

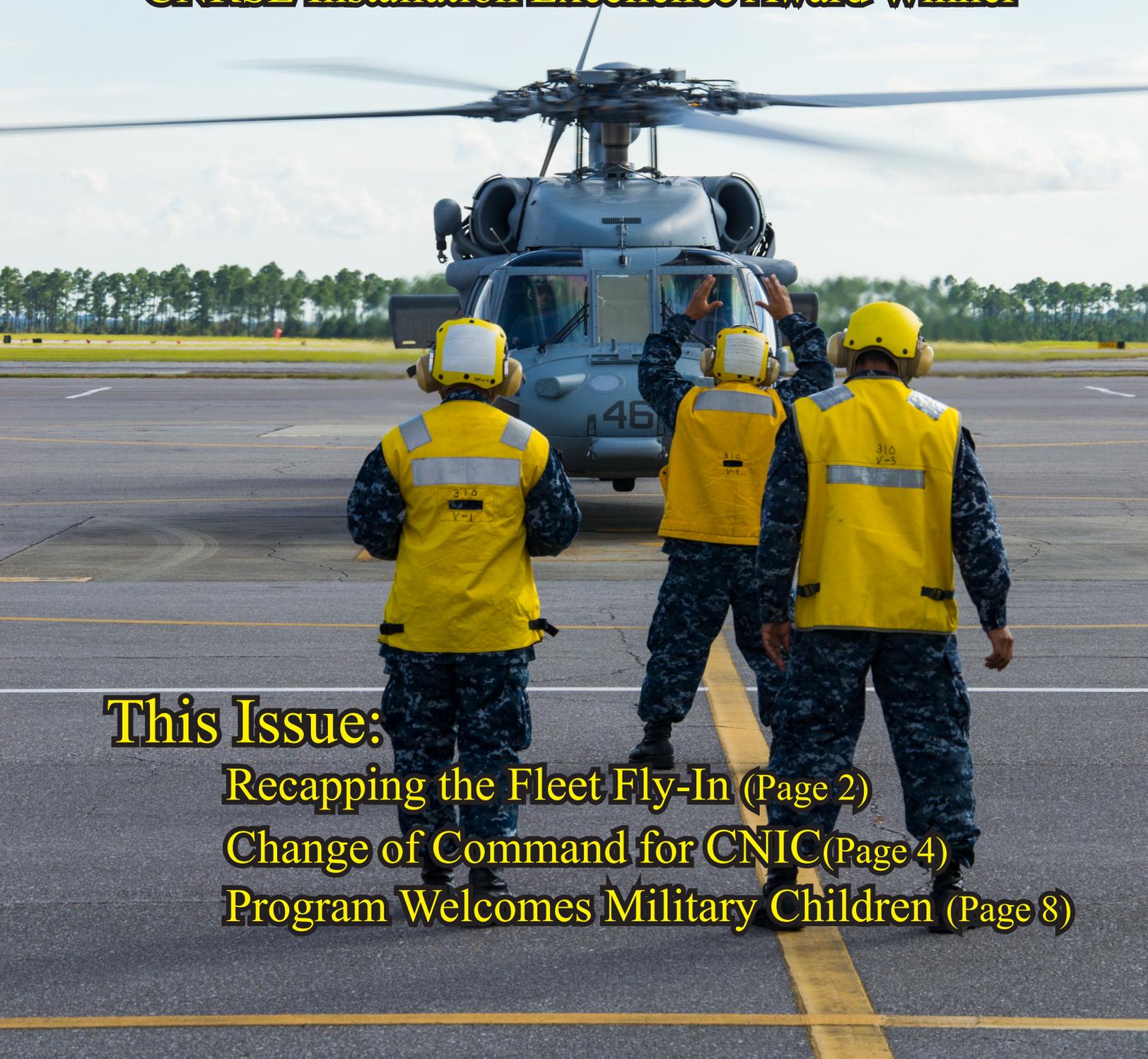
# Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.  
Vol. 70 No. 19

Forging Wings for the Fleet  
Wednesday, November 5, 2014

**NAS Whiting Field**  
**CNRSE Installation Excellence Award Winner**



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## Whiting Field's Annual NHA Fleet Fly-In a Success

By Jay Cope, NAS Whiting Field Public Affairs

When pilots and aircrew from about 20 different helicopters boarded their aircraft and departed NAS Whiting Field Friday morning, it marked the completion of another successful Fleet Fly-In for Training Air Wing FIVE.

The annual event is one of the most anticipated events on the calendar for the installation and 2014 marked another memorable occasion. For about three days, the skies above NAS Whiting Field were peppered with gray and black aircraft amidst the orange and black training aircraft that continually fly above the base and its 13 outlying fields.

Helicopter Training Squadron EIGHT coordinated the function, and HT-8 Commanding Officer Cmdr. Rob Sinram was pleased with how the Fly-In turned out.

"This year's Fleet Fly-In was a big success," he said. "We got the fleet turnout we were hoping for and students got a lot of flight time and interaction with the fleet crews."



Students stand-by as they prepare to board an SH-60 helicopter during the 25th annual NHA Fleet Fly-In. The event provides a tremendous opportunity for flight students with Training Air Wing FIVE to speak with fleet pilots and ride in fleet helicopters. U.S. Navy photo by Lt.j.g. Brett Resue.

*Cover: MH-60 Prepares to depart during Wednesday's Fleet Fly-In, allowing student aviators to get upclose and personal with the aircraft they could potentially fly in the fleet.*

### 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

- Lt j.g. Robert Provencher

- Ensign Kimmy Mahoney

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.

While the Naval Helicopter Association Fleet Fly-In encompasses a variety of panel discussions on large scale aviation issues, detailer presentations on future assignments, and industry displays showcasing helicopter technologies; the thrilling part is for the TRAWING-5 flight students having an opportunity to touch, ride in, and potentially fly Navy, Marine Corps, and Coast Guard fleet helicopters. More than 300 future aviators received such flights during the open flight periods Wednesday and Thursday.

