

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 21

Forging Wings for the Fleet
Wednesday, December 3, 2014



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NAS Whiting Field Announces Sailors of the Year

By Ensign Richard Krepps, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field recently announced the Sailor of the Year, Junior Sailor of the Year, and Blue Jacket of the Year. The program recognizes the top sailors nominated by the air station's Air Traffic Control, Crash, and Security divisions.

The recipients were Aviation Boatswain's Mate First Class Sofia Gonzalez, Master-at-Arms Second Class Joshua Riendeau, and Air-Traffic Controller Third Class Takiyah Watson.

Gonzalez's performance in professional and collateral capacities was



ABH1 Sofia Gonzalez
Sailor of the Year

singular among her peers. She serves the Fire and Emergency Services Department as a Fire Captain, Assistant Fire and Emergency Services Departmental Lead Petty Officer (LPO) and as Executive Departmental LPO. She supervised 40 firefighters, 4 military fire stations, 4 air fields, and responded to 92 emergency landings, contributing to 777,241 "mishap free" flight evolutions. In addition to her primary divisional duties, Gonzalez also mentors over 200 enlisted Sailors as the Command Career Counselor for NAS Whiting Field and the Assistant Education Services Officer, the latter being a position that is typically held by commissioned officers or senior enlisted members.

According to Crash Officer Lt. Kenyatto Mayes, "Gonzalez displays leadership qualities that encompass that of a seasoned Chief."

Gonzalez is also a key figure in the preparation and training of up and coming sailors, directing the execution of 84 fire drills, training 10 Departmental/Divisional Career Counselors, and qualifying 30 firefighters, 11 Pump Operators, 9 Fire Captains, 6 Fire Instructors, and 3 Fire Officer DOD Firefighting Certifications.

"Mentoring and developing Sailors is her passion and number one priority," states NAS Whiting Field Commanding Officer Capt. Matthew Coughlin. "She is definitely an invaluable asset to my command and nine other tenant commands."

While Gonzalez serves a seemingly endless number of roles here at NAS Whiting Field, She is just as active and invaluable to the community and is described by her superiors as an "outreach stalwart". She unloaded and delivered food and clothing for the less fortunate in the Santa Rosa County Community during the Feds Feed Families' "Beat Out Hunger" event, helped to raise money to fight breast cancer in the "Making Strides Against Breast Cancer" 5k, volunteered at the Escambia County Animal Shelter and Pensacola State Fair, and served as Guardian Ad Litem for abused children at the Santa Rosa Kid's House.

Her willingness to take on the above responsibilities as well as her dedication to her sailors and community is why Coughlin describes her as, "Simply

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Cover: Five year old Cole Freeman operating the fire hose as NAS Whiting Field's Pilot for a Day. Freeman and his family were escorted by members of VT-2 and HT-8 throughout base. The Pilot for a Day had the opportunity to ride in simulators, interact with pilots and even ride in a fire truck. The Pilot for a Day program allows one medically disadvantaged child a month the unique opportunity to see what it's like to be a pilot at Whiting Field. U.S. Navy Photo by Ensign Laurence Clemente.

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. Brett Resue

- Ensign Laurence Clemente

- Ensign Richard Krepps

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.

NAS Whiting Field Launches Operation E.L.F

By Ensign Laurence Clemente, NAS Whiting Field Public Affairs

The Chief Petty Officer Association and the First Class Petty Officer Association are teaming up this year with the Fleet and Family Service Center (FFSC) to ensure that every family from Naval Air Station Whiting Field has a happy Holiday Season. Together these groups will be launching Operation E.L.F, which stands for Embracing Local Military Families.

The aim of Operation E.L.F is to lend assistance to military families in the area that may struggle to provide holiday gifts for their children. Families wishing to sign up for the program can register with Fleet and Family Services anytime from Nov 17 to Dec 5 to fill out sponsorship information. Tags with sponsorship information will then be displayed on a festive tree at FFSC for benefactors to select. Utmost discretion and confidentiality will be maintained between sponsors and those receiving gifts. This long running program at Whiting Field is entering its 16th year.

“Last year over 80 children were provided for” said Gwendolyn King, FFSC Deployment Specialist. “Active duty and deployed families have priority, but local veterans are also eligible for the program”, says King.

Additionally, anyone from civilian to active duty may provide gifts as a sponsor. Those interested in supporting the local military families are encouraged to come into Fleet and Family Services to select a tag for participation.

