

# Whiting Tower

Seventy-three Years of Aviation Training News

Learn to conquer the sky

Discere vincere in caelum

Naval Air Station Whiting Field, Milton, Fla.  
Vol. 72 No. 07

Forging Wings for the Fleet  
November 21, 2016

## *In this Issue:*

- (Pg 2) *CNATT Detachment NAS Whiting Field Changes Leadership*
- (Pg 5) *November Honors Family Appreciation Month*
- (Pg 6) *NAS Whiting Field Leader is an IronMan*

## CNATT Detachment NAS Whiting Field Changes Leadership



Cmdr. Kevin Bittle, the former Officer-in-Charge of CNATT Detachment Whiting Field, presents his boys Michael (7) and Ryan (6) with conch shells. He also presents his wife, Casey, with flowers at the November 14 Change of Charge ceremony. U.S. Navy photo by Lt. j.g. Sarah O'Shea, NAS Whiting Field Public Affairs.

Cover Photo: Cmdr. Kevin Bittle salutes to sideboys at the start of the CNATT det. Whiting Field Change of Charge ceremony. U.S. Navy photo by Lt. j.g. Sarah O'Shea, NAS Whiting Field Public Affairs.

### The Whiting Tower

#### Commanding Officer

Capt. Todd Bahlau

#### Executive Officer

Cmdr. Don Gaines

#### Command Master Chief

Command Master Chief (AW/SW) Lee Stephens

#### Public Affairs Officers

Jay Cope  
Jamie Link

#### Public Affairs Staff

Lt. j.g. Sarah O'Shea  
Ensign Kyle Shields  
Ensign Brittany Stephens

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.

By: Center for Naval Aviation Technical Training Public Affairs  
The Center for Naval Aviation Technical Training (CNATT) Detachment Whiting Field held a change of charge ceremony at the Naval Air Station Whiting Field atrium Nov. 14.

Cmdr. Kevin Bittle turned over responsibilities to Lt. Cmdr. Steven Bryant during the ceremony, at which CNATT Commanding Officer Capt. Eric J. Simon served as presiding officer.

Bittle, who served as the CNATT Detachment Whiting Field Officer-in-Charge since 2014, said the opportunity to serve at the helm of the schoolhouse was a rewarding experience.

"Serving with this remarkable group of individuals was one of the best experiences I have had," Bittle said. "The CNATT Det Whiting Field team is truly a family, and each and every one of the {enlisted} Sailors and officers here has made me a better officer and leader."

Under Bittle's leadership, CNATT Detachment Whiting Field delivered nearly 13,000 hours of naval aviation maintenance and ordnance training, graduating more

- (Cont. on Page 6)

## NAS Whiting Field Selects Sailors of the Quarter

By Ensign Brittany Stephens, NAS Whiting Field Public Affairs  
Naval Air Station Whiting Field recently selected the Sailor of the Quarter, Junior Sailor of the Quarter, and Blue Jacket of the Quarter for the fourth quarter of Fiscal Year 2016.



Petty Officer First Class Terrance Wever, Petty Officer Second Class Kyle Wyrock, and Seaman Pablo A. Maciashernandez, were selected for Sailor, Junior Sailor, and Blue Jacket of the Quarter, respectively. Every quarter of the fiscal year, commands in the United States Navy recognize and honor Sailors who demonstrate sustained superior performance, military bearing, leadership, and adherence to the core values of Honor, Courage, and Commitment. This recognition motivates Sailors to continue to perform to the best of their ability, and helps them to stand out amongst their peers.

"Only the highest performing Sailors from our Security, Crash, and Air Traffic Control Divisions are presented to the board," states NAS Whiting Field Command Master Chief Lee Stephens. "Competition was stiff, but these three Sailors made a lasting impression."

- (Cont. on Page 6)

# US Navy Maritime Patrol Aircraft to Assist New Zealand in Earthquake Response Efforts

By: U.S. Pacific Fleet Public Affairs

At the request of the New Zealand Ministry of Defence, the United States Navy is providing maritime patrol and reconnaissance aircraft to assist in life-saving efforts after the Nov. 13 earthquakes on the South Island of New Zealand.

A P-3C Orion assigned to Patrol Squadron (VP) 47 was participating in Exercise Mahi Tangaroa as part of the New Zealand International Naval Review when the earthquake occurred, and has been tasked with assessing the area surrounding Kaikoura, New Zealand. The P-3C is currently operating from Royal New Zealand air force Base Auckland located in Whenuapai, New Zealand.

“From the moment we got the word, our air crew and airtenance professionals have thrown themselves into this relief effort with a commitment that is just so much a part of what our maritime patrol and reconnaissance force stands for,” said Cmdr. Ryan C. Cech, commanding officer of VP-47. “I am proud we can assist our New Zealand partners in their time of need.”

