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Wednesday, April 6, 2011

# NASWF security trains with NCIS & SWAT

By Lt. j.g. Megan Dooner, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field's security team and emergency medical services personnel joined with Santa Rosa County Sheriff's Office's Special Weapons and Tactics (SWAT) and Naval Criminal Investigative Service (NCIS) to execute a multi unit operation, Wednesday, 23 March. The purpose of this exercise was to train and evaluate Naval Air Station Whiting Field's procedures for a barricaded active shooter and validate the Memorandum of Understanding (MOU) with the Santa Rosa County Sheriff's Office (SRC-SO).

The inter-agency drill enables each unit to practice necessary skills, communication and cooperation that would be necessary in a real emergency.

In all, about 45 people participated in the training exercise. A portion of the base was blocked for about three hours to enable the teams to operate unobstructed while a staging area was established near the base's ball fields for

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Officers from Naval Air Station Whiting Field's security team rush in to secure the base auditorium during an anti-terrorism force protection exercise. The drill enabled the team to work with other elements in the local area such as: Santa Rosa Sheriff's SWAT team, local NCIS agents, base fire and rescue units and more. The exercise tested the cooperation and communication between the agencies during a hostage crisis. U.S. Navy photo by Lt. j.g. Megan Dooner.

# Diversity committee hosts women's history event



Lt. Cmdr. Lena Buettner; Linda Balink-White, president of the Northwest Florida WAVES; and Alisha McDonald cut the cake celebrating Women's History Month at Naval Air Station Whiting Field. ACC Cecelia Knight-Holton led the committee which organized the event. U.S. Navy photo by Jay Cope.

By Yeoman First Class Jennifer Terry

Naval Air Station Whiting Field's new Diversity Committee held its first Women's History Month observance luncheon with the theme "Our History is Our Strength," March 31 in the base auditorium. The heritage celebrations for the past several years had been coordinated by the NAS-WF First Class Petty Officers Association.

NAS Whiting Fields Command Managed Equal Opportunity (CMEO) officer Chief Air Traffic Controller Cecelia Knight-Holton, heads up the Diversity Committee, which assumed the responsibility of hosting the heritage celebrations at the recommendation of the base's command master chief CMDCM Rafael Rosado. The committee currently has five members and is still seeking additional help.

"We were fortunate to have such strong female representation at Whiting Field," Knight-Holton stated. "It was

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# Earth Day 2011: Together We Can Create a Greener Future

*Editor's Note - The Federal Emergency Management Program (FEMP) works to facilitate the Federal Government's implementation of sound, cost-effective energy management and investment practices to enhance the nation's energy security and environmental stewardship. With Earth Day coming April 22, here is some information from FEMP on taking steps to make energy savings a reality. For more information, see their website at <http://www1.eere.energy.gov/femp/services/earthday.html>*

A growing number of Federal employees realize that we must work with urgency to achieve a clean and secure energy economy. While awareness is good, action is better.

Positive change only takes place when we act in the moment. That's why our theme for Earth Day 2011 is Act Now; Together We Can Create a Greener Future. Outreach materials highlighting this theme are outlined below.

The Earth Day 2011 theme highlights how Federal employees are building on momentum, going above and beyond what is asked of them, and taking action to reduce fossil fuel use, lower greenhouse gas emissions, and save

money for American taxpayers. Federal employees have worked hard to integrate energy efficiency and conservation into their daily routines and management decisions. While much has been accomplished, there is still much more to do.

Don't wait. You have the power to turn awareness into action with simple things you do every day. Turn what you already know into real energy savings.

Start with your own actions. Look for ways to increase energy efficiency and performance in the office, at home, and on the road. What daily actions can you take to generate results?

Encourage others to take action. Do your part and connect with others. A small group working together (in your office, on your floor, in your building) can have a big impact at your agency. Turn your words into actions, and turn your actions into savings. Lead by example to save energy during your commute, in your office, and with your purchasing power. Taken as a whole, all of these individual actions

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## This Week in Naval History

### April 4

1776 - The Continental Navy frigate Columbus captures HM Tender Hawke; this is the first American capture of a British armed vessel.