“Gifts in the past have been anything from winter clothing to bicycles” says FFSC Counsellor Jeanine DeCuir.

Unwrapped gifts can be delivered from Dec 8 - 11. Gifts are encouraged to be new and unopened items.

According to one FFSC Employee “Year after year we consistently have more sponsors than families that need support. People always look forward to giving back to Whiting Field”.

Helicopter Training Squadron TWENTY-EIGHT to Hold Change of Command

By Ensign Richard Krepps, NAS Whiting Field Public Affairs

Following 15 months at the helm, Lt. Col. Jeff Pavelko will turn command of Helicopter Training Squadron TWENTY-EIGHT over to Cmdr. Jeffrey Ketcham Friday, Dec. 5 at 10 a.m. The ceremony will take place at Naval Air Station Whiting Field’s Atrium building.

The change of command ceremony is a Navy tradition that enables the two officers to formally exchange duties in front of the assembled squadron crew. It is also a time to recognize the accomplishments of the outgoing CO in front of his family and friends. Training Air Wing FIVE Commodore Col. Kling will be the guest speaker for the ceremony.

Under Pavelko, the “Hellions” flew more than 62,000 mishap free flight hours and completed in excess of 32,000 sorties culminating in the completion of helicopter flight training by 350 Navy, Marine Corps, Coast Guard, and Allied pilots. An enthusiastic sup-



Lt. Col. Jeff Pavelko
Commanding Officer HT-28

porter of the community, Pavelko and the “Hellions” volunteered more than 900 hours to local programs.

Pavelko is the squadron’s sixth commanding officer.

After graduating from Pennsylvania State University, Pavelko was commissioned in May 1994 and went on to earn his designation as a Naval Aviator in September 1997. He has served tours with Marine Light Attack Helicopter Squadron (HMLA) 169 out of Camp Pendleton, Marine Medium Helicopter Squadron (HMM) 165 as part of the 11th Marine Expeditionary Unit, Marine Aviation Weapons and Tactics Squadron

One, Marine Air Group-29 as the Future Operations Officer, the “Gunrunners” of HMLA-269 and as the executive officer of MAG-29. Pavelko has completed several tours in Iraq, including the final deployment of an HMLA squadron in the country. Pavelko also earned his master’s degree in Military Studies from the Marine Corps University in Quantico, Va. After

- (Cont. on Page 11)

Around the Base

BBB Offers Tips for Smart Holiday Shopping

Pensacola, Fla. - The holiday season is just around the corner and consumer trends suggest gift-givers are planning to “shop until they drop.” In fact, one-quarter of U.S. consumers plan to spend more on holiday shopping this year and, according to Accenture’s annual holiday shopping survey, spending on holiday gifts is expected to hit an average of \$718 per shopper.

While retailers may lure customers with online discounts, glitzy, in-store merchandising and upbeat music, Better Business Bureau serving Northwest Florida offers tips to help you shop smart in step with 2014 holiday trends.

2014 Trend: The survey also found consumer enthusiasm for Black Friday shopping has reached its highest level in eight years. Two-thirds of the respondents said they are likely to shop on Black Friday. Plans to shop on Thanksgiving Day and evening rose to 45 percent.

BBB Tip: Experts agree that Black Friday hype is often exactly that - deals can still be had throughout the shopping season. Frenzied sales can create impulse buys. Make a list and stick to it.

2014 Trend: Even though they intend to spend more, holiday shoppers remain keenly focused on discounts and sales. Nearly all respondents said that discounts will be important to their purchasing decisions, and more than one in four said that it would take a discount of 50 percent or more to persuade them to make a purchase.

BBB Tip: Price isn’t everything. Make sure you do your due diligence and compare the product’s quality and the company’s reliability. Check Consumer Reports and talk to friends.

2014 Trend: Retailers could also see a shift in sales in the post-holiday season this year, as more than half (57 percent) of consumers plan to purchase gift cards (the top item on consumers’ shopping lists) this year.

BBB Tip: Avoid buying gift cards on the secondary market. Look for discounted multi-card packs or incentives through the merchant or your credit card company. American Express already ran one such promotion for cardholders this season where the company offered 10% off a number of popular retailer gift cards. Get a receipt of activation when buying in-store and hang onto it for your (and your recipient’s) protection.

