

# 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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## NASWF Prepares for Military Saves Week

By Jay Cope, NAS Whiting Field Public Affairs

As Naval Air Station Whiting Field rolls into Military Saves Week Feb. 21-28, the Fleet and Family Support Center is challenging personnel to get involved and help themselves. This year's theme is "Start Small, Think Big."

Military Saves is a social marketing campaign to persuade, motivate, and encourage service members and their families to pay themselves first and allocate money each month to long term savings. The program enlists support from military organizations and their leaders to promote automatic savings as a tool to help military families provide for their financial well-being.

"It's not rocket science to realize that this is something everyone should do no matter how much you are making," Eugene Jackson, Work and Family Life Consultant for FFSC. "This concept is as old as money itself but an extremely tough one to master. Saving that extra dollar, especially when the economy takes a downturn is critical but

- (Cont. on Page 5)



Fleet and Family Support Center Work and Family Life Consultant Eugene Jackson distributes literature and a piggy bank to promote the 2009 Military Saves Week Campaign. U.S. Navy file photo.

## New Detailing Business Rules Improving Fleet Manning



Chief Hospital Corpsman Daryl Tolley gives Hospital Corpsman 2nd Class Ramon Eusebio permission to process a set of permanent change of station orders. During fiscal year 2009, NPC issued about 72,600 funded PCS orders (U.S. Navy photo by Mass Communication Specialist 1st Class LaTunya Howard/Released)

From Navy Personnel Command Public Affairs

**MILLINGTON, Tenn. (NNS)** -- February marks the fifth month since the Navy implemented new rules for detailing Sailors using Career Management System Interactive Detailing (CMS/ID), the Web-based program Sailors use to review and apply for permanent change of station orders (PCS).

"We have been through four complete cycles of the new CMS/ID process and we like what we are seeing," said Rear Adm. Mike Shoemaker, assistant commander of Navy Personnel Command (NPC), which issued more than 88,000 sets of PCS orders last year.

NAVADMIN 249/09, an-

nounced enhancements to the CMS/ID system including increasing Sailor choice, adjusting the orders negotiation window and a requirement to fill all red zone requisitions each cycle.

CMS/ID uses color coding to identify jobs. The majority are displayed in the green zone and are considered open requisitions. Global Support Assignments are displayed in the purple zone. Immediate requisitions -- the most critical fills that could directly degrade mission capability if unfilled -- are displayed in the red zone.

Under the new detailing rules there are fewer of these red zone billets displayed, but all will be filled each cycle. All Sailors in the negotiating win-

- (Cont. on Page 4)

# Florida Forever Presents: Take A Hike, Florida!

## - Events Set Across Florida on February 20, Including NASWF



The Florida Forever Coalition and Floridians across the state will take a hike, Feb. 20! Florida Forever projects have helped protect more than 2,000 acres of land near Naval Air Station Whiting Field over the past two years.

In support of the Florida Forever program, the Coalition will partner with local supporters to take part in a day of hiking designed to celebrate Florida's natural treasures and raise awareness of the Florida Forever program. The hikes will take place across the state and will be open to the public. "Take A Hike, Florida!" has planned hikes in Seminole, Pinellas, Alachua and Nassau counties, to name only a few.

In the Panhandle, supporters of Florida Forever and public land conservation will hike the Clear Creek Nature Trail at NAS Whiting Field. From Milton, head north on Hwy 87 for 8 miles to the intersection of SR 87A. Turn right (east) and follow signs into Whiting Field. Go 1 mile and turn left at Nature Trail sign. Travel 0.5 mile to parking area.

The Coalition is celebrating 20 years of successful public land conservation under Florida Forever and its predecessor, Preservation 2000. The combined programs have protected more than 2.4 million acres of land. The land has many uses, from recreation to water quality

preservation to protecting our military. Florida Forever has touched nearly every county in Florida and greatly improved our state's quality of life.

Last week, Gov. Charlie Crist included funding for Florida Forever in his 2010-11 proposed state budget. The Florida Forever Coalition is urging the Legislature to follow the Governor's example and provide funding for the program, despite the current economic climate. The recent economic downturn has provided unprecedented opportunities for the state to purchase critical environmental lands for bargain prices. This makes funding essential to the integrity of the program's ability to negotiate future deals.

Successful Florida Forever projects include Pinhook Swamp, Annatteliga Hammock, Kissimmee River/Chain of Lakes, Pumpkin Hill, Topsail Hill Preserve State Park, Green Swamp, Fisheating Creek Ecosystem, the Archie Carr Sea Turtle Refuge, Yellow River Ravines, Seven Runs Creek, and Pier Park, to name a few.

