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SAAM takes center stage at NASWF



Actors Fawzia Mirza and George Zerate perform the educational improvization show “Sex Signals” at Naval Air Station Whiting Field during an all-hands Sexual Assault Awareness training event on Wednesday, April 4. April has been designated National Sexual Assault Awareness Month. U.S. Navy photo by Lt. j.g. Tim Mosso.

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

Naval Air Station Whiting Field welcomed the arrival of National Sexual Assault Awareness Month with a combined proclamation of principles and an educational performance event Wednesday, April 4.

Air station Commanding Officer Capt. Matthew Coughlin proclaimed April as National Sexual Assault Awareness Month aboard the base before ceding the station’s auditorium to an interactive theatrical experience by Chicago-based Catharsis Productions.

Coughlin offered an unequivocal condemnation of all sexual assault. He stressed its pernicious effects as a destroyer of lives, communities, careers, and the military itself.

“Rape, sexual assault, and sexual harassment impact our community... everybody loses,” he declared.

While Coughlin roundly denounced sexual assault in general, he highlighted the exceptionally galling instances of “blue on blue” incidents as a debilitating attack

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NASWF celebrates women’s history

By Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field celebrated Women’s History Month with a luncheon hosted by the base’s diversity committee Thursday, March 28.

Women’s History Month has been celebrated since 1986 to honor the achievements and contributions of women throughout the nation’s history. Each year carries different themes, and this year’s was “Women’s Education, Women’s Empowerment.”

NAS Whiting Field Commanding Officer, Capt. Matthew Coughlin welcomed the guests to the luncheon and kicked-off the ceremony by reminding them how important it is to garner new knowledge from each one of the diversity events.

“I always say it is important to learn something new at each one of these events; but today, I am going to teach you something.”

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Dr. Raina Alexander serves as the guest speaker for the Women’s History Month luncheon at Naval Air Station Whiting Field on Thursday, March 28. She had just returned from a humanitarian visit to Haiti and spoke of the women’s issues she witnessed there. U.S. Navy photo by Jay Cope.

Easter egg hunt brings holiday cheer to kids

By Jay Cope, NAS Whiting Field Public Affairs

More than 80 children from Naval Air Station Whiting Field were excited to visit with the Easter Bunny on Saturday, April 1 at the base. Sponsored by the First Class Petty Officer Association, the event was an exciting opportunity for the kids to have some pre-Easter fun. The second annual event consisted of contests, games and of course an Easter egg hunt.

“Everything went great,” event coordinator Aviation Boatswain’s Mate 1st Class Bradley Anthony said. “We had more than 80 kids come which was a pretty huge turnout, and all the kids went home with a prize and eggs in their baskets.”

Each child received a candy bag just for coming out, but the large chocolate Easter bunnies and the baskets of Easter candy were saved for the lucky children who found the gold or silver Easter eggs or won the contests for “Best Easter Basket,” “Best Easter Hat,” or “Best Easter Outfit.” Prizes were issued for first, second, and third-place finishers.

The event went from nearly 50 youths in its first year to greater than 80 and Anthony feels like they might need a larger location in the future if it continues to grow. He hopes it does. After all, the whole purpose is to provide a good time for as



The Easter Bunny presents some candy to one of the more than 80 children who attended the First Class Petty Officer Association Easter Egg Hunt at NAS Whiting Field. Photo courtesy of the FCPOA. many kids as possible.

“Military children endure a lot with the flight schedules and work routines. We just wanted to reach out and help them all have a little fun,” he said.

This Week in Naval History

April 10

1941 - USS Niblack (DD 424), while rescuing survivors of a torpedoed ship, depth-charged a German submarine; the first action of WW II between U.S. and German navies.

1963 - During diving tests, USS Thresher (SSN 593) lost with all hands (112 crew and 12 civilians) east of Cape Cod, Mass.

April 11

1783 - Congress declares end of war with Great Britain.

1900 - Navy accepted its first submarine, USS Holland.

1991 - U.N. ceasefire ends Persian Gulf War.

April 12

1861 - Civil War begins when Confederates fire on Fort Sumter in Charleston, S.C.

1911 - Lt. Theodore Ellyson designated first naval aviator.

1962 - U.S. Navy demonstrates new landing craft with retractable hydrofoils, LCVP (H).

1975 - Operation Eagle Pull evacuation from Cambodia.

April 13

1847 - Naval Forces begin 5-day battle to capture several towns in Mexico.

1861 - Fort Sumter surrenders to Confederate forces.

