

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 71 No. 04

Forging Wings for the Fleet
Thursday, March 05 2015

2015 INSTALLATION EXCELLENCE AWARD WINNER



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CNRSE Visits Naval Air Station Whiting Field

By Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field hosted the regional commander Feb. 25-27 to showcase the base's capabilities and facilities. Rear Admiral Mary Jackson, Commander Navy Region Southeast travelled to Milton, Fla. to learn about the installation, the mission, and to meet the team during her two-day evaluation.

Arriving the evening of Feb. 25, the tour started in earnest at 7:30 a.m. the next morning with an all-hands call. Jackson used the opportunity to praise the Whiting Team on earning the Installation Excellence Award, the award which recognized the base as one of the top shore commands in the Navy.

- (Cont. on Page 9)

Cover: Participants in attendance for the ITT Travel Show at NAS Whiting Field's Atrium are given the opportunity to hold a live alligator from Orlando's Gatorland. The event gave service members the chance to gather information on discounts and attractions for the 52 destinations that were represented at the event. Photo by Ensign Jon Spoehr.

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 Richard Krepps

- 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.

Ombudsman at Large Visits NAS Whiting Field

By Ensign Jon Spoehr, NAS Whiting Field Public Affairs

The Navy's Ombudsman at Large visited Naval Air Station Whiting Field Feb. 18 to discuss the ombudsman program and to see the community of NAS Whiting Field as a whole. With her meetings around base, the Ombudsman at Large, Mrs. Marth Faller, was able to see the wonderful community that NAS Whiting Field has created.

She met with many of the command programs on base including: Fleet and Family Service Center, Child Development Center (CDC), Chief's Spouses, and the Chapel. With each of these groups she was able to discuss the programs that they had to help the military community acclimate to the area.

The Ombudsman program has been involved with the Navy since 1970 and is an all-volunteer force of Navy spouses that serve as a direct line of communication from families to the chain of command. The ombudsmen disseminate information about the command, command climate issues, quality of life, and good deals around community. The main goal of the ombudsman program is to help maintain healthy and self-reliant families with in the community and Navy as a whole.

The Ombudsman-at-Large is the most senior ombudsman in the Navy. Her job is to advise the Chief of Naval Operations (CNO) and Master Chief Petty Officer of the Navy (MCPON) on matters affecting Sailors and families and to judge the welfare of command families. Her main priority is the welfare of the community spouses and that the relationships that they have with their military spouses are healthy and productive.

"The visit was a great opportunity to take a look at and evaluate some of the programs that we rely on to support our families while we are away completing the mission," Alton Smith commented.

The Ombudsman at Large discussed the wants of the Chief Petty Officers' family members and how they like the community in which they live in. The wives discussed how much they loved living in the

- (Cont. on Page 10)

NAS Whiting Field Announces Closing of Golf Course

By Jay Cope, NAS Whiting Field Public Affairs

After more than 65 years of providing entertainment for Naval Air Station Whiting Field Sailors, Marines, Airmen and Coast Guardsmen, the Frank W. Dahlinger Golf Course will shut its gates for the final time June 1, 2015.

First opened in 1948, the golf course was originally built by Navy Sea Bees as a nine-hole course which was later expanded to 18 holes in 1965.

“It is truly disappointing to have to oversee the closure of a Naval Air Station Whiting Field land-



The NAS Whiting Field Golf Course Club House overlooking the 18th hole. The course will be closed for good in June after nearly 67 years of operation.

mark, however, financially, the course is unsustainable and simply costs more to operate than the revenue it brings in,” NAS Whiting Field Commanding Officer Capt. Todd Bahlau stated.

The golf course has run in the red for many years and is not a self-sustaining operation as directed by Navy guidelines on such facilities. Over the years, a combination of an economic downturn, strengthened base security posture and the rise in cost of expenses have resulted in an inability of the course to break even financially.

- (Cont. on Page 10)

Santa Rosa County Navy League Holds Awards Dinner

By Ensign Jon Spoehr, NAS Whiting Field Public Affairs

The Santa Rosa County Council of the Navy League hosted its annual awards and officer installation dinner Friday, Feb. 20 at Sikes Hall on-board Naval Air Station Whiting Field. The dinner is held to recognize the recipients of the Navy League Sailors and Instructors of the Year awards.

