



Whiting Tower

Seventy Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 69 No. 26

Forging Wings for the Fleet
Wednesday, September 18, 2013

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HT-28 welcomes Pavelko as new CO Friday



Cmdr. Christopher Pesile

By Jay Cope, NAS Whiting Field Public Affairs

Following 15 months at the helm, Cmdr. Christopher Pesile will turn command of Helicopter Training Squadron TWENTY-EIGHT over to Lt. Col. Jeff Pavelko Friday, Sept. 20 at 10 a.m. The ceremony will take place at Naval Air Station Whiting Field's Atrium building.

The change of command ceremony is a Navy tradition that enables the two officers to formally exchange duties in front of the assembled squadron crew. It is also a time to recognize the accomplishments of the outgoing commander in front of his family and friends. Training Air Wing FIVE Commodore Capt. James Fisher will serve as the guest speaker for the ceremony.

Under Pesile, the "Hellions" flew more than 58,000 mishap free flight hours and completed in excess of 31,000 sorties culminating in the completion of helicopter flight training by 460 Navy, Marine Corps, Coast Guard, and Allied pilots. His leadership helped earn the squadron an outstanding on the Chief of Naval Air Training safety inspection. An enthusiastic supporter of the community, Pesile and the "Hellions" volunteered more than 900 hours to local programs.

Pesile is the squadron's fifth commanding officer.

A 1994 Naval Academy graduate, Pesile earned his helicopter "Wings of Gold" from HT-18 in Aug. 1996. He

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Cover Photo

Chief (Select) Aviation Boatswain's Mates Carlos Peralta and Vandie Smith raise the flag as part of the 9/11 remembrance ceremony at Naval Air Station Whiting Field. The ceremony also included a few words from Cmdr. Charles Luff, NAS Whiting Field command chaplain, as well as a laying of a wreath by the flagpole. U.S. Navy photo by Ensign Emily Hegarty.

The Whiting Tower

Commanding Officer

- Capt. Matthew Coughlin

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Lori Aprilliano

Deputy Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Ensign Emily Hegarty

- Ensign Michael Vazana

The Whiting Tower is an authorized publication for members of the Naval Air Station Whiting Field team, tenant commands, their family members and retirees in the surrounding area. The contents of this publication do not necessarily reflect the views of the U.S. Government, the Department of Defense or the Department of the Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station Whiting Field.

Five new Chief Petty Officers pinned during Whiting Field ceremony

By Jay Cope, NAS Whiting Field Public Affairs

Five Sailors enjoyed the opportunity to wear a new uniform for the first time, Friday, Sept. 13 as they traded their first class petty officer uniforms for those of a Navy Chief.

Aviation Boatswain Mates LeDerrick Garrison, Vandie Smith, Carlos Peralta, Chad Whitta, and Bradley Anthony were frocked to their new ranks during a pinning ceremony at Naval Air Station Whiting Field's Atrium building. A sixth Whiting Field Sailor was also selected for promotion, however, Chief Master-at-Arms Kenneth Pratt is serving on an individual augmentee tour in Afghanistan.

Putting on the Chief Petty Officer uniform is one of the proudest moments in a Sailor's career, and NAS Whiting Field Commanding Officer Capt. Matthew Coughlin emphasized the impact of the role Chiefs embody, during his remarks as the guest speaker.

"My father was a WWII Sailor and until the day he died, he remembered the names of the Chief Petty Officers he served with. So I would advise these [new chiefs] to never, ever underestimate their influence on either our junior Sailors or their impact on Navy leadership," he stated.

The brief ceremony began with the parading of the colors, the playing of the national anthem, and a few words from Command Master Chief Alton Smith about the importance of the day's events. He then welcomed the new Chiefs

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CNRSE signs Suicide Awareness Proclamation

By Mass Communication Specialist 1st Class (SW) Greg Johnson, Navy Region Southeast Public Affairs

Rear Adm. Rick Williamson, Commander, Navy Region Southeast, signed a suicide prevention awareness proclamation on board Naval Air Station Jacksonville Sept. 9.

The proclamation recognizes September as National Suicide Prevention Awareness Month and is intended to raise suicide awareness prevention throughout the Southeast Region.

“This proclamation brings to light an issue of paramount importance in our military today,” Williamson said. “Each year, we lose shipmates, co-workers and family members to suicide and these losses can be prevented. It is our collective responsibility to remain alert to the warning signs and to be prepared to take action with those in our lives who might be at risk. An actively engaged force, including everyone in the Navy family, is key to the successful prevention of suicide.”

The proclamation’s theme highlights the importance



Rear Adm. Rick Williamson signs a proclamation in support of Navy Suicide Prevention Month on board Naval Air Station Jacksonville Sept. 9. The proclamation designated September as Navy Suicide Prevention Month throughout the Southeast Region. (U.S. Navy photo by Mass Communication Specialist 1st Class Greg Johnson/Released)

of taking action as individuals and to recognize the impact of stressors in our day-to-day lives, as well how to develop protective factors against stress and suicide.

According to Dianne Parker, Navy Region Southeast assistant suicide prevention outreach coordinator, there is no better way to have a successful program than ensuring suicide prevention information and indicators are available to all personnel.

“Suicide continues to be a major issue for all hands,” she said. “Our goal is to reduce the number of these tragedies through education and awareness campaigns, and we hope this proclamation will go a long way in those efforts.”

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This Day in Naval History

Sept. 17

1861 - Union landing party from USS Massachusetts takes possession of Ship Island south of New Orleans. This was the headquarters for Adm. David Farragut’s Gulf Coast Blockading Squadron.

1895 - Battleship Maine commissioned.

1902 - Detachment of Sailors and Marines land from cruiser Cincinnati (C 7) to protect American property at Colon, Panama.

Sept 18

1936 - Squadron 40-T, based in the Mediterranean, established to protect U.S. interests and citizens around Iberian peninsula throughout the Spanish Civil War.

