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NASWF celebrates Hispanic-American Heritage

By Ensign James Hedman, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field celebrated Hispanic-American Heritage Month on Thursday, September 29 with traditional food, dance demonstrations, a guest speaker, and more. The event was coordinated by the base's Diversity Committee and staged in the auditorium.

Although the base's event fell on Sept. 29, Hispanic-American Heritage Month customarily is celebrated Sept. 15 to commemorate five Spanish-speaking countries that gained independence on that day: Costa Rica; El Salvador; Guatemala; Honduras; and Nicaragua. What began as Hispanic-American Heritage Week in 1968 turned into a month-long tribute in 1988 when President Ronald Reagan officially signed legislation to designate a national period of observance.

On the afternoon of the 29th, following the pledge of the allegiance and an invocation, Capt. Pete Hall, Commanding Officer NAS Whiting Field, provided opening remarks;

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Air Traffic Controller Second Class Adriana Ayalabarcelos and Air Traffic Controller Third Class Jesse Balderrama demonstrate a Puerto Rican Plena dance sequence during the Hispanic-American Heritage Celebration at NAS Whiting Field. U.S. Navy Photo by Ensign James Hedman.

HT-8 coordinates 22nd NHA Fleet Fly-In

By Jay Cope, NAS Whiting Field Public Affairs

It will soon be that time of year again when Marine, Coast Guard and Navy helicopters from across the country will descend on Naval Air Station Whiting Field to engage in the annual Naval Helicopter Association (NHA) Fleet Fly-In. This is the 22nd year for the event that gathers nearly every active helicopter platform in the maritime services. It is one of two annual NHA events and occurs the third week of October.

Although the event started with just a few aircraft, it has grown to regularly feature around two dozen rotary winged aircraft. To help celebrate the Centennial of Naval Aviation, as many as four historically painted helicopters are expected to attend the event.

The NHA brings industry displays from various aviation companies and enables tremendous networking opportunities between pilots and corporate representatives. However, the true value of the Fleet Fly-In is the impact it

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Two TH-57 Sea Ranger training helicopters appear to stand guard for an MH-53 Sea Dragon, one of the largest and heaviest helicopters in the Navy inventory. The Sea Dragon was at Naval Air Station Whiting Field for the 2010 Naval Helicopter Association Fleet Fly-In. The 2011 Fly-In will run Oct. 18 -21. U.S. Navy file photo.

Combined Federal Campaign comes aboard

By Ensign James Hedman, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field kicked off the Combined Federal Campaign October 5 in the base auditorium.

This year's CFC is the 50th in the program's history. The CFC was established by the federal government in 1961 by President John F. Kennedy.

The CFC allows for federal employees and military members to be approached for voluntary community service or charitable donations and officially extends from September 1 to December 15.

Along with the Navy-Marine Corps Relief Society, CFC is the only vehicle approved to promote charitable cause aboard Navy installations.

There were 11 organizations in the auditorium, including

Ronald McDonald House Charities, Alzheimer's Family Services, Project Linus, Habitat for Humanity, and American Red Cross of Northwest Florida. NAS Whiting Field Commanding Officer Capt. Pete Hall was on hand to cut the 50th anniversary cake and say a few words.

"This is your time to say, 'I gave at the office'... Help the local [charities], help the national [charities]. Just help," he implored.

In a letter from the White House to all involved with the CFC, President Barack Obama cites that the CFC has raised nearly \$7 billion nationally since its inception.

Obama also noted, "As Americans, we take responsibility for ourselves and for each other.

"We celebrate selflessness and value those across our country who step forward and make unprecedented contributions to the well-being of humanity."



NAS Whiting Field Commanding Officer Capt. Pete Hall and Mr. Ron Denson, Senior Campaigns Director of the EscaRosa Combined Federal Campaign, introduce the 50th Combined Federal Campaign to the air station with a commemorative cake. U.S. Navy Photo by Ensign James Hedman.

This Week in Naval History

Oct. 11

1776 - Revolutionaries fight the Battle of Valcour Island on Lake Champlain, N.Y. Although defeated, the American flotilla delayed the British advance and caused it to fall back into winter quarters.

