

One Voice

Published for employees of Commander, Navy Region Southeast, Regional Engineer and N-46; PWC Jacksonville including Mayport, Charleston, and Panama City Sites; PWC Pensacola; Engineering Field Activity Southeast including ROICC Jacksonville, Mayport, Kings Bay, and the Orlando Satellite Office

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Honoring fallen Seabees

Jacksonville, Fla., May 6, 2004 - Seven yellow ribbons symbolize the members of Naval Mobile Construction Battalion Fourteen (NMCB 14) killed during a recent attack while serving in Iraq. All died May 2 in the Al Anbar Province as a result of hostile fire. They were all assigned to NMCB 14, stationed in Jacksonville, Fla.

“This is a tragic loss, and our hearts and prayers go out for the families and friends of the seven sailors killed in action and 34 wounded in action,” said Rear Adm. John M. Stewart Jr., Readiness Commander, Naval Reserve Readiness Command Southeast in a press conference May 5.

NMCB 14 is headquartered in Jacksonville and comprised of nine Seabee detachments. NMCB 14’s mission includes providing responsive military construction support to the Navy, Marine Corps, and joint forces, construct base facilities, and conduct defensive operations. In addition to standard wood, steel, masonry, and concrete construction, NMCB 14 performs specialized construction, such as water well drilling and battle damage repair.

Seabees are currently serving in Iraq to help rebuild and improve the infrastructure of the once-oppressed nation. Schools are being rebuilt and water and electrical power is being restored. As inscribed on the Seabee Memorial at Arlington National Cemetery - “With compassion for others, we build, we fight, for peace with freedom.”



NAS JAX pays tribute to the recently fallen Seabees who were killed in Iraq. This photo was taken outside of NMCB 14, NAS JAX. (U.S. Navy photo by Photographer's Mate 3rd Jamar X. Perry)

From the Commanding Officer

Many of you have heard of the major changes that are taking place throughout NAVFAC. This summer NAVFAC is starting the transition toward establishing Facilities Engineering Commands (FECs) as it focuses on ways to improve its global operations by establishing clear lines of accountability, standardizing business processes, eliminating duplication of effort, and driving down costs to increase efficiencies and savings. Ultimately, Public Works Centers (PWCs) and Engineering Field Divisions/Activities (EFDs/EFAs) within the same geographic region will combine into a single FEC and multiple flagpoles will be eliminated in order to provide our clients with one touch point for all products and services.

Over the past two years, Facilities Team Southeast (FTSE) has come a long way towards integrating PWC Jacksonville (and its sites), EFA Southeast,

and CNRSE Facilities and Environment into ONE TEAM. We will continue to eliminate redundancy and duplication by making changes to our organization and processes to ensure that they are properly aligned so we are working as ONE TEAM and are well prepared for the FEC in FY06.

We have made tremendous progress in a short period of time at our newest PWC sites, Panama City and Pensacola, and can learn from these experiences as we move toward integrating eight new Public Works Departments into the PWC in FY 05/06. I appreciate your daily effort toward enabling warfighter readiness and in meeting our financial objectives and reducing costs. Your continued dedication and hard

work is what makes us competitive and will sustain our success at a time when budgetary pressures will remain challenging.

Stay flexible! Remember that you do make a difference every day and that your contribution as NAVFAC's TEAM in the Southeast is greatly appreciated.



**PWC JAX/EFA SE Commanding Officer
Capt. Charlie Khan**

One Voice

Facilities Team Southeast
NAS Jacksonville, Fla. 32212

Commanding Officer, PWC JAX/EFA SE Capt. Charlie Khan
 Commanding Officer, PWC Pensacola Capt. Charles Miller, III
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Opinions expressed herein are those of the writers and are not to be construed as official views of the U.S. Navy. The editor reserves the right to edit all submissions to conform to editorial policy. *One Voice* is distributed electronically and can be found at <http://www.ftse.navy.mil>.

