

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 16

Forging Wings for the Fleet
Wednesday, September 17, 2014

September is National Preparedness Month.
Are YOU ready?

Ready Navy Asks, Are You Prepared For The Worst?

By: Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

Brace yourself, disasters can happen. Hurricanes can form unexpectedly, providing little time for evacuation, power outages can last for days, and earthquakes can destroy homes in seconds. These catastrophes can occur with little to no notice and preemptive action can be the difference between being safe or remaining in a dangerous situation. The Federal Emergency Management Agency (FEMA) declared September as National Preparedness Month with the theme "Be Disaster Aware, Take Action to Prepare," encouraging everyone to be proactive and defend their homes, businesses and communities against unforeseen hazards.

After the 9/11 tragedy in 2001, the United States government increased efforts to develop a more efficient response to emergencies. Citizens have been

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Cover: Satellite imagery of Hurricane Norbert as it approaches California's coast. Image courtesy of the Naval Research Lab.

The Whiting Tower

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- Capt. Matthew Coughlin

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

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- 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.

Jackson Signs Proclamation of Suicide Prevention Month

By Twilla Smith, Navy Region Southeast Public Affairs.

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, signed a suicide prevention awareness proclamation on board Naval Air Station Jacksonville Sept. 2.

The proclamation recognizes September as National Suicide Prevention Awareness Month and is intended to raise suicide awareness prevention throughout the Southeast Region.

According to the American Foundation for Suicide Prevention, in the United States, one person dies by suicide every 13.3 minutes. Annually, more than 30,000 lives are lost in our country, making death by suicide one of the most disruptive and tragic events a family and a community can experience. It is estimated that for every suicide, there are from eight to 25 attempted suicides.

"The Navy's choice of 'Every Sailor, Every Day' as the theme for Suicide Prevention Month emphasizes that the loss of one Sailor to suicide is one loss too many," Jackson said. "The Navy has a great tradition of looking out for shipmates, but we can always do more. We should always be looking for ways

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Kling to assume command of TRAWING-5

By Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

Capt. James Fisher will step down as Commodore Training Air Wing FIVE Friday, Sept. 19 during a change of command ceremony at Naval Air Station Pensacola Naval Air Museum at 2 p.m.

Fisher will turn over his command of the Navy's largest training wing to Col. Gary Kling, deputy commandant TRAWING-5. This tour will culminate Fisher's 28 years of service.

Fisher is a 1987 Naval Academy graduate who was designated a Naval Aviator in March 1989. This is his third tour at NAS Whiting Field, where he earned his wings and served as a flight instructor from 1992 to 1995, being recognized as the 1994 Chief of Naval Air Training Instructor of the Year. He has flown with Anti-Submarine Squadrons HSL-36, HSL-

- (Cont. on Page 6)

Lopez Turns Over Lead of Training Squadron TWO

By: Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

Captain Juan Lopez, USCG, handed over command of Training Squadron TWO (VT-2) to Commander Thaddeus Withers, USN, Friday Sept. 12 at Naval Air Station Whiting Field.

Guests eagerly searched the air for the three T-6s piloted by Commodore Training Air Wing Five Captain James Fisher, USN, Lopez and Withers. The three officers performed an aerial exchange of duty following an in-flight reading of orders and assumption of command. The planes were then taxied to the hanger to serve as an impressive backdrop for the remainder of the ceremony.

Guest speaker Captain Timothy McGuire,



Commodore TRAWING 5 Capt James Fisher congratulates Captain Lopez and Commander Withers after a successful airborne change of command. Photo by Jay Cope.

His leadership helped bring out the best in his command. For his many accomplishments, Lopez was

USCG, Coast Guard Liaison Officer for Naval Flight Training, opened with a snappy joke about not being in the formation, but delivered a sincere speech commending Lopez's leadership and the respect that the instructors had for him.

"To go that extra mile, that extra effort requires respect of the man as well as respect of the position, that's what Captain Lopez achieved...he recognized a time tested leadership tenant, know your people and look out for their welfare," McGuire said.

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Whiting Field Chief Selects Pay Respects on 9/11

The mood was solemn Thursday morning, as many of Whiting Field's servicemembers and staff gathered around the flag pole for a small ceremony held in remembrance of the September 11th attacks.

Chaplain Commander Charles Luff read a few heartfelt words and held a moment of silence before the first notes of morning colors. As the assembled community stood to attention, MAC Select Colt Ward & ACC Select Jean Vincent rose the National Ensign to half mast, and YNC Select Gina Green laid a wreath at the base of the flagpole.

Photos by Ensign Kimmy Mahoney and Lt. j.g. Robert Provencher.



TRARON TWO Change of Command

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awarded the Meritorious Service Medal for his service as both the VT-2 Commander and Executive Officer. Under Lopez, the “Doerbirds” flew more than 37,000 Class A and B mishap-free flight hours and completed more than 24,000 sorties.



After 15 months under his leadership, the instructor pilots of VT-2 celebrate the tenure of Captain Lopez. Photos by 1st Lt Nate Boyar.

VT-2 graduated a total of 462 Primary students under his tenure, including 210 students in 2013, the highest number of completers with the shortest time to train across all CNATRA Fixed-Wing Primary training squadrons. The squadron also received a grade of Outstanding in the 2013 Chief of Naval Air Training Standardization and Safety Evaluation of Training Air Wing 5. The award also praised the positive command climate and devotion to duty maintained throughout his command.

Lopez’s closing remarks centered on thanking the numerous people who contributed to making VT-2 the well-oiled machine it is today. The success of the students especially was attributed to the instructors whom he described as, “the heart of the training command.” Heartfelt thanks were also given to his wife and children who have supported him throughout his career. Lastly, he also expressed great confidence in handing the squadron over to Withers.

“You will be a great CO and I know the Doerbirds will greatly benefit from your guidance and passion,” Lopez said.

