

# Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.  
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Forging Wings for the Fleet  
Thursday, March 19 2015

**2015 INSTALLATION EXCELLENCE AWARD WINNER**



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## Commander, Naval Safety Center, Visits Students

By Ensign Andrew Groh, NAS Whiting Field Public Affairs

Rear Adm. Christopher Murray, Commander, Naval Safety Center, visited NAS Whiting Field on March 10 to enjoy a question and answer session with the students of the Aviation Maintenance Officer/Aviation Ordinance Officer Career Progression (AMO/AOOC) programs. Murray began the talks focusing on aviation safety and Operational Risk Management (ORM) in the fleet as a whole, while finishing with personal off duty activities towards the end.

Of the many topics covered in the conversation, Murray continued to bring the students' attention to ORM. Operational Risk Management is the Navy's guiding instruction on acknowledging and addressing

- (Cont. on Page 8)

*Cover: A participant of the NAS Whiting Field Religious Ministries Team's couples retreat takes a shot at Adventures Unlimited's ropes course. The one-day retreat's goal was to build trust between couples using teamwork and communication to achieve common goals. Photo by Ensign John Spoehr, NAS Whiting Field, Public Affairs*

## The Whiting Tower

### Commanding Officer

- Capt. Todd Bahlau

### Executive Officer

- Cmdr. Gregory Gray

### Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

### Public Affairs Officer

- Jay Cope

### Public Affairs Staff

- Ensign Andrew Groh

- Ensign Jon Spoehr

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.

## CNRSE Recognizes Whiting Field Fire Fighters

By Ensign Richard Krepps, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field continues to establish 2014 as a banner year for the command and its staff. After NAS Whiting Field was recently named the Navy Installation Excellence Award recipient, Fire & Emergency Services Gulf Coast, comprised of both NAS Whiting Field and Pensacola, was selected as Fire Department of the Year Award (Large Category). Two fire fighters from the installation also received individual awards.

*"I am so very proud of the men and women of Fire and Emergency Services Gulf Coast. They work hard to make a difference and ensure we are capable of protecting those that defend America every day across the entire area of responsibility."*

**-William Barrow  
NASWF Fire Chief**

Command Navy Region Southeast recognized Aviation Boatswains Mate First Class David L. Castro and Aviation Boatswains Mate Second Class Tyler A. Vanway as Fire Instructor of the Year and Fire Fighter of the Year respectively.

Fire & Emergency Services Gulf Coast protected twenty-nine thousand Sailors, Soldiers, Airmen, Marines, Coast Guardsmen, and Civilians. It also safeguarded 381 aircraft, 27 marine vessels, 14 million square feet of facilities on over 45 square miles and valued at 8.6 billion dollars, resulting in a total fire loss of zero dollars.

While the members work relentlessly to protect service personnel, they go through equally great lengths to serve the surrounding community. On April 13, the fire and emergency personnel were on hand to assist with the search and rescue and administering of medical aid to over 180 individuals who were injured when a gas line exploded at the Escambia County Central Booking Station. Members from both installations were also once again called upon to help local responders when a train derailed in Milton this past December.

Fire Chief William Barrow offered his praise, "I am so very proud of the men and women of Fire and

- (Cont. on Page 3)

## Fire Fighters

- (Cont. from Page 2)

Emergency Services Gulf Coast. They work hard to make a difference and ensure we are capable of protecting those that defend America every day across the entire area of responsibility. It truly takes all of us to make it happen.”

A key component in the success of Gulf Coast Fire & Emergency Services, Castro was selected as Fire Instructor of the Year for his “outstanding performance as an instructor, trainer, and speaker”. He personally instructed 37 firefighters in attaining 21 Fire Instructor I, 8 Fire Officer I, 4 EMT, and 3 Fire Inspector I certifications while also coordinating the training of 111 firefighters during 667 live fire evolutions.

Castro’s mentorship extended beyond his Fire Instructor duties as he led the Command Indoctrination courses on Navy Rights and Responsibilities for 80 new reporting Sailors as well as the Petty Officer Indoctrination courses to provide leadership skills and guidance to 35 new advanced petty officers.

Despite his recent recognition Castro was quick to attribute his success to his department.

“It’s really an honor to be recognized for such an important [honor]. I just try to do my job and help others when I can. We have a great department and military installation; they ensure we are provided with the tools to succeed in our future endeavors,” Castro said.



