

Whiting Tower

Seventy-one Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 16

Forging Wings for the Fleet
Wednesday, October 15, 2014



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Whiting Field's Annual NHA Fleet Fly In Draws Near

By Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

It will soon be that time of year again when Marine, Coast Guard and Navy helicopters from across the country descend to Naval Air Station Whiting Field to engage in the annual Naval Helicopter Association (NHA) Fleet Fly-In. This is the 25th year for the event that gathers helicopters from nearly every active platform in the maritime services.

The four-day Fleet Fly-In begins Tuesday afternoon, Oct. 28 as the helicopters arrive to Whiting Field from 1 to 4 p.m., and events will run through Oct. 31st. Navy helicopters which have participated in past Fleet Fly-Ins and are expected for this year's event include the H-53 Sea Stallion, a H-60 and MH-60R Seahawk, the MH-60S Knighthawk, Marine Corps CH-53E Super Stallion, AH-1 Cobra, UH-1 Huey and the Coast Guard HH-65 Dolphin and MH-60T Jayhawk. A total of 23 fleet and civilian aircraft are expected at this

year's event.

The NHA brings industry displays from various aviation companies and enables tremendous networking opportunities between pilots and corporate representatives. DART Aerospace, Airbus, Lockheed Martin, Sikorsky Aircraft Corporation, FLIR Systems, Inc., Bell Helicopter, L-3 Vertex Aerospace and Agusta Westland will be present at the event with display booths and information.

Colonel Gary Kling, Commodore Training Air Wing FIVE, will deliver opening remarks Oct. 29 at 8 a.m. in Sikes Hall to officially begin the flying events. The inaugural Flight Skills competition will take place shortly after on the flight line. The competition will include an instructor from each helicopter squadron who will perform three maneuvers: an autorotation, a high speed approach and the ability to pop water balloons

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Cover: Whiting Field's firefighting crew represents the base at Milton's annual Fire Prevention Week Open House. Photo by Ensign Kimmy Mahoney.

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.

Whiting Field Runs 5k For Energy Conservation Awareness

By: Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

There was plenty of energy present at the 2nd Annual Energy Awareness 5k, hosted by the Naval Air Station Whiting Field Public Works Department and MWR.



Participants gathered near the base fitness center stretching and sizing up the competition. The race was about more than just getting a workout in though. Captain Matthew Coughlin, Commander Naval Air Station Whiting Field, gave a short speech before the race start. He mentioned how far the base has come since beginning energy conservation efforts and how much more it can improve with everyone's help. He came armed with a bill and numbers to

Annnd they're off! Participants ran for energy awareness on Wednesday, Oct. 8th. Photo by Ensign Kimmy Mahoney.

- (Cont. on Page 12)

Commander, Navy Region Southeast Signs Domestic Violence Awareness Proclamation

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

JACKSONVILLE, Fla. – Rear Adm. Mary Jackson, Commander, Navy Region Southeast, signed a proclamation Oct. 9 declaring October as Domestic Violence Awareness Month.

The proclamation underscores the Navy's role in the community and calls upon Sailors and family members in the region to increase their efforts to prevent domestic violence.

According to Hector L. Sepulveda, Navy Region Southeast fleet and family support regional program manager, this year's theme, "Relationships should be safe, respectful and positive" echoes the Navy's position on developing healthy relationship skills and raises awareness of the harm that domestic violence can cause.

"It affects everybody. It affects the military readiness,"

Sepulveda said. "If an individual is wrapped up in domestic violence, then they are also tied up in the legal system and that is taking away from readiness and the mission."

The Navy's Family Advocacy Program has been available since 1992 providing aid in prevention and case management. It helps both the perpetrators of domestic violence and the victims.

"Victims of domestic violence are suffering. A lot of victims don't want to report because they fear their partner may lose their military career or it will affect their career, but there are systems and processes that will actually help people," Sepulveda said.

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JACKSONVILLE, Fla. (Oct. 9, 2013) -- Rear Adm. Mary Jackson, Commander, Navy Region Southeast, signs a domestic violence month proclamation in front of members of the Navy Region Southeast Fleet and Family Readiness Program on board Naval Air Station Jacksonville. The proclamation declared October as Domestic Violence Awareness Month and calls upon service members, leadership and family members throughout the region to increase their efforts to prevent domestic violence. (U.S. Navy photo by Mass Communication Specialist 2nd Class Stacy D. Laseter/Released)



June, 1998 - Marking 50 Years of Service

Women from all the services gathered for the 50th anniversary of the Women's Armed Services Integration Act of 1948. Pictured from left to right are retired Navy Capt. Winifred Q. Collins; retired Air Force Maj. Gen. Jeanne Holm; Marine Cpl. Crystal Ann Carder; Airman 1st Class Sara Goldman; Army Spc. Kety L. Clark; Coast Guard Petty Officer 3rd Class Jennifer Louise Hull; Navy Petty Officer 2nd Class Robin Drake; and retired Army Col. Mary A. Hallaren. Staff Sgt. Alicia K. Borlik, USA

