

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.

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Forging Wings for the Fleet

Friday, May 15 2015

2015 INSTALLATION EXCELLENCE AWARD WINNER

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NAS Whiting Field Hosts Blue Wahoos Baseball Camp

By: Ensign Margaret Gresham, NAS Whiting Field, Public Affairs

Baseball is as American as Apple Pie. This past Saturday, the great pastime merged with local military to create a fantastic opportunity for Naval Air Station Whiting Field's (NASWF) kids at the installations baseball fields.

Pensacola's own minor league baseball team The Blue Wahoo's hosted a baseball camp on the NASWF baseball fields as part of their community outreach. The team showed their support for area service members with the baseball camp for military families. The camp hosted nearly 40 children ranging in age from 5-13.

The Cincinnati Reds Double "A" affiliate brought a staff of 8 including three players; Carlos Gonzalez, Kyle McMyne, Jacob Johnson. While the three players worked specifically with the children the Blue Wahoo's President Jonathon Griffith directed the activities which included; stretching, running, batting, pitching, fielding, and fundamental exercises. At the end the children were able to get their glove, baseball cap, or Blue Wahoo T-shirt signed by the three volunteer players and Kazoo the Wahoo's mascot.

Griffith felt it was important to reach out to the mili-



Blue Wahoos President, Jonathan Griffith, talks to NAS Whiting Field kids before starting the 2015 NAS Whiting Field Blue Wahoos Kids Baseball Camp. U.S. Navy photo by Ensign Margaret Gresham.

tary in this way, "Our goal of community outreach is to improve the lives of the families in Pensacola and the surrounding areas. We want our players to share their knowledge and love of baseball with these children. Pensacola thrives off the military community and sustenance they provide so it is especially important that we help those families associated with the military and give back to them our time and support."

The camp was broken up into three different stations so each player could focus on a smaller group and give each child some individual attention and critiques. The children were at each station for approximately 20 minutes before switching to the next. The first station involved throwing where the children practices tossing the ball back and forth to one another then pitching to Kyle McMyne who was acting as the catcher. The second station entailed mostly running where the children focused on running through the four bases and then the best technique to steal bases as Carlos Gonzalez played pitcher. The last station was one of the children's favorites because they were able to practice hitting techniques off a tee. Jacob Johnson gave each child tips and tricks to improve their swing and stance.

Nine year old Ethan said, "The hitting station was the most fun because I got to practice my swing and I could see how I was getting better with each round. I got some great feedback from the Jacob, like to always aim for the top of the ball, and keep a strong front foot when I stepped to swing. I got to talk first hand with him and that was cool."

This event was more about the children than anything, it is always great to participate in community outreach but the happiness seen on the children's faces was immeasurable. All of the parents were getting involved and could be heard encouraging their children from the sidelines.

"Events like these let the children connect with local professionals and makes them feel like they too are part of the team. Baseball, or any sport for that matter, teaches teamwork, how to win and loose with dignity, sportsmanship, and respect. I would definitely bring my child to another event like this one," stated Kevin Jackson who works on Whiting Field.

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Cover: Aviation Boatswain's Mate First Class James Page brought his wife and two children to the MWR Luau on May 2nd and showed the crowd how he has fun while going down the water slide at the base's on site pool. Page recently returned from deployment in Bahrain where he worked as Fire Station Two Station Captain at Isa Air Base. The MWR Luau kicked off the official opening of the bases pool for the 2015 summer season. U.S. Navy photo by Ensign John Spoehr.

The Whiting Tower

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The Whiting Tower is an authorized publication for members of the Naval Air Station Whiting Field team, tenant commands, their family members and retirees in the surrounding area. The contents of this publication do not necessarily reflect the views of the U.S. Government, the Department of Defense or the Department of the Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station Whiting Field.

SECNAV Announces Changes for Midshipmen's Careers and Opportunities

By Mass Communication Specialist 2nd Class Tyler Caswell, U.S. Naval Academy Public Affairs

ANNAPOLIS, Md. (NNS) -- Secretary of the Navy (SECNAV) Ray Mabus announced Navy-wide changes that will affect midshipmen's physical readiness, career paths and post graduate education, during a speech at the United States Naval Academy (USNA), May 13.

The initiatives Mabus outlined focused on improving flexibility, transparency and choice for midshipmen's careers.

Starting this September, SECNAV is establishing the Office of Talent Optimization at USNA. The office will analyze labor market data from private sector and academia to keep personnel systems competitive, and create a true marketplace of talent.

"This office will identify better ways to align our Sailors' and Marines' talent," said Mabus. "Getting out of the here and now and focusing on the future warfighting requirements of our communities."

