

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 22

Forging Wings for the Fleet
Wednesday, December 17, 2014



This Issue:

HT-28 Holds Change of Command Ceremony (pg. 2)

Whiting Field Named Tree City USA (pg. 3)

DoD Releases Sexual Assault Progress Report (pg. 4)

Whiting Field News

NAS Whiting Field to Hold Change of Command

By Jay Cope, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field will observe a time-honored Navy tradition Wednesday, Dec. 17 at the installation's auditorium building at 10 a.m. when command of the air station will pass from one officer to another.

Capt. Todd Bahlau will accept command of NAS Whiting Field from Capt. Matthew Coughlin following Coughlin's three year tour at the helm. The change of command ceremony is a Navy tradition that enables the two officers to formally exchange duties in front of the assembled military and civilian staff. It is also a time to recognize the accomplishments of the outgoing "Skipper" in front of his family and friends.

Coughlin's professional management of a military facility valued at over one billion dollars directly enhanced the ability for Training Air Wing FIVE to

- (Cont. on Page 9)

Cover: Naval Air Station Whiting Field Commanding Officer Matthew Coughlin high fives his Christmas tree helpers from the Whiting Field Child Development Center during Tree Lighting Ceremony on Wednesday, Dec. 3. 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

- Jay Cope

Public Affairs Staff

- Lt j.g. Brett Resue

- Ensign Laurence Clemente

- Ensign Richard Krepps

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.

Commander Jeffrey Ketcham Assumes Command of HT-28



Cmdr. Jeffrey Ketcham assumed command of Helicopter Training Squadron 28 from Lt. Col. Jeff Pavelko on Friday, Dec. 5. Pavelko served 15 months as the Commanding Officer for HT-28. U.S. Navy Photo by Lt. j.g. Brett Resue.

By Jay Cope, NAS Whiting Field Public Affairs

Amidst the pomp and circumstance of military ceremony, Cmdr. Jeffrey Ketcham accepted the reins of command for Helicopter Training Squadron TWENTY-EIGHT from Lt. Col. Jeff Pavelko Friday, Dec. 5. Highlighted by patriotic music performed by the Navy Band, the parading of the national colors, and inspirational speeches, the change of command ceremony is a long-standing Navy tradition that ensures the smooth transfer of command from one officer to another in front of the assembled squadron, family and friends.

After serving as the executive officer for the "Hellions," Ketcham now ascends to the "big chair" that Pavelko held for 15 months. He will be only the seventh commanding officer for the youngest squadron at NAS Whiting Field. Ketcham will have some impressive shoes to fill.

Under Pavelko, the "Hellions" flew more than 62,000 mishap free flight hours and completed in excess of 32,000 sorties culminating in the completion of helicopter flight training by 350 Navy, Marine Corps, Coast Guard, and Allied pilots. An enthusiastic supporter of the community, Pavelko and the "Hellions" volunteered more than 900 hours to local programs. The squadron's training effectiveness and efficiency earned it the Cmdr. Theodore G. Ellyson Aviator Production Excellence Award as a premiere squadron advanced aviation training efficiency. Furthermore, for his leadership and superb capabilities, Pavelko was awarded the Meritorious Service Medal.

Training Air Wing FIVE Commodore Col. Gary Kling served as the guest speaker for the occasion and praised the two officers who formed the central leader-

- (Cont. on Page 11)

NASWF Named Tree City USA for 23rd Year

By Jay Cope, NAS Whiting Field Public Affairs

The National Arbor Day Foundation once again recognized Naval Air Station (NAS) Whiting Field as a Tree City USA for its dedication to conservation and urban renewal. This is the 23rd consecutive year the base has received the designation.

NAS Whiting Field planted a Live Oak tree next to the base's command building on Wednesday, Dec. 3 to recognize the completion of the annual certification requirements and to celebrate the accomplishment.

The Arbor Day Foundation presented a proclamation and banner to the command to recognize the achievement.

NAS Whiting Field Commanding Officer Capt. Matthew Coughlin read the certificate which reads in part: "[I] declare that Whiting Field will continue to annually celebrate Tree Awareness Week during the first week of December and recognize the importance of preserving and managing our trees with planned activities for the planting of trees throughout the planting season, demonstrating our responsibility as federal land stewards."