Fire Fighter of the Year Aviation Boatswains Mate Second Class Tyler A. Vanway. Photo By Ensign John Spoehr, NAS Whiting Field, Public Affairs.



Fire Instructor of the Year Aviation Boatswains Mate First Class David L. Castro. Photo By Ensign John Spoehr, NAS Whiting Field, Public Affairs.

Vanway, described as “energized” and a “hard charger”, was selected as Fire Fighter of the Year for demonstrating exceptional job performance, initiative, technical competence, resourcefulness, and leadership abilities.

Vanway completed his qualifications for Airport Rescue Fire Fighter (ARFF) Chief, Airport Fire Fighter, Airfield Operations, ARFF Driver/Operator on the Twin Agent Unit and T-1500 fire apparatus in record time. He then proceeded to lead his firefighting crew during operations for hazardous flights and responded to 25 in-flight and ground emergencies with zero loss of life, all while completing his Associates of Science degree in Arts/Liberal Studies with a 3.66 GPA. His drive and performance was rewarded by being hand-selected as the Assistant Fire Captain for NOLF Harold, a position that is normally held by a seasoned First Class Petty Officer.

As Department Head for both Sailors, Lt. Kenyatto Mayes offered his praise, “I could not be more proud of ABH1 Castro and ABH2 Vanway. Both of them have worked exceptionally hard and deserve the recognition. There is no doubt that they played a major role in Fire & Emergency Services Gulf Coast taking the Fire Department of the year award.”

Fire and Emergency Services Gulf Coast will now go on to represent the CNRSE at the Commander, Navy Installations Command level. 🚒

### eDIVO Mobile App for U.S. Navy Division Officers Now Available

#### From Sea Warrior Program (PEO EIS PMW 240) Public Affairs

WASHINGTON (NNS) -- The Navy launched a new app today named eDIVO, designed to provide Junior Officers and Enlisted Chief Petty Officers with quick access to information and resources all conveniently located within one mobile application. The eDIVO app is the creation of two junior officers, Lieutenants Charlie Hymen and John Harry, who were frustrated with the arduous task of sifting through numerous websites and documents in search of military guidance. Today, their idea and determination has led to the eDIVO app, developed by the Navy and now available for free in the App Store and Google Play Store.

The eDIVO app aggregates publicly available information providing quick access to over 44 documents and 8,300 pages of information in one convenient place significantly decreasing the amount of time it takes to search for frequently needed information. In addition, the eDIVO app works disconnected thus enabling use anywhere, whether ashore or afloat.

“The basic concept was to design a mobile app to help Division Officers and Chief Petty Officers with their day-to-day management of personnel and divisional affairs, as well as give them the tools to succeed as effective leaders,” said Hymen. “Actually seeing our app turn into a reality is very fulfilling.”

“We are thrilled to see this app launched today in both the Apple and Android platforms because we understand firsthand how this product will make life easier for the Division Officer,” said Harry.

eDIVO is a bring-your-own-device (BYOD) tool available for smartphones and tablets, and allows the Division Officers to find applicable information such as basic military requirements, evaluation writing, sexual assault and harassment, legal issues, enlisted advancement, equal opportunity, and navigation basics. It is designed to help DIVOs take the appropriate steps when faced with typical situations they encounter day-to-day.

Beta testers of eDIVO have given the app positive reviews. Lt. j.g. David Galiyas, assistant plans and policies officer, Amphibious Squadron (COMPHIBRON) 6 said, “Instead of spending countless hours searching for instructions, forms and other essential administration, Division Officers have all of the necessary tools at their fingertips, and can spend more time leading and developing their Sailors. I can’t stress enough how much of a positive impact eDIVO will have on the Surface Navy.”

Also included with the app is a Rules of the Road quiz

that includes a question bank of over 1200 questions (and answers) ensuring that those standing watch are equipped with the resources and training they need to keep their ships safe.

Lt. j.g. Hans Lauzen, eDIVO tester and combat information center officer, USS Essex (LHD 2) stated, “eDIVO revolutionizes the way a DIVO can work, and brings being a Naval Officer into the 21st century. Being able to access key publications, helpful tips, and Rules of the Road quizzes from my phone, I am able to immediately make an impact within my division. It even works on airplane mode so I can use it on the high seas!”