1824 - Marquis de Lafayette visits the Washington Navy Yard during his yearlong tour of America.

1942 - Battle of Cape Esperance begins. In the two-day battle, an American task force stops a Japanese attack on Guadalcanal and sinks two Japanese ships in the process, while losing USS Duncan (DD 485).

1968 - Apollo 7, the first U.S. three-man space mission, is launched, commanded by Cmdr. Walter Schirra Jr. The mission lasted 10 days, 20 hours. Recovery was by USS Essex (CVS 9).

Oct. 12

1914 - USS Jupiter (AC 3) is first Navy ship to complete transit of the Panama Canal.

1965 - Project Sealab II, a project where teams of naval divers and scientists spent 15 days in Sealab, moored 205 feet below surface near La Jolla, Calif, comes to an end.

2000 - Terrorists in a boat make a suicide attack on USS Cole (DDG 67) while the ship refuels in the port of Aden, Yemen. Seventeen Sailors are killed.

An advertisement for the Combined Federal Campaign. The background is blue with a subtle pattern of concentric circles. At the top, the text "YOU CAN MAKE A DIFFERENCE" is written in large, bold, white letters. Below this, there are two images of benefit sale tickets. The left ticket is a "NEX \$5 BENEFIT SALE TICKET" and the right one is a "10% OFF MERCHANDISE STOREWIDE" ticket. At the bottom, there is a yellow banner with the text "WITH THE PURCHASE OF A \$5 BENEFIT SALE TICKET, YOU'LL SUPPORT THE COMBINED FEDERAL CAMPAIGN (AND RECEIVE 10% OFF MERCHANDISE STOREWIDE*)". Below the banner, in smaller white text, it says "See any NEX Associate for exclusions and further details."

News and Notes

Embry Riddle Registration - Embry Riddle Aeronautical University is now registering for the winter term through October 17, 2011. Hours on board NAS Pensacola are 8 a.m. - 5 p.m. Monday through Thursday and 8 a.m. - 4 p.m. Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. Hours on board NAS Whiting Field are Wednesdays 9 a.m. - 4 p.m. in Bldg, 1417, Room 163. Add and drop for a full refund will be held October 17-21, 2011. Everyone is encouraged to register early. Classes begin October 17. New Student Orientation will be held Wednesday, October 12 5 - 6 p.m. on board NAS Pensacola in Bldg. 634, Suite 033. Embry Riddle Aeronautical University's Pensacola campus offers certificate programs, associate and bachelors degree programs with various specializations in Professional Aeronautics and Technical Management and the Master of Aeronautical Science degree.

DeLuna Fest 2011 - This year's DeLuna Fest will be Oct. 14-16 at Pensacola Beach. A tremendous line-up of the best acts from across the world will play the stages, including: Jane's Addiction, Weezer, Cake, The Shins, Cut Copy, Big Boi and many more. In all, the festival will host 80 bands and 50,000 concertgoers at what is being called America's Favorite Beach Party. Visit the DeLuna Fest site for more bands and information. <http://delunafest.com>. Discounted tickets to active/retired military, dependents, and DOD civilian employees are \$119.95 for a three (3) day pass and must be purchased through the MWR ITT Office at 623-7032. Active-duty military members can visit <http://delunafest.com/tickets> to register for a chance to win a free general admission ticket.

NHA 5K - The Naval Helicopter Association Fleet Fly-In 5K race will be held Thurs, Oct. 20, at South Field. Start time is 6:30 a.m.. Fee is \$5 per runner. Finishers will receive a custom "Finisher Coin" and each participant will get a 2011 "Fleet Fly In" 5K race bib. There will be food, water, and Gatorade at the Start/Finish, and race support along the way. The Training Air Wing FIVE Squadron with the fastest runner will take home the TRAWING 5K "Winner's Trophy" until next year! This event is open to all TW-5 and Squadron personnel, NHA participants and their family and friends. To register or for additional information, please contact LT Gabriel Somma at email: gabriel.somma@navy.mil.

