

Whiting Tower

Seventyone Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 71 No. 12

Forging Wings for the Fleet
Friday, June 26, 2015



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Buffering Around North and South Fields Enhances Mission, Increases Safety for Military and Civilians

By: Ensign Jeremy Griffin, NAS Whiting Field Public Affairs

The Community Planning Liaison Office Naval Air Station (NAS) Whiting Field worked with other Navy offices to coordinate the purchase of 335 acres of easements near the North and South fields for the purpose of buffering NAS Whiting Field.

At its heart, buffering is the acquisition of acreage adjacent to or near the base to avoid incompatible development underneath flight tracks, noise corridors, and accident zones. To this end, over 3900 acres adjacent to NAS Whiting Field have been protected, with more than 500 additional acres still in negotiation. North Field is one of only two Primary flight training sites in the country, and South Field is the only Intermediate/Advanced training helicopter airfield. Overall, both fields have over 260 aircraft, and provide 1.2 million operational flight hours, annually training three service branches and nine other nations. The mission is vital to the nation's defense, and buffering efforts help enable the mission of the airfields to go forward smoothly.

Not only is NAS Whiting Field a supremely important resource for the Navy, but its presence also aids the civilian community. It's estimated that the base and service personnel are a \$1.1 billion asset for Milton and the surrounding area.

Acquisitions are also not overly taxing for the locals. Santa Rosa utilizes the Defense Infrastructure

- (Cont. on Page 6)

Cover Photo: Training Air Wing FIVE wins the 2015 Victory Garden Competition championship. Their garden captured the spirit of the WWII victory garden with period uniforms, WWII equipment display, and lush vegetation. U.S. Navy photo by Ensign Andrew Groh.

The Whiting Tower

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Cmdr. Don Gaines

Command Master Chief

Command Master Chief (AW/SW) Alton Smith

Public Affairs Officers

Jay Cope

Sheri Grabus

Public Affairs Staff

Ensign Andrew Groh

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.

2014 Drinking Water Quality Report



A new report shows a safe supply of drinking water for NAS Whiting Field. In 2014, 15 contaminants were detected, but none were above the EPA acceptable level.

As Mr. Jon Croci, Physical Scientist at NAS Whiting Field's Public Works Department, states in the report, "We at NAS Whiting Field work around the clock to provide top quality water to every tap." He goes on to say that the report is an effort to help NAS Whiting Field water customers understand efforts to continually improve the water treatment process and protect our water resources.

This report was based upon results of monitoring for the period 1 Jan to 31 Dec 2014, except where otherwise indicated in the report. A paper copy of the report is available upon request by calling NAS Whiting Field's Public Works Department at (850) 623-7026. The full report can also be found at: http://cnic.navy.mil/regions/cnrse/installations/nas_whiting_field/om/public_works/2014waterqualityreport.html.

Preventing Identity Theft

5 Things You need to know to Protect Your Financial Future

By: Defense Media Activity



FORT MEADE, MD. The recent breach of the U.S. Office of Personnel Management (OPM) personnel record systems potentially impacts 4 million federal employees and has been in the news this week. OPM is notifying the people who may have had their information compromised through June 19.

In this digitally connected world it's more important than ever to know how to protect yourself from online identity theft that can lead to someone using your Social Security number or other personal information to open new accounts, make purchases, or get a tax refund.

Here are 5 things you can do to protect yourself:

- 1. Check your account information.** Monitor it regularly and report immediately any suspicious or unusual activity to your bank or financial institution.
- 2. Keep an eye on your credit report.** Request a free credit report at www.AnnualCreditReport.com or by

calling 1-877-322-8228. Consumers are entitled by law to one free credit report per year from each of the three major credit bureaus - EquifaxR, ExperianR, and TransUnionR - for a total of three reports every year. Contact information for the credit bureaus can be found on the Federal Trade Commission (FTC) website, www.ftc.gov.

- 3. Verify who is asking for your information.** Be suspicious of unsolicited phone calls, visits, or email messages from individuals asking about you, your employees, your colleagues or any other internal information. If an unknown individual claims to be from a legitimate organization, try to verify his or her identity directly with the company.

- 4. Stay vigilant online.** Do not reveal personal or financial information in email, and do not respond to email solicitations for this information. This includes following links sent in email. Pay attention to the URL of a website. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (e.g., .com vs. .net).