This Day in Naval History

October 15, 1948 - First women officers on active duty sworn in as commissioned officers in regular Navy under Women's Service Integration Act of June 1948 by Secretary of the Navy John L. Sullivan: CAPT Joy B. Hancock, USN; LCDR Winifred R. Quick, USN; LCDR Anne King, USN; LCDR Frances L. Willoughby, MC, USN; LT Ellen Ford, SC, USN; LT Doris Cranmore, MSC, USN; LTJG Doris A. Defenderfer, USN; and LTJG Betty Rae Tennant, USN.

October 19, 1843 - CAPT Robert Stockton in Princeton, the first screw propelled naval steamer, challenges British merchant ship Great Western to a race off New York, which Princeton won easily

October 25 1924 - Airship, USS Shenandoah (ZR-1), completes round trip transcontinental cruise that began on 7 October.

News and Notes

Training Air Wing FIVE now has a Facebook page. Like them at <https://www.facebook.com/#!/TrainingAirWingFIVE/>.

Voluntary Leave Transfer Program - Mr. Bernhard C. Roever (Bernie) is a Munitions Handler at Navy Munitions Command, Component Pensacola. He 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.

School Liaison Officer Note - Monday, Oct. 20, is a teachers planning Day in Santa Rosa County. Students have the day off, but teachers will be at school working on grades and training.

Gulf Power is Hiring! - The Southern Company (Gulf Power's parent company) is holding a recruiting information session. Recruiting Information Session will be held in bldg. 2998 (behind coffee shop) on Thursday, 16 October from 1000-1200. Contact Darryl Johnson at the FFSC (623-7177) or visit Southern Company's website at www.southerncompany.com/military or www.troopstoenergyjobs.com.

National Friends of the Libraries Week - Join Santa Rosa County in celebrating and recognizing our Friends of the Libraries groups Oct. 19-25. If you can't make it this week, please visit our website at www.SantaRosa.fl.gov/libraries or contact the library at (850) 981-READ (7323) for additional information.

FDOT to Hold Public Meeting on U.S. 90 - The Florida Department of Transportation (FDOT) will hold a public information meeting concerning proposed improvements on State Road 10 (U.S. 90) at Pace Lane in Santa Rosa County Thursday, Oct. 16 from 5:30 p.m. to 6:30 p.m. CDT in the Trinity Baptist Church Fellowship Hall, 5301 U.S. 90. Representatives from FDOT will be available to discuss proposed improvements, answer questions, and receive comments.

SERFI 2014 - The South East Regional Fly-In is coming to Evergreen, Ala. Oct. 24-26. The event will bring aircraft fly-bys, aircraft judging, safety seminars educational forums and more. Admission to the fly-in is \$5 per day or \$10 for the weekend. Check out www.serfi.org for more information.



HT-18 Bids Fair Winds to Rubel

Cmdr Kevin Pickard, Commanding Officer, HELTRARON 18, presents a token of appreciation to Major Rubel upon his retirement from the Marine Corps. Rubel served as the Safety Dept Head of HT-18. His personal decorations include the MERITORIOUS SERVICE MEDAL, Navy and Marine Corps Commendation Medal with Gold Star in Lieu of Second Award, and the Navy and Marine Corps Achievement Medal with Gold Star in Lieu of Second Award and the AIR MEDAL-STRIKE/FLIGHT.

Navy Seeking Opinions - The Center for Personal and Professional Development (CPPD) is now reviewing the PO2 and PO1 Leadership Courses. As part of that review, we want to hear about how much time you spend on technical, management and leadership tasks. Have opinions on this topic? If you are in paygrades E1 through O6, take 10 minutes to give us your feedback by logging on to the survey here: https://www.research.net/s/LDRSHP_WORKTIME. As always, your responses to CPPD surveys are anonymous, and your identity will not be revealed.

7th Annual Animal Services Adopt-a-thon - Santa Rosa County Animal Services will hold its 7th Annual Adopt-a-thon Saturday, Oct. 18, from 9 a.m. to 2 p.m. at the shelter located at 4451 Pine Forest Road in Milton. For this special event, there is no fee to adopt a cat or dog and a spay/neuter voucher will be provided at no cost for any unaltered animal. For more information call Santa Rosa County Animal Services at (850) 983-4680.

NASWF Christmas Party - The Christmas Party Committee will have a Chili sale on Thursday Oct 30 from 1000-1300 in the Atrium Courtyard. You will get a bowl of chili and a drink for \$5.00. Toppings will include rice, Fritos, cheese, onions, and crackers.

