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Petsel “Gains” chance at a million bucks

By Jay Cope, NAS Whiting Field Public Affairs

A Naval Air Station Whiting Field employee is hoping to smell like a million bucks Aug. 1 after being chosen as one of 25 finalists for the Gain “Smell Like a Million Bucks” video contest.

Proctor and Gamble is using Facebook to promote one of its signature brands, and took a van across the country to encourage people to make videos using the catchphrase “I use Gain and I smell like a million bucks.”

Brian Petsel, who works in ground electronics on the base, submitted a video with his son, Benjamin, before the July 7 cutoff and learned he was one of the finalists for the contest July 13. Finalists were selected based on a creative score which combined originality (80 percent) with brand enthusiasm (20 percent), as well as on the number of original hits their video got during the contest.

Confirmation that he was one of the finalists was



Benjamin and Brian Petsel ham it up for the camera in this still from one of the videos they submitted in the Gain “Smell Like a Million Bucks” contest. Their video is one of 25 finalists for the grand prize. Photo courtesy of Brian Petsel.

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CREDO Program Celebrates 40th Anniversary

By Lt. Lemon G. Brown, Chaplains Corps, Naval Air Station Jacksonville and Jay Cope, NAS Whiting Field Public Affairs

This year marks the 40th Anniversary of the Chaplain’s Religious Enrichment Development Operation (CRDEO). From humble beginnings in San Diego, CREDO now spans the globe in eleven CREDO centers ministering to Sailors, Marines, Coast Guardsmen, and their families. Tens of thousands of brothers and sisters in arms have been impacted by this phenomenal program that the Navy offers, yet it still remains one of the Navy’s best kept secrets.



Started as the Chaplain’s Response to the Emerging Drug Order, it was the answer in ministering to struggling Vietnam veterans returning from war with substance abuse issues. Chaplain Don Harris was the pioneer who assumed responsibility for the program and met the need. He developed a 72-hour retreat model to help the returning veterans address the real needs in their lives and to focus on their priorities and goals. He taught them coping skills. The results were incredible. As

the program blossomed, other Chaplains joined the effort and it was noticed that more than substance abuse issues were being addressed. Great life changes were being effected.

Naval Air Station Whiting Field service members, retirees and families can take advantage of these programs to help enrich their lives or provide some needed perspectives on their careers or relationships.

CREDO offers four core programs: Personal Growth Retreats (the original model), Marriage Enrichment Retreats, Family Enrichment Retreats, and Returning Warrior Workshops. Most CREDO Centers offer each of these programs, and they are free of charge to service members and their families. The basic method is still much the same as its inception in 1971. While there have been advances in training methods, the most important piece – the individual Sailor, Marine or Coast Guardsman – remains the same. Whether addressing the needs of an individual at a Personal Growth Retreat, or a couple at a Marriage Enrichment Retreat, the goals

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CREDO

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continue to be: gain self-esteem and self-understanding, learn to respect yourself and others, accept responsibility for your life, and develop a healthy spirituality. CREDO doesn't and won't try to fix you, however, you will be challenged to consider the important things in life in a safe environment where you are cared for and accepted. The biggest advantage of the program may be that for a day or weekend, people can step away from the job and pay attention to their needs or the needs of their family members.

"It's an opportunity to get people out of their uniforms, a chance for them to relax, and maybe a way to connect with their spouse. Couples truly respond to the marriage retreats and often re-bond with each other," Lt. Cmdr. Raymond Summerlin, NAS Whiting Field's command chaplain stated. "It's an informal environment that is educational, retreat formatted, casual, and even though run by chaplains, it's not faith specific. CREDO retreats are really like no other place."

The CREDO center in Jacksonville, Fla. is the closest to NAS Whiting Field, but military ID card holders may attend retreats offered by any of the 11 CREDO centers. Additionally, Jacksonville's center periodically offers retreats close to the area including locations in Mobile, Panama City, and Perdido Bay.

The program strives to help military families cope with lifestyle stresses, but the events are equally meant to be an enjoyable time.

