

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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Starbase Atlantis Brings Fun to Academics

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

A revolutionary science camp was formed in the early 90's at Naval Air Station Whiting Field, NAS Pensacola and Norfolk. The Starbase Atlantis program allows students to expand their knowledge on science and mathematics in a different learning environment while doing some neat science experiments, too. Now there are more than 20 sites on military installations across the country. The activities in which the students participate in open new worlds of aerodynamics and space exploration.

Daringly, and with everyone watching for aircraft in the traffic pattern, students can set model rockets on their stands to be ignited with electronic engine starters. The rockets are able to blaze to almost 1,000 feet, and come down quickly thanks to the modified parachutes which have holes in them to allow for a faster fall. This is the capstone event of the week for students who are exposed to fun and

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Ensign Chris Meyer gives Garrett Megela, one of the camp's students, a crash course in flying a flight simulator, which is one of many technical activities at Starbase Atlantis. The students also get to shoot model rockets towards the end of the week-long camp. U.S. Navy photo by Lt. j.g. Tyler Watters

NEX Presented with Bingham Award July 27

By Jay Cope, NAS Whiting Field Public Affairs

Tuesday was a blue-ribbon day for the Naval Air Station Whiting Field Navy Exchange team as they received the prestigious 2009 Bingham award for excellence in retail operation management. Gary King, the Senior Vice President for Continental United States (CONUS) Operations presented the award to NAS Whiting Field Commanding Officer Capt. Pete Hall and Store Manager Linda Larrabee during a ceremony held at the atrium building at 11 a.m.

"This is a tremendous achievement on the part of everyone here," King said. "You worked long, hard hours, and we are happy to be here to celebrate your success."

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.

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Navy Exchange Whiting Field Store Manager Linda Larrabee accepts the Bingham Award from Gary King, Senior Vice-President, Director of Continental United States Operations, while Capt. Pete Hall, Naval Air Station Whiting Field commanding officer, looks on. Larrabee received the award July 27 on behalf of her store staff, who all received citations for their efforts. U.S. Navy photo by Jay Cope.

Women Make Sailor of the Year History

By Mass Communication Specialist 1st Class (EXW) Jennifer A. Villalovos

WASHINGTON (NNS) -- The 2009 Sailor of the Year winners, who for the first time in history are all women, were meritoriously advanced to Chief Petty Officer during a ceremony held at the Navy Memorial July 22.

Chief of Naval Operations Adm. Gary Roughead was the guest speaker at the pinning ceremony hosted by the Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West.

Hospital Corpsman 1st Class Ingrid Cortez, U.S. Fleet Forces Sea Sailor of the Year; Hospital Corpsman 1st Class Shalanda Brewer, Navy Reserve Sailor of the Year; Operations Specialist 1st Class Samira McBride, U.S. Pacific Fleet Sea Sailor of the Year and Cryptologic Technician (Technical) 1st Class Cassandra Foote, Chief of Naval Operations Shore Sailor of the Year were each presented their chief petty officer appointment letter from the CNO prior to having their anchors pinned to their collars and combination covers placed on their heads.

"What I like most about this program is that these four Sailors know the Navy appreciates their dedication and performance, and expects even more of them in the future," said Roughead. "Their advancement today is an affirmation of the potential the Navy sees in them as future Chief Petty Officers and senior enlisted leaders at their next commands."

Before the anchors were pinned on the Sailors of the Year, West spoke about the great honor of earning the title of "Chief" and the privilege of leading Sailors while wearing the chief anchors on their collars.

"This is a great day for our Navy, and today we are making history with all for Sailors of the Year being women. These Sailors have proven themselves as professional Sailors, experts in their rates, role models to our junior Sailors and youth, and most importantly, true leaders," said West.

Families, friends and shipmates traveled from around the world to attend the ceremony to share the highlights of their accomplishments and achievement on making chief petty officer.

"A lot is expected of us, and it's a greater responsibility, but we are going to lead our Sailors and keep doing what we've been doing," said Cortez after the advancement ceremony. "This was such an awesome experience. I feel like I'm on top of the world, and it's just incredible."



Chief of Naval Operations (CNO) Adm. Gary Roughead, center, and Master Chief Petty Officer of the Navy (MCPON) Rick West, left, speak with the 2009 Sailors of the Year prior to being pinned to chief petty officer during a pinning ceremony at the Navy Memorial in Washington, D.C. This is the first time in history all Sailors of the Year are women. (U.S. Navy photo by Mass Communication Specialist 1st Class Tiffini Jones Vanderwyst.