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Important Numbers

CO's Fraud, Waste/Abuse Hot Line: (904) 542-5335
 DoD Hot Line: (800) 424-9098
 Navy Hot Line: (800) 522-3451
 NAVFAC Hot Line: COM (202) 685-1833, DSN 325-1833
 Navy Sexual Harassment Advice Line: (800) 253-0931
 NAS JAX Police: (904) 542-2661
 Fire/Rescue: 911
 Employee Assistance Program: PWC JAX/Mayport/Charleston - (904) 296-9436 or (800) 327-9757, EFA SE/ROICC - (800) 677-5327, and
 PWC Pensacola - (866) 433-3277

Business card template online

The NAVFAC webmaster has increased the point size on the NAVFAC business card. However, the larger font may not be able to accommodate long names. See the business card template at <http://navfacilitator.navy.mil/brand/bcard.cfm>.

Don't forget to print on both sides. The other side of the card has our new corporate value statement included: "Innovation, Leadership, Performance." Also, don't forget to save the PDF on your hard drive for future reference.

NE Florida Environmental Partnering Team recognized by Jacksonville Mayor

The Northeast Florida Environmental Partnering Team was recently selected to receive two environmental awards. The first is the Chief of Naval Operations award for Environmental Quality Individual or Team Award. The award was presented at the annual awards ceremony held in Washington, D.C. on May 4. The second award is the City of Jacksonville Environmental Award for Government. This award was presented by the Mayor of Jacksonville at the Mayor's Environmental Luncheon held on May 14.

In both cases, the entire team was recognized for its environmental stewardship efforts that resulted in an increased trust between the team members, a mutual understanding of each other's missions, and cooperative resolution of compliance and permitting issues.

The Team is comprised of environmental representatives from the Florida Department of Environmental Protection (Mike Fitzsimmons, Jeff Martin); the City of Jacksonville (Jim Manning, John Flowe); St. Johns River Water Management District (Robin Harrell); Commander, Navy Region Southeast (Mike Davenport); Naval Air Depot, Jacksonville (Peter Gallant); NS Mayport (Cheryl Mitchell), NAS JAX (Kevin Gartland); Navy Supervisor of Shipbuilding Conversion & Repair (Milton Harris); PWC JAX (Dave Kiebler); EFA SE (Camille Destafney); and the International Center for Leadership Development, Inc. (Jerry Arcaro).



Pictured from the left are Michael Templeton, JEPB; Barbara Goodman, Timucuan Preserve; Mayor John Peyton, City of Jacksonville; Capt. Charlie Khan, CO PWC JAX/EFA SE; Ron DeWitte, Naval Air Depot Jacksonville; Capt. Mathew Schellhorn, CO NS Mayport; Capt. Chip Dobson, CO NAS JAX; and Janice Davis, City of Jacksonville. (Photo by JO1 Mike England, JAX Air News)

TSP open season

Thrift Savings Plan (TSP) Open Season runs now through June 30. Updates can be made by logging on to the Civilian Benefits Information Center (<https://www.civilianbenefits.hroc.navy.mil>) web site or by contacting the automated telephone system at 1-888-320-2917 to access personal information and/or make unassisted benefits changes. Additionally, counselors are available 7:30 a.m. to 7:30 p.m. EST Monday through Friday.

- IRS elective deferral limit for 2003: \$12,000
- IRSTSP contribution limit for FERS employees for 2004: 14 percent (up to the IRS limit) elective deferral limit for 2004: \$13,000
- TSP contribution limit for CSRS employees for 2004: 9 percent (up to the IRS limit)
- TSP contribution limit for members of the uniformed services for 2004: 9 percent (up to the IRS limit)

SAME scholarship awards

The Society of American Military Engineers (SAME) Jacksonville Post recently presented several scholarships to local area high school students. Each year the local post utilizes golf tournament proceeds to provide local scholarships.

This year, there were four high school categories – Englewood, Raines, Orange Park and Post dependents. A total of \$10,900 was awarded to nine students this year. Scholarship recipients included:

- Thomas King IV at Englewood High School
- Stanley Robinson, Rosalynn Gaffney and Americus Spencer at Raines High School
- William Derouise Jr. at Orange Park High School
- Caroline Walker, Wesley Perrine, Karen Merrill, and William Hunt (Post dependents)

This year was the first year that scholarships were awarded to senior students who will study engineering in college from the BEAM Academy at Englewood High School and the Academy of Engineering and Design Technology at Orange Park High School.

“We look forward to a continued relationship with these schools to further interest in military engineering,” said Lee Merrill, PWC JAX Utilities Department Head and SAME Board Member.



Capt. Charlie Khan presents scholarship to Orange Park High School student William Derouise.

