

Whiting Tower



Seventyone Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 15

Forging Wings for the Fleet
Wednesday, August 20, 2014

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NAS Whiting Field congratulates its newest Chiefs

By: 1st Lt. Nathan A. Boyar, NAS Whiting Field Public Affairs

Five local First Class Petty Officers were all smiles Aug. 1st after they learned of their selection to Chief Petty Officer.

Chief Petty Officers are the subject matter experts and a vital link between enlisted and officers. "Ask the Chief" is a staple of Naval terminology for enlisted and officers alike.

ACC Select Jean Vincent, MAC Select Michael Wiederhoeft, MAC Select Colt Ward, HMC Select Steven Fearnside, and YNC Select (Reserves) Gina Green have each earned this honor based on their personal commitment and professional expertise.



Five local Chief Petty Officer Selects, MAC Select Colt Ward, ACC Select Jean Vincent, MAC Select Michael Wiederhoeft, and YNC Select (Reserves) Gina Green, and HMC Select Steven Fearnside (not pictured), started their CPO 365 phase 2 indoctrination on Aug. 1st. Photo by Lt. j.g. Brett Resue.

It's a career milestone they are excited to have achieved.

"Getting to know the Chief's Mess as individuals, not just as someone you work for, is a big deal. The Chief's Mess is so important to the Navy, and soon we will be their peers," Wiederhoeft explained.

Becoming a Chief also means bearing a larger weight of responsibility and having a greater impact on the Navy's enlisted.

"I am most excited about having more opportunities to lead and influence junior Sailors. They are what makes Big Navy what is it. Most importantly, I want to be a visible leader among our Sailors

- (Cont. on Page 8)

Naval Air Station Pensacola celebrates 100 years

By Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

The Pensacola Chamber Foundation and its regional partners are teaming up with Seville Quarter and Marcus Pointe Golf Club to host a celebration for Naval Air Station Pensacola's 100 Year Reunion. NASP is the first commissioned Naval air station and has trained numerous aviators and support branches for the aviation community throughout its storied history. The celebration will be held Aug. 21-23 with events honoring all branches of the armed forces who have contributed to the command in its 100 years of service.

NAS Pensacola has served as the "Cradle of Aviation" since Jan. 20, 1914 when the first aviation unit arrived with only 9 officers, 23 enlisted Sailors, and 7 aircraft. Although starting with somewhat humble beginnings, NAS Pensacola has expanded exponentially over the century with the addition of numerous programs and training facilities. It is currently comprised of 69 Department of Defense (DOD) and 25 non-DOD tenant commands dedicated to training personnel in various specialties.

The event will commemorate the positive impact the base has had on the both the military and the local area.

"This celebration not only recognizes the important economic role that NAS Pensacola has played within Northwest Florida, but also the countless number of men and

- (Cont. on Page 4)

Cover Photo: Hospital Corpsman Petty Officer Second Class Anthony Prater brings the heat at the Captain's Cup Volleyball Tournament. Photo courtesy of 1st Lt. Nathan Boyar.

The Whiting Tower

Commanding Officer

- Capt. Matthew Coughlin

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Lt j.g. Robert Provencher

- Lt j.g. Brett Resue

- 1st Lt. Nate Boyar

- Ensign Kimmy Mahoney

The Whiting Tower is an authorized publication for members of the Naval Air Station Whiting Field team, tenant commands, their family members and retirees in the surrounding area. The contents of this publication do not necessarily reflect the views of the U.S. Government, the Department of Defense or the Department of the Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station Whiting Field.

Chief of Naval Operations discusses information dominance at SPAWAR change of command

By Tina C. Stillions, Space and Naval Warfare Systems Command Public Affairs

SAN DIEGO (NNS) - Chief of Naval Operations Adm. Jonathan Greenert was the presiding officer as Rear Adm. David Lewis relieved Rear Adm. Patrick Brady as commander, Space and Naval Warfare Systems Command (SPAWAR) in a change of command ceremony, Aug. 7.

Lewis reported to SPAWAR from his most recent assignment as the Program Executive Officer (PEO), Ships, where he was responsible for Navy shipbuilding for surface combatants, amphibious ships, logistics support ships, support craft and related foreign military sales.

“It’s an honor to be here and to have the opportunity to work with such a capable team of professionals who are shaping the future of Navy information technology,” said Lewis.

The ceremony marked an end to Brady’s four years as commander of nearly 10,000 SPAWAR employees worldwide.

Greenert served as the ceremony’s presiding officer and guest speaker. He commented on Brady’s key role in making SPAWAR synonymous with Information Dominance and cyber excellence.

“SPAWAR is the technical agent for information dominance, we know that. It is also the technical agent for a new era in Navy and naval warfare,” said Greenert. “Con-

trol of the information is going to be the key to the future. Until we put a pod on the Growlers, with all the electronics working to dominate the electromagnetic spectrum, they’re just aircraft flying around burning fuel. Our future survival at sea rests on your shoulders, on everyone here in this room. You are the information dominance systems command and the technical agent providing and sustaining the fleet capabilities through the entire spectrum.”