1947 - National Security Act becomes effective.

Sept. 19

1915 - Secretary of the Navy Josephus Daniels organizes the Naval Consulting Board to mobilize the scientific resources of the United States for national defense.

1957 - Bathyscaph Trieste, in a dive sponsored by the Office of Naval Research in the Mediterranean, reaches record depth of two miles.

1992 - Joint Task Force Marianas stands down after providing assistance to Guam after Typhoon Omar.

http://www.navy.mil/search/display_history.asp



A Look Back at History

The Bathyscaph Trieste, with the USS Lewis (DE-535) in the background, prepares for a 1960 dive in the Marianas Trench. The vessel reached a record depth of two miles Sept. 19, 1957. During the pictured dive, she reached seven miles. Navy Lt. Don Walsh and Jacques Piccard, son of the ship designer, piloted Trieste during her record run. U.S. Navy Photograph, National Archives collection.

News and Notes

Leave Donation - Ricardo Speller of NAS Corpus Christi and Linda Peterson of CBC Gulfport have been approved for the Voluntary Leave Transfer Program. Those of you who have excess leave and wish to donate hours of annual leave can submit the appropriate form from either the OPM 630-A Inside Agency (DON) or OPM 630-B Outside Agency (Other than DON). "Please ensure that you "Encrypt" and then forward completed forms to the CNIC SLDCADA Helpdesk (CNIC_SLDCADA_HELP@navy.mil)." Refer any questions to TraLana Linder, Human Resources Assistant, CNRSE HQ HRO, Commander Navy Region Southeast, (904) 542-2283.

Mobile Health Screening - The Mobile Mammography Unit from West Florida Hospital is accepting appointments for 9 a.m. to 1 p.m. at Naval Air Station Whiting Field, Friday, Oct. 4. Walk ins are also accepted. Most insurance coverages are accepted for this service. Call 1-888-894-2113 ext. 1 to obtain more details or to schedule an appointment.

Job Fair - The Panhandle Job fair will be held on Thursday, Sept. 19 from 10 a.m. - 2 p.m.. During the fair, organizers will host a series of panels with professionals in the community from the service, government/Department of Defense, and staffing industries. Job seekers are encouraged to attend one of the 30 minute sessions scheduled from 11 - 11:30 a.m., 12 - 12:30 p.m. and 1 p.m. This will be a unique opportunity for job seekers to ask questions and seek advice from distinguished professionals in our area. For more information, please visit the registration desk during the job fair.

Star Spangled Show - The Panhandle Community Theatre will recognize the 100th anniversary of the Imogene Theatre in downtown Milton Sept. 27-29 and Oct. 4 & 5 (the fifth is the official anniversary) with a special variety show. Back during World War II, a touring variety shows would entertain and delight our



Recognizing Top Sailors
 NAS Whiting Field Commanding Officer Capt. Matthew Coughlin presents a Navy and Marine Corps Achievement Medal certificate to AC2 Daniel Flores at the operations building auditorium, Tuesday, Sept. 3. U.S. Navy photo by Jay Cope.

fighting troops abroad. PCT is offering a show with a similar attitude. This show, entitled "Star-Spangled Salute to our Troops, is a variety show with singers, dancers, comedy acts, magicians, kid acts and more. The entire show is military-focused and set in the 1940s. Evening performances begin at 7 p.m. while the lone Sunday matinee is at 2 p.m. The Imogene Theatre is located at 6866 Caroline St. (Hwy. 90), Milton, Fla. Tickets are priced at \$12 for adults and children are \$7. For reservations, call 850-221-7599 or email panhandle_community_theatre@yahoo.com.

Energy Savers - The Naval Air Station Whiting Field Public Works Department recognizes the following buildings for their efforts on energy conservation as compared to 2012 costs for the same time frame. Building 2981 / VT2/VT6, at -35.2 percent; Bldg. 2254 / Choctaw, at -26.2 percent; and Bldg. 1417 / Atrium, at -12.5 percent earned the honors for July.

Cook Out - The Naval Air Station Whiting Field First Class Petty Officers' Association will host a Hamburger, Hot Dog and Brats sale Sept. 12 at 11 a.m. in front of the Atrium building. Cost is \$7 for Burger and Hot Dog or Brat, Bag of Chips and Soda.

College Registration - Embry Riddle Aeronautical University is now registering through Oct. 21. Hours on board NAS Pensacola are 8 a.m. - 5 p.m. Monday through Thursday and 8 a.m. - 4 p.m. Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. Hours on board NAS Whiting Field are Wednesdays 9 a.m. - 4 p.m. in Bldg. 1417, Room 163. Late registration and add/drop a course for a full refund will be held Oct. 21- 27. Everyone is encouraged to register early. Classes begin Oct. 21. New Student Orientation will be held Wednesday, Oct. 16 5 - 6 p.m. on board NAS Pensacola in Bldg. 634, Suite 033. Email pensacola@erau.edu, visit www.worldwide.erau.edu/locations/pensacola or call 458-1098 for more information.

Heritage Luncheon - The NASWF Diversity Committee will sponsor a Hispanic Heritage Program, 11a.m. to Noon, Wednesday, Oct. 9, in the Base Auditorium (Bldg. 2980). All are encouraged to attend.

Usage Information

Total Used

2,275,610 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,556,948	2,245,533	2,275,610
Average Daily kWh	82,482	74,851	73,407
Days In Billing Period	31	30	31

Energy Conservation

Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. As can be seen in the above graphic from the July power bill, NAS Whiting Field saved 281,338 kilowatts of power from last year's bill. However, the power bill was still more than \$150,000 for the month. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

Fleet and Family Support Center Classes

VA Representative - Friday, September 20 from 8 a.m. to Noon. (Call 850-623-7177 for appointment)

How to Apply for a Federal Job - Monday, September 23 from 10 a.m. to Noon and 1 to 3 p.m.

