



Vol. 68 No. 3

Wednesday, January 18, 2012

NASWF brings new energy manager on board

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

Naval Air Station Whiting Field's new Public Works Energy Installation Manager forged her comprehensive approach to electrical power conservation during her time stationed at one of the Navy's most energy-sensitive bases: Guantanamo Bay, Cuba.

Sabrina Williams draws much of her experience from her two and one-half years of service aboard the energy-autonomous base as an efficiency "target team" engineer. As a member of the Naval Facilities Engineering Command Southeast team, Williams will focus her eye for efficiency on the air station and Naval Air Station



Sabrina Williams, the new energy installation manager, arrived late 2011 to help advise on energy conservation.. She transferred to the area from Guantanamo Bay. U.S. Navy photo by Lt. j.g. Tim Mosso

Pensacola's infrastructure.

"I applied for the job at Whiting to stay in the energy field. In Guantanamo, it was important to conserve energy because they must generate all power internally," Williams explained.

Williams, who joined the air station's Public Works Department Nov. 14, feels that her experience under the extreme constraints that Guantanamo posed will enable her to identify new approaches to conservation with base public works.

After completing her bachelor's degree in electrical engineering, Williams joined NAVFAC SE, which assigned her to Guantanamo as part of the systematic utili-

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NAS Whiting Field prepares for Military Saves Week

Editor's Note: Every week between now and the kick-off of the Military Saves campaign, the Tower will run ideas about how to build wealth by saving. Look for them through the next four weeks.

By Ensign James Hedman, NAS Whiting Field Public Affairs

Mark the calendars and mark up the savings: Naval Air Station Whiting Field will kick off its annual Military Saves campaign beginning Feb. 19, 2012.

Military Saves Week is an annual program that began in 2007 and is part of the larger America Saves campaign run by the non-profit Consumer Federation of America. Military Saves encourages service members to become aware of their saving habits and enhance their personal financial readiness. According to the website www.militarysaves.org, the ultimate goal is to positively impact the nation's personal/household savings rates.

Members of all four branches of the military (Air



Capt. Pete Hall signed the 2011 Military Saves Campaign proclamation last February. The 2012 campaign is gearing up to encourage service members to pledge to save and build wealth throughout the year. Fleet and Family Support Center classes will be held during the week to inform ways to meet that goal. U.S. Navy file photo.

- (Cont. on Page 5)

Combating complacency in the New Year

By April Phillips, Naval Safety Center Public Affairs

NORFOLK, Va. (NNS) -- The Naval Safety Center reminds Sailors to remain vigilant as they return to work after a long holiday season when many commands were on reduced work schedules.

Time to recharge the batteries is great for Sailors, but it is important to be ready to work now that 2012 is in full swing.

Many commands hold safety briefs, dubbed "Back in the Saddle," in January to reinforce this idea. Derek Nelson, author of the Naval Safety Center's (NAVSAFECEN) popular Friday Funnies Summary of Mishaps said these safety briefs are really intended to combat complacency.

"The problem with complacency is that it can strike almost anytime and you don't even realize it," he said. "It feels comfortable."



Nelson said he reads mishap reports every day to find material for his weekly Friday Funnies message, and a large majority of them involve complacency.

Fortunately, most of these mishaps are minor, which gives him license to poke fun at them. However, others wind up in his quarterly "Not so Funnies" message, which details serious mishaps that lead to death or severe injury - mishaps that are no laughing matter.

"Sometimes complacency is not just embarrassing, it's fatal," he said.

Nelson said the biggest examples of these are firearms mishaps.

"Almost always the mishap reports say the victims were highly experienced with weapons, but somehow they still managed to shoot themselves or someone else."

The complacency in these mishaps usually shows
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This Week in Naval History

Jan. 17

1832 - The frigate USS Peacock makes contact with Vietnamese court officials.

1900 - Cmdr. Edward D. Taussig, commanding officer of the gunboat USS Bennington (PG 4), takes formal possession of Wake Island.