2014 Trend: Loyalty programs. When asked how likely they would be to share more of their personal information, such as contact details and preferences, in order for retailers to be able to provide them with personalized and customized offers during the

- (Cont. on Page 12)

Navy Reserve Naval Security Force Whiting Field Named 2014 Small Unit of the Year

Navy Operational Support Center, Pensacola, Florida recognized Navy Reserve Naval Security Force Whiting Field as the recipient of the 2014 Best Small Unit of the Year in its respective category. This award is presented for outstanding unit achievement in mobilization readiness, operational support and administrative performance.

NR NSF Whiting Field is one of 17 units’ at NOSC Pensacola and is comprised of 31 Sailors who provide qualified Master at Arms security force protection in support of NAS Whiting Field. Their strong commitment to provide exceptional reserve force Sailors led in the achievement of 3,612 hours of training mandates and an unprecedented level of 3,667 hours of direct operational support alongside the active duty counterpart. Additionally, Sailors were recognized for their personal achievement and professionalism in the form of two SOQ, JSOQ, and BJOQ, five NAM’s, six LOC’s, and three LOA’s. The unit has also had advancement of four Sailors’, to include, one CPO.

Commanding Officer Lieutenant Robert Tighe praised his Sailors for their accomplishment, “Each of you performs at an exceptionally high caliber consistently setting the tone for good order and discipline. You each display a positive rapport with your active duty counterpart and support command objectives. Your commitment and dedication to duty has led to four consecutive years in the achievement of this milestone. You deserve this special recognition!”

This Day in Naval History

December 1, 1921 - In first flight of airship filled with helium, Blimp C-7 piloted by LCDR Ralph F. Wood left Norfolk, VA, for Washington, DC.

December 5, 1843 - Launching of USS Michigan at Erie, Penn., America’s first iron-hulled warship, as well as first prefabricated ship.

December 11, 1954 - First supercarrier of 59,630 tons, USS Forrestal (CVA-59), launched at Newport News, VA.

December 13, 1775 - Continental Congress provides for the construction of 5 ships of 32 guns, 5 ships of 28 guns, and 3 ships of 24 guns.

News and Notes

NAS Whiting Field now has a Twitter account please follow us @NASWF

Like us on Facebook at www.facebook.com/NASWhitingfield

New Gate Hours - Effective 15 December 2014 New hours of operation at NASP ECPs West (Back) Gate and Corry Station Back Gate (Gate 7) only (all other gates remain unchanged):

-NASP West Gate (Back Gate): open 0500 - 1900 Monday-Friday and 0800 - 1800 on weekends and holidays

-Corry Station Back Gate (Gate 7): open 0600 - 1800 Monday - Friday (Closed weekends and holidays)

TW5/NASWF Children's Christmas Party- The TW5/NASWF Children's Christmas Party will be held on 13DEC14 from 9am-12pm at the Atrium. There will be a Santa Fly-in and will have crafts, games food and drinks. The event is free to all hands and also includes a picture with Santa.

Aces Pub- On Fridays, Aces Pub opens at 2pm and offers light snacks. Come over and catch up with friends before heading out for the weekend.

Chapel Time- The main entrance to the Chapel is open to all hands during our normal office hours (0730-1530) as a place for prayer, study, and/or meditation.

Golf Course Specials

-Mayhem Mondays: Everyone pays \$14.00 (18 holes with cart)

-Tee off Tuesdays: Get unlimited Range Balls and use of the Driving Range (With purchase of one round of golf)

-BOGO Wednesday: Purchase one round of golf

and get another round free (Includes Golf Cart)

-On Saturdays, children ages 8 – 13 play free with a paying adult. Course age restrictions apply and parents must be present to drive the cart. For more info, call 623-7348.

Operation Homefront- Operation Homefront will be doing their annual holiday toy distribution for children of deployed, wounded, and active duty service members in the ranks of E-1 through E-6. The event will occur at the Balfour Beatty Community Center on 1 Price Drive, NAS Pensacola from 11 a.m. to 4 p.m., Tuesday, Dec. 9. To register, please visit www.operationhomefront.net.

Tis the Season- Naval Branch Health clinic has both Flu vaccine and Flu mist in stock. Immunization hours are: Mon-Thurs. 1300-1500 and Fri. 0730 – 1100 and 1200-1500. Flu vaccine is also available at CVS, Target and Kmart at no cost for TRICARE Prime family members, Medicare, and TRICARE for Life beneficiaries. However, Active Duty personnel will be billed if they receive this service outside their Military Medical Treatment Facility. If you have received a bill, or have any other TRICARE questions, please contact our Health Benefits Advisor, Mr. Don Nelson at 623-7399 or via email at don.nelson@med.navy.mil.

