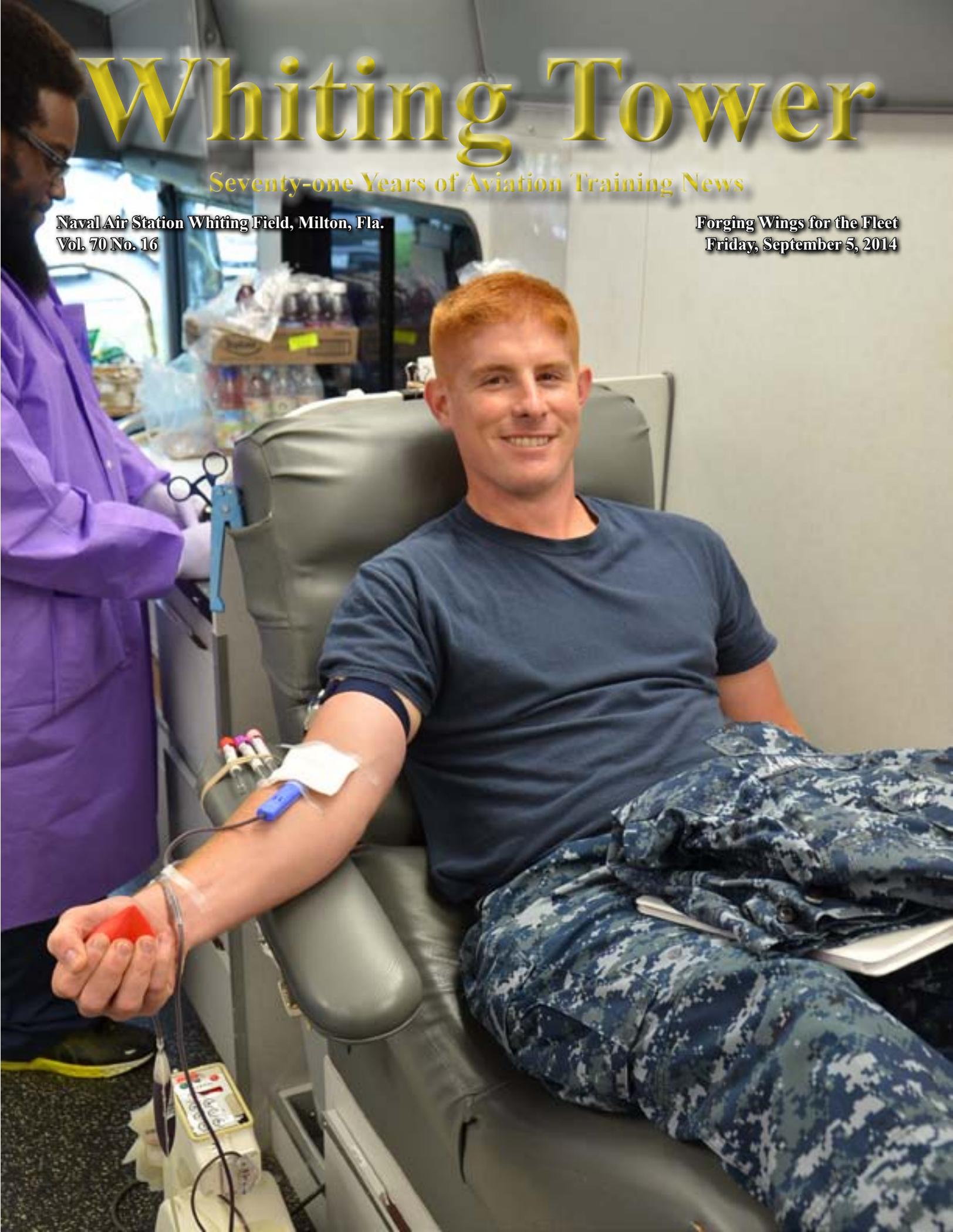


Whiting Tower

Seventy-one Years of Aviation Training News

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

Forging Wings for the Fleet
Friday, September 5, 2014



25th Annual job fair held at NAS Whiting Field

By Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

Naval Air Station Whiting opened its gates to community and military members alike for the silver anniversary of the annual Job Fair Thursday Aug. 21.

Tables were filled with eye-catching displays and promotional items, all attempting to draw the attention of applicants and give companies a chance to explain what they had to offer. At 9 a.m. the doors of Sikes Hall opened to a line of eager applicants. Job seekers found a wealth of information and job listings, but most importantly they found opportunity.