Garcon Point 5K - The 4th Annual Mediacom Garcon Point 5K Run/Walk will be held Sat, Oct. 22. Start time is 7:30 a.m. Runners and walkers will be transported from Lowe's parking lot on Highway 98 in Gulf Breeze to the starting line of the race on the north side of the Garcon Point Bridge. The nearly five-mile race will end at the south end of the bridge where participants will be transported back to Lowe's. Free hamburgers, hotdogs, and drinks will be provided after the race for all registered participants. Cost for active duty military is \$20. In order to receive this special rate, print out the registration form available online, annotate 'active duty military-Whiting Field' on the bottom, and mail to the Santa Rosa Education Foundation, 5086 Canal Street, Milton, FL 32570. Registration should be completed no later than Oct. 18. See <http://www.santarosa.k12.fl.us/sref/files/GP-BRRegForm2011.pdf> for the form. Cost for all others until Oct. 18 is \$25 (age 18 and up), and \$20 for those under age 18. Afterwards the cost for everyone will be \$30. For additional informa-



Writing a Really Big Check

Pen Air Federal Credit Union donates \$500 to the Navy Ball prior to the Navy Ball Golf Tournament fund raiser. Pen Air President Ron Fields presents the check to new Training Air Wing FIVE Deputy Commodore Capt. James Fisher. Pen Air sponsors the Navy Birthday Ball every year. U.S. Navy photo by Jay Cope.

tion, please contact 983-5043.

Motor Sports Show - The Marine Corps League is hosting their 10th Annual Motor Sports Show, Saturday, Nov. 5 at the 5 Flags Speedway in Pensacola, Fla. The event is seeking entrants for the various categories of vehicles. There is a \$20 registration for each car, and cars must be registered no later than Oct. 15. There will be trophies for the winners, door prizes, food and refreshments and much more. Call (850) 912-2351 for details.

Leave Donor Program - "Mr. Lawrence Cluck has exhausted all his leave and has been accepted into the voluntary leave donor program. Those interested in donating leave to Mr. Cluck please contact Charles Rigdon at 665-6126 or charles.rigdon@navy.mil for leave donor forms. Forms may also be obtained at the OPM web site by searching "leave donor."

Official Notices

An Airman Apprentice assigned Naval Air Technical Training Center, Pensacola, Fla., was found guilty at a Special Court Martial of failing to go to the Sailor's appointed place of duty (3 specifications), violating general and lawful orders (5 specifications), wrongful use of marijuana, assault, and drunk and disorderly conduct. The Sailor was ordered into confinement for 97 days, reduction in rank to E-1, and forfeiture of 2/3 of pay per month for three months.

A Petty Officer Third Class assigned to Naval Branch Clinic Mayport, Fla., was found guilty at a Special Court Martial of attempted theft, stealing \$400 and stealing gasoline, intent to defraud, and wrongfully opening mail matter. The sailor was reduced in rank to E-1 and was confined for 75 days.

At a Special Court Martial for a Naval Station Mayport-based Petty Officer Third Class (PO3), the Sailor pled guilty to stealing \$4,000 from the Navy Exchange and impeding an investigation. The Military Judge sentenced the PO3 to 4 months confinement, reduction in rank to E-1, forfeiture of \$978 per month for four months, and a bad conduct discharge. The PO3 made full restitution to the Navy Exchange prior to trial.

Upcoming Events

Oct. 14, 0730 - TRAWING-5 PRT - Base Track
Oct. 18-21, 0700-1600 Daily - NHA Fleet Fly-In
Oct. 21, 1300 - Winging Ceremony - Base Auditorium

Nov. 4, 1300 - Winging Ceremony - Base Auditorium
Nov. 10, 1000 - NASWF Change of Command - Auditorium
Nov. 18, 1300 - Winging Ceremony - Base Auditorium

Fleet and Family Support Center Classes

MONEY AND THE MOVE - Wednesday, October 12 - 1:00 - 3:00 p.m.