1854 - Sailors and Marines from sailing sloop Plymouth, protect U.S. citizens at Shanghai.

1898 - Appointment of the first Civil Engineering Corps officer, Rear Adm. Mordecai Endicott, as chief of Bureau of Yards and Docks.

1949 - NATO is established.

### April 6

1776 - Sloop-of-war Ranger, the frigate Queen of France and the frigate Warren capture the British vessel Hibernia and seven other vessels.

1862 - Naval gunfire from the warships Tyler and Lexington help save Union Troops at the Battle of Shiloh.

1909 - Cmdr. Robert E. Peary reports reaching the North Pole.

1917 - The United States declares war on Germany.

1945 - The first heavy kamikaze attack occurs on ships at Okinawa.

1961 - USS Lake Champlain (CVS 39) aids stricken passenger of British liner Queen of Bermuda.

1968 - USS New Jersey (BB 62) is recommissioned for shore bombardment duty in Vietnam.

1989 - The President orders Department of Defense to assist in the Exxon Valdez oil spill cleanup.

1993 - Branch Navy Hospital Adak, Alaska, responds to crash of civilian Chinese airliner by providing lifesaving treatment and medical evacuation of 89 injured passengers. Only one passenger out of 265 passengers died.

## Did you know?

DoD is removing Social Security Numbers  
from ID cards

# SSN Removal

To protect your privacy and personal identity information, your Social Security Number (SSN) is being replaced with a DoD ID Number on all ID cards.

### ID Card Changes:

- As of June 2011, SSNs will no longer be printed on any new ID card.
- SSN removal will occur in three phases.
- Your new ID card will have a **DoD ID Number** in place of your SSN.
- Your DoD ID Number will be used as the Geneva Conventions serial number.
- If you are eligible for DoD benefits, there will also be a **DoD Benefits Number** printed on your new ID card.



For more information about Social Security Number removal, please visit [www.dmdc.osd.mil/smartcard](http://www.dmdc.osd.mil/smartcard).

## News and Notes

**The Naval Air Station Whiting Field marina, Whiting Park, will close noon, Friday, April 22, for mandatory all hands training on implementation of the repeal of Don't Ask Don't Tell. Whiting Park will reopen for business at 5 p.m.**

**Santa Rosa County Fair Tickets** - Santa Rosa County Fair starts tomorrow and your ITT has discounted tickets. Tickets for the Tuesday grand opening day are \$5. Wednesday through Saturday tickets are \$6.00 at ITT vice \$8 to 10 at the gate. Tickets are available for every day of the fair. Call ITT for additional information at 623-7032.

**Navarre Fun Fest** - The Navarre Area Chamber of Commerce will present their 27th Annual Fun Fest Friday, April 29, and Saturday, April 30, at Navarre Beach. The family two-day event is sponsored in part by Santa Rosa Medical Center. Application forms for: Artists & Crafters, Food Vendors and Sponsors are located on the Navarre Chamber website at: [www.navarrechamber.com](http://www.navarrechamber.com). The event is seeking painters, potters, stain glass artists, beach arts and all types of crafts welcomed. Spaces are available for \$100.00 per 10 x 10 space. Any artist or crafter seeking information may contact Connie Jones at: 939-7964, For general information about Fun Fest, call: 939-3267.

**Plant Sale** - The University of Florida 14th Annual Emerald Coast Flower and Garden Festival will be held at the Pensacola State College Milton Campus Friday, April 8 through Sunday April 10. The event is sponsored by the University of Florida Milton Campus Student Club. Plant sale proceeds are donated to the UF-Milton scholarship fund. Contact Robin Vickers, the plant sale coordinator at (850) 983-5216 ext. 113 or via email at [rvickers@ufl.edu](mailto:rvickers@ufl.edu) for more information about the plant sale. Also, for more information about UF Milton Campus see [www.miltongators.com](http://www.miltongators.com).

