

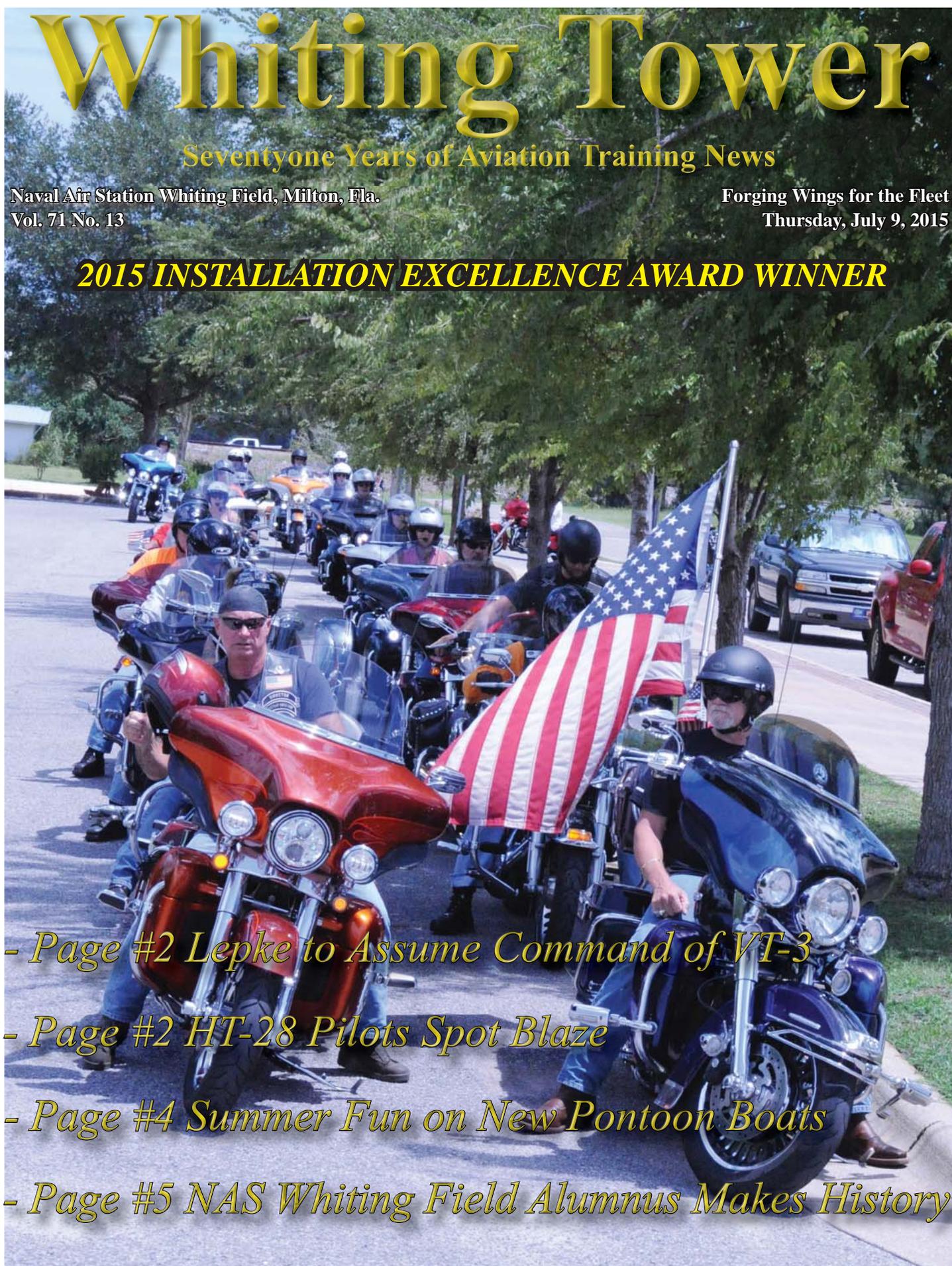
# Whiting Tower

Seventyone Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.  
Vol. 71 No. 13

Forging Wings for the Fleet  
Thursday, July 9, 2015

**2015 INSTALLATION EXCELLENCE AWARD WINNER**

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## Lepke to Assume Command of VT-3

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

Cmdr. Judd Conatser, Commanding Officer Training Squadron THREE (VT-3) at Naval Air Station Whiting Field, will step down Jul. 17 during a change of command ceremony in the installation's Atrium building at 10:03 a.m.



Cmdr. Jade Lepke

Cmdr. Jade L. Lepke, Conatser's executive officer, will take charge of the command upon his departure. Lepke will be the first consecutive Naval Commander to take charge since 1995, when VT-3 began alternating Air Force and Navy Commanding Officers.

