

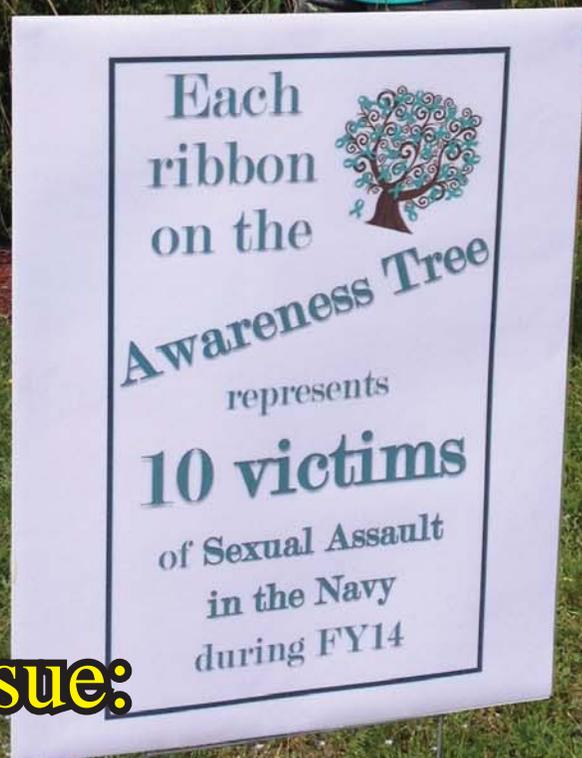
Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 71 No. 07

Forging Wings for the Fleet
Wednesday, April 15 2015

2015 INSTALLATION EXCELLENCE AWARD WINNER



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Can I Kiss You?: A Fresh Take on SAPR Training

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

When Sailors and Marines receive an email that says “required SAPR training,” hearts sink and they prepare themselves for another dull PowerPoint driven seminar. That was the all too familiar feeling of most students in Training Air Wing FIVE as they filed into the Naval Air Station Whiting Field auditorium Wednesday afternoon, Apr. 9. However, those feelings quickly vanished and the auditorium filled with laughter and voices as the students interacted and participated in the Can I Kiss You? seminar presented by Mike Domitrz.

Domitrz is one of the most popular speakers on college campuses and military installations across the country. He reaches out to over 30,000 people a year and shares his message of asking first for consent, making smarter choices with partners, supporting survivors of sexual assault, and intervening when danger is present at parties and group settings with alcohol. He opened the door by asking the audience what they hate about typical sexual assault trainings and then promising to exclude their answers from his presentation.

Brought to NAS Whiting Field for Sexual Assault



Can I Kiss You seminar presenter, Mike Domitrz, gives a flight student a T-shirt and a handshake for participating in a simulated consent scenario. The scenario represented how an average person would attempt asking another individual for a kiss. US Navy photo by Ens Margaret Gresham.

Cover: Naval Air Station Whiting Field Sexual Assault Prevention and Response (SAPR) Manager Kristen Klein and Civilian Advocate Dora Ford tie teal ribbons to tree limbs to highlight Sexual Assault Awareness and Prevention Month. Each ribbon equates to 10 sexual assaults in the Navy in 2014, and unfortunately, more than 100 ribbons adorn the willow tree behind the base's command building. US Navy Photo by Jay Cope

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.

Awareness and Prevention Month, he created an interactive and responsive atmosphere for the service members in the audience.

One student commented after the seminar was over, “I have never heard Sexual Assault and Prevention training presented that way. It was an eye opening presentation and detailed real life applications that I could relate to. I would definitely attend another seminar if Mike Domitrz returned to my installation.”

Domitrz's first interactive scenario was one involving alcohol. Many times predators will use alcohol as a tool to get their victim in a state in which they cannot say “No.” If a potential partner is not in a mental state to say no; then how can they possibly be in the right frame of mind to say “Yes?” He was able to open the audience's eyes toward recognizing possibly dangerous situations involving alcohol and led them through possible ways to intervene.

It is important not to dismiss a situation as minor. Many people say to themselves, “It's none of my business, I don't know the situation, or I don't even know that person they are a stranger to me why should I care?” Domitrz teaches people to recognize a scenario and call it what it is. A potential sexual assault or rape is about to occur and someone needs to step in and take appropriate action.

Domitrz explained to the audience about a group mentality, getting a group of friends together to approach a possible assault situation so the predator isn't as threatened by a one on one approach. By picking up on body language and how a person responds to an attempt to mediate a dangerous situation the group can determine if it was even a dangerous situation to begin with. Typically someone who means no harm will welcome the help from a group to make sure the intoxicated patron gets home okay, while a defensive and agitated person may have had predatory intentions. That is why these trainings are so important because it teaches young people what to look for and how to respond.

- (Cont. on Page 8)

TRAWING FIVE Recieves Awards

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



Training Air Wing FIVE at Naval Air Station Whiting Field was once again recognized with a series of awards which highlight the superior training program used to mold the greatest military aviators in the world. In 2014

Training Squadrons and members of Whiting Field were awarded several prominent and admirable awards. Chief of Naval Air Training, Rear Adm. Roy Kelly announced the awards.

