On Aug. 2, the Secretary of the Navy named NAS Whiting Field the recipient of the Department of the Navy Energy Excellence Award for 2018 in the Navy Small Shore category. Two weeks later, the Department of Energy (DOE) recognized NAS Whiting Field’s recent Utility Energy Savings Contract (UESC) as a Federal Energy and Management Program (FEMP) award for 2018. The UESC project was one of only nine selected throughout the entire federal government, and the only Department of Navy project recognized.

The annual Department of the Navy’s Energy Excellence Awards program promotes excellence in the areas of energy security, new technology, innovation, program management and efficiency across the department. The award recognizes outstanding leadership in energy management, innovations in energy efficiency and energy conserving approaches to training, daily operations and maintenance.

The Honorable Richard V. Spencer, secretary of the Navy said in a message Aug. 2, “this year’s submissions reflect the hard work and dedication of leaders across the Department that recognize the importance of energy security and its influence on readiness, lethality, and modernization. Improving the energy resiliency and security of our operating forces and our installations remains a top priority, and I look forward to all your future accomplishments in support of this critical program. Bravo Zulu!”

Among the commands that competed for the energy excellence recognition, 115 were recognized in categories such as Platinum, Gold and Blue levels of achievement, with NAS Whiting Field selected as the Navy Small Shore category overall winner.

“We always strive to incorporate operational needs into our energy projects to ensure we enhance our ability to support the mission, while at the same time providing energy savings to the Navy and the taxpayer,” said Jason Poe, NAS Whiting Field Energy Manager.

Cover: NAS Whiting Field Sailors at Naval Outlying Landing Field Spencer won “Military Fire Station of the Quarter” for their efforts in providing fire and rescue support to the aviation training mission. (Left to right) Aviation Boatswain’s Mate (Handling) 2nd Class Sean Phillips, Aviation Boatswain’s Mate (Handling) 2nd Class Jamal Stewart and Aviation Boatswain’s Mate (Handling) 2nd Class Jose Garcia raise the flag at NOLF Spencer to signify the accomplishment. (Photo by Julie Ziegenhorn, NAS Whiting Field, Public Affairs Office)
“Everyone onboard NAS Whiting Field contributed to this accomplishment. You should all be very proud of yourselves and the installation. Congratulations on a job well done!” NAS Whiting Field Executive Officer, Cmdr. Jim Brownlee said.

NAS Whiting Field's second energy award was announced in mid-August. The Federal Energy and Water Management Award is a DOE program that recognizes individuals, groups and agencies for their outstanding contributions in the areas of energy efficiency, water conservation and use of advanced and renewable energy technologies at federal facilities. With more than 350,000 energy-utilizing buildings, the federal government is the nation's largest energy consumer.

“It’s great to see the team recognized for their hard work. The government and our industry partners, Gulf Power and Siemens, really worked well together to both increase energy efficiency and significantly modernize our HVAC systems. It was a long but ultimately rewarding process,” said Wes Hamill, Deputy Public Works Officer, NAS Whiting Field.

Completed in late 2017, Whiting Field's UESC project will result in more than $500,000 in annual energy savings and operational cost avoidance through the installation of energy and water conservation upgrades in 58 facilities.

A UESC is an innovative limited-source contract between a federal agency and its serving utility for demand reduction services and efficiency improvements. The initial project costs are financed through a third party and repaid with future utility savings.

The project development began with a series of energy audits conducted in 2014 and 2015. The resulting energy conservation measures (ECM’s) for each building were further refined and crafted into a single project to leverage greater economies of scale and maximize the overall return on investment (ROI). Naval Facilities Engineering Command Southeast (NAVFAC SE) awarded the project to Gulf Power, our electric utility provider, in September 2016.

One innovative highlight of the project was creation of a new “virtual” chiller plant. The “virtual” chiller plant cross-connected the existing chillers in the three adjacent facilities that house the installation's advanced aviation simulators. The design consolidated multiple HVAC components, adding system redundancy while increasing energy efficiency.