The ceremony kicked off with the presentation of the colors with help from the United States Naval Sea Cadet Corps, who are supported by the Navy League, followed by a dinner catered by Nouveau Pastries and Catering. Each recipient’s Chief or Division Officer then took the stage to elaborate on the reasons for the individuals selection. These small speeches gave the audience a brief glimpse into the Sailors military professionalism and community dedication.

The Blue Jackets of the Year were Hospital Corpsman Third Class Weston Langley and Air Controlman Third Class Takiyah E. Watson. The Junior Sailors of the Year were Hospital Corpsman Second Class Joshua White, and Master at Arms Second Class



The Sailors of the Year recipients pose for a photograph with Santa Rosa County Navy League members Walt Reese (left) and Pete Gandy (right). U.S. Navy Photo by Ensign Jon Spoehr.

Joshua R. Riendeau. The Senior Sailors of the Year were Hospital Corpsman First Class Channing Smith, Naval Aircrewman Timothy N. Thomas, Helicopter Training Squadron EIGHTEEN, Naval Aircrewman Second Class Thomas Dougherty, Helicopter Training Squadron TWENTY EIGHT, and Aviation Boatswains Mate First Class Sofia Gonzalez.

Following the Sailors of the Year, the Navy League announced the Instructors of the Year for each squadron. The Instructors of the Year were Lt.Jg. Lars Anderson, Training Squadron TWO, Lt. Michael Caruso, Training Squadron THREE, Lt. Jeremiah W. Wiesner, Training Squadron SIX, Lt. Patrick Salvitti, Helicopter Training Squadron EIGHT, Lt. Nathan Scheiber, Helicopter Training Squadron EIGHTEEN, Lt. Victor M. Barba, Helicopter Training Squadron TWENTY EIGHT, and Cdr. Aaron Beattie, Training Air Wing FIVE Reserve Component.

As with the Sailors before them, Commanding Officers and Department Heads took the opportunity

- (Cont. on Page 11)

Kevlar for the Mind: Hopeful Research for Stopping Suicides

By Bret A. Moore, Special to Military Times

Suicide among active-duty troops and veterans has plagued psychological researchers for the past decade.

Early in the wars in Iraq and Afghanistan, rates of suicidal thoughts, attempts and completions increased by more than 50 percent. Countless theories have been put forth regarding the reasons behind the increase and millions of research dollars have been funneled into the collective hands of university, military, Veterans Affairs and private researchers. Unfortunately, a definitive explanation for the increase remains elusive.

More troublesome is that fact that there is little consensus on which interventions are most effective for preventing suicide. However, a recent groundbreaking study has brought us closer to an answer.

Researchers from the University of Memphis, University of Utah, University of Texas Health Science Center at San Antonio, and Fort Carson, Colorado, found that a particular form of short-term cognitive-behavioral therapy reduced suicide attempts in active-duty personnel by 60 percent. The results were published online Feb. 13 by the American Journal of Psychiatry.

Over the course of two years, 152 soldiers with past suicide attempts or suicidal thoughts with the intent to die were randomly assigned to one of two groups. The first group, referred to as the treatment-as-usual group, received the typical treatment services from military and civilian mental health clinicians. This generally consisted of individual and group therapy, substance abuse counseling, and anti-depressant and sleep medications.

The second group received the same typical treatment services as the first, but also received 12 weekly sessions of the suicide-focused psychotherapy. These sessions focused on development of a crisis response plan, management of intense emotions, and challenging thoughts that contribute to suicidal thinking.

At the end of the study, 31 suicide attempts

were made by 26 soldiers across both groups. Eighteen soldiers in treatment as usual made at least one suicide attempt whereas only eight attempted suicide from the brief therapy group.

Those results are significant for several reasons. First, to date, this is the largest reduction in suicide-attempt risk seen in the military population.

Second, soldiers involved in the brief therapy were less likely to be medically retired from service. This can translate into significant cost savings for the military.

And lastly, long-term, expensive and riskier treatment approaches may not be warranted given the positive results of this shorter and more focused intervention.