1960 - Navy’s navigation satellite, Transit, placed into orbit from Cape Canaveral, Fla. and demonstrates ability to launch another satellite.

Learn more at <http://www.history.navy.mil>

Military Women Needed for UWF Academic Study

Women Military Careerists Needed for Study - A doctoral student, Pat Gleich, is looking for women from all branches of service, both enlisted and commissioned personnel, and any and all duties and assignments who are willing to be interviewed as part of a dissertation study (Social Sciences at UWF). This is a qualitative research study using one-on-one interviews and was designed to gain a better understanding of what in Sociology is called the life course - the cumulative experiences - of women born between the years of 1940 and 1955 and who joined the military and became military careerists.

The intent of this study is to explore the initial choice to join the military, the choice to stay in the military as a careerist and the experiences in the military – especially since there were not many women choosing this career path during the years this age group would have initially served.

The study process will be monitored by the Institutional Review Board at the University of West Florida and Pat’s dissertation committee. Study participants will be interviewed confidentially and their stories and experiences will be collected anonymously. After each interview the study interviewee will be given a copy of the text of the interview to verify and correct, and she will be able to remove any portion of the interview she wishes or opt out of the study. Interviews will be conducted over the course of the summer of 2012 at sites convenient to the interviewee.

If you are interested in learning more about the study or in participating, please contact Pat Gleich at pgleich@pensacolastate.edu or phone 850.981.2426. Pat is a resident of Milton, a member of the age group she is studying, a teacher at Pensacola State's Milton campus and is completing her doctorate in Social Sciences at the University of West Florida.

News and Notes

New Hours/Days of Operation - The Bowling Center is changing their days and hours of operation. The bowling lanes will be closed Sunday through Thursday. New hours are Fridays and Saturdays 2 to 10 p.m. Lane fees are \$1 per person per game with free shoe rental. The closing does not affect snack bar hours of operation. The snack bar will remain open Monday through Thursday, 7 a.m. to 7 p.m., Friday 7 a.m. to 9 p.m., Saturday 2 to 9 p.m., and closed Sunday.

Power Outage - The Fitness Center will be closed this Saturday and Sunday, April 14-15, due to a scheduled power outage from work being conducted on the pool and emergency generator circuits. MWR apologizes for the short notice and inconvenience this may cause our patrons. To keep abreast of current information about MWR, check out their Facebook page at <http://www.facebook.com/wfmwr>

From the CAC Card Office - Effective immediately: Any military member who loses their CAC card MUST get a special request chit from their chain of command in order to receive a new CAC card. All others (contractors, civil service, etc.) will continue to need a police report in order to replace their lost CAC.

Disney on Ice - The Pensacola Civic Center Saturday and Sunday May 13 and 14. The discounted ticket price is \$21.75. There are only a limited number of tickets available. Call Cyndi Myers at 850-665-6250 for details.

Santa Rosa County Fair - ITT also has discounted tickets for the annual Santa Rosa County Fair which will run through April 14.

Bonfire Jam - Pensacola Beach will be rockin' Saturday, May 12 with the sounds of Ronnie Dunn, Craig Morgan Sunny Sweeney and Brett Eldredge during the 2012 Bonfire Jam. Tickets are on sale now at www.bonfirejam.com.

Test Preparation Programs for Military - Military personnel can obtain SAT and ACT PowerPrep programs at cost (\$13.84 to \$72.00). The retail value of these programs is \$199.99 to \$599.00. The SAT and ACT PowerPrep programs are available as a DVD-ROM set and/or books. This program is available to all service members, including members of the Reserves, Active Duty, and their families this offer is made possible because of donations from NFL/MLB players. This program has been extended to military families and veterans for



“Lights On” for SAAM

NAS Whiting Field honors National Sexual Assault Awareness Month’s “Lights On” initiative Friday, April 6. The movement to eradicate sexual assault was recognized within the air station community by driving with headlights activated during the designated day of solidarity. U.S. Navy photo by Lt. j.g. Tim Mosso.

a sixth consecutive year through the eKnowledge Sponsorship Alliance, NFL and MLB players, and over fifty other organizations. Please contact the provider directly at support@eknowledge.com or call 1-951-256-4076 for questions or assistance.

Run for Their Lives - Lakeview Center is sponsoring their 5th annual 5K Run/Walk to raise awareness of issues pertaining to sexual assault. The 5K is scheduled for Saturday, April 21 beginning at 8 a.m. on Pensacola Beach. Pre-registration is \$18 for all ages with a \$3 discount for active duty military. The cost to participate is \$23 on the day of the race. For more information view the race website at www.runfortheirives.kintera.org.

