



# Whiting Tower

Seventy Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.  
Vol. 69 No. 27

Forging Wings for the Fleet  
Wednesday, October 2, 2013

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## Whiting Field conducts first SAPR drill

By Ensign Emily Hegarty, NAS Whiting Field Public Affairs

Security personnel swarmed the walkways outside the Bachelor Enlisted Quarters and emerged from a room flanking a suspect, response counselors quietly spoke to the victim, and members of the chain of command were called in for special assistance or notification, all under the watchful eyes of the Naval Air Station Whiting Field Advanced Training Team. The flurry of activity was in response to the base's and Commander Naval Installations Command's first ever sexual assault response drill.

The drill, which began with a simulated male on male sexual assault, led the team through the full course of the response NASWF is prepared to take in the event an actual sexual assault is reported.

"We're the first base not only in the region, but in Commander, Navy Installations Command (CNIC) to conduct this type of drill," Rudy Mendiola, training and exercise coordinator at Naval Air Station Whiting Field, said when addressing the participants of Wednesday's sexual assault drill in the follow-on debriefing session.

During the course of the mock altercation, the witness was alerted to the assault by the yelling he heard from a nearby room. He quickly responded to the commotion and was informed by the victim of what had just happened. When the victim indicated that he would like to file a report, the witness brought the victim with him to the nearest phone while he called for help.

Once the witness placed the 911 phone call, NASWF  
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### Cover Photo

The Naval Air Station Whiting Field color guard team parades the colors during the CPO pinning ceremony Sept. 13. The event was one of dozens the team does every year to lend a sense of propriety to military events. U.S. Navy photo by Jay Cope.

## The Whiting Tower

### Commanding Officer

- Capt. Matthew Coughlin

### Executive Officer

- Cmdr. Gregory Gray

### Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

### Public Affairs Officer

- Lori Aprilliano

### Deputy Public Affairs Officer

- Jay Cope

### Public Affairs Staff

- Ensign Emily Hegarty

- Ensign Michael Vazana

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.

## Digman to assume command of VT-6 during October 3 ceremony



By Lt. Nicholas Rank, VT-6 Public Affairs.

Training Squadron SIX (VT-6) will observe a change of the helm Thursday, Oct. 3 at 10 a.m. in the Naval Air Station Whiting Field Atrium as Cmdr. Donald Jamiola will cede command of the unit to Lt. Col. Kevin Digman.

Following the change of command, Cmdr. Donald Jamiola will depart for Norfolk, Va. where he will assume the duties of Air Boss aboard the USS Kearsarge (LHD-3).

Jamiola, a 1995 graduate of the United States Naval Academy, was designated a Naval aviator in 1997 at NAS Corpus Christi. As a P-3 pilot he had tours in both VP-26 and VPU-1 in Brunswick, Maine. Jamiola also served onboard the USS Theodore Roosevelt (CVN-71) as the assistant air operations officer and operations administration officer. Jamiola completed his Masters of Arts degree in National Security and Strategic Studies at the Naval War College in 2009 before reporting to VT-6.

He served as executive and commanding officer of VT-6 from June 2011 to October 2013. Under his leadership, the "Shooters" of VT-6 flew over 11,550 mishap free flight hours, including over 10,700 instructional hours. In 2012 and

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## CNRSE signs Ombudsman appreciation proclamation

By Mass Communications Specialist 1st Class Gregory Johnson, Navy Region Southeast Public Affairs.

Rear Adm. Rick Williamson, Commander, Navy Region Southeast, signed a proclamation in support of the Navy Family Ombudsman Program (NFOP) on board Naval Air Station Jacksonville Sept. 9.

The proclamation signing commemorated the 43rd anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

“For more than four decades, the Navy ombudsman program has been an invaluable resource in our efforts to support our warfighters and their families,” Williamson said. “I would like to take this opportunity to say thank you to all of our ombudsmen throughout the region for their continued support. Our Sailors and their families would face a much more difficult task without you.”

The NFOP was launched Sept. 14, 1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist commands in maintaining the morale, health and welfare of Navy families.

Ombudsmen act as liaisons between commanding officers and the families of service members.

They typically provide a variety of resources, such as providing family members with official information

and emergency assistance. Commander, Navy Installations Command reports that ombudsmen volunteer efforts save the Navy more than \$2 million annually.

According to Dianne Parker, Navy Region Southeast deployment support program manager and ombudsman program coordinator, the proclamation is significant because it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

“It’s important to recognize the anniversary of the ombudsman program because our ombudsmen are a part of the command support team, they make sure families know what resources are available to them, and help them adjust to the military way of life,” she said. “If it weren’t for our Navy ombudsmen, our Sailors would carry a much heavier burden in the face of their military duties.”

For more information about the Navy Ombudsman Program, including how to contact your command ombudsman, visit [http://www.cnic.navy.mil/CNIC\\_HQ\\_Site/What-WeDo/FleetandFamilyReadiness/FamilyReadiness/Fleet-AndFamilySupportProgram/OmbudsmanProgram/index](http://www.cnic.navy.mil/CNIC_HQ_Site/What-WeDo/FleetandFamilyReadiness/FamilyReadiness/Fleet-AndFamilySupportProgram/OmbudsmanProgram/index).