Fleet and Family Planning August Job Fair



Job seekers abound at the 2009 Job Fair. About 1,200 people attended the event. This year's fair will be held Aug. 19 at Naval Air Station Whiting Field's Sikes Hall. U.S. Navy photo.

In need of a career change? Looking for a new or better job? Separating from the service anytime soon? The NAS Whiting Field Job Fair provides a broad range of career opportunities for military members transitioning to civilian life, military family members and the general public. For 21 years it has attracted both local and national employers seeking well-qualified, educated, experienced and entry-level individuals for employment opportunities in the commuting area and around the world.

A few of the employers are: Gulf Power, Landrum Staffing, Cox Communications, Florida Troops to Teachers, West Corporation, Pinnacle Airlines, U.S. Border Patrol, The Boeing Company, Express Personnel, Tallahassee Police Department, West Florida Healthcare, Mary Kay, Networks

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News and Notes

DEFY Camp - FREE! The Drug Education for Youth (DEFY) Camp will be held from Aug. 2-6. Space is still available for children from ages 8-13 who would like to participate. Parent orientation will be Thursday July 22 at 4 p.m. in the Operations Auditorium in Bldg 1471. Please go to <http://www.donhq.navy.mil/defy/> to download the application for your child. Send signed applications to room #206 in Bldg 1424 or scan and e-mail them to trevor.rowe@navy.mil or you can come to the participation drive this week in front of the NEX on Wednesday or Friday from 10 a.m. to 2 p.m. If you have additional questions, contact Chief Rowe at 623-7045. The group's goal is to produce character, leadership, and confidence in youth, so they are equipped to engage in positive, healthy lifestyles as drug-free citizens and have the necessary skills to be successful in their lives through coordinated community participation, commitment, and leadership.

Lifeguard Training - Morale Welfare and Recreation will hold Lifeguard classes Aug. 21-22 and 28-29. The cost of the class is \$160 and will train participants in Lifeguarding, CPR for the Professional Rescuer, and First Aid. The course is certified by the American Red Cross. For details call Kelsey Holmes at 665-6250.

Pool Reopens - The repairs on MWR's family pool are complete. The facility reopened Saturday, July 24. Hours of operation resumed for the normal 10 a.m. to 6 p.m. times: Monday-Sunday.

Embry Riddle Registration - The Pensacola Campus of Embry Riddle Aeronautical University is now holding registration for the Fall term through August 9. Naval Air Station Whiting Field registrations will be Wednesdays, 9 a.m. to 4 p.m. in Bldg, 1417, Room 163. Everyone is encouraged to register early. Classes begin August 9, 2010. 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.center@erau.edu, visit www.embryriddle.edu/pensacola or call 458-1098 for more information.

Web Address Change - The ID Card office has a new link



Fair Winds and Following Seas

Aviation Boatswain's Mate First Class Richard Manning walks through the sideboys during his July 26 retirement ceremony. The ceremony in the Atrium marked the end of his 20-year Navy career. U.S. Navy photo by Jay Cope.



Take it to the Bank

Capt. Pete Hall, commanding officer Naval Air Station Whiting Field makes a few remarks prior to the ribbon cutting for the new Navy Federal branch office on Route 90 in Pace. The office opened July 19. Photo courtesy of the Santa Rosa County Chamber of Commerce.

to their automated appointment process. The new link is <http://appointments.cac.navy.mil>. The old address will redirect the customers for about 2 weeks. After that, patrons will need to huse the new address solely. Please call 623-7159 for additional information.

Milton Soccer Kicks - Registration for an eight-week program to teach soccer fundamentals to children between the ages of three and ten is being held at the Milton Community Center beginning Aug. 2. The course will cost \$62 and will help youths develop hand-eye coordination, balance and agility. Registration is Monday through Friday from noon to 8 p.m., and classes are taught by Angela Stephens. The Saturday morning classes will begin Sept. 4. Call 983-5466 or check out www.miltonparks.webs.com for more information.

Sounds of Summer - Quietwater Shell on Pensacola Beach will host local favorite Rusty Whitfield for free country concert on the Portofino Boardwalk, Friday, Saturday, and Sunday from 6 to 8 p.m. Bring lawn chairs or blankets for seating. Pets are not allowed, and glass is prohibited. Call 932-2257 for details.

The Navy Inspector General (NAVIG) will conduct an area visit to the Pensacola, Whiting Field area during the period 13-17 Sep 2010. The NAVIG area visit focuses on Quality of Life and Quality of Work Life for the Fleet, Fighter and Navy Family.

