

# Whiting Tower

Sixty-Six Years of Aviation Training News



# HAPPY INDEPENDENCE DAY

Naval Air Station Whiting Field, Milton, FL

Vol. 66 No. 26

Forging Wings for the Fleet

Wednesday, June 30, 2010

## NEX Wins Bingham Award for Operational Excellence

By Lt. j.g. Tyler Watters, NAS Whiting Field Public Affairs

Rear Adm. Steven Romano, Commander Navy Exchange Command, announced in a recent Naval message, that Naval Air Station Whiting Field's Navy Exchange was named a 2009 Bingham Award recipient. This award demonstrates a NEX's competencies in such areas as: excellence in management, customer service and operating results.

There are six categories for the Bingham Awards based on the facility size, with the smallest category starting with under \$2 million in annual sales to the largest NEX's that produce more than \$100 million. NEX Whiting Field took the award for sales volume in the \$5 to \$20 million dollar category.

Linda Larrabee, the General Manager of the Whiting Field NEX, is proud of her employees' efforts in maintaining the excellence that such an award recognizes.

"The dedication and commitment of this team is un-  
- (Cont. on Page 5)



Naval Air Station Whiting Field Navy Exchange Manager Linda Larrabee helps Customer Service Clerk Angela Cassidy arrange perfumes on a store display shelf recently. The work they, and the rest of the staff, do helped earn 2009 Bingham Award recognition from the Navy Exchange Command. U.S. Navy photo by Lt. j.g. Tyler Watters.

## Whiting Field Commissary Gain Recognition from DeCA

By Jay Cope, NAS Whiting Field Public Affairs

The Naval Air Station Whiting Field Commissary was recognized as one of the top stores in the military during the Defense Commissary Agency's 2010 Conference in Atlanta, Ga., Jun. 8.

The Whiting Field store earned an Honorable Mention in the Best Small Commissary in the United States category. It is the third straight year the commissary has been recognized with that distinction. The store won the award in 2004.

"The awards mean that much to the people who work tirelessly to serve the most important customers in the world, DeCA Director and CEO Philip E. Sakowitz, Jr. said. "Every day in more than 250 commissaries around the world, our employees and industry partners go the extra mile for our service members and their families."

The DeCA Best Commissary awards recognize overall excellence in commissary operations and service. The stores are evaluated in four main areas: accountability,



A few of the Naval Air Station Whiting Field Commissary employees stand in front of one of the store displays while showing off the 2009 Honorable Mention award for Best Small Commissary in the continental U.S. From left to right are: Kim Jackson, Assistant Store Director; Aaron McCurdy, Student Store Associate; Patsy Luckey, QAE; Linda Masraum, Secretary; Dang Land, Cashier; Jeanette Agagas, Student Store Associate; Jack Spence, Store Director; and Christy Marlin, Store Associate. U.S. Navy photo by Jay Cope.

- (Cont. on Page 6)

# Chalkboard Minute



School Liaison Officer  
Chris Hendrix

School is out! Your child has been home for a couple weeks and he is either sleeping all day or messing up the house with all his toys. Now comes the famous, “Mom, I’m bored!” It doesn’t take long for your child to quickly tire of hanging around the house or you get tired of him hanging around the house.

To make sure that boredom doesn’t set in and those academic skills don’t become rusty during the summer, log on to [www.soarathome.com](http://www.soarathome.com) and register for an account. SOAR (Student Online Achievement Resources) is an online program for military families and their civilian classmates. This internet-based program allows students in grades 3 – 11 to reinforce and review skills, practice what they have learned, and even learn new skills. And best of all, this resource is free!

Chris Hendrix is the School Liaison Officer for NAS Whiting Field. If you have questions about this article or concerns about an educational issue impacting your child, he can be reached via email at [christopher.p.hendri@navy.mil](mailto:christopher.p.hendri@navy.mil) or by phone at (850) 665-6105 [office] or (850) 324-1154 [cell]. Be sure to ask him about free one-on-one tutoring and how to get free ACT/SAT study programs!!!!