Is it worth your while to invest your time and effort in searching and applying for a federal job? If your answer is “yes,” then you need to attend this class in order to learn how to prepare the best application possible. You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listing for keywords, and how to apply for jobs. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Smooth Move - September 24, October 8 & 22 from 1 to 3 p.m.

Make your next change of duty station move a smooth one. Learn what resources are available to you and the five key steps to minimizing stress during the relocation and transition period: get to know your FFSC Relocation Assistance Program Specialist, develop a plan of action, know your benefits, manage your moving day, make it a family affair. For more information, call NAS Whiting Field Fleet and Family Support Center at 850-623-7177.

Car Buying Class - September 26 from 1 to 3 p.m.

Many people begin the car buying process by visiting a dealership, which should be one of the last things you do. Come find out how to research and compare for the best prices, when and how to negotiate your trade-in, how insurance fits in, and your best option for financing. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

How to Survive the Holidays Financially - October 17 from 1 to 3 p.m.

It's that time of year when stores display holiday decorations, increase their inventory, and gear up to convince you to spend your money. Attend this class to learn techniques to control your holiday spending. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Your all-access pass for everything Navy.

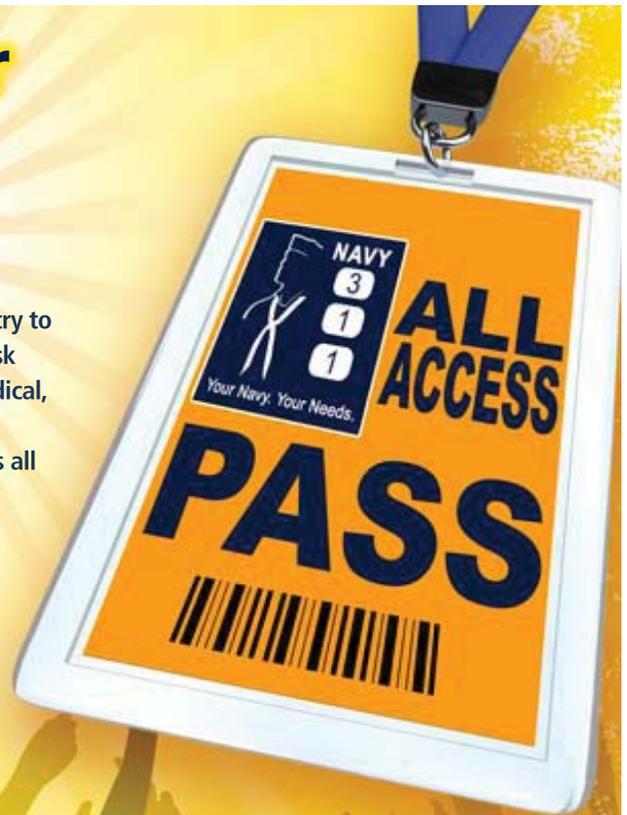
NAVY 311

Got a question? Get an answer. NAVY 311 is your single point of entry to access help desk support across the Navy—and no topic is off limits. Ask NAVY 311 about systems, equipment, training, facilities, career, IT, medical, logistics, and more. Whether you're at sea, in port, on duty or liberty, NAVY 311 is available 24/7. So toss away that wheel book. NAVY 311 is all you and your family need to reach authorized Navy service providers worldwide. **NAVY 311. Now that's support that rocks!**

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MWR sponsors “Lazyman” triathlon at gym

By Ensign Emily Hegarty, NAS Whiting Field Public Affairs

MWR kicked off a new fitness idea with its “Lazy” Ironman Triathlon program, Sept. 2, challenging participants to swim 2.4 miles, bike 112 miles, and run 26.2 at Naval Air Station Whiting Field before the September 30 deadline. It isn’t too late to get involved.

Terence Edgar, fitness director at NASWF’s Morale, Welfare, and Recreation Fitness Center, is spear-heading the event and is excited to try something new for Whiting Field. Acknowledging the enthusiasm and drive of many fitness center patrons, he noted many have already signed up for the program.

Edgar stated that there are more ways than one to complete the program. Recognizing the diverse needs and preferences of patrons, each traditional triathlon event has an optional alternative for those who are unable or prefer not to perform the swim, run, or bike portions. Patrons have the option to “use the concept rower instead of swimming, as well as use the treadmill or elliptical for the run portion. Riding your bike to work can also count,” he explained.

To enter, patrons must sign-up at the MWR Fitness Center Front Desk and log their miles on a tracking sheet, which must be turned in by September 30. Participants who complete the challenge within the dates of the program will

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HT-28

- (Cont. from Page 2)



Lt. Col. Jeff Pavelko

first served with Helicopter Anti-submarine Squadron ELEVEN (HS-11) flying the SH-60F out of Jacksonville, Fla. He returned to NAS Whiting Field in 2000 as a primary flight instructor with Training Squadron SIX flying the T-34 Turbomentor. Subsequent tours included Yokosuka, Japan aboard the USS Kitty Hawk (CV-63) with Carrier Strike Group FIVE; a return to HS-11; and a tour with the

Joint Staff at the Pentagon. Pavelko also earned his Masters of Science degree in Global Leadership from the University of San Diego before returning to NAS Whiting Field again as the “Hellions” executive officer.

His next tour will be in Sasebo, Japan as the Air Boss on board the USS Bonhomme Richard (LHD-6).

After serving more than a year as the executive officer for HT-28, Pavelko assumes the reins of command with more than 19 years of USMC experience. He has served tours with Marine Light Attack Helicopter Squadron



Cmdr. Jeffrey Ketcham

(HMLA) 169 out of Camp Pendleton, Marine Medium Helicopter Squadron (HMM) 165 as part of the 11th Marine Expeditionary Unit, Marine Aviation Weapons and Tactics Squadron One, Marine Air Group-29 as the Future Operations Officer, the “Gun-runners” of HMLA-269 and as the executive officer of MAG-29. Pavelko has completed several tours in Iraq, including the final deployment of an HMLA squadron in the country.

