Taking the Stress Out of PCS

By Cdr. Erik Wells, Sea Warrior Program Public Affairs

WASHINGTON (NNS) -- The latest upgrade to MyNavy Portal (MNP) includes a checklist to guide Sailors and their families through their next Permanent Change of Station (PCS) move. My PCS Checklist allows Sailors to easily create their own personalized move checklist, and can be found in the Assignment, Leave, and Travel section of MNP under the Career and Life Events drop down menu.

There is no question that PCS moves are challenging, whether it is a single Sailor heading across country or a family moving overseas. The process of relocating can be a source of personal, financial and family stress and it requires a great deal of logistical planning. My PCS Checklist makes the process better. Sailors can now create their own personalized checklist by using an intuitive, web-based program, to guide them through the PCS process and help eliminate unnecessary stress.

“Creating the checklist is easy,” said Capt. Chris Harris, director, distribution management division, Navy Personnel Command. “Sailors answer a few questions in the online checklist, starting with their official detachment date, which automatically generates a personalized, step-by-step checklist that calculates the number of days to complete each item until their move from their current command. Sailors can print out their checklist at work or email it to a spouse, parent or anyone with whom they want to share the information.”

The checklist is broken down into four categories – Shipping Household Goods, Family Move, Money and Sailor Admin. Based on the detachment date selected, the checklist outlines necessary activities, due dates and includes tips and sources of support for each category.

The program includes a taskbar that indicates how far along Sailors are in completing their activities and they will receive alerts to remind them to complete the tasks to stay on their PCS timeline.

“MyNavy Portal addresses one of the major issues Sailors face when managing their careers – they have to use too many websites to complete routine tasks for managing their careers,” said Dave Driegert, PMW 240 assistant program manager, Single Point of Entry for MNP.

“My PCS Checklist is the newest tool for Sailors MNP is growing all the time. In the months ahead, Sailors will be able to access an increasing number of new features and tools.”
Hurricane Michael- Before, During, and After the Storm

By Jamie Link, NAS Whiting Field Public Affairs

Hurricane Michael ripped through the area of Panama City as the strongest U.S. storm in more than twenty-five years, flattening trees, crushing metal and dissecting bridges in its path. Naval Support Activity (NSA) Panama City was severely impacted by Hurricane Michael and Navy bases responded to provide immediate assistance. This is the story of before, during, and after the impact of the deadly storm.

Before the storm:
We knew it was coming, and we prepared for impact. NAS Whiting Field began to increase its Conditions of Readiness (COR) from COR 5, early precautions, to the highest condition, COR 1. As the storm continued its approach, NSA Panama City began their COR countdown as well.

Onboard NAS Whiting Field, Training Air Wing Five made the decision to safeguard their aircraft. Many T-6 Texan II aircraft and TH-57 helicopters were hangered, and the aircraft that could not fit in hangers were flown off to a safe location outside the weather cone.

Prior to the impact of Michael, NAS Whiting Field Emergency Manager Rudy Mendiola relayed, “We are going to have to be ready for this one-it could get very bad.” Rudy and I attended the National Weather Service briefings at the Santa Rosa Emergency Operations Center and within 24 hours prior to impact, I believed our county, surrounding counties, and military installations were as ready as we could be.

Over on NSA Panama City, which also prepared the best they could, commanding officer Cmdr. Jay Sego ordered the evacuation of all personnel away from the installation, and they were provided information about where to safe haven. Immediately before the storm hit, a small, core group of military and civilian personnel from NSA Panama City evacuated to Bay County Emergency Services Operations Center in Southport, Florida to weather the storm.

During the storm:
The destruction began for New Haven, Mexico Beach, and NSA Panama City among many other towns on the Panhandle, with the effects penetrating even as far as Georgia. As the winds picked up, the storm surge increased, and slowly more and more serious damage accumulated. Roofs were ripped off homes and dangerous power lines were dangling in the wind. Traffic lights went out, and infrastructure was heavily impacted with dangerous flying debris damaging everything.

