

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
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Forging Wings for the Fleet
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2015 INSTALLATION EXCELLENCE AWARD WINNER



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NASWF Earns Installation Excellence Award Accolades

By Jay Cope, NAS Whiting Field Public Affairs

Commander Naval Installations Command selected Naval Air Station Whiting Field as the top shore installation in the Navy in its respective category Monday, Jan. 5. The award lauds the top Navy commands at shore for their installation management, program excellence and community outreach.

CNIC oversees 11 regions comprising 69 installations worldwide, and the award recognizes a base's ability to meet CNIC and Department of Defense strategic initiatives. NAS Whiting Field competed in the less than 500 personnel category.

Installations are graded across 16 key areas including: facilities management, quality of life, environment, energy, property stewardship, communication, safety and health as well as many other categories. Each entry is limited to a four page write-up of

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Cover: Commander Navy Region Southeast Rear Adm. Mary Jackson presents Capt. Matthew Coughlin with the Legion of Merit Award during the NAS Whiting Field Change of Command Ceremony. U.S. Navy Photo by Jay Cope.

The Whiting Tower

Commanding Officer

- Capt. Todd Bahlau

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Ensign Richard Krepps

- Ensign Laurence Clemente

- Ensign Jon Spoehr

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.

NAS Whiting Field Holds Change of Command



Commander Navy Region Southeast Rear Adm. Mary Jackson addresses the audience as guest speaker for Naval Air Station Whiting Field's Change of Command ceremony. U.S. Navy photo by Jay Cope.

By: Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field's largest venue nearly wasn't big enough as every seat was seemingly filled to observe Capt. Matthew Coughlin turn command of the air station over to Capt. Todd Bahlau.

The change of command ceremony is a long-standing Navy tradition which is focused around ensuring an orderly transition of duties from one officer to another in front of the assembled crew, and Rear Adm. Mary Jackson, Commander Navy Region Southeast, alluded to the tradition in her opening remarks.

"The ceremony is intended to make a permanent mark on your memory and soul about this command, its mission, and what our service members, staff, and family members do to serve our country every day, every moment," she said. "By the simple, yet profound words, 'I relieve you,' you will see it today. The minute those words are uttered, the team knows their leader. This is an imperative in our business."

In addition to helping establish the authority of the incoming commanding officer, the change of command ceremony also helps to highlight the successes of the outgoing "Skipper" and praise the capabilities of the new base commander. As the guest speaker for the event, Jackson lauded Bahlau's selection to become NAS Whiting Field's commanding officer.

"I know you will be up to every challenge you will face at this command," she said to Bahlau. "You have a wonderful opportunity ahead of you, and I look forward to cheering your successes from Jacksonville."

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The Whiting Tower Refeels Back on 2014

Editor's Note: 2014 was a banner year for NAS Whiting Field as the base received the CNIC Installation Excellence Award designating it as the best small shore installation in the Navy and the Training Air Wing Staff received a Meritorious Unit Commendation. The awards capped off a year full of successes. Training Air Wing FIVE completed their first winter detachment to Roswell, NM which helped increase available flying time for student training over the weather conditions which linger over Northwest Florida during winter season. NAS Whiting Field's MWR Department opened up their first RV park in March - which operated successfully ever since. ITT hosted their second annual travel show, and it was bigger and better than their first. The base officially opened up its new Paraloft Building, and the NAS Whiting Field fire-fighting team held a set of joint exercises with Baldwin County, Ala. Firefighters - another first. The base welcomed Cladio Bisogniero, the Italian Ambassador to the United States, to a TRAWING-5 Winging ceremony and hailed two new Skippers to the top spots in Capt. Todd Bahlau for Whiting Field and Col. Gary Kling for TRAWING-5. Unfortunately, 2014 also saw the final Air Force squadron commander depart as the student exchange program between the Navy and Air Force ended. It was a year filled with far more good than bad and we can only hope 2015 is just as exciting.

6 January- New paraloft facility opens in North Field. Individual lockers inside the facility provide separate storage spaces for each set of gear, with plenty of room



During his tour through the Northwest Florida installations, Rear Adm. Rick Williamson stopped by Naval Air Station Whiting Field to meet with personnel and tour the facilities. U.S. Navy Photo by Jay Cope.



Master-at-Arms Second Class Andrew Creech and Officer Richard Chambers of the NAS Whiting Field Security Force attempt to secure the crime scene during the Citadel Shield/Solid Curtain training exercise, Thursday, Feb. 20. U.S. Navy Photo by Jay Cope.

between lockers for pilots to change into their equipment.

8 January-NAS Whiting Field announced its 2013 accolades. Master-at-Arms 1st Class Colt Ward earned Sailor of the Year, Aviation Boatswain's Mate 2nd Class Michael Condlin was chosen as the Junior Sailor of the Year, Air Traffic Controller 3rd Class Naysha Sotogonzalez was selected as Blue Jacket Sailor of the Year.

3 February- As he took a swing through several military installations along Northwest Florida's Gulf Coast, Rear Adm. Rick Williamson spent a day meeting with and learning about NAS Whiting Field's personnel and facilities.

5 February- Training Air Wing FIVE deployed a detachment of aircraft and personnel to Roswell, New Mexico for ten weeks to conduct primary flight training operations.

8 February- After returning from Afghanistan, Chief Master at-Arms Kenneth Pratt received a pleasant reminder of what his service meant. Anita Stephens and Betty Davis from the Flying Needles Quilt Guild in Niceville, Fla. presented him with a quilt in honor of his commitment.

9 March- NAS Whiting Field conducted a simulated emergency to determine the effectiveness of their Security Force and response with a drill which addressed acts of terrorism. The drill was part of the base's annual assessment for the navy-wide Citadel Shield/ Solid Curtain exercise.