The ceremony was only the final step in the process. Throughout the year, the NAS Whiting Field Natural Resources team had to ensure an allocated cost is directed toward forestry projects (this has to exceed \$2 per person on the base), maintain an Urban Forestry Ordinance, and have a board with regular meetings. All of the requirements serve to raise the awareness of how important trees are to our society. Not only do they provide a natural beauty, but trees also give shade, help to lower temperatures in urban areas, increase the oxygen levels, and help to cleanse pollutants from groundwater and the air.

The ceremony was coordinated by Ron Cherry, the base's environmental programs manager, and it serves as one of the highlights of his year.



Both military and civilian members of the Whiting Field Community were on hand for the Tree Planting Ceremony and presentation of the Tree City USA Award from the Arbor Day Foundation. U.S. Navy Photo by Jay Cope.

"Our annual participation in the Tree City USA program provides us the opportunity to educate people about the value of tree resources and the importance of sustainable tree management. Being part of Tree City USA can help promote relationships with the Florida Forest Service and other conservation groups," elaborated Cherry, "I hope this program will give people pride about trees so that they can go home and

manage their own private trees". Base forestry programs in 2014 spent more than \$28,000 in maintenance for existing woodlands and replaced any trees that were lost through the year through storm damage, disease or other causes. The amount invested in maintenance was approximately four times the necessary amount to qualify for the program. ✈



Commanding Officer NAS Whiting Field Capt. Matthew Coughlin, Executing Officer NAS Whiting Field Gregg Gray, and Event Coordinator Ron Cherry plant an Oak Tree in Commemoration of Whiting Field's Tree City Award. U.S. Navy photo by Jay Cope.

Sexual Assault: Prevalence Down, Reporting Up

By Terrina Weatherspoon, Defense Media Activity

FORT MEADE, Md. (NNS) - Although he isn't declaring victory, Rear Adm. Rick Snyder, director, 21st Century Sailor Office is declaring progress in most areas of the Navy's sexual assault prevention and response (SAPR) efforts.

The Department of Defense SAPR Progress Report to the President, released by Secretary of Defense Chuck Hagel Dec. 4, shows the Navy making specific progress in two areas: reporting and prevalence.

"Reports have gone up, which is positive," said Snyder. "It means victims are not afraid to come forward."

Additionally, prevalence is coming down. Closing the gap between reports and prevalence is important to Snyder and to the Navy because it shows the progress of the efforts implemented throughout the Navy in the last few years.

The Navy's preliminary numbers look like this: There were 1,274 reporters this year. That is a 10 percent increase from 2013 and a 70 percent increase from 2012. In 2012 about 1 in 15 victims came forward to report a sexual assault. Now about 1 in 5 victims are reporting, and for women, it's 1 in 3.

Prevalence has decreased in the last two years. In 2014 there were 5,600 victims, down from 10,600 in 2012. In other words, this year 5.1 percent of women in the Navy were victims of sexual assault and 1.1 percent of men, down from 7.2 percent of women and 2.7 percent of men in 2012.

That's good news for the Navy. However, there is one area Snyder identified as needing work--professional and social retaliation. Victims who took the Survivor Experience Survey cited that they experienced some sort of retaliation after they reported a sexual assault.

"We haven't acceptable progress in this area," said Snyder. "Anything that might discourage reporting or recovery for a victim is counterproductive to everything we are trying to do to combat sexual assault."

Although victims have options for reporting retaliation, it makes reporting the initial crime a bit scary, and Snyder said he is worried about it. However, he said that is why it is so important that from the top down, Sailors build a climate of dignity and

respect.

"We've really spent a lot of effort at our recruiting center, at Great Lakes, to bring. Sailors into a culture that prevents sexual assault right from the beginning," said Snyder. "We've really focused education and awareness efforts on our recruits...to include bystander intervention.

On the other end of the spectrum, Snyder also emphasizes the time spent by Navy leadership addressing these issues directly.

"From the CNO on down there is a regular drum beat amongst senior leaders...with an eye on the entire sexual assault response system," said Snyder. "That senior leadership effort has been fantastic for the Navy."

Snyder also said that feedback from command climate surveys across the Navy have been positive.

"We hear from our Sailors that a low number of them perceive incidents that could lead to sexual assault," said Snyder. "But a high number, about 85 percent, said they did or would take action if they saw something like that happening, so our Sailors are getting after the problem."

