

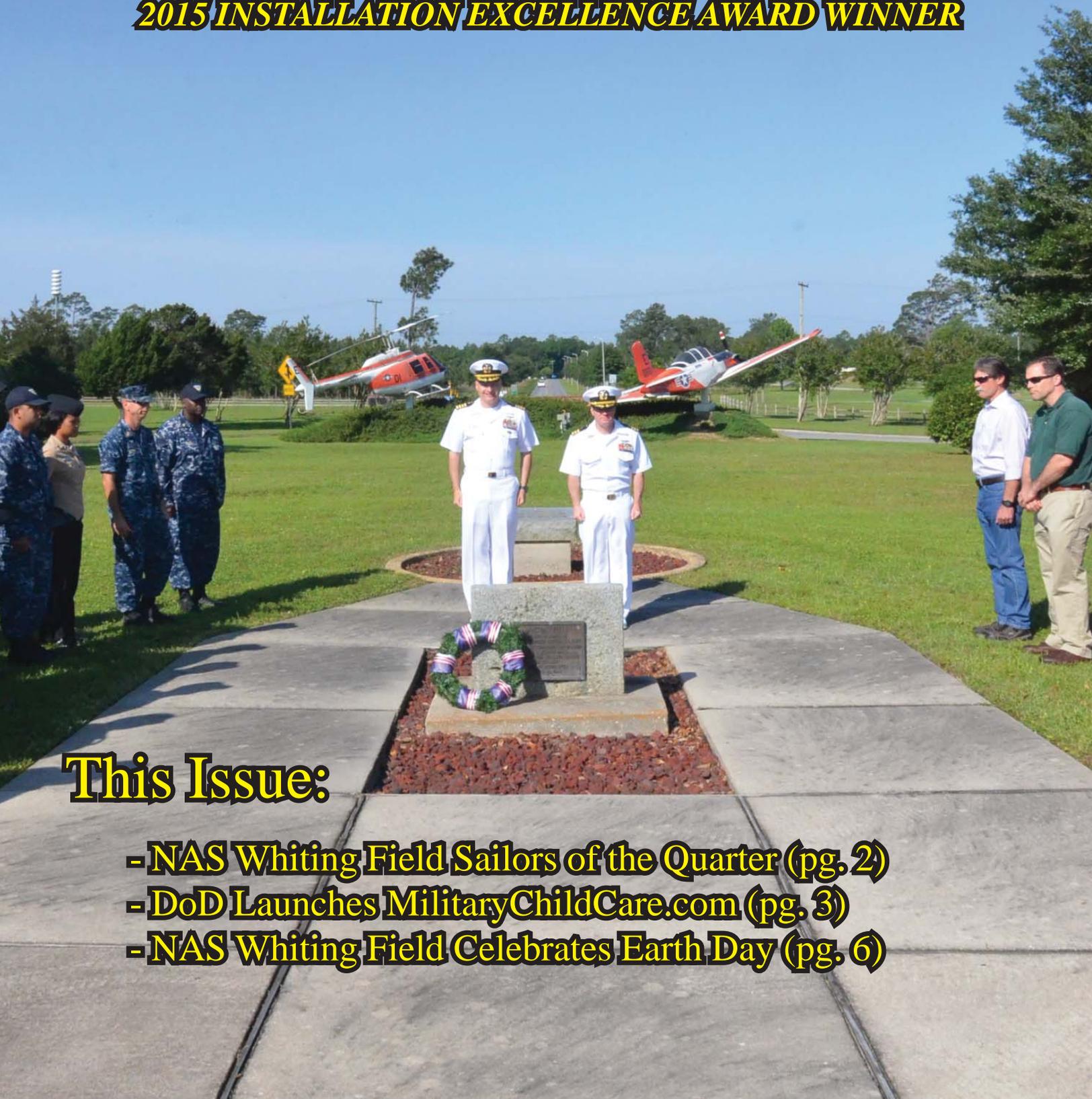
Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 71 No. 08

Forging Wings for the Fleet
Thursday, April 30 2015

2015 INSTALLATION EXCELLENCE AWARD WINNER



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NAS Whiting Field Selects Sailors of the Quarter

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

Naval Air Station Whiting Field recently announced the 2015 Sailor of the Quarter, Junior Sailor of the Quarter, and Blue Jacket of the Quarter. The selection of quarterly awards was taken from a group of hardworking, driven, and standout Sailors who were leadership-nominated representatives of the air station's Air Traffic Control, Crash, and Security divisions. David Hernandez, Alexandria Coy, and Daniel Adams were the three Sailors chosen for the Sailor of the Quarter, Junior Sailor of the Quarter and Blue Jacket of the Quarter awards.

Aviation Boatswains Mate 1st Class David Hernandez earned Sailor of the Quarter for his outstanding efforts this quarter. His performance in professional and collateral capacities was singular among his peers.

Petty Officer Hernandez served as the Leading Petty Officer of the E28 Division. He created a winning team of ABE's and ensured Choctaw's aviation capabilities were maintained daily. Hernandez led his team in performing four significant projects this quarter. Hosted two NAAIR CAPSU

Equipment Specialists Representatives and spent 40 hours tearing down, assembling, and reconfiguring four arresting gear engines and clutches.

He led a team that performed setup maintenance leading to the successful re-certification of the Improved Fresnel Lens Optical Landing System by NAVAIR. Processed eight Cooling System Tank Assemblies and finally designed equipment layout plans for outfitting the mobile maintenance support vehicle.