Greenert went on to discuss the challenges faced by a highly technical command and the importance of experience in major programs and complex systems.

“We need a leader that has the right abilities; somebody who has the technical expertise that you all can have a conversation with, someone with the bandwidth and discipline, and it has

been Pat Brady these past four years,” said Greenert. “He has been the right leader at the right place and right time. It is his vision and your dedication that has moved Information Dominance from concept to the reality it is today.”

Greenert also talked about a cyber-awakening, or reawakening, that is occurring across the Department of Navy.

“All this stuff we build is really cool. We need to look at it and understand that it has to be safe, just like we have submarine safety. You have to be able to keep the wa-

- (Cont. on Page 5)



SAN DIEGO (Aug. 7, 2014) Rear Adm. David H. Lewis, right, reports to Chief of Naval Operations (CNO) Adm. Jonathan Greenert his relief of Rear Adm. Patrick H. Brady, center, as commander of Space and Naval Warfare Systems Command (SPAWAR). (U.S. Navy photo by Rick Naystatt/Released)

This Day in Naval History

August 22, 1912 - Birthday of Dental Corps

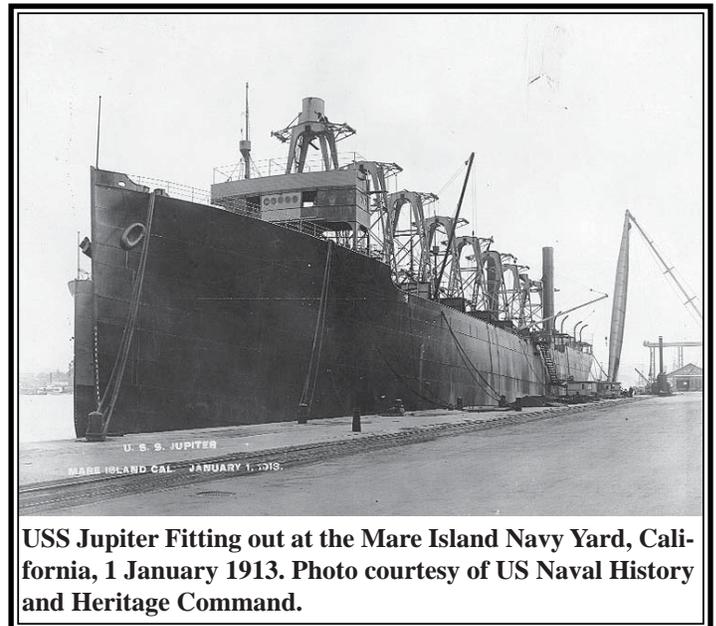
August 24, 1912 - Launching of USS Jupiter, first electrically propelled Navy ship

August 28, 1992 - Marines and Army forces begin providing disaster relief in Florida after Hurricane Andrew.

August 30, 1913 - Navy tests Sperry gyroscopic stabilizer (automatic pilot)

August 31, 1943 - Commissioning of USS Harmon (DE-678), first Navy ship named for an African American Sailor.

September 3, 1782 - As a token of gratitude for French aid during American Revolution, the U.S. gives America (first ship-of-the-line built by U.S.) to France to replace a French ship lost in Boston.



USS Jupiter fitting out at the Mare Island Navy Yard, California, 1 January 1913. Photo courtesy of US Naval History and Heritage Command.

100 years

- (Cont. from Page 2)

women who have volunteered to serve our nation and protect the freedom that many have sacrificed for,” said Pensacola Chamber Foundation Executive Director Jerry Maygarden.

The weekend long festivities will kick-off with a golf tournament Aug. 21 at Marcus Pointe Golf Club at 12:30 p.m. There will be lunch, prizes and equipment rentals if needed. The event will cost \$30 for active and retired service members and \$65 for civilians. Teams will consist



Naval Air Station Pensacola as viewed from above, 1918. Photo courtesy of U.S. Navy Archives

of one military member and one civilian; participants may register as single or a pair. Saturday will bring the reunion to Seville Quarter on Aug. 22 from 6 to 10 p.m. for all participants 21 and over.

Seville Quarter is dedicating its entire property to the celebration, with each room representing a different command or mission from the bases history. There will be numerous activities including a tail hook chair challenge, live music and a car show. Entrance fees for the event will cost \$30 for active duty and retired service members and \$40 for civilians. The fees include food, two drink tickets, and a souvenir mug with \$2 beer refills.

The three-day celebration will conclude with a tailgate party before the Blue Wahoo’s home game against the Montgomery Biscuits. The final event will begin at 5:30 p.m. in Seville Quarter and all ages are a welcome to attend. Entrance to the tailgate will cost \$10 and includes access to the game. A trolley at Seville Quarter will provide transportation to and from the stadium.