A native of Kansas City, Mo. Commander Withers graduated cum laude from Occidental College in 1992. After earning a Master’s Degree from Georgetown

University, where he was a Fulbright scholar, he attended Officer Candidate School in Pensacola, FL. A Distinguished Graduate of OCS, Commander Withers was commissioned in 1997 and designated a Naval Aviator in 1999. He subsequently reported to Patrol Squadron 4 (VP-4) in Kaneohe, HI. In Sept. 2003, he reported to Training Squadron 10 where he was an Instructor Pilot flying the T-6A “Texan”. Commander Withers was selected as an Olmsted Scholar in 2005. After attending Spanish language training at the Defense Language Institute in Monterey, he completed two years of graduate study in public policy at the University of Torcuato di Tella in Buenos Aires, Argentina. He then served with an assortment of duty stations from VP-4 once again to Marine Corps Air Station (MCAS) Kaneohe Bay.

Withers made clear that he planned to uphold the high standard set before him. Having served VT-2 as XO for the past 15 months, Withers possesses an abundance of knowledge and experience that will greatly benefit the squadron. With a quick speech thanking those who helped shape him into the leader he is today, he enthusiastically announced the squadron goal and instructed the new XO, Commander Joseph McGilley, USCG, to carry out the plan of the day.

“Our mission is clear: to train the world’s finest Naval Aviators. So let’s get to it.”

Lopez will be reporting to Coast Guard Force Readiness Command in Norfolk, VA as the Tactics, Techniques, and Procedures (TTP) Division Chief. 



September is National Preparedness Month

By Jay Cope, NAS Whiting Field Public Affairs

The Gulf Coast Region and the Atlantic Coast are now at the peak of hurricane season, and although it has been a very quiet season thus far, it only takes one storm to create a crisis. Therefore, the federal government proclaimed September as National Preparedness Month and emphasized efforts across the country to urge people to take steps and be ready if disaster strikes.

Throughout September various themes and programs will be relayed through newspapers, social media, email, and more to help spread the work about ways to prepare for a possible emergency. The first such program emphasizes the need for families to have a communication plan.

According to the Ready Navy website, there are two main components to a good family plan: a written emergency plan and a written communication plan. Families are not always together when something happens. Parents could be out shopping, children could be in school, a military member could be deployed - so it is important to have written checklists that everyone can follow should the need arise.

A written emergency plan details the actions each family member should take in the event of an crisis. It should outline where the family meets and what items each person should bring or pack. The plan should also take into account the care and transportation of elderly family members, special documents, protecting property, and caring for pets.

The communication plan should be a sheet or card that contains vital phone or email contacts and instructs each member of the family who to call and what information needs to be provided. Preparing a contingency plan is also advisable in case cell towers are damaged or overloaded. It is also recommended to prepare emergency contact information for people beyond immediate family in case they cannot be reached.

Additionally, families should review and update the plans at least twice a year to ensure information is current and everyone remembers what to do.

Establishing the groundwork for a plan can very easily be the difference between a smooth, safe and co-

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Static displays on NAS Whiting damaged by Hurricane Ivan in Sept. 2004. Photo from Whiting Tower Archives.

This Day in Naval History

September 24, 1918 - Ensign David S. Ingalls, USNR, in a Sopwith Camel, shoots down his fifth enemy aircraft, becoming the first U.S. Navy ace while flying with the British Royal Air Force.

September 26, 1963 - First steam-eject launch of Polaris missile at sea off Cape Canaveral, FL (now Cape Kennedy) from USS Observation Island (EAG-154)

September 27, 1944 - Special Air Task Force (STAG-1) commences operations with drones, controlled by TBM aircraft, against Japanese in Southwestern Pacific

September 28, 1850 - Congress outlaws flogging on Navy ships

September 28, 1923 - Navy aircraft take first and second places in international Schneider Cup Race

September 30, 1959 - Last flight of airships assigned to the Naval Air Reserve at Lakehurst, NJ takes place



The U.S. Naval Research Laboratory (NRL) and the Navy's sole Science & Technology research squadron, Scientific Development Squadron ONE (VXS-1) began operations with the MZ-3A lighter-than-air "blimp" in the regions surrounding Washington, D.C. last September. The MZ-3A is the first lighter than air (LTA) aircraft in the Naval fleet since 1959. Photo courtesy of the U.S. Navy.

News and Notes

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

Back Gate Hours Have Changed! - Beginning Sept. 5, the back gate hours will be extended. The new hours are 1500-1800.

Well Done, Energy Savers - NAS Whiting Field would like to recognize the following buildings and units for their outstanding reduction in energy usage from this time last year:

Bldg.	Unit	Savings
1423	VT-3	32.7%
2981	VT-2/VT-6	31.9%
1415	BCO	22.4%

Navy Ball - The Naval Air Station/Training Air Wing FIVE Navy Ball will be held Saturday, Oct. 4 at the Atrium Building. Tickets are on sale now and have a tiered pricing schedule according to rank: \$30 for O4 and up, \$25 for Civilians and CPO to O3, and \$20 for E6 and Below. The event will include a cocktail hour beginning at 5 p.m. followed by dinner at 6:30 and dancing later. See your command representative or contact the NAS Whiting Field Public Affairs Office at 623-7341 for tickets.

Sesame Street Live - Sesame Street and the USO are teaming up to bring a unique experience to military families Sept. 24 at 3:30 p.m. and again at 6 p.m. in the School's Command Theater at NAS Pensacola. To reserve your will call tickets, please stop by ITT with your military ID. Active Duty and immediate family members are eligible.

Roadway Beautification Process - Construction activities are scheduled to begin the week of Monday, Sept. 15 along State Road 289 (9th Avenue) in Escambia County.

Annie Get Your Gun - The Pensacola Little Theatre is still running Annie Get Your Gun for one more weekend. Remaining performances will be Sept. 18-21. Thursday, Friday, and Saturday performances are at 7:30 p.m. Sunday performances are at 2:30 p.m. Box office hours are Monday-Friday, 10 a.m. - 5:30 p.m. Ticket prices vary from \$14 to \$30. Call (850) 432-2042 for additional information.