A NSA Panama City Navy Gateway Inns and Suites employee shared with me what he experienced one evening a week after the storm, “It was awful, with sheer might I had to keep my table up against the back doors so they would not fly open. It would have created a wind suction that would have allowed the roof to rip off. It was awful watching my chickens flying loose in the air because their house failed in the backyard.”

At the Bay County Emergency Services Operations Center, NSA Panama City personnel hunkered down with local county officials and personnel to help any way they could. An NSA Panama City security officer was there with 911 operators as they fielded calls by many that began with panicked voices issuing frantic pleas of “help me.”

After the storm:
The initial damage assessment team was launched soon after the hurricane passed through. NSA Panama City leadership returned to the base to find significant damage

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to buildings and hundreds of trees down that ripped up water lines and created widespread destruction.

NSA Panama City leadership recovered the installation command flag that flew during Hurricane Michael. The flag was ripped to shreds, some of its stars were missing but it flew on. There is a photo of that flag on NSA Panama City’s Facebook page, providing a potent visual reminder of the incredibly damaging winds of the storm. Leadership brought that flag in and shared among a small group of personnel what that flag represented, what the base went through and what they themselves had been through. That flag now serves as a representation of the installation’s perseverance and symbolized the beginning of recovery after surviving the epic storm.

It was now time to respond, to recover, to be resilient, and I witnessed it. With assistance from Navy Region Southeast, Naval Facilities Engineering command (NAVFAC), NAS Pensacola, NAS Whiting Field and Naval Construction Training Center Gulfport, the response began. NAS Pensacola Fleet and Family Support Center stood up an Emergency Family Assistance Center (EFAC), and Gulfport Emergency Manager Lew Fountain was already assisting the NSA Panama City team with emergency operations prior to the storm. Naval Mobile Battalion Construction ELEVEN (NMBC-11) Seabees arrived on station to clear roads. Fifty Seabees worked tirelessly to clear debris, set up a mess tent and create a water filtration system. Watching them work was incredible to witness. Trucks, backhoes and chain saws hummed around the dedicated crew.

Personnel from surrounding areas arrived one by one as needed. Gulf Coast Fire department from NAS Pensacola and NAS Whiting Field assisted with ensuring fire and emergency services were intact, and I arrived on station to help the base public affairs office.

Some of the other assists included Theresa from Balfour Beatty at Whiting Pines Housing, NAS Whiting Field Public Works personnel Mr. Phillip Wolfe and Lt. j.g. Nicolas Smith, and NAS Whiting Field Chaplain Lt. j.g. Frank Tillotson, who responded to assist at the Emergency Family Assistance Center.

Service members used their scheduled leave to assist the effort. ABH Willows brought food and diapers from Milton, Fla. and Jamie Woody from Public Works drove supplies to Panama City day after day.

This was not the only response from the western side of the panhandle. Many volunteers drove supplies and food to the area. They also offered help with tarping and making roof repairs, clearing debris and cutting trees in residents’ yards off-base.

The response from Escambia and Santa Rosa counties was inspiring and heartwarming to watch, as people gathered truckloads of desperately needed items to distribute to the significantly impacted areas in and around Panama City.

Sego addressed personnel in a nightly note via the NSA Panama City Facebook page, informing the base community of the day’s progress, avenues for assistance, and the status of base infrastructure. On the night of his final address as things began to return to a “new normal,” he expressed his gratitude. “I want to say thank you to our entire NSA Panama City team thank you for the opportunity to serve alongside you. To all who have labored through the recovery effort thus far, your resiliency and resolve is motivating,” Sego shared after recovery was well underway. “Without the support provided by individual augmentees from NAS Whiting Field, we would not have made the tremendous progress we did in such a short period of time. They helped in many ways from public affairs support to public works personnel assists, and with their help we succeeded in reopening the base 21 days after Hurricane Michael devastated the area.”
Whiting Tower- Air Traffic Controllers: The Eyes in the Sky

By Lt. j.g. Ashley Koenig, NAS Whiting Field Public Affairs

Managing flight operations in one of the busiest airspaces in the country is no small feat, but for the controllers at Naval Air Station Whiting Field’s North and South towers, it’s just another day in the office. One of the base’s seasoned controllers, Susan Simpson, retired Navy and now civilian employee at both towers, has been working at Whiting Field since 2003. She has worked at seven different towers but says Whiting presents a unique challenge.