A refinement in service selection will be seen in the upcoming year. Improvements in the optimization models will put more focus on talent and interest thereby in-

- (Cont. on Page 11)



ANNAPOLIS, Md. (May 13, 2015) Secretary of the Navy (SECNAV) Ray Mabus announces the Department of the Navy Talent Management Initiatives at the U.S. Naval Academy. The initiatives are broken up into sections including the Navy and Marine Corps fitness culture, uniforms, adaptive workforce and performance based advancement. (U.S. Navy photo by Mass Communication Specialist 2nd Class Armando Gonzales/Released)

Hurricane Preparedness 2015: Don't React, Act

By: Ensign Margaret Gresham, NAS Whiting Field, Public Affairs



Hurricane Dennis approaches Pensacola Beach, FL July 9 2005. Photo by Doug Kiesling

With most natural disasters, time is not something one can afford to waste. In many instances floods, tornadoes, mud slides and other natural disasters can strike with little to no warning and only allow people minutes to react. Hurricanes on the other hand, in most cases, give people time to prepare if they choose to do so. Hurricane season IS COMING, there is valuable information and ways to prepare for the worst case scenario so when a hurricane does strike, Marines and Sailors are ready for it. It is importance to have information at hand and make the preparations that can help ensure advantage is taken of that precious time.

There are many dangers associated with hurricanes and people must be aware of those dangers in order to properly prepare for them. There are five distinct dangers people should become familiar with. The first is a storm surge which is the rising surge of water that can lead to coastal flooding. This was a very real danger in 2005 when Hurricane Katrina caused severe damage along the Gulf coast from central Florida to Texas. Another danger is Maritime exposure,

or the hazards that affect those at sea. This does not affect those at Whiting Field as much, but the rough waves, strong currents, and high winds associated with hurricanes at sea can be extremely hazardous to the forward deployed naval fleet.

Many people may not associate tornadoes with hurricanes, however more than 50 percent of hurricanes spawn tornadoes, usually in the right-front quadrant. Along with tornadoes there are strong winds, ranging from 74 to over 155 mph which can turn any loose object into deadly projectiles. This is why Whiting Field removes or hangers all the T6-B Texan II's to avoid damage from winds and flooding. Hurricane Ivan in 2004 caused severe damage to many of the building on Whiting Field due to the strong winds. Finally the last distinct danger is inland flooding; this is the flooding associated with storms that can flood areas hundreds of miles from the coast, and accounts for 60 percent of hurricane related deaths. People may think they are safe further inland but flooding can still strike and causes severe damage.

If these dangers seem likely to occur, there are two evacuation options that depend on whether the evacuation is mandatory or voluntary, which is determined by the commanding officer's discretion. If the evacuation is a voluntary evacuation, meaning the military member and their families are choosing to leave the area for safety reasons, they must do so on their own expense. There is no radius for voluntary evacuations; however the member must be available to come back to work once notified that the base is safe. Just because the evacuation is done independently for every family does not mean they are free leave without notification. The ser-

- (Cont. on Page 10)

Force Protection Level Boosted at DoD Facilities Nationwide

By Cheryl Pellerin
DoD News, Defense Media Activity

WASHINGTON, May 8, 2015 – The commander of U.S. Northern Command has elevated the force protection level for all Defense Department facilities in the continental United States, but not because of a specific threat, Pentagon spokesman Army Col. Steve Warren said here today.

Force protection condition levels, or FPCON levels, range from Alpha, which applies when an increased general and unpredictable terrorist threat exists against personnel or facilities, to Delta, which applies in an immediate area where a terrorist attack has occurred or is imminent.

Today, Northcom raised the force protection level at all DoD facilities nationwide from Alpha to Bravo. Bravo applies when an increased or more predictable threat of terrorist activity exists.

“I won’t go into the specifics of what that means because it is information that a potential adversary could use against us,” Warren said.

But in general, he added, at DoD posts, camps and stations, the elevated FPCON level means more comprehensive checking of those entering the facilities, heightened awareness of personnel at the facilities, and in some circumstances, more security personnel on duty at the facilities.

Increased Vigilance

“As far as what the American public can expect to see,” Warren said, “broadly speaking there won’t be a change, but in specific areas there could be longer lines as personnel enter posts, camps and stations around the nation, [and this] could have traffic implications.”

At Northcom in Colorado Springs, Colorado, spokesman Air Force Master Sgt. Chuck Marsh said that raising the baseline force protection condition “was a prudent measure to remind installation commanders at all levels within our area of responsibility to ensure increased vigilance in safeguarding our DoD personnel, installations and facilities.”

The raised FPCON level is in addition to random drills or exercises performed at all DoD facilities, Marsh added, “and they’re all a means to insure that we effectively execute our force protection mission.”

The New Normal

The FPCON level was raised at this time because of a general environment of heightened threats, he said.

“This is the new normal,” Marsh said, “so we’re going to be doing random security [protection] measures ... to be able to best execute the safety and security of our people and our facilities.”