Shooters Augmentation Unit Sees Change of Command

Cmdr. Mark Rowland assumes command of the TRARON SIX reserve component at the Sept. 12th change of command ceremony. Rowland received command of the Shooter Augmentation Unit from its previous commanding officer, Cmdr. Travis Hayes.

TU Registration - A degree from a regionally accredited university can get you further than you ever imagined. We have 9-week terms with 5 terms a year. Applications for Term 2 (October 13-December 14) are due October 3. Registration opens September 22. Apply at troy.edu.

Speak with a local representative today. Contact Katherine Wise via 850-458-4757 or kwise@troy.edu.

Embry Riddle Aeronautical University Registration Now Open - Embry Riddle Aeronautical University is now registering students through October 26 for their Fall Term. Late registration and add/drop a course for a full refund will be held October 20-26. Everyone is encouraged to register early. Classes begin October 20. Embry Riddle Aeronautical University Worldwide Pensacola campus offers the Airframe and Powerplant Certificate program, Associates and Bachelor's degree programs in Aeronautics, Technical Management and Emergency Science and Master's degrees in Aeronautical Science and Project Management.

Email pensacola@erau.edu, visit www.worldwide.erau.edu/locations/pensacola or call 458-1098 for more information.

Career Fair - CareerSource Escarosa and Pensacola State College have partnered to host the 6th Annual Fall Community Career Fair on Friday, Sept. 26 from 9 a.m. to 1 p.m. at the Jean & Paul Amos Performance Studio on the main campus of Pensacola State College (1000 College Blvd.) The event is open to the public and there is no charge to attend. For more information, or to view a complete list of this year's attending employers, visit careersourceescarosa.com.

Fun Runs - The Emerald Coast Young Marines are sponsoring the Closing the Gate on Drugs! 5K Saturday, Sept. 27 beginning at 8 a.m. Register online at <http://www.active.com/niceville-fl/running/emerald-coast-young-marines-closing-the-gate-on-drugs-2014>.

The Naval Air Station Whiting Field MWR Department is sponsoring an Energy Conservation Awareness 5K Wednesday, Oct. 8 beginning at the Fitness Center at 10 a.m. Call 623-7412 for more information. 

Usage Information

Total Used
2,334,545 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,344,741	2,287,510	2,334,545
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.

Around the Base

Upcoming Court House Town Halls in Santa Rosa

On the November general election ballot voters in Santa Rosa County will have the opportunity to decide if a proposed county-wide one cent local option sales tax should be adopted to fund a new judicial center and if approved, where the new facility will be located through four ballot measures. The Santa Rosa County Commission will hold six town hall meetings for residents who wish to learn more about the ballot measures:

- Monday, Sept. 15 at 6 p.m. – Pace Community Center, 5976 Chumuckla Hwy. in Pace
- Tuesday, Sept. 23 at 6 p.m. – Board chambers located at 6495 Caroline St. in Milton
- Tuesday, Sept. 30 at 9 a.m. – Tiger Point Community Center, 1370 Tiger Park Ln. in Gulf Breeze
- Tuesday, Sept. 30 at 6 p.m. – Jay Community Center, 5259 Booker St. in Jay
- Tuesday, Oct. 7 at 6 p.m. – Navarre Visitor

