

Whiting Tower

Seventy-one Years of Aviation Training News

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2015 INSTALLATION EXCELLENCE AWARD WINNER



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Fleet Helicopters Come to NAS Whiting Field for Fly-In

By: Jay Cope, NAS Whiting Field Public Affairs



Students stand-by as they prepare to board an SH-60 helicopter during the 2014 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 Photo: The color guard marches to the front of the North Field hanger on Naval Air Station Whiting Field to present the colors during Training Squadron Two's change of command ceremony held Friday Oct. 9. US Navy photo by Ensign Jeremy Griffin.

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Marine, Coast Guard and Navy helicopters from across the country will be descending on Naval Air Station Whiting Field to engage in the annual Naval Helicopter Association (NHA) Fleet Fly-In this week. This is the 26th year for the event that gathers helicopters from nearly every active platform in the maritime services.

The four-day Fleet Fly-In begins Tues. afternoon, Oct. 27 as the helicopters arrive to NAS Whiting Field from 12 to 2 p.m., and events will run through Oct. 30. Military helicopters which have participated in past Fleet Fly-Ins and are expected for this year's event include the MH-53 Sea Stallion, SH-60 and MH-60R Seahawk, the MH-60S Knighthawk, Marine Corps CH-53E Super Stallion, and other military and civilian aircraft.

The NHA brings industry displays from various aviation companies and enables tremendous networking opportuni-

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VT-2 Holds Change of Command Ceremony

By: Ensign Jeremy Griffin, NAS Whiting Field Public Affairs

Cmdr. Joseph T. McGilley, USGC, assumed command of Training Squadron TWO (VT-2) from Cmdr. Thaddeus Withers, USN, in a traditional change of command ceremony Friday Oct. 9 at Naval Air Station Whiting Field.

Cmdr. Zachariah D. Aperauch, USN, the new Executive Officer for VT-2, directed the gathered instructors, students, guests, and family to look up into the sky from the open hanger doors to see the aerial exchange of duty. Col. Gary Kling, USMC, Commodore Training Air Wing FIVE, flew in formation with Withers and McGilley overhead in three T-6s. Over the radio speakers, Blackbird One, Withers, read his orders and passed the lead of the flight and the squadron to Blackbird Two, McGilley. All three planes landed and taxied in front of the hanger to allow the pilots to disembark and begin the ground portion of the ceremony.

Capt. Stephen L. Newlund, USN, Commodore Patrol and Reconnaissance Wing TWO, spoke as the guest speaker for the event. Newlund arrived just as the ceremony began, having taken a late night red-eye flight from a conference in Washington State.

Newlund said he would "endure multiple red-eye flights to be here," and after thanking the officer's families, launched into when he and Withers met in 2009.

"He had a reputation for making positive things happen in the squadron," Newlund said. "Consistently, [Withers] said 'I'll take the hardest job,' that's the kind of guy he is."

Kling then presented Withers with the Meritorious Service Medal for his service as VT-2 Commanding and Executive Of-

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Together We are One Voice

--National Domestic Violence Awareness Month Encourages People to Break the Silence

By: Sheri Grabus, NAS Whiting Field Public Affairs Office

Navy installations around the world are observing Domestic Violence Awareness Month this October, and are encouraging people to talk about this sensitive topic by spreading the message: "Together We are One Voice Against Domestic Violence." It's a vital message, as victims may hesitate to report abuse or seek help for a number of reasons.

According to the Centers for Disease Control and Prevention, on average nearly 20 people per minute are physically abused by an intimate partner in the United States. This equates to more than 10 million women and men during a year. The vast majority of sexual violence, stalking, and intimate partner violence victims report that they knew their perpetrator.

These numbers are staggering, and yet they probably under-represent the problem. Victims of domestic violence may fear judgment or stigmatization if they reveal the abuse, be embarrassed of their situation, or be distrustful of local law enforcement or other systems, according to the National Coalition Against Domestic Violence. This makes it less likely they will report the abuse. In addition, victims of violence may be unaware of services that are available to help them.

Through installation Fleet and Family Support Centers (FFSC), the Department of Defense's Family Advocacy Program is trying to overcome barriers that prevent military

members and their families from seeking help when confronted with domestic violence.

Dr. Julie LaRow, a Clinical Counselor at the FFSC onboard Naval Air Station Whiting Field, says that one way to reduce domestic violence is to prevent it before it starts. Prevention efforts include educating people on the signs and symptoms of domestic violence, as well as providing resources to reduce stress, manage conflict and enhance communication.