- (Cont. on Page 5)

This Day in Naval History

June 24, 1933 - The frigate USS Constitution enters dry dock at Charlestown Navy Yard, Boston, Mass. for overhaul. The ship is saved from scrapping after public support rallies to save the ship following publication of Oliver Wendell Holmes' poem, "Old Ironsides."

June 25, 1917 - During World War I, the first Navy convoy of troopships carrying the American Expeditionary Forces arrives in France. The 14 troopships depart on June 14 from New York, which includes the 5th Marine Regiment.

June 25, 1950 - North Korea invades South Korea, beginning the Korean War. Two days later, President Harry S. Truman supports the United Nations call and authorizes US naval and air operations south of the 38th Parallel, Korea.

June 26, 1962 - U.S. Naval Facility, Cape Hatteras, N.C., makes the first Sound Surveillance System (SO-SUS) detection of a Soviet diesel submarine.



USS Constitution in 2012

USS Constitution is the oldest commissioned warship in the world. She was launched Oct. 21, 1797 and earned the nickname "Old Ironsides" during the War of 1812. During the war's first major engagement on Aug. 19, 1812, the British frigate HMS Guerriere duelled with the Constitution. Guerriere was left dead in the water and Constitution earned her nickname. U.S. Navy photo by Petty Officer 1st Class Andrew Meyers.

Feds Feed Families Launches

By: Ensign Margaret Gresham, NAS Public Affairs Office



The Feds Feeds Family campaign is once again collecting food to help the less fortunate across the nation. The 2015 campaign will begin mid-June and conclude

at the end of August, and the Whiting Field donations will support the efforts of Bay Area Food Bank.

The Command Religious Program, in coordination with Commander of Naval Installations Command, was tasked to coordinate the Feds Feed Families Campaign aboard their respective installations. The campaign officially began Jun. 1, and will run through Aug. 27. NAS Whiting Field collected 3,238 lbs in 2013 and 2,338 lbs in 2014. The goal is to surpass what was collected last year!

According to usda.gov, federal workers have donated and collected nearly 39 million pounds of food and other non-perishable items to support families across America since the campaign began in 2009. More than 85 percent of Federal workers live and work outside the Washington, D.C. area, so the campaign helps communities in every state. In 2013, employees collected nearly 9 million pounds of food. Agencies were asked to set their own goals again and beat their previous best! In 2014, Federal employees donated a total of 14,849,380 pounds.

The strategy is to continue to partner with the NASWF Commissary by offering \$5.00 and \$10.00 bags of groceries to donate to the cause. These bags will be collected by our wonderful Commissary team,



These premade bags are available for purchase at Whiting Fields commissary for \$10.00. You can pick up a bag or donate non-perishable foods or toiletries that you purchased individually. U.S. Navy photo by Ensign Margaret Gresham.

Meeting Fitness Goals

Fitness Center Offers Options for All Levels

By: Ensign Margaret Gresham, NAS Public Affairs Office

Summer is upon us, but don't worry, it is never too late to achieve that summer bod you have always wanted. Raelyn Latchaw and the staff of Naval Air Station Whiting Field's Fitness Center are here to help accomplish a range of fitness goals. Latchaw offers a variety of fitness classes for all different levels of fitness abilities.

One of Latchaw's favorite classes to teach is the Water Fitness class hosted at NAS Whiting Field's swimming pool. There are four classes offered weekly, two on Tuesday and Thursday mornings from 8:30-9:30 a.m. and two in the afternoon on Monday and Thursdays from 4-5 p.m. The classes are free for active duty military or \$25 for a "session," which is comprised of three weeks of classes for all other dependents or civilian employees, with multi session discounts available. The MWR Facebook page includes the full details, or reach out to the fitness center at 623-7412 for any inquires.

Her class includes treading water, running, and stationary squats, and she uses an array of accessories to aid in her instruction. Water dumbbells, noodles, floatation straps, and resistance paddles are all incorporated into her routine to provide a dynamic full body workout.

