



Whiting Tower

Seventy Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 10

Forging Wings for the Fleet
Wednesday, June 11, 2014

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Hurricane Readiness Fair coming to NASWF

Helping families prepare for the upcoming season

By Jay Cope, NAS Whiting Field Public Affairs

Peak hurricane season is still a couple of months away, but the time to prepare for a possible hurricane is now. The Pacific basin has already had a couple of named storms, and while June is usually a slow month for tropical storms, the Gulf of Mexico is one of the most likely locations for such an early season storm to initiate.

To help families prepare for the possibility of a hurricane or tropical storm strik-

NAS Whiting Field Hurricane Expo
June 20, 12:00 – 4:00 pm
Atrium Building



Don't Be Scared, Be Prepared!

ing the local area, Naval Air Station Whiting Field is holding its annual Hurricane Fair June 20 from 11 a.m. to 1 p.m. in the Atrium. The event is used to bring a wealth of information together in one location to provide information, tips, and advice on how to prepare your family and your home for severe weather.

Nearly twenty different organizations are scheduled to attend the event including: Gulf Power, Red Cross, Santa Rosa County Health Dept.,

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Cover Photo: Sailors from Naval Air Station Whiting Field conduct Colors at the Battle of Midway Ceremony, Wednesday, June 4. Navy photo courtesy of Lt. j.g. Brett Resue.

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 Lindsay Grover

- Ensign Josh Lamb

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.

Sailors Wear New Ranks

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

Naval Air Station (NAS) Whiting Field recognized the accomplishments of soon-to-be-advanced Sailors during a frocking ceremony Thursday, May 29. Twenty-six Sailors were all smiles as they were able to wear the new collar devices for the first time.

The frocking ceremony is a Navy tradition that provides the selected Sailors an opportunity to wear the uniform and take on the responsibilities of their new rank before they are formally advanced. Second Class Petty Officers were frocked to First Class, Third Class Petty Officers were frocked to Second Class and Airmen frocked to Third Class.



Newly designated Master-at-Arms 2nd Class Mary Corrales receives her frocking letter from Cmdr. Gregory Gray during the frocking ceremony at Naval Air Station Whiting Field Thursday, May 29. The ceremony marks the selection of the Sailors for advancement and is the first time they are permitted to wear the insignia of their new rank. U.S. Navy photo by Lt. j.g. Brett Resue.

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Naval Academy commissions Class of 2014

By Lt. Teng K. Ooi, PhD, Naval Academy

Amid the snapping of cameras and popping of flash bulbs, 1,068 smiling midshipmen from the Naval Academy received their diplomas at the Navy-Marine Corps Memorial Stadium in Annapolis, Maryland, on May 23, 2014.

We congratulate the Class of 2014 on achieving this milestone and wish them continued success in their Naval careers and beyond. We also honor their individual superior academic achievements, their accomplishments in athletics and extracurricular activities, and their commitment to serve in the military.

Upon graduation, midshipmen earn a Bachelor of Science degree, are commissioned as ensigns in the Navy or second lieutenants in the Marine Corps, and serve a minimum of five years of exciting and rewarding service.

The names of midshipmen graduating with distinction are listed below in order of merit:

David F. Williams, Matthew J. Lanoue, Grant N. Genzman, Brynn E. Umbach, Alec S. McGlaughlin, Eric N. Fugleberg, Alexander S. Yachanin, Christopher B. House, Colin E. Bogdan, Sabrina Reyes, Jean-Luc K. Currie, Margaret E. Gilroy, Eugene J. Yang, Julie B. Stabile, Eric J. Davids, James M. Mackovjak, Mark A. Colby, Justin K. Chock, Kirkland D.



Photo caption: A jubilant graduating Class of 2014 midshipmen tossing their hats to bid farewell to fellow midshipmen at the Navy-Marine Corps Memorial Stadium in Annapolis, Maryland. Photo courtesy of Lt. Teng Ooi.

Malcolm, John A. Godfrey, Blake A. Stout, Krishnan Rajagopalan, Thomas J. Cowhey, Jordan G. Trof, Phillip M. Wears, Caitlin S. Olsen, Jacob G. Snyder, Brian B. Holloway, Audrey K. Petro, Benjamin Wisniewski, Cameron J. Benner, Alexander J. Pybus, Michael E. Troncoso, Jared D. Wilson, Jillian N. Coughlin, Andrew E. Nesselroade, Samuel R. Gedeon, Robert T. Andon, Christopher K. Voss, Clayton J. Cottrell, Kathleen M. Mullen, Kennan M. Healy, Jordan C. Lynch, Samuel W. Lilek, Erik M. Hoffstadt, Kelsey E. Lee, Ian T. Balczewski, Anthony W. Broll, Brandon J. Hooper, Ryan W. Wheeler, Emily L. Kreyenhagen, Matthew

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This Day in Naval History

Jun 14

1777 - John Paul Jones takes command of Ranger.
1777 - Continental Congress adopts design of present U.S. Flag.

1847 - Commodore Matthew Perry launches amphibious river operations by Sailors and Marines on Tabasco River, Mexico.

1940 - Franklin D. Roosevelt signs Naval Expansion Act to construct ships to increase Navy's tonnage by 11 percent.

1985 - Steelworker 2nd Class Robert D. Stethem of Underwater Construction Team 1 was killed by militant Shi'ite hijackers of TWA Flight 847. He later received a Bronze Star for his heroism.

Jun 15

1944 - Fifth Fleet lands Marines on Saipan, under the cover of naval gunfire, in conquest of Marianas.

1963 - Launching of combat store ship, Mars (AFS 1), first of new class of underway replenishment ships.

Jun 16

1898 - U.S. squadron bombards Santiago, Cuba.

1965 - Navy Department schedules reactivation of hospital ship Repose (AH 16), first hospital ship activated for Vietnam conflict.