HHW Offers Cooking Oil Recycling Service- You can recycle your cooking oil! Residents and businesses can simply store cooled vegetable oil in a container with a lid and bring to the Household Hazardous Waste Center located at the entrance of the Central Landfill at 6337 Da Lisa Rd. in Milton or the Jay Residential Drop Off Station located at 3785 Transfer Station Rd. in Jay for disposal. There is no cost for the collection service and the oil will be recycled for use in the production of soaps, cosmetics, plastics and biodiesel.

Volunteer Leave Transfer- Please contact Kathleen McGuire, CNRSE LER, at DSN 483-2789 if you are interested in this program. Fatima Vaughn is an Administrative Assistant at Fire & Emergency Services, NAS Key West. Brenda Blamo is a Management Analyst at Naval Station Mayport. These individuals are under the Voluntary Leave Transfer Program and in urgent need of annual leave donations.

Bible Study Luncheon - Each Tuesday (1130-1230) NAS-WF Chapel offers a Bible Study Luncheon in the Fellowship Hall. Lunch is provided (1130-1200). Yes, a free lunch. For Bible study (1200-1230), we are kicking-off an intriguing study: "Why Bad Things Happen to Good People." If God is so good, why do we have such evil in our world? This will be a Bible focused, discussion based, interactive study meant to help each person develop his/her own theology of dealing with suffering - personally and in our world. Please invite someone: a friend, a coworker, or a family member and come on out and enjoy the food, fellowship, and Bible study. The main entrance to the Chapel is open to all hands during our normal office hours (0730-1530) as a place for prayer, study, and/or meditation.

Usage Information

Total Used

2,217,070 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,160,127	2,334,545	2,217,070
Average Daily kWh	72,004	75,308	73,902
Days In Billing Period	30	31	30

Energy Conservation

Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. We recognize the following buildings for the last month's highest year-over-year energy reductions:

2977	HT-8/18	10.1%
1424	North Field	12.0%
2254	Choctaw	14.0%

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Back Row: Cmdr. Robert G. Sinram, USN, Commanding Officer HT-8; Lt. j.g. Erik D. Storm, USN; 1st Lt. Ryan A. Holmes, USMC; Ensign David S. Black, USN; 1st Lt. Patrick H. Silberberg, USMC; Ensign Ryan D. Brown, USN; 1st Lt. Alexander B. Vestal, USMC.

Middle Row: Cmdr. Kevin Pickard Jr., USN, Commanding Officer HT-18; Ensign Brett R. Stadskev, USN; 1st Lt. Aaron T. Cauble, USMC; Ensign Brendan J. Buckley, USN; Lt. j.g. Nicholas O. Peters, USCG; Lt. j.g. Andrew J. Herrera, USN; 1st Lt. James P. Murn, USMC; Lt. j.g. Stephen A. Vandal, USN; Maj. Gen. Stephen S. Vandal, USA, Commanding General 2nd Infantry Division, Korea.

Front Row: Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer HT-28; Ensign Brian C. Czapl, USN; 1st Lt. John C. Lecourt, USMC; Ensign John R. Noojin, USN; 1st Lt. Charles R. Stiles, USMC; Ensign Caleb J. Cornock, USN; Ensign Michael J. Hagensick, USN; 1st Lt. Joseph W. Bielamowicz, USMC.

Congratulations to TRAWING-5 Scholars



1stLt Julian J. Tucker USMC received the Commodore's List with Distinction for his distinguished achievement in both the Academic and Flight phases of Advanced Helicopter Training.

Around the Base

Santa Rosa Medical Center Hosts Wreath Lighting & Holiday Celebration

Milton, Fla. – Santa Rosa Medical Center will host its annual Wreath Lighting & Holiday Celebration on Thursday, December 4 from 4:30 to 7 pm on the front lawn of the hospital located at 6002 Berryhill Road in Milton. Hospital associates, physicians, volunteers and members of the community are invited to enjoy holiday music by the Bennett Russell Elementary School Chorus, hot chocolate and cookies, train rides and ornament making party for the kids, health fair for the adults, and a visit from Santa and Mrs. Claus. The event is free and open to the public.