VP-47 is a U.S. Navy P-3C squadron based out of Marine Corps Base Hawaii, Kaneohe Bay. The P-3C Orion is a four engine, turboprop maritime patrol aircraft with the endurance and ability to conduct wide-area maritime search operations, which give the aircraft an advantage for search and rescue missions.

The U.S. Navy is fully supporting the recovery efforts. In addition to the MPRA assets, guided-missile destroyer USS Sampson (DDG 102), embarked with two MH-60R Seahawk helicopters is currently en route



Petty Officer 3rd Class Tyler Ray, with the Golden Swordsmen of Patrol Squadron (VP) 47, directs a P-3C Orion maritime patrol aircraft to its parking spot. VP-47 is currently deployed to the U.S. 7th Fleet Area of Responsibility (AOR) at Kadena Air Base, Okinawa, Japan, and U.S. 4th Fleet AOR at Comalapa, El Salvador. U.S. Navy photo Petty Officer 2nd Class Joshua E. Walters.

to participate in the New Zealand International Naval Review and is standing by to assist, if needed.

The U.S. Navy and Royal New Zealand navy regularly operate and train together in engagements such as the U.S.-led biennial Rim of the Pacific exercise and the annual Pacific Partnership disaster response preparedness mission. The two militaries also participate in the New Zealand-led the biennial Southern Katipo exercise and the annual Tropic Twilight humanitarian assistance/disaster relief (HADR) exercise. ✈

## *This Day in Naval History*

**November 21**

1918 - U.S. battleships witness the surrender of German High Seas fleet at Rosyth, Firth of Forth, Scotland to U.S. and British fleets.

**November 22**

1961 - U.S. Marine Corps Lt. Colonel Robert B. Robinson, flying an F4H-1 Phantom II, sets a world speed record, averaging 1606.3 mph in two runs over the 15 to 25-kilometer course at Edwards Air Force Base, Calif.

**November 23**

1914 - The title Director of Naval Aeronautics is established to designate the officer in charge of Naval Aviation. Capt. Mark L. Bristol, already serving in that capacity, is ordered to report to the Secretary of the Navy under the new title.

**November 24**

1964 - USS Princeton (LPH 5) completes seven days of humanitarian relief delivering 1,300 tons of supplies to the Quang Tri, Quang Ngai, and Binh Dinh provinces of South Vietnam which suffered damage from typhoon and floods.

**November 25**

1961 - USS Enterprise (CVAN 65), the U.S. Navy's first nuclear-powered aircraft carrier, is commissioned in Newport News, Va.

**November 26**

1944 - USS Bon Homme Richard (CV 31) is commissioned.



**F4H-1 Phantom II**

F4h-1 Phantom II takes off out of VF-74 at NAS Oceana. It was the first operational U.S. Navy Phantom squadron in 1961.

## Remember your commissary for Thanksgiving savings

Kevin L. Robinson, Public Affairs Specialist



Turkey, dressing, cranberry sauce, candied yams, greens, macaroni and cheese, rolls and sweet potato pie or pumpkin pie – depending on where you're from, of course.

These are some of the core items for many a traditional Thanksgiving menu. And if you're a commissary patron, you'll find sweet savings on these and more at your local store, said Defense Commissary Agency Sales Director Tracie L. Russ.

"There's enough anxiety surrounding the Thanksgiving meal – how many people are coming to dinner, and how do we plan time to eat around the football games?" Russ said. "Well, if you remember to shop your commissary, stretching the holiday meal dollar will not be a concern.

"We have reduced prices on high-quality, name-brand ingredients for the perfect holiday meal plus we even offer recipes and tips on our website, [www.commissaries.com](http://www.commissaries.com), for preparing that big ol' bird."

Throughout November, commissary industry partners – vendors, suppliers and brokers – are collaborating with stores to offer promotional discounts beyond everyday savings for the Thanksgiving holidays.

One of the largest promotions is the worldwide "Your Turkey Could Be Free" recipe/coupon booklet. Available in commissaries, this 24-page recipe booklet has coupons valued at more than \$59, and they're good through Dec. 31. The coupons provide commissary shoppers significant savings or free turkeys when purchasing holiday meal essentials. Vendors include Kraft Foods, Kellogg's, Campbell's, Pepperidge Farms, Frito Lay, Chinet, General Mills, Hefty/Reynolds Wrap, Fresh Express, Nabisco, Quaker, Del Monte, College Inn, Persil, French's, Entenmann's, Nexium, Kimberly-Clark, Ocean Spray, P&G, Heinz and Johnsonville.