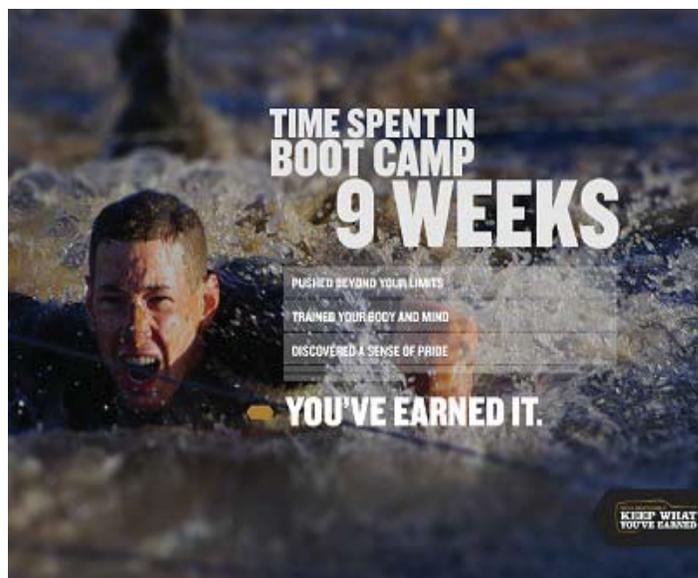
Pavelko also earned his master’s degree in Military Studies from the Marine Corps University in Quantico, Va.

The incoming executive officer will be Cmdr. Jeffrey Ketcham.

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<http://www.facebook.com/nas-whitingfield>



Legal aspects discussed about parental kidnapping cases



By: LN1 Sharlissa Barefield, Corpus Christi Legal Assistance Office, RLSO SE

Parental kidnapping or parental abduction is defined as the concealment, taking, or unlawful retention of a child by his parent in violation of the rights

of the child's other parent or another family member.

In response to the critical problem of parental abduction, steps have been taken on both state and federal levels. The Uniform Child Custody Jurisdiction Act (UCCJA) was approved by the National Conference of Commissioners on Uniform State Laws and by the American Bar Association in 1968. By 1984, it had been adopted in all states. All states have also enacted criminal parental kidnapping statutes. In 1980, Congress passed the Parental Kidnapping Prevention Act (PKPA), which not only strengthened the provisions of the state laws but also contained additional safeguards against parental kidnapping.

Before the UCCJA and the PKPA, a parent who lost a custody battle could snatch the child, take the child to another state, and seek a court order of custody in that state.

The UCCJA was designed to prevent states from giving protection from rewarding parental abductors by requiring them to decline jurisdiction of custody actions if another state, usually the state from which the child was taken, was a more appropriate forum.

The PKPA deals primarily with the application

of the full-faith-and-credit clause to custody decrees. Full-faith- and credit clause ensures that court decisions rendered by the courts in one state are recognized and honored in every other state. PKPA comes into question only when there is already a custody decree, and one of the parents is trying to enforce it or modify it in another state. The PKPA requires that a state enforce the custody decree of a sister state unless (1) the rendering court did not have jurisdiction; (2) the decree was entered without reasonable notice and an opportunity to be heard; or (3) the decree was entered while a case was pending before another court that had jurisdiction.

The PKPA authorizes FBI investigations of child abductions. Unfortunately, because a court order of custody is a requirement for FBI involvement, most non-marital

Before the UCCJA and the PKPA, a parent who lost a custody battle could snatch the child, take the child to another state, and seek a court order of custody in that state.

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Star Spangled Salute show comes to the Imogene

(Editor's Note: Naval Air Station Whiting Field Commanding Officer Capt. Matthew Coughlin and Executive Officer Cmdr. Gregory Gray will have small parts in the show to support the local community.)

Milton, FL - On September 27-29 and October 4-5, 2013, the historic Imogene Theatre in downtown Milton will become the site of a variety show entitled "Star-Spangled Salute to our Troops - An Old-Fashioned Touring Variety Show Honoring Our Military." The show is a tribute to our area military set in the 1940s as well as the birthday celebration.

This USO-style show is a collaboration between Panhandle Community Theatre (PCT) and the Santa Rosa Historical Society (SRHS); the latter owns the Imogene. The final performance is the 100th Anniversary of the theater. Each performance will be similar to the USO Shows of the past with singers, dancers, comedy acts, magicians, kid acts and celebrity impersonators.

The Imogene Theatre was built between 1912-1913 by banker Stephen Harvey at a cost of \$25,000. The architecture is categorized as "Renaissance-Revival Style." Stephen F. Fulghum & Son of Pensacola were chosen as the contractors.

The theater's original intent was to serve as a community hall for opera, plays, balls and vaudeville; but also constructed a permanent projection booth to accommodate moving pictures. A

post office resided in the lower floor along with a Five and Dime.

The theater, named "Milton Auditorium," opened in October 1913 with a formal ball complete with live orchestra. Soon, moving pictures, or "talkies," were shown three nights a week onto a projection screen hung from the stage.

In 1985, the Santa Rosa Historical Society purchased the aging building for \$35,000. A year later, several grants enabled the SRHS to begin renovations with Theophalis May the chosen contractor. A catered dinner for 250 in April 1988 became the first event of the newly refurbished theater.

The Great Milton Fire in 2009 destroyed every building west of the Imogene, with the historic theater suffering extensive smoke and water damage. Grants coupled with insurance funds enabled the SRHS to bring the theater back to its full glory.

Show dates are September 27-29 and October 4-5 with the final show the birthday gala. Evening performances begin at 7:00 p.m. while the lone Sunday Matinee is at 2:00 p.m. The Imogene Theatre is located at 6866 Caroline St. (Hwy. 90), Milton, FL.