The authors do note, however, that the same claims may not be valid for veterans, as this group has unique mental health needs and was not part of the study. ✎

This Day in Naval History

March 4, 1991 - Iraq releases 10 Desert Storm prisoners of war (six Americans, three of whom were designated MIA), including Navy Lt. Jeffrey Zaun, Lt. Robert Wetzels, and Lt. Lawrence Slade.

March 6, 1944 - USS Nautilus (SS 168) attacks a Japanese convoy approximately 240 miles north-north west of Saipan and sinks transport (ex-hospital ship) America Maru.

March 9, 1847 - An Army-Navy force begins the siege of Veracruz, Mexico. Approximately 12,000 U.S. troops land on the beaches, along with their horses, mules, artillery, and supplies. Veracruz surrenders March 29, and the forces make their way to Mexico City.

March 12, 1956 - The first missile firing aircraft squadron, Attack Squadron 83, is deployed overseas aboard USS Intrepid (CVA 11).

News and Notes

Leave Donor Program - Michael Austin, a Police Officer at NAS Meridian, has been approved to accept donated leave under the Voluntary Leave Transfer Program and is in urgent need of annual leave donations. If anyone wishes to donate annual leave please use the following forms: OPM 630-A Inside Agency (DON) or OPM 630-B Outside Agency (Other than DON). You may fax completed forms along with your most recent LES to CNIC SLDCADA at 1-855-615-2310. If anyone would like additional information concerning the Leave Transfer Program, they may contact 305-293-2789 or by email at kathleen.mcguire1@navy.mil.

FSASE giving three \$1,200 scholarships - The Florida State Association of Supervisor of Elections is giving three \$1,200 scholarships to three qualified college students in the state of Florida. Political Science, Public or Business Administration or Journalism / Mass Communications majors must complete and submit an application to their county's Supervisor of Election. Applicants must also submit two current letters of recommendation one from the college or university last attended or graduated from; and one from a citizen of good standing in the community and a resume of your high school and/or college activities as well as what you have done for your community. The application must be received by the Supervisor of Elections in the county that you are registered/live in by March 16. Letters of recommendation must accompany the application or be received by the deadline.

USN People Weekly - Here is the weekly roundup from UNSPEOPLE Weekly Wire:

- MCPON Stevens Delivers Congressional Testimony/ 26 FEB 15
- Leave-Use It or Lose It/ 23 FEB 15



Fair Winds and Following Seas

A retirement ceremony was held Friday, Feb. 27 for Major Eric J. Zihmer, USAF at the Training Squadron THREE ready room. Zihmer was an IP with the Red Knights and the USAF Liaison Officer. He was presented with the Navy and Marine Corps Commendation Medal during the ceremony. Commanding Officer of VT-3, Cmdr. Judd Conatser presented Zihmer with a parting gift commemorating his service. Photo by Ensign Andrew Groh.

-Officer Women Leadership Symposium Scheduled for March/ 23 FEB 15

-Navy's Voluntary Education (VOLED) Program Realigning / 23 FEB 15

-21st Century Sailor Office bi-weekly roll-up:

To sign up for the @USNPeople Weekly Wire, email usnpeople@gmail.com,

or find it online at www.navy.mil/cnp

Ticket Price Hike Coming - Universal Studios Orlando will soon have a price increase for the Buy 1 Day Get 2 Free tickets. This price increase will not affect any tickets already purchased so come in now and buy your 3 day hopper tickets at \$136.50. Anyone with a military ID is eligible and may purchase as many as needed. Only one person

The Joint Science Technology - The JSTI is currently accepting applications. The two-week all expenses paid, residential program, administered by Oak Ridge Associated Universities, affords 36 high school students from across the country the opportunity to work on leading-edge science, technology, engineering and math (STEM) projects with Department of Defense scientists and engineers. The purpose of the program is to expose students to scientific research through hands-on projects, to enable students to work with real-world scientists, and to increase students' awareness of STEM career opportunities.

If you have any questions/concerns about this opportunity, please contact Denise Baken, President of the Shield Analysis Technology, LLC, at 703-993-9226 or via email at dbaken@shieldanalysis.com. Additionally, you can visit the JSTI website at <http://www.orau.org/center-for-science-education/events/jsti/default.html> for more information, including eligibility requirements.