"At Fleet and Family we offer a range of supportive services including individual and couples counseling, community referrals, financial counseling, and employment readiness," LaRow said. "We also offer classes on communication and managing conflict."

The FFSC also provides counseling services to treat victims as well as offenders. Services are confidential, according to LaRow. "We work very hard to protect each person's right to privacy. We will review these rights before beginning any type of service."

Military members or dependents who need help may contact the NAS Whiting Field FFSC at 623-7177. Anyone needing support, regardless of military status, may contact the Florida Abuse Hotline 24 hours a day/seven days a week at 800-962-2873.

Of course, a big part of the message during Domestic Violence Awareness Month is "one voice." This emphasizes that

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This Day in Naval History

October 26, 1921 - An N-9 seaplane piloted by Cmdr. Holden C. Richardson successfully completes its first compressed-air turntable catapult from a pier at Philadelphia Navy Yard, Penn.

October 29, 1814 - The first steam-powered U.S. Navy warship, *Fulton*, launches at New York City. Commissioned in June 1816, she carries President James Monroe on a day cruise in New York Harbor a year later.

November 2, 1899 - The protected cruiser *Charleston* runs aground on an uncharted reef near Camiguin Island north of Luzon. Wrecked beyond salvage, she is abandoned by her crew who make camp on a nearby island. The gunboat *Helena* arrives to rescue the shipwrecked men Nov. 12.

November 5, 1943 - PB4Ys from Patrol Bombing Squadron VB-107 and U.S. Army Air Forces B-25s sink the German submarine U 848 480 miles southwest of Ascension Island.



Workmen repairing USS West Bridge During WWII
In drydock at Brest, France, showing French workmen repairing torpedo damage received in a German submarine attack on 15 August 1918. Note timbers placed over the two torpedo holes in the ship's starboard side. Courtesy of Chief Warrant Officer Keith L. Anderson, USN (Retired), 1974. U.S. Naval History and Heritage Command Photograph.

Energy Vampires Are Attacking (In Your Office and Home)

Special to the Whiting Tower

Editor's note: Ghosts, Goblins and Ghouls may be showing up to your house this upcoming Saturday for trick-or-treating, however, Energy Vampires are in your house all year round - and having them is no treat. Here is some useful information for what Energy Vampires are, and how to protect your energy bill from the horrors of their presence.

Energy vampires are quietly sucking up electricity in your office and even your homes causing the electric bill to be higher! Many electrically powered devices are "Energy Vampires". These devices continue to use electricity even when they are turned "off", sometimes as much as when they're on!

A surprisingly large number of these devices -- from air conditioners to DVD players -- cannot be switched off completely without unplugging it from the outlet. An average home can use 1.2 kWh or more per day in Phantom Power. These Energy Vampires use electricity 24 hours a day, 365 days a year, often without the knowledge of the user.

Some names for this unsuspected electricity consumption are: phantom power, standby power, energy drain, leaking electrons and hidden power losses. Whatever you call it, money is coming from your pocket to pay for it. The expense can be substantial depending on the number of little vampires you have and the electric rate you pay.

Typical Energy Vampires (Stand-by Energy Users)

- o Air conditioners
- o Back-up power supplies
- o Computer monitors
- o Computers
- o Copiers
- o Fax machines
- o All-in-one office machines (printer, copier, scanner, fax)
- o Power adapters (when not using item such as CD player, cell phone)
- o Printers
- o Products with transformers (battery chargers, low voltage accent lighting)
- o Security systems
- o Stereo systems
- o Telephone answering machines
- o Video games
- o Any device that has a remote control (the device must have power for it to respond to the remote con-

trol). Some examples are:

- » Cable, satellite and radio / stereo receivers
- » CD Players
- » DVD Players
- » Televisions
- o Any device that has a clock. Some examples are:
 - » Clock radios
 - » Electric and gas ranges / ovens
 - » Microwave ovens
 - » Televisions and DVDs (clocks usually do not display unless the device is being programmed)
- o Any device that has infrared sensors, i.e. security lights
- o Any device that has one or more status lights (L.E.D. or other)

You may find some devices on this list that do not use stand-by power, especially if they are older models.

To determine if a device is an energy vampire, wait until it has been turned off for several hours and then touch the housing near the power cord. If it is warm to the touch, it probably is an energy vampire adding more to the monthly power bill.

To kill the energy vampires and help reduce the energy drain, unplug non-essential items such as battery chargers for the cell phone, laptop computer and other devices when they are not needed.