Shell Oil Recruiting - Shell Oil is looking to identify skill sets for onshore and offshore roles in the Gulf of Mexico and various locations throughout the US. You can send an email to our Military Recruiter attending this event, Mike.Roshaven@shell.com expressing your interest. Contact the FFSC at 850-452-5609 to sign up for testing and get the study guide.

Meet the Master Gardeners - If you have ever considered becoming a Master Gardener in Santa Rosa County, learn more about the program by attending our open house Friday, Oct. 17, at 10 a.m. at UF/IFAS Extension Santa Rosa County located at 6263 Dogwood Drive in Milton. For more information please contact Mary Derrick at (850) 623-3868 between 8 a.m. and 4:30 p.m. weekdays or via email at maryd@santarosa.fl.gov

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. This month saw an increase of almost 60,000 kWh over this time last year - a sharp reminder that it takes all hands to remain vigilant in our energy conservation efforts. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

NAS Whiting Field is Getting Energized

By: Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs

The Navy is becoming a global force for energy efficiency. The Department of the Navy is participating in Energy Action Month to highlight energy initiatives to maximize the effectiveness of ongoing energy efforts. Whether on shore or deployed in enemy territory, improvements in energy efficiency and sustainability can have a large impact on mission capability.

The 2012 presidential proclamation declaring October “Energy Action Month” encouraged the Navy to further commit to reducing energy consumption and enhancing combat capabilities with new technology and innovative improvements to existing systems. Advances in operational conservation have obvious benefits: improved resources aboard ships and aircraft can enhance mission capabilities and intensity. Conservation ashore is just as vital for mission success, allowing bases to focus limited resources where they are most needed and decrease dependence on commercial power grids.

Naval Air Station Whiting Field has made the Navy’s ambitious energy goals a top priority. In the past four years the installation has made large strides in reaching our energy reduction target, according to Reggie Parker, the Public Works Department’s (PWD) Utility and Energy Manager.

The Navy’s primary shore energy goal is for each installation to reduce its overall energy consumption by 30 percent compared to its 2003 baseline usage, with electrical consumption being the largest contributor. Potable water consumption is also tracked and compared to a 2007 baseline. NAS Whiting Field has observed significant drops in electrical usage and water usage since 2011. This improvement is due to numerous changes in operating procedures by tenants and an increased awareness of the impact of individual actions.

The Navy’s investment in electrical conservation is represented by the recent award of a contract to upgrade the midfield hangar bay lighting and replace street and parking lot lights with energy efficient LED fixtures. Electrical consumption is a big ticket item on

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Public Works Warns Snake Activity to Scale Up in Fall

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

With autumn upon us, the Public Works Department would like to issue a reminder to be mindful of snakes at Naval Air Station Whiting Field. With the temperature falling, you can expect snake activity to increase through about the end of November as the serpents begin to prepare for their winter hibernation. It’s possible that a snake could find its way into a building during this period of increased activity— they might not look like much, but snakes are proficient climbers and can work their way up a building wall if they’re committed to it.

If you happen to find a snake in your building, don’t panic and run for the shotgun, says Public Works representative Ron Cherry. Take a few deep breaths and relax; the solution to this problem is just a brief phone call away.

“Call us at Public Works, or call security – but the important thing is to keep an eye on it. Have someone else call us while you watch where it goes.”



Quick! Is that snake venomous? The venomous Coral Snake and the relatively benign King Snake are easy to confuse - you can tell them apart by their stripe patterns. Remember: “Red on yellow, kill a fellow; red on black, friend of Jack.”

It may seem counter-intuitive and even unnatural, but Public Works has specifically requested that when the opportunity arises, you don’t kill snakes you see on base. Besides the snake’s natural role as a predator of rats and other rodents, Whiting Field may be habitat to a number of threatened and endangered species, including the Eastern Diamondback and the Florida Pine. Due to of the base’s location and the habitat it provides, it may even be home to the Eastern Indigo –

- (Cont. on Page 10)

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Back Row: Cmdr. Robert G. Sinram, USN, Commanding Officer HT-8; Lt. j.g. Troy V. Abney, USN; 1st Lt. Christian Schaible, USN; Lt. Francis C. Cheske, USCG; Lt. j.g. John P. McCabe, USN; Lt. j.g. Syke K. Baber, USN.

Middle Row: Cmdr. Kevin Pickard, Jr., USN, Commanding Officer HT-18; Ensign James S. Campbell, USN; Lt. j.g. Kevin W. Young, USN; Lt. j.g. Taylor M. Lang, USN; Ensign Allen E. Macdonald, USN; Ensign Christopher R. Kimbrough, USN.

Front Row: Lt. Col. Jeffrey M. Pavelko, USMC, Commanding Officer HT-28; Lt. j.g. Marianne A. Topp, USN; 1st Lt. Aaron J. Gittleman, USMC; Ensign Matthew L. Smith, USN; 1st Lt. Jonathon D. Moss, USMC; Lt. j.g. Douglas J. Mittermeier, USCG; Lt. j.g. Drew M. Robertson, USN.