According to Northcom, the commander last raised the FPCON level from Alpha to Bravo in 2011 in preparation for the 10th anniversary of the terrorist attacks of September 11, 2001.

At the Pentagon, Warren said, the FPCON level has been at Alpha but “with selected measures from Bravo in effect. Now it’s Bravo.”

Threat Level ‘Has Increased’

This is an acknowledgement, Warren added, that “right now we believe the threat level nationwide has increased.”

According to Northcom, the potential for another attack is always possible and implementing random force protection measures is one way to minimize the likelihood of an attack on an installation or service members.

“Some of you can see for yourselves -- you can look at Twitter or at other social media sites and see threats,” Warren said.

“We have a little bit more capability than you do so we see a little bit more than you do. Some of

[the threats] are international, some are domestic ... but it’s an overall increase in the environment,” he said.

Warren added, “It’s as if the temperature of the water has gone up a degree or two”



Members of U.S. Northern Command and the North American Aerospace Defense Command monitor systems and networks in the NORAD and Northcom Command Center on Peterson Air Force Base in Colorado Springs, Colorado, April 29, 2014. Courtesy photo by Mike Kucharek

Condition	Application	Considerations
FPCON NORMAL	Applies when a general global threat of possible terrorist activity exists.	Warrants a routine security posture.
FPCON ALPHA	Applies when there is an increased general threat of possible terrorist activity against personnel or facilities, the nature, and extent of which are unpredictable.	ALPHA measures must be capable of being maintained indefinitely.
FPCON BRAVO	Applies when an increased or more predictable threat of terrorist activity exists.	Sustaining BRAVO measures for a prolonged period may affect operational capability and relations with local authorities.
FPCON CHARLIE	Applies when an incident occurs or intelligence is received indicating some form of terrorist action or targeting against personnel or facilities is likely.	Implementation of CHARLIE measures will create hardship and affect the activities of the unit and its personnel.
FPCON DELTA	Applies in the immediate area where a terrorist attack has occurred or when intelligence has been received that terrorist action against a specific location or person is imminent.	Normally, this FPCON is declared as a localized condition. FPCON DELTA measures are not intended to be sustained for substantial periods.

News and Notes

Historic Prices for an Historic Course

Naval Air Station Whiting Field will be rolling back prices to 1948 for the final day of the golf course Sunday, May 31. A round with cart will be only \$6 and greens fees for walking will be only \$3. Call 623-7348 for more information or to schedule your Tee Time!

America's Kids Run

The annual America's Kids Fun Run will be held May 16, 2015 at 0900 at the NASWF Sports Complex. This annual event is designed to introduce running as a fun and healthy activity for children. There will be three different lengths to match different age groups: Ages 9-13 will run 2 miles; Ages 7-8 will run 1 mile; and Ages 5-6 will run a 1/2 mile. Every participant will receive a "Fun Run" T-Shirt and a coupon for a free game of bowling at the NASWF Bowling Alley. In addition, there will be a drawing for a free Kayak/Canoe rental from Whiting Park and free movie passes from ITT for all three age groups.

To register, simply go to www.americaskidsrun.org. Select Register and then select NAS Whiting Field. We will not be able to register the day of the event because the website will close at midnight of the 15th. Participants need to arrive before 0845 when the roads will be closed for the run.

Heightening of Security Posture

Naval Air Station Whiting Field is increasing the Force Protection of the base. This change is appropriate and being implemented out of an abundance of caution as directed by U.S. Northern Command, who is responsible for force protection for Department of Defense installations, facilities and units within North America. These changes will include such measures as: single points of entry to buildings, possible delays at the West Gate, reduced access to the flight line, closure of the East Gate, and more. These changes are being taken out of concern for the welfare and safety of the entire DoD team, however, personal vigilance is still the primary defense against potential threats. All personnel are encouraged to review the "See Something, Say Something" campaign established by the Department of Homeland Security at <http://www.dhs.gov/see-something-say-something#>. Be aware, and Be Safe!

ID Card Office Closure

Due to required training assigned by Navy Pay & Personnel Support Center, Acting, Personnel Services Operations Division (PERS-23), all ID card offices will close Wednesday, 20 MAY from 7:30 to 8:30 a.m. Sorry for any inconvenience this may cause. Please mark your calendars as we will be unable to conduct any transactions in the RAPIDS/DEERS systems during this time.

DodgeBrawl

Bay Area Food Bank has partnered with the Pensacola Bay Center on the first annual Dodge Brawl Event! Dodge Brawl is a 64 team, double-elimination dodge ball tournament hosted by the Pensacola Bay Center. The teams are made up of 6-10 individuals that will compete to win the charity of their choice up to \$4,000. The tournament will be held on Saturday, June 27th at the Pensacola Bay Center at 11:00 a.m. This event is free to the public to come watch. <http://www.pensacolabay-center.com/events/detail/dodgebrawl>. Contact Briteny McK-eithen at 850-898-9410 or via email at bmckeithen@bayarea-foodbank.org.

