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TRAWING-5 hosts youth as Pilot for a Day

By Ensign John Llewellyn, NAS Whiting Field Public Affairs



Patton Eoetter, 12, flight suit and all, stands next to one of Training Air Wing FIVE's T-6 Texan II's during his stint as "Pilot for a Day." Aviation squadrons at Naval Air Station Whiting Field hosted Patton and his family for a day to let him experience some of what the pilots do while training at the base. The cooperative program with Sacred Heart brings a different child suffering from a serious disease to the base each month. U.S. Navy photo by Ensign John Llewellyn.

Aviation units at Naval Air Station Whiting field teamed up with Sacred Heart Hospital, July 12, to brighten up the day for one local boy. Patton Goetter, 12, doesn't seem different than any other kid his age. He smiles – a lot, laughs, tell jokes and dreams of one day flying jets for the military. However, Patton also suffers from cystic fibrosis, but for one day, he got a little taste of his dream.

Helicopter Training Squadron EIGHTEEN and Training Squadron THREE hosted Patton for the "Pilot for a Day" program. The program is a monthly cooperative effort with Sacred Heart to help seriously ill children enjoy a day centered on them. All six of Training Air Wing FIVE's training squadrons participate in the event, planning a full day of activities, around the base each month for the child selected by Sacred Heart.

Patton's day began in the seat of a T-6 Texan II simulator, where he flew around the local area and even got to buzz his own house. While he was sitting in the cockpit, members of the squadron prepared his biggest surprise. When he exited the simulator, Patton was presented with his own flight gear, complete with

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NAS Whiting Field's Sailors of the Quarter selected

By Lt. j.g. Tim Mosso, NAS Whiting Field Public Affairs

NAS Whiting Field has recognized its distinguished enlisted personnel for the Third Quarter of 2011. Three of the base's Sailors will be honored for comprehensive excellence in the discharge of their professional duties and community involvement.



AC1 Thrice Armstrong

Rafael Rosado beamed.

"The competition was fierce, all are deserving of recognition, and all are winners. Their "can do"

spirit also infects others to give and



ABH2 Edwards A. Forbes

wing training operations.

Armstrong was lauded for his "passion in mentoring, molding, and developing... every Sailor" by his Leading Chief Petty Officer, Air Traffic Controller Senior Chief Trevor Rowe.

"Naval Air Station Whiting Field would like to congratulate Third Quarter Sailor and Junior Sailor of the Quarter along with our Blue Jacket of the Quarter," Command Master Chief

do more," he added with pride. Air Traffic Controller First Class Thrice Armstrong was selected as Sailor of the Quarter. Armstrong serves as the North Tower Branch Chief for NAS Whiting Field's fixed-

The air station's Sailor of the Quarter has amassed 17 professional qualifications over the course of nine years of Naval service. Beyond his dedication to the immediate challenge of safely

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Sailors of the Quarter

- (Cont. from Page 1)

guiding the student aviators, the base's Sailor of the Quarter tackles a vast array of collateral challenges.

Armstrong provides direct mentorship to 25 Sailors as their Blue Crew Section Leader. In this capacity, he offers professional and personal guidance to individuals. Armstrong's supervisors lauded his additional dedication to the NAS Whiting Field Community via his efforts as Assistant Command Drug and Alcohol Prevention Advisor. He provides guidance to Sailors concerning responsible alcohol use and offers counseling to Sailors with alcohol-related concerns.

In addition to his professional and collateral duties, Armstrong has committed to in-depth involvement across a broad spectrum of disciplines. His elective studies have included survey courses in Southeast Asian, Middle Eastern, West African, and Central Asian current events and geopolitics.

When not engaged in professional pursuits, Armstrong has been active in NAS Whiting Field's Captain's Cup softball series, a morale and team-building exercise designed to foster command spirit.

Aviation Boatswains Mate (Handling) Second Class Edwards A. Forbes was recognized as the air station's Junior Sailor of the Quarter. His leadership as the Crash Division Aircraft Rescue and Firefighting Chief vastly enhanced the operational risk management of NAS Whiting Field's flight training programs.

