

Whiting Tower

Discamus vincere in caelum

We learn to conquer the sky

Seventy-three Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.

Vol. 73 No. 02

Forging Wings for the Fleet

August 11, 2016



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NAS Whiting Field Selects Sailors of the Quarter

By: Marissa Tungjunyatham, NAS Whiting Field Public Affairs

The Aviation Boatswain's Mates of the Airfield Management Team earned a clean sweep for Naval Air Station Whiting Field's recent recognition of the third quarter of fiscal year 2016's Sailors of the Quarter. These Sailors were chosen to represent the command as its top enlisted personnel and set the example for their peers.

Aviation Boatswain's Mate 1st Class Jesus Cervantes, Aviation Boatswain's Mate 2nd Class Mairim Torresperez, and Aviation Boatswain's Mate 3rd Class Iannino Divad were selected for Senior Sailor of the Quarter, Junior Sailor of the Quarter, and Bluejacket of the Quarter, respectively. Representatives from each of NAS Whiting Field's divisions were present for board consideration.

Cervantes was awarded Senior Sailor of the Quarter by demonstrating superior leadership ability, working tirelessly on his primary duty as the Airfield Services Division Leading Petty Officer (LPO) and his collateral duties as Command Lead Assistant Urinalysis Coordinator (UPC), Command Assistant Muster Team Leader, Operations Department Mentorship Coordinator, First Class Petty Officer Association (FCPOA) Secretary, and CPO365 Training First Class Petty Officer team leader.

As the Airfield Services Division LPO, he wrote the schedule and ran the work center. He supervised and

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Aviation Boatswain's Mate 1st Class Jesus Cervantes reads through the paperwork for the bi-weekly airfield inspections conducted on Naval Air Station Whiting Field's two primary airfields and 12 Naval Outlying Landing Fields. He makes sure there are no discrepancies before sending it up to the Operations Officer for verification. U.S. Navy Photo by Lt. j.g. Marissa Tungjunyatham

Cover Photo: Junior Sailor of the Quarter Aviation Boatswain's Mate 2nd Class Torresperez inspects Naval Outlying Landing Field Choctaw's E-28 Arresting Gear as the E-28 Divisional Leading Petty Officer. U.S. Navy Photo by Lt. j.g. Marissa Tungjunyatham

The Whiting Tower

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Lt. j.g. Dat Nghiem

Ensign Kyle Shields

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.

Pure Praxis Theater Group Arrives to NAS Whiting Field Sailors

By: Jamie Link, NAS Whiting Field Public Affairs

The entertainment aspect of the performing arts is well developed and the theatrical representations recreated on stage still have an enduring appeal. So when talented actors and actresses step onto the stage, it garners far more attention than a stodgy, old PowerPoint presentation or standard training video.

Using the power of performance to hit home the need for education and intervention in regards to the evils of sexual assault is the purpose of the social theater group Pure Praxis. The group visited NAS Whiting Field July 28 to present a performance education workshop to train base personnel as part of Sexual Assault Prevention and Response (SAPR) training.

Using hands-on, participatory engagement, The Pure Praxis team re-created difficult real world situations, giving audiences an opportunity to rehearse pro-active responses using improvisational performance. Pure Praxis' team of skilled facilitators and Actor-Advocates explored topics that were both complex and sensitive in order to empower audiences to become active bystanders in their own lives. The entirety of every performance was guided by the audiences' participation, thereby making every show unique.

"Pure Praxis is known for its unique style of performance education. We bring a group of actors and trainers in to your community to enlist them to be proactive into making changes. We come in to facilitate that conversation," William Leonard-Fortes explained. "I think that facilitation is an important word. We're not telling them what to think. We're offering them a platform for their thoughts and ideas to come out"

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Navy Announces Elimination of NWU Type I

By: Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- Today, the Navy announced in NAVADMIN 174/16 that it will transition from the Navy Working Uniform (NWU) Type I to the NWU Type III as the service's primary shore working uniform beginning Oct. 1, 2016.

Over the next three years, Sailors may wear either the NWU Type I or III, but effective Oct. 1, 2019, all Sailors will be expected to wear the NWU Type III as their primary Working Uniform when ashore or in port.

While the Navy is developing an incremental regional fielding plan for the NWU Type III, this transition period will give Sailors time to prepare for the change and allow them to get maximum wear out of recently purchased NWU Type I uniforms.

"As the CNO and I travel to see Sailors deployed around the world, one of the issues they consistently want to talk about are uniforms," said Secretary of the Navy Ray Mabus. "They want uniforms that are comfortable, lightweight, breathable ... and they want fewer of them. We have heard the feedback and we are acting on it. As a direct result of Sailors' input, effective Oct. 1, we will transition from the NWU Type I to the NWU Type III as our primary shore working uniform."

This change is the first step in a multi-phased process that will streamline and consolidate the Navy's uniform requirements, and ultimately improve uniformity across the force. The Navy has listened to Sailors' feedback and is incorporating their desires to have a working uniform that is better fitting, more breathable and lighter weight.

NWU Type III will be issued to new accessions and recruits beginning Oct. 1, 2017.

