

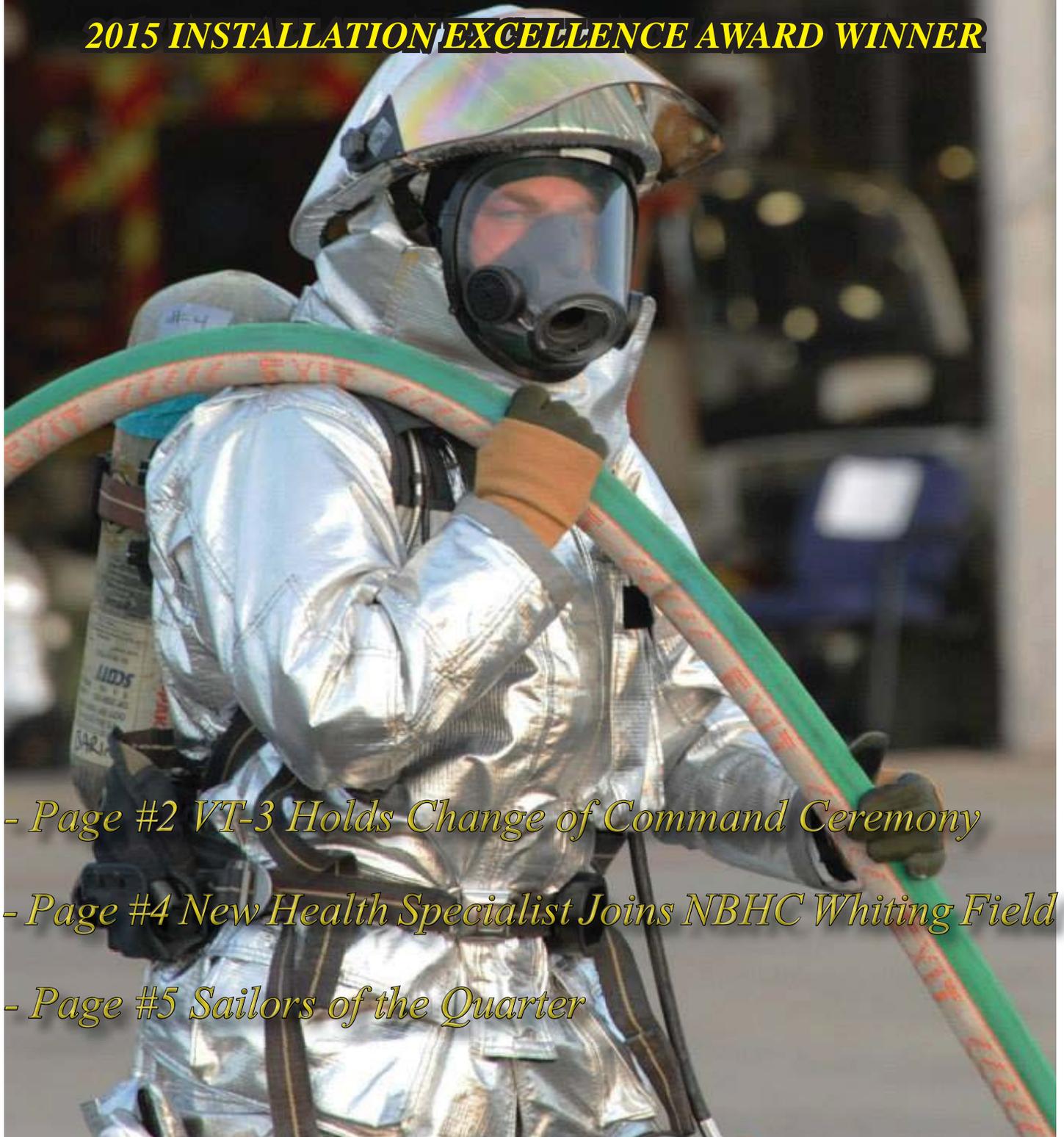
Whiting Tower

Seventyone Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 71 No. 14

Forging Wings for the Fleet
Monday, August 10, 2015

2015 INSTALLATION EXCELLENCE AWARD WINNER



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VT-3 Holds Change of Command Ceremony

By: Ensign Margaret Gresham, NAS Whiting Field Public Affairs

Training Air Wing FIVE's Training Squadron THREE (VT-3) welcomed Cmdr. Jade L. Lepke as the new Commanding Officer (CO) Friday, Jul. 17. Lepke assumed command from Cmdr. James J. Conatser, who served as CO for the past 15 months. The two officers exchanged command of the squadron during ceremonies in Naval Air Station Whiting Field's Atrium building.

The Change of Command ceremony is a time-honored tradition in all the armed forces, with each service honoring its members in its own unique way. It represents a formal transfer of authority and responsibility for a unit from one commanding officer to another.

Conatser served VT-3 as the Executive Officer (XO) from Nov. 2012-Apr. 2014 and CO from Apr. 2014-Jul. 2015. Dur-

ing this time his steadfast leadership, pioneering initiative, and unwavering enthusiasm ensured VT-3 produced the richest quality military aviators for the nation. VT-3 completed over 30,300 sorties, amounting to over 42,249 flight hours and producing 580 student naval aviators. They successfully completed three detachments, including the first ever T-6B squadron-level detachment in Alpena, Mich. in 2014. The quality and safety exemplified by this squadron was clear, and they were recognized in 2013 with the Chief of Naval Operations Aviation Safety award.