One new event that also generated a lot of excitement was the skills competition between pilots from each of the helicopter training squadrons in the Wing. The challenge tested pilots' abilities to perform an autorotation (unpowered) landing, hovering skills, and talent in dropping cargo to a pre-designated position. Squadron rivalry generated a large crowd during the event, which was eventually won by HT-8's Lt. Nate Noyes, USCG.

According to Sinram, the event was such a success that it will become a regular part of the week's schedule.

"The Skills Competition went off well, better even than we anticipated. From here on out it will be an annual event," Sinram stated. "Its purpose was to demonstrate how well our IPs can do the maneuvers that we teach the students in accordance with the Flight Training Instruction and to build some camaraderie."

With the 2014 Fleet Fly-In in the rear view mirror, HT-8 will look to build on this year's event for an even better

- (Cont. on Page 11)

# NAS Whiting Field Receives Installation Excellence Award Recognition

By Jay Cope, NAS Whiting Field Public Affairs

Rear Adm. Mary M. Jackson, Commander Navy Region Southeast, recognized Naval Air Station Whiting Field as the recipient of the 2014 Installation Excellence Award, in its respective category, Oct. 21. The award lauds the top Navy commands at shore for their installation management, program excellence and community outreach.

NAS Whiting Field will continue on to compete at the Commander Navy Installations Command level against the top bases from other regions worldwide. Winners at the CNIC level will compete with military bases from other services for the Commander in Chief awards.

*"Each of you perform a vital role in our mission: producing the best aviation warfighters in the world. Well Done!"*

**- Capt. Matthew Coughlin  
NAS Whiting Field  
Commanding Officer**

area Navy bases. NAS Pensacola earned top honors for entry in the category for more than 500 personnel.

Installations are graded across fifteen key areas including: facilities management, quality of life, environment, energy, property stewardship, communication, safety and health as well as many other categories. Each entry is limited to a four page write-



up of accomplishments plus supporting documentation and photographs.

NAS Whiting Field received word of the award Tuesday afternoon, and Commanding Officer Capt. Matthew Coughlin quickly praised his team for the accomplishment.

"Each of you perform a vital role in our mission: producing the best aviation warfighters in the world. Well Done. You each support the Fleet, Fighter and Family and

you deserve this special recognition!" he said.

However, while NAS Whiting Field receives the recognition, the honor couldn't be achieved without a community that supports and partners with the air station to accomplish the mission. The award nomination package included citations emphasizing partnerships with Santa Rosa County toward achieving "Safe Community" designation for the county, encroachment partnering to secure property around the base to prevent incompatible development, incorporating 16 Military Family Life Counselors in area schools creating the most robust program in the country, hosting the Military Appreciation Month picnic for local military and retirees, and many, many more.

"This is a big win for us, but also for the local area. Without the support of the local community, we can't succeed at our core mission," Coughlin stated. "They work with us throughout the year and ensure our service members are well cared for. This is as much a validation of the work done by our many partners in the county as it is an award for the team at the installation."

NAS Whiting Field was selected as the regional representative from a field of eight military bases from Florida to Tennessee to Texas. Navy Region Southeast is the largest of the Navy's eleven regions and consists of more than 25 percent of all the entrants within this competitive category.

## Navy Region Southeast Launches Navy Gold Star Program

By Twilla Smith Navy Region Southeast Public Affairs

JACKSONVILLE, Fla. –Navy Region Southeast has launched a program to assist Gold Star Families -- those whose family members have died in military service -- as a part of an initiative started by Commander, Navy Installations Command (CNIC).

The Navy Gold Star (NGS) Program ensures that surviving families of deceased service members are not forgotten and remain part of the Navy family for as long as they desire.

Gold Star Families consist of surviving family members of those whose loved ones died on active duty or those designated as Prisoner of War/Missing in Action (POW/MIA). Survivors are not only primary and secondary next-of-kin, but may include other family members. Eligible for this program are the widow, parents and the next of kin. The term “widow” includes widower; the term “parents” includes mother, father, stepmother, stepfather, mother or father through adoption, and foster parents who stood in loco parentis; the term “next of kin” includes children, brothers, sisters, half-brothers, and half-sisters; and the term “children” includes stepchildren and children through adoption.

The program is enhanced by the active participation of new NGS region and installation coordinators, which are the lead agents for actions within the long-term casualty support process. Navy Region Southeast’s coordinator for the Navy Gold Star Program is Rufus Bundrige.

- (Cont. on Page 9)

### *This Day in Naval History*

November 5, 1775 - Commodore Esek Hopkins appointed to Commander in Chief of the Continental Navy.

November 6, 1942 - First officer and enlisted women from training schools report for shore duty around the USA.

November 7, 1881 - Naval Advisory Board submits report recommending the new ships in U.S. Navy be constructed of steel instead of iron.

November 10, 1775 - Congress votes to raise two battalions of Continental Marines, establishing the Marine Corps.

November 11, 1954 - November 11 designated as Veterans Day to honor veterans of all U.S. wars.

November 14, 1846 - Naval forces capture Tampico, Mexico.

## CNIC Holds Change of Command

By Sandra Niedzwiecki, Navy Installations Command Public Affairs

WASHINGTON– More than 500 military and civilian personnel attended the change of command ceremony for Commander, Navy Installations Command (CNIC) on Friday, Oct. 24 at Admiral Leutze Park on the Washington Navy Yard. Vice Adm. Dixon R. Smith relieved Vice Adm. William D. French as the fifth commander since the command’s inception in 2003.

The ceremony included full gun salutes, musical performances by the Navy’s Ceremonial Band, march on of the troops and parading of the colors by the Navy’s Ceremonial Guard, and an a cappella rendition of the national anthem sung by Naomi Howell, one of CNIC’s civilian employees. A special contribution to the ceremony was the participation of side boys by former submarine Sailors with whom French served during his first command, USS Spadefish. “From these men,” said French, “I’ve learned the trade of going to sea in submarines. Gentlemen thank you for finding your full dress blues, putting them all together and being here today.”

Guest speaker for the ceremony was Chief of Naval Operations, Adm. Jonathan Greenert. “I’m honored to be here to take some time to speak about a person who has had a long and distinguished career, who has dedicated the last two and half years to CNIC, and who is an extraordinary leader,” said Greenert. “Bill French has sustained the fleet, enabled the fighter and supported the family. He has revolutionized the Navy shore enterprise.”