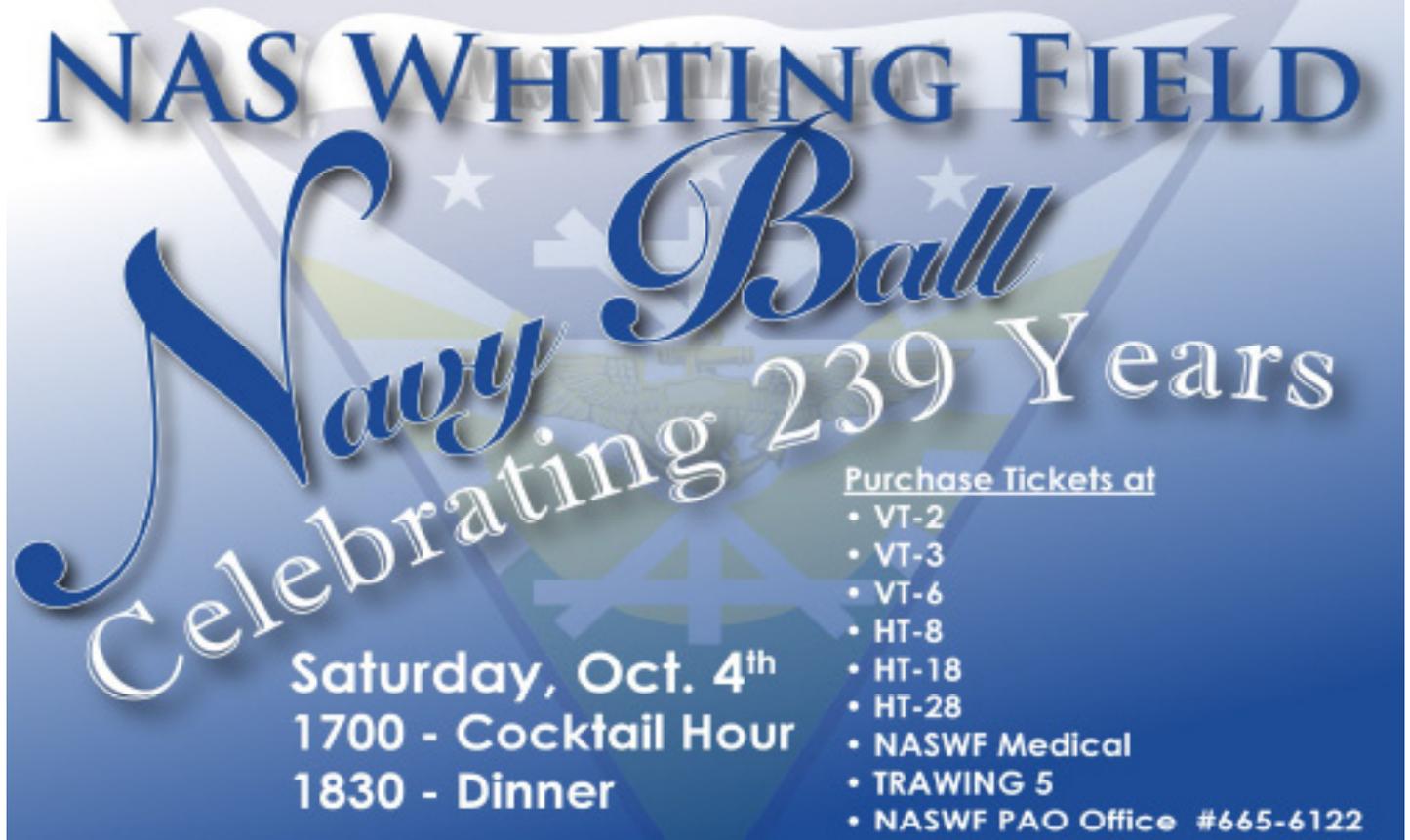
Center, 8543 Navarre Pkwy. in Navarre

- Monday, Oct. 20 at 6 p.m. – Tiger Point Community Center, 1370 Tiger Park Ln. in Gulf Breeze

Voters will also have the opportunity to voice their preference for where a possible new judicial facility should be built. In three non-binding referendum items, voters have the option of voting yes or no for each of the three possible locations for a new facility:

- Approximately seven acres next to the current courthouse in downtown Milton
- 15 acres on U.S. Hwy. 90 southwest of the Peter Prince Airport
- 22.56 acres on Hwy. 90 in Pea Ridge

Information on the proposed judicial center is also available online at www.santarosa.fl.gov or by clicking here <http://santarosa.fl.gov/bocc/judicialcenter.cfm> . The webpage includes a timeline and answers to frequently asked questions. ✈



NAS WHITING FIELD

Navy Ball

Celebrating 239 Years

Saturday, Oct. 4th
1700 - Cocktail Hour
1830 - Dinner

Purchase Tickets at

- VT-2
- VT-3
- VT-6
- HT-8
- HT-18
- HT-28
- NASWF Medical
- TRAWING 5
- NASWF PAO Office #665-6122

* If you require child care purchase your ticket before Sep 22nd and register with the CDC #623-7472.

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Back Row: Lt. Col. Rafford M. Coleman Jr., USMC, Executive Officer HT-18; Lt. j.g. Caleb J. Derrington, USN; 1st Lt. Timothy S. Horst, USMC; Lt. j.g. John G. Pollock, USN; 1st Lt. Brian C. Flaherty, USMC; ENS John T. Black, USN; 1st Lt. James I. Summerfield, USMC; Lt. j.g. Larry D. Wheeler III, USN; 1st Lt. Daniel R. Wilde, USMC; ENS Walker C. Robinson, USN; Lt. j.g. Matthew K. Downing, USN.
Middle Row: Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer HT-28; 1st Lt. Sean P. McCarthy, USMC; 1st Lt. Matthew T. Gan-yard, USMC; Lt. j.g. Andrew M. Biltonsmith Jr., USN; 1st Lt. David A. Eklund, USMC; Lt. j.g. Daniel G. Boshoar, USCG; 1st Lt. Michael R. Marchbanks, USMC; ENS Matthew R. Spafford, USN; 1st Lt. Justin P. Morrison, USMC; Lt. j.g. Andrew B. Wilson, USN; 1st Lt. Ryan P. Baker, USMC; Capt. James J. Fisher, USN, Commodore TRAWING-5.
Front Row: Cmdr. Robert G. Sinram, USN, Commanding Officer HT-8; Lt. j.g. Danielle A. Hilt, USN; 1st Lt. Mark A. Betzel, USMC; 1st Lt. Sean E. Mayo, USMC; Lt. j.g. Erin L. Fields, USN; Capt. Nicholas P. Kuhn, USMC; 1st Lt. Patrick F. Fitzgibbons, USMC; Lt. j.g. Christopher A. Boynton, USN; 1st Lt. Jessica M. Lucia, USMC; 1st Lt. Samuel J. Riley, USMC; ENS Jeffrey T. Warnock, USN; 1st Lt. Garrett S. Peirce, USMC.

Congratulations to TRAWING-5 Scholars



Bravo Zulu to TW-5's Academic Achievers!

(Left) Fixed-wing students holding their awards from the Sept. 12 ceremony. From left to right: ENS Nathanael L. King, USN; 1stLt Michael P. Taylor USMC; ENS Brandon S. White, USN; ENS Michael R. Dodenhoff, USN (Commodore's List with Distinction)

(Right) Two Advanced Helo Students - 1stLt Daniel A. O'Connor USMC, left, and ENS Ryan D. Brown, USN, right - recieved their academic awards on Thursday, Sept 11. This was Commodore Fisher's last ceremony.

Whiting Field Earns Award for Community Service

By 1stLt Nathan A Boyar, NAS Whiting Field Public Affairs

NAS Whiting Field recently received the Navy's 2013 Personal Excellence Partnership Award for the Medium Shore Category. Each year the Navy recognizes commands that engage in exemplary voluntary community service activities. The Navy Community Service of the Year Award Program (NCSP) made the announcement issuing the award in August.

The purpose of NCSP, which issues the award won by NAS Whiting Field, is to recognize and provide opportunities for Navy military and civilian employees to volunteer for meaningful command-sponsored community service projects.

NCSP identifies five award categories, or "flagships", of excellence in community service: Personal Excellence Partnership; Health, Safety and Fitness; Campaign Drug Free; Project Good Neighbor; and Environmental Stewardship. To be considered for any award a command must participate in at least three categories. NAS Whiting Field participated in the Personal Excellence Partnership, Project Good Neighbor, and the Campaign Drug Free Flagship. The command was recognized for the Personal Excellence Partnership Flagship in particular. This flagship recognizes the best educational partnership program between a Navy command and school or youth service organization. The Flagship sponsor for Personal Excellence Partnership is Commander, Naval Installations Command (CNIC).