To better understand the overall command climate of the Pensacola / Whiting Field area before the assist visit, the NAVIG is hosting an on-line survey that is available now until Friday, 6 Aug 2010. The active-duty, full-time support and civilian survey can be accessed at <https://www.ig.navy.mil/av071910.htm>. All military and civilian personnel (not including contractors) are encouraged to participate in this anonymous survey.

Additionally, there is an online survey for active-duty spouses which will also be available until 6 August. The active-duty spouse survey can be accessed at <https://www.ig.navy.mil/071910spouse.htm>. For questions or concerns, call Jim Dewater, CNRSE IG representative, 623-7189 (DSN 868).

Upcoming Events

July 30, 1300 - Winging Ceremony - Base Auditorium
 Aug. 13, 1000 - Blood Drive - NEX Parking Lot
 Aug. 13, 1300 - Winging Ceremony - Base Auditorium

Aug. 13, 1300 - NASWF Safety Standown - Sikes Hall
 Aug. 19, 0900 - FFSC Job Fair - Sikes Hall
 Aug. 27, 1300 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

Home Buying - Aug. 4 @ 2:00 to 3:00 p.m.

A home is one of the most complicated and costly purchases you'll ever make. Getting the best deal at the time of purchase can reduce "life of the loan" by thousands of dollars. Class will be held in the FFSC conference room. For details call 623-7177.

Stress Management - Aug. 5 & 12 @ 10:15 to 11:15 a.m.

Are you constantly thinking about work and flight school? Are you having trouble sleeping? Are you having trouble staying focused on studies? The Fleet and Family Support Center has solutions – Study Skills, Self-Care and Relaxation Techniques, The Power of Positive Thinking and Attitudes for Success. For more information, call 623-7177.

Challenges of Flight School and Marriage - Aug. 4 & 11 @ 6:00 to 8:00 p.m.

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.

Resume Writing - Aug. 9 @ 8:00 a.m. to 10:00 a.m.

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.

Anger Management - Aug. 18 @ 1:00 to 2:00 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.

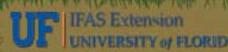
Captain's Cup Racquetball Tournament

**Wednesday
August 4, 2010
At 1630**

Tournament will be held
at the Fitness Center

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







Saturday, July 31, 2010 9:00 am - 3:00 pm
Wildlife Expo 2010 \$5.00 Admission
Kids Free

At the UF/PJC Milton Campus For more info visit miltongators.com

FEATURED TOPICS:

- Wildlife Habitat and Food Plot Preparation
- Hunting Highlights and New Products
- Tips for successful Black Powder
- Fishing and Pond Management

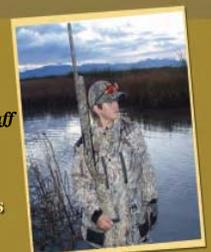


Fun for the whole family!

Kids Zone:

- Youth Archery Contest *Guest speaker:
Zac Cooper
Browning Pro Staff*
- Shooting Sports
- Sports Fishing and Casting contest
- Reno's Reptiles Live Animal Encounters
Live show from 1pm - 2pm

Come early, Come late, Activities all day!



- A variety of exhibits
- Educational Seminars
- Raffle Drawing - Treestands, Rifles, and more!
- Food and Beverages sold on-site
- Exhibitor Space Available!
- Deer scored by the Florida Fish & Wildlife Commission



For more information, contact Robin Vickers 850 983 5216 x 113, or 850 393 7334
 Located at the UF & Pensacola Junior College Milton Campus, 5988 Hwy 90, Milton FL 32583.

Navy Exchange

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The NEX team, all decked out in red polo shirts, were not only praised for their contributions to earning the award, but each received a citation from Rear Adm. Steven Romano, commander, Navy Exchange Service Command. King listed the stores' community service, main store renovation, and exceptionally high customer satisfaction score as some of the primary accomplishments of the staff.

"In my 23-years of service with the Navy Exchange, I have never witnessed a better team," Larrabee said to the team after accepting the award. "You are dedicated to the mission and you love what you do. It shows every single day. This is your award."

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 store's annual goals, and compared to similar sized NEXs. Whiting Field's NEX team exceeded their goals significantly in every category.



Handing Over the Goods

On the 9th and 10th of July, the NAS Whiting Field softball team participated in the Alabama slam fest tournament at Lagoon park in Montgomery. They played a total of 6 games and finished 2nd out of a field of 22 teams. This was a continuous and intense tournament of nonstop play from 8 a.m. to 8 p.m.

Below is a list of team member who will be participating in the World Military Softball Championship in Panama City, Florida from August 20th through 22nd.