Santa and Mrs. Claus will visit with children in the Main Lobby of the hospital and will have presents for all good boys and girls. A professional photographer will be on hand to take free kids' photos with Santa in front of the Christmas tree. All children are invited to an ornament making party in the cafeteria and for train rides that depart from the main entrance beginning at 4:30 pm. Adults are invited to join us inside for a free health fair with screenings that include blood pressure, non-fasting cholesterol and glucose, BMI and weight, grip strength testing as well as a variety of health information booths. Cat Country 98.7 FM will bring the Cat Country Prize Wheel and Santa Paws.

The Santa Rosa Medical Center Auxiliary (hospital volunteers) is coordinating the Wreath Lighting Ceremony which begins at 6 pm. For a \$5 donation, a light on the wreath may be designated to honor or memorialize a person, group or community business. The name honored or memorialized will be placed by the Christmas tree in the hospital lobby for visitors to see during the holiday season. All donations will go toward the Auxiliary scholarship fund and other community outreach projects.

To purchase a light on the wreath, contact the SRMC Gift Shop at 626-5190. Questions regarding the holiday celebration may be directed to Marketing at 626-5370. 📍

TW5 & NASWF Children's Christmas Party

December 13th (9 am to 12 pm)
NAS Whiting Field Atrium

Santa "Flying" in at 10:00



- ★ Crafts & Games
- ★ Food & Drinks
- ★ Pictures w/Santa



ATTENTION GOLFERS



The MWR Guest Card Program provides base access for non-military persons to play the Frank W. Dahlinger Golf Course at NAS Whiting Field.

For more info, call (850) 623-7348.

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

Don't spoil
HOLIDAY CHEER
with too many beers.
**YOU'VE EARNED IT—
DON'T WASTE IT.**

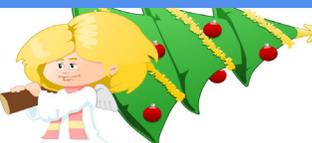
DRINK RESPONSIBLY
**KEEP WHAT
YOU'VE EARNED**

www.nadap.navy.mil

Family Assistance



DECEMBER 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	How to Apply for Federal Jobs 8:00 - 11:00 am Stress Management (Multi-Session) 1:00 - 3:00 pm	Stress Management 10:00 - 11:00 am	Conflict Management 11:00 am - 12:00 pm TWS Smooth Move 1:00 - 3:00 pm	Challenges of Flight School & Marriage 9:00 - 11:00 am Holiday Spending 1:00 - 3:00 pm	Sponsor Training 9:00 - 10:00 am	
TAP GPS Mon - Fri 8:00 am - 5:00 pm	Stress Management (Multi-Session) 1:00 - 3:00 pm	Anger Management 11:00 am - 12:00 pm	Communicating Effectively 11:00 am - 12:00 pm	Challenges of Flight School & Marriage 9:00 - 11:00 am Car Buying 1:00 - 3:00 pm	VA Representative 8:00 am - 12:00 pm CFS Forum 10:00 - 11:00 am	
	Stress Management (Multi-Session) 1:00 - 3:00 pm	Managing Your Time 11:00 am - 12:00 pm	Parenting 101 11:00 am - 12:00 pm TWS Smooth Move 1:00 - 3:00 pm	Challenges of Flight School & Marriage 9:00 - 11:00 am	Credit Management 9:00 - 11:00 am	
	Stress Management (Multi-Session) 1:00 - 3:00 pm	Communicating Effectively 10:00 - 11:00 am		 MERRY CHRISTMAS		
		Anger Management 10:00 - 11:00 am				

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

Join us @ 

www.facebook.com/NASWF.FleetandFamily

Changes to Mypay to Effect Roth TSP Contributions

If you are an active duty member of the Army, Air Force, or Navy making dollar-amount Roth contributions to your TSP account, these deductions will stop on January 31, 2015, unless you act.

An upcoming change in myPay will require you to designate your Roth contributions as a percentage of your pay, not a dollar amount. If you don't comply with this change, then the Defense Finance and Accounting Service (DFAS) will not be able to process your Roth contributions. This change affects your Roth contributions only; your traditional contributions are already designated as a percentage of pay.

The new requirement will take effect January 1, 2015. You will have 30 days to change your Roth election from a dollar amount to a percentage of your pay. If your new Roth election is not received by January 31, 2015, then DFAS will not be able to process your Roth contributions until you update them.

To make the change log into myPay. You'll see a special TSP section called "Traditional TSP and Roth TSP"—click there. Then, in the "Contribution from Roth TSP" section, you can enter the percentage of your pay that you'd like to contribute (10%, for example). Finally, click "Save" at the bottom of the screen.