"There were about ten couples when we went," said Lt. j.g. Ryan Bertolas, who attended one of the 'Marriage Enrichment Retreats' while stationed with Training Air Wing FIVE. "It was a good time to relate to my wife without the distractions of work or school. It was a good time to get away. There were people who had less than two years of marriage and some with more than 20. It think everyone takes what they need and applies it to their relationships, but it was definitely worth our time."

If you have not been on a CREDO event, why not come and try one in this year the 40th Anniversary of serving the Navy? Do so and you will understand why CREDO is the Navy's best kept secret. The CREDO program coordinator out of Jacksonville is always your primary point of contact at 904-542-3923. If you have difficulties making the arrangements, however, Summerlin is available to help at 623-7211.

United States CREDO Sites

CREDO Southeast - Jacksonville, Fla.
(904) 542-3923

CREDO Mid-Atlantic - Norfolk, Va.
(757) 444-7654

CREDO Camp LeJeune - Camp Lejeune, N.C.
(910) 450-1668

CREDO Northeast - Groton, Conn.
(860) 694-1144

CREDO Northwest - Bremerton, Wash.
(760) 725-4954

CREDO Camp Pendleton - Camp Pendleton, Calif.
(760) 725-4954

CREDO Twenty-Nine Palms - Twenty-Nine Palms, Calif
(760) 830-6464

CREDO San Diego - San Diego, Calif.
(619) 556-2826

CREDO Hawaii - Kaneohe Bay, Hawaii
(808) 257-1919

Ec-nomics

Install a Programmable Thermostat

A programmable thermostat lets you preset temperatures for different times of the day, so air-conditioning is working only when you are home. The least-expensive thermostat models (\$30) let you set four cycles that, unless manually overridden, repeat every day. Higher-priced models (\$50 and up) allow you to create settings for each weekday and for each weekend day. These thermostats come with complete directions and are easy to install. AA batteries maintain the settings if the power ever goes off. Cost: \$30 to \$50. Benefit: Up to 20 percent off your cooling bill.

See www.thedailygreen.com for more tips.

This Week in Naval History

July 18

1775 - Continental Congress resolves that each colony provide armed vessels.

1779 - Commodore Abraham Whipple's squadron captures 11 prizes in largest prize value of Revolutionary War.

1792 - John Paul Jones dies in Paris, France.

1943 - German submarine shoots down K-47, the first and only U.S. airship lost during WW II.

1947 - President Harry Truman delegates responsibility for civil administration of former Japanese island to SECNAV.

July 19

1886 - Atlanta, the first steel-hulled American cruiser armed with breechloading rifled guns, is commissioned.

1897 - Lt. Robert E. Peary departs on year long Arctic Expedition which makes many important discoveries, including one of largest meteorites, Cape York.

1918 - Armored cruiser USS San Diego (ACR 6) sunk off Fire Island, N.Y. by a mine laid by German U-boat U-156.

1940 - President Franklin D. Roosevelt signs second Naval Expansion Act.

News and Notes

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.

Wildlife Expo - The Annual University of Florida - Wildlife Expo will be held on Saturday, July 30, 2011 (9am - 3pm) at the East Milton Recreational Center (Santa Rosa Fair Grounds) located at 8604 Bobby Brown Road in Milton, Fla.. The Expo is being hosted by the University of Florida - WFREC, University of Florida IFAS Extension Services, and the Florida Fish and Wildlife Conservation Commission. This year's event will have information and activities for the entire family. We are striving for an outdoor experience through a variety of vendors and topics on wildlife and fisheries. The Santa Rosa County 4-H will provide a complete set of youth outdoor activities, from shooting safety to learning about wildlife and their environment.

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.

Outdoor Adventure Program Hours Change - The Outdoor Adventures Program will be closed on Wednesdays to allow for admin and maintenance. In cases where reserved equipment needs to be picked up or rented equipment returned, an appointment will be made to accommodate this. For more info on the OAP, please call 623-7670. Normal hours of operation are: Monday, Tuesday, Thursday 8 a.m. to 4 p.m. & Friday 10 a.m. to 6 p.m.