1954 - USS Nautilus (SSN 571), the first nuclear-powered submarine, is commissioned at Groton, Conn. After setting sail, it sends the message: "Underway on nuclear power."

Jan. 18

1911 - First aircraft landing aboard a ship, USS Pennsylvania (ACR 4) by Eugene Ely.

1962 - After a flash fire in the Persian Gulf burned a crewman on the Danish tanker Prima Maersk, USS Duxbury Bay (AVP 38) transfers a Navy doctor to help the crewman. USS Solely (DD 707) took him to the nearest hospital at Bahrain Island.

1977 - The Trident (C-4) missile development flight test program commenced when C4X-1 was launched from a flight pad at Cape Canaveral, Fla.

Jan. 19

1840 - Lt. Charles Wilkes, aboard the sloop Vincennes, is the first American to discover the Antarctic coast.

1929 - The 3rd Marine Corps Brigade is disbanded at Tientsin, China, and all units, except the 4th Marines and the Peking legation guard, are withdrawn from the country.

For more news, visit www.history.navy.mil.



Use an Energy Monitor

Measure your way to savings with an energy monitor, which starts at \$139. Such a device indicates household electrical usage in real time and projects your monthly bill. Research has found that such info leads consumers to reduce their electricity consumption significantly. In fact, according to the company you'll save 15-20% on each bill, which would amount to hundreds of dollars a year. By seeing exactly how much each appliance or activity costs, you'll start seeing easy ways to cut waste. Go a step further and ask your local utility if it's making smart meters available in your area, as part of recent smart grid investments.

Cook Smart

Any appliance that generates heat adds to your cooling load. An oven baking cookies can easily raise the room temperature 10 degrees, which in turn jacks up overall cooling costs 2 to 5 percent. Save cooking (especially baking) for cooler hours, or cook outdoors on your grill. It is also a good idea to run the dishwasher and clothes dryer at night. Cost: \$0. Benefit: 2 to 5 percent off your cooling costs

See www.thedailygreen.com for more tips.

News and Notes

Wings Over America - The Wings Over America Scholarship Foundation is currently accepting applicants for their 2012 college scholarships. The fund offers scholarships to dependent spouses and children of active duty, retired, honorably discharged or deceased servicemembers. The sponsors must have served in naval aviation and subordinate commands. More than 40 scholarships were awarded in 2011. Check www.wingsoveramerica.us for qualification forms or to review eligibility requirements.

Bloodmobile Visit - The bloodmobile returns to the Whiting Field NEX parking lot on Friday, Jan. 20 from 10 a.m. - 3 p.m. All blood types are welcome and greatly needed! All donors will receive a special gift and refreshments. Just one pint of blood can save up to three lives in our area military and civilian hospitals.

Harlem Globetrotters - Sunday, Jan. 22 ~ only \$18.50 - seating is the 100 thru 113 and same on other side. These rates are highly discounted group rates with a minimum number required to receive this discount. Call the NAS Whiting Field Information Tickets and Travel Office at 850-623-7032 for details.

Military Mardi Gras - The Coast Guard ATC Mobile sponsored Gulf Coast Military Mardi Gras Ball will be held on Friday, Feb. 10 2012. It is open to all military branches. It will take place at the Renaissance Riverview Plaza in Downtown Mobile. Discounted rooms are available at the hotel, but they run out pretty quickly. Tickets and more information is available at www.militarymardigras.com

Christmas Tree Mulch For Free - Many people in Santa Rosa recycled their Christmas trees this year and they have now been ground and the mulch is available on a first come, first served basis at the Green-Up Nursery at 6758 Park Avenue in Milton. The mulch is located in the parking lot, and people must bring their own trailer, container or pick-up to get it along with a shovel or pitch fork to load with. Call the Santa Rosa Clean Community System at 623-1930 or visit www.srclean.org for details.