Until further policy guidance is promulgated, black boots



File Photo by Mass Communications Specialist First Class Jennifer Villalovos will be the standard boot worn in the United States and its territories with the NWU Type III. However, expeditionary forces in the United States or any forward deployed forces may wear the desert tan or coyote brown boots at the discretion of the unit commanding officer with the NWU Type III. Additionally, Sailors may wear the NWU Type I black fleece liner.

Sailors will be able to buy NWU Type III components for personal wear through Navy Exchange uniform stores and call centers once there is sufficient inventory on hand.

U.S. Fleet Forces Command (FFC) continues its multi-phase wear test of improved flame resistant variant (IFRV) working uniform components, for shipboard wear. FFC most recently conducted in-depth focus groups with fleet Sailors aimed at refining the design of the IFRV coverall. Additional feedback from the focus groups, subsequently validated by a senior level working

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This Day in Naval History

August 10

1916 - The first naval aircraft production contract begins when the Bureau of Construction and Repair contacts Glenn H. Curtiss via telegram asking him to supply 30 school hydro aeroplanes. The N-9s become the Navy's most popular training aircraft during World War I.

August 11

1960 - USNS Haiti Victory (T-AK 238), using Navy helicopters and frogmen, recover Discoverer 13 satellite capsule in the Pacific Ocean, the first recovery of a U.S. satellite from orbit.

August 12

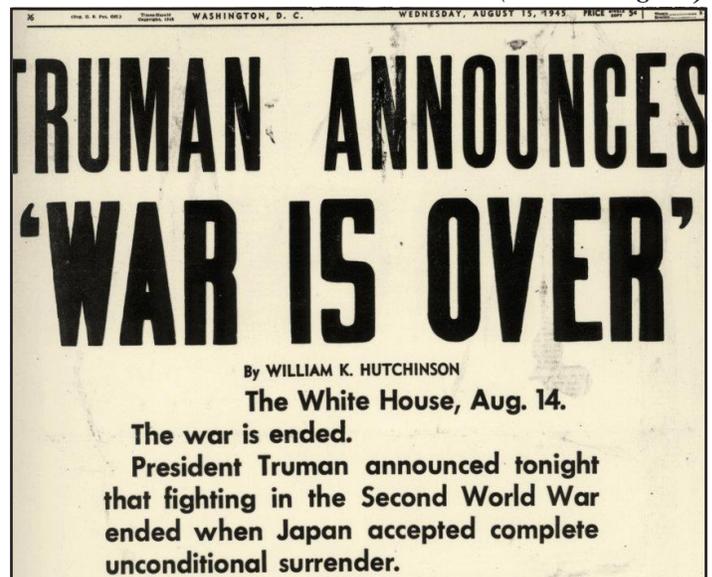
1957 - The first test of the Automatic Carrier Landing System is completed by Lt. Cmdr. Don Walker when he lands a F3D Skynight on board USS Antietam (CV 36).

August 13

1870 - The armed tug, USS Palos, becomes the first Navy ship to transit the Suez Canal.

August 14

1945 - The Japanese accept the terms of the Potsdam Declaration and agree to surrender, ending World War II.



World War II Ends

On Aug. 14, President Harry S. Truman announces the news of Japan's surrender. He proclaims the following two days as national holidays with Aug. 15 titled as VJ Day.

Sailors

- (Cont. from Page 2)

trained 12 Sailors and six Civilians in every aspect of Airfield safety and ensured that two primary airfields and 12 Navy Outlying Landing Fields (NOLFs) were safe for flight operations. His leadership directly impacted NAS Whiting Field's airfield readiness in support of Training Air Wing FIVE's (TRAWING-5's) operations, resulting in uninterrupted operations of airfields, and resulting 200,000 flight operations.

“ Every day, come to work with a smile and try harder each week to make the command better. Just work for your Sailors. The more you work for them, the better they'll make you in the end. ”

His work as NAS Whiting Field's Lead Assistant UPC was flawless. He ensured the collection and processing of 257 urine samples at the command with zero reporting discrepancies in support of the Navy's Zero Tolerance policy. As the Assistant Muster Team Leader, he led ten Sailors in accounting for all staff after holiday weekends and when directed by higher authority. His leadership ensured the safety and well-being of his shipmates.

Being the CPO365 FCPOA team leader required a lot of responsibility, but Cervantes championed the program, motivated his peers, and coordinated events and training schedules. Additionally, his peers chose him to be the FCPOA Secretary, which he han-



Bluejacket of the Quarter, Aviation Boatswain's Mate 3rd Class Ianino Divad volunteers at the Cram the Van event where the Sailors help organize school supplies from K-12 for underprivileged children in the local area. U.S. Navy Photo by Ensign Kyle Shields.

dled all administrative duties of the organization and documented meeting minutes diligently and professionally.

“He's reliable, self-starting and motivating,” said his supervisor Aviation Boatswain's Mate Chief Alejandro Zimmerle, Airfield Management Leading Chief Petty Officer, “He holds a lot of heavy-hitting collateral duties. A normal first class would break, but Cervantes has proven himself to be successful. We're very happy to have him. He's met and exceeded everything he could possibly do here.”