When you make Roth contributions, you pay taxes on the money you save before it goes into your TSP account. So you pay no income taxes when you take it out, and your earnings can also be tax-free if you have reached age 59½ or have a permanent disability and five years have passed since the year of your first Roth contribution.

As a member of the uniformed services, you can make Roth contributions from tax-exempt pay, basic pay, incentive pay, special pay, and bonus pay. If you make Roth contributions from tax-exempt pay earned in a combat zone, you won't pay taxes on your contributions, and you'll have the opportunity for tax-free growth. 🐦

Admiral White Visits NAS Whiting Field

By Lt. j.g. Brett Resue, NAS Whiting Field Public Affairs

Commander, Naval Education and Training Command, Rear Adm. Michael White toured CNATT Detachment Whiting Field and held an All Hands Call for students and staff on Nov. 4. CNATT DET Whiting Field provides training in the maintenance of aircraft, aircraft systems and aviation ordnance.

Major Kenneth Aikey, director of the Aviation Ordnance Officer Career Progression Course and Chief Warrant Officer Daryl Hagemann, director of the Aviation Maintenance Officers course guided the tour which included the high tech classrooms, the Mock Maintenance Control Lab and Explosive Safety Quality Distance Lab used for training for Navy and Marine Corps Aviation Maintenance Officers.

Rear Adm. White fielded questions from the students during the All Hands Call relating to the future of naval aviation maintenance, the future of technology in training Navy personnel, and discussion of personnel concerns.

Relating to the future of technology in training Navy personnel White spoke at length about the process of integrating personal tablet computers into the training and careers of sailors. These tablets will become the key to providing training materials, scheduling, tracking progress toward qualifications, providing Sailors with career progression advice, as well as communication between Sailors and the chain of command. Ultimately, according to White, the goal is to also allow sailors to use these tablets as their personal tablets as well, in order to allow them to relax by reading e-books, communicating with their families while deployed, surf the internet, watch videos and listen to music. 🖱️



Admiral Mike White, Commander, Naval Education and Training Command receives a brief on the Explosive Safety Quality Distance Lab (ESQD) from Major Kenneth Aikey, director of the Aviation Ordnance Officer Career Progression Course. U.S. Navy Photo by Lt. j.g. Brett Resue.

TRICARE Notes

WARRIOR NAVIGATION AND ASSISTANCE PROGRAM HELPS WOUNDED WARRIORS AND THEIR FAMILIES

Living with traumatic injury or illness can be difficult. These conditions may not only impact the affected warriors, but also their family members. In response, Humana Military introduced the Warrior Navigation and Assistance Program (WNAP) to support injured or ill active duty service members and activated National Guard and Reserve members and their families.

Injured or ill warriors and their family members receive person-to-person guidance and access to advocates who are specially trained to address the unique challenges that many wounded warriors face.

The WNAP provides a range of services, including:

- Medical billing and claims resolution
- Navigating TRICARE, Medicare and Veterans Health Administration health care benefits
- Assistance in locating specialized medical equipment
- Connecting with resources to meet basic needs (i.e., food, shelter, transportation)
- Assistance with transitional care when relocating
- Identifying behavioral health resources

Call the WNAP's toll-free number at 1-888-4GO-WNAP (1-888-446-9627) or visit www.humana-military.com if you or a loved one could benefit from these services.

Mulligans Grill at the Golf Course

Asian  MONDAY	MEXICAN  TUESDAY	Chicken  WEDNESDAY
Pasta  THURSDAY	Daily Lunch Specials \$7 ⁵⁰ Includes a drink call in orders welcome 623-7521	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.

Around the Base

SOY

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put...the best of the best.”

As recipient of the Sailor of the Year Award, Gonzalez will now represent NAS Whiting Field at the CNRSE Sailor of the Year Competition.

As Junior Sailor of the Year, Riendeau's work ethic and off-base community involvement were cited as outstanding examples of junior enlisted performance.

Riendeau serves in the Security Department as Watch Commander and as a Maintenance and Material Management (3M) Maintenance Man. In the former, he was responsible for a watch section that consisted of 29 military and civilian personnel and completed more than 800 hours of Random Anti-Terrorism Measures and patrols of 15 Navy properties that span over 150 miles, as well as overseeing approximately \$350,000 worth of equipment.

As Security Patrolman, he is responsible for training and working alongside with 23 Naval Security Force personnel on all aspects of Law Enforcement, to include investigation, physical security measures, and watch standing procedures.