Beginning Nov. 19, stateside commissaries will be offering fresh turkeys at low prices while supplies last. Patrons can go to <https://commissaries.com/shopping/sales-events.cfm> for more details on fresh turkeys in the latest Sales Flyer and for discounted items in "Deals for the Holidays" and "Exclusive Savings." Shoppers can also get a Sales Flyer at their store.



Commissaries are also offering a "Celebrate the Holidays" promotion with General Mills that features high value in-store coupons related to holiday cooking and baking.

And for anyone facing the prospect of preparing their first turkey, go to <https://commissaries.com/healthy-living/cooking-tips.cfm> for cooking tips. Patrons can also check out the website's "Recipes" and browse through the "Main Courses" section for traditional fare such as basted turkey, unstuffed oven roasted turkey, collard greens, macaroni and cheese; visit "Sides and Garnishes" for dishes like corn bread and bacon dressing, classic potato salad, sweet potato casserole; "Vegetables" for recipes on classic herb stuffing, zesty holiday stuffing, oven candied sweet potatoes and more; and "Desserts" for ideas to make sweets such as pumpkin pie, sweet potato pie, pecan pie, peach and apple cobbler.

"Whatever your taste is for Thanksgiving – traditional roast turkey and potatoes or a vegetarian meal with organic fruits and vegetables – we have it at your commissary," Russ said. "And, remember, 'it's worth the trip' to pocket those savings."



OneBlood Donation Bus Stops by NAS Whiting Field  
NAS Whiting Field personnel come out to donate blood for the One Blood donation bus located in the NEX parking lot. U.S. Navy photos by Ensign Kyle Shields and Ensign Brittany Stephens.



Participants Traverse to Victory in Turkey Trot  
The annual Turkey Trot 2 mile fun run, hosted by NAS Whiting Field MWR attracts many. The winners of the race receive a free turkey. U.S. Navy photo by Ensign Brittany Stephens.

## SOQ

- (Cont. from Page 2)

Wever serves as the Assistant Chief of Training for the Fire and Emergency Services (F&ES) Department. He managed and certified 66 department personnel since taking the job in March 2015, making the NAS Whiting Field Fire and Services Department to be the highest certified department in the F&ES Gulf Coast Region.

“Wever is the true definition of a deck plate leader,” says department head Lt. Mark Rodriguez. “As my Assistant Chief of Training, a position normally held by a Chief Petty Officer, he heavily relied upon for his undoubted technical expertise...he exemplifies the Navy’s core values in every respect.”

Wyrock operates as the lead fire captain at Navy Outlying Field (NOLF) Harold. He manages the fire station, equipment, and the six fire fighters on station, and he has led the NOLF Harold crew through 70 precautionary landings. Wyrock also serves as Assistant Command Vol-



Junior Sailor of the Quarter PO2 Kyle Wyrock.

unteer Coordinator and the Department Career Counselor.

“He is consistently sought after for guidance and advice by his peer and subordinates because of his unquestionable judgement and unwavering devotion to duty and to Sailors”, says Lt. Mark Rodriguez. “He is definitely a first pick and best choice to represent as NAS Whiting Field’s 4th quarter JSOQ.”

Maciashernandez works in Operations as Flight Planning Supervisor. He received several of his qualifications and his supervisor designation in less than half the allotted learning time. He has assisted in the management and processing of more than 4,000 flight plans and 9,000 flight notification messages.

“Maciashernandez is an exceptionally talented and top-notch performer who has earned the respect of his seniors and his peers,” states Cdr. Eric Seib. “His exceptional reliability and team spirit has proven that he is a valuable asset to Naval Air Station Whiting Field.”



Blue Jacket of the Quarter Seaman Pablo Macias Hernandez

## November Family Appreciation Month

By: Ensign Brittany Stephens, NAS Whiting Field Public Affairs

“Thank you for your service.”

In this statement, Americans recognize the sacrifices that service members make in pursuit of our Nation’s defense. But behind every, Sailor, Soldier, Marine, Airmen, and Coast Guardsmen is a family that bears a different kind of burden.

While service members work diligently for the security of the United States, their spouses frequently uproot themselves and settle in unfamiliar communities, while searching for new jobs and new homes. Family members manage the household in the stead of those deployed, and parents and children lose valuable time with their loved ones.

November serves as Military Family Appreciation Month to honor these sacrifices made by America’s military families. The month also highlights the importance that military families play in providing resolve and stability for all members of the Armed Services.

“Our military would not be the greatest in the world without the strength and support of the loved ones who stand alongside our men and women in uniform,” stated President Barack Obama in his Proclamation opening Military Family Month. “This month, let us thank them for their tremendous devotion to duty and for their unyielding sacrifice.”