“It’s a great honor for NAS Whiting Field to be named a winner of the Federal Energy and Management program award, and I’m very proud of the people who made it happen in our Public Works office. Jason, Reggie, Steven, Wes, Tim and Lt. Cmdr. Justiss have done an outstanding job working to ensure NAS Whiting Field is energy efficient and sets the standard for the Navy’s energy efficiency and savings,” said Captain Paul Bowdich, Commanding Officer, NAS Whiting Field.

The Whiting Field energy team, Jason Poe, Reggie Parker, Steven Webster (CNRSE), Wes Hamill, Tim Gleason and Lt. Cmdr. Mark Justiss will be recognized at an awards ceremony in Washington D.C. on Oct. 23.
Training Air Wing FIVE (TW-5) recently afforded several female instructors and student aviators the opportunity to attend the 5th Annual Female Aviator Career Training Symposium (FACTS) in San Diego, CA. on Jun 26, 2018. San Diego is a major Naval hub with many types of aviation platforms as well as the headquarters of Commander, Naval Air Forces/Commander, Naval Air Force, U.S. Pacific Fleet, Vice Adm DeWolfe Miller III. Vice Adm. Miller, Naval aviation’s 8th Air Boss, not only gave his guidance and vision during the symposium, but he also hosted a “Flight Suit Social” at his historic quarters onboard NAS North Island, Calif.

The theme of this year’s two-day symposium was “Warfighting, People, and the Readiness of Both.” The goal of the symposium is to increase retention of female aviators. The agenda offered several panels, Q&A sessions, a mentorship luncheon, a brief from PERS-43, leadership and career planning presentations and discussions, and a keynote speech by Rear Adm.(ret) Peg Klein, Dean, College of Leadership and Ethics at the Naval War College. Panel members included male and female flag officers, squadron skippers, and command master chiefs. The event provided access to aviation flag leadership, presented professional development tools, and offered extensive networking and mentorship opportunities.

One of the most impactful portions of the symposium was the discussion of mentorship and networking. Some women aviators have opted to leave the Navy because they have not see women in senior leadership positions and thus don’t see a viable path for themselves to achieve positions of higher authority. Additionally, women may not receive the same networking experiences as their male colleagues because of dissimilar hobbies and after-work activities. Not only did the symposium offer the opportunity to speak and interact with senior leaders of both genders, but it also provided an avenue to gain a mentor for the future to discuss topics such as career progression, family planning, and work/life balance.

Another highlight of the symposium was Rear Adm.(ret) Klein’s keynote speech on authentic leadership. Her remarks revolved around a theme of instilling trust through candor and meaningful conversations while leading others and leading yourself. She also stressed that leaders need to separate logical brain thinking from intuitive brain thinking in order to break common biases that we hold.

The conference attendees look forward to passing along the knowledge they gained during upcoming events on base. Stay tuned for a leadership panel during the National Helicopter Association (NHA) Fleet Fly-In in October.
As students around the area return to school, and parents gear up for another year of homework, school dances, and class pictures, the role of the NAS Whiting Field School Liaison Officer (SLO) becomes extremely important. Dawn Kaunike, the installation's new SLO, serves as the focal point for resources and information that will help military families who have students attending school to have a successful, rewarding, and fun school year.

Kaunike is new to NAS Whiting Field but seasoned in the career field. She comes with a wealth of knowledge and experience in the education realm. She was a Navy child and a Navy spouse and is familiar with the challenges that come with military transitions. She also served more than twenty-five years in education in many capacities as a middle school teacher, school administrator, district administrator, and as the Navy's Southeast region school liaison officer.

The SLO primarily acts as an advisor to command staff about matters relating to schools and serves as installation subject matter expert for youth education transition, K-12 school and deployment issues. In fulfilling these responsibilities, Kaunike plays a vital role in informing commanders and parents about student educational issues as well as developing solutions in partnership with local schools to overcome barriers that might hinder students from making successful education and school transitions.

Widely recognized as one of the most proactive military/school liaisons in the region, the NAS Whiting Field SLO offers Permanent Change of Station (PCS) assistance for families moving into and out of the area school districts, including volunteering to assist with liaising for the base. “We have approximately 2,400 dependents of active duty in our Santa Rosa County Public Schools,” Kaunike said. “The SLO builds relationships with the other SLOs and places the military family life counselors (MFLC) based on the number of military associated students who attend that school.”

