report findings that have alarming implications for Sailors:

- The prevalence of drinking among men is higher than the prevalence among women.
- About 90 percent of the alcohol consumed by those under the age of 21 is in the form of binge drinks.
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers.

Given that there are a

large number of males and younger adults in the Navy, these statistics show there is reason for concern. Nonetheless, Sailors have plenty of smart options, according to Dan Dray, a traffic and recreation safety specialist at NAVSAFECEN.

"We know that the young Sailors and Marines are going to go out and have fun, but the biggest asset they have in terms of safety is their peers. Everyone carries a cell phone these days, so if you've had too much to drink, call a friend to come pick you up or take advantage of the safe ride programs that many ships offer," Dray said.

Training and awareness appear to be paying off. The Naval Safety Center tracks whether alcohol was a factor in fatal mishaps. The recently completed winter safety campaign ran from Dec. 1, 2011, through Feb.

29, 2012. This season there were two fatalities where alcohol was a contributing factor. Both were motor vehicle mishaps. Those are two too many, when compared to winter 2010-2011 when there were six alcohol-related fatalities, or winter 2009-2010 when there were nine. But it's an obvious improvement and a trend consistently moving in the right direction.

While impaired driving is an obvious danger associated with over-consumption of alcohol, there are other problems as well. Aside from health risks such as high blood pressure, stroke, neurological damage and liver disease, the CDC reports that alcohol abuse is a major factor in sexual assaults. Eliminating this criminal behavior is a major goal in the Navy and Marine Corps according to

a recent blog post detailing Secretary of the Navy Ray Mabus' 21st Century Sailor and Marine initiative.

The safety portion of this initiative states in part that the naval services will "aggressively prevent sexual assaults from occurring, support sexual assault victims, and hold offenders accountable."

Using alcohol responsibly and maintaining situational awareness are important steps toward achieving this goal, Dray said.

Safety is one of the five areas of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy.

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Transition Benefits: ERB affected Sailors can transfer Post 9/11 GI Bill benefits

By **MC3 Andrea Perez**
NPC Public Affairs

Eligible Sailors separating due to the Enlisted Retention Board (ERB) may qualify to transfer their Post 9/11 GI Bill benefits to dependents, officials said March 21.

The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service after September 10, 2001, or individuals discharged with a service-connected disability after 30 days. Sailors must receive an honorable discharge to be eligible.

"If you are selected for separation by the ERB and have ten years of qualifying service, before your separation date, you will be allowed to transfer your benefits to your eligible dependents," said Paul Wilder, the Navy's GI Bill program manager.

Under the current Post 9/11 GI Bill policy, qualified Sailors may elect to transfer all or a portion of their benefits to a spouse or child enrolled in the Defense Eligibility Enrollment System (DEERS). For transfer-

ability, Sailors must have served at least six years in the Armed Forces and agree to serve an additional four years, in most cases.

An exception to the additional four-year service obligation is outlined in NAVADMIN 203/09 and states Sailors who elect to transfer benefits must have served at least 10 years in the Armed Forces and if either Navy, DoD policy or federal statute restricts the member from committing to four additional years, members must agree to serve the maximum amount of time allowed.

"ERB Sailors without 10 years of qualifying service must affiliate with the Reserves and commit to serving four years as a drilling Reservist to transfer their benefits," said Wilder. "There are no waivers for those who do not meet the 10 year requirement or for those with less than ten years who choose not to become a Reservist."

Additional Post 9/11 GI Bill benefits for all eligible Sailors or dependents under transferability include:

- All public school in-state tuition and fees.

- Up to \$17,500 a year for private or out-of-state school annual tuition
- Entrance exam fee reimbursement.
- Monthly housing stipend for non active-duty students enrolled at least part-time.
- Annual book & supplies stipend of \$1,000 paid proportionately based on enrollment.

"Approximately 100 ERB affected Sailors have already been approved for a transfer of their benefits," said Wilder. "Sailors who wish to transfer their bene-

fits must do so before their separation date, so it's very important that they do not wait to apply."

More information, go to the Post 9/11 GI Bill website.

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TARA PROPERTIES

It's Sounders season, are you Sounders ready?

By Amy Jetson
Fleet & Family Readiness
Marketing

The Seattle Sounders FC have achieved record-breaking attendance, sold more season tickets than any other team in the league, won three consecutive U.S. Open Cup Championships, and qualified for the Major League Soccer (MLS) playoffs every year since joining the league.