Hernandez has also performed flawlessly as the Command's Volunteer Coordinator. He has built a strong professional relationship between NAS Whiting Field and 22 volunteer organizations in the cities of Pensacola, Navarre, and Milton. He coordinated and recruited five Sailors to assist a needy family move household goods to a new residence.

Additionally he also coordinated and participated in the 24th Bay Area Food Bank's Defeat Hunger Bowl, with



Sailor of the Quarter
ABH1 David Hernandez

Cover: Pictured in Navy summer white, NAS Whiting Field Commanding Officer Capt. Todd Bahlau and Chaplain Cmdr. Charles Luff, along with other Whiting Field members, gather in memory and honor of the passing of the man for which this base is named, Capt. Kenneth Whiting. This year marks the 72nd anniversary of his passing. As a symbol of remembrance and respect, a single wreath, adorned with the American flag, was placed upon his memorial.

The Whiting Tower

Commanding Officer

- Capt. Todd Bahlau

Executive Officer

- Cmdr. Donald Gaines

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Ensign Andrew Groh

- Ensign Jon Spoehr

- Ensign Margaret Gresham

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.



Junior Sailor of the Quarter
AC2 Alexandria C. Coy

his efforts resulting in raising enough money to provide over 2,000 meals to needy families. Other events included organizing and participating in the CPO365's Adopt-A-Highway clean up event, where 20 volunteers picked up trash on Highway 87 in Milton.

Hernandez shared, "My main focus has been to continuously build strong relations between NAS Whiting Field and the surrounding communities. Sailors already sacrifice so much but it is important

that our surrounding humanitarian organizations, families, and communities know we will still be there to help them in their time of need."

Lastly, he organized and participated in 13 community service events through Pensacola, Navarre, Pace, and Milton, resulting in 1,833 volunteer hours and is the Active Volunteer Coordinator for NASWF's First Class Petty Officer Association.

"Petty Officer Hernandez is an extraordinary Lead Petty Officer who maintains the highest standards and gets the most out of his Sailors. Thanks to his intrusive leadership, the E-28 Arresting Gear division accomplished critical milestones by refurbishing four arresting gear motors this quarter. Regardless of the complexity or magnitude of the task at hand Hernandez can be relied upon to ensure it is completed expeditiously, and efficiently," stated Operations Officer Cmdr. Eric Seib.

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Hurricane Preparedness: Review, Revise, Implement



By Twilla Smith
Navy Region Southeast
Public Affairs

JACKSONVILLE, Fla. – With the 2015 hurricane season starting on June 1, now is the time to ask: Are you ready?

The southeastern United States has historically been the target area for severe tropical weather. While Navy installations

have been spared direct hits in recent years, the need to prepare for these natural disasters has not lessened. It's not a question of "if" a storm will strike, but "when." Don't wait until the storm is bearing down, but instead use the calm before the storm to prepare.

Step One: NFAAS

Start with personal information. Has anything changed? If so, update your records in Total Workforce Management System (TWMS) Navy Family Accountability and Assessment System (NFAAS), and in personal plans at home. This network is vital to the Navy's ability to know where service members and their family's are, and how they may be reached during an emergency. Is there a new cell phone number? Did the military member, civilian employee, or family member change jobs, schools, or move

since last season? Having the correct telephone numbers and contact information is essential for both work and home.

"The key to being prepared is having a plan based on your family situation," said Kandi Debus, Regional Emergency Case Management Coordinator for Family Readiness at Navy Region Southeast. "Take into consideration kids and pets. Prepare a hurricane kit. Verify and update your information in NFAAS."

And if anyone needs assistance with using NFAAS, Debus says, "Contact your local Fleet and Family Support Center (FFSC), view the YouTube video at <http://youtube.com/user/CNICN91?feature=watch>, download the NFAAS smart phone app, or email the NFAAS Help Desk." She also explained that during an emergency NFAAS is accessible via the Internet or through a smart phone app and both ways allow personnel to complete a Needs Assessment and request assistance. If anyone is unable to access NFAAS during an emergency, Debus said they should call the Navy Personnel Command Emergency Coordination Center at 1-877-414-5358 for assistance.



- (Cont. on Page 10)

Department of Defense Launches New Website MilitaryChildCare.com at NAS Whiting Field

MILITARY
CHILD CARE dot COM

Families at NAS Whiting Field now have access to a new Department of Defense (DoD) website designed to simplify and improve the child care request for care process.

MilitaryChildCare.com (MCC) provides a single online gateway for families to access military-operated or military-subsidized child care options worldwide across all Services. The site enables families to create a household profile, conduct child care searches, submit requests for care, and manage their requests at any time and from any location.

The new DoD site – which is being introduced worldwide in phases – offers a more streamlined approach to finding and requesting care, expedites placement through a standardized request process and waitlist management tools, and provides reports that help programs better plan for future placement needs.

Through MilitaryChildCare.com, eligible families can search and request care for full day and part day options in facility-based and home-based programs for children from birth through age 12. Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program.



Photo of Militarychildcare.com homepage

Families at NAS Whiting Field who are currently on waitlists will be automatically transitioned to the new web-based system. These families will retain the original date of their request(s) for care, and all program enrollment processes will remain the same.

