

Whiting Tower

Sixty-Six Years of Aviation Training News



Naval Air Station Whiting Field, Milton, FL

Forging Wings for the Fleet

Vol. 67 No. 8

Wednesday, February 23, 2011

Frost to step down as HT-28 commanding officer



Cmdr. Mathew Frost

By 2nd Lt. Molly LeBlanc, NAS Whiting Field Public Affairs

Cmdr. Mathew Frost will turn over command of Helicopter Training Squadron TWENTY-EIGHT to Lt. Col. Mark Thompson Friday, Mar. 4, at 10 a.m. in the Naval Air Station Whiting Field Auditorium.

During his tenure as executive officer and commanding officer, Frost led the "Hellions" in executing over 30,000 mishap-free flight hours; completing more than 18,177 sorties and winging 430 Navy, Marine Corps, Coast Guard, and Allied Naval aviators. With steadfast dedication, he led his command to grades of "Outstanding" during two major inspection visits.

As the executive officer, Frost was instrumental in the establishment of the Navy's newest Helicopter Training Squadron. During his time as the "Hellion's" third commanding officer, he continued the squadron's tradition of achieving fiscal year pilot production goals. He also led the squadron in serving the local community through more than 800 hours of community service.

Frost was commissioned through the United States Naval Academy and was designated a Naval aviator in Nov. 1993. Throughout his 20-year career, he has flown for HC-3 and HC-11 out of NAS North Island, Cal.; served as an instructor pilot; worked as an assistant air officer aboard the USS Nassau (LHA 4); was the officer in charge of Detachment FOUR for the "Chargers" of HC-6, out of NAS Norfolk; and completed a joint staff assignment at Headquarters, US Central Command, MacDill AFB, Tampa, Fla. He assumed command of HT-28 Dec.

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Security wins Captain's Cup

By Lt. j.g. Megan Dooner, NAS Whiting Field Public Affairs

Base Security received the Naval Air Station Whiting Field Captain's Cup for 2010 during a Feb. 18 award ceremony in the base auditorium. Capt. Pete Hall, NAS Whiting Field commanding officer, and Todd Mooneyham for Morale Welfare and Recreation presented the award.

Mooneyham said that a quick look at the statistics from last year's Captain's Cup sports shows that security personnel competed in almost every sport. They didn't win everything, but they accumulated points from each sport they participated in.

"Anyone who wants to win the cup should look at base security's strategy. They had the know-how that every sport is counted equally as far as points go. First place gets you the same amount of points and it doesn't matter which sport it was in."

Captain's Cup is played throughout the year and provides an outlet for fun and fitness to the base as well as some friendly competition between teams. Any active duty person-

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Friendly Nations

Chief Staff Officer for Western Naval Command, Nigerian Navy, Rear Admiral J.O. Olutoyin, presents Captain James Vandiver, commodore Training Air Wing FIVE, with a commemorative plaque from his country. Olutoyin visited NAS Whiting Field on Wednesday, Feb. 16, and met with Vandiver for coffee before receiving a tour of the base. The two exchanged gifts as a symbol of cooperation and friendship between the services of both nations. U.S. Navy photo by 2nd Lt. Molly LeBlanc.

MCPON warns Sailors “zero tolerance” on drugs

Special from Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West
WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West, released the following message on drug abuse, which focuses on "Spice," herbal products and other designer drugs, to the fleet, Feb. 11:

"Shipmates,

There has been an alarming rise in the number of Sailors who are choosing to use 'Spice,' herbal products and other so-called designer drugs; and this must come to an immediate stop.

More than 150 Sailors are currently being processed for 'Spice' use, possession or distribution, and this is UNSAT.

Overall, the Navy has separated 1,374 Sailors in FY09; 1,308 Sailors in FY10; and 302 Sailors during the first quarter of FY11, for drug abuse. These unexpected losses negatively affect our commands' manning levels, which in turn affects the commands' operational and warfighter readiness. The Navy's policy on drug abuse is simple and clear – zero tolerance, and there are no second chances.

NAVADMIN 108/10 states the following on drug abuse: 'Drug abuse includes the wrongful use, possession, manufacture, or distribution of a controlled substance. Drug abuse also includes the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to in-



Master Chief Petty Officer of the Navy Rick D. West

duce intoxication, excitement, or stupefaction of the central nervous system, and will subject the violator to punitive action under the UCMJ and/or adverse administrative action.'