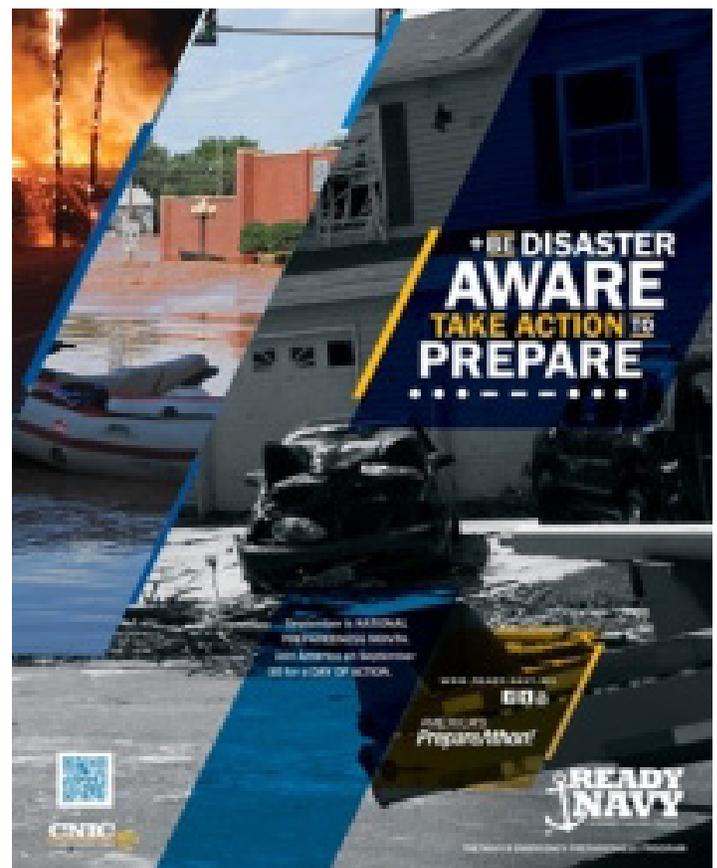
The Program Coordinator for NAS Whiting Field's community outreach program is ABH1 Tywron Harris. Through his program the NAS Whiting Field Command population of over 200 military and over 100 civilian employees has served 8,179 hours of community service and helped 28,700 local community members. Harris not only was responsible for the nomination package that was chosen for the award, but also directly steered the command community towards the overall statistics that won the award for the base.

NAS Whiting Field participated in a youth educational partnership with six programs to be highlighted for their award. The service partners were Escambia County Youth Sea Cadet Program, Big Brother/ Big Sister of Northwest Florida, Escambia School District, East Milton Elementary, Alberta Elementary, and United Way of West Florida.

"The purpose of our partnerships is to encourage the men and women of NAS Whiting Field to devote their time and experience to the local youths and community. It gives our military members and civilian co-workers alike an opportunity to become positive role-models and practice good citizenship," said Harris.

One of the community outreach partnerships that shined brightest was the Escambia County Youth Sea Cadet Program. Begun in 1998, this partnership accomplished events like a two week summer camp, cleaning up Mayo Park of Santa Rosa County Parks and Recreation, performing Memorial Day ceremonies, marching in the Veteran's Day parade, highway clean ups, and many more events.

Along with the 2013 Community Service title NAS Whiting Field will be recognized with an award plaque and certificate from CNIC, and publicity through "NAVY Volunteer!" magazine. Most importantly, participation of the base population in the program has strengthened the bond between NAS Whiting Field command and the surrounding community. 



Family Assistance

NAS Whiting Field



SEPTEMBER 2014

TO REPORT A SEXUAL ASSAULT:

Live 1-on-1 Help | Confidential | Worldwide 24/7
 Click: www.SafeHelpline.org
 Call: 877-995-5247
 Text: 55-247 (inside the U.S.) / 202-470-5546 (outside the U.S.)
 A confidential and anonymous sexual assault hotline for the DoD Community.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LABOR DAY	2	3 Anger Management 11:00 am - 12:00 pm Smooth Move 1:00 - 3:00 pm	4 Challenges of Flight School & Marriage 9:00 - 11:00 am	5 VA Representative 8:00 am - 12:00 pm	6
7	8 Resume Writing 10:00 am - 12:00 pm Indoc (TW-5) 11:00 am - 12:00 pm	9 Effective Communication 11:00 am - 12:00 pm	10 Managing Conflict 11:00 am - 12:00 pm Parenting 1:00 - 3:00 pm	11 Chall of FS & Marriage 9:00 - 11:00 am Home Buying 1:00 - 3:00 pm	12 How to Apply for Federal Jobs 10:00 am - 12:00 pm	13
14 TAP GPS Mon - Fri 8:00 am - 5:00 pm	15 Indoc (TW-5) 11:00 am - 12:00 pm	16 Time Management 11:00 am - 12:00 pm	17 Stress Management 11:00 am - 12:00 pm Money & The Move 1:00 - 3:00 pm	18 Challenges of Flight School & Marriage 9:00 - 11:00 am	19 VA Representative 8:00 am - 12:00 pm	20
21	22 Resume Writing 8:00 - 10:00 am Indoc (TW-5) 11:00 am - 12:00 pm	23 Effective Communication 11:00 am - 12:00 pm	24 Managing Conflict 11:00 am - 12:00 pm Parenting 1:00 - 3:00 pm	25 Challenges of Flight School & Marriage 9:00 - 11:00 am Developing A Spending Plan 1:00 - 3:00 pm	26	27
28	29 How to Apply for Federal Jobs 10:00 am - 12:00 pm Indoc (TW-5) 11:00 am - 12:00 pm	30 Stress Management 11:00 am - 12:00 pm	Ombudsman Appreciation Month 	Suicide Prevention Month 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/>

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www.facebook.com/NASWF.FleetandFamily

Feds Feed Families

By Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

The Naval Air Station Whiting Field Chaplain's office wrapped up participation in the Feds Feed Families Program Aug 31. after a summer long campaign to collect food for families in need. The program gives the Navy a chance to make a large impact with a small act of kindness.



