

Whiting Tower

Sixty-Six Years of Aviation Training News



Naval Air Station Whiting Field, Milton, FL

Forging Wings for the Fleet

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Whiting Field Holds Black History Celebrations

- Base Recognizes Contributions of Black Americans Throughout Our History



Assistant Public Defender Tony Henderson speaks to Naval Air Station Whiting Field personnel during the Black History Month celebration Feb. 19. The event recognized the historic and cultural contributions made to the United States. U.S. Navy photo by Jay Cope.

By Jay Cope, NAS Whiting Field Public Affairs

The Naval Air Station Whiting Field First Class Petty Officer's Association teamed with the diversity committee Feb. 19 to present a Black History Month event for military and civilian personnel. The ceremony highlighted the accomplishments of Americans of color though history as well as recognized that the journey is not yet complete.

Naval Air Station Whiting Field regularly celebrates ethnic heritage throughout the year. Black History Month joins Women's, Hispanic, and Asian Pacific Islander heritage month celebrations. The events recognize the contributions these groups have made to the success of our military and our nation. Following the presentation of colors and the singing of the national anthem, Capt. Pete Hall, NAS Whiting Field commanding officer welcomed the guests and referred to the value gained from the ceremonies.

"These events are important," he said. "They serve as an opportunity to get together and share our diversities."

Famous African Americans and their accomplish-

- (Cont. on Page 5)

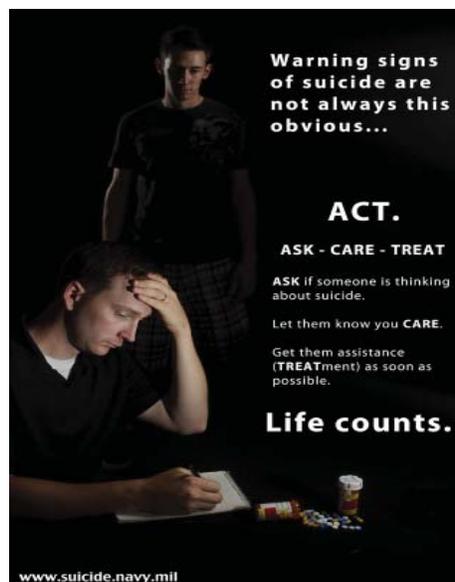
Suicide Prevention Remains a Top Priority in 2010

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Suicide prevention continues to be one of the highest priorities for Navy leadership according to the most recent suicide prevention update released Feb. 18.

"Every single suicide loss is a tragedy with far reaching impact to the health and readiness of our entire Navy community," said Chief of Navy Personnel, Vice Adm. Mark Ferguson in NAVADMIN 054/10.

Suicide can be prevented, however, and the Navy's suicide pre-



vention efforts have begun to make a difference, according to Lt. Cmdr. Bonnie Chavez, director of the Navy's Behavioral Health Program.

"Our most effective suicide prevention ultimately occurs at the local level -- person to person. Awareness, skills and resources at the deck-plates save lives," said Chavez. "Any one of us can have an opportunity to save a life."

According to Chavez suicide is the result of a complex combination of factors that lead an individual to experience pain and suffering.

- (Cont. on Page 2)

NASWF Forms Diversity Committee

By **Ens. Joanna Clark, NAS Whiting Field Public Affairs**

Naval Air Station Whiting Field recently formed a diversity committee dedicated to creating a more inclusive community that respects and appreciates individual differences.

The committee, comprised of more than a dozen military and civilian personnel, will meet periodically to plan an event for the base and community each month. The committee's goal is to come up with fun activities that promote and celebrate individual and collective achievement.

"Even though we all have differences, we all share a common goal," explained Navy Counselor First Class Gwendolyn King, a diversity committee member. "Everyone has something to contribute. Differences are what will bring us together."

The theme for each month's activity will pertain to the history that is typically highlighted for that month. For example, February is Black History Month and March is Women's History Month, so the themes of those months will correspond.