Much like Gonzalez, Riendeau has also proven to be a staple of the community through his outreach efforts off base, volunteering as an event manager for the Bennett Russell Elementary School Water Fun Day. Riendeau ensured a safe and secure celebration for the families of more than 200 children.

He serves as a model, mentor, teacher, and motivator for his peers and subordinates, leading to the certification of 3 Watch Commanders, 4 Patrolman, and 5 EVOC personnel. All the while in addition to his primary duties, Riendeau is also a member of the Command Color Guard/Rifle Team and serves as an Assistant Command Fitness Leader (ACFL)

“He is the finest example of Second Class Petty Officer,” elaborates Lt. Stephen Pakola, Security Officer.

Watson, the Blue Jacket Sailor of the Year, serves the Operations Department as Facility Watch



MA2 Joshua Riendeau
Junior Sailor of the Year



AC3 Takiyah Watson
Blue Jacket Sailor of the Year

Supervisor, a point of distinction as only three Third Class Petty Officers have ascended to this position. Her other primary responsibilities include Local Controller, Ground Controller, Flight Data Operator/Clearance Delivery Controller, Flight Planning Supervisor, and Flight Planning Dispatcher. In her various roles, Watson flawlessly supervised North Field air traffic, executed the training plan for 14 Air Traffic Controllers to perfection, and displayed extra-ordinary attention to detail in overseeing the meticulous processing of 16,000 flight plans and 35,000 flight information messages, contributing to a safe flying environment for our aviators.

Operations Officer Cmdr. Eric Seib writes, “Watson is the ‘Go-To’ Sailor who is an invaluable asset to the division, department, and command.”

Despite her long list of primary responsibilities, Watson also dedicates her time to raising cultural awareness on base to improve the command climate. She is a member of the Diversity Committee and spent numerous hours in planning and executing events to recognize both Hispanic Heritage and Black History Month.

Through her reliability, hard work, and command involvement, Watson has separated herself from her peer and serves as a role model for those Sailors following

behind her.

Seib expands, “Her positive attitude and top notch leadership are examples for her peers to follow. Her pride, professionalism, and confidence are continually displayed in the performance of tasks assigned to her.”

These three Sailors exemplify the type of commitment that is readily apparent throughout the NAS Whiting Field team, and to choose the top three is always a daunting task.

Coughlin stated, “We have a tremendous team of Sailors here at NAS Whiting Field, and for these three to receive this recognition is truly a testament to their professionalism and their dedication to the installation and the surrounding community. Congratulations!” 🐦

HT-28 COC

- (Cont. from Page 3)

-serving as the executive officer for HT-28, Pavelko assumed the reins of command in Sept. 2013 with more than 19 years of USMC experience.

Commander Ketcham enlisted in the Arkansas Army National Guard in 1990 and served as a medical specialist with the 148th Evacuation Hospital and flight medic with the 172nd Medical Company (Air Ambulance) until entering the Navy in November 1996. After earning his Bachelor of Business Administration degree from the University of Arkansas at Little Rock, he was commissioned through the Navy's Of-

ficer Candidate School program and received his Wings of Gold in November of 1998. In Aug. 1999 Ketcham reported to the "Grandmasters" of Helicopter Anti-Submarine Squadron Light FOUR SIX (HSL-46), where he would be the Detachment Maintenance Of-



Cmdr. Jeffrey Ketcham
Prospective Commanding Officer HT-28

ficer and Squadron NATOPS Officer. He received his Master of Arts Degree in National Security and Strategic Studies from the United States Naval War College and subsequently served as the Hangar Deck Officer and Assistant Air Officer for USS BATAAN (LHD 5), Squadron Safety Officer and Squadron Operations Officer for Anti-Submarine Squadron Light FOUR ZERO (HSL-40) and again for Helicopter Anti-Submarine Squadron Light FOUR TWO (HSL-42). After serving as a B-52 Nuclear Bomber/Air Launched Cruise Missile Planner and Nuclear Planning Element Team Chief for Strategic Command in Omaha, Nebraska, Ketcham reported as the Executive Officer of HT-28 in September 2013 and will assume command in December 2014.