Tickets are priced at \$12 for Adults and Children under 12 are \$7. Reservations call 850-221-7599 or email panhandle_community_theatre@yahoo.com. Further info: panhandlecommunitytheatre.com.

CPOs

- (Cont. from Page 2)



New Chief Petty Officer, Bradley Anthony kneels down so that his wife, Amelia, and daughter, Aubrey, can place his new rank insignia on his collar during the Sept. 13 pinning ceremony. See page 11 for more photos of the ceremony. U.S. Navy photo by Jay Cope.

who entered singing a rousing rendition of 'Anchors Aweigh'. Following Coughlin's remarks, Chief Air Traffic Controller Rachael Garcia read the meaning behind the fouled anchor which serves as the rank insignia for chief petty officers.

With the five new Chiefs standing at attention, the moment they were waiting for finally arrived, and each was called forward in turn for their family and friends to pin on their new rank, and a Chief to place the khaki combination covers on their heads. All Chiefs in the audience were then requested to stand for the reading of the Chiefs creed.

Garrison, Smith, Peralta, Whitta and Anthony were then each piped through the sideboys, introduced to the audience, and joined the formation of chief petty officers off to the side of the audience. For the new Chiefs and their families, the ceremony marked a major milestone in their careers and served as an event they plan to never forget.

"From the day you enlist, you see the Chief. It's what you aspire to. It's what you dream about," Anthony said after the ceremony.

"This is a new beginning for all six of us. We are eternally thankful for all of the hard work of the many Sailors that were left in our charge. Without them we would not be standing here."

The achievement is certainly a great moment in their careers, but along with the advantages and privileges of being a chief petty officer, also comes greater responsibility and accountability to the chain of command.

"There are a lot of hard decisions that need to be made by the command, and the Chiefs' Mess has a huge input into those decisions, and I rely on that," Coughlin said. "I am incredibly proud of these six Sailors."

Suicide prevention

- (Cont. from Page 3)

One of the latest tools the Navy is using toward suicide prevention efforts is the NavyTHRIVE campaign, which encourages Sailors, commands, families and civilians to empower themselves by taking personal responsibility for their health, wellness and growth.

"The program is a new approach to resilience and it really emphasizes self-empowerment and growth," Parker said. "The goal is not for Sailors to merely overcome adversity, but to come back from it stronger than they were before."

In addition to those efforts, the region implemented an aggressive suicide prevention coordinator (SPC) training program in September 2011 that utilizes Defense Connect Online. So far, it has resulted in more than 300 newly-qualified coordinators throughout the region and more than 1,700 worldwide.

Fleet and Family Support Center (FFSC) educational services and work and family life specialists assist command SPCs with training in the areas of stress management, conflict management, parent education, anger management and suicide prevention. So far this fiscal year, command SPCs and FFSC personnel have conducted more than 1,200 training sessions attended by more than 43,000 people.

"The program has been instrumental in raising awareness and getting the message out to leaders throughout the DoD. Leaders need to make Sailors understand that there is no shame in reaching out for help," Parker said.

Each year, hundreds of DoD personnel commit suicide and many of these cases could be prevented if friends and co-workers only knew what to look for and took action, she added.

"The bottom line is if you suspect that someone may be thinking about suicide, you need to ask, care and treat," she said. "The key is to take action. The worst thing that you can possibly do is nothing."

For more information about NavyTHRIVE, visit http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/spmonth/Pages/default.aspx.

From TRAWING-5

Congrats to TRAWING-5 Wingers and scholars



Back row: Cmdr. Matthew Bowen, USN, CO HT-8; 1st Lt. Aaron Mills, USMC; Ensign Kyle Shipp, USN; 1st Lt. Andrew Butte, USMC; Lt. j.g. Shane Bothel, USN; 1st Lt. Michael Kennedy, USMC; Lt. j.g. John White, USN; and 1st Lt. Chet Boyce, USMC.

Middle: Lt. Col. Robert White, USMC, CO HT-18; Lt. j.g. Michael Wightman, USCG; 1st Lt. Kyle Hayhurst, USMC; Lt. j.g. Ian Sibberson, USCG; Lt. Stephen Bondira, USCG; Lt. j.g. Scott Murphy, USN; Ensign Sean Skalski, USN; and Col. Roy Osborn, USMC.

Front: Cmdr. Christopher Pesile, USN, CO HT-28; 1st Lt. Brittany Fayos, USMC; Ensign Oliver Delery III, USN; 1st Lt. Daniel Heaney, USMC; Lt. j.g. Robert Hodgson, USN; 1st Lt. John Lynch, USMC; Ensign Adam Roth, USN; 1st Lt. Gregory Schwartz, USMC; Lt. j.g. Morgan Ogren, USN; and Capt. James Fisher, USN, Commodore TRAWING 5.



Left Photo: 2nd Lt. Daniel M. Belet, USMC; Ensign Jeffrey M. Mistrick, USCG; 1st Lt. Ryan M. Klenke, USMC; 2nd Lt. James C. Potucek, USMC; Lt. j.g. Scott A. Simpson, USN (Commodore's List with Distinction); 1st Lt. Eric J. Kroeger, USMC; and Lt. j.g. Patrick D. Ahern, USN receive their academic awards Friday, Sept. 6 at the Training Air Wing FIVE headquarters.



Right Photo: 1st Lt. James W. Derr, USMC; 2nd Lt. Ian M. Klutch, USMC; 2nd Lt. Hunter A. Kennedy, USMC; 1st Lt. Nicholas D. Possenti, USMC; Lt. Logan J. Briery, USN (Commodore's List with Distinction); 1st Lt. Michael P. Lin, USMC; Ensign Eugene T. Gallagher, USN; Ensign Patrick T. McAleer, USN; and Ensign Jeffrey T. Zeberlein, USN display their awards from Sept. 13.