The 2014 Chief of Naval Air Training (CNATRA) Training Excellence award identifies the best overall Primary and Advanced Training Squadron. All activities within the NATRACOM engaged in flight training during the preceding calendar year are eligible for this award. The “Doerbirds” of VT-2 earned the honor of the Training Excellence award. VT-2 has established a benchmark of performance and professionalism.

The squadron’s outstanding mission accomplishment embodies their squadron motto, “a quality sortie, safely and smartly flown.” The motivated instructor cadre executed 21,400 flight hours, graduating 266 Student Naval Aviators with the smallest wardroom in the Wing. The squadron’s continuous emphasis on “Training Excellence” and quality instruction was highly evidenced by the “Outstanding” assessment in the 2014 CNATRA Training Standardization and Safety Evaluation.

The Orville Wright Achievement Award is presented by the Order of Daedalians, a non-profit, non-political, charitable organization headquartered at Randolph Air Force Base, San Antonio, Texas. The membership of the Order of Daedalians is composed of many prominent people in aviation circles, past and present. Since World War I, Daedalians have been the exponents of air power as an instrument of national policy. Daedalians have been the builders of our nation’s present air power, both military and civilian. The Order of Daedalians is dedicated to ensuring that America will always be pre-eminent in air and space, to the encouragement of flight safety, to fostering an esprit de corps in the military air forces, to promoting the adoption of the military as a career, and to aiding deserving young men and women in specialized higher education through the establishment of scholarships.

This is not an inter-service competition and to be selected as a member is a singular achievement and an honor.

It is awarded to the student with the highest overall grades for the preceding six months. The January-June 2014 winner is 1st Lt. Matthew D. Dieska, USMC, winged at HT-18, NAS Whiting Field, FL, and currently stationed at HMLA-367, Kaneohe Bay, HI. The July-December 2014 winner is Lt. j.g. Michael G. Klakring, USCG, winged at HT-8, NAS Whiting Field, FL and currently stationed at U.S. Coast Guard Air Station, Clearwater, FL.

“These officers represent the finest in trained aviators for the fleet, and I take great pride in recognizing their accomplishments. Congratulations to all. Fly, Fight, Win!” Kelly stated, in his message to the CNTRA team.

Reserve component personnel (both selected reservists and Full Time Support) are eligible for annual awards presented by the Association of the United States Navy (AUSN) and the Reserve Officers Association (ROA). CNATRA Reserve Flight Instructor of the Year is sponsored by L-3, Vertex Logistics Solutions and recognizes the top Selected Reservist (SELRES) Flight Instructor in the NATRACOM. Nominees shall be SELRES pilots or NFOs who are flight instructors in the NATRACOM and have been instructing student pilots or SNFOs during the previous calendar year. Selection is based on all-around performance and effectiveness as an instructor, contributions to safety, leadership, and strength of character, personality, and civic involvement.

The winner is Lt. Daniel A. Parsch, USN, assigned to VT-2 and TRAWING-5, NAS Whiting Field.

- (Cont. on Page 6)

**Strike Out Sexual Violence
Bowling Tournament**

**APRIL 24
1100-1300
BOWLING CENTER**

Bring your team of 3
from your command,
and show your
support for Sexual
Assault Prevention
and Awareness Month.

CAPTAIN'S CUP ELIGIBLE

The Family Support Center MWR NAS WHITING FIELD

SECNAV Directs Navy to Expand Use of LEDs

From the Secretary of the Navy Public Affairs

WASHINGTON (NNS) -- Secretary of the Navy Ray Mabus recently directed that brighter, longer-lasting and more energy-efficient lighting be installed in U.S. Navy ships under construction as part of a strategy designed to help increase these ships' time on-station, decrease time spent on maintenance, and prevent shipboard injuries.

Program managers for all new construction ships have been directed to pursue installation of Light-Emitting Diodes (LEDs). Their reduced drain on the ship's electrical load, compared to conventional florescent bulbs, translates to increased time between refueling, which means more time on-station.

"We are continuing to become more efficient in how we use energy. The move to LED saves between two and three percent of the total fuel usage for each ship and that adds up in a fleet of 300 ships," said Mabus. "Upgrading to LEDs on our ships will increase our ability to provide the global presence that is vital to America's national security and economic well-being."

The memo authorizes program managers to spend up to \$2 million per ship from the ship's change order funding, subject to the funds' availability. Additional funding is available with approval, in the event installation on a particular ship is more expensive. LEDs'

lower energy consumption means the bulbs will "pay for themselves" in one to five years.

LEDs have already been installed on more than 170 Navy ships. Program managers and program executive officers are empowered to install LEDs on new construction ships through a more streamlined process.

LED lights' increased operational life translates to 80 percent less time spent on ladders and lifts changing bulbs. The Navy Safety Office predicts this will cut down on slips, trips, and falls, which are the most common shipboard injuries. The longer life also means less storage space aboard ship needs to be dedicated to replacement bulbs, thereby freeing it for other operational uses.