The incoming executive officer will be LtCol. Cory DeKraai. ✎

Eco-nomics

Heating Tips

1. Keep your heating system well tuned with periodic maintenance by a professional service person. Oil-fired systems should be tuned up and cleaned every year, gas-fired every two years, and heat pumps every two to three years. Ask the service person how the energy efficiency of the system could be increased.
2. If you plan a new gas heating system, ask your gas utility or public services commission about the savings potential of electronic ignition. Ask also about possibilities for retrofitting the system you may already own.
3. When your heating system is on, keep windows near your thermostat tightly closed. Unnecessary drafts will keep your furnace working after the rest of the room has reached a comfortable temperature.
4. Have your oil furnace serviced at least once a year, preferably each summer to take advantage of off-season rates. This simple precaution could save you up to 10 percent in fuel consumption.
5. If you have oil heat, have your service person check to see if the firing rate is correct. One survey found that many of the furnaces checked were over-fired.
6. Keep warm air registers clean and free of obstructions, such as furniture, carpets, and drapes.
7. When purchasing an air source heat pump, select an ENERGY STAR qualified unit. They have a higher seasonal efficiency rating (SEER) and heating seasonal performance factor (HSPF) than standard models, which makes them about 8 percent more efficient than standard new models and 20 percent more efficient than what you may have in your home.



Around the Base

BBB Shopping Tips

- (Cont. from Page 4)

holidays, one-third of consumers said that they would be likely to do so.

BBB Tip: Guard personal and financial information. Less is more. Be careful who you share with and watch your passwords. Watch online “free” subscriptions that may turn into monthly charges after an introductory period. Watch for “phishing” emails from “phony” retailers or shippers that try to trick you into exposing passwords or financial information.

2014 Trend: More than half of consumers surveyed (63 percent) indicated that they will use a laptop or home computer to make purchases or assist in their holiday shopping this season (up 16 percentage points from last year), and 24 percent plan to use a smartphone. In addition, 13 percent of respondents said they intend to use social networking sites to assist them in their holiday shopping.

BBB Tip: Never make purchases while on Wi-Fi. Only use secure, encrypted, “https,” sites when buying online. Don’t use the same password for shopping or for creation of “user accounts” that is used for your bank account.

2014 Trend: 71 percent of consumers plan to participate in “webrooming” - browsing online and then going into a store to make their purchase. While researching online offers consumers many conveniences, checking online to determine if a product is in stock was selected by respondents as their top reason for webrooming, followed by being able to touch and feel a product before purchase and the desire to avoid shipping costs.

Shipping shortfalls during last year’s Christmas holiday season have raised concerns among consumers this year. In fact, nearly half of survey respondents (49 percent) are concerned about receiving deliveries from online purchases on time, and of those, nearly one out of five are “very” concerned.

BBB Tip: Place online orders early. For items and letters you wish to arrive by Dec. 24, the US Postal Service offers the following deadlines:

Dec. 15 - Anything to be sent Standard Post

Dec. 20 - Anything sent by First Class Mail or First Class Priority Mail

Dec. 23 - Anything sent Priority Mail Express

Additionally, to close the ‘loophole’ on shipping complaints against online merchants, the Federal Trade Commission <<http://www.ftc.gov/>> has updated a longstanding rule governing mail- and phone-based retailers to explicitly include e-commerce vendors, meaning that online retailers now must abide by a 30-day shipping requirement or refund customers’ payments if they can’t.

For additional information and advice you can trust, start with bbb.org. 

SECURITY CORNER

We spend hours and maybe even days looking for that perfect tree each Christmas. We have a choice of different types of live trees and different types of fake (artificial for the political correct) trees.

If you’re going for a live tree, you have your selection of eight common types of fir’s,



which have the benefit of not shedding their needles when they dry out as well as retaining good foliage color and scent. And then you have 5 different types of pine that do lose their needles when they dry out and but have that fresh pine smell. For those who choose to get a live tree, plan where you going to set your tree up. Make sure that your tree isn’t near a heat source and that you have a tree stand. Choose a tree stand that has an adequate water reservoir and fits the trunk of your tree. Remember that live Christmas trees need to have their bases constantly in water to keep the tree as moist as possible. Trees that are allowed to dry out are an extreme fire hazard. Position the Christmas tree stand far enough from the wall so that the branches will not bend against the wall. If you must leave the tree stand in a place where the branches push against the wall, trim the branches so that they aren’t touching the wall. Branches that have too much contact with the wall can make it difficult to straighten the tree in the stand. For the ones that are getting an artificial tree, it’s about size, color, with lights or without lights and fiber optic trees. Just as a live tree, don’t place it near a heat source. Next week, we’ll go over lights for the tree and outside.