Other SLO responsibilities include attending School Board meetings, meeting with Principals and Guidance Counselors and conducting School District official briefs. The SLO also serves as the subject matter expert for military connected families, assisting them with all of their K-12 educational needs. Helping train schools in unique military needs through the Student to Student, Junior Student to Student and the new “Anchored for Life” elementary transition programs is another function the SLO performs, as they work to integrate the new military students into their community and schools.

Another aspect of the SLO position is placing military family life counselors (MFLCs) in the local schools. “MFLCs are licensed counselors specializing in child and youth behavioral issues. They provide short-term, non-medical counseling support for our military children at the schools throughout the school day. There are currently 16 positions in 28 schools in Santa Rosa County,” Kaunike said.

The SLO is also starting an initiative at NAS Whiting Field that will provide a new mentoring program to pair at-risk students in some Santa Rosa County schools with a volunteer military member. This program will allow the military member to provide some positive guidance and take on a small role in support of a child who needs mentoring during the school day.

Kaunike recommends several additional resources that may provide assistance for military families. These include the website www.tutor.com/militaryGovbenefits, offering tutoring for active duty, K-12 and college level assistance.
In addition, Interstate Compact (www.mic3.net) helps to level the playing field for military kids in public schools and DOD schools with enrollment, records, immunizations, placement, attendance, course and education program placement, special education services, graduation, and absence related to deployment activities.

The responsibilities of the SLO extend beyond the walls of the school as well. Kaunike works with home school families to assist them with networking with other home school families, and offers them resources and education to ensure they understand Florida Home School Laws. She is also responsible for conducting parent informational meetings on special educational issues, IEP/504 issues, and post-secondary education preparation and assistance.

One exciting event for getting started on a path to success this year was the Back to School Bash that provided a jump-start for students. The event was held on Friday, August 17 at the Whiting Pines housing area in Milton for Whiting Field families of school age children. The event was sponsored by the NAS Whiting Field Morale, Welfare and Recreation (MWR) office.

Long after the newness of the school year wears off for the students, the SLO continues to ensure all of our military families have the resources they need for success. “Throughout the year, school liaison officers continue to foster the relations with the schools and the MFLCs to make sure we have a seamless partnership that will enable all of our students to be successful,” said Kaunike.
**Whiting Field Photos**

*Top Left:* Capt. Riley, USMC, HT-8 Instructor Pilot (left) swears in ABH2 Meena (right) for reenlistment Aug. 17 onboard NAS Whiting Field (Photo by Julie Ziegenhorn, NAS Whiting Field Public Affairs Office)

*Top Right:* NAS Whiting Field held their Back to School Base Aug. 20. Active duty and retired service members brought their families to participate in games, events, and free school supplies donated by the community. (Photo by Julie Ziegenhorn, NAS Whiting Field, Public Affairs Office)

*Bottom Left:* The Center for Naval Aviation Technical Training, Detachment Whiting Field held a Change of Charge Ceremony on August 17, 2018. Cdr. Timothy S. Ryan (Second from the left) was relieved by Lcdr. Samuel A. Bornino (right) with Capt. Eric J. Simon (left) and Lt. j. g. Frank Tillotson (Second from the right) in observance. (Photo by Jamie Link, NAS Whiting Field, Public Affairs Office)

*Bottom Right:* Don Salter, Santa Rosa County Commissioner, District 3, congratulates the newest Chief Petty Officer (CPO) Selects at Veteran Memorial Plaza in downtown Milton, Fla., Friday, Aug. 17th. The newest Chief (CPO) selects, Air Traffic Controlman (AC) Justin Miller, Aviation Boatswain’s Mate (ABH) Mike Houtchens, Center for Naval Aviation Technical Training’s (CNATT) Aviation Maintenance Administrationman (AZ) Jerminda Henry, and Training Wing Five’s (TW-Five) Aircrewman (AWS) Robert Hand are participating in a six-week long professional education and training designed to foster self-improvement and team leadership. The education and training period will conclude in a ceremonial pinning on Sept. 14 (Photo by Julie Ziegenhorn, NAS Whiting Field, Public Affairs Office)

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**This Day in Naval History**

**September 3, 1783**
The Treaty of Paris was signed, ending the American Revolution. The United States is acknowledged as a sovereign and independent nation.