Usage Information

Total Used

1,899,155 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	1,778,394	1,824,392	1,899,155
Average Daily kWh	59,280	58,851	63,305
Days In Billing Period	30	31	30

Energy Conservation

Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. Please help decrease usage by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

NAS Whiting Field would like to recognize the following buildings for last month's highest year-over-year energy reductions. Congratulations to HT-8/18 for their successful energy savings efforts for April as compared to 2014.

3026	Security	-4.6%
2941	NF Maintenance	-6.9%
2977	HT-8/18	-9.3%

Blood Drive

OneBlood will be bringing their van to NAS Whiting Field again, Tuesday, May 19 from 10 a.m. to 3 p.m. One donation can save up to three lives, and all donors will receive a Free Military Appreciation T-shirt and wellness check-up. Anyone who donates blood twice between May 1 and Aug. 31 will also be entered into a drawing to win one of up to 20 prizes. Visit www.oneblooddonor.org and use sponsor code 22315 make an appointment.

Culture Luncheon

The Naval Air Station Whiting Field Diversity Committee will sponsor an Asian-American / Pacific Islander Heritage luncheon May 20 at 11 a.m. in the base auditorium. This year's theme is "Many Cultures, One Voice: Promote Equality and Inclusion."

Tall Ship Visit

The Spanish Tall Ship Elcano will visit downtown Pensacola May 27 through Jun. 1. The ship will be open for tours the following dates and times:

Friday, May 29 from 1000-1300 and 1500-1800

Yard and Plant Sale

The Santa Rosa County Master Gardeners will host their 5th Annual Yard and Plant Sale on Saturday, June 13 from 7:30 a.m. until 1 p.m. at the UF/IFAS Santa Rosa County Extension Office located at 6263 Dogwood Drive in Milton. Shop in air conditioned comfort as the sale is inside. A variety of household items including household goods, linens, kitchenware, dishes, patio items, jewelry, books, garden items, and knick-knacks will be for sale. A variety of plants will be available including herbs, annuals and perennials. No clothing or shoes will be available. Master Gardeners will be available to answer your gardening, lawn and plant questions. The Demonstration Gardens will be open for tours. For more information please contact Mary Derrick at (850) 623-3868 between 8 a.m. and 4:30 p.m. weekdays or via email at maryd@santarosa.fl.gov.

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly winged Navy and Marine Corps, Naval Aviators on May 08

NAS Whiting Field



MAY 2015

TO REPORT A SEXUAL ASSAULT:

Live Chat Help | Confidential | 24/7
 Click: www.safehelpline.org
 Call: 877-995-5247
 A confidential and anonymous sexual assault hotline for the DoD Community
 Text: 55-247 (inside the U.S.) / 202-470-5546 (outside the U.S.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suicide Prevention ACT! Ask Care Treat					1 VA Representative 8:00 am - 12:00 pm	2
3	4	5	6 Effective Communication 10:00 - 11:00 am	7 Challenges of Flight School & Marriage 9:00 - 11:00 am Base Smooth Move 1:00 - 3:00 pm	8	9
10	11 Interview Techniques 8:00 - 10:00 am Stress Awareness & Management 1:00 - 3:00 pm	12 Managing Anger 9:00 - 10:00 am	13 Conflict Management 10:00 - 11:00 am	14 Challenges of Flight School & Marriage 9:00 - 11:00 am	15 BASE PICNIC @ 3:00 pm	16
17	18 Stress Management Multi-Session 1:00 - 3:00 pm	19 Parenting 101 12:00 - 2:00 pm	20 Home Buying 9:00 - 11:00 am Managing Conflict 1:00 - 2:00 pm	21 Challenges of Flight School & Marriage 9:00 - 11:00 am	22	23
24 31	25 MEMORIAL DAY	26 Stress Management 1:00 - 2:00 pm	27 Anger Management 10:00 - 11:00 am TW-5 Smooth Move 1:00 - 3:00 pm	28 Challenges of Flight School & Marriage 9:00 - 11:00 am Car Buying 1:00 - 3:00 pm	29 VA Representative 8:00 am - 12:00 pm	30

7511 USS Enterprise St., Milton, FL 32570
 (850) 623-7177 (comm.) / 868-7177 (DSN) / (850) 623-7735 (fax)
<https://www.cnfc.navy.mil/WhitingField/>

Join us @ 
www.facebook.com/NASWF.FleetandFamily

Around the Base

Saffir-Simpson Hurricane Wind Scale

From the National Hurricane Center

Category 1

74-95 mph winds

Very dangerous winds will produce some damage: Well-constructed frame homes could have damage to roof, shingles, vinyl siding and gutters. Large branches of trees will snap and shallowly rooted trees may be toppled. Extensive damage to power lines and poles likely will result in power outages that could last a few to several days.