"[This will] help folks, whether they're in transition or trying to get a job. You change lives today," said Naval Air Station Whiting Commanding Officer Captain Matthew Coughlin during his welcoming
- (Cont. on Page 11)

Cover Photo: AC3 Daniel Adams at Friday's (20140829) blood drive on NAS Whiting Field. Courtesy of 1stLt Nathan Boyar.

The Whiting Tower

Commanding Officer

- Capt. Matthew Coughlin

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Lt j.g. 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.

ALS Bucket Challenge: Dos and Don'ts

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

The ALS Ice Bucket Challenge is a current viral fad on many forms of social media. Military personnel and employees are undoubtedly going to be challenged by their friends, peers and family. It is important for the individual service member to know to participate within DoD and Navy Standards of Conduct.

The fundraising campaign for Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease, Motor Neurone Disease (MND), or Charcot disease, adopted the previously popularized "Ice Bucket Challenge" as early as mid-July. Professional Golfer Chris Kennedy focused the challenge, which was previously directed at the charity of the victim's choice, towards ALS. A new internet video fad was born that has become a part of American life, including those who serve in the armed forces.

NAS Whiting Field employees should know the following regulations from the Code of Federal Regulations (CFR) before participating in personal challenges not affiliated with the DoD.

An employee shall not use or permit the use of his Government position or title or any authority associated with his public office in a manner that could reasonably be construed to imply that his agency or the Government sanctions or endorses his personal activities or those of another. (5 CFR 2635.702(b))

An employee shall not use or permit the use of his Government position or title or any authority associated with his public office to endorse any product, service or enterprise. (5 CFR 2635.702(c))

The same message is presented very clearly in Joint Ethics Regulation (JER) 3-209, 3-210, and 3-300.

Participation by NAS Whiting Field personnel in the ALS Ice Bucket Challenge and other fundraising events of this type are in no way prohibited when done off duty and out of uniform. Additionally, personal challenges should not utilize military status. An inappropriate example would be using one's rank in the video. Participating in a way that doesn't connect the service member to their military affiliation is completely up to them.

Hurricane Preparedness: How Ready Are You?

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

JACKSONVILLE, Fla. – It's the middle of the 2014 hurricane season with a possible storm brewing in the Atlantic, so there's no better time to ask yourself this question: Are you ready?

Although the Atlantic hurricane season lasts from June 1 to Nov. 30, the bulk of the named systems form during the latter part of the season, according to the National Oceanic & Atmospheric Administration.

And while the first part of this hurricane season has been quiet, NOAA records show that 321 hurricanes have made landfall in the southeastern United States. That places Region Southeast installations squarely in the target zone.

So how do you prepare? Start with a plan.

"Make a plan that your family understands," Navy Region Southeast Regional Emergency Management Officer Scott Crossley said. "Plans should include a meeting location if your family is separated, out of town contact numbers, local evacuation routes, medicines, what you'll do with your pets, important papers you'll need, and more. You can't be too prepared."

In addition to an evacuation plan, it's recommended families have at least three days of emergency supplies, according to the American Red Cross, including one gallon of water per person per day, non-perishable foods and hygiene products. Hurricane season will come and go, but as Crossley points out, being prepared is not a seasonal event.

"It's not just for hurricane season," said Crossley. "You need to plan and be prepared year round."

Yeoman 1st Class Serge Kabanda, CNRSE flag writer, whose entire career has been located in states prone to hurricanes, understands the need to "be ready."

"Disaster preparedness is important, especially if you don't live alone," said Kabanda. "Even if you have pets, you should always have an emergency plan. A hurricane. A fire. Even being robbed. Just be ready for anything that could hap-

pen and know what to do. Being prepared means you don't have to panic whenever things actually do happen."

So what do you do if something does happen? If an evacuation is ordered, the Regional Operations Center, commonly known as the ROC,

- (Cont. on Page 7)



YOKOSUKA, Japan (Aug. 9 2014) Aviation Boatswain's Mate (Equipment) Airman Julio Nieves, from Orlando, Fla., left, Airman Jordan Dill, from Houston, and Aviation Boatswain's Mate (Equipment) Anna Duarte, from Houston, raise the Navy Jack during colors aboard the aircraft carrier USS George Washington (CVN 73). U.S. Navy photo by Mass Communication Specialist Seaman Everett Allen.