One such household is the

Hawse family. Hailing from Virginia Beach, Michelle Hawse is one of many military spouses located here at Naval Air Station Whiting Field. Her husband, Brian, has served in the United States Navy for seven years as an Aviation Boatswain’s mate, and he intends to continue his service for as long as possible.

After eight months at Boot Camp and initial schooling

- (Cont. on Page 9)

**THE LANDING STRIP** *Morris*

#55 - The end of Primary

		
COMPLETION	SELECTION	HIBERNATION

*Editor's Note: Special thanks and Congratulations to Lt. j.g. Zach Morris who winged on November 10th and selected to fly the MH-60S out of San Diego California and who has granted permission to use the comics in The Whiting Tower. The paper will run two of his comic strips each week for as long as he has material for us to run. If you have an idea for a strip, please email [zmorris1011@gmail.com](mailto:zmorris1011@gmail.com) for a chance to see your idea put into print.*

# NAS Whiting Field leader is an IronMan

By: Jamie link, NAS Whiting Field Public Affairs

Sports, as a metaphor for nearly all aspects of life, has no shortage of inspirational stories. Themes that permeate sporting activities, include overcoming adversity, fighting against impossible odds, and performing at peak levels apply equally to everyday life. Recently, a NAS Whiting Field leader competed in one of the toughest and most grueling athletic events of all and while doing so, taught a lesson about sports, friendship and life.

Cmdr. Don Gaines is the Naval Air Station Whiting Field executive officer, serving the Navy and the NAS Whiting Field community in numerous ways. But in his off-duty time, Cmdr. Gaines is a triathlete. The triathlon is a race consisting of swimming, cycling, and running. Gaines has completed three Ironman-distance triathlons, considered the "gold standard" in triathlon events, most recently last month in the Louisville, KY Ironman triathlon. But in addition to completing the race for a sense of accomplishment or competition, he was motivated by something stronger: to honor a good friend.

"I am racing for a friend of mine, Mr. John Elkins. He is a teammate of mine who was going to race Ironman Chattanooga with me a couple of years ago when he had to drop out, Gaines said.

He was having some leg pains while training for some smaller distance races. After a number of tests he was given some pretty bad news; he was diagnosed with Amyotrophic Lateral Sclerosis (ALS)"

ALS is fatal neurological disorder that affects the nerve cells in the brain and spinal cord. It is a progressive disorder that affects all the muscles of the body, prognosis is generally three to five years, and less than ten percent of those with the disease survive more than ten years.

"In the year and a half from when he was diagnosed to now, he has gone from racing triathlons to having a feeding tube and is confined to a wheelchair. In a nutshell...this disease sucks", Gaines said.

The highlight of Gaines' Ironman effort, as can be



Cmdr. Don Gaines bikes the 112 mile portion of the IronMan competition in Louisville, Kentucky. Official photo by Finisher Pix.

expected, was the crossing of the finish line after a herculean 13 hour 22 minute effort. But Gaines's finish paid a special tribute to his friend Elkins, and also a homage to a historic moment in Ironman Triathlon history. Instead of running across the finish line, arms raised triumphantly to the sky, Gaines executed the "Blazeman Roll".

"This is when an athlete who completes an Ironman rolls across the finish line like Jon "Blazeman" Blais did in 2005. He was the first person diagnosed with ALS to complete an Ironman and came across the finish line by rolling across".

To train for the Ironman he swam 119 miles which is the equivalent from NAS Whiting Field to NSA Panama City, if there was a road, biked 4,741 miles (Ride from NAS Whiting Field to Naval Station Pearl Harbor) and ran 793 miles (from NAS Whiting Field to MCAS Cherry Point) over an 11 month training period. Gaines said that it's not the race, it's the training leading to the race that's hard.

The Ironman Triathlon has, as its genesis, a Navy connection. During an awards banquet for the Waikiki, Hawaii Swim Club, US Navy Cmdr. John Collins and his wife Judy developed the idea of combining what was then

- (Cont. on Page 9)

## CNATT

- (Cont. from Page 2)

than 1,000 Aviation Maintenance Officers and Aviation Ordnance Officers during his 30-month tour.

Bryant, who most recently served aboard USS Abraham Lincoln (CVN 72) as the Aircraft Intermediate Maintenance Department (AIMD) assistant maintenance officer (AMO), addressed staff as their officer-in-charge for the first time during the ceremony. He expressed his enthusiasm for continuing the organization's success in ensuring the education of aviation maintenance and ordnance officers remained the best.