Responsible for 52,000 military and civilian personnel, 11 Regions and 69 installations worldwide, French received the Defense Distinguished Service



Vice Adm Dixon R. Smith relieved Vice Adm William D. French Friday, Oct. 24 at Admiral Leutze Park.

- (Cont. on Page 9)

# News and Notes

**NAS Whiting Field now has a Twitter account**

**please follow us @NASWF**

**Like us on Facebook at**

**www.facebook.com/NASWhitingfield**

**NASWF Bible Study Luncheon** - Each Tuesday (1130-1230) NASWF Chapel offers a Bible Study Luncheon in the Fellowship Hall. Lunch is provided (1130-1200)...yes, a free lunch. For Bible study (1200-1230), we are kicking-off an intriguing study: "Why Bad Things Happen to Good People." If God is so good, why do we have such evil in our world? This will be a Bible focused, discussion based, interactive study meant to help each person develop his/her own theology of dealing with suffering - personally and in our world. Please invite someone: a friend, a coworker, or a family member and come on out and enjoy the food, fellowship, and Bible study.

**Aces Pub** - Reminder that Aces Pub opens on Fridays at 1400, with light snacks provided.

**Universal Studios Orlando** - Universal Studios Orlando is offering a 3 day hopper for the price of a one day hopper \$136.50 each. Must purchase by November 30 and fully use by December 14, 2014.

**Voluntary Leave Transfer Program** - TAFFY PONVELLE is a Security Assistant at NASJRB New Orleans, 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.

**Diabetes Walk** - Be part of the Stop Diabetes movement at Step Out: Walk to Stop Diabetes on November 8, 2014 at Pensacola Maritime Park. Register today at [www.diabetes.org/pensacola-walk](http://www.diabetes.org/pensacola-walk) or call Lynne Cranford at (850) 492-6100 Ext. 3131. Walkers will begin at 9 a.m. and take off on a 5K Walk around downtown Pensacola and back to a finish line party and Health Festival with fun activities for people of all ages. This will be Pensacola's 21st Step Out Walk to Stop Diabetes! Registration Begins at 8 a.m.



## Whiting Field Hosts HMM-164 Reunion

Lt. Gen. John Bergman, USMC (Ret) and 34 other veterans who served in HMM-164 from 1971-1972 toured NAS Whiting Field on 17 OCT. HMM-164 was a combat helicopter squadron that deployed onboard the USS Okinawa and participated in the Spring Offensive of 1972. HMM-164 was responsible for supporting the South Vietnamese Marines during the Battle of Quang Tri. HMM-164's Commanding Officer during this period was Col. Ed Hertberg, USMC. The group received a tour of both North Field and South Field, the simulator bays and static aircraft tours. Photo by Lt. j.g. Brett Resue.

Diabetes Expo begins at 10 a.m.

**ITT Specials** - For these and other specials, call ITT for additional information at 850-623-7032 or 850-665-6250.

**Increased Contribution Limits**- The IRS has announced the pension plan contribution limits for 2015. The elective deferral (contribution) limit for employees who participate in 401(k), 403(b), most 457 plans, and the federal government's Thrift Savings Plan (TSP) is increased from \$17,500 to \$18,000. The catch-up contribution limit for employees aged 50 and over is increased from \$5,500 to \$6,000. For more info, see: [http://www.irs.gov/uac/Newsroom/IRS-Announces-2015-Pension-Plan-Limitations;-Taxpayers-May-Contribute-up-to-\\$18,000-to-their-401\(k\)-plans-in-2015](http://www.irs.gov/uac/Newsroom/IRS-Announces-2015-Pension-Plan-Limitations;-Taxpayers-May-Contribute-up-to-$18,000-to-their-401(k)-plans-in-2015).

**Panhandle Community Theatre Presents** - The Housekeeper Newly alone, a pretentious, reclusive novelist hires a housekeeper to cook and clean for him. He finds his new employee a chatterbox and eventually decides to fire her, except she will not leave. This play is extremely funny and delivers a full quota of entertainment. November 7-9 and November 13-16. Evenings at 7:30 p.m., Sunday Matinee at 2:30 p.m. Tickets \$12, Children (12-under) \$7 - Special Low-Dough Show Thursdays Adults \$9. Info/reservations call 850-221-7599 or email [panhandle\\_community\\_theatre@yahoo.com](mailto:panhandle_community_theatre@yahoo.com). Theatre is located at 4646 Woodbine Rd. - Storage Masters Center, Pace. One mile off Hwy. 90.

**33rd Annual Homemakers Craft Fair** - The Annual Homemakers Holiday Craft Show is scheduled for Friday and Saturday, Nov. 7 - 8, from 9 a.m. to 5 p.m. at the Santa Rosa County Auditorium in Milton. This event is free and open to the public. The craft show features crafts made by local artisans, homemade soup, sandwiches and desserts, and lots of door prizes 🛬

**Usage Information**

**Total Used**  
2,217,070 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,160,127	2,334,545	2,217,070
Average Daily kWh	72,004	75,308	73,902
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:**

<b>2977</b>	<b>HT-8/18</b>	<b>15.0%</b>
<b>1415</b>	<b>BCO</b>	<b>6.8%</b>
<b>1424</b>	<b>NF Hangar</b>	<b>2.1%</b>

## Safe Harbor Aids Sailors and Coast Guardsmen in Need

By Mass Communication Specialist 2nd Class (SW/AW/EXW) Stacy D. Laseter Navy Region Southeast

JACKSONVILLE, Fla. – The Navy Wounded Warrior (NWW) – Safe Harbor program, is the Department of the Navy’s support program for critically wounded, injured or ill Sailors and Coast Guardsmen, and with over 3,000 served, it is a vital care network for those in need.



Collection of photos of seriously wounded, ill and injured service members recovering in Navy Region Southeast. Navy Wounded Warrior – Safe Harbor Non-medical Care Manager Lt. Cmdr. Chris “Riggs” Burks is pictured with an enrollee in the upper-left photo; he is based at the San Antonio Military Medical Center and is one of seven Navy Wounded Warrior – Safe Harbor representatives in the region.