### A Look Back at History

The “Truculent Turtle,” Ptol Squadron TWO’s first P2V-1 Neptune land-based patrol bomber, flew from Perth, Australia, to Columbus, Ohio, a distance of 11,236 miles in 55 hours and 18 minutes. The aircraft (bureau number 89082) was manned by Commanders Thomas D. Davies, Eugene P. Rankin, Walter S. Reid and Lieutenant Commander Roy H. Tabelaing. The flight was nonstop, without refueling, establishing a world record for nonstop flight. When the aircraft was taken out of service years later, it was placed on display at NAS Norfolk, Va. This historic aircraft is now on display at the National Museum of Naval Aviation, Pensacola, Fla. Photograph and information from the Patrol Squadron TWO website, [www.patron2.com](http://www.patron2.com).

## *This Day in Naval History*

### Oct. 1

1874 - Supply Corps purser Lt. J.Q. Barton is given leave to enter service of new Japanese Navy to organize a pay department and instruct Japanese about accounts. He served until 1877.

1880 - John Phillip Sousa becomes leader of Marine Corps Band.

1928 - The first class at school for enlisted Navy and Marine Corps radio intercept operators (The “On the Roof Gang”) is held.

1946 - Truculent Turtle lands at Columbus, Ohio, breaking the world’s record for distance without refueling during flight of 11,235 miles.

1955 - USS Forrestal (CVA 59), the first of post-war super carriers, is commissioned.

### Oct. 2

1799 - Washington Navy Yard is established.

1939 - Foreign ministers of Western Hemisphere countries agree to establish a neutrality zone around the Atlantic and Pacific coasts of North and South America to be enforced by the U.S. Navy. The zone is established at a Congress of American States meeting in Panama.

### Oct. 3

1921 - USS Olympia sails for France to bring home the Unknown Soldier from World War I.

[http://www.navy.mil/search/display\\_history.asp](http://www.navy.mil/search/display_history.asp)

# News and Notes

**Leave Donation** - Bruce Bradford of CNRSE and Jimmie Beth Wells of NAS JAX have been approved for the Voluntary Leave Transfer Program. Those of you who have excess leave and wish to donate hours of annual leave can submit the appropriate form from either the OPM 630-A Inside Agency (DON) or OPM 630-B Outside Agency (Other than DON). "Please ensure that you "Encrypt" and then forward completed forms to the CNIC SLDCADA Helpdesk (CNIC\_SLDCADA\_HELP@navy.mil)." Refer any questions to TraLana Linder, CNRSE HQ HRO, Commander Navy Region Southeast, (904) 542-2283.

**Mobile Health Screening** - The Mobile Mammography Unit from West Florida Hospital is accepting appointments for 9 a.m. to 1 p.m. at Naval Air Station Whiting Field, Friday, Oct. 4. Walk ins are also accepted. Most insurance coverages are accepted for this service. Call 1-888-894-2113 ext. 1 to schedule an appointment.

**Energy Savers** - The Naval Air Station Whiting Field Public Works Department recognizes the following buildings for their efforts on energy conservation as compared to 2012 costs for the same time frame. Building 2981 / VT2/VT6, at -35.2 percent; Bldg. 2254 / Choctaw, at -26.2 percent; and Bldg. 1417 / Atrium, at -12.5 percent earned the honors for July.

**College Registration** - Embry Riddle Aeronautical University is now registering through Oct. 21. Hours on board NAS Pensacola are 8 a.m. - 5 p.m. Monday through Thursday and 8 a.m. - 4 p.m. Fridays in Bldg. 634, Suite 033, 250 Chambers Avenue. Hours on board NAS Whiting Field are Wednesdays 9 a.m. - 4 p.m. in Bldg. 1417, Room 163. Late registration and add/drop a course for a full refund will be held Oct. 21- 27. Everyone is encouraged to register early. Classes begin Oct. 21. New Student Orientation will be held Wednesday, Oct. 16 5 - 6 p.m. on board NAS Pensacola in Bldg. 634, Suite 033. Email pensacola@erau.edu, visit [www.worldwide.erau.edu/locations/pensacola](http://www.worldwide.erau.edu/locations/pensacola) or call



### Visiting Dignitary

**Training Air Wing FIVE Commodore Capt. James Fisher and Rear Adm. Jose Macedo, Mexican Director of Naval Aviation, exchange ceremonial gifts following a brief about the TRAWING 5 student and instructor training pipeline. Two Mexican student aviators have recently begun their training at TRAWING 5. U.S. Navy photo by Ensign Emily Hegarty.**

458-1098 for more information.

**Heritage Luncheon** - The NASWF Diversity Committee will sponsor a Hispanic Heritage Program, 11a.m. to Noon, Wednesday, Oct. 9, in the Base Auditorium (Bldg. 2980). All are encouraged to attend.

**Military Corn Maze** - Sonshine Family Farms constructed a seven acre corn maze (two mazes in one) with a military theme which is open weekends through Nov. 3. The maze contains designs to honor all branches of military service, and is the largest in the area. The farm also has hay rides, a playground area, concession stands and games for inside the maze - including the Monster Maze Oct. 31 and Nov. 1 from 6 p.m. to midnight. Visit [www.sonshinefamilyfarms.com](http://www.sonshinefamilyfarms.com) for more information and pricing.

**Free Circus Tickets** - The Cole Bros Circus invites members of the military (both active & retired) to join them for the Circus of the Stars. It's their way of thanking you for service to the country and communities. Military members and one member of the family for up to two complimentary general admission seats. Forms for the tickets were available through an all-hands email last week and may still be obtained through the ITT office. Just present the form and an official ID at the Circus. Please arrive at least 45 mins before performances times to ensure seating. The circus will be in Pensacola Oct. 4-6 and in Mobile Oct 11-13. For additional details, please call Tom Renesto at 214-636-7140.