Whiting Field’s primary mission is training Navy, Marine Corps, Coast Guard and some international aviators. From the air traffic control perspective, working with these new pilots is more than just a voice on the other end of the radio.

“We train brand new pilots, so you have to pay a little extra attention, but it’s really rewarding to see them grow,” said Simpson. “Seeing them grow often reflects in their voices, hearing the student pilots’ voices build with confidence through training, especially after their first solo,” she said.

For those in the tower, the biggest thing they [air traffic controllers] would recommend to a new student pilot is to “listen, don’t step on each other,” and, “if they don’t understand something to ask, ask again,” Simpson expounded. Every student wants to sound like they got it all down on the first try, but oftentimes clarification can solve many problems, and that is something those in the tower would gladly help them do to ensure safe flight operations.

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There is a relationship between control tower and the pilots on the ground-- a mutual respect and professionalism that must be maintained. What makes this relationship even more challenging is that both sides are in training at Whiting. Not only are the student pilots on the ground learning to fly, but many of the controllers in the tower are training as well.

Within the tower, there are enlisted controllers qualifying in different positions and systems. In addition to the trainees, civilian employees, most retired military controllers, serve as a constant in the towers. They lead and train the young air traffic controllers to manage safe flight operations in a busy aviation training environment.

For the enlisted beginning their training, they first must get qualified in flight planning and as a dispatch supervisor before making their way up to either North or South tower to begin training in clearance delivery and data.

For Simpson, it’s a sense of accomplishment to develop the new controllers and see them progress--to see the moment when it ‘clicks,’ and one day they come in and they get it. She stated that Whiting can be a very difficult place to get qualified with the airspace so close together, and the types of aircraft and their requirements being so different.

Air Traffic Controller (AC) 3rd Class Omer Dubose has been in South Tower for two years, progressing through ground, radar, radar supervisor and is now training on the South Local, or what pilots refer to as ‘Tower.’ Dubose’s supervisor, AC 1st Class Michael Hein, stated that
“Dubose is incredibly dedicated and quick with systems”, and was recently selected as Blue Jacket of the Year for NAS Whiting Field.

When asked what advice he would give to new trainees coming through the tower, Dubose’s response was, “study! If you think you are doing enough, you’re not. The most important thing is to be clear, concise, and to stay calm. If they copy down the wrong information you just have to correct it.”

Although this is something he admittedly said he has struggled with in the beginning of training, he said he is starting to warm up to enjoying the busy days. About his training, Dubose said at the beginning, “most trainers give you a pretty short leash before they key up on you to correct something. But as you get better, they do it less and less, and always go over what you did and instruct you on how to fix it which makes you better.”

What he said he enjoys the most is, once he got qualified on radar, working instrument approaches such as approach surveillance radar (ASR) and precision approach radar (PAR), “when you can turn a guy one turn to final, it’s such a good feeling.”

Christmas events in full swing at NAS Whiting Field

By Lt.j.g. Ashley Koenig, NAS Whiting Field Public Affairs

Christmas is in full swing at NAS Whiting Field and as we dust off the boxes and unpack the ornaments a number of events are taking place this month to get into the holiday spirit. In addition to the Whiting Field Tree lighting ceremony taking place Friday, Nov. 30th, the Christmas Spirit Foundation, in partnership with FedEx is hosting Trees for Troops, delivering 17,400 Christmas trees to more than 70 US military bases. The trees for NAS Whiting Field will be available for pick-up following the lighting ceremony. The ceremony will begin with a toast to good cheer at 4:30 p.m. in the NASWF atrium (Bldg. 1417) with free hot cocoa, cider, and a cash bar.