## TRICARE Notes

### NEW E-MAIL SERVICE DELIVERS TRICARE NEWS TO YOUR INBOX

Want the latest news about your TRICARE benefit but don't want to hunt for it? There's now an easy way to stay informed: TRICARE's new e-mail alert system.

The new system is up and running at [www.tricare.mil](http://www.tricare.mil), and subscribing is fast, easy and secure – all you need is an e-mail address.

To subscribe, go to "Receive News and Benefit Updates" at <http://www.tricare.mil/pressroom/>

THE NAS WHITING FIELD  
DIVERSITY COMMITTEE  
PRESENTS

## BLACK HISTORY MONTH CELEBRATION



"The History of Black Economic Empowerment"

GUEST SPEAKER: TONY HENDERSON  
1100-1300 FRIDAY  
FEB 19TH 2010  
AUDITORIUM  
NAS WHITING FIELD

# News and Notes

**Legal Notice - The NASWF Legal Office is now open Monday through Friday from 0730 - 1600. If you need assistance, please call the Naval Air Station Whiting Field Legal Officer, Mr. Timothy Patrick, at 623-7231.**

**Free Tickets -** Universal is offering 2 park 7 days free admittance to all Active duty, retired and reservist until July 18, 2010. Kennedy Space Center is offering Free entrance to all Active duty, retired and reservists. Check out prices for Universal and Kennedy Space Center for family or friends Contact the ITT office for further information. 623-7032

**Subway Closure -** Subway will close Saturday, Feb. 20, to install a new “energy saving” exhaust system. They will reopen for business at their normal time on Monday, February 22, 2010.

**Strut Your Mutt -** Dog owners are welcome to “Strut Your Mutt” at 6:45 p.m. on Tuesdays during a 45-minute leisurely stroll in East hill. Dogs must be leashed and well behaved, and owners must bring their own water and pick up after their pet. The walk will begin at the entrance to the Bayview Dog Park at 20th Avenue and East Mallory Street. For further details call 291-7658.

**Hare and Hounds Run -** The East Hill Hare and Hounds Running Club will meet at 2:30 p.m. every second and fourth Sunday. The run will last three to five miles at locations in and around downtown Pensacola and consists of a trail laid with flour, toilet paper and chalk marks. After the run there will be a beer social with fresh fruit and light snacks. The cost is \$5. For details call Tim Hartigan at 393-8692.

**Yoga Class -** Yoga classes are available at Milton Community Center every Tuesday and Friday from 9 to 10 a.m. Classes are open to children and adults of any age. The cost is \$5. For more information call 983-5466.

**Art Showcase -** The art exhibit “Independent Artists of Na-



## Retaining Our Best and Brightest

Aviation Boatswain's Mate Second Class Grant Jones receives his Honorable Discharge Certificate from Lt. Jitindra Sirjoo Feb. 8 during his reenlistment ceremony in the Naval Air Station Joint Reserve Base Midfield Hangar. Jones reenlisted for three years. U.S. Navy photo by NC1 Gwendolyn King.



## Taking the Next Step

**Lt. j.g. David Covington has his silver bars pinned on by Cmdr. Mathew Frost Feb. 8. The ceremony, held in the Helicopter Training Squadron building recognized his promotion to the new rank. Photo courtesy of HT-28.**

varre” will be open to the public in the showcase room of the Dragonfly Gallery in Milton this month. Hours will be 10 a.m. to 4 p.m. Tuesday through Saturdays. The exhibit will showcase a variety of painting, photography, pottery, and wood sculpture pieces from Santa Rosa Country artists. For more information call 981-1100.

**A Taste for Art -** The Santa Rosa Arts and Culture Foundation will hold its fifth annual optional black tie fund raiser Feb. 6 from 7 to 9 p.m. Chocolate delights and gourmet appetizers highlight the evening. Tickets are \$25. Call 393-0121 for details.

**Donations to Haitian Relief -** The Navy is encouraging members of the community, community organizations, and local businesses to visit <http://www.usaid.gov/helphaiti/> on how they can donate money or items in support of Haiti earthquake relief. This web site provides links and detailed information on what are acceptable donations and how to make them. For information on how to donate locally, please contact your local disaster relief and charitable organizations. A special thanks to all who are donating their time, money, and goods in this time of need.