Under Conatser's command, VT-3 flew more than 42,249 hours, 30,300 sorties and completed more than 580

Student Naval Aviators. During this time, the Red Knights safely operated as a detachment on three separate occasions, to include Chief of Naval Air Training's first squadron-led T-6B detachment, successfully relocating and operating 15 aircraft in Alpena, Mich. The detachments significantly reduced time-to-train and increased student production by more than 18 percent. Moreover, VT-3 improved the quality and safety of flight instruction by developing a comprehensive instructor training guide and training program, resulting in enhanced instructional techniques and improved standardization within the squadron. Conatser's continued emphasis on high quality training and a safety-first culture was evidenced by VT-3 earning the 2013 Chief of Naval Operations' Aviation Safety Award. The exceptional profes-

- (Cont. on Page 8)

Cover Photo: Thirty bikes, seven from Tallahassee and 23 from Pensacola, participated in the Nation of Patriots flag exchange Jul. 1 at the Veterans Memorial Park in downtown Milton, Fla. The flag started its tour over the Memorial Day weekend and will travel through 48 states in 100 days (ending Labor Day weekend). The Pensacola Harley Owners Group left Jul. 2 for Biloxi, Miss. U.S. Navy photo by Sheri Grabus.

## HT-28 Pilots Spot Blaze

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



Two Helicopter Training Squadron TWENTY-EIGHT (HT-28) pilots on a routine training mission aided area firefighters in locating a house fire in Walton County on Jun. 9. The flight team demonstrated exceptional safety awareness and concern for the community as they located, identified, and reported the blaze for local authorities.

ties.

Lt. Daniel R. Rogers and Lt. Patrick J. Millar spotted a fire on the ground during a Night Vision Goggle (NVG) instructor upgrade flight. Controlled burns are a regular occurrence in the North Florida, and Southern Alabama regions; so at first the crew figured it was a control burn. As they got closer, however, they soon realized it was a house fire and that they needed to take action. The fire was in a rural forested area in the Mossy Huad community, just north of Interstate-10.

Rogers and Millar immediately began an orbit above the fire and completed on-scene commander check list. They radioed the on duty officer to scramble fire/rescue services, and stayed on scene.

"We decided to report it to Air Traffic Control and back to the officer on duty to try to get someone dispatched,

- (Cont. on Page 10)

## The Whiting Tower

Commanding Officer

Capt. Todd Bahlau

Executive Officer

Cmdr. Don Gaines

Command Master Chief

Command Master Chief (AW/SW) Alton Smith

Public Affairs Officers

Jay Cope

Sheri Grabus

Public Affairs Staff

Ensign Margaret Gresham

Ensign Jeremy Griffin

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.

## Across the Fleet

### NEXCOM Gives \$46.6 Million to MWR

By: The Navy Exchange Service Command



The Navy Exchange Service Command (NEXCOM) released its fiscal year 2014 audited financial report

which showed a \$46.6 million contribution to Navy Morale, Welfare and Recreation (MWR).

“NEXCOM’s mission is to provide our customers with quality goods and services at a savings and to support Navy quality of life programs,” said Rear Adm. Robert J. Bianchi, (Ret), Chief Executive Officer, NEXCOM. “Each year, we contribute 70 percent of our profits to MWR to accomplish that mission. For 2014, we gave Navy MWR \$46.6 million from our sales. Shopping at the NEX not only saves our customers money, it also contributes to their quality of life.”

Navy MWR uses the dividends from the NEX in a variety of ways. Installations receive part of the funds for specific installation level MWR efforts. The remaining funds are used for MWR capital projects to improve facilities.

- (Cont. on Page 6)

## We’ve Moved - Our [www.npc.navy.mil](http://www.npc.navy.mil) Website, That Is

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Navy Personnel Command’s (NPC) website has a new home - on the cloud.

The address for the NPC site is [www.npc.navy.mil](http://www.npc.navy.mil), and once on the page visitors can navigate to their desired pages and save new bookmarks.

“NPC’s website moved to a commercial cloud site the week of June 12,” said Lt. Cmdr. Jodie Cornell, NPC Public Affairs officer. “Updating your bookmarks will avoid the 404 errors common when sites change their home locations.”

Previously the address [www.npc.navy.mil](http://www.npc.navy.mil) redirected visitors to another address. If users don’t update their bookmarks by the end of July, they will encounter the 404 Page Not Found web error.

The NPC website is visited more than 1.3 million times monthly by more than 500,000 Sailors, retirees and family members. From selection board information and results, career counseling, links to the Navy’s most used personnel programs and being the official home for NAVADMIN and ALNAV messages, instructions and forms, [www.npc.navy.mil](http://www.npc.navy.mil) is the home for all Navy personnel information. ✈

### *This Day in Naval History*

**July 7, 1948** - The first six enlisted women are sworn into Regular Navy: Chief Yeoman Wilma J. Marchal; Yeoman Second Class Edna E. Young; Hospital Corpsman First Class Ruth Flora; Aviation Storekeeper First Class Kay L. Langen; Storekeeper Second Class Frances T. Devaney; and Teleman Doris R. Robertson.