**Army of Hope Summer Camp** - The Florida Elks Youth Camp is providing a six day sleep away camp FREE to the dependents of active military because they care. The camp will run from July 31 to Aug. 6 and is available to all dependents of active military ages 9 to 16. The program provides a recreational camp where children can just be a kid for a week. Contact 800-523-1673 extension 249 for an application.

**Luxury Cruise** - The Panhandle Community Theatre will present the Comedy, Luxury Cruise April 7-10, and 14-17 at the Storage Masters Retail Plaza on Woodbine Road in Pace. "Luxu-

**Santa Rosa County Fair** - The 20th annual Santa Rosa County Fair opened Tuesday April 5 at the Santa Rosa County East Recreational Complex for a week of fun, festivities, and of course, food. This year's event features midway rides, monster truck rides, livestock exhibits, mechanical bull rides, entertainment and lots of vendors.

Parking is free, but daily admission and ride bands vary by day. The fair opens at 5 p.m. through Friday and at noon Saturday and Sunday. The event closes at 10 p.m. through Thursday, at midnight on Friday and Saturday and at 6 p.m. on Sunday. Call 623-1115 or go to [www.srcfair.com](http://www.srcfair.com) for details.



### Celebrating a Milestone

**The youngest and oldest chief petty officers, CMDCM Rafael Rosado and Chief Air Traffic Controller Carl Proffen, cut the cake to celebrate the CPO 118th birthday. The Naval Air Station Whiting Field CPO Mess commemorated the event with an all-hands golf tournament followed by a reception in the mess. U.S. Navy photo by Jay Cope.**

ry Cruise" is a rollicking comedy set aboard an ocean liner with three acts, each in a different suite. It is a story about three pairs of passengers who embark upon a cruise around the world. The entire audience will have the opportunity to win a dolphin harbor cruise for two via a raffle sponsored by Chase-N-Fins of Pensacola Beach. Performances begin at 7:30 p.m., Fridays and Saturdays with Sunday matinees at 2:30 p.m. Tickets are \$12, and there is limited seating available. Please call 221-7599 to make reservations or email [panhandlecommunitytheatre@yahoo.com](mailto:panhandlecommunitytheatre@yahoo.com).

**Disney on Ice** - ITT has received Disney on Ice tickets. Opening night, April 19th tickets are \$15.00 and April 20th tickets are \$21.00. Shows start at 7:00 PM. Please contact ITT at 623-7032 or 665-6250 if you have any questions.

**Milton Community Center New Offerings** - Martial Arts and Zumba classes are now being offered at the Milton Community Center, 5629 Byrom St. Martial Arts class started April 4 and is held every Monday, Wednesday and Thursday. Children's classes start at 6 p.m. and adult classes began at 7 p.m. The start-up fee is \$59, which includes a uniform, and the monthly fee is \$80. Discounts are offered for additional family members. Martial Arts classes will be taught by Grandmaster Gary Nichols seventh degree Black Belt and Master Level Black Sash. Zumba began April 5 and are held every Tuesday and Thursday from 6 to 7 p.m. Zumba is taught by Brandee Walker and costs \$5 for each session. For more information, contact Linsey Williamson at (850) 983-5466 ext 4208 or go online to: [www.miltonparks.webs.com](http://www.miltonparks.webs.com).

**Alcohol Awareness Month** - To help you better understand your relationship with alcohol, this April, in observance of Alcohol Awareness Month, Military Pathways ([www.militarypathways.org](http://www.militarypathways.org)) is encouraging service members and their families to assess their drinking IQ by taking a brief, anonymous questionnaire either online at [www.DrinkingIQ.org](http://www.DrinkingIQ.org). Since the Drinking IQ campaign launched, over 17,000 people have taken an alcohol screening online through the Military Pathways program. Of those who scored positive for symptoms of an alcohol use disorder and answered the question, "Do you plan to seek further evaluation?," more than 25 percent answered, "Yes."