The team consists of Coach Dan Francisco, L-3; Team Captain AVCM Mike Frazier, CNATT Det; 2nd Lt. Curtis Holtman, CTW-5; 2nd Lt. Andrew Metzger, CTW-5; Lt. j.g. Chuck Arena, CTW-5/HT-28; 2nd Lt. Jameson Hustek, CTW-5; Brian Kimmons, CTW-5; Ensign Colin Newton, CNATRA; 2nd Lt. Whitmore Jackson, CTW-5; 2nd Lt. Jacob Noreen, CTW-5; Ensign Gordon Mohl, CTW-5; ABH3 Anthony Bral; Crash Division; MA2 Adam Turner, Security Division; Ryan Carpenter, L-3; and 2nd Lt. Tony Santosus, CTW-5.

TRICARE Notes

TRICARE PROVIDER TYPES: WHICH ONE IS RIGHT FOR YOU?

As a TRICARE Standard beneficiary, you can see any TRICARE-authorized health care provider. TRICARE-authorized providers, who must meet certain licensing and certification requirements, may or may not be part of the TRICARE network. You can see network or non-network providers but your out-of-pocket costs will vary. If you see a provider who is not TRICARE-authorized and is not eligible for authorization, you will have to pay for the full cost of care.

Network providers have signed an agreement with Humana Military to provide care. They will file claims for you and have agreed to accept the negotiated rate as payment in full.

Non-network providers have not signed an agreement with Humana Military and are, therefore, considered to be "out of network."

Participating non-network providers will file claims for you and accept the TRICARE rate as payment in full.

Visiting a nonparticipating non-network provider is your most expensive option. These health care providers can legally charge you up to 15 percent above the TRICARE rate.

If you live near an MTF inpatient services, your most affordable option for specialty care is right there.

Starbase Atlantis

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Three of Starbase Atlantis' former students stand in front of a jet cockpit. The siblings from left to right are: Tanner, Anna and Regan Hickman. The Starbase program has inspired these students to pursue mathematic – oriented degrees, and quite possibly join the military. U.S. Navy photo by Lt. j.g. Tyler Watters.

exciting ways to learn academic principles.

Starbase Atlantis aims to serve the Navy and America's communities through youth programs that promote math, science, drug demand reduction, and goal setting skills. They do all kinds of science experiments to put what they've learned to practice. The idea of Starbase Atlantis wasn't totally invented by the Navy, though.

Starbase Atlantis was conceived from another similar program, run by civilian agencies, that was noticed by Chief of Naval Education and Training Adm. Robert Kihune. Kihune saw the benefits off Starbase, the original name, and wanted to incorporate it into the Navy.

NAS Whiting Field's Starbase Atlantis has a dedicated staff contracted to run the weekly camps. Beginning his 15th year with the program, Richard McKenzie has been the Deputy Director of Starbase Atlantis NAS Whiting Field since June of 1996, following his honorable discharge from the Marine Corps. His Starbase Atlantis call sign is Rooster, which was a nickname given to him by the teachers at Pea Ridge Elementary School for being the first male teacher hired there in 1986. All the students and staff receive a call

sign during their participation with the program.

McKenzie works hand – in – hand with Program Coordinator George Kasztelan to expose students from the surrounding communities to the STEM (science, technology, engineering and mathematics) subjects and also give them a glimpse of the base and military lifestyle in general.

"The program receives over 900 kids a year, some of which have lived in the area all their life and have never to have been to Whiting," McKenzie said. "They wonder where all the orange and white aircraft come from."

McKenzie introduces students to many topics they would otherwise miss in a regular educational curriculum.

"Our curriculum includes meteorology, astrology, rocketry and the physics of flight. The Navy activities done here demonstrate how the STEM subjects are put to use in aircraft and ship maintenance, flight simulation and air and sea navigation," McKenzie explained. "These exciting experiences are capped off by the opportunity to operate actual aircraft simulators and ship simulators."

The program has reached many children, and has expanded their desires to seek degrees in engineering, mathematics, and science. Three former students called the program "a blast" and would love to do it again. These siblings have been homeschooled and came for a week during the open attendance summer camps.

The oldest, Regan Hickman, 16, was 13 when she attended the program.

"I loved every day of it. I especially loved the "eggbert" experiment, where we were given various items to attach to an egg which is placed on pulleys and shuttles. The goal is to keep the egg intact," Regan said. "The air pressure experiments were cool, too."

Regan's brother, Tanner Hickman, 13, loved to shoot the rockets towards the end of the program. The program helped focus his desire to be a military engineer, a goal not dimmed even after a less than auspicious launch.

"I got my call sign, 'Crash', from when my rocket hit the ground pretty hard after the parachute failed to deploy," Hickman laughed.