This may be their year to add an MLS Cup to their already long list of accomplishments. Be a part of the action as the Sounders fight their way to the top. Discounted tickets for all matches are available to MWR eligible patrons at local Information, Tickets & Tours (ITT) offices. Single game tickets are \$22, regularly \$35, excluding exhibition and playoff matches. Seats are in section 120, a



prime location with a great view of the field.

To pump up fans before the match, the Sounders nation meets 60 minutes prior to kickoff at Occidental Park for the ritual "March to the Match". On their journey to CenturyLink Field, fans decked out in their finest green and blue sing and chant team fight songs while the Sound Wave marching band leads the procession.

To purchase tickets, visit a local ITT office or call Naval Base Kitsap Bremerton (360) 476-3178, Naval Station Everett (425) 304-3167, or Naval Air Station Whidbey Island (360) 257-2432.

Fans may purchase tickets to all other home games throughout the 2012 season at ITT. For more information, visit www.NavyLifePNW.com and click on Military Merits, or stop by a local ITT office.

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*As rated by engine manufacturers.

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Whidbey Island Fleet and Family Readiness



PHONE NUMBERS

NAS Whidbey Island
Admiral Nimitz Hall (Galley): 360.257.CHOW
Auto Hobby Shop: 360.257.2295
Back Alley Bar: 360.257.4847
Bakerview Restaurant: 360.257.6587
Chiefs' Club: 360.257.2505
Child Care Resource & Referral: 888.463.6697
Child Development Center: 360.257.3302
Child Development Homes: 360.257.6861
Cliffside RV Park: 877-NAVY-BED
Convergence Zone: 360.257.2432/2702
Costen-Turner Park Reservations: 360.257.2432/2702
Crescent Harbor Adventures: 360.257.4842
Duffer's Deli: 360.257.5050
Fleet and Family Support Center (FFSC): 360.257.NAVY
FFSC Appointment Line: 866.854.0638
FFSC Counseling Services Information: 360.257.3266
Gallery Golf Course: 360.257.2178
General Quarters Paintball: 360.257.2432/2702
Gym/Fitness Center: 360.257.2420
Housing Service Center: 360.257.3331

Information, Tickets & Tours: 360.257.2432/2702
Kegler's: 360.257.3640/1567
Liberty Northwest: 360.257.3309
Navy Flying Club: 360.679.IFLY
Navy Gateway Inns & Suites: 877.NAVY.BED; 360.257.2529
New Parent Support Program: 360.257.6779
Officers' Club: 360.257.2521
Operation Uplift: 360.257.9014
Rocky Point/Can-Do Inn Reservations: 360.257.2432/2702
School Age Care: 360.257.0889
School Liaison Officer: 360.257.6863
Sexual Assault Response Coordinator: 360.257.8893
Skywarrior Theater (movie info line): 360.257.5537
Unaccompanied Housing: 360.257.2038
Youth Activities Center: 360.257.3150

Regional
Jim Creek Wilderness Recreation Area: 425.304.5315/63
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RECREATION & FITNESS

ROBE CANYON HIKE

March 31
 \$10/Liberty-eligible, \$15/guests. Depart Liberty NW Center: 10 a.m. and Crescent Harbor Adventures: 10:30 a.m., return to Liberty NW Center: 6 p.m. and Crescent Harbor Adventures: 6:30 p.m. Register by March 29. 257-3309/4842

FREE NCAA GAMES
 In recognition of those who serve our country, NCAA, CBS and Turner Broadcasting are offering the gift of free access to watch all 67 NCAA March Madness live games (streaming of live games, stats and highlights). Access will work on computers, iPod Touch, iPad, and certain Android devices. www.NCAA.com/armed-forces for information.

DESIGN YOUR DAY IN SEATTLE

March 31, 8 a.m. to 7 p.m.
 With ITT. Choose from drop-offs at Seattle Center, Waterfront/ Downtown, Northgate Mall or Woodland Park Zoo. \$30/ages 15 and up, free for ages 15 and under. Includes transportation and movies en route. Register by March 22. 257-2432/2702

SPRING AND SUMMER SOCCER INTRAMURAL ORGANIZATIONAL MEETING

April 3, 2 p.m.
 At the NASWI Gym. 257-4320

MEN'S SOFTBALL INTRAMURAL ORGANIZATIONAL MEETING

April 5, 2 p.m.
 At the NASWI Gym. 257-4320

WOMEN'S SOFTBALL INTRAMURAL ORGANIZATIONAL MEETING

April 5, 6:30 p.m.
 At the NASWI Gym. 257-4320

SNOW SUMMIT TRIP

April 7, 7 a.m. to 7 p.m.
 With Crescent Harbor Adventures, \$36. Register by April 5. 257-4842