Jun 17

1870 - USS Mohican burns Mexican pirate ship Forward.

1898 - Navy Hospital Corps established.

1940 - Chief of Naval Operations asks Congress for money to build two-ocean Navy.



The U.S. Navy hospital ship USS Repose (AH-16) at anchor in Yokosuka harbour, Japan, on 19 January 1952. U.S. Navy Photo courtesy of the U.S. National Archives.

VA2VETS outreach campaign continues through June

Department of Veterans Affairs Vet Center staff members across the region (Biloxi, Miss., Mobile, Ala., and Pensacola and Okaloosa County, Fla.) along with their Mobile Vet Center outreach vehicle, will offer their free readjustment counseling services to interested Veterans and active duty throughout the region during the month of June.

These upcoming events are part of the Vet Centers' VA2VETS outreach campaign. Here are the June VA2VETS events details:

June 6 - Mobile County, Ala.; Pets For Patriots Pet Adoption Event, Mobile Vet Center, 3221 Springhill Ave., Building 2, Suite C, Mobile, Ala., 36607; 11 a.m. to 3 p.m.

June 10 -- Washington County, Ala.; Chatom Action Center, Highway 56 E. Pelham Street, Chatom, Ala., 36518; 10 a.m. to 2 p.m.

June 11 - Greene County, Miss.; Piggly Wiggly, 816 Main Street, Leakesville, Miss, 39451; 10 a.m. to 2 p.m.

June 12 - George County, Miss.; Wal-Mart, 11228 Old 63 South, Lucedale, Miss., 39452; 10 a.m. to 2 p.m.

June 16 - Baldwin County, Ala.; Satellite Courthouse, 201 East Section Street, Foley, Ala., 36535; 11 a.m. to 3 p.m.

June 24 - Escambia County, Ala.; American Legion Post 90,

1010 West Church Street, Suite A, Atmore, Ala., 36502; 10 a.m. to 2 p.m.

June 25 - Covington County, Ala.; Veterans of Foreign Wars Post, 1841 North Main Street, Opp, Ala., 36467 (take Highway 331 North towards Brantley, Ala.); 10 a.m. to 2 p.m.

June 26 - Geneva County, Ala.; Geneva County Courthouse, 200 North Commerce Street, Geneva, Ala., 36340; 10 a.m. to 2 p.m.



The Department of Veterans Affairs' Mobile Vet Centers are commonly known as "Vet Centers on wheels." VA photo by Thomas Coffelt

Other helpful information about Vet Centers:

Effective immediately, active duty service members who served in a combat or war zone will be able to get counseling at Vet Centers. The services offered include:

- Individual, group, and family readjustment counseling to assist active duty service members in making a successful transition from

combat, to garrison, or civilian life.

- Post-traumatic stress disorder treatment and help with other related problems that affect functioning within the family, work, school or other areas of everyday life.

- Military sexual trauma counseling for active duty service members of both genders.

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Commissions

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C. Huffman, Matthew R. Grimm, Kathleen T. Dennis, Scott H. Bolstad, Curtis A. Khol Jr., Brendan C. Egan, Matthew C. O'Dowd, David I. Calderon-Guthe, Kenneth W. Piech, Frederick L. Shaak III, Anthony J. Cardon IV, Michael S. Madrid, Nathaniel T. Swift, Andrew W. Foskett, John T. McGlynn, Brett Bogaard, John M. Mackovjak, Daniel S. Ojard, Alex S. Liu, Heather L. Willis, Kyle Z. Davinsizer, David S. Piekut, Jordan M. Rettie, Brian C. Rud, Justin D. White, Michael R. Delaisse, Lucas K. Leonhardt, Benjamin J. Murphy, Scott D. Oberst, Samuel S. Dodson, Tyler A. Breslin, Daniel A. Jacquier, Justin M. Haan, Elizabeth M. Corcoran, Ryder H. Ashcraft, Daniel J. Meaney, Christopher D. Frantz, Katherine A. Ashton, Gregory M. Gerlach, Christopher K. Dinelli, Michael E. Larson, Brian A. Fritz, Jonathan C. Driesslein, Polly B. Kisin, Earl D. Ehrhart V, Samuel J. Oat-Judge, Patrick D. McAllister, James T. Neigel, Jeffrey D. Canclini, Elizabeth J. Hoerner, Andrew P. Sawyer, Ben W. Radford, Ryan P. Keyes, Andrew Zellman, Tyler D. Cox, Landon C. Miller, Roberto A. Torrealba Jr.

Around the Base

Gulf Coast VA offers Living Healthy workshops for Veterans

PENSACOLA, Fla. - The Department of Veterans Affairs Gulf Coast Veterans Health Care System is offering two six-week Living Healthy workshops to Veterans, beginning in early July.

The workshops are being offered during a morning and an evening timeframe, and both are limited to 16 total participants in each session. Veterans must register for the workshops, and be enrolled to receive VA health care benefits. The workshops start from 3-5 p.m. on July 7, or 9 to 11:30 a.m. on July 9 and are once a week for six weeks. The workshops will take place at the Joint Ambulatory Care Center, 790 Veterans Way in West Pensacola, in room 1A127.

The workshops aim to teach Veterans new skills to live an active and healthier life. Veterans will learn how to more effectively deal with arthritis, heart disease, diabetes, cancer and much more. Veterans will also learn how to manage symptoms of disease, communicate their health with family and friends, and work with their VA health care

team. Veterans who are normally subject to co-pays for VA health care will be subject to co-pays for their participation in these workshops.

Veterans can register for the workshops by calling 850-912-2305 or 850-912-2212.



The Department of Veterans Affairs Joint Ambulatory Care Center is located at 790 Veterans Way along Highway 98 in West Pensacola. VA photo courtesy of Thomas Coffelt.