Operation Live Well: Small changes add up

Dana Crudo | Health.mil

August 20, 2013

OPERATION

★ Live Well ★

The Army hosted a Stand Up for Health Training Day for Army medical personnel on the importance of physical activity, nutrition and sleep to overall health on Aug. 8.

These three key components make up the Performance Triad, a new approach that Army medical personnel are using to help guide soldiers and their families to better health. Focusing on physical activity, nutrition and sleep simultaneously can improve cognitive and

physical performance, slow down aging and help prevent diseases and injuries.

The training summarized the latest and greatest research on the big impact that small lifestyle changes in the areas of physical activity, nutrition and sleep can have on overall health. Surprisingly, the recommendations seem easy enough for anyone to follow – even those with limited time or motivation.

Below are the experts' top recommendations that you can start following today to feel better tomorrow.

Physical Activity

“Emerging evidence points to the importance of everyday activity to prevent chronic disease,” said Lt. Col. Scott Gregg, an Army physical therapist and expert for the Performance Triad. “It is time to start doing something about it.”

Here is what you can do to get the recommended amount of physical activity:

1. Engage in 150 minutes per week of moderate exercise. This helps with chronic pain, depression, anxiety and stress. Find an activity you enjoy like jogging, playing a sport or dancing to make exercise fun.

2. Do muscle strengthening activities at least two days a week. It is important to work all major muscle groups to stay fit.

3. Break up sitting time. Research shows that moving throughout the day is sometimes more important than exercise. Regular movement increases blood flow, reduces risk of heart disease and improves mental health. Move at least 10 minutes per hour and walk 10,000 steps (approximately five miles) a day. Get up from your chair to try these activities. Use a pedometer to track your activity.

4. Focus on injury prevention. Injuries are the number one reason that soldiers go to medical treatment facilities. Always warm up before working out and gradually increase the intensity and duration of any new workout. Vary workouts to include a combination of strength, endurance, agility, balance and coordination to reduce the likelihood of injuries.

5. Use technology to save time.
- (Cont. on Page 12)

LAZY IRONMAN TRIATHLON



SEPTEMBER 2ND.-30TH.

SWIM BIKE RUN

2.4 MILES
112 MILES
26.2 MILES

WHAT IS IT?
A FITNESS INCENTIVE PROGRAM THAT IS BASED ON THE DISTANCE OF AN IRONMAN TRIATHLON. SWIM (OR RDW) 2.4 MILES (3862 METERS) BIKE 112 MILES AND RUN 26.2 MILES. LOG YOUR MILES ON YOUR TRACKING SHEET OF ALL DISTANCES COMPLETED ON THE NSA BASE.

WHEN IS IT?
COMPLETE ALL THE DISTANCES BETWEEN SEPTEMBER 1ST AND 30TH..

WHO IS IT FOR?
EVERYONE!! COMPLETE ALL THE DISTANCES WITHIN THE DATES OF THE PROGRAM AND YOU WILL WIN A PRIZE!

SIGN-UP AT THE MWR FITNESS CENTER FRONT DESK

Around the Base

Hail to the Chiefs: Six selected to advance



Top Row: ABHC LeDerrick Garrison, ABHC Vandie Smith, ABHC Carlos Peralta, ABHC Chad Whitta, and ABHC Bradley Anthony.

Above: ABHCS Johnny Harris from CNATT Pensacola places the khaki combination cover on Chief Peralta with his father, Paulino, and wife, Maria, by his side.

Right: The chief selects march into the pinning ceremony singing *Anchors Aweigh*.

Bottom Right: Garrison and Whitta stand in formation with the rest of the chiefs near the end of the ceremony.

Below: Whitta steps through the sideboys as he is announced to the audience as a new Chief Petty Officer. U.S. Navy photos by Jay Cope.

(Photos of MAC Kenneth Pratt are not available as he is on an IA tour.)



Things to Know

Live Well

- (Cont. from Page 10)

Take advantage of apps to get customized workout routines, monitor your activity and track your fitness goals. You can check out these apps from the Army, Navy, Marine Corps, Air Force, and Coast Guard.

Nutrition

“There is a strong relationship between nutrition and quality of life,” said Col. Laurie Sweet, an Army dietician and expert for the Performance Triad. “There are immediate benefits to eating properly.”

To experience the benefits of eating healthy, try these tips:

1. Drink water and eat a variety of foods. Aim to drink eight glasses of water a day. Even being mildly dehydrated affects memory, fatigue and anxiety. Make sure your diet also includes fruits, vegetables, whole-grains, lean proteins, low-fat dairy and omega-3 to get enough nutrients. You should have half a plate of fruits and vegetables at each meal. Here are some ideas on how to incorporate all these foods into your meals.

2. Plan regular meals and snacks. Make sure to eat every four to five hours to maintain energy levels, improve endurance and increase metabolism. Avoid skipping breakfast. Plan to eat carbohydrates and proteins 30 - 60 minutes after strenuous workouts to stay fueled.

3. Reduce your intake of processed foods, refined grains and foods high in salt, added sugars and fats or empty calories. These are all associated with increased risk for chronic diseases. Also avoid eating out more than two times a week.

4. Use wellness centers and dieticians. If you have a wellness center on base, take advantage of it! They offer guidance and resources on healthy eating.

5. Record your meals. Just writing down what you eat can make a difference. Use websites and mobile apps like SuperTracker and SparkPeople to keep track of what you eat and to get meal plans.

Sleep

“Loss of sleep has immediate effects,” said Col. William Frey, a sleep medicine consultant for the Performance Triad. “It affects your overall mood and sense of well-being, your ability to resolve conflicts, your job productivity and your motivation to stay healthy.”

Make sure you are catching enough Zzzz’s by following these tips:

1. Get eight to perform great. You need at least eight hours of sleep for optimal performance. If you have problems falling asleep, staying asleep or snoring, visit a sleep clinic to get evaluated for disorders that may be causing these issues.