MEN'S GOLF ASSOCIATION EVENT

April 7
 First Admiral Harris Qualifier at Gallery Golf Course. 9 a.m. shotgun start. Monthly green fees by individual are: \$36/military, \$42/DoD and \$45/civilian. GHIN: \$30, annual membership: \$20. 257-2178

WHIDBEY WINE & VINE TOUR

April 14, 9 a.m. to 6 p.m.
 Wine tastings and appetizers at Holmes Harbor Cellars, Whidbey Island Winery, Comforts of Whidbey Winery, Taste 4 Wines and Ott & Murphy Wines and a "Vine Tour" at Whidbey Island Winery. \$65 per person (21 and up only) includes round trip transportation, tastings, light appetizers, bottled water and lunch at Holmes Harbor Cellars. Sign up by April 12.

DINING & ENTERTAINMENT

EASTER BRUNCHES

April 8
 At the Officers' Club and Bakerview Restaurant. \$17.95/adults, \$8.95/kids

Easter at **NAS Whidbey Island**
April 7
Easter Egg Hunt
Costen-Turner Park, Ault Field, FREE!
10 am start time
360-257-6861

Brunch with the Bunny
Admiral Nimitz Hall
9:30 am - 1 pm, \$5.20
360-257-2714/2711

Bowling with the Bunny
Convergence Zone
Noon - 2 pm, FREE!
360-257-2432/2702

4-12, free/3 and under. Make reservations by April 5. Officers' Club: 10 a.m. to 1 p.m. (360-257-2521), Bakerview Restaurant: 9 a.m. to 1 p.m. (360-257-6587).

discuss career opportunities available for military within various facets of the airline industry.

WA STATE JOB APPLICATION PROCESS

March 26, 12:30 to 2 p.m.

A representative from the Washington State Department of Personnel will present information on the state job application process.

FEDERAL EMPLOYMENT APPLICATION PROCESS

March 26, 2:30 to 4 p.m.

This workshop will cover finding and understanding job announcements, preparing the Federal Resume and explain what a KSA is.

CFS REFRESHER

March 29, 8 a.m. to 4:30 p.m.

All CFSs are required to attend a refresher training at least

FLEET & FAMILY SUPPORT

All classes free and at the Nor'Wester, unless otherwise noted. 257-NAVY (6289)

FREE MY FICO CREDIT SCORE

March 26, 10:30 a.m. to 12:30 p.m.

Stop into the center to download your credit report and score at no cost.

BOEING INDUSTRY BRIEF

March 26, 11:30 a.m. to 12:30 p.m.

A Boeing representative will

Easter Brunch
Sunday, April 8
9:30 am- 1:30 pm
Adults \$17.95- Kids 4-12 \$8.95 - Ages 3 and Under Free

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CHILD & YOUTH

REGISTRATION ONGOING FOR SCHOOL-AGE CARE'S SPRING BREAK CAMP

Camp will be April 2 to 6. 257-0889

IA FAMILY NETWORKING MEETING

March 29, 6 to 7 p.m.

For IA family members. 30 minutes of training (stress management, IA deployment and children, etc) and 30 minutes of networking.

FREE MY FICO CREDIT SCORE

April 3, 3 to 5 p.m.

Stop into the center to download your credit report and score at no cost.



WWW.FACEBOOK.COM/WHIDBEYFFR

YOUTH CENTER SPRING BREAK HOURS

April 2 to 6

Open Monday to Thursday, noon to 6 p.m. and Friday: noon to 10 p.m. 257-3150

SPRING BREAK BOWLING

April 2 to 6

2 for \$2 from 2 to 3 p.m. at the Convergence Zone for ages 5-6; 10:30 a.m.: ages 7-8; 10:40 a.m.: ages 9 to 11. The bunny will be on hand 9:30 to 10:30 a.m. Free. 257-6861

BRUNCH WITH THE BUNNY

April 7, 9:30 a.m. to 1 p.m.

TIGER WEEK LEARN HOW TO BECOME A PILOT

April 3

At the Navy Flying Club. Free pilot ground lessons. 10 to 11:30 a.m.: ages 7 to 9; 12:30 to 2 p.m.: ages 10 to 12. Sign up by April 2. 679-4359

TIGER WEEK FREE GOLF CLINIC

April 5, 1 to 3 p.m.