The logo for Eco-nomics features the word "Eco" in green with a leaf icon, followed by "nomics" in black.

MYTH

Setting back the thermostat of a heat pump when the house is unoccupied during the day or while the occupants are asleep at night saves energy.

REALITY

When a heat pump is in its heating mode, setting back a conventional heat pump thermostat can cause the unit to operate inefficiently, thereby canceling out any savings achieved by lowering the temperature setting. Maintaining a moderate setting is the most cost-effective practice. Some companies sell setback thermostats specially designed for heat pumps. These thermostats can be set back to save energy. In the cooling mode, a heat pump operates like an air conditioner; manually turning up the temperature setting on both conventional and setback heat pump thermostats will save you energy and money.

Energy Saving at NAS Whiting Field

By: Ensign Jeremy Griffin, NAS Whiting Field Public Affairs

Naval Air Station Whiting Field and the Navy are observing Energy Awareness Month throughout October, however, conserving energy is an ongoing effort that continues year to year.

“NAS Whiting Field has won its 7th Secretary of the Navy (SECNAV) Energy Blue award, which recognizes an installation for outstanding operational energy efficiency,” Cmdr. Don Gaines, the Executive Officer of NAS Whiting Field, said. “This shows the continued importance we place on energy conservation.”

In January 2015, the SECNAV enacted energy goals to be met by 2025. NAS Whiting Field is working diligently to surpass those goals.

One of the ways the base is moving to meet those energy goals is through programs throughout the year such as energy audits. Audits look for low-cost ways to conserve energy and have been performed on 13 buildings at NAS Whiting Field, encompassing 385,000 square feet as part of the Navy Facilities South East (NAVFAC SE) centralized energy audit program.

These audits produce Energy Conservation Measures (ECM) that involves lighting, water fixtures, HVAC, HVAC controls, and retro-commissioning, a process that seeks to improve how building equipment and systems function together.

“While some of the ECMs can be implemented in short order, the majority of the ECMs developed will be executed over the next few years,” said Jason Poe, Installation Energy Manager for NAS Whiting Field. “The total annual savings of these measures equates to approximately \$125,000.”

A project completed this year was a centrally-funded initiative to upgrade the bay lights in Hanger 1454 and to replace street and parking lot lights. A total of 54 high bay lights were upgraded at the hanger, and 140 high pressure sodium street and parking lot lights were replaced with more efficient LEDs. Those two measures are estimated to save approximately \$18,000 annually, according to Poe.

Personnel in the Peterson Administrative and Training Facility used creative methods to reduce their simulator idling time by 16 hours a week. In total, that equates to an annual energy savings of 145,600 kilo-watt hours, or about \$17,000 a year.

“If NAS Whiting Field conserves energy, those savings can go to support other projects. This means that we can not only improve the installation, but better support Training Air Wing FIVE and its students,” Gaines said. “By saving energy, we strengthen our ability to fight in the future.”

PUMPKIN CARVING CONTEST

FRIDAY, OCTOBER 30th
2pm - 4pm
 JUDGING AT 3:30PM



PICK-UP YOUR ... FREE PUMPKIN LIGHTS AND TOOLS FOR CARVING ALL WEEK AT THE LIBERTY CENTER.

TRICKS AND TREATS FOR EVERYONE!

PRIZES FOR ... SCARIEST, UGLIEST AND BEST OF SHOW

**LIBERTY CENTER PAVILION
(NEXT TO THE CBQ MINI-MART)**



CALL FOR MORE INFORMATION
623-7274



Usage Information

	1 Year Ago	Last Month	This Month
Total Used			2,044,994 kWh
Total kWh Used	2,217,070	2,303,445	2,044,994
Average Daily kWh	73,902	74,305	68,166
Days In Billing Period	30	31	30

Energy Conservation

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

Domestic Violence

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domestic violence will only end when we band together as a community to recognize and confront the issue. As an example, this month the Navy focused on emphasizing its core values – asking its people how honor, courage and commitment could be applied to make a difference.

“Ending domestic violence is a community effort that requires our attention,” LaRow continued. “Domestic violence can be fatal, and we must work together to get the message out that intimate partner violence goes against core military and civilian values.”



Fly-In

- (Cont. from Page 2)

ties 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.