In addition, Cervantes volunteered a great deal of his off-duty hours as a motivated community leader and mentor. He led and coordinated the NAS Whiting Field Children's Easter Eggs Hunt, which over 500 Sailors, Civilians and their families attended. He also personally volunteered over 20 hours to various community events including helping out the East Milton Elementary Book Fair, the Milton Food Bank, and the Black River Clean-up.

“Petty Officer Cervantes has become an organized LPO who maintains high standards of performance for himself and subordinates,” Operations Officer and Department Head Cmdr. Eric Seib said. “Methodical and extremely conscientious, his actions as a leader are well planned and smoothly executed with outstanding results.”

Cervantes explained that the competition was hard, and it was not easy to select Senior Sailor of the Quarter. He felt honored just to be nominated and to receive that recognition.

“I just want to thank my chain of command and my department,” Cervantes said, “It's a great honor to represent the command, and I wouldn't be here without them. I wouldn't be here without my Sailors.”

Torresperez was awarded the Junior Sailor of the Quarter for her immaculate performance and dedicated work ethic as the E-28 Divisional LPO, Assistant UPC, Command Chart the Course Facilitator, Departmental Sponsor Petty Officer, Command Muster Team Assistant Leader, Divisional Repairs Parts Petty Officer (RPPO), Divisional Assistant Maintenance and Material Management Work Center Supervisor (3M WCS), and Divisional Assistant Metrology and Calibration Petty Officer (METCAL PO).

MWR
NAS WHITING FIELD
MORALE, WELFARE & RECREATION

Whiting Field
HOMES

Back to School BASH

FRIDAY - 19 AUG
4pm - 6pm

WHITING PINES COMMUNITY CENTER

**Bounce Houses
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**FREE
School Supplies**

must pre-register for school supplies
by contacting the OMBUDSMAN
E-mail: naswfombudsman@gmail.com

FOR INFORMATION CALL 850-623-7472

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NAS Whiting Field Takes Action on Zika Prevention

By: Jamie Link, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field is doing its part to prevent the Zika Virus by employing traps on the installation. The Preventive Medicine Department at Naval Branch Health Clinic Whiting Field will be collecting specific species of mosquitoes and processing them with special collection kits that will be sent out for further evaluation.

The traps are called BG Sentinel and are specifically designed for the mosquitoes that are aggressive day biters. The traps will collect other species of mosquitoes as well. The trap works by mimicking the convection currents created by the human body and use attractive visual cues. An attractant or bait is made by the same company that produces the traps. When used together with Carbon Dioxide, it creates the perfect storm for trapping the targeted genus.

Male mosquitoes are counted and discarded (as males are incapable of harboring the virus). Female mosquitoes require a blood meal; the protein in their blood is used for egg production which makes it capable of spreading the Zika Virus. The females are collected, counted and sorted by genus. These mosquitoes are sent off for testing if needed.

NAS Whiting Field will continue to take other measures such as watching and treating standing water and spraying.

Everyone can still do their part by protecting themselves from getting bit. Utilizing bug spray, wearing long sleeve shirts and pants, staying indoors or behind screened in areas can help prevent further contact with mosquitoes. 🦟



The Preventive Medicine Department Naval Branch Health Clinic Whiting Field meet with NAS Whiting Field Commanding Officer, Capt. Todd Bahlau, to discuss Zika Virus Prevention and Mosquito trap maintenance. U.S. Navy Photo by Jamie Link.

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Chalkboard Minutes

By: Chris Hendrix, NASWF School Liaison Officer

As we prepare for a new school year, which begins August 15th for Santa Rosa County, you may notice that several schools had a drop in their school grades. Many schools who have consistently been recognized as an "A" school have seen their scores drop to a "B". This has nothing to do with the scores that their student's earned last year, but it is from a revamped grading system which resulted in school district grades crashing statewide. Ever since congress passed the "No Child Left Behind" act, which forced schools to standardized how they tracked their student's performance, the emphasis has been on the lower performing students and their learning gains. Beginning this last year, the State Department of Education started putting much more emphasis on overall learning gains and adjusted how lower performing students are measured.

Based on student's subject matter test scores, they are placed in a category of 1-5. In previous years, the goal was to bring everyone up to a minimum passing score of a level "3". Once a student qualified with a passing category of 3, all these students had to do was at least maintain their current score and that didn't negatively affect the school. However, starting last year, students must now show continuing improvement all the way up the classifications. For instance, if a student passed a state history exam with a 94 (A), next year he must receive a score of at least 95 in order not to count against the school's grade.

The State also changed how they determine learning gains for Levels 1 and 2. Their learning gains used to be determined by amount of points within a level they improved. Scoring a 65 was considered a leaning gain, if the student's previous score was a 63. Now, Level 1, for example, is divided into thirds and a student is required to move up a third to be considered a gain from one year to the next. This led to 12 of Santa Rosa's schools seeing a drop in their overall school grade. However no school grade was lower than a C, but the number of C schools did increase from three to seven.