At Gallery Golf Course; open to ages 8 and up. Sign up by April 2. 257-2178

TIGER WEEK FREE MOVIES

April 5 and 6, 3 p.m.

At Skywarrior Theater. April 5: Journey 2: The Mysterious Island (PG) April 6: Ghost Rider: Spirit of Vengeance (PG-13). 257-5537

TIGER WEEK PLANES AND LANES

April 6, 11 a.m. to 1 p.m.

At the Convergence Zone. Build an airplane, fly it the furthest, then enjoy free bowling. To participate in airplane contest, parents must register child(ren) by 9 p.m. April 4. Open to ages 5 to 17. 257-2432/2702

TEEN EASTER EGG HUNT

April 6, 8 p.m.

Find eggs by flashlight at the Youth Center. For members in grades 6 to 12. Not a member? It's free and easy - just register at the Youth Center

during our regular hours. Free to participate. 257-3150

EASTER EGG HUNT

April 7

At Costen-Turner Park, Ault Field. Start times - 10 a.m.: ages 2 and under; 10:10 a.m.: ages 3 to 4; 10:20 a.m.: ages 5-6; 10:30 a.m.: ages 7-8; 10:40 a.m.: ages 9 to 11. The bunny will be on hand 9:30 to 10:30 a.m. Free. 257-6861

BRUNCH WITH THE BUNNY

April 7, 9:30 a.m. to 1 p.m.

At Admiral Nimitz Hall. \$5.20. All hands welcome. Bunny will be on hand for photos 10:45 a.m. to noon. 257-2714/2711

BOWLING WITH THE BUNNY

April 7, noon to 2 p.m.

At the Convergence Zone. Free bowling for ages 11 and under. Basket, candy and other giveaways. Bunny will be on hand for photos 12:15 to 1:30 p.m. 257-2432/2702

LIBERTY & SINGLE SAILOR

All events are at the Liberty Northwest Center and free of charge, unless otherwise noted. 257-3309

APRIL FOOL'S DAY TRIVIA

April 1, 11 a.m. to 9 p.m.

Free

GALLEY INFO DAY

March 19 and April 4, 10:30 a.m. to 1 p.m.

Free info at the Galley during lunch time about upcoming recreational activities.

EASTER EGG DECORATING AND PEEP-EATING CONTEST

April 5, 6 p.m.

Free to participate.

GLOW-IN-THE-DARK EASTER EGG HUNT

April 6, 6 p.m.

Free to participate

MOVIES

Skywarrior Theater

FRIDAY, MARCH 30

Double Feature: \$5/adults, \$2/youth

Big Miracle (PG) 7 p.m.

Safe House (R) 9:15 p.m.

SATURDAY, MARCH 31

Matinee: \$3/adults, \$1.50/youth

Journey 2: The Mysterious Island (PG) 2 p.m.

Free Evening Double Feature:

One for the Money (PG-13) 6 p.m.

The Grey (R) 8 p.m.

SUNDAY, APRIL 1

Each Movie Just \$1!

Big Miracle (PG) 2 p.m.

Woman in Black (PG-13) 4:15 p.m.

Upcoming Features

THURSDAY, APRIL 5

Free Movie for Tiger Week

Journey 2: The Mysterious Island (PG) 3 p.m.

FRIDAY, APRIL 6

Free Movie for Tiger Week

Ghost Rider: Spirit of Vengeance (PG-13) 3 p.m.

Double Feature: \$5/adults, \$2/youth

Gone (PG-13) 7 p.m.

Act of Valor (R) 9 p.m.

SATURDAY, APRIL 7

Matinee: \$3/adults, \$1.50/youth

This Means War (PG-13) 2 p.m.

Free Evening Double Feature:

Journey 2: The Mysterious Island (PG) 6 p.m.

Safe House (R) 8 p.m.

SUNDAY, APRIL 8

Each Movie Just \$1!

Ghost Rider: Spirit of Vengeance (PG-13) 2 p.m.

Wanderlust (R) 4 p.m.

TICKETS ON SALE AT ITT

CELTIC WOMAN

April 23, 7:30 p.m.

At the Paramount Theatre; \$75.75 (reg. \$84.75); on sale until April 2 at noon

LEA SALONGA

April 13, 8 p.m.

At the Moore Theatre, Seattle; \$53 (reg. \$66); under two free on lap; on sale until April 2 at noon

CATS

April 21, 2 p.m.

At the Paramount Theatre.