The Division Officer app was developed by the U.S. Navy Sea Warrior Program (PMW 240) and produced under an agile development process that allowed an operational utility prototype to be released within six months. This process was specifically designed to develop the eDIVO app, and future apps, on a short timeline and small budget. Tracen Technologies Inc., a company that specializes in integrated mobile and web solutions, was the software developer.

For more news from PEO for Enterprise Information Systems Command, visit [www.navy.mil/local/peois/](http://www.navy.mil/local/peois/). 

#### *This Day in Naval History*

**March 17, 1898 - John Hollands submarine, Holland IV, performs the first successful diving and surfacing tests off Staten Island, N.Y.**

**March 19, 1918 - Ensign Stephen Potter is the first American to shoot down an enemy seaplane, a German plane off the German coast during World War I.**

**March 20, 2003 - Operation Iraqi Freedom begins after USS Bunker Hill (CG 52) is among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Persian Gulf.**

**March 24, 1903 - Adm. George Dewey is commissioned Admiral of the Navy, the only person to hold this rank. Upon his death Jan. 16, 1917, Congress deactivates the rank.**

**March 27, 1794 - President George Washington signs the Naval Act of 1794 authorizing the construction of six frigates: United States, Constellation, Constitution, Chesapeake, Congress, and President.**

## Shift to summer uniforms on 6 April.

**Navarre Beach Used for Recovery Efforts** - The Navarre Visitor Center and Navarre Park located at 8543 Navarre Parkway at the foot of the Navarre Beach Causeway is closed until further notice. The area is being used in recovery efforts for the Black Hawk helicopter crash. This includes the Navarre Beach Marine Park and Navarre Beach Boat Ramp.

**Motorcycle Mentors** - The weather is getting warmer and now is the time to get those motorcycles ready for summer fun. NAS Whiting Field has a need for an experienced rider to step forward and help us meet the requirements of OP-NAVINST 5100.12J. Commands are required to have a Motorcycle Mentor program. Currently NASWF doesn't have this program. Here is an opportunity for a great FITREP/Eval bullet. You would be starting this from the ground up. The first order of business would be to draft a charter document with bylaws. Eventually that person would act as the President and organize meetings, command rides and assign senior, more experienced riders to act as mentors to less experienced riders. If you're interested contact the NASWF Safety office at 623-7180 or 623-7158.

**Energy Champions** - We'd like to recognize the following buildings for last month's highest energy reductions over February 2014:

1424	North Field	-30.6%
2977	HT-8/18	-26.2%
1423	VT-3	-19.0%

**"Flicks on the Field"** - Santa Rosa County's "Flicks on the Field" movie continues with How to Train Your Dragon 2 starting Friday, March 20 at 7 p.m. on the fields of the PARA Football Complex located at 3536 Limbaugh Lane in Pace, approximately one-half mile north of the intersection of U.S. Hwy. 90 and Woodbine Road. Each Friday in March, families are invited to bring lawn chairs or blankets and enjoy a movie under the stars. The free community event offers newly released family movies on a 43 foot screen. The remaining 7 p.m. Friday movie lineup includes:

-March 27 - Night at the Museum: Secret of the Tomb  
Concessions are available or moviegoers can bring their own food and drinks. Smoking and alcohol are not permitted in Santa Rosa County parks.

**Chili Cook-Off** - The Santa Rosa Kids House will host their 2nd Annual Chili for Children Chili Cook-Off at Ollie's Neighborhood Bar and Grill in Milton, Saturday, March 28 beginning at noon with tasting kicking off at 3 p.m. Check out <http://santarosakidshouse.com/ourevents/second-annual-chili-for-children-cook-off/> for more information. General admission to the tasting is \$5.

**Fishing Tournament** - Fishermen and women, it is time for to enjoy the beautiful Spring outdoor activities. Are you ready for crappie season on the scenic Alabama River at Millers



**Fair Winds and Following Seas**  
**ASW2 Oelschlager receives his farewell gifts from fellow ASW's and command of HT-28 during his retirement party at the golf course clubhouse on March 6.**  
**Photo by Ensign John Spoeher, NAS Whiting Field, Public Affairs**

Ferry? The annual Wilcox County Chamber Crappie Tournament will kick-off Saturday, April 11 to give you a chance to commune with nature while competing to win some great prizes. Located 38 miles south of Selma and 45 miles north of Monroeville, Alabama, Wilcox County is known as a "Nature Place" in our region that all sportsman enjoy! First place is guaranteed to be a \$1,000 prize and the top youth angler wins \$250. Other overall prizes determined by participation, but there are hourly weigh-in prizes as well. Check out [www.wilcoxareachamber.org](http://www.wilcoxareachamber.org) for additional details.