Pensacola Beach Law Enforcement Polar Plunge - 1000, Saturday, Feb. 25, behind Holiday Inn Beach Resort on Pensacola Beach. Entrance Fee will be for the price of a t-shirt: \$15.00



Retaining Our Best and Brightest

Air Traffic Controller 2nd Class Timothy Egerdahl, receives his Honorable Discharge certificate from Air Traffic Controller 2nd Class Kelsy Balcom. He reenlisted for six years in front of a T-34 Turbo Mentor at North Field. Photo courtesy of NC1 Gwendolyn King.



Retaining Our Best and Brightest

Air Traffic Controller 2nd Class Glory Peak receives her Honorable Discharge certificate from Senior Chief Boatswain's Mate Walter Robertson, her father, during her reenlistment Jan. 13. Peak signed up for four more years in the operations auditorium. U.S. Navy photo by Ens. James Hedman.

short sleeve / \$20.00 long sleeve / \$10.00 for children. The "Bear Logo" will be on the back of the shirt and 2012 will be on the front. Pre-registration is required so that the t-shirts can be pre-ordered. Please provide your name, contact information, number of t-shirts required (with sizes, to include adult or children) and colors (pink, black, white, green). POC: Ms. Kady Hall, (850) 983-5984, or Ms. Mattie Smith, (850) 981-7824.

Steel Magnolias - Panhandle Community Theatre will present Steel Magnolias Feb. 9-12 and 16-19 at the Storage Masters retail complex on Woodbine Road in Pace. This comedy-drama play centers around a small Louisiana town, six Southern women, a beauty parlor, Christianity, medical battles, relationships with men, and the underlying group-friendship among all six women and the bond they ultimately share. This hit play was made into a movie in 1989 starring Julia Roberts and Dolly Parton. Tickets are \$12. Call 850-221-7599 or email panhandlecommunitytheatre@yahoo.com for reservations.

Coalition of Sailors Against Destructive Decision

- This month's focus is on 'Building a Family Around a Naval Career'. Remember resources such as: Fleet and Family Support Center, the command ombudsman, Child Development Center, Navy Marine Corps Relief Society, and many, many others. If you have any questions or if you are interested in becoming a member of Naval Air Station Whiting Field's CSADD chapter contact CSADD advocate Air Traffic Controller 2nd Class Joshua Barbier at 850-549-8354 or email at Joshua.barbier@navy.mil or CSADD sponsor Chief Air Traffic Controller Jacquelyn Williams at 850-623-7675.

SOY & FIOY Banquet - Santa Rosa County Navy League Council will host the 2012 Sailor-of-the-Year / Flight Instructor-of-the-Year Recognition Banquet, 6:30 - 10 p.m., Friday, Feb. 3, in Sikes Hall. All base personnel are invited. Cost is: Active Duty: \$15 and Retirees / DOD / contract personnel: \$25. The meal will be catered by the Cutting Board. Please RSVP and pay in advance by 31 Jan 2012: Mrs. Angela Johnson, CTW-5 Secretary, 623-7555.

Upcoming Events

Jan. 27, 1300 - Winging Ceremony - Base Auditorium

Feb. 3, 1830 - SOY and FIOY Banquet - Sikes Hall

Feb. 15, 1100 - African-American History Lunch - Auditorium

Feb. 23 - Presidents' Day Holiday

Feb. 23, 1100 - Navy League P-Cola Civic (Margaret Flowers)

Award Luncheon - New World Landing

FFSC classes scheduled for January

VA Representative - Friday, Jan. 20 from 8 a.m. to noon.

Resume Writing - Monday Jan. 23 from 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 FFSC at 850-623-7177.

E-books Seminar - Tuesday, Jan. 24 from 1 to 2 p.m.

A new class designed to help you navigate the Navy Knowledge Online program and use the library of free e-books and audio books to your best advantage. It is recommended that you bring your laptop computer or e-reader with you.

Time Management - Wednesday, Jan. 25 from 1 to 2 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"? 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 FFSC at 850-623-7177.

Developing a Spending Plan - Thursday, Jan. 26 from 1 to 3 p.m.

