

# Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.  
Vol. 70 No. 17

Forging Wings for the Fleet  
Wednesday, October 1, 2014

A photograph of two men in safety gear (hard hats and high-visibility vests) standing in a large, grassy field. They are looking towards the right. In the background, there is a line of trees and some buildings under a blue sky with white clouds. An orange tarp is visible in the foreground.

**Change of Command at  
DRAWING FIVE (Page 2)**

**Plus!**

**Command Master Chief Turnover (Page 3)**  
**Date Night on the Beach (Page 7)**  
**Luncheon for Hispanic Heritage (Page 9)**

## Fisher Turns Over Command of Training Air Wing FIVE

By Jay Cope, NAS Whiting Field Public Affairs

Amidst the trappings of Naval history, Training Air Wing FIVE observed the time-honored tradition of one military officer formally exchanging the duties of command with another Friday, Sept. 19.

Capt. James Fisher ceded command of the Navy's largest training wing to Col. Gary Kling in front of the assembled family, friends, shipmates, and special guests at the National Museum of Naval Aviation aboard Naval Air Station Pensacola. Kling is now the third Marine TRAWING-5 Commodore

Brig. Gen. Matthew Glavy, USMC, served as the guest speaker for the event and tried to place the importance and difficulty of Fisher's job into perspective.

"Think about landing a helicopter on a moonless night on something the size of the average driveway in Buffalo over and over and over again in the Atlantic, the Mediterranean Sea, the North Arabian Gulf; taking off and landing again and again. He's not only done that successfully, but he did it to an incredible standard, and



Capt. Fisher leaves the command of Training Air Wing FIVE in the hands of Col. Kling, as he is ceremonially rung ashore.

that doesn't even compare to the job he's done here at Training Air Wing FIVE," Glavy stated emphatically. "He has made the next generation of Naval aviators."

Glavy presented Fisher with the Legion of Merit award to recognize the significance and excellence of his service to the training command which helped achieve a great many milestones for the Wing.

During his leadership of three Primary Flight Training squadrons, over 1,500 Student Naval Aviators (SNAs) graduated from the three Primary Flight Squadrons under his command. His oversight of three Primary Flight Squadrons and three TH-57B/C Ad-

- (Cont. on Page 5)

## Whiting Names Top Civilians

By Ensign Kimberly Mahoney, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field named their top civilians for the third quarter 2014. Ken Cube earned the Senior Civilian of the Quarter honors and Sandra Burnett received Junior Civilian of the Quarter recognition.

The awardees have exemplified productivity and creativity in the workplace. Hard workers are nominated by their supervisors and compete against other nominees in other departments on base. This award is a small way for the Navy to recognize the hard work that civilians put into helping operations run smoothly.

Cube has served as the Safety and Occupational Health Specialist in the Safety Department since May 2014. He made crucial preparations for the command's Regional Operational Assessment and Assistance Program (ROAAP) inspection, which led the command to become only the second to pass all 34 areas of the inspection. Cube was also commended for his knowledge of Occupational Safety and Health Administration

- (Cont. on Page 8)

*Cover: A Fine Day for a Crisis. Workers simulate a cleanup during a "diesel fuel spill" during Whiting Field's Hazmat drill Thursday Sept. 11th. Photo by Ensign Kimmy Mahoney.*

## 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

- Lt j.g. Robert Provencher

- 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.

## Command Navy Region South East Holds CMC Turnover

By Mass Communication Specialist 2nd Class (SW/AW/EXW) Stacy D. Laseter Navy Region Southeast Public Affairs

JACKSONVILLE, Fla. – Navy Region Southeast (NRSE) recently welcomed its new command master chief (CMDCM) to the staff when CMDCM (AW/SS) Michael K. Jackson relieved CMDCM (SW/AW) Herbert “Mack” Ellis as the Region CMC on Sept. 25.

Ellis began his assignment at NRSE in April 2011 following his previous tour of duty at Navy Region Hawaii in Pearl Harbor. He said the entire NRSE team led to the success of the region.

“I came here three years ago and I’ve had great support. I’ve brought a new philosophy here and I’ve made sure it was executed, but I didn’t do the work,” Ellis said. “I always give the credit where it’s due.”

And to Ellis, that credit should be given straight back to the Sailors and civilians of Navy Region Southeast.

“These past three years have been very rewarding. Every Sailor and civilian here has a voice,” Ellis said.

“I wish I could stay, but Master Chief Jackson is going to make this better.”

Ellis will go on to be the CMC for U.S. 4th Fleet headquarters at Naval Station Mayport.