SWIM LESSON SCHEDULE

All classes are Red Cross Certified Learn to Swim Classes. Classes will be held Monday-Thursday with one rain make up day per session if necessary. If your child has previously attended, please bring documentation to help in choosing the proper class.

Level I—Water Exploration- Must be at least 3 years old

Level II—Primary Skills- Must be able to fully submerge face, supported float on front and back, blow bubbles, supported kick on front and back(5 yards)

Level III—Stroke Readiness- Must be able to retrieve object from bottom of pool, glide on front and back, rhythmic breathing, combined stroke front and back (5 yards).

Session 1: June 16-26

0900-0945, 1100-1145

1000-1045

1200-1245

Level I

Level II

Level III

Session 2: July 7-17

0900-0945, 1100-1145

1000-1045

1200-1245

Level I

Level II

Level III

? = Level will be chosen dependent on need

Registration will be at the MWR fitness center

June 2nd. and 3rd. Active Duty Only (Please Bring ID).

June 4th. and onward All base personnel

Cost is: Military \$50 per student per session

Civilian \$55 per student per session

Ec-nomics

When you begin to tackle home improvement projects think about decorating with lighter colors. Darker colors absorb more light encouraging you to use more light in the room. While working on a specific project you should use task lighting to illuminate the project and reduce background light as much as possible. Additionally, when placing you lights switch to motion or occupancy sensor lights when possible.

Use solar walkway and patio lights for outdoor accent lights. These are widely available and easy to install. You can install them yourself in a few minutes since they don't require any wiring. For night lights, select energy-conserving electro-luminescent technology. These lights only use around 0.03 watts and cost a few pennies a year to operate. When picking out new lights go for florescent bulbs. Florescent bulbs are proven to be more efficient than standard bulbs and last longer as well. When putting lights into a shed for example you should use 4 foot linear fluorescent lighting. Seek out fixtures that use electronic ballast and T8 lamps. These bulbs are 30 percent more effective than the older T12 technology. Additionally for the T8 versus T12 lighting ensures that you are using the right ballast and lamp configuration. Mixing the two together is very inefficient, and may compromise the life of the equipment. Remember in addition to saving on your power bill by switching to more light efficient products, you will also be help save environment by reducing the emissions of nitrogen dioxide, sulfur dioxide, and carbon dioxide pumped into the atmosphere.

News and Notes

Energy Savers - The Naval Air Station Whiting Field Public Works Department recognizes the following buildings for their efforts in energy conservation as compared to 2013 costs for the same time frame. Bldg. 1423, VT-3 at -40.7%; Bldg. 2977, HT-8/18 at -27.4%; and Bldg. 3148, Fitness Center at -10.7%.

MWR Golf Specials - NAS Whiting Field's Golf Course is sponsoring special prices for June. Military Mondays will cost active duty only \$14 for 18 holes and cart. The fee will be only \$18 for all others. Tuesday will feature Buy One/Get One pricing for 18 holes and cart. New twilight hours will also be in effect beginning at 2 p.m. every day. For additional information, please call 623-7348.

Volleyball - Volleyball is played in the NAS Whiting Field gymnasium every Tuesday and Thursday from 6 to 8:30 p.m. Everyone is invited to participate.

Thomas Cameron 5K - The Thomas Cameron Memorial Foundation annual 5K run will be held June 14 beginning at 8 a.m. Registration for the event is ongoing, and participants who register before May 15 will be guaranteed a dri-fit 5K tee-shirt. Cost is \$35 for adults and \$20 for youths. Prizes will be awarded for five different age groups (for both women and men) as well as a \$250 prize for the first overall finishing male and female. See www.run-livehonor.com for more information.

Aqua Fitness - Water Fitness and Aqua-kickboxing with the Blended classes! Raelyn and Hope are about to get your rears in gear with our mini sessions to fit into your summer schedule! There is a minimum number for the classes, so don't delay, and enroll today! Please call 623-7412 to reserve a seat or to get additional details. Sessions run Jul. 8-24, and Aug. 5-21. Water Fitness is Tuesday and Thursday at 9 a.m. and Water Blend is 4:45 p.m. Tuesdays and Thursday. Each session is \$24. All fitness levels are welcome, and deep and shallow workouts will be offered! Get a \$10 discount when enrolling for all of the sessions!

ITT Special - Military rates just released for select sailings with Disney Cruise Lines in June, July & August. Three, four, and sev-



Frocking Ceremony

Masters-At-Arms Brett Balcreak and Jameson Cannon were both frocked Sunday, June 8 by Lt Robert Tighe. Balcreak was frocked as a Petty Officer Third Class while Cannon was frocked as a Petty Officer Second Class. MA3 Balcreak and MA2 Cannon are reservists serving with the NAS Whiting Field Police Department. *U.S. Navy photo by Ensign Josh Lamb..*

en night offers are available - booking window is June 9 - June 13. Sample pricing - Family of 2 adults, 2 children / 7 nights Eastern Caribbean to Virgin Isles / \$5,320.00 (includes all fees & on board gratuities). Contact ITT for other sailings and pricing 850-623-7032 or 850-665-6250

Subway Has New/Extended Hours - Subway has extended their closing hour to 10 p.m. Monday through Friday, based on customers' requests. Also, there will be an online Food Service Survey conducted from June 9 to July 5 so that our customers may rate this Subway location. There will be information in the Subway, but the online address is: https://www.nexresearch.com/nex_food.

Cookout - VT3 will host a cookout this Friday, June 13 at the VT-3 Line Shack from 10:30 a.m. to 1:30 p.m. The cookout is a fundraiser for the Navy Ball.

SAFER Preparedness Expo - SAFER Santa Rosa will hold a hurricane safety expo June 14 at the Gulf Breeze Recreation Center from 10 a.m. to 2 p.m. There will be vendors on site to assist you with mitigation and preparedness.