**NGIS Hiring** - Navy Gateway Inns and Suites is looking for motivated individuals to join our team. We are currently looking to hire Front Desk and Housekeeping Associates. You may pick up an application package for both positions at the Front Desk of NGI&S in Building 2942. If you would like further information please call 623-7605.

**Travel Notices** - Construction activities began Sunday, March 15 on State Road 289 (9th Avenue) between U.S. 90 (Cervantes Street) and S.R. 742 (Creighton Road) in Escambia County. This work is part of a \$4 million contract to resurface 5.4 miles along 9th Avenue. Additional improvements will include traffic loop replacement, Americans with Disabilities Act upgrades, construction of barrier wall at Carpenter's Creek and new signs and pavement markings. Drivers may encounter minor delays and intermittent lane closures during daytime hours as crews lower manholes and valve boxes in advance of the milling and paving operations. The contractor will begin milling and resurfacing at Cervantes Street and proceed north. Paving operations requiring lane restrictions will take place at night between 9 p.m. and 6 a.m. Sunday through Thursday. Work is anticipated to be completed winter 2015. 🛩️

## From TRAWING-5

# Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly winged Aviators on February 27

Top from left: Cmdr. Robert G. Sinram, USN, CO HT-8; Ens. Daniel D. Murphy, USN; Ens. Jack P. Giannini, Jr., USN; Ens. Andrew J. Regis, USN; 1st Lt. Thomas J. Marcin, USMC; Lt. j.g. Brian P. Larson, USN; Ens. Matthew S. Tansey, USN; Ens. William T. Corso Jr., USN; Ens. Andrew R. Douglas, USN; Ens. Jonathan R. Mckenna, USN; Ens. Arthur C. Escrubano, USN; Lt. Col. Brett A. Hart, CO VMNT-204, USMC

Middle from left: Lt. Col. Raffort M. Coleman, USMC, CO HT-18; 1st Lt. Patrick X. Kelly, USMC; 1st Lt. Kyle M. Kinder; 1st Lt. Kyle D. Shaw, USMC; Ens. Robert M. O'Donnell, USN; Ens. Travis G. Kolczynski, USN; Lt. j.g. Alexander J. Buck, USN; 1st Lt. Ryan J. Boyer, USMC; 1st Lt. Johnathan C. Craig, USMC; 1st Lt. Patrick S. Lempka, USMC; Ens. Amanda N. Millhoff, USN; Col. Gary A. Kling, USMC, Commodore TW5

Bottom from left: Lt. Col. Cory E. Dekraai, USMC, XO HT-28; Ens. Samantha G. Telles-Gonis, USN; 1st Lt. Katrina E. Lamsa, USMC; Ens. Edward P. Tarolli, USN; Ens. Mathew A. Hildebrand, USN; Ens. David H. Sturgis Jr., USN; Ens. Patrick J. Dematteo, USN; 1st Lt. Alec J. Meyer, Lt. j.g. Jonathan R. Mckenna, USN; 1st Lt. Richard C. Hetrick III, USMC; Ens. Emma L. Pitterle, USN



Training Air Wing FIVE recognized these newly winged Aviators on March 13

Top from left: Lt. Col. Raffort M. Coleman, USMC, CO HT-18; Ens. Casey P. Kleity, USN; Ens. Matthew J. Grinsteiner, USN; 1st Lt. Randall C. Small, USMC; Ens. Zachary T. Tills, USN; 1st Lt. Braum G. Schofield, USMC; Ens. Brady L. Martin, USN; Ens. Luke G. Gunderson, USN; Capt. Mark T. Murray, USN, Deputy Commodore TW5

Middle from left: Cdr. John D. McBryde, USN, XO HT-8; Lt. Salem M. Alzahrani, RSNF; 1st Lt. Josph P. Roberts, USMC; Ens. Erik M. Dahl, USN; Ens. Lucas C. Carita, USN; 1st Lt. Andrew J. Eubanks, USMC; Lt. Mohammed A. Alshehri, RSNF; Cdr. Matthew Bradshaw, USN