## Upcoming Events

April 8, 1300 - Winging Ceremony - Auditorium

April 10-16 - National Volunteer Week

April 11, 1000 - Groundbreaking Paraloft Bldg. - North Field

April 21, 1300 - Winging Ceremony - Auditorium

April 22, 1230 - DADT Repeat Training NASWF - Auditorium

April 25, 0700 - Start of HURREX 2011

# Fleet and Family Support Center classes

## Raising a Financially Fit Kid - Thursday, April 7, 1 to 3 p.m.

Every parent desires to raise children who are healthy, happy and capable of managing life as an adult in an increasingly complex world. This complex world includes the world of money. How do our kids learn to manage money? At school? By watching TV? From their friends?... By their own mistakes? From watching their parents manage their money?

**VA Representative - Friday, April 8 & 22 (Call for Appointment), 8 a.m. to Noon - 623-7177.**

## Resume Writing - Monday, April 11, 10 a.m. to Noon.

This class will assist you in efficiently creating an effective resume. Learn how to handle sticky resume situations like military-to-civilian transition, age, employment gaps, layoffs, and career change. Learn to use your resume as a marketing tool. 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, April 18, 1 to 2 p.m.

## Grief and Loss Support Group - Tuesday, April 19, 2 to 3 p.m.

We experience grief and loss for a variety of reasons; death or sickness of a loved one, ending of a relationship, losing a job, experiencing trauma. Our reactions can vary, (e.g., anger, sadness, anxiety, etc). Come gather for support and learn strategies for coping. Call 623-7177 for details.

## DoD seeks information on helicopter pilot injuries

If you are or were a U.S. military helicopter pilot or crewmember, the Department of Defense wants to know if you suffered back/neck pain or injury (not resulting from an aviation mishap) that may be related to your service in helicopters.

Back pain afflicts approximately 20 percent of the general population, but studies have indicated military helicopter crews are reporting unusually high rates of back pain and related injuries. A Department of Defense-sponsored study is under way to better understand the mechanisms of those injuries, the impact such injuries may have on operational readiness, safety and quality of life, and to identify the best options available for reducing such injuries in the future.

Researchers for the Office of the Secretary of Defense are urging current and former military pilots and crewmembers to complete this short online survey at [www.DoDhelicopterseatsurvey.com](http://www.DoDhelicopterseatsurvey.com).

Completed surveys are anonymous and should only be taken once. If you participated in a similar January 2010 Navy and Marine Corps survey, please do not complete this survey, as the results will be merged with this study. The survey will be available online from April 1 through April 30, 2011.

For more information please contact Kristin Harmon at [info@IHSolutionsConsulting.com](mailto:info@IHSolutionsConsulting.com).

Pump oxygen and nutrients into tissues and vital organs.

Help athletes of any level prepare for, and recover from, strenuous workouts.

Relax and soften injured, tired, and overused muscles.

Reduce spasms and cramping.

Relieve migraine pain.

Lessen depression and anxiety.

Exercise and stretch weak, tight, or atrophied muscles.

## MESSAGE THERAPY NOW AT THE FITNESS CENTER!

Services offered:  
1 Hour Massage - \$60.00  
½ Hour Massage - \$30.00

Sports Massage  
Swedish Massage  
Deep Tissue Massage  
Hot Stone Massage

**NASWF Fitness Center**  
Medical Massage Therapist and Bodyworker  
Charlotte Miller  
Phone: 850-449-4831  
Gym: 850-623-7412  
Email: [Charmedwings@hotmail.com](mailto:Charmedwings@hotmail.com)  
Call to schedule your appointment today.

# Security

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setting up equipment and the number of vehicles which responded to the initial call.

The event was highly planned out with a line by line schedule drawn up by Warren Bair, installation training coordinator, along with Rodney Wood and Anthony Breaux, security department training coordinators. This was the first combined training effort of its kind that has taken place at NAS Whiting Field, so the planning was essential. Bair said that everything went as planned that it carried on better than he had expected.