In recognition of all of these accomplishments, Conatser was awarded with the Meritorious Service Medal. After receiving this medal, Conatser praised VT-3's team.

"The amount of effort that the students and instructors set forth in this squadron is truly amazing," said Conatser, "My favorite thing about VT-3 is the genuine care they have for

- (Cont. on Page 8)

Cover Photo: Naval Air Station Whiting Field's crash crews were tested early the morning of Jul. 29 with a Mobile Aircraft Firefighting Trainer (MAFT). The crews took turns working to remove injured personnel and extinguish the fire in the mock aircraft. The training took place beginning at 5:30 a.m. due to the cooler weather and the high heat index predicted for the afternoon. U.S. Navy photo by Jay Cope.

The Whiting Tower

Commanding Officer

Capt. Todd Bahlau

Executive Officer

Cmdr. Don Gaines

Command Master Chief

Command Master Chief (AW/SW) Alton Smith

Public Affairs Officers

Jay Cope

Sheri Grabus

Public Affairs Staff

Lt.j.g. Jenné Jolie

Ensign Margaret Gresham

Ensign Jeremy Griffin

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.

NBHC Whiting Field Receives Blue H Silver Eagle Award

By: Ensign Margaret Gresham, NAS Whiting Field Public Affairs

Naval Air Station (NAS) Whiting Field's Branch Health Clinic received the Blue H Silver Eagle award for 2014. This Health Promotion and Wellness Award is an annual award sponsored by the Navy Surgeon General. It encourages and rewards the promotions of health in the Navy and Marine Corps organizations



There are several categories of the award, and NAS Whiting Field's Naval Branch Health Clinic fell under the "Medical" version. The Medical version is awarded to active duty medical treatment facilities in recognition of excellence in clinical primary prevention policies, community health promotion and medical staff health in Navy medical organizations.

This award assesses medical facilities on their programs, such as responsible drinking, injury and violence-free living, nutrition, physical activity, sexual health, psychological health, tobacco use avoidance and cessation, and weight management.

One of the main tools medical facilities use to gauge their patients overall health is the "Health Risk Assessment Survey." The criterion includes health risk outcome measures which reveal the current risk behavior of command personnel. This survey, which should be taken yearly by personnel, is web-based and completely any-

- (Cont. on Page 8)

Advancement Profile Notifications Made Easy

By Katrina Gergely, Naval Education Training and Personnel Development Technology Center Public Affairs

PENSACOLA, Fla. (NNS) -- The Navy Advancement Center (NAC) announced a new service July 13, allowing Sailors to request to receive profile sheet updates via email.

The move by the Naval Education Training and Personnel Development Technology Center's (NETPDTC) information technology department, is geared toward reaching out to Sailors.

"This is another example of the Navy Advancement Center's mission to make the advancement system more user-friendly," said NETPDTC's Command Master Chief, Master Chief Electronics Technician James Berhalter Jr.

To access this service, Sailors can log onto the Navy Knowledge Online (NKO) home page and select Navy

Advancement Center under the Career Management drop-down tab, then click on My Advancement to access the Advancement Profile Sheet link. At the top of the profile sheet, there is a block to enter an email address. Once entered, push the button Register for Email

Notification. Users can also easily opt out of the automatic notifications at any time.

Once registered, candidates will receive an email every time an updated advancement sheet profile is generated due to a change in advancement status. The email directs the candidate to access their account. The benefit of signing up for notifications is the time and effort

that it saves the Sailor.

"Prior to the email notification service being implemented, Sailors who were frocked had to spend valuable time each month checking NKO to see if their pay

- (Cont. on Page 6)



Sailors deployed to Camp Lemonnier, Djibouti, take the Navy-wide E-4, E-5, and E-6 advancement exam. U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper, 150416-N-RY232-011

This Day in Naval History

August 5, 1864 - Rear Adm. David G. Farragut successfully navigates through a deadly torpedo field Confederates lay in order to block the channel into Mobile Bay. During the battle, Farragut gives his famous quote, Damn the Torpedoes, Full speed ahead!

August 6, 1917 - During World War I, the tank steamer, USS Campana, is captured and sunk by the German submarine (U 61) in the Bay of Biscay. Four out of the five Naval Armed Guard ships are captured, along with the ship's captain, and become the first American sailors to be taken prisoner since war is declared on Germany. Chief Gunner's Mate Delaney receives the Navy Cross for commanding the Armed Guard on this occasion.

August 7, 1972 - Adm. Elmo Zumwalt Jr. issues Z-Gram 116, which enables Equal Rights and Opportunities for Women in the US Navy.



First Admiral of the U.S. Navy

In 1864, Rear Admiral David G. Farragut navigates through a field of torpedoes during an attack on Mobile Bay, shouting the famous phrase "Damn the torpedoes. Full speed ahead!" His victory is one of the most decisive of the Civil War. Two years later, Farragut becomes the first person in the history of the United States Navy to be awarded the rank of Admiral. Photo courtesy www.public.navy.mil.