Usage Information

Total Used

1,734,324 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	1,770,166	1,684,931	1,734,324
Average Daily kWh	57,102	56,164	55,946
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. Thanks to your efforts Whiting Field saved 35,842 kWh from last year's bill. Please help decrease usage by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

We'd like to recognize the following buildings for last month's highest year-over-year energy reductions.

1423	VT-3	-29.2%
2941	North Field Maintenance	-32.7%
1454	Midfield Hangar	-33.7%

Navy Hospital Pensacola Urgent Care Center Extends Hours



By Ensign Andrew Groh, NAS Whiting Field Public Affairs

Navy Hospital Pensacola (NHP) transitioned from Emergency Room to Urgent Care Center back in June of 2014. Starting Feb. 13, the Urgent Care Center (UCC) initiated a change in their hours and availability to patients.

Hours will now span from 8 a.m. – 8 p.m. seven days a week, including holidays, and is available to all TRI-CARE beneficiaries.

The change arrived after Navy Medicine observed the pattern of patients' needs over the course of several months. The traffic of urgent care related issues was found to be heavier in the mornings and later in the evening along with holidays.

Availability and wait time has had a history of causing frustration and hesitation from service members and their families regarding Navy hospitals and branch clinics across the nation. However, Navy Medicine says they are working hard to change those aged views.

Lt. Cmdr. Douglas Schweikhart, Officer in Charge of Navy Branch Health Clinic Whiting Field (NBHCWF), stated, "Nationwide, as a whole, many people wouldn't even consider coming to Navy health clinics and hospitals due to bad Navy Medicine experiences in the past. Those days are gone. With the combined efforts of Capt. Maureen Padden (Commanding Officer NHP) and Navy health providers across the nation, we are changing the experience of Navy healthcare in a very positive way. You'll no longer wait 10 or more days to be seen by your provider. Here at NBHCWF, we've reduced that time to half a day. This is new Navy Medicine, and we can get you seen faster than you could out in the network. And if we can't see you here at the clinic due to after business hours or holiday closures, NHP UCC is ready to help. Your total time from check in to walking out the door after seeing a provider at the NHP UCC is on average 45 minutes to one hour."

During business hours, NBHCWF encourages enrolled members to use the base clinic as their first stop for urgent care issues. The clinic would like members to know that NBHCWF has the means, staff, and equipment to handle the majority of minor accidents and injuries. Should any patient require further attention that the clinic cannot accommodate such as surgery, the clinic will refer accordingly.

Schweikhart continued, "We have excellent providers, state of the art equipment, and we're getting you in really fast. The vast majority of urgent care issues can

be handled here at the clinic. For example, say you're working on a project at home and find yourself with a nail through your hand, come see us. If you're a NBHCWF enrolled member and live in the local base area, don't think you have to drive all the way to NHP during business hours to be seen for an urgent issue. We will fit you in and make it work same day. If something happens after hours, NHP UCC is available to you."

Although the Urgent Care Center has extended their hours, providers here at NBHCWF urge all enrolled members to find their nearest local emergency room for all concerns that may be more serious or life threatening. Santa Rosa Medical Center is the closest emergency room to NAS Whiting Field. 

SECURITY CORNER

Implementation of the Department of The Navy Policy eliminating the DOD Vehicle Decal Program

Effective as of 1 JULY 13, decals (DD FORM 2220) are no longer a requirement for base access. Vehicles on a Navy installation must continue to be licensed, registered, inspected, and insured in accordance with state and local laws. Rental vehicles are considered privately owned vehicles for purposes of base entry and access control. The vehicle rental contract will suffice as proper licensing, registration, and proof of insurance for base access. Vehicle registration in the Consolidated Law Enforcement Operations Center (CLEOC) will be used for all Navy installations.

Personnel with current decals will register vehicles in CLEOC upon expiration of their current decal and upon PCS transfer. All personnel permanently assigned (for 60 or more calendar days per calendar year) on a Navy installation will in-process and out-process at the Pass & Id office and present a valid ID card, vehicle registration, proof of insurance, driver license, and where required, emissions test results. MSF card is needed when registering motorcycles. Any questions about vehicle registration, please give Pass & ID a call at (850) 623-7205.