Concession Stand - The Navy Branch Medical Clinic at NAS Whiting Field will sell concessions from the stand at the softball fields during Captain's Cup softball games from 5:30 to 7:30 tonight and all other Monday and Wednesday nights during the season.

Usage Information

Total Used

1,778,394 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	1,848,045	1,771,333	1,778,394
Average Daily kWh	61,602	57,140	59,280
Days In Billing Period	30	31	30

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



JUNE 2014

TO REPORT A SEXUAL ASSAULT:

DoD Safe Helpline
 Like I am I Help - Confidential - Worldwide 24/7
 Click: www.SafeHelpline.org
 Call: 877-995-5247
 A confidential and anonymous sexual assault hotline for the DoD Community.
 Text: 55-247 (inside the U.S.) / 202-470-5546 (outside the U.S.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Time Management 11:00 am - 12:00 pm	4 Marketing Yourself for a Second Career 9:00 - 11:00 am	5 Chall of FS & Marriage 9:00 - 11:00 am Anger Management 1:00 - 2:00 pm	6	7
8	9 Resume Writing 10:00 am - 12:00 pm	10 Conflict Management 11:00 am - 12:00 pm Stress Management 1:00 - 2:00 pm	11 Anger Management 10:00 - 11:00 am Smooth Move 1:00 - 3:00 pm	12 Chall of FS & Marriage 9:00 - 11:00 am Home Buying 1:00 - 3:00 pm	13 VA Representative 8:00 am - 12:00 pm	14
15	16 Federal Jobs 10:00 am - 12:00 pm	17 Time Management 11:00 am - 12:00 pm	18 Communication 101 11:00 am - 12:00 pm Anger Management 1:00 - 2:00 pm	19 Chall of FS & Marriage 9:00 - 11:00 am	20 HURRICANE EXPO 12:00 - 4:00 pm Atrium Bldg	21
22	23 TAP GPS Mon - Fri 8:00 am - 5:00 pm	24 Stress Management 11:00 am - 12:00 pm Conflict Management 1:00 - 2:00 pm	25 Active Parenting 10:00 am - 12:00 pm Moving with an EFM 1:00 - 3:00 pm	26 Chall of FS & Marriage 9:00 - 11:00 am Money & The Move 1:00 - 3:00 pm	27 VA Representative 8:00 am - 12:00 pm	28
29	30 Resume Writing 10:00 am - 12:00 pm			Suicide Prevention ACT! Ask Care Treat		

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

Join us @ www.facebook.com/NASWF.FleetandFamily

Feds Feeds Families - summer food drive

By Ensign Josh Lamb, NAS Whiting Field Public Affairs

Summer months are a rarely thought of as the time to donate food to the less fortunate. The Department of De-

fense's fourth Feds Feed Families Campaign here at Naval Air Station Whiting Field and Training Wing Five. The 2014 campaign has begun and will conclude at the end of August to support the efforts of Bay Area Food Bank. Feds Feeds Families is an annual campaign led by the United States Department of Agriculture and supported by other federal agencies. Since this program began in 2009, federal workers have collectively

donated and collected over 24.1 million pounds of food and other nonperishable items to support families across America.



Commissary Manager Kim Jackson displays all the food donated to the Feds Feeds Families Campaign with ABH1 Christopher Jacobs, HM1 Roderick Hunter, RP1 Yolanda Jordan, RP2 Lusbeth Morales, SH2 Torey Robinson, SH3 Alexander Griffin, Mike Lero, Mike Brown, and Bill Peck, Wednesday, Jun. 11. U.S. Navy Photo courtesy of Lt. j.g. Brett Resue.

donated and collected over 24.1 million pounds of food and other nonperishable items to support families across America.

Last year this food drive collected nearly 9 million pounds of food, and the goal for this year is to not just surpass the 9 million pound mark, but for every agency participating to set goals and beat their previous best donation amounts.

The last 3 years NASWF and TRAWING FIVE collected 1739 pounds equaling 1335 meals in 2011; 2148 pounds equaling

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Around the Base

VA2VETS

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Service members will be required to provide documentation by their third visit indicating they have served in a combat or war zone to continue counseling. A copy of one of the following documents will meet this requirement: deployment demobilization order, enlisted record brief, officer record brief, or an award citation indicating service member served in a combat zone. These services are also available to family members of active duty combat service members, as well as any combat Veteran.

Vet Center staff respects the privacy of all clients, and holds client information in strict confidence. No information will be communicated to any person or agency without written consent except in necessary circumstances to avert a crisis.

For more information on Vet Center services or hours in the Gulf Coast region, please call the Vet Center in your area:

Biloxi Vet Center - 228-388-9938

Mobile Vet Center - 251-478-5906

Pensacola Vet Center -- 850-456-5886

Okaloosa County Vet Center - 850-651-1000

Bay County Vet Center - 850-522-6102

Learn more about VA Vet Centers here: www.vet-center.va.gov. Veterans can speak confidentially with a Vet Center counselor at any time by calling 1-877-WAR-VETS (877-927-8387).

Web: www.biloxi.va.gov <<http://www.biloxi.va.gov>>

Facebook: www.facebook.com/VABiloxi <<http://www.facebook.com/VABiloxi>>

Twitter: <http://twitter.com/VABiloxi> <<http://twitter.com/VABiloxi>>

Have Medical Questions? Call the TRICARE Nurse Advice Line...

Sometimes it is difficult to know if and when to seek medical help for acute health problems, so having professional help at a moment's notice is invaluable. The Nurse Advice Line (NAL) for TRICARE beneficiaries does just that. This service is provided 24 hours a day, 7 days a week. Just dial 1-800-TRICARE (874-2273); Option 1.