19 March- January shepherded in a new year, but it also ushered out a streak nearly three years in the making for NAS Whiting Field. This broke the installation's

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Arlington Wreath-Laying Event Honors Fallen Veterans



Electronics Technician 3rd Class Peter Triolo, assigned to the aircraft carrier USS Dwight D. Eisenhower (CVN-69), places a holiday wreath on a grave at Arlington National Cemetery. More than 200,000 wreaths were placed to honor veterans during Wreaths Across America. (U.S. Navy photo by Ensign Michelle Tucker/Released)

By Ensign Michelle Tucker, Defense Media Activity
ARLINGTON, Va. (NNS) - Service members, veterans, and civilian volunteers placed more than 200,000 holiday wreaths on the graves of America's fallen heroes at Arlington National Cemetery on National Wreaths Across America Day, Dec. 13.

The holiday wreath-laying event was sponsored by Wreaths Across America, a non-profit organization that coordinates similar ceremonies at veterans' cemeteries across the United States, at sea, and at national cemeteries on foreign soil.

Lead volunteers gathered pre-dawn at the amphitheater behind the Tomb of the Unknown Soldier and two Marine Helicopter Squadron 1 helicopters flew over the cemetery at 9:30 a.m., to signal the beginning of the event. Volunteers lined up behind 65 trucks spread across the cemetery to distribute the wreaths.

Within around two hours almost every tombstone in the cemetery was adorned with a wreath as the smell of fresh pine needles filled the cold, winter air. Some volunteers said they participated to pay respect to all veterans, while others visited to remember individual family members.

"I'm here with members of my command to honor our fallen service members," said Electronics

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2014: A Year in Review

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run of 32 consecutive months of year-over-year reductions in electricity usage.

2 April- Access to NAS Whiting Field got a little more high tech recently as a new security system was instituted to verify identification cards. The new process uses modern scanning tools to read and display the information from ID cards on portable displays for security personnel.

4 April- The final Air Force squadron commanding officer serving at NAS Whiting Field stepped down during a change of command ceremony in the installation's Atrium building at 10:03 a.m.

4 April- Following 30 years of dedicated Service to the United States Navy, Chief Warrant Officer Four Daniel J. Buechler retired at NAS Pensacola's aviation museum.

16 April- The second annual ITT Travel Expo brought active duty service members, DoD civilians and their families together with vendors from four states across the southeast region.

9 May- Two Italian officers received an incredible honor when their country's ambassador to the United States attended their Winging Ceremony at NAS Whiting Field. His Excellency Claudio Bisogniero attended the ceremony in which Lt. j.g. Lorenzo Duranti and Lt. j.g. Matteo Ricasoli from the Italian Navy and twelve American aviators were designated helicopter pilots.

11 May- The assembled officers in ranks observed the time-honored ceremony of one officer handing the reins

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This Day in Naval History

Jan 1, 1950 - Mary T. Sproul commissioned as first female doctor in Navy

Jan 2, 1969 - Operation Barrier Reef began in Mekong Delta, Vietnam

Jan 4, 1910 - Commissioning of USS Michigan (BB-27), the first U.S. dreadnought battleship.

Jan 6, 1916 - First enlisted flight training class at Pensacola, FL

Jan 7, 1960 - Launch of first fully-guided flight of Polaris missile at Cape Canaveral

Jan 10, 1956 - Establishment of first Navy nuclear power school at Submarine Base, New London, CT

News and Notes

Golf Tournament - The golf course will host a four-man best ball "Snowbird Scramble" Saturday, Jan. 24 with a start time of 9 a.m. Cost is \$30 per person with cash prizes for flight winners, a hole in one prize and longest drive prize. Call 623-7348 for additional details.

Couple's Day Adventure - Join the chaplains office, Saturday Feb. 21 for a Couple's Day Adventure from 9 a.m. to 3 p.m. at Adventures Unlimited! This event is a chance for couples to enrich their relationship skills while having fun completing a low and high ropes course. Childcare will be available for this event. Please contact the Chaplain's Office at (850) 623-7211 before the 6 FEB deadline!

Movie Night - The Liberty Center is offering a free showing of Guardians of the Galaxy Friday, Jan. 30 at 6 p.m. in the Whiting Pines Community Center. Call 623-7274 for details.

Captain's Cup Basketball - season begins Wednesday, Jan. 21 with a coaches meeting at 1:30 p.m. in the MWR Conference Room. Call 623-7670 with any questions.

Chapel Time - The main entrance to the Chapel is open to all hands during our normal office hours (7:30 a.m.-3:30 p.m.) as a place for prayer, study, and/or meditation.

Tis the Flu Season - Naval Branch Health clinic has both Flu vaccine and Flu mist in stock. Immunization hours are: Mon-Thurs. 1:00 p.m. -3:00 p.m. and Fri. 7:30 a.m. - 11:00 a.m. and 12:00 noon - 3:00 p.m.. Flu vaccine is also available at CVS, Target and Kmart at no cost for TRICARE Prime family members, Medicare, and TRICARE for



Instructors of the Quarter Announced
 On Jan. 5, the Training Air Wing FIVE Commodore Col. Garry Kling announced the Instructors of the Quarter for third quarter. The recipients were Lt. Thomas Gruber of VT-2, Lt. Brendan Rok of HT-28, Lt. Daniel Parsch of VT-2 Squadron Augment Unity, and Lt. James Kiffer of HT-8 Squadron Augment Unity. Above, seven of the 11 Instructor Pilots of the Quarter Nominees pose for a photo before the winners were announced.