Forbes' commitment to aviation safety resulted in

manifold contributions to the safety and security of student naval aviators and their instructors. As the Training Petty Officer, Forbes was directly responsible for the education and qualification of 25 aircraft fire fighters.

The skills that Forbes imparted to his trainees materially enhance the capabilities of naval aviation's first responders in the crash, rescue, and fire-fighting disciplines.

Forbes' was lauded for his ability to take the initiative and promote a proactive approach to air-field safety. Forbes continuously leveraged his expertise in mishap response to anticipate and mitigate hazards at his stations. His sustained vigilance and professional ethic represented a key contribution during the course of 300,000 safe flight hours by Training Air Wing FIVE and Training Air Wing SIX.

Petty Officer Forbes' off-duty commitments reflect his dedication to community involvement. As a volunteer for the USO, he provided outreach and support services for local veterans and their families.

"We supported a group of WWII veterans who went to Washington, D.C. We helped get them to the airport, through check-in, and provided wheelchairs for some. And we were there for them and their congressmen when they flew back," Forbes recalled.

In addition to his USO engagements, Forbes is active in an NAS Whiting Field initiative to promote literacy

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ACAN Darrah L. Crow

Ec-nomics

Use Sunblockers

As much as 20 percent of summer heat enters your home as sunlight shining through windows. To cut "solar gain," add curtains or blinds to rooms that get direct sun and draw them in daylight hours. With the shades drawn, a well-insulated house will gain only 1 degree per hour when outdoor temperatures are above 85 degrees. Pay special attention to west-facing rooms late in the day. Shades and blinds to consider include roller shades (the least expensive option), venetian-type micro-blinds, reflective curtains and insulated curtains (the most expensive, at \$100 per window). Two exterior options are to install awnings or plant shade trees. Cost: \$8 to \$100 per window. Benefit: Up to 20 percent off your cooling bill

See www.thedailygreen.com for more tips.

This Week in Naval History

July 31

1815 - Commodore Stephen Decatur concludes agreement with Bey of Tunis to compensate U.S. for seizure of merchant ships during the War of 1812.

1874 - Commissioning of USS Intrepid, first U.S. warship equipped with torpedoes.

1912 - First attempt to launch an airplane by catapult made at Annapolis.

1964 - All-nuclear task force with USS Long Beach (CGN 9), USS Enterprise (CVN 65) and USS Bainbridge (CGN 25) leaves to circle the globe without refueling. They returned October 3.

August 1

1946 - Office of Naval Research established.

1950 - Control of Guam transferred to Department of Interior.

1958 - USS Nautilus (SSN 571) submerges under Arctic ice cap near Point Barrow.

August 2

1943 - PT-109, under command of Lt. j.g. John F. Kennedy, cut in half by Japanese cruiser Amagiri.

News and Notes

Navarre Arts Association - The Greater Navarre Beach Arts Association has issued a call for artists and crafters for the Navarre Fall Arts Festival 2011. The event is scheduled for Oct. 8 and 9, in the Navarre Park adjacent to the Navarre Visitors' Information Center. Deadline for applications is Sept. 1, however with only 50 booth spaces available, acceptance will be on a "first come" basis. There are also 10 food vendor spaces and 10 local business spaces. The Fall Arts Festival will feature fine arts, hobbyists, crafters, music and performance arts. For more information, go to the GN-BAA Home Page, www.gnbbaa.org <<http://www.gnbbaa.org/>> , for an application, or contact gnbaaexec@yahoo.com.

ID Card Office Temporary Closings - The ID card office will be closed Tuesday, Aug. 9 and Wednesday, Aug. 10 for a hardware upgrade. We will be unable to assist customers during this time. We will reopen on Thursday August 11 at 0730 hrs. Naval Air Station Pensacola will be open and able to assist customers with any urgent matters that may arise. If you have any questions, please feel free to contact the ID card office at 850-623-7159.