## Bowling Alley Makeover

An orange and white T-6B crashes through the bowling alley next to a TH-57 carrying a load of supplies above a bowling ball rolling down a lane. The mural was conceived by Kenya Longmire the art director at Milton High School. She collaborated with her students on the design, and originally, the artwork was going to be a class project. The weather did not cooperate, however, so she is finishing the mural on her own.

She is working on the finishing touches now, and the mural should be complete within a few more days. The idea was to devise some real world projects for the students to work on in cooperation with Naval Air Station Whiting Field. Another such project is being planned for a Whiting Park sign to be designed by the Pace High School art department. U.S. Navy photo by Lt. j.g. Tyler Watters.

## INDOOR VOLLEYBALL

**Season Begins July 20**

Coaches meeting  
Wednesday, July 14  
at 1330  
in the MWR Conference room

If your Squad/Dept. would like to put a team in the league please call  
Sports Coordinator  
Todd Mooneyham  
850-665-6102  
or email him at  
[todd.mooneyham@navy.mil](mailto:todd.mooneyham@navy.mil)



## CAPTAINS CUP DART TOURNAMENT

Ace's beginning at 1630

Wednesday,  
July 21, 2010

If your squad/dept. would like more information or to enter a team in the league please contact Sports Coordinator Todd Mooneyham by email ([todd.mooneyham@navy.mil](mailto:todd.mooneyham@navy.mil)) or phone (850-665-6102).



# News and Notes

**Free Concerts at Seville Square** - 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. The 2010 schedule includes:

- 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.

**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 an appointment with a technician that can assist you free of charge.

**Discovery Workshop** - An "Understanding the Love of Your Life" workshop for married and engaged couples will be conducted by Chaplain Summerlin on Jul. 8. Discover how your relationship can be the ultimate sharing experience in an interactive 3-hour seminar. First you will gain insight into your personal style inventory, then you will develop a greater understanding and appreciation of your mate as you look at how he/she is different in 12 distinct categories. Finally, you will learn how to increase your effectiveness and be more successful in dealing with your mate through practicing versatility based upon each others personality. We promise you won't be bored and will leave with a renewed appreciation for your partner. The workshop will be held Jul. 8 from 8 a.m. to noon in the Atrium Bldg. Rm. 169A. Call 623-7211 to reserve a seat or to obtain additional information.



## Lucky Seven

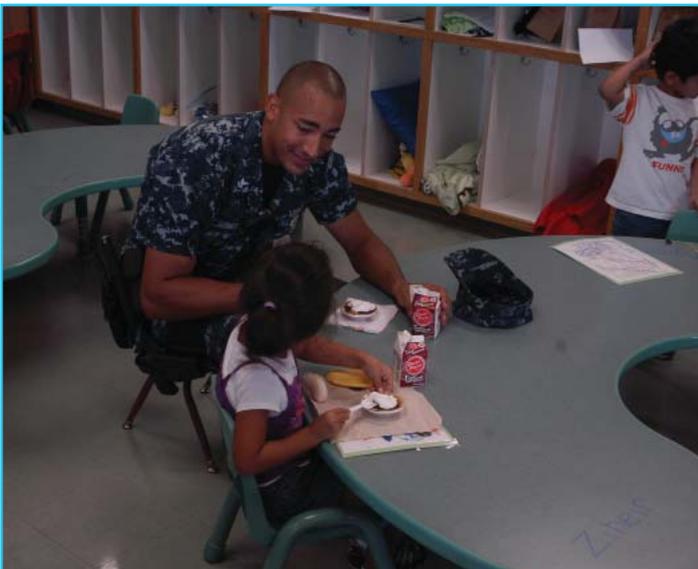
Chief Air Traffic Controller Trevor Rowe, decked out in his DEFY counselor's shirt, presents Capt. Pete Hall with Naval Air Station Whiting Field's seven year plaque, recognizing the base's support of the Drug Education For Youth (DEFY) program. The organization will begin their free residential camp for DEFY students Aug. 2-6 in Gainesville Fla. Normal age requirements are 9-12, but DEFY will accept one year exemptions up or down if there is room. Participants must have base affiliation through a relative to be eligible. Please contact Rowe at 623-7045 for more information. U.S. Navy photo by Jay Cope.