The group constantly seeks additional members. Anyone interested in joining the committee or suggesting future activities or improvements should contact Aviation Boatswains Mate First Class Steven Spann, the organization's chairman, at 623-7220.

Suicide Prevention

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"They feel ineffective and start to think they don't belong or that they have become a burden to others. One-on-one communication and support is critical if we are to recognize a problem. We know that early intervention works," said Chavez.

Chavez reminds Sailors and families to remember the acronym and ACT if they suspect a person may be feeling suicidal.

"Ask if the person is suicidal. Care by listening and offering hope. Treat – stay with the person and get them to professional help," said Chavez.

According to the 2009 Behavioral Health Quick Poll many Sailors expect negative career consequences for getting help for stress reactions or suicidal ideas and expect to lose a security clearance, but Chavez points out that family, and deployment-related counseling does not need to be mentioned on security clearance forms.

"Self referral for mental health is widely seen by professionals conducting clearance evaluations as demonstrating good judgment and reliability. Most often, only when failure to get assistance leads to substance abuse, disciplinary infractions or substantial debt are clearances in jeopardy," said Chavez.

Navy officials are examining ways to eliminate other potential barriers to using needed psychological services and removing obstacles that hinder successful reintegration of Sailors in to the command, according to the NAVADMIN.

Education and training of Sailors, leaders and family members is a focus for 2010. According to the message, the Navy's Operational Stress Control program is becoming the cornerstone for all Behavior Health and Readiness efforts, including suicide prevention. Efforts this year will focus on improving family outreach, optimizing the interface between command leadership and medical treatment providers, and continue to build a network of trained suicide prevention coordinators. The training will highlight the tools and techniques needed to build psychologically resilient Sailors, which can help them, their families, and commands successfully navigate through stressful times.

"Reaching out to families is important, said Chavez, because family members are often the first to notice a concern. We must educate our families on warning signs, risk factors for suicide and how to access helpful resources. We also need to develop the relationships and a connection between commands and families before a crisis occurs," said Chavez.

For more information read NAVADMIN 054/10 or visit www.suicide.navy.mil.

TRICARE Notes

TRICARE IS "HOOKING UP" BENEFICIARIES AND PROVIDERS

The Behavioral Health Provider and Appointment Assistance Service has taken more than 2,300 calls in the U.S. to help Active Duty Service Members (ADSMs) and their families find approved behavioral health providers in their area.

The service that began last January allows ADSMs and their families to call their managed care support contractor (MCSC) if they are having a problem locating a network provider. The provider locator and assistance staff has successfully assisted more than 1,500 beneficiaries that were eligible for the service by locating and making appointments; often engaging the beneficiary in a conference call with the provider to ensure scheduling is satisfactory.

All ADSMs must have a referral from their primary care manager for behavioral health care before calling the MCSC appointment assistance line. TRICARE Prime Active Duty family members can receive the first eight outpatient behavioral health care visits per Fiscal Year (October 1-September 30) without a referral but they must receive the care from TRICARE network providers to avoid point-of-service cost sharing charges.

News and Notes

BHC Pharmacy Restrictions - "The Naval Branch Health Clinic Pharmacy will be limited to in-house patient prescriptions and refill pick-up only on Thursday and Friday, Feb. 25 & 26. Staff will be on hand to help patients with the other options available to fill civilian prescriptions."

Comics on Duty - Morale Welfare and Recreation, in conjunction with thatguy.com, will host the Comics on Duty tour March 26 at Sikes Hall. Four comedians, Steve Bills, Steve Burr, Ian Gutoskie, and Jack Mayberry will perform beginning at 7 p.m. Aces will be open during the event and MWR will provide free hors d'oeuvres while they last.

Free Tickets - Universal is offering 2 park 7 days free admittance to all Active duty, retired and reservist until July 18, 2010. Kennedy Space Center is offering Free entrance to all Active duty, retired and reservists. Check out prices for Universal and Kennedy Space Center for family or friends. Call 623-7032 for details.