Category 2

96-110 mph winds

Extremely dangerous winds will cause extensive damage: Well-constructed frame homes could sustain major roof and siding damage. Many shallowly rooted trees will be snapped or uprooted and block numerous roads. Near-total power loss is expected with outages that could last from several days to weeks.

Category 3 (major)

111-129 mph winds

Devastating damage will occur: Well-built framed homes may incur major damage or removal of roof decking and gable ends. Many trees will be snapped or uprooted, blocking numerous roads. Electricity and water will be unavailable for several days to weeks after the storm passes.

Category 4 (major)

130-156 mph winds

Catastrophic damage will occur: Well-built framed homes can sustain severe damage with loss of most of the roof structure and/or some exterior walls. Most trees will be snapped or uprooted and power poles will isolate residential areas. Power outages will last weeks to possibly months. Most of the area will be uninhabitable for weeks or months.

Category 5 (major)

157 mph or higher winds

Catastrophic damage will occur: A high percentage of framed homes will be destroyed, with total roof failure and wall collapse. Fallen trees and power poles will isolate residential areas. Power outages will last for weeks to possibly months. Most of the area will be uninhabitable for weeks or months.

SECURITY CORNER

Summer!

The official first day of summer is June 21st, but Memorial Day is just around the corner and so is the summer heat.



It is that time of year that is hot and muggy so we are off to the beach, park, fishing and other recreational activities. We dress for the weather by wearing shorts, t-shirts, flip flops, and clothing that does not have any pockets.

We do not want to carry our wallets or purses while we are out and about because we are having fun and don't want to lose them or other things we carry with us. Many of us leave these items in our vehicles, sometimes in plain sight. While you are out having fun, so are the criminals.

If you choose to leave these items in your vehicle, do not leave them in plain sight. Lock them in the glove box, center console or trunk. Be aware of who is around you when you leave items in your vehicle.

When going shopping, we tend to leave our bags in our back seats and continue shopping at other stores; thinking that no one will bother our vehicle. Unfortunately, to our surprise, we come out to our vehicle which had a window open and our bags are gone. When you are leaving one store and headed to another, take time to put your items in the trunk and again, be aware of who is around you while doing this.

Do not help the criminals help themselves. Plan ahead and be aware. Have a safe and wonderful start to your summer.

*Don't Forget to Visit Us
on Facebook and Twitter
at*

www.facebook.com/naswhiting-field

and @naswf

Around the Base

Blue Wahoos- (Cont. from Page 2)



Pictured above and to the right, Blue Wahoos mascot, Kazoo, helps Whiting Field kids get into the baseball spirit during the 2015 NAS Whiting Field's Blue Wahoos Kids Baseball Camp. Pictured below, Whiting Field kids line up to learn batting tips. U.S. Navy photo by Ensign Margaret Gresham.



Pictured above, Blue Wahoos #28, Kyle McMyne, teaches Whiting Field kids basics on pitching and throwing. Pictured below, Blue Wahoos #20, Carlos Gonzalez, signs various baseball memorabilia for Whiting Field kids after finishing the baseball camp. U.S. Navy photo by Ensign Margaret Gresham.



The players divided the younger kids and the older ones for most of the stations. This allowed the players to introduce and reinforce the basics to the younger children while also helping to improve and perfect techniques the older children already knew. Most of the children had a background in baseball or were already part of a local team so they were all excited and receptive to the advice they received.

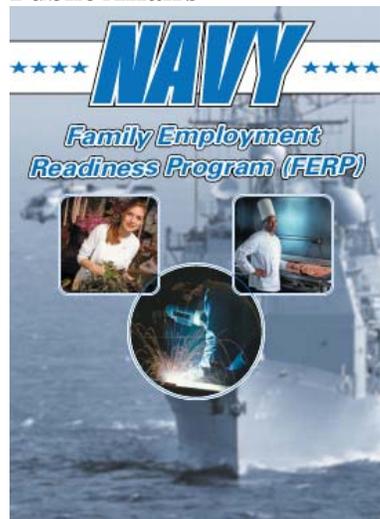
The penultimate baseball event was a mock baseball game. The children got to put together all the skills they had been practicing. They were able to hit the ball, run around the bases and throw the balls to each other in attempts to get one another out. The excitement and vigor was obvious in the children's faces and they all worked together and cheered one another on. Each child got a chance to strut their stuff and show off their new skills, it was a great way to close out a fun event. The game was followed by the players handing out free Blue Wahoo T-shirts and then signing them in an autograph session.

Chief Air Traffic Controlman Rachael Garcia expressed, "This was such a great learning opportunity for my children, it is not easy to get a 12 and 13 year old up early on a Saturday, but they were excited and ready for the camp this morning!"