**Energy Awareness Run** - MWR and NAVFAC are sponsoring the Energy Conservation Awareness 5KRun Wednesday, Oct. 16 at 9 a.m. starting at the Fitness Center. Free T-shirts are available to the first 75 participants. Call 850-623-7412 for details

**Haunted House** - Main Street Milton is preparing for their annual Halloween haunting, called "Your Final Destination." The venue only costs \$5 for a run through their woefully, wicked wander through 5232 Willing Streets. The event will be open Oct. 22-26 and 29- Nov. 1. Visit [www.mainstreetmilton.org](http://www.mainstreetmilton.org) for details.

## Usage Information

### Total Used

2,275,610 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,556,948	2,245,533	<b>2,275,610</b>
Average Daily kWh	82,482	74,851	<b>73,407</b>
Days In Billing Period	31	30	<b>31</b>

## 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. As can be seen in the above graphic from the July power bill, NAS Whiting Field saved 281,338 kilowatts of power from last year's bill. However, the power bill was still more than \$150,000 for the month. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

# Family Assistance

## Fleet and Family Support Center Classes

**VA Representative - Friday, October 4 and 18 from 8 a.m. to Noon. (Call 850-623-7177 for appointment)**

**How to Apply for a Federal Job - Monday, October 7 from 10 a.m. to Noon.**

Is it worth your while to invest your time and effort in searching and applying for a federal job? If your answer is “yes,” then you need to attend this class in order to learn how to prepare the best application possible. You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listing for keywords, and how to apply for jobs. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

**Stress Management - Tuesday, October 8 from 1 to 3 p.m.**

This class will help learners measure stress within their lives and provides an opportunity to develop work and life strategies to combat daily stresses. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

**Budget Planning - Tuesday, Oct. 8 from 1 to 3 p.m.**

This class is not designed to tell you what to do with your money; this class will challenge you to think before you spend. There is no patent on the “right” way to handle your money, but there are better ways to get your dollar’s worth. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

**Communication Skills - Thursday, October 10 & 24 from 1 to 2 p.m.**

This class will help you use power of communication at work and at home, by practicing two-way communications techniques that will help to strengthen relationships. Class will be held at the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

**How to Survive the Holidays Financially - Thursday, October 17 from 1 to 3 p.m.**

It’s that time of year when stores display holiday decorations, increase their inventory, and gear up to convince you to spend your money. Attend this class to learn techniques to control your holiday spending. Class will be held in the FFSC conference room. For more information, contact a Work and Family Life Specialist at 850-623-7177.

## Your all-access pass for everything Navy.

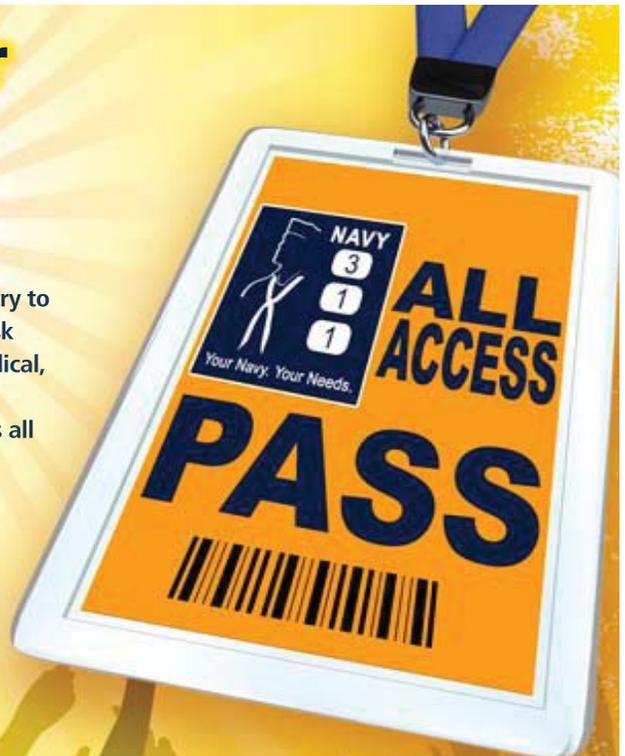
### NAVY 311

**Got a question? Get an answer.** NAVY 311 is your single point of entry to access help desk support across the Navy—and no topic is off limits. Ask NAVY 311 about systems, equipment, training, facilities, career, IT, medical, logistics, and more. Whether you’re at sea, in port, on duty or liberty, NAVY 311 is available 24/7. So toss away that wheel book. NAVY 311 is all you and your family need to reach authorized Navy service providers worldwide. **NAVY 311. Now that’s support that rocks!**

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**Web:** [www.Navy311.navy.mil](http://www.Navy311.navy.mil)

**Email:** [Navy311@navy.mil](mailto:Navy311@navy.mil)



**NAVY 311.**  
Your Navy. Your Needs.



# Around the Base

## SAPR

- (Cont. from Page 2)

security personnel quickly arrived on scene and apprehended the suspect. After separating the suspect and victim, both parties were questioned on-scene. The suspect was then brought to security headquarters where he was questioned in more detail by both security personnel and NCIS.

The victim was brought to the Fleet and Family Service Center where he was interviewed by a clinician, informed of his options, and later brought to a victim advocate.