This class is not designed to tell you what to do with your money. It will challenge you to think before you spend. There is no patent on the 'right' way to handle your money, but there are better ways to get your dollar's worth. Class will be held at the FFSC conference room. For more information, contact FFSC at 850-623-7177.

Join us for a day of exploring one of the few state parks in Florida with dry (air filled) caves and the only Florida state park to offer cave tours to the public. This cave has dazzling formations of limestone stalactites, stalagmites, soda straws, flowstones and draperies. Once we arrive at the park we will be taking a guided tour of the cave. The tour lasts for about 45 minutes and takes you along a path about 1600 feet long. There you can view a number of beautiful formations as they are explained by your tour guide. Once we are out of the cave we will eat lunch in the park and then we can explore the trails around the cave and check out the Blue Hole Spring.

For more information or to sign up please contact the Outdoor Adventure Program on board NAS Whiting Field at 850-623-7670 or email us at Outdooradventure.wf@gmail.com



**Florida Caverns State Park
Guided Cave Tour
February 4, 2012
\$20.00 per person**

Military Saves

- (Cont. from Page 1)

Force, Army, Marine Corps, Navy), National Guardsmen, members of the Coast Guard as well as Department of Defense civilians are all encouraged to participate

At the center of the Military Saves campaign is the "Saver Pledge." Members can access the Saver Pledge at any time on the Military Saves website. By taking the Pledge, members are agreeing, "I will help myself by saving money, reducing debt, and building wealth over time," and "I will help my family and my country by encouraging other Americans to build wealth, not debt."

Beginning Feb. 21, information for Military Saves will be available at display booths around the NAS Whiting Field in the mornings, followed by informational classes beginning at 1 p.m. Classes will be held in the Fleet and Family Support Center and will include topics such as the Thrift Savings Plan (TSP), Smooth Moves, the Basics of Saving and Investing, and Home Buying.

Eugene Jackson is the Financial Educator on board NAS Whiting Field, one of the key people that play a role in the campaign. His primary role is to educate base personnel on the topics of savings.

Another key organization in the promotion of Military Saves is the on-base banking institutions. Here at NAS Whiting Field, Pen Air Federal Credit Union's job is to promote their savings products and services.

In addition, Kristal Kelley, the branch manager at Pen Air, will be giving away a \$50 gift certificate as a promotion for the campaign. All that a member has to do is print out their Pledge before submitting it, and bring it to Jackson's office in the Fleet and Family Support Center. On Friday, Feb. 24, a raffle will be drawn for the gift certificate from the pool of the Pledges submitted.

Jackson says the command wants to make sure "all military members and their family make an effort to make themselves financially ready. Don't get into debt; don't get into trouble... Financial readiness affects mission readiness."

Although Military Saves is active all year long, Military Saves Week is important for the base community as a whole. Anyone seeking more information on the Military Saves program or financial education in general may contact Eugene Jackson at 850-623-7177.

Weekly Spotlight - MA1 Scott J Grettum

Branch of service:

U.S. Navy

Hometown: It is tough to say where home is when you come from a divorced family. I grew up all over the country so really don't have one; however I joined the Navy out of Palm Bay Florida. Home is where the Navy puts the wife, the kids, and myself.

Job titles:

Master-at-Arms

Command:

NASWF Security

Years in service:

10

What do you enjoy most about your job?

How we train aviators to go and place warheads-on-foreheads and have so little issues with the OPTEMPO in relation to mishaps.

What is the best part of working for/with the Navy?

The best part of working in the Navy is the sense of duty achieved though serving my country. Knowing I am responsible to my countrymen and the protection of their freedom is very sacred to me and truly is the best part of being in the Navy.

What do you envision yourself doing in 5 years?

It's hard to say at this point. If PTS does not get me I will hopefully be a Chief and finished up with my BA in intelligence studies. If it does get me then I'll most likely be a contractor working overseas somewhere.



Energy manager

- (Cont. from Page 1)

ties management team. The team divided its members into specialized “target groups” that focused on optimizing the efficiency of individual installation facilities, systems, and sub-systems.