NAVFAC on the list of CHINFO Merit Award winners

“Our community produces many quality products and services and this recognition is intended to capture the best of the best. Please assist me in congratulating and recognizing those commands and individuals that received the awards,” said Chief of Information Rear Adm. T. L. McCreary.

Many NAVFAC employees are to be congratulated for the efforts that go into these awards. It is the sailors and civil servants throughout NAVFAC that contribute their expertise, whether it is writing, photography, etc., which makes this all possible.

NAVFAC winners include:

- Magazine Format Publication – 1st Place – SEABEE, NAVFAC, Washington, DC
- Stand Alone Photograph – 2nd and 3rd Place awards were entries submitted from SEABEE Magazine that NAVFAC entered on behalf of the contributors.
- Contribution by a Contractor/Stringer (writer) – 1st Place – Andrew G. Wright, NAVFAC, Washington, DC
- Publication for a Specific Audience (magazine format) – Honorable Mention – Navy Civil Engineer, NAVFAC, Washington, DC

One of our own - Rebuilding Iraq

Be thankful for all of the conveniences of home - from a PWC JAX – Panama City Site employee who hopes to soon be back home with his family.

Capt. Wells Parker is currently serving with the U.S. Army Civil Affairs in Iraq. It has been a long road for him. Parker spent January and February of 2003 in Hungary and the following two months in southern Iraq in Umm Qasr and Khor Zhubar. Umm Qasr is the Iraqi main port and Khor Zhubar is the electrical grid transmission control center for a large part of Iraq. He then spent the summer at home in Panama City, Fla. and trained the entire fall. In January 2004, Parker headed back to Iraq. He is now spending most of his time in Baghdad.

Parker is with the 350th Civil Affairs Command out of Pensacola, Fla., a U.S. Army Reserve Unit where everyone has some specialty useful for rebuilding a nation in a military environment. While working for PWC JAX – Panama City Site, Parker specializes in utilities engineering and the energy program. While with his Unit in Iraq, Parker is an electrical power grid engineer and works with civil and water engineers, doctors and veterinarians, agriculture experts, petroleum engineers, postal supervisors, businessmen, politics and elections people, railroad engineers, lawyers, etc. “Hardly anything associated with the Iraqi electrical grid repair is normal engineering work. Everything is much more complicated here than at home,” said Parker.



Capt. Wells Parker, one of our own civilians from PWC JAX - Panama City Site currently serving as an active duty reservist in Iraq.

Parker says that the most important job at this time is enforcing the fair allocation of power throughout Iraq. The energy supply isn't enough for everyone to have power 24-hours a day. Unlike when Saddam was running the country, power is now available to all hospitals, water treatment plants and Iraq's key industries throughout the nation. All remaining power for residential use is spread evenly throughout the nation. “It is hot here, so you can imagine that people don't like to have their power cycle on and off so that people in the next town can have their fair share also,” says Parker. They have developed plans to enforce fairness throughout the nation.

Parker expects to remain in Iraq until this fall. “I won't be shy to ask you all to pray for us here, that we will do what needs to be done, leave a good impression on the many good folks here and keep the rest of them out of America, and then know when to leave,” stated Parker.

Parker has heard from several of his co-workers and is glad to receive mail. If you are interested in contacting him, please send an email to PWCJAX_PAO@navy.mil.



Capt. Wells Parker (pictured on the left) is standing with Iraqi workers and Major Danny Hassig, a friend of Parker from Blountstown, Fla.

Demolition and removal of building complete at former Naval Training Center in Orlando

Since 1998, the Navy has been in the process of turning over land at the former Naval Training Center to the City of Orlando. Most of the land has already been transferred and put to new use including commercial areas, schools, parks and luxury residential sub-divisions. The few remaining parcels are areas that have required additional environmental assessments, remediation and treatment before transfer of property can take place. A



partnership exists between all stakeholders including the Navy, through NAVFAC's Southern Division and ROICC Mayport.

Part of the larger Operable Unit 4, Building 1100 which is located in Study Area 13, was constructed in 1943 and used as a laundry and dry cleaning facility until 1994. Subsurface investigations at OU4 identified groundwater contamination associated with the former laundry and dry cleaning operations. Some of the areas required treatment to oxidize subsurface chlorinated volatile organic constituents and reduce source strength in the area under, and nearby, the former dry cleaning facility.