For additional information, go to MilitaryChildCare.com or contact the Help Desk by calling the toll free number, 855.696.2934 or emailing FamilySupport@MilitaryChildCare.com

Sailors to Compete for GMT Video Honors

From Naval Education and Training Command Public Affairs

PENSACOLA, Fla. (NNS) -- The Naval Education and Training Command (NETC) is sponsoring a competition for a new General Military Training (GMT) video on hazing that began April 27.

The contest is open to all active duty and reserve U.S. Sailors. Contestants may submit multiple entries as an individual or as part of a team.

The new Sailor-produced anti-hazing videos will allow the training effort to expand through the integration of realistic, scenario-based training videos created by Sailors for Sailors.

"I have seen some incredibly creative videos made by Sailors and I believe that we can improve our GMT with Sailor-produced videos that encourage an honest and engaging discussion on hazing, specifically addressing the harm caused by such acts and why people participate in them," said Rear Adm. Mike White, NETC commander. "Hazing in any form is not acceptable and counter to the Navy's core values."

Each video should convey a clear anti-hazing message using the core theme that hazing destroys a service members' confidence and trust in their shipmates and is destructive to unit cohesion and combat readiness. The videos can be any length up to a maximum of five minutes long.

"Products reflecting the participant's unique artistic style are encouraged as long they convey a constructive message," said Bill Marvel, NETC GMT program manager. "Submissions will be judged on story telling ability, creativity, message clarity, content relevance, potential impact, and adherence to the competition rules."

The winning video will be featured on official Navy websites and social media, and will be incorporated into Navy GMT lessons for FY 16. Awards will be given for first-through-third-place submissions.

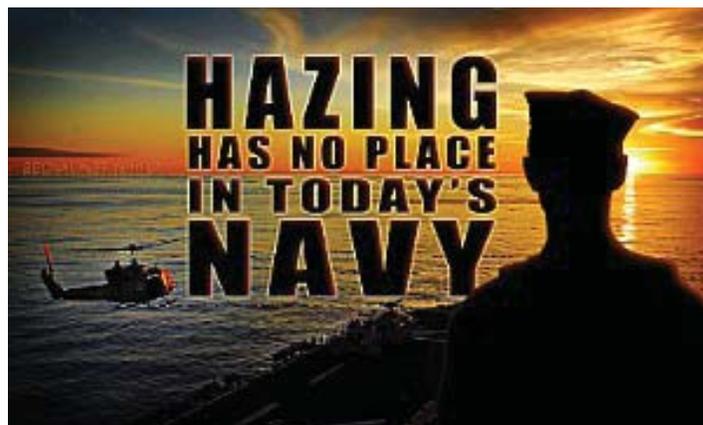
All entries must be submitted by July 31. Entries may be submitted by mail to NETC or through the milsuite website.

Detailed contest rules, submission instructions, information, format requirements, technical and legal requirements for entries can be found on the NETC website at <http://www.netc.navy.mil/>

All questions regarding contest rules can be addressed to the point of contact Bill Marvel by email at netc_gmt_contest@navy.mil.

For more information on Naval Education and Training Command visit <https://www.netc.navy.mil/>.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/ 



140317-N-RI884-002 PACIFIC OCEAN (March 17, 2014) A UH-1N Huey takes off from the flight deck of amphibious assault ship USS TARAWA (LHA 1) during sunset over the Pacific Ocean in this poster produced by the U.S. Navy to raise awareness about hazing in the service. Hazing is contrary to Navy Core Values of Honor, Courage and Commitment, the guiding principles for treating every Sailor with dignity and respect and as a valued member of the Navy team. (U.S. Navy photo illustration by Mass Communication Specialist 1st Class Daniel Barker/Released)

This Day in Naval History

May 1, 1898 - The American squadron, commanded by Commodore George Dewey, defeats the Spanish squadron under the command of Rear Adm. Montojo at Manila Bay, Philippines.

May 3, 1975 - USS Nimitz (CVN 68) is commissioned at Naval Station Norfolk, Va. Only America can make a machine like this, notes President Gerald R. Ford about the nuclear-powered aircraft carrier. There is nothing like her in the world.

May 4, 1961 - Cmdr. Malcolm D. Ross, pilot, and medical observer Lt. Cmdr. Victor A. Prather, Jr, ascend in two hours to more than 110,000 feet in Strato-Lab 5, setting altitude record for manned open gondola.

May 6, 1908 - The Great White Fleet anchors in San Francisco Bay, Calif. The fleet is delayed from its round-the-world cruise after both Rear Adm. Robley D. Evans and Rear Adm. Charles M. Thomas fall ill. On May 15, Rear Adm. Charles S. Sperry assumed command and completes the cruise ending Feb. 22, 1909.

May 11, 1950 - Viking Rocket #4 is launched from USS Norton Sound (AV-11), near the equator, for a successful 106.4 mile vertical flight called Project Reach.

News and Notes

Hurricane Season

Hurricane Season is right around the corner and the time to prepare is now. Preparing your hurricane kit, planning your potential evacuation routes, ensuring your home is ready are all things you should do before the storm forms in the Atlantic. For information on how to be ready for an emergency, see www.ready.navy.mil and be ready!

Case Lot Sale

The Naval Air Station Whiting Field Commissary will hold a Case Lot Sale, April 30 – May 2 in front of the commissary. Time to stock up!