New Health Specialist Joins NBHC Whiting Field

By: Sheri Grabus, NAS Whiting Field Public Affairs

A new psychological specialist, Dr. Daryl Lindsay, joins the Naval Branch Health Clinic (NBHC) Whiting Field to treat adult active duty members, dependents and retirees for conditions such as stress, anxiety, depression or grief. Lindsay fills a position that has been vacant since January of this year.

As an Internal Behavioral Health Consultant, Lindsay will help patients with psychological needs that, when left untreated, can also harm physical well-being. For example, patients with irritable bowel syndrome (IBS), a disease characterized by abdominal cramping, constipation, diarrhea, or other gastrointestinal upset – may not realize that stress can trigger or worsen their symptoms. This is where Lindsay's expertise comes to play.

“By learning coping skills to decrease stress and self-management techniques, discomfort can be dramatically decreased,” said Lindsay. “These techniques can sometimes allow patients to remain relatively free from these symptoms.”

Another example is chronic pain. According to WebMD, chronic pain, or pain lasting more than six months, affects an estimated 100 million people in the United States. Patients suffering from this condition often focus on the pain, resulting in increased symptoms.

“Behavioral health techniques can help divert their attention and focus on more positive aspects of life, enhancing the person's overall quality of life and interac-

tions with other people,” said Lindsay.

Lindsay can also focus on other concerns during sessions with patients – such as smoking cessation, relationship problems, post-partum blues, parenting skills, and so on. Patients are typically seen for about 30 minutes and may require from one to four sessions to address needs.

If the patient needs care beyond what can be addressed in the medical home, a specialty referral can be made.

Lindsay earned his Doctorate of Psychology (Psy.D.) in clinical psychology from Forest Institute of Professional Psychology, Springfield, Miss., in 2005. He is licensed as a psychologist in Missouri.

During his career, Lindsay has worked at rural outpatient clinics, a children's home, forensic wards at state hospitals in Georgia and Missouri, completed disability evaluations,

- (Cont. on Page 7)



Dr. Daryl Lindsay joins NBHC Whiting Field to provide behavioral health services to active duty military members, dependents and retirees. U.S. Navy photo by Ensign Margaret Gresham.

Eco-nomics

AUDITS

1. Have a professional energy audit performed on your home to determine whether your home wastes energy, and to pinpoint where energy is being lost. Contact your local utility to see if they do audits or ask them who performs them in your area.
2. Conduct a simple do-it-yourself energy audit of your home or office to pinpoint where energy is being lost.
3. Have a house doctor conduct a building pressurization test, commonly called a blower-door test, to determine the air tightness of your house and to pinpoint air leaks.
4. Have a house doctor conduct a thermographic inspection of your house or business to identify areas of inadequate insulation or inefficient machinery.

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NAS Whiting Field Selects Sailors of the Quarter

By: Ensign Margaret Gresham, NAS Whiting Field Public Affairs

Aviation Boatswain's Mate 1st Class Marlon Squires, Aviation Boatswain's Mate 2nd Class Paulo Gomez-Lopez, and Aviation Boatswain's Mate Aircraft Handler Airman Steven Cochran were selected for the Sailor of the Quarter, Junior Sailor of the Quarter and Blue Jacket of the Quarter for the 3rd quarter of 2015. The selection of quarterly awards was taken from a group of hardworking, driven, and standout Sailors who were leadership-nominated representatives of Naval Air Station Whiting Field's Air Traffic Control, Crash, and Security divisions.



**ABH1 Marlon Squires
Sailor of the Quarter**

months as Station Chief, he processed 96 NFIRS reports, led a team that included 38 firefighters, four Navy Fire Stations, and six emergency vehicles, which responded to 23 precautionary emergencies.

Squires acted as the Assistant Command Fitness Leader, personally directing 12 Command fitness enhancement program (FEP) sessions for ten personnel, and implementing a rigorous firefighter's physical training regimen tailored to enhance endurance. He also organized and led six physical training sessions for the First Class Chief Mess while upholding the highest physical fitness standards for himself.

He was truly an instrumental asset when it came to introducing and acclimating new Sailors. As the Departmental Sponsor Coordinator, he managed eight sponsors and ensured the delivery of 36 sponsor packages, providing a smooth transition to 36 new Sailors. As the Assistant Command Indoctrination Facilitator, Squires helped organize 20 command programs, to include six outside agencies, to provide vital information for eight newly-reporting Sailors.

As a member of the Command Assessment Team, he collected and analyzed data for 300 Sailors for the Command Climate survey and facilitated Petty Officer First Class focus groups that gathered pertinent data to heighten command moral.

Not only was Squires an asset to the Command but the com-

munity as well. He became a role model to local youth by becoming a lead mentor in the "Men in Action Outreach program," which mentors and influences disadvantaged adolescents. He personally dedicated 80 hours to the organization, aiding with school work and teaching the kids about everyday challenges they may face. He also dedicated ten hours to the Santa Rosa County fair parking team and six hours to the Escambia County Animal Shelter.