**July 8, 1879** - USS Jeannette departs San Francisco to explore the Arctic, but becomes frozen in the ice pack by September. On June 13, 1881, the bark-rigged wooden steamship sinks after she is crushed in an Arctic ice pack during an attempt to reach the North Pole through the Bering Strait. Of the 33 who set off after the ship went down, only 13 of Jeannette’s men survive their adventures and return to civilization.

**July 9, 1943** - PBY (VP 94) sinks German submarine (U 590) at the mouth of the Amazon River, Brazil.



**First Six Enlisted Women Sworn Into Regular Navy**  
Rear Adm. George L. Russell, USN, swears in the first six women in the Regular Navy on July 7, 1948, while the Secretary of the Navy John L. Sullivan, far left, looks on. Yeoman Second Class Edna E. Young (center) later becomes the first female African American promoted to rank of chief petty officer. Photo courtesy Naval History & Heritage Command, photo #NH 106756.

## Summer Fun on New Pontoon Boats

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

Summer is in full swing, and the Navy Boat Docks at Whiting Park is the perfect place to take advantage of all summer has to offer. What better way to enjoy summer than on a brand new, 22 ft. pontoon boat? Whiting Park recently purchased three 2015 Sylvan Pontoon cruisers, perfect for relaxing with family and friends.

“The pontoon boats are perfect for families. They can anchor out and relax, go swimming off the back, or even beach them off the river,” stated James Barnes, one of Whiting Park’s employees.

This one-of-a-kind Navy water recreation park is located on the beautiful Blackwater River, just east of downtown Milton. The Boat Docks host a plethora of activities that provide fun for the whole family. Canoes, kayaks, grills to cook out, campers, trailers, fishing boats, speed boats, and pontoons rentals are all available. In addition to the rentals, there is a wading area, picnic pavilion, playgrounds, basketball, volleyball, and horseshoes.

The new pontoon boats are only three weeks old



One of three pontoon boats available to rent through the Navy Boat Docks at Whiting Park. U.S. Navy Photo by Ensign Margaret Gresham. and have all the best upgrades and gadgets. These boats can carry up to ten people and are perfect for lounging, relaxing, and cruising down the river. Whiting Park’s older generation of pontoon boats were over ten years old and were not updated with working radios or gauges.

“The new additions were much needed to best

- (Cont. on Page 10)

Mulligan's JULY 2015 Menu  
 MONDAY THRU FRIDAY 10:00 AM UNTIL 1:30 PM  
 Serving Breakfast 8:30-10:00 AM

CALL AHEAD FOR TAKE OUT  
 850-623-7521

SU ND AY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT URD AY
			1 <b>Fried Chicken</b> Mashed Potatoes & Gravy Gr. Beans or Corn on Cob Cole Slaw & Roll	2 <b>Country Fried Steak w/white gravy</b> Garlic Roasted Potatoes Baby Limas or Peas & Roll	3 <b>HAVE A SAFE &amp; HAPPY 4<sup>th</sup> of JULY!!</b>	4
5	6 <b>BBQ Chicken</b> Baked Mac & Cheese Brussel Sprouts or Fr.Okra Roll	7 <b>Sheppard's Pie</b> Sweet Peas or Corn And a roll	8 <b>Fried Chicken</b> Mashed Potatoes & Gravy Green Beans or Fr. Okra Cole Slaw & Roll	9 <b>Fried Pork Chops</b> Roasted New Potatoes Green Peas or Broccoli Griddle Cake	10 <b>Fried Catfish</b> Fries or Cheese Grits Fr. Okra or Bake Beans Slaw & Hushpuppies	11
12	13 <b>Meatloaf</b> Mashed Potatoes & Gravy Green Beans or Corn Roll	14 <b>Boston Butt</b> Rice & Pork Gravy Brussel Sprout or Fr. Okra Roll	15 <b>Fried Chicken</b> Mashed Potatoes w/Gravy Fried Corn on Cob or Collard Greens Cole Slaw & Griddle Cake	16 <b>Spaghetti &amp; Meat Sauce</b> Side Salad & Garlic Bread	17 <b>Blacken Mahi Sandwich</b> Fries and Cole Slaw	18
19	23 <b>Country Fried Steak</b> Mashed Potatoes & Brown Gravy Green Beans or Fr. Okra Roll	24 <b>Blackened Pork Loin</b> Rice & Gravy Field peas or Broccoli Roll	25 <b>Fried Chicken</b> Creamed Potatoes Green Beans or Fried Squash Cole Slaw & Roll	26 <b>Sheppard's Pie</b> Sweet Peas or Corn & Roll	27 <b>Fried Catfish</b> Fries or Cheese Grits Baked Beans or Fr.Okra Slaw & Hushpuppies	28
29	30 <b>Meatloaf</b> Mashed Potatoes & Gravy Corn or Sweet Peas Roll	31 <b>Fried Frog Legs</b> Fries and Cole Slaw And Hushpuppies			<b>NOW CUTTING OWN PORK CHOPS FOR THICKER, JUICIER CHOPS!</b>	