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	Suicide Prevention ACT! Ask Care Treat			

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<https://www.cnic.navy.mil/WhitingField/>

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www.facebook.com/NASWF.FleetandFamily

Laughcatchers Comedy Tour Brings Humor to NAS Whiting

By Jay Cope, NAS Whiting Field Public Affairs

Smiles, chuckles, laughter and even a few out-and-out guffaws were on tap Thursday night at Naval Air Station Whiting Field's Sikes Hall as the Laughcatchers Comedy Tour blew through Milton, Fla. The two-hour concert was part of a three-day, three base trip through the Gulf Coast.



Comedian Larry Reeb shows off his favorite pose during his routine that included stories about his time as a Walmart greeter and his dislike for rude people. Photo by Jay Cope, NAS Whiting Field Public Affairs.

NAS Whiting Field served as the kick-off point for the Morale Welfare and Recreation arranged tour featuring Alonzo Boddin, Mitch Redmund, Derek Richards, and Larry Reeb.

Redmund started the two-hour event off with a few stories about his time in the Marine Corps just a few miles down the road at NAS Pensacola. The former Marine emphasized the "former" in his title as he told a cautionary tale about what happens once

you get out of the Corps and you no longer have the sergeant behind you forcing the daily three mile runs combined with the readily accessible McDonalds meals – as he pointed to his much larger than normal frame.

His 10-15 minute introduction involved a tale where he proclaimed a less than bright status for himself. So he had the "brilliant" idea to surround himself with people even dimmer than himself,

which seemed like a good idea until he had to figure out how to get a friend to understand that bringing dragons back – "Dude, we never had dragons," - into the world is not a good idea. Finally, after several unsuccessful efforts, he had to find the most common denominator.

"Man, you know how you hate bird droppings

- (Cont. on Page 12)

Around the Base

Amnesty Day Set for March 21

Amnesty Day, which offers south Santa Rosa County residents the opportunity to dispose of household hazardous waste at no charge without having to drive to the Central Landfill in Milton, is scheduled for Saturday, March 21 from 8 a.m. to noon at the Santa Rosa County South Side Service Center located at 5819 Gulf Breeze Parkway in Midway. Amnesty Day is not a recycle day, but a special day for disposal of household hazardous waste.

Materials will also be accepted from conditionally exempt small quantity generators including small businesses, schools and growers at a reduced rate. Small quantity generators must call (850) 981-7135 or (850) 983-4651 by noon on Friday, March 13 to schedule a drop off time. Calls will be accepted from 8 a.m. to 3 p.m., Monday through Friday.

Residents are reminded that they can dispose of hazardous household waste at no charge year round, Mondays through Saturdays from 7 a.m. to 5 p.m., at the Household Hazardous Waste Center located at the entrance of the Central Landfill, 6337 Da Lisa Road in Milton.

The following items should never be thrown out with your household garbage. On Amnesty Day, citizens can dispose of up to five gallons each at no cost: Engine & cooking oil, Gasoline. Paint, Anti-freeze, Oil filters, Lubricants, Greases, Solvents, Pesticides, Fertilizers, Batteries, Helium tanks, Propane bottles, Pool cleaners, Household cleaners, computers, Cathode Ray TV's, monitors, Printers, Fax Machines, DVD/DVR players, typewriters, Copy machines, Battery backups, Fluorescent lights, Fire extinguishers

Residents will be required to remove any accepted items from their vehicle. Containers larger than five gallons will not be accepted. Please note that tires, scrap metal, limbs, yard debris, or household garbage will not be accepted as part of Amnesty Day, but may be taken to the Central Landfill located at 6337 Da Lisa Road in Milton at a minimal charge. Amnesty Day is made possible by Santa Rosa County in cooperation with the Florida Department of Environmental Protection and Jim Reece of the Okaloosa County Environmental Office. For more information, contact (850) 981-7135. 

TRICARE Notes

THINGS TO KNOW IF YOU HAVE OTHER HEALTH INSURANCE

Other health insurance (OHI) is any health insurance you receive through an employer, private insurance program or other source.

If you have OHI, you need to follow the OHI's rules and requirements for filing claims and file with your OHI first. If there is an amount your OHI does not cover, you can file the claim with TRICARE. If your OHI denies a claim for failure to follow its rules, such as obtaining care without authorization for using a non-network provider, TRICARE may also deny your claim.