2012 Players Championship: Free Tickets & Events For Military

All active duty, retired, and Reserve military personnel along with their dependents receive complimentary admission to the tournament all day, every day. Free tickets are available online via a link to TicketMaster from <http://www.pgatour.com/tournaments/r011/>. These are print-at-home tickets and military personnel and their dependents will be asked to present the paper ticket AND valid military ID at the gate.

Boys & Girls Clubs of the Emerald Coast 5K

Boys & Girls Clubs of the Emerald Coast will sponsor the Inaugural Red Brick Road - Thomas Cameron Memorial 5K at 9:00 a.m., Saturday, June 2nd, in East Milton. This run is being held in memory of LTJG Thomas Cameron, USCG. The 5K will be on the historic State Road 1 Red Brick Road, a part of the Old Spanish Trail that once connected Milton and Crestview. It will begin on Airport Road near Peter Prince Airport and end at the new Boys & Girls Club near the intersection of U.S. Highway 90 & State Road 87. Registration cost thru May 25th: \$25.00 May 26th thru race day: \$30.00 You can register on line or download a registration form by going to www.redbrickroad5k.org.



Recognizing Top Sailors

NAS Whiting Field Commanding Officer Capt. Matthew Coughlin prepares to present awards to Aviation Boatswain’s Mate 1st Class Shane Ammons and Aviation Boatswain’s Mate 2nd Class John D. Greenwood. U.S. Navy photo by Jay Cope.

Upcoming Events

April 13, 1300 - Winging Ceremony - Base Auditorium

April 13, 1030-1400 - SITE Program Art Auction and Open House - Bld. 1459

April 14 - Assistant Secretary of the Navy Visit to NASWF

April 20, 1000-1200 - VT-2 Change of Command - Atrium

April 24 - Vice Adm. William D. French Visit to NASWF

Fleet and Family Support Classes

Money and the Move - Thursday, April 12 from 1 to 2 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 for. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Common Sense Parenting (2-5 years old) - Monday, April 16 from 1 to 3 p.m.

Unfortunately, children do not come with instruction manuals. As a result, FFSC is holding a class that will provide you with the tools that will equip you with the skills for raising responsible and well-adjusted children. This class is for any parent who wants to "brush up" on their parenting skills or new parents that are not sure where to begin. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Anger Management - Wednesday, April 18 from 1 to 2 p.m.

Is anger affecting your health, your relationships, or your work performance? Learn to understand the causes and effects of unhealthy anger and how to express and release that anger in a healthy way! Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

VA Representative - Friday, April 20 from 8 to 12 p.m.

Call (850) 623-7177 for appointment and details of required documentation.

Interview Skills - Monday, April 23 from 10 a.m. to noon.

This workshop will discuss ten ways to conduct yourself in a job interview, how to organize yourself for an interview, and how to prepare for expected interview questions. Participants will also be given tips on how to end an interview. For more information, contact a Work and Family Life Specialist at 850-623-7177.

Ocoee River Whitewater Rafting Trip

April 27-29, 2012

\$160.00

Last Day to Sign up is April 20th



READY FOR AN ADVENTURE?

Join us for a heart pounding run on the Ocoee River in Tennessee. For this trip we will be running both the Upper Olympic Section and the Middle Section of the river. The Ocoee is a dam released river that has rapids ranging from bouncing Class III to fast paced Class V. We will run the river on Sunday the 29th and have lunch on the river! The cost of the trip covers the rafting cost, camping fees, all the gear you will need and transportation.

Space is limited so sign up early!

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

If you miss this one check out the next two Whitewater trips we have coming up in June and July.

Awareness

- (Cont. from Page 1)

on Navy Core Values, a supreme violation of trust, and a detriment to mission readiness of forces worldwide.

The base commander emphasized that the consequences of an assault spread collateral damage far beyond those individuals directly involved. He related how the legal expenses, loss of manpower, emotional distress, and time expended pursuing justice for a single offense can cripple a unit.

Coughlin also noted that the lingering effects – victim trauma, lost resources, and even jail time – can linger for years.

“I... join all anti-sexual violence advocates and support service programs in the belief that all community members must be part of the solution to end sexual violence,” he concluded.

Following Coughlin’s address, actors Fawzia Mirza and George Zerante took the stage to perform “Sex Signals,” an awareness-themed improvisation show in which air station personnel were invited to participate.