**September 18, 1860**
The sloop of war, USS Levant, sails from Hawaii for Panama. She is never seen again. In June 1861 a mast and a part of a lower yardarm believed to be from USS Levant are found near Hilo. Spikes had been driven into the mast as if to form a raft. Some rumors had her running aground on an uncharted reef off California; others had her defecting to the Confederacy.

**September 25, 1982**
USS Houston (SSN 713) is commissioned at Naval Station Norfolk. For two months in 1989, the boat participated in the filming of The Hunt for Red October off the coasts of Washington and California.

**September 30, 1954**
The world’s first nuclear-powered submarine, USS Nautilus (SSN 571), is commissioned at Groton, Conn. On Aug. 3, 1958, she is the first U.S. vessel to transit across the geographic North Pole. Nautilus now serves as the historic ship at the Submarine Force Museum at Groton.

**September 13, 1847**
During the Mexican-American War, Chapultepec - the gateway to Mexico City - is successfully stormed by Marines. The next day they are assigned to duty as guards to the National Palace, called the Halls of Montezuma. This action inspires the first line of the Marine Hymn.
WASHINGTON (NNS) -- Following a comprehensive review of potential candidates, Chief of Naval Operations (CNO) Adm. John Richardson selected Fleet Master Chief Russell Smith to be the Master Chief Petty Officer of the Navy (MCPON) Aug. 29.

"After a thorough and deliberate review process, I am confident that Fleet Master Chief Smith is the right leader to be our Master Chief Petty Officer of the Navy," said Richardson. "I look forward to working with him to advocate for our Sailors and their families selflessly serving around the world."

As the Navy’s 15th MCPON, Smith will serve as the senior-ranking enlisted leader and advisor to the CNO.
The role of women in today’s military is dramatically different from the days during the American Civil War, World War I and World War II. The roles and responsibilities continue to morph as the number of women serving in the United States military increases. August 26, Women’s Equality Day, was designed to emphasize the sacrifices and efforts that have furthered women’s equality over the last several decades.

A message released from the Secretary of the Navy highlighted that Women’s Equality Day is observed to commemorate the 1920 passage of the 19th Amendment to the Constitution, which allowed women the right to vote. We celebrate Women’s Equality Day by honoring the many significant achievements of women throughout DoD, to include military members and civilians. The observance has grown to include focusing attention on women’s continued efforts toward gaining full equality.

In the late 1970’s, laws began changing for women to fill sea duty billets on support and non-combatant ships.

NAS Whiting Field Administration Officer/Security Manager Linda Fitzpatrick was serving during that time of transition and served aboard the USS Kitty Hawk (CV-63). She started her Navy career in 1987. She retired in 2007 as a Cryptologic Technician (Administrative) Chief. After serving in the Navy, she worked at squadrons here at NAS Whiting Field and also at Corry Station, before taking the position in the command staff here onboard NAS Whiting Field.

“I never thought I would see the day when women were serving on ships. It was a surprise to me. I took part in a program for women transitioning to ships where I was able to work on the Kitty Hawk for two weeks, and it was quite the transition.”

Lori Howell, NAS Whiting Field Management Assistant in Administration served as an Air Traffic Controller when she was active duty in the Navy from 1985-2005. She said, “women weren’t on ships when I served. I was in 10 years before we starting seeing women at sea.” She went on to work at NAS Whiting Field as a contractor in the I.D. office and has served in administration since 2008.

Another example of women moving into career areas that previously were not open to females is NAS Whiting Field’s Aviation Boatswain’s Mate (Handling) 2nd Class Sarah Sanchez. She was selected to convert to the submarine community as part of the fourth phase of the first female enlisted Sailors allowed to serve onboard submarines. This initiative started in 2011 for women serving in the Navy.