From time to time, Humana Military may ask you if you have made any changes to your insurance. If you have OHI but do not tell your health care provider or Humana Military, you may be held responsible for payment if TRICARE denies the claim. Keeping Humana Military informed about your OHI will allow TRICARE to better coordinate your benefits and claims payments.

For more information, visit www.tricare.mil/ohi.

SAVE MONEY WITH TRICARE PHARMACY HOME DELIVERY

If you currently fill prescriptions for maintenance medications at retail pharmacies, you can reduce your out-of-pocket costs by switching to TRICARE Pharmacy Home Delivery. After military treatment facility (MTF) pharmacies, mail order prescriptions are your least expensive option, and they offer the convenience of home delivery. You can receive up to a 90-day supply of medications for minimal out-of-pocket costs.

For more information, visit the TRICARE Pharmacy Program website at www.express-scripts.com/TRICARE. You can also call the Member Choice Center at 1-877-363-1433 to transfer existing prescriptions to home delivery.

Around the Base

CNRSE

- (Cont. from Page 2)

“Congratulations on earning this tremendous recognition,” she said. “Thank you all for everything you do, day in and day out. You do make a difference.”

Unlike her first trip, which focused on overseeing the change in command between Capt. Matthew Coughlin and Capt. Todd Bahlau, this itinerary entailed a far more business oriented schedule. During the all-hands call, she reminded the audience about the five “E’s” she emphasizes in working with and supporting the installations throughout the Southeast Region: “Enable, Engagement, Energy, Environment, and Encroachment.”

Other elements of her first day included a brief by Bahlau and NAS Whiting Field’s senior staff, a Training Air Wing FIVE brief with the commodore, Col. Gary Kling and deputy commodore, Capt. Mark Murray; a trip to both air traffic control towers, and a helicopter flight to see several of the base’s outlying landing fields.

One vital element of the first day was lunch at the Blackwater Bistro, where Jackson met several community leaders: Santa Rosa County Commissioner Don Salter, Milton Mayor Wesley Meiss, Chamber of Commerce Executive Director Donna Tucker, and Santa Rosa County Military Liaison Pete Gandy. The conversation covered topics such as military/community cooperation, encroachment partnering, volunteering in the community, and economic impact of the military.

The informal meeting was both productive and insightful, according to Salter.

“I found her very approachable and personable,” Salter stated. “I enjoyed the opportunity to speak with her about NAS Whiting Field and Santa Rosa County, the buffering partnership, and the importance of the base to the county.”

A trip to Eglin Air Force Base dominated the second day’s agenda, as it gave Jackson an opportunity



Commander Navy Region Southeast Rear Adm. Mary Jackson shakes hands with Fire and Emergency Services Gulf Coast Fire Chief Frank Barrow as she is welcomed by NAS Whiting Field Staff. U.S. Navy Photo by Jay Cope, NAS Whiting Field Public Affairs.

to see elements of NAS Whiting Field’s joint interaction and satellite facility management. The day included an office call and tour of VFA-101 and a tour of Explosive Ordnance Disposal (EOD) facilities and a demonstration.

Emphasizing that travelling to see the southeast region installations is her “favorite thing to do,” Jackson set up an ambitious schedule that saw her travel to all three Florida panhandle bases in one week.



A member of the South Field Air Traffic Control gives Rear Adm. Jackson and NAS Whiting Field Commanding Officer Capt. Todd Bahlau a tour of the South Field Tower. U.S. Navy photo by Jay Cope, NAS Whiting Field Public Affairs

While getting up to speed on the various operations, security, financial, manning, and safety challenges from the different bases is vital toward being able to support the installations effectively, Bahlau stresses that it is equally important to the bases.

“Being able to communicate directly to your boss and show the strengths of your program as well as areas where the base could use assistance from the region is invaluable,” he said. “Admiral Jackson’s visit will pay dividends both in her understanding of our unique mission as well as our ability to meet her expectations. It was a very productive two days. ✈️”

Around the Base

Ombudsman

- (Cont. from Page 2)

area and that they could tell that the community as a whole was very happy. The ombudsman at Large asked if they had any requests for the CNO and the only response was for a youth center for the older kids to go to after their time at the CDC.