Col. Gary Kling, Commodore Training Air Wing FIVE, will deliver opening remarks Oct. 28 at 8 a.m. in Sikes Hall to officially begin the flying events. A Flight Skills competition will take place shortly after on the flight line. The second-year event 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 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 made career decisions on the aircraft they would like to



A MH-60 helicopter prepares to depart during last year’s Fleet Fly-In, allowing student aviators to get upclose and personal with the aircraft they could potentially fly in the fleet. U.S. Navy file photo.

fly, geographic locations, and mission requirements. Students are afforded two windows of opportunity to fly in the fleet aircraft on Oct. 28 and 29. They are also encouraged to attend informational briefs and social events throughout the week to engage more with fleet pilots.

There will be numerous opportunities for pilots from different platforms to interact and compete outside of the aircraft as well. Sikorsky Aircraft and Bell Helicopters will team up to host a golf tournament on Oct. 29 at Stonebrook Golf Course beginning at 1 p.m. Another event to look forward to is the 5K Oct. 29 beginning at 7 a.m., by the South Field entrance. 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.

DeCA collects 1.6M pounds in Feds Feed Families items

By: Mike Perron, DeCA public affairs specialist



Editor's Note: To access a video related to this news release, go to <https://youtu.be/bW-FMG7L9IJE>.

FORT LEE, Va.--

The Defense Commissary Agency has just finished a record-breaking year for its participation in the Feds Feed Families campaign, chalking up a 64-percent increase in donations, with a total of more than 1.6 million pounds of grocery items collected for area food banks.

During the 2015 campaign, which ran from July 15 through Oct. 2, military commissaries in the states collected 49 percent of the Department of Defense's total of approximately 3.2 million pounds.

"We want to make a difference in the communities surrounding our stores," said Randy Eller, DeCA's deputy director of logistics. "And our patrons and employees help us do that."

Feds Feed Families first launched in 2009 as part of President Obama's United We Serve campaign. The effort was designed to help food banks and pantries stay stocked during summer months when they traditionally see a decrease in donations and an increase in need.

Commissaries have served as collection points for six years.

Many stores featured donation packages for patrons to purchase and donate on the spot, or patrons and employees could donate items brought from home, or purchased at the commissary during normal shopping trips. As items are collected, installation officials work with their commissary to deliver them to local food banks.

"2015 has been a record-breaking campaign year for us," Eller said. "Our customers should be really proud of the number of people who have been helped."

For more information on the Feds Feed Families campaign, visit the United States Department of Agriculture website at www.usda.gov/fedsfeedfamilies.

TRICARE NOTES

1. MILCONNECT PORTAL OFFERS ACCESS TO BENEFIT INFORMATION AND MORE

milConnect is a web application that offers eligible beneficiaries (age 18 and older) access to their personal information, health care eligibility, personnel records, uniformed services identification cards and the Service Member's Group Life Insurance (SGLI) from a centralized location.

<http://milconnect.dmdc.mil>

Log on to the milConnect secure website using a common access card (CAC), Defense Finance and Accounting Services (DFAS) user name and password or a DoD Self-Service (DS) Logon.

For more info, go to "Frequently Asked Questions": www.dmdc.osd.mil/dsaccess

Once you have logged in to the site, you can:

- Update your contact information on DEERS
- Transfer your Post-9/11 G.I. Bill benefits (see "education" drop list)
- View your medical, dental and pharmacy coverage

Remember, Keep DEERS Up To Date!

TRICARE must be able to verify your coverage status based on what is listed in the Defense Enrollment Eligibility System (DEERS). To ensure your coverage is reflected accurately, please make sure your DEERS information is up-to-date, including SSNs, adding family members after marriage, birth, or adoption.

2. A HEALTHY MOUTH AT HALLOWEEN

Between dressing up in costumes and going trick-or-treating for candy, Halloween can be a fun time of year. It can also be a challenging time for dental health.

Here are tips from the American Dental Association® for keeping a healthy mouth during Halloween and all year long:

- Eat candy or other sweets with meals—saliva that is produced while eating a meal can help rinse away sugars and food particles.
- Avoid hard candies and lollipops—candies that stay in the mouth for a long time can increase the risk of tooth decay
- Avoid sugary drinks—drinking sodas and sports drinks that contain sugar can increase the risk of tooth decay.
- Brush your teeth twice daily and replace your toothbrush every three or four months

NAS Whiting Field Selects Sailors of the Quarter

By: Ensign Jeremy Griffin, NAS Whiting Field Public Affairs

Air Traffic Controller 1st Class Jeremy Austin, Aviation Boatswain's Mate 2nd Class Jacob Samons, and Aviation Boatswain's Mate Airman Christopher Duchesne were selected for the Sailor of the Quarter, Junior Sailor of the Quarter, and Bluejacket of the Quarter, respectively, for the 4th Quarter 2015. The best representatives from Naval Air Station Whiting Field's Security, Crash, and Air Traffic Control divisions were each presented for the board, and the selection made amongst the highly qualified individuals.