Strut Your Mutt - Dog owners are welcome to "Strut Your Mutt" at 6:45 p.m. on Tuesdays during a 45-minute leisurely stroll in East Hill. Dogs must be leashed and well behaved, and owners must bring their own water and pick up after their pet. The walk will begin at the entrance to the Bayview Dog Park at 20th Avenue and East Mallory Street. For further details call 291-7658.

Hare and Hounds Run - The East Hill Hare and Hounds Running Club will meet at 2:30 p.m. every second and fourth Sunday. The run will last three to five miles at locations in and around downtown Pensacola and consists of a trail laid with flour, toilet paper and chalk marks. After the run there will be a beer social with fresh fruit and light snacks. The cost is \$5. For details call Tim Hartigan at 393-8692.

Yoga Class - Yoga classes are available at Milton Community Center every Tuesday and Friday from 9 to 10 a.m. Classes are



Campaigning for Savings Success

Fleet and Family Support Center Work and Family Life Consultant Eugene Jackson discusses some Military Saves literature with Ens. Morgan Otto during Military Saves Week. The annual promotion is geared to provide the informational tools necessary for military personnel and their families to set themselves up for financial success. Jackson set up displays at various venues throughout the base during the promotion. U.S. Navy photo courtesy of FFSC.



Pilots for a Day

Cmdr. Mark Murray, Helicopter Training Squadron EIGHTEEN, makes Jon and DJ Schwartz honorary Vigilant Eagles during the Pilot for a Day program hosted by HT-18 Feb. 2. The Schwartz family is a medical foster family who recently adopted both boys. Jon liked flying the simulator the best while DJ had fun clearing a TH-57 to land. The Pilot for a Day program invites children with medical issues to enjoy a day of fun with one of the squadrons located at Naval Air Station Whiting Field. Photo courtesy of HT-18.

open to children and adults of any age. The cost is \$5. For more information call 983-5466.

Donations to Haitian Relief - The Navy is encouraging members of the community, community organizations, and local businesses to visit <http://www.usaid.gov/helphaiti/> on how they can donate money or items in support of Haiti earthquake relief. This web site provides links and detailed information on what are acceptable donations and how to make them. For information on how to donate locally, please contact your local disaster relief and charitable organizations. A special thanks to all who are donating their time, money, and goods in this time of need.

Voluntary Leave Donor - A fellow employee needs help. Mr. Gregory T. Majewski of CNRSE, Budget Department, Naval Air Station, Pensacola has been approved for the Voluntary Leave Transfer Program. Mr. Majewski is required to be out of work approximately 3 months or more due to an unexpected medical emergency, and has exhausted all of his leave. Mr. Majewski currently is in a Leave Without Pay (LWOP) status and truly in need of donated leave. Please complete the applicable Leave Donor Form. Anyone wishing to donate annual leave under this program may contact Diane Stukes at CNRSE (Code N1), (904) 542-2283 or DSN 942-2283.

Free Concert - Jason Crabb, a 2010 Grammy Award winner, will perform in concert at the First Baptist Church in downtown Milton at 6 p.m., Saturday, March 13. First Baptist Church is located at 6797 Caroline Street (Hwy 90 & Canal St). The concert is FREE of charge. For more info check out: www.jasoncrabb.com

Legal Notice - The NASWF Legal Office is now open Monday through Friday from 0730 - 1600. If you need assistance, please call the Naval Air Station Whiting Field Legal Officer, Timothy Patrick, at 623-7231.

Upcoming Events

Feb. 26, 0900 - ABMA Golf Tournament

Feb. 26, 1300 - Winging Ceremony - Base Auditorium

Mar. 12, 1300 - Winging Ceremony - Base Auditorium

Mar. 17 - Saint Patrick's Day

Mar. 18, 1300 - TRAWING 5 Change of Command - Base Aud.

Mar. 26, 1500 - VT-6 Change of Command - Base Auditorium

Fleet and Family Support Center Classes

Home Buying - Thursday, February 25, 1300 - 1500

Are you nearing your 15th year of military service? If so, which retirement option are you going to choose? Learn about the Career Status Bonus and Redux retirement system and how it could affect your savings long term. Know the differences between the CSB/Redux and the High 3 retirement systems, so that you can make the choice that is right for you and your family. For more information, contact your Financial Educator at 850-623-7177.

