

Whiting Tower

Sixty-Six Years of Aviation Training News



Naval Air Station Whiting Field, Milton, FL

Forging Wings for the Fleet

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Bridges to Relinquish Command of VT-3



Cmdr. Jodi Bridges

By Jay Cope, NAS Whiting Field Public Affairs

The commanding officer who oversaw the initial steps of a squadron transition to the Navy's newest training aircraft is due to step down June 11 at Naval Air Station Whiting Field.

Cmdr. Jody G. Bridges will be relieved by Lt. Col. George K. Hobson as the commanding officer of Training Squadron THREE (VT-3), Fri-

day, at 1 p.m. in the air station's atrium building.

The change of command ceremony is a time honored tradition that allows the entire command to witness the transfer of authority from one officer to another. It is uncommon in most military commands for leadership to transfer from a Naval officer to an Air Force Officer, but is the



Lt. Col. George Hobson

standard for VT-3, the first and only Navy joint primary flight training squadron. Hobson will, in turn, transfer command to a Navy Cmdr. upon completion of his tour as commanding officer of the squadron.

During Bridges' 34-month tour first as prospective executive officer, XO and then commanding officer, the Red Knights flew more than 22,291 mishap-free flight hours, completed over 10,450 student training sorties,

and graduated greater than 200 Navy, Marine, Coast Guard, Air Force and Allied Student Aviators. He also guided his command to an overall assessment of "Outstanding" on three annual Naval Air Training and Operating Procedures Standardization Inspections. Additionally, the squadron was

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NASWF Sailors Frocked to New Ranks June 7



Eleven Sailors stand with Naval Air Station Whiting Field Commanding Officer Capt. Pete Hall and Command Master Chief Hari Singh following their frocking at the base operations auditorium June 7. The Sailors were congratulated on their selection for promotion, and are now allowed to wear the uniform of the new rank. Hall presented each Sailor a frocking letter recognizing their accomplishment. U.S. Navy photo by Jay Cope.

By Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station (NAS) Whiting Field recognized the accomplishments of soon-to-be-advanced Sailors during a frocking ceremony Monday, June 7. Eleven Sailors were all smiles as they were able to wear the new ranks for the first time.

The frocking ceremony is a Navy tradition that provides the selected Sailors an opportunity to wear the uniform and take on the responsibilities of their new rank before they are formally advanced. Second Class Petty Officers were frocked to First Class, Third Class Petty Officers were frocked to Second Class and Airmen were frocked to Third Class.

Each Sailor received a frocking letter from Capt. Pete Hall, NAS Whiting Field commanding officer, which reads in part, "Your appointment carries with it the obligation that you exercise increased authority and willingly accept greater responsibility. Occupying now a position of greater authority, you must strive with a renewed dedication

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President Issues Memorial Day Proclamation

By Mass Communication Specialist 2nd Class (SW) Kyle P. Malloy, Chief of Naval Operations Public Affairs

WASHINGTON (NNS) -- Chief of Naval Operations (CNO) Adm. Gary Roughead delivered remarks at the 68th Anniversary of the Battle of Midway commemoration ceremony at the nation's Navy Memorial June 4.

CNO thanked the Sailors who currently serve for attending the ceremony to help celebrate the service of past Sailors and the Battle of Midway, the decisive naval battle that was the turning point in the Pacific Theatre of World War II.

"To the Sailors who are here today, who gather to commemorate those who have come before us," said Roughead. "I thank you for being part of this ceremony, this commemoration, this demonstration of respect for these great men, their generation and what they did for us."

Roughead spoke about the valor and legacy of the Sailors who fought in the Battle of Midway, reminding the audience that many of these Sailors had experienced a variety of attacks on our nation prior to Midway.

"It is [their] same spirit of hope and determination that brought victory to the United States at Midway," said Roughead. "And it's that same spirit that lives on today in the Sailors who serve in the United States Navy around the world."

CNO recognized the Navy ships and crews from USS Benham (DD-397), USS Balch (DD-363) and USS Enterprise (CV-6) for their contributions during the Battle of Midway who then went on to help win World War II.