**AC1 Jeremy Austin
Sailor of the Quarter**

Austin was awarded Sailor of the Quarter by demonstrating superior leadership ability and working flawlessly in billets normally held above his paygrade. He works in the Air Traffic Control division.

In his duties as South Tower and Radar Branch NATOPS Instructor, he mentored 32 personnel, resulting in the execution of 27,583 mishap-free flight operations; 1,432 Ground Controlled Approaches, and 1,500

training hours that yielded ten professional qualifications and seven supervisor designations.

Austin also provided critical input during the installation of the Chief of Naval Operations Tower Simulator. His evaluation and oversight of the million dollar system identified and corrected 24 errors, saving the base thousands of dollars prior to delivery acceptance. He devoted 230 hours developing, implementing, and reviewing ten Air Traffic Control Tower scenarios used to reinforce basic air traffic control fundamentals to trainees. He provided 20 hours of Tower Simulator Operator training that directly benefitted 15 military and civilian personnel. Ultimately, his efforts enhanced the technical knowledge for on-the-job training of instructors and decreased position qualification time by 15 percent.

His leadership also proved crucial to the success of the Command's Drug and Alcohol Program, with Austin processing and tracking the aftercare treatment of 13 sailors

and attaining a 100 percent success rate. Additionally, he provided 23 hours of drug and alcohol indoctrination training, 100 hours of general military training, and certified 44 military and civilian personnel as airfield vehicle operators.

"By empowering his subordinates, he elevates the performance of junior Sailors and peers by encouraging critical thinking, process improvements, and innovation," Cmdr. Eric Seib, Air Operations Officer said. "His strong moral and ethical values reflect his genuine concern for the Sailors of NAS Whiting Field."

"It felt good to be nominated for Sailor of the Quarter, and I'm excited to have won," Austin said. "I think the best people can do is try to be well rounded, because when you have the chance to perform at a difficult job, then a lot of hard work becomes an opportunity."



**ABH2 Jacob Samons
Junior Sailor of the Quarter**

Samons was awarded the Junior Sailor of the Quarter and is a member of Fire and Emergency Services department.

Samons was responsible for the daily on-site supervision and managing of the firefighters at Fire Station Pace. He ensured that the inspection and maintenance of ARFF apparatus, life-saving, rescue, and specialized tools and equipment was conducted, and responded with that equipment in emergency

situations. He was also a first responder on emergency scenes, and established on-scene command until relieved by higher authority.

As the fire captain at Fire Station Pace, he trained seven firefighters on required fire certifications and was instrumental in the certification of three Fire Instructor I, three ARFF Driver Operators, and three Emergency Medical Responders. Samons ensured the safe upkeep of \$32,000 worth of vital lifesaving equipment in the direct support of 223,080 Training Air Wing FIVE and SIX flight operations.

"Samons is a well-rounded technical Sailor who sets the example in his command and the community," said Master Chief Aviation Boatswain's Mate Jimmie Gardner, the Fire

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VT-2 COC

- (Cont. from Page 2)



Cmdr. Joseph T. McGilley, USGC, returns to the hanger where his guests are located to conclude his change of command ceremony. To symbolize his assuming command of Training Squadron TWO (VT-2), McGilley flew a formations flight with Col. Gary Kling, USMC, Commodore Training Air Wing FIVE and offgoing VT-2 Commanding Officer, Cmdr. Thaddeus Withers, USN. U.S. Navy photo by Ensign Jeremy Griffin

ficer. During Withers' tenure, VT-2 produced more than 36,000 mishap-free flight hours and 29,000 sorties while utilizing innovative scheduling initiatives such as a three week local training detachment and voluntary weekend operations at Pensacola International Airport.

Additionally, the squadron achieved 100 percent of its student production goal, graduating 266 student Naval aviators with the lowest time to train average of any primary training squadron. These accomplishments resulted in VT-2 being awarded the 2014 Training Excellence Award and the VADM Robert Goldthwaite Award for Training Excellence by the Chief of Naval Air Training.

"How do you wrap your head around 36,000 flight hours?" Withers asked when he took the podium. "It begins with the people who make it a reality." He went on to express gratitude to the support personnel both in and outside the squadron who make every flight hour possible. He then thanked the instructor pilots for the time they put into training the student aviators whose "successes keep us going."