All this was implemented with the goal of encouraging growth with all students, but it doesn't come without challenges. First, it is a brand new program that is forcing the schools to adapt their plans and how they focus on student achievement. It is a challenge that all schools say they are preparing for and making plans to implement. Secondly, it creates unique challenge for schools that have historically had high achieving students, As Santa Rosa Superintendent Tim Wyrosdick said in a recent interview with the Pensacola News Journal.

"It's much more difficult to move from a 94 percentile on a civics exam to a 98," he said. "You can move a kid who's low-performing much easier."

Feds Feed Families Campaign Ends Soon

By: Ensign Kyle Shields and Lt. j.g. Marissa Tungjunyatham, NAS Whiting Field Public Affairs

The 2016 Feds Feed Families program at Naval Air Station Whiting Field is drawing to a close, and with two weeks remaining to donate, the amount of donations is behind the total collected from 2015.

The program, which collects food for the less fortunate in the local area, is run in cooperation with Feeding the Gulf Coast (formerly the Bay Area Food Bank). Since its kick-off on June 1, NAS Whiting Field has collected 1,719 pounds of donated food, just shy of the 1,772 pounds collected in 2015.

“We need a surge of donations to meet or exceed last year’s total,” Training Air Wing FIVE Chaplain Lt. Roy Fondren said.

The upcoming NAS Whiting Field case lot sale presents an excellent opportunity to make up for the deficit. The sale will be held from Aug. 17 through Aug. 19 in the commissary parking lot. Sale items will be located in the large tent, and the sale gives shoppers a chance to buy discounted items in bulk. “There will be new and different items, as well as coupons to make purchases cheaper,” Commissary grocery manager Don Schultz described, “All can be donated in the Feds Feed Families donation bins.”

Customers also have the option to buy pre-made donation bags at the commissary registers, ranging in price from \$5 to \$10, as well as contribute monetary donations. In addition to the bins located within the commissary there will be another bin located outside the parking lot tent sale for the patron’s convenience. Bins are also located in the Command Building 1401, Training Air Wing FIVE, and the Chapel.

The 2016 campaign is the fourth consecutive year that NAS Whiting Field has participated in the Feds Feeding Families program. “It is good to be aware,” NAS Whiting Field Command Chaplain Lt. Cmdr. Michael Griggs said, “When you give to others, your giving enriches all of our lives.”

For more information, please contact the NAS Whiting Field Chapel’s Religious Program Specialist Aaron Spangler at (850) 623-7212, or email at aaron.spangler@navy.mil.



Ensign Ivan Carillo, left, and Ensign Ian Lesczynski place donation bags into a red Feds Feed Families collection bin located at the NAS Whiting Field Chapel. U.S. Navy Photo by Lt. j.g. Marissa Tungjunyatham

Theatre Group

- (Cont. from Page 2)

The performance group created scenes relating to sexual assault, harassment, peer pressure of reporting, and second victimization (a situation in which the victims themselves can be ostracized). During pauses in these performance scenarios, audience members were invited to answer questions posed by the group leaders. Audience participation was encouraged throughout the event, as Sailors were invited to come up on stage and change how the scenarios could play out.

As the scenarios continued, leaders of the performance group directed questions to the audience.

“What do you notice about their body language? Does she have any power in this scene? Why is it affecting him more personally?”

Pure Praxis worked with a wide range of topics including, but not limited to; bystander interventions, sexual assault prevention, domestic violence, re-victimization, harassment, awareness, empathy, sexism and diversity. However, the concepts were based around helping the participants figure out the best way to respond through guided scenarios.

“Ok Chief, let’s try this scene again and put you in this time, I want you to act out your idea of pulling her out of the situation and asking her if things are ok—Can you give it a try?” Leonard-Fortes asked.

This event is part of a new initiative fostering awareness of sexual assault prevention methods and SAPR programs intended to grow across the Navy. Through creative outreach ideas/methods and increased participation at annual installation training events, the 2016 theme for the SAPR program, “Eliminate Sexual Assault: Know Your Part. Do your part” is strengthened.

NAS Whiting Field Commanding Officer Capt. Todd Bahlau thanked the group for their efforts following the presentation.

“I want to say a big thank you to everyone for attending and a special thank you to Pure Praxis for coming to Whiting Field. We appreciate you presenting these issues in a different and interesting way.”



Pure Praxis, an educational and social theatre group, invites participants from the audience on stage to help reenact scenarios during a SAPR event held at NAS Whiting Field July 28. Participants are encouraged to actively role-play to problem-solve various situations. U.S. Navy Photo by Ensign Kyle Shields.

Local Navy Event

SEABEE MUD RUN 2016 will be Muddy Fun

By: Rob Mims, Naval Construction Battalion Center Public Affairs Officer

GULFPORT, Miss. – Naval Construction Battalion Center Gulfport will host SEABEE MUD RUN 2016 Sept. 10. Check-in begins at 5:30 a.m. and the race begins in heats promptly at 7 a.m. The course is five miles of mud, water, mud, dry obstacles, mud, hills and of course ... mud standing between the runner and finish line. There is also a family mud run that is just over 1.5 miles.

To register for this event, visit <https://register.chrono-track.com/r/19557>. There will not be any same day registrations, so sign up early.