## NAS Whiting Field Alumnus Makes History *Capt. Katie Higgins is First Female Blue Angels Pilot*

By: Ensign Jeremy Griffin, NAS Whiting Field Public Affairs Office



Capt. Katie Higgins in front of "Fat Albert." Photo from [www.blueangels.navy.mil](http://www.blueangels.navy.mil)

The Navy's flight demonstration squadron, the Blue Angels will have a female pilot for the first time in the squadron's nearly 70 year history. This historic first comes via a Naval Air Station Whiting Field alumnus, Capt. Katie Higgins, USMC.

The squadron was formed in 1946 by Admiral Chester W. Nimitz and is used primarily for recruitment and demonstration purposes. There have been 251 pilots that have flown in the Blue Angels to date. Higgins joined the Blue Angels in September 2014.

Higgins, a Severna Park, Md. native, attended the U.S. Naval Academy and graduated in 2008 with a degree

in Political Science. From there she was commissioned a 2nd Lt. in the Marine Corps, graduating from Georgetown University with a Masters in International Security in 2009. Later that year she came to NAS Whiting Field to attend Primary Flight Training and fly the Texan T-6B as part of Training Squadron THREE (VT-3), the Red Knights.

"On the day of my aerobatic solo, several Marine aircraft (MV-22, etc.) were flying into North Field for static displays. When I got in the pattern for landing, I was number one with a C-130 number two. I was so scared about going around and looking like an idiot in front of them." Little did she know that just a few years later she would be joining that community and flying Fat Albert.

Fat Albert is the name of the C-130 that flies with the Blue Angels. The nickname was given to the plane by Marine Corps Blue Angel pilots in the 1970s because of its size and shape. It is a reference to the popular children's  
- (Cont. on Page 12)

**2015 Feds Feed Families**

**The Department of the Navy**  
is committed to combating hunger around the world!  
Get Involved: July 7 - October 31  
Drop off non-perishable food items at any donation box located:  
**NAS Whiting Field Commissary**  
For more information, please contact:  
ABH2 Katrina Benson - 623-7212

# SECNAV Announces New Maternity Leave Policy

By: Office of the Chief of Information



announced that effective immediately, women who serve in the Navy and Marine Corps will have 18 weeks of maternity leave available to use during the first year of her child's life.

"In the Navy and the Marine Corps, we are continually looking for ways to recruit and retain the best people," Mabus said. "We have incredibly talented women who want to serve, and they also want to be mothers and have the time to fulfill that important role the right way. We can do that for them. Meaningful maternity leave when it matters most is one of the best ways that we can support the women who serve our country. This flexibility is an investment in our people and our Services, and a safeguard against losing skilled service members."

Department of Defense Instruction 1327.06, Leave and Liberty Procedures for the Department, charges Secretaries of the Military Departments with publishing departmental guidance in accordance with the DoD instruction. Under the section that delegates to the Secretary the ability to designate the level of control for convalescent leave that exceeds 30 days, Secretary Mabus has directed that commanding officers grant additional convalescent leave up to 84 days beyond the currently authorized 42 days of convalescent leave following the birth of a child.

For families, increased time following the birth of her child has tangible benefits for the physical and psychological health of both mother and child. For the Navy and Marine

WASHINGTON (NNS) -- Secretary Ray Mabus triples maternity leave: 18 weeks for women in the Navy and Marine Corps.

July 2, Secretary of the Navy Ray Mabus an-

Corps, there is the likelihood that women will return to and stay in her career, yielding higher readiness and retention for the services.

"When the women in our Navy and Marine Corps answer the call to serve, they are making the difficult choice to be away from their children - sometimes for prolonged periods of time - so that they can do the demanding jobs that we ask them to do," Mabus said. "With increased maternity leave, we can demonstrate the commitment of the Navy and Marine Corps to the women who are committed to serve."

The policy, which is effective immediately, will also apply retroactively to any woman who has been authorized convalescent leave following the birth of a child since Jan. 1, 2015. Under the new policy, commanding officers are required to grant to a woman up to a total of 18 weeks, using a combination of maternity leave and convalescent leave beyond 30 days. A mother does not need to take all of her leave at once; however, she is only entitled to the use of this type of leave within one year of her child's birth.

The Department of the Navy's increase in maternity leave is the latest in a series of personnel initiatives announced by the Secretary of the Navy. ✎

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## NEXCOM

- (Cont. from Page 3)

"Our MWR effort relies on the dividend we get from NEXCOM to continue to offer a quality recreation experience for Sailors and their families. These funds are very important in helping us to upgrade facilities and equipment, as well as support the diverse recreation needs of the military community that we serve," said Lorraine Seidel, Recreation Program Manager for Navy Installations Command.