“The celebration is a way for the community to give back to the military and their service at NAS Pensacola,” said General Manager of Seville Quarter Jack Williams.

Interested patrons can get more information and buy tickets by calling (850) 438-4081 or by visiting the events website at <http://www.nasp100.com>

Performance troupe takes on sexual assault training

By Lt j.g. Robert Provencher, NAS Whiting Field Public Affairs

It’s a balmy 85 degree day as Sailors, Marines, and Guardmen drag their feet on the way towards the Base Auditorium. It’s time for the base’s Sexual Assault Prevention and Response (SAPR) training, and the students are bracing themselves for a lecture that has traditionally been viewed as awkward, painful, and uncomfortable. The auditorium fills with flight suits, groans, and muttering as the students filter in, ready for another of the military’s fine slideshow presentations.

“Ready for the SAPR brief?” I ask a nearby Marine.

“Oh definitely” he replies, his deadpan immaculate.

“Awesome.” The Sailors near him notice the notepad and camera, and they avoid eye contact. Nobody wants to talk



The members of InterACT. From left to right: Chino, Dr. Marc Rich, Barry, Breeza, Jill, Nicole, Tim, Bobby Gordon. Photo by Lt. j.g. Robert Provencher about SAPR.

What they don’t know is that there’s no slideshow today, and the first hint they get is when the lights dim and three young men barrel onto the stage, raucously laughing and trash-talking.

“Hey, Tim!” Calls out the one. “What was that dance you were doing at the club?”

“It’s called Twerking – check it out!” Tim responds, and begins demonstrating the move onstage. The audience laughs, and the tension that had filled the assembly just moments before lifts noticeably. With the audience engaged, the performers are able to move the scene along, flowing naturally from its comic and engaging hook to a demonstration of a failed bystander intervention.

As the scene unfolds the show’s creator and executive manager Dr. Rich and facilitator Bobby Gordon pause

- (Cont. on Page 12)

Information dominance

- (Cont. from Page 3)

ter out of the people tank,” said Greenert. “We need cyber safe equipment out there. We’re on the right track, but we have a lot of work to do. A lot of that will be Dave Lewis’s responsibility.”

As SPAWAR’s commander, Brady worked to bring Information Dominance capabilities to the fleet by establishing the organization as the Information Technology Technical Authority and creating the Fleet Readiness Directorate. During his tenure, the Navy’s next generation tactical afloat network - CANES - was introduced to the fleet. Additionally, two next-generation narrowband satellite communications satellites, known as the Mobile User Objective System, were launched for defense department users.

“The last four years have been an incredible experience leading such bright and dedicated individuals,” said Brady. “I’m very proud of all that we’ve accomplished and want to thank this talented workforce for all they have done for the fleet.”

During his tour as PEO Ships, Lewis had more than 17 ships under construction and an additional 24 ships and craft under contract. Lewis also served as vice commander, Naval Sea Systems Command.

Lewis said he will focus on three core areas, including delivering on commitments for equipment with defined performance and cost, focusing on cyber as an “All Hands” evolution and finding opportunity in this era of fiscal challenges.

He stressed that cyber is a warfighting challenge and will require an all hands on deck approach. His vision is that every Navy system will be cyber secure and every Navy sailor, civilian and contractor cyber savvy. He said SPAWAR has made great strides in cyber awareness under Brady’s command.

“Our senior leadership has sanctioned SPAWAR as the Navy’s single Information Technology and Information Assurance Technical Authority. We have to deliver on our commitments,” said Lewis. “We will deliver executable fleet-wide assessments that categorize our current cyber risks and prioritize investments to enhance our security posture. We will deliver systems that balance mission and cost with cyber protection so the fleet fights on the “network” just like we fight on the seas and in the air. My job as commander is to make certain this organization continues to deliver an enduring cyber engineering construct that codifies and establishes the way we architect, design, accredit and continuously monitor our secure, performance-based afloat, ashore and aloft systems.”

As the Navy’s Information Dominance systems command, SPAWAR designs, develops and deploys advanced communications and information capabilities. With nearly 10,000 active duty military and civil service professionals located around the world and close to the fleet, SPAWAR is at the forefront of research, engineering, acquisition and support services that provide vital decision superiority to our forces at the right time and for the right cost.

For more news from Space and Naval Warfare Systems Command, visit www.navy.mil/local/spawar/.



Paper is an important material that can be easily recycled. If everyone in the United States recycled one-tenth of their newspapers, we would save about 25 million trees every year. Another option to reduce paper usage is to request that your name not be sold to mailing list companies. The average American receives an amount of junk mail each year that is equivalent to 1.5 trees. If 100,000 people stopped their junk mail, we could save about 150,000 trees every year. If a million people stopped their junk mail, we could save about 1.5 million trees.