\$54 (reg. \$64) for all ages; order by April 9 at noon

SUPERCROSS

April 21, 12:30 p.m.

At Century Link Field; \$41 (reg. \$55.14) or \$29 (reg. \$39.76) for ages 2 and up, under 2 free on a lap; the first 200 tickets sold include free pit passes, valued at \$10; on sale until April 10 at noon.

MILLION DOLLAR QUARTET

May 20, 1 p.m.

At the Paramount Theatre;

\$75.50 (reg. \$83.75) for all ages; order by May 9 at noon

DISNEY'S MILITARY SALUTE

Active and retired U.S. military, may purchase 4-Day Walt Disney World Armed Forces Salute tickets for themselves and for up to five additional family members or friends (6 tickets per household); tickets may be ordered in person at the Convergence Zone's ITT customer service counter and can take up to 10 working days to arrive. Payment is taken when tickets

are ordered. Tickets must be used by Sept. 27, 2012. Some blackout dates apply. Prices: 4 day \$135.50, 4 day park hopper and water \$162. Tickets may also be purchased at the gate for a few dollars more.

SOUNDERS TICKETS

Sounders tickets are now on sale at ITT at the Convergence Zone Tickets will be available for all regular season home games through Oct. 21 at \$22 (reg. \$35). No limit and phone orders are welcome.

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Heed safety advice as more motorcycles are hitting the road

By **Dudley McNutt**

Occupational, Safety & Health

With the cost of gasoline on the rise more people are looking to commute on motorcycles. When it comes to safety and motorcycles, some of us at times, think about it, some of us worry about it, but there are those who do little or nothing about it.

Most riders think protective clothing is too restrictive, not cool looking, or it is too hot to wear in the summer heat. Take a look at an average rider rolling down the road all cool, collected and casual. Short sleeve shirt and brain bucket is the average gear with most riders.

Some have been there, done that and you know who you are. Don't forget the Joe Rocket on a sport bike that launches past you

in the fast lane at Mach 1. I haven't done this one, have you? These are two of many rider types riding in denial. These two types of riders are contributing to the increasing death rate for motorcycle riders in Washington State. While some riders are contributors to motorcycle accidents, injury and death rates, riders are also victims of other motorists at an alarmingly frequent rate.

As the number of bikes on the road increases, the chance of a motorcycle crash also increases. No single reason is the cause of death or injury to a rider. It can be the lack of skills, not paying attention to surroundings, and not being seen by other drivers. It is not that the driver cannot see us; it is that they may not be accustomed to seeing us. They are used to seeing other

larger vehicles around them and not the smaller two-wheel custom bike.

What can a rider do to protect themselves from a driver who is texting, eating and yelling at the kids? Get away from them. You are the only one who can protect yourself from the other drivers. Here are some tips that you can follow when heading-out on the streets:

- Stay-out of the "No-Zone"—A motorist blind spot.
- Give yourself a space buffer around you and others, providing more time to react to a situation at your speed.
- Keep your eyes moving at all times! Look 360 degrees around you as you ride. The more you can see, the faster you can react at your skill level and pace.

Motorcyclists and car drivers are asked to be careful of each other as gas prices are driving more two-wheel vehicles on roadways.

FILE PHOTO

- Watch the driver's head and mirrors and trust your mirrors, but always check your blind spots.
- Position yourself to be seen. Use lane placement to help you see further and others to see you.
- Protect yourself with the right gear and take additional training courses to improve your skills.

Remember the main point is to ride within your comfort zone and not beyond. By staying in this zone, you'll be most likely to avoid a crash and you'll enjoy the ride much more.



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Largest tenant teams with Recycling for greener base

By AT1 James Vasileff
FRCNW

Fleet Readiness Center Northwest (FRCNW), with more than 1,000 military and civilian employees, has taken the lead for recycling items from their command to assist with the reduction of waste on NAS Whidbey Island. The command has established a "Green Team," which will conduct monthly meetings to improve waste awareness and facilitate any waste or recycling issues that are present in the command.

FRCNW produces more than 12 tons of trash a quarter. Over the last three months the command has spent more than \$2,500 to dispose of all its waste.

According to Administrationman 3rd Class Stephen Anderson, the command program coordinator, "This program will al-



AT1 JAMES VASILEFF

Administrationman 3rd Class Stephen Anderson displays the established recycling and compost bins located at Fleet Readiness Center Northwest.

low the command personnel to become more environmentally friendly while at the same time allowing Naval Air Station Whidbey to save \$20,000-\$50,000 annually," said Anderson. "It will also be used as a

basis for further expansion throughout the Northwest Region."