"People talk about the burden of command, but being CO of the squadron, what I will remember was the privilege of command," Withers said. "The Doerbirds are in good hands with Cmdr. McGilley, and VT-2 is a great squadron, so I know he will also enjoy the privilege of commanding them."

After Withers' speech, McGilley went to the front row of the crowd so that his wife could replace the Executive Officer patch on his flight suit with one that read Commanding Officer.

A southwest Philadelphia native, McGilley graduated from Embry Riddle Aeronautical University, Daytona Beach, Fla. In May of 1995, he enlisted and attended U.S. Coast Guard Officer Candidate School in Yorktown, Va. He received his commission as an Ensign in September of 1995. He attended primary and Advanced at NAS Whiting Field where he received his coveted wings of gold in March 1997. His follow on duty stations include the U.S. Coast

Guard Air Station Clearwater, Fla., Coast Guard Activities San Diego, Cal. as the Assistant Engineering Officer, the Coast Guard's Aviation Logistics Center, Elizabeth City, N.C. as Airworthiness Branch Chief and Chief Engineer for the HH-60J helicopter, and the Coast Guard Air Station Astoria, Ore. Additionally, McGilley earned a Master of Science in Aeronautical Engineering from Purdue University.

McGilley thanked Withers, who had mentored him during the 15 months McGilley was Executive Officer and that Withers left a "legacy of achievement." McGilley also reaffirmed the focus of the squadron.

"We come from diverse backgrounds, but we are united in our professionalism and mission: training the newest generation of Naval Aviators."

Just before McGilley ended the ceremony by charging the new XO, Aperauch, with carrying on the plan of the day, he expressed his gratitude to his predecessor, friends, and family.

"In aviation we stand on the shoulders of giants, but more so the shoulders of friends and family."

October is Energy Awareness Month Special to the Whiting Tower

We first set aside a time to remind us about saving energy in 1981 with American Energy Week. On September 13, 1991, President George Bush proclaimed October as Energy Awareness Month. The Department of the Navy has long been conducting energy awareness campaigns that promote the wise and efficient use of energy.

Our nation can benefit from the wise use of energy at federal facilities. As the single largest domestic user of energy, the federal government spends more than \$9 billion to power its vehicles, operations, and approximately 500,000 facilities throughout the United States. Efficient energy management at federal facilities:

- Saves taxpayer dollars
- Reduces greenhouse gas emissions
- Protects the environment and natural resources
- Contributes to our national security

In addition, regulations like the Energy Policy Act of 2005 require federal agencies to meet a number of energy and water management goals.

With so many major global challenges tied to energy use, including air pollution, climate change, volatile fuel supplies and costs, aging energy infrastructure and reliance on fossil fuels, it makes sense to choose energy efficiency as a basic work ethic and lifestyle.

During Energy Awareness Month, and throughout the year, we must all remember that saving energy is an individual priority and focus and that we can safeguard our energy infrastructure and reduce our carbon footprint in all that we do through simple choices and attention to energy efficiency.

SECURITY CORNER

SECURITY 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!

For more tips, go to Halloween.com



Department of the Navy 2015 National Disability Awareness Month

By: Anne R. Davis, Acting Assistant Secretary of the Navy

Held each October the national Disability Employment Awareness Month (NDEAM) is a time to recognize people living with disabilities, including targeted disabilities, whose immeasurable contributions to the Department of the Navy (DON) continues to make out Naval Force the best in the world. The theme for this year, which marks 70 years since the first observance and the 25th anniversary of the Americans with Disabilities Act (ADA), is "My Disability is One Part of Who I Am."

We define ourselves in many ways, and disabilities are just one important facet of how people with disabilities define themselves. "Think about a signature specialty on a restaurant menu. The dish consists of a variety of ingredients that make it a spectacular treat," said Anne Ng, DON's 2015 Annual DoD Disability Award Recipient. "Similar to the specialty dish, I offer a unique combination of 'ingredients' such as my personal qualities inspired by experiences I encountered as a disabled individual, technical skills, and education that best serve the DON in achieving mission success."