Feds Feed Families volunteers transport food to the Bay Area Food Bank, putting a face to military members who have generously donated to the program. Photo courtesy of the Chaplain's Office, NAS Whiting Field.

F e d s Feed Families is an annual campaign led by the United

- (Cont. on Page 16)

Jackson Signs Ombudsman Recognition Proclamation

By Twilla Smith, Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, signed a proclamation in support of the Navy Family Ombudsman Program (NFOP) on board Naval Air Station Jacksonville Sept. 2.

The proclamation signing commemorated the 44th anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

The NFOP was launched Sept. 14, 1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist commands in maintaining the morale, health and welfare of Navy families. Ombudsmen are military spouses who understand the challenges that often come with the military lifestyle. Although they do not wear military uniforms, they stand firmly beside Sailors and their families to help any way they can.

According to Dianne Parker, Navy Region Southeast deployment support program manager and ombudsman program coordinator, the importance behind the

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Around the Base

Are You Ready?

- (Cont. from Page 2)

encouraged to take personal responsibility to create a plan in case there is a disaster, either natural or man-made. FEMA created National Preparedness Month in 2004 to raise awareness and provide resources to help with when creating a plan.

President Barack Obama issued a Proclamation on Aug. 29 to call Americans to action. The proclamation states, "We are harnessing our Nation's innovative spirit to develop new tools and technologies that will empower survivors and better inform Americans before, during, and after an emergency."

The Obama administration created the "America's PrepareAthon!" a pledge to engage in emergency preparedness on Sept. 30, the National Day of Action. The Navy has risen to the challenge by creating the Ready Navy program specifically tailored to Sailors and their families. Ready Navy is incorporating National Preparedness Month events and activities into its program to push the Navy community to prepare for possible hazards.

Naval Air Station (NAS) Whiting Field has created a plan of action to tackle this year's theme. One exciting item to look forward to will be a Community Emergency Response Team (CERT) training course the weekend of Sept. 26-28th at the Pace Volunteer Fire Department on Pace Patriot Blvd. Navarre CERT will host a Community Emergency Response Team training Oct. 3-5th and Oct. 10-12th. Classes will take place at the Holley Navarre Main Fire Station, 8618 Esplanade St. The course will certify participants as a Community Emergency Response Team (CERT) unit member.

Ombudsmen will also be handing out information for weekly themes that focus on particular steps to being prepared. The building blocks for getting prepared are: Be informed, Make a Plan, Build a Kit, and Get involved. The weekly themes revolve around these building blocks, allowing participants to really take time to complete each step. Online resources break down steps to take for specific disasters can be found at www.ready.navy.mil.

Florida residents should have contingency plans in case of hurricanes and flooding especially. A national hurricane exercise will take place Sept. 27, families and organizations are encouraged to register through Disaster Ready Communities Group (DRCG) online at <http://www.drc-group.com/project/footprint.html>.

The ability to predict a disaster is impossible, but everyone can take precautions to control how they will respond when something does happen.

Editor's Note: Throughout the rest of September, keep an eye out for more stories and notes on Facebook, Twitter, the marquees on NAS Whiting Field and more. 

Ec-nomics

You may not think often about your refrigerator, but with regular maintenance and proper use, you can find big savings on your energy bill.

Check the condenser coils on your refrigerator at least twice a year, and keep them clean. Refrigerators, refrigerator/freezers, and freezers with dirty condenser coils (found on the back or bottom of the appliance) consume more energy. Regularly defrost refrigerators and freezers. Frost buildup increases the amount of energy needed to operate the appliance. Never allow frost to build up more than one-quarter of an inch. Finally, check the door seals of your refrigerator, refrigerator/freezer, and freezer. If the seal is cracked, or cold air is escaping, the seal (or perhaps the appliance, if it is very old) should be replaced.

Don't keep your refrigerator or freezer too cold. Recommended temperatures: 38 to 40 degrees F for the fresh food compartment of the refrigerator; 5 degrees F for the freezer section. (If you have a separate freezer for long-term storage, it should be kept at zero degrees F.) Before you store leftovers in the refrigerator or freezer, let them cool down. That way, your appliance doesn't have to work as hard. This is also important for food safety – placing hot dishes into a refrigerator may increase its ambient temperature, causing other foods to spoil.

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

www.facebook.com/nas-whitingfield and [@naswf](https://twitter.com/naswf)

Health officials issue mosquito-borne illness advisory

PENSACOLA, Fla. - The Florida Department of Health in Escambia County (DOH-Escambia) has received notification of a probable case of West Nile virus (WNV) infection in a resident of Escambia County, Florida. There is a heightened concern that other Escambia County, Florida residents and visitors may become ill from being bitten by an infected mosquito.

The Escambia County, Florida Mosquito Control Division and DOH-Escambia continue surveillance and prevention efforts. DOH-Escambia reminds residents and visitors to avoid being bitten by mosquitoes and to take basic precautions to help limit exposure to mosquito-borne illnesses.

Tips on Repellent Use

Always read label directions carefully for the approved usage before you apply a repellent. Some repellents are not suitable for children.

Products with concentrations of up to 30 percent DEET are generally recommended. Other US Environmental Protection Agency-approved repellents contain picaridin, oil of lemon eucalyptus, or IR3535. These products are generally available at local pharmacies. Look for active ingredients to be listed on the product label.

Apply insect repellent to exposed skin, or onto clothing, but not under clothing.

In protecting children, read label instructions to be sure the repellent is age-appropriate. According to the Centers for Disease Control and Prevention, mosquito repellents containing oil of lemon eucalyptus should not be used on children under the age of three years. DEET is not recommended on children younger than two months old.

Avoid applying repellents to the hands of children. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.

If additional protection is necessary, apply a permethrin repellent directly to your clothing. Again, always follow the manufacturer's directions.

COVER doors and windows with screens to keep mosquitoes out of your house.

Repair broken screening on windows, doors, porches and patios.

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National Preparedness Month

- (Cont. from Page 5)

ordinated response to an emergency or a panicked reaction. The NAS Whiting Field Fleet and Family Support Center encourages service members, civilian employees, and family members to use their services to help in their preparations.