The NAL is a team of registered nurses who will provide triage, "treat at home" advice and assist patients in deciding if they need to go to the nearest Emergency Room, can be seen in an Urgent Care Center (UCC) or can make a follow-up appointment with their Primary Care Manager (PCM) the next day. The NAL will have the capability of authorizing a visit to an ER or UCC and can also book appointments into your Medical Home Port team. Beneficiaries are encouraged to contact their Medical Home Port Team or PCM, during normal business hours, but the NAL is another option to access the care they need and want in a timely fashion.

TRICARE Notes

MANGAGING ASTHMA DURING THE SUMMER

With school out for the summer, children get involved with many activities such as swimming, running, walking and cycling. Whether it's swimming at the community pool or playing in the backyard, unmanaged asthma can dampen the fun.

TRICARE reminds parents that well managed and controlled asthma equals a fun-filled, fit summer for all children!

With education and proper medical care, parents can better control and manage their child's asthma, helping them lead relatively unrestricted, productive lives.

The first step in controlling asthma is recognizing a child has the disease. Not all children have the same symptoms and these symptoms can vary from episode to episode in the same child. Possible signs and symptoms of asthma in children include:

- Frequent coughing spells
- Chronic cough
- Less energy during play
- Rapid breathing
- Complaint of chest tightness or chest "hurting"
- Whistling sound when breathing in or out (wheezing)
- Shortness of breath, loss of breath
- Tightened neck and chest muscles
- Feelings of weakness or tiredness

While these are some symptoms of asthma in children, a doctor should evaluate any illness that complicates a child's breathing. Working closely with a doctor is the best way to achieve control of the child's asthma.



2014 Military Spouse of the Year

Jacksonville's Heroes at Home recognizes Navy Wife



JACKSONVILLE, Fla. (May 22, 2014) – Kandi R. Debus celebrates with her husband, Senior Chief Information Systems Technician (SW/IDW) Chris Debus and children, Jakob and Caleb, after winning the 2014 Heroes at Home Jacksonville Military Spouse of the Year Award during a ceremony on board Naval Air Station Jacksonville May 22. The ceremony was sponsored by Southern Chevy Dealers and was the first of its kind in the Jacksonville area. (U.S. Navy Photo by Mass Communication Specialist 1st Class Greg Johnson/Released)

By Mass Communication Specialist 1st Class (SW) Greg Johnson, Navy Region Southeast Public Affairs

JACKSONVILLE, Fla. – The 2014 Heroes at Home Jacksonville Military Spouse of the Year was announced during a ceremony on board Naval Air Station Jacksonville May 22.

A panel of judges selected Kandi R. Debus, wife of Senior Chief Information Systems Technician (SW/IDW) Christopher Debus, as the inaugural winner of the award recognizing military spouses in the greater Jacksonville area. Debus, an employee of Commander, Navy Region Southeast, said her dedication to military families and the community demonstrated through her extensive volunteer and community service accomplishments were key to her selec-

tion.

“There were a lot of other great spouses who were nominated and that do great things, so it’s really a humbling experience to be selected,” Debus said. “At the same time, it’s gratifying to see such appreciation for what military spouses do day in and day out. It takes patience and sacrifice, but as military families, we take pride in seeing our Sailors wear the uniform.”

The Heroes at Home Military Spouse Awards program was launched in the Hampton Roads, Va., region in 2005 by the Norfolk, Va., Navy newspaper The Flagship, and was later expanded to Marine Corps Base Camp Lejeune, N.C., Fort Lee, Va., and now military serving in Northeast Florida and Southeast Georgia.

“It’s about honoring and recognizing military spouses for what they do behind the scenes in support of their families and the community where they live,” said Adair Wells, sales development manager for The Flagship/Military Newspapers of Virginia and the founder of the program. “They move every few years, they raise their families, they work, and they do all the things that a normal spouse would do, but it’s intensified by their situation. Their spouses are sometimes deployed for extended periods of time and it’s tough.”

Southern Chevy Dealers were the primary sponsor of this event. Other sponsors included the Florida Times-Union, USA-Discounters, St. Leo’s University, Navy Mutual, First Coast News and the City of Jacksonville. Jacksonville Mayor Alvin Brown honored nominees during the lunch, citing their sacrifices while embracing them as citizens of Jacksonville.

More than 100 people attended the ceremony, including eleven finalists and their families. A panel of judges selected the finalists from 34 original nominations provided

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SECURITY CHECKPOINT

I have a concealed carry permit, can I bring my weapon onboard NASWF?

The answer is NO; as per COMMANDER, NAVY REGION SOUTHEAST INSTRUCTION 3593.1A – subj: Control and accounting of personal weapons: paragraph 6.f

f. Concealed or loaded handguns: Individuals state licenses or permits that autho-



rize individuals to carry concealed handguns are not recognized or valid on Navy installations. Under no circumstances will the transportation of loaded or concealed handguns, shotguns, or rifles be permitted on Navy installations except by duly authorized law enforcement personnel or by military personnel in the performance of their official duties.

From TRAWING-5

Congratulations to TRAWING-5 Scholars



Back row left to right: Ensign Tyler R. Benton, USN; Ensign Charles A. Horan IV, USN; Ensign Michael W. Thorsen, USN; Ensign Joshua G. Gordon, USN (Commodore's List); Lt. j.g. Andrew T. Denning, USCG (Commodore's List); 1st Lt. Adam C. Satterfield USMC; 2nd Lt. Jamie R. Greene USMC. Front row left to right: 1st Lt. Richard E. Webb III USMC; Ensign Taylor E. Fenske, USN; 1st Lt. Craig M. Turner USMC; 2nd Lt. Matthew S. Hoel USMC; 2nd Lt. Joergen Sannes, RNOAF; Ensign Alex Mickle, USN received their Academic Achievement Awards May 23 in the Training Air Wing FIVE headquarters building.