Bottom from left: 1st Lt. Lucas T. Bosch, USMC; Ens. Martin J. Brown, USN; 1st Lt. Andrew M. Schroeffer, USMC; Ens. Maria R. Hobson, USN; Lt. j.g. Jonathan E. Gagnon, USN; 1st Lt. Jacob R. Gerbino, USMC; Ens. Phillip M. Justice, USN

### ITT Puts On Travel Show

By Ensign Jon Spoehr, NAS Whiting Field, Public Affairs



Command Master Chief Alton Smith pictured left in the blue Navy Working Uniform checks in on the NAS Whiting Field third annual ITT Travel Expo. The event offered visitors the chance to find out ticket, event and accomodation specials in the Southeast region. Picture by Ensign Andrew Groh, NAS Whiting Field, Public Affairs.

The third annual ITT Travel Expo brought active duty service members, DoD civilians and their families together with vendors from five states across the Gulf Coast region. The ITT Office as part of the Morale, Welfare, and Recreation department helps military families enjoy attractions and travel at discounted rates.

“I am so very pleased at how this show turned out. Our expectations were exceeded tremendously,” explained Marcy Allen, ITT event coordinator. “These events require the support of the community which we received fully.”

The ITT Travel Expo, though only in its third year, has become an annual event helping to increase awareness of all the leisure opportunities provided to the military. Often companies and organizations wish to thank the military and their family for their service by offering deals and discounted prices.

All of these vendors are part of the military Travel Voucher Program. The representative from the Wyndam Group was able to describe the program as an opportunity to provide a service to the military in the way of rooms and other services at discounted rates.

Vendors from Louisiana, Alabama, Florida, Texas and Georgia promoted a variety of attractions and hotel accommodations to over 300 attendees. Representatives also endorsed tourism of their local areas. Local vendors including Adventures Unlimited Outdoor Center and Visit Pensacola were also in attendance showing their support for the NAS Whiting Field MWR and ITT offices.

## SECURITY CORNER

### Florida’s Move Over Law

Protects law enforcement officers, emergency workers and tow truck drivers stopped along roadways while performing their jobs. It requires motorists to move over when a patrol car, emergency vehicle or tow truck/wrecker that is stopped on the side of the road with its lights flashing.



If such movement cannot be safely accomplished, motorists shall slow down to a speed of 20 mph below the posted speed limit.

Motorists are required to: Approach the emergency vehicle with caution; change lanes away from the emergency vehicle if traveling on a multi-lane roadway and able to move over safely; or slow down while maintaining a safe speed of 20 mph below posted speed limit and be careful not to impede or block the flow of traffic unless otherwise directed by an Law

Enforcement Officer. Violators of the Move Over Law will be issued a citation! You also can receive points on your license for this violation besides paying a fine.

Pull Over for Emergency Vehicles: We’ve all experienced an ambulance, police car, or fire truck quickly approaching behind us with their lights and sirens on. And it’s important to remember exactly what you should do and what the emergency driver expects you to do. They expect you to “Pull Over.” When an emergency vehicle including police cars, fire trucks, ambulances, other law enforcement, and tow trucks approaches you are expected to pull over to the closest edge of the roadway and stop until the emergency vehicle has passed. The intent is for you to make way for the emergency vehicle so it can quickly move through traffic. Never block an intersection. This applies to pedestrians as well as drivers. Not many people realize that this also included funeral processions that have a police escort.

# Around the Base

## Murray

- (Cont. from Page 2)

risk both on and off duty for all Navy personnel in order to successfully accomplish all operations or activities with the least amount of risk possible.

Murray stated, “ORM is embraced but not embraced. It[ORM] needs to be used more consistently at every level. A cradle to the grave kind of ORM.”

Murray shared with his audience that more often than not, Class A Mishaps, incidents resulting in damages in excess of \$2,000,000, are a result of human error and could have been avoided with the proper use of ORM. He continued by saying that everyone in an operation is responsible for assuring that proper ORM is followed at any given moment and not the sole responsibility of any one person.

As the Q&A progressed, the topics remained on safety and covered issues such as motorcycle risk, snowboarding accidents, and scuba diving to name a few. Murray commented that his goal was to make ORM and safety more of an overall lifestyle addition, not just a workplace requirement.