Life beneficiaries. However, Active Duty personnel will be billed if they receive this service outside their Military Medical Treatment Facility. If you have received a bill, or have any other TRICARE questions, please contact our Health Benefits Advisor, Mr. Don Nelson at 623-7399 or via email at don.nelson@med.navy.mil.

HHW Offers Cooking Oil Recycling Service - You can recycle your cooking oil! Residents and businesses can simply store cooled vegetable oil in a container with a lid and bring to the Household Hazardous Waste Center located at the entrance of the Central Landfill at 6337 Da Lisa Rd. in Milton or the Jay Residential Drop Off Station located at 3785 Transfer Station Rd. in Jay for disposal. There is no cost for the collection service and the oil will be recycled for use.

TRICARE Phone Phishing Scam
 It's come to our attention that there's a telephone phishing scam that may affect TRICARE beneficiaries. We understand the callers are trying to sell medical supplies (durable medical equipment, pain cream, etc). Remind beneficiaries that they shouldn't give any personal identifiable information (i.e., birth date, social security number, or banking information) to unknown sources. TRICARE won't call beneficiaries to offer services or ask for PII. Beneficiaries who get one of these calls may contact the DHA Program Integrity office. Information on reporting fraud is available at www.tricare.mil/fraud.

Legal is Back at NASWF! - Legal Assistance appointments to discuss issues such as divorce, landlord/tenant contracts, wills, and notary services are available on a bi-weekly basis at the NASWF Legal Office in bldg. 1401. For more information, call 623-7231.

Usage Information

Total Used

1,734,324 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	1,770,166	1,684,931	1,734,324
Average Daily kWh	57,102	56,164	55,946
Days In Billing Period	31	30	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. Thanks to your efforts Whiting Field saved 35,842 kWh from last year's bill. Please help decrease usage by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

We recognize the following buildings for the last month's highest year-over-year energy reductions:

2977	HT-8/18	10.1%
1424	North Field	12.0%
2254	Choctaw	14.0%

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Front row: Cmdr. Jeffrey D. Ketcham, USN, Commanding Officer HT-28; 1st Lt. Valerie K. Smith, USMC; Lt. j.g. Jade L. L. Reaves, USN; 1st Lt. Joshua R. Affron, USMC; Lt. j.g. Lisa M. Davis, USCG; Lt. j.g. Alejandro R. Trujillo, USN; Lt. j.g. Mark A. De La Torre, USN; 1st Lt. Matthew D. Gurrister, USMC; Lt. Matthew A. Smith, USCG; 1st Lt. Joseph W. Hamlin, USMC; 1st Lt. Molly J. Hurt, USMC
Middle row: Ensign Luis A. Ramos Jr., USN; Ensign Patrick B. Regan, USN; Ensign Sean J. E. Henderson, USN; Ensign Christopher M. Johnson, USN; Lt. j.g. Ian M. Smith, USN; Lt. j.g. Nathaniel D. Bendickson, USN; Lt. j.g. Daniel J. Daugherty, 1st Lt. Connlan M.K. Kearney, USMC; Lt. Seth R. Craven, USN; Lt. j.g. Christopher R. Woolling, USN; Col. Gary A. Kling, USMC, Commodore TRAWING-5
Back Row: Cmdr. Robert G. Sinram, USN, Commanding Officer HT-8; Lt. Alexander S. Finnell, USN; 1st Lt. Christopher D. Decker, USMC; Lt. j.g. Troy P. Bowen, USN; Lt. j.g. Anthony C. Phillips, USCG; 1st Lt. Joshua C. Gornto, USMC; Lt. j.g. Phillip Weston Dodson, USCG; Ensign Christopher M. Johnson, USN; Ensign Aaron J. Day, USN; 1st Lt. Lorne D. Samson, USMC; Ensign Jonathan B. Brennan, USN; Capt. Robert L. Rasmussen, USN (Ret)

Congratulations to TRAWING-5 Scholars



Congratulations to the new Academic Achievers!

From left to right: 1st Lt. Daniel J. Szurick, USMC and Ens. Robert J. Ward, USN received their awards on Dec. 19 2014. Ens. Kyle R. Senn, USN and 1st Lt. Nathaniel E. Keegan, USMC received their awards on Jan. 9 2015.

Pickard to Turn HT-18 Command Over to Coleman

By: Jay Cope, NAS Whiting Field Public Affairs

Lt. Col. Rafford Coleman, USMC, will formally relieve Cmdr. Kevin Pickard Jr., USN, as the commanding officer of Helicopter Training Squadron EIGHTEEN, Friday, Jan. 16 at the Naval Air Station Whiting Field Auditorium. The 10 a.m. ceremony will mark the transition of authority from one officer to the other in front of the assembled staff, instructors and students. Capt. Hugh Everly, Commander Helicopter Sea Combat Wing, U.S. Atlantic Fleet, will serve as the guest speaker for the occasion.

Pickard served as the squadron's commanding officer for approximately 15 months and an additional 15 months as executive officer, during which time HT-18 set the standard for rotary wing production in every major metric including lowest time-to-train, total hours flown, and advancing sortie completion rate.

He led the "Vigilant Eagles" in completing more than 55,000 mishap-free flight hours and executing in excess of 25,000 syllabus events. Furthermore, he directed a review and facilitated an upgrade to the formation and tactics training curriculum for the student aviators. Safety in flight has been a consistent theme during his tenure, and HT-18 has continued a streak of more than 42 years without a Class 'A' Mishap and successfully completed two Command Safety Assessments as well as a positive Safety Culture Workshop under his command.