Family Employment Readiness Program

By: Ensign Margaret Gresham, NAS Whiting Field, Public Affairs



When asked what is the most important part of a military member's life, family is usually the first answer. Naval Air Station Whiting Field and the Fleet and Family Support Center are here to provide military members and their families the tools and resources to make the challenges of military life easier to handle. One challenge of military life is the frequent relocations required of families, this can cause stress and anxiety for everyone. The Family Employment Readiness Program (FERP) is

designed to help alleviate some of the stress involved in relocations by helping military spouses and dependents secure

employment at their new locations.

The military spouse is mobile, and it can be hard for spouses to adapt to traditional civilian jobs that may not understand their need to relocate so often. Some jobs are not willing or are simply unable to accommodate spouses and relocate them to different areas. FERP is a program that helps spouses acclimate to their new area. It was created to help plan a career, launch a job search, write a resume, learn interview techniques, find information on federal employment, conduct self-assessments, set goals, and even take vocational tests.

Darryl Johnson, the Work and Family Life consultant at NAS Whiting Field Fleet and Family Services describes why he feels giving spouses this opportunity is so important. "As a military spouse myself, I understand the importance of being able to work and help support my family. Employment provided through the programs in FERP help to maintain a spouse's self-esteem, lower overall stress in the household, and in many cases it allows spouses to increase quality of life."

One of the programs Johnson refers to is the Priority Placement Program (PPP) Program S and USA Jobs. This
- (Cont. on Page 12)

Recommended Items to Include in a Basic Emergency Supply Kit:



- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



Federal Emergency Management Agency
Washington, DC 20479

Around the Base

Hurricane

- (Cont. from Page 3)

vice member will need to notify their superiors of their plan and let them know the address and number in which they can be reached.

A mandatory evacuation is an evacuation that is ordered by the commanding officer. He will determine that the base is not safe during the storm and the employees on base need to leave. The personnel on base are required to travel to a safer area; the travel is paid and typically lasts up to 10 days. This time frame may be extended if the base is still not safe, for example if severe flooding has taken place and cars cannot get on. Naval Air Station Whiting Field advises people to travel to Albany GA. This is the location of the continued operating base or "safe haven." If personnel living on base do not own personal vehicles, operations will provide transport to the safe haven at no expense to said personnel. If personnel choose to go to a different location, they will be paid to travel as far as Albany but will not be covered if they choose to drive further. If they choose to go to a closer location, their travel will be covered up to that location but no further. For more information on the per diem and travel rates please go to www.defensetravel.dod.mil.

Many people do not want to just pack up and leave their homes on a moment's notice without preparation. In the weeks and months preceding a hurricane there are several steps and actions one can take to develop a good hurricane plan. To begin preparing, build an emergency kit and make a family communication plan. Emergency kits should include food, water, and supplies that will last at least 72 hours. For a comprehensive list of supplies, go to www.fema.gov and look up Emergency Supply List under the Resource and Document Library tab. Know the surrounding area and the best routes for evacuation. Learn the elevation of your property and whether the land is prone to flooding. This will help to know how the property will be affected during and after the storm if storm surges or tidal flooding are forecasted.

Make plans to secure the property before you leave, if you have time that is. Storm shutters are the best defense and a worthwhile investment, however if the home is not equip with shutters, cover all windows with 5/8" exterior plywood. Install straps or additional clips to securely fasten your roof to the frame structure, this can reduce roof damage. Be sure trees and shrubs around the property are properly trimmed and remove any trees that could be a potential falling hazard to the home. Bring in all outdoor or patio furniture and any other debris that is not tied down. Lastly, if in a high-rise building, when high winds are present, be prepared to take shelter on a lower floor because wind conditions increase with height. Just be aware that if flooding conditions also persist, have a plan to avoid rising water which will affect lower floors first.

According to Ready.gov, one of the most important things patrons should do during a storm event is stay tuned in. Rudy Mendiola, Naval Air Station Whiting Field's Emergency Manager, also stated, "The best thing people and their families can do around our area is stay vigilant and up to date on the status of the storm. People should continuously monitor local news and weather stations and the base's social media sites including Facebook and Twitter. We will be providing constant updates on what is going on with the storm as well as any major movements on Whiting Field."

Patrons can receive more information on ways to make a plan and be prepared before, during and after the

storm using resources found on government websites such as Ready.gov, FEMA.gov, NOAA.gov, and CDC.gov. These resources provide information about how to make a plan (for infants, seniors, pets, military, and evacuation locations), building, maintaining, and storing a kit, and ways to get involved in local and national organizations. For local resources, people can contact Santa Rosa County Division of Emergency Management at 850-983-5360 or visit their website www.santarosa.fl.gov/emergency. The website will provide local evacuation routes, shelter information including which shelters are pet and special need friendly, as well as local numbers and resources that people can reach out to.