In September of 2003, Southern Division awarded a contract to JVII, an Alaskan Native contractor, for \$867,000 to perform all work associated with the demolition and removal of the building. As part of the scope, all exterior



utilities supplying the building were permanently capped or terminated at the building, asbestos abatement was performed on approximately 3000 square feet of materials, including various sizes of piping, an aboveground interior building tank, a minimal amount of ceiling and floor tile/mastic surfaces, and the settling vault and sump, located at the northwest corner of the building, was removed. Subsequent to all demolition activities, the site was rough graded for drainage and grassed. The remaining activities include preparing a draft and final Project Completion Report documenting all performed and completed removal and demolition activities.

National Society of Black Engineers announces awards

Jacksonville Alumni Extension (JAE) was recently recognized for winning the 2004 National Society of Black Engineers (NSBE) National Alumni Chapter of the Year award. The local Jacksonville Alumni Chapter was selected out of 75 Alumni Chapters. This award is given to the alumni chapter that has most successfully promoted technical, professional and personal development, exemplified pioneering achievements in retention and recruitment and implemented programs that fulfilled NSBE's Mission, Vision and aspects of the Long Range national strategic plan.

Additionally, out of 1,589 Alumni members, our own, Lt. Cmdr. Craig Prather was selected as the 2004 NSBE National Mentorship Award recipient. The

award is given to an Alumni member who has had an impact on mentoring within the community and at work. The criteria for the award included examples of Mentorship, Leadership, Quality of Work, Self Development, Attitude, Professionalism and feedback from people they have influenced.

Prather is the Operations Officer at PWC JAX and is also the Vice Chairman for the National Society of Black Engineers – Jacksonville Alumni Chapter. "Bravo Zulu on both the accomplishments of the Jacksonville NSBE Alumni Chapter and your personal success. These are achievements you can be proud of," said PWC JAX/EFA SE Commanding Officer Capt. Charlie Khan.



Award recipients Erica Harding and Lt. Cmdr. Craig Prather. PWC Jax leadership lead NSBE-JAE to these prestigious awards; the 2004 NSBE National Alumni Chapter of the Year and 2004 NSBE Region Alumni Chapter of the Year. Harding is the current chair person of the local alumni chapter and was a PWC JAX CEC Officer in 2001. Prather is currently the PWC JAX Operations Officer and vice chairperson of the local alumni chapter.

Young Engineer of the Year announced

The Society of American Military Engineers (SAME) recently awarded Lt. j.g. Danny Villafane with the Young Engineer of the Year award. Praised as "setting the pace for his fellow junior officers to follow," by Capt. Charlie Khan, Villafane has numerous accomplishments to his credit already in his beginning career.

Villafane is an assistant resident officer in charge of construction in Jacksonville where he played a vital role in the completion of more than \$25 million worth of construction and service contracts.

He is very active in the SAME Jacksonville Post, the Jacksonville area Navy Civil Engineer Corps Officer community and he volunteers for numerous causes throughout the community.

Although Villafane is just beginning his career as an engineer, he has already earned his professional engineer license and now adds this award to his long list of accomplishments. Congratulations!



Lt. j.g. Danny Villafane, assistant resident officer in charge of construction, Jacksonville, Fla.

FTSE employee spotlight

Employee's name: Joseph J. Giannetto

Position: Supervisor, Contract Surveillance Representatives

Work location: PWC JAX – Charleston Site

Responsibilities: Giannetto was involved directly or indirectly in 17 FSC contract re-writes. He supervised the surveillance and administration of up to twenty facility support contracts and numerous small purchase contracts. Served on NAVFAC Southern Division Technical Review Board for the Housing Maintenance Contract. He oversaw, on a daily basis, the results of 10 hard working individual CSR's with the biggest Can Do spirit you ever saw!!! Received the first ROICC-CHARLESTON FLAGSHIP OAR at PWC JAX – Charleston Site.



Joe Giannetto (first on the right) had the honor bestowed upon him as being selected to be a pall bearer for the CSS Hunley crew burial in Charleston in April.