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Christmas events in full swing at NAS Whiting Field continued

The following weekend NAS Whiting Field’s Command Christmas Party will be held on the 14th at 6:30 p.m. at Sikes Hall. Tickets are now available for purchase. The Christmas Party will not only serve a catered dinner but you will also receive a ticket upon entrance for a prize giveaway. The prizes this year include a Nintendo Switch, Amazon FireTV, Amazon Echo, GoPro Hero 7, Samsung Galaxy, Sony Soundbar and more! If you would like to purchase tickets please email AC2 Nielsen: kelsey.nielsen@navy.mil.

On Saturday, Dec. 15th, the countdown is on to Christmas and with 10 days left, the Winter Wonderland Christmas party is sure to be one to celebrate. Perfect for children of all ages, play games and make crafts while exploring the Frozen zone, Gingerbread lane, and Candy cane alley. Hear the music of the Blue Anchor Belles, and enjoy snacks and refreshments! At 10 a.m., Santa will be flying in on a helicopter to light the Christmas tree with the commanding officer and hand out presents to the little ones. The event will be from 9:00 a.m. to 1:00 p.m. For more information call community recreation at (850) 665-6250.

For those looking for a way to give back this holiday season, Operation E.L.F. 2018 has kicked off. This will be the 20th year of the program at NAS Whiting Field and is sponsored by the Chief Petty Officer’s Association and the First Class Petty Officer’s Association. All active duty military and individual augmentee (IA) families with children 12 and under are eligible. Tags for gifts will be in the Fleet and Family Support Center (FFSC) hanging from the christmas tree starting November 28th through December 12th for anyone who would like to sponsor a child. Any parents who would like assistance in providing gifts for their child(ren) this season need only bring their military ID to the FFSC and fill out a sponsorship form. Confidentiality is strictly maintained throughout the program. For more information about sponsoring a child or assisting with gift-wrapping please contact the FFSC at (850) 623-7177 or email Angela. Dunn.CTR@navy.mil

Schedule of events:

- Nov 28th - Dec 12th: Registration for sponsorship
- Nov 28th: Hanging tags available for pick-up
- Dec 12th: All gifts dropped off at FFSC
- Dec 14th: Gift wrapping at the Chief’s Mess
- Dec 17th-21st: Gift pick-up
MILTON, Fla. – Naval Air Station Whiting Field and the Naval Branch Health Clinic Whiting Field have announced their selectees for Sailor of the Year (SOY), Junior Sailor of the Year (JSOY), and Blue Jacket of the Year (BJOY) for 2018.

NAS Whiting Field recognized Air Traffic Controller (AC) 1st Class Michael Hein for SOY, Aviation Boatswains Mate Handling (ABH) 2nd Class Dominic Caviness for JSOY, and Air Traffic Controller (AC) 3rd Class Omer Dubose for BJOY. Naval Branch Health Clinic selected Hospital Corpsman (HM) 2nd Class Glen Merrill as SOY, Hospital Corpsman (HM) 3rd Class Lyndsay Robinson as JSOY, and Hospital Corpsman (HN) Nia Allen for BJOY.

These sailors demonstrated excellence through their hard work, determination, and dedication to service. Their leadership and professionalism have set a foundation for others and heavily impacted their command’s mission readiness. “I feel incredibly shocked and humbled that I was chosen as Sailor of the Year,” said Hein. “More than anything it means a lot to me to be able to show my children and provide the best example for them to see their father achieve things professionally and personally, and know that they can too.”