The Ombudsman at Large was able to see the programs and discuss the huge impact that the CDC programs have had on acclimating young kids and students to the area after they move to Milton.

“These programs are changing lives and I couldn’t be more proud of the work that you all have done.” said the Ombudsman at Large on discussing the counselor programs that the CDC has worked on with the local schools.



The Ombudsman-at-Large discusses the Ombudsman program with the NAS Whiting Field Fleet and Family Ombudsman Head, Darryl Johnson. U.S. Navy photo by Ensign Jon Spoehr, NAS Whiting Field Public Affairs.

Golf Course

- (Cont. from Page 3)

With a little over two months left of operation, patrons are urged to get their final swings in on the venerable course. Player cards will continue to be honored through the closing date and players are encouraged to use their punch cards, however no new cards will be sold.

“We will do everything we can to ensure the course continues to be kept in top playing condition throughout the final months so that players can enjoy their golfing experience before we close down,” MWR Director Joe Vukovcan said.

MWR is planning a farewell tournament to send the course out in style. More information on this event will be posted as it becomes available.

“We understand that a lot of people will be disappointed in the decision to close the course. It isn’t a decision we made lightly,” Bahlau emphasized, “but for the past several years, the course has not been able to break even – which is required for MWR Category C facilities.”

It is anticipated that the driving range and Mulligan’s will be kept open for patrons’ use after the course itself is closed. Anyone desiring additional information can call the NAS Whiting Field Public Affairs Office at 850-623-7341.

NAS WHITING FIELD BOWLING CENTER

FRIDAY LUNCH BOWLING

11AM - 2PM

IF YOU EAT, YOU GET TO BOWL FOR FREE!

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

MWR
Approved and Preferred

MWR
NAS WHITING FIELD

FOR MORE INFORMATION CALL THE BOWLING CENTER 623-7930

*Don't Forget to Visit Us
on Facebook and Twitter
at
www.facebook.com/naswhiting-field
and @naswf*

Navy League

- (Cont. from Page 3)

to praise each instructor for their accomplishments and contributions to their squadrons. They detailed the goal of preparing Student Naval Aviators for the fleet and the immense time and effort that each put into achieving that goal.

According to Col. Gary Kling, "The instructor's primary role is to ensure the quality of the officer produced at training along with creating the greatest Naval Aviator possible."

The Navy League showed its appreciation for the award recipients with congratulatory letters from the organization as well as from Congressman Jeff Miller and the City of Milton as well as various gift cards from local businesses: Pen Air Federal Credit Union, Blackwater Bistro and Navy Federal Credit Union.

Recognition is both a matter of pride for the Navy League in addition to being part of their mandate to support the Navy, according to Navy League Santa Rosa County Council president, Pete Gandy.

The Navy League has three missions, the first being 'To enhance the morale of active-duty personnel and their families'. For more than 25 years our Council has chosen to recognize the outstanding active duty young men and women stationed at NAS Whiting Field thru the Sailors of the Quarter and the Sailors and Flight Instructors of the Year events," he said. "In an era where the military is shrinking and fewer in the public really know what our military actually does to protect and defend our nation, recognizing outstanding performers in the sea services helps accomplish two goals: Enhancing morale for those doing tough jobs in the Navy/Marine Corps/Coast Guard by acknowledging their contributions and highlighting to the public the important role our military plays in protecting our freedoms." 🇺🇸



Instructor of the Year recipients pose for a photo with their spouses and Santa Rosa County Navy League member Walt Reese (left). U.S. Navy Photo by Ensign Jon Spoehr.

Ec-nomics

Tips to Save Energy

Lights

1. Use compact fluorescent lights (CFLs) instead of incandescent bulbs whenever you can. CFLs are three to four times more efficient than incandescent lights and last ten times as long.
2. When you decorate, think light colors. Dark colors absorb light, encouraging you to use more (or higher wattage) lights to light the room.

Heating

1. Clean or replace filters regularly on furnaces and heat pumps; keep the outside units free from leaves or debris that may clog vents.
2. If you have a hot water or steam heating system, put a reflector behind your radiator to reflect heat into the room that would normally be lost through the wall.