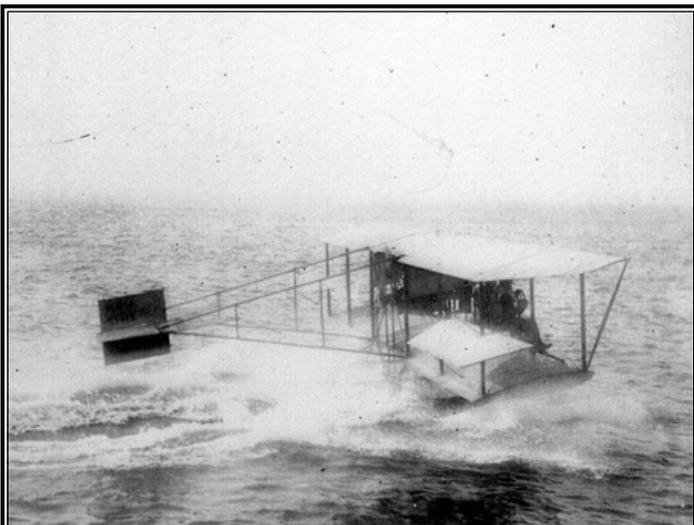
Master Chief Jackson comes to NRSE following tour as the CMC of Naval Leadership and Ethics Center, in Newport, R.I. He expressed gratitude for the work Ellis has put forth over the past three years.

With 30 years of naval service, nine of which have been as a CMC, Jackson has had plenty of experience. His previous CMC tours include the “Ragin’ Bulls” of Strike-Fighter Squadron (VFA) 37, Naval Weapons Station Charleston, and Carrier Air Wing (CVW) 17.

“Hopefully I can do a good job,” Jackson said. “I’d like to carry on the proud reputation that Region Southeast has across the CNIC domain.”



Command Master Chief Michael K. Jackson relieved Command Master Chief Herbert “Mack” Ellis as the Region CMC on Sept. 25.



The Navy’s first Over Water and Land (OWL) aircraft, designated the A-1, was a Curtiss model E ordered by the U.S. Navy on May 8, 1911. It’s first trial run was on October 5, 1913.

### *This Day in Naval History*

**October 3, 1962** - Launch of Sigma 7 (Mercury 8) piloted by CDR Walter M. Schirra, Jr., USN. In a mission lasting 9 hours and 13 minutes, he made 6 orbits at an altitude up to 175.8 statute miles at 17,558 mph. Recovery by USS Kearsarge (CVS-33).

**October 5, 1913** - Trial of OWL, Navy’s first amphibian flying boat

**October 7, 1924** - Rigid airship Shenandoah commences transcontinental flight.

**October 7, 1975** - President Gerald Ford signs law allowing admission of women into service academies (Public Law 94-106).

**October 12, 1965** - First group of men commissioned into Navy Nurse Corps report for one month indoctrination to Naval Service; LTJG Jerry McClelland, ENS Charles Franklin, ENS Israel Miller, ENS Richard Gierman and ENS George Silver.

# News and Notes

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

**Leave Donation Program** - Ms. Shavon Hendry of Command Navy Region Southeast has been approved for the Voluntary Leave Transfer Program. Those of you facing Use or Lose, or those who simply wish to help are encouraged to donate hours of annual leave.

Gaetano Savino is a firefighter at Commander Navy Region Southeast. He has been approved for participation in the Voluntary Leave Transfer Program and in urgent need of annual leave donations. If anyone would like additional information concerning the Leave Transfer Program, they may contact 305-293-2789 or via email at [kathleen.mcguire1@navy.mil](mailto:kathleen.mcguire1@navy.mil).

**Bravo Zulu Top Energy Savers** - NAS Whiting Field would like to recognize the following buildings for last month's highest year-over-year energy reductions.

2981	VT2/VT6	15.5%
1424	North Filed Hangar	11.5%
2977	HT8/HT18	6.8%

**Navy Seeking Opinions** - The Center for Personal and Professional Development (CPPD) is now reviewing the PO2 and PO1 Leadership Courses. As part of that review, we want to hear about how much time you spend on technical, management and leadership tasks. Have opinions on this topic? If you are in paygrades E1 through O6, take 10 minutes to give us your feedback by logging on to the survey here: [https://www.research.net/s/LDRSHP\\_WORKTIME](https://www.research.net/s/LDRSHP_WORKTIME). As always, your responses to CPPD surveys are anonymous, and your identity will not be revealed.

**ITT Specials** - Fall Frenzy is upon us and tonight is the opening of the Terror in the Wild, Halloween spooktakular! Beginning Friday, September 26, and lasting through Sunday October 26, Wild Adventures will open every Friday, Saturday and Sunday with a whole new look for Fall. By day, it will be Kid-O-Ween and at dark begins Terror in the Wild. Admission to the park grants guest



## Whiting Field CDC Maintains Accreditation

**The National Association for the Education of Young Children has renewed its annual accreditation of Whiting Field's Childhood Development Center. The staff of Whiting Tower would like to extend a hearty congratulations to the staff of the CDC for their hard work and dedication to excellence, which has resulted in this renewal.**

access to all the rides, animals, shows, and Halloween fun.

**7th Annual Animal Services Adopt-a-thon** - Santa Rosa County Animal Services will hold its 7th Annual Adopt-a-thon Saturday, Oct. 18, from 9 a.m. to 2 p.m. at the shelter located at 4451 Pine Forest Road in Milton. For this special event, there is no fee to adopt a cat or dog and a spay/neuter voucher will be provided at no cost for any unaltered animal. Attendees who wish to adopt a new pet and currently have pets at home should bring proof of rabies vaccination for each animal. Pets on leashes with a current rabies tag attached are welcome to attend.