"The LED lighting we're installing aboard ships today is making a difference where it counts: improving Sailors' quality of life, saving time, and reducing safety risks," said Master Chief Petty Officer of the Navy Mike Stevens.

LEDs are a type of Solid State Lighting (SSL) that produces light by passing electrical current through semiconductor material. LEDs use approximately 50 percent less energy and last up to five times as long as conventional florescent lights, between 40,000 and 50,000 hours, according to a Naval Sea Systems Command Business Case Analysis. 🇺🇸

Sexual Assault and Child Abuse Prevention Month Proclamation



WASHINGTON - Vice Admiral Dixon R. Smith, Commander, Navy Installations Command (CNIC), is joined by the Sexual Assault Prevention Response (SAPR) and Counseling, Advocacy and Prevent (CAP) teams to sign proclamations declaring April 2015 as Sexual Assault Awareness and Prevention Month (SAAPM) and Child Abuse Prevention month across the CNIC enterprise. The Admiral called upon all Navy personnel and their families to increase their awareness of the Navy-wide efforts to prevent sexual assault and child abuse. (U.S. Navy photo by Sandra L. Niedzwiecki) #SAAPM

This Day in Naval History

April 15, 1918 - First Marine Aviation Force, under the command of Capt. Alfred A. Cunningham, USMC, is formed at Marine Flying Field, Miami, Fla.

April 20, 1914 - The first call-to-action of naval aviators is given, creating an aviation detachment of three pilots, 12 enlisted men, and three aircraft to join the Atlantic Fleet forces operating off Tampico during the Mexican crisis.

April 21, 1898 - President William McKinley orders the Navy to begin a blockade of Cuba and Spain, the beginning of the Spanish-American War. Congress responds with a formal declaration of war April 25, made retroactive to the start of the blockade.

April 27, 1805 - With naval bombardment from USS Nautilus, USS Hornet, and USS Argus, Lt. Presley O'Bannon leads his Marines to attack Derne, Tripoli, and raises the first U.S. flag over foreign soil. The Battle of Derna was the Marines' first battle on foreign soil, and is notably recalled in the first verse of the Marines' Hymn.

April 30, 1798 - Congress establishes the Department of the Navy as a separate cabinet department. Previously, naval matters were under the cognizance of the War Department.

News and Notes

Warning: Check Labels Carefully

STRONG & KIND bars contain hemp seeds.

AR 600-85 December 2014

1.1.6. Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of tetrahydrocannabinol (THC), an active ingredient of marijuana, which is detectable under specimens processed by the Fort George G. Meade, Forensic Toxicology Drug Testing Laboratory's equipment (FTDTL); the laboratory which tests ALL of our civilian and military specimens. In order to ensure military readiness, the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited.

Blue Wahoos Camp

The Pensacola Blue Wahoos will present a baseball camp for kids, Saturday, May 9 at the NAS Whiting Field baseball complex. The team will send some players and staff up to help coordinate a fun set of activities geared to enhance the enjoyment of the game, and enable military affiliated children to interact with professional ballplayers. The camp is limited to the first 50 participants signed up with registrations being taken through April 30. Call 665-6122 to register. All participants must be family members of an active duty or reserve military service member, civilian employee or base contractor.

MWR News

The Fitness Center Pool will have a grand opening Saturday, May 2 beginning at Noon. The luau themed event will include: free food, fun and prizes for the whole family. Rain date for the party is May 9.

Keep in touch with us: "www.facebook.com/wfmwr"

Take the Pledge

April is both Month of the Military Child and Child Abuse Prevention Month. Your Fleet and Family Support Center has a wealth of information available on child discipline and parenting to help understand the dividing line between discipline and abuse. They also urge everyone to check out the site www.taketheCAPMpledge.org. "Know the Difference – Discipline is not Abuse."

Home School Workshop

Are you interested in getting more home school resources? Please join the School Liaison Officer team to learn more about the base library, Escambia School District, Escambia Virtual, MWR programs, home school Co-Ops, and much more by attending the Home School Workshop, Thursday, April 30 at the Youth Center at 690 Moffett Road, Bldg. 3690 NAS Pensacola from 10 to 11 a.m. Call Carissa Bergosh at 293-0322 for more information.

School Boundaries

Due to several schools in Pace which are either near or exceeding student capacity, the Santa Rosa County School District is in the process of revising school boundaries. For instance, S.S. Dixon Primary has 709 student stations, and is currently sitting at 752 students; which is 106 percent of capacity. Simms middle school is at 103 percent capacity. In addition to both Dixon schools, revisions will effect several schools in the Pace area including Avalon and Sims middle schools, Bennett Russell Elementary, Central School, Chumuckla Elementary, Pea Ridge Elementary and Pace High School.

You can view the new proposed school boundaries at <https://www.santarosa.k12.fl.us/main/rezoning.html>

There will be a public hearing on the school boundary divisions on Thursday, April 23, 2015 at 6:45 PM. The meeting will be held at The Santa Rosa County School Board Room,

SECURITY CORNER

Pay Attention Behind The Wheel!