Water fitness classes, besides providing a cool break from the summer heat, offer the ability to burn calories and be active without the strain that traditional methods of training can cause. Water training is extremely low impact and can be the best method for people with injuries or sensitive joints to get a good aerobic workout without the pain. Water provides a complete immersion of resistance from every plane of motion, allowing the person to work through multi-plane resistant moves instead of working against the single resistant dimension (gravity) like land based weight training.

"In particular, the water allows individuals of all body types and fitness backgrounds to work at an intensity that is challenging and effective for them by modifying each move with speed, lever length, and drag/resistance...all the while being safe and protec-

- (Cont. on Page 12)

- (Cont. on Page 14)

It's Hurricane Season. Are You Ready?

By Mass Communication Specialist 3rd Class A. A. Cruz, USS Harry S. Truman Public Affairs

ATLANTIC OCEAN (NNS) -- The National Hurricane Center predicts five hurricanes for the Atlantic region this year; however, even just one can be devastating. In 2011, Hurricane Irene hit Hampton Roads causing major flooding and leaving hundreds of thousands of people without power, according to an Aug. 28, 2011, Pilotonline.com article.

When there is a real threat of a hurricane, ships moored at Naval Station Norfolk typically get underway, or sortie, consequently requiring all Sailors to be aboard. This also means Sailors' families may have to evacuate the area without them in the face of a hurricane. When it comes to planning for this natural disaster, Sailors should ensure their families are familiar with shelter locations, evacuation routes and how to prepare homes in advance of the storm.

"Preparation and having a plan is always important," said Lt. Cmdr. C. Thornton, Truman's meteorology and oceanography officer. "It's better to be proactive rather than reactive. That way, no one is scrambling when a storm is right above them."

A critical part of planning for a hurricane is having an evacuation route, should there be a need for family members to flee a storm.

"It's always important to have more than one route planned in case a hurricane does happen," said Thornton. "You never know if your usual route will be blocked off, flooded or full of traffic."

If possible, personnel should try to get out of the area as soon as possible when a hurricane warning is issued.

Aviation Structural Mechanic 3rd Class D. Osborne, a Sailor attached to a ship that experienced a hurricane, said he highly recommends trying to get out of the area before the storm hits.

"When I was living in Webster, Texas, we had a storm coming in. I went south to Austin to get away as much as possible," said Osborne. "It's better to get out

ahead of the storm rather than try to wait it out in your home. You never know when something like trees or debris might come crashing into it."

Elizabeth Manning, disaster program manager for the Virginia region Red Cross, said public schools are usually used for shelter during a disaster. To find out which areas are being used during a storm, you can watch the news, listen to the radio or speak with local officials.



Hurricane Ivan, taken 15 Sept 2004 at 11:15 a.m. EDT (before slamming into the USA Gulf Coast). Ivan was one of four hurricanes to strike Florida in 2004. Photo courtesy NOAA.

"If your family isn't able to make it to a designated area, they can take shelter in the most inward room in the house without windows," said Manning. "They should also keep supplies in the same room or in the closest room available. If possible, cover all windows with tape or board them up. When taking shelter at home, notify family members or neighbors as soon as possible."

Another step in making preparations is gathering supplies and keeping them readily accessible.

Thornton said when it comes to food, it would be a good idea to buy canned food or food that doesn't require refrigeration or cooking in case of a power outage.

Other items that that may be useful in an emergency include flashlights, batteries, candles, matches, first aid supplies and copies of personal documents (birth certificates, deeds/leases, passports, etc.). Thornton also recommends a three-day supply of water, allowing one gallon per person and supplies for pets and babies.

For more information on hurricane preparation, visit www.nhc.noaa.gov/prepare, www.ready.navy.mil.

Identity Theft

- (Cont. from Page 3)

5. Keep your documents in a safe place. At home and when you are traveling it's important to only take what you need. Lock your wallet or purse in a safe place at work and limit what you carry with you. When you go out, take only the identification, credit, and debit cards you need. 🗝️

Around the Base

Victory Garden Contestants Proudly Display Their Entries



HT-18



TRAWING-5



Bldg 1401



NEX

Congratulations to Training Air Wing FIVE for winning the 2015 Victory Garden Competition championship (see also cover photo for winning entry). All the entries were productive, and the hard work put into the gardens was obvious for all to see. Judging by: Capt. Todd Bahlau, USN, Commanding Officer NAS Whiting Field; and Cmdr. Don Gaines, USN, Executive Officer NAS Whiting Field. U.S. Navy Photos by Ensign Andrew Groh.