Composting organic material is a way to reduce landfill volume and reduce pollution by reducing fertilizer usage. Starting a composting pile is a simple way to reduce household trash volume and get natural compost to use in flower beds and gardens. Using a mulching mower to mow your lawn is another way to reduce fertilizer usage and landfill volume. You’ll do your lawn well by putting the lawn cuttings back into the soil and you’ll eliminate the need to dispose of these cuttings. The cuttings will serve as mulch, retaining moisture in the soil, and are a natural fertilizer. Also any fertilizer you used during the season will be returned to the soil instead of those nutrients being thrown away, reducing the amount of fertilizer needed to keep your lawn healthy throughout the year.

*Don't Forget to Visit Us
on Facebook and Twitter
at
www.facebook.com/naswhitingfield and @naswf*

News and Notes

Training Air Wing FIVE now has a Facebook page. Like them at <https://www.facebook.com/#!/TrainingAirWing-FIVE/>.

Planned Power Outage - There is a scheduled power outage this Sunday, Aug. 31 for NAS Whiting Field. The outage should run from 0600 to 1600 and should not severely impact any facilities with generators.

School Back in Session - Use Caution While Driving

Schools in Santa Rosa County started back in session on Monday, Aug. 18. Please use caution when driving. Motorist driving on Chumuckla Highway near S.S. Dixon Intermediate and Sims Middle schools are asked to use extra caution and patience as the school zone light is currently not operating.

Home Run Derby - The Christmas Party Committee is sponsoring a Home Run Derby, Friday, Sept. 5 at 4 p.m. at the NAS Whiting Field Ballfields. Registrations are needed by Aug. 22 and the entry fee is \$15. The winner receives a \$200 bat.

MWR Gymnastics Classes - Gymnastics classes will be starting on Wednesday, Aug 27. The classes will be for Mommy and Me through High School. The cost is \$42 per month. The classes are held in the room above the Atrium. Parents can call Terry Klorig at 850-384-8040 or 850-492-0150 for information and registration.

Bon Fest Pensacola - The University of West Florida Japan House will host Bon Fest Pensacola Saturday, Aug. 30 at the Legion Field Resource Center at 1201 W. Gregory St from Noon to 4 p.m.. Admission is free to the festivities which celebrate Japanese culture. The event will feature Bon Dance, foods, Cosplay, ant Taiko Drumming. Kids will be invited to join in a Mikoshi Parade. Sponsors include the Consulate-General of Japan in Miami, Maturiza Taiko Drums, the Japan America Society of Northwest Florida and



Site 8 awarded NOLF of the Quarter
 NAS Whiting Field Commanding Officer Capt. Matthew Coughlin presents NAS Whiting Field's Crash Crew for Site 8 with the Navy Outlying Field of the Quarter Award on August 11, 2014. Site 8 was awarded this honor at NASWF's Mid-Field Hanger. Accepting the award for Site 8 was ABH1 Kyle Krause, ABH1 Haskell Jackson, ABH2 Piercy Cutting, and ABH2 Eric Aning. Photo by 1st Lt. Nate Boyar.

Play Pensacola Neighborhood Services.

3-M Qualification - Starting Sept. 3rd 2014, and every other Wednesday after, formal 3M PQS training will be held in the Atrium Classroom 169 A&B from 0800-1100. This training is for any active duty or civilian employees that want or require 3M PQS qualifications at NAS Whiting Field. Hoop Adams, NASWF Command 3-M Coordinator is the POC at 850-665-6257.

Veterans' Expo - 90Works is proud to announce its third annual Veterans' Expo "Deployment to Employment." The event will be held Thursday, Sept. 4 from 9 a.m. to 1 p.m. at the Sanders Beach Community Center in Pensacola. Call Rachel Reust at 855-90WORKS ext. 107 or email rreust@90works.org for more information.

Diversity Committee - The NASWF Diversity Committee will meet every Wednesday between now and Sept. 24 at 10:30 a.m. in the Operations Conference Room. Everyone is welcome to attend. Please contact AC2 Mario Santis at mario.santis@navy.mil for additional information.

Golf Tournament - The Area Agency on Aging will host a 4-Person Scramble golf tournament Friday, Oct. 3 at Marcus Point Golf Course. This 6th annual tournament will hold registration at 10:30 a.m. with lunch at 11 and a shotgun start at noon. Please call 850-494-7101 ext. 206 and speak to Voncile Goldsmith for more information.

ITT Specials - If you are planning a trip to Walt Disney World in Orlando any time before Sept. 27, 2014, please stop by ITT to purchase your tickets ASAP. The 4 day hopper tickets available right now expire September 27, 2014 but will not be available to purchase after Friday Aug 15, 2014. Call ITT with any questions 850-665-6250 or 850-623-7032.