TRICARE Notes

TAKE ACTION TO KEEP YOUR E-MAIL CURRENT

Don't miss important messages from Humana Military. There are new procedures for receiving your personalized health and well-being e-mails. Shared e-mail addresses among multiple family members are no longer allowed. Your e-mail address must be unique to you and each beneficiary needs to define his or her own communication preferences.

To confirm your e-mail address, visit Humana-Military.com and log on to the beneficiary self-service page. Once you are logged in, go to "My Profile" and click the "update link" next to your e-mail address; then follow the two-step process:

1. Provide a new e-mail address or verify the e-mail address already on file.
2. Humana Military will then send an e-mail to the address you provided. Follow the link in this e-mail to a confirmation Web page on the Humana Military confirmation page, enter the last four digits of your sponsor's Social Security number and then click "confirm."

You must respond to the e-mail Humana Military sends you within seven days. If you do not, your e-mail address will be deleted and you could miss important information about your TRICARE benefit as well as news topics related to health and well-being.

SECNAV

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creasing midshipmen's chances of getting their top choices in service selection.

"Our new process will all but guarantee that midshipmen talents and interests are paired to their choice in service assignment," said Ma-

bus. "Here at the Naval Academy and ultimately in ROTC and OCS; and the fleet will get the right officers in the right communities."

Increased job assignment opportunity for women was discussed as a priority for Mabus. Fifty-seven percent of college graduates are female, and the U.S. Navy wants to attract more educated female officers to serve in the world's premier naval fighting force. Removing gender specific roles and opening all operation billets to everyone is critical to achieving higher female accessions.

"In the Navy, women wear every warfare pin except for the Trident, reserved for SEALs," said Mabus. "In the Marine Corps, we are conducting the most comprehensive assessment of physical standards ever undertaken and the results will enhance combat readiness and effectiveness in all military operational specialties, independent of gender. In all cases, I personally believe we ought to have one standard for both sexes, a standard that matches the demands of the job, and if you pass, you pass."

A culture of fitness is deeply intertwined within the development of midshipmen into officers. As officers they will be responsible for the mental and physical health of the Sailors and Marines under their command. A revamp of the Physical Fitness Assessment (PFA) will have the standard biannual test augmented with physical readiness spot checks, keeping the standard of performance a year-round endeavor. A new reform to the height and weight standards will also change how body mass index testing is performed.

"We will completely revamp the Physical Fitness Assessment," said Mabus. "Our pass/fail system that only, and often inaccurately, assesses one aspect of overall fitness will end. We will instead focus on evaluating health, not shape. As junior officers, you will be responsible for the fitness of your Sailors and Marines. In the Navy alone, we separate 1,500 people a year for failing the PFA. That wastes our time and resources."

This year's class of 2015's females will be the first to wear the Navy service dress white choker blouse and combination cover. They will debut the uniform, on graduation day next week, which will eventually be worn throughout the fleet.

"There is no better venue to debut the future of the Navy and Marine Corps, in multiple contexts, to the fleet, to the Corps, and to America," said Mabus. "I look forward to seeing, not male and female officer candidates, but new United States Naval and Marine Corps officers next week."

For more news from U.S. Naval Academy, visit www.navy.mil/local/usna/ 

Eco-nomics

Eco Friendly Tips for Cleaning Your Home

Use Lemon

Lemons are nature's cleaning wunderkind. They have powerful antiseptic and antibacterial properties and are a natural deodorizer due to their high acidic content. Dip half a lemon in salt or baking powder to scour your pans to their former glory.

Use Baking Soda

Baking soda, like lemon, is another one of nature's cleaners. Also known as sodium bicarbonate, this mildly alkaline substance functions as a gentle abrasive, deodorant and more. A thick paste of baking soda and water can be useful in removing surface rust, and even clean the grout between tile work. A more liquid mixture of baking soda and water can function as an all-purpose light cleaner that's particularly effective on grease.

Clean your oven

A thick paste of baking soda and water can be applied to the bottom of the oven to clean it. Let it sit for a couple of hours or overnight before scraping it off and wiping the surface.

Brighten the bowl

Baking soda also is a winner in the bathroom. Throw a cup of baking soda into the toilet bowl and let it sit for more than an hour. Then add a cup of white vinegar, let the mixture sit for a while longer, and flush.

Safely clean your clothes

Baking soda also is a great addition to your laundry room. When added to your washing machine, it can soften your clothes and remove any unpleasant odors.

Use White Vinegar

White vinegar is a weak acetic acid that can be used in almost all aspects of home cleaning, as it has strong antibacterial properties. It's also a great natural deodorizer, and can be combined with various other natural products, such as lemon juice, to absorb odors.

Make your windows shine

Vinegar to the rescue again. Fill an empty spray bottle with a 50/50 mixture of white vinegar and water and use a microfiber cloth to wipe down your windows and avoid any streaking. This also works wonders for mirrors.