MWR

Around the Base

Usage Information

Total Used

1,992,917 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	1,974,525	1,899,155	1,992,917
Average Daily kWh	63,694	63,305	64,288
Days in Billing Period	31	30	31

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

Follow us on Twitter

@naswf

Ec-nomics

Now that summer has started, many of us are dreading those higher-than-average electric bills. Here are a few tips to help save some money.

- **Use your dishwasher.** A fully loaded dishwasher uses less water than washing dishes by hand. Let dishes air-dry instead of using the dry cycle setting.
- **Keep your fridge full.** This keeps it from working harder to keep cool when the door is open.
- **Avoid hot water to wash clothes.** Do your laundry efficiently by using the warm or cold water setting for washing your clothes. Use cold water to rinse clothes.
- **Unplug electronics.** Most electronics, including chargers, use electricity even when switched off. Turn computers and printers off at the power strip.
- **Replace air conditioning filters monthly.** Dirty filters restrict airflow and can cause the system to run longer.
- **Plug leaks in the home.** Weather-strip, seal and caulk leaky doors and windows.

NAS WHITING FIELD GYMNASTICS CLASSES



Boys & Girls

Ages 18 months – 14 years

- Mommy & Me
- Preschool
- Homeschool
- Beginning
- Intermediate
- Advanced

To inquire about current times and availability ...
call Heather at
850-610-2276



News and Notes

Make a Suggestion

NAS Whiting Field Commanding Officer Capt. Todd Bahlau now has a suggestion box on the installation website. To make a suggestion, go to: http://cnic.navy.mil/regions/cnrse/installations/nas_whiting_field/about/cosuggestion.html. **The link is operational again.**

Tour for the Troops

A Darius Rucker concert will be held Jul. 4 at NAS Pensacola beginning at 7 p.m. The concert is free and gates will open at 5:30 p.m. This event is open to all authorized MWR patrons with valid ID to enter NASP the day of concert. All guests must be accompanied by an authorized MWR patron with valid ID. Authorized MWR patrons include: Active Duty, Retired Military & Retired DoD, DoD, Reservist & Contractors. Each person, 3 years & older, must have a ticket to enter NAS Pensacola Main Gate & concert gate. Blankets & chairs welcome. For safety, bags & items subject to search; No guns, knives, outside food, drinks, alcohol, skateboards or pets will be allowed. Tickets available at NAS Whiting Field ITT office, must present ID when picking up tickets.

Housing Annual Survey

Balfour Beatty Communities started sending out the annual CEL customer satisfaction surveys Jun. 8. The survey should be completed by PPV residents and submitted by Jul. 17. These surveys are an important part of getting customer feedback to the PPV partner and Navy stakeholders for action.

CREDO Opportunities

CREDO Southeast has open registration for the following retreats, to be hosted at Hampton Inn (Airport) in Pensacola: Personal Resiliency Retreat, Jun. 26-28; Family Enrichment Retreat, Jul. 24-26; Marriage Enrichment Retreat, Aug. 21-23. For more information or to register, call 850-452-2342.

MWR News

New Pontoon Boats -- now available for rental. Boat operators must show proof of boat safety certification for any MWR boat with 10hp or larger motor (online testing can be completed at: www.boat-ed.com/florida).

Whiting Park hours of operation: Tuesdays and Wednesdays closed; Thursdays 12 – 8 p.m.; Fridays, Saturdays, Sundays and Mondays 7 a.m. – 8 p.m.

New Pool Hours (reminder) -- MWR has extended their pool hours to include extra time Tuesday and Thursday mornings. On Monday, Wednesday, Friday, Saturday and Sunday, the pool will retain their 10 a.m. to 6 p.m. hours; but on Tuesdays and Thursdays, the pool will open at 6 a.m. and remain open until 6 p.m.