Distracted driving is a dangerous habit. Each year, thousands of people are killed and hundreds of thousands are injured in accidents caused by distracted drivers. NAS Whiting Field Cell Phone policy prohibits motor vehicle operators driving onboard the installation from using cell phones and texting while operating a vehicle on the base. Hands-free devices are mandatory and walkie-talkie cell phones are not considered hands-free.

Distractions include texting, talking on the phone, eating, and engaging in other activities that take your attention away from the road.

Why are these behaviors so dangerous? Sending or reading a text message, for example, takes your eyes off the road for just under 5 seconds. At 55 mph, that would be like driving the length of a football field while blindfolded.

Learn more about distracted driving and become part of the solution: <http://www.dmvflorida.org/cell-phone-distractions.shtml>

located at 5086 Canal Street in Milton.

Volunteer Opportunities

-On Saturday, April 18, the Bay Area Food Bank will be having two types of volunteer projects. There will be groups volunteering to sort food in the food sorting area which will consist of taking donated products and sorting to like categories. The other group will consist of individuals packing bags for the Backpack Program. For this project you will be taking food items and place them in a bag. If anyone wants to volunteer, either opportunity is open. Children are allowed also. The food sorting minimum age is 10 years old and our Backpack minimum age is 6 years old. The opportunities will take place at the Bay Area warehouse located on 5709 Industrial Blvd. Milton, FL 32583 from 9-12.

-The Youth Athletics program at Gospel Projects is seeking assistant coaches and umpires for some of their leagues. The following positions are vacant: Assistant Coach for the 10U Boys Royals Team, Assistant Coach for the 12U Boys Braves Team, Two baseball plate umpires for 10U, 12U Boys, Two softball plate umpires for 12U & 14U Girls fastpitch. Anyone interested should contact Tod Brainard at 850-449-3702.

-People interested in volunteering should contact ABH1 David Hernandez at 425-446-1179.

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly winged Aviators on April 10

Top from left: Lt. Col. Cory E. Dekraai, USMC, XO HT-28; Ens. Eric C. Hayes, USN; Ens. Jamieson S. May, USN; 1st Lt. Bradley J. Carlen, USMC; Ens. Grant A. Kingsbery, USN; 1st Lt. Robert J. Hopkins, USMC; Ens. Jonathan P. Marie, USN

Middle from left: Lt. Col. Rafford M. Coleman, USMC, CO HT-18; Ens. Connor D. Bibb, USN; 1st Lt. Carlos M. Aguirre, Jr., USMC; Ens. Connor L. Goodman, USN; 1st Lt. Aaron T. Denson, USMC; Ens. Joshua D. Hartzell, USN; Col. Gary A. Kling, USMC, Commodore TW5

Bottom from left: Cdr. Robert G. Sinram, USN, CO HT-8; Ens. Erika M. Anderson, USN; Ens. Alexander C. Nestle, USN; Ens. Brian W. Jacobs, USN; Ens. Bryan J. Coco, USN; Ens. Victoria E. Gonzalez, USN; Col. Rick A. Uribe, USMC, CO MAG-11

Award

- (Cont. from Page 3)

SELRES instructors are also eligible for the Association of the U.S. Navy Junior Officer of the Year and the Reserve Officers Association Junior Officer of the Year awards. Reserve Officer Association (ROA) Selected Reserve (SELRES) Junior Officer of the Year is Lt. Cmdr. Edward T. Soley, Jr., USN, assigned to VT-2 and TRAWING-5. Association of the United States Navy (AUSN) Selected Reserve (SELRES) Junior Officer of the Year is Lt. Cmdr. Bryan L. Schultz, USN, assigned to HT-18 and TRAWING-5.

The Squadrons and Officers on Whiting Field have shown they are capable of excellence; however there is always room for improvement. The patrons stationed here will continuously strive to outperform their accomplishments made in 2014.

Bravo Zulu and a job well done! 

NAS WHITING FIELD BOWLING CENTER

FRIDAY LUNCH BOWLING

11AM - 2PM

IF YOU EAT, YOU GET TO BOWL FOR FREE!

HERE'S THE DETAILS ...
PURCHASE OUR FRIDAY LUNCH SPECIAL AND HAVE A FREE GAME ON US ...

MWR
Navy and Marine Corps
MILITARY WELFARE & RECREATION

MWR
NAS WHITING FIELD

FOR MORE INFORMATION CALL THE BOWLING CENTER 623-7930

IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER

Early April Tests Showed Coliform Bacteria in NASWF Water Distribution System

Our water system recently failed to meet a Florida drinking water standard. This was not an emergency, but as our customers, you have a right to know what happened and what we did to correct the situation.

We routinely monitor the water in our distribution system (pipes) for drinking water contaminants and in April we were required to take five (5) distribution samples to test for the presence of total coliforms. The standard is that no more than one distribution sample per month may test positive for total coliforms. On April 3rd, we learned that three (3) of five (5) distribution samples taken on April 2nd showed the presence of these bacteria, so we exceeded our allowable maximum contaminant level (MCL) for total coliforms.