"It's a great honor to be recognized; we have outstanding First Class Petty Officers here at NAS Whiting Field," Squires shared. "I take pride in taking care of my junior personnel and their achievements in or out of service. The quote I try and live by is leadership is an opportunity to serve. It is not a trumpet call to self-importance."

"Squires is the total package; he exemplifies the Navy's Core Values in every aspect. The impact he has had within the Command and the Community is unmatched by his integrity and moral character and makes him an asset in any endeavor," said Master Chief Aviation Boatswain's Mate Jimmie Gardner, the Fire and Emergency Department Head.



**ABH2 Paulo Gomez-Lopez
Junior Sailor of the Quarter**

and expeditious direction and fueling of aircraft on the flight line as well as the safe transportation of the Runway Duty Officer and Wheels Watch stationing during flight operations.

Gomez-Lopez led five Sailors at North and South Fields, demonstrating his strong leadership and managerial skills. He is a motivated Sailor who performs all duties in an accurate and timely manner. He exudes military bearing and upholds the Navy's physical fitness standards.

As a leader in the command's Physical Fitness Program, Gomez-Lopez assisted in training 12 FEP personnel, which led to a 40 percent reduction in command-wide physical fitness failures during the Spring PFA. He led 23 personnel in physical training three days a week, and successfully helped three sailors get removed from the Fitness Enhancement Program.

Gomez-Lopez was consistently the first to volunteer for
- (Cont. on Page 9)

Commissary Value Brands Offer Nearly 500 Items

By Kevin L. Robinson, DeCA public affairs specialist

FORT LEE, Va. – Six months into the start of the Commissary Value Brands program, patrons now have nearly 500 products available at savings comparable to low-cost private label items in commercial stores.

Since the emergence of the Value Brands' signature orange label in December, the Defense Commissary Agency has elevated the savings program from about 100 products in 33 categories to almost 500 items in 54 categories. This

savings boost has patrons like Wayne C. Perry, a military spouse, even happier to use his commissary benefit.

"I love those value tags," said Perry, who lives at Joint Base Lewis-McChord, Washington, with his wife, an Army sergeant, and their four children. "Value

brands offer better pricing with often times the same quality and taste. And, it may even help train people to look for values wherever and whenever they shop. That really was a good move on the value tag. I like it. I like it a lot."

On average, Commissary Value Brands save patrons about 20 percent when compared to the store brand and private label items found in commercial retail stores. Some products approach as much as 50 percent savings

The Value Brands lineup includes beverages such as coffee, soft drinks and juices; dairy products like several cheeses, butter, canned and powdered milk; lunch meats, canned tuna and salmon; canned and frozen vegetables; canned fruit and soup; hot and cold cereals; bread; dry pasta and rice; pizza and entrees; peanut butter, jelly, honey and condiments; ice cream; cleaning supplies, disposable bags, laundry bleach and paper towels; pet foods; batteries; health and beauty care and more.

DeCA's criteria for Value Brands is simple: Products are guaranteed to be consistently equal to or lower than comparable store brand and private label products downtown.

"Many items will remain in the Value Brands program,

and items that now meet the criteria have been added," said Tracie Russ, DeCA's sales director. "Our job is to ensure that products bearing that orange tag represent the best value – period."

That's welcome news for patrons like Amanda Gallagher, a military spouse at Fort Belvoir, Virginia. "For our family, the Value Brand program allows us to get really high-quality food at less cost than we would be able to at any of the stores off post or outside the gate."



Video: Commissary Value Brand

The Commissary Value Brand items offer significant savings to patrons and their families when compared to store brands outside the gate. Video courtesy DeCA.

In addition to the orange signs on the shelves, special displays are used to showcase Commissary Value Brands. Shoppers can also cruise DeCA's website, commissaries.com, or visit the agency's social media outlets, especially Facebook and Twitter, to identify value deals before they hit the store.

Commissary patrons have many options for saving with Commissary Value Brands, biweekly promotions and other special sales offer targeted discounts.

"The orange sticker has changed the way our customers shop," said Meralie Ervin, deputy store director at the Fort Belvoir Commissary, "because when they come in they're expecting to see that orange sticker on our shelf with any item that's allocated to the Best Value program." 🍌

Advancements

- (Cont. from Page 3)

status had changed," said Navy Enlisted Advancement Execution Division Head Thomas Updike. "Now an email will be generated for anyone who signs up for the service, doing away with the need to check for that profile sheet notification."

For all of the latest updates and information concerning Navy advancement visit NAC's Facebook page at <https://www.facebook.com/pages/Navy-Advancement-Center/213190711299>. 🍌

Lindsay

- (Cont. from Page 4)

and provided services for the past nine years at a maximum secure state prison in Missouri.

He comes to NAS Whiting Field due to a desire to serve the military community – a desire that has built over his lifetime.

“My father is an Army veteran, and several of my friends have had military careers,” said Lindsay. “As my career has developed, I have begun to have a growing interest in providing services to military members and their families, both active duty and retirees.”

In a move spurred by the American Psychological Association, doctoral-level programs in the U.S. are now moving towards integrating psychological and health care services within primary care settings – to better address the overall health of the patient. This places the Internal Behavioral Health Consultant services at NAS Whiting Field on the cutting edge of psychological practice.