VA Representative (Call for Appointment) - Friday, February 26, 0800 - 1200

I. D. Theft Prevention - Wednesday, March 3, 1400 - 1500

There were more than 3.25 million victims last year. Costs average \$4,800 - \$10,200 per crime. Loss to businesses and financial institutions is greater than 50 billion. Attend this class to learn ways to lessen your chances of becoming a victim. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

VA Representative (Call for Appointment) - Friday, March 12, 0800 - 1200

Time Management - Wednesday, March 17, 1300 - 1400

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 these questions, this class is for you. The information provided in this class will provide you with tools that will 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.

Consumer Awareness - Wednesday, March 17, 1400 - 1500

According to the U.S. Office of Consumer Affairs, fraud cost consumers over 40 billion dollars every year. We are constantly approached by people trying to take our money. Some offers are truly fraudulent and are illegal, most however, are simply rip-offs and misrepresentations. Don't be a victim! Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 623-7177.

Deployment Support Group for Children - Monday, March 22, 1800 - 1930

Kids and youth ages 5-18 who are children of deployed service members are invited to meet for fun and fellowship! Creative activities engage the mind and promote conversation. Share experiences and feelings with others who are also dealing with the absence of a parent due to deployment. For more information, please contact the FFSC at 850-623-7177. Hope to see you there!

VA Representative (Call for Appointment) - Friday, March 26, 0800 - 1200

Purchasing Energy Efficient Products for Work

As the world's largest volume-buyer of energy-related products, spending an estimated \$10 billion each year for these products, the federal government can greatly reduce energy consumption and achieve huge cost savings by purchasing energy-efficient products.

Federal buyers are now required by the Energy Policy Act of 2005 to purchase products that are ENERGY STAR® - qualified or FEMP - designated. These products are in the upper 25% of energy efficiency in their class. The purchasing requirements are codified by FAR Part 23. In addition, Executive Order 13221 requires that federal agencies purchase products with low standby power.

The Federal Energy Management Program (FEMP) and the Energy Star Program have worked together to provide information to help federal pur-

chasers identify the top performing energy efficient products for use at their facilities. FEMP and Energy Star have identified purchase requirements for products in the following categories: air conditioners, appliances, boilers, chillers, faucets, food service equipment, furnaces, heat Pumps, home electronics, lighting, electric motors, office equipment, residential doors, residential skylights, residential windows, roof products, showerheads, transformers, urinals, and water heaters.

Find more information at <http://www.eere.energy.gov/femp/procurement/> and <http://www.energystar.gov/>. These web-sites have product specifications, energy cost calculators, procurement language and other resources that help make purchasing energy efficient products easier.

Black History Month

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ments were displayed on two separate screens while the audience waited for the program to begin. Doris Miller, Jackie Robinson, and other individuals, showed the progresses that have been made through the years. Many of the people were military service personnel. The fact that so many racial breakthroughs have been made in the military was not lost on the guest speaker.

"For me, there are two things that have integrated our country," said Tony Henderson, the Assistant Public Defender for Escambia, Santa Rosa, Okaloosa and Walton counties. "One is the military. When your life is on the line, you don't care about the color of a person's skin. Only the job matters. The second is athletics. In both, you are working together toward a common goal."

Henderson detailed experiences from his job and life as he reminded the audience that family is the core answer to the racial tensions of today.

After Henderson graduated from Marshall University, he returned to Santa Rosa County to live. He worked part time at J.C. Penny and at a packing company. He did it for a year that he called "tough," before he attended law school at Florida State. He had a wife and daughter to care for and parents who took shifts watching the child while he attended and finished school.