Years of service: Giannetto spent over 14 years with PWC. He started out as a Security Officer in 1989 and was promoted to a Contract Surveillance Representative in 1990. He progressed in this career field until his retirement May 1. Some of his accomplishments included: Hugo Project, Housing Project, NavHomes Computer Program, received NWS CHSN Golden Apple Award, male model for the NWS CHSN Spring

Fling, and assigned as CSR to the first maintenance contractor at NNPTC, assigned to a Tribunal Council representing the PWO to locate and investigate warranty issues at the NNPTC.

Hobbies/Interests: Digital photography and meeting new people.

Family: Wife, who is a retired civil servant after 25 years and now Joe's driver; son, who is an Air Traffic Controller at the Charleston Airport and also a Reserve Controller with the S.C. Air National Guard; daughter-in-law who is also an Air Traffic Controller at Charleston; a 17 year old daughter who is going into her senior year at Stratford High School and has taught Dad how to successfully use an ATM card and almost has him convinced that money must grow on trees; and of course Gilligan, Mary Ann and Ginger his Yorkshire Terriers.

Employee gains/losses

Losses:

PWC JAX – Jacksonville Site

- Robert Young
- Marilyn Osbeck
- Ronald Farren
- Lawrence Cason
- Carlos Ortiz

PWC JAX – Charleston Site

- James Holladay
- Donald Smith
- Patricia Trombley
- Jimmie Myers

PWC Pensacola

- Larry Allen
- Thomas Amond
- Robert Becker
- Gerald Benson
- Anthony Deininger
- Gerald Fischer
- Walter Hamilton
- William Harris
- Steven Kiser
- Howard Lewis
- Judy McDonald
- Donald Payne
- Arthur Perrott
- Mark Standish
- Marc Starnes
- Joseph Tarkus
- James Yates

Employee awards

On-the-Spot awards:

PWC JAX – Jacksonville Site

Peggy Barnhart
Mary Caldwell
Michele Edwards
Joseph Emerson
Douglas Farmer
Gail Hand
Douglas Hatcher
Robert Loop
John Robey
Frank Rogers
Gloria Sweat
Sharon Teal
Carol Welden

PWC JAX – Charleston Site

Floyd Almers
Donald Alston
Donald Armstrong
Ronald Ashing
Robert Belanger
Theodore Biggs
Bernard Blunt
Michael Brannon
Lewis Brown
Melvin Carson
Robert Connolly
Linda Corbisello
Charles Covell
Riddick Craven
James Curry
Donald Dangerfield
Edward Dawson
Darrell Denaux
John Dilligard
James Donovan
Rufus Drayton
Grover Duncan
Eddward Dupuis
William Etheridge
Eugene Felder
John Fields
Mary Fisher
Mark Ford
Denice Freeman
Lawrence Galbraith
Jerry Glass

James Goodwin
William Graves
James Green
Randy Hill
James Holladay
James Hughey
Charles Hugins
Michael Hydrick
Ernest Jennings
William Johnson
Carlos Jones
David Jones
Paul Llewelyn
Daniel Loney
Eugene McClue
Leo McKenzie
Cheryl Mertins
James Metts
Samuel Miklos
Jimmie Myers
Norman Moore
Thomas Morrison
Eldon Nielsen
Stephen Nussman
James Oakley
Guy Powers
Aggie Ricks
Charlie Rosenbam
Charles Sheleby
Marsha Singleton
Jervy Smalls
Donald Smith
Fred Snipe
Gloria Sweat
Joseph Taylor
Patricia Trombley
Randall Tumbleston
Randolph Turner
William Waldon
Eugene Washington
Jackie Westbrook
Judy Wiggins
Mark Wilson
James Willcutt
Clarence Winningham
Michael Wright
John Yates

PWC JAX – Panama City

James Anderson
Oliver Bush
Robert Clemons
Denver Dauphin
Robert Guss
Jerry Haggerty
Grady Heath
Phillip Jojola
Michael Lacdey
Michael Lessard
Kenneth Mapp
Steve Odom
Clyde Sorrells
Ronald Ward

ROICC JAX

Susan Caldwell
Susan Heuler
Patricia McDonald
Samantha Shelton
Sandra Shelton

ROICC Mayport

Ralph Batten
Angela Bushey
Ron Cate
Natalie Covert
Jerry Ferguson

Congratulations!

Please join me in congratulating our Executive Officer as one of the newest captains in the Civil Engineer Corps - Capt. (select) Van Dobson. Well done XO!