NEXCOM operates on the retail fiscal year calendar, which in 2014 was February 1, 2014 – January 31, 2015. ✎

## Around the Base

### Camp Fire Offers Nature Camp *Children Can Explore the Great Outdoors*

By: Camp Fire



Summertime is here and children are looking for fun things to do. Join the fun at Camp Fire Gulf Wind's WILD & WISE Safari camp. Space

available for July.

Parents, register your children today for a nature adventure, offered at three locations: Century, Milton and Pensacola State College. Each week campers will explore different environmental themes like Flying WILD and Aquatic WILD. Weekly camps run through August 14th. Register for one or more weeks. Weekly rates start at \$85 per camper at Century and Milton and \$100 per camper at Pensacola State College.

Environmental Camp also available for ages 5-12 years old. Additional registration or activity fees may apply. Visit the Camp Fire website today to find out more: <http://campfirekids.com/> or contact Camp Fire Gulf Wind Inc. at 850-476-1760 or [info@cfgulfwind.org](mailto:info@cfgulfwind.org).

Be a "Wild & Wise" Kid with Camp Fire and light the fire within! 🔥

## TRICARE NOTES

### SECONDHAND SMOKE

Many millions of adults and children who do not smoke are being exposed to secondhand smoke, causing disease and premature death. Almost 60 percent of U.S. children aged 3-11 years are exposed to secondhand smoke.

Smoke exhaled by smokers, or given off at the burning end of a cigarette, cigar or pipe is secondhand smoke. Arsenic, ammonia, cyanide (hydrogen), formaldehyde, benzene, and vinyl chloride are just a few of the 250 toxic chemicals in secondhand smoke.

Children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory infections, ear problems and more severe asthma. Secondhand smoke causes bronchitis and pneumonia and increases the risk of ear infections in infants and children.

Only eliminating smoking in indoor spaces will protect nonsmokers from exposures to secondhand smoke.

Source: The American Lung Association

# 65th Anniversary

## Helicopter Training Squadron Eight (HT-8)

### Friday, October 30

### Place To Be Determined

**Current or former members interested in attending contact:  
Lt. Becca Smith at 207-299-2234 or [rebecca.smith2@navy.mil](mailto:rebecca.smith2@navy.mil)**

## Lepke

- (Cont. from Page 2)

sional ability, steadfast initiative, and selfless dedication to duty exhibited by Cmdr. Conatser reflected great credit upon himself and upheld the highest traditions of the United States Naval Service.

Conatser took command of VT-3 after nearly 18 years of Naval service. He is a graduate of the United States Naval Academy and earned his wings of gold in 1998. Following the P-3 Fleet Replacement Squadron, Conatser reported to the Fighting Tigers of Patrol Squadron Eight in Brunswick Maine, where he flew missions during Operations Deliberate Forge and Joint Guardian. He followed that tour with service as a Fleet Replacement Squadron Instructor Pilot in VP-30 as ISIS Branch Officer and Pilot NATOPS Evaluator; Assistant Strike Operations Officer onboard USS Abraham Lincoln (CVN 72); VP-8 department head flying missions to support operations Iraqi Freedom and Enduring Freedom; and U.S. Africa Command in Stuttgart, Germany, where he served as the Support Officer and Focal Point Program Control Officer.

Lepke takes command of VT-3 after 24 years of Naval service, which began when he enlisted in 1991 with the South Dakota Air National Guard as an Aircraft

Armament Systems Specialist on the F-16C. Following his graduation from University of South Dakota, Lepke attend Officer Candidate School, and earned his wings of gold shortly thereafter in 1998. Lepke was assigned to HSL-40 for training in the SH-60B helicopter. In July 1999, Lepke reported to the Proud Warriors (HSL-42), where he deployed to the Arabian Gulf and Mediterranean Sea aboard USS Samuel B Roberts (FFG 58).

Lepke followed that tour as a HT-18 flight instructor pilot and in 2004 was selected as Instructor of the Year. His second tour began on USS Theodore Roosevelt (CVN-71), where he deployed to the Arabian Gulf in support of Operation Iraqi Freedom and Enduring Freedom. He then joined the Battlecats of HSL 43, where he completed missions in Joint Interagency Task Force South Counter Drug Operations in the Eastern Pacific. Following his operational department head tour, he was assigned to U.S. Strategic Command (USSTRATCOM) in Omaha, Neb. As a member of the Joint Functional Component Command - Global Strike, he served in the Nuclear Plans Division/Aircraft Strike Branch.