Starbase Atlantis reaches out to Fifth grade classes from Title One schools during the regular school year, which are those that have a lower economic base than others in the surrounding communities. Through the summer months, the program has open enrollment for any students. Starbase Atlantis prides itself on its aim to be a dynamic, self-esteem building program that motivates students to set goals and pursue them.



Deputy Director of Starbase Atlantis, Naval Air Station Whiting Field, Richard McKenzie supervises as the Starbase students launch their own rockets at the base softball field. The rocket shoot-off is the capstone even of the week-long program.

BUPERS Uses New System for Message Delivery

By Wm. Cullen James, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Bureau of Naval Personnel (BUPERS) and Navy Personnel Command (NPC) announced they will transition to a new message system beginning in August.

According to NAVADMIN 249/10, all unclassified message traffic from BUPERS and NPC, including permanent change of station orders, will be sent via command e-mail through the Official Information Exchange (OIX). This change is a result of Navy ending support for the Defense Messaging System (DMS).

"This process should be transparent for the Sailors in the Fleet," said Capt. Brian Wenger, NPC assistant commander for Business Operations and Comptroller. "The important thing is for commands to set up their command e-mail in the OIX system," as outlined in the NAVADMIN.

To create as transparent a change as possible, BUPERS is fielding a new system called Government Official Information Exchange System (GOES). The internal system will act as a router for all BUPERS official information into OIX. All commands that have set up command e-mail with

OIX will receive message traffic from GOES.

"Our intent was to develop a solution that would have the least impact on the business rules for both those generating messages and the commands receiving them," said Wenger.

GOES also supports Sailors stationed in non-Navy billets such as those in Individual Augmentee assignments.

As the Navy transitions to OIX, assistance is available to commands to minimize impact to their receipt of message traffic.

"If for any reason a command cannot access OIX, we can set them up on GOES and they can retrieve their orders and messages that way," said William Davis Jr., BUPERS/NPC Messaging program manager.

GOES will continue to deliver information to BUPERS On-Line so users will still be able to access messages posted there.

For more information about OIX or to set up a command e-mail, visit <https://www.portal.navy.mil/oix/default.aspx>. For more information about GOES or to activate command accounts, visit <https://goes.persnet.navy.mil> after Aug. 1

Job Fair

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of Florida, Navy Federal, Lowe's, Raytheon Technical Services, Advance Auto Parts, AGLA, Coldwell Banker United, Aquasis Services Inc., Florida Fish and Wildlife, Mobile Aerospace, ST. Aerospace Mobile, Inc., Granny Nannies, Locklin Technical Center, Express Employment Professionals, Keegan Staffing and more. The number of employers is growing daily, and currently lists more than 55 companies.

The continued success and growth of the NAS Whiting Field Job Fair has been the result of consistent participation by high-quality employers and well qualified job seekers, while keeping costs at a minimum. In fact, it is free to both job-seekers and employers. Nearly 1,200 people attended the 2009 job fair.

The Job Fair will be held in Sikes Hall aboard NAS Whiting Field on Aug. 19. Doors open to the public at 9 a.m. and close at 3:00 p.m. Job Seekers are advised to dress for success, bring several copies of their resume and be well prepared for on-the-spot interviews.

Employers may phone NAS Whiting Field's Fleet & Family Support Center at (850) 623-7177, or fax (850) 623-7246 to request a booth. There is no fee to employers or job seekers at this event. The points of contact for this event are Darryl Johnson (Darryl.Johnson2@navy.mil), Terri Maddox (Terri.Maddox@navy.mil), or Wanda Mcdaniel (Wanda.Mcdaniel@navy.mil).



Dodge The Drafts

According to the U.S. Department of Energy, drafts can waste 5% to 30% of your energy use. Start simple and adopt that old Great Depression fixture -- the draft snake, which you can easily make yourself. Just place a rolled bath towel under a drafty door, or make a more attractive DIY draft snake with googly eyes, felt tongues and the like. You can use any scraps of fabric -- even neckties -- and fill with sand or kitty litter for heft.

Winterize Your A/C and Water Lines

This one's really easy, and it will even save you a few pennies next summer, too: Simply drain any hoses and air conditioner pipes, and make sure you don't have excess water pooled in equipment. If your a/c has a water shutoff valve, go ahead and turn that off. Similarly, make sure any hoses are drained and stowed away neatly. Turn off exterior water spigots. It's also a good idea to seal any water leaks around the place -- and don't forget to remove any window A/C units and store them so you don't invite cold drafts all winter. If you're in the market for a new air conditioner, the federal government will reimburse 30% of the cost for an efficient central air system, up to \$1,500.

For these facts and more visit <http://www.thedailygreen.com/>.