This Day in Naval History

September 9, 1945 - A "computer bug" is first identified and named by LT Grace Murray Hopper while she was on Navy active duty in 1945. It was found in the Mark II Aiken Relay Calculator at Harvard University. The operators affixed the moth to the computer log, where it still resides, with the entry: "First actual case of bug being found." They "debugged" the computer, first introducing the term.

September 11, 2002 - The "Don't Tread on Me" First Navy Jack is flown by Navy ships marking the first anniversary of the terrorists attacks on the Pentagon and World Trade Center

September 12, 1966 - Launch of Gemini 11, piloted by CDR Charles Conrad Jr., USN and LCDR Richard F. Gordon Jr., USN. Their mission lasted 2 days and 23 hours and included 44 orbits at an altitude of 1368.9 km. Recovery was by HS-3 helicopter from USS Guam (LPH-9)

News and Notes

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

Mini Mart Hours - The Bachelor Quarters Mini-Mart will re-open on weekends beginning Sept. 6. The store will be open from 3 to 7 p.m.

Save the Date - TW-5 and NASWF Chaplains Office would like to present Date Night Out, Friday September 12th 6-8pm at Hemingways Island Grill. To sign up and get tickets come by the Chaplains Office with a check made out to Wings of Gold; space is limited to 100 couples.

Fall into Vegetable Gardening Series for Beginners - The workshop will be held Tuesday evenings from 6 – 7:30 p.m. on Sept. 9, 16 and 23 at both the Jay and Milton UF/IFAS Extension Centers. For more information please contact Mary Derrick at (850) 623-3868 between 8 a.m. and 4:30 p.m. weekdays or via email at maryd@santarosa.fl.gov.

Mondays in the Gardens - Mondays in the Gardens is a free gardening program under the direction of UF/IFAS Extension Santa Rosa County Master Gardeners. For more information please contact Mary Derrick at (850) 623-3868 between 8 a.m. and 4:30 p.m. weekdays or via email at maryd@santarosa.fl.gov.

“Hee Haw Live!” - The Panhandle Community Theatre and the Santa Rosa Historical Society will present a Redneck Comedy Musical Variety Show Sept. 18-21 at the historic Imogene Theatre, 6866 Caroline St. in Milton. For reservations, call 850-221-7599.

Perdido Key Wildlife Crossing Construction to Begin - Construction activities will begin the week of September 2, 2014. Motorists can expect intermittent and alternating daytime lane closures. For more information, follow the Florida Department of Transportation District Three on Twitter @myfdot_nwfl or like us on Facebook at www.facebook.com/MyFDOTNWFL.

Santa Rosa County 4-H 5K Fun Run - Santa Rosa County 4-H is hosting a 5k fun run Sept. 13 starting at 8 a.m. Register online at <http://www.active.com> with coupon code SRCSAVE5 to



New ball cap policy at NAS Whiting Field
NAS Whiting Field personell are now authorized to wear ball caps in lieu of the eight point cover if they so choose. Ball caps are authorised both on and off base with NWUs so long as they are neat in appearance and well maintained. Ball caps may be obtained at the Navy Exchange on base. Photo by 1st Lt. Nate Boyar.

save \$5. You can also pick up a registration form at Grover T’s BBQ located at 5887 U.S. 90 in Milton.

Fun Run - The Emerald Coast Young Marines are sponsoring the Closing the Gate on Drugs! Register online at <http://www.active.com/niceville-fl/running/emerald-coast-young-marines-closing-the-gate-on-drugs-2014>

Golf Tournament - The Area Agency on Aging will host a 4-Person Scramble golf tournament Friday, Oct. 3 at Marcus Point Golf Course. Please call 850-494-7101 ext. 206 and speak to Voncile Goldsmith for more information.

Prep Marriage Communication/Enrichment Workshop - You and your spouse or fiancé are cordially invited to join us in our PREP MARRIAGE COMMUNICATION/ENRICHMENT WORKSHOP. For those planning to have their wedding in the local area, PREP qualifies them for a discount toward the cost of their marriage license. The next workshop will be offered on Saturday, September 20, 2014 (registration ends COB Monday, September 15, 2014). For information or to register, please contact the Chaplain’s Office at 623-7211. All base personnel are invited to participate, active duty and civilians!