Embry Riddle Registration - Embry Riddle Aeronautical University is now registering for the Fall term through August 8, 2011. Hours on board NAS Whiting Field are Wednesdays 9:00 am-4:00 pm in Bldg, 1417, Room 163. Hours on board NAS Pensacola are 8:00 am-5:00 pm Monday through Thursday and 8:00 am-4:00 pm Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. Everyone is encouraged to register early. Classes begin August 8, 2011. Embry Riddle Aeronautical University's Pensacola campus offers certificate programs, associate and bachelors degree programs with various specializations in Professional Aeronautics and Technical Management and the Master of Aeronautical Science degree. Email pensacola@erau.edu, visit www.embryriddle.edu/pensacola or call 458-1098 for more information.

Need For O-Negative Blood Donors - Northwest Florida Blood Services announces a critical need for O-Negative blood donors. Due to increased usage for patients at local hospitals, O Negative blood donors are asked to come by the blood centers and help meet the critical need. Location and hours of operation are: Pensacola - 1999 East Nine Mile Road and 2209 N. 9th Avenue; Fort Walton - 405 NE Racetrack Road Center; and Panama City - 2696 Martin Luther King Blvd. Call 850-473-3853 for hours of operation or other information, and check the website at www.nfbcblood.org

Road Closure - The Santa Rosa County Public Works Department closed the intersection of North Spencer Field Road and West Spencer Field Road Monday, July 11, for a major roadway realignment. Due to the extensive scope of work, this intersection closure will last for approximately four to six weeks. The detours will be posted to route traffic to Adams Road toward Chumuckla Hwy., and to Chipper Lane through the Winners Gait subdivision. For more information, contact the road and bridge department at (850) 626-0191.

Santa Rosa Medical Center Auxiliary - The Santa Rosa Medical Center auxiliary (SRMC) will host a patriotic celebration at the Chumuckla's Farmers Opry Thursday, Sept. 1 beginning at 5:30 p.m. There will be a silent and live auction as well as entertainment provide by "The Sawmill Band." Tickets are \$25 and proceeds benefit the SRMC Health Care Scholarships. Call 626-5113 for more information.



Retaining Our Best and Brightest
Air Traffic Controller 2nd Class Adriana Ayalabarcellos receives her reenlistment certificate from Chief Air Traffic Controller Jacquelyn Williams in the operations auditorium. Ayalabarcellos continued her Navy career July 29 for four more years. U.S. Navy photo by Jay Cope.

Scholarship Offer - Troy University is providing a scholarship to all active duty military personnel. All that is required to receive this scholarship is to ask for it. So if you are taking classes with Troy University in the upcoming August term call 850-458-4720 and ask for the Military Scholarship for term 1. The scholarship maintains military student costs at the 2011 level for the 2012 school year and removes the technology fees. This could be worth as much as \$540 per year for an undergraduate student taking two classes per term, \$1,140 per year for a graduate student in the classroom, and \$1,440 per year for a graduate student online.

Artwork Contest - Active duty Sailor, Tyler Jefferson, 18, was found shot multiple times on 49th Street, Thursday, Nov. 12, 2009. This crime is still unsolved. The Center for Information Dominance, Corry Station Chief Petty Officer Association in conjunction with Pen Air Federal Credit Union, Escambia County Sheriffs, and Crime Stoppers will host a Tyler Jefferson Memorial 5k run Nov. 5. The race committee is sponsoring a contest, for the artwork. This artwork will be used for the race shirt and the media for the race. Please submit your artwork to AOC VanNimwegen, 452-6210/6576, by Aug. 8. The design can only contain three colors and needs to be submitted in a electronic format. The winning design will be awarded a \$100 dollar visa check card.