The performers asked the audience to give input on scenarios ranging from absurd exaggerations of gender-based stereotype behavior to grave discussions of how an intimate encounter crosses the threshold of assault.

The performance followed an arch from benign displays of farcical scenarios involving awkward “ice-breakers” and clumsy advances to more realistic explorations of how assault unfolds in the wake of bad decisions.

A scenario involving service personnel and an accusation of rape drew particular emphasis from Mirza and Zerante while eliciting broad-based commentary from the audience.

At each stage of the hypothetical incident, the actors paused to query members of the assembly. The circumstances surrounding the characters’ initial encounter, particularly the effects of alcohol in the decision-making process, came under close scrutiny by participants.

When asked for his input, one Sailor saw the victim’s consumption of alcohol as a clear red flag that should have precluded sexual contact. “In my opinion, this could have been considered ‘rape’ from the moment an inebriated individual was coaxed into intimacy,” he remarked.

Another viewer thought the accused rapist crossed the line at “the moment she said ‘stop’ and he didn’t.”

The performance also highlighted two of “Sex Signals” signature educational techniques: audience tailoring and fact-based action.

“We try to personalize the show to each audience,” Zerante explained.

The focus on Navy terminology, common duty routines, off-duty circumstances, and familiar lifestyle elements were designed to move the action away from abstraction and offer a concrete demonstration of the flow of events leading to assault in a military relationship.

“We perform versions of the show for all services. We know that when you go from the civilian world to the military world, your language changes, and we try to adapt to that,” Mirza stated.

Moreover, the show’s content is informed by the actors’ training as Sexual Assault Responders and the writers’ firsthand experience with assault victims.

“Most of our performers come from a theatrical background, but everyone who performs the show receives 40 hours of training in sexual assault response; many of the show’s writers [at Catharsis Productions] have worked with victims and draw from that when creating the framework,” Mirza said.

Although each show unfolds in a unique fashion based on audience type and participation, common themes are emphasized by the framework. The actors highlight the importance of bystander intervention in preventing assaults, the value of common sense and restraint in dating, and the danger that is introduced when alcohol consumption impairs judgment.

NAS Whiting Field was one of only five installations in Navy Region Southeast to host “Sex Signals” this April. The base’s Fleet and Family Support Center sponsored the performance, and newly-appointed FFSC Sexual Assault Response Coordinator Rachel Phillips introduced both herself and the actors to the crowd.

Phillips encouraged all air station personnel to support SAAM initiatives during the month of April, practice vigilance against sexual aggression all year, and to contact FFSC at any time for additional information or direct assistance.



NAS Whiting Field SARC Rachel Phillips watches as base Commanding Officer Capt. Matthew Coughlin signs the air station’s Proclamation of National Sexual Assault Awareness Month at a training event Wednesday, April 4. U.S. Navy photo by Lt. j.g. Tim Mosso.

SAAM: Facts, Figures, and Attitudes

National Sexual Assault Awareness Month challenges all Americans to confront and combat destructive sexually-offensive behaviors that harm victims and damage their communities.

In the armed forces, sexual aggression is a threat to mission readiness. These internal attacks on the morale and focus of service members can undermine trust, working relationships, and conduct of operations. Such behavior is as serious an impediment to mission success as efforts of external aggressors.

Not all elements of sexual aggression are direct acts of physical assault. In many cases, sexual harassment is a precursor to physical assaults. This behavior is demeaning, disturbing, and disruptive to its victims, and it can poison a command climate.

Harassment is a gateway action that establishes a malicious precedent and may promote attitudes that open the door to more severe sexual aggression. Even at the verbal level, this activity is a violation of Navy Core Values that denies fellow sailors a stable work environment.

To advance the cause of sexual assault awareness at Naval Air Station Whiting Field, consider the following facts and suggestions:

Sexual Harassment is defined and concrete. Per OPNAVINST 1752.1B, sexual harassment is a form of sex discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when:

- a. Submission to or rejection of such conduct is made either explicitly or implicitly a term or condition of a person's job, pay, or career, or
- b. Submission to or rejection of such conduct by a person is used as a basis for career or employment decisions affecting that person, or
- c. Such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creates an intimidating, hostile, or offensive working environment.