The program’s objective is to resolve persistent non-medical concerns and arrange enrollees for transition back to active duty or civilian life so the service members can focus on getting well. They do this by facilitating assistance during three phases: recovery, rehabilitation and reintegration.

“The recovery phase is typically the hospitalization phase,” said Lt. Daniel J. Simonds, the program manager for Navy Region Southeast Navy Wounded Warrior – Safe Harbor. “Next is the rehabilitation phase, when a service member is out of the hospital and learning how to navigate through their injury, illness or wound. Finally, the reintegration

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## Public Works Earns FDEP Award

By: Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

Feel free to drink from the water fountains on base, because Naval Air Station Whiting Field has once again won the Florida Department of Environmental Protection’s Northwest District Plant Operations Excellence Award. This is the third consecutive year that NASWF has taken home the prize, which recognizes the hard work of the Public Works Department’s water management team.

The competition involves more than just great water. Criteria to be eligible for the award included detailed recordkeeping, good customer relations, staff and safety training, and outstanding operation/maintenance practices.

NASWF competed against 106 facilities in Northwest Florida in the small community category (facilities that serve less than 3,300 people), and the installation had to maintain stellar operations in all areas to continue to earn the award.

“You can’t have any Notices of Violation (NOVs), there are multiple regulations and best-management practices that are reviewed, to win the award you must have a perfect regulatory record for that year” said Jon Croci, Drinking Water Manager of NASWF.

NASWF was able to retain the award by going above and beyond the standard. Water conservation was a large factor, cutting our water usage by 15.1 percent in the past year and 40 percent overall since 2011. An Emergency Response Plan that is updated annually was another highlight. NASWF Base Operating Service Contractor, EML, is responsible for maintaining an efficient and regulatory compliant water treatment plant.

“Winning this award is a testament to the superb personnel and to the excellent work of our water treatment and environmental staff,” said Reginald Parker, Utilities and Energy Manager of the NASWF Public Works Department.



## From TRAWING-5

# Congratulations to TRAWING-5 Wingers



Back Row: Cmdr. Robert G. Sinram, USN, Commanding Officer HT-8; 1st Lt. Erin M. Wright, USMC; Lt. j.g. Matthew G. Schubring, USN; 1st Lt. Douglas M. Murray, USMC; 1st Lt. John B. Zimmer, USMC; 1st Lt. Steven P. Whitfield, USMC; Col. Gary A. Kling, USMC, Commodore TRAWING-5.

Middle Row: Cmdr. Kevin Pickard Jr., USN, Commanding Officer HT-18; Lt. j.g. Melissa L. Hatley, USN; 1st Lt. Andres Martin, USMC; Lt. j.g. Thomas A. Morrow, USCG; 1st Lt. Daniel C. Schadler, USMC; Lt. j.g. Jason C. Lorenz, USN; Lt. j.g. Zachary M. Roecker, USN.

Front Row: Cmdr. Jeffrey Ketcham, USN, Executive Officer HT-28; 1st Lt. Steven A. Flood, USMC; Ensign Stephen K. Glendenning, USN; 1st Lt. Corbin B. Blair, USMC; Ensign Cameron T. McKee, USN; Capt. Nicholas P. Musto, USMC; Capt. Paul Esposito, USN, Commanding Officer Auburn University NROTC Unit.

# Congratulations to TRAWING-5 Scholars



Congratulations to the new Academic Achievers!

Left to right : ENS Travis Keating, USN (Commodore's List with Distinction) ENS Jacob A. Pieper, USN (Commodore's List) LT Seth R. Craven, USCG (Advanced Helo Academic Award) ENS Nicholas S. Smith, USN (Commodore's List) 2ndLt Evan M. Slusser USMC (Commodore's List) ENS David Caporale, IMT (Commodore's List with Distinction from TRAWING FOUR)

# Family Assistance

NAS Whiting Field



## NOVEMBER 2014

TO REPORT A SEXUAL ASSAULT:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suicide Prevention <b>ACT! Ask Care Treat</b>						1
2	3 Stress Management (Multi-Session) 10:00 am - 12:00 pm	4 Time Management 12:00 - 1:00 pm	5 Anger Management 1:00 - 2:00 pm	6 Chall of FS & Marriage 9:00 - 11:00 am Stress Management 1:00 - 2:00 pm	7 Credit Management 9:00 - 11:00 am	8
9	10	11 Veterans Day 	12 Communicating Effectively 11:00 am - 12:00 pm Holiday Spending 1:00 - 3:00 pm	13 Chall of FS & Marriage 9:00 - 11:00 am Stress Management 11:00 am - 12:00 pm	14 VA Representative 8:00 am - 12:00 pm	15
16	17 Resume Writing 8:00 - 10:00 am Stress Management (Multi-Session) 10:00 am - 12:00 pm	18 Conflict Management 1:00 - 2:00 pm	19 Anger Management 11:00 am - 12:00 pm	20 Chall of FS & Marriage 9:00 - 11:00 am Managing Conflict 1:00 - 2:00 pm	21 Car Buying 9:00 - 11:00 am	22
23	24 Stress Management (Multi-Session) 10:00 am - 12:00 pm	25 Parenting 1:00 - 3:00 pm	26	27 Happy Thanksgiving 	28	29

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

Join us @

[www.facebook.com/NASWF.FleetandFamily](http://www.facebook.com/NASWF.FleetandFamily)

## Student to Student Program Recognized for Work with Military Kids

By Lt. j.g. Rob Provencher, NAS Whiting Field Public Affairs

The crowd at the Santa Rosa County School Board meeting on October 23, 2014 was unusually colorful, with three students from Navarre High School in the auditorium sporting purple shirts. Adam Morris, Christina Macninely, and Destiny Hernandez, two members and the president of Navarre High School's Student 2 Student club, together with club sponsor Nadja Robles, were



NAS Whiting Field Commanding Officer Capt. Matthew Coughlin presents an award of recognition to representatives of the Student 2 Student (S2S) club of Navarre High School. S2S welcomes military affiliated students into the school body during transitions, and Navarre's program has been recognized as one of the best in the country. US Navy photo by Lt. j.g. Rob Provencher.

kindergarten and twelfth grade. The difficulties of being a military child, from the constant change of environment to the absence of one or both parents during deployment, can cause one to feel alone and misunderstood when dealing with problems they think no one else can understand.