Ensign Tyler R. Benton, USN (Commodore's List) and 2nd Lt. Maxwell P. Greer USMC (Commodore's List with Distinction) received their Academic Achievement Awards May 30 in the Training Air Wing FIVE headquarters building.



Commodore James J. Fisher presents the Academic Achievement Award to LTJG Nicolas C. Dunn, USN (Commodore's List), Jun. 2 in the Training Air Wing FIVE headquarters building.

Military Spouse

- (Cont. from Page 9)

by family, friends and community organizations. Debus' husband, who is assigned to the Arleigh-Burke class guided-missile destroyer USS The Sullivans (DDG 68), submitted her nomination. He said that she is always there for Sailors and their families as the Navy Region Southeast ombuds-

man, supporting both her command and ombudsmen at installations throughout the southeast.

Individual selection criteria for the award was based on volunteer efforts, fortitude during deployments, personal sacrifices, support for other military families, and impact on the community.

Senior Chief Debus has served more than 25 years in the Navy. He and Kandi reside in Jacksonville and have three children, Jakob, Caleb and Kaylin.



JACKSONVILLE, Fla. (May 22, 2014) – Kandi R. Debus (center) accepts the 2014 Heroes at Home Jacksonville Military Spouse of the Year Award from Adair Wells and Billie Nimnicht during a ceremony on board Naval Air Station Jacksonville May 22. The ceremony was sponsored by Southern Chevy Dealers and was the first of its kind in the Jacksonville area. (U.S. Navy Photo by Mass Communication Specialist 1st Class Greg Johnson)

“No matter what’s going on in our lives, sometimes we have to take a back seat, while my wife takes care of another family who is in need or simply has a question,” Senior Chief Debus said. “We’ve come to accept it. My children admire her and remind her in some off-the-wall comment about taking care of ‘her Sailors.’ No matter what age or pay grade, once you come in contact with my wife, you are now an extension of our family.”

During the ceremony, Rear Adm. Rick Williamson, Commander, Navy Region Southeast, expressed his gratitude to all military spouses.

“Our Sailors in the fleet could not do their jobs safely if it weren’t for your leadership back home in taking care of our families,” Williamson said. “Your commitment and dedication

gives our Sailors the peace of mind required to operate safely and effectively. Thank you for all your leadership and for everything you do for our Navy. Without you, we would not be the Navy we are.”

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*Serving Those Who Serve
This Great Nation*

AFBA Financial Planning Guide

2014

Retirement

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Wills & Trusts

Taxes

Hurricane

- (Cont. from Page 2)

Safer Santa Rosa County (part of Santa Rosa County Emergency Management), Santa Rosa Medical Center, Community Emergency Response Team, Lifeguard Ambulance, Northwest Florida Area Agency on Aging, Inc., National Oceanic and Atmospheric Administration (NOAA), NEX, Commissary, CDC, Fleet and Family Support Center and more.

Pat Dillenback, from the NAS Whiting Field FFSC, is coordinating this year's event, and she emphasizes that it isn't just the military service members who could benefit from attending.

"I think it is important that families attend the fair," she stated. "There is a wealth of vital information these organizations put out that can help meet a variety of needs."

Two such examples she cites are the Northwest Florida Area Agency on Aging, who promotes information on caring for the elderly during a storm, and the Gulf Breeze Animal Hospital, who issue a checklist on preparing your pet's emergency kit. Other items that attendees can expect will be emergency service vehicles, a Gulf Power electrical safety demonstration, and a Santa Rosa Medical Center triage tent display.

Much of the information presented will focus on preparing for the possibility of a storm, but recovery is equally important and several of the organizations will focus on services and programs available for people who are affected by severe weather.

"Our primary goal is to ensure service members and their families are able to stay safe," Dillenback said. "I am really excited to be able to bring information to our base population that might not have been exposed to it otherwise."

Information dissemination is also the reason these organizations are attending the fair. The site gives them the opportunity to meet with a large number of people in a short period of time and to stress the value of their programs in helping to keep people within the community safe.

One such example will be the Community Emergency Response Team who will provide information on what we do during and after weather disasters; such as search and rescue; damage assessment; triage; follow-up assistance to residents in the form of helping remove trees, helping place blue tarps, and distributing food; as well as manning points of distribution setup by Santa Rosa County. The group will also show how they use Ham radios and FRS radios to communicate between their teams and the County Emergency Operations Center and the Volunteer Reception Center.

"We take every opportunity presented to make the public cognizant of Disaster Preparedness," stated Lou Greene a Community Emergency Response Team representative, who also emphasized the valuable networking that can be accomplished during such events. "Any information we gain as a result of our co-mingling with other entities at [the NAS Whiting Field Disaster Preparedness Fair is helpful]. There is always room to learn and gain knowledge from others.

Frocking

- (Cont. from Page 2)

Each Sailor received a frocking letter from Capt. Matthew Coughlin, NAS Whiting Field commanding officer, which reads in part, "Your appointment carries with it the obligation that you exercise increased authority and willingly accept greater responsibility. Occupying now a position of greater authority, you must strive with a renewed dedication toward the valued ideal of service with honor."

Sailors from NAS Whiting Field selected for advancement with their new ranks were: ABH1 Derrick A. Battle, ABH1 David J. Casados, ABH1 David L. Castro, ABH1 Michael J. Edwards, ABH1 David D. Hernandez, ABH1 Haskell B. Jackson, ABH1 Shawn M. Johnson, ABH1 Zachary T. Nance, ABH1 Julian G. Ortiz, ABH1 Boubacar Tinni, ABH2 Robert A. Charay, MA2 Mary L. Corrales, ABH2 Justin S. Hill, AC2 David A. Knight, AC2 Jeremy K. Merki, AC2 Preston P. Miller, AC3 Daniel V. Adams, AC3 John G. Arnold, AC3 David B. Blom, AC3 Joshua T. Burton, AC3 Brittany Gansmann, AC3 Eduardo E. Longvalenzuela, AC3 Jason M. Meinhardt, AC3 Chelsea L. Morgan, AC3 Suffa F. Starke, AC3 Jordan R. Stricklin.