Sexual Assault causes lasting damage to victims and the government. The U.S. Department of Veterans Affairs now classifies Military Sexual Trauma as a recognized service-connected condition. It is psychological trauma, which in the judgment of a VA mental health professional, resulted from a physical assault of a sexual nature, battery of a sexual nature, or sexual harassment which occurred while the Veteran was serving on active duty or active duty for training. The consequences for the service begin with the impairment of the victim's mission readiness and continue with long-term medical consequences. The VA spent an estimated \$872 dollars on sexual assault-related healthcare expenditures.

Sexual Assault directly affects readiness. The Fiscal Year 2010 Department of Defense Report on Sexual Assault found that such behavior is a serious threat to both combat effectiveness and mission readiness. The 3,158 instances of assault reported to the DoD in 2010 were found to be "corrosive to morale and to operational and combat readiness... the crime of sexual assault takes an immeasurable toll on the victim and diminishes the Department of Defense's overall capability, degrading mission readiness, subverting strategic goodwill, and raising financial costs."

As Chief of Naval Operations Adm. Jonathan W. Greenert emphasized in a recent message to all Sailors, "Sexual assault is an attack on the Sailor. On average, these attacks take place every day... what we really need to do is stop these attacks before they occur... we need to watch our humor, our language, and make sure it is appropriate for this workplace... it's about changing attitudes."



Women's History

- (Cont. from Page 1)

Coughlin related the story of the first U.S. Navy ship named after a woman who had served in the Navy, the USS Higbee (DD-806). A World War II and Korean conflict-era ship, it would be nearly 50 years before the USS Grace Hopper joined in the naming tradition. Coughlin's father served on the ship, and it probably served as the impetus for his joining the military in turn.

Chief Nurse Lenah Higbee was the second superintendent of the U.S. Navy Nurse Corps and led the unit through World War I. She received the Navy Cross for her efforts, and was the first living woman to be so decorated.

Following Coughlin's introduction, Dr. Raina Alexander, the event's guest speaker, addressed the audience.

Alexander is a family medicine physician from the family medicine clinic at Naval Hospital Pensacola. She had recently returned from a mission trip to help families in Haiti and spoke about the experience. During the visit, she and the other doctors treated 800 patients in four days. She said the pace allowed for little interaction with which to make any kind of a personal connection, but a period of time was set aside with local women to help Alexander and the rest of the team understand the culture and the lifestyle of these women.

The women they interviewed endured a severe lack of education and money. Most of them married in their early 20s and were unable to work outside of the household to bring additional income to the family. They were unable to pay for advanced education for their children, and many children died of afflictions, such as diarrhea and fevers, that are rarely fatal in this country.

"In the world in which we live, the question of how women empower themselves has some universal commonalities. While the women of America have come far, in the grand scheme of things, we are less than 100 years away from being in the same boat as our Haitian counterparts," she said.

Alexander provided examples of women who took the opportunities given to them and changed the world: Harriet Tubman, Margaret Thatcher, Sojourner Truth, and others, but she also emphasized that everyday women meeting everyday struggles can also "inspire." She used the example of a single mom with two young daughters who joined the Navy at 18. While working full time, she earned a bachelor's, a master's degree, and is working on a Nurse Practitioner certification.

"Her achievements encourage others, and serve as a role model for her daughters," Alexander stated.

She concluded her presentation by stressing the importance of remembering that the "actions of a few can change the lives in the present and the future."

"I recognized that the circumstances we encounter every day provide opportunities for us to grow personally and for us to enrich the lives of others. In acting upon those opportunities that come our way, we can change circumstances, shape our futures and the future of others."

"We are empowered by the faith, actions, and opportunities presented to those who came before us and we must continue to work together to empower those who feel powerless today and those yet to come."

Before breaking for the lunch prepared by the Diversity Committee, Air Traffic Controller 2nd Class presented a poem called "The Empowered Woman" and Command Master Chief Rafael Rosado closed with a few comments on what he has observed during his career.

"I have seen some pretty amazing changes in my 28 years in the Navy. Women have become the unsung heroes who help make our commands work... don't ever have boundaries. In the Navy, the only boundaries are those you place on yourselves. There are no limits in your hearts to what you can accomplish."

"While the women of America have come far, in the grand scheme of things, we are less than 100 years away from being in the same boat as our Haitian counterparts."

- Dr. Raina Alexander

SECURITY CHECKPOINT



Question: "What determines the date I receive with my base decal (DD FORM 2220) and what is the maximum date one can receive?"

Answer: The dates issued with your base decal (DD FORM 2220) are based off the date on your Military, Dependent, and CAC ID card not to exceed a maximum date of 3 years of date issued. Retired Military and their dependents that have indefinite validity on their IDs will receive the maximum date.