The new program being instituted will allow 90 percent of the waste produced by personnel to be either recycled or composted.

Thus, the command will reduce cost to \$250 a quarter on waste disposal.

Several different waste disposal bins have been placed throughout FRCNW for the disposal of most items. Items include various types of paper, bottles, cans, lids, egg shells and even used tissues. The items then will be placed in bigger bins located outside of FRCNW and then collected by the NAS Whidbey Recycling Center.

EXERCISE

From Page 1

is possible in a training environment," said Mark Brooks, Naval Station Everett installation training and readiness officer.

Scenarios ranged from recognizing and countering base surveillance operations, to high-tempo and active simulated emergencies such as homegrown extremist attacks, mass casualty events, vehicle-borne improvised explosive devices, active shooters on installations, and wa-

terfront attacks.

SC-CS12 evaluates and enhances the Navy's ability to respond to simulated terrorist activities and was not in response to any specific threat.

Training is an important element of the readiness area of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department.

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Act of Valor: Starring the city of Cheyenne

By Lt. Cmdr. Chad "Coach" Tidwell
NOSC, Cheyenne

The Military Affairs Committee (MAC) of the Cheyenne Chamber of Commerce and Navy Operational Support Center (NOSC), Cheyenne, Wyo. teamed up for a three day community event at the Wyoming State Capitol.

While recently watching the trailer for the movie "Act of Valor" with his son, Bruce Brady, Chairman of the MAC was inspired to bring some of the Navy's elite warriors to the city of Cheyenne. Events started with a breakfast on Francis E. Warren Air Force Base with Airmen and ended with a visit to the Wyoming Legislature and a meeting with the governor.

Special Warfare Operators attached to Navy Reserve Sea, Air, Land (SEAL) Teams 17 and 18 traveled to the "cowboy" state to visit with the community. The teams talked with approximately 800 students in all three area high schools about their personal experiences of what it's like to serve our country as a member of one of the military's most highly trained and specialized fighting forces.

"As we met all of the students at the local high schools, I was amazed by the number of young people who had parents or relatives who were serving in the Armed Forces," said one of the SEAL team members.

Their message to the kids was about staying in school, studying hard, and getting a good education and also making a difference in the world.

The main event was a special screening of the recently released movie, "Act of Valor." Three screens at Capitol Theaters were sold out for the showing.

The theater was even staged with a SEAL Desert Patrol Vehicle (DPV) parked outside. Inside the theater, the SEAL teams dressed in operational clothing and gear, interacted with families who came to the event. Team

members spoke to the audience before each showing and fielded several questions before the movies began.

"The people of Cheyenne really know what it's like to serve our country," said a SEAL team member. "They exemplify a city of Honor, Courage and Commitment."

Some people across the country are referring to the film as a "slice of life" de-

picture just some of the capabilities the Navy's Special Warfare Community possesses. The teams joked that much of the "real life" SEALs experience is under the cover of darkness, but that watching a black screen with stealth like silence with an occasional whisper or hand signal would make for a pretty boring movie.

See VALOR, Page 15

Lt. Cmdr. Chad "Coach" Tidwell, commanding officer, Navy Operational Support Center, Cheyenne and members Navy Reserve Sea, Air, Land (SEAL) Teams 17 and 18 stand in front of an "Act of Valor" movie poster. The SEAL teams visited the "cowboy" city during a three day visit to interact and educate the local community about the Navy Special Warfare community.

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TONY POPP

VALOR

From Page 14

On the final day, members of the SEAL team were treated with a visit to the State Capital and Legislature, which was in session.

They had the opportunity to chat with Wyoming Governor Matt Mead in his office. Then observed proceedings in the Senate and the House where both chambers paused and recognized the special operators, including one mother of a local Cheyenne High School graduate and Navy SEAL who is currently stationed in San Diego, Calif. as an instructor at Basic Underwater Demolition-SEAL school.

"The standing ovations we received from the Wyoming House and Senate were really for all of our other Navy brothers and sisters who are out there all over the world — standing watch — ready to fight the good fight," said a SEAL team member. "We few represent all of them."

While the MAC and NOSC Cheyenne took the lead on planning, many thanks go out to Navy Recruiting District Denver, the 90th Missile Wing stationed at F. E. Warren AFB, and NOSC Denver for their help.

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Pastor Mark Dillon
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1050 SE Ireland St. • Oak Harbor

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