As an employer, the DON must focus on abilities rather than disabilities. For fiscal year 2015, our Individuals with Disabilities (IWD) participation rate is 7.71%. Our participation rate of Individuals with Targeted Disabilities (IWTGD) is 0.67%, below the 2% goal established by the Equal Employment Opportunity Commission (EEOC). To this end, James Meade, DON IWD Senior Executive Service Champion encourages all of us to, "Keep

an open mind and be proactive in recruiting, hiring, retaining, and promoting IWDs and IWTGDs." People with disabilities have an unemployment rate double that of people without disabilities; thus Mr. Meade adds, "Tapping into this underutilized workforce could provide additional qualified applicants for the DON."

We are proud to celebrate this year's NDEAM. Please join us in our disabilities employment campaign in spreading the awareness that a strong workforce is inclusive of the skills and talents of all. As one of the nation's largest employers, we reaffirm our commitment to making the DON a model employer with a diverse workforce that involves people with disabilities, including those with targeted disabilities.

Like us on Facebook
www.facebook.com/naswhitingfield

Follow us on Twitter
[@naswf](https://twitter.com/naswf)

News and Notes



Run in the Sun

Here are the T-shirts given to all those who participated in this year's 5K Fun Run at NAS Whiting Field. The obstacle run was held in honor of the Navy's 240th Birthday. US Navy photo by Lt. j.g. Jenné Jolie, NAS Whiting Field Public Affairs.

ITT News

- October cruises out of Destin
 - » Buccaneer Pirate Cruise: <https://www.facebook.com/WFMWR/photos/pcb.10153579637536878/10153579637326878/?type=3&theater;>
 - » Southern Star Dolphin Cruises: <https://www.facebook.com/WFMWR/photos/pcb.10153579637536878/10153579637266878/?type=3&theater>
- Haunted Woods Deadly Games: Oct 9 – 31 from 7 p.m. – midnight. More information at <http://www.rjevents-llc.com>. Tickets \$11 ea through ITT.

MWR News

Laugh Catchers Comedy Tour

Nov. 6 at Sikes Hall (door open 7 p.m.; show starts 8 p.m.). Free for adults (18+) only. Brian Kellan headlines a start-studded caste of comedy featuring David Crowe and Carrey B. (host Red Bean).

2nd Annual Bounce-O-Rama

Nov. 7 from 10 a.m. – 4 p.m. at PE Fields (4560 Pace Blvd., Pace). Multiple bouncers, basket raffles, food, drink and more. \$10 entry fee (adults and children 2 and under free). Presented by S.S. Dixon Primary PTO.

"The Southern Fried Band" Plays at Halloween Party

Oct. 31 from 8 p.m. – midnight at the Back Alley Bar/Grill at Oops Alley in Pace. "The Southern Fried Band" will be playing all your classic rock and country favorites with some Halloween themed songs thrown in. Costume contest with prizes. No cover charge.

Volunteers Needed:

- Annual Fall Festival - Oct 30, 9:15 to 10:15 at the NAS

Whiting Field Child Development Center. Volunteers needed help set up, run games and clean up. Please call (850) 623-7472 to volunteer.

- Covenant Hospice is looking for service member volunteers to help honor the Veterans in their hospice facilities for Veterans Day. 5 volunteers per ceremony; 8 ceremonies scheduled November 9th through 12th. To volunteer contact ABH1 Hernandez no later than November 4th COB at david.d.hernandez@navy.mil or 850-623-7196.

2015 Step Out: Walk to STOP Diabetes

Nov. 7 at Maritime Park (449 W. Main Street, Pensacola). Walk begins 9 a.m. / Diabetes Expo begins 10 a.m. For more info or to register, contact Lynne Cranford at (850) 492-6100 ext. 131 or lcranford@diabetes.org.

Azalea Garden Club of Pace

Nov. 9, 1-3 p.m. at Dawson's Nook inside Alyssa's Antiques (4586 Chumuckla Hwy). For more info contact azaleagc@outlook.com or 850 380-2256.

MATSG-21 Officer Birthday Ball

Nov. 14 from 6 – 11 p.m. at the National Naval Aviation Museum. Celebrating the 240th anniversary of the United States Marine Corps. Tickets \$35 (families/dates welcome). Call Sonja at 850-623-7147 for more info or ticket purchases.

Okinawa Culture Week

- Okinawa's Traditional Performing Arts - Nov 14 from 2-4:30 p.m. at the Santa Rosa County Auditorium. Including: workshops/demos, tours, stage performance and social engagements. Okinawa's Traditional Performing Arts troupe, Team Kizuna, will perform. Tickets \$20 (pre-purchase). For more info contact Florida-Okinawa.KenjinKai@yahoo.com or 850-994-4890.