A Permanent Change of Station (PCS) move can be one of the most exciting adventures of your career as well as one of the best benefits. However, a PCS move can also become a financial disaster that can take months to recover from if not properly prepared. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

TIME MANAGEMENT - Thursday, October 13 - 1:00 - 3:00 p.m.

At the end of the day, do you ask yourself “Where did the day go?” and feel like you have accomplished very little on your list of things to do? If you answered “yes” to this question, this class is for you. The information provided in this class will provide you with the tools to help you make the most of your busy and demanding days. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

IA DISCUSSION GROUP - Monday, October 17 - 1:00 - 2:00 p.m.

VA REPRESENTATIVE - Friday, October 21 - 8:00 a.m. to Noon (Call for an appointment)

HOW TO SURVIVE THE HOLIDAYS FINANCIALLY - Wednesday, October 26 - 1:00 - 3:00 p.m.

It's that time of year when stores display holiday decorations, increase their inventory, and gear up to convince you to spend money. Attend this class to learn techniques to control your holiday spending. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

October is Domestic Violence Awareness Month - Anyone who has concerns or is a victim of domestic violence should contact the Fleet and Family Support Center, their Command Family Advocacy Representative, or call the National Domestic Violence Hotline at 1-800-799-SAFE.

Naval Branch Health Clinic Flu Vaccines

Starting Tuesday, October 11th, all Medical Home Port “Team Jupiter” enrolled beneficiaries that come in for their appointment will be offered the flu shot or mist to be administered during their appointment.

Starting Tuesday, October 11th, Medical Home Port Team Jupiter enrolled beneficiaries are welcomed to walk-in for the immunizations clinic weekdays from 8 to 11 a.m. and 1 to 3p.m. Bring a list of current medications.

Starting Tuesday, October 11th, Eligible beneficiaries (e.g., TRICARE Standard/Prime for life etc.) not enrolled in Medical Home Port “Team Jupiter” can come to the Immunization Clinic on Monday, Tuesday, Wednesday and Thursday from 8 to 11 a.m. and 1 to 3 p.m. Friday's walk-ins will be from 8 to 11 a.m. only. Bring a list of current medications.

For additional information concerning this and other services of the Naval Branch Health Clinic at Naval Air Station Whiting Field, please call **(850) 623-7508** or visit the clinic's official Facebook page at the following address:

<http://www.facebook.com/whitingfieldclinic>



Hispanic-American

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during which, he posed, “Does anybody know the special tie for the Navy with Hispanic heritage, where our history with it starts?” It dates all the way back to the Civil War when Admiral David Farragut, the first rear admiral, vice admiral, and Admiral of the Navy, was also the first with Hispanic heritage to rise to these ranks. One audience member correctly responded that Farragut’s father was Hispanic.

The guest speaker, Grace Resendez McCaffery took over for Hall and shared her personal stories of family life and growing up in a Hispanic community. She moved to the Pensacola area, and after her husband passed away, she felt a determination to remain in the area and help others.

“I had this voice in my head that said, ‘you need to stay here... you’re going to experience something really big.’”

Did she ever. McCaffery’s apparent epiphany and desire for community service has placed her squarely in the spotlight as a community leader and altruist. McCaffery is President of Latino Media Gulf Coast, the publisher of the “La Costa Latina” bilingual newspaper that distributes over 10,000 copies at nearly 200 locations from Mobile, Ala. to Tallahassee, Fla.

The disaster brought by Hurricane Ivan in 2004 prompted McCaffery to start the Language Bank of Northwest Florida, which recruited nearly 100 volunteer translators of 25 different languages. Further, she served as public relations director for the American Red Cross of Northwest Florida, director of development and public relations for Independence for the Blind of West Florida, and communications specialist for the Escambia County Board of County Commissioners. Her communications degree with a specialization in public relations is her secret weapon in reaching out to the community.

“...It was just a matter of letting everyone (the public) know, ‘How can I help?’ ... Through the years, we’ve been able to translate for situations in the emergency room, social service agencies, people that just need to know which way to go, where to get more information. Of course, that’s where the newspaper came from... It was an idea that bridged the gap between the Spanish-speaking community and the existing community.”