"That's what families do. No matter how good the government structure, no matter how much money they spend, it comes down to one basic thing for success, and that's family." And his family was well represented. Several relatives attended the event, including his father, retired Chief Ship's Ser-

viceman Arthur Henderson, the owner of H&H Barbecue who catered the luncheon of ribs, chicken, baked beans and potato salad. The senior Henderson also introduced his son with a few simple stories of his youthful football career, college academics, and legal career. The kind of things any proud father would relate.

It reinforced the theme of family.

"Hearing my father speak well of me makes everything I have done worthwhile," Henderson said.

Henderson's path to success wasn't easy. He had to work hard to achieve a prominent position in life. In many ways, that reflected the stories of Henry Blair, Cathay Williams, Henry Ossian Flipper, Nancy Green, Oscar Micheaux, Bill Picket and other respected Black Americans from entertainment, sports, political, military and commercial realms whose contributions were related by Ship's Serviceman Second Class Anthony Benson.

Henderson admitted that there are still obstacles for African-Americans to overcome. But like so many other great Black Americans, success is there if a person is willing to strive for it.

"There will likely always be racism in America," he said. "But is racism in America holding Black people back? No! It is only holding you back if you let it. I feel like I am preaching to the choir. The people here are the ones who already take advantage of the opportunities our great country provides us. Is our country perfect? No! But it is the best country in the world."

Aviation Boatswain's Mate Association Gulf Coast Chapter

3rd Annual Snowball 4-Man Golf Scramble

NAS Whiting Field Golf Course

26 February 2010

9am Shotgun Start



\$35/ Person

Mulligan Package \$5/pp (3 mulligans and a tee-buster)

Prizes for : Top 3 Teams and Longest Drive.

Closest to the Pin contest for \$2 entry fee (winner takes 50% of purse) .

Fee includes: green fees, cart and BBQ lunch.

Contact Jim Walsh (623-7324 / james.f.walsh@navy.mil) for reservations.

Calling All Competitive Shooters

By Chief Mass Communication Specialist William Lovelady,
Navy Public Affairs Support Element SE

The U.S. Navy Marksmanship Team (USNMT) is looking for new members to participate in Navy and inter-service rifle and pistol matches. All active-duty Sailors and Reservists are welcomed and encouraged to participate.

Serving in the Navy has always been a profession of arms, but in the last 10 years it has increasingly become a profession of small arms.

"Sailors receive limited small arms training as they process through Navy Individual Augmentee Training at various U.S. Army training centers," said Cmdr. Mick Glancey, USNMT officer in charge and captain of the rifle team. "All Sailors serving IA tours are issued a service rifle (M-16) or a service pistol (M9), some receive both prior to deployment. Small arms marksmanship is a basic fundamental skill-set all our Sailors are required to possess."

The USNMT is the leading proponent of small arms marksmanship and safety training for U.S. Navy personnel. Each year, the team conducts the U.S. Fleet Forces Command (Atlantic and Pacific) Rifle and Pistol Matches, where hundreds of Sailors are trained in service rifle and service pistol marksmanship. Sailors participating in fleet matches represent their commands in individual and team events, earn marksmanship medals and badges, and qualify to stand armed watches aboard ships and at other commands.

USNMT also conducts the annual All Navy Rifle and Pistol Championships, in which the top 100 Sailors who have fired qualifying scores in fleet matches compete. As members of the rifle and pistol teams, the top 20 Sailors from each coast represent the Navy in the annual Interservice Rifle and Pistol Matches, the Civilian Marksmanship Program's National Rifle and Pistol Matches, and the National Rifle Association's National Rifle and Pistol Championships.

Both fleet matches begin with classroom and range training to familiarize shooters of all skill levels with safety and proper practices on the range as well as the fundamentals of marksmanship. Then the shooting starts. There are warm up matches before the 600-point rifle match fired at distances of 200, 300 and 500 yards and the 600 point pistol match fired one-handed from 25 and 50 yards.

Competitors also shoot in both pistol and rifle excellence-in-competition (EIC) matches. EIC competitions are qualification matches in which competitors earn "leg points" toward the Distinguished Marksman and the Distinguished Pistol Shot badges.