Coleman's support as executive officer has certainly played an important role in HT-18's successes, and he will strive to continue the unit's tradition of excellence as commanding officer. His career spans



**HT - 18 Commanding Officer
Cmdr. Kevin Pickard Jr.**

Whiting Field COC

- (Cont. from Page 2)

He certainly has an impressive track record to follow as NAS Whiting Field was named the region's nominee to compete in the Navy's Installation Excellence Award competition. It was the first time Navy Region Southeast selected NAS Whiting Field and follows two consecutive second place finishes within the region.

The recognition was due in part to Coughlin's professional management of a sprawling military complex valued at over one billion dollars. His leadership directly enhanced the ability for Training Air Wing FIVE to meet their aviation training mission. Jackson commended his achievements, expressing the difficulties involved in commanding a Naval installation.

"Matt, I cannot overstate the impact your leadership has had. You've guided your team through many changes and significant challenges. The Navy and the local community are better because of your drive and determination," she stated. "Thank you for your service to our Navy and nation at a critical time, and congratulations on a job very well done."

Under his guidance, NAS Whiting Field provided air traffic control, emergency fire and rescue services, and runway and grounds maintenance to more than 13,000 acres of property and 4,500 nautical square miles of airspace, supporting the safe execution of 377,000 aircraft flight hours, and four million flight evolutions, as well as classroom and simulator training/support for 3,600 student naval aviators. Productivity at the fifteen airfields under Coughlin's direct control supported Navy, Marine Corps, Air Force, Coast Guard and allied forces operations, equating to 65 percent of the entire Chief of Naval Aviation Training (CNATRA) annual flight curriculum and accounted for 11 percent of the Department of Defense's annual flight hours.

Coughlin retired following the ceremony, so his most tangible form of praise came in the form of his final military award, the Legion of Merit. The citation praised Coughlin's leadership and effective community outreach efforts.

"A champion of regional alliances and partnership with local communities, he spearheaded initiatives to prevent encroachment at aviation training facilities and preserved the Navy's ability to meet future training requirements, all while bolstering economic development in the local community," stated an excerpt from the citation.

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Family Assistance

NAS Whiting Field



JANUARY 2015

TO REPORT A SEXUAL ASSAULT:

DoD Safe Helpline
 Sexual Assault & Stalking Helpline for the DoD Community
 Live 24/7 Help Confidential Worldwide Call
 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	
Suicide Prevention ACT! Ask Care Treat					1 	2	3
4	5 Resume Writing 10:00 am - 12:00 pm Stress Management Multi-Session 1:00 - 3:00 pm	6 TW5 SM 1:00 - 3:00 pm Anger Management 9:00 - 10:00 am Conflict Management 1:00 - 2:00 pm	7 Stress Management 10:00 - 11:00 am	8 Challenges of Flight School & Marriage 9:00 - 11:00 am Money & The Move 1:00 - 3:00 pm	9 VA Representative 8:00 am - 12:00 pm	10	
11 Federal Applications 9:00 - 11:00 am Stress Management Multi-Session 1:00 - 3:00 pm	12	13 Stress Management 9:00 - 10:00 am Anger Management 1:00 - 2:00 pm	14 Communicating Effectively 10:00 - 11:00 am	15 Challenges of Flight School & Marriage 9:00 - 11:00 am	16	17	
18 MARTIN LUTHER KING DAY	19	20 Communicating Effectively 10:00 - 11:00 am	21 TW5 SM 1:00 - 3:00 pm Managing Your Time 11:00 am - 12:00 pm	22 Challenges of Flight School & Marriage 9:00 - 11:00 am Credit Management 1:00 - 3:00 pm	23 VA Representative 8:00 am - 12:00 pm	24	
25 Stress Management Multi-Session 1:00 - 3:00 pm	26	27 Parenting 10:00 am - 12:00 pm Smooth Move 1:00 - 3:00 pm	28 Conflict Management 10:00 - 11:00 am	29 Challenges of Flight School & Marriage 9:00 - 11:00 am Home Buying 1:00 - 3:00 pm	30	31	

7511 USS Enterprise St., Milton, FL 32570
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<https://www.cnic.navy.mil/WhitingField/>

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

Whiting Field Helps Santa Visit Local Schools

By Ensign Richard Krepps, NAS Whiting Field Public Affairs

Children at Pea Ridge and Bennett Russell Elementary Schools received an early Christmas treat Friday, December 19. As part of Training Air Wing FIVE's holiday goodwill efforts, Helicopter Training Squadrons 18 and 28 teamed up with the Naval Air Station Whiting Field Fire Department and Lifeguard 1 to escort Santa Clause to the schools to meet students.



Santa and his escorts from Helicopter Training Squadron 18 pass out candy canes to the students of Pea Ridge Elementary during the annual Santa Drive-In event. Photo by Lt. j.g. Brett Resue.

As part of the annual event, Santa usually forgoes his traditional means of reindeer powered transportation and arrives at the school by fire truck. However, this year students at Bennett Russell Elementary received an extra special treat thanks to Lifeguard 1 as they flew him in by helicopter.

"We really want to give a special thanks to

the crew of Lifeguard One; James Sellers and Brandon Stites to name a few," said Lt. Lauren Fuselier. "Lifeguard One Company and pilots offered their services to fly in our Santa for the kids at no cost to us or the school."

The helicopter made three passes in front of the school before landing in the soccer field in front of the student audience. Santa first met with the distinguished members of the Soaring Cardinals, which are the students who have maintained a 95 or higher grade point average. He then visited with the top two students from every class before passing through each grade to distribute more than 800 candy canes from his red sack.

At Pea Ridge Elementary, Santa again passed on the sled and hitched a ride with members of HT-18

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2014: A Year in Review

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of command to another as Helicopter Training Squadron EIGHT's commander stepped down and his executive office assumed the top spot.