What Should I Do?

- You do not need to boil your water or take other corrective actions. However, if you have specific health concerns, consult your doctor.
- You do not need to use an alternate (e.g., bottled) water supply.
- If you have a severely compromised immune system, have an infant, are pregnant, or are elderly, you may be at increased risk and should seek advice from your health care providers about drinking this water. General guidelines on ways to lessen the risk of infection by microbes are available from EPA's Safe Drinking Water Hotline at 1-800-426-4791.

What Does this Mean?

This was not an emergency. Had it been, you would have been notified within 24 hours. Total coliform bacteria are generally not harmful themselves. Coliforms are bacteria which are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present. Coliforms were found in more samples than allowed and this was a warning of potential problems; however, positive results may also arise from lab or handling error.

Whenever we detect total coliform bacteria in any distribution sample, we do follow-up testing to see if other bacteria of greater concern, such as fecal coliform or E. coli, are present. We did not find any of these bacteria in our subsequent testing. If we had, we would have notified you immediately.

What is Being Done?

- Nine additional samples taken at and near the original sites within 24 hours of learning of the positive results were all negative for total coliforms. So, while total coliforms were originally found in more samples than allowed, no total coliforms were found in the follow-up sampling, and the situation is considered resolved.
- We have also reviewed our sampling procedures and equipment to minimize any potential for false positives and will procure a new supply of sample bottles from the laboratory for future sampling iterations.
- We are also in the process of revising our standard operating procedures (SOPs) for sampling and handling protocols.

For information, please contact: Mr. Jonathan Croci at (850) 623-7026 or jonathan.croci@navy.mil

Please share this information with all the other people who drink this water, especially those who may not have received this Notice directly. You can do this by posting this Notice in a public place or distributing copies by hand or mail.

Notice provided by: NASWF PWD (FL Water System ID# 1570489) Date distributed: 15 April 2015

Kiss

- (Cont. from Page 2)

How someone asks for consent was also a major focal point of the seminar. Domitrz focused on the conversation between two people about to engage in anything physical. This is where the question, “Can I kiss you?” becomes so important. No matter if the two people have only just met, or been married 50 years, the consent and understanding between them about what they are about to or not to engage in, is very important. Mike expressed that yes, this may be an awkward conversation to have with someone, maybe there is a fear of rejection or “killing the mood,” but it is a worthwhile conversation that two mature people should be able to have. If one can’t bring oneself to talk about consent with their partner, then they probably shouldn’t be engaging in an action that requires consent in the first place.

“As a married man, this seminar was still relevant to my wife and me. It made me realize how important it is to STILL have the conversation about consent. I believe talking more about consent and intimacies it will actual enhance our marriage,” a married attendee commented.

Giving a person the choice is what is so important about actually asking to move forward. People tend to misread signals all the time; body language is the worst form of concrete communication between couples. Just because one patron thinks the other is into them based on the signal they are receiving does not validate that they actually are.

Just “going for it” as Domitrz worded it, is not giving the partner a choice; that is forcing the partner to physically defend themselves rather than having the opportunity to verbally say “No.” Plus studies have shown that when a partner displays sexual confidence and verbally asks the other, “What can I do for you, or How about we do this tonight,” it makes them more desirable. People like confidence, and people like to physically hear their partner wants to do something with them. This verbal confirmation can enhance your intimacy rather than kill it.

“It was hands down the best SAPR training I have attended, Mike had a really good perspective and he put a positive spin on an otherwise bleak subject,” one female attendee stated. “It also opened my eyes that it is not just men who need to ask for consent, regardless of sex, gender, or sexual orientation one must ask and confirm consent with their partner before proceeding.”

This real world approach Mike Domitrz uses activates and involves audiences. Not only that but it changes people’s lives. He has been able to reach out to thousands of survivors and help people feel more confident and open about coming forward. He also teaches patrons how to recognize potentially dangerous situations and confidently intervene. This invaluable training allowed participants to retain and take away the powerful message about preventing, reporting, and discussing sexual assault.

“I want my message to really stick with people, I am working to shift these seminars from what not to do, to what to do,” he said. “By teaching people how to react in potentially dangerous situations I am giving them the skill set and allowing them to gain confidence in order to implement these skills. Not only that but I am changing the way people think about relationships and the boundaries within relationships.” 🖱

TRICARE Notes

THE VALUE OF TRICARE

As a TRICARE beneficiary, the value you and your family receive from TRICARE is Defense Health Agency’s (DHA) priority.

TRICARE is more than just seeing the doctor when you or your family is sick or hurt. TRICARE provides free and low-cost preventive services such as cancer screenings, well-baby checkups and immunizations. There have been many additions and enhanced benefits to better meet your needs.

DHA focuses its efforts on readiness for both military and family members by improving health—not just health care. DHA continues to work to enhance your experience as a patient and to responsibly manage costs to preserve the value of your TRICARE benefit.