McCaffery’s overall message came in two parts. First, never give up despite the hand one is dealt. Second, use that determined attitude and trying experience to positively affect those in your cultural community as a volunteer or social servant.

Following McCaffery’s speech were two Latin dances: the Puerto Rican Plena and Mexican Cumbia. The atmosphere took a turn to the lighter side once again as cheers and enthusiastic “ay yi yi’s” from the audience added palpable energy to the festivities.

After closing remarks and a benediction, lunch was served. In the Hispanic-American culinary tradition, sailors and their families from the First Class Petty Officer’s Mess cooked up a tasty menu of pork, chicken, chips & salsa, rice, beans, and cake.

Air Traffic Controller Second Class Adriana Ayalabarcellos was the coordinator behind this year’s Hispanic-American Heritage Celebration, organizing everything from the guest-speaker to the dances.

Ayalabarcellos is a longtime supporter of Hispanic-American heritage awareness. The 2011 Celebration marked her third year of involvement with event. To her, Hispanic-American Heritage Month is about “who you are and not forgetting where you came from. It doesn’t matter if you were born in another country or the United States, you still have your heritage.”

This year’s celebration brought a multicultural crowd to the auditorium. Hall noted, “One thing we all have in common is, in fact, our diversity.”

Appropriately, this year’s Celebration theme is “Many Backgrounds, Many Stories... One American Spirit.”

Honoring Hispanic-American Heritage Month within the Navy is a small but important contribution to the celebration. In the words of Ayalabarcellos, “It’s how you get to know your shipmates... we’re always there for each other in the Navy and as a country.”

Eco-nomics

Salad days for savings

On average, Americans consume about eight ounces of meat a day. Gidon Eshel of the Bard Center and Pamela A. Martin of the University of Chicago calculated that if Americans were to reduce meat consumption by just 20%, it would save the equivalent of 342 gallons of gas per person.

Recycle cans and glass; it’s like saving gas

A typical family consumes 182 gallons of soda, 104 gallons of milk, and 26 gallons of bottled water a year, and all those containers add up! Recycling one soda can saves the equivalent of half a gallon of gasoline. So if you recycle two cans a day that would save 365 gallons of gas a year. The energy saved from recycling one glass bottle could run a 100-watt light bulb for four hours or a compact fluorescent bulb for 20 hours. Savings: 365 gallons of gas equivalent per year.

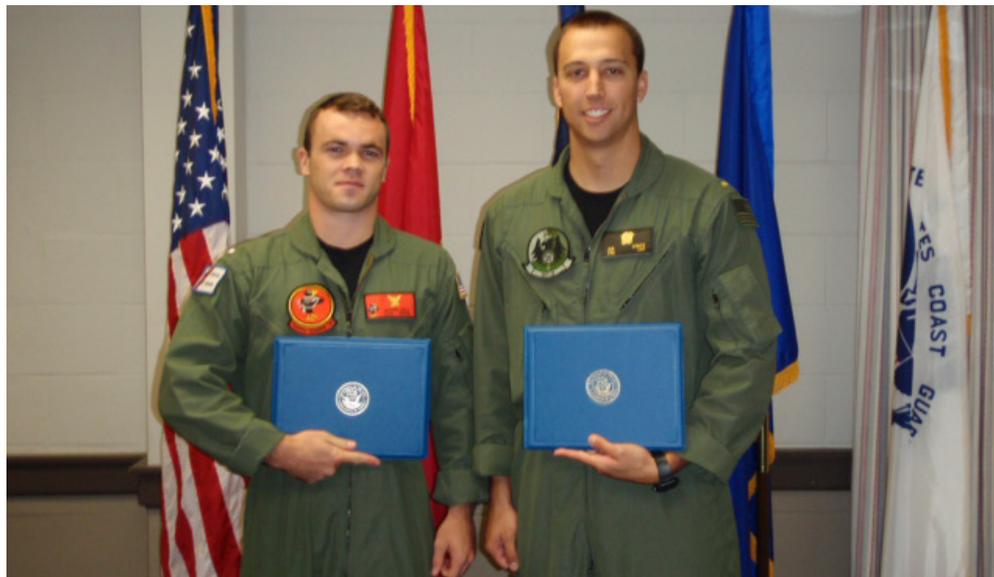
Congratulations TRAWING-5 Scholars



Above, From Left to Right: Ensign Wade R. Gregory, USN; Ensign Alex J. Tidei, USN; and Ensign John A. Islin, USN receive their Academic Achievement Awards at the Training Air Wing FIVE headquarters, Sept. 16, 2011. The students were selected based on their outstanding scholastic success through the academic phase of primary training.