Around the Base

FERP

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Program applies to spouses of active duty military members of the U.S. Armed Forces, including U.S. Coast Guard and full-time National Guard, who desire priority consideration for competitive service positions at DoD activities in the U.S. and its territories and possessions. To be eligible for this program one must be a spouse of an active duty military member, and may register only if he or she accompanies a military sponsor who is: assigned by Permanent Change of Station (PCS) from overseas to the U.S., or to different commuting areas within the U.S., relocating to a new duty station after completing basic or advanced training, assigned by PCS to a service school regardless of duration of training, a former military member who re-enlists and is placed directly in a permanent assignment, or reassigned on an unaccompanied tour by PCS with orders specifying the sequential assignment. In addition to meeting those requirements, the marriage to the sponsor must have occurred on or prior to, the date of the military PCS orders or amended orders authorizing the spouse to travel as a dependent.

To register for the PPP Program S military spouses must submit the following documents to OCHR Stennis Via email at OCHRSTE_PPP_SPOUSE@navy.mil: Resume, College Transcripts-if applicable, copy of spouses PCS orders, Marriage certificate or license, SF75 information page, most recent performance appraisal, and most recent Standard Form (SF) 50 Notification of Personnel Action, which shows employee's tenure. When you are matched in PPP as a Program S registrant to a vacancy being filled using a vacancy announcement, an HR Professional will contact you to provide the vacancy announcement information.

To apply to this program, Commander Navy Region Southeast (CNRSE) civilian job announcements are posted on the USAJOBS website at <http://www.usajobs.gov>. The first step of the application process is to log in or create a USAJOBS account. Once an account has been established, one can create their resume using the resume builder to help the process. There are step by step instructions that a local Fleet and Family Work Center representative can walk through and explain once registered on the website.

Darryl Johnson recommends that prior to PCS, contact the local and gaining FERP representative and let them know when the move is occurring and how they can assist. This allows the spouse to start a job search and get acclimated to the new area before he or she actually arrives. They can get a forecast of the employment environment and the specifics of various jobs available. In addition to information about the PPP Program S and U'SA Jobs, spouses can contact the Fleet and Family Support Center for information on how to apply for civilian positions within the DoD, and the Leave without Pay program which allows members to take leave up to a year during their job hunt.

The military is one of the most rewarding jobs in the world, but in addition to the rewards comes challenges. Let the Fleet and Family Support Center at NAS Whiting Field help navigate those challenges and provide an easy and effective transition for military members and their families. For any other questions please contact: Darryl Johnson, Work and Family Life Consultant, Fleet and Family Support Center, 850-623-7177 Darryl.Johnson2@navy.mil

This Day in Naval History

May 15, 1800 - The frigate USS Essex, commanded by Capt. Edward Preble, arrives in Batavia, Java, to escort United States merchant ships. During her journey, she is the first U.S. Navy warship to cross the Equator and the first U.S. man-of-war to double the Cape of Good Hope.

May 20, 1815 - Commodore Stephen Decatur sails with his flagship USS Guerriere and a squadron of nine ships for the Mediterranean to suppress piracy. Under strict negotiations, Decatur is able to secure a treaty with the Day of Algiers, His Highness Omar Bashaw, on July 3.

May 21, 1918 - During World War I, while serving as an officer on USS Christabel (SP-162), Ensign Daniel A.J. Sullivan, exhibits "extraordinary heroism" in securing live depth charges that came loose during combat with a German U-Boat. For his action, he receives the Medal of Honor.

May 25, 1973 - Skylab 2, the first U.S. manned orbiting space station, launches with all-Navy crew: Capt. Charles Conrad, Jr., Cmdr. Paul J. Weitz and Cmdr. Joseph P. Kerwin.

IF YOU SEE SOMETHING, SAY SOMETHING

WHAT IS SUSPICIOUS ACTIVITY?

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Suspicious activity is any observed behavior that could indicate terrorism or terrorism-related crime. This includes, but is not limited to:



UNUSUAL ITEMS OR SITUATIONS

Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations); unusual, repeated, and/or prolonged observation of a building (e.g., with binoculars or video camera); taking notes or measurements; counting paces, sketching floor plans, etc.

ELICITING INFORMATION

A person questions individuals at a level beyond curiosity about a building's purpose, operations, security procedures and/or personnel, shift changes, etc.



OBSERVATION/ SURVEILLANCE

Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations); unusual, repeated, and/or prolonged observation of a building (e.g., with binoculars or video camera); taking notes or measurements; counting paces, sketching floor plans, etc.

HOW TO REPORT SUSPICIOUS ACTIVITY



Describe specifically what you observed including:

- What or who you saw;
- When you saw it;
- Where it occurred; and
- Why it's suspicious



Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement or a person of authority.