“Let’s talk about off duty risk. Riding motorcycles are a great and fun thing to do, if you risk mitigate properly, you can do it safely. Of the 20 motorcycle mishaps we had last year in the Navy, four of them, there was nothing the rider could have done. The other 16 could have been prevented. So to address that we have the rider safety courses to help educate riders on proper safe riding.”

Murray continued his coverage of off duty recre-



Rear Admiral Murray addresses NAS Whiting Field AMO/AOOC classes on safety in the work place and at home. Photo by Ensign Andrew Groh

ational risk by referencing a young female sailor stationed in Hawaii. While enjoying some off time with a group of friends, she decided to go cliff diving. An activity that Murray said holds a great deal of risk. As a result, the young sailor lost her life.

“The Navy and Marine Corps doesn’t want to ban risky places or activities for service members, because what happens if you put something off limits, people want to do it even more. Instead, we want to push education and allow service members to enjoy the activities they are interested in once they have properly recognized and taken steps to minimize any potential risk involved. We want ORM to be instilled from the minute you start boot camp, to grow as you progress through your military career, and follow you into your personal life and everything you do after the military. We want our people to make better and safer decisions in life as well as in the work place.”

An advertisement for the NAS Whiting Field Bowling Center. The text reads: "NAS WHITING FIELD BOWLING CENTER", "FRIDAY LUNCH BOWLING", "11AM - 2PM", "IF YOU EAT, YOU GET TO BOWL FOR FREE!", "HERE'S THE DETAILS ... PURCHASE OUR FRIDAY LUNCH SPECIAL AND HAVE A FREE GAME ON US ...", "FOR MORE INFORMATION CALL THE BOWLING CENTER 623-7930". The ad features images of bowling balls and pins, and logos for MWR (Morale, Welfare, Recreation) and NAS Whiting Field.

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

*[www.facebook.com/naswhiting-field](http://www.facebook.com/naswhiting-field)  
and @naswf*

# NASWF Celebrates African-American History

By Jay Cope, NAS Whiting Field Public Affairs



Naval Air Station Whiting Field Commanding Officer Capt. Todd Bahlau converses with Florida Representative Mike Hill during the luncheon portion of the African-American Heritage event hosted by the installation's Diversity Committee, Wednesday, Feb. 25. Hill served as the guest speaker for the function. U.S. Navy photo by Jay Cope.

The Naval Air Station Whiting Field Diversity Committee hosted an African-American heritage celebration Feb. 25 at the base auditorium to honor the achievements and contributions of Black Americans throughout our country's history. The luncheon was open to the entire Whiting Field community.

The committee chose an audio recording of Dr. Martin Luther King Jr speaking to set the ambiance as guests entered the auditorium. NAS Whiting Field Commanding Officer Capt. Todd Bahlau kicked-off the event by mentioning several African-Americans who established milestones for others to follow: Winston Scott, a former space shuttle astronaut who logged more than 24 days of time in space; Vernice Armor, the first female African-American combat pilot and Lt. Col. Merryl Tengsdahl, the first African-American woman to fly the U-2 spy plane.

"All three great Americans trained right here at NAS Whiting Field," he reminded the audience before introducing the event's special guest, Florida State Representative Mike Hill, (R, 2nd).

Hill served as the primary speaker for the luncheon, and spoke about his and his father's military background and how that molded him into the man he is today. Military service was a passion that drove him to succeed and although he left after ten years to pursue civilian challenges, he "loved every minute of [his service]."

"Serving my country is something I always wanted to do since I was a little child," Hill stated. I wanted to be a part of what I considered the American Dream.

Hill's services started in 1980 as a graduate of the United States Air Force Academy. During his 10 years on active duty, he received recognition of exceptional service through awards such as Air Force Achievement Medal; Air Force Commendation Medal; Air Force Organizational Excellence Award; and the Armament Division Company Grade Officer of the Year in 1988. He separated from service as a Captain to start an insurance business which he successfully ran for more than 20 years.

He is also a past-president of the Northwest Florida Tea Party from 2010-2013 and ran for office unsuccessfully once which he described as a somewhat humbling experience, but which enabled him to learn from his mistakes.

"Even though I lost the race, I was exposed to areas of the Panhandle I was unaware of previously," he said.