Some examples of substances mentioned above where the wrongful use constitutes drug abuse includes, but is not limited to the following:

- Products that contain synthetic cannabinoid compounds, such as "Spice," genie, blaze, dream, ex-ses, spark, fusion, dark knight, yukatan fire, and K2.

- Natural substances such as salvia divinorum and mushrooms.

- Common items abused by inhaling or huffing, such as Dust Off, glue,

paint thinner and gasoline.

- Over-the-counter products such as Robitussin and Coricidin HBP.

- Prescription medications such as Oxycodone, Vicodin, Adderall, and Valium.

If you didn't know, 'Spice' is a mixture of natural herbs and synthetic cannabinoids, that when smoked, produce a marijuana-like 'high' that decreases motor skills, impairs coordination and concentration, and effects short-term memory and senses. The effects of these substance is unpredictable when combined with alcohol, and since the chemical blends are continuously manipulated and the strength of the synthetic chemical used is unknown, there is no way to know what you are getting in the drugs nor what the long-

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This Week in Naval History

Feb. 21

1861 - Steven R. Mallory, a former chairman of the U.S. House Naval Affairs Committee, is appointed Secretary of the Navy of the Confederate States.

1943 - American forces land unopposed on the Russell Islands, 30 miles northwest of Guadalcanal, beginning the advance through the central Solomons.

1944 - U.S. Marines, with support of naval bombardment and carrier aircraft, secure Eniwetok Atoll.

1991 - Marine AV-8Bs conduct bombing runs off the flight deck of USS Nassau (LHA 4). This is the first time in history that Marine AV-8B jump jets have conducted combat missions from a helicopter assault ship.

Feb. 22

1865 - A Union squadron under the command of Rear Adm. David Dixon Porter bombards and captures Wilmington, N.C.

1870 - After arriving on USS Nipsic, the Darien Expedition, commanded by Cmdr. Thomas O. Selfridge Jr., begins active operations ashore at Caldonia Bay. The expedition then surveys the Isthmus of Darien, Panama, for an inter-oceanic ship canal.

1909 - The "Great White Fleet" returns to Hampton Roads, Va., from its historic around-the-world cruise.

Ec-nomics

Boost Insulation

It may not seem sexy, but insulation is one of the best ways to save energy and money at home. It can make a big difference to add more insulation between walls, and make sure your attic floor and basement ceiling are well covered. The federal government will reimburse you for 30 percent of the cost, up to \$1,500 for highly efficient insulation. Additionally, low-income households can qualify for an average of \$6,500 worth of weatherization improvements to their homes through government programs administered by each state. Find out about your state's program by contacting local energy agencies.

See www.thedailygreen.com for more tips.

News and Notes

Zumba Class - Morale, Welfare and Recreation is planning a Zumba Fitness Class to begin March 1. Classes will run Tuesdays and Thursdays at 6:30 p.m. and every other Saturday at 10:45 a.m. Classes will cost \$3 for active duty/retired military/dependents, \$4 for other base personnel and \$5 for civilian guests. The class will be taught by Jessica Marcoux. Call 623-7097 for details.

Lunch and Learn - NAS Whiting Field's Fleet and Family Support Center is hosting "Lunch and Learn" seminars beginning March 3 and continuing on the first Thursday of each month. FFSC is providing the sessions from 11:30 a.m. to 12:30 p.m. The first topic, on March 3, is Divorce and Separation. Check back for more information on additional topics provided each month. For information contact Julie or Pat at 623-7177.

Artists Needed for Arts Festival (Date Change) - The Santa Rosa Arts and Culture Foundation (SRACF), is calling for all artists, entertainers, performers, historic and ethnic cultural groups, vendors and volunteers for the 23rd Riverwalk Arts Festival. The Festival will take place April 8, 9 and 10 in downtown Milton. Call 850-393-0121 for more information.

King Lear - Pensacola State College will perform one of Shakespeare's greatest tragedies Feb. 26 - 28 and March 5 - 7. Friday and Saturday performances begin at 7:30 p.m. and Sunday matinees will start at 2:30 p.m. "King Lear," the fictional King of England hands over his kingdom to two daughters whom he believes truly love him. Angry that his youngest daughter, does not appear to do so, Lear banishes her and a lord who defends her. Tickets are \$10 for reserved admission, \$8 for children and seniors and \$6 for non-PSC students. Call 484-1847 for details or to reserve seats.