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

20 June- To help families prepare for the possibility of a hurricane or tropical storm striking the local area, NAS Whiting Field held its annual Hurricane Fair. Valuable and potentially lifesaving tips were shared with spectators as they toured the different information booths.

25 June- After more than two years, Daisy Johnson stepped down as the NAS Whiting Field Ombudsman. Following in her formidable footsteps will be Vanessa Wiederhoeft, who accepted the appointment from Capt. Matthew Coughlin.

28 June- NAS Whiting Field firefighters participated in a mutual training event with several other fire departments from Baldwin County, Ala. that epitomized the concept of a win-win situation. This type of training was an excellent opportunity to do mutual aid training in a safe environment with many different area fire departments.

1 July- NAS Whiting Field Public Works Department turned over the final hangar bay to the Chief of Naval Air Training last month. This act marked the comple-



From left to right: MAC Colt Ward, ACC Jean Vincent, MAC Michael Wiederhoeft, YNC Gina Green, and HMC Steven Fearnside (not pictured) were selected for the ranks of Chief Petty Officer this past August. Photo by Jay Cope.



Col. Gary Kling assumed command of Training Air Wing FIVE in September as Capt. James Fisher is ceremoniously rung ashore. Fisher effectively retires this January after 28 years of service.

tion of the multi-year hangar restoration effort.

8 July- The Officer-in-Charge (OIC) of Center for Naval Aviation Technical Training detachment Whiting Field stepped down. Lt. Cmdr. Kevin D. Bittle relieved Cmdr. Vencent W. Logan of duty as OIC of CNATT DET Whiting Field.

9 July- Lt. Cmdr. Patrick "Verbal" McMonigle was named the CNATRA Reserve Instructor of the Year for 2013 recognizing the top selected reservist flight instructor in the Naval Air Training Command.

24 July- Navy Region Southeast's Regional Operational Assessment and Assistance Program (ROAAP) inspection provided NAS Whiting Field another opportunity to test the installation's ability to respond to and help aid a sexual assault victim.

1 Aug- Five local First Class Petty Officers were all smiles Aug. 1st after they learned of their selection to Chief Petty Officer: ACC Select Jean Vincent, MAC Select Michael Wiederhoeft, MAC Select Colt Ward, HMC Select Steven

Fearnside, and YNC Select (Reserves) Gina Green.

6 Aug- Success at the Morale, Welfare, and Recreation RV Park has staff excited about the future for the park. Averaging around a 70 percent occupancy rate, the park has proven itself as an asset to the government service community.

10 Aug- Two NAS Whiting Field civilians have been

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Around the Base

Arlington Wreath-Laying

- (Cont. from Page 4)

Technician 3rd Class Peter Triolo, assigned to aircraft carrier USS Dwight D. Eisenhower (CVN-69). “Without their sacrifice we wouldn’t have everything we have today and we’re following in their footsteps.”

Navy veteran Steve Markwood served as a sonar technician aboard destroyer USS New (DD-818), and volunteered to place wreaths with his co-workers and family.

“I’m here to honor all of our veterans and to show camaraderie, to support the veterans, and just to pay back to those who gave their lives for the country,” said Markwood. To those who rest below the soil, he said, “thank you for your service and God bless.”

Jimmy Shaw was one of the volunteers who helped make the event possible by driving his truck full of wreaths 787 miles from a nursery in Maine for the event.

“It was an honor driving the truck, knowing where I was going,” said Shaw, an Army veteran who served in the infantry. “It means a lot for the families who have lost their loved ones; the Soldiers who have sacrificed so much for this great country of ours.”

Eco-nomics

Energy Saving Tip

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.

Energy Myth

It’s better to leave fluorescent lights on rather than turning them off when you leave a room, since turning them on and off makes the bulb burn out faster.

Reality

While it is true that switching fluorescent lights on and off does shorten the operating life of the bulbs, it is also true that their operating life is shortened by leaving them lit. Leaving a light on when the room is empty also consumes unnecessary energy. Unless the switching frequency is greater than once every few minutes, it is generally cost effective to turn the lights off as needed.

ATTENTION GOLFERS



The MWR Guest Card Program provides base access for non-military persons to play the Frank W. Dahlinger Golf Course at NAS Whiting Field.

For more info, call (850) 623-7348.

School Santa Visits

- (Cont. from Page 8)

and NASWF Fire Department aboard one of their impressive fire trucks as part of the two decade old tradition.

As Santa entered the school, students lined the halls to catch a glimpse. A handful of students were even lucky enough to get a high five from Santa and his uniformed escorts. He then made his way through the Kindergarten, First Grade, and Exceptional Student Education classes, visiting with students, passing out candy canes, and taking stock of their Christmas wish-lists. Of course the older students were not to be left out. While Santa was busy with the younger students, the other members of NAS Whiting Field gave the older grades a tour of the fire truck.

Despite poor weather the morning of, the coordinating parties were able to make accommodations and execute overall successful events. While Santa's visits were a treat for the students, the members of HT-28, HT-18, NASWF Fire Department, and Lifeguard 1 were also grateful for the opportunity to make their Christmases a little brighter.

"It was great to see the smiles and hear the laughs of the students at Bennett Russell," said Fuselier. "For some students this will be the only Christmas they will know and I just wish we could do more." ✈



Excited students high five Santa and service members from NAS Whiting Field as they walk through the halls of Pea Ridge Elementary School. U.S. Navy Photo by Lt.j.g. Brett Resue.