He had no inclination to try again, but after several requests to run for the seat after Representative Clay Ford's death, he relented, and won the seat handily – after working with an advisor who stressed the need for him to have a platform. Hill ran on the ideas of Limited Government, Fewer Taxes, and Personal Responsibility.

- (Cont. on Page 12)

**SHAMROCK  
-N-  
ROLL**

**Come out to the Golf Course  
and enjoy a scenic 2 mile fun run!**

**THURSDAY  
MARCH 19, 2015  
1100**

**Prizes and snacks  
for all participants!**

**Fitness Center 623-7412**

**MWR**  
Accredited  
Program  
NAVY AIR FORCE, WELFARE & RECREATION

## Travel Show

- (Cont. from Page 7)

“This is a great opportunity to offer our service men and women some travel and leisure around the immediate area and beyond,” noted Capt. Bahlau while looking at the vendors and seeing the deals that are being offered. “It is great for these companies to take time out of their busy schedule to offer the deals that they have.”

Representatives from Best Western, Wyndham, the Pirates Dinner Theatre, an alpine village in Georgia, Universal Studios, Gatorland, the Pensacola Blue Wahoos, and many others were in attendance offering information for the service members and their families. The event is a true win-win, as the vendors get to promote their products, while the families have a one-stop shop for learning about travel opportunities of which they may not be aware.

Many vendors have already expressed the success of this event and look forward to participating next year.

“We work to provide great benefits to the servicemen and women and getting the word out is often our biggest obstacle. Events like this one allow us to reach a wider audience,” affirmed Allen. “It is my hope that this event continues long into the future”

## SAVINGS TIPS

**- USE YOUR TAX REFUND TO START OR ADD TO YOUR IRA OR 401(K) THESE PLANS ARE OPPORTUNITIES TO PUT ASIDE MONEY NOW FOR RETIREMENT LATER.**

**- FOR HELP WITH YOUR TAXES, DOWNLOAD THE IRS TAX GUIDE JUST FOR MILITARY MEMBERS.**

**- HAVE AN AVAILABLE EMERGENCY FUND FOR ANY POTENTIAL UNFORSEEN EXPENSES.**

## Eco-nomics

### Tips to Save Energy

#### Appliances

1. Keep range-top burners and reflectors clean. They will reflect the heat better, and you will save energy.

2. When operating a clothes dryer, keep the lint screen clean. Remove lint after each load. Lint impedes the flow of air in the dryer, which makes your clothes take longer to dry and requires the machine to use more energy.

#### Cooling

1. The most energy efficient way to keep your house cool is by ventilating the desired room by opening windows and doors. This method of cooling is free, and should be used whenever feasible to help cool your house. With the summer months coming up though, many of us will begin using fans and air conditioning units to help keep cool.

2. Close doors and vents of unused rooms to avoid cooling these areas.

3. Don't set your thermostat at a colder setting than normal when you turn on your air conditioner. It will NOT cool faster. It WILL cool to a lower temperature than you need and use more energy.

4. Turn off your window air conditioners when you leave a room for several hours.

#### Myth

Always fill up your tank with premium gasoline to ensure the optimal performance of your car.

#### Reality

Different engines have different octane requirements. Octane is not a measure of the fuel's power or quality. Using a higher octane does not necessarily increase the engine's performance, so check your owner's manual to find out what's right for your car. Not only could you be spending too much for your gasoline by buying too high an octane gasoline, but producing higher octane fuels uses more crude oil than producing lower octane fuels.