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



Four Years Old and Going Strong
Helicopter Training Squadron TWENTY-EIGHT Commanding Officer Lt. Col. Mark Thompson and Cmdr. Christopher Pesile, the squadron's executive officer, cut the cake celebrating the fourth anniversary of the HT-28's commissioning. The unit celebrated the milestone May 27 in the Naval Air Station Whiting Field mid-field hangar. Photo courtesy of HT-28.

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.nfcblood.org

The Airmen's Attic - The Airmen's Attic at Eglin Air Force Base has some quality items which are free for junior enlisted personnel. Furniture, baby clothing, and small entertainment items are some of the types of supplies kept on site. Donations from senior military members are always welcome. Airmen's Attic is open Mon-Wed-Fri 10 a.m. through 2 p.m. It is located in Bldg #594. Call 850-882-3616 for directions or other information.



Feds Feed Families

Religious Programs Specialist Second Class Yolanda Jordan loads up some of the donations provided in support of the Feds Feed Families program. Jordan dropped off 245 pounds of food to the local Manna Food Bank for distribution in the local area. The Department of Defense's nationwide goal is 733,800 pounds. U.S. Navy photo by Lt. j.g. Tim Mosso.

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

July 29, 1300 - Winging Ceremony - Base Auditorium

Aug. 4, 0930 - Senior Royal Saudi Naval Forces Officer Visit

Aug. 12, 1300 - Winging Ceremony - Base Auditorium

Aug. 12, TBD - NASWF All Hands Safety Standown

Aug. 18, 0900 - FFSC Job Fair - Sikes Hall

Aug. 26, 1300 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

Resume Writing - Monday, July 25 - 10 a.m. to noon

This class will assist you in efficiently creating an effective resume. Learn how to handle sticky resume situations like military-to-civilian transition, age, employment gaps, layoffs, and career change. Learn to use your resume as a marketing tool. Class will be held at the FFSC conference room. For more information, contact a work and family life specialist at 623-7177.

CSB Redux Decision Thursday, July 28 - 1-3 p.m.

Are you nearing your 15th year of military service? If so, which retirement option are you going to choose? Learn about the Career Status Bonus and Redux retirement system and how it could affect your savings long term. Know the differences between the CSB/Redux and the High 3 retirement systems, so that you can make the choice that is right for you and your family. For more information, contact your Financial Educator at 623-7177.

Applying for Federal Jobs - Tuesday, Aug. 1 - 11:30 a.m. to 1 p.m.

Is it worth your while to invest your time and effort 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 listings for keywords, and how to apply for jobs. For more information, call 623-7177.

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.

Petsel

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even more of a surprise since notification was supposed to happen July 12. When he didn't hear by noon on July 13, he assumed the video wasn't selected, and left his home, so his son received the exciting news first.

"I thought neither video made the cut, so when Ben, 18, got the call and told me, it was pretty exciting," Petsel said.

Petsel had a video concept in mind and took a day off from work to film it with his kids. However, it required both

children, and when Shannon, 16, was late getting home, he and Ben filmed another one just to fill the time. Luck was on their side since the one he filmed with Ben was chosen.

Now, Petsel, wife Paula, and Ben and Shannon, have to generate a huge number of votes for their entry to try and win the \$1 million. Individuals can vote once per day until noon Aug. 1 for the video of their choice. Voters must be over the age of 18.

However, if the Petsels do win the contest, they aren't the only ones to benefit. They plan to donate a portion of the winnings to the local organizations that are close to their hearts. The \$1 million is paid out over ten years. The remainder will be used for their children's education.

"This is a rare opportunity to give to some good causes. We are hoping for a lot of support."

**-Brian Petsel
NAS Whiting Field
Ground Electronics Division**

This isn't the first time the Petsels have won video contests. Brian and Paula won \$10,000 once with an entry to "America's Funniest Home Videos" and they earned some scholarship money through another contest. It has become something of a pastime with them.

"My wife has a hobby of entering sweepstakes and she won a few, so I started entering with her," he said. "I saw this one, and thought we ought

to put in for some college money."