TRICARE Notes

TRICARE SUPPLEMENTAL INSURANCE

Many military associations and private companies offer supplemental insurance policies. Unlike other health insurance, which pays for health care services before TRICARE pays, supplemental insurance pays after TRICARE has paid its portion of the bill. Supplemental plans reimburse you for out-of-pocket medical expenses paid to civilian providers.

Employers Not Allowed to Offer TRICARE Supplemental Plans

It is important to note that federal law prohibits employers from offering their employees financial or other types of incentives to use TRICARE services, if eligible, rather than the company's group health plan.

For questions regarding TRICARE supplemental plans, visit www.tricare.mil.

You can also visit www.humana-military.com or call 1-800-444-5445

ADVANCE DIRECTIVES

Federal law requires health care institutions to tell adult patients about their rights to make decisions about medical care. These include the right to accept or refuse medical treatments and the right to make advance directives about their care. Family members might not know what the patient desires and even may disagree among themselves regarding what he or she would want or what is best.

What is an Advance Directive?

An advance is a written statement in which you state your choices for health care or name someone to make such choices for you, should you become unable to make your own decisions about medical treatment.

When Does an Advance Directive Take Effect?

Your advance directive takes effect only after you can no longer make personal decisions about medical treatment.

Where Can I Find Advance Directive Forms?

Advance directives for every state in the US are free of charge at www.caringinfo.org/stateaddownload.

Around the Base

2014: A Year in Review

- (Cont. from Page 9)

recognized as the top performers for the 3rd quarter 2014. Lori Howell earned Junior Civilian of the Quarter recognition and Alec Granderson was named the Senior Civilian of the Quarter.

21 Aug- NAS Whiting opened its gates to community and military members alike for the silver anniversary of the annual Job Fair. Job seekers found a wealth of information and job listings, but most importantly they found opportunity.

17 September- 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.

19 September- Capt. James Fisher ceded command of the Navy's largest training wing to Col. Gary Kling in front of the assembled family, friends, shipmates, and special guests at the National Museum of Naval Aviation aboard NAS Pensacola.

15 October- There was plenty of energy present at the 2nd Annual Energy Awareness 5k, hosted by the NAS Whiting Field Public Works Department and MWR. Participants gathered near the base fitness center stretching and sizing up the competition.

21 October- Rear Adm. Mary M. Jackson, Commander Navy Region Southeast, recognized NAS Whiting Field as the recipient of the 2014 Installation Excellence Award, in its respective category.

29 October- When pilots and aircrew from about 20



The Chief of Naval Air Training Rear Adm. Roy Kelley presented a Meritorious Unit Commendation to Commodore of Training Air Wing FIVE Col. Gary Kling for the wing's efforts during the T-34 to T-6 aircraft transition. U.S. Navy photo by Jay Cope.



Capt. Matthew Coughlin turned over command of Naval Air Station Whiting Field to Capt. Todd Bahlau after serving three years at the helm and as a staple of the surrounding communities. U.S. Navy photo by Jay Cope.

different helicopters boarded their aircraft and departed NAS Whiting Field Friday morning, it marked the completion of another successful Fleet Fly-In for Training Air Wing FIVE.

5 November- The Chief of Naval Air Training presented the Training Air Wing FIVE staff with a meritorious Unit Commendation for their efforts during the T-34 to T-6 aircraft transition.

7 November- Approximately two dozen members of the Foley Fire Department and Navy Crash Crews were on hand at Navy Outlying Field Barin Friday, Nov. 7 for the first joint training exercise in over a decade.

3 December- Navy Operational Support Center, Pensacola, Florida recognized Navy Reserve Naval Security Force Whiting Field as the recipient of the 2014 Best Small Unit of the Year in its respective category.

3 December- The National Arbor Day Foundation recognized NAS Whiting Field as a Tree City USA for its dedication to conservation

and urban renewal. This is the 23rd consecutive year the base has received the designation.

5 December- Following 15 months at the helm, Lt. Col. Jeff Pavelko turned over command of Helicopter Training Squadron TWENTY-EIGHT over to Cmdr. Jeffrey.

17 December- Naval Air Station Whiting Field observed a time-honored Navy tradition when command of the air station was passed from one officer to another. Capt. Todd Bahlau accepted command of NAS Whiting Field from Capt. Matthew Coughlin following Coughlin's three year tour at the helm. 🚩

Whiting Field COC

- (Cont. from Page 7)

Although he repeatedly refused to get “misty-eyed,” Coughlin was emotional as he deferred credit for the installation’s successes to the Sailors.

“I never, ever, worried about these fine Sailors operating independently either here at NAS Whiting Field or over the horizon. They are well trained professionals that epitomize everything that is right with America,” he stated emphatically. “I can only say – I am most honored to have served with them.”

Following the end of his speech, Coughlin read his orders, detaching him from duties as commanding officer of NAS Whiting Field. Bahlau then took center stage and read his orders assigning him to the air station as commanding officer. The two officers exchanged salutes, with Bahlau reciting the words “I relieve you,” before requesting permission to exchange duties from Jackson.

Bahlau then stepped up to the podium as the 41st commanding officer of NAS Whiting Field. His wide array of experiences underscore Jackson’s confidence in his ability to navigate the challenges of installation management.

His first operational assignment was with the “Grandmasters” of Helicopter Anti-Submarine Squadron Light FOUR SIX (HSL-46) in Mayport, Florida, flying the SH-60B Seahawk helicopter. Follow on assignments included: the “Airwolves” of HSL-40 (two tours), the Staff of Commander, Cruiser-Destroyer Group 12 (CCDG-12), the Chief of Naval Personnel in Washington, DC, as the Head Officer Promotion Planner, another tour with the Grandmasters, the 33d Flying Training Squadron (33d FTS) at Vance Air Force Base in Enid, Oklahoma, and a tour as Chief of the Strategic Engagement Cell and Chief of the Joint Visitor Bureau at Headquarters International Security Assistance Force (ISAF) in Kabul, Afghanistan. Bahlau also earned a second Master’s degree from the Naval War College in Newport, Rhode Island. His most recent assignment was with the United States Strategic Command at Offutt Air Force Base, Nebraska.