“[The exercise] flowed along the lines of the schedule and communications were good...,” he said. “We were able to ensure we were all on the same page.”

In order to simulate a real world scenario, Training Air Wing Five student control provided 17 flight students to pose as hostages. Security also had a few of their own people to act the part of the armed and active shooters. When the call was conducted, notifying security of the first training incident in the base auditorium, security responded by posting

a perimeter around the building and a call was put in through the dispatcher to Santa Rosa SWAT.

The SWAT team arrived a short while later, and worked standard protocols for initiating negotiations and assaulting the shooters’ locations if necessary, and the NCIS negotiator initiated phone discussions with the hostage takers.

The overall consensus was that the training evolution went very well. The successful training evolution not only accomplished the mission of validating the MOU between NASWF Security and SRCISO, but also laid a solid foundation for future multi unit training drills. The event was conducted safely and efficiently and provided all involved with a better understanding of how and when each individual unit would be called to respond.

SWAT district TWO commander, Lt. Bob Johnson said that the team got a lot out of the day’s evolution besides the experience of coordination with the base.

# FEMP

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stimulate advanced technologies, put America ahead in the global energy economy, and create new jobs right here at home.



Ec-nomics

## Seal Those Ducts

Moving even deeper into your home’s infrastructure ... one encounters ductwork. Studies show 10 to 30 percent of heated (or cooled) air in an average system escapes from ducts.

Therefore, it could pay to hire a professional technician to come out and test your duct system, and fix any problems. Properly sealing ducts can save the average home up to \$140 annually, according to the American Solar Energy Society. Plus, you’ll have better protection against mold and dust. Many utilities offer incentive programs for duct improvement. Be wary of “duct cleaning” services, however; absent an air quality problem, most homes don’t need their ducts cleaned. Additionally, low-income households can qualify for an average of \$6,500 worth of weatherization improvements to their homes through government programs administered by each state. Find out about your state’s program by contacting local energy agencies.

See [www.thedailygreen.com](http://www.thedailygreen.com) for more tips.

## Diversity

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suggested by the committee that we ask Lt. Cmdr. Lena Buettner, with Helicopter Training Squadron EIGHT to be our keynote speaker. The rest just fell into place.”

As a female instructor pilot, Buettner is not only one of a select few but growing group of women Naval aviators, but also a role model and mentor. She heads up the local chapter of Women in Aviation, a mentorship program that helps guide young female pilots and provides them with senior female role models.

“The program meets quarterly and is a good environment for female pilots to interact with senior females,” Buettner said. “We get together to perform community service volunteer projects such as Habitat for Humanity and the Mall to Mall Breast Cancer Walk.”

In addition to her community service and leadership, Buettner has also received numerous accolades for her proficiency as a flight instructor. While assigned to Helicopter Training Squadron EIGHTEEN in 2007, she was named the unit’s Instructor of the Month for June and the HT-18 Instructor of the Year. She also received the HT-8 Instructor of the Month for August 2010 and was awarded the Full Time Support Officer of the Year recognition for all Chief of Naval Air Training squadrons.

Buettner served as the first guest speaker for the occasion. She reminded the audience that first and foremost the event was a celebration of women, and kicked off her speech with a colorful Powerpoint of fireworks and a recording of Katy Perry’s song “Firework.” However, she also reminded the audience how important the incorporation of women into the military services is.

“Diversity, specifically gender diversity, is a strategic imperative for today’s forces. Our alignment, readiness, and war fighting ethos relies on women’s abilities, courage, and wisdom. We really are living through times of change and we’re at a tipping point of women’s equality.”

Also among the presentations that day was an enthusiastic Alisha McDonald, a prominent local attorney, who reminded the assembled guests that the accomplishments of women in today’s society were built on the achievements of the past. She related a few of the women who she found inspirational in her life, including: Mother Teresa, Dr. Mae Jemison, Bessie Coleman, Mary Harris Jones, Dr. Mary E. Walker, and others.