Snyder also cited CSADD (Coalition of Sailors Against Destructive Decisions) as creating a culture in which Shipmates are helping Shipmates maintain a course of success through good decision making, not just to prevent sexual assault, but all destructive behaviors.

- (Cont. on Page 7)

This Day in Naval History

December 1, 1921 - In first flight of airship filled with helium, Blimp C-7 piloted by LCDR Ralph F. Wood left Norfolk, VA, for Washington, DC.

December 5, 1843 - Launching of USS Michigan at Erie, Penn., America's first iron-hulled warship, as well as first prefabricated ship.

December 11, 1954 - First supercarrier of 59,630 tons, USS Forrestal (CVA-59), launched at Newport News, VA.

December 13, 1775 - Continental Congress provides for the construction of 5 ships of 32 guns, 5 ships of 28 guns, and 3 ships of 24 guns.

News and Notes

NAS Whiting Field now has a Twitter account please follow us @NASWF
Like us on Facebook at
www.facebook.com/NASWhitingfield

Voluntary Leave Transfer Program - SHAVON HENDRY is a Dispatcher at Commander Navy Region Southeast. She is under the Voluntary Leave Transfer Program and in urgent need of annual leave donations. POC is Ms. Kathleen McGuire, CNRSE LER, DSN 483-2789.

New Gate Hours - Effective Dec. 15: New hours of operation at Naval Air Station Pensacola ECPs West (Back) Gate and Corry Station Back Gate (Gate 7) only (all other gates remain unchanged):

-NASP West Gate (Back Gate): open 5:00 a.m. - 7:00 p.m. Monday - Friday and 8:00 a.m - 6:00 p.m. on weekends and holidays

-Corry Station Back Gate (Gate 7): open 6:00 a.m. - 6:00 p.m. Monday - Friday (Closed weekends and holidays)

Aces Pub- On Fridays, Aces Pub opens at 2pm and offers light snacks. Come over and catch up with friends before heading out for the weekend.

Chapel Time - The main entrance to the Chapel is open to all hands during our normal office hours (7:30 a.m.-3:30 p.m.) as a place for prayer, study, and/or meditation.

Tis the Flu Season - Naval Branch Health clinic has both Flu vaccine and Flu mist in stock. Immunization hours are: Mon-Thurs. 1:00 p.m. -3:00 p.m. and Fri. 7:30 a.m. – 11:00



Turkey Day Military Appreciation
 Local area volunteers led by Mike Patterson, gave a little bit of holiday cheer to some area service members recently. The volunteers joined up with the United Way to deep-fry 49 turkeys at no cost for fortunate Naval Air Station Whiting Field personnel during the holiday season. Photo courtesy of United Way.

a.m. and 12:00 noon - 3:00 p.m.. Flu vaccine is also available at CVS, Target and Kmart at no cost for TRICARE Prime family members, Medicare, and TRICARE for Life beneficiaries. However, Active Duty personnel will be billed if they receive this service outside their Military Medical Treatment Facility. If you have received a bill, or have any other TRICARE questions, please contact our Health Benefits Advisor, Mr. Don Nelson at 623-7399 or via email at don.nelson@med.navy.mil.

HHW Offers Cooking Oil Recycling Service - You can recycle your cooking oil! Residents and businesses can simply store cooled vegetable oil in a container with a lid and bring to the Household Hazardous Waste Center located at the entrance of the Central Landfill at 6337 Da Lisa Rd. in Milton or the Jay Residential Drop Off Station located at 3785 Transfer Station Rd. in Jay for disposal. There is no cost for the collection service and the oil will be recycled for use in the production of soaps, cosmetics, plastics and biodiesel.

Whiting Field Naval Branch Health Clinic – the Clinic will be closed Thursday, Dec. 25 – Friday, Dec. 26 and Thursday, Jan. 1.

School Closings for SR County - The upcoming school Holidays for Santa Rosa County are Monday, December 22nd is a Half-Day, December 23rd- January 2 is Christmas Break, and Monday, January 5th is a teacher Planning Day. Students will return to school on Tuesday, January 6th.