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. Air Force and Army Tuition Assistance must be command approved by October 10. Navy and Marine Corps Tuition Assistance must be command approved by October 16. Office hours aboard NAS Pensacola are 8 a.m.-5 p.m. Monday through Thursday and 8 a.m.-4 p.m. Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. NAS Whiting Field office hours are Wednesdays 9 a.m.-4 p.m. in Bldg. 1417, Room 163.

Usage Information			
Total Used	1 Year Ago	Last Month	This Month
2,195,368 kWh			
Total kWh Used	2,245,033	1,974,525	2,195,368
Average Daily kWh	74,951	63,684	73,179
Days in Billing Period	30	31	30

Energy Conservation - August
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 electricity use by 50,000 KWh less than 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.

Navy recognizes Suicide Prevention Awareness

By Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

The Navy is kicking off Suicide Prevention Awareness Month in September with the theme, “Every Sailor, Every Day.” The month serves as an opportunity to open discussion about suicide prevention and to remind Sailors to stay cognizant of warning signs in themselves and their peers.

Suicide Prevention Awareness Month is nationally recognized in September to bring attention to a tragedy that often goes unspoken. In 2012 the Navy released NAVADMIN 259/12, an instruction to prevent suicide in the Navy by providing resources and more aggressive training. A proclamation was also signed to recognize the month annually with a Navy wide campaign which features the “Ask, Care, Treat” (ACT) program. ACT teaches Sailors to recognize the warning signs of suicide and be proactive in intervening.

Awareness has enabled those who are experiencing suicidal thoughts to reach out for a solution with the knowledge that they will be helped without fear of repercussion. A free exchange of information about suicide prevention allows people who need help to realize that asking for help is the best course of action.

“We want you to speak and be proactive so we can help you get past that stage and help you advance, that’s the whole point of coming to us,” said Chief Aviation Boatswain’s Mate Donya Craig, Naval Air Station Whiting Field’s Suicide Prevention Coordinator.

This year’s theme places emphasis on each individual Sailor and being aware of how shipmates are faring at work and at home. Fostering unit cohesion can prevent stress at work by building a foundation of trust. Sailors are more likely to thrive during challenging times if day to day interaction between peers encourages open communication and staying involved.

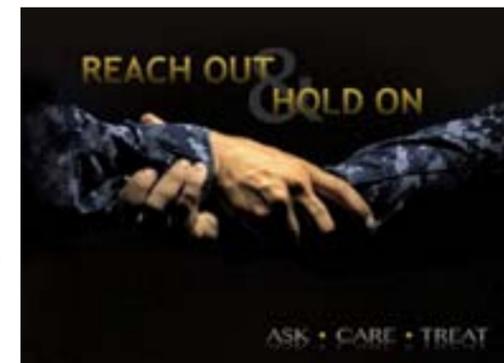
“If you have more people around, you’re more suited to engage in conversation. Being around other people and doing positive things is the best way to prevent [suicide],” Craig said.

The Suicide Prevention Program strives to implement the notion that suicide is something to be talked about year-round, not just in September. There are monthly training and safety stand downs focused on suicide prevention, but supporting shipmates can begin at daily musters, at physical training events or anytime you are engaged in conversation with someone.

A strong defense against suicidal thoughts is giving someone the tools to handle stress before it becomes too much. Programs to support suicide prevention will revolve around education through training. The Fleet and Family Support Center offers numerous classes year-round to help manage situations that could cause high stress levels. One of the largest programs focused on stress is the Life Skills Program.

“The Life Skills Education Program is meant to

- (Cont. on Page 9)



Flag Conditions Summary			
Flag Color	WGBT Index (F)	Exercising Outdoors	Working Outdoors
	<80	Low Heat Stress Risk. However, extremely intense physical exertion can still precipitate heat injury.	No work restrictions for acclimatized personnel
	80 – 84.9	Discretion required in planning heavy exercise for unacclimated personnel. This is a marginal heat stress limit for all personnel.	Consider 15 minute work breaks per hour for moderate work; 30 minute work breaks per hour for heavy work
	85 – 87.9	Strenuous exercise and activity (e.g., close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.	Consider 15 minute work breaks per hour for light work; 30 minute work breaks per hour for moderate work; 45 minute work breaks per hour for heavy work
	88 – 89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.	Consider 30 minute work breaks per hour for light work; 45 minute work breaks per hour for moderate work; heavy work should be postponed until a cooler part of the day
	90 and Above	Physical training and strenuous exercise suspended for all personnel (excludes operational commitment not for training purposes).	Consider 45 minute work breaks per hour for light work; all other work should be postponed until a cooler part of the day

Heat Stress Advisory
Summer may be winding down, but that doesn’t mean Florida’s heat is any less dangerous. With the heat index still peaking in triple digits, heat stress and heat stroke are still as threatening as ever. When exercising outside, remember to take the proper precautions - drink plenty of fluids, protect yourself with sunblock, and check the flag conditions.
Always be ready to take a break if you feel dizzy or faint - physical training is important, but safety should always come first.