A promotional poster for a Navy Ball Fundraiser Cookout. The background features a large, stylized graphic of a red and white anchor with the words "RED KNOTS" written in a curved banner above it. The main text is in a bold, black, serif font. The event is scheduled for Friday, June 13th, from 1030 to 1330, at the VT-3 Lineshack. The menu includes Burgers, Brats & Chicken, starting at \$3.

NAVY BALL
FUNDRAISER
COOKOUT

Friday JUNE 13th. 1030 - 1330
at the VT-3 Lineshack
Burgers, Brats & Chicken
Starting at \$3

Feeds

- (Cont. from Page 7)

1652 meals in 2012; and 3,238 pounds equaling 2490 meals.

“Last year was a great year, but I think the base can get more involved. My goal is to exceed 5,000 pounds this year.” NASWF Chaplain Lieutenant Jason Hart stated.

This food drive is spear headed by the Chaplain’s office, and this year they will continue to partner with Commissary Director Kim Jackson, by offering \$5 bags of groceries to donate to the cause.



Kim Jackson, RP1 Yolanda Jordan, RP2 Lusbeth Morales, and ABH1 Christopher Jacobs load up the vans to take to the Bay Area Food Bank. U.S. Navy Photo courtesy of Lt. j.g. Brett Resue.

“Kim’s idea was great to add the five dollar food bag. We have a great working relationship with the commissary, and they do a ton of work to help keep the Bay Area Food Bank stocked during a critical time of the year” Hart stated.

These bags will be collected by the commissary team, and can be purchased at check out with the cashiers. Participants who purchase donation bags will be entered into a drawing for some great prizes every other week. Additionally, pick-ups will be every other week starting next Wednesday June 11 and continue through August 20.

Religious Programs Specialist Second Class Lusbeth Morales is assisting Chaplain Hart in promoting this food drive and states

“This is my first year finding out about the program because I have spent my time overseas, but I think it’s a fantastic program to have and I am grateful to be able to help support it.”

Region Southeast led the Navy, which led the DoD, for the past several years. Through your generosity this record of success continues, but most importantly, our desire is to assist people and families in our local community during difficult times. If you wish to assist in the Fed’s Feeds Family program you should contact RP1 Jordan or RP2 Morales at (850)-623-7212

BBB warns consumers of popular summer scams

Pensacola, Fla. (June 9, 2014) - Summer is a great time to take that long-overdue vacation or make much-needed home repairs, but as the weather heats up, so do scams. Better Business Bureau serving Northwest Florida is warning consumers about popular summer scams.

* Don’t let a scam ruin your vacation. Fake travel agents and websites are known for touting too-good-to-be-true deals in the hopes of getting your money in return. Whether it’s a fake timeshare rental or a falsely promised Disney vacation, don’t let a vacation scam take you for a ride. Make sure the offer is legitimate by checking bbb.org first.

* Keep your belongings safe during your move. Summer is the peak time of year for changing residencies, and unlicensed movers and dishonest scammers are waiting to take advantage of the busy season. Not all price quotes online or over the phone are legitimate (or binding), and crooks are not likely to send an estimator to your home in advance. Also remember that the lowest estimate can sometimes be an unrealistic, low-ball offer, which may cost you more in the end.

* Beware of summer concert ticket scams. Before paying for concert tickets online, make sure the seller is reputable. Oftentimes, phony sellers will trick consumers into wiring money with no intention of sending real tickets. Most concert venues now allow ticket holders to print tickets from personal computers, which also gives scammers the opportunity to sell the same ticket over and over to unsuspecting consumers. Be wary of sellers who: offer a sad tale as to why they cannot use the tickets; only accept cash; want the money wired or transferred through a prepaid account; and/or pressure you to act quickly.

* Be wary of high pressure door-to-door sales tactics. Many door-to-door salesmen offer deals for everything from driveway paving to air conditioning repair to security systems. Before saying yes, get all promises in writing, including start and finish dates. Never sign a contract that has an open-ended completion date or blank spaces.

* Beware of job scams that can turn a hot summer cold. Finding summer employment is a top priority for most college and high school students. Don’t let the seasonal job hunt turn into a huge waste of time and money. Always be wary of employers who require fees for training and background checks, or who tout “no experience needed.” BBB considers these red flags for employment scams.

Find out more about scams and sign up for scam alerts at BBB Scam Stopper ([bbb.org/scam](http://www.bbb.org/scam) <<http://www.bbb.org/scam>>). For tips you can trust, visit [bbb.org](http://www.bbb.org) <<http://www.bbb.org>>

On the move? A few tips to make the transition easier.

Balfour Beatty Communities

Moving is never easy and the process can be exhausting when transferring all of your belongings from house to house. Adding children and pets into the equation can make moving even more stressful.

Whether arriving or departing, an organized move is the key to success. Below are a few tips from Balfour Beatty Communities to help make your next move stress-free.

Packing Tips: use the right size boxes; put heavier items on the bottom of boxes, lighter items on top; don't leave empty spaces in the box; avoid mixing items from different rooms in the same box; label each box with the room it's destined for and a description of its contents; tape boxes well; bundle breakables; consider other items that will need special treatment; limit cartons, when possible, to a maximum weight of 50 pounds; provide plenty of cushioning to absorb shock

Moving with Children

- Keep your children in the loop and talk openly about the move. Filling your children in on the big change sooner rather than later will give them extra time to process. Be available to talk and let them express their concerns openly. A writing journal may also give them the opportunity to write down favorite memories and jot down their thoughts and feelings.