Usage Information			
Total Used			
1,684,931 kWh			
	1 Year Ago	Last Month	This Month
Total kWh Used	1,672,786	1,975,098	1,684,931
Average Daily kWh	55,760	63,713	56,164
Days In Billing Period	30	31	30

Energy Conservation

Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. We recognize the following buildings for the last month's highest year-over-year energy reductions:

2977	HT-8/18	10.1%
1424	North Field	12.0%
2254	Choctaw	14.0%

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

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Back Row: Cmdr Robert G. Sinram, USN, Commanding Officer HT-8; 1st Lt. Steven M. Atkinson, USMC; Ensign Corey A. Rollins, USN; 1st Lt. Samuel D. Wood, USMC; Ensign Adam P. Shuster, USN; Lt. j.g. Scott A. Brady, USN; Lt. Joesph W. Messina, USCG; 1st Lt. Clarke M.T. Saylor, USMC; Ensign Leandro S. Marzocchella, ITNAV; 1st Lt. Cullin R. Smith, USMC; Ensign Nikolaus R. Kaczka, USN; Capt. Mark T. Murray, USN, Deputy Commodore TRAWING-5.

Middle Row: Cmdr. Kevin Pickard Jr., USN, Commanding Officer HT-18; Ensign Benjamin T. Bontrager, USN; Ensign Ravi C. Patel, USN; 1st Lt. Sean A. Donahue, USMC; Ensign Anika L. Stark, USN; Ensign Edward J. McCarthy, USN; 1st Lt. James D. Flanigan III, USMC; Ensign Timothy J. Buehrig, USN; 1st Lt. David H. Washburn, USMC; Lt. Adam P. Morehouse, USCG; 1st Lt. Christina M. De Vuono, USMC; Cmdr. David W. Cooper, USCG, Commanding Officer Coast Guard Airstation New Orleans.

Front Row: Cmdr. Jeffrey D. Ketcham, USN, Commanding Officer HT-28; Ensign Steven A. Deering, USN; 1st Lt. Casey K. Low, USMC; Lt. j.g. Mark A. McMahon, USN; 1st Lt. Alex D. Smearman, USMC; Ensign Paul A. Nelson, USN; 1st Lt. Brian C. Plamondon, USMC; Ensign Joshua S. Rockman, USN; Ensign Steven M. Schneck, USN; Lt. j.g. Tyler J. Sterkel, USN; Lt. j.g. Saad A. Almadhi, RSNF.

Congratulations to TRAWING-5 Scholars



Congratulations to the new Academic Achievers!

From left to right: 1st Lt. Richard C. Hetrick USMC, 1st Lt. Michael J. Inzeo USMC, ENS Eric R. Brown USN, 2nd Lt. Jeffrey H. Swanson USMC, 1st Lt. Jacob R. Gerbino USMC, Lt j.g. Alexander J. Buck USN

Around the Base

Sexual Assault Report

- (Cont. from Page 4)

The goal of all of these efforts is straightforward - To maintain a Navy in which every Sailor understands what sexual assault is, how to play a role in prevention, and how to report it; a Navy in which victims know they will be supported and everyone knows that perpetrators will be held appropriately accountable.

Snyder said that every Sailor plays a part in making this goal a reality.

“Looking out for your Shipmates and having the courage to step in early and often when you see the potential for destructive behaviors regardless of what they are,” said Snyder. “Because we know that the seemingly less destructive behaviors, if allowed, can lead to more destructive behaviors and perhaps ultimately to sexual assault. We often talk about a continuum of harm and trying to get after it early and so for instance, the sailor that may be acting inappropriately but not sexually assaulting someone - if corrected early, and if made to understand that is not acceptable by his or her peers, is the way to get after this issue. So it’s really going to be about Sailors helping Sailors to understand the magnitude of this problem, and then having that courage to step in and do something when they see the situation develop.”

More details results and data of the Rand Survey will be out in the Spring. 🐦



Fair Winds

Buster Wright, a Naval Air Station Whiting Field Public Works employee, passed away Dec. 3 and was laid to rest Dec. 15. Buster was a native of the Bahamas, served in Vietnam, earned a Purple Heart, retired from the Army as a Master Sergeant and had been a civilian employee at Whiting Field since 1988. He worked in the FMD Shop and was part of the NAVFAC SE family since 2006. Photo courtesy of Public Works Department.

ATTENTION GOLFERS



The MWR Guest Card Program provides base access for non-military persons to play the Frank W. Dahlinger Golf Course at NAS Whiting Field.

For more info, call (850) 623-7348.

You are not alone...

Your Command
Sexual Assault Victim Advocates
are there to help.