He emphasized during his remarks that the Navy was never a job to him, it was a calling. Bahlau’s family history is replete with military veterans. His great-grandfather served in both the Army and Navy during WWI. Both grandfathers served in WWI – one in the Army and one in the Navy. Two uncles served in the Navy – one of whom was a former commanding officer of NAS Jacksonville, and his father served during

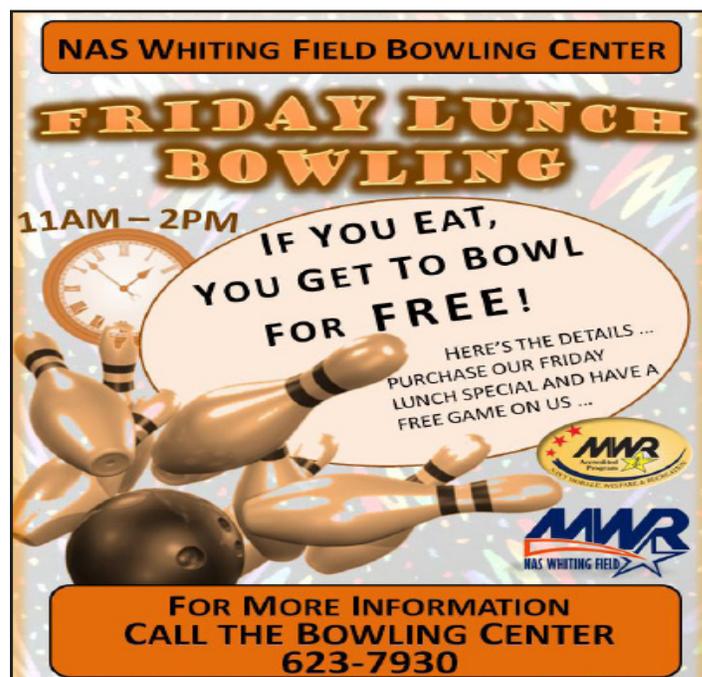
Vietnam in the Navy.

Given his family history, Bahlau’s interest in NAS Whiting Field’s past is understandable, and he emphasized how the past reflects the present with a quote from Capt. Harrington, the commanding officer of NAS Whiting Field in 1958.

“Whiting is presently known as a key station in the Naval Air Basic Training Command and as time goes by its value will become even greater...the station’s success is primarily due to the knowledge, experience and faithful service of its personnel past and present,” Harrington wrote in the 1958 yearbook for the base.

The words from 56 years ago have proven to be prophetic, and NAS Whiting Field is no longer an auxiliary air station as it was then, but a Naval Air Station that has become the busiest aviation complex in the world. The installation infrastructure included 13 Navy outlying landing fields comprising 61 percent of all Navy’s OLFs and supports more than a million flight operations per year. The scale of operations is impressive, and Bahlau recognizes the challenges ahead.

“To the men and women of NAS Whiting Field, I am truly honored to stand here today as your commanding officer, and I pledge to you that I will work tirelessly to ensure that we not only maintain, but improve our track record of installation excellence,” he said. “I promise you that I will cherish every day that I am in command.” 



NAS WHITING FIELD BOWLING CENTER

FRIDAY LUNCH BOWLING

11AM – 2PM

IF YOU EAT, YOU GET TO BOWL FOR FREE!

HERE'S THE DETAILS ...
PURCHASE OUR FRIDAY LUNCH SPECIAL AND HAVE A FREE GAME ON US ...

MWR
Navy's Most Valuable Resource

MWR
NAS WHITING FIELD

FOR MORE INFORMATION CALL THE BOWLING CENTER 623-7930

Around the Base

HT-18 COC

- (Cont. from Page 7)

duty as an enlisted Marine during Operations Desert Shield and Desert Storm before graduating from Rutgers University in 1993 and gaining his commission. He completed helicopter flight training with HT-8 at NAS Whiting Field, becoming a Naval aviator, in 1996. Following assignments included service with Marine Medium Helicopter Squadron 263 (HMM-263); duty as a flight instructor with HT-8; deployment to Iraq in support of Operation Iraqi Freedom;

assignment to 8th Marine Regiment, 2nd Marine Division and subsequent support of Operation Secure Tomorrow in Haiti; service with HMM-261; and transfer to MAG-26 at New River, N.C. More recently, Coleman participated in Flood Relief efforts in Thailand as the Expeditionary Operations officer for the III Marine Expeditionary Force from 2011 to 2013. He assumed duties as the executive officer of HT-18 in October 2013. He has accumulated more than 3,200 flight hours to this point in his career in a variety of fixed wing and rotary aircraft.



Prospective HT-18 Commanding Officer
Lt. Col. Rafford Coleman

Pickard leaves the “Vigilant Eagles” to accept orders as the Navigator for the USS Dwight D. Eisenhower (CVN-69). This will serve as the next step in his 18-year career that saw him fly with the “Black Stallions” of HC-4, the “Gunbearers” of HC-11, and the “Island Knights” of HSC-3 in Guam. He also completed tours as the Flag Lieutenant for Carrier Strike Group Two and a Military Affairs Officer for the U.S. Department of State prior to his assignment to HT-18.