ITT Specials

Machine Gun America (new Orlando attraction) - Feel the rush of power as you take on the ultimate shooting experi-



Fair Winds and Following Seas

Lt. Col. Peter D. Blades Jr., USMC (left) with Col. Gary A. Kling, USMC, Commander, TRAWING-5. Blades retired from the USMC on May 28, after more than 20 years of dedicated service. U.S. Navy photo by Ensign Andrew Groh.

ence at Machine Gun America. You'll get the opportunity to shoot real machine guns and other world-class firearms or square off in realistic, military-grade simulators for a totally new experience. Choose your favorite guns from their wide selection of premier firearms or go for one of their themed shooting experiences for non-stop excitement.

4-H Camp Registration Now Open

Santa Rosa County 4-H is now accepting registration for Camp Timpoochee Overnight Camp. This week-long residential camp offers swimming, canoeing, kayaking, nature hikes, team building, crafts, fishing, marine explorations and snorkeling the week of Monday, July 6 through Friday, July 10. Register online at www.eventbrite.com/e/santa-rosa-county-4-h-summer-camp-timpoochee-tickets-15757922370?aff=es2. For more information about 4-H Summer Camp Timpoochee or other 4-H activities in Santa Rosa County, contact Prudence Caskey, 4-H Agent at (850) 623-3868 or prudencec@santarosa.fl.gov.

Volunteer Opportunity

The Santa Rosa county Sherriff's Office is looking for volunteers for role player positions, such as laying on the ground deceased or crying out in pain due to injuries. Simulations will be conducted at Benny Russell Elementary School, 3740 Excalibur Way, Milton. For more information or to volunteer, contact ABH1 David Hernandez at 425-446-1179

Traffic and road maintenance updates

For the latest on scheduled road maintenance activities that might affect your commute, follow the Florida Department of Transportation District Three on Twitter @myfdot_nwfl or like them on Facebook at www.facebook.com/MyFDOT-NWFL.

Family Assistance

NAS Whiting Field



JUNE 2015

TO REPORT A SEXUAL ASSAULT:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Federal Jobs 8:00 - 11:00 am Stress Management Multi-Session 1:00 - 3:00 pm	2 Conflict Management 9:00 - 10:00 am	3 TWS-Smooth Move 1:00 - 3:00 pm	4 Challenges of Flight School & Marriage 9:00 - 11:00 am	5 Communication 101 10:00 - 11:00 am	6 MONTHLY CAMPAIGN THEMES
7 TGPS 8 - 12 June Mon - Fri 7:30 am - 5:00 pm	8 Stress Management Multi-Session 1:00 - 3:00 pm	9 Resume Writing 11:00 am - 1:00 pm Anger Management 1:00 - 2:00 pm	10 Base Smooth Move Please RSVP @ [850] 623-7177 1:00 - 3:00 pm	11 Challenges of Flight School & Marriage 9:00 - 11:00 am Thrift Savings Plan 1:00 - 3:00 pm	12 VA Representative 8:00 am - 12:00 pm	13 RELOCATION ASSISTANCE PROVIDER Whiting Field Base
14	15 Stress Management Multi-Session 1:00 - 3:00 pm	16 Managing Conflict 1:00 - 2:00 pm	17 Time Management 11:00 am - 12:00 pm TWS-Smooth Move 1:00 - 3:00 pm	18 Challenges of Flight School & Marriage 9:00 - 11:00 am Personal Finance 101 1:00 - 3:00 pm	19 Effective Communication 10:00 - 11:00 am	20 Single Sailor Support
21	22 Federal Jobs 9:00 - 11:00 am Stress Management Multi-Session 1:00 - 3:00 pm	23 Active Parenting 9:00 - 11:00 am	24 Anger Management 11:00 am - 12:00 pm Base Smooth Move 1:00 - 3:00 pm	25 Challenges of Flight School & Marriage 9:00 - 11:00 am	26 EFMP Display Table @ Medical 9:00 - 11:00 am	27 Exceptional Families. Exceptional Service.
28	29 Starting a Business 8:00 - 11:00 am	30		Suicide Prevention ACT! Ask Care Treat		

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

Dust Off Those Resumes for the 26th Annual Job Fair



The Fleet and Family Support Center is once again hosting a FREE annual Job Fair, to take place Aug. 20 from 9 a.m. - 3 p.m. at Sikes Hall.

Nearly 80 local, regional, and national employers are expected to participate in this event. Registered employers for this year's event include, for example, University of West Florida, City of Pensacola, Gulf Power, Cintas Corp, Florida Highway Patrol, General Electric and Escambia County Sheriff's Office. All employers actively seeking veterans and those with military experience are strongly encouraged to attend.