Congratulations to TRAWING-5 Scholars



Bravo Zulu to TW-5's Academic Achiever!

On Tuesday, Oct. 14, Commodore Kling presented ENS Kyle Gale, USN the Commodore's List award in recognition of superior achievement in both the flight syllabus and academic curriculum during Primary Flight Training.

Family Assistance

NAS Whiting Field



OCTOBER 2014

TO REPORT A SEXUAL ASSAULT:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suicide Prevention ACT! Ask Care Treat			1 Communicating Effectively 11:00 am - 12:00 pm	2 Chall of PS & Marriage 9:00 - 11:00 am Car Buying 1:00 - 2:00 pm	3 VA Representative 8:00 am - 12:00 pm	
5 How to Apply for Federal jobs 9:00 - 10:00 am Stress Management (Multi-Session) 10:00 am - 12:00 pm	6 Anger Management 11:30 am - 12:30 pm Managing Conflict 1:00 - 2:00 pm	7 Parenting 1:00 - 3:00 pm Smooth Moves 1:00 - 3:00 pm Building 2908	8 Stress Management 11:00 am - 12:00 pm	9 Chall of PS & Marriage 9:00 - 11:00 am Home Buying 1:00 - 2:00 pm	10 VA Representative 8:00 am - 12:00 pm	
12 	13 COLUMBUS Day	14 Communicating Effectively 11:00 am - 12:00 pm Anger Management 1:00 - 2:00 pm	15 Chall of PS & Marriage 9:00 - 11:00 am Managing Conflict 1:00 - 2:00 pm	16 Chall of PS & Marriage 9:00 - 11:00 am Managing Conflict 1:00 - 2:00 pm	17 VA Representative 8:00 am - 12:00 pm	18
19 Resume Writing 8:00 am - 12:00 pm Stress Management (Multi-Session) 10:00 am - 12:00 pm	20 Stress Management (Multi-Session) 9:00 - 11:00 am	21 Time Management 11:30 am - 12:30 pm	22 New Spouse Orientation 1:00 - 3:00 pm	23 Chall of PS & Marriage 9:00 - 11:00 am Managing Conflict 1:00 - 2:00 pm	24	25
26	27	28	29	30	31	

751 E. USS Enterprise St., Millers, FL 32558
(904) 328-7177 (toll-free) / (904) 328-7220 (fax)
<http://www.cmc.navy.mil/whitingfield/>

Join us @

www.facebook.com/NASWF.FleetandFamily

Santa Rosa County Offering Low-Cost Pet Spaying and Neutering Service

Santa Rosa County has received a one-time grant of \$25,000 from the "Florida Animal Friend, Inc." license plate program to offer a discount spay and neuter program for income-eligible residents beginning Wednesday, Oct. 1. Over 80 percent of animals that come to the county's shelter each year face an early death due to an overabundance of animals. By offering this program, Santa Rosa County hopes to make the sterilization of animals more affordable and decrease the number of unwanted animals born each year. Santa Rosa County is one of only 26 nonprofit or governmental organizations selected to receive a grant for 2014.

As part of the grant, approved applicants will receive an appointment date and voucher to a participating veterinarian to have their pets spayed or neutered. Applicants must provide proof of current rabies vaccinations, residency and income/public assistance in order to qualify. Animals must be at least six months of age or older with a limit of two animals per household and does not include animals adopted from the shelter. Approved applicants will be required to

- (Cont. on Page 9)

7TH ANNUAL SANTA ROSA COUNTY ANIMAL SERVICES ADOPT-A-THON

SUPERHEROES WANTED: MISSION...ADOPT-A-PET!

SATURDAY, OCTOBER 18
9 A.M. - 2 P.M.

FOOD

PRIZES

Opening Ceremony at 9 a.m. with Colors presented by the U.S. Naval Sea Cadets - Whiting Division

Animals adopted during the Adopt-a-thon come with a free spay/neuter voucher or are previously altered. Have pets at home? Please bring proof of current rabies vaccination for your pets.

ACTIVITIES FOR KIDS

- Candy Guess -- Color Contest
- Cutest Pet Name
- Home Depot Kid's Workshop
- Bouncy House
- Hallelujah Hounds
- Blue Wahoo's Kazoo
- "Smokey Bear" and Fire Safety Prevention @ 9 a.m.

CONTESTS & PRIZES

- 10:30 - Best Costume
- 11:00 - Best Talent
- 11:30 - "All Bark & No Bite"
- 12:00 - Dog & Owner Look Alike
- 12:30 - Best of Show
- Drawings & more throughout the day!