Usage Information

Total Use d
 2,287,510 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,275,610	2,195,368	2,287,510
Average Daily kWh	73,407	73,179	73,791
Days In Billing Period	31	30	31

Energy Conservation

Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

Family Assistance

NAS Whiting Field



AUGUST 2014

TO REPORT A SEXUAL ASSAULT:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suicide Prevention ACT! Ask Care Treat			NASWF JOB FAIR "OPEN TO THE PUBLIC" 21 August 9:00 am - 3:00 pm Sikes Hall	JOB FAIR Preparation • Resume Writing • Interview Skills • What to Wear	1	2
3	4 JOB FAIR Preparation 8:00 am - 10:00 am	5 SAPR-Civilian Training 9:00 am (Atrium) Active Parenting 1:00 - 3:00 pm	6 Lunch & Learn Communication Skills 11:00 am - 12:00 pm Smooth Move 1:00 - 3:00 pm	7 Chall of FS & Marriage 9:00 - 11:00 am Car Buying 1:00 - 3:00 pm	8 Life Skills Information Booth @ Coffee Shop 7:30 - 11:30 am	9
10	11 JOB FAIR Preparation 10:00 am - 12:00 pm	12 Conflict Management 11:00 am - 12:00 pm Active Parenting 1:00 - 3:00 pm	13 Lunch & Learn Anger Management 11:00 am - 12:00 pm	14 Chall of FS & Marriage 9:00 - 11:00 am Money & The Move 1:00 - 3:00 pm	15	16
17	18	19 Lunch & Learn Stress Management 11:00 am - 12:00 pm SAPR-Civilian Training 2:00 pm (Atrium)	20	21 JOB FAIR Sikes Hall 9:00 am - 3:00 pm	22	23
24 31	25 How to Apply for a Federal Job 8:00 am - 10:00 am	26 Lunch & Learn Conflict Management 11:00 am - 12:00 pm	27 Life Skills Information Booth @ Coffee Shop 7:30 - 11:30 am	28 Chall of FS & Marriage 9:00 - 11:00 am New Spouse Orientation 1:00 - 3:00 pm	29 Thrift Savings Plan 9:00 - 11:00 am	30

7511 USS Enterprise St., Milton, FL 32570
(850) 623-7177 (comm.) / 868-7177 (DSN) / (850) 623-7735 (fax)
<https://www.cnic.navy.mil/WhitingField/>

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www.facebook.com/NASWF.FleetandFamily

Backpack drive sends students back to school



More than 250 military kids receive free backpacks full of school supplies at a Back-to-School Brigade event Aug. 07, 2014, at NAS Pensacola's Lighthouse Community Center, provided by Balfour Beatty. Photos courtesy of Operation Homefront.



Last chance to support Feds Feed Families food drive

By Lt j.g. Robert Provencher, NAS Whiting Field Public Affairs Officer

Whiting Field is hoping for a last minute rally to help it meet its goal of 5,000 pounds of food to donate to Bay Area Food Bank.

The easiest way to participate in the food drive is to purchase a \$5 donation bag at the commissary. Those interested in supporting the food drive might also consider donating bottled water, a valuable commodity with the hurricane season looming. Water may be left at the commissary, or brought to Base Chapel. The Feds Feed Families drive will also count monetary contributions towards the 5,000 pound goal, asking that checks be made out to "Bay Area Food Bank" and delivered to Religious Programs Specialist, Petty Officer Second Class Morales.

"What we do here I think it makes the greatest impact for folks that are most at need here in the local community," says Lieutenant Jason Hart, NAS Whiting Field Chaplain. "When it comes to folks that are doing without some of the most important essentials for living a good quality of life, being able to donate to this program is a worthwhile endeavor."

Donations will be accepted until Saturday, August 30.

Chief selects

- (Cont. from Page 2)

while enforcing policy and the command mission,” stated Fearnside.

Fearnside is assigned to Naval Branch Health Clinic NAS Whiting Field, where he supervises the well-being of the Sailors and ensures the efficiency of clinic programs. He



enlisted in 2001 and went to his first duty station in Okinawa, Japan. His hometown is Supply, N.C.

Vincent is a 18-year veteran who started his career in Mayport, Fla. His hometown is Coral Springs, Fla. Vincent currently works as facility watch supervisor for North Whiting Tower and will soon be

“I am most excited about having more opportunities to lead and influence junior Sailors,” Fearnside says.

South Whiting Tower Branch Chief.

Wiederhoeft is the weapons officer for NAS Whiting Field. He manages security of weapons and ammunition for the base and additionally runs the 3M Program (Materials Maintenance Management). Wiederhoeft hails from Merrill, Wis. After enlisting in 2002 his first duty station was in London, England.

Ward’s first duty station was Souda Bay, Greece. He enlisted in 2002. Ward is the Physical Security Officer for NAS Whiting Field, where he implements the command’s security plan and sustains the Anti-Terrorism Force Protection of the installation. Ward grew up in Owensboro, Ky.

Green is from Panama City, Fla. and enlisted in 1989. Her first duty station was San Diego, CA. After spending 12 years out she re-enlisted in 2006. She is assigned to Naval Reserve Navy Security Force, NAS Whiting Field. Green will serve as the Senior Enlisted Leader for her unit.