That is where the Military Child Education Coalition (MCEC) comes in. Established and supported by the Department of Defense, the MCEC seeks to ease the burdens unique to

there to receive awards of recognition from NAS Whiting Field and the Military Child Education Coalition.

A military child will change schools every 2.9 years and attend an average of nine schools between

military children. They tackle this challenge by raising awareness in the greater community, by providing resources such as Military Family Life Counsellors to

- (Cont. on Page 13)

## Gold Star

- (Cont. from Page 4)

“Survivors tell us that one of the greatest challenges they face in their grief journey is rebuilding resiliency as they transition to their new normal,” said Bundrige. “A huge help in the resiliency building process for survivors is the reassurance that their loved one will never be forgotten and that they still can maintain their link to the Navy culture. Navy Gold Star’s mission is to deliver survivor assistance programs and services through a holistic approach.”

“My plans for NRSE is to provide first class service that is second to none, with continued support to our survivors as needed that exceeds their expectation. I would desire nothing less than that which I would provide to my own family,” Bunbrige added.

All GSP personnel have been trained and supplied with the informational tools needed to standardize the process to effectively provide assistance to Gold Star Families. “I feel this program is important because of the long-term or short-term connection that it provides to the survivors, as they’re loved ones have paid the ultimate sacrifice.” The Navy Gold Star Program is all inclusive and will provide services to any branch of services qualifying survivors. For more information about the Navy Gold Star Program go to [www.navy-goldstar.com](http://www.navy-goldstar.com) or to <https://www.facebook.com/Navy-GoldStar>. 

## CNIC

- (Cont. from Page 4)

Medal for his accomplishments including the attainment of the Homeport Ashore initiative, the development of governance and oversight for the Overseas Drinking Water program, and efforts to align CNIC to support fleet requirements.

The ceremony also recognized French’s retirement after more than three-decades of exemplary service to the Navy. “Today I want to thank many people,” said French. “One of the many thankful parts of this job is you get the opportunity to work with so many different people both inside the Navy, fellow services and support organizations that take care of our sailor and families outside the Navy.”

French thanked his family, fellow shipmates and mentors throughout his career, and welcomed Smith to CNIC recognizing the talent and commitment of Smith’s new staff.

Prior to the ceremony, Smith was promoted to Vice Admiral to serve as Commander, Navy Installations Command. He is the first former installation commanding officer to lead CNIC.

Smith shared his enthusiasm about taking on greater responsibility to lead the Navy’s shore enterprise. “CNO, thank you for your kind words,” he said. “I’m honored and deeply humbled by your faith and confidence for this opportunity for continued service to our Navy and our nation.”

A native of Connecticut, Smith was commissioned through the Naval Academy in 1983. He was designated as a surface warfare officer in 1985 and then went on to serve aboard five surface combatants and held five shore assignments. Later in Smith’s career he went on to lead shore installations as the commander for three Regions including Naval Surface Group Middle Pacific, Navy Region Hawaii, Navy Region Southwest, and most recently, Region Mid Atlantic prior to arriving in Washington, D.C.

Smith thanked French for a smooth transition and emphasized his commitment to service through action. “I’m happy to report that as I assume this watch, that thanks to Vice Admiral Bill French, CNIC is on course, focused on fully supporting CNOs tenets of warfighting first, operating forward, and being ready,” said Smith. “CNIC will maintain that course.”

Smith offered that he is excited to join the CNIC family.

“I consider it a privilege to lead and serve you,” he said. “To those who serve, the only reason we at CNIC exist is to support you. You have my promise and commitment to do just that.”

Leading a world-class enterprise, CNIC is responsible for managing shore installation support for the Navy’s fleet, fighter and family under the Chief of Naval Operations 



**NAS Whiting Field Golf Course**  
**GOLF SPECIALS**  
Information 623-7348  
**July & August**  
**Twilight Hours**  
♦ Begin at 2pm - everyday!

**Military Mondays (18 holes with cart)**  
♦ Active Duty only \$14 - All Others only \$18

**Wednesday (18 holes with cart + a meal for \$21)**  
♦ 2 hot dogs, a bag of chips & a soft drink

**Thursday (BOGO Range Balls \$3)**  
♦ Purchase 1 bucket of range balls & get another bucket of balls free (for use on our driving range - until 2pm)

## Safe Harbor

- (Cont. from Page 6)

phase is if the service member is found unfit for continued naval service we help with the transition into the civilian life, or if they are found fit, we help reintegrate them back into the Navy or Coast Guard.”

The program currently has over 1,640 enrollees, with more than 1,500 additional service members who have received assistance though they did not qualify for enrollment.

“If a Sailor or Coast Guardsmen is considered severely wounded, ill or injured by a physician, then their parent command will submit information on their behalf and we receive the notification that there is a service member in our region who needs assistance,” Simonds said. “From there an enrollment committee makes the determination on whether they will be accepted into the program. Regardless of the decision, they can and will receive assistance from us.”

NWW Safe Harbor offers an extensive variety of services, including assisting with employment and education opportunities, connecting them to benefits, hosting adaptive athletics events, and family and mental health resources.

The program was formally established in

2008 and since its foundation, the its mission has extended beyond offering support to service members wounded in combat. Currently, of its enrolled service members, half are injured and half are ill. The injuries may have been acquired while on liberty, training or on shipboard accidents.

For more information about NWW and how to enroll, call 1-855-NAVY WWP/1-855-628-9997, or visit <http://safeharbor.navylive.dodlive.mil> or email [safeharbor@navy.mil](mailto:safeharbor@navy.mil)

## Eco-nomics

**Myth:** It’s better to leave fluorescent lights on rather than turning them off when you leave a room, since turning them on and off makes the bulb burn out faster. The reality is true that switching fluorescent lights on and off does shorten the operating life of the bulbs; it is also true that their operating life is shortened by leaving them lit. Leaving a light on when the room is empty also consumes unnecessary energy. Unless the switching frequency is greater than once every few minutes, it is generally cost effective to turn the lights off as needed.