Cooling

1. Set the fan speed of your central air conditioner on high except in very humid weather. When it's humid, set the speed on low; you will get less cooling but more moisture will be removed from the air which will make it feel cooler.
2. When purchasing ceiling fans, remember that a 36 inch or 42 inch fan works best for rooms 12 feet by 12 feet or smaller. A 48 inch or 52 inch fan works best for rooms up to 12 feet by 18 feet. Two medium-sized fans work best in a room longer than 18 feet.

Myth

You were very conscientious and raised the thermostat temperature for your air conditioner (or turned off the air conditioner completely) before leaving the house. Now that you've returned home, the house is hot. Turn down the thermostat to 50 degrees so that the air conditioner will cool the house quickly.

Reality

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

Around the Base

Comedy Tour

- (Cont. from Page 7)

on your car,” he said. “Imagine what dragons would do!”

As the MC for the event, Redmund then introduced Larry Reeb to the stage whose fame stems from being the politically incorrect “black sheep” of the family -- sort of the uncle that no one wants to admit having. After acknowledging his resemblance to Gollum from the Lord of the Rings, and Grandpa from the Munsters, he proceeded to relate his time as a Walmart greeter and his sincere dislike for rude people, while admitting a somewhat less than polite disposition himself.

Reeb did express one faintly, plausible tale during his set, about a time when driving he bumped into the rear bumper of another car. As both drivers got out, he noticed his counterpart was fully dressed in clown make-up and costume. Not being able to resist, he shouted out, “You drive like a [freaking] clown.” Predictably, the other driver shouted back, “What are you, a [freaking] comedian?”

Advertised as being “fast, fresh and at times fanatical”, Richards’ set stayed closer to home as he emphasized his life with his family, dating and an all-pervasive fear of kids.

“Kids are like an underperforming stock you can’t get rid of for 18 years,” he stressed.

After asking an audience member the ages of her kids, he said “that’s not too bad,” and then related a time he asked a similar question during a different show. The ages were 19, 17 and 2.

“What are you thinking man? That’s like serving a 20-year prison sentence and killing a guard the day before you are free.”

After arriving to NAS Whiting Field, but before the show, the entertainers were treated to a tour of the base and some Training Air Wing FIVE facilities. Alonzo Bodden took full advantage of the tour to create new material for his set on stage.

Having worked in the aerospace industry in the 1980’s, Bodden jokingly alluded to the fact that he thought he would never see that technology again, like he did in the TH-57 helicopters. Zeroing in on NAS Whiting Field Commanding Officer Capt. Todd Bahlau, Bodden wanted to know who the Skipper had ticked off to get this assignment, but urged him to get with the times.

“Captain, get some supply forms or something, and just write in New Planes,” he pleaded. “I mean,



Those in attendance offered their praise to the comedians during a meet and greet that followed the show. Photo by Jay Cope, NAS Whiting Field Public Affairs.

don’t you ever go to some of these other bases and see the jets taking off and go ‘Wow?’”

About half of his 40 minute set was based on what he saw while on the tour, and while interspersed with politics, comments on racism, current events and sports, he kept coming back to the base aircraft.

“Judging from what one of the pilots told me, I can do anything I want on this base,” he said to the Skipper. “I have a new car. All I have to do is jump in it and get out the gates, and all your guys will say is: ‘Captain, we don’t have anything fast enough to catch him.’”

The roughly 125 guests seemed to enjoy the show, and laughed frequently with all the comedians. It was a nice diversion which one of the guests, Sylvia Poindexter, a Security Support Assistant, emphasized was worth the drive back to NAS Whiting Field.

“I thought it was a really cool event,” she stated. “All the comedians were funny and it is something really nice for the people on the base. Definitely, it was worth coming up from Pensacola.”

The Laughcatchers Comedy Tour had two more stops on their tour: one at NAS Joint Reserve Base New Orleans, and one at Naval Construction Battalion Center Gulfport. The three bases coordinated on bringing the event to the region, and the planning was well worth the event according to MWR Liberty Program Manager Ashley Platts.

“It [the show] was amazing! We need some humor on the base on occasion. I don’t think there was a dry eye in the room by the end of the night!” she said. “They hit us from every angle and were relentlessly hilarious. We had a great crowd for a Thursday night, and we are hoping that we can bring more special events like this to the base in the future. 🛩️”