2. Maintain a consistent sleep cycle. Have fixed times for going to bed and for waking up. If you cannot sleep, get out of bed.

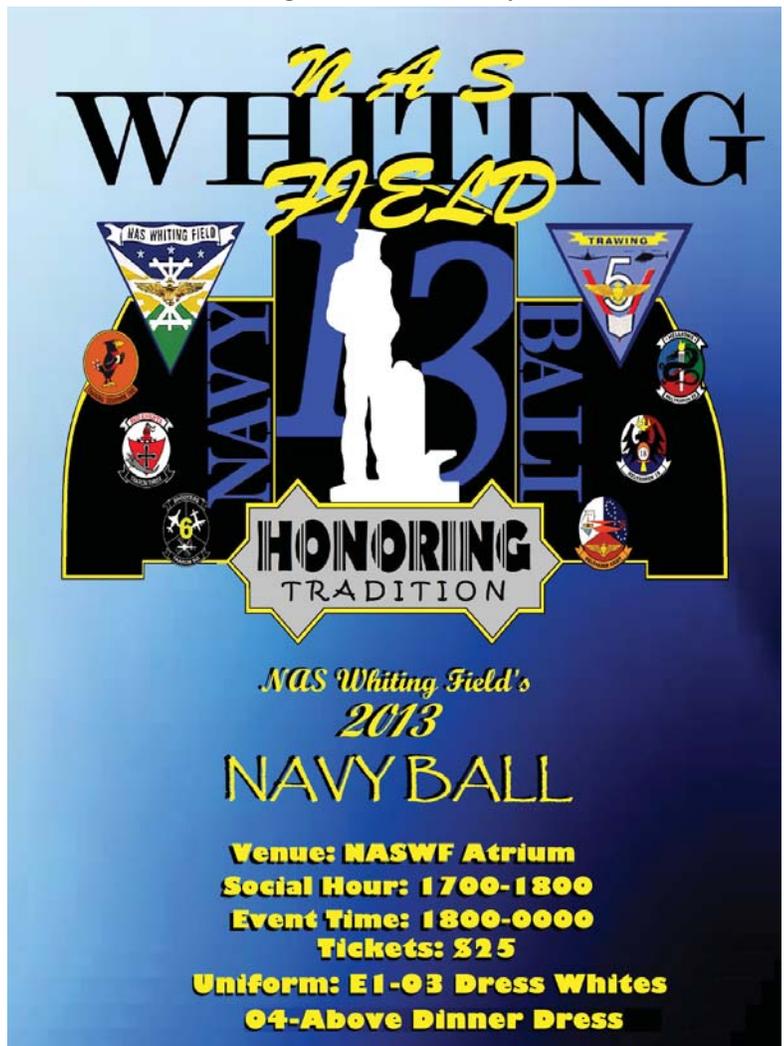
3. Create a comfortable sleeping space. This can be difficult if you are traveling or deployed, but try to always have a space that’s dedicated to sleeping only. Get comfortable by meditating or doing other relaxing activities right before bed.

4. Don’t drink alcohol or caffeine. These should be avoided six to seven hours before sleeping. Caffeine includes coffee, chocolate, soda and tea.

5. Keep a sleep diary. This will help you determine what is impacting your sleep and how your sleep is impacting your performance. Use the CBT-i Coach to develop good sleep habits and sleep better.

The Army is helping make it easier than ever to adopt these healthy habits by launching the ArmyFit website this month. You will be able to use the site to assess your overall health, browse expert advice, track your health goals, access exercise programs and connect with others.

Where you sleep, how active you are and what fuel you are putting in your body can have immediate and long-term effects on your health. It is never too late to make small changes that can make a big difference in how you think, feel and live.



The poster features a central silhouette of a sailor in a white uniform against a large blue number '13'. Above the silhouette, the words 'NAS WHITING FIELD' are written in a stylized, yellow, outlined font. Below the silhouette, a banner reads 'HONORING TRADITION'. The background is dark blue with various military crests and logos, including the NAS Whiting Field crest, the Navy crest, and the Air Force crest. At the bottom, the text 'NAS Whiting Field's 2013 NAVY BALL' is displayed in yellow. Below this, event details are listed in yellow: 'Venue: NASWF Atrium', 'Social Hour: 1700-1800', 'Event Time: 1800-0000', 'Tickets: \$25', 'Uniform: E1-03 Dress Whites', and '04-Above Dinner Dress'.

**NAS Whiting Field's
2013
NAVY BALL**

**Venue: NASWF Atrium
Social Hour: 1700-1800
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Tickets: \$25
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04-Above Dinner Dress**

Things to Know

Summer Religious Programs Schedule

Weekly Services:

Bible Study – Tuesdays at 11:30 a.m. A free lunch followed by a lesson and discussion. Guest speakers, non-denominational.

Chapel – Thursdays at 11:30 a.m. A Protestant service featuring traditional and contemporary music. Sermons by Lt. Jason Hart and Cmdr. Charles Luff.

Mass – Fridays at 11:00 a.m. Traditional Catholic Mass led by Monsignor Michael Reed.

NASWF Programs

PREP Marriage and Relationship Enhancement Seminar

Sept. 20 from 8:15 a.m. to 4 p.m.

Like sport skills or job skills, there are skills that can be learned to make your relationship better. PREP workshops

teach couples skills to improve their relationship in a fun and interactive environment. PREP workshops and materials are offered free of charge.

ASIST Workshop: Suicide Training and Prevention, Oct. 16-17 from 7:30 a.m. to 4 p.m.

The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

All seminars will take place in NASWF Atrium Building Room 169. Please contact Chaplain Hart (jason.r.hart@navy.mil), RP1 Yolanda Jordan (yolanda.jordan@navy.mil), or call the office at 850-623-7211 to sign up.