Recognizing the key role of the National Guard and Reserve in our national defense, DHA expanded the TRICARE benefit to better serve them and their families. TRICARE Reserve Select is now available for current Guard and Reserve members and their families, while TRICARE Retired Reserve provides health benefits for “grey-area” retired members and their families.

WELLNESS INFORMATION ON THE WEB

Keeping yourself emotionally and physically healthy will help you live a more rewarding and productive life. Good health involves more than just watching calories, exercising and treating illness. Good health also requires maintaining a healthy balance between the stressors of work, home and play.

Discover our wellness tools and a number of programs and resources widely used, empowering you to take charge of your own health.

To access, visit www.humana-military.com, click on the “Beneficiary” tab and select “Wellness” along the top toolbar. This page features programs and resources covering a variety of topics related to wellness for your life, mental health, disease management, preventive screening and MyActiveHealth.

Giving Parents a Break

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



Have you ever felt overwhelmed, stressed, or just plain worn out? Unfortunately these feelings are all too common for military members and their spouses. The stressors of military life can take its toll on anyone but ESPECIALLY those who are parents. Military families are subject to unique stressors including

deployments, remote tours of duty, and extended working hours. The "Give Parents a Break(GPAB)" program is designed to give family members a short break from parenting in order to help them deal with these types of stressful situations. The GPAB program is designed to standardize respite care at all installations operating Child Youth Programs.

Mary Marcoux, Child Development Director for Whiting Field, stated, "We have not had funds for a program such as this for over six years; now that funds have been granted I am so excited to utilize them to help military parents and families. They do so much to serve our country, it is our turn to give back and provide a stress relief."

This program is aimed towards helping families who cannot afford child care and need monthly assistance, families who have suffered a traumatizing event, or parents that simply need a night off. Some types of respite care are: child care for wounded warriors during their medical appointments, families of a fallen warrior are authorized 40 hours of free care after the members death, families who have been identified by the command as "in need" are provided up to 16 hours of free care a month, a Child Development Center on each installation will be open for an additional 16 hours a month of after hour care for different base after hour functions, or category 4/5 Exceptional Fam-

- (Cont. on Page 11)



Blue Wahoos to Bring Baseball Camp to Military Kids

The Pensacola Blue Wahoos will be showcasing their support for area service members with a baseball camp for military families, Saturday, May 9 at Naval Air Station Whiting Field.

The two-hour camp will run from 10 a.m. to noon at the installation's ball fields, and will feature a series of activity stations like stretching, running, hitting, pitching, fielding and fundamental exercises. The goal is to help the children enhance a few baseball skills while enjoying some time with professional athletes.

The players will also hold an autograph session after the skills' stations are finished. Every child that attends will receive a Blue Wahoos' souvenir.

May is an ideal time to hold the camp as it coincides with Military Appreciation Month which is a primary motivation for the team to host such events.

"Pensacola and its surrounding communities are

completely immersed by the military," said team president Jonathan Griffith. "It is important to us as members of this community to improve the quality of life for our area military members. We are very excited to hold a training camp for the families at Whiting Field with professional baseball players."

The camp is targeted for children ages 6 to 14 and participants must be family members of active duty military, reserve military, retirees, DoD civilian employees or contractors. Families interested in bringing their children to the event should call the NAS Whiting Field Public Affairs Office at 850-665-6122 to register.

"We are very much looking forward to hosting the Blue Wahoos here at NAS Whiting Field and giving our family members the opportunity to interact with and learn from such an incredible team," NAS Whiting Field Commanding Officer Todd Bahlau stated.

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

www.facebook.com/naswhiting-field

and @naswf

NAS Whiting Field Safety Fair

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



Hurricanes, sweltering heat, dangerous water sports, and house fires are all major concerns for the upcoming summer months! While these all present very real safety haz-

ards, there are also a multitude of less exciting activities and concerns that pose a risk. With Memorial Day approaching, so does the start of the "101 Critical Days of Summer," the period between Memorial Day and Labor Day when the Department of Defense warns of an increase in off-duty injuries and fatalities.

In fiscal year 2014, the Navy lost 13 Sailors and 9 Marines in off-duty recreational accidents. Motor vehicle and motorcycle accidents were the most prevalent danger however activities such as kayaking, ATV accidents and private aircraft mishaps also claimed lives. If more military members had information about safe recreational practices maybe the losses sustained in FY14 would have been lower.

Vendors from all over Santa Rosa County will be presenting information and resources to educate patrons and help prepare them for any incident that may occur. Naval Air Station Whiting Field welcomes all patrons from the base and surrounding area to attend the biannual Safety Fair on Apr. 28 hosted at Whiting Pines from 4 p.m. to 6 p.m.

The Safety Fair at Whiting Pines will give military members and their families the tools they need to access key safety information. It will give them the opportunity to speak with first responders one on one and gain valuable tips and tools. Helping agencies from around the base such as: Branch Medical, The Fire Department, SAPR, Fleet and Family, Security, and MWR will all be present sharing their resources. In addition there will be many off base agencies hosting booths; City of Milton and Skyline Fire Department, Santa Rosa Medical Center, 4-H, Rape Crisis Center, Favor House, Vet Center, Red Cross, and Department of Children and Families.