TRICARE Notes

TRICARE ENCOURAGES MILITARY KIDS TO “MOVE” ON CHILDHOOD OBESITY

During the month of September, TRICARE continues its strong commitment to the battle against childhood obesity. By observing Childhood Obesity Month Awareness Month, TRICARE is an active participant in the Let’s Move! Program for military kids.

The national Let’s Move! Program works to combat the epidemic of childhood obesity through engaging every sector impacting a child’s health. It provides schools, families and communities simple tools to help kids be more active, eat better and get healthy.

TRICARE’s web page at www.tricare.mil/getfit serves as the ‘headquarters’ for beneficiaries looking for resources on childhood obesity.

Early and appropriate intervention is valuable. Teaching children ways to make healthy eating choices at a young age can bring benefits for a lifetime. Military personnel, retirees and their families can utilize the support from the Defense Commissary Agency (DeCA). The DeCA website at www.commissaries.com provides dietary advice columns, recipes and information on making healthy food choices. The “MyPyramid” tool at www.foodpyramid.com/mypyramid from the Agriculture Department assists by creating a personalized eating schedule and physical activity plan.

Learn more about Let’s Move! at www.letsmove.gov and Childhood Obesity Awareness Month at www.healthierkidsbrighterfutures.org.

Santa Rosa County welcomes military counsellors

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

The Santa Rosa County school board dedicated a few moments during its Aug 21 meeting to formally welcome to the community the Military Family Life Counsellors that have been operating in Santa Rosa County for the last few years.



Santa Rosa County’s Military Life Counsellors introduce themselves to the community at the local school board meeting. Photo by Lt. j.g. Provencher.

Initiated in 2004, the MFLC program was begun with the intention of providing confidential, informal counselling to military members and their families at no cost. The program is funded through the Office of the Secretary of Defense, and the counsellors themselves are trained and provided

by Magellan Health Services. For the last four and a half years, these counsellors have been active in Santa Rosa’s public schools,

Before the meeting, the counsellors had never been formally introduced to the school board. The Department of Defense assigned a number of counsellors to NAS Whiting Field, and working with local principles School Liaison Officer Chris Hendrix coordinated their activity, assigning the MFLCs to schools based on the number of military connected children attending those schools.

“We’ve had these counsellors for a while. We were actually one of the first bases to get them – we got them about four years ago. We started out with five, we were able this past year to double that to ten, and then this school year they’ve increased us to eighteen. Somewhere they found the money to fund these posi-

- (Cont. on Page 9)

Hurricane Preparedness

- (Cont. from Page 3)

springs into action. The resources section, which includes administrative, logistics, and financial personnel, uses the Total Workforce Management System, or TWMS, to automatically generate the names of all military and civilian personnel in the affected area. Orders are printed and made available so Sailors can travel to their designated safe haven, which is usually identified ahead of time by the installation. Specific guidance will be provided on authorization of families to travel, depending on circumstances of the incident. Once the event, such as a hurricane, has passed and it’s safe to return, personnel and families are directed to return.

Mission essential personnel and emergency response personnel may be required to remain at their installation for the duration of the evacuation order.

Each installation, as well as the Navy Region Southeast headquarters, has emergency information cards. They provide specific instructions on mustering, as well as emergency contact numbers and Web sites, including the Navy Family Accountability and Assessment System Web site – <https://navyfamily.navy.mil>. This site provides key information to help keep you and your family safe and tells you what to do if disaster strikes. NFAAS recommends that after a severe weather event, it’s critical to alert your chain of command on you and your family’s status. It’s not just mustering. It’s also providing Fleet and Family Support necessary information on your specific needs. It’s called a needs assessment. This is key is to make those needs known so Navy Family personnel can address them as quickly as possible.