“This drill is a way to assess the base’s initial response,” explained Sexual Assault Response Coordinator Kristen Klein. “Parties have been briefed to expect an exercise call, but not on what’s actually going to happen. It’s a whole system test to address any issues that we encounter, and offers a way for us to gauge our response procedures on both the security and SAPR victim advocate sides.”

Klein recently returned from a 40-hour training session focusing on SAPR issues and policy changes, and stated that no one at the conference had ever heard of a drill like this, which tests the sexual assault team’s readiness to respond to an incident.

Air Tower Controller 2nd Class Lauren Haavisto, the NASWF on-call victim advocate, arrived on-scene and sat down with the victim to talk about the victim advocate program and all the support services available to him. She reviewed with the victim his reporting options, rights, privacy concerns, and what he could expect regarding the trajectory of his case.

She also provided the victim with supporting information to include phone numbers, victim resource centers, and other information that might be useful to a victim of sexual assault.

The witness was also brought to Fleet and Family Service Center where he was given the opportunity to further explain the situation and gave a voluntary witness statement to security to be used in the police report.

Following the drill, all parties involved gathered for a debriefing and discussed the day’s events, including both positive areas where current standard operating procedures worked smoothly, and aspects needing improvement.

Mendiola touched on why the drill was so impor-



Naval Air Station Whiting Field police officer Carlton Spivey questions Information Systems Technician 3rd Class Joseph Smith and Air-Traffic Controller 1st Class Steve Gonzalez, two participants in Wednesday’s SAPR drill. The September drill marks the first of its kind in CNIC history. U.S. Navy photo by Ensign Emily Hegarty.

tant, emphasizing the unique nature of a sexual assault drill.

“We expected to have a learning curve. It’s not a drill like a bomb threat or an armed shooter that we’ve practice 100 times and can do in our sleep. Just like you’d expect, everyone’s uncomfortable with sexual assault. That’s why we’re doing this drill.”

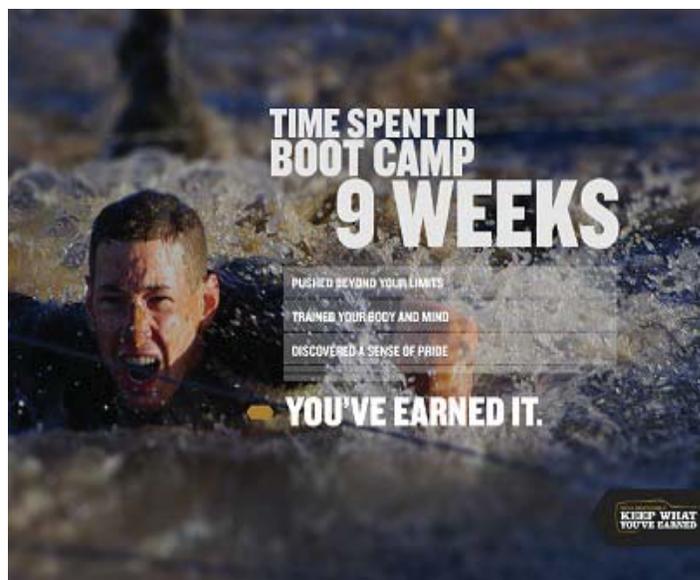
Mendiola, like Klein, recognized that the benefits of this drill would not be restricted to the Whiting Field base. “These are some of the standard operating procedures we’re not used to doing, so we can now get on board and help other installations with what we’re

learning today.”

As for lessons learned, Mendiola noted that “there were some procedural errors, some standard operation procedures not as inclusive as we’d like them to be, and we need to be asking more questions.” Overall, however, the team agreed that the drill had been a terrific learning experience.

Even when mistakes were made, Paul Long, deputy director of NASWF’s security department, noted that they served as valuable training experiences.

“We did a good job letting the situation escalate into the appropriate training environment, and it provided good training for all involved and gave them the opportunity to respond in the most realistic way possible.”



## Things to Know

# MWR / NAVFAC team-up for energy conservation run

By Ensign Emily Hegarty, NAS Whiting Field Public Affairs

“We’ve made strides – huge strides – in our energy conservation efforts,” beamed Reggie Parker, Naval Air Station Whiting Field Utilities and Energy Manager, as he spoke about NASWF’s success in electrical conservation efforts over the past two years.

And strides is perhaps the perfect word to describe the progress, as on Wednesday, Oct. 16, Morale, Welfare, and Recreation, and the Public Works Department are hosting an Energy Conservation Awareness 5k.

The race, which will begin at 9 a.m. outside the Fitness Center, will loop runners up Langley Road to the picnic area before the golf course. The race will finish back at the Fitness Center.

This is MWR’s first effort at hosting a run of this sort, but Don Inman, NASWF MWR Program Manager, is no stranger to hosting races. With a varied past of hosting 5ks and biathlons behind him in previous positions, he expects the Oct. 16 race to go off without a hitch.

Inman stated that he is grateful for Gulf Power’s partial sponsorship of the event.

“Gulf Power’s sponsorship has allowed us to provide the t-shirts to the first 75 registrants free of charge, and for only \$5 to participants who register after. We’ll also be offering awards in 9 different age categories to the top three male and female finishers in each division for a total of 54 different possible awards. We couldn’t have done it to this level without their sponsorship,” said Inman.

In addition to the footrace, Public Works and Gulf Power will set-up booths featuring literature on electrical usage and conservation. Gulf Power will also include a static display to better illustrate how energy translates into the power for so many devices we use on a daily basis.