**Voluntary Leave Donor -** A fellow employee needs help. Mr. Gregory T. Majewski of CNRSE, Budget Department, Naval Air Station, Pensacola has been approved for the Voluntary Leave Transfer Program. Mr. Majewski is required to be out of work approximately 3 months or more due to an unexpected medical emergency, and has exhausted all of his leave. Mr. Majewski currently is in a Leave Without Pay (LWOP) status and truly in need of donated leave. Please complete the applicable Leave Donor Form. Anyone wishing to donate annual leave under this program may contact Diane Stukes at CNRSE (Code N1), (904) 542-2283 or DSN 942-2283.

**Boating Safety Classes -** Pensacola Junior College Milton campus will host a boating safety class Saturday, Feb. 20 from 8 a.m. to 5 p.m. The course, sponsored by the Pensacola Sail and Power Squadron, meets the requirements to receive a boater identification card issued by the state of Florida. Boaters age 21 and older are required to have the card in their possession when operating a boat of 10 horsepower or more in Florida waters. The class costs \$40 and includes the textbook and CD. Call Mark Wenzel at 452-9700, ext. 3119 to register.

## Upcoming Events

Feb. 19, 1100 - Black History Month Event - Auditorium  
Feb. 24, 0730 - SRC Military Update Mtg. - Wings Club  
Feb. 26, 1000 - ABMA Golf Tournament

Feb. 26, 1300 - Winging Ceremony - Base Auditorium  
Mar. 12, 1300 - Winging Ceremony - Base Auditorium  
Mar. 18, 1300 - TRAWING 5 Change of Command - Base Aud.

# Fleet and Family Support Center Classes

## How to Apply for a Federal Job - Monday, February 22, 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.

## New Spouse Indoctrination - Monday, February 22, 0800 - 1200

Welcome to NW Florida, NAS Whiting Field, Training Wing Five, and the world of aviation training! Find out what challenges and rewards are in store for you and your flight student and how you can enjoy and thrive in the military lifestyle. Learn about the local culture, recreational opportunities, and support services available to you, while meeting other spouses and command staff! For more information, contact a Work and Family Life Specialist at 623-7177.

## Deployment Support Group for Children - Monday, February 22, 1800 - 1930

Kids and youth ages 5-18 who are children of deployed service members are invited to meet for fun and fellowship! Creative activities engage the mind and promote conversation. Share experiences and feelings with others who are also dealing with the absence of a parent due to deployment. For more information, please contact the FFSC at 850-623-7177. Hope to see you there!

## Credit Management - Tuesday, February 23, 1400 - 1500

The average American family has nine credit cards (1996 American Express Survey); three or four of those are used regularly; the average total balance on those cards is \$3,900 at the interest rate of 18%. Attend this class to find out ways to better manage your credit. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## Thrift Savings Plan - Wednesday, February 24, 1400 - 1500

Start investing in your future now. The money you save and earn through your TSP account will provide an important source of retirement income. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

## Home Buying - Thursday, February 25, 1300 - 1500

Are you nearing your 15th year of military service? If so, which retirement option are you going to choose? Learn about the Career Status Bonus and Redux retirement system and how it could affect your savings long term. Know the differences between the CSB/Redux and the High 3 retirement systems, so that you can make the choice that is right for you and your family. For more information, contact your Financial Educator at 850-623-7177.

## Detailing Rules

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dow are considered eligible for assignment to a red zone requisition.

"We are seeing our most critical billets filled," said Vicky Fabian, assigned to United States Fleet Forces Command, Manning Control Authority Fleet, which controls more than 200,000 billets including all sea duty billets in the Navy and some shore assignments. Under the new detailing rules, MCAF can place two billets in the red zone for each rating at each pay grade.

"Our goal is to make CMS/ID more agile, and responsive to new and changing fleet requirements," said Shoemaker. "These initiatives bring advantages to both our Sailors and to the commands they serve, improving odds for success in naval operations worldwide."

Another change was the modification of the orders negotiation window. The detailing window is now seven-

***"This change encourages more aggressive participation by Sailors in negotiating orders."***

- Rear Adm.  
Mike Shoemaker  
Assistant Commander  
Navy Personnel Command

to-nine months before a Sailor's projected rotation date. This allows for a three-month window to negotiate for orders before a Sailor is considered to be eligible for an involuntary "needs of the Navy" assignment.

"This change encourages more aggressive participation by Sailors in negotiating orders. It also allows NPC better responsiveness to fleet demands and current Global War on Terror Support Assignment deadlines," said Shoemaker.

One benefit is that Sailors placed into "needs of the Navy" assignments will know at the seven-month window where they are going instead of the five-month window. Assuming a stable PCS budget, another advantage is earlier issuance of orders, giving Navy families more time for PCS moves.