NAVY
SAPR
Sexual Assault
Prevention and Response

Don't spoil
HOLIDAY CHEER
with too many beers.
**YOU'VE EARNED IT—
DON'T WASTE IT.**

DRINK RESPONSIBLY
**KEEP WHAT
YOU'VE EARNED**

www.nadap.navy.mil

Family Assistance



DECEMBER 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	How to Apply for Federal Jobs 8:00 - 11:00 am Stress Management (Multi-Session) 1:00 - 3:00 pm	Stress Management 10:00 - 11:00 am	Conflict Management 11:00 am - 12:00 pm TWS Smooth Move 1:00 - 3:00 pm	Challenges of Flight School & Marriage 9:00 - 11:00 am Holiday Spending 1:00 - 3:00 pm	Sponsor Training 9:00 - 10:00 am	
TAP GPS Mon - Fri 8:00 am - 5:00 pm	Stress Management (Multi-Session) 1:00 - 3:00 pm	Anger Management 11:00 am - 12:00 pm	Communicating Effectively 11:00 am - 12:00 pm	Challenges of Flight School & Marriage 9:00 - 11:00 am Car Buying 1:00 - 3:00 pm	VA Representative 8:00 am - 12:00 pm CFS Forum 10:00 - 11:00 am	
	Stress Management (Multi-Session) 1:00 - 3:00 pm	Managing Your Time 11:00 am - 12:00 pm	Parenting 101 11:00 am - 12:00 pm TWS Smooth Move 1:00 - 3:00 pm	Challenges of Flight School & Marriage 9:00 - 11:00 am	Credit Management 9:00 - 11:00 am	
	Stress Management (Multi-Session) 1:00 - 3:00 pm	Communicating Effectively 10:00 - 11:00 am		 MERRY CHRISTMAS		
		Anger Management 10:00 - 11:00 am				

7511 USS Enterprise St., Milton, FL 32570
(850) 623-7177 (comm.) / 868-7177 (DSN) / (850) 623-7735 (fax)
<https://www.cnic.navy.mil/WhitingField/>

Join us @ 

www.facebook.com/NASWF.FleetandFamily

Whiting Field Receives Trees for Troops Donation

By Ensign Richard Krepps,
NAS Whiting Field Public Affairs

Naval Air Station Whiting Field is once again teaming up with FedEx and the Christmas SPIRIT Foundation to make the holidays a little brighter for America's service members and their families with the Trees for Troops program.

This year marks the 10th anniversary of the effort which joins with tree farmers across America to deliver Christmas trees to troops stationed across the U.S. and overseas.

The trees are paid for in large part by individuals who purchase and donate the trees at participating tree farms. The trees are then packaged and loaded by volunteers and delivered by FedEx to all branches of service.

This year kicked off in Thorntown, Ind., as vol-



Above: Chief Aviation Boatswain's Mate Doug Wilmoth helping Sailors and Marines load up their Christmas Tree.

unteers helped to prepare nearly 200 live Christmas trees to be shipped to service members currently in the Middle East and South Pacific. Once the trees were in route to those serving abroad, more than 17,000 live Christmas trees were delivered to over 60 bases here back home. Over 139,000 trees have been delivered since the campaign started in 2005.

NAS Whiting Field received its batch of about 60 Christmas Trees on Friday, Dec. 5. The recipients and the event coordinators were both extremely grateful.

"The Trees for Troops program is making the holidays much more cheerful for many of NAS Whiting Field's military families," says Senior Chief Eric Powell who helped to coordinate the event. "This is definitely a program that NAS Whiting Field should support for the sake of our military members."

Whiting Field COC

- (Cont. from Page 2)

meet their aviation training mission. Under his guidance, NAS Whiting Field provided air traffic control, emergency fire and rescue services, and runway and grounds maintenance to more than 13,000 acres of property and 4,500 nautical square miles of airspace, supporting the safe execution of 377,000 aircraft flight hours, and four million flight evolutions, as well as classroom and simulator training/support for 3,600 student naval aviators. Productivity at the fifteen airfields under Coughlin's direct control supported Navy, Marine Corps, Air Force, Coast Guard and allied forces operations, equating to 65 percent of the entire Chief of Naval Aviation Training (CNATRA) annual flight curriculum and accounted for 11 percent of the Department of Defense's annual flight hours

NAS Whiting Field will be Coughlin's final tour as he will retire during the ceremony. The installation served as the final step in a distinguished 27-year Naval career. Previous commands included: the "Vipers" of HSL 48, USS Peleliu (LHA 5), Fleet Replacement Squadron (HSL-41), the "Scorpions" of HSL-49, Operations Directorate (J-3), the Joint Chiefs of Staff, the HSL-43 "Battle Cats" and the USS Peleliu once again. He also earned a Master's Degree at the Naval Postgraduate School in Monterey, Cal. And a second Masters at the National Defense University at Fort McNair, Washington D.C.