This means Lindsay will work for the patient’s Primary Care Provider to provide the best overall care for the patient. The Primary Care Provider remains in charge of the patient’s overall care and treatment. Access to Lindsay’s services can be made through the patient’s primary care manager or via self-referral to the clinic for those who qualify. More information on self-referral can be found on Tricare’s website at www.tricare.mil/CoveredServices/Mental/GettingMHCare.aspx. 🖱

TRICARE NOTES

BACK TO COLLEGE: TRICARE PRIME OFFERS SPLIT ENROLLMENT

Split enrollment allows families living in separate TRICARE regions to enroll in TRICARE Prime together. You must notify each family member’s regional contractor of the split enrollment status.

Families with college students, children living with a custodial parent or guardian or families otherwise separated can enroll together in separate regions.

Active Duty families are not required to pay enrollment fees, but they can still enroll in separate regions. Retiree families have only one enrollment fee.

Children who are TRICARE-eligible based on their sponsor’s status remain eligible until reaching age 21 (or age 23 if enrolled in a full-time course of study as an approved institution of higher learning and if the sponsor provides at least 50 percent of the financial support). For information on extending benefits for your college student, visit www.tricare.mil/deers.

If a family member lives in the South Region, Humana Military will coordinate the enrollment with the other region. Call 1-800-444-5445.

65th Anniversary

Helicopter Training Squadron Eight (HT-8)

Friday, October 30

Place To Be Determined

Current or former members interested in attending contact:
Lt. Becca Smith at 207-299-2234 or rebecca.smith2@navy.mil

VT-3

- (Cont. from Page 2)

one another, a Red Knight is a Red Knight is a Red Knight, no matter what branch of service or insignia they display, a Red Knight is a Red Knight is a Red Knight.”

According to Conatser, VT-3 had completed more aviators, and more flight hours with fewer mishaps than any other primary squadron, but that was not what most astonished him.

“It is the quality of military aviator that VT-3 produces that is my best accomplishment, that we have more advanced completers than any other primary training squadron, therefore producing more winged aviators that are out fighting the good fight,” said Conatser.

Conatser and Lepke then stepped forward in front of the stage while the senior enlisted member of the squadron, Tech Sgt. Herbert Copeman, presented the command pennant to Conatser. He in turn passed it to Lepke, symbolically passing command of the squadron to its new commander

After formally requesting to exchange duties with Conatser, Lepke’s wife pinned the command at shore insignia on his uniform. Lepke then stood in front of the squadron as the commanding officer for the first time and received his first salute from the assembled students in ranks. It marked the next step in a distinguished career.

Lepke takes command of VT-3 after 24 years of naval ser-



Cmdr. James Conatser (left) relinquishes command of VT-3 to Cmdr. Jade Lepke (right, holding flag) during a ceremony held Jul. 17. U.S. Navy photo by Ensign Margaret Grisham.

vice, which began when he enlisted in 1991 with the South Dakota Air National Guard as an Aircraft Armament Systems Specialist on the F-16C. After graduating OCS and earning his wings of Gold in 1998, Lepke was assigned to HSL-40 for training in the SH-60B helicopter. He served several tours in the Arabian Gulf and Mediterranean Sea, and supported Operation Iraqi Freedom and Enduring Freedom.

Following his operational department head tour, Lepke’s next assignment was to United States Strategic Command in Omaha, Nebraska. As a member of the Joint Functional Component Command - Global Strike, he served in the Nuclear Plans Division/Aircraft Strike Branch and was the Global Strike NATO Plans Team Chief until his

departure in July 2013.

“I’ve seen the dedication of this squadron, and I am privileged and thrilled to be the head of VT-3. I am truly humbled and honored with the confidence you’ve placed in me, and I am proud to be your new Skipper,” Lepke voiced as he stood in front of his new Squadron, “It is time for me to stop talking and start doing, so without further delay, XO take charge and carry out the plan of the day!”

Cmdr. Chris Biggs replaces Lepke as the executive officer of the squadron. ✈

Silver Eagle

- (Cont. from Page 2)

mous. The results of these surveys help inform leadership about the current levels of risk behavior among the command and can help direct future command-level efforts.

The questions center on peoples habits such as: tobacco use, alcohol use, precautionary sexual and birth control methods, stress level, exercise routine, over the counter drug use, nutritional choices, and sleep schedules. These questions are very personal, but can also help the Marines and Sailors do a self-evaluation and consider what choices, if any, they are making to live a healthier lifestyle.

Within the Medical category, NAS Whiting Field’s Naval Branch Health Clinic received the Silver Eagle award. To achieve the silver award a Medical command must accumulate 50 percent of the total available points for every

category and topic and must earn a minimum of 50 percent total available points.

The points are accumulated through a 140 question, criteria worksheet provided by the Navy Surgeon General. The health clinic must go through and evaluate themselves using the criteria and resources provided. Each question has an associated website or tool that the health clinic can use to evaluate the question criterion.