Above: Training Air Wing FIVE recognized the following Academic Award recipients Sept. 30, 2011: Ensign Rory A. Yoder, USCG; 2nd Lt. Brett T. Santana, USAF; Ensign James A. Webb, USN; 2nd Lt. Aaron R. Brockman, USAF; 2nd Lt. Neal D. Terpstra, USAF; Ensign Chris M. Pappe, USCG; 1st Lt. Alexander M. Goodman, USMC; and Ensign Aric J. Myers, USN.



Above From Left to Right: Lt. j.g. Jason J. Joll, USCG and Ensign Ryan W. Caskie, USN, receive their academic achievement awards for Primary and Advanced Training, respectively, at Training Air Wing FIVE headquarters on Oct. 7, 2011.

Fly-In

- (Cont. from Page 1)

makes on the flight students as they prepare to make career decisions on aircraft they would like to fly, geographic locations, and mission requirements.

"I remember that the first time I climbed into a fleet helicopter was during the Fleet Fly-In. There should be something from each of the rotary wing communities to help the students get some hands-on experience with a fleet squadron. It's a tremendous opportunity to learn," Cmdr. Hans Sholley, commanding officer Helicopter Training Squadron EIGHT said.

The four-day Fleet Fly-In begins Tuesday afternoon, Oct. 18 as the helicopters arrive at Whiting Field. Navy helicopters which have participated in past Fleet Fly-Ins and which are expected for this year's event include the H-53 Sea Stallion, the various versions of the H-60 Seahawk, the MH-60S Knighthawk, MH-60R, Marine Corps H-53 Sea Stal-

lion, AH-1 Cobra, UH-1 Huey and the Coast Guard HH-65 Dolphin.

Students are afforded three windows of opportunity to fly in the fleet aircraft, but other opportunities through social and formal events enable them to ask questions and learn from the more experienced pilots. These events include: industry displays, briefs from community detailers for the students, static display aircraft, cook outs and sporting activities with the fleet pilots.

The event takes months to plan and involves cooperation from NAS Whiting Field, Training Air Wing FIVE, corporate sponsors, military contract personnel and more. It is a long process, but one that is eagerly awaited each year by the staff and students in the training squadrons.

"The goal is to make an event that builds on previous years – to set a foundation to help it grow," Sholley said. "It is a great event that brings the training all together for the students. It is a great motivator for them as they can now see the light at the end of the tunnel."

NHA Schedule of Events

OCTOBER 18

1100-1600 AIRCRAFT ARRIVE
1100-1500 WELCOME ABOARD BBQ/SPORTS
SIGN UP
1500 COURSE RULES BRIEF

OCTOBER 19

0730 OPENING REMARKS
0800 INDUSTRY / STATIC DISPLAYS OPEN
0900-1200 MORNING FLY WINDOW
1230 GOLF TOURNAMENT
1200 DISPLAYS AT INDUSTRY DISCRETION
1300-1600 AFTERNOON FLY WINDOW

OCTOBER 20

0630 5K RUN
0800 COMMUNITY BRIEFS (AIRCREWMEN)
0800-1015 COMMUNITY BRIEFS (PILOTS)
0800-1030 INDUSTRY DISPLAYS OPEN
1030-1200 SENIOR OFFICER PANEL
1200-1300 SELRES / FTS BRIEF FOR FLEET AVIATORS
1200-1600 INDUSTRY / STATIC DISPLAYS OPEN
1300-1600 AFTERNOON INDOC FLY WINDOW
1630 SNA SOFT-PATCH/HAPPY HOUR
1730 READY ROOM VISITS