"These crews earned great notoriety at Midway for an incredible victory, but that was just one page in their long



Chief of Naval Operations (CNO) Adm. Gary Roughead participates in a wreath laying ceremony at the U.S. Navy Memorial commemorating the 68th anniversary of the Battle of Midway. (U.S. Navy photo by Mass Communication Specialist First Class Tiffini Jones Vanderwyst/Released)

histories of service," said Roughead.

Roughead encouraged present day Sailors to look to the example of the Sailors who fought in the Battle of Midway as a standard to maintain in being a 'Global Force For Good.'

"It is our task, now, to write the new glorious pages in our Navy's history and we do so with the extraordinary example of the great men and women who came before us," said Roughead.

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.

2009 Annual Drinking Water Report Summary

(For a copy of the full report, see <https://www.cnic.navy.mil/WhitingField/index.htm>)

The Department of Environmental Protection performed their annual Source Water Assessment recently, and the results show that Naval Air Station Whiting Field's water supplies meet national standards in every area. The water at NASWF is drawn from three wells in a sand and gravel aquifer. Chlorine and fluoride are used by the maintenance division to ensure disinfection and dental health.

The testing procedures assigned any contaminants both a Maximum Contaminant Level (MCL) and a Maximum Contaminant Level Goal (MCLG). The MCL is the highest level of a contaminant that is allowed in drinking water. The MCLG is the level of a contaminant in drinking water below which there is no known or expected risk to health. The contaminants tested were divided into five groups, which include: radiological, inorganic, volatile, stage 1, and lead/copper. All of the contaminants tested in these groups were at levels below both the MCL and MCLG.

For questions concerning the Whiting Field drinking water quality, contact Mike Pattison, Environmental Engineer, NASWF Public Works Department at (850) 623-7017. Also, EPA/CDC guidelines are available from the Safe Drinking Water Hotline at (800) 426-4791.

News and Notes

Summer Salute III - Cat Country 98.7's Summer Salute III concert is Thursday, June 17th aboard NAS Pensacola and once again, ALL TICKETS ARE ON THEM! The Cat bought all of the tickets and are giving half to the Military and the other half to the rest of Cat Country. You will need a ticket to get in to see Country Superstar Tracy Lawrence. The station will announce each Summer Salute Ticket Stop location and time (will also be posted on the website: <http://www.catcountry987.com/>). You can get up to 4 free tickets at each Summer Salute Ticket Stop. All adults will need a ticket, kids 12 and under get in without a ticket, accompanied by an adult.

Swimming Pool Open - The Training Pool is now open for lap swimming. Hours of Operation are from 6 a.m. to 6 p.m., Mon.- Fri.

Blueberry Bash - ARC Santa Rosa Inc., a nonprofit organization that aids people with developmental disabilities, will hold their first ever Blueberry Bash, Saturday, June 12 from 9 a.m. to 4 p.m.. The event will feature a 5K fun run before the fair. The festival include food and craft vendors, family activities, and more. Call 623-9320 for more information.

“My Little Eye” - The Panhandle Community Theatre will perform the locally written mystery “My Little Eye” June 11 & 12 and June 18-20. Friday and Saturday evening performances begin at 7:30 p.m. Saturday June 19 will feature an additional matinee performance at 2:30 p.m. and Sunday June 20 will also be a matinee. Tickets are \$12. Call 221-7599 for reservations.

‘Pirates of Pensacola’ Trolley Tours - 6:30 to 8 p.m. Fridays through Jun. 18. The Red Trolley sets sail every weekend on the seas of adventure. Along the way, passengers will face rival pirates, find clues, and learn the Secrets of the Seven Seas. During the voyage, you'll learn how to tie a pirate bandana and wear an eye patch and a hook. Take your pirate gear along and arrive early to get a tattoo applied by a pirate lass. Tickets: \$20; \$5 for ages 9 and younger. Visitor Information Center, 1401 E. Gregory St., 850) 435-0914, or visit www.piratetrolley.com.



Retaining Our Best and Brightest
Lt. Jitendra Sirjoo hands Aviation Boatswain's Mate Second Class Andrew McDougle his Honorable Discharge certificate during his May 21 reenlistment. McDougle reenlisted for six years. Photo courtesy of Navy Counselor First Class Gwendolyn King.