Leave Donations

Rebecca Gedraitis, a 911 Dispatcher at the NRSE Regional Dispatch Center, has been approved for leave donations under the Voluntary Leave Transfer Program and is in urgent need of annual leave donations. If anyone wishes to donate annual leave please use the following forms:

OPM 630-A Inside Agency (DON)

OPM 630-B Outside Agency (Other than DON)

Completed forms may be faxed, along with most recent LES to CNIC SLDCADA at 1-855-615-2310. If anyone would like additional information concerning the Leave Transfer Program, please contact Kathleen McGuire at 305-293-2789 or by email at kathleen.mcguire1@navy.mil.

Make a Suggestion

NAS Whiting Field Commanding Officer Capt. Todd Bahlau now has a suggestion box on the installation website. To make a suggestion, just follow the link to the page and fill out the information and click the submit button. The link is: http://cnic.navy.mil/regions/cnrse/installations/nas_whiting_field/about/cosuggestion.html.

Navy Shout Outs

NAVCO is offering another opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for ALL Sailors. These are a HUGE HIT with American radio affiliates.

They are encouraging Sailors to call 1-855-OUR-NAVY and record their shout-outs as per the directions below. Participating Sailors can call from any available phone and NAVCO thoroughly screens each call before sharing with media so there is no need to monitor each one as they happen.

--Call the toll-free number: 1-855-OUR-NAVY (1-855-687-6289) before Monday, May 4 @ 0800 EST.

Have the below script ready and follow the recorded voice directions after calling.

*** (PLEASE DELIVER WITH ENTHUSIASM) ***

HI, I'M NAVY PETTY OFFICER TOM JONES FROM MEMPHIS, TENNESSEE AND CURRENTLY AT SEA ABOARD THE AIRCRAFT CARRIER USS CARL VINSON.

WE ARE OPERATING FORWARD IN THE ARABIAN GULF AND READY TO DEFEND AMERICA AT ALL TIMES.

I WANT TO WISH MY MOTHER, TONYA JONES, HAPPY MOTHER'S DAY! I LOVE YOU!

*** Sailors should tailor it to their command, AOR, home town and mother they are recognizing ***

--Wait for 3-5 second pause after voice directions and record message after beep.

--Hang-up and the audio file will automatically be sent to NAVCO's email.

Once received, NAVCO will thoroughly screen for useable

files and share the audio file with a full range of radio media outlets in their home town.

--Please call the Public Affairs Office at 623-7341 with any questions.

ITT Special Offers

-Boggy Creek Airboat Rides wants to thank our Military and throughout the month of May (Military Appreciation Month), they will be offering complimentary one-half hour airboat rides. The offer is valid for Active, Reserves & Retired service members only. Guest tickets may be purchased through the MWR ITT Ticket Office.

-Beginning with the May 5 home game, NAS Whiting Field's ITT office will offer discounted regular season tickets for all Blue Wahoos' home games. Follow the link for the 2015 line-up - <http://www.milb.com/index.jsp?sid=t4124>. All tickets are best available reserved seating and are \$8.75 each (\$9.00 - \$11.00 at gate). Contact the Whiting Field office at 850-665-6250 for more information.

-FL Residents are invited to take advantage of Wet 'n Wild Orlando's offer of GET THE REST OF THE YEAR FOR FREE! Guests can purchase any one-day admission ticket at the base offices and upgrade for free. On the first day of use, the guest can stop at the Guest Services window and request the pass to receive unlimited visits until December 31, 2015.

CAPTAIN'S CUP

SPORTS DAY

MAY 15TH

• 1230 •



- Beach Volleyball (4-6 people)
- Cornhole (2 man teams)
- Kickball (6-12 people)
- Flag Football (7 man teams)

Sign up with your squadron / department representative no later than May 8th.

For more information
call 623-7670 or 623-7288

Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly winged Navy, Marine Corps, and Coast Guard Naval Aviators on April 24

NAS Whiting Field Celebrates Earth Day

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

What happens when a Student Naval Aviator comes home from a long hop, low on fuel and the next student needs more before their hop? The maintainers bring the fuel truck over and fill the T-6B Texan II up to the brim with JP-8 jet fuel. What happens when the Fire Department's crew is putting out the flames on a car that crashed right outside base? They attach their hoses to one of the many available fire hydrants and thousands of gallons of water readily pour onto the blaze.

Well what happens when there is no more fuel to fill the trucks, what happens when the hydrants fed by the municipal water system have no more water to supply? Life as known by the patrons of the 21st century would be much more challenging to say the least. This is not the picture painted today or even 50 years from now, however if mankind continues the trend of consumerism and wasteful living, without making changes and considering the limitations of Earth, these "what if's" could become an all to serious reality. These are the questions that help show a connection between a local issue that also affects people on a national level.

At Naval Air Station Whiting Field (NASWF),

there is a team of military and civilian coordinators who work in the Public Works Division (PWD). It is their job to ensure that Whiting Field is doing everything they can to minimize their impact on the Environment. Their team is made up of an engineer, physical scientists and environmental protection staff.



The NASWF Environmental staff spent part of the morning the day before Earth Day coloring an Earth Day Banner with the children at the CDC. U.S. Navy photo by Ensign Margaret Gresham.