“The display features a bike that helps you better understand how you generate electricity – participants peddle on the bike to power one light bulb, then more light bulbs, and finally other devices so that you can grasp how much energy you need to expend to keep them operating, and get a feel for what it really takes to power everything,” explained Parker.

Reflecting on NASWF’s energy conservation efforts over the past two years, Parker is optimistic that the event will help people focus on continuing conservation efforts.

“Having so many people participate in the race itself is what we’re hoping will continue to raise awareness about energy conservation,” explained Parker. “We’ve made strides in cost, consumption, and peak demand, and we’re creating a culture of conservation.”

The poster features a central graphic of a lightbulb with a water tower inside it, labeled 'FLY NAVY'. The water tower is surrounded by a recycling symbol. The text 'Energy Conservation Awareness 5K RUN' is prominently displayed at the top. Below the graphic, it says 'Run Starts @0900 Fitness Center'. Logos for Gulf Power (A Southern Company) and NAVFAC (Naval Facilities Engineering Command) are present. At the bottom, it states 'Wednesday, 16 Oct 2013' and '850-623-7412 facebook.com/wfmwr'. A section for 'FREE T-SHIRTS for the 1st 75 participants' is shown next to an image of a t-shirt with the event logo. The MWR logo (Morale, Welfare & Recreation) is also visible.

**Energy Conservation Awareness 5K RUN**

Run Starts @0900 Fitness Center

**GULF POWER**  
A SOUTHERN COMPANY

**NAVFAC**  
Naval Facilities Engineering Command

**Wednesday, 16 Oct 2013**

**850-623-7412**  
[facebook.com/wfmwr](https://www.facebook.com/wfmwr)

**FREE T-SHIRTS**  
for the 1st 75 participants

**MWR**  
NAS WHITING FIELD  
MORALE, WELFARE & RECREATION

## Pavelko relieves Pesile as commanding officer of HT-28 - Squadron welcomes fifth commander during ceremony

By Ensign Emily Hegarty, NAS Whiting Field Public Affairs

The strains of Eternal Father floated down from the Corey Station Performing Arts Company in the loft of the Naval Air Station Whiting Field Atrium Friday morning as Lt. Col. Jeff “Ivan” Pavelko accepted the reins of Helicopter Training Squadron TWENTY-EIGHT from outgoing Skipper Cmdr. Chris “Rat” Pesile in a ceremony fitting of the squadron’s impressive accomplishments.

Following an invocation by Reverend Doug Holmes, Training Air Wing FIVE Commodore Capt. James Fisher, the guest speaker for the event, welcomed the ceremony’s attendants and referenced HT-28’s relative youth. As NASWF’s most recently formed squadron, Friday marked HT-28’s fifth change of command.

“HT-28 possesses a fierce determination to succeed,” he began, “and like the little brother of the helicopter squadrons that they are, they’re constantly fighting for attention.”

And attention HT-28 has received.

Under Pesile’s charge, HT-28 performed over 28,000 A and B level mishap-free flight hours, winged 240 aviators, graduated 28 intermediate tilt rotor students, and had the most efficient time to train of all advanced rotary squadrons. They also performed over 900 hours of commu-



HT-28 Commanding Officer Cmdr. Christopher Pesile receives the command pennant from the squadron’s senior enlisted. He then passed the pennant to Lt. Col. Jeff Pavelko symbolically handing over command. U.S. Navy photo by Ensign Mike Vazana.



Cmdr. Christopher Pesile and Lt. Col. Jeff Pavelko cut the cake during the reception following their change of command ceremony Sept. 27. Dingman assumes command of Helicopter Training Squadron TWENTY-WIGHT after serving as the executive officer for more than a year. U.S. Navy photo by Ensign Mike Vazana.

nity service, with attention paid to the Relay for Life event in which HT-28 students and instructors played a pivotal role.

Fisher said Pesile’s goals for the squadron were successful mission accomplishment, safety, and mentorship for both officers and civilians, whom he called the “heart and soul of HT-28.” Pesile related during his exit interview with Fisher that he was “leaving command with no regrets, and that he was tired.” Fisher stated, “that is precisely how a commanding officer should feel at the completion of a successful tour.”

He challenged Pavelko with high expectations in the wake of Pesile’s

performance. “The responsibility for leading this great team is now yours. I challenge you to take this great team and make it even better.”

Pesile then spoke about his experience at HT-28.

“No one has a successful command tour without a lot of help and support, and so I’d like to thank those of you here today who have helped me,” he began.

He thanked Fisher and the organizers of the change of command ceremony, as well as his wife, family, friends, and the Hellion community, and told them “when you think about it, you all represent a collection of experiences and relationships, and I had some great ones one this tour.”

He also thanked the squadron for stepping up during his personal challenge of dealing with the illness of his mother, which allowed him to focus on his family.

Pesile noted that HT-28 “took challenges in stride, and with a sense of humor,” reflecting on the mock picket the instructor pilots held outside the squadron spaces in protest of the civilian furlough. He thanked the civilian staff for their patience and cooperation during that time, and also thanked the instructor pilots for filling in where allowed.

Finally, he noted that he was confident that the Hellions would be in great hands under the leadership of Pavelko. “Stay lucky” were his last words to the squadron as their commanding officer.

Pesile’s next duty station will be as the Air Boss aboard the USS Bonhomme Richard, in Sasebo, Japan.