Learn "Ikebana: The Art of Japanese Flower Arrangement" at Foo Foo Fest 2015

Nov. 14, 10-3:30 p.m. at the Pensacola Cultural Center. Mrs. Chieko Mihori, a Sogetsu ikebana instructor of the highest rank, will host both a morning demonstration (\$5) of the Sogetsu style of ikebana and an afternoon workshop (\$50). Registration: (850) 361-8750 or <https://www.eventbrite.com/e/ikebana-the-art-of-japanese-flower-arrangement-tickets-18709372236>.

Grand Opening – West Florida Budokan

Judo and Gung Fu. 5719 Hwy 90 in Milton. Call 850-910-1336 or Lonnie Ross at 665-6169 for more info.

Make a Suggestion

CO's Suggestion Box: http://cnic.navy.mil/regions/cnrse/installations/nas_whiting_field/about/cosuggestion.html.

SOQ

- (Cont. from Page 8)

and Emergency Services Department Leading Chief Petty Officer. "His relentless go-getting spirit and unrivaled expertise was vital to the response of 18 actual aircraft emergencies at Fire Station Pace."

"I was surprised, but excited to be awarded Junior Sailor of the Quarter," Samons said. "I definitely could not have gotten here without the people I work with. Ultimately, I'm thankful my Chain of Command gave me a chance, and I'm glad for the opportunity to be where I am."



ABHAN Christopher Duchesne
Bluejacket of the Quarter.

Duchesne received the Bluejacket of the Quarter. He is also assigned to the Fire and Emergency Services Department.

As a Maintenance Crewmember, Duchesne was responsible for the logistics, inventory, and procurement of supplies for ten Military Fire Stations. He assisted 100 firefighters by performing the upkeep and maintenance of 15 Twinned Agent Unit firefighting vehicles, 2

T-1500 heavy-duty firefighting vehicles, and nine support vehicles, as well as hundreds of firefighting/rescue, lifesaving, and specialized tools and equipment.

Fulfilling roles as the Lead Maintenance Crewmember and Assistant Supply Petty Officer, Duchesne inventoried and maintained over \$4,142,000 of vital lifesaving equipment supporting Training Air Wings FIVE and Six flight operations. Duchesne also completed a two day ASIST course to do his part to further suicide prevention.

"It was a good feeling to find out I won Bluejacket of the Quarter," Duchesne said. "I think working hard, staying focused, and doing your job well without complaining are the most important things someone can do."

"Duchesne has firmly established himself as a dependable and trustworthy Sailor at Fire and Emergency Services Department by consistently going above and beyond of what is required for him," Gardner said. "He sets the example by his devotion to the local community and Command by unselfishly dedicating time to numerous organizations."

PSC Invites New Students to SOAR on Dec. 4

PENSACOLA, Fla. -- Pensacola State College invites new students to SOAR (Student Orientation, Advising and Registration) Friday, Dec. 4, at the G. Thomas Delaino Student Center, Building 5, on the Pensacola campus.

Check-in begins at 7:30 a.m. and the free half-day event begins at 8 a.m. Parking lot "A," off Underwood Avenue, is adjacent to the Student Center and has ample space for parking.

SOAR provides information on campus resources, student life opportunities, faculty expectations, financial aid, academic advising and registration for first-time-in-college students.

The fun informal event allows new students to meet fellow Pirate classmates and includes plenty of opportunities to ask questions so bring a pen and note pad.

Parents and guardians are also encouraged to attend and SOAR has a session designed especially for them.

A campus tour is included in the activities and participants should wear comfortable shoes.

All buildings are handicap accessible. Anyone needing assistance or accommodations to participate in SOAR should call the Dean of Enrollment Services at 850-484-1554 well before the event.

Students with documented disabilities needing academic accommodations should contact the Student Resource Center for ADA Services at 850-484-1637.

To register for the SOAR event on Dec. 4, go to www.pensacolastate.edu/SOAR.

For more information, contact PSC Marketing Director Sheila Nichols at 850-484-1428.

PENSACOLA STATE COLLEGE

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Training Air Wing FIVE recognized these newly-winged Navy, Marine Corps, and Coast Guard on Oct. 23. U.S. Navy photo by Ensign Jeremy Griffin.

Congratulations to TRAWING-5 Scholars



Congratulations to Training Air Wing FIVE's Academic Achievement Award recipients for (l-r): Sept. 25, and Oct. 16. U.S. Navy photos courtesy TRAWING-5.



TrainingAirWingFIVE



@TrainingWing5