Bahlau will become the

installation's 41st commanding officer, and brings a wealth of experience as an aviator within joint operational environments. A native of Jackson, Michigan, he is a 1991 graduate of the United States Naval Academy where he earned a Bachelor of Science Degree in Mathematics. Bahlau received a Master of Science Degree in Management from Troy State University in June 1992 and was designated a Naval Aviator on Feb. 4, 1994.

Bahlau's first operational assignment was with the "Grandmasters" of Helicopter Anti-Submarine Squadron Light FOUR SIX (HSL-46) in Mayport, Florida, flying the SH-60B Seahawk helicopter. Follow on assignments included: the "Airwolves" of HSL-40 (two tours), the Staff of Commander, Cruiser-Destroyer Group 12 (CCDG-12), the Chief of Naval Personnel in Washington, DC, as the Head Officer Promotion Planner, another tour with the Grandmasters, the 33d Flying Training Squadron (33d FTS) at Vance Air Force Base in Enid, Oklahoma, and a tour as Chief of the Strategic Engagement Cell and Chief of the Joint Visitor Bureau at Headquarters International Security Assistance Force (ISAF) in Kabul, Afghanistan. Bahlau also earned a second Master's degree from the Naval War College in Newport, Rhode Island. His most recent assignment was with the United States Strategic Command at Offutt Air Force Base, Nebraska.

Commander Navy Region Southeast Rear Adm. Mary Jackson will serve as the guest speaker for the event. 🖱️



NAS Whiting Field Commanding Officer
Capt. Matthew Coughlin



Prospective NAS Whiting Field Commanding Officer
Capt. Todd Bahlau

SECURITY CORNER

Christmas Light Safety

Now that we found our tree and have it set up, it's time to put some lights on it. Christmas lights come in several varieties.

C7, C9 lights are the traditional Christmas lights that everyone remembers growing up.

They can be used either indoors or outdoors. The 25 and 100 foot sets contain either replaceable or built-in fuses. They are glass and filament (incandescent) construction and can break if you drop them. C7 bulbs are 2 inches long, bright, visible, and easy to change. Their big advantage is that when one light fails the rest of the string stays alight. C9 bulbs are 3 inch long with the same advantages as the C7, only with a larger bulb, but note that both C7 and C9 can be expensive to run because of high power consumption. C7 and C9 bulbs put out a good amount of heat so be careful putting them on live trees or near flammable items.

Mini lights are smaller and spaced more closely than the C7 and C9 varieties. These small, capsule-shaped light bulbs which do not produce heat are also flameproof and fireproof, and are thus safe to place on your tree. There is a downside with mini lights if one bulb is physically damaged or unplugged, its entire series or section of the set will not light. Their configuration, however, allows for a bulb to burn out and not break the circuit, it is only when a bulb is broken or comes out of the socket.

The next type is LEDs, which in general housed in plastic casing which makes them durable for outdoor use. The main assets of LED Christmas lights are their low energy usage, their low operating temperature and the fact that they last longer than traditional Christmas lights.

When putting up lights, think ahead about where you want to place them and how you're going to hang them. If using nails, make sure you don't nail through your lights. Make sure you use the right electrical cord; never use a brown extension cord (indoor use) outside. Don't overload your outlets with cords and use surge protectors. Don't run cords under doors or in places where they are a trip hazard. Enjoy putting up your Christmas decorations and think safety first. Merry Christmas and Happy New Year!!!