# Family Assistance

NAS Whiting Field



## MARCH 2015

TO REPORT A SEXUAL ASSAULT:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Stress Management Multi-Session 1:00 - 3:00 pm	3 Conflict Management 9:00 - 10:00 am Resume Writing 10:00 am - 12:00 pm	4 Anger Management 10:00 - 11:00 am TW-5 Smooth Move 1:00 - 3:00 pm	5 Challenges of Flight School & Marriage 9:00 - 11:00 am	6 VA Representative 8:00 am - 12:00 pm	7
8	9 Stress Management Multi-Session 1:00 - 3:00 pm	10 Stress Management 1:00 - 2:00 pm	11 Personal Communication 10:00 - 11:00 am Base Smooth Move 1:00 - 3:00 pm	12 Challenges of Flight School & Marriage 9:00 - 11:00 am	13	14
15 TAP GPS Mon - Fri 8:00 am - 5:00 pm	16 Stress Management Multi-Session 1:00 - 3:00 pm	17 Basic Parenting 1:00 - 3:00 pm	18 Anger Management 1:00 - 3:00 pm TW-5 Smooth Move 1:00 - 3:00 pm	19 Challenges of Flight School & Marriage 9:00 - 11:00 am Money & The Move 1:00 - 3:00 pm	20 VA Representative 8:00 am - 12:00 pm	21
22	23 Federal Jobs 8:00 - 10:00 am Stress Management Multi-Session 1:00 - 3:00 pm	24 Stress Management 9:00 - 10:00 am ROAB 11:00 am - 12:00 pm	25 Personal Communication 10:00 - 11:00 am Renting 1:00 - 3:00 pm	26 Challenges of Flight School & Marriage 9:00 - 11:00 am	27	28
29	30 Resume Writing 8:00 - 10:00 am Stress Management Multi-Session 1:00 - 3:00 pm	31 Conflict Management 10:00 - 11:00 am Anger Management 11:00 am - 12:00 pm	<b>Suicide Prevention</b> <b>ACT! Ask Care Treat</b>			

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## Couples Build Trust While Having Fun

By Ensign John Spoehr, NAS Whiting Field, Public Affairs

Naval Air Station Whiting Field's Religious Ministries Team recently provided couples an opportunity to attend a one-day retreat designed to help build trust in stressful situations. Ranging from recently engaged couples to those who have been married for many years, the Feb. 21 event sought to strengthen relationships through improved communications.

Retreat attendees spent the day at Adventures Unlimited, a nearby park that offers many attractions including zip-lines, high and low ropes course, and camp sites. Just north of NAS Whiting Field, the park brought the attendees to an adventurous locale full of natural beauty.

NAS Whiting Field Chaplain, Lt. Jason Hart hoped that the attendees would be able to grow and strengthen their relationships by working their way through stressful but fun challenges in the environs of the Blackwater River Forest.

Hart brought 26 couples to the retreat and encouraged them all to try new things, primarily through attempting the high ropes course. One such activity, called the Leap of Faith, involved climbing a pole and then jumping



Couples retreat attendees take on trust walk obstacle course. Designed to help couples better communicate in stressful situations. Photo by Ensign John Spoehr, NAS Whiting Field, Public Affairs.

off trying to hit a volleyball that was higher up in the air. With this event, the couples had to leave a safe-feeling environment and trust that they would get through it.

"It was great event to grow team work and work outside that comfort zone through climbing with my wife," Chief Naval Aircrewman and Command Chief of Helicopter Training Squadron EIGHTEEN Steven Bean said. "The events were designed for everyone to participate in and complete."

During the lunch portion of the event, Hart reviewed the trip's goals and some questions that should be asked by the couples.

"You shouldn't ask what do I have to do, but instead what do you need from me."

When discussing the event, Hart emphasized the goals of the program were to push people past their comfort zones and to build a stronger relationship with each other.

"We wanted the couples to have fun with the event but to also think about skills that they could learn to be able to improve their relationship and strengthen their bond through some challenging situations that allowed them to learn more about their relationship," Hart stated. 🍷

## African American History

- (Cont. from Page 9)

Hill has been married to his wife Greta for 30 years and is a father of 3 children, including a son serving as a U.S. Marine. More than any other message, he emphasized the importance of family throughout his presentation. Having been brought up in a military family, his father was an A-4 crew chief, Hill found value in the discipline and the travel involved in a military life, and that the strong grounding he had from his family set the foundation for his success.

“Raise your children the way you believe they should grow,” he said. “What I share with you is that you need to show them the way to go. You have to set the example for them.”

Everyone’s idea of the American Dream is different, and Hill’s certainly does not equate to everyone else’s vision, but Lt. Col. Rafford Coleman, Helicopter Training Squadron EIGHTEEN’s commanding officer, thought it was important to hear.

“It was inspiring to hear how someone achieves their definition of the American Dream,” he stated.” His core messages of Family, Education, and Service are valuable. It was a very thoughtful and inspiring speech.”

Naval Air Station Whiting Field

# END OF AN ERA GOLF TOURNAMENT

23 MAY 2015

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