Contests will be held throughout the day:

- 10:30 a.m. – Best pet costume
- 11 a.m. – Best talent
- 11:30 a.m. – All bark & no bite talent show
- Noon – Dog & owner look-a-like
- 12:30 p.m. – Best of show

For more information call Santa Rosa County Animal Services at (850) 983-4680.

**Corn Maze and More** - Sonshine Family Farms about four miles north of NAS Whiting Field off Highway 87 will once again feature their fall festivities around their annual corn maze. The farm has an eight acre corn maze which features two different mazes. There is also a kids maze inside the big maze. Inside the small maze is a finger coloring game for everyone to play. Inside the big maze is a word find game that will answer questions on your game sheet that participants are given when they enter the maze. The theme this year is USA history, so all questions are history related. Along with the maze there is a hay ride, playground, zip line, tether ball courts, pony rides, equipment exhibit, picnic tables and concession stand.

The farm has pumpkins available for sale around the second week of October. All activities are included with the price of admission, except pony rides and pumpkins. Military and group discounts are available and reduce the regular price admission of \$8 to \$7. Please call 850-418-5897 with any questions. 🍂

## Usage Information

**Total Used**  
2,334,545 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,344,741	2,287,510	<b>2,334,545</b>
Average Daily kWh	75,637	73,791	75,308
Days In Billing Period	31	31	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, reducing our energy usage by over 10,000 kWh from this time last year. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.**

## TRAWING-5

- (Cont. from Page 2)

vanced Rotary Training squadrons culminated in the execution of over 123,000 sorties and 195,000 flight hours producing over 765 airborne warriors for the Navy, Marine Corps, Air Force, Coast Guard, and eleven allied nations. Fisher's constant pursuit for training excellence, reflected in the CNATRA 2013 Standardization Evaluation where TRAWING-5's Training and Standardization departments received an overall grade of OUTSTANDING and the inspection team recognized 34 best practices at TRAWING FIVE. Under his guidance programs were administered which helped increase operational safety and decreased the time to train for student aviators. Fisher was also responsible for the first T-6B Detachment that led to a productive, safe, efficient, and innovative detachment that maximized the value of a nearly \$1.1 million budget. The detachment enhanced available flight time and established long-lasting goodwill between the military and the population of Roswell, N.M.

The role of Commodore served as a capstone for Fisher's long and distinguished career, and he will retire effective in January. During his speech, he emphasized the positive aspects of leaving his "dream job."

"As I transition to retirement I am often asked if it is bittersweet leaving the Navy after nearly 32 years in uniform. Honestly the overriding emotion I feel today is one of overwhelming gratitude for the opportunity to serve this great country in the world's greatest Navy with incredibly talented people doing something I have loved. There is nothing bittersweet about any of that" he stated.

After he finished his speech, Fisher and Kling stepped to the front of the stage to receive the command pennant from Chief Naval Air Crewman Steven Bean, the command's most senior enlisted person. Fisher then passed the pennant to Kling, symbolically passing command of the Training Wing. Fisher then read his official orders. Once Kling read his orders, he took his turn at the lectern as Commodore, Training Air Wing FIVE.

"What counts most in war, can't be counted," Kling stated talking about the characteristics that make up a true warfighter. "It's not just the planes, but the men who fill them. We are setting the foundations of combat readiness with the skills, habits and abilities we instill in our young officers."

He also reminded the audience that "it is absolutely a privilege to work and train Naval aviators."

Kling closed by praising his predecessor.

"It has been an honor to serve with Captain Fisher. I couldn't have asked to work with a finer officer or a better friend."

Capt. Mark Murray is the new Deputy Commandant. 🇺🇸

## CPO Pinning Ceremony Held at NAS Whiting Field

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

The newest Chief Petty Officers of NAS Whiting Field were pinned September 16th. The ceremony, which honored YNC Gina Green, ACC Jean Vincent, MAC Colt Ward, and MAC Michael Wiederhoeft, was held at the Atrium at NAS Whiting Field.



Chief Air Traffic Controller Vincent, Chief Yeoman Green, Chief Master-At-Arms Wiederhoeft, and Chief Master-At-Arms Ward (respectively from left to right) sing Anchors Aweigh at their Chief pinning ceremony in NAS Whiting Field. Photo by 2<sup>nd</sup> Lt. Nathan Boyar.

Each of these newly pinned chiefs were selected for the months of preparation leading up to their pinning because of their subject matter expertise as First Class Petty Officers. Now they will be taking up new challenges that continue their subject matter expertise and increases their leadership amongst their commands. "Ask the Chief" is a staple of Naval terminology for enlisted and officers alike. Collectively, the newly pinned Chiefs of NAS Whiting Field have 59 year experience in the Navy.

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 serves as the Senior Enlisted Leader for her unit.