Women now serve in ratings and careers from aviation, to combat systems, to serving alongside their male counterparts on the battlefields of Afghanistan. There have been many ground breaking women who have paved the way for the recent generations to serve seamlessly as part of one team as they continue to support the mission of the Navy--maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas.
Nutrition Know How

By Raelyn Latchaw, Fitness Center Team

It might be old information, it could be new, but there is truth in the saying, “you can’t exercise a bad diet.” Find yourself working out like crazy but still can’t meet those fitness goals? Want to start shaping up your dietary intake but don’t know how or where to begin? Or just simply need a jump start to get back on track?

Let me ask you, how’s your nutrition baseline? Are you a subject matter expert or a nutrient novice? The reality is there is a lot of information out there from a variety of sources, some of which is on point, some of which is just plain fabrication.

It can be a bit confusing at times! If you’re interested in establishing a solid baseline from which to build, we’ve got an opportunity for you.

The Fitness Center will be holding two Nutrition tours at our Whiting Field Commissary on Wednesday, Sept. 19, 2018. The subject matter will be…drumroll…you guessed it…Nutrition!

In a practically applicable way, we’ll be covering the nuts and bolts of it all and giving you practical application as we talk about how and what to fill your cart with so that you’re getting the most bang for your nutrition buck.

You’ll get some samplings from the produce department, leave with some new healthy recipes to add to your meal plan, and be motivated to kick off your healthy eating lifestyle.

Tours will be offered at two time slots, 11am and 2pm, to accommodate your schedule. We will take up to 25 guests on each tour, offered to the first 25 participants who sign up at our Fitness Center.

All MWR eligible patrons are welcome to participate. Stop by the Fitness Center desk and grab a slot while they are available. Your health, waistline and wallet will thank you.

So Burger King isn’t the only place where you can “have it your way.” The Whiting Field Fitness Center wants to hear from YOU! We are here to serve and help you realize your fitness goals. We offer a variety of classes, state of the art equipment in a top-notch facility, limitless team sports opportunities and personal training free of charge. What more could you ask for? Actually you can! We want to offer you the very best experience we can during your time with us at Whiting Field so let us hear from you. Come by the Fitness Center today and grab a customer satisfaction survey. Tell us how we can make your time here top notch and let us know how we are doing. We’d love to hear from you! And in our giving style, we’ll enter your name into a special prize drawing. Yet another win-win!

Fitness Center Team Member, Raelyn Latchaw (left) was recognized by Capt. Paul D. Bowdich, Commanding Officer NAS Whiting Field, as the Junior Civilian of the third quarter (Photo by Lt. j.g. Harrison Garrett, NAS Whiting Field Public Affairs Office)
miss your opportunity to vote in your state’s primary election as it will determine who is on the November 2018 general election ballot. To register and request your absentee ballot, visit FVAP.gov to complete a Federal Post Card Application (FPCA).

2018 AFBA Financial Planning Guide
The 2018 AFBA Financial Planning Guides have arrived. They contain information on retirement, life insurance, health benefits, survivor benefits, veteran’s benefits, savings & investing, annuities, social security, wills & trusts, and taxes. Please stop by the FFSC and pick up your free copy.

VA Benefits Information
Don’t make the mistake of assuming that you are not eligible for any VA medical benefits—know it for a fact! If you are within six months of your separation/retirement date, you are in the window to explore your options. You may visit the website: https://www.ebenefits.va.gov/ebenefits/homepage for further information. If you have questions, you may also call Mr. Badini at (850) 912-2062 or email him at: james.badini@va.gov.

Tutor.com - No cost help for students
Tutor.com for U.S. military families is a program that provides on-demand, online tutoring and homework help at no cost to active duty service members and their eligible dependents. The program is funded by the U.S. Department of Defense and Coast Guard Mutual Assistance. With live, expert tutors available 24/7, military-connected students can receive academic help in their moment of need from anywhere they have an internet connection. These services provide K-12 students help, as well as assistance for college level courses. For more information, go to www.tutor.com/military. You can also call 800-411-1970 for additional assistance.