**Free Museum Entrance** - 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. More than 700 museums across the 50 states are participating in the program from Memorial Day, May 31, through Labor Day, Sept. 6. Free admission extends to up to five immediate family members. The program also supports National Guard, Reservists, and Coast Guardsmen. The link to the website is: <http://www.nea.gov/national/bluestarmuseums/index.php>.

**Military Discount** - The WWE Smackdown World Tour at the Pensacola Civic Center Jul. 4 is offering a \$5 military discount to the 5 to 7 p.m. event. Just present a valid military ID at the Civic Center Box office or any Ticketmaster Outlet. For more event info: [http://www.pensacolaciviccenter.com/index.php?option=com\\_content&task=view&id=165&Itemid=1](http://www.pensacolaciviccenter.com/index.php?option=com_content&task=view&id=165&Itemid=1)

**Starbase Atlantis Summer Program** - Any 10-12 year old children of base personnel (active duty, civil service and contractors) are welcome to register for the summer Starbase-Atlantis program, through July 1. The program will take the first 20 students! Please email [richard.mckenzie@navy.mil](mailto:richard.mckenzie@navy.mil) with child's name, address, phone number and parent name to register.

**ID Card Appointments** - The ID card office is utilizing a new electronic appointment scheduler system: There will be 1 appt. slot available every hour. Walk in customers will be seen in between appt times. This will shorten wait times for any customer who decides to take advantage of the scheduler. Please be advised - there will be no same day appointments available. Walk ins are always welcome. Please go to <https://es.cac.navy.mil/signup.pl> to make your appointment. Click on Naval Air Station Whiting Field ID Office, FL. Then click on the "Make an appointment" button and go from there. You can also "Look up an appointment" or "Cancel an appointment".



## Daddy's Day

Master-at-Arms Second Class Petty Officer Adam Turner sits down to lunch with his little girl during the Naval Air Station Whiting Field Child Development Center's Fathers' Day event. All the children's fathers were invited to the CDC for the mid-day meal. U.S. Navy photo by Lt. j.g. Michael M. Daharsh.

## Upcoming Events

Jul. 02, 1330 - NASWF Safety Stand Down - Sikes Hall

Jul. 02, 1300 - Winging Ceremony - Base Auditorium

Jul. 03, 1830 - Milton Stars and Stripes Parade

Jul. 04 - Independence Day Holiday

Jul. 16, 1300 - Winging Ceremony - Base Auditorium

Jul. 30, 1300 - Winging Ceremony - Base Auditorium

# Fleet and Family Support Center Classes

## Challenges of Flight School & Marriage - Wednesday, Jun. 30 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.

## Resume Writing - July 12 @ 8:00 – 10:00 am

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 in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## Challenges of Flight School & Marriage - July 14 @ 6:00 – 8:00 pm

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 of the unique challenges Flight Schools has to offer. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## Home Buying Process - July 14 @ 2:15-3:15 pm

Are you in the market for a new home? We can help! From finding the best agent, to negotiating price, types of mortgage loans, and how to get the best interest rates, we can help! Find out how to buy a home and maintain your lifestyle! For more information, contact a Work and Family Life Specialist at 623-7177.

## BBB® Warns Businesses: Beware Scammers Exploiting BP Oil Spill

### *- Be Leery of Fraudulent Schemes Common In the Wake of Disasters*

#### PENSACOLA, Fla. (June 25, 2010)

– The Deepwater Horizon oil spill continues to threaten the environmental and economic health of the Gulf Coast. However, your Better Business Bureau Serving Northwest Florida warns businesses to beware another potentially damaging byproduct from the oil spill: scammers looking to take advantage of the disaster.