“Successful people stand on the shoulders of other successful people,” she said. “...We stand on the shoulders of giants - success requires teamwork and an effort greater than one’s self.

In addition to presentations made by Buettner



Lt. Cmdr. Lena Buettner served as the first guest speaker for the Naval Air Station Whiting Field Women’s History Month event March 31. Buettner reminded the audience that Navy and Department of Defense see women in the services as not just an equality issue, but a “strategic imperative.” U.S. Navy photo by Jay Cope.

and McDonald, the Pledge of Allegiance was led by Air Traffic Controller Second Class Glory Peak, Air Traffic Controller First Class Nina Buruca read a Maya Angelou poem, and the invocation was led by Mrs. Barbara Seward.

“All we had to do was draw on the dynamic talent we have here at and near Whiting,” said Knight-Holton.

The NASWF Diversity Committee is looking for motivated military and civilian members to highlight future key observances. To volunteer to be a part of the committee, those interested may call Knight-Holton at 623-7755 or by email at [Cecelia.KnightHolton@navy.mil](mailto:Cecelia.KnightHolton@navy.mil).

# Congratulations TRAWING-5 wingers and scholars



**Front Row:** Cmdr. Hans Sholley, USN; Ensign Margan Melhorn, USN; 1st Lt. Dalhia Garcia, USMC; Lt. j.g. Jane Pena, USCG; Ensign Ryan Amorosso, USN; 1st Lt. Brent Emery, USMC; Lt. j.g. Patrick Griffin, USN; Lt. j.g. Manuel Penuelas Ros, SPNAV; Ensign Jonathan Andritsch, USN; Ensign Robert Steiner, USN; Ensign Eric Gow, USN; Lt. j.g. Caroline Kearney, USCG; 1st Lt. John Fout, USMC; and Ensign Giuseppe Bosco, ITNAV.

**Second Row:** Lt. Col. Shawn Coakley, USMC; 1st Lt. Karl Rhines, USN; Lt. j.g. Mary Alexander, USCG; Ensign Brittany Young, USN; Lt. j.g. Brian Kroll, USN; Capt. David Haines, USMC; 1st Lt. Thomas Jackson, III, USN; Lt. j.g. Elizabeth Grider, USN; Lt. Joshua Smith, USCG; Lt. j.g. Christopher Ventura, USN; 1st Lt. Miguel Cortez, USMC; and Maj. Gen. Thomas Conant, USMC.

**Third Row:** Lt. Col. Mark Thompson, USMC; 1st Lt. Dustin Dodge, USMC; 1st Lt. Casey Walker, USMC; Lt. Amanda Weiss, USCG; Lt. j.g. Daniel Foose, USN; Lt. j.g. Zachery Geyer, USCG; Ensign William Beaumont, USN; Ensign Joshua Dufore, USN; 1st Lt. Kevin Flippin, USMC; 1st Lt. Rene Salgado, USMC; and Capt. James Vandiver, USN.



**Left Photo:** 2nd Lt. Daniel A. LeBlanc, USAF; 1st Lt. John S. Rose, USMC; Lt. j.g. Jonathan G. Parkhurst, USCG; 2nd Lt. Mary B. Guzowski, USAF; 2nd Lt. Kyle B. McClure, USAF; and Ensign Grace E. Reilly, USN hold their March 18 Academic Achievement Awards which they received at the Training Wing FIVE headquarters building.



**Right Photo:** The recipients of the March 25 Academic Achievement awards are: 2nd Lt. Ryan N. Mudry, USAF; Lt. Christopher N. McAndrew, USCG; 2nd Lt. Christopher M. Gurrola, USAF; Ensign Charles C. Jones, USN; Ensign Timothy R. Lachenmaier, USN; 1st Lt. Tyler C. Boring, USMC; 1st Lt. Adam E. Best, USMC; 1st Lt. Nathan T. McDonald, USMC; 1st Lt. Justin M. Charles, USMC; and 1st Lt. Kevin A. Smith, USMC.