Earth Day started in 1970 as an annual observance to remind the people of Earth of their shared responsibility as environmental stewards. Earth Day is a day in which people should share the message about personal responsibility that one should "think globally and act locally." Every person on Earth shares the responsibility to do as much as they can to preserve the planets finite natural resource today and for future generations. Earth Day also gives military and civilian staff members who work in the engineering and environmental fields an opportunity to share the lessons learned in creating a more resource friendly military. United States Navy personnel are also encouraged to share their skills as engineers and scientists with the next generation of environmental stewards and researchers.

The team of environmental professionals from NAS Whiting Field shared their knowledge with over

- (Cont. on Page 13)

Poetry Contest Winner



The Naval Air Station Whiting Field library celebrated National Library Week with a poetry contest during the week of Apr. 12-18. The contest was the brainchild of base librarian, Mandy Strickland who conceived of the competition so the event would coincide with National Poetry Month.

“We wanted to maintain an emphasis in our community on reading books and staying literate,” she said. “With everything going on this month, I was really happy with the number of entries.”

There were no limits on style or subject. The Liberty Center staff read the poems and voted on the top submission. While several of the top entrants will be posted on the MWR Facebook page, <https://www.facebook.com/WFMWR>, the winner is printed below for your enjoyment.

Soul-Sucking Stress

Life's got you down, there's no light at the end

You feel so alone, no one to call "friend"

The stress of it all is too much to bear

You say to yourself "I give up, I don't care"

Problems with kids, your spouse, or no money

The days are all dark, no longer sunny

Your soul no longer singing, no song to be heard

Now all you utter is a four letter word

You feel it won't get better, there's no end in sight

You keep reaching for strength and the courage to fight

You miss the days you were young and carefree

No stress and no worries, you could just be

You have no one to talk to, it's easier to cry

*You ask yourself "what happened", you ask yourself
"why"?*

Now look in the mirror and what do you see?

That audacious person you once used to be

Free from concern, regret, pain, or fear

You smile at yourself and wipe away a tear

That beautiful person who's looking back at you

For they are the same person that you once knew

*When life has you down, I say kick it's a***

And remember to say "this too shall pass"

By: Brandy Meinhardt

SECURITY CORNER

Teen Driving Safety Tips

Now that your teenager has their driving license and ready to drive on their own, there's some safety tips that you should remind them of when they get behind the wheel.



Before You Drive:

- Fasten your seat belt and make sure all your passengers buckle up, too.
- Adjust your car's headrest to a height behind your head--not your neck--to minimize whiplash in case you're in an accident.
- Don't drive with small children or even small teenage friends as passengers in a front seat that has a passenger-side air bag. They should be buckled up in the back seat.
- Never try to fit more people in the car than you have seat belts for them to use.
- Make sure your windshield is clean. At sun rise and sun set, light reflecting off your dirty windshield can momentarily blind you from seeing what's going on.
- Make sure your gas tank stays above empty!
- If parked inside a garage, make sure your garage door is completely open before backing out of it.

While you drive

- Obey the speed limits--going too fast gives you less time to stop or react. Excess speed is one of the main causes of teenage accidents.
- Obey stop signs and traffic lights -- don't run yellow or RED lights.
- When light turns green, make sure the intersection is clear before you go.
- Use turn signals to give the drivers behind you enough time to react before you take the action. Also, make sure the signal turns off after you've completed the action.
- Share the road with others -- watch out for motorcycles, bikes, and pedestrians.
- Don't blast music. You might miss hearing a siren or a horn that could warn you of possible trouble.
- Don't use your phone, put on make-up, or eat while driving. If it's important, pull off the road to a safe spot and park the car.
- Be aware of the weather, traffic congestion, and road conditions -- stay alert!
- Be a courteous and safe driver at all times.

Around the Base

Sailors

- (Cont. from Page 2)



**Blue Jacket of the Quarter
AC3 Daniel V. Adams**

Air-Traffic Controller 2nd Class Alexandria C. Coy was chosen for Junior Sailor of the Quarter, and is regarded as the "Go-to" Sailor in the ATC Division. Coy is a confident and intelligent professional whose tenacious work ethic and dedication to excel made her stand out among her peers.

Coy received her qualification as a South Tower Local Controller and designation as Team Two's Assistant Training

Petty Officer. Her leadership was critical to the flawless execution of 24,000 mishap-free flight operations and 1,200 ground controlled approaches in direct support of Training Air Wing 5 mission of training military aviators.

Coy demonstrated leadership as the Assistant Training Petty Officer; her team achieved more than 800 hours of professional and military training resulting in six qualifications and two supervisor designators.

She is a valuable command asset and a team player. In addition to her normal duties, she is fully engaged in the Procedures Evaluation Board, Junior Enlisted Association, and Diversity Committee programs. As a Procedures Evaluation Board Member, she assisted with the review of nine ATC instructions and implemented numerous changes, improving aviation safety while ensuring compliance with Federal Aviation Administration regulations.

As an active member of the Diversity Committee and Junior Enlisted Association Member, she assisted with organizing and participating in the command's Black History Month observance luncheon.

Coy volunteered over 60 off-duty hours as a Den Leader for Cub Scout Pack 408. Her mentoring and leadership skills led to the advancement of seven cub scouts to the rank of bobcat and achievement of seven activity badges and 42 individual awards. She personally coordinated and led 12 meetings and field trips to historical and educational locations around the area. She also dedicated 18 hours as an Assistant Coach and Team Mother in support of a baseball team in Jay's Recreation Baseball League.