Overseeing this indoctrination with the Chief selects has been CMDCCM Alton Smith.

Smith emphasized, “This is one of the most memorable advancements in their careers, with the focus being on the induction to the chief’s mess and the completing of the CPO 365 phase 2 process. Each of these talented individuals will talk about this promotion and the date of their pinning for the rest of their careers.”

The Chief selects will pin on their anchors this coming Sept. 16.

TRICARE Notes

STAY ELIGIBLE: KEEP DEERS UP TO DATE!

The Defense Enrollment Eligibility Reporting System (DEERS) is the worldwide database for all service members, their family members and others who are eligible for military benefits—including TRICARE. The Department of Defense (DoD) uses the information stored in your DEERS record to determine your eligibility for TRICARE benefits and programs, including doctors’ appointments, medications and reimbursements.

Remember to check your DEERS information regularly, especially if you have a life-changing event, such as moving, getting married, getting divorced or having a child.

Listed below are several ways to update your family information.

Online: To access the Beneficiary Web Enrollment website, visit www.tricare.mil/bwe.

In person: Visit the nearest ID card-issuing facility. For locations, visit www.dmdc.osd.mil/rsl.

By phone: Call 1-800-538-9552 or 1-866-363-2883 (TTY/TDD) to update your contact information.

By fax: Fax contact information updates to 1-831-655-8317.

By mail: Mail contact information updates to:
Defense Manpower Data Center Support Office
400 Gigling Road
Seaside, CA 93955-6771

YOUR TRICARE REGIONAL CONTRACTOR – OFFERING HELP WHEN YOU NEED IT

Your TRICARE regional contractor is your best resource to help with any questions you have about your benefit.

Each regional contractor maintains a website, toll-free customer service call center and TRICARE Service Centers to assist you with your questions and concerns. If you have questions about eligibility, claims, referrals, appeals or fraud information, just pick up the phone or check your regional contractor’s website.

North

Health Net
1-877-TRICARE (874-2273)
www.hnfs.com

South

Humana Military
1-800-444-5445
www.humana.military.com

West

UnitedHealthcare
1-877-988-WEST (9378)
www.uhcmilitarywest.com

BBB Warning: How to protect your identity in an era of data breaches



A massive data breach involving Russian hackers is in the news. If you are concerned about how to protect your identity, BBB has advice.

Pensacola, Fla. (August 6, 2014) - Another massive data breach is in the headlines. This one follows on the heels of other high profile data breaches involving Target, Michael's, Mozilla, PF Chang's and many more.

Since data security is the responsibility of individual merchants and websites, there's not much that you as a consumer can do to prevent data breaches from occurring. However, you can take steps to prevent your identity from being compromised.

Better Business Bureau urges you to make identity theft protection a routine priority. You should be proactive and vigilant to minimize the risk of identity theft for every member of your family by:

Better Business Bureau urges you to make identity theft protection a routine priority. You should be proactive and vigilant to minimize the risk of identity theft for every member of your family by:

Using passwords that include complex characters

Changing your passwords frequently

Not using the same password for every online account or website

Monitoring your banking and credit card accounts frequently, if not daily

Setting up automatic activity alerts on banking and credit card accounts so that you are notified every time a transaction is made

Setting up alerts on your credit reports with the three credit reporting agencies

Checking your children's credit reports for unauthorized activity

Being careful about the types of information that you disclose online

Discussing identity theft and online security with every member of your family who uses the Internet, from the youngest to the oldest.

By taking these steps, you may be able to detect unauthorized activity earlier so that you can minimize the damage that identity theft can do.

For more information about protecting your identity, please visit www.bbb.org.

SECURITY CHECKPOINT

Things Your Burglar Won't Tell You Part 1



1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.

2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.

3. Love those flowers. That tells me you have taste ... And taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.

4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.

5. If it snows (probably not in Santa Rosa County) while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.

6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.

7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom-and your jewelry. It's not a bad idea to put motion detectors up there too.

8. It's raining, you're fumbling with your umbrella, and you forget to lock your door-understandable. But understand this: I don't take a day off because of bad weather...

9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)

10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Back Row: Cmdr. Robert G. Sinram, USN, Commanding Officer HT-8; Lt. j.g. Mark P. Meyer, USN; Lt. j.g. Michael S. Callahan, USN; Lt. j.g. Shawn M. Gateau, USN; LT Myles A. Richardson, USCG; Lt. j.g. Jenya S. Boss, USN; Lt. j.g. Justin E. Norris, USN; Lt. j.g. Ian P. Dolan, USN; Lt. j.g. Kyle P. Couillard, USN.