- Explore together. Spend time researching the area to see what fun things there are to do in your new town. You can also research sports and community activities in the area, such as events held by the Balfour Beatty Communities' LifeWorks program. For school-age children you can also review their school calendar to see if there are any upcoming interesting activities.

- Get them involved with the packing process. Organize a special box with their favorite things and unpack this box first so that they feel at home.

- Prepare for goodbyes. Collect email and street addresses as well as phone numbers from friends and neighbors. You can even prepare a message book for your child with well wishes from neighbors and friends to prepare them for their new journey.

- For the move itself, make sure to have plenty of entertainment available such as car/plane-friendly games, CDs, books/magazines, healthy snacks and a portable DVD player.

Eco-Friendly Move

At Balfour Beatty Communities, we take sustainability seriously. Below are a few suggestions to help you relocate responsibly.

- Condense and simplify your belongings. The less

you have, the less you have to move. To lessen the load, try hosting a yard sale to earn a few dollars for your upcoming adventure or donate your belongings to a local charity organization.

- Think ahead by starting to save newspapers and coupon flyers early. They are perfect for wrapping your knick-knacks and won't cost you extra money. You can also save bubble wrap, packing peanuts and padded envelopes from various purchases.

- Invest in reusable bins or trunks. If you prefer using cardboard boxes, visit local stores to see if they have boxes that may have otherwise been discarded. Be sure to recycle your used boxes when you are finished with them.

- Pass on the water bottles. Moving boxes and furniture can be a strenuous activity and it is important to stay hydrated. Consider purchasing a water filter or reusable water bottle. If you do use plastic water bottles, be sure to recycle!

Moving with Pets

- Reach out to your current vet for a copy of your pet's medical records as well as any travel advice or vet recommendations in your new area. They may also offer some tricks to lessen the stress caused by traveling.

- Prepare new ID tags for your pets with your new address. If your pet is micro-chipped, make sure the database is updated as well.

- Pets like routine and will notice any unusual activities such as packing. Try packing over an extended period of time to lessen the anxiety for both you and your pet. Set up a familiar place in your home and maintain your usual feeding and bathroom break schedule.

- Stress has been known to cause misbehavior in pets and sometimes even causes them to run away. Make sure to have a recent photo on hand in case this unfortunate event occurs.

- For small animals kept in cages, to prevent draft and keep them calm, be sure to cover the cage with a cloth.

Let us help make your arrival or departure transition in family housing as smooth as possible. Contact your local Balfour Beatty Communities management office for more information.



Calling all Ruggers!
All-Navy Sports Needs You!




> Visit www.navyfitness.org/all-navy_sports/ for an application.

The Navy and Marine Corps will join forces to compete in the **2014 Commonwealth Navies Rugby Cup in Auckland, New Zealand, Sept. 17-Oct. 5.**

A trial camp will be held at Camp Pendleton, Calif., Aug. 18-Sept. 16.

We will be taking on the Kiwi's in their national sport on their turf. Only serious, experienced 15's players need to apply!



Applications are due no later than June 15, 2014.



25th Annual Job Fair



**When: August 21, 2014
9:00 a.m. to 3:00 p.m.**

**Where: Sikes Hall
NAS Whiting Field**

OPEN TO THE PUBLIC

Local, Regional, and National Employers will be present. Please bring your most current resume and come prepared to be interviewed!

For more information please contact the NAS Whiting Field Fleet and Family Support Center at 623-7177.

Happy Birthday HT-28!

Newest Naval Helicopter Training Squadron Turns 7!



HT-28 Commanding Office Lt. Col. Jeffrey M. Pavelko, USMC and Executive Officer Cmdr. Jeffrey D. Ketcham, USN cutting the cake in celebration of HT-28 Birthday, Tuesday, May 27.

By Lt. Cmdr. Michelle Parkington, HT-28, IP

The Hellions of HELTRARON Twenty-Eight are celebrating their 7th year of flight training! In 2007, a third Helicopter Pilot Training Squadron was deemed necessary to help meet the growing need to develop Naval helicopter pilots... thusly, HT-28 was established, May 25, 2007. HT-28 is located on NAS Whiting Field, northeast of Pensacola Florida, The Cradle of Naval Aviation.

Starting with the first winging class in December 2007, HT-28 has repeatedly completed one safe sortie at a time. To date, they have flown over 151,000 flight hours. In all, 1071 Wings of Gold have been earned at HT-28 by 550 US Navy, 389 US Marine Corps, 97 US Coast Guard, and 132 foreign military helicopter pilots. The Hellion staff has had the honor of being led by 6 Commanding Officers, alternating between US Navy and US Marine Corps. Over the years more than 200 flight instructors comprised of Navy, Marine Corps, and Coast Guard Aviators, a US Navy enlisted crew of approximately 17 aircrewmen, and 33 civilians have helped obtain mission success.

HT-28 continues to work towards the great achievement of producing professional military aviators. HT-28, like its two sister squadrons, has a complete compliment of instructors teaching flight skills and exposure flights that each helicopter student pilot needs to succeed. Hellion aircrews fly regularly to a variety of towered and non-towered airfields, including the local area out-laying fields such as Spencer Field, Pace OLF, Santa Rosa OLF, Harold OLF, and Site 8 OLF. With Professionalism, Integrity and Judgment (the Hellion Ethos), HT-28 crews fly everything from the basics of take off, hover, landing to tactical, instrument, formation, Search and Rescue, and NVGs.

"GET LUCKY!" says the motto of the Hellions, as they go about the business of teaching and learning flight skills. Happy Birthday HT-28. May this year be another success, followed by many more.