Eco-nomics

RECYCLING TO CONSERVE ENERGY AND NATURAL RESOURCES

1. Choose returnable bottles instead of throwaway bottles when you have the option. Disposable (throwaway) bottles consume three times as much energy as reusable, returnable bottles.
2. Recycle your old tin cans when you can. Recycling and reusing the material in tin cans reduces related energy use by 74 percent, air pollution by 85 percent, solid waste by 95 percent and water pollution by 76 percent.
3. Recycle your old aluminum cans when you can. When you toss out one aluminum can you waste as much energy as if you'd filled the same can half full of gasoline and poured it onto the ground.
4. Recycle your old plastic soda bottles, milk bottles, detergent bottles, and whatever other plastic your community accepts for recycling. These can be used to produce a variety of items, including other detergent bottles, plastic lumber, fiberfill sleeping bag insulation, and clothing. Twenty-six recycled plastic soda bottles can make one polyester suit.
5. Pass on the bottle and drink from the tap. Annual U.S. demand for bottled water requires more than 17 million barrels of oil. Of plastic water bottles used in the U.S., 86 percent become garbage or litter. The Environmental Protection Agency (EPA) water quality standards for tap water are more stringent than the Food and Drug Administration (FDA) standards for bottled water.
6. Recycle your old newspapers. If everyone in the United States recycled one-tenth of their newspapers, we would save about 25 million trees every year.
7. Recycle your old glass bottles. The energy saved from recycling one glass bottle will light a 100-watt bulb for four hours.



Around the Base

HT-28 COC

- (Cont. from Page 2)

ship team for a squadron recognized as one of the best aviation training squadrons in the Navy.

"They formed an incredible team together and it has been great to see," Kling stated in his remarks. "I am excited to see [Ketcham] take the Hellions to the next level. They are incredibly loyal and professional officers who are setting trends for the future of Naval aviation."

Ketcham enlisted in the Arkansas Army National Guard in 1990 and served as a medical specialist with the 148th Evacuation Hospital and flight medic with the 172nd Medical Company (Air Ambulance) until entering the Navy in November 1996. After earning his Bachelor of Business Administration degree from the University of Arkansas at Little Rock, he was commissioned through the Navy's Officer Candidate School program and received his Wings of Gold in November of 1998. In Aug. 1999 Ketcham reported to the "Grandmasters" of Helicopter Anti-Submarine Squadron Light FOUR SIX (HSL-46). Follow-on operational tours included: Assistant Air Officer for USS BATAAN (LHD 5), Helicopter Anti-Submarine Squadron Light FOUR ZERO (HSL-40), HSL-42, and Strategic Command in Omaha, Neb. Ketcham also earned his Master of Arts Degree in National Security and Strategic Studies while attending the United States Naval War College.

Ketcham now takes the next step in his distinguished career. He called assuming command of the Hellions a "blessing," and charged the squadron to maintain the high levels of accomplishment achieved under Pavelko.

"Our mission continues to be molding leaders and the training of the world's best rotary winged aviators," he stated. "As your commanding officer, I promise to continue to give you the tools you need to meet that success. In return I challenge each of you to continue to produce the quality aviators our nation needs."

Prior to trading the command pennant with Ketcham, which signifies the exchange of the duties of command, Pavelko expressed his gratitude to the HT-28 team.

"It's been tremendously humbling over the past 15 months to take this journey with you as your commanding officer. We have learned from each other along the way. We have experienced highs and lows, but through it all, we persevered and came out a better squadron. Thank you for your hard work, dedication, and professionalism," Pavelko said.

The incoming executive officer will be LtCol. Cory DeKraai. 🍷

TRICARE Notes

CHOOSING TO ENROLL IN TRICARE PRIME TRICARE

Standard and TRICARE Extra are the most flexible and convenient options available to TRICARE beneficiaries not enrolled in TRICARE Prime. Note: Active duty service members (ADSMs) are required to enroll in TRICARE Prime.

Enrollment Options

To enroll in TRICARE Prime, you may visit www.tricare.mil or call the South's regional contractor, Humana Military, at 1-800-444-5445.

"20th of the Month" Rule

TRICARE Prime enrollment is effective based on the "20th of the month" rule. Applications received by your regional contractor by the 20th of the month will be effective at the beginning of the following month. If your application is received after the 20th of the month, your coverage will become effective the first day of the month following the next month.

Enrollment Fees

There are no TRICARE Prime enrollment fees for ADSMs and ADFMs (active duty family members). Retired service members and their eligible dependents, survivors, former spouses and others enrolled in TRICARE Prime are required to pay an annual enrollment fee, which is applied to the annual catastrophic cap. Visit www.tricare.mil/costs for enrollment fees and payment options.