Middle Row: Cmdr. Kevin Pickard, Jr., USN, Commanding Officer HT-18; Lt. j.g. Jesse R. Hampsher, USN; Lt. j.g. Alessio Scatena, ITN; 1st Lt. Clint M. Nies, USMC; Lt. j.g. Luigi Tanzella, ITN; Lt. j.g. Christina A. Lanouette, USN; Lt. j.g. Michael G. Klakring, USCG; 1st Lt. Trevor W. Sewell, USMC; Lt. Jonathan D. Magin, USCG; Brig. Gen. Kevin J. Killea, USMC, Commanding General Marine Corps Warfighting Lab.

Front Row: Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer HT-28; Lt. j.g. Heather A. Henry, USN; Lt. j.g. Lisa M. Amble, USN; Lt. j.g. Alexander K. King, USN; Lt. j.g. Jessica R. Hayter, USN; 1st Lt. Brant W. Douville, USMC; Lt. j.g. Tyler J. Dewechter, USCG; Lt. j.g. Kevin T. Bryant, USN; Lt. j.g. Rachel N. Maurer, USN; Lt. j.g. Jessica L. O'Brien, USN; Capt. James J. Fisher, USN, Commodore TRAWING -5.

Congratulations to TRAWING-5 Scholars



Training Wing 5's top academic achievers - from left to right: 1stLt Ryan C. Heiser, USMC; Ensign Damon K. Pescaia Jr., USN; Ensign Joshua W. Fitzpatrick, USN; Ensign Jesse A. Gutenberger, USN; 1stLt Nikolas A. Sak, USMC; 2ndLt Christopher M. O'Neil, USMC.

Around the Base

Royal Saudi Naval Air Force student achieves academic distinction



Commodore Training Wing 5 Capt. James Fisher presents the Academic Achievement Award to Ensign Ahmed Alturki from Hel-traron 18. Alturki completed the academic phase of Advanced Helicopter Flight Training in the top 10% of his class with an overall score of 99%.

International students for whom English is a second language often have difficulty navigating the demanding syllabus of Whiting Field's flight school. Alturki is the first Saudi student to receive the award since Fahad Al-Misned in the 1990s. He claims the key to his success was the support of retired Lt. Cmdrs Art Kimmel and Mike Joslyn, instructors with the Naval Education and Training Security Assistance Field Activity International Training Center.

Photo courtesy of Lt. j.g. Provencher.

“Doctors of the Night” lab shows off NVG training tools



A recent tour compares the terrain board with and without goggles at the Training Wing 5 Night Vision Lab “Doctors of the Night”. The TW-5 Lab has a physical terrain board shown here, along with two state-of-the-art virtual terrain boards. No other Navy/Marine Corps Labs have these three assets/capabilities.

Photo courtesy of Training Wing 5 Night Vision Lab.

NAS WHITING FIELD GOLF COURSE

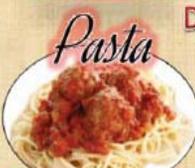


Children ages 8 – 13 play free on Saturdays with a paying adult. Course age restrictions apply and parents must be present and drive the cart



FOR MORE INFORMATION
CALL THE GOLF COURSE
623-7348

Mulligans Grill at the Golf Course

 Asian MONDAY	 MEXICAN TUESDAY	 Chicken WEDNESDAY
Daily Lunch Specials \$7.50 Includes a drink call in orders welcome 623-7521		
 Pasta THURSDAY	 FISH FRIDAY	

The weekly menu will be announced a week in advance. Each day will feature one of several different themed items on a rotating basis.

SAPR training

- (Cont. from Page 4)

the performance to engage the audience directly, calling on individuals from the crowd to ask what they could have done to prevent this situation.

The performance comes courtesy of InterACT, a social justice performance troupe founded by Dr. Marc Rich in 2000. The goal of the troupe is to provide effective training by putting on shows that are not just entertaining, but proactive – facilitating the highest level of audience interaction with the show. Several Sailors and Marines were even brought onstage to act out their answers, working with the improv troupe to demonstrate effective bystander interventions.

Following the prevention half of the performance, the three male performers, Chino, Barry, and Tim, yield the stage to Nicole, Breeza, and Jill, who play out a poor response to a sexual assault survivor. Again Dr. Rich and Bobby halt the show to encourage the audience to participate, using the event to show both right and wrong ways to approach a response to an assault.

Both scenes demonstrate relatable, believable situations of how an assault can happen, and how a poor response can continue to injure survivors well after the fact – a point driven home viscerally by Jill’s portrayal of an assault survivor.

Operating out of California State University, InterACT has been working with the Navy for seven months, already performing at bases in San Diego and the Great Lakes. After Milton, they have plans to present their act in Guantanamo Bay, Bahrain, Japan, and Italy.

“It’s just been a real pleasure, working with the Sailors and Marines” said Rich after the presentation. “As you saw today, we just keep seeing so many creative interventions, people just seem to be really engaged and just so respectful we’re really enjoying working with the military.”

Bobby Gordon, who worked to facilitate the show and engage the audience during the presentation, was quick to agree. “The work is all about moving from passive to active, and it’s been an amazing experience to be in a room

full of servicemen and women who really know how to creatively and safely take action to support each other.”