Cmdr. Chris Biggs will replace Lepke as executive officer for the squadron. ✈

**"Color Me American"**  
**5K**  
**FUN RUN**  
FREE T-SHIRTS AND OTHER GOODIES FOR PARTICIPATING!  
**THURSDAY**  
**JULY 16<sup>TH</sup>**  
**0800**  
**GOLF COURSE**  
call 623-7412 for more information

# NAVFAC Southeast Awards \$14.4 Million Contract

By: John Parker, NAVFAC Southeast Public Affairs



**JACKSONVILLE, Fla. (NNS)**

-- Naval Facilities Engineering Command (NAVFAC) Southeast awarded a \$14.4 million firm-fixed-price contract June 15 to Lagan Construction LLC, out of Woodbridge, Va., for repairs to

South Field runways 5/23 and 14/32 at Naval Air Station (NAS) Whiting Field, Fla.

“Naval Air Station Whiting Field’s role is vital toward supporting Training Air Wing 5 in their mission to train 100 percent of the Navy’s, Marine Corps’ and Coast Guard’s helicopter pilots,” said Capt. Todd Bahlau, NAS Whiting Field commanding officer. “The South Field runway repairs and re-surfacing will help ensure we are able to continue producing the world’s finest aviators for years to come.”

The upcoming work will improve asphalt pavement and shoulder surfaces. Repairs will also include milling cold in-place asphalt or a comparable process; variable depth overlay and airfield markings, saw cutting, barricades, construction fencing, surveying; construction of new airfield shoulder surfaces; grading, earthwork, compaction and sodding at runway and shoulder edges; drainage ditch repair and/or reconstruction; and new airfield markings.

Work will be performed in Milton, Florida, and is expected to be completed by June 2016. 🛩️



Dawn at NAS Whiting Field South Field. U.S. Navy photo from [www.cnmc.navy.mil/regions/cnrse/installations/nas\\_whiting\\_field.html](http://www.cnmc.navy.mil/regions/cnrse/installations/nas_whiting_field.html)

## SECURITY CHECKPOINT

*Things Your Burglar Won't Tell You Part 2*  
(continued from Jun. 26 edition of the Whiting Tower)



11. Helpful hint: I almost never go into kids’ rooms.  
12. You’re right: I won’t have enough time to break into that safe where you keep your valuables. But if it’s not bolted down, I’ll take it with me.

13. A loud TV or radio can be a better deterrent than the best alarm system. If you’re reluctant to leave your TV on while you’re out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television. (Find it at [faketv.com](http://faketv.com).)

14. Sometimes, I carry a clipboard. Sometimes, I dress like a lawn guy and carry a rake. I do my best to never ever look like a crook.

15. The two things I hate most: loud dogs and nosy neighbors.

16. I’ll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he’ll stop what he’s doing and wait to hear it again. If he doesn’t hear it again, he’ll just go back to what he was doing. It’s human nature.

17. I’m not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?

18. I love looking in your windows. I’m looking for signs that you’re home, and for flat screen TVs or gaming systems I’d like. I’ll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.  
19. Avoid announcing your vacation on your Facebook page. It’s easier than you think to look up your address.

20. To you, leaving that window open just a crack during the day is a way to let in a little fresh air. To me, it’s an invitation.

21. If you don’t answer when I knock, I try the door. Occasionally, I hit the jackpot and walk right in.

## Blaze

- (Cont. from Page 2)

because we couldn't see any lights from emergency vehicles for miles. Because it was a little ways from the main road, we also figured that nobody else knew about it," Rogers stated.

After sending in the coordinates, they orbited as long as they could before reaching low fuel. Rogers and Millar refueled at Florida Municipal Airport and, upon returning to the scene, witnessed emergency crews extinguishing the blaze and clearing nearby trailers.

"By the time we got back, emergency vehicles had arrived, so we orbited a bit longer with the searchlight. We left once we realized they had everything under control," commented Rogers.

James McMillan, Walton County Fire and Rescue Battalion Chief, said, "We were having some trouble accessing the area, and if it was not for Lt. Rogers and his crew circling overhead we would not have been able to locate the house. If he hadn't taken action I doubt anyone would have known about the fire until the owners discovered the ashes of the vacant house days later. We were able to secure the scene and contact the owners thanks to the swift actions of Lt. Rogers."

Rogers and Millar truly exemplify the Hellion ethos of "Professionalism, Integrity, and Judgment." HT-28 will be recognizing Rogers as the crew chief with a safety award for his quick thinking and deliberate actions. ✈

### Usage Information

#### Total Used

2,170,463 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,195,368	1,992,917	2,170,463
Average Daily kWh	73,179	64,288	72,349
Days In Billing Period	30	31	30

### Energy Conservation

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

*Like us on Facebook*

[www.facebook.com/naswhitingfield](http://www.facebook.com/naswhitingfield)

*Follow us on Twitter*

*@naswf*



#### MYTH:

When buying an air conditioner, the bigger the better.