Voting
*Primary Elections Are in Full Swing
- Register and request your absentee ballots for all 2018 elections now at FVAP.gov* This year, the entire House of Representatives and a third of the U.S. Senate are up for election. Don’t
Whiting Field Awards and Recognition

Congratulations to TRAWING-5 Wingers

TOP ROW: Cmdr. Robert A. Dulin, USN, CO HT-28; 1st Lt. Ryan D. Lofswold, USMC, HT-18; Lt. j.g. Nicholas M. Hermberg, USN, HT-18; Lt. j.g. Samuel J. Erickson, USN, HT-18; Lt. j.g. Richard E. Lorentzen, USN, HT-8; Lt. j.g. Andrew J. Peterman, USN, HT-8; Lt. j.g. Matthew E. Hite, USN, HT-18; Rear Adm. Scott Jones, USN, Deputy Commander Naval Air Force Atlantic (guest speaker)

MIDDLE ROW: Lt. Col. Aaron J. Brunk, USMC, CO HT-18; Lt. j.g. Ryan A. Jaenke, USN, HT-8; Lt. j.g. Joseph C Lempa II, USN, HT-28; Lt. j.g. Garrett M. Saulters, USN, HT-18; 1st Lt. Jarrett P. King, USMC, HT-18; Lt. j.g. Ryan A. Jaenke, USN, HT-8; Lt. j.g. John A. Tortorici, USN, HT-28; Lt. j.g. Matthew J. Whitford, USN, HT-18; Capt. Douglas W. Rosa, USN, Deputy Commodore TW5

BOTTOM ROW: Cmdr. Jessica R. Parker, USN, CO HT-8; Lt. j.g. Jodi L. Cull-Host, USN, HT-8; Lt. j.g. Gregory H. Bohmke, USN, HT-18; Lt. j.g. Kelly D. Salander, USN, HT-18; Lt. j.g. Amanda L. Thrasher, USCG, HT-28; Lt. j.g. Jason D. Grissino, USN, HT-18; Lt. j.g. Nicholas R. Gaetano, USN, HT-28; Lt. j.g. Jessica S. Wright, USCG, HT-8

(August 10)

TOP ROW: Cmdr. Robert A. Dulin, USN, CO HT-28; Lt. j.g. Kevin P. Schwind, USN, HT-28; Lt. j.g. Kristopher M. Appel, USN, HT-18; Lt. j.g. Gregory T Dykstra, USN, HT-18; 1st Lt. Bryce A. Fronstin, USMC, HT-18; Lt. j.g. Vincent Chu, USN, HT-18; 1st Lt. Wilson A. Valle, USMC, HT-8; Lt. j.g. Brady N. Bubenik-Evans, USN, HT-28; Col. David Morris, USMC, Commodore TW5

MIDDLE ROW: Lt. Col. Aaron J. Brunk USMC, CO HT-18; Lt. j.g. Ali Z. Alkathiri, RSNF, HT-28; 1st Lt. William J. Mccabe, USMC, HT-28; Lt. j.g. Reid M. Toombs, USN, HT-18; Lt. j.g. Conner J. Love, USN, HT-8; Lt. j.g. Andrew J. Fredericks, USN, HT-18; 1st Lt. Stephen P. Gentry, USMC, HT-28; Lt. j.g. Dale C. Lescher, USN, HT-8; Vice Adm. William K. Lescher, USN, Deputy Chief of Naval Operations, Integration of Capabilities and Resources (guest speaker)

BOTTOM ROW: Cmdr. Jessica R. Parker, USN, CO HT-8; 1st Lt. Christina C. Lighter, USMC, HT-18; Lt. j.g. Taylor R. Walker, USN, HT-8; Lt. j.g. Matthew A. Bozzi, USN, HT-18; 1st Lt. Connor B. Deignan, USMC, HT-18; Lt. j.g. Paul J. Pecuch, USN, HT-18; Capt. Jon M. Berryhill, USMC, HT-18; Lt. j.g. Jessica L. Zannakis, USN, HT-18; Lt. j.g. Lauren A. Burns, USN, HT-8

(August 24)
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 Aug. 10 and Aug. 17.

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


Congratulations to NAS Whiting Field Graduating Auxiliary Security Force Class