The practice served as a model for the approach that she hopes to continue in her role as IEM at the air station. Upon her arrival at Public Works, Williams was pleased to see that many aspects of interdisciplinary teamwork and a focus on subject matter conservation expertise were already in place.

“At Whiting, it’s already a very team-oriented atmosphere, and that’s a major plus. Everyone I have worked with at Public Works is awesome, I’m really looking forward to working with them to begin new projects in 2012,” Williams said.

Base Public Works Officer Lt. Cmdr. Jason Kranz described Williams as a valuable voice in many areas of interest.

“She’s absolutely an asset for the base. She’s plugged into our planning projects, so she helps on that level, but she also goes around the facilities, extracts new efficiencies from existing systems, and advises on how to improve current practices,” Kranz said.

Many of the base’s recent infrastructure upgrades, including the installation of a new cooling system at the simulator building and the activation of two high-capacity photovoltaic arrays, have impressed the new IEM. Williams described the arrays in particular as “exciting” innovations and “a huge plus for the installation,” and she hopes to contribute her experience to NAS Whiting Field’s current efficiency endeavors.

Williams will target upgrades to the installation’s boilers, chillers, lighting systems, and insulation as candidates for increased scrutiny and upgrades during the new year. She is undertaking a personal inventory of the base’s status in advance of an official energy audit, which will be conducted by a contractor in late January.

The combined findings of these surveys will inform Williams and Public Work’s initial infrastructure improvement planning for 2012.

However, Williams emphasizes that the team approach honed in Cuba requires more than a top-down prescription for change. One of her primary goals is to forge a true partnership between public works and its points of contact throughout the air station community; communication is the key.

“We have scheduled ‘building energy monitor’ training for the points of contact on Jan. 17. It will allow us to really engage the individual facility POCs.

The occasion will serve as an opportunity for Public Works personnel to interface with individuals who serve as the leaders of their command or facility’s energy conservation efforts. The presentation will be informative, but Williams emphasized that the key is to make it interactive.

“It is training to help them improve their techniques for conserving energy in their individual facilities, but we will take feedback and requests, too. If we need to add more automatic lights, change thermostat settings, or conduct repairs, this is where POCs can let us know.

“The idea is to create an open forum of discussion to improve energy conservation,” Williams explained.

As a natural team builder and experienced conservationist, Williams sees the value of energy awareness across a spectrum of environments. Practices that will enhance national security can be engaged to realize savings at every level.

“I take my experience from Guantanamo, and that really taught me a lot about the energy conservation field. It allowed me to walk this path and work in this field and realize how broad it is.

“It’s a win-win for everyone. Energy conservation teaches you how to conserve on a daily basis from educating my son at home about going green to the highest level of defense,” Williams concluded.

Local Knights of Columbus to Sponsor Youth Free Throw Competition

All boys and girls ages 10 to 14 are invited to participate in the local level of competition for the 2012 Knights of Columbus Free Throw Championship. The local competition will be held Sat, Jan 28th, 9:00 - 11:00 a.m. at the Milton High School Gym and is absolutely FREE.

The Knights of Columbus Free Throw Championship is sponsored annually, with winners progressing through local, district and state competitions. International champions are announced by the K of C international headquarters based on scores from the state-level competitions. ALL boys and girls 10 to 14 years old are eligible to participate and will compete in their respective age divisions. Last year more than 181,000 sharpshooters participated in over 3,100 local competitions.

All contestants on the local level are recognized for their participation in the event. Participants should be prepared to furnish proof of age and written parental consent. For entry forms or additional information contact: Rusty Bradberry at Home - (850) 665-8421 or Work (850) 623-7608. Or email: bradberry16@bellsouth.net.

Please note that the entry forms may be filled out Saturday morning prior to the event.

Complacency

- (Cont. from Page 2)

up when the victims forget the first rule of weapons safety: Treat every weapon as if it's loaded. Numerous firearms mishaps show that the victim accidentally shot him or herself while cleaning a weapon that was assumed to be unloaded.