"Disaster Preparedness training and National Preparedness Month is about working to become better prepared in the case of a disaster or an emergency and having a plan to better protect yourself and your fam-



NAS Whiting Field's Atrium and Chapel damaged by Hurricane Ivan Sept. 2004. Photo from Whiting Tower Archives.

ily, even those who can't speak up for themselves, such as pets. FFSC can provide you with guides, checklists and personalized assistance tailored to your individual needs. Don't be scared. Be prepared!" Bill Lawson, FFSC Director stated.

For more information about preparing a communication or emergency plan, visit http://www.ready.navy.mil/make_a_plan/family_plans.html. 

BE DISASTER AWARE



TAKE ACTION TO PREPARE



FEMA

AMERICA'S
PrepareAthon!

 Ready®

Around the Base

Suicide Prevention Month Proclamation

- (Cont. from Page 2)

to help Sailors help themselves and come to their aide any time when they show signs of distress, not just during Suicide Prevention Month.”

The proclamation’s theme highlights the importance of taking action as individuals and to recognize the impact of stressors in our day-to-day lives, as well how to develop protective measures against stress and suicide.

According to Dianne Parker, Navy Region Southeast assistant suicide prevention outreach coordinator, continuously providing program information to all personnel that explain prevention tips and how to recognize indicators is a sure way to have a successful program.

“Unfortunately, suicide is one of the top issues military members and their families deal with,” she said. “Our goal is to be proactive in reducing the number of suicides within the Navy through education and awareness initiatives, and this proclamation serves as the kickoff of suicide prevention month.”

The Navy’s 21st Century Sailor and Marine Program initiative encourages Sailors, commands, families, and civilian employees to empower themselves by taking personal responsibility for their health, wellness and growth — the important step in building resilience. “I Pledge to Act,” a Web-based effort encouraging all Sailors, families and members of the Navy community to take steps to build personal resilience, support their shipmates and intervene if they notice signs of distress, is one way to help with suicide prevention and awareness.

“The program recognizes that in the military community, suicide has been the second or third leading cause of death for the last decade,” Parker said. “The goal is to try to recognize warning signs and help

our fellow Sailors, their family member and civilians.”

Despite great strides in our country to understand mental illness and encourage improvements in conversation surrounding it, too many people still suffer in silence. Cmdr. William Stallard, director of Navy Region Southeast’s Chaplains Religious Enrichment Development Operations explains, “Suicide has

been one of the most challenging problems throughout the ages. Professionally, I have studied this phenomenon for 25 years; also I have had countless interactions with persons who were suicidal. Last year as duty chaplain, I responded to 5 suicides and 1 homicide, so I know firsthand how difficult it is on the families of those who kill them-

selves, the impact on the command’s morale and the unplanned loss; plus the toll it takes on the first responders and caregivers.”

The Navy’s 2014 suicide prevention message “Every Sailor, Every Day” stresses the necessity of the Navy community to strengthen their connections with those around them and to make sure open communication, individual responsibility, peer support and bystander intervention are a part of everyday activities. “Completed suicide has second and third order effects such as moral and psychological injury to family and friends; thus it is imperative we do the best job possible as suicide prevention coordinators, ASIST and SAFE TALK facilitators and leaders in order to strive to ameliorate this traumatic social problem within the military and beyond,” Stallard said.

For more information about the Navy’s 21st Century Sailor and Marine Program and Suicide Prevention Month, go to http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/spmonth/Pages/default.aspx



JACKSONVILLE, Fla. (September 2, 2014) – Rear Adm. Mary M. Jackson, surrounded by personnel from Navy Region Southeast Fleet and Family Support program, signs Suicide Prevention Month Proclamation on Sept. 2, 2014, on board NAS Jacksonville. (U.S. Navy photo by Public Affairs Assistant Twilla Smith/Released)

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

Around the Base

Scam Alert from BBB



Consumers in northwest Florida are receiving phone calls from scammers pretending to work for the IRS' "Technical Crimes Department". These IRS impersonators are calling their targets, and claiming the consumer's physical address is under investigation and a warrant is out for their arrest. The scammers behind the calls use various scare tactics and seek to get consumers' account information, personally identifiable information, or a money wire.

In order to convince people that they are real IRS agents, the scammers use several tricks including a program to make the IRS's toll-free number appear on the caller ID, call center background noise, and false agent badge numbers. If the target is not already convinced, several callers are able to report the last four digits of the person's Social Security number. And this complex scam goes even further. Those who hang up on the caller may receive another call soon after from a scammer claiming to be a police officer.

Follow these tips in order to protect yourself from this IRS scam and others like it:

Beware of any caller claiming to be from the IRS or any government agency and demanding money. The IRS announced that it would never ask for payments by wire transfer or a prepaid card and it will typically alert taxpayers of unpaid taxes via the mail, not a phone call.

In general, never give anyone money or credit card information over the phone, especially when they are contacting you. Always verify the legitimacy of a caller by hanging up, looking up a known number for that agency and calling there to verify the claim.

Never trust callers who use threats and hostility to bully their targets into doing what they want. This is a tactic many scammers use.

Be skeptical of what a caller claims he or she can do if you refuse to meet their demand. An IRS agent will not get the police involved just because you owe taxes.

For more information you can trust, start with www.bbb.org <<http://www.bbb.org>>. 

SECURITY CORNER

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 authorize 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, rifles or ammunition be permitted on Navy installations except by duly authorized law enforcement personnel or by military personnel in the performance of their official duties.



Energy Conservation Awareness

FLY NAVY

5K

Run Starts @ 1000

Fitness Center

Wednesday, October 8th

MWR Fitness Center

623-7412

MWR Accredited Program

MWR NAS Whiting Field, ARLINGTON

TRICARE Notes

PRIOR AUTHORIZATION FOR CARE

As a TRICARE Standard beneficiary, you can visit the TRICARE-authorized provider of your choice whenever you need care. Referrals are not required, but some services require prior authorization from Humana Military.