Active duty, and retired service members, veterans and their spouses are invited. NAS Whiting Field's Job Fair is also open to the general public. The job fair is a great opportunity for job seekers to learn about careers, meet with employers who are hiring, discover what companies need and obtain first-hand information about the company from a live representative. Last year's event attracted almost 1,000 job seekers, with many given opportunities for on-the-spot job interviews.

No large backpacks, weapons, or other unauthorized items are allowed. All attendees are subject to random searches by NAS Whiting Field security, and all employers will be screened and searched upon arrival. Civilians driving on base must present a valid driver's license, vehicle registration, and insurance.

For more information, contact the Fleet and Family Support Center at (850) 623-7177 or via email to Darryl.Johnson2@navy.mil or Terri.Maddox@navy.mil. Parking will be available in marked locations surrounding Sikes Hall. 🚗

Around the Base

Annual Routine Eye Care Exam *Things to Know*

By: NBHC NAS Whiting Field

Eye exams for active duty members are performed at Naval Branch Health Clinic (NBHC) Whiting Field and Naval Hospital Pensacola for free. If specialty optometry/ophthalmology care from a civilian provider is required, the NBHC Whiting Field staff will request the appropriate referral from TRICARE for you.

Active duty family members are authorized one routine eye exam per year with no co-pay and no referral, as long as the provider accepts TRICARE Prime.

Retirees and retiree family members are authorized one routine eye exam every two years with no co-pay and no referral, or one per year if a diagnoses (e.g., diabetes) requires annual exams, as long as the provider accepts TRICARE Prime.

Any beneficiary with an eye concern between periodic exams should visit their Primary Care Manager for referral to an appropriate provider. For an emergency issue, go to the Naval Hospital Pensacola Urgent Care Center or your nearest emergency room.

Retroactive referrals are not permitted: If you seek eye care other than as described above, you may have to pay point-of-service charges. ✈

TRICARE NOTES

Hearing aids: Hearing aids are covered only for ADFMs who meet specific hearing loss requirements. ADSMs who need hearing aids should seek more information from their military treatment facility (MTF) or service point of contact.

Durable medical equipment (DME): As defined under federal law, DME can withstand repeated use; is primarily used to serve a medical purpose; and generally is not useful to an individual in the absence of an illness or injury. TRICARE Prime rates for DME are as follows:

- o \$0 copayment for ADSMs and ADFMs
- o 20% of negotiated fee for retirees, their families and all others

Dental Care: TRICARE Prime benefits do not cover dental care unless it is medically necessary in the treatment of an otherwise covered medical (not dental) condition. For more information on the TRICARE Dental Program or the TRICARE Retiree Dental Program, visit www.tricare.mil/dental.

Basic benefit information on these topics can be found online at www.tricare.mil/coveredservices. For additional information, please visit www.humana-military.com or call 1-800-444-5445.



Ensign Groh Awarded Navy Achievement Medal
Capt. Todd Bahlau, USN, Commanding Officer NAS Whiting Field (left) presents Ensign Andrew Groh with the Navy Achievement Medal on Jun. 19, in recognition of Groh's service to and dedication while at the NAS Whiting Field's Public Affairs Office. U.S. Navy photo by Ensign Margaret Gresham.

Around the Base

Feds Feed

- (Cont. from Page 4)

and can be purchased at check out with the cashiers. Participants willing to purchase donation bags will be entered into a drawing for some great prizes every other week.

There will be three different pick-up dates, Jun. 26, Jul. 30, and Aug. 27. Make sure and get the goods in before those dates so Whiting Field can make a difference for families all throughout summer.

Although nationwide, the program is really about helping those in need locally: donations from the Whiting Team will help those in Northwest Florida. Naval Air Station's newest Chaplain, Lt. Roy Fondren, says, "The passionate desire of the Whiting Field family is to continually participate with our local community to provide those in need with practical blessings and tangible displays of love."

Region Southeast has led the Navy, which has led the DoD, for the past several years. We hope that through the generosity of military members and their families this record of success continues...but most importantly, the desire is to assist people and families in our local community during difficult times.