Vincent is a 14-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 South

- (Cont. on Page 14)

## From TRAWING-5

# Congratulations to TRAWING-5 Wingers



Back Row: Cmdr. John D. McBryde, USN, Executive Officer HT-8; Lt. j.g. Stephen N. Spotts, USCG; 1st Lt. Adam J. Steele, USMC; Ensign Evan X. Bower, USN; 1st Lt. Sean O. Graham, USMC; Lt. j.g. Tyler H. Alfriend, USN; Lt. j.g. Joshua M. Franke, USN; ENS Kevin S. Zwer-neman, USN; 1st Lt. Matthew C. Jarrell, USMC; Lt. j.g. Taylor J. Sultz, USN; Lt. j.g. Andrew H. Fuller, USN; Lt. j.g. Ibrahim A. Alquwayz, RSNF; Col. Gary A. Kling, USMC, Commodore TRAWING-5.

Middle Row: Cmdr. Kevin Pickard, Jr., USN, Commanding Officer HT-18; 1st Lt. Austin M. Iorio, USMC; Ensign Ahmed T. Alturki, RSNF; Ensign John M. Gresla, USN; 1st Lt. Michael H. Dean, USMC; Ensign Steven K. Harders, USN; Lt. j.g. Logan C. Dodds, USN, 1st Lt. Daniel E. Dinneen, USMC; Ensign Brian J. Thomson, USN; Lt. j.g. Alex J. Schueckler, USN; 1st Lt. Alexandra Benda, USMC; Lt. j.g. Patrick J. Hipple, USN; Lt. Col. Mark C. Thompson, USMC (Ret.).

Front Row: Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer HT-28; Ensign Shagore Paul, USN; 1st Lt. William C. Wiggins, USMC; Lt. j.g. Austin A. Adcock, USN; Lt. j.g. Curtis D. Bolen, USN; Lt. j.g. Alex C. Martfeld, USCG; 1st Lt. Keith F. Lippert, USMC; Lt. j.g. Austin D. Krohn, USN; Lt. j.g. Wryan Webb, USCG; Lt. j.g. Erin M. Edwards, USN; Lt. j.g. Dustin S. Faux, USCG; 1st Lt. Ashley R. Dittmer, USMC; Lt. j.g. Alexander R. Lloyd, USCG.

# Congratulations to TRAWING-5 Scholars



Bravo Zulu to TW-5's Academic Achievers!

(Left) Sept. 16<sup>th</sup>: Col. Kling, Commodore TRAWING FIVE presents Commodore's List with Distinction Award to 1stLt Davis A. Wilkins USMC for superior achievement in both the flight syllabus and academic curriculum during Primary Flight Training and he is placed on the Commodore's List with Distinction and is awarded this certificate for outstanding performance as a Student Naval Aviator in the Primary Phase of Flight Training.

(Right) Sept. 25<sup>th</sup>: 2ndLt Christopher M. O'Neil USMC receives the Commodore's List for academic achievement in both the Academic and Flight phases of Primary Flight Training.

# Family Assistance

NAS Whiting Field



## OCTOBER 2014

**TO REPORT A SEXUAL ASSAULT:**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Suicide Prevention</b> <b>ACT! Ask Care Treat</b>			1 Communicating Effectively 11:00 am - 12:00 pm	2 Chall of FS & Marriage 9:00 - 11:00 am Car Buying 1:00 - 3:00 pm	3 VA Representative 8:00 am - 12:00 pm	
5 How to Apply for Federal Jobs 8:00 - 10:00 am Stress Management (Multi-Session) 10:00 am - 12:00 pm	6 Anger Management 11:30 am - 12:30 pm Managing Conflict 1:00 - 2:00 pm	7 Parenting 1:00 - 3:00 pm Smooth Move 1:00 - 3:00 pm Building 2998	8 Stress Management 11:00 am - 12:00 pm	9 Stress Management 11:00 am - 12:00 pm	10	
12	13 COLUMBUS DAY	14 Communicating Effectively 11:00 am - 12:00 pm Anger Management 1:00 - 2:00 pm	15 Chall of FS & Marriage 9:00 - 11:00 am Home Buying 1:00 - 3:00 pm	16 VA Representative 8:00 am - 12:00 pm	17	
19 Resume Writing 8:00 am - 12:00 pm Stress Management (Multi-Session) 10:00 am - 12:00 pm	20 Stress Management (Multi-Session) 10:00 am - 12:00 pm	21 Consumer Awareness 1:00 - 3:00 pm	22 Chall of FS & Marriage 9:00 - 11:00 am Managing Conflict 1:00 - 2:00 pm	23 Chall of FS & Marriage 9:00 - 11:00 am Managing Conflict 1:00 - 2:00 pm	24	
26 Stress Management (Multi-Session) 9:00 - 11:00 am	27 Time Management 11:30 am - 12:30 pm	28 New Spouse Orientation 1:00 - 3:00 pm	29 Chall of FS & Marriage 9:00 - 11:00 am Holiday Spending 1:00 - 3:00 pm	30 Chall of FS & Marriage 9:00 - 11:00 am Holiday Spending 1:00 - 3:00 pm	31	

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](http://www.facebook.com/NASWF.FleetandFamily)

## Whiting Field's First Sponsored Date Night Has Hart

By: Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

The Naval Air Station (NAS) Whiting Field Chaplain's Office gave a new meaning to romantic comedy at the first base sponsored Date Night. The event was a success, with 60 couples in attendance who enjoyed a good meal and entertainment from a comedian with a special message.