#### REALITY:

A bigger unit is not necessarily better. The unit should be sized properly to cool and dehumidify (dry) the intended space. A small unit running for an extended period of time operates more efficiently and is more effective at dehumidifying than a large unit that cycles on and off too frequently. An air conditioner that is too large will not cool an area uniformly and may not provide proper dehumidification. In areas that have high humidity during the cooling months, proper dehumidification may be as important to feeling comfortable as lowering the air temperature. Lower humidity reduces skin temperature and makes you feel cooler in warm weather. Conversely, high humidity level produces a "clammy" feeling even though the air temperature is cool.

## Pontoons

- (Cont. from Page 4)

serve the Whiting Park patrons. I am so excited for people to experience the new boats and get the full first class experience," said Whiting Park Manager Beth Brown.

Beverages and snacks are available in the ship's store. The park is an excellent location for organization groups or family functions. The sheltered pavilions have charcoal grills and plenty of space to handle groups of all sizes.

The hours of operation for Whiting Park this summer until Labor Day are Friday-Monday from 7 a.m. - 8 p.m., closed Tuesday and Wednesday, and Thursday from 12 - 8 p.m. Boats can be booked up to 90 days in advance and can be rented hourly, half day or for a full day. Rentals of any kind are due one hour before closing. Whiting Park can be reached during office hours with questions or concerns at 850-623-2383. 📞

# News and Notes

## **Military One Source Identity Theft Webinar**

Military One Source will present an Identity Theft webinar on Jul. 13 at 1 p.m. This webinar is for service members, family members, professionals, and command staff. To learn more go to <https://attendee.gotowebinar.com/register/7546923935511748609>.

## **Air Evac Recruiting Event**

Air Evac Lifeteam will hold a recruiting event on Jul. 13 from 9:30 a.m.–1:30 p.m. in Bldg. 2998 (behind coffee shop). Current openings can be found here: [http://www.lifeteam.net/careers/open\\_positions](http://www.lifeteam.net/careers/open_positions). For more information contact Darryl Johnson at 850-623-7177.

## **Education Fair**

Navy College will hold an Education Fair Jul.16 at 9 a.m. in the NAS Whiting Field auditorium. About 18 institutions plan to attend, so this is a great opportunity to explore options for furthering education. Open to active duty, DoD civilians, and active duty families.

## **Coffee Social**

The Civilian Welfare and Recreation Association will host a Coffee Social on Jul. 16 from 6:30-8:30 a.m. in the coffee shop. All government civilian employees and contractors working for Navy commands are welcome for a free beverage and breakfast sandwich/pastry.

## **MWR News**

The “Color Me American” 5K Fun Run will take place Jul. 16 at 8 a.m., starting at the golf course. Participants will receive free t-shirts and other goodies. Call 850-623-7412 for more information.

## **Housing Annual Survey**

PPV residents should submit their annual CEL customer satisfaction surveys by July 17th. These surveys are an important for providing customer feedback to the PPV partner and Navy stakeholders.

## **CREDO Opportunities**

CREDO Southeast has openings for: Family Enrichment (Jul. 24-26) and Marriage Enrichment (Aug. 21-23). The retreats will be hosted at Hampton Inn (Airport) Pensacola, Fla. For more information or to register, call 850-452-2342.

## **SAPR C training**

SAPR C training will be held Aug. 11 at 1 p.m. in the Atrium classroom. Civilian employees are required to attend this training in person the first year. Annual refresher trainings can be done on TWMS. Please notify the SAPR office of attendance - 850-665-6393 or dora.



## **VT-2 Hosts Milton Boys & Girls Club**

Sixteen youths from the Milton Boys & Girls Club were given tours of aircraft and NAS Whiting Field Fire Department. They also observed North Field operations. U.S. Navy photo by Training Squadron TWO.

ford@navy.mil.

## **Feds Feeds Families**

The 2015 Feds Feeds Families campaign supports the efforts of Bay Area Food Bank. NAS Whiting Field Commissary offers \$5 and \$10 dollar bags of groceries for purchase to donate to the cause. For more information, contact ABH2 Katrina Benson at 850-623-7212.

## **Japan US Military Program (JUMP)**

JUMP is a program for retired and active duty military who have served in Japan. A committee meeting will be held Sept. 4 from 2 – 4:30 p.m. at the National Naval Aviation Museum. Visit [www.jasnwfl.org](http://www.jasnwfl.org) for more information and updates.

## **Free DoD Leadership Program (DEFY)**

(9-12 year-olds only) Drug Education for Youth (DEFY) is a year-long, two-phased program that begins with a leadership program during the summer and continues throughout the school year. Contact AC2 Martin at [Talyssa.Martin@navy.mil](mailto:Talyssa.Martin@navy.mil) for more information.

## **New Barber at the NEX**

Sherri Stewart joined the NEX barber staff on Jul. 6. She comes to NAS Whiting Field from NAS Pensacola's Corry Station stop.