Child and Youth Program (CYP) Survey- If you have a child who lives with you at any time during the year and is eligible to participate in Navy children's programs. Please enter this link into your web browser to take a short survey: <https://www.surveymonkey.com/s/7QMFPBY>. The survey covers such areas as child care needs, hours of care you might need, school transportation, youth programs, and youth sports options. It will only take about 10 minutes. You may get a printed copy at the CYP facilities.

FFSC Has Consumer Handbooks - Hear Ye Hear Ye! The 2010 Consumer Action Handbooks are finally in! Swing by the Fleet & Family Support Center to pick up your “free” copy. This handbook is packed with consumer assistance info on topics that can help make you a saavy consumer.

Child Safety Seat Services Offered Free - Fire and Emergency Services Gulf Coast (F&ESGC) now offers free child seat install assistance to parents or caregivers that have base access. There are nine nationally certified technicians available to assist with this service. Please call (850) 452-3211 to schedule and appointment with a technician that can assist you free of charge.

Homeowners' Preparedness Seminar - Forecasters predict there will be 15 named storms, 8 hurricanes and 4 major hurricanes this season which started Jun. 1 and ends Nov. 30. Fleet & Family Support Center will host a “Homeowner's Financial Disaster Preparedness Insurance Seminar” Jun. 23 from 10:30 a.m. - noon at the base auditorium. This seminar will help prepare you for the hurricane season. Call 623-7177 for more information.

Big Band Music - Milton High School will host the Drum Corps International Drum and Bugle Corps show, Thurs., Jul. 29. The show is titled Sounds of the South. There will be seven drum and bugle corps at this event and the DCI corps are the elite of the elite when it comes to marching bands. For more information visit: <http://www.mhsbandboosters.info/index.php?menu=event4> or <http://www.tealsound.org/drumbuglecorps/events/soundsofthesouth/>. Tickets are \$20 for the Super Section and \$15 for General Admission. There is also a \$5 Military discount with ID at the gates. For additional information, please call 207-8206.



Retaining Our Best and Brightest
Air Traffic Controller First Class Carl Proffen and his family listen to Lt. Michael McDonough read the Spouse Appreciation certificate to be awarded to Jodi Proffen during Proffen's reenlistment May 27. Photo courtesy of Navy Counselor First Class Gwendolyn King.

Upcoming Events

Jun. 11, 1300 - VT-3 Change of Command - Atrium

Jun. 18, 1230 - Winging Ceremony- Base Auditorium

Jun. 18, 1300 - NASWF Safety Stand Down - Sikes Hall

Jun. 21 - Fathers' Day

Jul. 02, 0800 - NASWF Safety Stand Down - Sikes Hall

Jul. 02, 1230 - Wining Ceremony - Base Auditorium

Jul. 04 - Independence Day Holiday

Jul. 16, 1230 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

Challenges of Flight School & Marriage - Wed, 9 Jun, 1800 – 2000

Being in Flight School is hard! Being married in Flight School is even harder! This class will help you and your spouse avoid the common pitfalls the unique challenges Flight Schools offers. For more information call 623-7177.

Anger Management - Wed, 16 Jun, 1300 – 1400

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.

VA Representative (Call for Appointment) - Fri, 18 Jun, 0800 – 1200

Resume Writing - Mon, 21 Jun, 0800 – 1000

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.

Homeowner's Financial Disaster Preparedness - Wed, 23 Jun, 1030 –1200 - (Base Auditorium)

Mr. Arthur Youngblood from the Florida Department of Financial Services will discuss flood insurance, hurricane deductibles and other property insurance coverage's a consumer might need in order to recover after a disaster. For more information, contact a Work and Family Life Specialist at 623-7177.

How to Apply for a Federal Job - Mon, 28 May, 0800 –1000

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 listings 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 623-7177.

FFSC Presents Disaster Preparedness Seminar

The Fleet & Family Support Center will host a home owner's Financial Disaster Preparedness Insurance Seminar Jun. 23 from 10:30 a.m. - noon at the base auditorium. This seminar will help prepare families for hurricane season.