The dinner was held at Hemingway's Island in Pensacola, a beautiful beachfront restaurant to set the tone for a brisk romantic getaway. A diverse range of couples attended, from Petty Officers to instructor pilots to flight students, some married and others just getting to know each other. The attendees all had one thing in common though, uncertainty of what to expect from the night. That uncertainty was quickly replaced with relaxation as they happily engaged in conversation with other couples at their table and laughed out loud to the anecdotes and jokes of comedian Michael Smalley.



The young at heart gather on the beach for an evening of food, drink, and laughter. Photo courtesy of the Whiting Field Chaplain's Office.

"With our third child, Reese, on the way, we are usually busy parenting, so we really appreciated an event that allowed us a night dedicated to marriage. The food was incredible and we ran into many old friends and even made some new ones," said Capt. Nathan Chal, USAF, who attended the night with his wife Caila.

Smalley is a nationally renowned marriage counselor who uses comedy to get his message across with a lighthearted but informational method. As a licensed marriage and family counselor, Smalley speaks at high profile events and has written several books on relationship building. Couples were given meaningful advice from a respected professional on topics that all military couples could relate.

"[Smalley] told some funny stories that emphasized the dynamics of how you make it through a stress-

- (Cont. on Page 11)

## Around the Base

### Civilian of the Quarter

- (Cont. from Page 2)

(OSHA) rules and regulations. He demonstrated initiative and subject matter expertise by creating the instructor and student guides for an OSHA 10 Hour General Industry two day course. CNRSE specifically requested that he instruct an OSHA 30 Hour General Industry five day class at the headquarters for 24 personnel, providing an invaluable service and cost savings to CNRSE personnel. His knowledge and expertise are widely recognized both on and off base.

“He’s a terrific employee. He does everything you could ever ask of him without even having to be told, it doesn’t get much better than that,” said retired Lt. Cmdr. Richard Ballinger, Naval Air Station Whiting Field Safety Officer and Cube’s supervisor. “He is a self-starter... He is congenial and well liked on base.”

Burnett works for the Fleet and Family Support Center (FFSC) as the Family Readiness Program Assistant. She was the primary contact for coordination of the Annual Job Fair and diligently prepared correspondence by making phone calls to 200 plus employers to identify needs or verify attendance. She drafted programs and prepared staff work schedules and floor layout schematics in addition to sustaining superior customer service. She volunteered to recruit and give in depth training to volunteers who worked in her office. Burnett works behind the scenes for the numerous projects she contributes to, and is essential to the success of those programs. Burnett continuously provides recommendations and evaluations to improve the efficiency, effectiveness and productivity of FFSC.

“She is the core of the operations of the FFSC... [she has the] knowledge, wisdom and ability to ensure that all the components of FFSC have all the things they need to complete the tasks,” said Daryl Johnson, the Work and Family Life consultant at the FFSC.

The award winners both exemplify ambitious work ethics and the ability to take the initiative in any task.

“We are privileged to have such a capable civilian workforce at NAS Whiting Field. All of these men and women make such noteworthy contributions to the success of this installation each and every day that it is often challenging to highlight the most significant achievements of a particular period. However, Ken Cube and Sandra Burnett have performed above and beyond the high standard of excellence that we have come to expect and are extremely worthy of recognition as the NASWF Senior and Junior Civilians of the 3rd Quarter,” said Cmdr. Gregory Gray, Executive Officer Naval Air Station Whiting Field. 📌

## Ec-nomics

Before the temperature drops take preventative measures to make heating more efficient for your home. To do this you can start by cleaning or replacing filters regularly on furnaces and heat pumps; and keep outside units free from leaves and debris that may clog vents. Try and acquire a programmable thermostat that can lower the temperature while everyone is sleeping or gone for work. Ensure you duct work is sealed correctly, improperly sealed heating and cooling ducts can be as much as 20 percent less efficient than properly sealed ducts. When night hits, close the windows and blinds it helps reduce the colder air temperature from entering the house.

When an old boiler or furnace burns out in your home; have a heat loss analysis done on your home instead of replacing it with the same size unit. This is because insulation may have been improved upon since the house was first built, and that most units are more efficient at utilizing fuel today compared to when the unit was first installed, saving on fuel consumption. If you are going to purchase a new gas or oil heating system, specify sealed combustion. Sealed combustion units bring in outside air to feed the combustion process, and exhaust flue gases directly to the outside without the need for a draft hood or damper. They generally burn more efficiently, and they do not pose the risk of back drafting – the flow of dangerous combustion gases into the house.