St. Patrick's Annual Antiques and Arts Faire - The Bagdad Waterfronts Florida Partnership is sponsoring St. Patrick's Annual Antiques and Arts Faire on March 19, 2011 from 10:00 a.m. to 5:00 p.m., at the corner of Church St. and Old Bagdad Hwy and Forsyth St. in Bagdad. There are events and activities for the entire family to enjoy: art and antique dealers, dog show (parade and judging, \$5.00 entrance fee), children's activities (crafts, face painting, games, moonwalk), silent auction, vintage cars and wooden boats, musical entertainment, food, and ice cream. Proceeds will benefit the Bagdad Mill Site Park. Admission is free. For more information call Gloria Cook at (850) 623 8000.

SCRA Class Action Litigation Suit - JP Morgan Chase Bank has identified a potential violation of the Servicemember's Civil Relief Act (SCRA) in that they either erroneously foreclosed on or overcharged approximately 4,000 servicemembers with mortgages with their bank. JP Morgan Chase is acknowledging responsibility and is looking to refund the affected servicemembers. If you believe you were affected by this action, you may contact JP Morgan Chase at 877-469-0110. Additional information on the SCRA is available at <http://www.militaryonesource.com/MOS/FindInformation/Category/Topic/Issue/Material.aspx?MaterialID=15924&MaterialTypeID=9>.

Softball Team Tryouts - Varsity Softball Tournament Team tryouts are coming soon. Please keep in touch with Todd Mooneyham at 665-6102 for up to date information.

Barbecue Cook Off - The Milton Knights of Columbus host their second annual "Smokin' in the Square" barbecue cook off March 4 and 5 at downtown Seville Square. Festivities begin noon Friday and 10 a.m. Saturday. Both evenings continue till 10 p.m. The



50 Years Later

On Friday, Feb 11, nineteen of the Navy's newest helicopter pilots from HT-8, 18, and 28 received their "Wings of Gold." The Guest speaker at the ceremony was retired Navy Capt. Roger P. Murray, who had earned his own wings exactly one week short of 50 years prior, in the very same auditorium. Murray was a former member of HT-8, and received his wings on Feb 17 of 1961: the first year of HT-8's existence. His speech took the audience through the history of helicopter aviation, noting "so much has changed in these past 50 years; yet so much has stayed exactly the same." He told the wingers that he's envious of the journey they are about to embark upon, but also extremely proud to welcome them to the "elite group of professionals known as helicopter pilots." U.S. Navy photo by 2nd Lt. Molly LeBlanc.

event includes a professional and amateur cook-off, food, refreshments, local entertainment and vendors. Admission is free. Call Ivan Delabruere at 516-2622 for more information.

First Friday - Downtown Milton will begin their annual First Friday celebrations March 4. The First Friday events will be held the first Friday of every month through Nov. 4. Festivities include classic cars, arts and crafts, local entertainers and food specials. First Friday will be held at the Milton riverwalk area. Call 626-6246 for details or see www.mainstreetmilton.org.

Bourbon, Beads and Bad Decisions - Formerly of Pensacola, My Favorite Sin is returning to their home town to host the third annual Mardi Gras party featuring DJ Madflip. The party will be held at Capt'n Fun Beach Club, on Pensacola Beach. Cover charge is \$ to \$10 and the party is for women 18 and over and men 21 and over. Free entry is available before 10:30 p.m. Visit www.myfavoritesin.com for details.

Antique Show - The Greater Pensacola Antique Dealer's Association will sponsor their 24th annual Milton Antique Show and Sale March 4 - 6 at the Santa Rosa County Auditorium. Even hours are 10 a.m. to 5 p.m. Friday and Saturday and 11 a.m. to 5 p.m. on Sunday. Admission price is \$4 which is good for all three days of the event. Ticket proceeds go to the Pensacola State College Scholarship fund. Call 623-3711 or 968-6394 for details.