"I sincerely appreciate and am excited for the opportunity to work with a staff whose reputation precedes them," Bryant said. "Together, we'll continue training and mentoring the best Navy and Marine Corps aviation maintenance and ordnance officers for duty anywhere in the world."

CNATT Detachment Whiting Field oversees the technical training to more than 450 Navy, Marine Corps and international military officer and enlisted students annually in the instruction, curriculum development and maintenance of seven aviation maintenance management and aviation ordnance officer career progression courses.

CNATT Detachment Whiting Field is a training unit of the Center for Naval Aviation Technical Training located at Naval Air Station Pensacola, Florida. CNATT develops, delivers, and supports aviation technical training at 27 sites located throughout the continental United States and Japan.

CNATT is a technical training agent for the Naval Aviation Enterprise, an organization designed to advance and sustain naval aviation warfighting capabilities at an affordable cost, and is the largest training center under Naval Education and Training Command. 🏆

## SECURITY CORNER

By: Stacy McFadden, NAS Whiting Field Security



The holiday times are among us, and the first one up is Thanksgiving and all it's wonderful food! It's that time of the year where someone wants to try cooking Thanksgiving Dinner for the first time, or someone wants to try something different, like a fried turkey.

Now I'm not going to go into how to cook a fried turkey, but rather, what to do /not do while frying a turkey. Make sure you position your burner and propane tank away from your house on solid ground and never set it up in a garage, on a porch/covered area or on a wooded deck. Wear a long sleeve shirt, long pants, and shoes. Have a fire extinguisher nearby just in case a fire break out. NEVER USE WATER ON AN OIL/GREASE FIRE. If there's a breeze or a windy day, position

the burner so the wind is blowing away from the propane tank.

Now that everything is set up and ready, you need to do a dry run before we start cooking. You'll need the pot you're cooking the turkey in, the turkey, a marker, and water. Put your turkey in the pot (breast in first) and fill it up with water until it covers the top part of the turkey. Take the turkey out, mark where the water is, empty the water, and dry it out, remember that oil and water don't mix! Make sure your turkey is dry inside out and don't fry a stuffed turkey. Fill the pot with the oil of your choice to the line you marked and heat the oil. Make sure you have a thermometer and enough propane to cook the turkey. Remember don't drop the turkey in the pot, lower it slowly so the oil will not splash out.

Enjoy cooking your fried turkey and think safety first!! HAPPY THANKSGIVING NAS WHITING FIELD!

## NASWF NEX Offers Alternative to Black Friday

By: NAS Whiting Field Naval Exchange.

The Navy Exchange at Naval Air Station Whiting Field is offering shoppers an alternative to Navy Blue Friday for the sixth year in a row. NEX Whiting Field Main Store is treating shoppers to Navy Blue Friday prices the day "before" Thanksgiving, Wednesday, Nov. 22.

This event is being spearheaded by Candy Matthews, General Manager, NEX Whiting Field and is called "White Wednesday".

"White Wednesday offers 'Black Friday' prices before the traditional holiday sales begin. This provides NEX patrons the opportunity to combine retail sales on the big shopping day for the Commissary and a chance to shop ahead of the mad rush on Friday," Matthews emphasized.

All categories of merchandise are on sale, including big screen TVs, computers, cameras, small appliances and apparel. This year is bigger and better than before.

The NEX price match policy will be in effect Wednesday, for ads starting on Friday.

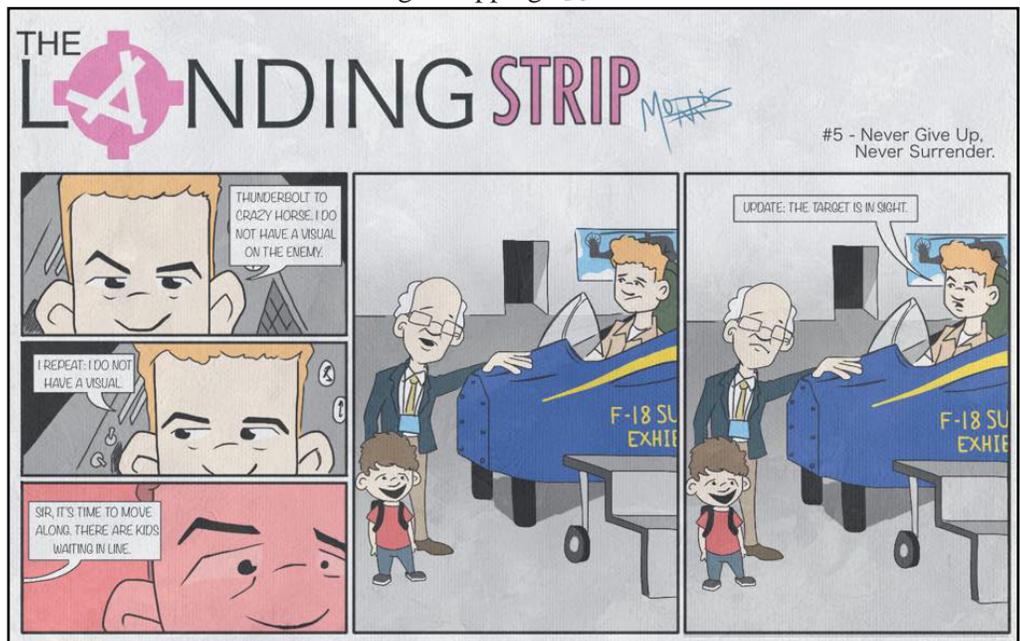
"We will not be undersold!" she added.