*Don't Forget to Visit Us  
on Facebook and Twitter at*

*[www.facebook.com/naswhitingfield](http://www.facebook.com/naswhitingfield) and [@naswf](https://twitter.com/naswf)*

## Around the Base

# Hispanic Heritage Luncheon Spices Up Atrium

**By Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs**

The Naval Air Station Whiting Field Diversity Committee hosted the Hispanic Heritage Luncheon Wed. 24 Sep. in the Atrium. This celebration of Hispanic heritage was part of Whiting Field's participation in National Hispanic Heritage Month - a "month" that spans from Sept. 15 to Oct. 15 to encompass the range of independence days observed by Hispanic and Latin American nations.



Air Traffic Controller Petty Officer Second Class Mario Santis delivers opening remarks at this year's Hispanic Heritage Luncheon. This is Santis' second year running NAS Whiting Field's diversity committee. Photos by Lt. j.g. Robert Provencher.



Guests at the luncheon enjoyed an array of traditional Hispanic and Latin American dishes in a festively decorated Atrium. Fact sheets at each table presented an informal history of each nation represented at the luncheon.

The luncheon included delicious Hispanic themes plates and desserts that were cooked by the Diversity Committee members. Each table hosted a fact sheet of the history of a Hispanic or Latin American nation, and the Atrium was decorated with the flags of those same nations. Latin music played in the background as guest Aimara, daughter Air Traffic Controller Petty Officer (AC3) Naysha Gonzalez, danced to the music. The luncheon was a delicious and fun way to share a piece of Hispanic heritage with guests from around the base. 🇵🇷



The best-dressed attendee at the luncheon, Aimara Gonzalez owns the dance floor as she grooves to the Latin music. Her mother, Air Traffic Controller Petty Officer Third Class Naysha Gonzalez, watches and learns.

**Pick-Up Volleyball**  
**Tuesdays & Thursdays 6-8 pm @ Base Gym**  
**All Skill Levels Welcome!**

# Around the Base

## Fire Safety, SO Hot Right Now

By Ensign Kimmy MAhoney, NAS Whiting Field Public Affairs

Beep, beep...beep, beep. Everyone knows the pain inducing chirp of a fire detector with a low battery. The reflexive action to throw the fire detector against the wall, or take the battery out, can put an entire household in danger. Checking the fire detectors batteries is just one way to be proactive during Fire Prevention Week.

President Woodrow Wilson issued the first National Fire Prevention Day proclamation 40 years after the Great Chicago fire, infamous for killing over 250 people and leaving 100,000 homeless. In 1922, Fire Prevention Day expanded into a weeklong campaign and has become the longest running public health and safety observance on record. This year, the week runs from Oct. 5-11 and the theme is, "Smoke Alarms Save Lives: Test Yours Every Month." The week is designed to raise awareness and educate the country on ways to safeguard their homes from fire.

Three of five deaths caused by reported home fires in 2007 to 2011 resulted from fires in homes with no smoke alarms or no working smoke alarms. Working smoke alarms decrease the chance of dying in a reported home fire by fifty percent, and with the daunting statistic that reports seven fire related deaths per day from 2007 to 2011, a working fire alarm is a valu-

- (Cont. on Page 13)



**Free  
Childcare  
At  
Immanuel  
Baptist  
Church**

**Register At  
Chaplain's Office  
623-7211  
NLT OCT 10th  
Age 6 weeks to  
6th Grade**

**SAT  
OCT 18**

**Parent's Night Out**

**1700-2100**

## SECURITY CORNER

Most of us are aware of the dangers of texting and driving, yet so many drivers choose to risk everything to read and/or send out those all important messages. It's time to put down your cell phone while driving onboard NAS Whiting Field or driving in the local community. Florida's new law bans texting while driving and drivers can be cited if they pull them over for violating another law first off base, like speeding or reckless driving. However, remember while driving onboard NAS Whiting Field drivers (as per NASWFINST 5560.5A) should never text while driving or use their cell phones without hands-free devices. State violators will now have to pay a fine of \$30 the first offense and \$70 for a second offense, plus points will be added to the driver's license. Military violators can be charged with violation Article 92 and subject to other punitive actions.



Florida is now the 41st state to add an anti-texting law to its books. Previously, the DoD banned texting and cell phone use by Executive order and DoDI 6055.04, which prohibits text messaging and cell phone use while behind the wheel. There are tons of statistics on how texting and driving causes accidents and deaths, but would anyone care? We could ask people not to text and drive, but would they listen?

Every time I see someone driving their 4,000-pound car while paying more attention to their cell phone rather than the hazards of the road, I have to wonder ... what can be so important right now that this person is willing to risk my life and theirs by texting while driving? According to NHTSA.gov, 71% of teens and young adults say they have composed/sent SMS messages while driving and 78% said they have read an SMS message while driving. We could even share the story about J.B. who died while attempting to text and drive ... but would it make a difference?

J.B. passed away while texting and driving. He left behind parents, a brother and countless friends, who all miss him terribly. But what hurts most, J.B. left behind a beautiful two-year-old little girl who will never fully understand what an amazing man her daddy was. J.B. was a 23 year-old U.S. Marine getting ready to deploy to Afghanistan. J.B. died from a massive skull fracture. His last text was ... "yeah t". Take a second and pull out your phone and look at your last text ... is that text worth dying for?