Mulligans Grill at the Golf Course

Asian  MONDAY	MEXICAN  TUESDAY	Chicken  WEDNESDAY
Pasta  THURSDAY	Daily Lunch Specials \$7.50 Includes a drink call in orders welcome 623-7521	FISH  FRIDAY

The weekly menu will be announced a week in advance.
Each day will feature one of several different themed items on a rotating basis.

Around the Base

NAS Whiting Field Gets in the Christmas Spirit



Santa Clause arrived by helicopter to the NAS Whiting Field Child Development Center Santa Fly-in Friday, Dec. 12. The event allowed the children to participate in festive arts and crafts as well as get their pictures taken with Santa. U.S. Navy Photo by Ensign Laurence Clemente.



Above: Children from NAS Whiting Field's Child Development Center help decorate the installation's Christmas Tree as part of the Tree Lighting Ceremony Wednesday, Dec. 3. U.S. Navy Photo by Jay Cope.



As part of Operation E.L.F., volunteers from the Chief Petty Officer and First Class Petty Officer organizations wrap gifts that were donated for the families of Whiting Field that need assistance this holiday Season. U.S. Navy Photo by Ensign Richard Krepps.



As part of Operation E.L.F, the names of families who need assistance during the holidays are hung on the E.L.F tree at the Fleet and family center. Volunteers then remove a name and purchase Christmas presents for the Families Children. By Dec. 4 all the names had been selected. U.S. Navy photo by Ensign Richard Krepps.

Below:NAS Whiting Field's Staff and family enjoying their dinner and beverages at Command Christmas party Friday, Dec. 5. U.S. Navy Photo by Jay Cope



Christmas & New Years Holiday Hours 2014



FITNESS CENTER

Operating Hours

M-F 0500-2100

Sat-Sun 0900-1400

Holiday Hours

Dec 22-24: 0500-1800

Dec 25: Christmas Day—CLOSED

Dec 26: 0500-1800

Dec 29-31: 0500-1800

Jan 01: New Years Day—0900-1400

Jan 02: 0500-1800

LIBERTY CENTER

Operating Hours

M-F 1000-2000

Sat-Sun 1200-2000

Holiday Hours

Dec 22-Jan 05: 1200-1800

INFORMATION TICKETS & TOURS

Operating Hours

M-F 0900-1700

Holiday Hours

Dec 24: Christmas Eve—0900-1500

Dec 25-26:—CLOSED

Dec 31: New Years Eve—0900-1500

Jan 01-02:—CLOSED

GOLF COURSE SNACK BAR

Operating Hours

Mon-Sun 0630-1330

Holiday Hours

Dec 25: Christmas Day—CLOSED

Jan 01: New Years Day—0630-1330

CHILD DEVELOPMENT CENTER

Operating Hours

M-F 0600-1800

Holiday Hours

Dec 25-26: —CLOSED

Jan 01-02: —CLOSED

MWR ADMIN

Operating Hours

M-F 0730-1600

Holiday Hours

Dec 25-26: - CLOSED

Jan 01-02: - CLOSED

WHITING PARK

Operating Hours

M-Sun 0700-1530

Holiday Hours

Normal Winter Hours

GOLF COURSE

Operating Hours

M-Sun 0630-1700

Holiday Hours

Dec 25: Christmas Day—CLOSED

Jan 01: 0630-1700

BOWLING CENTER

Operating Hours

Friday-Saturday

1400-2200

Holiday Hours

Dec 25-28:—CLOSED

Jan 01-04:—CLOSED

BOWLING SNACK BAR

Operating Hours

M-Th 0700-1900

Friday 0700-2100

Sat 1400-2100

Holiday Hours

Dec 25-28:—CLOSED

Jan 01-04:—CLOSED

SOUTH FIELD SNACK BAR

Operating Hours

M-F 0600-1900

Holiday Hours

Dec 25-26:—CLOSED

Jan 01-02:—CLOSED

COFFEE SHOP

Operating Hours

M-F 0600-1200

Holiday Hours

Dec 25-26:—CLOSED

Jan 01-02: - CLOSED

OUTDOOR ADVENTURE

Operating Hours

Monday-Friday 0800-1600

Saturday 0800-1200

Sunday—CLOSED

Holiday Hours

Dec 24 0800-1200

Dec 25-28: CLOSED

Dec 31: 0800-1200

Jan 01-04: CLOSED

Happy Holidays!!