Bring the entire family for a fun-filled day!
Pets are welcome to attend but they must wear current rabies tag and be on a leash

SANTA ROSA COUNTY ANIMAL SERVICES
441 PINE FOREST ROAD IN MILTON
(850)983-4680
WWW.SANTAROSA.FL.GOV

7

Around the Base

Energized

- (Cont. from Page 5)

base and upgrades like these have proven to be a sound investment. The project should pay for itself in less than three years.

In 2012 a \$4.6 million Utility Energy Savings Contract (UESC) made similar changes on a larger scale throughout the base, and electrical consumption improved substantially, dropping 8.0% the following year. The UESC involved partnering up with a local utility company that evaluated 12 large buildings on base and identified technological enhancements and equipment improvements. Based on its research, the utility company proposed a project to save electricity, water and natural gas.

“The projects pay for themselves. Our first UESC project produced approximately \$250,000 in annual savings...When we do the second UESC project, we’ll see another big cut in utility costs,” said Reggie, Utilities and Energy Manager of the NASWF Public Works Department (PWD).

NAS Whiting Field has been approved to pursue a second UESC project this year and has high expectations. The second project entails an inspection of 62 buildings on base to identify energy conservation measures. The anticipated project scope includes numerous upgrades to more efficient HVAC equipment, lighting retrofits and modernizing the central energy management control system.

Since 2011, Whiting Field has reduced energy consumption 14.9%, equating to more than \$1.3 million in utility costs savings. The UESC project also significantly reduced water consumption. The installation cut its water usage by 15.1% in the past year and 40% overall since 2011. Public Works has repaired many leaks in the system and installed high efficiency fixtures in multiple buildings.

NASWF has established a robust building energy manager (BEMs) program to drive its efforts to the deck plate level. The BEMs ensure HVAC settings are in accordance with Commander, Naval Installations Command guidelines and that equipment is working properly in their assigned workplace. They are also tasked with raising awareness of small every day changes that can make a big difference.

“The building energy managers are our first line of defense in terms of helping to raise awareness with the

Home Energy

EFFICIENCY

NAVY Energy Awareness

Ten Ways to Save Energy



- 1 Switch to compact fluorescent lights from incandescent bulbs whenever possible. CFLs are 3 to 4 times more efficient and last 10 times longer.
- 2 Save electricity when cooking by using a kettle or covering a pan when boiling water. Plus turn off the burners and the oven several minutes before the cooking time is over. Both will shorten the amount of time the heating elements are on.
- 3 When washing clothes, wash in cold water whenever possible. Save warm/hot water cycles for whites and hard-to-clean items. Always rinse in cold water.
- 4 Use a programmable thermostat for automatic energy savings. Set the thermostat for lower heating temperatures at night when everyone is asleep and during the day if nobody is home.
- 5 To operate your air conditioner unit more efficiently, turn on your ceiling fans to create air movement across the skin, lowering skin temperature through evaporation. You can raise the A/C thermostat setting up to 4 degrees F without any decrease in comfort. Each degree you raise the thermostat above 78 degrees F you save about 7 to 8 percent on your electric cooling costs.
- 6 Close your blinds and drapes at night in the winter to keep the cold out.
- 7 Clean or replace filters regularly on furnaces and air conditioners and remove debris and leaves from outside units so vents don't clog.
- 8 Caulk and weatherstrip doors and windows that leak air.
- 9 Help create shade on the sunny side of your house by planting a tree or adding a retractable awning on a window. Eliminating the heat and glare of the sun on the house will lower your cooling bills. A retractable awning will let more sun in on those cool days as well.
- 10 If you are leaving a room for any length of time, shut off the lights and any appliances there, anything that is using electricity that doesn't need to be on. Unplug battery chargers, such as cell phone chargers, when they aren't in use. Conventional battery chargers, even when not actively charging a product can draw as much as 5 to 20 times more energy than is actually stored in the battery.

occupants of their building. It’s their job to make sure people know to turn the lights and computers off when not in use, and it’s their job to make sure people report if a window is broken, weather stripping is missing or if air conditioning isn’t working properly,” Parker said.

The Navy has heavily invested in big project improvements, but raising awareness on how to conserve energy with small changes still remains a large factor. Energy Action Month is used to do just that. Easy choice habits like turning lights off after leaving a room or shutting down a computer in every office makes a large impact. “The main driver of savings is awareness. If people are armed with information they can take action...they are not going to be able to do anything if they are not aware of what can be done and how it impacts the bottom line,” Parker said.