The show’s effectiveness hinges on its interactivity and its encouragement of active participation over passive listening. In this regard, the troupe says that the Navy goes

above and beyond as an audience. “What I love about this venue and all the Marines and Sailors on base is they’re totally respectful, they have fantastic interventions” said Tim Maurer, one of the performers, after the show. “It seemed like everyone was getting it, and that’s what we want to see. Every time we’ve been out, every single show, people seem to get it. We’ve seen some of the

power points – we were in San Diego and we came in early, our show was right after another presentation – and we understood. Seeing people just read you the slides, just read directly word for word, it’s like... it’s just so refreshing to get you up and doing something, instead of just being passive.”

Over and over, the cast and crew of InterACT were quick to point out that the servicemen and women they’ve worked with have been nothing but respectful and engaged. The truest measure of success, however, comes from the Sailors and Marines themselves. As the show ended, the assembled audience rose and the Auditorium filled with chatter about the performance. A handful of Marines stayed behind to talk with Jill, discussing her role as a survivor during the performance and ways that they could respond in a real life scenario.

The biggest takeaway InterACT hopes to leave with the audience: be compassionate. Says Breeza: “Even if you don’t take a lot from this, as long as you say ‘I believe you’ then that’s what we want to teach everyone.”



InterACT brings audience members onstage to become active participants, rather than passive observers. Photo by Lt. j.g. Robert Provencher.



CAPTAINS CUP 2014-2015 UPCOMING EVENTS

<p>Aug. 6, 2014</p> <p>Indoor Volleyball Tournament</p> <p>1630 in the Fitness Center</p>	<p>Aug. 13, 2014</p> <p>P.L.E.T.T. Challenge</p> <p>1630 in the Fitness Center</p>	<p>Aug. 27, 2014</p> <p>Beach Press Competition</p> <p>1630 in the Fitness Center</p>	<p>Sept. 23, 2014</p> <p>Flag-Football</p> <p>Coaches meeting Sept. 10 1134 MWR conference room Season to begin Sept. 21</p>
<p>Sept. 24, 2014</p> <p>Horseshoes Tournament</p> <p>1630 at the Sports Complex</p>	<p>Oct. 8, 2014</p> <p>WIFFLE BALL</p> <p>1630 held at the Softball Field</p>	<p>Oct. 22, 2014</p> <p>DODGEBALL</p> <p>1630 in the Fitness Center</p>	<p>Nov. 12, 2014</p> <p>Punt, Pass, and Kick Competition</p> <p>at the MWR Sports Complex football field at 1630</p>
<p>Dec. 3, 2014</p> <p>3 on 3 Basketball Tournament</p> <p>1630 in the Fitness Center</p>	<p>Dec. 10, 2014</p> <p>5k Fun Run</p> <p>Starts at 11:00 at the Fitness Center</p>	<p>Jan. 21, 2015</p> <p>Basketball</p> <p>Coaches Meeting 14-Jan (MWR Conference Room) season to begin 21-Jan</p>	<p>Jan. 28, 2015</p> <p>Soccer</p> <p>Coaches Meeting Jan. 21 (MWR Conference Room) Season to begin 28-Jan</p>
<p>Feb. 7, 2015</p> <p>Liberty Billiards Tournament</p> <p>At the Liberty Center 1630</p>	<p>Feb. 25, 2015</p> <p>KICKBALL Tournament</p> <p>1630 at the softball fields</p>	<p>Mar. 18, 2015</p> <p>Golf</p> <p>Coaches meeting 11-March (MWRMWR Conference Room) season to begin 18-March (golf course)</p>	<p>Mar. 25, 2015</p> <p>Badminton Tournament</p> <p>In the Gym 1630</p>
<p>Apr. 15, 2015</p> <p>Softball</p> <p>Coaches Meeting 15th 1-Apr (MWR conference Room) season to begin 15-Apr (softball field)</p>	<p>Apr. 28, 2015</p> <p>TABLE TENNIS TOURNAMENT</p> <p>1630 at the Liberty Center</p>	<p>May 13, 2015</p> <p>4 on 4 VOLLEYBALL TOURNAMENT</p> <p>MWR Sports Complex Volleyball Pits 1630</p>	<p>May 27, 2015</p> <p>Disc Golf Tournament</p> <p>1630 at the Disc Golf course (outside the front gate)</p>
 <p>MWR MORALE, WELFARE & RECREATION</p>	<p>June 10, 2015</p> <p>FLAG FOOTBALL</p> <p>4 on 4 Tournament</p> <p>1630 at the Football Field</p>	<p>June 24, 2015</p> <p>RAQUETBALL TOURNAMENT</p> <p>1630 at the Fitness Center in the Racquetball Court</p>	

If your squad/dept. would like more information or to enter a team in the league please contact Sports Coordinator by phone at (850) 665-6102 or (850) 623-7670

Sights Around Town What's going on at Whiting Field

Around the Base