The Navy Region Southeast web site – http://www.cnrc.navy.mil/regions/cnrse/om/emergency_management/hurricane_season_2014.html – has additional information on how to prepare for hurricanes, as well as the American Red Cross -- <http://www.redcross.org/prepare/location/home-family>.

So don’t wait until the storm is here. The time to prepare is now.

Are you ready?

Ec-nomics

When it comes to getting from A to B, the first word in energy efficiency is public transportation. A single person commuting to work by mass transit instead of driving can save 200 gallons of gasoline in a year. A transit bus with full rush hour load of 44 passengers uses much less fuel than 11 cars with four passengers each, but even that pales in comparison to a train: Based on a measure of the amount of energy required to move one passenger one kilometer in the United States, an intercity train uses 948 kilojoules. A commercial airplane, on the other hand, uses three times this amount of energy and an automobile with a single occupant uses six times this amount of energy. And a fully loaded rail car is 15 times more energy-efficient than the average automobile.

Unfortunately, the options for public transport in Milton are limited, to say the least. Nevertheless, options still exist for the conscientious sailor to conserve energy while driving. About one-third of all private automobile mileage is for commuting to work. Drive a friend or neighbor to work. If every commuter car carried just one more passenger, we’d save 600,000 gallons of gasoline and keep 12 million pounds of greenhouse gases out of the atmosphere every day. Boosting the occupancy of automobiles in rush hour from one to two persons would save 40 million gallons of gasoline a day (over 15 percent of U.S. gasoline consumption), while reducing the number of vehicles on the road.

Don’t Forget to Visit Us on Facebook and Twitter at

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

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

Congratulations to TRAWING-5 Wingers



Back Row: Cmdr. Robert G. Sinram, USN, Commanding Officer HT-8; 1st Lt. Kenneth A. Pierce, USMC; Lt. j.g. Joshua A. Price, USN; 1st Lt. Benjamin K. Hovies, USMC; Lt. Michael J. Hennebery, USCG; Col. Stephen A. Wenrich, USMC, Chief of Staff Marine Forces Reserve.
Middle Row: Cmdr. Kevin Pickard, Jr., USN, Commanding Officer HT-18; Lt. j.g. Phillip W. Skelley, USN ; 1st Lt. Barak L. Mossbarger, USMC; Lt. j.g. Cory R. Poudrier, USN; Lt. j.g. Trevor S. Stickels, USN; Capt. James J. Fisher, USN, Commodore TRAWING-5.
Front Row: Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer HT-28; 1st Lt. Christopher Edge, USMC; Lt. j.g. Holly N. Madden, USCG; 1st Lt. Justin S. Freeman, USMC; Lt. j.g. Jason E. Brownlee, USCG.

Congratulations to TRAWING-5 Scholars



A hearty congratulations to TRAWING-5's academic achievers! From left to right: ENS Nicholas Ogier, USN; ENS Ahmed Al-Turki, RSNF; ENS James Robinson, USN; ENS Bartley O'Toole, USN; 1stLt Sidney Ballard USMC; ENS Michael Dodenhoff, USN; 1stLt Robert Sawyer USMC; 1stLt Ezra Day USMC; ENS Erich Schwamb, USN

Military Counsellors

- (Cont. from Page 6)

tions - they've been very successful," says Hendrix.

Military connected students especially face challenges associated with deployments of one or both parents. When a student is dealing with family members about to deploy, on deployment, or recently returned from deployment, he or she might experience undue levels of stress without knowing who to turn to. MFLCs have been trained to understand this stress, and to help students cope through one-on-one counselling and support group meetings.

The counsellors have also been trained to help students cope with the frequent transitions associated with military life. The average military child will change schools once every 2.9 years, and attend an average of nine schools between kindergarten and twelfth grade. The MFCLs strive to reduce the stress associated with these transitions by creating outreach programs to help welcome new military students into their schools. This eases the shock of entering a completely new environment, with new teachers, and having to make new friends. The Student 2 Student (S2S) program at Navarre High School is one such program, and because of S2S there hasn't been a military child to enter Navarre High School without receiving a warm welcome in four and a half years.

The MFLCs are trained and contracted to the Department of Defense by the healthcare company Magellan, which sets strict standards to become a counsellor. According to the company's website: "In order to perform MFLC duties, all counselors (those in rotational employee positions as well as network providers in on-demand and surge assignments) must meet certain quality and credentialing requirements, including evidence of independent licensure, confirmation of education, successful completion of a criminal history background check including fingerprints, successful completion of a drug screen (employees only), as well as successful completion of a comprehensive Magellan MFLC training program."