Energy changes are critical to staying in the fight longer, refueling less, and extending the Navy’s operational reach. Every base is important to contributing to the mission. The power is yours to make a difference. 🏠

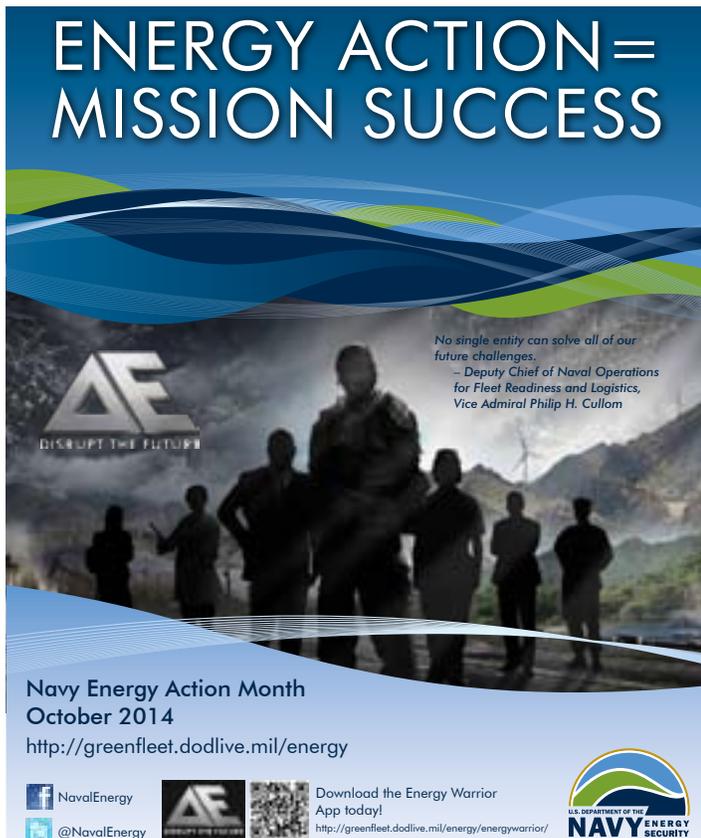
Around the Base

Spay & Neuter

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pay a \$20 copay per animal to the assigned veterinarian on the day of the appointment. For more information, call Santa Rosa County Animal Services at (850) 983-4680 or visit the shelter at 4451 Pine Forest Road, Milton between 8 a.m. - 4:30 p.m., Monday through Friday. The application can also be found online at www.santarosa.fl.gov/animals.

This is the fourth time in eight years Santa Rosa County has been selected as a Florida Animal Friend, Inc. grant recipient. In 2007, the county received \$18,000 which facilitated the altering of 306 animals. In 2010, a grant of \$17,500 was awarded to the county helping to spay and neuter 260 animals. In 2012, the county received a grant of \$22,250 which helped spay and neuter 344 animals. With one fertile cat averaging three litters of four to six kittens and a fertile dog averaging two litters of six to ten puppies yearly, the 910 animals spayed and neutered has a marked difference in the animal population of Santa Rosa County, potentially saving thousands of animals from being euthanized. To learn more about the animal friend license plate program, visit: www.floridaanimalfriend.org 🐾



ENERGY ACTION = MISSION SUCCESS

No single entity can solve all of our future challenges.
— Deputy Chief of Naval Operations for Fleet Readiness and Logistics, Vice Admiral Philip H. Cullom

AE
DISRUPT THE FUTURE

Navy Energy Action Month
October 2014
<http://greenfleet.dodlive.mil/energy>

Download the Energy Warrior App today!
<http://greenfleet.dodlive.mil/energy/energywarrior/>

U.S. DEPARTMENT OF THE NAVY
NAVY ENERGY SECURITY

Ec-nomics

Heating or cooling a home can be expensive, and that cost only goes up when hot or cold air seeps out through inefficient windows. If you're looking to save on your energy bill, it might be time to replace those old windows.

If you're replacing windows in your house, select windows that have low U-values (U-factors) and that seal tightly. Compare U-values carefully, and select high-performance units with low-E (low-emissivity) coatings and gas filling. By some estimates, adding low-emissivity (low-E) coatings to all windows in the United States would save the equivalent of 500,000 barrels of oil per day—one-third the amount of oil we import from the Persian Gulf. Look for the energy performance labels developed by the National Fenestration Rating Council (NFRC)—many windows on the market carry them—as your guide to selecting energy-efficient units. Also insist on windows with air tightness values of .05 or lower.

When shopping for windows, insist on windows that carry long warranties against seal failures. When seals fail, moisture forms between the panes and the windows need to be professionally repaired or replaced. Moreover, there is the loss of low-conductivity gas if this window is gas filled.



SOUTHERN COMPANY

Energy to Serve Your World™

Recruiting Information Session
NAS Whiting Field
October 16, 2014

LOCATION
Bldg. 2998 (behind coffee shop)

TIME
10:00 am to 12:00 pm

For more information please contact Darryl Johnson @ (850) 623-7177

Southern Company is a premier provider of Electric Power to 4.4 million customers across four states. Southern Company subsidiaries, Alabama Power, Georgia Power, Mississippi Power, and Gulf Power. The positions advertised will be located within the Southern Company footprint. The Southern Company's recruiting team will be on site to speak with sailors about jobs in the career fields listed below and the utility industry. Please visit the following websites prior to the event:

www.southerncompany.com/careers
www.southerncompanyjobs.com

Typical careers:

- Power plant operations and maintenance
- Line operations and maintenance
- Information Technology
- Security
- Engineering

Around the Base

Snakes Around Base

- (Cont. from Page 5)

Whiting Field will be hosting a study in November to find out for sure.