Hein is a Texas native and will be reaching his 10-year mark in his naval career this coming February. He serves as the Flight Planning Branch Chief and is a fully-qualified Facility Watch Supervisor. “I’m incredibly grateful for my family, my peers, my mentors and all the Sailors that have supported me during my time here,” said Caviness. “Without their mentorship and guidance, I never would have been selected as JSOY. I’m incredibly honored to be recognized by my command and community!”

Originally from Denver, Colorado, Caviness is the leading petty officer for airfield management and leads a team of 11 Sailors to provide support for NAS Whiting Field’s airfield operations.

The Naval Branch Health Clinic also honored its top sailors. “I give all thanks to God,” said Allen. “Somewhere along the way between the time I arrived and now, I stopped feeling sorry for myself every time I was presented with a challenge, because through every obstacle comes strength and with strength, comes endurance. I hope that I can encourage Sailors to just keep pushing forward and improving themselves.” Allen currently serves as a General Hospital Corpsman and has recently been accepted into Navy “C” School where she will train to become an X-ray technician. The Chief of Naval Operations established the Sailor of the Year Program to recognize Sailors who represent the best of the Navy by demonstrating both professional and personal dedication. Sailors who display sustained superior performance and meet all selection factors are eligible for recognition.

Sailors Recognized at Knights of Columbus Veterans Day event: Sailors pose with NASWF Executive Officer, Cndr. Jim Brownlee after receiving their awards. From left to right: ABH2 Dominic Caviness, AC1 Michael Hein, AC3 Omer Dubose, Sailor of the quarter ABH1 Angela Vasquez, HN Nia Allen, HM3 Lyndsay Robinson, and HM2 Glen Merrill. (Photo by Julie Ziegenhorn, NAS Whiting Field Public Affairs Office)
Whiting Field Safety Officer Selected as AMSO of the Year

By Lt j.g. Terryll Daguison, NAS Whiting Field Public Affairs

MILTON, Fla. – The Chief of Naval Air Training (CNATRA), Naval Air Station Corpus Christi, Texas, selected its Aeromedical Safety Officer of the Year for 2018.

Lt. Cmdr. Justin Meeker, the Safety Officer for Naval Air Station Whiting Field, was nominated by Cmdr. John Godbehere, the Training Air Wing (TRAWING) Five safety department head.

“Lt. Cmdr. Meeker is a trusted advisor to me whose knowledge, leadership, and dedication have created a lasting impact on the readiness of Training Air Wing Five,” said Godbehere. “His efforts enabled the safe execution of more than 80,000 flight events and over 134,000 flight hours.”

Meeker was a prior P-3 Naval Flight Officer for 8 years before being transferred into the Medical Service Corps to become a Naval Aerospace and Operational Physiologist (NAOP).

Since World War II, NAOP’s have used the principles of physics, biology, and engineering to provide education and training, human performance support, and human systems integration to Navy and Marine Corps operations. They are experts in human factors and physiological threats related to military operations, physiological elements that enhance mission performance, mitigation factors that prevent mishaps, procedures for surviving mishaps, application of aircrew systems, and procedures for emergency egress and rescue.

Meeker currently holds a bachelors in science in biological science and, since becoming a NAOP, received a master’s degree in public health. His prior tour as a NAOP was in Norfolk, Virginia as the Aeromedical Safety Officer at Commander, Helicopter Sea Combat Wing Atlantic.

Lt. Cmdr. Meeker now leads a team of 13 at Training Air Wing Five, delivering human performance and health promotion training for 6,400 warfighters, and enabling the wing to exceed production goals by 130 aviators this year. It is a feat that has been challenging, but rewarding.

“The most challenging part of working at the wing has been the sheer volume of aviators,” says Meeker. “Each week a new class starts, and as the lone NAOP at the wing, juggling the required teaching requirements and ad-hoc requests can be demanding between flying and administrative responsibilities. That being said, working with the next generation of aviators and the responsibility that goes along with it makes the job exciting.”

Lt. Cmdr. Meeker’s impact has not only improved the wing’s productivity, he has also made an influence financially to the entire Navy.