To make lighting more cost effective use “cool” color lighting for visual tasks. Research suggests that humans may better perform visual task with lighting that has more blue in its spectrum. This translates to reduced cost because you can perform the same task with a lower wattage bulb. For all lamps and Torchieres in your home or at the office, use florescent bulbs instead of halogen bulbs. The florescent bulbs are 60 to 80 percent more efficient compared to their halogen bulb equivalent. Another issue with halogen bulbs is caused by the heat they produce. This increase in heat can cause a person to use a cooling source such as an air conditioning unit or fan which uses more energy. The halogen bulbs can also pose a fire starting risk. If the Department of Defense eliminated the non-essential lighting of one tenth of the 400,000 soda machines that cost more than \$60 per machine each year, the DoD would save over \$2.4 million dollars.

## Veterans Day Office Closures

The following offices and departments are closed Tuesday, Nov. 11, in observance of Veterans Day. Regular hours of operation resume Wednesday, Nov. 12.

- . Santa Rosa County Board of Commissioners, including the library system and animal shelter
- . Santa Rosa County Clerk of the Court
- . Santa Rosa County Property Appraiser
- . Santa Rosa County Supervisor of Elections
- . Santa Rosa County Tax Collector

One exception is the Central Landfill. It will remain open Tuesday, Nov. 11 from 7 a.m. to 5 p.m.

## Around the Base

### BBB Warns About Ebola Scams

**Pensacola, Fla.** - Better Business Bureau is warning consumers about a variety of Ebola-related scams and problematic fundraisers that have emerged recently.



BBB Wise Giving Alliance is working with BBB Serving Dallas and Northeast Texas, where the first victim died and two nurses became infected; BBB Serving Greater Cleveland, where one of the nurses traveled before getting sick; and several other local BBBs to investigate some of the

Ebola-related efforts.

A fundraising page on GoFundMe was created on Wednesday to raise donations for Amber Joy Vinson, the nurse who traveled from Dallas to Cleveland and is currently being treated in Atlanta for Ebola. The site may have been the work of a well-intentioned individual, but members of Vinson's family tell BBB they did not authorize the effort. Although that page has since been shut down, there are more than 100 GoFundMe pages raising money for various Ebola campaigns.

Several BBBs have also reported on phone solicitation from an organization supposedly raising money to help with Ebola. When pressed, the caller says he is from a famous charity's chapter in the Bronx, New York. BBB Metro New York confirmed that no such branch exists and that the solicitation is likely a scam.

BBB warns donors to carefully research any charitable efforts - especially those that surface following an event that gains media attention.

- Check out charities at [give.org](http://give.org) <<http://give.org>> . Confirm that the group is actually a charity; charitable organizations that have received tax-exempt status provide more opportunities for verification.
- Specialized crowdfunding sites may be more adept. A site that allows any type of crowdfunding may result in more challenging oversight hurdles.
- Be especially careful after a disaster or tragedy. Con artists will strike while the emotional iron is hot.
- For additional assistance on charitable giving issues, visit the BBB Wise Giving Alliance website at [www.give.org](http://www.give.org).

## SECURITY CORNER

**Contraband and other restricted items aboard NAS Whiting Field as per NASWFINST 5530.14A JULY 15 2013.**

The following items are forbidden aboard NASWF: personal firearms and /or ammunition; explosives/illegal drugs or drug paraphernalia; surveillance equipment (without Commanding Officers approval); any hazardous chemical, biological or nuclear material without the appropriate NASWF approval, permits, warning symbols and safety placards. Other weapons not identified above must be declared to the Security Sentry. Recreational off-road driving is prohibited on any NASWF property.



### HONOR.

### COURAGE.

### COMMITMENT.



### TRICARE Notes

#### USING TRICARE WHEN YOU HAVE OTHER HEALTH INSURANCE (OHI)

Active Duty Service Members have TRICARE as primary payer and OHI secondary. When Active Duty Sponsors retire, their OHI becomes primary to TRICARE. An Explanation of Benefits (EOB) from the primary OHI is required for any claims for dates of service after the retirement date.

When Reserve Component Members transition out of Active Duty Status, it is important that their OHI records are updated. When Reservists switch to the Transitional Assistance Management Program (TAMP), TRICARE Reserve Select (TRS) or other programs, the sponsor's OHI is now considered to be primary to TRICARE.

While on Active Duty, the Active Duty Family Member's OHI is primary to TRICARE, but the Active Duty Sponsor's OHI is secondary to TRICARE.

For all other beneficiaries not mentioned, TRICARE is the secondary payer to all health care benefits and insurance plans, except for Medicaid, TRICARE supplements and other programs and plans identified by the Defense Health Agency (DHA).

If you have OHI, follow the OHI's rules for filing claims and file the claim with them first.

Keep Humana Military and health care providers informed about your OHI so they can better coordinate your benefits and help ensure that there is no delay (or denial) in the payment of your claims. Please make sure your OHI records are complete and accurate.

For more information about using your TRICARE benefit when you have OHI, visit [www.tricare.mil/ohi](http://www.tricare.mil/ohi).

### Navy to perform water testing at Child Development Center

**By: Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs**

Naval Air Station Whiting Field will conduct lead testing on the water outlets at the Child Development Center Monday and Tuesday, Nov. 17-18. The testing is part of the Navy's "Lead in Priority Areas" water testing procedures which

ensures additional precautions are taken to protect children from potential lead exposure. Schools and child-care facilities have been made a priority due to children being more susceptible to lead exposure.

Although NASWF's water supply meets regulatory standards for lead, there is the possibility that a specific building could have increased levels due to the presence of lead in older faucets or distribution points. The Navy has established testing requirements that will sample water from the faucets of the Child Development Center on Whiting Field, which is a preventative measure used to identify any lead issues and ensure the continued safety and wellness of the children on base.

"There are no known lead issues on this base. This is part of a proactive measure by the Navy which is going above and beyond what the Environmental Protection Agency (EPA) requires," said Jon Croci, NASWF Drinking Water Manager.