The Mud Run, one of the premier races on the Gulf Coast, will happen come rain or shine and is open to the public.

All non-DOD ID card holders must enter through Broad Ave. gate and are subject to search by military working dogs. Please bring identification (driver's license, passport, etc.), valid proof of vehicle insurance and valid vehicle registration for base entry. 🐕

Sailors

- (Cont. from Page 4)

Regarded as an impeccable Divisional LPO, she assisted her team of Sailors in the on-time installation and successful certification of NOLF Choctaw's E-28 Arresting Gear. Additionally, she supervised the Improved Fresnel Lens Optical Landing System (IFLOLS) maintenance actions and operational testing. With both sets of equipment now certified, NAS Whiting Field is fully qualified to support the high visibility F-35 Field Carrier Landing Procedures flight operations, resulting in the safe and mishap free environment for over 400 TRAWING-5 flight operations and 130 Joint Strike Fighter F-35 Field Carrier Landing Practice operations.

“Volunteer to do things, not to make yourself shine, but to help out the command and be a team player.”

Furthermore, Torresperez has the upmost confidence of her superiors to lead and manage all responsibilities of the E-28 Arresting Gear Division. She flawlessly created and executed the E-28 and IFLOLS installation and certification maintenance schedule, which led to the successful on-time equipment recertification. Her precise planning identified the pertinent parts and tools needed to maintain the recently installed equipment, accounting for over \$13,800 in materials. That attention to detail was critical in identifying a damaged Keensert Bolt Thread Repair Fittings installed by a government contractor, resulting in on-time corrective repairs and final construction approval by the Navy.

“She's like the backbone of everything,” her supervisor, Cervantes said. “She's been placed in a leadership position recently and she is exceeding all my expectations.”

Torresperez worked with Cervantes as the Assistant UPC and her meticulous actions led to the testing and collection of 250

- (Cont. on Page 11)



Participants tread through the muddy obstacle as part of the SEABEE MUD RUN 2015. File photo from Naval Construction Battalion Center



Japanese Self-Defense Force (JMSDF) Squadron visits Naval Station Mayport

The Japanese Maritime Self-Defense Force (JMSDF) Squadron docked at Mayport Naval Station for the first time July 7 as part of its trip around the world. The Squadron included about 200 newly commissioned officers. Commander Iwasaki and NAS Whiting Field Navy Exchange Employee, Stan Harper, had the pleasure of welcoming many guests at a wonderful reception aboard JSS Kashima. During their stay, there was a homestay for the Japanese officers, visit to the Kennedy Space Center and a concert by the JMSDF Training Squadron Band together with the U.S. Navy Band Southeast Wind Ensemble in which over 900 people attended. Photo courtesy of Stan Harper.

News & Notes

Chik Fil-A Sale

The NAS Whiting Field Christmas Committee is once again selling Chick fil-A sandwiches! We are taking pre-orders because we will deliver to your office, shop or work center. We will also have a table set-up at Commissary. We will start 10 a.m. and end at 1 p.m. on Monday Aug. 15th. You can get Regular or SPICY chicken sandwich for \$4 with soda \$5. Contact ABHC Roland Wright with rank, name, location, and order at roland.r.wright@navy.mil.

Troy University Military and Family Scholarship

Troy University is currently accepting applications for Term I, 2016 (15 August – 16 October, 2016) Registration ends 14 August, 2016. We offer a variety of Bachelors and Masters Programs online and our Master of Science of Counseling and Psychology in class at our Pensacola Support Center! For more information on classes and scholarships, call 850-287-4102 or email Mr. Morrison at jrmorrison@troy.edu.

One Blood Mobile

One Blood will be at the NEX Parking Lot on Tuesday, Aug. 16 from 10 a.m. till 3 p.m.

Pensacola Comic Con

The Sword Experience with Highlander Celebrity

Adrian Paul - Highlander star Adrian Paul will be leading you in the historic Museum of Commerce as you cross blades with other eager individuals on Friday Aug. 19 at 6 p.m. You'll be constantly on your toes, against the backdrop of historic Pensacola. At this once in a lifetime experience, Adrian will be hands on to pass on some of the knowledge he learned whilst working with world renowned action stars, stunt choreographers, and sword masters. Check out <http://www.pensacolacomicon.com> for more information.

Celebrity Ghost Investigation - Tennessee Wraith Chasers (Ghost Asylum) is on Aug. 19 at 8:00 p.m. at the Victorian Inn. We provide with various ghost-detecting equipment such as EMF detectors, infrared thermometers, audio recorders and more. Check out <http://www.pensacolacomicon.com> for more information.

Pensacola Comic Convention - The Pensacola Comic Convention will be held on Aug. 20 and Aug. 21 from 10 a.m. to 6 p.m. at the Pensacola Interstate Fair (Expo Hall and Conference Hall) 6655 Mobile Hwy Pensacola, Fla. 32526. There will be cash prizes for a costume contest each day at 2 p.m. For more information, visit <http://www.pensacolacomicon.com>.