Capt. Charlie Khan,
CO PWC JAX/EFA SE

Runway joints replaced at PWC Pensacola

Sherman Field Runway Expansion Joint Replacement Project

By Larry Lucero and Darryl Malone, PWC Pensacola

The aircraft apron expansion joint replacement project involved removing approximately 7,600 linear feet of old rubber joint filler. This was accomplished by utilizing a specialized carbide blade

attached to a bobcat tractor. The tool is lowered two inches into the expansion joint and dragged backwards, thus removing the old filler. The expansion joint is then



Groves are prepared with new backing rod in place waiting for 890 expansion joint material.

prepared by concrete sawing on both sides and brushed out. A foam-backing rod is installed, then a self-leveling silicone compound is applied with a

pneumatic caulking gun. The cracks and spalls (pot holes) on 10 acres of aircraft apron were repaired then the voids filled with liquid rubber.

All repair operations required careful coordination with Navy personnel and flight operations contractors to avoid disruption of daily airfield operations and to ensure the safety of personnel and multimillion-dollar aircraft. PWC



Larry Lucerio, PWC Pensacola maintenance worker mechanic, installs 890 Expansion Joint Material with a pneumatic caulking gun.

personnel working this project included Larry Lucero, Donnie Rowell, Anthony Mills, Roger Israel and Jerry Alford.

Upcoming EBA Events

Need a quick cool lunch? On June 9, 2004 the Jacksonville area FTSE EBA will be having a Salad Bar fundraiser. The salad bar will consist of tossed salad, one meat and different toppings for the salad. The cost is \$4 per plate. Pre-sales will be from May 25 through June 7. There will be two locations for pick-up – Bldgs 103 and 902. Please see an EBA representative for your Salad Bar plate.

Never fear if you miss this one, look for the Ice Cream Sundae sale July 28. The annual Anniversary Picnic is scheduled for October 21 and the annual Holiday Luncheon on December 7. There is no telling what else the EBA may put together between now and the end of the year.

NAVFAC magazines now online

NAVFAC's *SEABEE* and *Navy Civil Engineer* magazines are now available online. Go to the NAVFAC home page at www.navfac.navy.mil. Find the link under "Publications."

Poisonous snakes

Article from Navy Charleston Shoreline dated April 30

With the arrival of spring and warm temperatures, everyone should be aware that snakes will be coming out of winter hibernation. It is especially important that our children be cautioned against venturing in or near wooded areas or ponds. Four poisonous snakes that are commonly found in the South are:

Copperhead: Most are pinkish or reddish brown, with darker cross bands like dumbbells or the hourglass. The copperhead has a triangular head and is rarely longer than three feet.

Water Moccasin: The water moccasin is usually a dingy brown, covered with blotches, but other colors do occur. It's been said that the water moccasin cannot bite while underwater. This is not true. They can. This is one reason why there is danger of coming in contact with this type snake during periods of flooding. The water moccasin reaches a length of six feet.

Rattlesnake: The rattlesnake is easily identified by its rattles, but sometimes they are found without them. They have many shades of color, but the most common is a deep brown or almost black and those with a diamond back are bluish in color. The rattlesnake causes the most deaths from its bite and averages in size from 18 inches to 8 feet in length and weighs up to 15 pounds. It is the largest of poisonous snakes.

Coral Snake: The coral snake is red on yellow with the yellow rings touching the red rings. One way to identify this snake is by its black nose. There are other snakes with the same color markings, but the others have red noses. The coral is a small snake, only 2 or 3 feet long. To protect yourself against the coral, wear shoes and gloves. It must find a tender spot on which to bite. The bite paralyzes the nerve center.

All poisonous snakes have fangs in the upper jaws. Rattlesnakes, copperheads and water moccasins, commonly called pit vipers, have hollow fangs through which the venom is injected in to the wound. The coral snakes have grooved fangs. The venom runs down the grooves

into the wound. The wound of the pit viper has the appearance of two small punctures made by a hypodermic needle. The wound of the coral snake has the appearance of a half circle of tiny holes.

Snakes will not attack if given a chance to escape. For this reason, the snake should be given every chance to get out of the way even though it may seem to be of a harmless variety.

Many snakes cannot stand the heat of the day and prowl during the night; therefore, a flashlight or lantern should be carried when they are likely to be encountered.