Operations Officer Cmdr. Eric Sieb stated, "Petty Officer Coy is an outstanding Sailor and Air Traffic Controller. She exhibits the finest qualities of leadership, military bearing, and versatility. AC2 Coy's maturity, leadership, and enthusiasm are an example for all to emulate. She is a poised, dynamic leader who epitomized Navy Core Values and embodies the special qualities of pride and professionalism."

Air-Traffic Controller 3rd Class Daniel V. Adams was selected as NAS Whiting Field's Bluejacket of the Quarter. He is an outstanding Petty Officer who consistently maintains the highest standards. His performance as a

Special Category Facility Watch Supervisor and Procedures Evaluation Board Member demonstrates his in-depth knowledge of ATC procedures and operations.

Adams demonstrated leadership by being a meticulous Assistant Training Petty Officer; he oversaw the weekly training plan, maintained 10 NATOPS training jackets, and documented over 1,200 hours of in-rate and general military training. This yielded 11 professional qualifications and two supervisor designations. As a Special Category Facility Watch Supervisor, he led five personnel in the processing of 45,000 flight plans and flight notification messages.

While serving as the Procedures Evaluation Board Secretary, he assisted with identifying and implementing nine revisions to ATC manuals, ensuring compliance with Federal Aviation Administration regulations and improving aviation safety.

As assistant Command Fitness Leader, he motivated 25 FEP personnel, ultimately enhancing their physical fitness, well-being, and quality of life. He is an active member of the Coalition of Sailors against Destructive Decisions. Assisting with the coordination and facilitation of a base-wide Basketball Tournament and bake sale, raising funds for the coalition, and creating a greater awareness for risks associated with underage drinking.

Adams has displayed dedication and commitment to his education; he earned a Bachelor's degree in History with a minor in Philosophy through the University of Tennessee at Knoxville. He has completed two Navy Knowledge Online (NKO) and three Air Safety Institute Courses via the Aircraft Owners and Pilots Association.

Adams has also participated in various community affairs. He spent 11 off-duty hours assisting the Relay for Life Foundation, organizing a race to raise awareness and combat cancer. Coy volunteered to assist with setup and tear down of the athletic gear in support of the NAS Pensacola's Bushido Judo Youth Club.

Cmdr. Sieb, the Operations Officer stated, "Petty Officer Adams is an exceptionally talented and top-notch performer who has earned the respect of his seniors, peers, and subordinates. His exceptional reliability and team spirit in any tasking has proven him to be a valuable asset to Naval Air Station Whiting Field. His initiative exemplifies the utmost professionalism and pride in Naval Service"

**"THE END OF AN ERA"
NAVY BALL GOLF TOURNAMENT**

FRIDAY, 29 MAY 2015, NAS WHITING FIELD
0900 SHOTGUN START
LUNCH PROVIDED
\$6 AND BELOW \$25
CIVILIANS, E-7 AND ABOVE: \$35

- 4 PERSON SCRAMBLE
- PRIZES FOR:
TOP 8 TEAMS
CLOSEST TO THE PIN
LONGEST DRIVE
- PLENTY OF DOOR PRIZES

To sign up contact CDR Seb @ 850-643-6119 or 2012 Gannetplex @ 850-324-1700 or via email.
Pay the day of the tournament

May is Military Appreciation Month

By: Ensign Andrew Groh, NAS Whiting Field Public Affairs

May is the month that affords everyone a day to shower Mom with all the affection she deserves and it brings us one month closer to the first day of summer. But for those who wear the uniform of our country, it brings an opportunity to be embraced by the local community as they express gratitude to the men and women who serve our country. Memorial Day, the last official holiday of May, offers proud Americans a moment to remember all who have willingly laid down their life, who made the ultimate sacrifice for the sake of freedom.

As a way for the community to express their gratitude, members and families of NAS Whiting Field will be afforded the opportunity to take part in a few different activities, on and around the base.

May 1 is OLF baked goods day. Milton Chevrolet has offered vehicles and drivers to deliver cookies, brownies and other sweet treats to the various outlying fields staffed by NAS Whiting Field service members.

May 15 is the Annual Military Appreciation Picnic. The picnic will be held on Whiting Field grounds and



NAS Whiting Field members and their families attend last year's Military Appreciation Picnic. U.S. Navy file photo.

is expected to entertain roughly 2500-3000 service members, base employees and family members. Activities and offerings include: a kids area with bounce houses, face

- (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

Hurricane

- (Cont. from Page 3)

Step 2: Evacuation Planning

The dangers posed by a severe storms may make it necessary to evacuate to a safe location outside the projected path of the storm. These evacuation routes should be considered now, not when the storm is days away. The volume of traffic will be high and highway and road improvement projects can cause delays. Visit your state's highway or transportation department's websites will include evacuation routes and constructions projects that could create further delays. After confirming a viable evacuation route, make sure the software on your cell phone, tablets, or global positioning system trackers is up-to-date with the most recent version and that it covers road construction. Knowing the correct route will save time and expedite evacuating from the area.

Step 3: Emergency Kits and Plans

Severe weather such as hurricanes can create significant disruptions to day-to-day life. Having a personal or family plan for how to cope with these disturbances goes a long way to riding out the storm. Sylvia Williams, an accounting technician with Navy Region Southeast's Fleet Family and Readiness Programs, said communication at work and at home is key when preparing for a hurricane. "It's important that each member of my family member understands the plan and what they need to do. We want to prepare our home for wind and flooding. We also want to make sure our emergency kit and supplies are up to date with the items we need. Since we have dogs, we'll also make sure they'll have the food and medicines they need. And if we have to evacuate, we'll gather all our important documents to protect them and have them available at our evacuation destination."