Shipwrecks of the Blackwater - The Blackwater Pyrates will host Dr. Della Scott, Ireton of the University of West Florida Archeology Network who will speak on maritime history of Milton and Bagdad. Cost is free and the lecture will begin at 7 p.m. at the Bagdad community center. Call Ken Ponsell at 529-3565 for more information or visit www.blackwaterpyrates.com.

Upcoming Events

Feb. 25, TBD - Margaret Flowers Award Luncheon - PCola
Feb. 25, 1300 - Winging Ceremony - Base Auditorium
Mar. 3, 1800 - Milton Mardi Gras Parade - Main Street

March 4, 1000 - HT-28 Change of Command - Auditorium
March 11, 0900 - Aviation Boatswain's Mate Golf Tourney
March 11, 1300 - Winging Ceremony - Auditorium

Fleet and Family Support Center Classes

VA Representative (Call for Appointment) - Friday - 8 a.m. to Noon, Feb. 25

Saving and Investing - Thursday - 6 to 8 p.m., Feb. 24

Who wants to be a millionaire? Do you think you can become a millionaire on your military paycheck? This class will show you how money can grow. Class will be held at the FFSC conference room. For more information, contact a work and family life specialist at 623-7177.

Credit Management - Friday - 1 to 3 p.m., Feb. 25

Using Credit Wisely is a 60-90 minute program designed to help participants to use credit wisely, establish and maintain a good credit rating, and avoid excessive debt. Used appropriately it can be an excellent tool, but used the wrong way it can bring the financial wheels of your life to a grinding halt for a long, long time. This class will educate attendees on the wise and unwise use of credit, establishing credit history, the cost of credit, and the warning signs of having too much credit.

How to Apply for a Federal Job - Monday - 10 a.m. to noon, Feb. 28

You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listings for keywords, and how to apply for jobs. Class will be held in the FFSC conference room. Call 623-7177 for details.

Captains Cup

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Capt. Pete Hall and Todd Mooneyham from MWR present Security Department with the 2010 Captain's Cup trophy.

nel, reservists, retirees, DOD employees and their respective spouses are invited to participate.

The upcoming year's slate is comprised of staple sports such as basketball, flag football and softball, as well

as some old favorites. Table tennis, racquetball, and badminton are among these classics. A new sport that was added this year is kickball. MWR hopes to encourage people to participate in kickball as it is an enjoyable sport for all age groups. Twelve sports in all comprise the Captain's Cup schedule.

Even given the small size of the base, Mooneyham said that participation in Captain's Cup is still pretty good considering the increased number of flight hours that students and instructors are flying as opposed to in the past. He continually tries to encourage more participation.

"We usually post flyers in the squadrons and send out email notifications. We're going to start using the Ombudsman in each squadron to try and get the word out about Captain's Cup to more people," he said.

Inquiries about the schedule or the Captain's Cup program should be directed to Mooneyham, by email via todd.mooneyham@navy.mil or phone 850-665-6102.

DEFY 'Mentor in the Spotlight'



MA3 Candance Willette:

Hometown: Memphis, TN

Program: This is my second year with DEFY

Position: I am the Training and Development Coordinator

Favorite Moment in Program: When we were away at Camp this past summer, the last night camp party, and one of the mentees came up to me and said Ms. Candance, "Can you tell my mom I was dancing and having fun because she has never seen me dance before and she would not believe it" That moment made me smile. The DEFY kids are a joy to be around.

My likes about the Program: What I like about the program is that you get to interact with kids and be their role model. Spending time with kids is priceless, the smallest things make the biggest impact especially for kids!

Change of Command

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**Lt. Col.
Mark Thompson**

4, 2009. Thompson graduated from Georgetown University in 1992. Upon commissioning and completion of The Basic School, he earned designation as a Naval aviator in 1994. He then had his initial training in the AH-1W SuperCobra out of Camp Pendleton, California.

Since 1994, he was stationed at (HMLA) 369 in Camp Pendleton Cal.; served with Marine Wing Support Squadron 373 at MCAS Miramar, Cal.; and worked as Marine Officer Instructor, Naval Reserve Officer Training Corps Unit, University of San Diego/San Diego State University, while simultaneously holding the position of Executive Officer for the Marine Enlisted Commissioning Education Program (MECEP) Preparatory School located aboard Marine Corps Recruit Depot, San Diego. In 2002, Thompson reported back to HMLA-369, followed by Marine Medium Helicopter Squadron 163 (Rein).