OCTOBER 21

0800-0900 FLEET AIRCREW BREAKFAST
0800-1700 AIRCRAFT DEPARTING
1300 WINGING CEREMONY



SHOW OFF YOUR COLORS
Bring Your CONA Bird

18-21
OCT
2011

The 22nd Annual
NHA FLEET FLY IN
NAS Whiting Field

www.navalhelicopterassn.org

The poster features a central circular emblem with a winged figure and the text "NAVAL AVIATION CENTENNIAL 1911 2011". To the left is a smaller circular logo with a lamp and the letters "NHA". The background is yellow with silhouettes of various helicopters flying. The text "SHOW OFF YOUR COLORS" is in large, bold, blue letters at the top, and "Bring Your CONA Bird" is in a blue script font below it. The dates "18-21 OCT 2011" are in the bottom right, and "The 22nd Annual NHA FLEET FLY IN NAS Whiting Field" is at the bottom in large blue letters. The website "www.navalhelicopterassn.org" is at the very bottom.

Efficiency soars at NAS Whiting Field

By Lt. j.g. Tim Mosso, NAS Whiting Field Public Affairs

October is National Energy Awareness Month, and Naval Air Station Whiting Field enters the period with a flying start. 2011 witnessed vast strides in the air station's energy efficiency programs, which encompass conservation of energy, energy recovery, and promotion of renewable energy sources.

Solar power will be the centerpiece of the base's energy initiatives this fall. Two new photovoltaic arrays comprising over 1,200 individual cells will bolster the air station's energy efficiency and total generating capacity.

In November, base Public Works will complete installing the first of the arrays on the roof of building 2977, which houses Training Squadron TWO and Training Squadron SIX. A second set of cells will be completed in January atop building 2981, which houses Helicopter Training Squadron EIGHT and Helicopter Training Squadron EIGHTEEN.



Solar Panels await activation on the roof of NAS Whiting Field's Building 2981. U.S. Navy Photo.

Chuck Foster, Public Works Project Management Engineer and Branch Head, explained the logic of locating the cells above the expansive squadron buildings;

"The roofs of those buildings are relatively flat. They are in areas where adjacent buildings don't cast shadows... those cells are going to be contributing on all days there is sun, whether cloudy, raining, or sunny."

The primary goal of the solar generators is to reduce non-renewable power consumption during hours of peak usage, when electrical utility expenses are greatest. This period coincides with the late morning and early afternoon when the solar panels will be most effective.

The cells will be linked to inverters that will supplement the power supply to the buildings on which the arrays are mounted. In addition, Public Works has incorporated the new power sources into the air station's power grid, which will allow a surplus to be channeled to areas of greatest need at a given time.

"If the building is drawing a light load, that excess can be returned to the grid and used somewhere else," explained Reggie Parker, Public Works Utilities and Energy Manager.

Moreover, the potential to minimize utilities expenses serves as a powerful impetus to pursue high-yield applications of solar power. On most days, the cells will bolster the energy flow to their host structures, but there will be inactive days when the cells may exceed local energy requirements. At that point, any surplus output would, as Parker put it, "make the meter run backward."

Public Works has a history of converting conservation

to cash. The recent installation of waste-oil heating units in the base's infrastructure maintenance facility reduced cold weather energy use by that complex. During warm months, the surplus oil is sold to finance the air station's recycling program.

The new systems will have an immediate impact on cost containment and energy independence. Public Works estimates that the arrays' annual energy contribution could amount to approximately 521,216 kilowatt-hours of electricity. This quantity of energy would be sufficient to light 58 average homes for a period of one year.

Furthermore, each additional degree of self reliance is beneficial to the defense community, in which projects as varied as wind turbines and biofuels have been deployed. Energy security has become inextricably linked to national security.

Against this backdrop of heightened awareness, NAS Whiting Field is poised to lead

by example.