DeCA announces its Best Commissary Winners

The Defense Commissary Agency's 2015 Best Commissary Award winners are Luke Air Force Base, Arizona; Malmstrom Air Force Base, Montana; Naval Air Station Whiting Field, Florida; U.S. Army Garrison Vicenza, Italy, and Incirlik Air Base, Turkey. To win, a store has to exceed DeCA's normal criteria for customer service, accountability, safety, operations and sales.

SafeTALK Workshop

The SafeTALK Workshop prepares helpers to identify persons with thoughts of suicide, talk about suicide and connect them to suicide first aid resources. The workshop will be held on Thursday, Aug. 18 from 8:30 a.m. to 12:30 p.m. at J.B. McKamey Center Classrooms Bldg. 634, NAS Pensacola. To register, contact the NAS Pensacola Chapel CREDO Detachment and provide rank, name, contact information, and supervisor's name. You must be able to participate in the entire workshop! If you have any questions, contact NAS Pensacola CREDO Detachment at (850) 452-2093 or e-mail tony.bradford.ctr@navy.mil.

Personal Resiliency Workshop

Our Personal Resilience Retreat will help foster your personal holistic growth including physical, psychological, emotional, and spiritual aspects. The workshop will be held on Aug. 25 at J.B. McKamey Center Bldg. 634, NAS Pensacola. To register, contact CREDO Facilitator e-mail tony.bradford.ctr@navy.mil or call (850) 452-2093.

Get Ready for 2016 Life Insurance Open Season

The Federal Employees' Group Life Insurance (FEGLI) Open Season will be held from Sept. 1 through Sept. 30. This is the first FEGLI Open Season since 2004. Employees may direct questions about FEGLI Open Season at 888-320-2917 from 7:30 a.m. to 7:30 p.m. Eastern Time, Monday through Friday, except on Federal holidays. The TTY number is 866-359-5277. Employees may also e-mail their questions to navybenefits@navy.mil. Employees must include their full name, pay plan, grade, and contact telephone number. Please do not provide private or personal information, such as date of birth or Social Security number.

ASIST Workshop

The Applied Suicide Intervention Skills Training Workshop is for anyone who wants to feel more comfortable, confident, and competent in helping to prevent the immediate risks of suicide. The workshop will be on Sept. 28 and 29 from 8 a.m. to 4 p.m., both days at the J.B. McKamey Center Classrooms Bldg. 634, NAS Pensacola. To sign up, contact CREDO facilitator Tony Bradford or chapel staff with member's rank, name, contact information, and supervisor's name at (850) 452-2341 or tony.bradford.ctr@navy.mil. Registration ends Sept 22!

Study Skills Classes and Study Groups for Next Advancement Exam

Want to do better on your next promotional exam? The Fleet & Family Support Center can help! We can develop Study Skills classes by rating and we're organizing small study groups for the upcoming advancement exam in September. Just let us know what rating and we can help you get more points on your exam! We would like to get small groups, by rating, if possible. Classes immediately available are ABH, HM and MA. Please call Donna Collins at 623-7404 for further information or assistance.

Reminder... Hours of Operation for MWR Food Service Lo-



Commodore's List

Congratulations to Training Air Wing FIVE's Academic Scholars from Aug 4. Their awards were presented at the TRAWING 5 Headquarters building. Photo courtesy of Training Air Wing FIVE.

NAS Whiting Field offers Life Skills Courses

By: Donna Collins, Fleet & Family Support Center Education Services Facilitator, and Lt. j.g. Marissa Tungjunyatham, NAS Whiting Field Public Affairs

August is the Navy's Life Skills Education Month, and Naval Air Station Whiting Field's Fleet & Family Support Center is offering classes to promote optimal emotional and physical health that helps a service member or civilian adjust to the ever-changing military lifestyle and career.

The term "Life Skills" refers to the skills a person needs to make the most out of everyday situations. They help us to accomplish our ambitions and live to our full potential. Any skill that is useful in life can be considered a Life Skill. Even the basics such as tying shoe laces, swimming, driving a car, and using a computer can be considered useful life skills.

Since there is no definitive list of Life Skills, certain skill sets may be more or less relevant depending on life circumstances, culture, beliefs, age, geographic location, etc. Certain skill sets take precedence over others at various stages of life. For example, if a person is getting ready to begin coursework at a college or university, he or she may want to develop better study skills. When a person is getting ready to buy a house, having skills in financial management can help enhance one's knowledge of mortgages, mortgage rates and creating a budget. There may even be times in life when a person will need conflict resolution, stress management and problem solving skills.

Personal Skills

Personal Skills are used to help maintain a healthy



Donna Collins, Education Services Facilitator, teaches one of her Life Skills classes, Operational Stress Management for First Responders, to NAS Whiting Field Firefighters and members of the Security Department at the Fleet & Family Support Center. Photo courtesy of Fleet & Family Support Center.

body and mind. NAS Whiting Field offers Anger and Stress Management classes that can assist in coping with our emotions during difficult times. The classes can help identify triggers to the anger or stress in each individual, giving him or her methods of controlling or managing these emotions, which alone can improve quality of life.