The Main Store will close

at 5 p.m. Tuesday, Nov. 22, to prepare for the event.

Doors will open at 7 a.m. to kick off White Wednesday. Sales run through Sunday, but the NAS Whiting Field Main Store will be closed on Thanksgiving Day.

Whiting Pines Mini Mart will be open Thanksgiving Day from 9 a.m. to 1 p.m. for any last minute food or beverage shopping. 🍷



# News & Notes

## White Wednesday Sale at the NEX

The Navy Exchange at Naval Air Station Whiting Field is offering shoppers an alternative to Navy Blue Friday for the sixth year in a row. NEX Whiting Field Main Store is treating shoppers to Navy Blue Friday prices the day “before” Thanksgiving, Wednesday, Nov. 22. White Wednesday will enable patrons the chance to shop in advance of the heavy crowds associated with “Black Friday.” The NEX price match policy will be in effect Wednesday, for ads starting on Friday. The Main Store will close at 5 p.m. Tuesday, Nov. 22, to prepare for the event. Doors will open at 7 a.m. to kick off White Wednesday. Sales run through Sunday, but the NAS Whiting Field Main Store will be closed on Thanksgiving Day. Whiting Pines Mini Mart will be open Thanksgiving Day from 9 a.m. to 1 p.m. for any last minute food or beverage shopping.

## 2nd Annual Mary Stewart Fortune Fun Run

This year’s Mary Stewart Fortune Fun Run will be held at The Benny Russell Park. Proceeds from this event will be used to help fund repairs, additions, and improvements to the beloved playground. The race date is Saturday, December 3. Registration begins at 8:00 a.m. and the run begins at 9:00 a.m. Register online at active.com. Pre-register prices through 11/18/16 are: \$25.00 (adult) and \$15.00 (12 and under)\*. Registration prices beginning 11/19/16 are \$30.00 (adult) and \$20.00 (12 and under). \*T-shirts provided to all preregistered participants. Post run activities include an awards ceremony, a jump house, concessions, and pictures with Santa Clause. Businesses interested in sponsoring the run contact: Dawn Henderson, 850-450-6120, dahendul@gmail.com or Misty Roberts at 850-736-7393.

## The Christmas Party is Selling Tickets

The Christmas Party will be selling Christmas Party tickets at the safety stand-down/awards ceremony Wednesday, November 23, from 7:00-8:00 a.m. The POCs are CPO Jernigan, PO2 Dornbusch, PO2 Martin and SN Gray. Prices are as follows: E6 & below: \$21.00; E7 & above: \$25.00; civilian: \$25.00. CDC will provide childcare from 5:30-11:30 p.m. Space is limited so sign up early. Parents must show their Christmas Party ticket to register their child – the price will be \$4 per hour/per child. Payment methods are cash or credit.

## Marine Corps Birthday Dinner

NASWF’s VT-6 and HT-28 will host a dinner before the Marine Corps Ball at 1700 on Saturday, November 19, to celebrate the Marine Corps’ 241st birthday. The pre-ball dinner will be at the Pensacola Grand Hotel and is open to all NASFW personnel and guests. This event is separate from the MATSG-21 Birthday Ceremony at the Naval Museum, but the dinner timeline allows guests to attend both events if they chose. Tickets can be purchased through the VT-6 PAO or HT-28. Ticket sales will end on Monday, November 14. For more information contact Maj. Whiteford, VT-6 Senior Marine, at 850-623-7793.

## Thanksgiving for Sailors

MWR will be hosting a Thanksgiving Day meal for our junior Sailors at the Liberty Center on Thanksgiving Day from 12-1600. Volunteers are needed to help prepare food, set-up and clean-up. Please contact Ashley at 850-623-7288 if you are available and can help bring a little home cooking to our single Sailors.