A prior authorization is a review of the requested service to determine if it is medically necessary at the requested level of care. If you have questions about authorization requirements, visit www.tricare.mil.

Note: active duty service members may not use TRICARE Standard.

SUBMITTING TRICARE STANDARD HEALTH CARE CLAIMS

As a TRICARE Standard beneficiary, you may be required to submit your own claims. If submitting your own claims, you should take the following steps to avoid late or denied payments.

To file a claim, you must fill out a TRICARE DoD/CHAMPUS Medical Claim – Patient’s Request for Medical Payment form (DD Form 2642). You can download forms and instructions from the TRICARE website at www.tricare.mil/claims or from www.humana-military.com.

Sign Up Online for Claims Status Information

Once you complete the necessary paperwork, submit your claim to: TRICARE South Region Claims Department, P.O. Box 7031, Camden, SC 29020-7031. For more info, visit: www.myTRICARE.com.

Feds Fed Families

- (Cont. from Page 11)

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 non-perishable items to support families across America. The Chaplain’s office coordinates the program at NAS Whiting Field and is one of the few times government members are able to donate, within the workplace, to good causes.

“Taking the time to stop and buy a little bit of food and donate it feeds many families...it’s great that the [federal employees are] helping out,” said Religious Program Specialist 2nd Class Lusbeth Morales.

Morales spearheaded the program this year, organizing participation from every department on base. A point of contact was established to work with their unit and provide volunteers for each pickup.

“It’s not about what others can do for you but what you can do for others,” said Aviation Boatswains Mate 1st Class Christopher Jacobs, who helped with one of the pickups.

Morales also worked with Kim Jackson, the Commissary Director, to coordinate an easy way for the Whiting Field Community to contribute. Bags of food were put together for commissary patrons to buy and then place in a box at the commissary exit. Those bags were then picked up on a bi-weekly basis and taken to

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Around the Base

Feds Fed Families

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the Bay Area Food Bank. The volunteers were able to make seven pickups from the commissary for a total of 2350 lbs. of food donated from NAS Whiting Field.

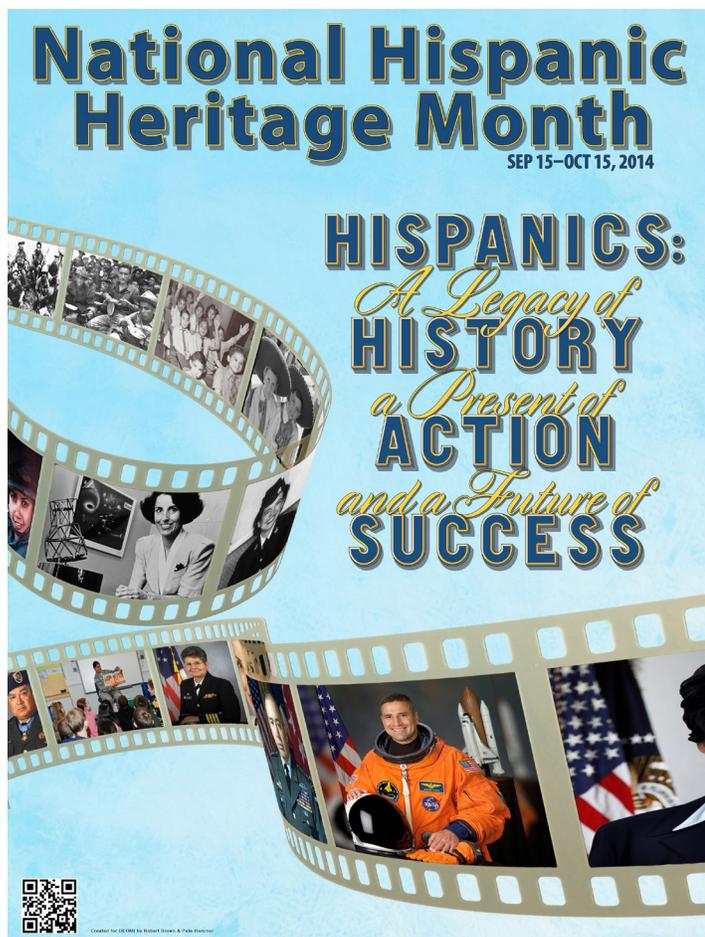
Volunteers from different departments on base transported the food, putting a face to military members who have generously donated to the program.

“It does build a community feel, I think that it helps people realize that we understand that even though we might be here a short amount of time we are still members of the community,” said Lieutenant Jason Hart, Naval Air Station Whiting Field’s Chaplain.

The food drive is one of three that NAS Whiting participates in annually. Although this year’s drive is over, anyone interested in volunteering is welcome to visit the Bay Area Food Bank.

The Chaplain’s office expressed their gratitude for everyone who lent a hand and donated.

“[We] really appreciate everyone who donated, it’s a representation of all of us,” Hart said. ✈️



Ombudsmen

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proclamation is that it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

“When Navy families are dealing with everyday life issues, it is always great to know you have someone in your corner,” Parker said. “That is what an ombudsman does and why she or he is an important part of the command support team. The daily efforts in ensuring families know where to find the resources available to them is invaluable”.

For more information about the Navy Ombudsman Program, including how to contact your command ombudsman, visit

http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/ombudsman_program/ombudsman_program_overview.html ✈️

Mosquito advisory

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For more information on what repellent is right for you, consider using the Environmental Protection Agency’s search tool to help you choose skin-applied repellent products:

<http://cfpub.epa.gov/oppréf/insect/#searchform>.

The Department continues to conduct statewide surveillance for mosquito-borne illnesses, including West Nile virus infections, Eastern Equine Encephalitis, St. Louis Encephalitis, Malaria, Chikungunya, and Dengue. Please report dead birds via the Florida Fish and Wildlife Conservation Commission’s website at <http://www.myfwc.com/bird/>. For more information, visit the Department’s website at <http://www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases/index.html> or call your local county health department.

The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health in Escambia County, visit www.es-cambiahealth.com. ✈️