If there are any questions or concerns surrounding the drive, members of Whiting's religious services would be more than happy to assist. ABH2 (Aviation Boatswains mate) Benson is the point of contact and may be reached at the NASWF Chapel, 850-623-7212 or Katrina.Benson@Navy.mil.



Commissary employee helping to place Feds Feed Families donation bag into the container beside checkout. Don't forget to donate today!!! U.S. Navy photo by Ensign Margaret Gresham.

SECURITY CHECKPOINT

Things Your Burglar Won't Tell You Part 1



1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.

2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in

there, I unlatched the back window to make my return a little easier.

3. Love those flowers. That tells me you have taste ... And taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.

4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.

5. If it snows (probably not in Santa Rosa County) while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.

6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.

7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom-and your jewelry. It's not a bad idea to put motion detectors up there too.

8. It's raining, you're fumbling with your umbrella, and you forget to lock your door-understandable. But understand this: I don't take a day off because of bad weather...

9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)

10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly-winged Navy and Marine Corps Naval Aviators on Jun. 12. U.S. Navy photo by Ensign Jeremy Griffin.

Congratulations to TRAWING-5 Scholars



Congratulations to Training Air Wing FIVE's Academic Achievement Award recipients for Jun. 12 (left) and Jun. 19. The nine student aviators were tops in their success during the academic portion of flight training. U.S. Navy photo courtesy of TRAWING-5.

Around the Base

Fitness

- (Cont. from Page 4)

tive of joints which have to last for our lifetime!” Latchaw explained.

Terri Ballinger supported this through her water fitness experience, “This class session of aquatic aerobics has been my very first experience. I have been recently diagnosed with fibromyalgia. Whenever I do regular exercises, my joints hurt so much that I do not continue to exercise. Happily, I have finally found an exercise program that helps me to focus on getting my muscles stronger while not causing any joint pain! Raelyn is very energetic and continuously keeps us motivated throughout the whole class! She is extremely knowledgeable about how to modify your exercises to fit your needs.”

In addition to water fitness, Latchaw also teaches a yoga class on Tuesdays from 11:45-12:45 a.m. and Thursday from 10:45-11:45 a.m. Her style of teaching is different than many traditional classes because she incorporates not only yoga, but Pilates, and core power training. The classes are for patrons of all experience levels, Latchaw adapts each of her moves into different difficulty levels as to accommodate everyone’s abilities.

Mychelle Greer, who attended with her daughter, stated, “My daughter and I decided to do yoga together because we are both trying to live a healthier lifestyle, we want to be each other’s motivators. Raelyn is a great yoga teacher, she is encouraging, and she makes the class fun, she’s funny but the best asset I feel she has is she is very friendly and makes me feel comfortable. I would love to go to all her classes and my daughter and I plan on going to one of her water fitness classes, I heard she was awesome with that too! Raelyn’s strength, inspires me, I want that strength one day.”

Yoga is a great way for people who traditionally participate in weight training or static cardio to get outside their comfort zone and work muscles that are typically ignored in the gym.



Participants enjoy water fitness class as NAS Whiting Field’s swimming pool. Classes are held Tuesdays and Thursdays, 8:30-9:30 a.m. and Mondays and Thursdays, 4-5 p.m. U.S. Navy photo by Ensign Margaret Gresham.

It strengthens the core and muscles that support joints by using body weight and breathing techniques. Because this style of class focuses on core strength as well as all-over conditioning, it offers a low impact effective workout for all ages and fitness levels.

Chris, a regular attendee of the yoga class, shared: “I love the yoga class; I have gained flexibility and strength, but most importantly I have had a lot of fun. The hours are very consistent so I can always plan my schedule around them.”

Latchaw has such a passion for fitness and health, and it is evident through her commitment to the patrons who participate in her fitness classes. She wants every single person regardless of their fitness ability to take something away from her classes. Whether it is providing the catalyst for people trying to reach their fitness goals or simply giving people a much needed break from their busy lives, her classes provide a special opportunity that is truly advantageous.

“I have been physically active most of my life and have experienced the benefits first hand of choosing to take time for exercise...improved mood, clarity of thought, and increased energy as well as the physical benefits of being the best ‘me’ I can be. I have a passion to share those benefits of good health through teaching fitness classes,” Latchaw said. 🐦