Those interested in learning more about the MFLC program, or in getting in touch with their school's counsellor may contact their schools, or call NASWF School Liaison Officer Chris Hendrix at 850-665-6105. They may also call Dr. Jennifer Friedrich, the Regional Supervisor for Magellan health services at 850-375-6180.

Awareness month

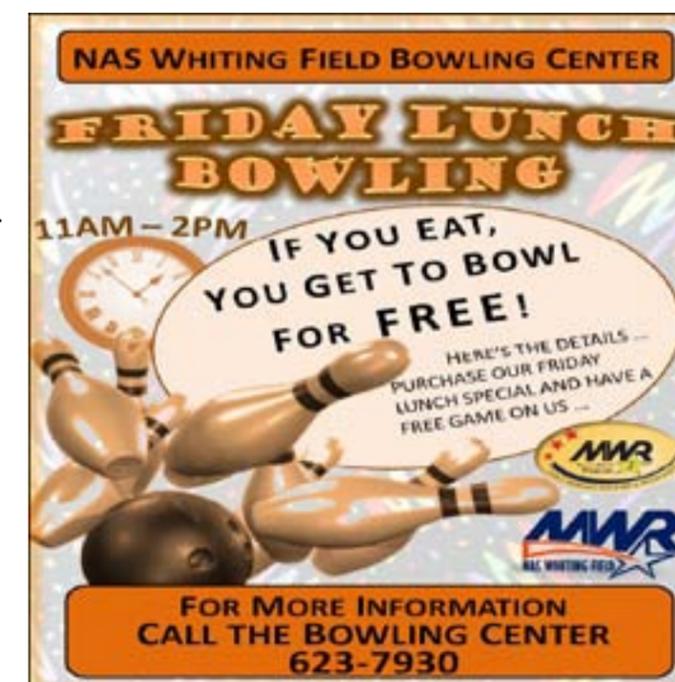
- (Cont. from Page 5)

be proactive and give [Sailors] the skills to handle transitions and stress... Everything here is about awareness and knowing where to go," said Dr. Kimberly Leath, the Educational Services Facilitator at Whiting Field's Fleet and Family Support Center.

Additional resources and information will be released in recognition of Suicide Prevention Awareness Month. Stress management information and warning signs that Sailors need to be aware of are available online and in the Suicide Prevention Newsletter. Suicide Prevention Coordinators (SPC) will participate in a two-hour webinar on updated tools for suicide prevention. The "I Pledge to ACT" campaign will also be released this month, which is a pledge for the entire Navy community to be supportive and intervene when needed.

"No one is perfect," Craig said. "We all have situations arise but when the situations come up... there are a mountain of resources and people willing to help you at any time. Seek the help."

Navy personnel and their families are encouraged to speak to a Chaplain, contact the Military Crisis Line at 1-800-273-8255 or talk the Fleet and Family Support Center if they or someone they know needs help. Information is also available online at www.navy.navstress.com.



Around the Base

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.

To protect yourself from mosquitoes, you should remember to “Drain and Cover”:

DRAIN standing water to stop mosquitoes from multiplying.

Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.

Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.

Empty and clean birdbaths and pet's water bowls at least once or twice a week.

Protect boats and vehicles from rain with tarps that don't accumulate water.

Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

COVER skin with clothing or repellent.

Clothing - Wear shoes, socks and long pants and long-sleeves. This type of protection may be necessary for people who must work in areas where mosquitoes are present.

Repellent - Apply mosquito repellent to bare skin and clothing.

Always use repellents according to the label. Repellents with DEET(N,N-Diethyl-m-toluamide),

- (Cont. on Page 12)

SECURITY CHECKPOINT Things Your Burglar Won't Tell You Part 2



11. Helpful hint: I almost never go into kids' rooms.

12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.

13. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television. (Find it at fakety.com.)

14. Sometimes, I carry a clipboard. Sometimes, I dress like a lawn guy and carry a rake. I do my best to never ever look like a crook.

15. The two things I hate most: loud dogs and nosy neighbors.

16. I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.

17. I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?

18. I love looking in your windows. I'm looking for signs that you're home, and for flat screen TVs or gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.

19. Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address.