In addition, military personnel, civilian employees, retirees, and family members on board or near Navy Region Southeast installations are invited to participate in America's PrepareAthon's national preparation day on April 30. America's PrepareAthon is coordinated in collaboration with federal state, local, tribal and territorial governments and private section and non-government organizations. It brings together schools, business, the military, local government, faith leaders, individuals, and families to participate in community-wide preparedness drills and activities. As installations continue through the U.S. Fleet Forces Command/Commander Navy Installations Command HURREX-Citadel Gale national hurricane preparedness exercise through May 1, it's a good time for everyone to assess how prepared they are for the coming hurricane season. America's Preparation wants you to joint their efforts by registering at www.ready.gov/prepare.

Step 4: Stay Connected

Your local television and radio stations, as well their associated web sites provide real time information about the approach of the storm, including wind speeds, potential flooding, and any orders – such as those that come from the Region or installation – to evacuate or when the "all clear" is given for personnel to return to work. Most of your local media is also accessible via mobile apps that work on your cell phone and tablets. Make sure you've charged your mo-

bile devices before the storm arrives. Other good sources of information on the Internet include the National Hurricane Center (<http://www.nhc.noaa.gov/>), Fleet Weather Center, Norfolk, Va. (<http://www.usno.navy.mil/NOOC/fwc-n>), and www.weather.com. A simple battery-powered transiter radio may also prove useful to listen to local broadcasts if power is lost. Make sure it has new batteries.

Be Ready

Don't wait for the storm to be on your doorstep. Start today! Be prepared. Connect through NFAAS. Know your evacuation route. Ready your hurricane kit and have a plan. Stay connected. And join the America's PrepareAthon movement and participate in the national event on April 30.

Hurricane Season is coming. Are you ready? 🌪️

TRICARE Notes

PROTECTING YOUR PRIVACY

TRICARE is committed to safeguarding your privacy and protected health information (PHI). The Health Insurance Portability and Accountability Act of 1996 (HIPAA) Privacy Rule requires TRICARE, military treatment facilities (MTFs), providers, regional contractors, subcontractors and others to secure, protect and safeguard your PHI.

The HIPAA Privacy Rule permits medical staff to use and disclose your PHI for the purposes of treatment, payment and health care operations without written authorization. However, your permission is required for most other uses and disclosures.

Safeguarding Your PHI

In addition to ensuring your privacy rights under the HIPAA Privacy Rule, TRICARE has established policies regarding the implementation of appropriate administrative, physical and technical policies and safeguards that secure PHI.

Reporting Privacy Rights Violations

If you suspect your health information privacy rights have been violated, you are encouraged to contact your MTF privacy officer, the TRICARE Defense Health Agency's (DHA) Privacy Officer or the Department of Health and Human Services. No retaliation will occur against anyone filing a complaint.

For additional information regarding privacy rights, visit the TRICARE website at www.tricare.mil/tmaprivacy. You can also e-mail questions to privacymail@tma.osd.mil or contact the Humana Military Healthcare Services, Inc. Privacy Officer at HMHSPrivacyOffice@humana.com.

Appreciation

- (Cont. from Page 9)

painting and others; live music courtesy of Crosstown Band from 3 p.m. to 7 p.m.; food and drinks from various local vendors; and even a slew of door prizes. Staffed and stocked by dozens of volunteers from local Santa Rosa County businesses and organizations, there is sure to be plenty of fun, music, and food for everyone.

May 29 is the Annual Breakfast. Rather than continue with the same breakfast model from the past, which included a large sit down with a guest speaker, a new approach focused on serving those that serve is being explored. This year, the meals are going to be cooked and brought to active duty personnel on base. Breakfast will run from 6:30 a.m. to 8:00 a.m. with the option to pick up your meal if preferred.

This year is the first year where military appreciation is being focused on throughout the month as opposed to making it a one day event.

“We decided to do something different this year and spread things out a little more -- make it a whole month event, not just one day,” Tracy Allen, the event coordinator, stated. “As a community, we owe it to give back to our military and say ‘Thank You.’ It is important for us to give our military men and women a chance to kick back and not worry about anything. It is a time to have fun, for us as well as for them”

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

Ec-nomics

10 Ways to Save Money on Gas

Check Your Air Filter

-Nearly one in four cars needs an air filter replacement. A clean air filter can improve gas mileage by as much as 10%

Tire Alignment

-Poor alignment not only causes tires to wear more quickly, but also forces your engine to work harder. Align your tires and save up to 10%

Tune Up

-A properly maintained engine can improve mileage by up to 4%

Tire Pressure

-The average unchecked tire is often underinflated by 7.5 pounds and equals a fuel efficiency loss of 2.8%

Check Your Gas Cap

-Escaping fumes due to a loose, broken, or missing gas cap not only hurt your fuel economy, but also release smog-causing compounds into the air

Slow Down

-For every 5 mph you reduce highway speed, you can reduce fuel consumption by 7%

Drive More Smoothly

-Avoiding jack-rabbit starts and stops and jerky driving can lower your fuel consumption by one-third

Lay Off The Brakes

-Riding with your foot on the brake will not only wear out your brake pads, but can increase gas consumption by as much as 35%

Lighten Up

-For every 100 extra pounds carried around, your vehicle loses 1-2% in fuel efficiency

Don't Idle

-Besides causing pollution, idling wastes gas. If stopped for more than 30 seconds, turn off the engine, and don't bother to "warm up" your car before driving - it is not necessary

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

America's Kids Fun Run

Studies have shown that running has many benefits such as: preventing disease, weight loss, eliminating depression, stress relief, improves confidence, and overall improves health. Children may not be plagued with depression or stress, BUT they can never be too young to learn to love running, so that one day they can reap all the benefits running has to offer. The annual America's Kids Fun Run will be held May 16 at 9 a.m. at the Naval Air Station Whiting Field Sports Complex.