Hospital Corpsmen 1st Class Marc Perkins, who was responsible for gathering the information and submitting the package, shared, “This award really shows that, as a Command, we are succeeding in our role to provide excellent patient care and educating our sailors on how to lead a healthier lifestyle. If our Sailors and Marines have healthier mind and bodies it translates into high output and more efficient production in all aspects of the Navy.” ✈

Around the Base

SOQ

- (Cont. from Page 5)

Command events and has been involved in the organization and execution of events, including the Christmas Party, Navy Ball, and Diversity Committees. In addition to command events, he participated in community affairs such as Milton's Memorial Day Ceremony, Whiting Pines Safety Night, and the Bay area Backpack Program.

As the Transient Line Sponsor Coordinator, he sponsored two personnel and ensured their transitions into the command were smooth. Gomez-Lopez also helped Sailors in his command by acting as the Division Career Counselor, guiding personnel through important career decisions.

Gomez-Lopez believes that the same values that won him this award serve him well in many areas of his life. "I plan to continue my success with the same commitment I carry to the core values," said Gomez-Lopez. "I aim to take more challenges keeping my mind open to learn new things as they cross my path."

"Gomez-Lopez is an excellent Assistant Leading Petty Officer who leads by example and maintains high standards. His untiring efforts and flexibility enables him to complete any given task to produce quality results," Cmdr. Eric Seib shared.



ABHAN Steven Cochran
Blue Jacket of the Quarter

for 13 Military Fire Stations. Cochran assisted 90 firefighters by ensuring the upkeep and maintenance of 15 TAU's, 2 T-1500's, and eight support vehicles.

As a Lead Maintenance Crewmember and Assistant Minor Property Manager, Cochran ensured the inventory and maintenance of over \$4.1 million of vital lifesaving equipment for over 17 firefighting apparatus supporting both Training Air Wing FIVE and SIX operations.

Cochran's had a significant impact not only on the Command but in the community as well. He unselfishly dedicated eight hours in supervising and assisting 14 Sea Cadets in the landscaping and cleanup of a local nursery. He volunteered for the Base comedy show and MWR Movie Night with set up and tear down, showing his commitment to NAS Whiting Field

events.

Cochran commented, "I am very honored to receive this award, it gives me even more inspiration to keep striving forward. It means a lot to me especially seeing my work pay off. I plan to continue volunteering and doing the right thing at all times even when no one is looking."

"Cochran has firmly established himself as a dependable and trustworthy Sailor at Fire and Emergency Services Department," said Gardner. "He consistently is going above and beyond of what is required and constantly seeks new responsibilities. This Sailor sets the example by his devotion to the local community and Command by unselfishly dedicating his time to numerous organizations." 

SECURITY CHECKPOINT

Seat Belts and Child Restraints

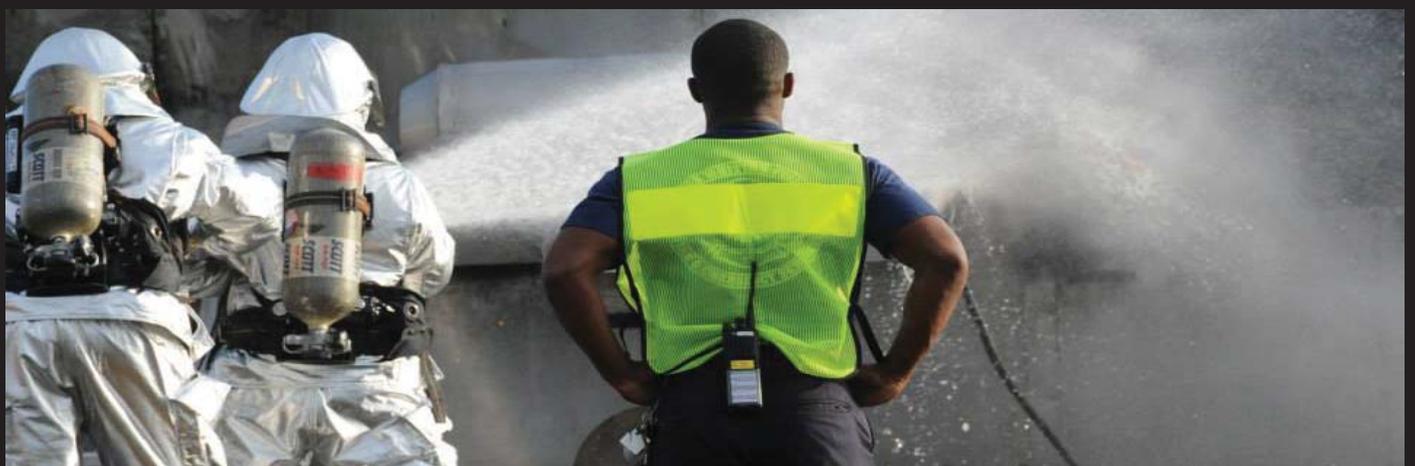


All personnel operating or riding in a motor vehicle shall wear seat belts whenever the vehicle is in motion. A federally approved child restraint device must be used for children through three years of age. For children four through five years of age, a

separate restraining device or seat belt must be used.