“He directly overhauled the naval air training airsickness program across five wings, 21 commands, and 2,400 flight students annually, resulting in decreased medical down time by forty percent for aviation training’s largest force health protection program,” said Godbehere of Meeker. “[His partnership] with Fleet & Family Support Center in the development of a behavioral modification curriculum reduced the effects of anxiety and airsickness on human performance in the aircraft and increased readiness. This resulted in a savings of approximately eight million dollars for the Navy in FY18.”

This accomplishment is a product of what Meeker considers the most enjoyable part of his job.

“Locally here at Training Air Wing Five, my involvement with the airsickness program has been very worthwhile,” said Meeker. “Students can feel frustrated that, despite all of their preparations, airsickness is standing in the way of their dreams. Working with them to overcome airsickness and seeing that very first smile as they recognize that they can overcome it is extremely rewarding.”

According to Godbehere, Meeker’s accomplishments will serve as a foundation for Aeromedical Safety Officers for years to come. His accomplishments have left an impression, not only to his superiors, but to his entire command.

“[LCDR Meeker] is a tremendously talented Naval leader who exemplifies our core values,” said Godbehere. “His dedication has made a positive and lasting impact in the safety, survivability, and warfighting capabilities of joint and multi-national service aviators both present and future.”
Giving Thanks to Our Community

By Lt.j.g. Ashley Koenig, NAS Whiting Field Public Affairs

Wednesday afternoon was a day to be thankful. As the safety stand down came to a conclusion on base, dozens of Sailors made their way to the United Way of Santa Rosa county where their Thanksgiving meals were waiting. The meals, which included more than 80 fully cooked deep-fried turkeys, sweet potatoes, corn, cranberry sauce, green beans, and stuffing, were all bagged by volunteers for pick-up. The turkeys are part of a program started through a partnership between the United Way and the NAS Whiting Field Chaplain’s office to provide Thanksgiving meals to enlisted Sailors, E-6 and below. Kyle Holley, the interim administrator at the United Way said, “The program has grown dramatically in the past four years, increasing the number from 60 to almost 80 full Thanksgiving meals.”

The coordinating donor for this program, Mike Patterson, production manager for Adams Homes, came to the United Way with the idea that started as a way to save people time and help others, especially around the holidays. On the partnership, Holley said simply, “this is working people, wanting to help working people. There really is no better model for this type of program.”

One of the Sailors receiving the meal for the first time said that, “for my family (wife and two children) we really didn’t have anything planned the day before, but receiving the meal was amazing! It really brought everything together. None of us had ever had a fried turkey before. It was really good, and of course the next day we’re all eating turkey sandwiches.” He also expressed that he was thankful for the program and the time available to spend with family.

The United Way has a number of different programs throughout the year to serve the community, Holley said. “Their goal for each program is to be full of dignity, respect, and service to others.” Their upcoming project will be a Toys for Tots drive in the local area. A donation bin will be positioned outside the NAS Whiting Field Navy Exchange for anyone willing to donate a toy.
School is in and that means “here comes the school bus”. According to a Florida Department of Education survey conducted in April 2012, more than 21,000 drivers illegally passed school buses on a one day survey. That represents more than 3.7 million possible violations by motorists in Florida during the 180-day school year. Each illegal pass-by could result in a tragic injury or fatality of a student. The inconvenience of an extra few seconds spent waiting for a stopped school bus is insignificant compared to the loss of a child’s life.

Florida’s departments of Education, Transportation, and Highway Safety and Motor Vehicles, have teamed up to develop the Stop on Red, Kids Ahead campaign to re-mind drivers of the laws and safe practices to take when approaching a school bus. Florida motor vehicles laws require that motorists stop upon approaching any school bus which displays its flashing red lights and has its stop signs extended.