20. To you, leaving that window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.

21. If you don't answer when I knock, I try the door. Occasionally, I hit the jackpot and walk right in.

Family Assistance

NAS Whiting Field
The Post & Family Support Center
SEPTEMBER 2014

TO REPORT A SEXUAL ASSAULT:
Safe Helpline
1-800-877-6227

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	LABOR 1	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-S) 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-S) 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-S) 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-S) 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 US Enterprise St., Milton, FL 32570
(850) 623-7177 (voice) / (850) 7177 (TDD) / (850) 623-7715 (fax)
<http://www.cnrc.navy.mil/WhitingField/>

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

Job Fair

- (Cont. from Page 2) speech to participating companies and their representatives.

Vendors were happy with the turnout, stating that there was a larger pool of applicants with different skills that they hadn't seen in the past fairs. The total number of job seekers reached 906, with an astounding 4,900 information sessions conducted. Out of a total of 784 interviews conducted, 100 people were hired on the spot.

Companies chose to participate in the fair for numerous reasons, but a resounding consensus agreed that the quality of the applicants is what keeps bringing them back. The military's ability to instill discipline and a strong work ethic in its members makes them highly desirable in the civilian workforce.



Applicants line up at a booth to learn more about potential employers. Photo by Ensign Kimmy Mahoney.

“Folks here are prepared. Obviously those in the military have skills, have discipline. It also seems that their dependents have many of those traits...The caliber of the candidates keeps us coming back,” said Greg Young, the recruiter for Gulf Power.

The military's emphasis on safety in the workplace was also mentioned by numerous companies. From law enforcement to civilian maintenance jobs, safety is a growing concern in many industries today.

“The base is a safety center for aviation so everyone from this base has some kind of safety background, which is really good for the railroad because we're safety conscious,” said Steve Toomey, a recruiter for CSX Transport.

- (Cont. on Page 13)

Mosquito advisory

- (Cont. from Page 10)

picaridin, oil of lemon eucalyptus, and IR3535 are effective.

Use mosquito netting to protect children younger than 2 months old.

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.

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/oppr/f/insect/#searchform>.

The Department continues to conduct state-wide 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.escambiahealth.com.

Job Fair

- (Cont. from Page 11)

Participants were surprised by the variety of possible jobs available in the region. Many attended with a specific job in mind but left with the intention of applying for a career they did not know was available.

"There's a lot of interesting companies I didn't know about...I'm going to go home and apply," said Shante Smith, a civilian whose family has served extensively in the Navy.

Some applicants came specifically to network with companies that had more to offer than their current employer. Damon Matthews mentioned that he was searching for a company that had potential for growth because companies downsizing had been a problem in the past. He had no trouble finding future opportunities.

"Everyone I talked to said 'apply'," Matthews said, as he sat at a table with a folder full of applications.

Jeff Keisacker, a retired combat medic who had served two tours in Afghanistan, came to the fair looking for a career transition. He mentioned the largest draw to the fair was the ability to speak face-to-face with the companies and see how they interact with their applicants. As a veteran with charisma and confidence, the job fair gave him an excellent opportunity to display qualities that would not show on an online application. Those qualities can set applicants apart from others with similar skills.

"The networking part, the actual meeting the folks who represent the different companies and getting information from someone word of mouth. You're actually putting a face to the company, the company is putting a face to the people looking for a job," said Jeff Gulsby, an attendee who was considering a career change.

Companies were thrilled with the pool of potential employees. Some offered jobs on the spot or sent applicants home happy, knowing their resume was well received. Companies that required an extensive application process were able to better explain the necessary steps to get hired.

Christine Cowles was one of the numerous success stories from the fair. She originally heard about the fair from her neighbor and came not knowing what to expect. She left with a smile and more than one job

opportunity.

"I had a couple of companies accept my resume and told me to expect a call back," Cowles said excitedly.

The amount of job opportunities and the large turnout was said to be a reflection of the local job market.

"The labor market is improving slowly and as it improves the hunt for qualified applicants increases, so competition increases," said Darryl Johnson, the Work and Family Life consultant at NAS Whiting Field Fleet and Family Support Center.

Many participating companies and applicants credited the success of the Job Fair to Johnson and his team's execution of the fair. Vendors praised how well the event is organized every year, from the gate to their booth representatives were well taken care of. 77 out of 77 employers were willing to return next year. The success of the Job Fair and the satisfaction felt by vendors and applicants alike allows NAS Whiting Field to hold its position as one the premier Job Fairs in the area.

HONOR.

COURAGE.

COMMITMENT.