“Unfortunately, history has shown that scammers follow the headlines,” said Norman Wright, president and CEO of your BBB. “In the wake of a national disaster scammers will find a way to prey on the misfortune of others.”

While this list is by no means exhaustive, your BBB warns of some common scams that may target businesses in the wake of the BP oil spill disaster:

\*Loan scams: Economic Injury Disaster Loans <<http://www.sba.gov/services/disasterassistance/>> are now available through the U.S. Small Business Administration and interest-free Bridge Loans <<http://www.floridaoilhelp.com/>> are available for businesses in the state of Florida who can show documented or anticipated losses. In addition, some local banks and credit unions are offering low-interest disaster loans as well. However, your BBB warns that loan scams often surge in the wake of a disaster.

Beware of loan brokers who promise that you are “guaranteed” a loan if you pay an up-front fee. Advance fee

loans are illegal in the state of Florida.

Be leery of those who promise that bad credit will not stand in the way of a loan. Those who say “you deserve a loan” or “no hassle – guaranteed” are generally scammers.

Be on the lookout for sound-alike names. Crooks may use a name similar to a well-known or respected organization and create slick websites to trick you into providing sensitive financial information or to steal your hard-earned cash.

Walk away from a lender who asks you to wire money or pay an individual. Legitimate lenders don’t pressure you to wire funds or to pay a “courier” instead of the institution directly.

Don’t be bullied by scammers who allege that you will be issued a “forfeiture letter” that would make your small business ineligible for any SBA funding for three years if the small business refused to use the firm’s services. SBA has issued warnings against these frauds in previous disasters.

\*Claims scams: BP is evaluating claims <<https://www.bp.com/secure/iframe.do?categoryId=9033722&contentId=7062138>> for property damage, loss of income and bodily injury. ESIS, BP’s authorized claims administrator does not charge individuals or businesses any fee to process claims.



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# NEX

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like any other that I have had the pleasure of working with over my 23 years of service with the Navy Exchange”, Larabee said. “The entire team is just awesome and truly deserving of this recognition.

Named after the late Capt. W. H. Bingham, the Bingham Award was established in 1979 to recognize outstanding performance in customer service and exchange operations. Bingham was the chief executive of the Roswell H. Macy Company, the owner of the Macy’s department store chain, and was appointed by the Secretary of the Navy in 1945 to lead an advisory board for the establishment of the Navy Exchange system.

The award grades Exchanges on several key areas of Navy Exchange operations including: Associate Satisfaction Surveys, Customer Satisfaction Surveys, Inventory Control management, and by Exchange profits. The stores are rated on a 100 point scales utilizing each NEX’s annual goals, and compared to similar sized NEXs. Whiting Field’s NEX team exceeded their goals significantly in every category.

Whiting Field Navy Exchange is tentatively scheduled to receive the award July 28.

## TRICARE Notes

### EARLY CANCER DETECTION IS YOUR BEST PROTECTION

According to the Centers for Disease Control and Prevention (CDC), cancer is the second-leading cause of death in the United States. The American Cancer Society has found death rates are declining in colorectal, breast and cervical cancer, which suggests screening and early detection are working. To help raise awareness of the importance of preventative cancer screenings, Humana Military launched a campaign to encourage TRICARE beneficiaries to receive these screenings.

In an effort to meet this important goal, Humana Military is notifying beneficiaries who may be due for breast or colorectal cancer screenings. If you are due for one of these screenings, you may receive a postcard, phone call and/or and e-mail to remind you to schedule these important services.

TRICARE covers annual mammograms for women beginning at age 40, annual Pap smears at age 18 or younger if sexually active, and several screening for colorectal cancer. You may need an order from your doctor, but a referral is not required if you receive clinical preventative services from a network provider or a military treatment facility (MTF). There are no copayments for clinical preventative services as long as you obtain care from a network provider or MTF.

# Commissary

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unit cost, commissary customer service surveys and sales.