He also served at the White House as the United States Marine Corps Military Aide to President George W. Bush. As the Emergency Actions Officer, he was the custodian of the President's emergency satchel, providing the President with immediate access to the nation's most sensitive and critical resources. As the President's Aide-de-Camp, he coordinated all Department of Defense support to the President and served as his ceremonial aide.

Capt. James Vandiver, commodore Training Air Wing FIVE served as the guest speaker.

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While budget cuts and travel restrictions continue to challenge missions for military and civilian travelers alike, there are many benefits to staying at Navy Gateway Inns & Suites for your official lodging needs.

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Staying at NGIS not only provides great lodging at great prices but it also offers the convenience of other base amenities. You can visit the Navy Exchange, MWR activities with discounted tickets for area attractions and swimming pools, golf courses, beaches, movie theaters, youth centers, and other great MWR activities right outside your door. If you're looking for catering and conferencing needs, please contact the host Region for particulars on reserving a conference center.

For reservations, call 1-877-NAVY-BED (1-877-628-9233) or on line at www.dodlodging.net.



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Bill Cosby named honorary Chief Petty Officer

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West, with Secretary of the Navy (SECNAV) Ray Mabus recognized actor/comedian and former Sailor, Bill Cosby, as an honorary chief petty officer in a ceremony held at the U.S. Navy Memorial and Naval Heritage Center Feb. 17.

Cosby began his relationship with the Navy in 1956 when he joined as a hospital corpsman and attended recruit training at Naval Training Center Bainbridge, Md.

During his four-year tour, he was stationed at Marine Corps Base Quantico, National Naval Medical Center Bethesda, Naval Hospital Argentia, Newfoundland, USS Fort Mandan (LSD 21), and Philadelphia Naval Hospital.

"I will tell to you like I tell all of our new chiefs ... when I pin these anchors on you, your job isn't over and your journey is just beginning," said West.

"Thank you all," said Cosby. "The years I spent in the Navy and so many moments remembering that the Navy gave me a wake-up call. The Navy showed me obedience and that's the thing that pushed me to realize the mistakes I had made in my young life at 19-years-old and that I could do something with myself and become somebody."

MCPON

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term health risks are if used.

Some of the side effects from these drugs included uncontrolled vomiting, excessive sweating, flushed skin, increased heart rate and high blood pressure, and loss of consciousness. If this sounds like a good time to you, then go ahead and hand over your rank and paycheck, and possibly your life.

Bottom line: The use and even just the possession of 'Spice,' herbal products, designer drugs, chemicals used for huffing, salvia divinorum, or products containing synthetic cannabinoid compounds are prohibited. Leadership, along with Naval Criminal Investigative Service, is aggressively working to catch personnel who are possessing, using, or distributing drugs; and when you get caught, your career will be over.

Drug abuse goes against our Navy's core values and ethos, and it is a threat to lives, unit and mission readiness and morale. It is every Sailor's responsibility to deter drug abuse. If you do the crime, you will do the time ... remember zero tolerance and no second chances. HOOYAH!"

For more news from Master Chief Petty Officer of the Navy, visit <http://www.navy.mil/mcpon/index.asp>.



WASHINGTON (Feb. 17, 2011) Secretary of the Navy (SECNAV) the Honorable Ray Mabus, right, applauds after the reading of orders making comedian Bill Cosby an honorary chief hospital corpsman during his pinning ceremony at the U.S. Navy Memorial in Washington, D.C. As a young man, Cosby served as a Navy Corpsman and separated as an Hospital Corpsman Third Class. U.S. Navy photo by Mass Communication Specialist 2nd Class Jason M. Graham.

TRICARE Notes

TREATMENT FOR SUBSTANCE USE DISORDERS IN PATIENTS WITH CHRONIC PAIN

Patients who experience chronic pain sometimes need to take pain medications that can become addictive.



When this occurs, treatment for both the pain and the addiction are needed. This treatment usually requires a team approach, including a pain specialist and a behavioral health care provider, such as a psychiatrist or therapist.

TRICARE covers substance abuse and dependence treatment, including detoxification (if needed) and rehabilitation. Visit www.tricare.mil or www.humanamilitary.com for more information.