Snakes are more dangerous during the spring and summer. They have been hibernating during the winter and in the spring start out in search of food. They are more likely to attack because of hunger during this time period.

Care should be taken when climbing rock piles, walking over logs and under low-lying limbs.

Signs of snakebites:

- Bleeding at the bite (which may be very slight)
- A burning pain
- Rapid swelling
- Nausea and vomiting
- Rapid pulse
- Low blood pressure
- Discoloration starting at the wound and spreading

If bitten:

- Kill the snake if possible. Its body should accompany the victim to the doctor.
- Wrap cracked ice, if available, and apply it to the wound. Do not allow ice to come in contact with the flesh.
- If you are alone, walk slowly toward help. If someone is with you, have them carry you to a vehicle and proceed to the nearest medical facility or doctor as soon as possible.
- Stay calm! Make no unnecessary movement.

Cruisin' News from your Travelin' Crew

By Dawn Reed and Aggie Ricks, travel coordinators, PWC JAX

Who? What? Where? When? How? These are five questions to answer when it pertains to travel. If the answer to all these questions are on the Travel Request Form the margin of error in travel reservations is reduced. Supervisors need to ensure that all five of these questions are answered before approving the travel request. This will eliminate the area of "assumption" for the travel clerks. Answering these questions are key in achieving great success in the travel arena.

Enjoy the sunshine, but learn the risks of its rays

From John Lindsay, Command Field Safety Manager

NAVFAC, Southern Division, Charleston, S.C.- After months of dull weather has left us desperate for sunshine and blue skies, the first sunny weekend in late spring can catch many of us outside.

When it happens, many of us forget that by late May the sun is quite high in the sky, with the day with the most daylight only one month away. For some people it's the first time this year their skin has been exposed to the sun for any length of time, and the results can be painful.

It is a common misconception that a 'good dose of sunshine' is beneficial. But the risks from the sun's ultraviolet (UV) radiation have been well documented. UV radiation is reduced by ozone high above the Earth's surface. And with continued thinning of the ozone layer, the threat from overexposure to UV radiation continues to grow.

In recent years there has been a trend away from heavily bronzed skin. But even those who refuse to bow to the latest trends in fashion have good reason to take a responsible attitude to exposing themselves to high doses of UV radiation.

There is growing evidence that chronic exposure to the sun can bring about premature ageing. Over time the skin becomes thick, leath-

ery and wrinkled. But if that is not reason enough to protect the skin, there are other factors to consider.

Skin cancer

The incidence of skin cancer has grown rapidly in recent years. Melanoma, the most serious form of skin cancer, is becoming much



more common. Dermatologists believe there is a link between the frequency of sunburn in childhood and the likely occurrence of melanomas in later years.

Nonmelanoma skin cancers are treatable in 95 percent of cases, if detected early enough. But both these and other UV-related skin disorders (such as actinic keratoses) are directly linked to exposure to UV radiation.

A lack of proper eye protection can lead to an increased risk of cataracts and other forms of eye damage.

A small dose of sunshine undoubtedly promotes a sense of general well being, but overexposure can have a serious impact on the body's immune system and reduce the skin's natural defenses.

But we have to be realistic. Many people spend much of their time outdoors. Even if they are not sunbathers, they need to take adequate protection and a few simple guidelines can make all the difference.

So the message is: "Be sensible, cover up when necessary, and enjoy the sunshine in a responsible way!"

The Sun Index: What it means for you...

The Index system is quite simple. It ranges from 1 to 10; 1 being a very low risk, whereas 10 would be a very high risk. This scale makes it immediately clear whether you are in danger, and they can be used on quite a local level.

The sun is strongest between 10 a.m. and 4 p.m. Exposure between these hours should be limited, particularly between midday and 3 p.m.

Volunteer opportunity

The Chimney Lakes Elementary School PE teacher recently sent her thanks for the volunteers who assisted with the President's Annual Physical Fitness Testing. To further assist the PE program they are accepting donations to recycle aluminum cans and newspapers. Anyone wishing to participate can bring clean aluminum cans or old newspapers to be recycled. Cans and newspapers must be placed in separate bags. Items will be collected on Thursdays. Please make arrangements to deliver aluminum cans and newspapers to:

Phone #	Point of Contact	Drop off day	Location
542-5140 x2129	Milli Noel	Thursdays	Bldg. 902, call first