Depending on the phone service you have, there is probably an app that can help keep you from doing it. You just have to look for it and want to stop. If you want the facts and nothing but the facts, (might be helpful information for your teenage drivers), check out [www.distraction.gov](http://www.distraction.gov).

## TRICARE Notes

### FLU VACCINATION REMINDER

According to Centers for Disease Control and Prevention (CDC), more than 200,000 people in the United States are hospitalized each year due to flu-related causes. You can decrease your chances of getting the flu by getting vaccinated.

Who Should Get Vaccinated: TRICARE recommends that all beneficiaries get vaccinated; it is important to remember that certain people are at a higher risk of getting the flu:

- Pregnant women
- People who live with and/or care for children younger than 6 months
- Health care and emergency medical services personnel
- Everyone between the ages of 6 months and 24 years
- People ages 25–64 with chronic health disorders or compromised immune systems
  - People with diabetes, cardiovascular disease, asthma or HIV

### TRICARE Covers:

**Flu Shot:** an injectable vaccine that contains a killed virus that can be given to all patients age 6 months and older. This type of vaccine is safe for pregnant women.

**Nasal-spray vaccine (FluMist®):** an intranasal spray made with live, weakened influenza viruses that are limited to use in people between the ages of 2 and 49 years. It is not intended for pregnant women.

### Where to Get Vaccinated:

**Military hospitals and clinics:** If you are an Active Duty Service Member or National Guard and Reserve Member, contact the nearest Military Treatment Facility to determine where to receive the flu vaccine.

**Any TRICARE-authorized provider:** TRICARE Prime enrollees may receive vaccines and other clinical preventive services from their primary care manager or from any network provider without referrals or prior authorizations at no cost. TRICARE Standard and TRICARE Extra beneficiaries may receive vaccines from any TRICARE authorized provider (network or non-network) at no cost.

**Participating network pharmacies:** Contact Express Scripts at 1-877-363-1303 or visit the Express Scripts Pharmacy Locator at [www.express-scripts.com/TRICARE/pharmacy](http://www.express-scripts.com/TRICARE/pharmacy) for information. For all locations, call ahead for the days and times the flu vaccine is available and the age range served.

For more information on TRICARE's flu vaccine coverage, visit [www.tricare.mil/vaccines](http://www.tricare.mil/vaccines).

## Date Night

- (Cont. from Page 7)

ful situation in a healthy way," said Lt. Jason Hart, NAS Whiting Field Chaplain, who was the mastermind behind the event.

NAS Whiting Field recognizes the need to foster healthy relationships at home prevent to release stress brought home from work. Hart praised Training



**Date Night hosted a diverse crowd - some funny valentines, some strangers in the night - but all got a kick out of the event. Photo courtesy of the Whiting Field Chaplain's Office.**

Wing Five's involvement in Date Night, crediting them with making it possible for Smalley to come speak by funding his performance. Their involvement speaks volumes for what warrants investment on base. Hart identified the need for healthy relationships as one of the biggest items that can improve the lives of NAS Whiting Field members.

"Families are the building block upon which we do our mission, if our families are not healthy or our relationships are not healthy, we cannot be our best for the mission," Hart said.

The Chaplains office was thrilled with the outcome of Date Night and has other ideas in the works to continue supporting relationship building. Hart's next project is Parents Night Out, which will be held Oct. 18 from 5 to 9 p.m. The night gives parents access to free child care from local churches, giving parents an opportunity to do as they please with the comfort of knowing their kids are in good hands. Hart hopes to make future date nights a monthly opportunity that couples can take advantage of. Couples expressed excitement on attending future events.

"Chaplain Hart and his support team did a fantastic job and we look forward to the next function the Wing orchestrates," said Chal. 🎩

**Friday Night Fights** **Friday, Oct 10<sup>th</sup>**  
**7:00 PM**  
Doors 6:00 pm  
**NATTC Hangar**  
The event is FREE open to all MWR authorized patrons and their guests.

## Around the Base

# Cover Your Cough, Santa Rosa - It's Summer Flu Season

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

The enterovirus known as EV-D68 has been spreading throughout the states, and a few cases have turned up in Alabama and Florida. Naval Hospital Pensacola, The Secretary of Defense, and the CDC want to make sure you have the information you need to know about this summer flu.

D68 primarily targets infants, children, and teenagers, most frequently appearing as mild flu-like symptoms - such as fever, runny nose, sneezing, cough, and body and muscle aches. Less frequently, it can cause mild to severe respiratory illnesses, showing symptoms such as difficulty breathing, and wheezing.