Jeannine Decuir, Chief Counselor at Fleet and Family, says, "We brought this event back last year after 4 or 5 years of inactivity, we are excited to present natural disaster, health, water safety, and much

more valuable information. People can never be too prepared; this event will help them make community connections and put names to faces so they can reach out to agencies when they're in need."

Navy wide April represents child abuse awareness, sexual assault awareness, and it is also Month of the Military Child. Representing agencies will be attending the fair and passing information about what can be done in these causes. If parents are worried about their children getting bored while they are busy gathering information, not to worry! The fire department will be putting on a puppet show, chips and drinks will be provided at no cost to families, and best of all the children can enjoy a bounce house. For more information please contact Jeannine Decuir with the Fleet and Family Service Center. ✈

Jeannine Decuir

Fleet and Family Chief of Counseling

Phone: 850-623-7177

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Jeannine.decur@navy.mil

Parents

- (Cont. from Page 9)

ily Member Program families may qualify for an additional 40 hours of free respite childcare each month.

Give Parents a Break is not only for day time hour care and that is part of the reason this program is so special. Any time the base is putting on an event such as a Navy and Marine Corps Ball, a nighttime MWR function, or any other sanctioned command functions, the Child Development Center will provide care for children from six weeks to 12 years of age. Also parents who wish to use this after hour service for other purposes such as dinner, shopping, or just some alone time may be charged the hourly care fee of \$4. It is up to the Child Youth Program (CYP) Director to advertise the times this service will be offered. This gives parents the freedom to not have to worry about a baby sitter for the evening and simply enjoy some time together knowing their children are in good hands.

Some of the challenges associated with this after hour care program is the planning process. Planning is going to be the most important part of making this program run flawlessly. CYP Directors will be responsible for the planning and must do so at least 3 months in advance. This way they can assist parents and coordinate the number of expected children so they can provide the necessary staffing needs events.

Marcoux expressed some concerns about an influx of people all wanting child care for the same event, or a lot of parent's deciding they want to attend an event last minute.

"Unfortunately we do not want to turn down anyone but the Child Care Center cannot host children we are not expecting. Each room has a limit for the amount of children it can accommodate and we also have staffing limitations. A lack of participation is also a concern for this program, we want families to take advantage of the funds and care being provided."

Despite the concerns surrounding the program, there is a lot that military parents can stand to gain from it. With adequate planning and participation it is expected to help families enjoy some time with their peers and coworkers at base functions, alone time on date night, or just some extra support for daily child care. Give Parents a Break will bridge the gap for families who couldn't take advantage of Child Youth Programs before and help NAS Whiting Field reach out to more families, making a difference in their lives. 🐦



Eco-nomics

Spring and Summer Energy Saving Tips

Go for Gadgets

Discover which appliances use more energy with the Kill A Watt power meter (about \$25). Kill energy-sucking "vampires" such as cable boxes with Belkin Conserve products (\$10 to \$40). And the Nest thermostat can be set via smartphone (\$250).

Give Solar a Look

By leasing solar panels instead of buying them, you pay just a monthly fee. "You know exactly what it's going to cost, and it's often 10 to 15 percent less than the local utility rate," says Jonathan Bass of solar-energy provider Solar-City.

Keep Your Cool

Run heat-generating appliances like ovens and dryers early in the morning or late at night. Or better yet, not at all: A clothesline will save the \$100 a year it can cost to run your dryer. And ditch your incandescents for cooler CFL or LED lightbulbs.

Rethink Your Roof

Who wears all black on a hot day? Installing a sunlight-reflecting "cool roof" or adding an approved coating to an existing roof can reduce temperatures up there by 50 to 60 degrees, trimming air-conditioning costs 20 percent.

Put Your Yard to Work

Trees, shrubs and vine-covered trellises are a great way to shield your home from the elements. "Trees reduce bills not just by shading your house but by cooling the air by releasing moisture," says Asa Foss of the U.S. Green Building Council.

Family Assistance

NAS Whiting Field



APRIL 2015

TO REPORT A SEXUAL ASSAULT:



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|---|-----|
| Sexual Assault Awareness Month | April is the Month of the Military Child Support | April is Child Abuse Prevention Month | EFSC OPEN HOUSE 11:00 am - 1:00 pm | INFO BOOTH ON MONTHLY FOCUS @ "Liberty Center" 1:00 - 3:00 pm | VA Representative 8:00 am - 12:00 pm | |
| April 5, 2015 Gold Star Wives Day A day set aside to recognize the sacrifices of Gold Star wives. | INFO BOOTH ON MONTHLY FOCUS @ "Coffee Shop" 8:00 - 11:00 am | Managing Conflict 9:00 - 10:00 am Federal Jobs 1:00 - 3:00 pm | Stress Management 10:00 - 11:00 am Anger Management 1:00 - 2:00 pm | Parenting 101 1:00 - 3:00 pm | Communication Skills 9:00 - 10:00 am | |
| NATIONAL VOLUNTEER WEEK 12 - 18 APRIL | Stress Awareness & Management 1:00 - 3:00 pm | Personal Communication 9:00 - 10:00 am | INFO BOOTH ON MONTHLY FOCUS @ "NEX" 11:00 am - 1:00 pm | Challenges of Flight School & Marriage 9:00 - 11:00 am Smooth Move 1:00 - 3:00 pm | VA Representative 8:00 am - 12:00 pm | |
| | INFO BOOTH ON MONTHLY FOCUS @ "Golf Course" 11:00 am - 1:00 pm | IA Discussion 10:00 - 11:00 am Managing Conflict 1:00 - 2:00 pm | Personal Communication 10:00 - 11:00 am | Challenges of Flight School & Marriage 9:00 - 11:00 am Money & The Move 1:00 - 3:00 pm | | |
| | INFO BOOTH ON MONTHLY FOCUS @ "Subway" 11:00 am - 1:00 pm | Couponing 101 1:00 - 2:30 pm | Communication for Couples 10:00 - 11:00 am TW-5 Smooth Move 1:00 - 3:00 pm | Challenges of Flight School & Marriage 9:00 - 11:00 am Navigating a Job Fair 1:00 - 3:00 pm | Take the Pledge to Prevent Child Abuse! http://www.takethecappledge.org | |

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

Join us @

www.facebook.com/NASWF.FleetandFamily

2015 NAVY TEEN SUMMER CAMP SCHOLARSHIP PROGRAM (SCSP)

Experience the Summer of a Lifetime!

APPLICATION DEADLINE MAY 3, 2015 @ 11:59 PM CST

Download the [Application Today!](#)
Watch SCSP [Video 1](#) and [Video 2](#).

Questions? Email the CNIC POC:
brent.a.edwards@navy.mil

Navy Teen Summer Camp Scholarship Program 2015

SCSP is designed to improve Navy teens' sense of a "Navy teen community" and to provide Navy teens with opportunities and exposure to professional and industry standards of varying educational and recreational activities that could lead to possible career paths or future leisure.

SCSP participants must:

- Be a dependent of Navy active-duty or active-duty Navy Reserve personnel.
- Be between 13-17 years old by May 1, 2015.
- Have a minimum 3.0 accumulative GPA (on a 4.0 scale).
- Have a passport that is valid for six months after the return trip home at the time of application (if traveling internationally).

How To Apply, Eligibility, and GPA Verification

Upon completion of the SCSP application, all applicants must email the following to brent.a.edwards@navy.mil by May 3, 2015 at 11:59pm CST:

- A word processed SCSP application
- A photo copy/scan of the applicant's or sponsor's military I.D. card
- A photo copy/scan of the applicant's official school transcript detailing the accumulative GPA.

More information and access to the application can be found on the groups Facebook page by searching Navy Teen Summer Camp Scholarship Program.



Santa Rosa County celebrates Parents' and Children's Day

MILTON, Fla. -- The Santa Rosa County Board of Commissioners proclaimed Apr. 17 as Parents' and Children's Day in Santa Rosa County during the County Commissioner meeting held Apr. 9 at the Santa Rosa County Administrative Center Board Room.

To help show support for the event the Early Learning Coalition of Santa Rosa County has asked for families and child care providers to participate in the Parents' and Children's Day Project.

To participate in the project, families and, or child care providers may set time aside on Apr. 17 for their children to: paint, color or draw a picture of their family; share the story of their family with their classmates or family; and have their artwork posted to social media using the #SantaRosaCounty hashtag.

The goal of the Parents' and Children's Day Project is to show the importance of family and early education to the citizens of Santa Rosa County.

The Parents' and Children's Day is celebrated statewide as a local observance of Children's Week, held in Florida Apr. 12-17. The focus of the events is to bring awareness to the importance of family, children and early education to state and local legislators.

Parents' and Children's day has been celebrated throughout the state of Florida since being established as "Children's Day" in 1988. In 2002 the Florida Legislature renamed the official statewide holiday as "Parents' and Children's Day" to reflect the importance of family within the state.

For more information, please contact Dustin Gautney at (850) 983-5195 or by email at gautney@elcsantarosa.org.

A Piece of History



Naval Auxillary Air Station Whiting Field Personnel stand ready for an all hands inspection on July 4th 1944. Whiting Field came into being to fulfill the need for pilot training commands in WWII. Throughout World War II, NAS Whiting Field's mission was to train aviators for the fleet. US Navy file photo.

HOMESCHOOL WORKSHOP

WHEN: Thursday, April 30, 2015
WHERE: Youth Center, 690 Moffett Road, Bldg. 3690, NAS Pensacola
WHEN: 10:00 - 11:30

Are you interested in getting more home school resources? Please join us to learn more about:

****Base Library, Escambia School District, Escambia Virtual, MWR, various homeschool Co-Ops in area, and many more.**



For more information, please call Carissa Bergosh, NASP School Liaison Officer at 293-0322 or Chris Hendrix, NASWF School Liaison Officer at 324-1154.