"A Beautiful Life" - The Santa Rosa Arts and Culture Foundation is bringing a locally written and performed play to life this October. The play details the life and history of Santa Rosa County residents. Auditions for performers are scheduled for Aug. 6 and 13 at 10 a.m. and 6 p.m. at the Dragonfly Gallery in Milton. Rehearsals begin Aug. 20 with performances October 14-16. Call 324-2875 for details.

Don't forget to check out the Naval Air Station Whiting Field's Facebook fan page at <http://www.facebook.com/#!/naswhitingfield> and MWR's Facebook fan page at <http://www.facebook.com/#!/WFMWR>.

Upcoming Events

Aug. 4, 0930 - Senior Royal Saudi Naval Forces Officer Visit
Aug. 12, 1300 - Winging Ceremony - Base Auditorium
Aug. 12, TBD - NASF All Hands Safety Standown

Aug. 18, 0900 - FFSC Job Fair - Sikes Hall
Aug. 18, 0900 - CNRSE Change of Command - NAS Jax
Aug. 26, 1300 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

Anger Management - Friday, Aug. 4 - 1 to 2 p.m.

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

How to Apply for a Federal Job - Tuesday, Aug. 8 - 10 a.m. to Noon.

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, analyze vacancy listings for keywords, and how to apply for the job. Class will be held in the FFSC conference room. For more information, contact a work and family life specialist at 623-7177.

JOB FAIR 2011 - Friday, Aug. 18 - 9 a.m. to 3 p.m.

In need of a career change? Looking for a new or better job? Separating from the service anytime soon? The Naval Air Station Whiting Field Job Fair provides a broad range of career opportunities for military members transitioning to civilian life, military family members and the general public. The Job Fair will be held in NAS Whiting Field's Sikes Hall on August 18, 2011. Doors open to the public at 9:00 am and close at 3:00 pm. Job Seekers are advised to dress for success, bring several copies of their resume and be prepared for on-the-spot interviews. Employers may phone NAS Whiting Field's Fleet & Family Support Center at (850) 623-7177, or fax (850) 623-7246 to request a booth. There is no fee to employers or job seekers at this event.



**Tallulah Gorge
Full Moon
Suspension Bridge Hike
Camping Trip
August 13-14, 2011
\$70.00**

Come enjoy the opportunity of viewing Tallulah Gorge by moonlight. Join us for a weekend of hiking and camping in Tallulah Gorge State Park in Georgia. The trip starts off with a full moon hike over Tallulah gorge and down into the basin. This is a considered a strenuous hike because of its length (2.5hours) and amount o steps (1105) to reach the bridge. The next day we will be exploring the park by daylight and hiking down to the basin where we will have a chance to swim and play on the sliding rock. It is a quick trip but defiantly one worth signing up for. The cost of the trip includes transportation, camping fees and a guided tour of the gorge by moonlight.

Sailors of the Quarter

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among local youths.

“We go to Elberta Middle School and read to the kids, encourage them,” Forbes explained.

Air Traffic Controller Darrah L. Crow was selected as NAS Whiting Field’s Bluejacket of the Quarter. Crow has been recognized as an indispensable contributor to safe operations and personnel training at the base’s North Tower.

Although Crow is the most junior of the air station’s quarterly awardees by rank, she delivers performance worthy of a seasoned veteran in the discharge of her comprehensive duties. Air traffic control requires absolute focus, and Crow has demonstrated sustained excellence in this demanding field.

“She consistently raises the plateau, putting forth maximum efforts... Airman Crow is very meticulous with her job, always aiming for perfection,” noted Rowe.

Crow’s impact on the North Tower working environment reaches beyond her considerable competence. Her willingness and ability to serve as a mentor and a teacher to her peers reflects a mature understanding of professional conduct. Crow has been a central figure in the training of

fellow air traffic controllers, and her leadership has led to seven professional qualifications by junior Sailors.

“Her drive to always go above and beyond... on command duties makes her a well rounded Sailor and an example to follow,” explained Crow’s Division Officer, Lt. Chris Mitchell.