Mr. Arthur Youngblood, of the Department of Financial Services will facilitate the brief and discuss flood insurance, hurricane deductibles and other property insurance coverage's a consumer might need in order to recover after a disaster. The brief will also include details concerning homeowners, renters, and landlord policies.

Forecasters predict there will be 15 named storms, 8 hurricanes and 4 major hurricanes this season which started June 1 and ends November 30. They predict 69 percent chance of a major hurricane hitting a U.S. coastline, a 45 percent chance that a major hurricane will hit the East Coast, including the Florida peninsula and a 44 percent chance that a major hurricane will hit the Gulf Coast from the Florida panhandle to Brownsville Texas.

Please call Eugene Jackson, of the Fleet & Family Support Center at 623-7177 for more information on this seminar.

Free Summer Museum Entrance for Active Duty Military and Families

The American Association of Museums, in conjunction with the National Endowment for the Arts is offering free admission to various museums across the United States this summer to active duty military personnel and their immediate families. Although not all museums are participating, the link below is to provide you with the museums participating.

Blue Star Museums is a partnership among Blue Star Families, the National Endowment for the Arts (NEA), and more than 700 museums in all 50 states to offer free admission to active duty military personnel and their families from Memorial Day, May 31, 2010, through Labor Day, September 6, 2010.

Free admission extends to up to five immediate family members, and can include spouses, siblings or children. The program also supports National Guard, Reservists, and Coast Guardsmen.

The link to the website is:

<http://www.nea.gov/national/bluestarmuseums/index.php>.

Seville Square Concerts Return for 23rd Year

Pensacola's outdoor concert series returns for its 23rd season of music under the stars. The 2010 series features 14 concerts, satisfying musical tastes from big band to jazz to reggae. Take a lawn chair or a blanket for seating.

Evenings in Olde Seville Square begin at 7 p.m. and continue until 9 p.m. each Thursdays through the summer. Admission to the concerts is free.

2010 schedule:

May 27: Bobby Van Deusen and the Pensacola Civic Band.

June 3: Tim Jackson's Mr. Big.

June 10: Kitt Lough.

June 17: Rosie O'Grady's Dueling Pianos and the Modern Eldorados.

June 24: Jones & Company and Perdido Brass.

July 1: The Reunion Band.

July 8: Chubby Carrier and the Bayou Swamp Band.

July 15: Don Snowden Big Band.

July 22: The Swingin' Dick Tracys.

July 29: The Sawmill Band.

Aug. 5: Mass Kunfuzion.

Change of Command

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Cmdr. Philip Brock

praised for its performance during several Chief of Naval Air Training Standardization Inspections due to its "outstanding in-house training programs." Bridges effectively led Training Squadron THREE as the first squadron to commence the transition from the T-34C to the T-6B. His visionary leadership ensured a seamless transition and set the foundation for the efficient T-6B transition to other squadrons and established operating standards which will have a lasting impact on Naval Aviation. Bridges' career spans nearly 20 years and includes tours of duty in Naples, Italy; Hawaii; Afghanistan; and Jacksonville, Fla. A P-3C Orion pilot who trained initially in Brunswick, Maine, Bridges also completed a tour as the Catapult and Arresting Gear Officer on USS Dwight D. Eisenhower (CVN-69). He has been with VT-3 at NAS Whiting Field since Aug. 2007.

Hobson takes command of the squadron after serving a tour as the executive officer. He is an ROTC graduate from North Carolina State University and has more than 17 years of service to his credit. An F-15C pilot, Hobson has flown more than 250 combat hours over Iraq during Operation Southern Watch. He has also served as an AT-38 Instructor Pilot at Columbus Air Force Base; flew with the 44th Fighter Squadron out of Kadena Air Base, Japan; completed a tour of duty in the Pentagon, and earned his Master's Degree at the Air Command and Staff College.

Cmdr. Philip Brock will be the new executive officer for the squadron.

CAT COUNTRY 98.7 SUMMER SALUTE III

Tracy Lawrence

with special guests

Naval Air Station Pensacola
Thursday, June 17th, 2010

Tickets available at the
MWR ITT Office.