## West and East Gate Under Construction

(December 9 to January 6)

Public Works has awarded a project that will repair the outbound lane of the West Gate and implement new traffic controls for the East and West Gates at NAS Whiting Field. This project will begin December 9, 2016 and is planned to conclude January 6, 2017. For the duration of this work west gate outbound traffic will be detoured around the CDC and through the RV lot as depicted. For one day during this work period, inbound traffic will be routed through the same path in order to install speed bumps at both the East and West gates. For the remainder of the project, the inbound traffic pattern will remain the same. Please be aware that the adjusted traffic pattern has the potential to cause delays and extend

travel times for the duration of the project. Please plan accordingly.

## Suicide Prevention Workshop: Safe Talk

When: Thursday December 15 (8:30-12:30). Where: at the J. B. McKamey Center Classrooms Bldg. 634, NAS Pensacola.

Who: Military and DoD personnel as well as NAS Pensacola, Cory Station, Suafley Field and Whiting Field civilian employees. To Register: contact NAS Pensacola Chapel CREDO Detachment Work: (850) 452-2093 or email: tony.bradford.ctr@navy.mil. Please provide rank, name, contact information, and supervisor’s name.

## Enterprise Veterans’ Day Discount

In honor of Veterans Day this November, all active United States military members, their dependents and military veterans will have included in their used vehicle purchase from Enterprise Car Sales, a \$300 Prepaid Maintenance Gift Card. Offer applies to all active duty United States military personnel, their dependents, and all United States military veterans. Offer valid only on vehicles purchased 11/1/16 - 11/30/16. To receive the offer active and veteran military personnel must present one of the following: Common Access Card, Uniformed Services ID Card, DD Form 214 / Report of Separation papers, or state-issued ID reflecting military status. Valid at Enterprise Car Sales – 3024 Airport Blvd., Mobile, AL 36606 or Enterprise Car Sales – 2650 Pelham Parkway, Pelham, AL 35124. For additional information see [www.enterprise-car-sales.com](http://www.enterprise-car-sales.com).

## Transition, Goals, Plans and Success Workshop

The Transition GPS (Goals, Plans, Success) is “Mandatory” for all separating and retiring service members. Service-members who are retiring should attend this workshop 24-18 months prior to retirement. Service-members who are separating from military service should attend this workshop 18-12 months prior to separation. The TGPS Workshop session is December 5-9 from 7:30-4:00 p.m. each day at the Fleet & Family Support Center’s TGPS Classroom BLDG 2998 (West side of the Coffee Shop BLDG). For more information on this workshop, please call 850-623-7177 or 7335. You will be signed up to attend one of the pre-counseling sessions when you are enrolled in the TGPS Workshop. The first Pre-Separation Counseling session will be held Wednesday, November 16 from 9:00-10:00 a.m. in the Atrium classroom. The second pre-Separation Counseling session will be November 30 from 9:00-10:00 also in the Atrium classroom. If you have any question about the Pre-Separation Counseling Sessions, please call NCC Thurman Winkler at (850) 623-7761 or you can e-mail him at [thurman.l.winkler1@navy.mil](mailto:thurman.l.winkler1@navy.mil).

## Post Election Day Guidance

By: U.S. Office of Special Counsel

### Wearing or Displaying Partisan Items in the Federal Workplace after Election Day

After Election Day, activities such as wearing campaign t-shirts or displaying candidate pictures do not constitute political activity, and the Hatch Act does not prohibit a federal employee from engaging in those activities, even while on duty or in the federal workplace.

### Political Parties and Partisan Political Groups

The Hatch Act prohibits federal employees, while on duty or in the federal workplace, from wearing or displaying items that show support for or opposition to a political party or partisan political group. For example, an employee may not wear or display a political party t-shirt, poster, or similar item in the workplace.

For more information about the Hatch Act, please visit the U.S. Office of Special Counsel’s website at <https://osc.gov/Pages/HatchAct.aspx>.

## Ironman

- (Cont. from Page 6)

considered the three toughest endurance races on the island into one race: the Waikiki Open Water Swim, the Around Oahu Bike Race, and the Honolulu Marathon. This led to the first Ironman Triathlon on February 18, 1978, pitting swimmers, bicyclists, and runners against each other in a race consisting of a 2.4 mile open-water swim, a 112 bike ride, and to top it off, an entire 26.2 mile marathon. The winner of the race was Cmdr. Gordon Haller, a Navy communication officer.

There have been numerous memorable and inspirational stories at the Triathlon over the years. For instance, in 1997, Sian Welch and Wendy Ingraham both collapsed next to each other mere yards from the finish line, yet both still found the mental and physical strength to crawl across the finish line, finishing in 4 and 5th place in the women's race respectively. The video of this finish has inspired a generation of Ironmen.