The Time Management classes will allow people to make the most out of each day. When a person feels like that there aren't enough hours in the day to get everything done, he or she can start by looking at how each hour of the day is spent. This can show a person how they may not be utilizing their time to its fullest potential, such as spending too many hours a day watching television or playing games on the computer. Instead, a person could for example, take more time to look up new words in the dictionary and increase vocabulary. Time left over from yesterday can't be borrowed from tomorrow.

Many people battle with low self-esteem and confidence which can cause stress and prevent them from reaching their full potential. Life Skills classes on improving self-esteem and building confidence are practical ways to overcome these issues. Improved confidence and self-esteem are also linked with how people present themselves for others to see. The classes cover basic food groups and exercise as well, which can truly improve self-esteem and confidence.

The Personal Skills classes use these approaches to teach people how to build character and develop virtues such as goodness, compassion, self-control and friendliness, etc.

Interpersonal Communication Skills

Communication is a very important Life Skill for interacting with others. When engaged in a face-to-face conversation, people use verbal and non-verbal means of communication to convey their message. If the listener has well-developed listening skills, he or she can better understand the speaker and empathize with others. Effective speaking and listening skills can help prevent misunderstandings.

Literacy: Reading and Writing Skills

Most people communicate through written word in forms of letters, emails, reports, messages, social network feeds

- (Cont. on Page 10)

CELEBRATE

NAVAL AIR STATION WHITING FIELD
NATIONAL AVIATION DAY
FOOD ~ FUN ~ PRIZES
THURSDAY ~ 18 AUGUST
START 1100 ATRIUM FINISH 1300
PAPER AIRPLANE CONTESTS:
❖ ACROBATICS
❖ LONGEST FLIGHT
❖ FLIGHT DECK ACCURACY
SPREAD YOUR WINGS

MWR NAS Whiting Field
LIBERTY
Morale Welfare and Recreation

NAVY
COMMUNITY
RECREATION

Life Skills

- (Cont. from Page 9)

and many other methods. Being able to write clearly and concisely is a very powerful skill. This skill can be used to communicate on a one-on-one basis or to a much larger audience. It is another life skill you can develop and enhance your ability to communicate with others. The Fleet and Family Support Center offers a class in Developing Communication Skills and we cover the written word in addition to verbal communications.

Numeracy (Math) Skills

Developing good math skills can save time and money, as well as improve mental health through brain exercises. There is no need to be great mathematician, but it is necessary to have a basic understanding of day-to-day math. Understanding percentages, calculating area, and working with decimals and fractions are all important math skills. For example, a person can determine how much paint he or she needs to buy to paint a bedroom, or a person can decide if a 15 percent discount of a product at one store could be better than the regular price at another store.

The life skills mentioned above are fantastic starting points for anyone looking for personal and career development. There is a plethora of Life Skills classes offered at NAS Whiting Field. If an individual wants to feel happier and make his or her life a bit easier to manage, some of these classes are going to help.

Participants found the Life Skills classes to be very beneficial beyond the scope of the lessons.

"It was really helpful and the class gave me a greater understanding for better study skills," Aviation Boatswain's Mate 2nd Class David Corega "I was able to take things from the class that I will apply in the civilian world when I get out."

The Fleet & Family Support Center provides a wide variety of classes and instructional materials to improve the personal development of each individual. NAS Whiting Field currently offer classes (either in groups or one-on-one) Dealing with Difficult People, Time Management, Conflict Management, Stress and Anger Management, Developing Communication skills, and Developing Good Study Skills.

For more information on the Life Skills classes or NAS Whiting Field's Fleet & Family Support Center's available services and programs, please call 850-623-7177. 🛩️

Uniforms

- (Cont. from Page 3)

group, resulted in the preliminary design of a more professional looking two-piece utility shipboard uniform that can be worn both at sea and operational support jobs ashore. Wear tests of the prototype two-piece variants are expected to occur in 2017.

Also announced in NAVADMIN 174/16:

- The Navy will transition to the black Cold Weather Parka (CWP) starting Oct. 1, 2018, as outerwear with the Service and Service Dress Uniform. Navy All Weather Coat, Pea Coat and Reefer coat will become optional items. Mandatory wear date for the parka is Oct. 1, 2020.
- Women, E7 and above, are now authorized to wear men's uniform khaki pants without the belt and buckle with the khaki over blouse. Gig-line issues prevent wear of the male slacks with the tuck-in shirt.
- The rollout date of the male Service Dress Blue uniform at Recruit Training Command has been moved to Oct. 1, 2017, due to manufacturing delays. This change also aligns the uni-

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form release with the introduction of the new E1-E6 Service Dress Whites.