When it comes to viruses, an ounce of prevention is always worth a pound of cure. Even though there's no D68 vaccine, you can still pro-

tect yourself with just a few easy habits. The CDC says the D68 "likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces", and provides the following advice to help you lower your chances of coming into contact with the virus:

- Wash hands often with soap and warm water for 20 seconds (alcohol based hand sanitizers are not effective against viruses like EV-D68)
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid kissing, hugging and sharing cups or eating utensils with people who are sick
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick
- Since people with asthma are higher risk for respiratory illnesses, they should regularly take medicines and maintain control of their illness during this time.

It is important to note that respiratory illnesses can be caused by many different viruses, and have similar symptoms - D68 can only be diagnosed in a laboratory. If your child demonstrates symptoms of a mild respiratory infection, there's no need to panic; it may or may not be D68. If the problems become severe, or they have any difficulty breathing, contact a doctor immediately. Otherwise, the best treatment is to keep them at home and avoid the risk of spreading infection throughout the community. Over the counter medicines for pain and fever may be used for respiratory infections, although children should not be given aspirin.

As always, eat good foods, get plenty of sunshine and exercise, and get plenty of rest - good advice not just for flu season, but every season! 🍷



# Around the Base

## Fire Safety

- (Cont. from Page 10)

able resource to have. An ionization smoke alarm is generally more responsive to blazing fires and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, a combination of ionization and photoelectric alarms is recommended.

On top of checking your fire alarms, here are a few tips to observe Fire Prevention Week.

- Develop and PRACTICE a home fire escape plan
- Ensure items are a safe distance away from burning candles
- Cooking is the leading cause of house fires, ensure working fire detectors are placed in the kitchen.

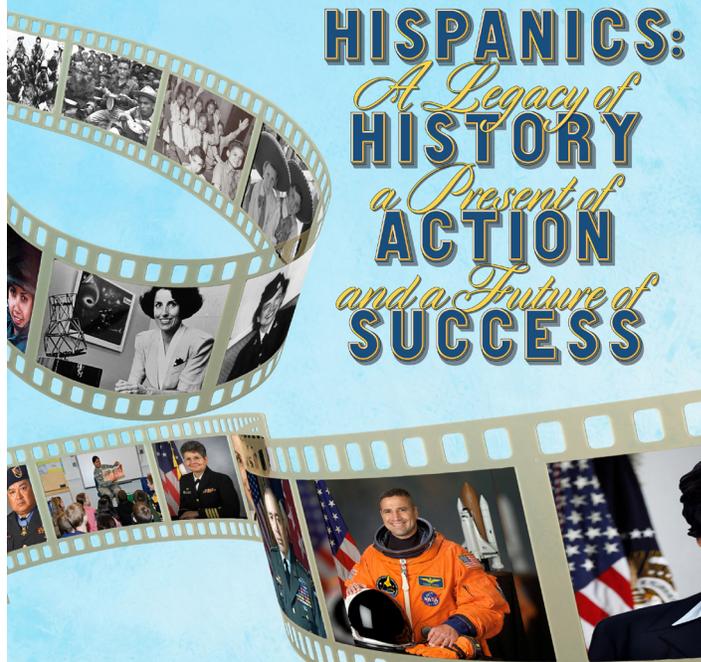


Sparky the Fire Dog, the official mascot of the National Fire Protection Association, raises fire safety awareness at NAS Whiting Field.

The Naval Air Station Whiting Field Fire Prevention Office will be holding events as it partakes in the week. They will host training of various types such as fire drills, live fire training, briefings, classes, Fire Station Tours for individual families or groups and other events. To set up a class or other training call the Fire Prevention Branch at 850-623-7856. For more fire safety tips and information on Fire Prevention Week, visit [www.nfpa.org](http://www.nfpa.org).

## National Hispanic Heritage Month

SEP 15-OCT 15, 2014



A poster for an event titled "Energy Conservation Awareness 5K". The central graphic is a recycling symbol with a red figure running inside it. Text includes "FLY NAVY", "Run Starts @ 1000", and "Fitness Center". The date is "Wednesday, October 8th". At the bottom, it says "MWR Fitness Center 623-7412" and "MWR Accredited Program".

## Pinning Ceremony

- (Cont. from Page 5)

Whiting Tower Branch Chief.

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.

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.

The guest speaker at the pinning ceremony was NAS Whiting Field Commanding Officer, Captain Matthew Coughlin. Coughlin spoke about his experiences as the son of a 2nd Class Petty Officer who had a deep respect for his commands chief, specifically Chief Kowalski. As his father told sea stories, he would always come back to the lessons learned from his chief.

"Never underestimate the influence you have, because that chief had an influence on me and I had never worn the uniform yet."

The ceremony opened an uplifting singing of Anchors Aweigh by the new chief petty officers. All focus was on them. The ceremony finished with each new Chief Petty Officer joining the ranks of the attending Chief.

In Coughlin's own words, "Today is about you, tomorrow is about everything but you."



**YNC Gina Green is all smiles as she is pinned a Chief by her husband.**



**NAS Whiting Field's newest chiefs standing proud, after each of their pinnings and coverings are complete. Photos by 2nd Lt. Nathan Boyar.**



**NAS Whiting Field's newest chiefs stand amongst the ranks of the other chiefs of NAS Whiting Field.**