Since each of the twenty-four finalists will receive a laundry basket filled with Gain products, they have already won something, but they are hoping, with a little help, to win a lot more for their children and the community.

"This is a rare opportunity to give to some good causes," Petsel said. "We are hoping for a lot of support." The video can be viewed at http://apps.facebook.com/gainmillionbucks/pages/Gallery.php?video_id=102

Voting for the contest may be done at the gain contest facebook page - <http://apps.facebook.com/gainmillionbucks/pages/Enter.php>

Santa Rosa County officials end area burn ban

- Extensive rainfall removes the immediate threat of fire due to dry conditions

After consultation with Florida Forest Service officials, the burn ban in Santa Rosa County is lifted immediately, on Monday, July 18. As a result of significant and extensive rainfall throughout the area during the last several days, the Florida Forest Service recommends Santa Rosa County cancel the existing burn ban. Sufficient precipitation has occurred to mitigate the dry conditions.

Residents can now burn when following these outdoor burning guidelines:

- It is illegal to burn household garbage (including paper products), treated lumber, rubber materials, tires, pesticides, paint, and aerosol containers.

- Dry (not green) vegetative debris such as grass clippings, pine straw, leaves, tree limbs and shrub trimmings can be legally burned between 8 a.m. and one hour before sunset if it is in a pile not larger than 8 ft diameter and located



ed on the property where the debris originated and is:

- not closer than 25 ft to a wooded area or the owner's residence;
- not closer than 50 ft from a paved public road;
- and not closer than 150 ft from other occupied buildings.

- Burning material in a pile larger than 8 ft. diameter, or burning any area of land, requires an authorization from the Florida Division of Forestry, and is subject

to additional restrictions.

For more information on burning safely, visit the Department of Forestry's web site at <http://www.fl-dof.com/> <<http://www.fl-dof.com/>> , or call the Division of Forestry at 957-6145.

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

Congrats to TRAWING-5's Wingers and Scholars



Front row: Cmdr. Hans Sholley, USN; Lt. Matthew Shaffer, USCG; Lt. j.g. Scott Clark, USN; 1st Lt. Daniel Schreiner, USMC; 1st Lt. Jeffery Pardee, USMC; 1st Lt. Teal Peterson, USMC; 1st Lt. Shane Vigil, USMC; and Capt. James Vandiver, USN
Middle row: Lt. Col. Mark Thompson, USMC; 1st Lt. Kyle Meyer, USMC; Lt. j.g. Joseph Cuschieri, USN; Lt. j.g. Ryan Wielgus, USN; Lt. j.g. Zachary Smith, USN; 1st Lt. Kyle Kanode, USMC; Lt. j.g. Adam Patterson, USN; 1st Lt. Ryan Casey, USMC; Lt. j.g. Wilson McManus, USN; and Lt. j.g. Sara Petacco, ITNAV
Back row: Cmdr. Jeffery Debrine, USN; 1st Lt. Karl Fisher, USMC; Lt. j.g. Justin Chruch, USCG; 1st Lt. Brandon Rogers, USMC; Lt. j.g. Ian Hanes, USN; Lt. j.g. Daniel Albanese, USN; Lt. j.g. Bradley Shillito, USN; 1st Lt. Matthew Recker, USMC; Lt. j.g. Matthew Petersen, USN; and Capt. Terry Washburn, USN



Left photo: Ensign Bruce M. Allphin, USN; Ensign Mary L. Ruttum, USN; Ensign Robert A. Blackwell, USN; Ensign Jacob A. Dorsey, USCG; and 2nd Lt. Andrew J. Metzger, USAF receive their Academic Achievement awards, July 8 in the Training Air Wing FIVE headquarters.



Right photo: 1st Lt. Peter J. Reintjes USMC; Ensign Andrea M. Lazzaro, USN; 1st Lt. Devin S. Taylor, USMC; Ensign William M. Richardson, USN; Ensign Natasha L. Ried, USN; Ensign Joel R. Kunz, USN; 1st Lt. Preston D. Wallace, USMC; and Ensign Patrick J. Fedewa, USN display their awards from July 15.