Following Pesile’s speech, Pavelko took the stand to express his appreciation for Pesile’s work as a commanding officer and to welcome Commander Jeffrey Ketcham to HT-

- (Cont. on Page 14)

## From TRAWING-5

# Congrats to TRAWING-5 Wingers and scholars



**Back Row:** Cmdr. Matthew J. Bowen, USN, Commanding Officer, HT-8; 1ST Lt. Randy L. Rhinehart, USMC; Ens. Daniel A. Dierks, USN; 1ST Lt. Robert M. Ball, USMC; Lt. j.g. Abdullah M. Al-Oraini, RSNF; 1st Lt. Matthew B. Pitts, USMC; Ens. Joseph G. Beaudoin II, USN; 1st Lt. Jordan C. Lippincott, USMC; Ens. Wesley J. Purcell, USN; 1st Lt. Charles T. Talley, USMC; Ens. Joseph M. Hilby, USN; and Cmdr. Eric Seib, USN, Chief Staff Officer, TW-5.

**Middle:** Lt. Col. Robert S. White, USMC, Commanding Officer, HT-18; 1st Lt. William A. White, USMC; Ens. Dustin A. Flaum, USN; 1st Lt. Marcus A. Smith, USMC; Ens. Alan Ibarra, USN; 1st Lt. Michael A. Mau, USMC; Ens. Charles A. Scott, USN; 1st Lt. Royse W. Mayo, USMC; Ens. Michael R. Fortunati, USN; 1st Lt. Tyler K. Barrett, USMC; and Lt. Col. Tres Smith, USMC, Commanding Officer, HMLA-369.

**Front Row:** Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer, HT-28; 1st Lt. Steven V. Mincks, USMC; Lt. j.g. Joshua D. Rice, USCG; 1st Lt. Edward A. Starke, USMC; Lt. j.g. Christopher Leung, USMC; 1st Lt. Keith A. Beers, USMC; Ens. Harris L. Larson, USN; 1st Lt. Christopher Millar, USMC; Ens. Kylie E. Hahn, USN; and Jason R. Delisle, USMC.



**Left Photo:** 1st Lt. Adam C. Satterfield, USMC; Ensign Michael Y. Baluyut, USN; and Lt. j.g. Trent A. Meyers, USCG display their Academic Achievement Awards Sept. 20 in the Training Air Wing FIVE headquarters building.



**Right Photo:** Lt. j.g. Michael Hennebery, USCG; 2nd Lt. Matthew T. Ganyard, USMC; 2nd Lt. Anthony J. Peters, USMC; 1st Lt. Matthew W. Cahill, USMC; 1st Lt. Colin M. Wood, USMC (Commodore's List); 1st Lt. Benjamin M. Ables, USMC; and Ensign James C. French, USN received their awards Sept. 27.

# Operation Live Well: Navigating the Grocery Store

# OPERATION

## ★ Live Well ★

Ever leave the grocery store with more than you expected and less of what you needed?

You are not alone. The grocery store is filled with healthy options, but it is also filled with many sweet treats, salty snacks and unhealthy products backed by powerful marketing and colorful advertising. Grocery stores and food manufacturers are in business to make money, so it's no wonder we often leave the store buying more than we needed or originally intended to buy.

Need some help keeping your cart free of junk? These four tips can help you cut through the marketing and make your next trip to the grocery store faster, cheaper and more healthful.

### **Tip 1: Plan your trip**

Planning your trip to the store will help make sure you buy only what you need. Spend some time before your shopping trip deciding what meals you plan on making that week, as well as what you have and don't have on hand to make those meals. Create a list that is divided into sections, to include: fresh fruits and vegetables, fresh meats, dairy, whole grains and frozen items. This will help you stick to the most healthful items in the store. It will also help avoid backtracking and browsing, which can make you more susceptible to food advertising and less healthy options. An important tip from the Mayo Clinic is to never shop on an empty stomach. If you're hungry, you may end up buying more unhealthy items such as chips and cookies. Avoid the temptation by having a sensible snack before shopping, such as fruit or nuts.

### **Tip 2: Shop the perimeter of the store**

Once you arrive at the grocery store stay along the perimeter. The perimeter of the store is where the fresh, "real" foods are found, while the aisles in the center contain the majority of processed, "junk" foods. By avoiding the center aisles, you can avoid food manufacturers' clever advertising and save money by not being persuaded into buying that new must-have brand of crackers, chips or processed snack foods. You are also doing your body a favor by sticking to the least processed foods. As a rule of thumb, a "processed" food generally means it comes in packaging such as a box, bag or can. It also means that it has somehow been chemically modified

through additives, processing steps or artificial flavorings. So if you can't recognize the ingredients, it is most likely a processed food. It is important to note that according to The Johns Hopkins School of Public Health, there are different levels of processed foods, and some are worse than others. Certain foods are minimally processed, simply to increase shelf-life or to aid in food safety. However, foods that are "highly processed" have undergone a process that radically changes the nature of the original raw material, and some health professionals think they should be avoided completely. Many of these foods are considered "nutrient-poor" and generally don't support a healthy diet.

### **Tip 3: Know when and what to substitute**

In order to stay under budget while still purchasing healthy foods, there are a few shortcuts you can take. While fresh fruits and vegetables are the most nutritious option, they can often be pricey when not in season. When not in season, choose vegetables that are frozen without sauces. Canned fruits and vegetables can also be a more cost-friendly option, but be sure to check the packaging to make sure they are not packaged in syrup but in water or natural juices instead. When local fruits and vegetables are in season, grocery stores often have sales to help move their inventory quickly. Check for sales on fresh fruits and vegetables, and eat what is in season for the highest nutritional bang for your buck. When fresh herbs are out of season and therefore at their highest prices, look for dried or even frozen herbs. They will have longer shelf lives and can be a fraction of the cost. Dried and frozen herbs can also be a time saver because you won't have to spend time chopping them.