If this turns out to be the case, then drivers should be aware that Whiting Field may have an extremely rare, and extremely run-overable snake in its midst. Cherry describes it as up to seven feet long and about as big around as a soda can. While this may sound like aspiring roadkill to some, the Eastern Indigo is federally listed as an endangered species, and there would be severe penalties for harming it. Cherry stresses that anyone coming across a snake, whether in a building or on the road, should just leave it alone.

“People see a great big long snake, the first thing they think is ‘the only good snake is a dead snake’.... don’t do that. If you see a snake, keep an eye on it, call us, we’ll come get it.” 🐍

Free Childcare At Immanuel Baptist Church

Register At Chaplain's Office 623-7211

NLT OCT 10th

Age 6 weeks to 6th Grade

SAT OCT 18

Parent's Night Out

1700-2100

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

www.facebook.com/nas-whitingfield and [@naswf](https://twitter.com/naswf)

SECURITY CORNER

Halloween Trick or Treat Safety Tips

Halloween is that time of year that we can let out our inner kid and dress up as something or someone and have fun. It's fun as long as no one gets hurt. That being said, we should always think of safety first while trick or treating.



There are some things to keep in mind, when buying costumes, masks, beards and wigs, look for flame-resistant fabrics such as nylon or polyester, or look for the label "Flame Resistant." Purchase or make costumes that are light, bright and clearly visible to motorists. Also, the costumes and bags should have some reflective tape somewhere.

Costumes should fit well and not drag on the ground. The best thing you can do is have your child try on their costume before Halloween and walk around the house for a while. The other things to watch for are how well a child can see and doesn't have anything that could obstruct their vision. Additionally, make sure there is nothing that dangles from the outfit that could cause the child to trip or get snagged on something.

Before leaving, make sure your child has a flashlight with fully charged batteries. Make sure that your child wears comfortable and sturdy shoes, even if it goes against the look of the costume. Make sure you plan out a route in advance and give each child a map of this route. Travel in groups with as many chaperones as possible. Have the little ones 'buddy up' and make sure each child is accounted for before moving to the next house. Of course, be extra careful when crossing the streets and try to work one whole side of a street before crossing to cut down on the number of times this is done. Cross at crosswalks and not in between cars. Only go to houses that have their lights on and remind children that are old enough to go trick or treating on their own, "NEVER GO INTO ANYONE HOUSE."

As for the treats, remind children not to eat anything until you look over it. There are some that don't give candy as they give out fruit and baked goods. Baked goods are rarely a great idea. Even a chef with only good intentions could accidentally make someone sick, not to mention the hazards if allergies are a concern. Accept only those goodies baked by someone you (adults) know. Fruit should be washed well and inspected for injection, puncture or slit marks. Cut up a piece of fruit before allowing your child to eat it so you can inspect the inside as well as the out. Have a good time and Happy Halloween! Courtesy of Halloween.com

TRICARE Notes

PAYMENT RESPONSIBILITIES FOR HEALTH CARE SERVICES

Standard and Extra is a fee-for-service plan. Coverage is automatic as long as you are registered in the Defense Enrollment Eligibility Reporting System (DEERS) and show eligible for TRICARE.

As a TRICARE Standard beneficiary, you are responsible for both deductibles and cost-shares. It is important to understand the difference between the two.

Deductible is the amount of money you pay out of pocket before your health care benefit begins cost-sharing. You must meet the annual outpatient deductible each fiscal year before TRICARE begins to pay. The fiscal year starts on October 1.

Cost-share is the percentage of the cost of care that you are responsible for paying when you visit a health care provider.

It Pays to See a Network Provider: If you visit a non-network provider, you're using the Standard option. If you visit a network provider, you're using the Extra option.

After meeting your deductible, cost-shares vary by beneficiary category and type of provider you see for care.

Active Duty Family Members (includes family of activated Guard/Reserve members), outpatient only:

Non-Network Providers: \$25 per visit and 20% cost-shares of the allowable charges. Providers may charge up to 15% more than the TRICARE allowable charge. You are responsible for these extra charges.

Network: \$25 per visit and 15% cost-shares of the negotiated rate for outpatient

Retirees, Retiree Dependents: The following applies to outpatient charges only

Non-Network Providers: \$25 per visit and 25% cost-shares of the allowable charges. Providers may charge up to 15% more than the TRICARE allowable charge. You are responsible for these extra charges.