Cmdr. Brian Sanderson will replace Coleman as the executive officer for the squadron. ✎

SECURITY CORNER

Ways of avoiding getting a ticket on Naval Base part 1.

1) Its start before you get in your vehicle – A. Make sure you have a valid driver license; check with your state about military extensions. B. Make sure your registration is up to date. Each state is different; so check with your state dmv if you don’t know. C. Make sure your vehicle is insured and that the insurance is up to date; you have proof in the vehicle and you have proper coverage (see NASWFINST 5560.5A Paragraph 11 for coverage). D. The vehicle you are driving is operational sound (everything works: lights, wipers, no cracked windshield, smog and noise, height compliant with state laws).

2) Once you’re in the vehicle - A. Make sure you have on your seat belt. B. If you have any other occupants in the vehicle; make sure they have their seats belt on also (children in federally approved child restraint device age appropriate). C. Before you enter the base turn off and unplug your radar detection device. They are prohibited on all DOD installations. D. Drivers, don’t use cell phones while driving on base, safely park the vehicle then use the phone. As per NASWFINST 5560.5A - The Prohibition against using hand-held cellular phones does not include hands-free cellular phone devices. Hands free devices include consoled/dash-mounted or otherwise secured cellular phones with integrated features such as voice-activation, speed dial, speakerphone, or other similar technology for sending and receiving calls. Remember it’s prohibited to drive with anything in your ear canal or over your ears, except for fire and emergency response or law enforcement/security purposes (does not include hearing aids or devices designed and required for hearing enhancement).



Around the Base

Installation Excellence

- (Cont. from Page 2)

accomplishments plus supporting documentation and photographs.

NAS Whiting Field received word of the award Monday afternoon, and new Commanding Officer, Capt. Todd Bahlau quickly praised his team for the accomplishment.

“CONGRATULATIONS! Your hard work and dedication was recognized as NAS Whiting Field was awarded 1st Place for the 2015 CNIC Annual Award for Installation Excellence (small category). Bravo-Zulu for a job exceptionally well done” he said.

The award comes with \$170,000 award which the base can use to improve existing facilities.

However, while NAS Whiting Field receives the recognition, the honor couldn't be achieved without a community that supports and partners with the air station to accomplish the mission. The award nomination package included citations emphasizing partnerships with Santa Rosa County toward achieving “Safe Community” designation for the county, encroachment partnering to secure property around the base to prevent incompatible development, incorporating 16 Military Family Life Counselors in area schools creating the most robust program in the country, hosting the Military Appreciation Month picnic for local military and retirees, and much, much more.

“We truly benefit from one of the most supportive military areas in the country,” Bahlau stated. “We know how fortunate we are. This recognition doesn't come to NAS Whiting Field without their help, and we are grateful to be a part of this exceptional community.

NAS Whiting Field has been knocking on the door the past couple of years finishing second in Navy Region Southeast for two consecutive years before earning the region's nomination in October for this year's competition. The award comes at an appropriate time as it completes a sweep of the Navy-wide awards for Pensacola area Navy bases. NAS Pensacola earned top honors for entry in the category for more than 500 personnel.

“It is truly an honor to receive this recognition, and we are determined to continue providing the best support to the Navy and the Nation as we train the best aviators in the world.” Bahlau said. ✈️



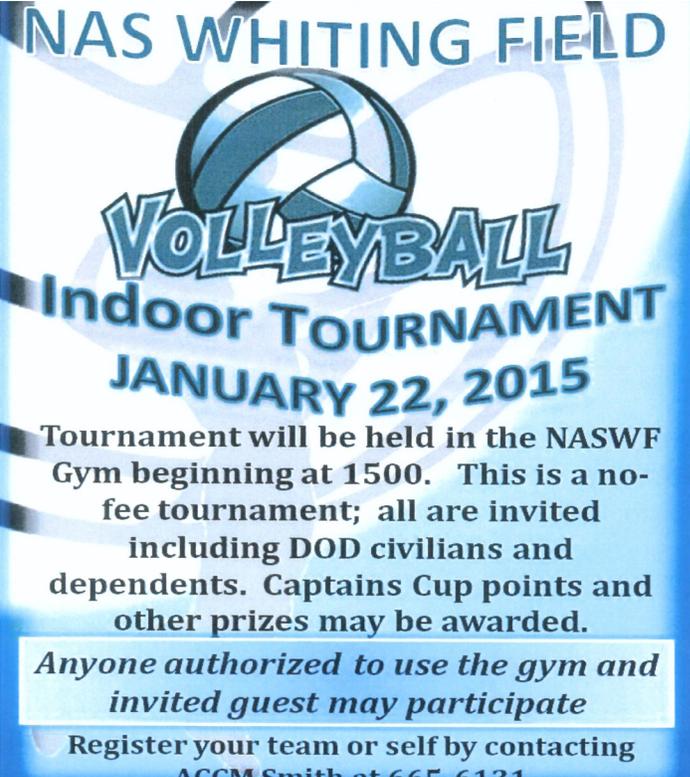
New Year's
RESOLUTION RUN

Thursday  **1100 am**
Jan 15th **Fitness Center**

Start the New Year off right with a fast 2 mile fun run!

Incentive prizes for all participants
Mileage can be used in the
“Resolution Fitness Challenge”

Call 623-7412 for more information



NAS WHITING FIELD

VOLLEYBALL

Indoor TOURNAMENT
JANUARY 22, 2015

Tournament will be held in the NASWF Gym beginning at 1500. This is a no-fee tournament; all are invited including DOD civilians and dependents. Captains Cup points and other prizes may be awarded.

Anyone authorized to use the gym and invited guest may participate

Register your team or self by contacting
ACCM Smith at 665-6131