- Navy sweat shirt and pants logo has been replaced with silver reflective lettering "NAVY," which is similar to the logo on the Navy Physical Training Uniform shirt and shorts. The sweatshirt and pants are now available for purchase at Navy Exchange uniform centers.
 - Commands may now authorize the wear of a "Don't Tread on Me" and Reverse U.S. Flag patches on NWU Type II and Type III.
 - Approval for the replacement of the Special Warfare Combatant-craft Crewman (SWCC) insignia. Going forward, there will be three separate insignias to denote a Sailor's specific qualification level, which are SWCC basic, SWCC senior and SWCC master. The implementation date is Aug. 19, 2016, with a mandatory wear date of Oct. 1, 2016.
 - The Navy Uniform Matters Office is in the process of redesigning their website to enhance the dissemination and information regarding recent uniform changes. We expect the site to be running in the coming months.
- The Navy continues to conduct a wear test of new women's khaki pants and is developing options to improve the sizing of women's khaki pants for E7 and above. We expect that the new women's khaki pants will be available for purchase in late 2017 or early 2018.
- Enlisted clothing replacement allowance will be adjusted to cover costs of these uniform changes and requirements. However, by law, commissioned officers are currently entitled to a one-time uniform stipend (\$400), paid at the beginning of their careers. An additional stipend cannot be granted without a change in law.
- NAVADMIN 174/16 contains more detail on the uniform changes and can be found at www.npc.navy.mil. 🖱️

SECURITY CORNER

By: Stacy McFadden, NAS Whiting Field Security



Things Your Burglar Won't Tell You Part 2

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

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

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

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

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

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

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

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

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

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

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

Sailors

- (Cont. from Page 7)

command personnel samples and ensured strict adherence to government instruction. As a precise Assistant Command Muster Team Leader, she gathered accurate musters of 5 departments consisting of over 250 personnel with 100 percent accountability.

Due to her superior work ethic, she was assigned the position of the Assistant 3M Petty Officer. The successful completion of three preventative maintenance actions and 100 percent accountability of the maintenance work schedule is a direct reflection of her efforts.

As a mentor, she was eager to accept responsibility as Departmental Sponsor Coordinator for E-28, Airfield Services and Transient Line divisions, ensuring that newly arriving Sailors receive the best training and the smoothest transition to NAS Whiting Field.

"Torresperez is the only Second Class Petty Officer at NAS Whiting Field performing as a Leading Petty Officer," Seib said. "[She] is a highly capable leader with limitless talent."

When she was awarded Junior Sailor of the Quarter, Torresperez was excited and honored. She said, "I never thought I'd be where I am at this point in my career, and I have my chain of command to thank for that. My advice [to others] would be to volunteer to do things, not to make yourself shine, but to help out the command and be a team player."

Divad received the Bluejacket of the Quarter for his exceptionally high level of technical expertise as an Airfield Specialist and his diligent work as the Airfield Services Training Petty Officer.

As the Airfield Specialist, he ensured that NAS Whiting Field's two primary airfields and 12 OLFs were safe for flight op-

erations. He personally performed 68 airfield inspections on 4 active fixed-wing runways, taxiways, and parking aprons and conducted 72 airfield checks on 67 helicopter pads and 38 helicopter spots. In addition, he responded to 30 in-flight and ground emergencies, making sure reportable damages were identified and reported to the Airfield Manager, Environmental Protection Agency (EPA) and Aviation Safety to expedite repairs and reopen the airfields.

Divad was recognized as an expert for his technical knowledge, personal diligence and attention to detail, which was instrumental in identifying and correction 90 airfield hazards, minimizing aircraft mishaps.

As the Airfield Specialist Training Petty Officer, he maintained ten active duty Sailors' and six Civilians' training folders and ensured all formal training is filed, documented, and recorded.

"He's like the perfect definition of a junior Sailor," Cervantes said, "He's always eager to jump at any task and always looks for a more efficient way to do it."

Outside of his present duties, Divad was selected by his peers to be the Public Affairs Officer for the Junior Enlisted Association (JEA), in which he kept the command and visitors to their social media page updated with all of their current events and upcoming JEA functions. Furthermore, Divad also dedicated much of his off-duty time to the community, including over ten hours as a mentor at Bennett C. Russell Elementary School, five hours at Bagdad Elementary School, and seven hours at the JEA Blackwater River Clean-up.

"His dedication to strict airfield inspection standards produces safe Navy Outlying Landing Fields for pilots to conduct their training," Seib said. "He presents a positive attitude every day that motivates others within the division."

Divad felt honored and blessed to be recognized as the Bluejacket of the Quarter. "What attributed to my success was always doing my job correctly," he said, "I constantly strive to be a squared-away Sailor."

To the Sailors competing for the next Sailors of the Quarter, Cervantes advised, "Every day, come to work with a smile and try harder each week to make the command better. Just work for your Sailors. The more you work for them, the better they'll make you in the end." 🐦

“Constantly strive to be a squared away Sailor.”

SECURITY CORNER SPECIAL

By: Stacy McFadden, NAS Whiting Field Security

School is in and that means here come the school buses. 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 over 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, which is why 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 remind 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.

Amount of penalties (Section 318.18, FS): Section 316.172(1)(a) 1st offense: \$165 2nd or subsequent offense (within 5 years): \$165 plus license suspension for 90 days to 6 months.

Section 316.172(1)(b) 1st offense: \$265; 2nd or subsequent offense (within 5 years): \$265, license suspension for 180 days to one year, plus a mandatory hearing.

For any violation of Section 316.172, FS, 4 points assessed against driver license

As per NASWFINST 5560.5A, 4 Points will be assessed against base driving privileges for failure to stop for school bus. There's a residential area on the right approaching the West gate from Hwy 87. This area on Langley Street is also a school bus loading zone.