Network: \$25 per visit and 20% cost-shares of the negotiated rate for outpatient charges

NOTE: The above charges apply to outpatient charges ONLY – to view the complete list, visit www.tricare.mil/healthplancosts

Fleet Fly In

- (Cont. from Page 2)

with the skid. Each maneuver will be evaluated by a pilot from Training Wing FIVE. The winning squadron will be awarded a trophy to be kept until next year's competition, encouraging a friendly rivalry amongst the squadrons.

The true value of the Fleet Fly-In is the impact it makes on the flight students as they prepare to make career decisions on the aircraft they would like to fly, geographic locations, and mission requirements. Students are afforded two windows of opportunity to fly in the fleet aircraft on Oct. 29th and 30th. They are also encouraged to attend informational briefs and social events throughout the week.

There will be numerous opportunities for pilots from different platforms to interact and compete outside of the aircraft as well. The Whiting Field Golf course would be teaming up with Sikorsky Aircraft to host a golf tournament on Oct. 29, tee off will take place at 1 p.m. Another event to look forward to is the 5k on Oct. 30 beginning at 7 a.m., the start line will be located on the back porch of building 2977, the HT-8/HT-18 squadron building. Between briefs, social events and competitions, participants will have plenty of time to interact and learn about industry and fleet aviation.

The event takes months to plan, and involves cooperation from NAS Whiting Field, Training Air Wing FIVE, corporate sponsors, military contract personnel and more. It is a long process, but one that is eagerly awaited each year by the staff and students in the training squadrons. ✈



Around the Base

Domestic Violence Awareness

- (Cont. from Page 3)

It's important for people to understand the Navy provides a wide array of services for victims, offenders, and children who witness violence.

The shortest route of reporting domestic violence is through the Navy's Family Advocacy Program (FAP), which offers victim protection and treatment for those affected by domestic violence. FAP representatives are located at Fleet and Family Support Centers (FFSC). The FAP investigates each report and performs actions to safeguard victims and provide supportive services. There is an option to make a restricted report through the Domestic Assault Victim Advocate (DAVA), in which they receive services but is not a formal FAP.

Anyone who suspects domestic violence may file a report by contacting their installation's FFSC. Supplementary support is also available through the Domestic Abuse Hotline at (800)-799-SAFE. ✈️

Relationships should be...
Respectful, Safe and Positive.
Domestic Violence Awareness
www.faq.navy.mil
Visit your local FFSC for more information on how they can help you build healthy relationships.

We'll Make You Famous!
Domestic Violence Awareness Month (DVAM)
Nine Years of Purple Thursdays - 23 October, 2014

Get your Purple on, stop by FFSC to get your picture taken by our (almost professional) photographers on the 23rd, or take your own selfies of you, your family, your pet, your office or whoever else wants to join in and post on our FFSC Facebook page www.facebook.com/NASWT.fleetandfamily or email them to patricia.dillenback.navy.mil anytime during DVAM/October.

Make a fashion statement that really says something: Wear anything purple on Thursday, October 23rd to honor and support survivors of domestic violence! This year marks the 9th annual observance of Purple Thursday, the Domestic Violence Awareness Day. We all have a role in promoting healthy relationships and building a healthy community so please join us in purple on Thursday, October 23rd. We'll provide free milk & cookies, welcoming smiles and maybe a door prize or two.

If you don't have anything purple we'll give you purple Domestic Violence Awareness Ribbons or Wristbands any time during October. Just stop by FFSC to pick them up. Call the Family Advocacy Team at 623-7177 for info.

NAS Whiting Field
The Fleet & Family Support Center

5K

- (Cont. from Page 2)

make his point.

"If we can knock 5% [of energy consumption] off our energy bill for the year, that's about \$10,000 a month saved," Coughlin said.

The race began shortly after with a looped course beginning at the fitness center to a mile and half



Lieutenant Kenyatto Mayes demonstrates the power of the Green Machine. Photo by Ensign Kimmy Mahoney, NAS Whiting Field Public Affairs.

mark near the golf course. The first participant back was John Davis, a NASWF lifeguard. Participants included Coughlin as well as Commander Gregg Gray, Executive Officer Naval Air Station Whiting Field, both of whom earned medals. The Public Works Department also had an impressive showing of participants.

Runners were able to look at a few booths set up to raise awareness on energy conservation. A vendor from the Gulf Power was present with promotional items to draw runners over and answer any questions they had. The booth also displayed a 2012 Chevrolet Volt, a plug in hybrid electric vehicle. Another booth present was the Green Machine which was a bicycle that used mechanical power from the rider pedaling and converted the power into electrical energy through a DC generator, promoting green energy. Lieutenant Kenyatto Mayes, Naval Air Station Whiting Field Crash Officer, hoped on to demonstrate how the bike worked as well as his brute strength.

The race was overall well organized and a great success! ✈️

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