Crow’s independent study initiatives reflect broad intellectual curiosity and a nuanced approach to personal growth. She has completed Navy orientation courses in Egyptian, Hebrew, and Hausa (West African) culture and is active on the NAS Whiting Field Diversity Committee.

Crow’s community engagement reflects the same energy and depth of involvement that defines her professional character. Her charitable contributions include over 40 volunteer hours in service of the Navy’s Drug Education for Youth outreach and participation in a Navy and Marine Corp Relief Society fund raiser that yielded over \$6,000.

The Sailor of the Quarter Program is sponsored by the Chief of Naval Operations. Sailor of the Quarter is reserved for the command’s outstanding performer of en-

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feds **feed** families

Children and families are in great need of donated food this summer.

Federal employees are joining together to collect 2 million pounds of food nationwide.

Starting **July 5, 2011**, please bring non-perishable items and place into a designated donation box.

Boxes will be picked up by the NASWF Chaplain’s office:

July 19, 2011
August 2, 2011
August 16, 2011
August 30, 2011



Contact your **local Chaplain** for drop-off locations and more information.

POC: RP2 Jordan at 850-623-7212 or 850-623-7211

www.fedsfeedfamilies.gov



@FedFoodDrive



Feds Feed Families

Pilot for a Day

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Patton Goetter, 12, speaks to a Naval Air Station Whiting Field base fireman during his "Pilot for a Day" event. He spent all day with his family touring the base, including more than an hour in the afternoon with the fire department. U.S. Navy photo by Lt. j.g. Tim Mosso.

identification. It was the highlight of his day.

"I got some badges for my shirt and stuff, and I got my nametag, and I got boots and a whole suit and a helmet - an awesome helmet. It's just been really cool," Patton said.

He followed that with a VIP seat in NAS Whiting Field's south tower to see helicopter operations close up. He was amazed by the amount of helicopters coming in and out of the field, counting all of them with their rotors turning. Then he made his way down to the flight line where he sat in the pilot's seat of a training helicopter. When he was asked how it feels to be in the pilot's seat, his simple response was, "It's awesome."

Patton's day had just begun. On the north side of base he climbed up on the wing of one of the newest T-6s. As he got the cockpit rundown and walked around the aircraft, you could sense his excitement. From there Patton got to experience the

helicopter simulator and even received some training on night vision goggles.

The day did recall some bitter sweet memories for Patton and his family. His brother, Tyler, also had cystic fibrosis and attended a similar "Pilot for a Day" event. Tyler's case of the disease was much worse and he passed away 10 years ago.

"It was heart wrenching. It was very devastating, but we've been very blessed because his (Patton's) disease is not nearly as severe as our other son's," Abby Goetter, Patton's mom, said. "It's a very memorable experience. It gives us good memories and our kids felt very special for the day. It's something that they probably won't get to experience again."

Patton seems determined not to let his disease stop him from anything.

"I can do all things through Christ who strengthens me," Patton said.

The overall goal of the pilot for a day program is to benefit children and their families who suffer from tragic illnesses. It tries to help the families in the recovery process by bringing a positive experience to the child.

Although a local program, other military bases across the country have similar outreach efforts. With its emphasis on caring for the kids and their families, "Pilot for a Day", more than any other outreach effort, displays the character and heart of the aviation community. It is supported wholeheartedly by the pilots.

"We get a bit isolated in our day to day mission and it gives us a chance to get back in touch with the civilian world, and help out a kid in need," Lt. Benjamin Permenter, Patton's escort for the tour, emphasized. "Also, he chose us out of all the different things he could have done. He wanted to see what we do and that makes it very special for us as aviators."

Navy Revises Career Paths to Emphasize Sea Time

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy released a message announcing revisions to the sea/shore flow for enlisted career paths July 12.

NAVADMIN 201/11 provides the Fleet with the updated sea shore flow for every rating. Thirty-six ratings will see an increase in sea time, and 18 will now be classified as sea intensive. Sailors in these ratings can expect to spend more than half their careers at sea.