NAS WHITING FIELD'S EMS IN THE OFFICE

Environmental Management System (EMS)



NASWF's Environmental Management System: What you can do to help in the office

Environmental Policy Statement
Naval Air Station Whiting Field recognizes environmental excellence as a principal factor in successful mission accomplishment. NASWF established a goal of protecting, preserving and conserving the environment through active stewardship and advocacy for our unique natural resources. To accomplish this goal, NASWF collectively commits to prevention of pollution and compliance with environmental laws and regulations through a process of continual improvement. The following principles will guide NASWF's efforts:

- Evaluate practices and develop objectives, targets and procedures to meet established goals and mitigate environmental impacts.
- Conduct annual management reviews to assess the achievement of objectives and targets, and to determine the effectiveness of the Station's Environmental Management System as a process for continual improvement.
- Communicate NASWF's Environmental Policy to Station personnel and educate them in their roles and responsibilities as stewards of the environment.
- Increase community awareness of NASWF's environmental program through use of the NASWF website as well as participation

in environmental outreach activities such as Earth Day.

Energy Conservation:
Saving energy, saves money! A few conservation tips:

- Turn off lights and office equipment when not needed
- Use ENERGY STAR Certified office and break room equipment
- Make sure windows and doors close tightly with weather stripping
- Close blinds during hot sunny days and open them to warm rooms in winter
- Report areas that are overlit to Public Works

Water Conservation:
Don't be a drip! Save water where you can:

- Report leaks to Public Works
- Turn off the faucet when brushing your teeth
- Water office plants with ice cubes

Recycle:
Don't throw away, recycle for another day!

- Paper, plastics and metals are recycled at NASWF.

For more information:
Call the Public Works Department (850)623-7268



SECURITY CHECKPOINT



Implementation of the Department of The Navy Policy eliminating the DOD Vehicle Decal Program effective as of 1 JULY 13, decals (DD FORM 2220) are no longer a requirement for base access. Vehicles on a Navy installation must continue to be licensed, registered, inspected, and insured in accordance with state and local laws. Rental vehicles are considered privately owned vehicles for purposes of base entry and access control. The vehicle rental contract will suffice as proper licensing, registration, and proof of insurance for base access. Vehicle registration in the Consolidated Law Enforcement Operations Center (CLEOC) will be used for all Navy installations. Personnel with current decals will register vehicles in CLEOC upon expiration of their current decal and upon PCS transfer. All personnel permanently assigned (for 60 or more calendar days per calendar year) on a Navy installation will in-process and out-process at the Pass & Id office and present a valid ID card, vehicle registration, proof of insurance, driver license, and where required, emissions test results. MSF card is needed when registering motorcycles. Any questions about vehicle registration, please give Pass & ID a call at (850) 623-7205.

Things to Know

Ironman

- (Cont. from Page 6)

be awarded t-shirts. Edgar explained that the fitness center has come upon extra funding, which will be used to give t-shirts to the first 55 participants who finish the program.

Following the September Lazy Ironman Triathlon, the MWR Fitness Center will be hosting its fourth annual health fair Monday, Oct. 21 from 11 a.m. to 3 p.m. MWR Fitness Center, along with the branch medical health clinic, commissary, Navy Exchange, Fleet and Family Service Center, Morale, Welfare, and Recreation Outdoor Recreation Center, and Pensacola State College's Massage Therapy program, will be sponsoring booths at the fair. Booths will be located in the fitness center basketball court and are open to all NASWF patrons.

The goal of the fair, according to Edgar, is to promote a healthy lifestyle while showcasing all of the ways in which NASWF patrons can use local resources to achieve their healthy goals. To that end, booths will be offering free giveaways and rentals. Pensacola State College's Massage Therapy program will be giving free chair massages, and the health clinic will be hosting a smoking cessation booth, dental health, and an asthma awareness booth to promote a healthy lifestyle.

In addition to the various booths, the fitness center will be offering 15-30 minute drop-in format aerobics classes throughout the day, designed to increase patrons' awareness of the different classes available at the Fitness Center.

4th ANNUAL HEALTH AND WELLNESS EXPO

MONDAY, OCTOBER 21st 1100-1500

WHITING FIELD FITNESS CENTER



TRICARE Notes

At some point in our lives, almost everyone considers ways to improve their diet to improve overall health. Maybe the doctor has advised losing a few pounds, or maybe your favorite jeans have been replaced by a pair of comfy jeans. Either way, the decision to eat healthier is followed by the question, "What should I eat?"

Eating healthy can be a challenge, even for those who know where to start. The National Institutes of Health (NIH) recommends eating five servings of fruits and vegetables every day. They also recommend eating fruits and vegetables of different colors - red, dark green, yellow, blue, purple, white, and orange.

When choosing what to eat - think rich in color, rich in nutrients. Consider the deep indigo of blueberries which are loaded with phytochemicals or the rich red color of the low-fat, low-calorie tomato, a vegetable full of antioxidants, dietary fiber, minerals and vitamins. Knowing which fruits and vegetables are in season can also help you choose food that is the right color. Green bananas and yellow oranges tend to be a sign that the fruit has not reached its full maturity and will probably not only taste immature, but also won't give you all the nutrients you need.

TRICARE beneficiaries should consult their primary care manager (PCM) to plan a healthy diet and to determine how much weight to lose to become healthy.

Kidnapping

- (Cont. from Page 7)

children are unprotected by this PKPA provision. Marital children are also unprotected if abducted by the parent before any court order is made regarding custody; commonly this occurs right before the divorce is final. However, many divorcing parents, having been advised by counsel, realize the need for a custody order and request a temporary custody at the time a divorce action is commenced. Single parents who were never married to the other parent, often are not aware of the importance of a custody order; they mistakenly believe they already have legal custody since they have physical possession of the child or children.

For more information on parental kidnapping, please visit the FBI's website at <http://www.fbi.gov>, contact the National Center for Missing and Exploited Children at 1800-THE-LOST, or contact your nearest legal assistance office.