### **Tip 4: Always read the ingredients / nutrition information**

Many times we can be fooled by what is advertised on a product's packaging. For example, many products these days are labeled gluten-free, even when the food, like yogurt, doesn't naturally contain gluten. All this marketing can make it difficult to know what is healthy, but being skeptical about health claims can help. Also, make sure to read the nutrition and ingredient labels to see what you are really buying. Look carefully at serving size and percent of daily value, and remember that the nutritional information on the rest of the label applies to only one serving. Also, remember that serving sizes are only measurements, not recommendations. When possible, try to avoid as many chemicals and preservatives as possible. Can you pronounce all of the ingredients? If not, then you might want to rethink putting it into your body. Try to stick with products that have five or fewer ingredients.

By planning your trip, shopping the perimeter, substituting when necessary and always reading labels, you can save time and money while making healthy choices at the grocery store.

# Things to Know

## BBB says Ads from World Reserve Monetary Exchange May Mislead

Pensacola, Fla. (September 20, 2013) – The Better Business Bureau is warning consumers about recent ads distributed by, Arthur Middleton Capital Holdings of North Canton, Ohio. The company advertises in large ads selling their products nationwide. The most recent product the company is advertising are “rarely seen” Buffalo Nickel Coins. The coins are sold through Arthur Middleton subsidiary World Reserve Monetary Exchange (WRME).

World Reserve Monetary Exchange, which also uses the name Universal Syndications Inc., has an “F” rating with the BBB <<http://www.bbb.org/canton/business-reviews/mail-order-and-catalog-shopping/universal-syndications-inc-in-north-canton-oh-23001053>> in Canton, Ohio, the lowest possible. The BBB has closed about 260 complaints involving the company in the last three years.

Advertisements published in several newspapers nationwide in May, and last month (August) in Parade Magazine, a nationally distributed publication, read: “Public gets Vault Bags full of rarely seen U.S. Gov’t minted coins. \$29 Vault Bags loaded with nearly 100 year old Gov’t issued coins being snapped up.”

BBB says that several parts of the ads have the ca-

capacity to mislead the public. They include:

- A photograph of a 1913 Indian head buffalo nickel used to illustrate the advertisement. The BBB maintains that the 1913-dated nickel that is pictured is more valuable than and not typical of the coins contained in the bags that are sold to the public.

- The use of the word “valuable” and other potentially misleading phrases designed to communicate a high value to uninformed buyers. Among the phrases: “Vault Bags full of valuable Indian Head coins . . . It’s like finding buried treasure . . . dealers and collectors can’t be stopped from hoarding all the valuable coins they can get their hands on . . . it makes a real nice nest egg . . . These are the Vault Bags full of valuable Indian Head coins.”

- The use of advertising phrases indicating that the nickels being sold are rare or difficult to find. Among the phrases: “Vault Bags full of rarely seen U.S. Gov’t minted coins . . . rarely seen Indian Head collector coins . . . Coins like these are nearly impossible to find and when they’re gone, they’re gone.”

In addition, the BBB says it appears that the return policy for the nickels is in conflict with the World Reserve’s “30-day money-back guarantee of satisfaction” printed on the company’s website. That guarantee says customers who are not satisfied with a purchase may return it “for a prompt exchange or refund.” The plastic seal on the so-called “vault bags” of nickels notes that the coins cannot be returned if the seal is broken and the bags opened. This would seem to indicate that only unopened, uninspected, coin bags could be returned for refunds.

A BBB investigator paid \$29 plus \$6 shipping to order a single bag of nickels. An inspection showed 18 nickels in various conditions, including nine so worn that no dates were visible. Three St. Louis area coin dealers who inspected the lot gave various estimates on its value.

One dealer said the coins were so common and would be so difficult to sell that he would not make an offer; another dealer said he would pay a dime each for the coins for a total of \$1.80. The third dealer offered the most, saying he would pay about \$4.50 for the coins, or about 1/6 of what World Reserve charged.

The dealers said they would sell an identical lot of coins for anywhere between \$4 and \$9, but they said finding a buyer would be difficult. The dealers variously described the bag of World Reserve nickels as “junk,” “garbage,” and “common.” All challenged the ad’s use of the phrase “nearly impossible to find.” None said he would consider the coins “valuable.”

**N.A.S. WHITTING FIELD**

**HONORING TRADITION**

**SATURDAY OCTOBER 05, 2013**

**NAVAL AIR STATION WHITTING FIELD  
BASE ATRIUM**

**TICKETS: \$25.00**

**SOCIAL HOUR: 1700-1800**

**EVENT TIME: 1800-0000**

**Uniform:**

- E-6 and Below: Service Dress Whites or Service Equivalent**
- E-7 to E-9: Full Dress Whites or Service Equivalent**
- O3 and Below: Dinner Dress White or Service Equivalent**
- O-4 and Senior: Dinner Dress White Jacket or Service Equivalent**

# Autumn Religious Programs Schedule

### Weekly Services:

**Bible Study** – Tuesdays at 11:30 a.m. A free lunch followed by a lesson and discussion. Guest speakers, non-denominational.

**Chapel** – Thursdays at 11:30 a.m. A Protestant service featuring traditional and contemporary music. Sermons by Lt. Jason Hart and Cmdr. Charles Luff.