The testing will encompass approximately 25 outlets used by the staff and children for drinking water and cooking. After the samples are gathered, it will take 4-6 weeks for a laboratory to provide results.

"I am committed to updating you every step of the way and will continue to ensure the safety and wellness of your children," said NAS Whiting Field Commanding Officer Capt. Matthew Coughlin, in a letter sent to parents of children who attend the Child Development Center.

For more information see the "Lead in Drinking Water Fact Sheet," on page 15. Please contact the Public Affairs Office at 850-623-7341 with any questions or concerns.

*"This is part of a proactive measure by the Navy which is going above and beyond what the Environmental Protection Agency requires."*

**- Jon Croci  
NASWF Drinking  
Water Manager**

*Don't Forget to Visit Us  
on Facebook and Twitter at  
[www.facebook.com/naswhitingfield](http://www.facebook.com/naswhitingfield)  
and @naswf*

# Around the Base

## Student 2 Student

- (Cont. from Page 8)

the schools, and by creating programs for the students themselves.

The Student 2 Student (S2S) club at Navarre High School is one such program. A student-run outreach program, S2S connects with military students transitioning into Navarre and invites them into the community. The club throws tailgate parties at football games, hosts holiday dinners, and most of all, they look out for the new guys.

“There’s a lot of things your school and the teachers will tell you, like how the school works, but there are things that the students can tell you that you just wouldn’t know unless you talked to someone,” explains S2S club member Christina Macninley.

Studies have shown that if a new student is not welcomed into a school’s community within two weeks, he or she will never fully integrate into that environment. Navarre High S2S members do not wait that long.

“We try and get them on their first day of attendance – the first day they have classes we are there with them, we look at their schedules, we tell them what to expect from their teachers and things like the bathrooms are flipped on the 100 floor hallway, so make sure you don’t go into the wrong one,” says club president Destiny Hernandez.

The school board meeting was a chance for the club to be recognized for its outstanding work since its inception in 2009. Their innovative efforts extend far beyond the standard of other programs and have been recognized across the nation.

“Because of S2S, there has not been a military child enter Navarre High School without receiving a warm welcome in five years,” said as NAS Whiting Field School Liaison Officer Chris Hendrix. Their program is one of the best in the country.”

NAS Whiting Field was well represented at the meeting, as Captain Matthew Coughlin, Commanding Officer, NAS Whiting Field presented a certificate of recognition to the club as well.

“I want to say thanks, not just on behalf of us at the base, but from the wider military community. I know there are a lot of military families here that all appreciate what you do,” said Coughlin.

**Mulligans Grill at the Golf Course**

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

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

**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**  
Military & Reserve  
NATIONAL WELLNESS & RECREATION

**MWR**  
NAS WHITING FIELD

**FOR MORE INFORMATION CALL THE BOWLING CENTER 623-7930**

**Pick-Up Volleyball**  
**Tuesdays & Thursdays 6-8 pm @ Base Gym**  
**All Skill Levels Welcome!**

# Around the Base

## Students Take a Spin During Fleet Fly-In

- (Cont. from Page 2)

on next year.

“The Fly-In takes a lot of coordination each year, and Lt. Pat Salvitti and Lt. John Geary did a tremendous job in planning the event. But they couldn’t have pulled it off without the support from each of the other HT squadrons, the base, and L-3 did a fantastic job of taking care of the fleet helicopters. The fleet crews said a lot of great things about the event and how much they enjoyed being back and that is a tribute to everyone involved,” Sinram said.

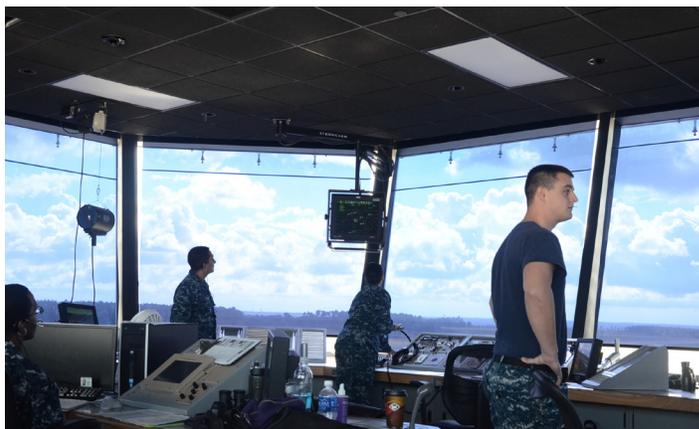


Above: CH-53E Super Stallion waits to depart with student aviators during Wednesday’s open period for the Fleet Fly-In.

Left: A flight crew member walks past an MH-60 Blackhawk preparing to taxi down NAS Whiting Field’s South Field flightline..

Below: Tower personnel keep a watchful eye over Fleet Fly-In participants and aircraft to ensure the safety of personnel and equipment..

Bottom: The sun rises on NAS Whiting’s South Field, kicking off the day’s events.



## SAFE DRINKING WATER – CHECKING FOR LEAD



*The United States Navy is committed to protecting the health of their Sailors, civilian staff, and their families by providing safe drinking water. Drinking water quality, including testing for lead, is monitored throughout the installation. It is Navy policy to follow Environmental Protection Agency (EPA) optional guidelines for testing and sampling of water outlets from which children may drink at childcare centers, hospital pediatric wards, and maternity wards.*

### WHAT IS NAS WHITING FIELD DOING?

- NAS Whiting Field will test water from sinks, faucets, fountains, and hose bibs at Child Development Centers (CDCs), Youth and Teen Centers, and playground areas.
- Test results will be made available at locations where testing was conducted.
- This is an ongoing program that will include yearly updates and complete retesting every five years.

### WHAT IS LEAD?

- Lead is a naturally occurring metal that is harmful if inhaled or swallowed.
- Lead can be found in air, soil, dust, food, and water, and is common in plumbing materials and water service lines.
- Exposure to elevated levels of lead can result in adverse health effects.