## Military Saves

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immensely challenging. Savings can help you get through the worst of financial times and you will thank yourself for doing so."

Military Saves was developed and tested by its non-profit sponsor, Consumer Federation of America and the military services from 2003 to 2006 and launched throughout the Department of Defense Feb. 25, 2007. It continues to be supported by the Department of Defense and each branch of service.

"As a total force command-level program, Military Saves represents an opportunity for active duty, National Guard, and reserve leadership at all levels to encourage, motivate and educate service members and their families to save," said Deputy Under Secretary of Defense Tommy Thomas in the Military Saves memorandum issued earlier Feb. 3. "The goal for this year's campaign is to enable our service and family members to avoid common financial pitfalls such as overreliance on credit, spending beyond one's means, and inability to retire comfortably."

Jackson has a series of events planned to help meet that goal by providing information about savings and to encouraging fiscal responsibility. These include financial classes at FFSC, visits to make presentations to division personnel, and display tables set up at various locations through the week.

"Financial readiness is a key component in maintaining good order and discipline and since money, or the lack of money is one of the key reasons why couples have problems, a financially fit family in most cases are happy families," Jackson said.

*(Editor's Note: For more information on the upcoming Military Saves Week Campaign, please see page 6)*

## 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 cannot be switched off 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 user's knowledge.

Typical Energy Vampires include: air conditioners, back-up power supplies, computer monitors, computers, copiers, fax machines, power adapters, printers, products with transformers (battery chargers, low voltage accent lighting), security systems, stereo systems, and more.

## Aviation Boatswain's Mate Association Gulf Coast Chapter

**3rd Annual Snowball 4-Man Golf Scramble**

**NAS Whiting Field Golf Course**

**26 February 2010**

**9am Shotgun Start**



**\$35/ Person**

**Mulligan Package \$5/pp (3 mulligans and a tee-buster)**

**Prizes for : Top 3 Teams and Longest Drive.**

**Closest to the Pin contest for \$2 entry fee (winner takes 50% of purse) .**

**Fee includes: green fees, cart and BBQ lunch.**

**Contact Jim Walsh (623-7324 / james.f.walsh@navy.mil) for reservations.**

# Buyer Beware When it Comes to Financial Planners

*Editor's Note: As we approach Military Saves Week, Fleet and Family Support Center is providing a series of important financial wellness lessons to help keep you on sound financial footing. The following tips on using a financial advisor are taken from [www.cnnmoney.com](http://www.cnnmoney.com). Call Eugene Jackson at 623-7177 for more information on how FFSC can help you improve your fiscal awareness.*

**Anyone can call himself a planner** -To avoid amateurs, hire a planner who's earned special credentials (such as a Certified Financial Planner or Personal Financial Specialist designation) by meeting training standards or having a certain level of experience.

**Planning is more than investing** - Not all planners offer comprehensive services. Some just give investment advice or focus on one aspect of planning.

**Expand your choices** - When hiring a planner, interview at least three pros to find the one who can deliver the services you need and who's compatible with your style.

**Personal references are a good place to start - but not the last stop** - A reference from a friend or family member is a great way to search for a financial planner. But make sure you've got similar needs as the person who's giving the referral. Go to groups like the Certified Financial Planner Board of Standards and the Financial Planning Association for additional references.

**Understand how your planner is getting paid** - The three most common set-ups are: Fee-only, fee-based, and commission-based. Fee-only planners don't get commissions for the products they sell - fees are for the advice they give. Fee-based planners may receive commission on some products they sell, but most of their money comes from a fee you pay

them. Commission-based planners are paid by the companies whose products they sell.

**Check credentials** - Check to see if a planner's record is tarnished by disciplinary problems or complaints. Groups that award credentials or state agencies keep tabs on planners and can provide help.

**Get references** - Ask a planner for two or more of his clients - then follow up and call to find out how a planner performs in specific circumstances, such as during a financial crisis.

**Express yourself** - The quality of a planner's advice is correlated to how well he or she knows you. Make sure a planner asks questions about your finances, goals, risk tolerance and philosophy. If they don't ask, they probably aren't paying adequate attention.

**Know what they're selling** - Find out what financial products a planner sells and how much he, or his firm, earns for making a sale. Be wary of planners who push one product as they may not give you the unbiased or comprehensive advice you need.