Interested parties should refer to sections 316.172, 318.18, 318.19, and 322.0261, Florida Statutes (FS), for the specific language in the law. Florida Statutes can be found at http://www.leg.state.fl.us/

Section 316.172, FS provides that: 316.172 Traffic to stop for school bus. ---

(1) (a) Any person using, operating, or driving a vehicle on or over the roads or highways of this state shall, upon approaching any school bus which displays a stop signal, bring such vehicle to a full stop while the bus is stopped, and the vehicle shall not pass the school bus until the signal has been withdrawn. A person who violates this section commits a moving violation, punishable as provided in chapter 318. (See figure 1 below)

(b) Any person using, operating, or driving a vehicle that passes a school bus on the side that children enter and exit when the school bus displays a stop signal commits a moving violation, punishable as provided in chapter 318, and is subject to a mandatory hearing under the provisions of s. 318.19. (See figure 1 below)

(2) The driver of a vehicle upon a divided highway with an unpaved space of at least 5 feet, a raised median, or a physical barrier is not required to stop when traveling in the opposite direction of a school bus which is stopped in accordance with the provisions of this section. (See figure 1 below)

(3) Every school bus shall stop as far to the right of the street as possible and shall display warning lights and stop signals as required by rules of the State Board of Education before discharging or loading passengers. When possible, a school bus shall not stop where the visibility is obscured for a distance of 200 feet either way from the bus.

There is a residential area on the right on Langley St. approaching the West Gate from Hwy 87, which is also a school bus loading zone.
Whiting Field Photos

_Sailors speak at middle school:_ Air Traffic Controller (AC) 1st Class Michael Hein was invited to speak at Kings Cross middle school during their Veterans Day event. (Photo by Ens. Phil Craven, NAS Whiting Field Public Affairs Office)

_Mission Briefing:_ Commanding Officer, Capt. Paul Bowdich, met recently with the local Milton Rotary club to provide a NAS Whiting Field mission briefing. He thanked the Rotary for their support. (Photo by Julie Ziegenhorn, NAS Whiting Field Public Affairs Office)

_Swinging into mentorship:_ Sailors volunteer to serve as mentors and role models at local schools on a regular basis, touching the lives of young students. (Photo by Julie Ziegenhorn, NAS Whiting Field Public Affairs Office)

_Operation E.L.F. begins:_ Angela Dunn, Information and Resource Specialist at the Fleet and Family Support Center places tags on the tree for pickup. (Photo by Lt.j.g. Ashley Koenig, NAS Whiting Field Public Affairs Office)
VA Medical Benefit Adviser Representative, Mr. James Badini has OPEN APPOINTMENTS, Friday Dec. 14th
If you are within six months of your separation/retirement date, then you are in the window to see him. Please do not make the mistake of assuming that you are ineligible for any VA medical benefits. If you would like an appointment with Mr. Badini, or have questions about this program, please call (850) 623-7177 to get further instructions.

Holiday Spending Workshop
Fleet & Family Support Center
1300 - 1500, Friday, November 30
The holidays are a special time of year; however, it is a time when even the most frugal individual can overspend. Think about your experiences in the past with the holiday spending, have you ever spent more than you were planning to? This class will assist you and give you tools and resources that’ll help you avoid over-spending this year. For more information, contact Eugene Jackson (850) 623-7335.
Whiting Field Awards and Recognition

Congratulations to TRAWING-5 Wingers


BOTTOM ROW: Cdr. Jessica R. Parker, USN, CO HT-8; Lt.j.g. Cassandra E. Quick, USN, HT-18; Lt.j.g. Timothy C. Niitani, USN, HT-18; 1st Lt. Matthew M. Nilson, USMC, HT-18; Lt.j.g. Caleb J. Herrick, USN, HT-28; Ens. Rochelle M. Balun, USN, HT-8.

(October 26)

(October 9)
Whiting Field Awards and Recognition

Congratulations to Training Air Wing Five Academic Award and Commodore’s List Recipients

TW-5 Academic Award and Commodore’s List Recipients receive recognition at TRAWING-5 Headquarters on Oct 26.