It is unlawful for any person: (a) To operate a motor vehicle in this state unless each passenger and the operator of the vehicle under the age of 18 years are restrained by a safety belt or by a child restraint device; or (b) To operate a motor vehicle in this state unless the person is restrained by a safety belt. It is unlawful for any person 18 years of age or older to be a passenger in the front seat of a motor vehicle unless such person is restrained by a safety belt when the vehicle is in motion. Every operator of a motor vehicle, while transporting a child in a motor vehicle operated on the roadways, streets, or highways of this state, shall, if the child is five years of age or younger, provide for protection of the child by properly using a crash-tested, federally approved child restraint device. For children aged through three years, such restraint device must be a separate carrier or a vehicle manufacturer's integrated child seat. For children aged four through five years, a separate carrier, an integrated child seat, or a seat belt may be used. If you have any questions about installing a child safety seat, contact your local fire department for assistance. From: Seat Belts and Child Restraints: NASWFINST 5560.5A / Seat Belt Safety Law - Florida Statutes 316.614; 316.613 / OP-NAVINST 5560.10B

Prepared for the Worst



Trained by the Best

Naval Air Station Whiting Field's crash crews trained on removing injured personnel and extinguishing mock aircraft fires while Safety crew looked on during Jul. 24 training. U.S. Navy photos by Jay Cope.

News and Notes

Earlier Shopping Hours at the NEX

The NEX main store is now open at 7 a.m., Monday-Friday, for your shopping convenience.

USMC Monitors at NAS Whiting Field

The Annual Manpower Management Officer Assignments (MMOA) visits NAS Whiting Field Aug. 17. The MMOA Roadshow affords officers an opportunity to discuss future assignments with their PMOS monitor.

NAS Whiting Field session: 8 a.m. all-officer brief at the Atrium (building 1417) followed by monitor interviews at the Fleet and Family Support Center.

NAS Pensacola session: 2 p.m. all-officer brief at Naval Aviation Schools Command Theatre followed by monitor interviews at MATSG-21.

For Marines to schedule interviews: NAS Whiting Field: 850- 623-7147 or Sonja.Presley@navy.mil; NAS Pensacola: 850- 452-9460 x3002 or Nathan.A.Miller@usmc.mil.

Child Development Home Program Orientation

Free orientation class for interested childcare providers Aug 24 – 28 from 7:30am to 3:30pm at the Corry Child Development Center, Pensacola. Topics include how to modify your environment and set up your business files for your program. To register contact the CDH Staff at 572-5026 / 281-5368 or susan.nadolny@navy.mil / heather.hendrix@navy.mil.

Job Fair

Job Fair rescheduled to Aug. 27 from 9 a.m.–3 p.m. in Sikes Hall. Local, regional, and national employers will be present. For more information, contact the NAS Whiting Field Fleet and Family Support Center at 850-623-7177.

Patriot 5K & 1 Mile Fun Run

Aug. 29 at Pace Cross Country Complex, Sims Middle School. 5K starts 7 a.m.; fun run at 8 a.m. Registration \$25 for 5K / \$15 for fun run. Register by Aug. 21 for a guaranteed shirt at www.Active.com.

2015 Bon Fest Summer Festival

Aug. 29 from 12 noon – 4 p.m. at Woodland Heights Resource Center. Free Admission. Authentic Japanese food, dancing, fun & activities for all ages.

JUMP (Japan US Military Program)

Program for retired and active duty military who have served in Japan. Committee meeting Sept. 4 from 2 – 4:30 p.m. at the National Naval Aviation Museum.

ITT Specials

ITT can be reached at 850-665-6250 or 850-623-7032.

- Atlanta Falcon tickets - BOGO pre-season tickets for Aug. 14 and Sept. at \$50.00, plus regular season tickets.
- Aug. - Sept. BOGO military appreciation promotion



Honoring the Fallen

Aviation Boatswain's Mate 2nd Class Nicole Ford and Hospital Corpsman 3rd Class Igor Davidyuk raised the Naval Air Station Whiting Field national ensign Thurs, July 23 for morning colors. The flag was flown at half-mast through July 25 to honor the four Marines and one Sailor killed Jul. 16 in Chattanooga, Tenn. U.S. Navy photos by Ensign Margaret Gresham.

for adult or child tickets for Audubon Zoo, Audubon Aquarium of the Americas and Audubon Insectarium. Available to active and retired military personnel, DOD civilians, and veterans with proof of honorable discharge.

- For a limited time, special offers with Disney Cruise Line and Norwegian Cruise Line.
- Armed Forces Vacation: 7 nights free with the purchase of 7 nights. Book by Aug 18; travel complete by Dec. 27.

Volunteers Needed

- Two Covenant Hospice events: Aug. 21 *Evening of Comedy-Arabian Night* at the Hilton Garden Inn, and the opening of their boutique, The Gem. To volunteer contact ABH1 Hernandez by Aug. 20 at 623-7196 or david.d.hernandez@navy.mil.
- The Milton Community Center needs volunteers to run the first down markers for Saturday youth football games. Contact ABH1 Battle at 850-426-2455 or derick.battle@navy.mil.