As further tribute to Elkins, Gaines presented him with his Ironman Completion Medal.

"I gave my medal to him because as hard as my day was on that Sunday, that is just a normal day for him and his family," Gaines said.

His wife, Eling, is also an Ironman finisher, completing Ironman Chattanooga in 2015. "It really helps that my wife does triathlons also. She understands the commitment and sacrifice it takes to properly train for this distance.



Cmdr. Don Gaines running the 26.2 mile portion of the IronMan competition in Louisville, Kentucky. Official photo by Finisher Pix.

Having that support is essential. Your family has to be just as committed. Training usually starts at 4:30 a.m. for the first workout and 6 p.m. or 7 p.m. for the second, with work happening in-between.

Weekends are filled with long training days. So while I'm out on a 100 mile bike ride or a 20 mile run, she has to keep things running at home. Without that support I just couldn't make it happen." Gaines went on to explain

"The thing I like most about the distance for Ironman triathlons is the fact that it looks like an impossible event. 140 miles of swimming, biking and running is a long ways and during the race there will come a time where everything hurts and your body just wants to stop. At that point, the only thing that keeps you moving forward is your will power.

Doing those races helped me change my mindset on how I look at everything now. No matter how "impossible" the task may look, I now believe that anything can be done. All it takes is the spirit and determination to make it happen." Gaines said.



## Family Appreciation

- (Cont. from Page 5)

in Great Lakes, Illinois in 2009, Brian left for a seven month deployment in 2010 aboard the USS Truman, followed by a ten month deployment in 2013. He then went to Texas for approximately four months in 2015 for advanced firefighting instruction. The time apart took a toll on Michelle, but it was especially challenging for their son, Ian.

"He just missed his dad," she stated. "It was a lot of time away. My son really needed that time with his father."

After these several months of separation, the Hawse family moved to NAS Whiting Field last year. Leaving her long-time home of Virginia was difficult for Michelle, but she is thrilled to have Brian home every day. Now, Brian and Michelle share more day-to-day household responsibilities, and Brian comes home every night to his family.

"Moving was stressful," Michelle emphasized, "but the separation was the most challenging. So having Brian here is such a relief."

While Michelle admits that the Navy lifestyle is challenging, she is proud that her husband is working diligently to provide a good life and for herself and their son. She enjoys the intimacy of NAS Whiting Field, compared to the largeness of Norfolk, and she values the opportunities the Navy has provided to herself and her family.

"We've seen so many places, done so many things that we wouldn't have been able to do otherwise," Michelle asserted.

The story of the Hawse family is not unusual. In fact, their story is very typical. Their narrative captures the high points and the low points of military families everywhere.

The Hawse's will continue to enjoy their assignment together here at NAS Whiting Field before Brian receives his next set of orders in a new location. ✍️

## Congratulations to the TW-5 Wingers



**Top Row:** Lt. Col. Cory DeKraai, USMC, Commanding Officer of HT-28; Lt. j.g. Kyrie T. Slade, USN, HT-28; 1st Lt. Samuel C. Taylor, USMC, HT-8; Lt. j.g. Ian W. Weston, USN, HT-28; Lt. j.g. Brendan S. McGinnis, USN, HT-18; Lt. j.g. Brian R. Schmidt, USN, HT-18; Retired Col. Joseph P. Richards USMC, TH-57 Senior Program Manager, L-3 Vertex Aerospace.

**Middle Row:** Cmdr. Brian D. Sanderson, USN, Commanding Officer of HT-18; Ensign Amanda K. Lamb, USN, HT-18; Lt. j.g. Zachary L. Morris, USN, HT-28; Lt. j.g. Joshua A. Romens, USN, HT-18; Ensign Heidi C. Ericson, USN, HT-18; Capt. Mark Murray, USN, Commodore Training Air Wing FIVE.

**Bottom Row:** CDR Stephen A. Audelo, USN, Commanding Officer of HT-8; Ensign Michael J. Humphreys, Jr., USN, HT-18; Lt. j.g. Benjamin L. Putbrese, USN, HT-28; Ensign Nicholas P. Mimikos, USN, HT-8; Ensign Andrew C. Moss, USN, HT-28; Ensign Olivia S. Leona, USN, HT-8.

## Congratulations TW-5 Academic Scholars



TW-5 Commodore Capt. Mark Murray presents awards to instructor pilots Lt. Ryan Miller, Lt. Cmdr. Travis Reed, Lt. Melvin Giddin who earned the Instructor of the Quarter award. U.S. Navy photo by Ensign Kyle Shields.



Congratulation to Training Air Wing FIVE's academic scholars. Photos courtesy of Training Air Wing FIVE.