Energy Vampires Are Working

Energy vampires are quietly sucking up electricity in your office and even your homes! Many electrically powered devices in your office and home continue to use electricity even when they are turned "off", sometimes as much as when they're on! A surprisingly large number of these devices -- from air conditioners to VCRs -- cannot be switched off completely without unplugging it from the outlet. An average home can use 1.2 kWh or more per day in Phantom Power. These Energy Vampires use electricity 24 hours a day, 365 days a year, often without the knowledge of the user.

Some names for this unsuspected electricity consumption are: phantom power, standby power, energy drain, leaking electrons and hidden power losses.

Typical Energy Vampires (Stand-by Energy Users) include: air conditioners, back-up power supplies, computer monitors, computers, copiers, fax machines, power adapters (when not using item such as CD player), printers, security systems, stereo systems, telephone answering machines, video games, cable, satellite and radio / stereo receivers, microwave ovens, stoves, televisions, and any device with an internal clock.

You may find some devices on this list that do not use stand-by power, especially if it is older. Any device that is warm to the touch near the power cord after it has been turned "off" for long period of time is probably adding to the power bill.

TRICARE Notes

MyHMHS FOR BENEFICIARIES PROVIDES
EXCEPTIONAL CONVENIENCE

The Humana Military Healthcare Services, Inc. (Humana Military) secure web portal, MyHMHS for Beneficiaries, provides immediate access to your records and those of your covered dependents who are age 18 or older. Once you've registered for MyHMHS for Beneficiaries, you can take the following actions online whenever it is convenient for you:

- Verify your TRICARE eligibility
- Check referral/authorization status
- Pay enrollment fees
- Check claims
- Print temporary Prime enrollment verification
- Request a new TRICARE Prime enrollment card
- Request a primary care manager change
- Request an address change
- Compare hospital quality

For more information on any of these topics, try our Google Custom Search tool at www.humana-military.com. If you need additional assistance, call Humana Military at 1-800-444-5445.

Sailors Frocked

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toward the valued ideal of service with honor."

Sailors from NAS Whiting Field selected for advancement were: Air Traffic Controller Airman Gary Jones, Jr., Air Traffic Controller Airman David VanMeter, Information Systems Technician Seaman DeWayne Oneal, Air Traffic Controller Third Class Christopher Witzleben, Air Traffic Controller Third Class Brandon Smith, Aviation Boatswain's Mate Third Class Carlos Segura, Aviation Boatswain's Mate Third Class Justin Richmond, Aviation Boatswain's Mate Third Class Anthony Bral, Hospital Corpsman Third Class Jeremy Skurecki, Air Traffic Controller Second Class Evan McGroarty, and Hospital Corpsman Second Class Brandon Myers.

"Congratulations to all of you. It is a super day for you and one you shouldn't forget," Hall said. "But it is also time for you to start thinking about your next promotion...Always keep looking ahead."

Ec  **-nomics**

*Nearly one in four cars needs an air filter replacement. A clean air filter can improve gas mileage by as much as 10%. **Cost Savings: 20 cents a gallon***.*

Poor alignment not only causes tires to wear out more quickly, but also forces your engine to work harder. Align your tires, and save up to 10%

When was your last tune up? A properly maintained engine can improve mileage by up to 4%

Believe it or not, it's been estimated that nearly 17% of cars on the road have broken or missing gas caps. What's the big deal? Escaping fumes not only hurt fuel economy but release smog-causing compounds into the air. Avoiding air pollution and improving fuel mileage is as easy as replacing a bad gas cap.

For every 5 mph you reduce highway speed, you can reduce fuel consumption by 7%

*Avoiding jack-rabbit starts and stops, and herky-jerky driving will improve fuel economy. Don't believe it? Lousy driving on the highway can add as much as one-third to your gas bill. **Cost Savings: 66 cents a gallon.***

*Riding with your foot on the brake pedal will not only wear out brake pads (which will cost you at the maintenance shop) but can also increase gas consumption by as much as 35%. **Cost Savings: 70 cents per gallon.***

Besides causing pollution, idling wastes gas. If stopped for more than 30 seconds, turn off the engine, and don't bother to "warm up" your car before driving -- it is not necessary.