### WHAT ARE THE HEALTH RISKS OF LEAD EXPOSURE?

- Lead poses a significant health risk to young children up to the age of six, especially infants and fetuses, where the danger is very severe.
- Growing children absorb lead more rapidly and are negatively impacted by a level of lead exposure that would have little effect on an adult.
- A child's mental and physical development can be irreversibly impaired by over-exposure to lead.
- EPA estimates that drinking water can make up 20% or more of a person's total lead exposure.
- Infants who consume mostly mixed formula can receive 40% to 60% of their exposure to lead from drinking water.

### HOW DOES LEAD GET INTO A FACILITY'S DRINKING WATER?

- Even though drinking water from water treatment plants may meet federal, state, local and overseas standards, a facility may still encounter elevated lead levels at the outlet or spigot due to lead in plumbing materials.
- The most common cause is corrosion of materials containing lead in the water distribution system, such as plumbing pipes, solder, water coolers, and faucets.
- Many factors contribute to corrosion, including the acidity of the water, and when water stands in the plumbing system for prolonged periods of time.

### HOW MUCH LEAD IN DRINKING WATER IS TOO MUCH?

- EPA set a guidance level of 20 ppb in childcare settings to protect children who are exposed to lead in drinking water on a chronic basis.
- EPA recommends that childcare facilities collect first-draw samples from water fountains and outlets, which maximizes the likelihood that the highest concentrations of lead are found because water remained in plumbing overnight.
- When sampling results show lead levels exceeding 20 ppb, those fountains and outlets are taken out of service until remediation is complete.

### WHAT IS REMEDIATION?

- Remediation refers to both short- and long-term actions taken to reduce the levels of lead in drinking water if test results indicate that there is a lead issue at a childcare facility.
- EPA's childcare facility sampling protocol was designed to identify specific fountains and faucets that require remediation, such as water cooler replacement.

### WHERE CAN I FIND MORE INFORMATION?

- Contact your family doctor or pediatrician who can perform blood tests for lead.
- Contact NAS Whiting Field's PWD's Environmental Division at 850-623-7026 for information.
- More information concerning lead and drinking water can be found on the following websites:  
<http://www2.epa.gov/lead>  
[http://water.epa.gov/drink/info/lead/schools\\_index.cfm](http://water.epa.gov/drink/info/lead/schools_index.cfm)  
<http://www.med.navy.mil/sites/nmcphc/environmental-programs/Pages/Lead-in-Drinking-Water.aspx>

# Establishments Say “Thank You” on Veterans’ Day

On November 11, 2014, many local and national food establishments and retailers are offering free and discounted items on Veterans Day to say “Thank You” to those who have served in the military. Below is a short list of several businesses, but a longer list can be found at <http://militarybenefits.info/>.

### 2014 Veterans Day Restaurant Offerings:

**Applebee’s** -- Veterans and active duty military receive a free meal (limited menu) on Veterans Day, **Nov. 11**.

**Cheeseburger in Paradise** -- Active and retired military personnel receive a complimentary All-American Burger with fries on **Tuesday, November 11**.

**Friendly’s** – Friendly’s is treating veterans and active military to a free breakfast, lunch or dinner from a limited menu on Veterans Day, **Tuesday, November 11**.

**Golden Corral** -- Golden Corral Restaurants’ Military Appreciation Monday free dinner will be available on **Monday, November 17**, from 5 p.m. to 9 p.m. Military retirees, veterans, active duty, National Guard and Reserves are all welcome.

**Krispy Kreme** – Krispy Kreme is offering a free doughnut and small coffee to all veterans on **Tuesday, November 11** at participating locations.

**LongHorn Steakhouse** – Veterans and current service members receive a complimentary Texas-T onion appetizer and non-alcoholic beverage from a select menu on **Tuesday, November 11**.

**Olive Garden** – On **Tuesday, November 11**, all veterans and current service members get a free meal from a limited menu.

**Outback Steakhouse** – All active and former service members receive a free Bloomin’ Onion and a beverage on **November 11**. Outback is also offering active and former service members 15% off their meals Nov. 12 through Dec. 31.

**Red Lobster** -- Veterans, retired and active-duty military personnel receive a complimentary appetizer from a limited menu from **Monday, November 10 to Thursday, November 13**.

**Sizzler** -- Sizzler offers active duty and veteran military members a free lunch from a limited menu on Tuesday,

November 11 until 4 p.m.

**Texas Roadhouse** -- Texas Roadhouse locations nationwide will offer veterans a free lunch on **Tuesday, November 11** from 11:00 a.m. to 2:00 p.m. Offer is good for active duty, retired or former U.S. military.

**Travel Centers of America** -- On **Tuesday, November 11**, all CDL drivers who are military veterans eat free at participating full-service restaurants.

### 2014 Veterans Day Retailer Offerings:

**Bed Bath & Beyond** - In honor of Veterans’ Day, Bed Bath & Beyond will take 20 percent of the entire purchase for Active Duty, DoD, Reserves, Guard, Retirees, Veterans and Military Spouses. Offer is good Nov. 8-11. In Store Only.

**Grace for Vets** -- Car washes from around the world who join this program offer free car washes to veterans and service members on Tuesday, November 11.

**Great Clips** – On Tuesday, November 11, customers who come in for a service can get a free haircut card to give to their favorite veteran. Veterans can also receive a free haircut or get the free haircut card. Haircuts are redeemable until Dec. 31.

**Home Depot** -- Home Depot offers a 10% discount to all veterans on Veterans Day **November 11**. Home Depot offers the 10% discount year round to for active duty and retirees.

**Lowe’s** -- All veterans receive a 10% discount on Veterans Day, **November 11**. The offer is available in stores only.

**Rack Room Shoes** -- Military personnel and their dependents get a 10% discount off entire purchase on Veteran’s Day, **November 11**.

**Sleep Number** -- From **October 14 through November 16**, Sleep Number is providing special offers for current and past military personnel. Save \$400-\$700 on selected Sleep Number mattress sets.

**Sport Clips** -- Participating locations are offering veterans and active duty service members free haircuts on **Tuesday, November 11**.

**Steve Madden** -- Steve Madden is offering 20% off the entire purchase with a valid military ID on **November 11**.

Many more offers can be found at <http://militarybenefits.info/>.