The air station's previous endeavors with solar energy have proved to be robust and productive. The installation of solar stop sign and parking lot lights from 2009 to 2010 yielded valuable initial experience with the technology and emboldened Public Works to pursue more ambitious projects.

Moreover, a solar water heating plant had been operating at the former Wings Club during the same period. According to Foster, all of the equipment for the plant was retained, and planning is underway to relocate and reactivate the system.

The scale of the new solar plants at North Field and South field will dwarf the previous workhorse devices, but discussions are underway to consider still larger, more advanced photovoltaic applications.

In addition to existing plans to integrate the rooftop cells to the grid and reactivate the solar water heaters, Public Works has ambitious plans to develop renewable energy at the base. The Department has initiated an early-stage feasibility study with its utility provider, Gulf Power, to explore the possibility of constructing a ground level solar farm or biomass fuel plant aboard the air station.

While this project remains in the concept stage, it speaks to the growing importance and broadened acceptance of renewable power at the local level and the Navy at large.

"The Navy is leading the way in renewables... it's important from an energy security standpoint, a national security issue," Parker reflected.

Health and Fitness Star at Expo



Red October: Foreground: Guests fill out health questionnaire for blood work. Results would be returned via postal service. Background: members of Santa Rosa Medical administer blood-pressure checks. U.S. Navy Photo By Ensign James Hedman.



Sweat the Details: Cholesterol tests were offered to guests. Here, a test is administered to a volunteer following a high intensity bicycle spinning class. U.S. Navy Photo by Ensign James Hedman.



SWAG-er: Sailors show off promotional goods acquired at the event. U.S. Navy Photo by Ensign James Hedman.



Lights Out: Hospitalman Apprentice Carissa Munoz, Hospital Corpsman Third Class Justin Lett, and Hospital Corpsman Third Class Russell Rogers educate expo-goers on smoking cessation. The exhibit contained a wealth of resources designed to highlight the dangers of smoking and effective techniques for smokers ready to break their dependence. U.S. Navy Photo by Ensign James Hedman.

Morale, Welfare and Recreation, in collaboration with Santa Rosa Medical Center, Naval Branch Health Clinic at Naval Air Station Whiting Field, and the base Fleet and Family Support Center held its second-annual Health and Fitness Expo Friday, October 7.

The event was judged a success thanks to the involvement of approximately 180 participants who browsed and obtained information on a host of health issues. Topics included breast and colon cancer awareness, dental health, asthma awareness, diabetes, and general nutrition.

According to Fitness Director T.J. Edgar, the most popular interactive displays were the cholesterol blood tests, blood pressure checks, fitness bags distributed by MWR, and the Navy Exchange's free sports bars with fitness beverages.



Facts and figures

- A 2008 survey found that 96% of U.S. households had at least one smoke alarm, yet in 2003-2006, no smoke alarms were present or none operated in two out of the five (41%) of the reported home fires.
- Almost two-thirds of reported home fire deaths in 2003-2006 resulted from fires in homes with no smoke alarms or no working smoke alarms.
- When smoke alarms fail to operate, it is usually because batteries are missing, disconnected or dead.
- Working smoke alarms cut the risk of dying in reported home fires in half.
- In fires considered large enough to activate the smoke alarm, hardwired alarms operated 91% of the time, while battery powered alarms operated only 75% of the time.

Tips

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement. Interconnect all smoke alarms throughout the home. When one sounds, they all sound.
- Test alarms at least monthly by pushing the test button.
- Smoke rises; install smoke alarms following manufacturer's instructions high on a wall or on a ceiling. Save manufacturer's instructions for testing and maintenance
- Smoke alarms are available for people who are deaf or hard of hearing. These devices use strobe lights. Vibration devices can be added to these alarms

<http://www.nfpa.org/itemDetail.asp?categoryID=1647&itemID=39905&URL=Research%20&%20Reports/Fact%20sheets/Smoke%20alarms/Smoke%20alarm%20safety%20tips>

<http://www.nfpa.org/itemDetail.asp?categoryID=1203&itemID=28255&URL=Safety%20Information/Fire%20Prevention%20Week/Fast%20facts%20about%20fire>