Nelson said complacency also strikes deployed Sailors who fall into what he calls "The Groundhog Day Syndrome" after the movie where Bill Murray's character is forced to relive the same day over and over again.

"When you're doing the same thing day in and day out, you start to feel like you can do it in your sleep," he said. "The fact is you can't."

This truth is borne out by NAVSAFECEN survey teams who regularly visit ships and squadrons to help determine if they comply with various safety requirements. Lt. Christine Davy specializes in surveying how well Sailors complete their Planned Maintenance System (PMS) checks. She said this is an area where complacency can set in, and while Sailors may get away with improper maintenance for awhile, eventually it may lead to dire consequences.

"When you reach for that piece of equipment in an emergency, it needs to operate as advertised," she said, noting that proper and careful maintenance is the only way to ensure it will.

She said she takes a great deal of pride in training Sailors on how to thoroughly perform damage control maintenance, because it makes a real difference in life or death situations.

"People's blood is there to show the importance of maintenance. Ask the guys on the Cole, or the Whidbey Island, or the Stark," Davy said, referring to high profile incidents where Sailors had to use damage control equipment to save their shipmates' lives.

Nelson said the disturbing thing is Sailors know complacency is a danger, but still fall into the trap.

"I've been at the Naval Safety Center more than thirty years, and thirty years ago we wrote articles that said 'complacency kills,'" he said. "It still does."

For more information about combating complacency and to read the weekly Friday Funnies, visit www.public.navy.mil/navsafecen.

2012 Gulf Coast Military Mardi Gras Ball

When:	FRIDAY, 10 February 2012 6:30 P.M. – Happy Hour 7:30 P.M. – Dinner Begins	Price per person... <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>E1 thru E4</td><td style="text-align: right;">\$25</td></tr> <tr><td>E5 and E6</td><td style="text-align: right;">\$35</td></tr> <tr><td>E-7 thru E-9; GS-10 and below</td><td style="text-align: right;">\$50</td></tr> <tr><td>CWO2 thru O-3</td><td style="text-align: right;">\$55</td></tr> <tr><td>O-4; GS-11 and higher</td><td style="text-align: right;">\$60</td></tr> <tr><td>O-5 and higher</td><td style="text-align: right;">\$65</td></tr> <tr><td>Civilian guests, CG Auxiliary and Contract Employees</td><td style="text-align: right;">\$50</td></tr> <tr><td>CGES & NAF Employees</td><td style="text-align: right;">\$50</td></tr> </table> <p style="font-size: small; margin-top: 5px;">* Retirees pay at grade of retirement * Spouse of member is same price as military member</p>	E1 thru E4	\$25	E5 and E6	\$35	E-7 thru E-9; GS-10 and below	\$50	CWO2 thru O-3	\$55	O-4; GS-11 and higher	\$60	O-5 and higher	\$65	Civilian guests, CG Auxiliary and Contract Employees	\$50	CGES & NAF Employees	\$50
E1 thru E4	\$25																	
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O-4; GS-11 and higher	\$60																	
O-5 and higher	\$65																	
Civilian guests, CG Auxiliary and Contract Employees	\$50																	
CGES & NAF Employees	\$50																	
Where:	Renaissance Riverview Plaza Hotel 64 South Water Street Downtown Mobile																	
Dress:	Military Personnel: Dinner Dress Blue* *O-3 & Below may wear : Service Dress Blue (SDB Coat, No Cover) Men: Tuxedo Women: Evening Gown or Tea-Length Cocktail Dress (Mid-Calf)																	
Buffet:	Chicken Picatta, Trout Almandine, Smoked Beef Brisket, 3 Cold Salads, Steamed Vegetables, Roasted Potatoes, Rolls, Desserts																	
www.militarymardigras.com																		

Questions:
 LCDR Mick Scott (251) 441-6189
 LCDR Rob Potter (251) 441-6944