Last year's Atlantic Fleet Grand Aggregate winner, with the highest Navy combined rifle and pistol scores during the Fleet matches, was Lt. Richard Ray of Commander, Submarine Forces, with a score of 1056-13X.

Ray, who began his career in competitive shooting in 1994 after spotting a co-worker wearing a silver (8-point) EIC medal on his uniform, also served as the pistol match director.

"The Navy shooting team is the Navy's best-kept secret," said Ray, referring to the low-profile, all-volunteer nature of the

Navy's competitive marksmanship program, but the team wants to change that.

"We want to get the word out to everybody," said Glancey. "We want more new shooters to come out and participate in the matches."

Sailors do not have to be experienced shooters to benefit from competitive shooting—they don't even need to own firearms.

Throughout the match season, Naval Sea Systems Command Crane Division provides an armorer's van with match grade rifles, pistols, ammunition, and a workshop where a group of veteran gunsmiths build and maintain these precision firearms for Navy shooters. They even have all the small gear for matches, such as: spotting scopes, shooting coats, mats, and folding stools used to carry gear up and down the 500-yard rifle range.

One common area of confusion for Sailors wanting to shoot is how to join the team. It couldn't be easier. The Navy Marksmanship Unit is not a commissioned unit of the Navy. It has no unit identification code and there are no billets. Team leadership is a collateral duty and team membership is entirely voluntary. The Navy team doesn't hire professional shooters like the Army Marksmanship Unit and it doesn't have permanent change of station assignments like the Marine Corps team. It is made entirely of Sailors who love to shoot and want to compete. Interested shooters need to read the annual message, announcing match dates and locations, that came out recently and contact their commands to request orders to attend. The annual match announcement message and team details may be found at the team website www.usnst.org.

Depending on funding availability, Active-duty Sailors may have to pay some of their travel and messing expenses out of pocket. Reservists can use any type or combination of orders, with command approval. However, if funding is unavailable, some Reservists do have to come on unpaid annual training orders.

Captain's Cup

Basketball Standings

As of February 22, 2010

1	Medical	6-2
1	VT-3	6-2
3	HT-28	5-2
3	Crash	5-2
5	VT-2	4-4
6	HT-8	3-6
7	ATC	3-7
8	HT-18	0-9

Congrats to TRAWING-5's Wingers and Scholars



Back Row: Cmdr. Michael Fisher, USN; Lt.j.g William Harvey IV, USN; Chief Warrant Officer Richard Shilling, USN; 1st Lt. Joseph Scheler, USMC; 1st Lt. Michael Tetreault, USMC; 1st Lt. Terence Leach, USMC; and Col. Jerome Driscoll, USMC, Commanding Officer, Marine Air Group SIXTEEN.

Third Row: Col. John Walsh, USMC; 1st Lt. Kyle Ellis, USMC; Ens. William Lennon, USN; 1st Lt. Ryan Bankhead, USMC; Ens. Bradley Osmun, USN; and Chief Warrant Officer Jake Johnstone, USN

Second Row: Cmdr. Mark Murray, USN; Ens. Robert Notari, USN; 1st Lt. Jared Spencer, USMC; Ens. Ryan Ross, USN; Ens. Robert Harrell, USN; 1st Lt. Eric Phillips, USMC; and Lt.j.g. Adam Broos, USN.

Front row: Cmdr. Mathew Frost, USN; 1st Lt. Blake Labat, USMC; Ens. Marco Rosa, Italian Navy; Lt.j.g. Taylor Burton, USN; 1st Lt. Paul Kelly, USMC; Ens. Katherine Hirsch, USN; and Chief Warrant Officer Jarad Gilbertson, USN



2nd Lt. Paul J. Lancaster III, USMC; 2nd Lt. Kraegen J. Bramer, USMC; Ens. Christopher M. Aldrich, USN; Ens. Nicholas C. Rezendes, USN; and Ens. Andrew J. Stephenson, USN receive their Training Air Wing FIVE academic achievement awards at the Wing headquarters Feb. 19. Photo courtesy of Training Air Wing FIVE