TRAWING-5 Facebook and Twitter Page

Check out the latest from Training Air Wing FIVE by going to their social media pages. Facebook: <https://www.facebook.com/TrainingAirWingFIVE> and Twitter: <https://twitter.com/trainingwing5>.

Make a Suggestion

NAS Whiting Field Commanding Officer Capt. Todd Bahlau has a suggestion box on the installation website: http://cnic.navy.mil/regions/cnrse/installations/nas_whiting_field/about/cosuggestion.html.

Family Assistance

NAS Whiting Field



AUGUST 2015

TO REPORT A SEXUAL ASSAULT:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suicide Prevention ACT! Ask Care Treat						1
2	3 Stress Management 1:00 - 3:00 pm	4 Conflict Management 11:00 am - 12:00 pm Lunch & Learn 11:00 am - 12:00 pm	5 Parenting 101 10:00 am - 12:00 pm TW5-Smooth Move 1:00 - 3:00 pm	6 Challenges of Flight School & Marriage 9:00 - 11:00 am Developing Your Spending Plan 1:00 - 3:00 pm	7 VA Representative 8:00 am - 12:00 pm	8
9	10 Stress Management 1:00 - 3:00 pm	11 Anger Management 11:00 am - 12:00 pm Lunch & Learn 11:00 am - 12:00 pm	12 Learning & Studying Strategies 10:00 - 11:30 am Base Smooth Move 1:00 - 3:00 pm	13 Challenges of Flight School & Marriage 9:00 - 11:00 am Thrift Savings Plan 1:00 - 3:00 pm	14	15
16	17 Stress Management 1:00 - 3:00 pm	18 Personal Communication 1:00 - 2:00 pm	19 TW5-Smooth Move 1:00 - 3:00 pm	20 JOB FAIR 9:00 am - 3:00 pm SIKES HALL	21 VA Representative 8:00 am - 12:00 pm	22
23 30	24 31 Stress Management 1:00 - 3:00 pm	25 Communication Skills 11:00 am - 12:00 pm Lunch & Learn 11:00 am - 12:00 pm	26 Learning & Studying Strategies 10:00 - 11:30 am Base Smooth Move 1:00 - 3:00 pm	27 Challenges of Flight School & Marriage 9:00 - 11:00 am	28	29

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

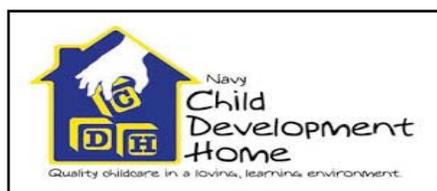
Join us @ www.facebook.com/NASWF.FleetandFamily

CDH Program Offers Opportunity to Earn Money from Home

By: CDH Pensacola Director provides detailed training on many topics including how to modify your environment and set up your business files for your program.

The Child Development Home (CDH) program is offering an Orientation class Aug. 24 – 28 from 7:30 a.m. to 3:30 p.m. This session is for people interested in providing quality child care in their home environment. The orientation is held free of charge and

This session will be held at the Corry Child Development Center in Pensacola. If you are in the need of child care during this session, let CDH staff know to make advance reservations for your children. The child care fee will be \$56 per child per week, and children must have a complete print out of im-



Usage Information			
Total Used	1 Year Ago	Last Month	This Month
2,170,463 kWh			
Total kWh Used	2,195,368	1,992,917	2,170,463
Average Daily kWh	73,179	64,288	72,349
Days In Billing Period	30	31	30

Energy Conservation
 Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly-winged Navy and Marine Corps Naval Aviators on Jul. 24. U.S. Navy photo by Ensign Margaret Gresham.

USMC Monitors Visit NAS Whiting Field

By: Sonja Presley, Public Affairs Coordinator, Training Air Wing FIVE

The Annual Manpower Management Officer Assignments (MMOA) branch visit to the Marine Corps' major commands has kicked off. The Pensacola area is the second stop on the tour throughout the United States and Japan.

The MMOA Roadshow 17 August 2015 affords officers an opportunity to discuss future assignments with their PMOS monitor.

Each visit begins with an all-officer Manpower Overview Brief to provide commanders and officers with the most up-to-date information on assignments, retention, career designation, promotions and command selection.

Immediately following the all-officer brief, personal interviews will be conducted by aviation and ground monitors. One-on-one discussions between the monitor and officer ensure clear understanding of the requirements of the Marine Corps while addressing the personal desires of the individual officer. The interaction between officers and their monitor is a fundamental and integral part of the command visit.

Morning session at NAS Whiting Field: 0800 All-officer

brief at the Atrium (building 1417 between the Chapel and ITT located at 7180 Langley Street) followed by monitor interviews at NASWF Fleet and Family.

Afternoon session at NAS Pensacola: 1400 All-officer brief at Naval Aviation Schools Command Theatre followed by monitor interviews at MATSG-21.

Marines should contact the Site Coordinators to schedule interviews:

NAS Whiting Field Training Air Wing Five Major Jeremy Orr Operations Department (850) 623-7147 Sonja.Presley@Navy.Mil	NAS Pensacola MATSG-21 LtCol Miller Executive Officer (850) 452-9460 x3002 Nathan.A.Miller@USMC.mil
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