"Our nation knows the importance and effectiveness of our forward-deployed Navy, whether delivering aid to those in need, or hunting terrorists. The skills and capabilities of our Sailors are in great demand as an integral part of our national security and maritime strategy," explained Rear Adm. Cynthia Covell, director, Total Force requirements Division (OPNAV N12). "As a result, the Navy has increased the number of sea duty billets and decreased the number of shore duty billets since 2008."

To meet the new sea/shore requirements, Navy Personnel Command may adjust some Sailors' projected rotation dates (PRD) based on the length of tour remaining. As a general rule, PRDs of March 2012 or earlier will not be adjusted, unless requested by the Sailor or if their commanding officer submits a request based on unit readiness or deployment needs.

To maintain proper career progression, no sea tour lengths will involuntarily exceed 60 months for Sailors with less than 20 years of service (YOS) and 48 months for Sailors with more than 20 YOS. Sailors are advised to contact their community manager or detailer for information on the availability of incentives such as sea duty incentive pay for volunteering to serve additional time at sea.

To read the complete list of enlisted rating career paths, visit the Navy Personnel Command website at www.npc.navy.mil.

Making the most of Florida's back-to-school tax break

- *BBB® offers tips for consumers shopping during Florida's 2011 sales tax holiday*

Pensacola, Fla. (July 29, 2011) – The Florida Legislature and governor approved a back-to-school sales tax holiday on certain clothing and school supplies. Beginning at 12:01 a.m. on Friday, Aug. 12 and running through midnight on Sunday, Aug. 14, consumers can purchase certain clothing with a sales price of \$75 or less and school supplies having a sales price of \$15 or less without paying sales tax on the items. Florida's Department of Revenue offers a detailed list of items that do and do not qualify for the tax exemption. <<http://dor.myflorida.com/dor/tips/pdf/tip11a01-03.pdf>>

To help consumers make the most of the sales tax holiday, your BBB offers the following tips:

Plan ahead. Set a realistic budget and stick to it. Make a list of the items you need to purchase to avoid buying on impulse. Be sure to check with your child's school for a list of required supplies to avoid return trips.

Comparison shop, carefully. Tax holiday "sales" and



promotions may not be the bargains they appear to be. Make sure you're comparing "apples to apples" when looking at sales and promotions.

Talk to the retailer. Before making your purchase, ask the merchant how refunds and exchanges will be handled after the sales tax holiday ends.

Be aware of your surroundings. Because stores may be particularly busy during the sales tax holiday, pay extra attention to those around you. Never leave your wallet, purse or credit card on a counter. Don't get overloaded with packages. Shop with a companion or ask for a security escort to your car.

Shop at businesses you know to be trustworthy. Get a free BBB Business Review on a retailer you're considering patronizing. In June 2011 alone, your BBB|Northwest Florida provided over 34,300 instances of service for consumers.

For additional information and advice you can trust, start with bbb.org.

Sailors of the Quarter

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listed rank E6; Junior Sailor of the Quarter is awarded to the top E5; Bluejacket of the Quarter encompasses ranks E1 through E4. All selectees gain automatic eligibility for the CNO's Navy-wide Sailor, Junior Sailor, and Bluejacket of the Year recognition.

"The Sailor of Quarter Program is designed to recognize our sailors' hard work both on and off duty. These sailors are often selected without their knowledge which speaks to the humility and commitment to the Navy core values they have," explained Rosado.

Quarterly awardees represent the leaders in their respective military professions, and selection is a highly competitive process. Regardless of ultimate selection, NAS Whiting Field's nominees represent exemplars in their fields and role models for their peers. Master Chief Rosado extended his congratulations to all of the candidates;

"They stand as a testament to our Navy's and Nation's future. BRAVO ZULU to all participants as they represented their departments very well... and to the winners; I hope to see you in khaki soon."

Warning signs of suicide are not always this obvious...

ACT.

ASK - CARE - TREAT

ASK if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREATment**) as soon as possible.

Life counts.

www.suicide.navy.mil