## OPERATION FINANCIAL FITNESS CAMPAIGN

**21-28 FEB 2010**

### What is the Military Saves Campaign?

It is a week long Department of Defense (DOD) Financial Readiness Campaign designed to encourage both military and civilian personnel on the base to save and build wealth and reduce debt. People just like you are proving that you don't have to be rich to build wealth.

Members that are enrolled in the Military Saves Program are paying off their debts and saving to reach their financial goals. We can help with tips and tools to help you set your goals. Also, we can help you develop strategies to reach those goals and start saving.  
So what are you waiting for?

Visit [www.militarysaves.org](http://www.militarysaves.org)

For more information, please contact Eugene Jackson, Financial Educator at the Fleet and Family Support Center, 850-623-7177 or contact your Command Financial Specialist.

### MILITARY SAVES CAMPAIGN EVENT SCHEDULE

#### Monday, February 22

0730 – 1000 Display Table at Coffee Shop  
1400 – 1500 Intro to Saving & Investing Class – FFSC

#### Tuesday, February 23

0800 – 0900 Crash Department Visit to promote Campaign  
1400 – 1500 Credit Management Class – FFSC

#### Wednesday, February 24

1000 – 1200 Display Table at Wings Club  
1400 – 1500 Thrift Savings Plan Class – FFSC

#### Thursday, February 25

0800 – 0900 ATC Department visit to promote Campaign  
1300 – 1500 Home Buying Class – FFSC

#### Friday, February 26

0730 – 1000 Display Table at Coffee Shop

# Focus On Relationships: Communication

## - *New FFSC Counselor Provides Tips on How to Make it Work*

By **Julie Larow, FFSC Counselor**

It's that time of year! Valentine's Day has just passed. I am reminded of this by the aisles lined with pink and red candy, cards, ads for the "must do" events of the valentine season, and the continuous commercials selling this years "must have" item for your valentine. Soon will be the season for weddings. It all makes relationships look so easy.

So what about real life? What happens when the "honeymoon period" is over?

We all know relationships take work, whether we admit that aloud or not. Relationships come in many forms; relationships with your significant other, children, family, friends, or co workers, they all take some kind of work and nurturing.

We could explore at length the blessings and challenges in all relationships, but since it is the season for romance let us focus on romantic relationships. Do you ever catch yourself arguing with your significant other and then forget why the argument began in the first place? Do you ever have arguments about finances, chores, responsibilities, etc? Disagreements are normal when two individuals enter into a relationship. When you add work and life stress into the mix it only becomes more challenging. Have you noticed that there are more and more books on how to make a relationship work? We could go on and on. One common theme in popular resources on relationships is communication. Here are a few simple things to try that can improve communication with a loved one:

Make a commitment to think of the positives in your relationship daily and try to come up with more positives than negatives. Then make a commitment to jointly share the positive thoughts and feelings you come up with .

Discuss expectations in your relationship with your partner. If you notice they are very different you may want to discuss them further and try and come up with a compromise. Expecting someone else to read your mind is a recipe for failure. If each partner shares their expectations it will likely lead to better communication.

Take a "time out", and no, it does not mean sitting in the chair in the corner for five minutes. When hot topics (those topics which always seem to lead to an argument) begin to escalate to an argument, take some time apart. A break from 5 minutes to a few hours usually does wonders for increasing the chance of resolving the issue. Always discuss the rules and expectations for a time out before using it. If your partner is not aware that you are taking a time out to cool down, that could lead to an even bigger argument! Come up with an agreement on how long the time out will be and always make a commitment to return to the conversation when calm.



### **New Member of the Team**

New Fleet and Family Support Counselor Julie Larow joined the FFSC Team Jan. 4. She is a Navy spouse and is a Boston Mass. area native. She moved to the Milton area with her husband Michael, an instructor pilot for HT-28. She is a Licensed Clinical Social Worker with a Masters (MSW) from Boston University and additional certification in the treatment of psychological trauma. Her B.A.SW is from Colorado State University where she focused on women's issues, sexual assault, victim's services, child welfare and diversity. Her experience includes work with Red Cross in Mississippi during Katrina aftermath, child and family counseling and domestic violence prevention at The Home For Little Wanderers, adult and family counseling at the Southboro Medical Group and she came to us from Lakeview Center where she held the position of Team Lead Supervisor. At the FFSC Julie will provide solution focused counseling for individuals, families and couples and an emphasis on client mental wellness and prevention education.

There are times when these skills are just not enough. The use of books, classes, and couples counseling can be helpful in improving relationships. The Fleet and Family Support Center offers a wide variety of books, classes, and counseling so feel free to stop by or call 623-7177 for more information.