Jack Spence, the Whiting Field Commissary store director, stated the store here scores especially well in the customer surveys and accountability, although he stressed the local commissary does well in all the areas. The consistency of the scores over the past five years is a tribute to the work ethic of his co-workers.

"This is really an honor to receive this recognition, and it is especially good for the employees," he said. "We have a great staff here. We have been able to keep solid numbers and that's all a tribute to them."

The store's 2010 numbers are similar to those of previous years. Which Spence says is important in protecting one of the prime benefits of military service. Commissary shopping can save military families thousands of dollars over grocery shopping in the local economy each year.

"This is a good store with employees who are very conscientious. That's important to have when you are serving our military service members."



Wrap your water heater in an insulating blanket to store heat. Then set the thermostat no higher than 120 degrees to conserve energy. You could save 25 percent of the energy used in your home by making these changes. If everyone did this, U.S. households would save more than \$32 billion per year in energy costs.

Limit the amount of time you let your vehicle’s engine run in the garage, and keep the garage door open. An idling vehicle emits twenty times more pollution than one traveling thirty-two miles per hour. There are sixty-five million garage owners in the United States. If 10 percent of garage owners were to idle their cars for just five fewer minutes per day, the total savings would be 84.5 million gallons of gas a year, enough for a million people to drive an average-size car across the country.

Washing your car in a commercial car wash is better for the environment than doing it yourself. Commercial car washes are not only easier to use than doing it yourself, they also use significantly less water per wash – up to 100 gallons less – and they often recycle and reuse rinse water. If every American who currently washes a vehicle at home chose instead to go to a professional car wash – just once – up to 8.7 billion gallons of water could be saved, and some 12 billion gallons of soapy polluted water could be diverted from the country’s rivers, lakes, and streams.

# BBB

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Your BBB warns that scam artists may pose as authorized adjusters and request fees in exchange for filing or processing your claim.

Other scammers may position themselves as negotiators who will get claims expedited in exchange for a fee.

Still other anticipated scams involve individuals fraudulently pretending to be government officials demanding payment to process applications for government assistance.

\*Contractor scams: As damages from the Deepwater Horizon spill become more apparent, businesses may need to hire a contractor for cleanup or repair work.

Your BBB warns against doing business with contractors who require payment-in-full up front. You could be out

the money if they fail to perform the work or to finish the job to your satisfaction or to pass inspection.

Beware contractors who don't offer a written contract or offer a contract with blank lines next to critical details.

Walk away from contractors who want you to pull the permits for work to be done. They likely are not properly licensed and if the contractor fails to perform the work adequately, you could be responsible for the work necessary for the project to pass inspection.

Verify licensing and insurance for all contractors to ensure it is current.

For more information and advice you can trust in the wake of the Deepwater Horizon spill, start with [bbb.org](http://bbb.org).

## 4-H Camp Holding Registration

### - Camp Exposes Kids to Marine Life

4-H Camp is a summer tradition for 8-13 year old youths in Santa Rosa County. The Santa Rosa County Extension 4-H Office is accepting registration for the annual 4-H Camp which will be held at 4-H Camp Timpoochee July 12-16, 2010. For additional information and a 4-H Camp application packet contact the Santa Rosa County Extension 4-H Office at 850 623-3868.

Deadline to register for Santa Rosa County 4-H Camp is July 1, 2010. Space is limited and registration is accepted when completed Camp Application packets and the camp fee is received in the Santa Rosa County 4-H Office. The Camp fee is \$200 per child. Youth who qualify for free/reduced lunch may receive a discount with appropriate summer food service forms completed.

Destin Beaches by the Choctawhatchee Bay, the Timpoochee 4-H Center (located in Niceville) allows campers first-hand experience with Florida's marine environment. Timpoochee's marine lab is equipped with large aquariums supporting marine life from both fresh and saltwater habitats. 4-H Camp week is full of learning and fun activities such as canoeing, snorkeling, seining, swimming, and fishing. Add in recreational games, campfires, and evening activities including marine presentations and you've got another exciting Ed-Venture. A daily snack from the canteen and a summer camp t-shirt are included in the camp fee, along with three nutritious meals per day, prepared on site by our Certified Food Safety Staff. All cabins are air-conditioned.