**Mass** – Fridays at 11:00 a.m. Traditional Catholic Mass led by Monsignor Michael Reed.

### NASWF Programs

**ASIST Workshop: Suicide Training and Prevention, Oct. 16-17 from 7:30 a.m. to 4 p.m.**

The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

All seminars will take place in NASWF Atrium Building Room 169. Please contact Chaplain Hart (jason.r.hart@navy.mil), RP1 Yolanda Jordan (yolanda.jordan@navy.mil), or call the office at 850-623-7211 to sign up.

*Don't forget to visit us on  
facebook*

*at*

*<http://www.facebook.com/naswhitingfield>*

## HT-28

*-(Cont. from Page 8)*

28 as his replacement executive officer.

Pavelko thanked the MATSG-21 color guard for “bringing a touch of class to the ceremony” as well as friends and family who traveled to attend the event. He thanked Pesile “for handing off an exceptional squadron due to your exceptional leadership.”

Pavelko also pledged continued success to his squadron. “I promise as your commanding officer that I will continue to give you the tools you need to succeed, in return I challenge you to continue to produce the highly qualified officers we have been producing.”

Following Pavelko’s speech, he and Pesile officially exchanged the command pennant of the squadron and Pesile formally requested to be relieved.

With an accomplished past to build off of, HT-28 expects continued achievement. Pavelko’s words to Ketcham are perhaps the best indicator of HT-28’s future: “I can already tell based on how well we get along in the short time I’ve known you that it’s going to be a great tour.”

## SECURITY CHECKPOINT



**Q:** I am in the military on active duty outside the United States. Am I required to have Florida coverage on my Florida registered vehicle?

**A:** No, as long as your name is on the registration as owner or co-owner, and your car is with you. You will be required to

provide a copy of your out-of-state military orders to the Department of Highway Safety and Motor Vehicles and a statement stating the vehicle is with you.

**Q:** I live outside Florida for six months a year. When not in Florida, my vehicle is in storage and will not be used. Must I maintain automobile insurance?

**A:** Yes. Any vehicle holding a valid Florida license plate and registration must be covered by a Florida insurance policy throughout the entire registration period. When you leave Florida, you may surrender your license plate and registration at the nearest driver license or Tax Collector office to avoid maintaining your policy. You can always register your vehicle upon your return to Florida, at which time you can provide proof of Florida insurance.

# Things to Know

## VT-6

- (Cont. from Page 2)



Lt. Col. Kevin Digman

2013, VT-6 produced over 285 students for follow on advanced training pipelines to provide the next generation of Naval Aviators to the fleet.

The "Shooters" were highly lauded during Jamiola's tenure, earning a grade of "Outstanding" during the 2012 CNATRA Standardization and Evaluation inspection. VT-6 instructors were also recognized for their "Outstanding" performance on the 2012 and 2013 NATOPS unit evaluations.

Additionally, VT-6 instructors were recognized for their superior performance with awards from CNATRA, TAW-5, and multiple civilian organizations to include: 2012 CNATRA Reserve Instructor of the Year, 2012 AUSN Outstanding Junior Officer, 2012 Lions Club Flight Instructor of the Year, 2012 Training Wing FIVE Reserve Instructor of the Year, and 2012 Reserve Instructor of the Quarter.

Digman graduated from Ball State University in 1996 and was designated a Naval Aviator in April 1999 at NAS Whiting Field. He served as a CH-43E pilot for HMM 364. Next he attended Tactical Air Control Party School



Cmdr. Wade Iverson

where he was designated a Forward Air Controller; then, he reported to MAGTF Training Center, Twenty Nine Palms, Cal. where he served as the Assault Support Representative. In 2006, he reported to MATSG-21 at NAS Pensacola as an instructor pilot in VT-6. Prior to completing the Instructor Under Training syllabus, he volunteered for an individual augment billet with II Marine Expeditionary Force. In 2007, he

reported back to MATSG-21 as the assistant operations officer. He then attended Air Command Staff College at Maxwell Air Force Base earning a Master of Military Operational Art and Science. Digman was then ordered to Marine Aircraft Group 16 in Miramar, Cal., where he was assigned to HMM-163. In 2012, he received orders to VT-6 to be the Executive Officer.

Cmdr. Wade Iverson will become the new Executive Officer. The guest speaker for the event will be Capt. James Fisher, Commodore Training Air Wing FIVE.

## TRICARE Notes

### DANGERS OF OVERBRUSHING

Brushing your teeth is an important part of good oral care, but it is possible to overdo it. Brushing too often, too long or too vigorously can lead to tooth and gum sensitivity, loss of tooth enamel and may lead to more serious dental and overall health conditions.

The American Dental Association (ADA) recommends using soft-bristled toothbrushes. Look for the ADA seal of acceptance when you buy manual or electric toothbrushes to ensure they meet ADA standards for quality and effectiveness. Replace your toothbrush every three to four months or sooner if you notice frayed or worn bristles. You should store your toothbrush in an upright position and allow it to dry completely between uses to minimize the growth of bacteria.

### USING METLIFE'S NETWORK OF DENTISTS

When administration of the TRICARE Dental Program (TDP) transitioned to MetLife in May 2012, you have access to MetLife's network of over 164,000 dentist locations. TDP beneficiaries residing in the CONUS service area can receive dental care at civilian dental offices and visit any licensed and authorized civilian dentist.

## 4th ANNUAL HEALTH AND WELLNESS EXPO

MONDAY, OCTOBER 21st 1100-1500

WHITING FIELD FITNESS CENTER