## **Volunteer Opportunity**

The City of Milton's Fire Department is seeking volunteers for their Oct. 10 Fire Prevention Week Open House. To volunteer contact ABH1 (AW/SW) David Hernandez at 850-623-7196 or [david.d.hernandez@navy.mil](mailto:david.d.hernandez@navy.mil).

# Family Assistance

NAS Whiting Field



## JULY 2015

**TO REPORT A SEXUAL ASSAULT:**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Suicide Prevention</b> <b>ACT! Ask Care Treat</b>			1 TWS-Smooth Move 1:00 - 3:00 pm	2 Challenges of Flight School & Marriage 9:00 - 11:00 am Thrift Savings Plan 1:00 - 3:00 pm	3	4
5	6 Stress Management Multi-Session 1:00 - 3:00 pm	7 Conflict Management 9:00 - 10:00 am Anger Management 10:30 - 11:30 am	8 Base Smooth Move 1:00 - 3:00 pm Parenting 101 1:00 - 3:00 pm	9	10 VA Representative 8:00 am - 12:00 pm	11
12 Happy 36th Birthday Navy FFSC!	13 AIR EVAC LIFETEAM Career Fair 9:30 am - 1:30 pm BLDG 2998	14 Personal Communication 11:00 am - 12:00 pm	15 Anger Management 11:00 am - 12:00 pm TWS-Smooth Move 1:00 - 3:00 pm	16 Challenges of Flight School & Marriage 9:00 - 11:00 am Budget Planning 1:00 - 3:00 pm	17	18
19	20 Stress Management Multi-Session 1:00 - 3:00 pm	21 IA Discussion Group 10:30 - 11:30 am Learning & Studying Strategies 1:00 - 2:30 pm	22 Base Smooth Move 1:00 - 3:00 pm Conflict Management 1:00 - 2:00 pm	23 SILVER AIRWAYS Career Fair 8:00 - 11:00 am BLDG 2998	24 VA Representative 8:00 am - 12:00 pm	25
26	27 Stress Management Multi-Session 1:00 - 3:00 pm	28 Learning & Studying Strategies 9:00 - 10:30 am	29 Effective Communication 11:00 am - 12:00 pm TWS-Smooth Move 1:00 - 3:00 pm	30 Challenges of Flight School & Marriage 9:00 - 11:00 am Home Buying 1:00 - 3:00 pm	31	

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

Join us @ [www.facebook.com/NASWF.FleetandFamily](http://www.facebook.com/NASWF.FleetandFamily)

## Higgins

- (Cont. from Page 5)

cartoon of the same era.

After completing Primary, Higgins undertook Intermediate and Advanced Flight Training in Corpus Christi, Texas to become a winged Aviator in 2011.

Higgins was deployed to Afghanistan in support of Operation Enduring Freedom in 2012 and then later to Africa with the Special Purpose Marine Air-Ground Task Force Crisis Response. That flight experience is what Higgins feels prepared her best for joining the Blue Angels. "Not only do you become very proficient in the aircraft, but you learn to work together as a team to achieve a very vital mission. Both of those skills are required here at the Blue Angels."

She has amassed nearly 400 combat hours of flight time, with a career that has taken her to support operations and exercises in Afghanistan, Djibouti, France, Greece, South Sudan, Spain, and Uganda.

Higgins applied to the squadron because, "I really liked the idea of showing the American people the capabilities of the C-130 and the Marine Corps, in general. I wanted to bring attention to those hard working sailors and marines

that are currently serving overseas, standing the watch to protect our freedoms. As a Blue Angel, I could be a conduit to those service members and tell those stories."

For her, the most exciting part of joining the Blue Angels is the impact she has on the public.

"It is really neat to be able to talk to little girls and boys. In a lot of cases, they do not know that women can serve in the military, let alone be a pilot. It's cool to change that perspective and encourage all of them to pursue their dreams."

Higgins has consciously chosen the more difficult path as she has progressed as an officer and an aviator. While it has taken her through some of the more tumultuous places in the world today, it has also paid dividends by ensuring her place as a milestone in the Navy's premier squadron.

"'Calm seas don't make a skilled sailor.' What I mean by this is that it's the tough times, the obstacles, and the failures in life that shape you as a Marine (or Sailor), as an officer, and as a person. Use the hard times as a learning experience to grow and become a better version of yourself," says Higgins. ✈

## From TRAWING-5

# Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly-winged Navy and Marine Corps Naval Aviators on Jun. 26. U.S. Navy photo by Ensign Margaret Gresham.

# Congratulations to TRAWING-5 Scholars



Congratulations to Training Air Wing FIVE's Academic Achievement Award recipients for Jun. 26. These student aviators were tops in their success during the academic portion of flight training. U.S. Navy photo courtesy of TRAWING-5.