Campers must be between the ages of 8 and 13. If interested in being a Camp Counselor (ages 14 through 18 - Marine Camp and 14 - 18 County Camp) for these weeks, contact Dr. Paula Davis for details at (850) 784-6105.

For information about the facilities at Camp Timpoochee, please visit the Florida 4-H web site <<http://florida4h.org/camps/timpoochee.shtml>> .

For more information or if you have a question, call Vickie Mullins, Extension 4-H Agent, The University of Florida/IFAS-Santa Rosa County Extension, at 850-623-3868, between the hours of 8:00 am and 4:30 pm weekdays.

Hearing impaired individuals may call Santa Rosa County Emergency Management Service at 983-5373 (TDD).



### The Mark of Style

Jack Daniels Distilleries recently released Naval Air Station Whiting Field personalized tags for their Single Barrel line of whiskeys. There are three tags - one for each type of aircraft flown at the base - that can hang on the neck of the bottle. The Navy Exchange Package Store and the Mini-Mart at Whiting Pines have the bottles in stock. U.S. Navy photo by Jay Cope.

# Congrats to TRAWING-5's Wingers and Scholars



First row: Cmdr. Mathew R. Frost, USN, commanding officer HT-28; Lt j.g. Robert W. Pedersen, USN; Lt j.g. Peter M. P. Tydingco II, USN; Lt j.g. Khaled Alotaibi, RSNF; Lt j.g. Asim M. Aljumah, RSNF; 1st Lt. Brittany S. Merriam, USMC; 1st Lt. Nolan C. Tankersley, USMC; Lt j.g. Erik C. Kowalski, USN; Lt j.g. Andrew M. Leone, USN; and Lt j.g. Elizabeth C. Candee, USN. Second Row: Lt. Col. Shawn J. Coakley, USMC, commanding officer HT-18; Lt j.g. John M. Tozer, USN; Lt j.g. Joseph P. Rosado, USN; 1st Lt. Kent W. Arnold, USMC; 1st Lt. Daniel W. Steller, USMC; Lt j.g. John A. Sowers, USN; 1st Lt. Aaron D. Lammi, USMC; Lt j.g. Robert F. Tuminello, USN; and Capt. James L. Vandiver, USN, Commander TRAWING-5. Third Row: Cmdr. Michael D. Fisher, USN, commanding officer HT-8; 1st Lt. Austin A. Fisher, USMC; Lt j.g. Michael J. Lindsey, USN; 1st Lt. Brent M. Schiffer, USMC; Lt. Nicholas O. Ramirez, USCG; 1st Lt. Peter F. Callahan, USMC; Lt j.g. Taylor S. Andrews, USCG; 1st Lt. Jose E. Valentin, USMC; and Capt. Robert E. Conway, USN.



Left Photo: Ensign Christopher M. Trump, USN; 2nd Lt. Ruben Mallarino, USAF; 2nd Lt. Josh R. Southerland, USMC; 2nd Lt. Thomas P. Cushing, USAF; 2nd Lt. Kevin N. Flippin, USMC; 1st Lt. Matthew R. Tiemann, USMC; Ensign John T. C. Barstow, USN; and Ensign Christopher J. Waddell, USN; receive their Academic Achievement awards June 11 at the Training Air Wing FIVE headquarters building.



Right Photo: The June 18 award recipients are: 2nd Lt. Francis R. Jablonski III, USMC; Lt. j.g. Israel Felipe Abad, Spain; Ensign Rosanna M. Bolin, USN; 1st Lt. Shaina M. Turley, USMC; 1st Lt. Michael K. McGuire, USMC; 1st Lt. Michael A. Wehner; 1st Lt. David R. Haines, USMC; 1st Lt. Tristan M. Gerritsen, USMC; and Ensign Eric C. Page, USN. U.S. Navy photos by Lt. j.g. Tyler Watters.