It 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. Over the 29 years the children's run has been held, over 120,000 children have earned their own



tee shirt by completing the annual spring run. In addition, there will be a drawing for a free Kayak/Canoe rental from Whiting Park and free movie passes from Information Travel and

Ticketing office 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 8:45 a.m. when the roads will be closed for the run

Earth Day

- (Cont. from Page 6)

280 students from Bagdad Elementary school in Milton, Florida on Apr. 22.

Michael Pattison, the Environmental Director stated, "Much of our time at NASWF PWD Environmental Division is spent dealing with complex environmental permitting and compliance issues, so it was a real treat for us to be able to step back and look at the "big picture" by celebrating Earth Day at Bagdad Elementary interacting with kids on a variety of environmental and conservation topics. It's refreshing to see the kid's excitement when they talk about things that they are currently doing to help our environment or when we give them new ideas of what they can do to be better environmental stewards."

There were four different stations set up around the school where the guest speakers were able to share knowledge about sustainability, water resource management, natural resource management, and alternative energies. The children were able to watch demonstrations, interact with static displays, and ask engaging questions at each station.

At the Natural Resource Station, Ron Cherry, the Natural Resource Manager asked the children what different types of animals they could find on NAS Whiting Field. Numerous hands shot up as a group of third graders offered up three different squirrel species, various snakes and turtles. Cherry was impressed and proceeded to explain the importance of the different species of animals and plant life on the base.

"Controlled burns are something that we try to do as often as possible, it helps decrease the underbrush and allows the mature trees to grow and flourish. In addition control burns provide a better habitat for the ground tortoise and allow new grasses to grow and feed other wildlife," Cherry explained.

The Department of Defense has approximately 400 threatened and Endangered Species on their lands, so creating habitats and managing these species will help the future populations of the animals flourish.

Cherry also stated, "We have to be proactive in our management so that each base can complete its training mission with as little effect on the species as possible. The Navy spends hundreds of thousands of dollars each year to ensure that we are providing the best habitat, using the best management tools at our disposal and learning from each other on how best to protect the species. I hope that the school children go away with the understanding that in many cases our natural resources are finite and we have to preserve them for future generations. It is my hope that they might be inspired to become scientist, teachers or conservation managers. If they do not chose these fields, that they would at least go away with the understanding that nature and our resources deserve

our protection from ourselves."

Justin Beebe the Geographic Information Systems Manager worked with Ron Cherry and provided the students with examples of electronic survey equipment and exercises involving geographic layering. Beebe was especially surprised at the knowledge base many of the students had in using geographic information systems. The use of satellites and survey software has become commonplace for many of these students because they now have access to modern portable technology.

At the Water Resource Station, Jon Croci, the Water Resources Manager, conducted an experiment by dropping eggs in two containers of salt and fresh water. He explained to the second graders the difference in buoyance in salt verses fresh water and the inter-relationship when you create brackish water. Croci also went through the hydrologic cycle and explained the importance water quality and how runoff from pollutants can impact urban and rural communities.

"Fresh water is a limited resource and accounts for only 2 percent of the planet's total amount of water. A firm understanding of how water is formed, its physical states and properties, how it is gathered in different portions of the world, how to purify non-potable and contaminated water allows both civilian and military personnel within the Navy the opportunity to maintain its manpower, equipment and facilities goals," Croci said.

Recycling and waste elimination was also a big part of the Earth Day festivities; elementary students were educated on the importance of recycling, reducing, and reusing. Terry Odom and Lonnie Ross demonstrated to kids how to pack a waste free lunch. They also played a very lively interactive game of "Can this be recycled!" The children loved the energy and engagement they got at this station, and there were many items on display for the children to look at and touch.

Terry Odom, a Physical Scientist on NAS Whiting Field stated, "Teaching our children the important principals of reusing, reducing and recycling is vital to having an Earth that is healthy and sustainable. NAS Whiting Field is committed to showing kids in the community that by establishing good everyday habits of reusing, reducing and recycling they are actually helping make the Earth a better place for all."

Throughout the event the students were engaged and attentive as they learned ways to pack a waste free lunch, learned about alternative energy sources, and shared ways they are reducing waste in their household. The event helped to spread the message of sustainability and personal responsibility to future generations. NASWF holds program's such as this one to help people gain a better understanding about what crisis the Earth is experiencing, so that they can help spread the word and take action. One tree planted, one drop of unpolluted water, one bottle recycled, one plastic bag reused, and one step at a time the people of Earth can make a difference



Terry Odom and Lonnie Ross demonstrate to the children how to pack a waste free lunch. They also played a very lively interactive game of "Can this be recycled!" U.S. Navy photo by Ensign Margaret Gresham.